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Canada

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Quality
is in our nature



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Savour CANADA

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Savour CANADA

Chances are, no matter where you are in the world, a Canadian food product—or one made with Canadian ingredients—is close at hand.

Our pork, beef and fish and seafood products are exported to more than 180 countries, as are our wheat, pulses and canola oil. Our soybeans are a preferred choice among the world's nations for their higher protein content and consistency in shape and size. And who could forget that we are the world's largest producer and exporter of maple syrup? And one of only two countries that produce it?

Surprised? You shouldn't be. The global reach and range of Canadian food and agricultural products is astounding—and continues to expand!

You'll find a special selection of recipes created by six of Canada's top chefs and others that showcase Canada's finest and most diverse food products and ingredients. All chefs have cooked internationally, but always return home saying the same thing: *We have one of the most unique and distinct food cultures in the world. And it's not just about the product or commodity. It's about the people, their passion, their innovation. It's about our land, our pristine water and our cultural mosaic.*

It just doesn't get better than Canada, because Quality is in our nature!





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Chef *Michael Smith*

Charlottetown, Prince Edward Island

Chef Smith is an award-winning author and internationally-known TV food show host. In 1992, his roving culinary adventures landed him in Canada's smallest province, Prince Edward Island, where he made his home.

"Cooking is not just about the end product or ingredients. It's about the people and their passion for excellence. Canada has one of the most distinct and unique food cultures in the world. It's reflective of our surroundings, our different climate zones and our broad ethnic diversity. We are close to the land, and close to the sea. Food is woven into our cultural fabric."



West Coast Smoked Salmon with Slow-Scrambled Eggs

Canadian smoked salmon, sliced	10 ounces	300 g	
Rye bread	4 slices		
Butter	1 tbsp		15 ml
Eggs, extra large	4		
Milk or cream	2 tbsps		30 ml
Chives or green onions, thinly sliced	1/4 cup		60 ml
Gouda cheese, grated	4 ounces		
Salt	1/2 tsp		2 ml
Ground pepper	pinch		
Caviar	1 ounce	30 g	
Chives, whole	3		
Fresh dill or parsley	3 sprigs		
Canadian oysters	4		

Invert a ramekin over each slice of rye bread and then, with a small paring knife, trace tightly around the exterior to cut out a small circle. Toast the circles until they're golden brown and crispy; they will shrink slightly.

Gently line four lightly oiled 6-ounce (3/4 cup/175 ml) ramekins or small tea cups with plastic wrap taking care to work out any air bubbles. Ensure that any extra plastic wrap is folded down the outside of the moulds. Line each ramekin with a single layer of smoked salmon, trimming the salmon to make the lining as even as possible.

Fashion a double boiler by placing a glass or metal bowl over a pot of simmering water. Toss in the butter and heat it until melted. Meanwhile, whisk together the eggs, milk, chives, Gouda cheese, salt and pepper.

When the butter is melted, pour in the egg mixture. Stir with a wooden spoon until the eggs have thickened into soft, creamy curds. This will take about 10 minutes.

Spoon the scrambled eggs into the smoked salmon moulds. Top each mould with a toasted rye bread round. Place a small plate over top of the filled ramekin and flip the ramekin and plate over. Remove the ramekin and gently peel off the plastic wrap revealing the smoked salmon stuffed with slowly scrambled eggs. Top with a shucked oyster and additional recommended topping.*

Makes 4 servings

**Chef Michael Smith recommends that the dish be topped with a generous dollop of Brown Butter Hollandaise, a small tangle of pickled red onions, a generous spoonful of caviar, a chive or two and perhaps a sprig of dill. For recipes on these recommended toppings visit www.eatcanadian.ca.*

Recipe created by Michael Smith. Additional recipes developed by Chef Smith can be found at www.eatcanadian.ca.



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Canadian Bison Blanquette with Morel Mushrooms

Canadian stewing bison	1 1/4 lbs	600 g	
Garlic	10 cloves		
Thyme, fresh	4 stalks		
Poultry stock (unsalted) or water	3 cups		750 ml
Morels, dried	1/2 cup	10 to 15 g	
Cream (35%)	1 1/3 cups		300 ml
Lemon	1/2		
Butter	2 tsps	30 g	30 ml
Flour	3 tsps	30 g	45 ml
Salt, coarse	to taste		
Pepper, white or cayenne	to taste		

Blanch garlic cloves by placing in a saucepan, covering with cold water and boiling gently for five minutes. Remove garlic, rinse with cold water and set aside.

Soak Morel mushrooms in lukewarm water for 20 minutes to reconstitute them. Rinse and cook gently in the cream over medium heat. Cook for 20 minutes and turn off heat.

Cut meat into approximately 30 to 35 g (1/2") cubes. Rinse the meat in ice water and place in a saucepan. Add the poultry stock or cold water to 2 cm (3/4") above the pieces. Add coarse salt and slowly bring to a boil. Skim carefully and add the thyme and blanched garlic cloves. Cook gently, covered, for 50 minutes until the meat is tender.

In a saucepan, melt the butter over medium heat and add the flour to make a roux. Turn off heat when the roux becomes white and frothy. Set aside to cool.

Remove the chunks of cooked meat, garlic and thyme from the cooking liquid. Pour this liquid, while still warm, onto the cooled roux, whisking it continuously. Bring to a low boil and cook for a few minutes. Add the Morel mushrooms and cream, then cook for a few more minutes. Place the meat back in, along with a pinch of cayenne and a dash of lemon juice, and simmer for two to three minutes. Taste for seasoning, and serve with wild rice.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.

Japanese-style Canadian Soybean Salad

Canadian soybeans, cooked	1 1/2 cups	225 g	350 ml
Spinach, raw and well rinsed	2 cups	200 g	475 ml
Fresh tomatoes	2	225 g	

Vinaigrette

Soya sauce (naturally brewed)	1/4 cup		60 ml
Mirin (mild cooking sake)	4 tsp		20 ml
Dashi (Japanese fish broth)	4 tsp		20 ml
Rice vinegar	3 tsp		15 ml
Sesame oil	a few drops		

To Garnish:

Sesame seeds	to taste
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Cut tomatoes into thin slices. Spread over plate.

Cook soybeans in salted boiling water for five minutes. Cool in cold water. Drain soybeans and mix with spinach.

Pour soya sauce, mirin and dashi into a pot and bring to a boil. Turn off the heat and add the vinegar and sesame oil. Cool.

Add spinach and soybeans to the sauce and let soak for a few minutes. Set the soybeans and spinach in the middle of the plate already garnished with tomatoes, and add a spoonful of sauce.

Garnish with sesame seeds.

Makes 4 servings

Recipe provided by Agriculture and Agri-Food Canada.





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Chef *Daryle Nagata*

Vancouver, British Columbia

Chef Nagata's stellar international background includes cooking stints at the exclusive Savoy in London, La Reserve Geneva, and the Fairmont in Washington, D.C., where he served as personal chef to numerous heads of state and celebrities. He is currently Executive Chef at the Pan Pacific Hotel in Vancouver.

"I travel a lot and I can tell you it just doesn't get better than Canada. We have a great bounty of products available with outstanding quality. Canadian beef, for example, is revered around the world for its flavour and high quality. It's very distinctive. We finish our beef with grain, it's properly aged and marbled, and as a result, it is tender, juicy and has a unique taste."



Asian-style Canadian Beef Short Ribs

Beef short ribs, cut in 2" (5 cm) pieces	3 lbs	1.5 kg	
Salt and freshly ground pepper			
Sesame oil	2 tbsps		30 ml
Garlic, separated into cloves and peeled	1 bulb		
Star anise	5 whole		
Japanese soy sauce	1/2 cup		125 ml
Packed brown sugar	1/4 cup		60 ml
Fresh ginger, chopped	3 tbsps		45 ml
Green onions, coarsely chopped	1/2 cup		125 ml
Rice vinegar or cider vinegar	2 tbsps		30 ml
Water	2 cups		500 ml

Trim fat from short ribs. Season with salt and freshly ground pepper. Heat oil over medium-high heat in Dutch oven or large heavy pot; add short ribs and brown all over.

Add garlic, star anise, soy sauce, brown sugar, ginger, onions, vinegar and water. Bring to a boil; reduce heat to simmer. Cook uncovered for 1 1/2 to 2 hours, until the short ribs are quite tender.

Preheat oven to 450°F (225°C). Remove ribs from the braising liquid and place them on a broiler pan; roast in oven until crispy, about 15 minutes. Meanwhile, skim any fat from the surface of the braising liquid, then boil liquid over high heat for 10 minutes to concentrate the flavours. The sauce should thicken slightly. Remove only the star anise. Ladle sauce into shallow bowls and place a rib in each.

Makes 4 to 6 servings

*Recipe provided by Beef Information Centre (www.beefinfo.org).
Chef Daryle Nagata has enhanced the Asian flavour by adding star anise to the recipe.*

Recipes developed by Chef Nagata can be found at www.eatcanadian.ca.

Canada's beef herd is built on British and European continental breeds that are different from the beef herds of key competitors. These breeds deliver meat that is more tender and well-marbled, which is why **Canadian beef** is popular with discerning beef eaters everywhere.



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Wild Rice Frittata with Dried Cranberries

Canadian wild rice, cooked in salted water	1/2 cup	100 g	125 ml
Shallots, finely chopped	2 tbsps	30 g	30 ml
Red pepper, finely chopped	3 tbsps	40 g	45 ml
Fresh tarragon, chopped	1 tbsps		15 ml
Canola oil	2 tbsps		30 ml
Green onion, finely chopped	1		
All-purpose flour	2 tbsps	20 g	30 ml
Eggs	4		
Dried cranberries	1/4 cup	35 g	60 ml
Cream (35% or sour cream)	1/4 cup		60 ml
Salt and freshly ground pepper	to taste		

Soak dried cranberries in lukewarm water for five minutes.
Drain and chop.

Heat 15 ml (1 tbsp) of canola oil in a frying pan, add the shallots and red pepper, cover and steam for one minute. Before they get discoloured, turn off the heat and add the green onion, cranberries, tarragon, salt and pepper. Sprinkle thoroughly with 20 g (2 tbsps) of flour. Mix well and set aside to cool.

Break the four eggs into a bowl. Sprinkle with salt and pepper.
Mix in 60 ml (1/4 cup) of sour cream or 35% cream. Add 100 g (1/2 cup) of cooked wild rice and the mixture of shallots, red pepper, cranberries, tarragon and green onion.

Pour this mixture into a buttered and floured pan. Bake at 180°C (350°F) for 12 to 15 minutes.

Serve as an accompaniment to white fish or poultry.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.

Grilled Salmon with Berry Compote

Canadian salmon fillets (4)	6 to 8 oz	170 g to 225 g	
Shallot, finely chopped	1		
Lemon zest and juice	1/2 lemon		
Canadian berries, fresh or frozen (cranberries, blueberries, Saskatoon berries)	1 1/3 cups	200 g	300ml
Fresh thyme	2–3 sprigs		
Canadian honey	to taste		
Salt and pepper	to taste		
Canola oil	2 tbsps		30ml
Assorted vegetables			

In a medium saucepan, slowly bring the berries, shallot, thyme, lemon zest and juice to a simmer.

Add some honey, adjusting the quantity 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 with salt and pepper and barbecue to desired firmness.

Serve with berry compote and assorted grilled vegetables.

Makes 4 servings

Recipe provided by Agriculture and Agri-Food Canada.

Canadian salmon are a cornerstone of the country's world-renowned seafood industry and a favourite of fish lovers everywhere. These magnificent fish have created a rich cultural heritage for all Canadians, and are a mainstay of many communities on both our Pacific and Atlantic coasts.



Chef Rémi Cousyn

Saskatoon, Saskatchewan

Chef Cousyn decided at a young age to pursue cooking and polished his culinary skills across France, Switzerland and Canada before finally settling in Saskatoon in 1995. With his wife and co-owner, Janis Cousyn, Chef Cousyn took over Calories Restaurant and transformed it into one of Saskatchewan's most popular dining establishments.

"The taste and quality of Canadian beef and pork are second to none. And Canada continually produces amazing specialty and niche products, such as bison, and wild mushrooms...the University of Saskatchewan just came out with a new variety of hardy sour cherries called Carmine Jewel, which are particularly versatile. We use them in our mustards, lamb meatballs and many other dishes. They're excellent for processing of any kind, dried for use in granola and fruit bars, or fresh in jams and jellies."



Prairie Steak and Eggs

Rib-eye medallions (1)	3 to 4 oz	90 to 120 g	
Unsalted butter			
or fat from making lardons	1 tsp		5 ml
Quail egg	1		
A handful of crisp coarse lardons			

Heat a grill to medium-high and barbecue steak until the desired doneness.

Meanwhile, melt butter or pork fat in a small skillet and fry quail egg until still runny in the centre, about 45 – 60 seconds.

To make pork lardons, cut salt pork or thick-cut bacon into small cubes. Fry over medium heat until well-browned and crisp. Drain on paper towels and keep warm until needed.

Top steak with egg, surround with warm lardons and serve.

Makes 1 serving

Recipe created by Rémi Cousyn. Additional recipes developed by Chef Cousyn can be found at www.eatcanadian.ca.

Canadian beef: the taste you love; the nutrients you need. Meticulous breeding, careful stock-raising and state-of-the-art processing facilities mean that the taste and quality of Canadian beef are unequalled anywhere. Look for our speciality products such as halal-certified, kosher, natural and organic beef.



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Lentil and Feta Patty

Canadian lentils, green or red	1 cup	200 g	250 ml
Water	2 cups		500 ml
Garlic, crushed	1 clove		
Celery	1/2 stalk		
White onion, diced	3 tbsps	30 g	
Feta cheese, diced	1/3 cup	100 g	80 ml
Red pepper, diced	3 tbsps	25 g	30 ml
Green onion, minced	1		
Canola oil	3 tbsps		45 ml
Oregano, chopped	3 sprigs		
Flour	2 tbsps	30 g	30 ml
Egg	1		
Salt and pepper	to taste		

Rinse lentils in cold water. Place them in a saucepan along with the water, garlic, celery and onion. Bring to a boil, skim if necessary. Cook covered on low heat for 15-30 minutes or until tender. When the lentils are tender, add salt and cook for another five minutes. Be careful not to overcook; the lentils must remain intact. Drain and set aside to cool.

While cooking the lentils, sauté the red pepper and green onion in 15 ml (1 tbsp) of canola oil, until lightly browned. Turn off heat and add the oregano.

In a bowl, combine the lentils, cooked vegetables, egg, flour and diced feta. Mix thoroughly. Shape the patties and cook them in a hot frying pan, using the remaining canola oil. Brown evenly on both sides.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.

Pork Medallions with Fresh Blueberry Sauce

Canadian pork tenderloin	1.1 lbs	500 g	
Honey	2 tbsps		25 ml
Rice vinegar	2 tbsps		30 ml
Sweet white wine	2 tbsps		30 ml
Blueberry juice	2/3 cup		100 ml
Beef broth (unsalted)	1 2/3 cups		400 ml
Fresh blueberries	3/4 cup	150 g	180 ml
Cornstarch	2 tbsps	10 g	
Canola oil	2 tbsps		30 ml
Water	1 tbsp		15 ml
Salt and pepper	to taste		

Prepare the pork tenderloin by cutting into 1.5 cm-thick (1/2") medallions. Season with salt and pepper and leave at room temperature.

Pour honey and 15 ml (1 tbsp) of water into a saucepan and bring to a boil. Add the vinegar, reduce heat and cook for one minute. Add the white wine and reduce sauce to the consistency of a syrup. Add the blueberry juice and reduce to half. Add the beef broth and boil until desired consistency. Taste for seasoning and add the fresh blueberries.

Sauté the medallions on high heat in a bit of canola oil. Turn over once and keep the meat slightly pink. Remove the medallions from pan and set aside on a warm plate. Remove the fat from the saucepan and pour in the blueberry sauce to deglaze the pan. If necessary, thicken the sauce with a little cornstarch dissolved in blueberry juice.

Pour the hot sauce over the medallions and serve.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.





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Chef *Donna Dooher*

Toronto, Ontario

Author, restaurateur, and internationally-known TV food show host, Chef Dooher is one of North America's leading advocates of the rewards and entertainment value of hands-on-cooking. Chef Dooher's newest restaurant venture is Mildred's Temple Kitchen in the heart of Toronto's Liberty Village

"We are spoiled here in Canada. We have an incredible food and agriculture distribution system, and we have vast ethnic influences from around the world. We make innovative products like chickpea flour, which is great for people who have a wheat intolerance. Chickpeas provide excellent nutritional value and are a staple in many diets around the world."



Canadian-style Dosas with Sweet Potato and Roasted Onion Curry

Canadian-style Dosas

Canadian chickpea flour	1 cup	250 ml
Canadian buckwheat flour	1/4 cup	60 ml
Salt	1/2 tsp	2 ml
Ground cumin	1/2 tsp	2 ml
Water	1 1/2 cups	325 ml
Clarified unsalted butter (a.k.a. ghee)	as needed	

In a medium-sized mixing bowl, combine the chickpea and buckwheat flours. Stir in the salt and cumin. Whisk in the water to make a thin batter. Let stand for about 30 minutes before using.

Heat a cast iron griddle or crêpe pan over medium-high heat. To test to see when pan is ready to use, sprinkle the pan with water. If the drops hiss and dance, it's ready to cook the dosas.

Brush the pan quickly with clarified butter (ghee) and pour on about 1/4 cup (60 ml) of the batter. Spread it with the back of a spoon or swirl it to ensure that the dosa is very thin. When the top surface is dry, brush with more clarified butter, loosen the edges and flip. Cook until the underside is richly golden. It will take only a few seconds if the pan is hot enough. Keep the dosa warm and repeat until all the batter is used. Set aside and prepare the Sweet Potato and Roasted Onion Curry.

Makes 6 servings

Recipe created by Donna Dooher. Additional recipes developed by Chef Dooher can be found at www.eatcanadian.ca.

Canadian pulses come in a wide variety of colours, shapes and sizes. Whether it is chickpeas, lentils, beans or peas, there is no shortage of choice. Seeded area in Canada has expanded 400 per cent in the past 15 years, with annual production at 4.8 million tonnes. International demand for this quality, nutritious and economical product, is fuelling the growth.



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Sweet Potato and Roasted Onion Curry

Sweet potatoes, peeled and cut into 1" (2.5 cm) cubes

Sweet potatoes, peeled and cut into 1" (2.5 cm) cubes	3	
Unsalted butter	2 tbsps	30 ml
White onion, thinly sliced	1	
Cumin seeds	1 tsp	5 ml
Green chili, minced	1/2 - 1	
Clove garlic, minced	1	
Fresh ginger, grated	1" (2.5 cm) piece	
Garam masala	1 tsp	5 ml
Black mustard seeds	1/2 tsp	2 ml
Turmeric, ground	1/4 tsp	1 ml
Fresh coriander, chopped	1/4 cup	60 ml
Fresh lemon juice	1 tsp	5 ml
Kosher salt	to taste	

Cook the sweet potatoes in boiling salted water until just cooked through, about 10 minutes. Drain and set aside in a large bowl.

Melt the unsalted butter in a large skillet. Sauté the onion until golden, about five minutes. Combine the cumin seeds, green chili, garlic, ginger, garam masala, black mustard seeds, and turmeric and stir into the onions and cook for one minute.

Add the sweet potatoes to the onion mixture and mix well. Stir in the chopped coriander and the lemon juice.

Season to taste with the kosher salt.

To serve, spoon some of the sweet potato and roasted onion curry onto each dosa, roll or fold over.

Makes 6 servings

Recipe created by Donna Doohar. Additional recipes developed by Chef Doohar can be found at www.eatcanadian.ca.

Shrimp Salad with Fresh Soybeans and Tofu Sauce

Canadian northern shrimp, cooked	1 cup	150 g	250 ml
Soybeans, cooked	1 1/2 cups	225 g	350 ml
Red onion, chopped	3 tbsps	25 g	45 ml
Red pepper, chopped	3 tbsps	25 g	45 ml
Rice vinegar	1 tsp		5 ml
Canola oil	2 tpsps		10 ml
Tofu	3/4 cup	125 g	180 ml
Sesame oil	2 tpsps		10 ml
Lime juice	1/2		
Honey	1 tsp		5 ml
Salt	to taste		
White pepper	to taste		

Drain and squeeze excess water from shrimp and set aside.

In an electric mixer, combine the tofu, sesame oil, juice of half a lime, honey, salt and pepper, and mix until smooth and thick. Set aside in a bowl.

In another bowl, mix the soybeans, onions and peppers. Add a pinch of salt, rice vinegar and canola oil.

Add the shrimp to the tofu sauce and fold in.

In the middle of a plate, form a "nest" with the mixture of soybean, onion and red pepper. Place the shrimp seasoned with tofu sauce in the center of the nest and serve cold.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.





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Chef *Alain Pignard*

Montreal, Quebec

Chef Alain Pignard plied his trade in some of the finest kitchens around the world before coming to Canada. He is currently Executive Chef of Fairmont The Queen Elizabeth where he—along with his 90-member kitchen brigade—prepares dishes for clients staying in the hotel's 1,000-plus rooms or those attending functions. Every year, Chef Pignard and his team prepare more than 100,000 meals for other high-visibility events throughout Montreal.

“Canadian pork is the best in the world. Our achievements in breeding selection have resulted in a lean and flavorful pork that is second to none. And it comes in such a wide variety of cuts. Pork is endlessly versatile.”



French Canadian Pork Cretons

Canadian pork belly	1 1/2 lbs	675 g	
Carrots, peeled and sliced lengthwise	2		
Cooking onion, cut into 1/2" (1 cm) thick slices	1		
Dry white wine	1 1/4 cups		300 ml
Salt and freshly ground pepper	pinch		
Mayonnaise	2 oz.	56 g	
Grainy mustard	1 oz.	28 g	
Whipping cream (35%)	2 tbsps		30 ml
Sunflower oil	2 tbsps		30 ml
Salt	1/2 tsp		2 ml
Freshly ground white pepper	to taste		
Cinnamon	pinch		
Cloves	pinch		

Arrange the carrots and onion slices in a small roasting or cake pan. Top with the pork belly, skin side up. Pour on the wine. Sprinkle lightly with salt and ground pepper. Cover with a loose tent of foil and roast at 350°F (180°C) for three hours or till the pork is very tender. Let cool.

When pork is cool enough to handle, remove the lean meat with your fingers. You should have about 10 oz (280 g). Set aside. Discard the rest.

Measure the mayonnaise, mustard and whipping cream into a food processor. Process mixture for a few seconds until it is light in colour. Add the oil, salt, white pepper, cinnamon and cloves and pulse again briefly to blend. Add the reserved meat; pulse briefly till coarsely ground.

Serve with chutney and mustard on warm baguettes.

Makes about 1½ cups (375 ml)

Recipe created by Alain Pignard. Additional recipes developed by Chef Pignard can be found at www.eatcanadian.ca.

Canadian pork: lean, healthy and delicious. What could be more tempting than the aroma of crisp, sizzling bacon for breakfast? Or more delectable for a dinner treat than roast pork tenderloin accented with blueberries? Canada is the world's third largest pork exporter.



Broiled Beef Bavette Marinated in Canadian Beer

The marinade

Canadian stout beer	1/2 cup		125 ml
Canadian pilsner beer	1/2 cup		125 ml
Onion, finely chopped	2/3 cup	100 g	150 ml
Garlic, diced	1 clove		
Tamarind paste	2 tbsps	40 g	30 ml
Ginger, grated	1 tbsp	20g	15 ml
Soya sauce	2 tbsps		30 ml
Canola oil	1 tbsp		15 ml
Maple syrup	2 tbsps		30 ml
Cane sugar	2 tbsps	30 g	
Salt and cayenne pepper	to taste		
Beef bavette	1.25 lbs	600 g	

In a small saucepan, reduce the two beers by half. Before removing from the heat, add half of the onions, garlic, tamarind, ginger, soya sauce, and maple syrup. Return to boil for three to four minutes. Turn off heat and add the canola oil and a pinch of cayenne. Once cooled, place the meat in the marinade and turn it frequently for six hours (less for finer cuts).

Remove the meat from the marinade and dry on paper towel. Salt the meat. In a deep frying pan, sear meat in hot cooking oil. Turn once to cook to desired consistency. Once cooked, place meat on a warm plate and leave for five minutes. Remove fat from frying pan. Add the other half of the onion, cover and steam for one minute. Sprinkle the onions with cane sugar and cook for one minute. Add the marinade to the frying pan and bring to boil with the onions and sugar, scraping the bottom of the pan with a wooden spoon.

Cut meat into strips and fan out on a plate. Cover with the marinade sauce.

Makes 2 to 4 servings

Cornmeal Polenta with Wild Mushrooms

Canadian mushrooms, dried (chanterelle, porcini)	1/2 cup	15 g	125 ml
Milk, lukewarm	2 cups		500 ml
Mushrooms, fresh	1/2 cup	50 g	125 ml
Cornmeal	1/2 cup	80 g	125 ml
Garlic	1 clove		
Vidal Icewine	1 tbsp		15 ml
Parsley, chopped	1 tbsp		15 ml
Tarragon, chopped	1 tbsp		15 ml
Butter	3 tbsps	25 g	25 ml
Egg	1		
Egg yolk	1		
Salt	1 tsp	5g	
Cayenne pepper	to taste		
Nutmeg, grated	to taste		

Soak the dried mushrooms in the warm milk for one hour.

Remove mushrooms from the milk and squeeze out the liquid. Set milk aside.

Chop the dried and fresh mushrooms. In a small frying pan, sauté the chopped garlic in a bit of butter 10 ml (1 tbsp) over medium heat. Add the mushrooms before the garlic starts to brown, and cook until softened. Add 15 ml (1 tbsp) of Icewine to deglaze. Add salt and pepper to taste. Turn off heat and keep warm.

Heat the milk with 15 g (2 tbsps) of butter, 5 g (1 tsp) of salt, and a pinch of cayenne and nutmeg. When it reaches the boiling point, remove the milk from the heat and slowly pour in the cornmeal, stirring constantly to avoid lumping. Once all the cornmeal has been added, return the saucepan to heat and cook while stirring for seven minutes. Remove from the heat, add the combined eggs and return to boil for one minute. Add the sautéed mushrooms, parsley and chopped tarragon, and taste for seasoning.

Spread the polenta on a buttered plate. Once cooled, cut the polenta up with a knife or a cookie-cutter. Heat and serve with a tomato sauce.

Makes 2 to 4 servings

Recipe provided by Agriculture and Agri-Food Canada.

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Chef *Chris Aerni*

St. Andrews by-the-Sea, New Brunswick

Chef Aerni is one of New Brunswick's most celebrated chefs. In 2001, following traditional chef training in Switzerland and time working around the world, Chef Aerni and his wife, Graziella, bought the Rossmount Inn in St. Andrews by-the-Sea, an 87-acre estate including an 18-room country inn with a lovely bar and restaurant.

"Living in Canada, and specifically on the East Coast, is as close to nirvana as I could have ever hoped for. Within a 30-minute drive, I can pick up fresh sturgeon, sea urchins, mussels, scallops, snow crabs, herring, lobster...this area is incredibly rich in food products, from organic produce to wild mushrooms."



Maritime Lobster-Yukon Gold Eggs Benedict

A Rösti made with Canadian Yukon Gold potatoes forms the base of this sumptuous breakfast treat with poached eggs, Summer Savoury Hollandaise Sauce, and lobster from Atlantic Canada.

The Lobster

One live Canadian lobster	1 1/2 lbs	675g	
Large pot of water	12 cups		4 L
Sea salt	2 tbsps		30ml
White vinegar	1/2 cup		125 ml

Bring the water to a boil, add the salt and the vinegar. Submerge the lobster into the water (head first) and cover with a lid.

As soon as the water is back to a boil, pull the pot from the heat source and let the lobster simmer for four minutes, then remove from water. Set aside until cool enough to handle. Crack shells and remove the meat. Set aside.

Meanwhile prepare the potato Rösti, Hollandaise and eggs.

Potatoes Rösti*

Canadian potatoes (Yukon Gold)	4 large		
Canola oil	3 tbsps		45 ml
Onion, minced	1/2 cup		125 ml
Salt	1/2 tsp		2 ml
Freshly ground pepper	1/2 tsp		2 ml

Cook unpeeled potatoes in boiling water until nearly tender. Cool completely and if possible, let stand overnight. Peel and shred coarsely into a large bowl.

In a 10" (25 cm) skillet, add 1 tbsp (15 ml) of the canola oil and sauté the onion until tender. Add onions to the potatoes and season with salt and pepper.

Over medium heat, add the remaining canola oil in the skillet used to sauté the onions. Pat the potato mixture evenly into the pan. Continue cooking until the underside is deep golden, about 20 minutes.

**When cooking Rösti it is important to have a dry potato. The potatoes are cooked with the skin on until soft. They are drained and left to cool overnight or a full day without removing the skin.*

Continued on next page

Canadian lobster is available as live or frozen whole lobster, raw, pre-cooked or blanched, as frozen lobster tails, as lobster meat and in several other forms. Harvested from some of the cleanest, most pristine waters in the world, Canadian fish and seafood products are known internationally for their variety, quality and value.



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Summer Savoury Hollandaise

Salted butter	1/3 lb	150 g
Shallot	1	
Dry white wine	1/3 cup	75 ml
Apple cider vinegar	3 tbsps	45 ml
White peppercorns	10	
Summer savoury	3 leaves	
Omega 3 egg	1	
Lemon	wedge	
Cayenne pepper	pinch	

Melt the butter in a small saucepan and let it boil until the milk particles start to turn brown. Set aside and keep warm. The brown milk particles will now settle to the bottom of the pan. This process creates a clarified butter.

Peel and chop the shallot and place in a small saucepan. Add the wine, vinegar, peppercorns and savoury leaves. Bring to a boil over medium heat and simmer, uncovered until the liquid has been reduced by 10 per cent of the volume. Keep this reduction warm.

Separate the egg yolk from the white and place the yolk in a stainless steel bowl. Discard the white or save for another use. Strain the reduction into the same bowl. Place the bowl over simmering water to create a double boiler; whisk in the egg yolk until the mixture reaches the consistency of a cream.

Slowly, under steady mixing, incorporate the clarified butter into the egg mixture. Add some of the brown milk particles to the hollandaise for taste (the milk particles contain all the salt in the butter so use them carefully).

Finish the Hollandaise by adding some lemon juice and a pinch of cayenne pepper.

Poached Eggs

Omega-3 eggs`	6	
White vinegar	1/4 cup	60 ml
Water	9 cups	3 L

In a wide rimmed pot, bring water to boil; add white vinegar.

Break the eggs one by one in a small bowl and let them slide into the water, simmer for a minute and a half. Turn the eggs carefully with a slotted spoon and simmer for another minute and a half. Remove one by one with a slotted spoon and let the water drip off.

To Assemble

Invert the potatoes onto a large, warmed plate and slice into six wedges.

For each serving place a wedge of crisp Rösti on a heated plate with a poached egg on top. Spoon the Hollandaise over each egg. Arrange the lobster meat (tail cut into slices, claws and whole knuckles) in the center.

Top with a tiny spoonful of caviar; sprinkle with chives and summer savoury leaves.

Makes 6 servings

Recipes created by Chris Aerni. Additional recipes developed by Chef Aerni can be found at www.eatcanadian.ca.

Canada's Yukon Gold potatoes are the perfect spud for making Rösti because of their rich potato flavour and beautiful, natural golden-buttery colour.

Yukon Gold was Canada's first bred potato variety to be promoted, packaged and marketed with its name right on the package. And it is one of the few varieties in the world that is marketed at the retail and restaurant level by its name.



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