

ALL-CANADIAN RECIPES



FALL / WINTER



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Canada 

INTRODUCTION

This booklet 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 by a Canadian farmer or processed at a plant in Canada.

Noah has always tried to use Canadian ingredients as much as possible when preparing food. For this recipe booklet, he made sure each product label or package displayed a statement identifying how it was Canadian.

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 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 all the ingredients in the product are not Canadian.

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

For more information about Agriculture and Agri-Food Canada's domestic Canada Brand initiative and the advantages of buying Canadian food products, or to download additional recipes, please visit www.eatCanadian.ca or use your mobile device and scan the QR code to the right.



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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 thick slices	8

Topping Sauce

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.

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 sauce.

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 the chopped bacon on medium heat until browned.

Drain the excess fat from the pan, and add in the 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 though 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 plate. 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 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	1½ tsp (7 ml)
Canadian 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

Turn oven to broil.

Take 4 oven-safe bowls and fill with soup. Add equal amounts of the bread cubes 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
Canadian 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.

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 cubes	2.2 lbs (1 kg)
Canola oil	¼ cup (60 ml)
Canadian 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 and 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 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.

Add salt and pepper to taste before serving.

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	3
Chocolate chips	½ cup (125 ml)
Eggs	3
Sugar	⅓ cup (75 ml)
Flour	½ cup (125 ml)
Salt	¼ tsp (1 ml)
Whipping cream (35%)	1 cup (250ml)
Whole milk	½ cup (125ml)
Icing sugar	optional



Preheat oven to 375°F (190°C).

Butter a 10-in (25.4 cm) cake pan or baking dish with 1 tbsp unsalted butter and sprinkle with 1 tbsp of granulated 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, or about 35 to 40 minutes.

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