



Canadian Heritage Food

RECIPE BOOK FOR YOUR CULINARY JOURNEY



THIS RECIPE BOOK BELONGS TO:



BEAVER TAILS

If you have ever visited Ottawa in the winter months on the Rideau Canal, which is the longest skating rink in the world, they serve a sweet pastry that is essentially a flat doughnut with sugar on top.

INGREDIENTS

Dough:

- 1/4 cup warm water
- 1 ½ teaspoons active dry yeast
- 1 tsp sugar
- 1/2 cup warm milk
- 3 tbsp sugar
- 1 teaspoons salt
- 1 teaspoon vanilla
- 1 eggs
- 3 tbsp oil
- 2 – 2 ½ cups unbleached all-purpose flour
- 2 tbsp melted butter

Topping:

- 1/4 cup granulated sugar for dusting
- 1 tbsp cinnamon

DIRECTIONS

1. In a large mixing bowl, stir together the yeast, warm water and sugar. Allow mixture to stand a couple of minutes to allow yeast to grow, approx. 5 mins or until bubbles form.
2. Whisk in remaining sugar, milk, vanilla, eggs, oil and salt. Then using the whisk, incorporate roughly 1 cup of flour. Put the whisk aside and use a wooden spoon to incorporate the remainder of the flour to make a soft dough. Knead 5-8 minutes by hand slowing adding flour as needed to form a firm, smooth, elastic dough. Place in a greased bowl, cover with plastic wrap. (If not using right away, you can refrigerate the dough at this point). Let rise in a covered, lightly greased bowl, about 30 minutes. Gently deflate dough, (if dough is coming out of the fridge, allow to warm up about 40 minutes before proceeding).
3. Pinch off a golf ball sized piece of dough. Roll out into an oval and let rest, covered with a tea towel, while you are preparing the remaining dough.
4. Preheat the convection oven to 400F
5. Stretch the ovals into a tail - thinning them out and enlarging them as you do. Place the beaver tails on a parchment lined baking sheet, lightly brush with melted butter on both sides of the dough.
6. Bake for 15 mins or until golden brown. Toss the beaver tails in sugar mixture while hot and shake off excess.



STRAWBERRY JAM

INGREDIENTS

1 cup thawed, crushed strawberries and juice

1 cup sugar

1 tbsp powdered pectin

DIRECTIONS

1. Thaw the berries. If they were not crushed before freezing, crush them. Measure the fruit and juice into a very large saucepan.
2. To make with powdered pectin, measure sugar and set aside. Thoroughly mix powdered pectin with thawed berries and juice. Bring quickly to a full boil, stirring constantly. Add sugar, continue stirring, and heat to a full rolling boil. Boil hard for one minute, stirring constantly. Remove from heat and skim off foam. Stir for 5 minutes, skimming as necessary.
3. Fill clean, hot, sterilized containers. Cap with 2-piece canning lids and process 5 minutes in a boiling water bath.



ASIAN FUSION BEEF WRAP

INGREDIENTS

- ¼ cup EACH soy sauce and rice vinegar
- 1 tbsp sesame oil
- 2 tbsp EACH chopped fresh gingerroot and garlic
- 2 tbsp sugar
- ¾ lb Beef Stir-fry Strips
- 1 cup cooked sticky rice
- 1 tsp canola oil
- 4 - 8-inch (20-cm) flour tortillas
- 1/2 cup cabbage and carrot coleslaw
- ½ red pepper, julienned
- ¼ onion, chopped
- 2 tbsp EACH chopped pickled ginger (optional) and sesame seeds, toasted
- Salt and pepper to taste

DIRECTIONS

1. **Combine** soy sauce, rice vinegar, sesame oil, ginger, garlic and sugar in re-sealable freezer bag. Add beef to bag and refrigerate for 30 minutes. Remove beef from bag and reserve marinade.
2. **Heat** oil in non-stick skillet add red pepper and onions, stir fry for 3-5 mins until vegetables are crisp but tender, add beef and stir-fry for 1 to 2 minutes until browned outside, but still pink inside. Remove from skillet and set aside. Pour reserved marinade into skillet and bring to full boil for 1 to 2 minutes. Remove from heat and set aside.
3. **To assemble** each wrap, spread cooked rice over tortilla and top with some coleslaw, pickled ginger (if using) and cooked beef and vegetables. Sprinkle with some sesame seeds and season with salt and pepper. Drizzle with some of the boiled marinade (or reserve it to use as a sauce on the side). Tightly roll up each wrap and cut in half on an angle.



MULLIGAWNY SOUP

INGREDIENTS

- 2 tbsp butter or margarine
- ½ cup chopped white onion
- 1 cup chopped celery
- 2 tsp curry powder
- 1 ½ tbsp all purpose flour
- 4 cups chicken stock
- ½ cup peeled, chopped granny smith apple
- ¼ cup converted white rice
- ¾ cup water
- ½ cup thinly sliced chicken, cooked
- 1/8 tsp ground black pepper
- ¼ tsp thyme
- ½ cup heated light cream

DIRECTIONS

1. In a small saucepan, add ¼ cup of rice into the pot and rinse under cold water until the water runs clear. Drain water from rice and then add ¾ cup of water. Place on the stove on medium high heat until it comes to a boil. Turn the heat down, DO NOT STIR, cover lightly and cook until water is all absorbed and there are tiny holes in the rice. Set aside.
2. Heat a medium sized frying pan over medium heat, spray pan lightly with oil, add chicken strips. Cook until chicken is white throughout, no pink showing! Set aside.
3. Heat butter or margarine in a large saucepan over medium heat, add onions and celery and stir until transparent. Approximately 4 mins.
4. Add curry powder to saucepan, stir for 2 mins. Sprinkle in flour, stir for 1 mins. Remove from heat.
5. Whisk the chicken stock into the large saucepan until blended, return to moderate heat, whisk occasionally until it comes to a boil and the liquid thickens and becomes smooth. Turn down heat, cover and simmer for 20 mins.
6. Add apple, cooked rice, cooked chicken, pepper and thyme and simmer for 15 mins. Stir in heated cream and serve immediately.



WACKY CAKE

INGREDIENTS

Cake

1 + 1/2 cups flour
1 cups white sugar
1/4 cup cocoa
1 tsp baking soda
1/2 tsp salt
2 tbsp vegetable oil
1 tsp white vinegar
1 tsp vanilla
1 cups water

Frosting

1/2 cup heavy cream
2 tbsp confectioners' sugar
1/8 teaspoon salt
1/4 pound bittersweet chocolate, roughly chopped

DIRECTIONS

1. Preheat the oven to 350 F.
2. Measure flour, sugar, cocoa, baking soda and salt into a mixing bowl. Using a wooden spoon, mix the dry ingredients together and make a well in the center.
3. In another bowl, mix the oil, vinegar, vanilla and water together.
4. Pour the liquid mixture into the well of the dry mixture. Whisk until smooth.
5. Line with parchent a 9 x 9" pan and pour the batter into the pan.
6. Bake for 30 minutes until a toothpick comes out clean.
7. Allow cake to cool in the pan for 10 mins in the freezer, and then flip out onto a cooling rack
8. In a large saucepan, bring 1 cup heavy cream, 1/4 cup confectioners' sugar, and 1/8 teaspoon salt to a boil. Remove from heat; add 1/2 pound bittersweet chocolate, roughly chopped, and let stand, without stirring, for 1 minute. Whisk just until combined. Refrigerate, stirring occasionally, until spreadable, about 1 hour.
9. When the cake is cooked, frost the cake until it is beautiful.



GINGER BEEF

This recipe originated in the Calgary Chinese community - a "must" for out-of-towners!

INGREDIENTS

1 lb. flank steak
1 egg, beaten
3/4 cup cornstarch
1/2 cup water
1/2 cup vegetable oil (separated)
2 thinly julienned carrots
2 Tbsp. chopped green onion
4 Tbsp. finely chopped ginger root
4 cloves garlic, minced
3 Tbsp. soy sauce
2 Tbsp. white cooking wine
2 Tbsp. rice vinegar
1 Tbsp. sesame oil
1/2 cup sugar
dash, crushed red chili flakes

****1 cup of rice + 2 cups of water, cook as directed. Set aside.****

DIRECTIONS

1. Slice steak while partially frozen into narrow strips. Mix beef and eggs.
2. Dissolve cornstarch in water and mix with beef.
3. Pour half of the oil in deep sauté pan. Heat to on medium heat until it is hot, but not smoking.
4. Add ¼ of the beef to oil at a time. Separate with a fork (or chopsticks if you're talented) and cook, stirring frequently until crispy. Remove from oil and drain on paper towel and set aside. Add more oil in the next batches; continue until all beef is cooked. Set aside.
5. In a small bowl, mix soya sauce, white wine, rice vinegar, sesame oil, sugar and chili flakes. Set aside.
6. Put 1 Tbsp. oil in a clean frying pan. Add carrots, onion, ginger and garlic and stir-fry over high heat. Add remaining ingredients and bring to a boil.
7. Add beef, mix well and serve with rice of course!

Serves 4



BANNOCK TACOS

INGREDIENTS

For the Bannock:

3 cups flour

1/2 teaspoon salt

1 tbsp baking powder

3/4 cups water, plus more to get the dough to come together

For the Topping:

1/2 lb lean ground beef

2 tbsp taco seasoning

1/4 cup water

1 cup grated cheddar cheese

1/2 cup chopped iceberg lettuce

1 tomato, diced

1/2 cup salsa

1/2 cup sour cream

DIRECTIONS

1. For the DOUGH: Stir together flour, baking powder, and salt in a medium bowl. Stir with a fork as you pour in the water; keep stirring for a bit to get it to come together as much as possible. Add just enough water (about 1/4 to 1/2 cup) to get it to come together. Cover the bowl with a dish towel and let it sit for 35 to 45 minutes to rest.
2. When you're ready to make the bannock, heat about 1 to 2 inches shortening/lard in a large skillet over medium-high heat. Divide the dough into 4 pieces and press it into a circle with your fingers: place it on a clean surface and begin pressing in the center and work your way out, stretching it as you go.
3. When the circle is about 4 to 7 inches (however big you want it) carefully drape it into the skillet. Allow it to fry on one side until golden brown, about 1 minute, then carefully flip it to the other side using tongs. Fry it for another 30 to 45 seconds. The bannock will be golden brown on both sides when done.
4. Remove the bannock to a paper towel-lined plate and allow it to drain while you fry the other pieces.
5. For the TOPPINGS: In a sauté pan, brown the beef; drain off the fat into a metal tin. Then add taco seasoning and water, cook until the water evaporates. Set aside.
6. To ASSEMBLE: Plate bannock on the plate, add desired toppings, fold and enjoy!



PEROGIES

Grandma Spanier

INGREDIENTS FOR FILLING

- 6 medium potatoes, peeled and cubed
- 1 cup old cheddar cheese, grated
- 1/2 large onion, finely chopped
- 1/4 large container of skim milk dry cottage cheese
- 2 tsp salt
- 2 tsp pepper

DIRECTIONS

1. Place the cut potatoes and place them in a large stock pot, cover with water and boil until completely cooked. A fork should easily go through the cooked potato. Drain.
2. In a large bowl, rice ~2 of the potatoes. Sprinkle 1/3 of the cheese, 1/3 of the onion, 1/3 of the cottage cheese and a 1/3 of the salt and pepper on top of the riced potatoes. Rice ~2 more potatoes and sprinkle another 1/3 of the cheese, onion, cottage cheese, salt and pepper. Rice the remaining potatoes and sprinkle the remaining ingredients on top.
3. Mix ingredients with a wooden spoon. Place in sealed container and place in the fridge.



PEROGIE DOUGH

INGREDIENTS FOR DOUGH

5 cups flour

2 eggs

1/2 cup vegetable oil

1 ½ tsp salt

1 ½ cups water

DIRECTIONS

1. In a large bowl, whisk the egg, oil, salt and water together.
2. Slowly add the flour, 1 cup at a time until a soft dough forms. You may not need to add all of the flour, so add a little at a time until you can handle the dough without it sticking to your hands too much.
3. Knead the dough for 2 mins.
4. Oil a sealed container and place dough into the container and set aside.
5. Divide the dough into 2 pieces and lightly flour the counter and roll out the dough to desired thickness.
6. Using a round cookie cutter cut out rounds and put a small amount of filling in the center of the dough.
7. Fold one side over to the other and pinch closed with floured hands. Make sure that there is no filling in the seam or else the perogie will open when boiled.
8. Cover your perogies with a piece of parchment paper and a clean tea towel on top while you make the other perogies. At this point you can plastic wrap the tray of perogies and freeze.
9. When you are all done, get a large stockpot and fill it ¾ full of water. Bring water to a rolling boil and put in about 10 perogies and boil for 4 mins and they float to the top.
10. Serve with sauted onions, sour cream and bacon bits.



CHALLAH

A Jewish braided egg bread, challah is most commonly eaten during Friday night's Sabbath meal. However, the bread resonates with deeper meaning at the Jewish New Year, when it is traditional to sweeten food with honey in the hope that the next 12 months will be sweet. On that occasion, challah is shaped into a crown, and the addition of sweet raisins is an extra guarantee of a special and lucky year.

INGREDIENTS

2 tsp (10 mL) granulated sugar
1/2 cup (125 mL) warm water
1 tbsp active dry yeast
3-1/2 cups (875 mL) all-purpose flour (approx)
1 tsp (5 mL) salt
1/4 cup (50 mL) liquid honey
1/4 cup (50 mL) vegetable oil
2 eggs, lightly beaten
2 egg yolks
3/4 cup (175 mL) golden raisins
Topping:
1 egg yolk, lightly beaten
1 tbsp (15 mL) sesame seeds

DIRECTIONS

1. In large bowl, dissolve sugar in warm water. Sprinkle in yeast; let stand until frothy, about 10 minutes. Whisk in the honey, oil, eggs and egg yolks to the yeast mixture. Using wooden spoon, stir in ~3 cups (750 mL) of the flour and salt.
2. Turn out dough onto lightly floured surface; knead until smooth and elastic, about 10 minutes, adding enough of the remaining flour as necessary to prevent sticking. Place in greased bowl, turning to grease all over. Cover with plastic wrap; let rise in warm draft-free place until doubled in bulk and indentation remains when dough is poked with 2 fingers, about 1/2 hour. Punch down dough; evenly sprinkle raisins over dough, knead in raisins. Let rest for 5 minutes.
3. To make braid: Divide dough into quarters; roll each into 18-inch (45 cm) long ropes. Place side by side on greased rimmed baking sheet; pinch together at 1 end. Starting at pinched end, move second rope from left over rope on its right. Move far right rope over 2 ropes on left. Move far left rope over 2 ropes on right. Repeat until braid is complete; tuck ends under braid.
4. Cover braid loaf with plastic wrap; let rise in warm draft-free place until doubled or 1/2 hour.
5. Topping: Stir egg yolk with 1 tsp (5 mL) water; brush over loaf. Sprinkle with sesame seeds or red and green cherries.
6. Bake in centre of 350°F (180°C) oven until golden brown and loaf sounds hollow when tapped on bottom, 35 to 45 minutes. Let cool on rack.



NANAIMO BARS

Named after the city of Nanaimo in British Columbia, the first time this square was published under that name was in the early 1950's in the Vancouver Sun newspaper! This version of the original bar is from Company's Coming - 150 Delicious Squares! Later versions change the vanilla custard layer to mint or peanut butter but the original is my favorite.

BOTTOM LAYER

- ½ cup butter softened
- ¼ cup granular sugar
- 5 tablespoons cocoa
- 1 large egg, beaten
- 1 ¼ cups graham cracker crumbs
- ½ cup finely chopped walnuts
- 1 cup fine coconut

MIDDLE LAYER

- 1/2 cup butter
- 3 tablespoon milk
- 2 tablespoons vanilla custard powder
- 2 cups icing sugar

TOPPING

- 2/3 cup semi-sweet chocolate chips
- 4 tablespoons butter

DIRECTIONS

1. Parchment line a 9 x 9 baking sheet and set aside.
2. BOTTOM LAYER: Set up a double boiler on medium heat using a heat proof bowl. Melt first 3 ingredients in top of double boiler.
3. Using a whisk, slowly add the beaten egg and cook until thicken.
4. Remove from heat. Stir in remaining ingredients & press firmly into a parchment lined 9 x 9-inch pan.
5. MIDDLE LAYER: Cream all ingredients together; beat until light.
6. Spread over bottom layer so there are no lumps. This layer should be the same thickness and very smooth.
7. TOPPING: Melt chips & butter over low heat; cool.
8. When cooled but still runny, spread over middle layer. Chill in refrigerator. Cut into squares.



CAPE BRETON SCONES

INGREDIENTS

- 2 cups flour
- 2 tbsp sugar
- 1 tbsp baking powder
- 1 tsp salt
- ¼ tsp baking soda
- ½ cup sour cream
- ¼ cup oil
- 1 egg
- 3 tbsp milk

DIRECTIONS

1. Mix the dry ingredients together in a medium-mixing bowl.
2. In a separate mixing bowl, whisk together the wet ingredients.
3. Make a well in the center of the dry ingredients and add the wet ingredients. Using a wooden spoon, mix the dough until it all sticks together.
4. Lightly flour a clean counter and knead the dough for 2 mins.
5. Divide the dough in half and pat each ball into a 6 inch circle and sprinkle the top with sugar.
6. Cut each circle into 6 wedges and place the pieces of dough on a parchment lined baking sheet.
7. Bake at 425 F for 10-12 mins or until golden brown.
8. Serve hot with butter and homemade jam.