

Canada Day Recipes

Bannock Bread

Ingredients:

3 cups flour
½ cup lard
1 ½ tablespoons baking powder
½ tablespoon salt
1 cup currants or raisins (optional)
1 ¾ cups water



Directions:

In the bowl, mix the flour and lard together by hand, and then add the baking powder, salt, and the currants or raisins. Next, add the water and work the ingredients into a dough. Spread the dough out into 8" square cake pan, and bake at 425° F for about 15 minutes or until golden brown.

Chunky Honey Applesauce

Ingredients:

6 Golden Delicious apples
⅓ cup apple juice
2 tablespoons lemon juice
2 tablespoons honey
1 pinch cinnamon



Directions:

Peel, core, and cube apples. In large saucepan, bring apples, apple juice, lemon juice, honey, and cinnamon to boil; reduce heat to low and simmer until very tender, about 30 minutes. With potato masher, mash the mixture until apples start to break up, but the sauce is still chunky.

Fish Cakes

Ingredients:

3 pounds russet potatoes, peeled and quartered
1 pound salt fish
1½ medium onions
3 stalks celery, including leafy top
2 tablespoons fresh parsley
2 teaspoons tarragon
1½ teaspoons savory
2 teaspoons sage
1½ teaspoons black pepper
Flour
Canola oil



Directions:

Place potatoes in a pot and cover with cold, salted water; bring to a boil until soft. Remove from heat and mash potatoes while still warm. Boil salt fish in a medium pot for 7 minutes. Drain, let cool, and flake into a bowl.

Cut up onions, celery, parsley, and salt fish and finely chop in food processor. Add salt fish mixture and herbs to mashed potatoes and mix well. Cool to room temperature. Form fish cake mixture tightly by hand into 4 patties.

Heat canola oil in a non-stick frying pan over medium-high heat. Coat fish cakes in flour. Carefully place fish cakes in the pan and fry until golden brown on each side. Drain fish cakes on paper towel.

Tourtière (Meat Pie) Recipe

Ingredients:

2 cups flour
½ teaspoon salt
⅔ cup butter or lard
6-7 tablespoons cold water
1 pound ground pork
1 pound ground beef
1 small onion, finely chopped
1 clove garlic, finely minced
2 large potatoes
½ teaspoon poultry seasoning
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
Salt and pepper to taste
1 egg, whisked for glazing



Directions:

In a large bowl, combine flour with the salt. Cut in butter or lard until mixture is a roughly even crumbly texture. Add water and blend just until dough comes together. Shape into a rough disc, wrap and chill in the refrigerator. While pastry is chilling, prepare filling.

Cook potatoes in a pot of water until tender, about 12 minutes. Reserve ½ cup of potato water and drain the rest. Mash potatoes and set aside.

In a large skillet, cook the onion, garlic, beef, and pork over medium heat until no longer pink. Drain off excess fat. Add seasonings and reserved potato water. Mix in well and simmer for about 10 minutes until the liquid is absorbed. Remove the pan from heat, stir in mashed potatoes, and set aside to cool slightly.

Preheat oven to 400°F/205°C. On a lightly floured surface, divide dough in half and flatten one ball of dough with your hands. Roll dough to about 12" in diameter to fit a 9" pie pan. Place the pastry into the pie plate and add the meat filling. Brush around the outer edge of the pastry with the beaten egg. Roll out the

top pastry and place on top of the filling. Fold the top crust under the bottom crust and pinch or flute the edges. Brush with egg wash and cut vent holes. Bake in oven for 30-35 minutes until the pastry is golden brown.

Maple Sugar Cookies

Ingredients:

½ cup butter, softened
½ cup shortening
1 ½ cups granulated sugar
¼ cup packed brown sugar
¼ cup pure maple syrup
1 teaspoon baking soda
1 teaspoon cream of tartar
⅛ teaspoon salt
3 egg yolks
½ teaspoon vanilla
1 ¾ cups flour



Maple icing:

¼ cup heavy cream or milk
¼ cup butter, melted
3 tablespoons pure maple syrup
2 to 2 ½ cups powdered sugar.

Directions:

Preheat oven to 300° F. In a large bowl, beat butter and shortening with a mixer on medium for 30 seconds. Add the next 6 ingredients (through the salt). Beat on medium for 2 minutes, scraping bowl as needed. Beat in egg yolks and vanilla. Beat in flour.

Shape dough into 1 ½" balls. Place 3" apart on an ungreased cookie sheet. Bake 12 to 14 minutes or until edges are lightly browned (tops will still look slightly soft). Cool on cookie sheet for 2 minutes. Remove; cool on a wire rack. Centers will dip as cookies cool. Drizzle with maple icing (below).

Maple Icing Directions:

Stir together $\frac{1}{4}$ cup heavy cream or milk with $\frac{1}{4}$ cup melted butter and 3 tablespoons of pure maple syrup. Whisk in 2 to 2 $\frac{1}{2}$ cups powdered sugar to make icing drizzling consistency.

Wild Blueberry Pie

Ingredients:

3 tablespoons cornstarch
 $\frac{1}{8}$ teaspoon salt
1 cup sugar
 $\frac{1}{2}$ teaspoon ground cinnamon
4 cups blueberries
1 cup orange juice
1 tablespoon butter
Grated zest of 1 orange
1 prebaked 9" pie shell



Directions:

In a heavy-bottomed saucepan, mix all the dry ingredients together. Add 1 cup blueberries and the orange juice. Cook over medium heat, stirring constantly until the mixture becomes thick and clear. Add the butter, orange zest, and remaining 3 cups blueberries. Cool slightly before pouring the mixture into the pie shell. Allow filling to set.

Lobster Roll

Ingredients:

2 cups lobster meat
 $\frac{3}{4}$ cup mayonnaise
2 teaspoons lemon juice
3 tablespoons diced celery
2 tablespoons minced onion



Directions:

Thaw and drain lobster meat. Chop into bite-sized pieces. In a small mixing bowl, combine mayonnaise with lemon juice, celery and onion. Add to lobster and mix well. Spread the lobster salad on your favorite bread.

Butter Tarts**Ingredients:**

1 ½ cups all-purpose flour
¼ teaspoon salt
¼ cup cold butter, cubed
¼ cup lard, cubed
1 egg yolk
1 teaspoon vinegar
Ice water

**Filling:**

½ cup packed brown sugar
½ cup corn syrup
1 egg
2 tablespoons butter, softened
1 teaspoon vanilla
1 teaspoon vinegar
1 pinch salt
¼ cup raisins

Directions:

In large bowl, whisk flour with salt. With pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs. In a glass measuring cup, whisk egg yolk with vinegar; add enough ice water to make ⅓ cup. Sprinkle over flour mixture, stirring briskly with fork until pastry holds together. Wrap in plastic wrap and refrigerate until chilled, about 1 hour.

Filling:

In bowl, whisk together brown sugar, corn syrup, egg, butter, vanilla, vinegar, and salt until blended; set aside. On lightly floured surface, roll out pastry to $\frac{1}{8}$ " thickness. Using a 4" round cookie cutter, cut out 12 circles. Fit into muffin cups. Divide raisins among shells. Spoon in filling until shell is about three-quarters full.

Bake in 450° F oven until filling is puffed and bubbly, and pastry is golden, about 12 minutes. Let stand on rack for 1 minute. Carefully slide spatula under tarts and transfer to rack to let cool.

Beaver Tails**Ingredients:**

$\frac{1}{2}$ cup warm water
5 teaspoons dry yeast
Pinch of sugar
1 cup warm milk
 $\frac{1}{3}$ cup sugar
1 $\frac{1}{2}$ teaspoons salt
1 teaspoon vanilla
2 eggs
 $\frac{1}{3}$ cup oil
4 $\frac{1}{4}$ -5 cups unbleached all-purpose flour
Oil for frying
Granulated sugar for dusting
Cinnamon

**Directions:**

In a large mixing bowl, stir together the yeast, warm water, and pinch of sugar. Allow to stand a couple of minutes to allow yeast to swell or dissolve. Stir in remaining sugar, milk, vanilla, eggs, oil, salt, and most of flour to make soft dough. Knead 5-8 minutes, adding flour as needed to form a firm, smooth, elastic dough. Place in a greased bowl. Cover the bowl with plastic and let rise, about 30-40 minutes. Gently deflate dough.

Pinch off a golf ball-sized piece of dough. Roll out into an oval and let rest while you are preparing the remaining dough. Heat about 4" of oil in a fryer. Test temperature by tossing in a tiny bit of dough and see if it sizzles and swells immediately.

Stretch the ovals into a tail, thinning them out and enlarging them as you do. Add the beaver tails to the hot oil, about 1-2 at a time. Turn once to fry until the undersides are deep brown. Lift beaver tails out with tongs and drain on paper towels.

Fill a large bowl with a few cups of white sugar. Toss beaver tails in sugar (with a little cinnamon if you wish) and shake off excess. Serve.

Poutine

Ingredients:

1 package frozen French fries, cooked
1 cup cheese curds
4 tablespoons butter
½ teaspoon black pepper
¼ cup flour
1 cup each, chicken and beef broth



Directions:

Melt butter over medium-low heat. Sprinkle in the pepper and whisk to combine. Slowly add in ¼ cup of flour, constantly whisking to combine. After a minute or two of whisking, the mixture will be thick.

Combine the broths in a measuring cup and slowly begin to pour into the flour mixture, whisking constantly, until smooth and well blended. Allow to cook several minutes until thickened.

Toss together the hot French fries with cheese in an oven proof dish or skillet. Pour your desired amount of gravy on top and pop back in the oven for a minute or two to let the cheese melt even more. Serve immediately.