

Canada

CANADA



Culinary
Diplomacy
Foundation
OF CANADA

Canadian Recipes for Culinary Diplomacy





Meet Chef

Rosalyn

A valedictorian graduate of SAIT's School of Business and Tourism, Rosalyn's culinary expertise was shaped by international competitions and professional stages in cities like London, Beijing, and Copenhagen. Her interest in culinary diplomacy took root during her tenure as Chef at the Canadian Embassy in China for the Department of Foreign Affairs. This experience sparked her dedication to using food and hospitality as a bridge between cultures.

Driven by the evolving role of chefs in society, Rosalyn is now the founder and CEO of The Culinary Diplomacy Foundation of Canada. Through this organization, she and her team work to increase global awareness of gastrodiploamacy while creating unique career paths for the next generation of culinary diplomats.





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Key Messages

General Messages about Canadian Agriculture and Agri-food

- Canada has a very large land mass with a diverse set of agricultural systems and farm sizes across the country.
- The country's size and diversity are reflected in its wide range of culinary offerings. Canada's gastronomy, which varies in each Province and Territory, is a blend of Indigenous, British, and French culinary traditions.
- The Canadian agriculture sector is mostly composed of family farms.
- Due to the vastness and varied geography of Canada, each region of the country maintains its own culinary traditions.
- In some parts of the country, bison and beef widely feature in dishes; and in coastal areas, fish and seafood.

What Products is Canada Famous For?



Maple Syrup – Canada is famous for its maple syrup and maple products. Canada's maple groves account for 80% of the world's production, with most of them located in the province of Quebec. Nova Scotia, New Brunswick, Ontario and Prince Edward Island are also producers.



Ice Wine and Ice Cider – Authentic ice wine is a sweet wine made from ripe grapes naturally frozen on the vine at the time of harvesting. Most ice wine production comes from Ontario, though Quebec and British Columbia are also producers. Ice cider is produced through a similar production process but uses apples instead of grapes.



Canadian Meat – It starts with the finest livestock, raised under strict animal health standards. Canada's advanced processing technologies make for wholesome, great-tasting meat and meat products including beef and bison. Halal-certified, kosher, natural and organic – available in a variety of cuts.



Canadian Lobster – This hard-shelled crustacean is caught in the cold and clear waters of the North Atlantic. The lobster trapping industry is strictly controlled and under an integrated management model to ensure responsible and sustainable practices. Canadians traditionally eat lobster boiled with melted butter on the side but it can be used in everything from soups and bisques to salads and lobster rolls, risotto, ravioli and poutine!

CETA

- CETA preserves high standards for food safety and animal and plant health in both the EU and Canada.
- CETA creates advantages on both sides of the Atlantic, lowering tariffs and increasing trade opportunities.
- Thanks to CETA, tariffs on a variety of Canadian offerings are now eliminated or reduced, making them a more attractive choice for European buyers.

Food Safety

- Canada's food supply is among the safest in the world.
- Canada is recognized as having one of the best food safety systems in the world.
- Canada's reputation for high quality and safe food also supports foreign consumer confidence and demand for Canadian agriculture and agri-food products.

Sustainability

- Canada invests in science to keep consumers safe and encourage innovation in the agricultural sector that lead to a sustainable and safe food system.
- Our commitment to preserving our pristine landscape means sustainability as a top priority across the sector.



CANADA
QUALITY IS IN OUR NATURE

The gastronomy of Northern Canada – the **Northwest Territories, Yukon** and **Nunavut** – comes fundamentally from Inuit and other First Nations traditions and is prepared according to their traditional methods.

The most typical dishes contain seasonal products or preserves of wild fruit, vegetables and berries harvested through spring and summer. This massive region’s specialties include seal meat, arctic char, musk ox, caribou, whale meat and bannock.

British Columbia is well known for its seafood products from the Pacific Ocean such as salmon, hake, Alaska king crab, oysters, shrimp, and traditionally indigenous delicacies like geoduck and sea urchin.

B.C. is a producer of fruit and vegetable and is well known for its delicious apples, plums, peaches, apricots, strawberries, pears and blueberries.

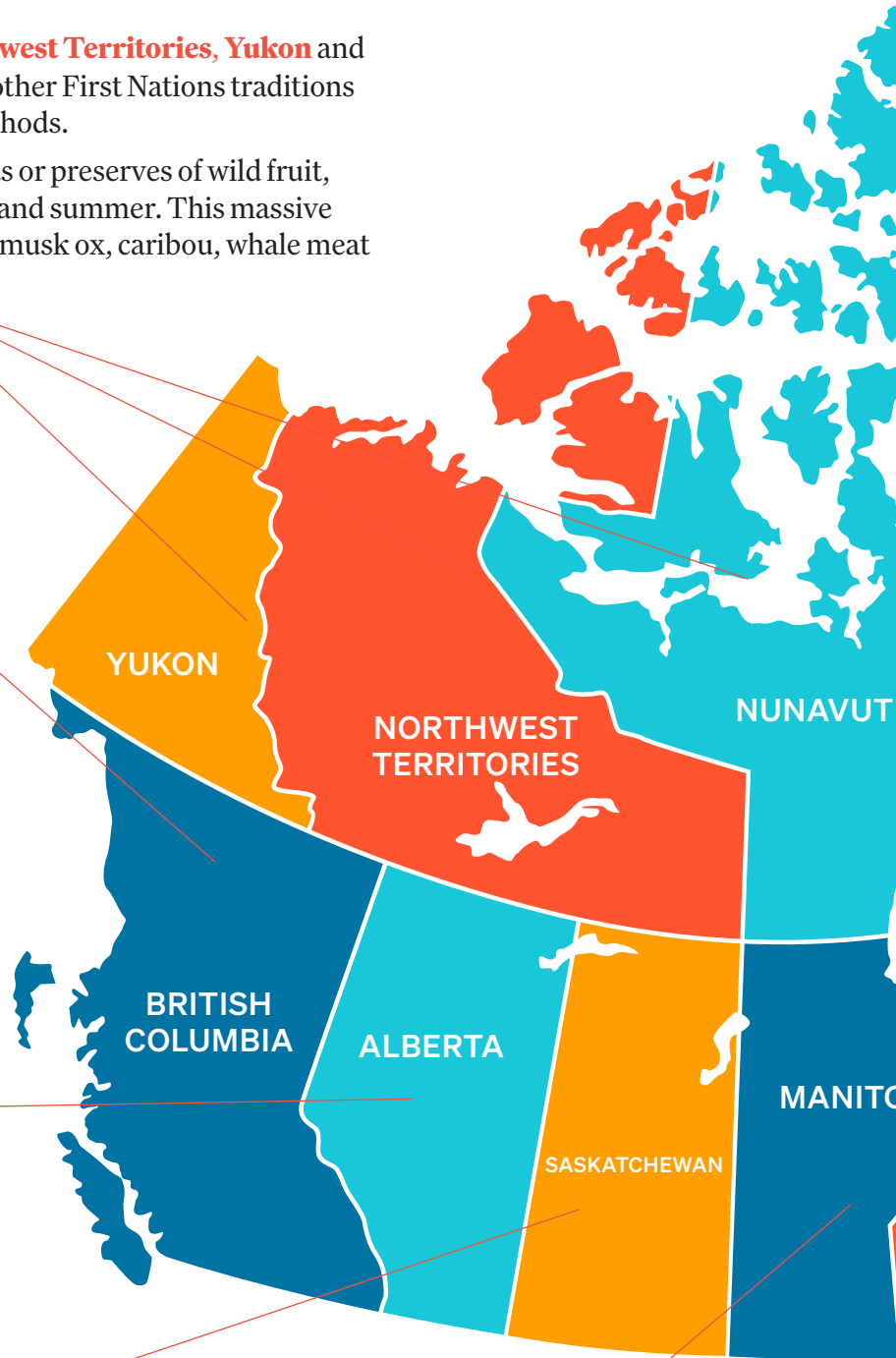
The Okanagan Valley is also home to many of Canada’s renowned vineyards producing red, white and sparkling wines. Ice wine is also a specialty of the region.

Alberta is landlocked and far from sea so it isn’t surprising that it is world famous for its cattle ranching and for the quality of its meats. Other local products include a variety of berries, and typical honeys made from alfalfa, nuts, or clovers.


Saskatchewan’s agricultural landscape is dominated by wheat fields, but also grows rapeseed, flax, rye, oats, peas, millet and barley. Canada is the world’s largest exporter of lentils, and Saskatchewan is the largest producer.

First Nations peoples as well as European immigrants have influenced the cuisine, which features bison meat, bannock (a type of fried bread) and indigenous berries.

The gastronomy of **Manitoba** includes traditional dishes; mostly beef stews, bison meat, game meat, freshwater fish, berries and cereals. Regional products include birch syrup and Winnipeg goldeye (a freshwater fish) which is cleaned, brined, dyed with red coloring and smoked with oak wood.



Canadian Gastronomy Infographic



Quebec is Canada's most francophone province and its gastronomy has French origins, with additional influences from indigenous, Irish and other francophone cultures.

Quebec is the largest producer of maple syrup in the world. This famous product is widely used in Canadian gastronomy in both sweet and savory dishes. Quebec also produces famous beers and spirits, cranberries, and seafood products like coldwater shrimp, lobster and smoked fish.

Fish and seafood are the pillar of gastronomy in the maritime provinces of **New Brunswick, Nova Scotia, Prince Edward Island** and **Newfoundland and Labrador**. Lobster, scallops, oysters, mussels, salmon, snow crab, cod, are just a few of the fish and seafood products that are featured in the region's restaurants. Other specialties include fiddleheads, apples, dried seaweed, blueberries and potatoes.

Ontario has very fertile lands where fruit and vegetables are grown, including apples, pears, berries, corn, squash and zucchini. Ontario is also home to many of the larger food manufacturers. The Niagara region produces excellent wines and is on the same latitude as the regions of Languedoc-Roussillon, Chianti and Rioja.



Bison Meatballs with Saskatoon Berry Gastrique

*Polpette, albóndigas, boulettes, frikadeller...*meatballs appear in every cuisine! These feature bison, a large, furred mammal. Once abundant in large herds migrating across North America, bison can still be found in the wild and are also raised on ranches. It is a keystone species across the prairies, meaning other species' survival depend on it too. Bison meat is very healthy because it is lean and packed with protein and micronutrients. Because of its low-fat characteristic, ground pork or beef is often added to ensure juiciness and mouthfeel. Fruits of the prairies often accompany this Indigenous ingredient.

Familiar, yet intriguing

Best served hot

Yield: ~45 portions
Portion Size: 20g/ball

Preparation/Cooking Time: 30min
Difficulty: Intermediate

Meatball Ingredients

- 50g Butter
- 150g Onion, finely diced
- 10g Garlic, minced
- 500g Ground bison
- 100ml Whipping cream
- 100g White bread, cubed
- 1 pc Egg
- As needed Salt
- As needed Black pepper



Saskatoon Berry Gastrique Ingredients

- 100g Butter
- 200g Shallots, finely diced
- 1 pc Fresh thyme sprig
- 1 pc Bay leaf
- 100g Brown sugar
- 300g Saskatoon berries (IQF)
- 100g Red wine
- 500ml Beef stock
- 100g Butter cubes, cold







Preparation of **Meatballs**

1. Preheat oven to 200°C with high fan.
 2. Sauté onion in butter until soft.
 3. Add garlic and cook through.
 4. Remove from pan and cool.
 5. In a small bowl combine whipping cream and bread cubes. Break with fingers and allow bread to soak in cream.
 6. Combine all meatball ingredients and mix well to combine.
 7. Fry a small tasting sample and adjust the seasoning if necessary.
 8. With portion scoop, portion mixture and space meatballs on tray.
 9. Bake with high fan, turning every 5 minutes.
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Preparation of **Saskatoon Berry Sauce**

1. Heat medium saucepan, and add butter.
 2. Sauté shallots until soft.
 3. Add thyme and bay leaf to release the flavours.
 4. Add brown sugar and Saskatoon berries, and stir to dissolve over medium heat.
 5. Add red wine and stir. Reduce by half.
 6. Add beef stock. Simmer and reduce by half again. Be cautious not to bruise berries and break.
 7. Finish the sauce by mounting with cold butter cubes and adjusting the seasoning.
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To Serve

In large braising pot, combine sauce and meatballs, stirring to coat completely.

Serve hot!

Cod Croquettes with Edamame Aioli

Cod, like lobster, scallops, and salmon, is one of the many abundant varieties of seafood that Canada is known for. This recipe uses the trim of cod (or other fish trim) so you can make this recipe after an event using a lot of cod. The croquettes can be made ahead, frozen, and then fried just before service. A creamy-style sauce or dip is ideal and make sure there is enough tang of citrus. In this case, edamame (green soy beans, another Canadian crop) is neutral and can be whipped up nicely.

Cost-effective

Pairs well with other seafood

Can be an hors d'oeuvre or a hot entrée

Yield: ~45 pcs

Preparation/Cooking Time: 25min

Portion Size: 30g

Difficulty: Intermediate





Aioli Ingredients

180g	Edamame beans (IQF), defrosted
50g	Rice vinegar
30g	Mirin
Pinch	Cayenne
To taste	Salt
180ml	Canola oil

Preparation

1. In food processor, add all ingredients except canola oil.
2. Begin to process and slowly pour in canola oil while spinning.
3. Scrape down sides and continue to puree until smooth.
4. Taste and adjust the seasoning.

Cod Croquettes Ingredients

600g	Cod loin (trim), poached, flaked
500g	Yukon Gold potatoes (non-starchy), peeled
50g	Butter
60g	Shallots, minced
60g	Egg yolks
20g	Herbs as desired (parsley, chervil, dill, savoury)
As needed	Flour
As needed	Egg wash
As needed	Breadcrumbs
As needed	Canola oil for frying

Preparation

1. Steam potatoes. Process through ricer. Release steam to cool by evaporation.
2. Sweat shallots in butter until soft. Season.
3. Combine the flaked cod, cooled potatoes, sweated shallots, egg yolks, and butter. Season well with salt and white pepper. Add herbs as desired.
4. Prepare breading (flour, beaten eggs, bread crumbs).
5. Shape croquettes on parchment-lined trays. (Suggested shape is cigar shape, piped onto parchment-lined trays). Keep in freezer until breading.
6. Process through breading station: first coat croquettes in flour, then dip in beaten egg, then coat in breadcrumbs. Croquettes can be made ahead and stored in the freezer.
7. When ready to serve, deep fry at 175°C until golden brown.









Maple Glazed Salmon Roulade

Salmon is so well-known around the world and, indeed, across Canada too with Pacific species from the West and Atlantic salmon out East. Combining sweet, umami, salty, and acidic ingredients, this dish pairs well with many other seasonal and regional ingredients. You could even smoke this or roast on Canadian cedar planks to add another dimension.

Symbolic of Canada

Great for receptions or can be made slightly larger for plated events, served both hot or cold

Gluten-free

Gluten-free

Yield: (dependent on size of fish)

Portion Size: 25-30g for reception

Preparation/Cooking Time: 1hr 15min

Difficulty: Advanced



Ingredients for **Salmon Roulade**

- 1pc Fresh Atlantic* salmon
(small size is more suitable for smaller-size portions)
- 200g Butter, soft at room temperature
- 30g Parsley, chopped
- 120ml Fresh lemon juice
- 150ml Maple syrup
- 30ml Dijon mustard
- 5g Cajun spice
- 5g Garlic, minced
- 5g Ginger, minced
- Kosher salt
- Maple sugar



Preparation

1. Prepare a wide pot of simmering water, or pre-heat a steamer wide enough to fit the length of the salmon roulade.
2. Fillet the salmon and remove the pin bones and skin. Trim the grey matter if desired. With a sharp knife, side-slice the salmon in half lengthwise to produce two long flat slabs. Any unevenness will be unseen during rolling.
3. Lay a long piece of plastic wrap from side to side on a clean cutting board.
4. With the nicest-looking side facing downward, gently lay the fillet (one at a time) on top of plastic wrap.
5. Season the fillet and pipe room temperature butter along the centre in fine line.
6. Cradling the salmon in plastic wrap, roll the fillet evenly to form a long roll. The ends can be gently folded in to make a uniform shape. Wrap as tightly in plastic wrap as possible. Tie the ends of plastic wrap to secure.
7. Tear a long piece of aluminum foil (longer than the length of the salmon roulade). Roll the plastic-wrapped salmon cylinder in aluminum foil and twist the ends to seal.
8. Poach roulade gently or steam until internal temperature reaches 52°C. The salmon will finish cooking with the maple glaze. This step is to set the fish in shape and allow for easy slicing once cool.
9. Cool Salmon. Chilling overnight will allow cleaner slices when cool the next day.
10. Begin preparing the glaze. Combine the lemon juice, maple syrup, cajon spice, minced garlic and minced ginger in a small sauce pot. Simmer mixture until syrup-like texture. (Should be reduced by half.)
11. Preheat convection oven to 210°C with high fan.
12. When salmon is completely cool, unwrap the aluminum foil and gently slice in appropriate portion sizes. Do not forget to remove the plastic wrap. Align pieces on parchment-lined tray.
13. With pastry brush, gently glaze each slice of salmon before roasting.
14. Watch carefully in the oven. Deep browning is desired but the glaze will burn rapidly.
15. Serve warm or room temperature.



To Serve

1. Salmon can be rolled large, kept whole, and sliced as carving station in front of guests.
2. Salmon can be used as miniature sandwiches such as mini brioche.
3. Served hot or cold, on its own or as a canape or sandwich, this is very versatile.
4. Maple and salmon are two of the most iconic Canadian ingredients recognized worldwide.
At the right event, the stereotypical ingredients can be a show-stopper and fan-favourite.

**Atlantic salmon is more readily available in Europe, however Pacific salmon species are quite popular in Canada*



Maple Mousse

Maple syrup is an impressive iconic Canadian ingredient! Maple cookies, candies, and sugar pie are the most common maple treats with the favourite being the simple *tire d'érable* (maple taffy lollipop). This recipe highlights the prominent maple and cream flavours and can be used in a variety of creative desserts and sweets.

Quebec, Ontario, New Brunswick. Nova Scotia, and Prince Edward Island

Dessert

Adaptable

Yield: 1.5 L

Preparation/Cooking Time: 40min

Difficulty: Advanced



Ingredients

- 8 Whole eggs, separated
- 4 Egg whites
- 375ml Maple syrup
- 500ml Whipping cream

Preparation

1. In a small saucepan, reduce maple syrup by 1/3 to 1/4 of volume.
2. In mixing bowl, whip egg yolks until they are pale and thick, and pour warm reduced maple syrup in thin stream.
3. Whip cream to stiff peaks and set aside.
4. In separate bowl or electric mixer, whip egg whites to stiff peaks.
5. Fold whipped egg whites and whipped cream into egg yolk mixture.
6. Set and chill as desired.

To Serve

This recipe can be used for verrines, as a top layer to cakes or other pastries, piped into choux, just to name a few uses. It can be poured into moulds while fluid and will retain its shape like other chocolate mousse preparations.



Mixed Mushroom and Lentil Verrine

A lentil salad of sorts, this earthy dish is hearty and satisfying. A small chilled verrine with fine garnishes elevates the dish, yet it could be warmed for a plated event. This recipe is suitable for a theme of any region of Canada and adaptable to various types of ingredients—Canada is known for many types of lentils. Vegans appreciate pulses like lentils yet carnivores and omnivores would like how this holds up to meats and poultry too. This recipe uses beluga lentils and mixed dried mushrooms.

Plant-based

Can be served warm or cold

Adaptable to various types of lentils, vegetable garnishes, and assorted mushrooms

Can be prepared in advance

Lentils and mushrooms are known across Canada and in any season

Yield: 25 portions

Portion Size: 40g

Preparation/Cooking Time: 60min

Difficulty: Easy



Ingredients

60g	Mixed dried mushrooms (chanterelle, porcini, black trumpet, lobster etc.)
300g	Beluga lentils (can use other types of lentils such as du Puy)
10g	Fresh thyme
2 pcs	Bay leaves
150g	Leek, medium dice
150g	Asparagus, diced
30g	Canola oil
10g	Garlic
20g	Dijon mustard
20ml	Rice vinegar
	Salt
	Black pepper



Preparation

1. Submerge dried mushrooms in water for 30 mins up to overnight.
2. Rinse and drain lentils in cold water.
3. Bring a pot of salted water to boil, add thyme and bay.
4. Simmer lentils for 20-25 minutes.
5. In a separate pot, bring salted water to boil. Blanch and refresh diced leek and asparagus.
6. In a small pan, heat canola oil. Sweat garlic until soft.
7. Add Dijon mustard and rice vinegar. Remove from heat
8. Combine all ingredients and mix well.
9. Adjust the seasoning. The earthiness of lentils and mushrooms can handle generous fresh black pepper.

To Serve

Spoon mixture into verrines.

Garnish appropriately.

Be creative with wording such as “prairie mustard and canola vinaigrette”, or look for other Canadian ingredients such as les herbes s  l  es du Bas-du-Fleuve or birch syrup dressing.



Prairie Oat and Nut Bar

This dish is a spotlight for the Prairies. Oats are the humble shining star and combined with dried Canadian fruit makes this a crowd-pleasing favourite. It is also packable or suitable for hand-held treats.

Low-cost

Vegetarian

Best with breakfast or coffee trays

Gluten-free

Yield: 25 × 50 cm baking sheet

Preparation/Cooking Time: 55min

Difficulty: Easy



Ingredients

90g	Rollled oats*
100g	Dried cranberries
80g	Sliced almonds
200g	Brown sugar
90ml	Canola oil
3g	Ground cinnamon
2g	Cardamom
2g	Salt
10ml	Vanilla extract
220g	Almond butter
2	Egg whites

Preparation

1. Preheat oven to 175°C.
 2. Grease baking sheet, as well as line with parchment paper.
 3. In a large mixing bowl, combine oats, almonds, and cranberries.
 4. In a saucepan, heat sugar, oil, cinnamon, cardamom, salt, vanilla, and almond butter. Stir until smooth.
 5. Remove from heat and let cool slightly.
 6. Whisk in egg whites being cautious not to scramble.
 7. Pour liquid into bowl of oats, almonds and cranberries. Mix well.
 8. Pour out onto parchment-lined tray. Press down thoroughly and evenly.
 9. Bake for around 30 minutes.
 10. Let cool completely before cutting into desired shape and size.
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**Oats are naturally gluten-free however, are often processed in plants alongside gluten products. Ensure labelling indicates “gluten-free”.*



Tourtière

Tourtière (spiced meat pie) is a favourite homestyle dish among French Canadian families in the colder months. Each region has their own versions made with pork, beef, veal, game meat, or a combination. Some people feel very strongly about including diced potatoes which is enough to cause a debate in some households! This recipe is for mini versions, perfect for a buffet or reception.

Quebécois

Winter and fall

Make ahead

Yield: 35 mini pies
Portion size: 45g, 4cm mini pies

Preparation/Cooking Time: 1hr 30min
Difficulty: Advanced

Ingredients

Pâte Brisée

360g	All purpose flour	1L	Beef stock	2g	Sage, dried
10g	Sugar		Aromatics as desired	1g	Ground clove
6g	Salt		Seasoning	1g	Allspice
200g	Butter cubes, cold	60ml	Canola oil	pinch	Nutmeg
90ml	Cold water	300g	Onion, small dice	1g	Bay leaves
50g	Butter	500g	Finely ground pork	200g	Rolled oats
50g	Flour	5g	Thyme leaves, fresh		

As needed	Salt
	Black pepper
	Flour for rolling dough
	Eggs, beaten to brush on top of pies before baking.





Preparation of **Pâte Brisée**

1. In food processor, blend flour, sugar and salt.
2. Add butter cubes and pulse. Mixture will be grainy.
3. Add cold water and briefly blend to incorporate.
4. Turn out mixture onto work surface. With the palm of your hand, press the dough to combine. Adjust with flour or water as needed. Do not over-knead. Dough should be dry and not tacky.
5. Wrap dough in plastic wrap and keep chilled in the cooler.

Preparation of **Old-Fashioned Gravy**

1. In saucepot, melt butter and add flour to make a roux.
2. Cook, stirring, to a blond roux stage.
3. Heat stock in separate pot until simmering.
4. Slowly add hot stock while stirring to incorporate into roux.
5. Bring to a simmer and add aromatics (fresh thyme, bay leaf, peppercorns) if desired.
6. Simmer for around 20 minutes, stirring occasionally.
7. Adjust seasoning to taste. Set aside.



Preparation of **Pork Filling**

1. Heat large braising pan and add canola oil.
2. Add onions and sweat until translucent. Season.
3. Add ground pork. Cook thoroughly.
4. Add thyme, sage, clove, allspice, nutmeg, and bay leaf and cook to release aromatics.
5. Add rolled oats and stir to combine.
6. Add half of old-fashioned gravy to cooked pork mixture. Stir to combine.
7. Add more gravy until desired consistency is reached.
8. Taste and adjust seasoning. The winter spices should be prominent but not overpowering.
9. Chill filling in cooler until ready to use or overnight.

To Assemble

1. Preheat oven to 180°C
2. Roll the dough into thin sheets on floured surface.
3. With round cutter, cut bottoms and tops of mini pies. Be sure to also pierce or cut very small holes in the centre of the tops. (The sizes must be measured depending on preparation and size of moulds.) Keep dough, sheets, or discs in the cooler.
4. Line the bottom of pie shells with larger dough discs. Press down with fingers. Poke holes in each mini pie with paring knife or skewer.
5. Scoop pork filling in pie shells.
6. Brush egg wash on edges of the filled mini pies.
7. Gently press the top layer of the pie crust to ensure they are properly sealed.
8. Brush tops of pies with more egg wash.
9. Bake around 30-40 minutes, or until deep golden brown. Make sure dough is fully cooked on the bottom.

To Serve

Depending on the size of the tourtière, remove from pie moulds.

They can be reheated for service.

Traditionally, tourtière is served with ketchup de fruits. Fruit chutney compliments it nicely.

Wild Rice and Barley Galette

This recipe features two iconic grains from the Canadian prairies, but other grains can be substituted or combined such as quinoa, lentils, or oats. Get creative by adding different garnishes like fresh herbs, nuts, seeds, or grated cheese. This recipe is written as a base for a canapé but it could also be made into a larger shape and plated with endless possibilities. Wild rice is an Indigenous ingredient to Canada. It is grown near waterways and is often hand-harvested.

Plant-based

Gluten-free

Low cost

Adaptable and modifiable using various grains, vegetables and seeds

Yield: 25 × 50cm tray

Preparation/Cooking Time: 45min

Difficulty: Easy





Ingredients

40g	Wild rice
120g	Pearl barley
40g	Butter
60g	Shallots, finely
5g	Garlic, minced
1 ea	Egg
As needed	Salt
As needed	White pepper

Preparation

1. Bring two pots of lightly salted water to boil.
2. In one pot, boil the wild rice, stirring occasionally, for around 50 minutes. Wild rice grains should split open and curl slightly.
3. In second pot, boil the barley for around 25 minutes.
4. Drain each grain and lay on paper towel-lined trays to absorb excess water and to allow for cooking.
5. Heat a small pan and melt butter.
6. Sweat shallot until soft.
7. Add garlic and cook until soft. Season. Remove from heat.
8. Preheat oven to 175°C.
9. Line tray with parchment paper.
10. Combine all ingredients in a bowl to mix.
11. Spread out on baking tray. Cover with foil. Bake for 25 minutes.
12. Remove foil and cool.
13. Cut into desired shape and size.

To Serve

Suggested accompaniment is layered roasted vegetables such as butternut squash and Brussels sprouts.

Canada's clean, pristine landscapes, four-season climate and wide-open spaces provide the perfect conditions to create some of the highest-quality food and drinks in the world. Canadian farmers, fishers and food producers have a passion for excellence and a commitment to sustainability.

There are more recipes and product information available on the Taste Canadian Food website. There are also many great Canadian products available in Europe: from Canadian beef and maple syrup to scallops, lobster and snow crab, and from wild rice to cranberries and lentils as well as a selection of Canadian wines, beer and spirits. HINT: Canadian products like maple syrup and lentils are often available in supermarkets across Europe. Be sure to turn the packaging around and look for 'product of Canada' - that will tell you if indeed the product is Canadian.

To find out what products are available in your market, you can ask your local trade commissioner, contact importers that are listed on the saboresdecandada.es website, or you can reach out to AAFC's market development or BREU's agriculture section.

Canada has many wonderful products and we hope that you will continue to feature them prominently in your future events.

Visit: saboresdecandada.es / tastecanadianfood.ca

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