Taste of Canadian Agriculture
Acknowledgments

Agriculture and Agri-Food Canada thanks Health Canada for providing the nutritional information for all the recipes. The Department also acknowledges all the individuals and organizations that provided the recipes presented in this booklet; thanks to their generous contributions, this recipe booklet offers a true taste of Canadian agriculture.
Canada’s agriculture and agri-food sector is a robust industry that contributes to the economy and quality of life of all Canadians. It is one of the country’s top five industries and accounts for more than eight per cent of the Canadian Gross Domestic Product. While it is one of the oldest sectors of the economy, deeply rooted in Canadian history and culture, it is one of the most dynamic and innovative industries in Canada.

Value-added and processed goods, together with prime-quality meats, fish and seafood, live animals, bulk grains, oilseeds and vegetables, are Canada’s top agricultural exports. Other important export foods are milk products; maple syrup and honey; organic, natural and health foods; and confectionaries and beverages.

Canada has one of the world’s most valuable commercial fishing industries, which takes advantage of the world’s longest coastline. Shrimp, snow crab, scallops, groundfish, salmon (farmed and wild), herring, mackerel and clams are among the country’s most important seafood products, together with the most valuable seafood — lobster.

The agriculture and agri-food sector is also an ever-changing one. Across Canada, federal, provincial and territorial, university and industry facilities are grouped together, creating clusters of knowledge and expertise that act as incubation centres for innovation and discovery.

We invite you to savour Canadian culture and cuisine when you prepare the dishes we present to you in this booklet. We have selected recipes created from Canadian products that you can find in supermarkets and gourmet food shops from coast to coast. Each recipe uses foods typically found in one or many regions of our vast country.

It is with great pleasure that we invite you to discover a taste of the rich heritage of Canada’s cuisine.
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Hearty beef borscht

3.3 lb (1.5 kg) beef, cubed (shoulder or chuck)
10 cups (2.5 L) beef stock
2 large carrots, sliced
3 celery stalks, sliced
1 medium-sized cauliflower, cut into pieces
3 onions, sliced
2 large potatoes, cubed
2 leeks, sliced
3 bay leaves
2 tbsp (30 mL) parsley, chopped
tarragon, as desired
salt and pepper to taste
6 cups (1.5 L) cooked beets, canned or fresh, diced or sliced
4 cups (1 L) beet juice
1/4 cup (50 mL) lemon juice
1 tbsp (15 mL) sugar
sour cream, as desired

Method
Simmer beef cubes in beef stock in a tightly covered pan for 1 hour. Skim off the fat, then add the carrots, celery, cauliflower, onions, potatoes, leeks, bay leaves and parsley. Season as desired. Bring to a boil, then simmer for 30 minutes or until the meat and vegetables are tender. Add the beets, beet juice, lemon juice, and sugar and heat thoroughly. Adjust seasonings to taste. Serve hot with a dollop of sour cream.

Makes 20 servings

NUTRITIONAL INFORMATION PER SERVING
235 Calories; 12 g fat; 21 g protein; 12 g carbohydrate

Source: Beef Information Centre (www.beefinfo.org)
Stuffed cranberry roast

3 lbs (1.5 kg) beef eye of round oven roast
ground savoury
1 box (4 oz. / 120 g) seasoned stuffing mix
1/2 cup (125 mL) butter or margarine, melted
1 can (14 oz. / 398 mL) whole cranberry sauce
1/2 cup (125 mL) orange zest (from 2 large oranges)

Method

Combine the stuffing mix with 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 1/2 inch (1 cm) of 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 1/2 inch (1 cm) water. Insert a meat thermometer into the middle of the stuffing. Roast uncovered in a preheated 500ºF (260ºC) oven for 30 minutes. Heat remaining cranberry sauce and orange zest in a small saucepan, stirring over low heat. Spread sauce over the roast. Roast uncovered at 275ºF (140ºC) for an additional 1 1/4 hours or until the meat thermometer registers 160ºF (70ºC) for a medium-cooked roast. Let stand for a few minutes before carving in 1-inch (2.5 cm) thick slices.

Makes 8 servings

NUTRITIONAL INFORMATION PER SERVING
427 Calories; 20 g fat; 31 g protein; 29 g carbohydrate

Source: Beef Information Centre (www.beefinfo.org)

Food Safety Tip: Check the temperature of your refrigerator often with an appliance thermometer. Keep the temperature below 4 degrees C.
Beef stew with beer and dumplings

Method (stew)

In an oven proof pan, season and sear the top sirloin on all sides in the oil, then set the meat aside. Lower the heat, and in the same pan, sauté the carrots, celery, onions, garlic, dried herbs and nutmeg for approximately 5 minutes. Add the canned tomatoes, bay leaves and beer; simmer for another 5 minutes. Return the top sirloin to the pan with the beef gravy and bring to the boil. Cover and braise in a moderate oven at 350°F (180°C) for approximately 1 1/2 hours or until the meat is tender. Add the potatoes 45 minutes into the braising process.

Dumplings

Method (dumplings)

In a small bowl, mix the milk, eggs, butter, chives and parsley. In a large bowl, sift the flour, baking powder and salt. Slowly incorporate the wet mixture into the flour mixture until well-blended. When 15 minutes remain in the braising process, drop spoon-sized dumplings into the stew and cook until fluffy and tender.

Makes 10 servings

NUTRITIONAL INFORMATION PER SERVING
441 Calories; 22 g fat; 26 g protein; 28 g carbohydrate

Source: Beef Information Centre (www.beefinfo.org)

Food Safety Tip: Discard unused portions of reheated leftovers.
Pork chops with maple-caramelized onions

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 mixture thickens. Grill the pork chops and serve garnished with the maple-caramelized onions.

Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING
303 Calories; 14 g fat; 8 g protein; 32 g carbohydrate

Source: Fédération des producteurs acéricoles du Québec (www.siropderable.ca)

Canada produces about 85 per cent of the world’s maple syrup. Marketing has evolved over the years, with a shift from traditional markets to more value-added ones such as those for blends with other products (cereals, yogurt, etc.).

There are more than 10,300 maple syrup producers in Canada, operating over 33,680,000 taps. They are found mostly in Quebec, with the rest in Ontario, New Brunswick, Nova Scotia and Prince Edward Island.

The main syrup-producing trees are sugar maples, red maples and silver maples. During the maple sugaring season, an average tree yields 35 L to 50 L of sap, which will produce between 1 L and 1.5 L of maple syrup. On average, 40 L of sap are required to make 1 L of syrup.

Food Safety Tip: Replace cutting board or sand cutting boards when they become grooved and worn.
Killets of Chicken with Red Tart Cherry, Rosemary and Orange Reduction

Method

Flatten or cut the chicken to 1/2-inch (1-cm) thickness, season with salt and pepper and dredge in flour. Melt 1 tbsp (15 mL) of butter in a large skillet over medium heat. Cook the chicken until golden, about 3 minutes on each side; remove from pan.

Add remaining 1 tbsp (15 mL) of butter to the pan. Add shallots and rosemary and cook for 3 minutes or until softened. Stir in wine, marmalade and mustard.

Return chicken to pan and add cherries. Reduce heat and simmer for 10 minutes or until sauce is thickened. Serve with cherry sauce spooned over chicken. Garnish with rosemary sprigs.

Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING
266 Calories; 7 g fat; 24 g protein; 22 g carbohydrate

Source: Ontario Tender Fruit Producers’ Marketing Board

Canada’s poultry industry is diverse, efficient and competitive. It mainly produces chicken and turkey meat, and their edible by-products, as well as duck and goose meat.

Increasingly, the industry is producing birds not traditionally marketed. For example, ostriches, emus and rheas are raised for their red-coloured meat, their hide and feathers, and their oils (used in the cosmetics industry).

Game birds such as pheasant, partridge, guinea fowl, quail and squab are also raised commercially in Canada. This sector is well established and growing; exports are small but consistent, for some species. Canada exports a wide range of poultry and poultry products to more than 75 countries.

Food Safety Tip: Refrigerate leftovers within two hours. To aid the cooling process, separate large quantities into shallow containers and cover once cooled.
Charlevoix veal cutlets
with Emmenthal
cheese and port sauce

4 veal cutlets (4 oz. / 115 g)
4 thin slices Emmenthal cheese
2 cups (500 mL) deglazed veal drippings
1/4 cup (50 mL) cream
1/4 cup (50 mL) port
salt and pepper to taste
cornstarch

Method (cutlets)
Brown the cutlets over high heat on one side, then turn them over. Place a slice of cheese on each cutlet. Do not overcook as veal is served pink. Drizzle with sauce and serve.

Method (sauce)
Boil the port and reduce by half. Add the veal drippings and reduce by half. Add the cream, salt and pepper. Thicken with cornstarch to desired consistency.

Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING
230 Calories; 14 g fat; 19 g protein; 4 g carbohydrate

Source: Bernard Boulet, Executive Chef, Restaurant Bouton Pression

Canadian milk and dairy products are recognized internationally for their superior quality. Strict quality standards both at the farm and during processing contribute to this reputation.

In 2003, the dairy industry was in fourth place in the Canadian agriculture sector, behind the grain, red meat and horticulture industries.

The great majority of Canada's dairy farms are located in Ontario and Quebec and the rest are in the Western and Atlantic provinces.

Overall, Canada produces more than 600 various fine cheeses including raw milk cheeses, and goat and sheep cheeses.

Food Safety Tip: Place raw meat, seafood and poultry in a container on the bottom shelf of your refrigerator so it cannot drip on other foods.
Canadian fish chowder

2 oz. (55 g) butter
1 medium carrot, sliced
1 onion, finely diced
1 celery stalk, finely diced
12 mussels
12 oysters
8 oz. (225 g) white fish
8 oz. (225 g) shrimp
2 tbsp (30 mL) brandy

Sauce

4 oz. (115 g) butter
1/2 cup (125 mL) flour
1 tsp (5 mL) salt
4 cups (1 L) milk
1/4 cup (50 mL) tomato puree
1/2 cup (125 mL) white wine
1 tsp (5 mL) prepared mustard
1 container (9 oz. / 270 mL) cream
1/4 cup (50 mL) chopped parsley
cayenne pepper to taste
lemon juice to taste

Method

Melt the butter in a deep pan. Add vegetables and brown. Chop the seafood and add to pan. Add brandy and flambé. Make white sauce by melting the butter in a saucepan on low heat, stirring in the flour and salt and gradually whisking in the milk. Add the tomato puree, wine, mustard and white sauce to the seafood and vegetables. Bring to the boil. Add cream and parsley and garnish with a sprinkle of cayenne. Salt, pepper and lemon juice may be added to taste.

Makes 6 to 8 servings

NUTRITIONAL INFORMATION PER SERVING
317 Calories; 22 g fat; 14 g protein; 12 g carbohydrate

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

Canada has one of the world’s most valuable commercial fishing industries. The quality of Canadian fish and seafood products—produced by the capture fishery or by aquaculture—is recognized in more than 130 countries. Canada exports over 80 per cent of the fish and seafood it produces.

For the last decade, Canada’s seafood wealth has been built on shellfish. Whether wild-caught coldwater shrimp, lobster and snow crab, or farmed blue mussels, clams and oysters, Canadian shellfish are world-renowned for their great taste and fresh flavour. Grown in cold, pristine and nutrient-rich waters, Canadian shellfish are an excellent source of high-quality protein and are rich in important vitamins and minerals.

Rope-cultured mussels, first developed in Prince Edward Island, are known around the world, as is the technique used. Farmed oysters (Atlantic and Pacific), manila clams and scallops are also gaining in importance.

Food Safety Tip: Wash your cutting boards, dishes, utensils and counter tops with soap and warm water after preparing each food item and before you go to the next food.
Potato salad with tuna or salmon

Method
Reheat leftover potatoes in a microwave for 2 minutes on HIGH, then peel, if needed, and cut into chunks. Pour 1/4 cup (50 mL) of 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

NUTRITIONAL INFORMATION PER SERVING
235 Calories; 15 g fat; 7 g protein; 20 g carbohydrate

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

Canada is a world leader in producing, storing and processing a wide variety of potatoes in innovative and environmentally responsible ways. The potato is the most valuable vegetable crop in Canada. Canada’s production is concentrated in Prince Edward Island, Manitoba, Alberta and New Brunswick.

The top 10 planted potato varieties are Russet Burbank, Shepody, Superior, Yukon Gold, Goldrush, Chieftain, Russet Norkotah, Atlantic, Norland and Kennebec.

Food Safety Tip: Refrigerate leftovers within two hours. At room temperature, bacteria in food can double every 20 minutes.
**Lobster rolls**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>fresh or frozen lobster meat</td>
<td>11.3 oz. (312 mL)</td>
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<tr>
<td>mayonnaise</td>
<td>1/2 to 3/4 cup (125 mL to 175 mL)</td>
</tr>
<tr>
<td>lemon juice</td>
<td>2 tsp (10 mL)</td>
</tr>
<tr>
<td>celery, diced</td>
<td>3 tbsp (45 mL)</td>
</tr>
<tr>
<td>onion, minced (optional)</td>
<td>2 tbsp (30 mL)</td>
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**Method**

Thaw and drain 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**

**NUTRITIONAL INFORMATION PER SERVING**

- 305 Calories
- 28 g fat
- 10 g protein
- 2 g carbohydrate

**Source:** Taste of Nova Scotia Society (www.tasteofnovascotia.com)

The Atlantic fishery accounts for the majority of Canada’s seafood production. Top species are lobster, snow crab, shrimp, scallops and mackerel. Lobster continues to be Canada’s seafood ambassador to the world. It 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. Lobster is exported in various forms to over 60 countries around the globe, reminding consumers everywhere of Canada’s excellence in seafood and deep attachment to the sea that surrounds us.

**Food Safety Tip:** In the grocery cart, ensure juice from seafood, raw meat or poultry does not drip onto other foods. Place them in a plastic bag before placing them in your cart.
Vegetarian chili

2/3 cup (150 mL) bulgur
1 tbsp (15 mL) canola oil
1 onion, diced
2 garlic cloves, minced
1/2 cup (125 mL) each: celery, carrots, broccoli; chopped
1/4 cup (50 mL) sweet red pepper, diced
1 can (28 oz. / 796 mL) tomatoes
1 can (5 1/2 oz. / 156 mL) tomato paste
3 tbsp (50 mL) chili powder
1 can (19 oz. / 540 mL) kidney beans
2 tsp (10 mL) Worcestershire sauce*

Method

Cover bulgur with hot water and let stand. Meanwhile, in a large saucepan, heat oil over medium heat and cook onion, garlic, celery, carrots, broccoli and red pepper, stirring 3 to 5 minutes or until softened. Stir in tomatoes, breaking them up with a spoon, stir in tomato paste, chili powder, beans with liquid and Worcestershire sauce. Cook 10 to 15 minutes, stirring occasionally until heated thoroughly. Stir in bulgur. Season the chili with hot pepper, salt and pepper.

* May contain anchovies. Soy sauce can be a substitute.

Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING
175 Calories; 3 g fat; 8 g protein; 33 g carbohydrate

Source: Peak of the Market (www.peakmarket.com)

Canada’s diverse climate as well as its unique opportunities for innovation and technological advances are helping to ensure a ready supply of fresh vegetables year-round.

There are approximately 16,000 farms reporting vegetable production in Canada. Potatoes are the most extensively grown crop. The next top four vegetables grown in Canada are sweet corn, green peas, beans and tomatoes, which account for over half of all vegetables grown (excluding potatoes). Other crops range from the native fiddleheads, wild garlic and rutabagas to the more common lettuce, onions, carrots and cabbage.

Members of the cole family (broccoli, cauliflower, Brussels sprouts, cabbage and kale) also grow well in Canada. Certain Asian vegetables, such as pak choi, nappa and Chinese broccoli, are now grown in Canada and are becoming increasingly popular in retail markets.

Over half of the land dedicated to vegetable cultivation in Canada is located in Ontario, while over a quarter of this land is found in Quebec.

Greenhouse production has become increasingly important over the last 10 years; it currently exceeds 300,000 metric tons annually. Greenhouse production is almost entirely concentrated in Ontario, British Columbia and Quebec. The four most commonly grown greenhouse vegetables are tomatoes, cucumbers, peppers and lettuce.

Food Safety Tip: Wash product under clean, running water. Do not use soap or bleach on fruits and vegetables -- porous produce can absorb these products.
Italian baked beans

Method

In a large pot or Dutch oven, heat oil. Add carrots, celery, garlic, onion and green pepper; sauté 6 to 8 minutes or until the vegetables are tender. Add tomatoes, tomato paste, water, basil, oregano, sugar, hot pepper flakes, salt and 2 tbsp (30 mL) of Parmesan cheese. Bring the mixture to a boil, reduce heat and simmer approximately 20 to 25 minutes or until thickened. Stir in the white pea beans and cook 15 minutes longer. Transfer the mixture to a lightly greased 9 x 13-inch (3-L) baking dish. Sprinkle the top of the bean mixture with Mozzarella. In a small bowl, combine breadcrumbs, parsley, butter or margarine and remaining Parmesan cheese. Sprinkle breadcrumb mixture evenly over the casserole. Bake in a 375°F (190°C) oven for 20 to 30 minutes or until bubbling.

Meat alternative: add Italian sausage or ham to mixture before baking.

Makes 6 to 8 servings

NUTRITIONAL INFORMATION PER SERVING (without meat)
398 Calories; 14 g fat; 19 g protein; 52 g carbohydrate

Source: Ontario Bean Producers’ Marketing Board
(www.ontariobeans.on.ca)
Pizza frittata

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Pizza frittata

3 eggs
1/4 cup (50 mL) water
1 tbsp (15 mL) fresh parsley, chopped
1/2 tsp (2 mL) salt
pinch each of pepper, dried oregano and dried basil
1 tsp (5 mL) canola oil
2 tbsp (30 mL) tomato sauce, pizza sauce or spaghetti sauce
1/4 cup (50 mL) assorted pizza toppings (e.g., chopped tomatoes, sliced pepperoni, sliced mushrooms, diced green peppers)
1/4 cup (50 mL) light Mozzarella cheese, grated

Method

Whisk together the eggs, water, parsley, salt, pepper, oregano and basil, and set aside. Heat the oil over medium-high heat in an 8-inch (20-cm) non-stick omelette pan. Pour in the egg mixture and cook over medium heat. As the mixture sets at the edges, gently lift cooked portion with spatula to allow uncooked egg to flow underneath. Cook until the bottom is set and the top is almost set. Turn off heat.

Spread the tomato sauce over the frittata and garnish with pizza toppings. Sprinkle the Mozzarella cheese over toppings. Place the frittata under a preheated broiler for 1 to 2 minutes to melt cheese or cover the skillet with lid and cook for another minute. Loosen the edges and slide the frittata onto a warm plate.

Makes 2 to 3 servings

NUTRITIONAL INFORMATION PER SERVING
194 Calories; 14 g fat; 14 g protein; 3 g carbohydrate

Source: Manitoba Egg Producers

Each year in Canada, almost 20 million hens lay close to 6 billion eggs. Over the years, the egg processing industry in Canada was able to benefit from innovation, from advances in research, equipment and technology, as well as from regulation.

Ontario is the biggest egg producer in Canada, closely followed by the Western provinces. Quebec and the Atlantic Provinces also contribute to the country’s egg production.

Food Safety Tip: Store eggs in their original carton. Although your refrigerator may have an egg tray on the door, these areas are not cold enough.