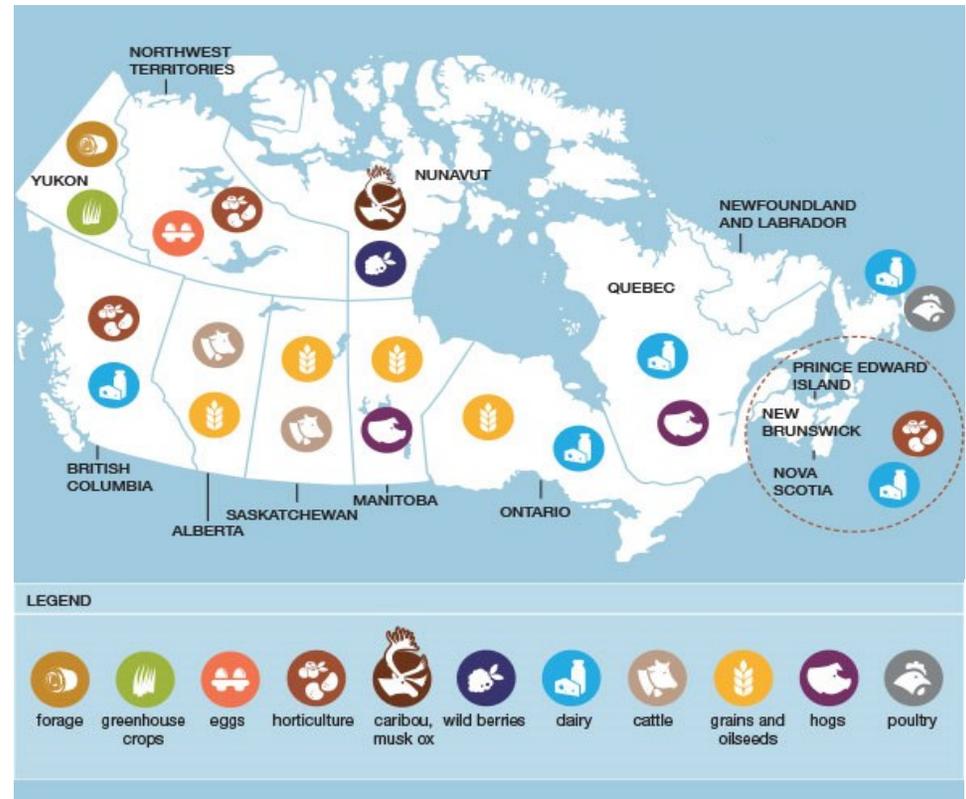




Foods Across Canada

Recipe Book

CANADA
4-H PEI



Recipe Source: "Healthy Home Cooking", MacMillan Publishing 1993.
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Yukon



Northwest Territories



Nunavut

Northern Territories

Cranberry Orange Muffins

Yield: 18 servings

For most Northern families, fall is the time to gather the usually abundant crop of low-bush cranberries native to the marshy areas of northern and eastern Canada. Their tart flavour pairs well with other fruits and makes for a delicious addition to all dishes.

Ingredients:

1 1/2 cups	(375ml)	fresh or frozen (thawed) finely chopped cranberries		
1 1/2 cups	(375ml)	all-purpose flour	1/2 cup	(125ml) orange juice
1 cup	(250ml)	whole wheat flour	1/2 cup	(125ml) low-fat milk
1 cup	(250ml)	white sugar	3 tbsp.	(45ml) vegetable oil
2 tsp	(10ml)	baking powder	1	egg
1 tsp	(5ml)	baking soda		grated rind of one orange
1/2 tsp	(2ml)	salt		

Method:

- Preheat oven to 375°F (190°C). Line 18 muffin tins (or use a non-stick pan)
- In a large bowl, combine all dry ingredients—mix well
- In a second bowl, combine juice, milk, oil, egg and rind. Stir in cranberries.
- Add wet mixture to dry ingredients, stirring just until moistened
- Spoon into muffin tins (3/4 full). Bake for 20 minutes or until muffins are lightly browned and firm to the touch. Remove from pan and allow to cool.



Nutritional Information (per muffin)

Calories	140	Sodium	188 mg
Protein	2.7 g	Potassium	74 mg
Total Fat	3.0 g	Calcium	29 mg
Carbohydrate	26 g	Iron	0.8 mg
Fibre	1.6 g		

BRITISH COLUMBIA

Barbequed Salmon

Yield: 8 servings



Salmon is highly prized for its delicious flavor and versatility as a main course, salad or spread. BC is well known for salmon fishing expeditions and the delicious salt water salmon caught off the Pacific Coast

Ingredients:

- 2 salmon fillets (apprx. 1lb/500g each)
- 1/4 cup (50ml) dry white wine OR apple juice
- 1 tbsp (15ml) Dijon mustard
- 1 tbsp (15ml) horseradish
- 1 tbsp (15ml) oyster sauce
- 1 tbsp (15ml) chilli sauce
- 1 tbsp (15ml) light soy sauce
- 2 green onions, finely chopped

Method:

- Place fillets in a shallow baking dish.
- Combine wine, mustard, horseradish, oyster and chili sauce, soy sauce and onions; pour over fish. Cover and refrigerate to marinate for 8 to 10 hours.
- Remove fish from marinade. Preheat broiler or barbecue on high.
- Just before cooking, brush grill lightly with oil. Broil or barbecue fish 4 inches (10 cm) from heat for 4 to 5 minutes per side or until fish is opaque and flakes easily with a fork. You could also bake in 450°F (230°C) oven for 10 minutes per 1 inch (2.5 cm) of thickness.



Nutritional Information (per appetizer)

Calories	204	Sodium	237 mg
Protein	25 g	Potassium	308 mg
Total Fat	9.9 g	Calcium	13 mg
Carbohydrate	1.0 g	Iron	0.7 mg
Fibre	0.1 g		

PRINCE EDWARD ISLAND

Potato Carrot Muffins

Yield: 12 muffins



Prince Edward Island is famous for potatoes, one of the world's most versatile foods. In this recipe, potatoes are combined with carrots for a delicious, moist muffin.

Ingredients:

- 3/4 cup (175ml) whole wheat flour
- 3/4 cup (175ml) all-purpose flour
- 3/4 cup (175ml) sugar (white)
- 2 tsp (10ml) baking powder
- 1 tsp (5ml) baking soda
- 1 tsp (5ml) ground cinnamon
- 1/2 tsp (2.5ml) salt
- 1/4 cup (50ml) vegetable oil
- 1/4 cup (50ml) low fat milk
- 1 egg
- 1 cup (250ml) grated carrots
- 1 cup (250ml) grated potatoes
- 1/2 cup (125ml) raisins

Method:

- Preheat oven to 350°F (180°C). Line muffin baking sheet with 12 medium paper or non-stick muffin cups.
- In large bowl, combine dry ingredients (flours, sugar, baking power, baking soda, cinnamon and salt).
- In second bowl, combine wet ingredients (oil, milk and egg).
- Add wet mixture to dry mixture along with carrots, potatoes and raisins, stirring just until moistened - do not over mix.
- Spoon into muffin cups, filling 3/4 full. Bake for about 20 minutes or until muffins are lightly browned and firm to the touch.
- Let cool. Store in an air-tight container



Nutritional Information (per muffin)

Calories	188	Sodium	284mg
Protein	3.1g	Potassium	195mg
Total Fat	5.4g	Calcium	41mg
Carbohydrate	33g	Iron	1.1mg
Fibre	1.9g		

NOVA SCOTIA

Festive Seafood Chowder

Yield: 8 servings (1 1/4 cups - 300ml per serving)



There are many different kinds of seafood found off Nova Scotia's shores. A bowl of this delicious chowder is always a great choice for a family supper dish.

Ingredients:

2 tbsp. (25ml)	butter or margarine	5 cups (1.25L)	low fat milk
1	onion, chopped	1/4 cup (50ml)	all-purpose flour
1 cup (250ml)	water	1/2 tsp (2ml)	salt
2 cups (500ml)	diced potatoes	a pinch of freshly ground pepper	
1/2 lb (250g)	boneless fish filets <i>(cut into bite-size pieces)</i>	1 cup (250ml)	lobster meat <i>(diced)</i>
1/2 lb (250g)	scallops	1/2 lb (250g)	mussels OR clams <i>(steamed & shucked)</i>

Garnish: Chopped fresh parsley

Method:

- In large saucepan, melt margarine over medium heat; sauté onion until soft. Add water and potatoes. Cover and bring to a boil; reduce heat and simmer for about 7 minutes or until almost tender. Add fish and scallops, simmer for 5 minutes or until fish is opaque and flakes easily with a fork.
- Whisk together milk, flour, salt and pepper. Add to pan, return to the boil, stirring constantly; reduce heat and simmer for 1 minute. Stir in lobster and mussels. Heat over medium heat until heated through.
- Serve hot with a sprinkle a parsley over each serving.



Nutritional Information (per serving)

Calories	270	Sodium	522mg
Protein	27g	Potassium	801mg
Total Fat	7.7	Calcium	234mg
Carbohydrate	22g	Iron	2.9mg
Fibre	1.0g		

ALBERTA

Alberta Beef Stew

Yield: 8 servings



Alberta is known for its excellent beef. This recipe combines a lean cut, round steak, with a variety of vegetables for a good old-fashioned stew. Research of early recipes reveals that allspice, cinnamon or mace were used as a seasoning in beef stews!

Ingredients:

1 1/2 lb (750g)	round steak or stewing beef
1/4 cup (50ml)	all-purpose flour
1/4 tsp (1ml)	salt / pepper
1 clove	garlic
1 cup (250ml)	beef stock
1 cup (250ml)	tomato juice
1 tbsp. (15ml)	tomato paste
1tbsp (15ml)	lemon juice
1tsp (5ml)	Worcestershire sauce
1/2 tsp (2ml)	(each) ground allspice & ground cinnamon

Vegetables:

4	small onions , halved
3	medium carrots, cut into large chunks
4	medium potatoes, cut into large chunks
2	cups (500ml) cubed turnip
1	cup (250ml) green beans, trimmed & cut in half

Method:

- Preheat oven to 400°F (200°C).
- Trim all visible fat from beef and discard; cut meat into large cubes.
- Combine flour, salt, and pepper. Toss beef in flour mixture. Add beef and garlic to Dutch oven or large casserole. Cover and bake in 400°F (200°C) oven for 30 minutes.
- Reduce heat to 300°F (150°C); add stock, tomato juice, tomato paste, lemon juice, Worcestershire and spices. Cover and bake for 1 hour.
- Add vegetables and bake for 1 more hour OR until vegetables are tender.



Nutritional Information (per serving)

Calories	214	Sodium	455 mg
Protein	20 g	Potassium	837 mg
Total Fat	3.7 g	Calcium	50 mg
Carbohydrate	26 g	Iron	50 mg
Fibre	3.8 g		

SASKATCHEWAN

Spicy Hot Yellow Split Peas

Yield: 6 servings



The Saskatchewan Prairie has an ideal climate for growing grains and pulses such as yellow split peas. They are an excellent meat alternative providing high fibre and an excellent source of iron and protein.

Ingredients:

2 cups	(500ml)	washed & dried, yellow split peas
1/3 cup	(75ml)	liquid honey
1/4 cup	(50ml)	light soy sauce
2 tsp	(10ml)	cornstarch
1 tbsp.	(15ml)	sesame oil
10		cloves of garlic, minced
2 tsp	(10ml)	minced gingerroot
1/2		sweet red pepper, diced
1/2 cup	(125ml)	currants
6 cups	(1.5 L)	cooked, white rice

Method:

- In large saucepan, combine peas and 4 cups (1 L) water; bring to a boil. Cover, reduce heat and simmer for 25 minutes or until peas are soft; drain.
- In small bowl, whisk together honey, soy sauce, 2 tbsp (25 mL) water and cornstarch; set aside.
- In large nonstick skillet, heat oil over medium heat; sauté garlic, chilies and gingerroot for 1 to 2 minutes. Stir in red pepper, currants and peas; sauté for about 5 minutes, stirring frequently. Add honey mixture and cook until thickened and bubbly, stirring constantly.
- Serve over rice; garnish with parsley.



Nutritional Information (per appetizer)

Calories	567	Sodium	346 mg
Protein	22 g	Potassium	914 mg
Total Fat	3.7 g	Calcium	94 mg
Carbohydrate	114 g	Iron	4.2 mg
Fibre	5.5 g		

NEW BRUNSWICK

Yogurt Blueberry Muffins

Yield: 18 muffins



Blueberries are a favourite fruit in Canada, but best known for crops in New Brunswick. These muffins are so delicious you will want to keep a good supply in the freezer.

Ingredients:

2 1/2 cups	(625ml)	whole wheat flour	1/3 cup	(75ml)	butter (soft) or margarine
1/2 cup	(125ml)	sugar (white)	1 1/4 cups	(300ml)	low fat plain yogurt
1/4 cup	(50ml)	wheat germ	2		eggs
2 tsp	(10ml)	baking powder			grated rind of 1 orange
1 tsp	(5ml)	baking soda	1 1/4 cup	(300ml)	blueberries
1/2 tsp	(2.5ml)	salt			

Method:

- Preheat oven to 400°F (200°C). Line muffin baking sheets with 18 large paper or non-stick muffin cups.
- In large bowl, stir together flour, sugar, wheat germ, baking powder, baking soda and salt.
- In second bowl, combine margarine, yogurt, eggs and rind. Stir in blueberries. Add to dry ingredients, stirring just until moistened; do not over mix.
- Spoon into 18 large paper-lined or nonstick muffin cups, filling 3/4 full.
- Bake in 400°F (200°C) oven for about 20 minutes or until muffins are lightly browned and firm to the touch.
- Let cool. Store in an air-tight container (these also freeze well)



Nutritional Information (per muffin)

Calories	141	Sodium	242mg
Protein	4.4g	Potassium	143mg
Total Fat	4.8g	Calcium	56mg
Carbohydrate	22g	Iron	.9mg
Fibre	2.7g		

NEWFOUNDLAND and LABRADOR

Baked Codfish au Gratin

Yield: 4 servings



Codfish has been a staple food of Newfoundland and Labrador for centuries. The Grand Banks fishing ground, where it is found, was one of the major attractions for Europeans arriving to Canada's shores in the early years.

Ingredients:

1pkg	(14oz/100g)	frozen codfish
1 1/2 cups	(375ml)	low-fat milk
3 Tbsp	(45ml)	all-purpose flour
1/4 cup	(50ml)	finely chopped green onion
1/2 tsp	(2.5ml)	salt
1/4 tsp	(1ml)	freshly ground pepper
1 cup	(250ml)	light cheddar cheese (<i>shredded & divided</i>)

Method:

- Preheat oven to 350°F (180°C). Lightly grease an 8 cup (2l) baking dish.
- Thaw fish overnight in the refrigerator **OR** (if frozen) place fish on flat, microwavable dish, cover and set to defrost for 11 minutes (or until fish is defrosted). Separate fillets, cover and microwave at High (100%) for 5 minutes or until fish is opaque and flakes easily with a fork; set aside.
- In large microwavable container, whisk milk and flour until blended. Microwave at High for about 5 minutes or until boiling; stir several times. Add onion, salt and pepper.
- Layer 1/4 cup (50 mL) sauce with 1/2 of fish and 1/2 of cheese. Pour 2nd layer of sauce (1/2 cup (125 mL) and add remaining fish. Pour remaining sauce over fish; sprinkle with remaining cheese.
- Bake in 350°F (180°C) oven for 30 minutes or until top is browned.
- Handle with care (dish will be hot). Serve immediately



Nutritional Information (per serving)

Calories	239	Sodium	625mg
Protein	30g	Potassium	387mg
Total Fat	8.2g	Calcium	339mg
Carbohydrate	9.9g	Iron	1.0mg
Fibre	0.4g		

MANITOBA

Curried Wild Rice Walnut Salad

Yield: 6 3/4cup servings



Wild rice is not really a rice, but the grain from a marsh grass native to the northern Great Lakes area. Grown abundantly in marshlands in Manitoba, it was an important food for the Indigenous peoples which they also sold the settlers arriving in Canada.

Ingredients:

2/3 cup	(150ml)	wild rice
2 cups	(500ml)	water
1/4 tsp	(1ml)	salt
1/2 cup	(125 ml)	sliced green onions
1/2 cup	(125 ml)	grated carrots
2 tbsp.	(25ml)	finely chopped parsley

Curry Lemon Dressing:

2 tbsp.	(25ml)	lemon juice
1 tbsp.	(15ml)	vegetable oil
1 tbsp.	(15ml)	water
1 tbsp.	(15ml)	light salad dressing or mayonnaise
1/2 tbsp.	(7ml)	sugar
1		small clove of garlic, minced
1/4 tsp	(1ml)	curry powder
1		tart, firm apple, cored & diced
1/4 cup	(50ml)	Chopped Walnuts

Method:

- Wash wild rice well under cold running water; drain.
- In a medium saucepan, bring 2 cups (500 mL) water to a boil. Add rice and salt, reduce heat, cover, and simmer for 40 minutes or until rice is tender; drain. Stir in onions, carrot and parsley.

Dressing:

- In a small bowl, whisk together juice, oil, water, salad dressing, sugar, garlic and curry powder.
- Pour dressing over rice mixture. Cover and refrigerate for 1 to 2 hours.
- Stir in apples and walnuts just before serving



Nutritional Information (per serving)

Calories	151	Sodium	139 mg
Protein	3.8 g	Potassium	198 mg
Total Fat	6.5 g	Calcium	22 mg
Carbohydrate	21 g	Iron	0.8 mg
Fibre	2.1 g		

ONTARIO

Cheddar Cheese Bites

Yield: 24 Appetizer Bites



Ontario is famous for its Cheddar cheese. In 1893, a 22,000 pound cheese was sent as part of the Canadian exhibition to the World's Columbian Exposition in Chicago. The milk from 10,000 cows was used and it was the world's largest cheese until 1963.

Ingredients:

- 2 egg whites
- 1/4 tsp (1ml) lemon juice
- 1 cup (250ml) finely shredded, light old Cheddar cheese
- 2 tsp (10ml) finely minced onion
- 1 tsp (5ml) Worcestershire sauce
- 1/2 tsp (2.5ml) paprika
- 1/2 tsp (2.5ml) dry mustard

Method:

- Preheat oven to 450°F (230°C). Line a baking sheet with parchment paper or use a non-stick pan.
- In small bowl, beat egg whites and juice just until stiff peaks form.
- Gently fold in cheese, onion, Worcestershire sauce, paprika and mustard.
- Drop mixture by teaspoon onto baking sheet, making 24 small mounds.
- Bake in 450°F (230°C) oven for 8 minutes or until well browned. Cool on rack. Serve slightly warm.

NOTE: This can be served with sour cream, ranch dressing or marinara sauce

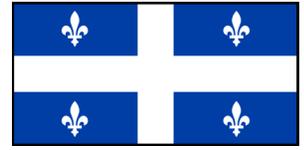


Nutritional Information (per appetizer)			
Calories	17	Sodium	37mg
Protein	1.7g	Potassium	11mg
Total Fat	1.0g	Calcium	35mg
Carbohydrate	0.2g	Iron	0.1mg
Fibre	0g		

QUEBEC

Maple Syrup Cake

Yield: 15 small servings



Maple syrup is one of nature's delicacies. Early French settlers learned from the Ojibwa the process of "sugaring off" and we are forever grateful to the Indigenous peoples of Canada for revealing the secret of the maple tree.

Ingredients:

- 2 1/4 cups (550ml) cake & pastry flour
- 2 Tbsp (10ml) baking powder
- 2 egg whites
- 1/2 cup (125ml) sugar (white)
- 1/4 cup (50ml) butter or margarine
- 1 cup (250ml) maple syrup
- 1/2 cup (125ml) low-fat milk
- 2Tbsp (25ml) finely chopped walnuts (optional)

Method:

- Preheat oven to 350°F (180°C).
*If baking in a nonstick or glass pan, reduce oven temp. to 325°F (160°C).
- Mix together flour and baking powder.
- In small bowl, beat egg whites until frothy; gradually beat in 1/4 cup (50 ml) sugar until stiff peaks form; set aside.
- In large bowl, cream butter/margarine and remaining sugar. Stir in 1/2 of flour mixture, 3/4 cup (175 ml) maple syrup, then remaining flour mixture. Stir in milk; gently fold in beaten egg whites.
- Pour batter into lightly greased 8 x 8 square baking pan; sprinkle with walnuts (optional).
- Bake in 350°F (180°C) oven for 30 minutes or until top springs back when lightly touched. Let cake cool for 5 minutes; brush top with remaining maple syrup.



Nutritional Information (per serving)			
Calories	168	Sodium	79mg
Protein	2.1g	Potassium	76mg
Total Fat	3.7g	Calcium	49mg
Carbohydrate	32g	Iron	1.3mg
Fibre	0.1g		