



A TASTE OF CANADIAN AGRICULTURE

Recipe Booklet



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Canada



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.

© Her Majesty the Queen in Right of Canada, represented by the Minister of Agriculture and Agri-Food, (2007), (2009), (2013), (2015),(2017), (2018).

AAFC No. 12854E
ISBN No. 978-0-660-27552-9
Cat. No. A22-504/2018E-PDF

This publication is also available electronically at the following address:
agr.gc.ca/discoveragriculture

Aussi offert en français sous le titre :
Les saveurs de l'agriculture canadienne - Livret de recettes

For more information, reach us at www.agr.gc.ca or call us toll-free at 1-855-773-0241.





A TASTE OF CANADIAN AGRICULTURE

Recipe Booklet

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 industries and contributes to 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, such as bakery products, together with prime-quality meats, fish and seafood, canola oil, live animals, bulk grains, oilseeds and vegetables, are Canada's top agricultural exports. Other important export foods are maple syrup and honey; organic, natural and health foods; and confectioneries 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.



Beef

Hearty Beef Borscht	8
Stuffed Cranberry Roast	10
Beef Stew with Beer and Dumplings	12

Pork, Poultry and Veal

Pork Chops with Maple-Caramelized Onions	14
Skillet Chicken with Red Tart Cherry, Rosemary and Orange Reduction	16
Charlevoix Veal Cutlets with Emmenthal Cheese and Port Sauce	18

Seafood

Canadian Fish Chowder	20
Potato Salad with Tuna or Salmon	22
Lobster Rolls	24

Vegetables

Vegetarian Chili	26
Italian Baked Beans	28
Pizza Frittata	30

Hearty Beef Borscht

Servings 20 | **Nutritional Information per Serving**
235 Calories • 12 g Fat • 21 g Protein • 12 g Carbohydrate

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.

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



Food Safety Tip

Colour code your cutting boards – one for raw meat, poultry and seafood and the other board for washed produce and ready-to-eat foods.

Stuffed Cranberry Roast

Servings 8 | **Nutritional Information per Serving**
427 Calories • 20 g Fat • 31 g Protein • 29 g Carbohydrate

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 500°F (260°C) 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 275°F (140°C) for an additional 1 1/4 hours or until the meat thermometer registers 160°F (70°C) for a medium-cooked roast. Let stand for a few minutes before carving in 1-inch (2.5 cm) thick slices.

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 °C.

Beef Stew with Beer and Dumplings

Servings 10 | **Nutritional Information per Serving**
441 Calories • 22 g Fat • 26 g Protein • 28 g Carbohydrate

20 pieces (4 oz. each / 115 g each) top sirloin cap, portioned
1/2 cup (125 ml) canola oil
2 cups (500 ml) carrots, diced
2 cups (500 ml) celery, diced
2 cups (500 ml) onion, diced
2 garlic cloves, minced
2 bay leaves
1/2 tsp (2.5 ml) ground nutmeg
2 tsp (10 ml) dried thyme
1 tsp (5 ml) dried sage
14 oz. (398 ml) canned tomatoes, diced
16 oz. (500 ml) Canadian beer
8 cups (2 l) beef gravy
2 cups (500 ml) Yukon Gold potatoes, diced
salt and pepper to taste

Dumplings

11 oz. (325 ml) milk
4 eggs
5 oz. (140 g) butter
6 tbsp (90 ml) fresh chives, minced
1 cup (250 ml) fresh parsley, minced
3 cups (750 ml) flour
8 tsp (40 ml) baking powder
1 tsp (5 ml) salt

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.

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.

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



Food Safety Tip

Discard unused portions of reheated leftovers.

Pork Chops with Maple-Caramelized Onions

Servings 4 | **Nutritional Information per Serving**
303 Calories • 14 g Fat • 8 g Protein • 32 g Carbohydrate

4 pork chops (5 oz. / 150 g)
1 cup (250 ml) Spanish onion, finely chopped
1 tbsp (15 ml) oil
2 tbsp (30 ml) butter
1/2 cup (125 ml) white wine or cider
1/2 cup (125 ml) maple syrup
ground salt and pepper to taste

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.

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



Food Safety Tip

Replace cutting board or sand cutting boards when they become grooved and worn.

Skillet Chicken with Red Tart Cherry, Rosemary and Orange Reduction

Servings 4 | **Nutritional Information per Serving**
266 Calories • 7 g Fat • 24 g Protein • 22 g Carbohydrate

1 lb (454 g) boneless, skinless chicken breast
salt and pepper to taste
2 tbsp (30 ml) all-purpose flour
2 tbsp (30 ml) butter, divided
1/2 cup (125 ml) shallots, finely chopped
1 tbsp (15 ml) fresh rosemary, minced
3/4 cup (175 ml) dry white wine
1/4 cup (50 ml) orange marmalade
2 tsp (10 ml) Dijon mustard
2 cups (500 ml) thawed, well-drained Ontario red tart cherries
rosemary sprigs for garnish

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.

Source: Ontario Tender Fruit Producers' Marketing Board



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

Servings 4 | **Nutritional Information per Serving**
230 Calories • 14 g Fat • 19 g Protein • 4 g Carbohydrate

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.

Source: Bernard Boulet, Executive Chef, Restaurant Bouton Pression



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

Servings 6-8

Nutritional Information per Serving

317 Calories • 22 g Fat • 14 g Protein • 12 g Carbohydrate

2 oz. (55 g) butter
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.



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

Servings 4 | **Nutritional Information per Serving**
235 Calories • 15 g Fat • 7 g Protein • 20 g Carbohydrate

4 medium potatoes, cooked
1/2 cup (125 ml) bottled Italian dressing, divided
1 can (6 oz. / 170 g) tuna or salmon, flaked
1/4 cup (50 ml) celery, chopped
2 tbsp (30 ml) green onion, sliced
1/4 cup (50 ml) green and red peppers, chopped
salt and pepper to taste
lettuce, tomato and cucumber slices to garnish

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.

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



Food Safety Tip

Refrigerate leftovers within two hours. At room temperature, bacteria in food can double every 20 minutes.

Lobster Rolls

Servings 4-6 | **Nutritional Information per Serving**
305 Calories • 28 g Fat • 10 g Protein • 2 g Carbohydrate

11.3 oz. (312 ml) fresh or frozen lobster meat
1/2 to 3/4 cup (125 ml to 175 ml) mayonnaise
2 tsp (10 ml) lemon juice
3 tbsp (45 ml) celery, diced
2 tbsp (30 ml) onion, minced (optional)

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.

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



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

Servings 4 | **Nutritional Information per Serving**
175 Calories • 3 g Fat • 8 g Protein • 33 g Carbohydrate

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*
dash hot pepper sauce
salt and pepper to taste

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.

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



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

Servings 6-8 | **Nutritional Information per Serving** (without meat)
398 Calories • 14 g Fat • 19 g Protein • 52 g Carbohydrate

2 tbsp (30 ml) canola oil
2 medium carrots, peeled and diced
2 stalks celery, finely chopped
2 garlic cloves, minced
1 onion, finely chopped
1 green pepper, finely chopped
1 can (28 oz. / 798 ml) diced tomatoes
1 can (5 1/2 oz. / 156 ml) tomato paste plus one can water
1 tsp (5 ml) each: dried basil, oregano and granulated sugar
pinch hot pepper flakes
1/2 tsp (2 ml) salt
1/4 cup (50 ml) Parmesan cheese, divided
4 cups (1 l) white pea beans, cooked
1 cup (250 ml) Mozzarella cheese, shredded
1 cup (250 ml) fine dry breadcrumbs
1/4 cup (50 ml) fresh parsley, chopped
2 tbsp (30 ml) butter or margarine, melted

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.



Food Safety Tip

Use a vegetable scrub brush to wash produce with a firm skin such as carrots, potatoes, melons and squash.

Pizza Frittata

Servings 2-3

Nutritional Information per Serving

194 Calories • 14 g Fat • 14 g Protein • 3 g Carbohydrate

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.

Source: Manitoba Egg Producers



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.



Find out more at:
agr.gc.ca/discoveragriculture