



*Canada*



# ALL-CANADIAN RECIPE BOOK



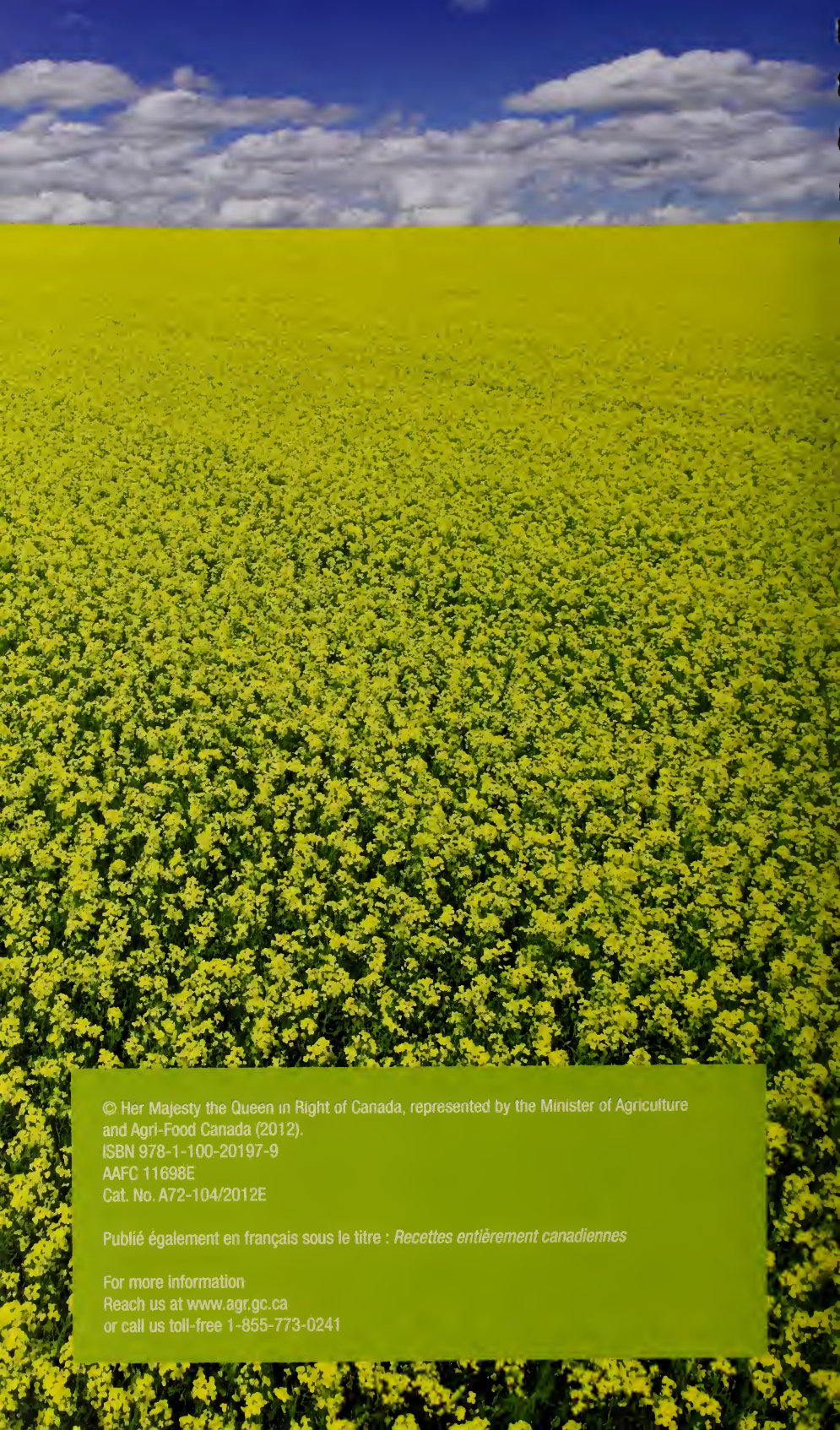
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**Canada**



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# INTRODUCTION



The individuals and companies responsible for producing food in Canada are proud of the products they provide to Canadian families, and for good reason.

Canadian foods meet some of the toughest safety standards in the world to help protect you and your family. Farmers, food processors, the Canadian Food Inspection Agency and others in the food value chain work to safeguard not just the food supply, but also the plants and animals that are essential for safe, high-quality food production.

Our food and agriculture products are as diverse as our land and people, providing a wide range of foods, including top-quality grades of meat, a variety of fish and seafood products, healthy grains and oils, nutrient-rich pulses and fresh, wholesome fruits and vegetables.

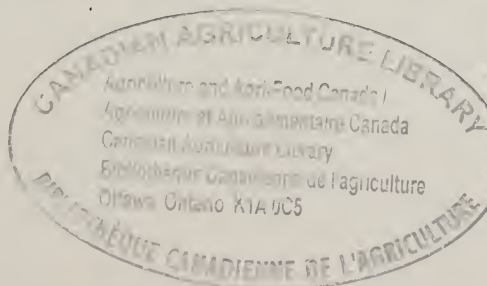
Canada is also home to cutting-edge, world-class food and agriculture research and technology.

This book features recipes using only high-quality Canadian ingredients. Chef Noah Witenoff, a renowned chef and food stylist from Montreal, was asked to find and use only Canadian ingredients, either grown or raised in Canada by a Canadian farmer, or processed at a plant in Canada.

The result is a delicious variety of easy-to-prepare, mouth-watering creations suitable for any palate. This book features a sampling of the fresh fruits and vegetables, top-quality meats, delicious seafood and nutritious grains Canada has to offer you and your family.

You are encouraged to try these all-Canadian recipes and experience the difference Canadian foods offer.

To learn more about the advantages of buying Canadian food products or to download additional recipes, please visit [www.eatCanadian.ca](http://www.eatCanadian.ca) or use your mobile device and scan the QR code below.



# COOKING CANADIAN



When Chef Noah Witenoff set out to develop a series of all-Canadian recipes, he initially found the task a bit daunting.

While he had always tried to use fresh, Canadian ingredients as much as possible, he had never taken the time to look at labels or packaging to ensure the product was either grown, raised or processed here in Canada. He expected it might be difficult to find enough Canadian ingredients to put together a tasty and varied menu.

After some research at supermarkets and speaking with farmers and a few food processors in the Montreal area, he discovered that most of what he needed was Canadian in some way and readily available at most grocery stores.

To ensure you are using only nutritious, wholesome, Canadian ingredients for these and other recipes, it's important to look at the label or package to see if the products contain Canadian ingredients or were processed in Canada.

 Look for a maple leaf and a statement nearby, such as one of the following:

- **“Product of Canada”** means that all or nearly all (about 98%) of the major ingredients, processing and labour used to make the product are Canadian.
- **“Made in Canada from domestic and imported ingredients”** and **“Made in Canada from imported ingredients”** mean the products have undergone processing in Canadian plants to meet Canadian standards and regulations, which are among the highest in the world.
- **“Processed in Canada,” “Prepared in Canada”** or similar statements tell you that the named process occurred in Canada. The food product may contain imported ingredients or a blend of Canadian and imported ingredients.
- Other statements, such as **“Made with 100% Canadian strawberries,”** highlight which ingredients in the product have been grown in Canada or, in the case of meat, born and raised in Canada, even if not all the ingredients in the product are Canadian.

So take up the challenge and try the all-Canadian recipes in this booklet. Perhaps they will inspire you to be creative and have fun with the wide-range of wholesome, nutritious Canadian foods available to you every day.





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FALL / WINTER



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SPRING / SUMMER



# BLUEBERRY HAZELNUT PANCAKES

PREPARATION TIME: 20 MINUTES

COOKING TIME: 8-15 MINUTES

SERVES: 4 (about 8 medium pancakes)



## INGREDIENTS

Self rising flour	1 ½ cups (375 ml)
Salt	1 tsp (5 ml)
Brown sugar	1 tbsp (15 ml)
Sugar	2 tbsp (30 ml)
Eggs	3
Hazelnut butter	2 tbsp (30 ml)
Milk	1 cup (250 ml)
Unsalted butter, melted and cooled	½ cup (75 ml)
Canola oil	2 tbsp (30 ml)
Blueberries	½ cup (125 ml)

Mix all the dry ingredients in a medium-sized bowl.

In another bowl, beat the eggs with the hazelnut butter, adding the milk and melted butter. Then add this mixture to the dry ingredients and mix well, taking care to not over mix – a few lumps are fine.

Pour the canola oil in a small bowl. Using paper towel, gently brush some oil on a non-stick pan. Repeat this procedure after each pancake is cooked and removed from the pan.

Heat the pan to medium heat, then lower slightly. Pour about 3 tbsp of the pancake mix per pancake into the pan. Drop in 1 tsp of blueberries per pancake. Wait till the mixture starts to form bubbles on top, then flip and continue cooking for a minute.

Remove from the pan and serve with maple syrup.



# BAKED VEGETABLE OMELETTE

## with SALSA

PREPARATION TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

SERVES: 4



### INGREDIENTS

Eggs	8
Cream (15%)	½ cup (125 ml)
Water	¼ cup (60 ml)
Fresh oregano, chopped	1 tsp (5 ml)
Salt (for omelette mix)	½ tsp (2 ml)
Pepper (for omelette mix)	½ tsp (2 ml)
Canola oil	2 tbsp (30 ml)
Mushrooms, sliced	1 ½ cups (375 ml)
Red onion, chopped (reserve 1/4 cup for the salsa)	1
Tomatoes, 1 diced (for salsa) and 1 cut into 1-inch (2.5 cm) cubes	2
Goat cheese (crumbled)	¼ cup (60 ml)
Butter for baking dish	1 tbsp (15 ml)
Salt and pepper	to taste
Coriander, chopped	2 tsp (10 ml)
Ground cumin	pinch
Cider vinegar	1 tbsp (15 ml)
Canola oil, for salsa	2 tsp (10 ml)



Preheat oven to 350°F (180°C).

Grease a 9-inch (23 cm) baking dish with butter and set aside.

In a medium-sized bowl, whisk the eggs, cream, water, oregano, ½ tsp of salt and ½ tsp of pepper and set aside.

In a medium sauté pan, heat the canola oil over medium heat and sauté the mushrooms, red onion, and cubed tomatoes for 3 minutes until the vegetables are slightly browned. Place them in the 9-inch (23 cm), buttered baking dish and pour the egg mixture over top. Add the crumbled goat cheese, cover the dish and bake in the oven for 30 minutes.

While the omelette is baking, in a small bowl, mix ¼ cup of the chopped red onion and one diced tomato. Add salt and pepper, fresh coriander, ground cumin, cider vinegar, canola oil and set aside.

Serve your omelette with a healthy tablespoon of salsa.

# BROWN SUGAR BREAD CRUMBS with MAPLE YOGURT and BERRIES

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Honey	2 tbs (30 ml)
Brown sugar	2 tbs (30 ml)
Cinnamon	¼ tsp (1 ml)
Water	1 tbs (15 ml)
Bread crumbs	2 cups (500 ml)
Yogurt (1%)	3 cups (750 ml)
Maple syrup	½ cup (125 ml)
Blueberries	1 cup (250 ml)
Raspberries	1 cup (250 ml)

Preheat the oven to 350°F (180°C).

Mix the honey, brown sugar, cinnamon and water in a medium-sized bowl. Add the bread crumbs, coating completely.

Place the coated bread crumbs on a parchment-lined baking sheet and bake in the oven for 10 minutes. Remove, let cool and then break apart with your hands.

In another bowl, mix the yogurt with the maple syrup.

### ASSEMBLY:

In 4 parfait glasses, place some berries on the bottom, top with a layer of yogurt, then bread crumbs. Repeat and then top with a final layer of bread crumbs and serve.



Remember to look for a Canadian content or process statement on all the ingredients you buy.



# QUINOA PITA POCKET SANDWICH

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES / COOLING TIME: 10 MINUTES

SERVES: 4

## INGREDIENTS

Water	1 cup (250 ml)
Red quinoa, soaked and rinsed	½ cup (125 ml)
Tomato, chopped	1
Zucchini, chopped	1
Parsley, chopped	¼ cup (60 ml)
Feta cheese, cubed	¼ cup (60 ml)
Garlic clove, chopped	1
Honey	3 tsp (15 ml)
Lemon juice	3 tbsp (45 ml)
Salt	pinch
Pepper	pinch
Pita pockets, cut in two	2



In a small pot, bring 1 cup of water to a boil. Add the rinsed and drained red quinoa, simmer covered for 15 minutes. Drain the quinoa and let cool.

While the red quinoa is cooling, mix the tomato, zucchini, parsley, feta, and garlic in a bowl. Once the quinoa has cooled, add it to the salad and pour in the honey and lemon juice. Season with the salt and pepper and place the mixture in the fridge for 10 minutes.

Gently open each pita pocket half and fill with the salad.

Serve this sandwich with a green salad or baked sweet potato fries.

# SALMON LETTUCE WRAPS with GRAINY MUSTARD MAYONNAISE DIP

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

SERVES: 4



## INGREDIENTS

Canned salmon, drained	1 can (184 g)
Coriander	¼ cup (60 ml)
Garlic clove, chopped	1
Onion, chopped	½
Lemon juice	2 tsp (10 ml)
Honey	1 tsp (5 ml)
Fresh bread crumbs	4 tsp (20 ml)
Mayonnaise	¼ cup (60 ml)
Lemon juice	1 tsp (5 ml)
Grainy mustard	1 tbs (15 ml)
Salt and pepper	to taste
Iceberg lettuce, leaves	12

### SALMON MIXTURE:

Mix the first 7 ingredients in a bowl to make the salmon mixture.

In a medium, non-stick pan, heat the canola oil and fry the salmon mixture for 5 minutes. Place salmon mixture in the lettuce leaves and wrap.

### MAYONNAISE DIPPING SAUCE:

In a small bowl mix the mayonnaise, lemon juice, grainy mustard. Season with salt and pepper. Use as a dipping sauce for the wraps.

Serve the wraps with the dipping sauce.



# CHICKEN FAJITA SALAD

PREPARATION TIME: 30 MINUTES

COOKING TIME: 8 MINUTES

SERVES: 4

## INGREDIENTS

Canola oil	3 tbsp (45 ml)
Chicken breasts, cut into strips	3 (840 g)
Onion, cut in half moons	1
Garlic cloves, chopped	2
Green pepper, cut into thin strips	1
Salt	¼ tsp (1 ml)
Pepper	¼ tsp (1 ml)
Chilli powder	3 tbsp (45 ml)
Lemon juice	2 tbsp (30 ml)
Cider vinegar	4 tbsp (60 ml)
Water	4 tbsp (60 ml)
Canned black beans, drained	1 cup (250 ml)
Canned corn, drained	1 ½ cups (375 ml)
Green leaf lettuce, washed and chopped	1 head
Monterey Jack cheese, grated	1 cup (250 ml)
Roma tomatoes, chopped *	2
Coriander	4 tsp (20 ml)
Prepared salsa	4 tbsp (60 ml)



In a large skillet, heat 2 tbsp of canola oil. Brown the chicken strips on both sides in the skillet on medium heat. Once browned, remove the chicken and set aside.

In the same skillet used to brown the chicken strips, add 1 tbsp of canola oil and sauté the onion, garlic, and green pepper, until softened and slightly browned. Put the chicken back into the skillet and cook for one minute. Season with the salt, pepper, and chilli powder. Add the lemon juice, cider vinegar, and water. Once the chicken is cooked through, add the black beans, corn and toss.

Divide the lettuce evenly on 4 plates. Top each plate with the chicken mixture, Monterey Jack cheese, Roma tomatoes, coriander, 1 tbsp of salsa and serve.

\* Roma tomatoes can be substituted with another variety of Canadian field tomato.

# CUCUMBER WATERCRESS SALAD

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Honey	2 tbsp (30 ml)
Garlic clove, pressed	1
Cider vinegar	3 tbsp (45 ml)
Rice vinegar	1 ½ tbsp (22.5 ml)
Canola oil	1 tbsp (15 ml)
Salt and pepper	to taste
Cashews, salted	¾ cup (175 ml)
Maple syrup	3 tbsp (45 ml)
Watercress	2 cups (500 ml)
English cucumber, sliced and core removed	1
Red onion, sliced into thin half moons	1
Cherry tomatoes, cut in 4	8

### VINAIGRETTE:

In a mixing bowl, whisk the honey, garlic, cider vinegar and rice vinegar together, drizzle in the canola oil and season with salt and pepper. Set aside.

### CASHEWS:

In a medium, non-stick pan on medium heat, toss the cashews for a few minutes. Pour in the maple syrup and toss together until most of the liquid has evaporated. Place the cashews on a parchment lined cooking tray and let cool.

### SALAD:

Rip the watercress in pieces and mix with the cucumber and red onion. Add the cherry tomatoes and the vinaigrette and toss.

Serve on a plate and garnish with candied cashews.

# SALMON TARTAR with PICKLED RED ONIONS

PREPARATION TIME: 20 MINUTES

COOKING TIME: NONE / COOLING TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Red onion, sliced in half moons	1 med
Honey	2 tbsp (30 ml)
Cider vinegar	½ cup (125 ml)
Baguette, sliced	1
Salmon fillet, skin off, uncooked	½ lb (240 g)
Shallot, diced	1
Parsley, chopped	2 tsp (10 ml)
Capers, chopped	1 tbsp (15 ml)
Garlic clove, pressed	1
Canola oil	2 tbsp (30 ml)
Lemon juice	1 tbsp (15 ml)
Salt and pepper	pinch



In a small bowl, place the sliced red onion, honey and cider vinegar and let marinate for 20 minutes.

Preheat the oven to 400°F (200°C).

On a baking tray lined with parchment paper, place the baguette slices. Drizzle with a little bit of canola oil and bake in the oven for about 6 minutes, or until lightly browned. Remove and set aside.

## TO MAKE THE TARTAR:

Cut the salmon fillets in a small dice and place in a medium-sized bowl. Add the chopped shallot, parsley, capers and garlic and mix. Drizzle in 1½ tbsp of the canola oil and lemon juice, seasoning with salt and pepper. Let the tartar sit in the fridge for 10 minutes.

To serve, take a slice of toasted baguette, top with salmon tartar and garnish with some pickled onions.



# TOMATO ROSEMARY SOUP

PREPARATION TIME: 20 MINUTES

COOKING TIME: 35 MINUTES

SERVES: 4



## INGREDIENTS

Canola oil	2 tbsp (30 ml)
Butter	2 tbsp (30 ml)
Onion, diced	1
Garlic clove, chopped	1
Carrot, peeled and diced	1
Celery, chopped	1
Potatoes, peeled, cubed	2
Canned diced tomatoes	1 can (796 ml)
Tomato juice	1 cup (250 ml)
Lemon juice	1 tbsp (15 ml)
Water	½ cup (125 ml)
Vegetable stock	4 cups (1 L)
Fresh rosemary, branches	2
Salt and pepper	to taste
Cream (35%)	4 tbsp (60 ml)
Baguette bread	1

In a large pot, on medium heat, pour in the canola oil and butter, allowing the butter to melt. Add the onion, garlic, carrot and celery, allowing them to sweat for 5 minutes, stirring often to prevent any colouring. Add the potatoes, canned tomatoes, tomato juice, lemon juice, water and vegetable stock. Bring the soup to a boil, then simmer for 25 minutes.

Add the rosemary and let cook for additional 10 minutes. Then remove the rosemary and using a hand mixer, purée the soup adding salt and pepper to taste. For a smoother consistency, pour the soup through a mesh sieve.

Serve this soup with 1 tbsp of cream per person and garnish with fresh croutons – baguette bread, cut into cubes and toasted in the oven.

# BEER MARINATED BARBECUE CHICKEN BREAST

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

SERVES: 4

## INGREDIENTS

Lemon juice	4 tbsp (60 ml)
Brown ale beer	2 cups (500 ml)
Honey	½ cup (125 ml)
Salt	6 tsp (30 ml)
Pepper	2 tsp (10 ml)
Chicken breasts, butterflied	4 (912 g)
Zucchini, sliced	1
Red peppers, in triangles	2
Red onions, sliced with root intact	2



In a bowl, mix the lemon juice, beer, honey, salt and pepper. Once mixed, separate into two bowls. Use one bowl to marinate the chicken and one bowl to marinate the vegetables. Marinate in the fridge for 1 to 3 hours.

Set the barbecue to medium heat.

Barbecue the chicken for about 10 minutes or until the meat is cooked through. At the same time barbecue the vegetables for about 6 minutes until nicely grilled. Once the vegetables are cooked, remove from the barbecue and put them back in the vegetable marinade bowl.

Serve the chicken with the vegetables.



Remember to look for a Canadian content or process statement on all the ingredients you buy.

# LAMB BURGERS with MINT and GOAT CHEESE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

SERVES: 4



## INGREDIENTS

Ground lamb*	1 lb (454 g)
Egg, beaten	1
Salt	½ tsp (2 ml)
Pepper	¼ tsp (1 ml)
Hard goat cheese, grated	1 cup (250 ml)
Mint leaves	12
Grainy mustard	2 tsp (10 ml)
Bread crumbs	½ cup (125 ml)
Hamburger buns	4


In a medium bowl, mix the ground lamb, beaten egg, salt, pepper, grated goat cheese, mint, mustard and fresh bread crumbs. Shape the meat into 4 patties, place on a plate, cover with plastic wrap and put in the fridge for 30 minutes.

Preheat the barbecue to medium heat.

Once the lamb burgers have chilled for 30 minutes, cook them on the barbecue until cooked through.

Place on buns and serve with salad and your favourite garnishes or condiments.

\* Ground beef can be substituted.

 Remember to look for a Canadian content or process statement on all the ingredients you buy.



# PAN-SEARED HALIBUT

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

SERVES: 4



## INGREDIENTS

Butter	2 tbsp (30 ml)
Canola oil	3 tbsp (45 ml)
Halibut fillets, skin on	4 (907 g)
Salt and pepper	pinch
Zucchini, cut in cubes	1
Cherry tomatoes, cut in 2	20
Sugar snap peas, cut in 2	20
Green onion, sliced	1
Vegetable stock	2 cups (500 ml)
Fresh basil leaves, ripped	10



Preheat the oven to 400°F (200°C).

In a large, non-stick pan that can go in the oven, heat the butter and canola oil. Season the fish fillets with salt and pepper on both sides, sear in the hot pan starting with the meat side down. After a few minutes, turn the fish over and place the pan in the oven for 15 minutes.

Remove the pan from the oven and place one fillet each in 4 bowls. Put the hot pan back on the stove top and turn the heat to medium. Sauté the vegetables for a few minutes, add the vegetable stock and bring to a boil. Reduce the broth for a minute or two and then pour the broth around each piece of fish.

Garnish each bowl with some ripped basil and serve.

# BLUEBERRY CRUMBLE CAKE

PREPARATION TIME: 20 MINUTES

COOKING TIME: 50-55 MINUTES

SERVES: 6 – 8



## INGREDIENTS

### Crumble

Flour	1/3 cup (75 ml)
Cinnamon	1 tsp (5 ml)
Unsalted butter, cold	3 tbsp (45 ml)
Brown sugar	1/3 cup (75 ml)
Rollled oats	1/4 cup (60 ml)

### Cake

Unsalted butter	1/4 cup (60 ml)
Brown sugar	1/2 cup (125 ml)
Egg (large)	1
Self rising flour	1 cup (250 ml)
Whole milk	1/3 cup (75 ml)
Blueberries (fresh or thawed from frozen)	1 1/4 cups (300 ml)

Preheat oven to 350°F (180°C).

Grease a 7-inch (17.5 cm), spring-form pan and line the bottom with parchment paper.

### CRUMBLE TOPPING:

In a bowl, combine the flour and cinnamon. Add the cold butter in small pieces and work with a pastry blender, fork or your fingers until it resembles a coarse meal. Add the brown sugar and oats and press together to form the crumble. Set aside.

### CAKE:

In a large bowl, beat the butter until fluffy. Add the brown sugar and beat until mixed and lighter in color, or about 2 to 3 minutes. Add the egg and mix well. Slowly incorporate the flour and milk, alternating between the two ingredients, beginning and ending with the flour. Mix until just incorporated. Spread the batter evenly in prepared pan and sprinkle the blueberries over the top. Add the crumble topping and bake the cake for 50 to 55 minutes, or until a knife inserted in the middle of the cake comes out clean. Serve warm or at room temperature.

# POACHED PEACHES with RICOTTA MOUSSE

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES / COOLING TIME: 1-2 HOURS

SERVES: 4



## INGREDIENTS

Water	2 cups (500 ml)
White wine	1 cup (250 ml)
Granulated sugar	$\frac{3}{4}$ cup (175 ml)
Peaches, halved and pitted	2

### Ricotta Mousse

Ricotta cheese	$\frac{1}{2}$ cup (125 ml)
Granulated sugar	2 tbsp (30 ml)
Whipping cream (35%)	$\frac{1}{2}$ cup (125 ml)
Fresh mint	1 sprig



### POACHED PEACHES:

In a medium saucepan, combine the water, white wine and sugar and bring to a boil, allowing the sugar to dissolve. Add the peach halves, reduce heat and simmer for 8 to 10 minutes, turning the peaches once until they are tender and the skins begin to loosen. Remove from heat and allow to cool before refrigerating for 1 to 2 hours.

### RICOTTA MOUSSE:

In a food processor, mix the ricotta cheese and sugar until smooth in texture. Whip the cream to stiff peaks. Gently fold the whipping cream into the ricotta cheese.

To serve, gently peel the skins off the cooled peaches. Top each peach half with a dollop of ricotta mousse, a sprig of fresh mint and serve.



# STRAWBERRY CUPCAKES with CREAM CHEESE FROSTING

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15-18 MINUTES

SERVES: 12 CUPCAKES



## INGREDIENTS

### Batter

Unsalted butter	1/3 cup (75 ml)
Brown sugar	2/3 cup (150 ml)
Eggs (large)	3
Self rising flour	1 1/2 cups (375 ml)
Whole milk	1/4 cup (60 ml)
Sour cream	2 tbsp (30 ml)
Sliced strawberries	1 cup (250 ml)

### Frosting

Cream cheese	3/4 cup (175 ml)
Unsalted butter	1/4 cup (60 ml)
Icing sugar	1/2 cup (125 ml)

Set butter out so that it can warm to room temperature.

Preheat oven to 350°F (180°C).

Line a 12-cup muffin tin with cupcake liners.

# STRAWBERRY CUPCAKES with CREAM CHEESE FROSTING

CONTINUED



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## BATTER

In a large bowl, beat the butter until fluffy. Add the brown sugar and continue beating until light in color. Add the eggs, one at a time, mixing well between each addition. Stir in the flour and milk, alternating each ingredient, beginning and ending with the flour. Mix in the sour cream until just combined. Slice the strawberries into ½ inch (1.25 cm) pieces, toss in about 2 tsp of flour and add to the batter.

**Note:** Tossing the berries in flour prevents them from sinking to the bottom of the batter.

Divide the batter evenly among the 12 liners. Bake the cupcakes for 15 to 18 minutes, or until golden in colour and a cake tester comes out clean. Allow to cool.

## FROSTING

In a bowl, beat the room temperature cream cheese until fluffy. Add the room temperature butter and continue to beat until well combined. Stir in the icing sugar and beat until the frosting is light and has thickened, or about 5 minutes.

**Note:** If you like sweeter icing, add an additional ¼ cup of icing sugar.

Frost each cupcake, garnish with half a strawberry and serve.



Remember to look for a Canadian content or process statement on all the ingredients you buy.

# SUMMER WHITE SANGRIA

PREPARATION TIME: 8 MINUTES

SERVES: 4



## INGREDIENTS

Blueberries	½ cup (125 ml)
Raspberries	½ cup (125 ml)
Fresh mint leaves	15
Maraschino cherries	12
White wine	2 cups (500 ml)
Ice Cider	¼ cup (60 ml)
Clear, Clear, citrus soda (such as 7UP or Sprite)	1 can (310 ml)
Ice	

In a pitcher, place the blueberries, raspberries, and mint, muddle (press) gently using a wooden spoon allowing the juices to come out of the fruit.

Add the cherries, white wine, ice cider, and soda, top with ice.

Serve and enjoy!



Remember to look for a Canadian content or process statement on all the ingredients you buy.

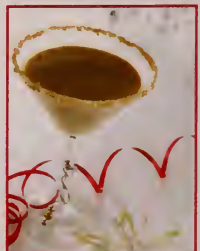












FALL / WINTER



# BLUEBERRY CRANBERRY BREAKFAST SMOOTHIE

PREPARATION TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Raspberry yogurt	¾ cup (175 ml)
Cranberry yogurt	¾ cup (175 ml)
Milk (2%)	1 ½ cups (375 ml)
Blueberries, frozen	1 ½ cups (375 ml)
Ground flax seed	¼ cup (60 ml)
Honey	2 tsp (10 ml)
Mint leaves, fresh	5

In a blender, add the two yogurts, the milk and the blueberries and blend until smooth. Add the ground flax seed, honey, and fresh mint leaves. Blend again for 1 to 2 minutes.

Pour and serve.

**Healthy eating tip:** This drink is high in antioxidants and is a great breakfast on-the-go.



Remember to look for a Canadian content or process statement on all the ingredients you buy.



# BREAKFAST BARS

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

SERVES: 4



## INGREDIENTS

Quick oats	¾ cup (175 ml)
Trail mix	¾ cup (175 ml)
Dried cranberries	½ cup (125 ml)
Roasted, salted almonds, chopped	½ cup (125 ml)
Chocolate chunks	½ cup (125 ml)
Cinnamon	¼ tsp (1 ml)
Honey	2 tbsp (30 ml)
Maple syrup	¼ cup (60 ml)
Bran cereal	¾ cup (175 ml)
Butter, melted	2 tbsp (30 ml)
Egg whites	2



Preheat oven to 350°F (180°C).

In a large mixing bowl, mix the oats, trail mix, dried cranberries, almonds, chocolate chunks, cinnamon, honey, maple syrup and bran cereal. Add the melted butter and mix so that everything is coated evenly.

In another bowl, whisk the egg whites until they form soft peaks and become light and fluffy. Once they have reached the desired consistency, gently fold them into the oat mixture and place on a parchment-lined 9-inch x 11-inch (23 cm x 28 cm) baking tray. Using only half of the baking tray, push the mixture to one side and press down so that the mixture reaches the top edge of the tray.

Bake in the oven for 20 minutes. Let cool completely. Cut into bars and serve.

# The BEST FRENCH TOAST with MAPLE ALMOND TOPPING

PREPARATION TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

SERVES: 4



## INGREDIENTS

Eggs	5
Cream (35%)	½ cup (125 ml)
Whole milk	½ cup (125 ml)
Maple syrup	¼ cup (60 ml)
Cinnamon	½ tsp (2 ml)
Butter	1 tbsp (15 ml)
White country bread, 1-inch (2.5 cm) thick slices	8

## Topping

Roasted almonds, sliced roughly	¼ cup (60 ml)
Maple syrup	¼ cup (60 ml)
Butter	1 tbsp (15 ml)
Cream (35%)	¼ cup (60 ml)

Preheat oven to 375°F (190°C).

In a medium-sized mixing bowl, whisk together the eggs, cream, milk, maple syrup, and cinnamon.

Melt 1 tbsp of butter in a medium-sized, non-stick pan. Dip both sides of the bread in the egg mixture and lightly brown both sides on medium to low heat. Transfer the bread to a parchment-lined baking sheet and bake in the oven for 8 minutes.

## TOPPING

While the French toast bakes in the oven, rinse out the pan and put it back on the stove. Increase the heat to medium. Add the sliced almonds and toast lightly. Add the maple syrup and butter. Once the butter is melted, add the cream. Cook the sauce for 3 to 5 minutes until combined.

Remove French toast from the oven, and serve with this delicious topping.

# EGG and SUN-DRIED TOMATO PESTO SANDWICH

PREPARATION TIME: 30 MINUTES

COOKING TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Bagels	4
Eggs	8
Water	2 tbsp (30 ml)
Sun-dried tomato pesto	2 tbsp (30 ml)
Bacon, maple flavoured, chopped	8 strips
Cheese, Canadian Swiss-style	4 slices (100 g)
Mayonnaise	8 tsp (40 ml)



Toast the bagels in a toaster and set aside. In a mixing bowl, beat the eggs, water and sun-dried tomato pesto and set aside.

In a medium, non-stick pan, cook your chopped bacon on medium heat until browned.

Drain the excess fat from the pan, and add in your egg mixture. When cooking the egg mixture, use a non-stick spatula to pull the eggs away from the edge of the pan and swirl the pan as if you were making an omelette. Once the eggs are cooked, divide into 4 portions and set aside.

## ASSEMBLY

Spread 1 tsp of mayonnaise on each bagel half, and place one half on each of four plates. Place a slice of cheese on each, top with the egg mixture and close each bagel with the remaining halves. Enjoy!

Serve this sandwich with a cherry tomato, cucumber and feta salad, or bowl of soup.



# FAST and EASY PITA PIZZAS

PREPARATION TIME: 30 MINUTES

COOKING TIME: 10 MINUTES

SERVES: 4



## INGREDIENTS

Tomatoes, canned diced, drained	1 can (796 ml)
Garlic cloves	2
Italian seasonings	2 tsp (10 ml)
Salt	1 tsp (5 ml)
Pepper	1 tsp (5 ml)
Green olives, pitted	1/3 cup (75 ml)
Cherry tomatoes	12
Red onion, cut in half moons	1 small
Cheese, mozzarella	2 1/2 cups (224 g)
Pita, Greek style	4

Preheat oven to 375°F (190°C).

In a blender, combine the diced tomatoes, garlic, Italian seasonings, salt and pepper. Blend until smooth and then set aside.\*

## ASSEMBLY

On top of each pita, put 2 tbsp of the blended tomato sauce, top with green olives, red onions and cherry tomatoes. Cover lightly with mozzarella cheese and bake in the oven for 10 minutes.

\* This recipe makes extra sauce to be divided into 4 ramekins and served as a dipping sauce for the pizzas.

# GRILLED BASIL GOAT CHEESE and RED ONION MARMALADE SANDWICH

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

SERVES: 4

## INGREDIENTS

Goat cheese (divided into 4 portions)	¾ cup (266 g)
Basil leaves, chopped	12
Salt	to taste
Pepper	to taste

## Red Onion Marmalade

Canola oil	1 tbsp (15 ml)
Red onions, sliced	3 medium
Honey	2 tbsp (30 ml)
Cider vinegar	¼ cup (60 ml)
Water	¼ cup (60 ml)
Bacon, cooked	8 slices
Butter	1 tbsp (15 ml)
White country bread, 1-inch (2.5 cm) thick slices	8



Preheat oven to 375°F (190°C).

## GOAT CHEESE MIXTURE

In a bowl, mix the goat cheese and basil, and season with salt and pepper. Set aside.

## RED ONION MARMALADE

In a medium, non-stick pan, heat the canola oil and add the red onions. Sauté for a few minutes, add in the honey, cider vinegar and water, then reduce. Season with salt and pepper and set aside.

## ASSEMBLY

Spread ¼ of the goat cheese mixture on each of 4 slices of bread. Divide the red onion marmalade mixture evenly on top of each slice, followed by 2 pieces of cooked bacon, cut in half. Close with remaining bread slices.

In a pan, heat the butter. Once the butter is melted and hot, place the sandwiches in the pan and brown on both sides. Remove sandwiches from the pan, place on a parchment-lined baking sheet and bake in the oven for 6 to 8 minutes, heating the sandwiches through.

# BROILED VODKA MAPLE OYSTERS

PREPARATION TIME: 15 MINUTES

COOKING TIME: 5 MINUTES

SERVES: 4



## INGREDIENTS

Oysters	12
Butter	3 tbsp (45 ml)
Garlic clove, pressed	1
Dried Italian herbs	¼ tsp (1 ml)
Shallot, chopped	1
Vodka	2 tbsp (30 ml)
Lemon juice	2 tsp (10 ml)
Maple syrup	1 tbsp (15 ml)
Fresh bread crumbs	½ cup (125 ml)
Salt	pinch
Pepper	pinch

Set oven to broil.

Shuck the oysters, making sure to keep the juices in the shells.

Melt the butter in a non-stick pan. Add the garlic, Italian herbs, salt, pepper and shallot and sauté for 1 minute. Add the vodka and cook for another minute before adding the lemon juice and maple syrup. Pour this mixture over the bread crumbs and mix together.

Place the oyster shells on a baking sheet, and top each evenly with the bread crumb mixture.

Broil for 3 minutes and serve.



Remember to look for a Canadian content or process statement on all the ingredients you buy.



# ENDIVE and TOMATO SALAD with ORANGE VINAIGRETTE

PREPARATION TIME: 15 MINUTES

SERVES: 4

## INGREDIENTS

### Salad

Endive leaves, sliced	6
Cherry tomatoes, cut into 4	8
Bocconcini cheese, cut into ½ inch (1.5 cm) pieces	4 balls (220 g)
Basil leaves, sliced thin	4
Greenhouse Boston lettuce leaves	4

### Vinaigrette

Frozen orange juice concentrate	1 tbsp (15 ml)
Cider vinegar	¼ cup (60 ml)
Salted herbs	1 tsp (5 ml)
Roasted garlic olive oil	2 tbsp (30 ml)
Canola oil	½ cup (125 ml)



In a medium-sized bowl, mix the endives, cherry tomatoes, bocconcini cheese and basil leaves together.

In a second bowl, mix the frozen orange juice concentrate, cider vinegar, and salted herbs. Add the canola and olive oil and mix using a whisk.

Pour the vinaigrette over the salad and toss lightly.\*

Place one leaf of the Boston lettuce per plate and divide the salad mix equally into each leaf.

\* Leftover vinaigrette is an excellent marinade for fish or chicken.

# FAST and EASY ONION SOUP

PREPARATION TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

SERVES: 4



## INGREDIENTS

Butter	2 tbsp (30 ml)
Onions, roughly chopped	4
Garlic clove, chopped	1
Dry thyme	1 ½ tsp (7 ml)
Red wine	1 cup (250 ml)
Sugar	1 tbsp (15 ml)
Beef stock	4 cups (1 L)
Country bread slices, cut in cubes	2
Mozzarella cheese, grated	1 cup (112 g)
Aged cheddar cheese, grated	1 cup (113 g)
Salt	to taste
Pepper	to taste

In a large pot, melt the butter on medium heat and sauté the onions and garlic until soft. Add the dry thyme and stir for 1 minute. Deglaze the pot with the red wine and reduce by half. Add the sugar and beef stock, and simmer for 30 minutes. Add salt and pepper to taste.

Place the bread cubes on a parchment-lined baking sheet and bake in the oven at 350°F (180°C) for 10 to 15 minutes.

## ASSEMBLY

Set oven to broil.

Take 4 oven-safe bowls and fill with soup. Divide the bread cubes equally between the bowls and top each bowl with ¼ cup of mozzarella and ¼ cup aged cheddar cheese.

Broil until the cheese is browned, then serve.

# CANADIAN DUCK BREAST with RASPBERRY SAUCE

PREPARATION TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

SERVES: 4



## INGREDIENTS

Duck breast*	4
Salt	to taste
Pepper	to taste
Shallot, chopped	1
Garlic cloves, chopped	2
White wine	½ cup (125 ml)
Raspberry jam, seedless	3 tbsp (45 ml)
Chicken stock	1 cup (250 ml)



Preheat oven to 400°F (200°C).

Trim and score the fat side of the duck breasts (scoring is cutting a checker board design in the fat). Make sure not to go through the fat completely. Season the meat side with salt and pepper.

Put the duck breasts fat side down in a large non-stick pan that can go in the oven. Slowly cook over medium heat for 5 to 6 minutes to render the fat. Remove the excess fat from the pan, reserving 1 tbsp for later. Turn the breasts over and place pan in the oven for 10 to 15 minutes or until a meat thermometer reads 165°F (74°C).

While you're waiting for the duck to cook, add 1 tbsp of the reserved duck fat, the shallot, and the garlic to a small pan on medium heat, and sauté for a minute without browning. Deglaze the pan with the white wine and add the raspberry jam, allowing it to melt. Once it's melted, add the chicken stock and let the sauce reduce by half, or to desired consistency.

Slice the duck breast and cover with the sauce.

\* Chicken breasts, with skin on, can be substituted for the duck.

# MAPLE-GLAZED PORK CHOPS with ROASTED ENDIVES

PREPARATION TIME: 20 MINUTES

COOKING TIME: 40 MINUTES

SERVES: 4



## INGREDIENTS

### Marinade

Cider vinegar	¼ cup (60 ml)
Maple syrup	½ cup (125 ml)
Italian seasonings	2 tsp (10 ml)
Pork chops, ¾ to 1-inch (2 to 2.5 cm) thick, bone in centre cut	4 (1 kg)
Canola oil	1 tbsp (15 ml)

### Roasted Endives

Endives, cut in half lengthwise	8
Lemon juice	¼ cup (60 ml)
Roasted garlic olive oil	¼ cup (60 ml)
Brown sugar	2 tbsp (30 ml)
Salt	½ tsp (2 ml)
Pepper	¼ tsp (1 ml)

### Sauce

Garlic cloves, chopped	2
Ginger, jarred chopped	1 tsp (5 ml)
Chicken stock	½ cup (125 ml)
Salt	½ tsp (2 ml)
Pepper	¼ tsp (1 ml)
Butter	1 tbsp (15 ml)



# MAPLE-GLAZED PORK CHOPS with ROASTED ENDIVES

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Preheat oven to 400°F (200°C).

## MARINADE

In a bowl, mix the apple cider vinegar, maple syrup and Italian seasonings with the pork chops and set aside.

## ROASTED ENDIVES

Place the endive halves in a baking dish. Mix the lemon juice, roasted garlic olive oil, brown sugar, ½ tsp salt and ¼ tsp pepper in another bowl and then pour over the endives. Roast uncovered in the oven for 20 to 25 minutes.

## PORK CHOP

While the endives roast, in a non-stick pan that can go in the oven, use canola oil and sear the pork chops on medium heat for 4 minutes on one side. Turn the chops over and put pan in the oven. Bake for 15 minutes, or until the meat is cooked through.

## SAUCE

When the pork chops are ready, put them on a serving dish. Place the pan back on the stove on medium heat. Add the chopped garlic and ginger to the pan and sauté for a few seconds before adding salt, pepper and the chicken stock.

Reduce the sauce by half, add butter and when melted, serve over the pork chops.



Remember to look for a Canadian content or process statement on all the ingredients you buy.

# SLOW COOKER BEEF STEW

PREPARATION TIME: 30 MINUTES

COOKING TIME: 8 to 10 HOURS

SERVES: 4



## INGREDIENTS

All-purpose flour	½ cup (125 ml)
Salt	2 tsp (10 ml)
Pepper	1 tsp (5 ml)
Stewing beef, cut into 2-inch (5 cm) cubes	2.2 lbs (1 kg)
Canola oil	¼ cup (60 ml)
White wine	1 cup (250 ml)
Tomato juice	1 cup (250 ml)
Apple cider vinegar	¼ cup (60 ml)
Soy sauce	½ cup (125 ml)
Water	2 cups (500 ml)
Ground thyme	1 tbsp (15 ml)
Onions, cut in half	2
Garlic cloves, smashed	3
Potatoes, peeled and cut into 2-inch (5 cm) pieces	3
Carrots, peeled and cut into 2-inch (5 cm) pieces	2
Flour	2 tbsp (30 ml)
Water	6 tbsp (90 ml)
Salt	to taste
Pepper	to taste

In a medium bowl, mix the ½ cup of flour, salt and pepper. Add the stewing beef to the bowl and toss lightly to coat all the pieces. Using a colander, shake off the excess flour and set beef aside.

In a medium, non-stick frying pan, heat the canola oil on medium heat for 1 minute. Add the beef cubes and brown evenly on all sides before transferring to a slow cooker.

With the pan still on the stove, add the white wine and let simmer for 1 minute before also transferring to the slow cooker. Add the remaining ingredients to the slow cooker, except the last bit of flour and water, and cook for 8 hours on high.

After 8 hours, mix the remaining flour and water with a whisk to form a smooth paste. Add 1 cup of stew broth from the slow cooker to the paste, whisk again, and then pour mixture back into the stew. Simmer for 5 minutes or until stew has slightly thickened.

Add salt and pepper to taste before serving.

# DELICIOUS APPLE CRANBERRY CRUMBLE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 40 MINUTES

SERVES: 4



## INGREDIENTS

### Batter

Dried cranberries	½ cup (125 ml)
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Brown sugar, packed	1 tbsp (15 ml)
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Rosé wine*	¼ cup (60 ml)
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Apples, peeled, cored and sliced thin	3
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Cinnamon	2 tsp (10 ml)
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Lemon juice	2 tsp (10 ml)
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Brown sugar	½ cup (125 ml)
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Flour	¼ cup (60 ml)
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Quick oats	1 cup (250 ml)
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Butter, at room temperature	½ cup (125 ml)
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Preheat oven to 375°F (190°C).

Butter a 9-inch (23 cm) pie baking dish and set aside.

In a bowl, mix the dried cranberries, brown sugar and rosé wine. Marinate for 20 minutes.

In a second bowl, mix the peeled apple slices, cinnamon, lemon juice and sugar with your hands. Set aside. When the cranberries are finished marinating, drain and add to the apple mixture.

In a third bowl, mix the flour and quick oats. Cut the butter into little pieces and knead them into the flour and quick oats until you achieve a sandy crumble texture.

Fill the pie baking dish with the apple and cranberry mixture and top with the crumble mixture. Bake for 35 to 40 minutes on the middle rack.

Once done, let the crumble cool slightly and serve with ice cream.

\* White wine can be substituted for rosé wine. Rosé will provide a fruitier flavor.

# DEEP DISH PEANUT BUTTER and JELLY CHEESECAKE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 70 MINUTES / COOLING TIME: 4 to 5 HOURS

SERVES: 8



## INGREDIENTS

### Crust

Graham cracker crumbs	1 $\frac{3}{4}$ cups (425 ml)
Chopped peanuts	1 cup (250 ml)
Sugar	$\frac{1}{4}$ cup (60 ml)
Unsalted butter (melted)	$\frac{1}{2}$ cup (125 ml)

### Filling

Cream cheese (room temperature)	4 pkgs of 8 oz (250 g)
Peanut butter (creamy)	1 cup (250 ml)
Light brown sugar	1 cup (250 ml)
Sour cream	$\frac{1}{2}$ cup (125 ml)
Eggs, large	4
Flour	3 tbsps (45 ml)

### Topping

Seedless strawberry jam	$\frac{1}{4}$ cup (60 ml)
Chopped peanuts (optional)	$\frac{1}{2}$ cup (125 ml)



# DEEP DISH PEANUT BUTTER and JELLY CHEESECAKE

CONTINUED



Preheat oven to 350°F (180°C).

## CRUST

In a bowl, combine the graham cracker crumbs, chopped peanuts and sugar. Add the melted butter, stirring to combine. Press the crust into the bottom of a greased, 9-inch (23 cm) spring form pan. Bake for about 10 minutes, or until golden brown. Remove from oven and set aside to cool. Once cooled, wrap the bottom and sides of the pan with aluminum foil.

Reduce oven temperature to 325°F (166°C).

## FILLING

In a large bowl, beat the cream cheese until smooth. Once smooth, add the peanut butter and brown sugar and beat until mixed. Add the eggs, one at a time, mixing well. Stir in the sour cream and flour and mix until just combined. Pour filling over the crust and place the cheesecake pan in a large baking dish, leaving room to add water.

Put the baking dish, with the cheesecake pan, in the oven and fill the baking dish with boiling water until it comes half way up the sides of cheesecake pan.

Bake for 60 to 70 minutes, or until the cheesecake sides are set and the center of the cake trembles slightly when shaken. Turn the oven off and leave the cake inside to cool completely, for 4 to 5 hours. Once cheesecake is cool, remove from the oven, cover and chill in the fridge.

## TOPPING

To finish the cheesecake, remove from the pan, cover the top with the strawberry jam and serve! If desired, press chopped peanuts into the sides of the cheesecake to create a decorative coating.



Remember to look for a Canadian content or process statement on all the ingredients you buy.

# PEAR AND CHOCOLATE CLAFOUTIS

PREPARATION TIME: 20 TO 30 MINUTES

COOKING TIME: 35 TO 40 MINUTES

SERVES: 4



## INGREDIENTS

Unsalted butter	1 tbsp (15 ml)
Sugar	1 tbsp (15 ml)
Bartlett pears, peeled, cored and sliced ¼ inch (0.5 cm)	3
Chocolate chips	½ cup (125 ml)
Eggs	3
Sugar	⅓ cup (75 ml)
Flour	½ cup (125 ml)
Salt	¼ tsp (1 ml)
Cream (35%)	1 cup (250 ml)
Whole milk	½ cup (125 ml)
Icing sugar, optional	

Preheat oven to 375°F (190°C).

Butter a 10-inch (25.4 cm) cake pan or baking dish with 1 tbsp unsalted butter and sprinkle with 1 tbsp of sugar.

Arrange pear slices in a single layer at the bottom of the cake pan. Sprinkle with the chocolate chips.

In a large bowl, beat the eggs, sugar, flour, salt, cream and milk until smooth. Pour the mixture over the pears.

Bake until golden brown and the pears are tender, about 35 to 40 minutes.

Serve warm or at room temperature with a dusting of icing sugar.

# HOLIDAY MAPLE MARTINI

PREPARATION TIME: 5 MINUTES

SERVES: 4

## INGREDIENTS


Apple juice	¼ cup (60 ml)
Maple sugar	2 tbsp (30 ml)
Maple cream liqueur	¾ cup (175 ml)
Vodka	½ cup (125 ml)
Ice	



Pour the apple juice onto a small plate and the maple sugar onto another. Turn 4 martini glasses upside down and twirl the rims in the apple juice first, and then in the maple sugar.

Pour the vodka and the maple cream liqueur into a cocktail shaker. Fill it with ice, cover and shake for 30 seconds.

Pour the mixture into the rimmed martini glasses and serve.

 Remember to look for a Canadian content or process statement on all the ingredients you buy.







BON APPÉTIT!

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