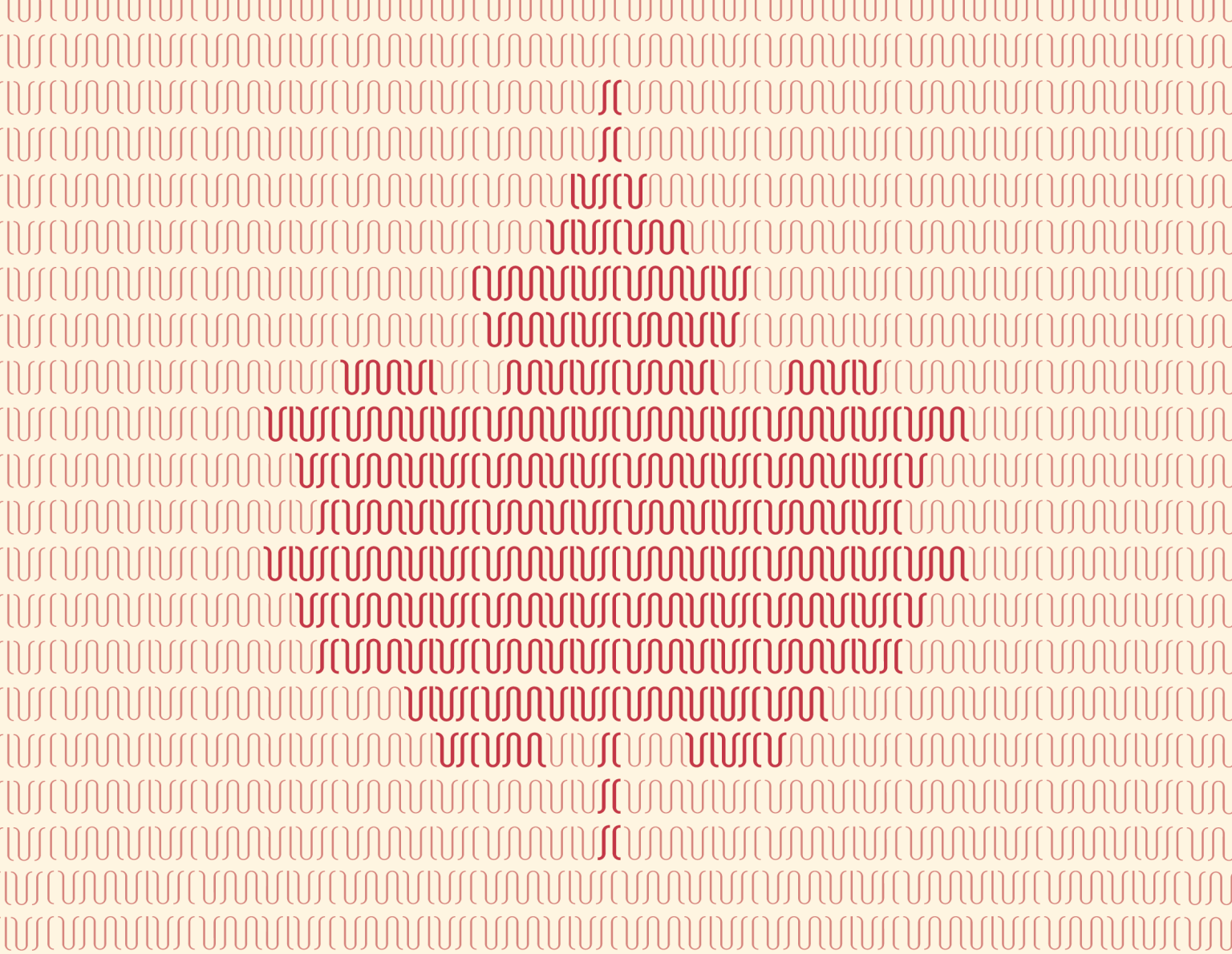


COOKBOOK
VOLUME 06

CUMULUS

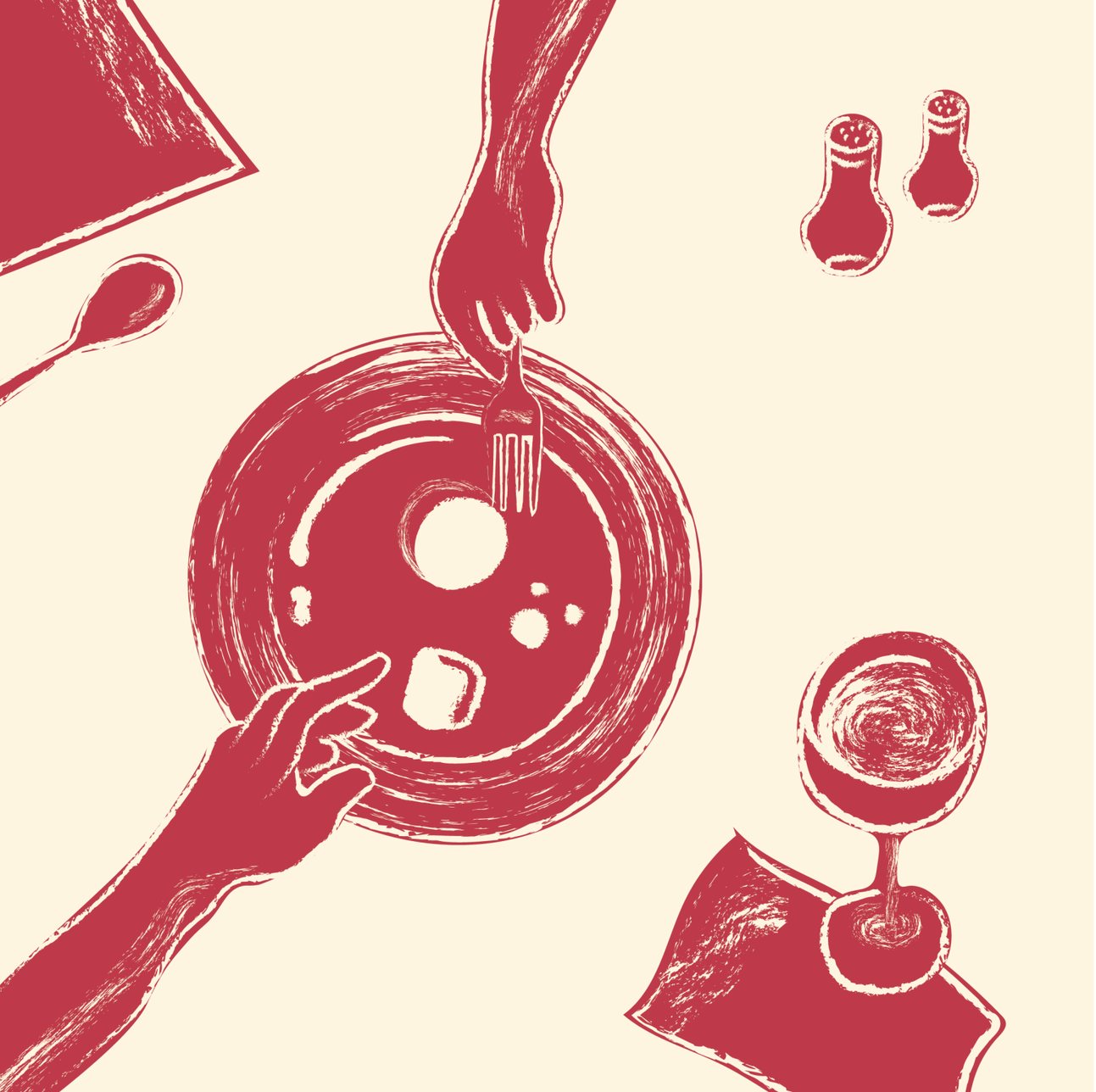
COOKBOOK

VOLUME 06

2025

CANADA EATS

cumulusarch.com



“Cook and love with reckless abandon.” — Donna Dooher

For the sixth edition of the Cumulus Cookbook, we are celebrating who we are and where we work as proud Canadians.

This edition is called *Canada Eats* and we are bringing together a distinctly Canadian collection of recipes — ones that reflect not only our identity as a proudly Canadian architectural firm, but also our roots, our diversity, and commitment to collaboration in both design and culture.

Inspired by the 2025 call to *buy Canadian*, we chose to carry that idea forward — honouring our clients and our team by sharing stories and flavours from across the country. In true Canadian fashion, we’ve embraced all the different flavours and customs, adopting them into our traditions and making them our own.

So, whether you eat E-Fu noodles from Forest Hill, Ontario, fish cakes from North Rustico, PEI, seafood chowder from Cape Breton, Nova Scotia, baked beans from Bonnyville, Alberta, or cabbage rolls from Bethesda, Manitoba, we have them all!

We hope you enjoy these stories and see a part of yourself reflected in this architectural and culinary portrait of Canada!

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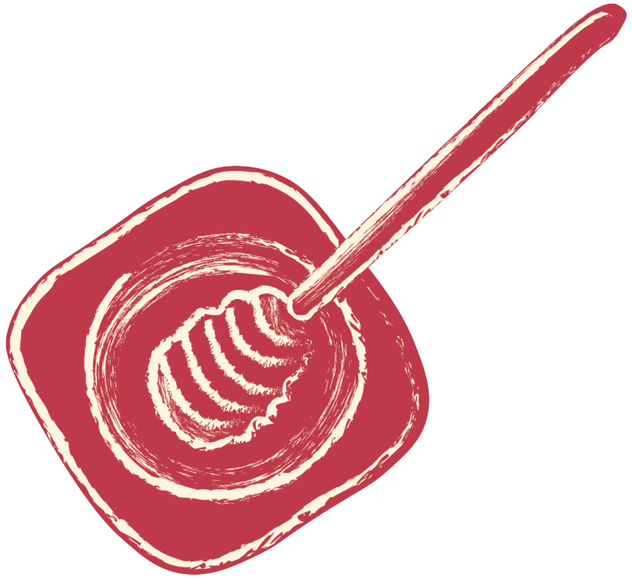
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APPETIZERS



GINGER PUMPKIN SOUP WITH WILD RICE

prep time: 20 mins

cook time: 1 hr 15 mins

serves: 8



Amanda Fics

I stumbled upon the Wild & Wonderful cookbook from the Arctic Trading Company in Churchill Manitoba when traveling for one of our Healthcare projects. From the moment I arrived, I fell in love with Churchill. I wanted to bring home something that would capture that feeling, something that would let me relive the memories and the vibe time and again. And what better way than a cookbook crafted by two locals who've been perfecting their recipes for over 50 years? It seemed like a perfect opportunity to take home a slice of wisdom seasoned by time.

Last winter, I got into a soup-making groove, experimenting with a new batch every Sunday. I've since tweaked this particular recipe to suit my own tastes (as one does), and it's earned a permanent spot in my regular rotation.

what

2 tbsp unsalted butter
1 cup chopped onion
4 cups low sodium chicken broth
2 cups (398 ml) canned pumpkin purée
1 cup cooked wild rice (3 cups water)
2 tbsp minced fresh ginger
1 tbsp powdered ginger
¼ tsp pepper
2 tbsp chopped fresh parsley
1 cup coconut milk

how

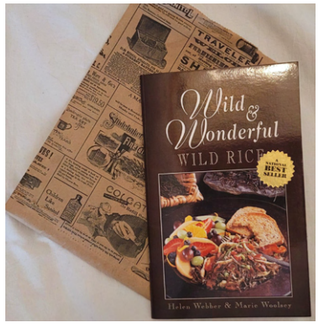
1. Bring wild rice and water to a boil & simmer, covered for 45 minutes. The rice should blossom so you can see the inner lighter part.
2. In a Dutch Oven melt butter at medium heat and add the chopped onion and minced ginger. Cook until lightly browned.
3. Add chicken broth and pumpkin purée. Simmer for 10 minutes, stirring occasionally.
4. Add the cooked wild rice, pepper, powdered ginger and parsley and heat well for 7 minutes.
5. Stir in the coconut milk and continue to heat but do not boil.
6. Feel free to add salt to your individual bowls after serving (dealers choice).

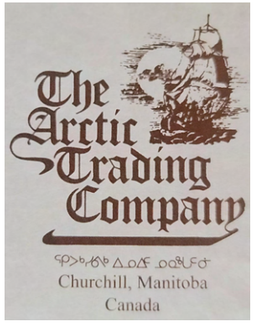
hot tip

I like to double the recipe and store some in the freezer. After thawing, warm on the stove with some added chicken broth.











PEI FISH CAKES

prep time: 10 mins

cook time: 50 mins

serves: 4-8



Gretchen Overholtzer

I've tried fish cakes in Toronto more times than I care to admit — and every time, I regret it. People say it's because I don't appreciate salt cod, or that I grew up with too much fresh fish. I had almost given up until a Cumulus work trip took me to PEI. I fell in love immediately — the ocean, the people, the landscape. Years later, on a return trip, I stopped at a small coastal diner that had fish cakes on the menu. I took a chance. They were perfect: fresh fish, potato, crisp edges, and just salty enough. Later that summer, after yet another rant about Toronto's failed attempts, a friend finally said, "Why don't you just make them yourself?" It hadn't even occurred to me.

This recipe is adapted from the Blue Mussel Café. It can be served as an appetizer with smaller patties or as a main with larger ones.

what

½ lb white fish fillet (cod, haddock, halibut, flounder)
2 tbsp dry white wine
1 lemon, zest and juice
1 lb russet potatoes, peeled and cubed
¼ cup mayonnaise
2 tbsp grainy Dijon mustard
2 tbsp chopped cilantro
2 tbsp chopped parsley
sea salt and black pepper to taste
1 cup flour
2 eggs
1 cup panko-style breadcrumbs
1-2 cups neutral oil, for frying

how

1 Place the fish in a small pot, add enough cold water to cover it, then pour in the wine and lemon juice.

2 Set over low heat and simmer until fish is flaking and fully cooked through, 5-8 minutes.

3 Remove from heat, drain the liquid and refrigerate the fish to cool.

4 Cook the potatoes until fork-tender, 5-7 minutes. Mash them in the pot, then mix in mayonnaise, mustard, lemon zest, cilantro, and parsley. Using a wooden spatula, mix in the fish and season with salt and pepper.

5 Refrigerate the uncovered mixture for about 30 minutes to chill and set.

6 Divide the mixture into 16 portions and shape into patties for an appetizer, 8 portions for a main dish.

7 Set up three shallow bowls for dredging. One with flour, one with the 2 whisked eggs, and one with breadcrumbs.

8 Dip each patty in the flour and turn to coat, dip in the egg and coat in breadcrumbs.

9 At this point you can freeze any cakes you don't want to eat right away. Just make sure to thaw before cooking.

10 In a skillet over medium neat, heat ½ inch of oil. Fry the fish cakes until golden and crisp, 2-3 minutes per side.

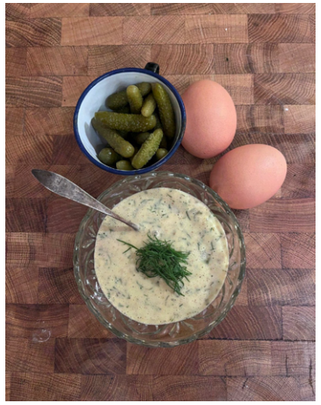
11 Serve hot with home-made fresh whipped tartar sauce.





hot tip

These are also excellent served with Bacon Bourbon Tomato Jam. Ask Gretchen for the recipe....





KETCHUP CHIPS

vegetarian | prep time: 6 hrs 15 mins | cook time: 20 mins | serves: 2-3



Lisa Sato

When I think of "Canadian" food, I'm reminded of my time in the U.S. and what I could share with my friends there. Every time I mentioned I was visiting Canada, they'd ask me to bring back something distinctively Canadian. I returned with all sorts of snacks — maple syrup, Timbits, Coffee Crisps, Smarties, and all-dressed chips. But the one snack that always stirred the most debate was ketchup chips.

I had no idea this humble snack could be so divisive! Some people absolutely loved it, while others were convinced it had no place as a chip flavor. Personally, I've always been a fan — it's a taste I've appreciated since childhood. So, I present to you my take on the classic Ketchup Chip recipe!

what

1 large russet potato
oil for deep frying
¼ cup of ketchup
(try to use a Canadian ketchup brand or a brand that uses Canadian tomatoes!)
1 tbsp of salt for soaking
¼ cup of finely chopped parsley

how

Ketchup Seasoning

1. Apply a very thin coat of ketchup to parchment paper and place it on a baking sheet. Bake on low (125-150°F) for 6 hours, or use an air fryer with the "dehydrate" setting.

2. Once fully dried, grind the dehydrated ketchup into a fine powder using a food processor, blender, or mortar and pestle.

Chips

3. Using a mandoline slicer or knife, slice potatoes about 2mm thick. I like to keep the skin on but feel free to peel the skin before slicing.

4. Soak the slices in a bowl of cold water with 1 tablespoon of salt for 30 minutes. Drain and pat dry with paper towels.

5. Heat oil to 365°F. Fry 5–10 slices at a time depending on pot size (so they don't stick). Remove when they are golden brown.

6. Season immediately with salt and ketchup seasoning. Sprinkle with finely chopped parsley and enjoy!



MAM'S FRENCH CANADIAN PEA SOUP

gluten free | prep time: 35 mins | cook time: 2 hrs 30 mins | serves: 12



Mark Wronski

At Thanksgiving in those early Willowdale years, our Mom (know as Mam to her grandsons) would occasionally bake a ham instead of a roast turkey. She would buy a shank end, bone-in fresh ham, diamond score it and bake it with pineapple slices and a brown sugar glaze. That was delicious enough — but that's for another cookbook.

With inevitable leftovers she would make a favourite of mine, her version of the Habitant split pea soup, a classic French-Canadian staple. The pot would last for a week and I'd have bowl, after bowl, of it. The ingredients are what would have been used in those early colonial years, and under her care, they yielded a subtly herbed, rich and savoury soup that chases the cold depths of winter away.

what

1 ham bone from left over, fresh baked, bone-in ham *(substitute: ham hock bone)*
1 ¼ kg of baked ham, cubed into 13 pieces *(substitute: smoked ham* or a pinch, cooked ham)
200 g of ham fat, chopped *(substitute: thick cut bacon)*
1 ½ kg of yellow split peas
2 tbsp of butter
1 tbsp of olive oil
3 large onions, chopped
3 large carrots, cut into 1 cm cubes
4 stalks of celery, chopped
12 cups of water
6 cups of chicken broth
1 bay leaf
8 sprigs of thyme
2 sage leaves
½ tbsp of summer savory
5 tsp fresh cracked pepper
salt to taste

how

1 In a large French oven or stockpot, heat butter and oil over medium heat. Add onions and cook until soft. Add ham fat and render until crispy for about 8 minutes. Remove the crisped fat and set aside. Add celery and cook for 5 minutes.

2 Add carrots, ham bone, ham, bay leaf, and cook for another 5 minutes. Add the split peas and water, bring to a boil, and cook for 1–2 minutes. Remove from heat, cover, and let stand for 1 hour.

3 Skim any foam from the surface of the soup. Add thyme and savory, then bring to a boil again. Reduce heat to medium-low, cover and simmer, adding stock as needed to reach the desired consistency.

4 As the peas begin to break down after 30–40 minutes, remove the bay leaf, thyme sprigs, and 3 cups of the peas, carrots, celery, and ham (leave the liquid in the pot) and set aside.

5 Continue simmering for another 10 minutes, until the peas have fully broken down. Remove the ham bone and use an immersion blender to purée the soup until smooth. Add more stock if needed. Return the ham bone, reserved peas, vegetables, ham, and crisped fat to the pot. Cook for a final 15 minutes.

6 Remove the bone again, season with cracked pepper and salt to taste, and serve hot with fresh bread, butter, and a simple salad on the side.

top tips from the top drawer

If you don't have the leftover ham, not too worry, use the substitute ingredients and cook it just a bit longer.

Texture of the soup is critical – don't puree all the veg and ham evenly, take out some of the cooked peas and veg and set aside to add to the pureed base.









CAULIFLOWER SALAD

vegetarian | prep time: 15 mins | cook time: 30 mins | serves: 4



Murray Daly

On my first work trip with Cumulus, I flew to Winnipeg for a hospital assessment and a side mission to find some good food. My colleague shared the same goal, and we settled on the Clementine Café: nice menu, historic neighborhood, cool interior. She planned to meet me there before her flight, but we hit a snag, a 40-minute wait. She arrived, heard the news, and immediately Ubered to the airport. Tough. I returned to Clementine solo, where I was immediately seated at the bar. Sometimes a table for one is all you need to feel like a local. I ordered roasted cauliflower, which was delicious. Now, Winnipeg feels a little more familiar, like a city with a seat waiting for me at the bar.

what

Roasted Cauliflower
1 medium head of cauliflower, cut into florets
2 tbsp olive oil
½ tsp salt
½ tsp ground cumin
freshly ground black pepper

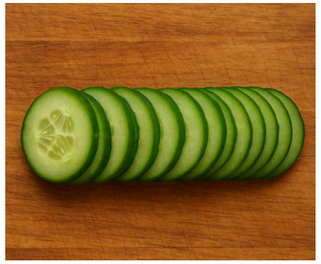
Spicy Cucumber Slices
1 large cucumber, thinly sliced
1 tbsp lime juice
½ tsp chili flakes

Peanut Lime Crema
¼ cup peanut butter (smooth)
2 tbsp lime juice
2 tbsp greek yogurt
1 tbsp soy sauce
1 tsp maple syrup

Toppings
2 tbsp chopped roasted peanuts
fresh mint leaves, roughly chopped

how

1. Preheat oven to 425°F.
2. Toss the cauliflower florets with olive oil, salt, pepper, and cumin.
3. Spread on a baking sheet and roast for 30 minutes, flipping halfway.
4. In a bowl, mix the cucumber slices with lime juice, chili flakes, and salt. Let sit for at least 10 minutes to absorb flavors.
5. Whisk together peanut butter, lime juice, yogurt, soy sauce, and maple syrup. Add water gradually to reach a creamy consistency.
6. In a bowl, toss the roasted cauliflower with the peanut lime crema.
7. Place the roasted cauliflower on a serving plate and top with the spicy cucumber slices.
8. Drizzle more peanut lime crema.
9. Sprinkle chopped peanuts and fresh mint over the top.







CAPITAL HEAT: LEBANESE BATATA HARRA

gluten free | vegetarian | prep time: 10 mins | cook time: 25 mins | serves: 2



Tina S. Pari

I spent several years in Ottawa completing both my undergraduate and graduate studies but my REAL education happened in the city's various shawarma shops. I'll get right to it, Ottawa's shawarma is better than Toronto's. I'll go even further and say it's the best in all Canada! Ottawa's strong Lebanese community plays a vital role in shaping the city's culinary identity and it shows in the quality and authenticity of its Middle Eastern cuisine. What made those meals special, and what I can't seem to find outside of Ottawa, is their standard side of crispy, garlicky potatoes called Batata Harra with the standard garlic sauce. It's amazing that something so simple can be done so wrong. So this recipe is my tribute to those unforgettable garlic potatoes that completed every meal. It's no wonder Ottawa is now officially known as the Shawarma Capital of Canada.

what

3 large yellow potatoes, cut into bite-sized cubes
2 tbsp corn starch
4 tbsp olive oil
4 cloves garlic, minced
½ tsp chili flakes
handful cilantro, chopped
lemon juice
salt

Garlic Sauce
3 tbsp Tahini
lemon juice to taste
2 tbsp cold water
1 tsp garlic paste or minced garlic

how

1. Cube potatoes, and pat dry. Toss them with the corn starch until evenly coated. This will help create a crispy crust especially when tossing with the wet ingredients towards the end.
2. I use the air fryer, but this could be done in an oven or skillet. In the air fryer tray, toss the potatoes in 2 tbsp of olive oil and salt. I also like to add half of the cilantro at this point because it becomes crispy and adds more flavour. Cook potatoes until golden.
3. In a pan, sauté the minced garlic and chili flakes in the rest of the oil. Stir frequently to make sure the garlic doesn't burn. Add the other half of your chopped cilantro.
4. Toss in the potatoes and squeeze some lemon juice. Stir and serve with garlic sauce.





SEAFOOD CHOWDER

prep time: 30 mins

cook time: 20 mins

serves: 6



Ulrika Catarino

This recipe was inspired by our summer road trip along the Cabot Trail in Nova Scotia. Every stop we made — whether it was a seaside restaurant, a tiny village diner, or a pub — offered its own version of seafood chowder. Each bowl was a little different, but always deliciously creamy, and full of rich seafood flavour. After sampling so many, I came home determined to recreate the flavours. This recipe is my take on the memorable bowls of chowder we enjoyed all across Cape Breton.

what

¼ cup butter
1 medium onion, diced
1 tsp Old Bay seasoning
¼ cup flour
1 carrot, sliced
2 medium sized potatoes, peeled and cubed
4 cups chicken broth
1 ½ cups heavy cream
6-8 large shrimp, deveined
cod fillet
optional lobster
chives, chopped
salt and pepper to taste

how

1. Cook onion in butter until tender. Add flour, Old Bay and cook for 2-3 minutes.
2. Add carrot, potato and broth. Let simmer for 10 minutes.
3. Stir in seafood and cream. Cook until fish is fully cooked and flaky and potatoes are tender, about 8-10 minutes.
4. Sprinkle with chives. Salt and pepper to taste.

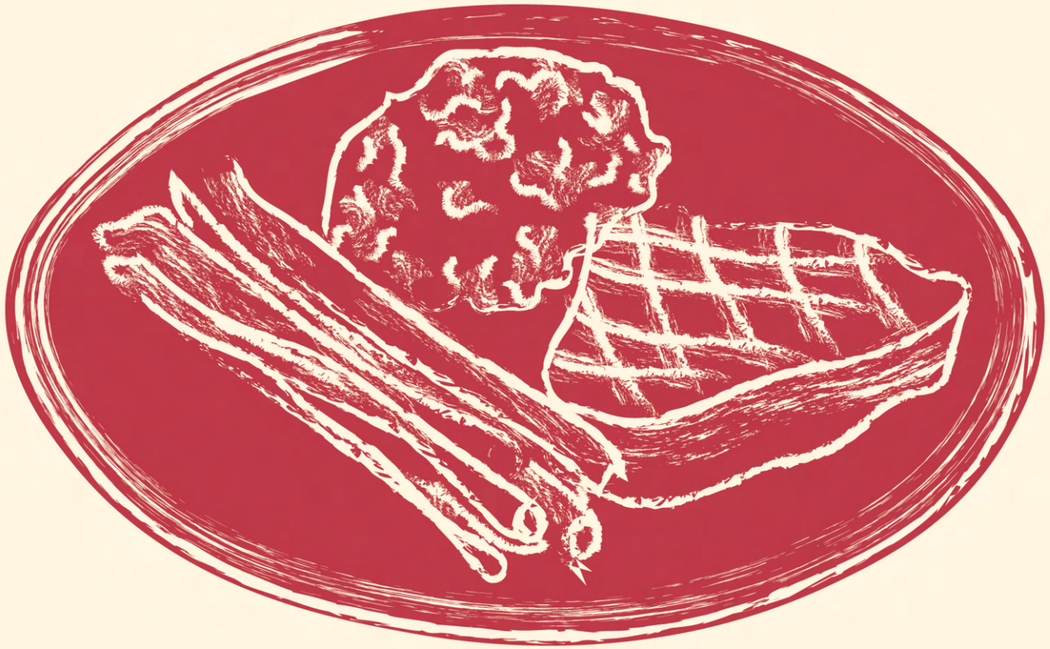
hot tip

Add lobster!









MAINS & SIDES



KOFTEH HOLU

gluten free | prep time: 30 mins | cook time: 1 hr 30 mins | serves: 3



Ava Pouralborz

In 2022, I created INVITATION*, an installation exploring identity, migration, and belonging. Inspired by artists who collage cultural fragments, I recreated a Persian courtyard from my childhood memories, with arched doors, benches with embroidered rugs, and a pond with clay pots. Moving to Canada at a young age, I've learned that being Canadian means carrying your traditions with you and sharing them with others. This recipe continues that invitation, blending Persian flavors with my Canadian life and offering a taste of home in a new place. Here, I introduce* Kofteh Holu*, literally "peach balls," a traditional Persian meatball dish with a subtle sweetness from raisins and walnuts. There are no peaches in this recipe; the name comes from the size of the meatballs. Normally, the dish can be made with pomegranate molasses, but that is too sour for me, so I substitute tomatoes instead.*

what

1 lb medium ground beef
4 medium onions
1 tsp salt
1 tsp turmeric
2 tbsp corn starch
raisins
chopped walnuts
½ cup tomato sauce
water as needed

how

1. Grate 2 onions. In a bowl, mix the grated onions with the ground beef, salt, turmeric, and corn starch using your hands.
2. Chop the remaining 2 onions and cook them in a pan over medium-high heat until they turn golden yellow. Stir in a pinch of turmeric once the onions are cooked, and remove them from the stove shortly after to prevent the turmeric from becoming bitter.
3. Take the beef mixture and flatten into medium sized circles. Place a small amount of the cooked onions, raisins, and chopped walnuts in the center of each circle. Carefully shape the mixture into balls, enclosing the filling.
4. Heat a pan over medium heat and cook the meatballs on all sides until browned. There's no need to add oil, as the beef's natural fat provides sufficient grease for cooking.
5. Transfer the meatballs to a pot. If you have any leftover raisins, walnuts, or cooked onions, add them to enhance the flavor. Pour in the tomato sauce and enough water to just cover the tops of the meatballs. Cover the pot and cook over medium heat, stirring occasionally until the meatballs are fully cooked and the flavors have melded together.
6. Serve warm and enjoy with some bread!











E-FU NOODLES

vegetarian | prep time: 15 mins | cook time: 30 mins | serves: 4



Caitlin Chin

My grandfather (first generation Canadian) worked as a cook for the locally beloved China House restaurant in Forest Hill, Toronto known for their traditional Cantonese cuisine. Throughout my life he cooked many of the same dishes for our family as he cooked at the restaurant. The following dish is typically served at weddings, New Years and birthdays but can also be an easy go-to for your next meal.

what

1 pack of E-Fu noodles
5 garlic sprout stalks
6-8 shiitake mushrooms
4 tbsp of cooking oil

Sauce
¼ tsp salt
pinch of sugar
1 tbsp of hot water
white or black pepper (to taste)
2 tsp of soy sauce
2 tsp of dark soy sauce
2 tbsp of oyster sauce

how

1 In a large pot, bring half a pot of water to boil.

2 Add the noodles and cook for 2-3 minutes just until the centers soften — be careful not to overcook. Strain the noodles and put aside.

3 Wash and chop the garlic sprouts into thumb-length pieces. Wash and thinly slice the mushrooms, then put them to the side.

4 In a frying pan or wok, heat 2 tablespoons of vegetable oil over medium-high heat.

5 Once hot, add all the mushrooms and let them cook for a few minutes, then add half of the chopped garlic sprouts and stir until golden brown. Add more oil if the mushrooms look too dry.

6 Meanwhile, prepare the sauce. Dissolve the salt and sugar in hot water, then add the soy sauce, dark soy sauce, white pepper, and oyster sauce. Mix well.

7 Add the noodles to the plan once the vegetables are golden brown. Stir-fry for about 3 minutes, then pour in the sauce and mix until evently coated.

8 Add the remaining garlic sprouts and cook for a few more minutes. Serve hot and enjoy!













BEEF TONGUE STEW WITH BLACK OLIVES

gluten free | prep time: 30 mins | cook time: 3 hrs | serves: 8



Dan Voicu

Years ago, while working for a company based in Montreal, I was invited to lunch at a local restaurant known for its traditional French cuisine. As I browsed the menu, one dish immediately caught my attention: beef tongue with black olives, vegetables, and a choice of mashed potatoes or rice.

I couldn't resist ordering it, curious to see how it compared with the way we prepared the same dish back in Romania. To my surprise, it was both familiar and new — the tender beef paired beautifully with the briny olives and comforting sides. The flavors were light yet deeply satisfying, offering a perfect balance of richness without feeling heavy.

That lunch became more than just a meal; it was a reminder of how food connects cultures, carrying echoes of home while celebrating the unique character of French-Canadian cooking.

what

1 fresh beef / veal tongue (roughly 1-1 ¼ kg)
1 sweet onion
few garlic cloves (chopped)
2 peeled carrots
1 kohlrabi or parsnip
2 sweet red peppers
1 bottle of strained tomato sauce
½ lb Kalamata olives with pits
few bay leaves
black peppercorns
ground black pepper
1 tbsp of white vinegar
2 tbsp of vegetable oil
chopped fresh parsley

how

1 Thoroughly wash the beef tongue, then place it in a pot of water to boil. As it begins to heat, skim off any foam that rises to the surface.

2 Add 1 tablespoon of salt, a few bay leaves, 15–20 black peppercorns, and 1 tablespoon of white vinegar. Reduce the heat and simmer gently for 2 to 2½ hours until the tongue becomes tender.

3 Remove the tongue from the pot and reserve the cooking stock. Peel off the outer membrane while the tongue is still warm, then cut it into small pieces.

4 In a clean pot, heat 2 tablespoons of oil. Add salt, ground pepper, chopped onion, garlic, carrots, a few bay leaves, and kohlrabi (or parsnip). Sauté for a few minutes, then add a small amount of the reserved beef stock.

5 Add the beef tongue pieces, sweet red pepper, Kalamata olives, and the remaining beef stock. Cover and simmer for 25–30 minutes.

6 Stir in tomato sauce, uncover the pot, and continue cooking slowly for another 20–25 minutes to let the flavors blend.

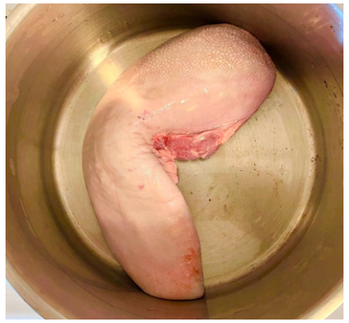
7 Adjust seasoning with more salt or pepper if needed. Garnish with fresh chopped parsley.

8 Serve immediately with mashed potatoes or rice — and enjoy!

hot tip

If you like it spicy, add one hot chili pepper.









MAPLE BEEF BOURGUIGNON

prep time: 20 mins

cook time: 2 hrs 30 mins

serves: 4-6



Greg Haist

For every flag-waving Canadian, sourcing local seems to have become more of a priority than ever. What better mash-up than a patriotic, maple themed spin on a traditional hearty winter dish. Admittedly, this year's recipe comes without a close-to-home story and is more of an exploration in support of local and regional producers and suppliers. Personally, I can imagine I will be making this dish a few times over the next four years. Go Canada!

Sources:
Ontario Maple Syrup – Ennis Maple Products, Balderson
Ontario Beef – O'Connor Meats/The Meat Academy, Toronto
Quebec Duck Foie Gras – Alex Farm Products, Toronto
Ontario Duck Fat – King Cole Ducks Ltd., Stouffville
Ontario sourced vegetables

what

1 kg beef (chuck cut or brisket, 50 mm cubed)
40 ml (⅛ cup) duck fat
200 g (or two 90 g tins) fresh duck foie gras, 25 mm cubed
125 ml (½ cup) maple syrup
250 ml (1 cup) red wine
375 ml (1 ½ cup) beef broth
25 ml (1 ½ tbsp) tomato paste
1 large white onion, chopped
250 g cremini mushrooms, cut to wedges
1 large carrot, cut to 13 mm wedges
2 garlic cloves, minced
1 large red pepper, cut into 25 mm chunks
1 large stalk celery, 13 mm diced
2 bay leaves
all-purpose flour
fresh parsley
salt and pepper to taste

how

1. Preheat oven to 350°F.
2. On stovetop, flour the beef cubes and sautee in duck fat until brown.
3. Add onions and maple syrup. Reduce for 1 minute.
4. Add wine, beef both, tomato paste, garlic, carrots, and bay leaf.
5. Add salt and pepper. Bring to boil.
6. Transfer to ovenproof cookware. Cover and simmer in oven for approx. 2 hours or until meat is fall apart tender.
7. In a saucepan, sauté cubes of foie gras until brown. Remove and set aside.
8. In the same saucepan, sauté mushrooms, celery, and peppers in remaining duck fat. Remove and set aside.
9. 30 minutes before end of oven cooking, add celery, peppers, and mushrooms to oven pot.
10. At end of cooking, remove pot from oven, add foie gras cubes on top and sprinkle with parsley.
11. Serve with crusty bread, or over a bed of creamy mashed potatos, egg noodles or pappardelle pasta.













hot tip

So, the traditional inclusion of foie gras might 'ruffle a few feathers" due to associated duck raising practices. An alternative to achieving the same richness of flavour is to substitute with a mushroom duxelles or a similarly sautéed chicken liver pate. Bon appetit!

CABBAGE ROLLS

gluten free

prep time: 45 mins

cook time: 1 hr 15 mins

serves: 4



John Williamson

This past summer I was completing a condition assessment at Bethesda Hospital in Steinbach Manitoba, which is hungry work. Sometimes life serves up just the right thing for the time and place, and on this day the cafeteria special was cabbage rolls. Their version was a little heartier than I usually make myself, but I can report that if you ever have the misfortune to injure yourself in southeastern Manitoba, you can look forward to a good meal.

what

1 green cabbage
⅔ cup rice
½ lb ground pork
½ lb ground beef
1 yellow onion
1 stalk celery
2 garlic cloves
1 bunch dill
1 bunch parsley
8-10 roma tomatoes
1 egg
1 can tomato paste

how

1. Cut the base off the cabbage and boil in a large pot for 3-4 minutes. Allow to cool, then carefully peel off the leaves from the top.
2. Cook the rice and set aside to cool. Pre-heat oven to 350°F.
3. In a skillet, brown the pork and beef over high heat. Reduce to medium, then add onion, celery, garlic, and parsley stems; cook until softened. Add 2 chopped tomatoes and stir to combine. Add a splash of water if the mixture seems too dry.
4. Once reduced, mix in the cooked rice, then quickly stir in the egg to combine.
5. In a separate pot, cook the tomato paste with the remaining chopped tomatoes for about 30 minutes. Blend or mash for a smoother sauce if desired.
6. Lay cabbage leaves flat and place a few spoonfuls of the meat mixture in each. Fold the sides in and roll, keeping the seam on the bottom.
7. Arrange rolls in a casserole dish, pour tomato sauce over top, and cover with foil. Bake for about 90 minutes.
8. Serve hot with more warm tomato sauce over top if you like. Sour cream is a traditional side, but I prefer greek yogurt mixed with dill and parsley.

hot tip

Serve on a paper plate to get that authentic cafeteria aesthetic.











BERRIES & WILD RICE CASSEROLE

gluten free | vegetarian | prep time: 10 mins | cook time: 1 hr | serves: 4



Lauren Bontridder

I've always loved discovering new things - especially when it comes to food. During my postgrad studies, I volunteered to help create a cookbook with the First Nations Department at Seneca College, and that's where I first came across this recipe. It quickly became one of my favourites! Wild rice and blueberries are both key ingredients in many First Nations dishes, and they come together perfectly here with maple syrup (it doesn't get more Canadian than this). I love how simple, fresh, and naturally sweet it is. Every time I make it, it reminds me of that project and how food can connect us to local ingredients, traditions, and stories.

what

1 cup wild rice
200 g blueberries
200 g raspberries
200 g strawberries
2 handfuls of walnuts
maple syrup

how

1. Boil the wild rice for about 30 minutes, then strain and add fresh water to continue boiling for a total of around 45 minutes, or until the grains pop out of their black shells.
2. Strain and let the wild rice cool down.
3. Chop up strawberries, raspberries, and blueberries, then add them to wild rice.
4. Crush the walnuts to small size and add to wild rice.
5. Pour maple syrup over the casserole and mix – just enough to mix into casserole or to taste. Ready to serve!

hot tip

This recipe is easy to turn into a savory version! Simply swap the toppings for grilled onions, peppers, and carrots. I especially love this savory version baked in the oven with grilled cheese on top.









CASSEROLE POTATOES

prep time: 20 mins

cook time: 1 hr

serves: 8



Lisa Tobin

When I was younger, my family used to go to Saskatoon and Biggar Saskatchewan to visit our extended family. My aunt used to make this potato casserole for potluck events, and it was always my favorite. I hadn't eaten it since I was a kid and decided it needed a panko topping to dress it up for the cookbook. Turns out it's super easy to make, and tastes even better with the topping!

what

Potato Casserole

800 g bag frozen hash browns
½ onion, diced
1 cup sour cream
¼ cup butter, melted
¼ tsp ground pepper
1 can (284 ml) cream of mushroom soup
1 cup grated cheddar cheese

Panko Topping (optional)

1 cup panko break crumbs
2 tsp butter, melted
1-2 tbsp grated parmesan reggiano

how

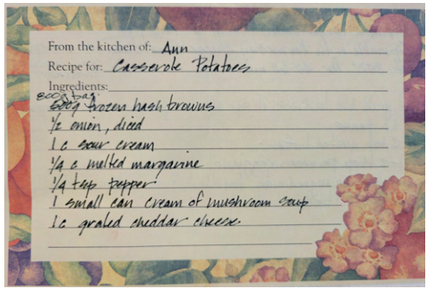
1 Mix all the casserole ingredients together in a large bowl. Put in a greased 9x13" pan.

2 Mix the panko topping ingredients together and spread over the casserole before baking.

3 Bake at 350°F for 45-60 minutes until bubbling and golden.









TOURTIÈRE

prep time: 20 mins

cook time: 1 hr 20 mins

serves: 6



Patsy Poulin

I'm not French Canadian but my former in-laws were, and at every Christmas gathering, the tourtière would appear and be more popular than any of the other festive offerings. The usual comments and questions ensued about why something so wonderful would only be produced once a year. I was recently reminded of the ability to source this delicious meat pie, at any time of the year, when presenting with Heather and Tom from Unity Health Toronto at a conference in Quebec City. It had larger chunks of meat, but the ones I recall and make myself are made with a combination of ground meats and finely diced vegetables. Using puff pastry (frozen sheets work perfectly!) makes it lighter and saves time, no pastry-making expertise required.

what

2 tbsp olive oil
500 g ground pork
250 g ground beef
250 g ground veal
1 ½ cups finely chopped onion
½ cup finely chopped carrot
1 cup finely chopped fennel
1 bay leaf
½ tsp dried thyme
1 tsp dry mustard
1 tsp allspice
½ tsp cinnamon
2 tbsp rolled oats
salt and freshly ground pepper
1 ½ cups beef stock
1 tbsp chopped fresh parsley
2 tbsp dried bread crumbs
or 1 tbsp semolina

how

1 Heat oil in a heavy pot over high heat. Add ground meat and sauté, stirring occasionally, for about 5 minutes until no longer pink. Drain excess fat.

2 Stir in the onions, carrots, fennel, bay leaf, dried thyme, dry mustrad, allspice, cinnamon, rolled oats and salt and pepper. Add enough stock to just cover the meat. Reduce heat to low, cover and cook for 45 minutes, stirring after 30 minutes, until onions have cooked down. Let cool. Remove bay leaf and stir in parsley.

3 Preheat oven to 450°F. Generously flour the center of your pastry board. For a free-hand square version (no pie dish required)... with a floured rolling pin, roll two pieces of dough into 9x12" rectangles. Place one sheet on a parchment-lined baking sheet. Sprinkle with breadcrumbs or semolina to absorb fat.

4 Spoon the meat mixture over the base, leaving a 1" border. Brush edges with water, top with the second sheet of pastry, and seal edges—crimp decoratively if desired.

5 Whisk egg with cream and brush over the pastry. Cut small steam vents in the top.

6 Bake on the lower oven rack for 15 minutes, then reduce heat to 400°F and bake another 15–20 minutes until golden brown. Slice and serve warm.

hot tip

I use frozen puff pastry sheets — they're faster and lighter than shortcrust.

Instead of the freehand rectangle version from the LCBO recipe, I used a 9" springform round pan (though the size can vary depending on your preferred thickness and final presentation).









CECILE'S NEW FRANCE BAKED BEANS

gluten free | prep time: 10 hrs | cook time: 7 hrs | serves: depends



Paul Szaszkiewicz

Legend has it my mom descends from Samuel de Champlain's chef's sous-chef, Madame Benoit. This recipe — passed down through generations with only minor tweaks — captures Canada's forgotten influence on 17th-century French cuisine. Cecile's New France Baked Beans were born of necessity during the underreported 1628 PEI potato famine, when resourceful cooks turned from spuds to beans and ham hocks, creating a dish "from the people, for the people."

When Champlain's men returned to France, they shared the recipe with shipwrights of Saintonge, who renamed it Cassoulet — from the Basquian Latin cassum de leche, meaning "dairy-free." Later, the French altered it with lesser ingredients, sparking centuries of debate over its true origins. Meanwhile, in Canada, we proudly preserve the humble, hearty original — proof that good ideas (and great meals) travel far but always taste best at home.

what

2 cups Portage La Prairie navy beans (navy beans are actually white peas... make no sense right?)
1 medium Holland Marsh white onion (white-ish)
½ cup Crosby's molasses (St. John, New Brunswick...not just ships and extinct plum forests)
½ cup French's ketchup made from 100% Leamington tomatoes
1 tbsp no. 201 G.S. Dunn's dry mustard (accept no substitute)
2 tbsp Quebec's Maison D'Orfee organic cider vinegar
2 tbsp Kelowna's gluten-free vegan Umami Crave the Fifth Worcestershire Sauce
2 tbsp Rogers brown sugar made from Taber Alberta sugar beets
salt & pepper (use only Vancouver Island sea salt & Yogti black pepper from Mississauga)
1 small ham hock, direct from Le Porc de Beaurivage in Quebec or try Berryman Farms in Saanich BC

how

1 Soak the beans in water overnight. Drain and simmer over low regionally sourced natural gas or your electric stovetop connected to one of the world's most sustainable power grids for 30 minutes in locally sourced fresh water like Lake Ontario, the North Saskatchewan River or the St. Lawrence River. Drain and set beans aside. Reserve the water – it is precious and delicious.

2 Slice the onion and place at the bottom of a cast iron Dutch oven. If you don't have one yet, consider Meyers Dutch oven made right here in Canada with Sudbury Nickel on the lovely island of PEI – the same used by celebrity Chef Michael Smith at his Inn at Bay Fortune Nova Scotia.

3 Place ham hock in the middle of the Dutch/PEI oven and surround with navy (white) beans.

4 Make a mixture with the molasses, ketchup, cider vinegar, Worchester/Kelowna Sauce, dry mustard, brown sugar, salt and pepper.

5 Pour mixture evenly over the beans and ham hock and add 2 cups of water just to cover beans.

6 Bake uncovered at 250°F for 6-7 hours and top up with reserved water as needed.

7 Let rest for 30 minutes and serve with a Qwam Qwmt Syrah from NK'MIP Cellars in Osoyoos (soon available for shipping anywhere across Canada tariff free – one economy baby!)









LOBSTER ROLL

prep time: 10 mins

cook time: 15 mins

serves: 2



Preeti Cherian

Oh Canada, you beauty! From coast to coast — majestic mountains, flat prairies and a rugged Atlantic coastline. When I moved to our beautiful country, I wanted to travel and explore. One of my first Canadian travel destinations was to the Bay of Fundy in the province of New Brunswick in the glorious summer month of July and my mind was blown away. Whale watching, driving along the Bay of Fundy and not to mention local seafood delicacies were the highlights. It's in this beautiful province that I was introduced to my very first lobster roll, combination of sweet, succulent lobster meat in a buttery rich bun with a little squeeze of lemon.

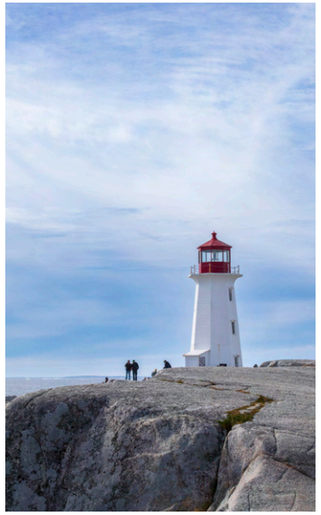
On my recent trip to another slightly more famous maritime province — Nova Scotia, I indulged yet again on a meaty lobster roll by the rocky coastline and this time I was sure I wanted to recreate it at home. So here I am sharing a simple but delicious recipe to memorialize my visits to the beautiful eastern coast of Canada.

what

200 g lobster meat
(fresh is better but I have used
frozen cooked lobster meat)
30 g mayonnaise
1 tbsp celery, finely diced
salt and pepper to taste
2 New England style hotdog buns
2 tbsp butter
half a lemon
spring onion and coriander for garnish
dried herbs of choice

how

1. Add lobster to a pan of melted butter and toss to generously coat. Cook until gently warm. Garnish with dried herbs of choice. Set aside.
2. In another bowl combine mayonnaise, celery, salt and pepper. Set aside.
3. Heat a skillet over medium-low heat. Add butter generously to both sides of bun and toast until both sides are golden.
4. Place the toasted bun on a plate and gently open the slit of the bun. Fill the bun with mayonnaise and lobster mixture in layers topping off with the buttered lobster with the mayo oozing out. Garnish with spring onions and coriander. Serve with potato chips and a slice of lemon.









CEDAR PLANK SALMON

gluten free | prep time: 5 hrs | cook time: 10-15 mins | serves: 4-6



Sheldon Catarino

One of the best things our family discovered about moving to Canada from NYC was the ability to have a barbecue and to host dinner parties at home. Probably the reason why there are so many restaurants in NYC!

This is our family's crowd pleaser hosting recipe that beautifully captures the essence of these most Canadian of ingredients. This technique, rooted in indigenous practices evokes a sense of place, community and respect nature that to me is deeply Canadian.

what

cedar plank(s) for grilling
½ deboned salmon fillet, 16–18 oz
(whole side or cut to your preference,
with or without skin as per preference)
½ tsp of course salt
½ tsp of ground pepper
¼ cup olive oil
2-3 cloves of crushed + minced garlic
2 tsp of lemon zest
1 tsp of fresh thyme
(or dried if that's what you have)
2 tsp of dill (for garnish)

how

1. Soak cedar plank overnight. This is important as the board will catch fire almost immediately if not adequately soaked (minimum 4 hours in my experience).
2. In a baking dish that can hold the salmon, combine salt, pepper, lemon zest, olive oil, garlic and thyme. Mix well, add the salmon, and coat all surfaces of the fish with this marinade. Cover dish and refrigerate. This can be done up to 4 hours in advance.
3. Pre-heat the barbecue to medium to high heat (temperature around 450°F if you have a gauge).
4. Pat dry the soaked planks with a paper towel and place the salmon on the planks. Place the plank(s) on the grill and close the cover. Cook for 10-15 minutes depending on preference. (I suggest a thermapen thermometer so you don't overcook). Keep a spray bottle with water to periodically douse the board(s) (and put out any fire or flare ups).
5. Serve the fish on the charred wood, placing a heat-resistant platter or ceramic dish underneath to protect your table or tablecloth.

hot tip

I use a clean garbage bag and place the boards inside of that and fill it in the sink. You will need to weigh down the boards as they float. I use an empty clean mason jar filled with water to hold it down.

I also use a shortcut Stockholm Lemon + Dill spice blend we picked up in Stockholm from a company called Kanel. It's a fast and easy flavor combo that requires no zesting!

I carefully lift the planks a little when they're on the barbecue and spray water on the underside of the boards. This helps prevent fire from developing. Remember a little fire is good because the smoke is what makes it magical.

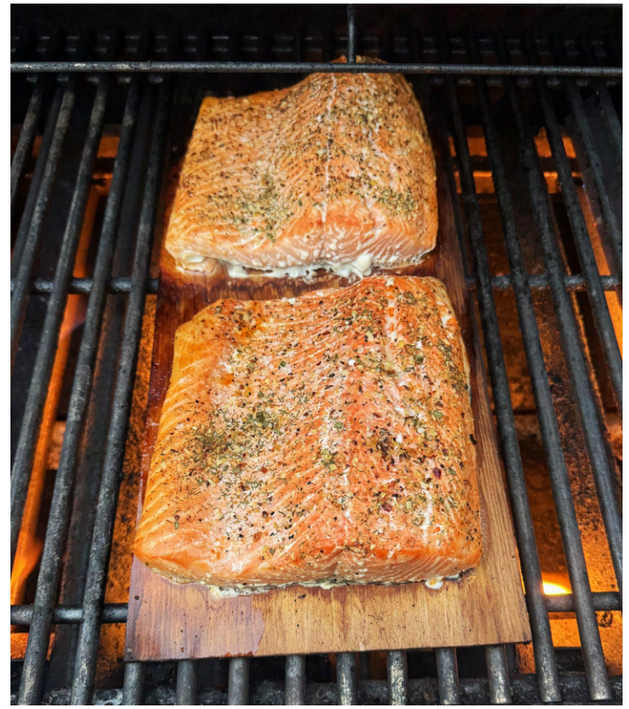
Leftovers are delicious way to spice up a salad, scrambled eggs, etc... and just as tasty the next day.

My yearly theme is DO NOT OVERCOOK. Get a thermometer and take it off the grill as soon as you hit 140-145F internal temperature. It will continue to cook a little on the board after you remove.









PAN SEARED DUCK BREAST

gluten free | prep time: 20 mins | cook time: 20 mins | serves: 2



Xiaotian Wang

When I was studying in Montreal for my undergraduate degree, a Québécois friend took me to a cozy local restaurant known for its perfectly seared duck. The dish was unforgettable: crispy on the outside, tender on the inside, and full of rich, savory flavor that captured the essence of French-Canadian cuisine.

I was so fascinated by it that my friend taught me how to make it at home. Now, having left Quebec for almost two years, I often find myself missing those moments — the warmth of the restaurant, the laughter, and the comforting flavors that defined my time there. Cooking this dish has become my way of reconnecting with that chapter of my life, bringing a taste of Montreal and its culinary charm back into my own kitchen.

what

2 boneless duck breasts
2 potatoes
1 button mushroom
2 sprigs of rosemary
2 sprigs of thyme
salt and black pepper to taste

how

Duck Breasts

1 To score the breast, use a sharp knife to cut a cross-hatch pattern into the skin and fat, making shallow cuts about ¼ to ½ inch apart and being careful not to cut into the meat.

2 Season duck breasts with salt and black pepper.

3 Place the duck breasts, fat side down, in a cold skillet to render off the fat over medium heat.

4 Add rosemary and thyme to the skillet, sear the duck breast for 8-10 minutes, trying not to move it until its time to turn it over.

5 When the skin of the duck breast looks crispy and dark golden brown, drain off the duck fat from the pan and reserve for later use.

6 Turn the duck breast over to sear on the other side for 4-6 minutes until the desired doneness has been reached.

Potatoes and Mushrooms

7 Peel potatoes and cut into small cubes. Slice the mushroom.

8 Coat potatoes and mushrooms with the reserved duck fat and season with salt and black pepper to taste.

9 Place them on a foil-lined sheet pan and roast at 350°F for 20 minutes.

10 Arrange the duck breast and roasted vegetables neatly on a plate. Serve with wine.

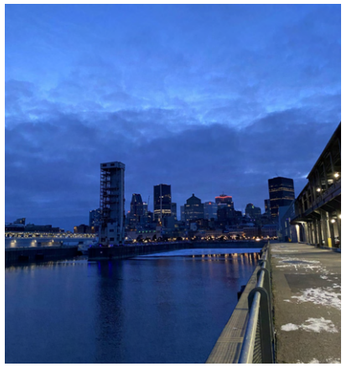
hot tip

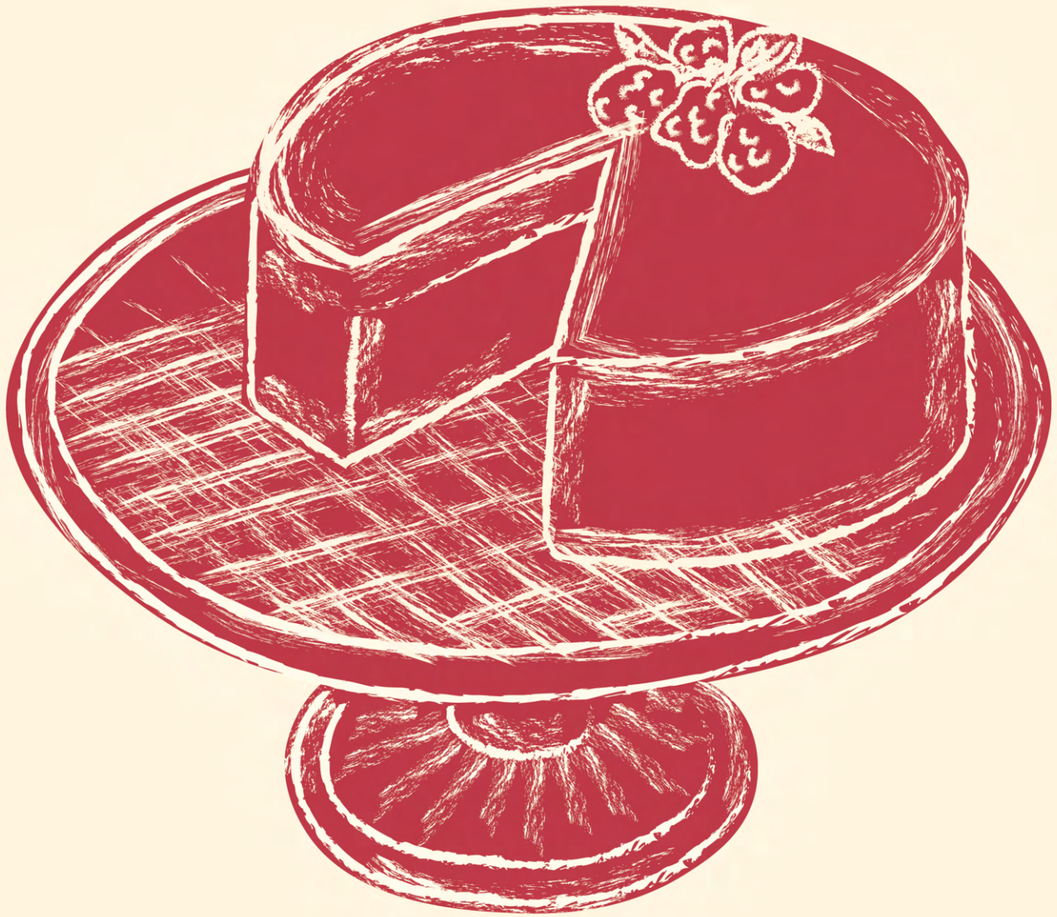
If you start roasting the vegetables about the same time as you start cooking the duck, they should be done just at the right time.



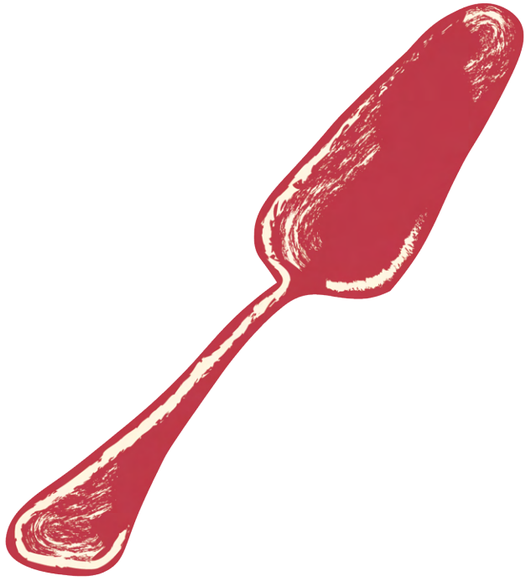








NORTHERN TREATS



BLUEBERRY COOKIES

vegetarian | prep time: 20 mins | cook time: 11 mins | serves: 24



Emily Pyatt

I lived in Halifax, Nova Scotia while I was studying for my Master of Architecture degree. Down by the waterfront, there's a big farmer's market in one of the port buildings that my friends and I would go to on Sunday mornings in an attempt to escape our studio homework. The end of our summer semester always coincided with Nova Scotia's blueberry season at the start of August, which meant every stall (and every restaurant and café downtown) would have a fresh local blueberry dish for sale. These cookies are my attempt at recreating one of our favourite market blueberry desserts here at home — they're best served with a cup of tea and the sound of the ocean in the background!

what

⅔ cup blueberries
(frozen actually works best!)
2 cups flour
¾ cup sugar
⅔ cup butter
1 ½ tsp baking powder
1 cup white chocolate chips
½ tsp salt

how

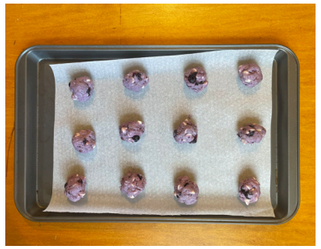
1. Whisk together flour, salt, and baking powder in a medium sized bowl and set aside.
2. Cook blueberries until they break down and just begin to thicken (about 5 mins on stovetop or 2 mins in the microwave), set aside to cool for a few minutes.
3. Whip the butter and sugar until it's light in colour and smooth.
4. Whip in the blueberries until the mixture is uniformly purple and well combined.
5. Gradually mix in the dry ingredients and add the white chocolate – the dough should be loose, but thicker than a muffin or cake batter.
6. Leave the dough to cool in the freezer for roughly 45 minutes.
7. Once oven is heated to 400°F, line a baking sheet with parchment paper and spoon dough onto sheet.
8. Bake for 10–12 minutes, or until edges begin to brown.
9. Cool on wire rack and enjoy!













hot tip

These can be made with any kind of frozen berry, raspberries or blackberries also work well!

BILLY MINER TART

vegetarian | prep time: 10 hrs | cook time: 1 hr | serves: depends



Irene Tadeo

My son created this recipe as his own twist on The Keg's famous Billy Miner Pie. It's now a family favorite, reminding us of cozy dinners and the joy of adding a personal touch to a beloved dessert.

what

Chocolate Sweet Paste
- 227 g butter, soft
- 85 g sugar
- 2 g salt
- 2 whole eggs
- 2 egg yolks
- 3 g vanilla extract
- 65 g cocoa powder
- 300 g all-purpose flour

Hazelnut Chocolate Filling
- 200 g milk chocolate
- 45 g praline paste
- 20 g honey
- 90 g whole milk

Coffee Caramel Filling
- 125 g 35% cream
- 5 g instant espresso
- 5 g honey
- 45 g sugar
- 150 g milk chocolate couverture
- 10 g butter, soft

Whipped Chantilly Cream Topping
- 150 g 35% cream
- 10 g powdered sugar
- 5 g vanilla extract

how

Chocolate Sweet Paste

1 In a stand-mixer with a paddle attachment, cream butter, sugar, and salt on medium speed until fluffy.

2 Lower speed and slowly add eggs, eggs yolks, and vanilla. Stop and scrape down sides of the bowl as needed between each addition.

3 Add cocoa powder and flour until just combined (do not over-mix).

4 Divide dough in half and flatten to a half-inch-thick disc. Wrap in plastic and refrigerate until firm (a few hours or, ideally, overnight).

5 Once firm, take out dough and roll out on a lightly-floured surface (don't use too much flour or you'll dry out the dough). Roll to a half-centimetre thickness, approximately one inch wider on all sides than your desire pie tin. Dock the bottom of your pie crust with a fork and return to fridge to firm up again.

6 Preheat oven to 375°F while pie crust refrigerates.

7 Cut out a circle of parchment paper large enough to cover your pie crust. Remove chilled pie crust from fridge. Cover with the cut-out parchment paper. Spread pie weights or dried beans on top of parchment paper (this will prevent the bottom of your crust from puffing up during baking).

8 Bake with pie weight for 12 minutes. Remove pie weight and return crust to oven for another 5 minutes. Set aside to cool before assembling.

Hazelnut Chocolate Filling

9 Place milk chocolate and praline paste together in a heat-proof bowl.

10 In a small pot, bring honey and whole milk to a soft boil. Pour over milk chocolate and praline paste.

11 Stir slowly to emulsify. Set aside to cool before assembling tart.

Coffee Caramel Filling

12 Warm cream, espresso, and honey in a small pot until a very light simmer. Set aside.

13 Place milk chocolate in a heat-proof bowl.

14 In a medium-sized pot, dry caramelize sugar until an amber colour is reached.

15 Remove caramel from heat and slowly stream in warm cream mixture, whisking constantly throughout. Return caramel to heat and bring to a boil.

16 Slowly pour caramel over milk chocolate. Whisk until emulsified.

17 Whisk in soft butter until emulsified. Set aside to cool before assembling tart.

Whipped Chantilly Cream Topping

18 Combine all ingredients in a bowl and whisk — either by hand, with a hand-mixer, or with a stand-mixer with a whisk attachment — until stiff peaks form. Do not over-mix or else your whipped cream will have a grainy look.

19 Chill in fridge until needed.

Assembling the Tart

20 Prepare the chocolate sweet paste as outlined above.

21 While pie crust is cooling, prepare the coffee caramel. Let caramel cool to at least 35°C before using. Pour caramel into baked pie crust until about half-full. Caramel should be viscous enough to fill pie crust easily, but you can use an off-set spatula to even it out. Place in fridge to set.

22 While pie crust and caramel are cooling, prepare the hazelnut chocolate filling. Let filling cool to at least 35°C before using. When ready, pour filling over the caramel layer to the top of your pie crust. (Caramel layer should be set, otherwise you risk mixing the two layers.) Use an off-set spatula to even it out. Return to fridge to set.

23 Prepare the whipped chantilly cream and place it in a piping bag fitted with a star tip. Pipe small swirls or rosettes on pie.

Optional

24 Garnish tart with halved hazelnuts and / or shaved chocolate.



BLUEBERRY BITES

vegetarian | prep time: 30 mins | cook time: 10-15 mins | serves: 4-5



Jeffrey Zee

This recipe is a combination of two nostalgic experiences that I had as a kid growing up in Canada. The first being the memory and experience of berry picking around the GTA when I was little. I always enjoyed the outdoors as a kid and loved walking through the orchards and fields either with friends or family throughout the seasons. The second experience is, of course, the simple and sweet snack of Timbits! These are snacks that I've been eating forever, and I thought this was the perfect opportunity to create a spin on the typical Timbit recipe to be made at home and mixed with blueberries!

what

Blueberry Bites

vegetable or canola oil
2 cups of all-purpose flour
3 ½ tbsp granulated sugar
1 tbsp baking powder
1 tsp salt
5 tbsp of unsalted butter
1 cup of milk
1 cup of blueberries (preferrably fresh, but frozen works too)

Glazing

1 cup of powdered sugar
2 tbsp of milk
¼ tsp of vanilla extract

how

Blueberry Bites

1 In a small pot or saucepan, heat a few inches of oil over low–medium heat (adjust depending on the size of your dough balls).

2 In a large bowl, whisk together the flour, sugar, baking powder, and salt. Cut in the butter until well combined. (There will still be some small chunks but that's ok.)

3 Add the milk and stir until a dough forms. Knead into a smooth ball, adding a bit more flour if it's too sticky.

4 Gently fold in the blueberries to avoid turning the dough completely blue. Pinch off pieces of dough and roll into small, tight balls with no air gaps.

5 When the oil is consistently hot, fry the dough balls in batches for a few minutes until golden brown. Transfer to a plate lined with paper towels.

Glazing

6 Whisk together powdered sugar and milk until thick. Add additional milk and vanilla extract to reach your desired consistency.

7 Drizzle or dip the warm Blueberry Bites in the glaze — and enjoy!

hot tip

Make sure the blueberries are tightly packed in and centered, otherwise they will fall off during the frying process!







MAPLE SCONES

gluten free | vegetarian | prep time: 20 mins | cook time: 25-30 mins | serves: 8



Kendra Spanton

These maple scones are buttery, soft, and delicious with a maple glaze drizzle. They are not overly sweet, so the maple glaze is the perfect topping for those who like things on the sweeter side. My friend has generously hosted me for weekend stays at their farm over the years to enjoy some cycling or cross-country skiing in the Trent Hills. A visit to the area isn't complete without a stop in at Sandy Flat Sugar Bush, a local maple farm to stock up on the liquid gold. It is excellent in all kinds of cooking and baking!

what

Scones

2 cups of flour
(I used a 1:1 gluten-free flour blend)
½ cup brown sugar
2 tsp baking powder
¼ tsp salt
6 tbsp unsalted butter
(frozen or very cold)
⅓ cup pure maple syrup
(not the artificial stuff)
1 large egg
¾ cup heavy milk

Maple Glaze

1 cup confectioners sugar
2 tbsp real maple syrup
2 tbsp heavy cream or milk
small pinch fine salt

how

1 Freeze the butter for 15–20 minutes before starting. Preheat the oven to 350°F.

2 In a large mixing bowl, combine the flour, brown sugar, baking powder, and salt.

3 In a separate bowl, whisk together the egg, milk, and maple syrup.

4 Grate the frozen butter into the dry ingredients. Lightly toss the shreds with flour to coat them and prevent clumping.

5 Pour the wet ingredients into the dry mixture and stir until a dough-like texture forms — not too wet or sticky.

6 Place a sheet of parchment paper (the size of your baking tray) on the counter, using a few drops of water underneath to keep it from sliding.

7 Sprinkle ¼ cup of oats over the parchment. Turn out the dough onto the oats, sprinkle more oats on top, and gently shape it into a 1–1½ inch thick round.

8 Cut into 8 wedges without slicing through the parchment, then transfer the parchment onto a baking sheet.

9 Bake for 25–30 minutes, until golden on top and firm to the touch.

10 Cool in the pan for 5 minutes, then cut the wedges and transfer to a wire rack.

11 While cooling, whisk together powdered sugar, maple syrup, and heavy cream for the glaze.

12 Drizzle over cooled scones and enjoy with a cup of tea!







BUTTER TARTS

prep time: 45 mins

cook time: 15-20 mins

serves: depends



Kirsten Flett

Growing up, Canada was Christmas. I remember the shock at the bite of the cold as it hit my legs when we disembarked from the plane. For some reason international flights invariably landed at night so it was always dark. We would emerge from the concrete YYZ Terminal 1 parking lot into the night, flying along the yellow lit 401 in my uncle's enormous Oldsmobile.

Tired and excited, we would speed towards the wilds of Rexdale and my aunt's house. Mental images of fogged up car windows whose condensation blurred the views of the neighborhood's brightly coloured Christmas lights. In my child's memory we never walked anywhere in Canada — we always drove, bundled into crammed cars taken to family houses for loud happy gatherings. And we ate butter tarts, sickly sweet, sticky butter tarts, homemade, store bought, ever present and, as essentially Canadian as those dark December arrivals.

what

Pie Pastry

2 cups all-purpose flour
1 tsp salt
1 cup shortening
⅓ cup water
1 tbsp vinegar
1 egg yolk

Filling

⅔ cup butter softened
2 cups brown sugar
4 large eggs
2 tsp vanilla
½ cup light cream half-and-half
½ cup raisins or chopped pecans (optional)

how

Pie Pastry

1 In a medium bowl, combine flour and salt. Cut in the shortening with a pastry blender until the mixture resembles coarse crumbs.

2 In a small bowl, whisk together water, vinegar, and egg yolk. Add to the flour mixture and stir until just combined.

3 Roll out the dough on a floured surface to your desired thickness. Avoid overworking the dough to keep the pastry light and flaky.

Filling

4 On a floured surface, roll the pastry to about 1/8" thickness. Cut into 4-inch rounds and place each round into a greased muffin tin.

5 Preheat oven to 375°F.

6 In a medium bowl, cream together butter and sugar until smooth. Beat in eggs one at a time, then add vanilla. Stir in the cream.

7 If using pecans and/or raisins, place a small amount into the bottom of each tart shell. Pour the filling into shells until about two-thirds full (you may have some filling left over).

8 Bake for 15–20 minutes, or until the pastry is golden and the filling is puffed and set. Cool on a wire rack. Serve at room temperature or chilled.





DIANA'S PLUM PUFFS

vegetarian | prep time: 30 mins | cook time: 25 mins | serves: 8



Narges Nasr

Anne of Green Gables, Chapter XXVII — "Vanity and Vexation of Spirit":

Anne is feeling gloomy after an embarrassing experience (she's just discovered she's accidentally dyed her hair green), and Diana tries to cheer her up with baking. "What shall we have for tea? I'm going to make plum puffs."

I grew up reading the novel, picturing the cozy, domestic friendship between the girls and the teatimes in Avonlea, PEI. I decided to recreate this recipe to capture a bit of the charm and nostalgia from Anne's world, where even the smallest indulgence could brighten a gloomy day.

what

4 plums
2 sheets puff pastry
25 g raw coarse sugar (for edges)
260 g cream cheese (room temperature)
60 g powdered sugar
zest of 1 lemon
2 small sprigs lemon thyme
15 g vanilla
pinch of salt
1 egg yolk
1 tbsp heavy cream

how

Prepare the Filling

1. In a bowl, mix cream cheese, powdered sugar, lemon zest, thyme, vanilla, and salt until smooth.

2. Halve the plums, thinly slice each half, and fan out the slices.

Prepare the Pastry

3. Lightly flour your work surface and roll each puff pastry sheet slightly larger. Cut each sheet into 4 squares (8 total).

4. Place the squares on a parchment-lined baking sheet. Cut and cross over the edges of the squares to the opposite sides to align with the edges of the inner squares.

5. Spread the cream cheese mixture in the center of each square, leaving the edges clear. Place the fanned plum slices on top.

6. In a small bowl, whisk together the egg yolk, cream, and salt. Brush over the folded edges and prinkle with coarse sugar. Wipe away any excess egg wash from the pan.

Bake

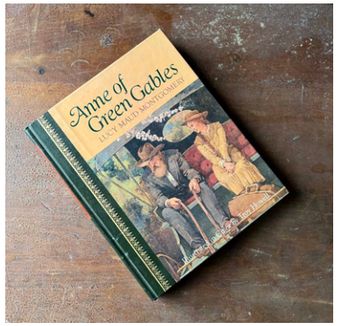
7. Preheat the Oven to 350°F. Bake the galettes for about 25 minutes, until puffed and golden brown.

Serve

8. Dust with powdered sugar and garnish with thyme or edible flowers. Serve warm with a cup of coffee.











CANADIAN SEMI-AQUATIC RODENT POSTERIOR DOUGHNUTS

vegetarian | prep time: 3 hrs | cook time: 5-6 mins | serves: 8



Pardis Borghei

I admit that I do not enjoy the cold but there is something about a warm sugar-dusted pastry that makes it worth standing outside in the freezing winter. This year I challenged myself to make this classic Canadian treat at home because why wait in the cold when you can bring the fun (and sugar) inside?

I am not privy to secrets held at the Beavertails headquarters, the trademarked name by an Ottawa company since the 70's, so my version is based on a simple yeast-risen fried doughnut recipe. When it came to the toppings, my philosophy was "more is more". I started with the classic cinnamon-sugar, and continued with hazelnut cocoa spread, and peanut butter topped with raspberries and copious amount of candy and powdered sugar. Much cozier and no frostbite involved!

what

2 ½ cups all-purpose flour
1 packet of active dry yeast (about 2 ½ tsp)
1 tbsp Sugar
¾ cup warm water or milk
2 tbsp softened butter
1 egg
1 tsp vanilla
½ tsp salt
canola oil, for frying

how

1. Stir the sugar and the yeast into the water or milk and set aside for 5 minutes until it starts to form small bubbles on the surface.
2. Add the flour, butter, egg, vanilla and salt to the bowl. Knead until the dough has a smooth texture. Highly recommed kneading with hand, instead of using a stand mixer, as this can be a very therpautic 5 or so minutes.
3. Place the dough back into the bowl and cover for 2 hours to rest in a warm enviroment, until it has doubled in size. You can also leave the covered dough in the fridge overnight so it rises slowly.
4. Divide the dough into 8 pieces. Roll and flatten into an oval shape and let rest to rise for another 30 minutes.
5. Heat couple of inches of canola oil in a pan over medium-high heat. Fry the doughnuts without crowding the pan for a minute or two on each side until golden brown. Transfer to a paper towel lined plate to get rid of excess oil.
6. Pile with your favourite toppings!





CANADA DRINKS



HOT APPLE CIDER

gluten free | vegetarian | prep time: 5 mins | cook time: 10 mins | serves: 6



Abraham Galway

Each autumn, we would journey along the quiet back roads of Wellesley township, seeking out wild apple trees that we knew of hidden away in the fields and hedgerows. We would gather bushels of the ripe fruit, enjoying the crisp air and warmth of family laughter. Arriving at the local cider press, the apples yielded plentiful raw cider flowing into buckets for us to carry home. There, in our kitchen, we preserved the harvest by canning it into mason jars — each jar becoming a small vessel of autumn's sweetness, keeping the land's quiet gift alive through winter's long silence.

what

6 cups apple cider
¼ cup real maple syrup
2 cinnamon sticks
6 whole cloves
6 whole allspice berries
3 whole star anise
1 orange peel, cut into strips

how

1. Combine apple cider and maple syrup in a saucepan or crock pot.
2. Bundle spices into a folded cheesecloth or strainer and drop into cider mix.
3. Warm the cider and spices to a gentle boil, then bring down to a simmer.
4. Continue simmering over low heat to allow flavours and spices to develop.
5. Ladle the cider into mugs or a thermos.
6. Enjoy!

hot tip

This recipe can be spiked with your choice of liquor.



VIETNAMESE ICED CAPP

gluten free | vegetarian | prep time: 5 mins | cook time: 5 mins | serves: 1



Angelica Nguyen-Tran

My dad's mornings always started with a Vietnamese iced coffee. When I was little, he'd let me sneak a sip when my mom wasn't looking, and I was instantly hooked. When I started Architecture school in Toronto, caffeine quickly became a daily necessity. Between long lectures and late nights at studio, iced capps from the nearby Tim Hortons became a small comfort shared with friends. Since moving away from home, I found myself missing my dad's coffee. I called to ask for his recipe, but like many Vietnamese dishes, they were more about feel than precision. "Just a splash here, a spoonful there," he said. I did my best to turn that into real measurements. Blended with ice, it brings back that familiar iced capp texture and the flavour I grew up with.

what

1 ½ tbsp instant coffee
2 tbsp sweetened condensed milk
¼ cup hot water
¾ cup ice

how

1. Spoon the instant coffee into a cup.
2. Pour hot water into cup and stir until dissolved.
3. Pour the coffee, condensed milk, and ice into a blender.
4. Blend until smooth and frothy.
5. Pour into glass.
6. Enjoy!

hot tip

Like my dad's recipe, this one's flexible. Adjust the amounts to suit your taste.









BAILEYS SNOWCAP COCKTAIL (WITH FRESH SNOW)

gluten free | vegetarian | prep time: 5 mins | serves: 1



Ila D'Cruz

Nothing feels more Canadian than finding a way to turn snow into a treat. On a winter cottage trip to Muskoka, we scooped up freshly fallen snow, added a splash of Baileys, and made the creamiest little snowballs. It was simple, a bit silly, and absolutely perfect — the kind of moment that could only happen on a snowy weekend up north. That memory inspired this Snowcap Cocktail: a small, delicious taste of Canadian winter.

what

4 tbsp Baileys Irish Cream
2 tbsp vodka
(vanilla vodka is a nice option)
1 tbsp coffee liqueur (such as Kahlúa)
½ tsp pure vanilla extract (optional)
1 cup fresh, clean snow (lightly packed)
whipped cream, for topping (optional)
chocolate shavings, cocoa powder, or nutmeg, for garnish (optional)

how

1. Scoop about 1 cup of clean, freshly fallen snow. Go for the good stuff — untouched, fluffy, and definitely not the kind near the driveway.
2. In a mixing glass or small pitcher, combine Baileys, vodka, coffee liqueur, and vanilla extract (if you're feeling fancy). Give it a gentle stir — we're mixing, not shaking up a blizzard.
3. Spoon the snow into your chilled glass, lightly packing it until the glass is about three-quarters full.
4. Slowly pour the Baileys mixture over the snow. Watch it melt just enough to create that dreamy, slushy texture.
5. Top it off with whipped cream if you like, and a sprinkle of chocolate shavings, cocoa powder, or nutmeg — because even snow deserves a little flair.

hot tip

Crushed ice – The easiest swap. Use a blender or ice crusher to get a fine, snow-like texture. It melts beautifully into the mix.







BIG RED PURÉE

gluten free | vegetarian | prep time: 5 mins | cook time: 15 mins | serves: depends



Ioana Andrei

Need a fast and delicious way to start the morning? Say no more:

The true celebrity of this drink and the only ingredient that could not be replaced is the organic Ontario apple, a favorite of mine since I moved to Canada, especially in season. Need it dairy free? Use creamy coconut or soy yogurt instead. Not a fan of hemp hearts? Replace them with chia seeds.

It is a great healthy breakfast option for all the family members (ages ½ years and up) and could be served as a smoothie or as a bowl, or a pouch or however you enjoy it the most.

what

1 beet
1 banana
½ cup fresh rasberries
1 organic ontario apple
1 tbsp organic yogurt
1 tsp hemp hearts

how

1. Preheat oven to 350°F.
2. Without peeling, slice ends off of beet, and place both the beet and the apple in oven-safe dish in the preheated oven.
3. Roast for 15 minutes or until both can easily be sliced with no resistance.
4. Allow them to cool for 15 min and then carefully remove the apple seeds.
5. Combine all the ingredients except the yogurt and hemp hearts in blender and puree until smooth.
6. Top with a dollop of yogurt and sprinkle with hemp hearts.

hot tip

Pick Honeycrisp apples for best results.











Abe Galway



Amanda Fics



Angelica Nguyen-Tran



Ava Pouralborz



Ayesha Qamar



Caitlin Chin



Dan Voicu



Emily Pyatt



Greg Haist



Gretchen Overholtzer



Ila D'Cruz



Ioana Andrei



Irene Tadeo



Jeffrey Zee



John Williamson



Kendra Spanton



Kirsten Flett



Lauren Bontridder



Lisa Sato



Lisa Tobin



Mark Wronski



Murray Daly



Narges Nasr



Pardis Borghei



Patsy Poulin



Paul Szaszkiewicz



Preeti Cherian



Sheldon Catarino



Tina S. Pari



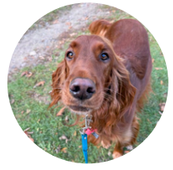
Ulrika Catarino



Xiaotian Wang



Finn



Freyja



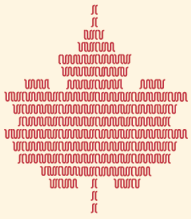
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WARM WISHES FROM CUMULUS!



CANADA EATS

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CANADIAN SEMI-AQUATIC RODENT POSTERIOR DOUGHNUTS

vegetarian | prep time: 3 hrs | cook time: 5-6 mins | serves: 8



Pardis Borghei

I admit that I do not enjoy the cold but there is something about a warm sugar-dusted pastry that makes it worth standing outside in the freezing winter. This year I challenged myself to make this classic Canadian treat at home because why wait in the cold when you can bring the fun (and sugar) inside?

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what

2 ½ cups all-purpose flour
1 packet of active dry yeast (about 2 ¼ tsp)
1 tbsp Sugar
¾ cup warm water or milk
2 tbsp softened butter
1 egg
1 tsp vanilla
½ tsp salt
canola oil, for frying

how

1. Stir the sugar and the yeast into the water or milk and set aside for 5 minutes until it starts to form small bubbles on the surface.
2. Add the flour, butter, egg, vanilla and salt to the bowl. Knead until the dough has a smooth texture. Highly recommed kneading with hand, instead of using a stand mixer, as this can be a very therpautic 5 or so minutes.
3. Place the dough back into the bowl and cover for 2 hours to rest in a warm enviroment, until it has doubled in size. You can also leave the covered dough in the fridge overnight so it rises slowly.
4. Divide the dough into 8 pieces. Roll and flatten into an oval shape and let rest to rise for another 30 minutes.
5. Heat couple of inches of canola oil in a pan over medium-high heat. Fry the doughnuts without crowding the pan for a minute or two on each side until golden brown. Transfer to a paper towel lined plate to get rid of excess oil.
6. Pile with your favourite toppings!



BLUEBERRY COOKIES

vegetarian | prep time: 20 mins | cook time: 11 mins | serves: 24



Emily Pyatt

I lived in Halifax, Nova Scotia while I was studying for my Master of Architecture degree. Down by the waterfront, there's a big farmer's market in one of the port buildings that my friends and I would go to on Sunday mornings in an attempt to escape our studio homework. The end of our summer semester always coincided with Nova Scotia's blueberry season at the start of August, which meant every stall (and every restaurant and café downtown) would have a fresh local blueberry dish for sale. These cookies are my attempt at recreating one of our favourite market blueberry desserts here at home — they're best served with a cup of tea and the sound of the ocean in the background!

what

⅔ cup blueberries
(frozen actually works best!)
2 cups flour
¾ cup sugar
⅔ cup butter
1 ½ tsp baking powder
1 cup white chocolate chips
½ tsp salt

how

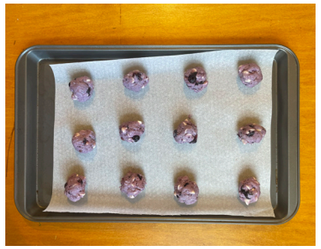
1. Whisk together flour, salt, and baking powder in a medium sized bowl and set aside.
2. Cook blueberries until they break down and just begin to thicken (about 5 mins on stovetop or 2 mins in the microwave), set aside to cool for a few minutes.
3. Whip the butter and sugar until it's light in colour and smooth.
4. Whip in the blueberries until the mixture is uniformly purple and well combined.
5. Gradually mix in the dry ingredients and add the white chocolate – the dough should be loose, but thicker than a muffin or cake batter.
6. Leave the dough to cool in the freezer for roughly 45 minutes.
7. Once oven is heated to 400°F, line a baking sheet with parchment paper and spoon dough onto sheet.
8. Bake for 10–12 minutes, or until edges begin to brown.
9. Cool on wire rack and enjoy!







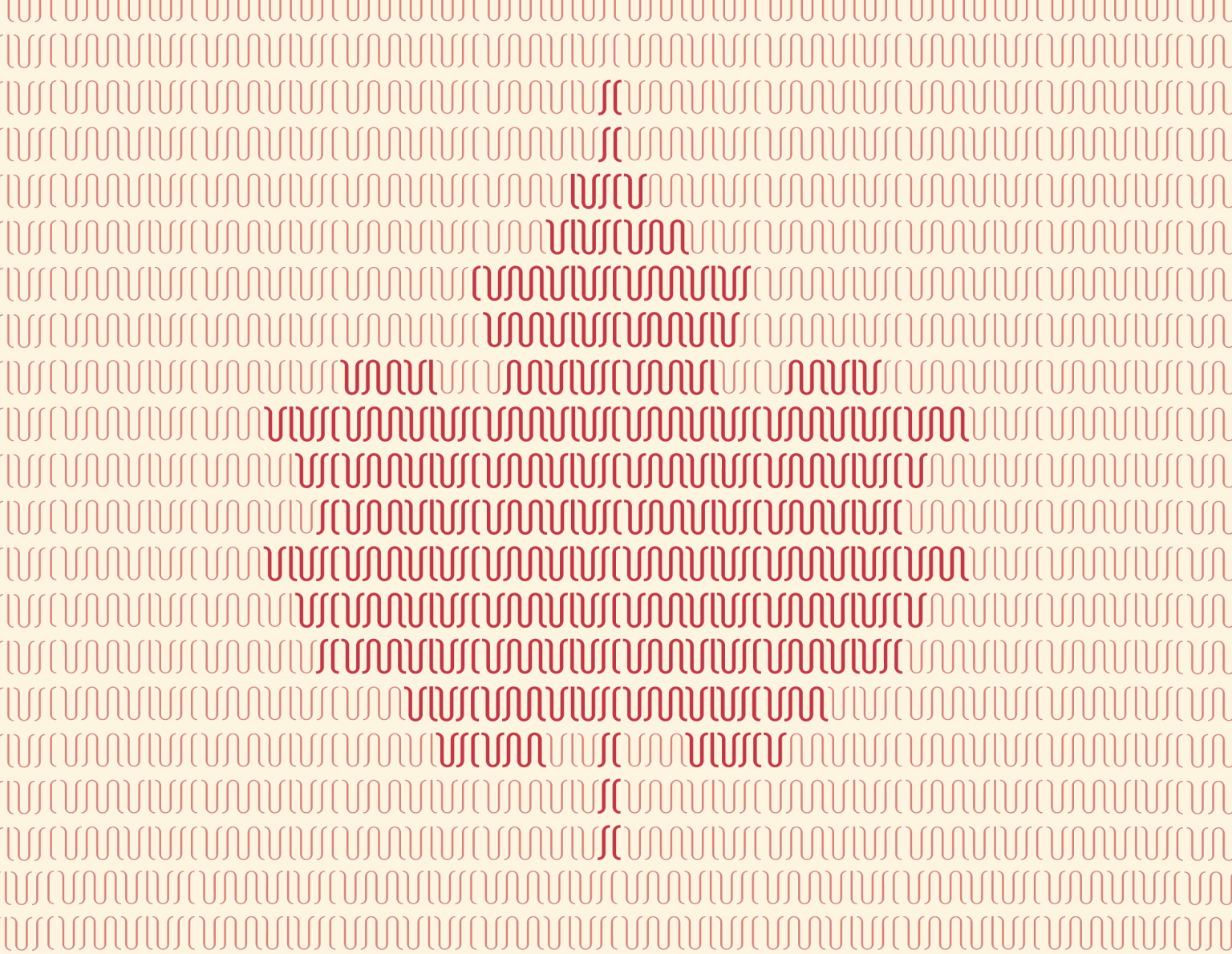






hot tip

These can be made with any kind of frozen berry, raspberries or blackberries also work well!



COOKBOOK
VOLUME 06

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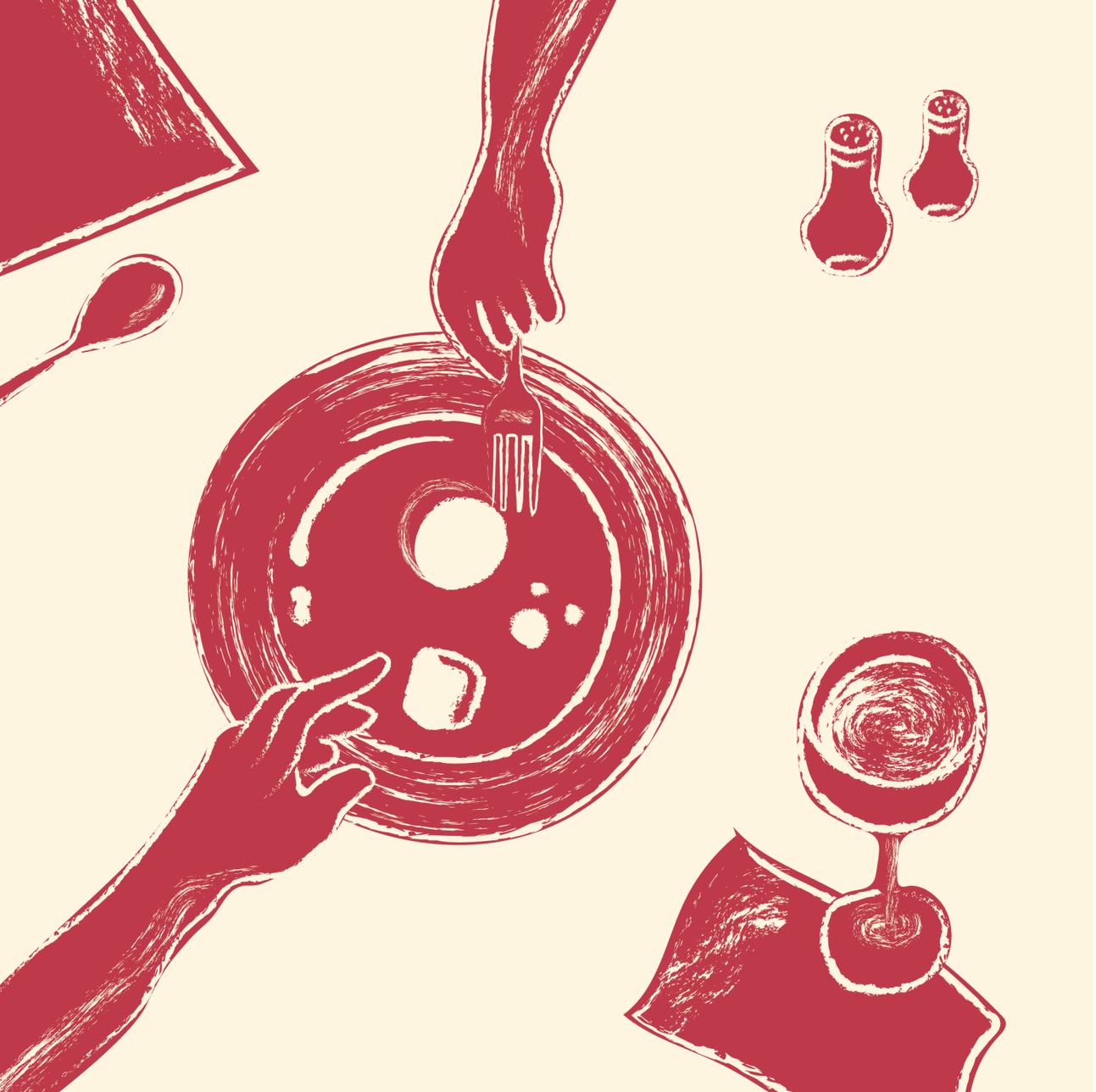
COOKBOOK

VOLUME 06

2025

CANADA EATS

cumulusarch.com



“Cook and love with reckless abandon.” — Donna Dooher

For the sixth edition of the Cumulus Cookbook, we are celebrating who we are and where we work as proud Canadians.

This edition is called *Canada Eats* and we are bringing together a distinctly Canadian collection of recipes — ones that reflect not only our identity as a proudly Canadian architectural firm, but also our roots, our diversity, and commitment to collaboration in both design and culture.

Inspired by the 2025 call to *buy Canadian*, we chose to carry that idea forward — honouring our clients and our team by sharing stories and flavours from across the country. In true Canadian fashion, we’ve embraced all the different flavours and customs, adopting them into our traditions and making them our own.

So, whether you eat E-Fu noodles from Forest Hill, Ontario, fish cakes from North Rustico, PEI, seafood chowder from Cape Breton, Nova Scotia, baked beans from Bonnyville, Alberta, or cabbage rolls from Bethesda, Manitoba, we have them all!

We hope you enjoy these stories and see a part of yourself reflected in this architectural and culinary portrait of Canada!

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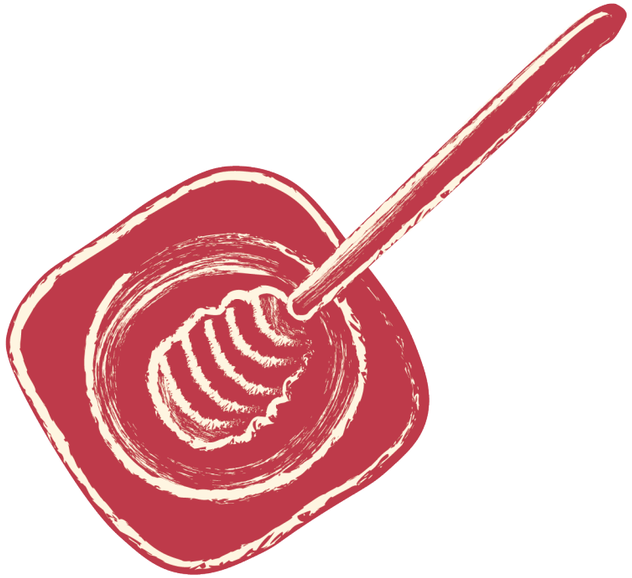
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APPETIZERS



GINGER PUMPKIN SOUP WITH WILD RICE

prep time: 20 mins

cook time: 1 hr 15 mins

serves: 8



Amanda Fics

I stumbled upon the Wild & Wonderful cookbook from the Arctic Trading Company in Churchill Manitoba when traveling for one of our Healthcare projects. From the moment I arrived, I fell in love with Churchill. I wanted to bring home something that would capture that feeling, something that would let me relive the memories and the vibe time and again. And what better way than a cookbook crafted by two locals who've been perfecting their recipes for over 50 years? It seemed like a perfect opportunity to take home a slice of wisdom seasoned by time.

Last winter, I got into a soup-making groove, experimenting with a new batch every Sunday. I've since tweaked this particular recipe to suit my own tastes (as one does), and it's earned a permanent spot in my regular rotation.

what

2 tbsp unsalted butter
1 cup chopped onion
4 cups low sodium chicken broth
2 cups (398 ml) canned pumpkin purée
1 cup cooked wild rice (3 cups water)
2 tbsp minced fresh ginger
1 tbsp powdered ginger
¼ tsp pepper
2 tbsp chopped fresh parsley
1 cup coconut milk

how

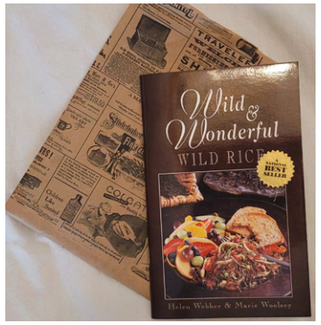
1. Bring wild rice and water to a boil & simmer, covered for 45 minutes. The rice should blossom so you can see the inner lighter part.
2. In a Dutch Oven melt butter at medium heat and add the chopped onion and minced ginger. Cook until lightly browned.
3. Add chicken broth and pumpkin purée. Simmer for 10 minutes, stirring occasionally.
4. Add the cooked wild rice, pepper, powdered ginger and parsley and heat well for 7 minutes.
5. Stir in the coconut milk and continue to heat but do not boil.
6. Feel free to add salt to your individual bowls after serving (dealers choice).

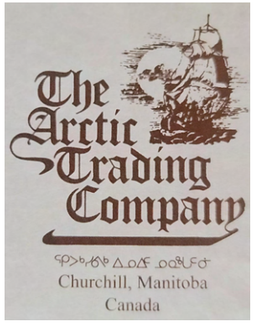
hot tip

I like to double the recipe and store some in the freezer. After thawing, warm on the stove with some added chicken broth.











PEI FISH CAKES

prep time: 10 mins

cook time: 50 mins

serves: 4-8



Gretchen Overholtzer

I've tried fish cakes in Toronto more times than I care to admit — and every time, I regret it. People say it's because I don't appreciate salt cod, or that I grew up with too much fresh fish. I had almost given up until a Cumulus work trip took me to PEI. I fell in love immediately — the ocean, the people, the landscape. Years later, on a return trip, I stopped at a small coastal diner that had fish cakes on the menu. I took a chance. They were perfect: fresh fish, potato, crisp edges, and just salty enough. Later that summer, after yet another rant about Toronto's failed attempts, a friend finally said, "Why don't you just make them yourself?" It hadn't even occurred to me.

This recipe is adapted from the Blue Mussel Café. It can be served as an appetizer with smaller patties or as a main with larger ones.

what

½ lb white fish fillet (cod, haddock, halibut, flounder)
2 tbsp dry white wine
1 lemon, zest and juice
1 lb russet potatoes, peeled and cubed
¼ cup mayonnaise
2 tbsp grainy Dijon mustard
2 tbsp chopped cilantro
2 tbsp chopped parsley
sea salt and black pepper to taste
1 cup flour
2 eggs
1 cup panko-style breadcrumbs
1-2 cups neutral oil, for frying

how

1 Place the fish in a small pot, add enough cold water to cover it, then pour in the wine and lemon juice.

2 Set over low heat and simmer until fish is flaking and fully cooked through, 5-8 minutes.

3 Remove from heat, drain the liquid and refrigerate the fish to cool.

4 Cook the potatoes until fork-tender, 5-7 minutes. Mash them in the pot, then mix in mayonnaise, mustard, lemon zest, cilantro, and parsley. Using a wooden spatula, mix in the fish and season with salt and pepper.

5 Refrigerate the uncovered mixture for about 30 minutes to chill and set.

6 Divide the mixture into 16 portions and shape into patties for an appetizer, 8 portions for a main dish.

7 Set up three shallow bowls for dredging. One with flour, one with the 2 whisked eggs, and one with breadcrumbs.

8 Dip each patty in the flour and turn to coat, dip in the egg and coat in breadcrumbs.

9 At this point you can freeze any cakes you don't want to eat right away. Just make sure to thaw before cooking.

10 In a skillet over medium neat, heat ½ inch of oil. Fry the fish cakes until golden and crisp, 2-3 minutes per side.

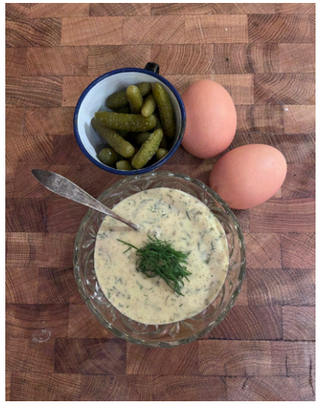
11 Serve hot with home-made fresh whipped tartar sauce.





hot tip

These are also excellent served with Bacon Bourbon Tomato Jam. Ask Gretchen for the recipe....





KETCHUP CHIPS

vegetarian | prep time: 6 hrs 15 mins | cook time: 20 mins | serves: 2-3



Lisa Sato

When I think of "Canadian" food, I'm reminded of my time in the U.S. and what I could share with my friends there. Every time I mentioned I was visiting Canada, they'd ask me to bring back something distinctively Canadian. I returned with all sorts of snacks — maple syrup, Timbits, Coffee Crisps, Smarties, and all-dressed chips. But the one snack that always stirred the most debate was ketchup chips.

I had no idea this humble snack could be so divisive! Some people absolutely loved it, while others were convinced it had no place as a chip flavor. Personally, I've always been a fan — it's a taste I've appreciated since childhood. So, I present to you my take on the classic Ketchup Chip recipe!

what

1 large russet potato
oil for deep frying
¼ cup of ketchup
(try to use a Canadian ketchup brand or a brand that uses Canadian tomatoes!)
1 tbsp of salt for soaking
¼ cup of finely chopped parsley

how

Ketchup Seasoning

1. Apply a very thin coat of ketchup to parchment paper and place it on a baking sheet. Bake on low (125-150°F) for 6 hours, or use an air fryer with the "dehydrate" setting.

2. Once fully dried, grind the dehydrated ketchup into a fine powder using a food processor, blender, or mortar and pestle.

Chips

3. Using a mandoline slicer or knife, slice potatoes about 2mm thick. I like to keep the skin on but feel free to peel the skin before slicing.

4. Soak the slices in a bowl of cold water with 1 tablespoon of salt for 30 minutes. Drain and pat dry with paper towels.

5. Heat oil to 365°F. Fry 5–10 slices at a time depending on pot size (so they don't stick). Remove when they are golden brown.

6. Season immediately with salt and ketchup seasoning. Sprinkle with finely chopped parsley and enjoy!



MAM'S FRENCH CANADIAN PEA SOUP

gluten free | prep time: 35 mins | cook time: 2 hrs 30 mins | serves: 12



Mark Wronski

At Thanksgiving in those early Willowdale years, our Mom (know as Mam to her grandsons) would occasionally bake a ham instead of a roast turkey. She would buy a shank end, bone-in fresh ham, diamond score it and bake it with pineapple slices and a brown sugar glaze. That was delicious enough — but that's for another cookbook.

With inevitable leftovers she would make a favourite of mine, her version of the Habitant split pea soup, a classic French-Canadian staple. The pot would last for a week and I'd have bowl, after bowl, of it. The ingredients are what would have been used in those early colonial years, and under her care, they yielded a subtly herbed, rich and savoury soup that chases the cold depths of winter away.

what

1 ham bone from left over, fresh baked, bone-in ham *(substitute: ham hock bone)*
1 ¼ kg of baked ham, cubed into 13 pieces *(substitute: smoked ham* or a pinch, cooked ham)
200 g of ham fat, chopped *(substitute: thick cut bacon)*
1 ½ kg of yellow split peas
2 tbsp of butter
1 tbsp of olive oil
3 large onions, chopped
3 large carrots, cut into 1 cm cubes
4 stalks of celery, chopped
12 cups of water
6 cups of chicken broth
1 bay leaf
8 sprigs of thyme
2 sage leaves
½ tbsp of summer savory
5 tsp fresh cracked pepper
salt to taste

how

1 In a large French oven or stockpot, heat butter and oil over medium heat. Add onions and cook until soft. Add ham fat and render until crispy for about 8 minutes. Remove the crisped fat and set aside. Add celery and cook for 5 minutes.

2 Add carrots, ham bone, ham, bay leaf, and cook for another 5 minutes. Add the split peas and water, bring to a boil, and cook for 1–2 minutes. Remove from heat, cover, and let stand for 1 hour.

3 Skim any foam from the surface of the soup. Add thyme and savory, then bring to a boil again. Reduce heat to medium-low, cover and simmer, adding stock as needed to reach the desired consistency.

4 As the peas begin to break down after 30–40 minutes, remove the bay leaf, thyme sprigs, and 3 cups of the peas, carrots, celery, and ham (leave the liquid in the pot) and set aside.

5 Continue simmering for another 10 minutes, until the peas have fully broken down. Remove the ham bone and use an immersion blender to purée the soup until smooth. Add more stock if needed. Return the ham bone, reserved peas, vegetables, ham, and crisped fat to the pot. Cook for a final 15 minutes.

6 Remove the bone again, season with cracked pepper and salt to taste, and serve hot with fresh bread, butter, and a simple salad on the side.

top tips from the top drawer

If you don't have the leftover ham, not too worry, use the substitute ingredients and cook it just a bit longer.

Texture of the soup is critical – don't puree all the veg and ham evenly, take out some of the cooked peas and veg and set aside to add to the pureed base.









CAULIFLOWER SALAD

vegetarian | prep time: 15 mins | cook time: 30 mins | serves: 4



Murray Daly

On my first work trip with Cumulus, I flew to Winnipeg for a hospital assessment and a side mission to find some good food. My colleague shared the same goal, and we settled on the Clementine Café: nice menu, historic neighborhood, cool interior. She planned to meet me there before her flight, but we hit a snag, a 40-minute wait. She arrived, heard the news, and immediately Ubered to the airport. Tough. I returned to Clementine solo, where I was immediately seated at the bar. Sometimes a table for one is all you need to feel like a local. I ordered roasted cauliflower, which was delicious. Now, Winnipeg feels a little more familiar, like a city with a seat waiting for me at the bar.

what

Roasted Cauliflower
1 medium head of cauliflower, cut into florets
2 tbsp olive oil
½ tsp salt
½ tsp ground cumin
freshly ground black pepper

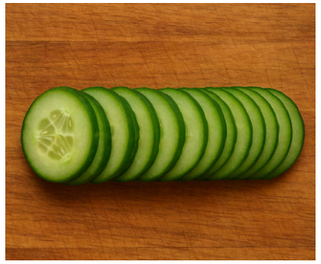
Spicy Cucumber Slices
1 large cucumber, thinly sliced
1 tbsp lime juice
½ tsp chili flakes

Peanut Lime Crema
¼ cup peanut butter (smooth)
2 tbsp lime juice
2 tbsp greek yogurt
1 tbsp soy sauce
1 tsp maple syrup

Toppings
2 tbsp chopped roasted peanuts
fresh mint leaves, roughly chopped

how

1. Preheat oven to 425°F.
2. Toss the cauliflower florets with olive oil, salt, pepper, and cumin.
3. Spread on a baking sheet and roast for 30 minutes, flipping halfway.
4. In a bowl, mix the cucumber slices with lime juice, chili flakes, and salt. Let sit for at least 10 minutes to absorb flavors.
5. Whisk together peanut butter, lime juice, yogurt, soy sauce, and maple syrup. Add water gradually to reach a creamy consistency.
6. In a bowl, toss the roasted cauliflower with the peanut lime crema.
7. Place the roasted cauliflower on a serving plate and top with the spicy cucumber slices.
8. Drizzle more peanut lime crema.
9. Sprinkle chopped peanuts and fresh mint over the top.







CAPITAL HEAT: LEBANESE BATATA HARRA

gluten free | vegetarian | prep time: 10 mins | cook time: 25 mins | serves: 2



Tina S. Pari

I spent several years in Ottawa completing both my undergraduate and graduate studies but my REAL education happened in the city's various shawarma shops. I'll get right to it, Ottawa's shawarma is better than Toronto's. I'll go even further and say it's the best in all Canada! Ottawa's strong Lebanese community plays a vital role in shaping the city's culinary identity and it shows in the quality and authenticity of its Middle Eastern cuisine. What made those meals special, and what I can't seem to find outside of Ottawa, is their standard side of crispy, garlicky potatoes called Batata Harra with the standard garlic sauce. It's amazing that something so simple can be done so wrong. So this recipe is my tribute to those unforgettable garlic potatoes that completed every meal. It's no wonder Ottawa is now officially known as the Shawarma Capital of Canada.

what

3 large yellow potatoes, cut into bite-sized cubes
2 tbsp corn starch
4 tbsp olive oil
4 cloves garlic, minced
½ tsp chili flakes
handful cilantro, chopped
lemon juice
salt

Garlic Sauce
3 tbsp Tahini
lemon juice to taste
2 tbsp cold water
1 tsp garlic paste or minced garlic

how

1. Cube potatoes, and pat dry. Toss them with the corn starch until evenly coated. This will help create a crispy crust especially when tossing with the wet ingredients towards the end.
2. I use the air fryer, but this could be done in an oven or skillet. In the air fryer tray, toss the potatoes in 2 tbsp of olive oil and salt. I also like to add half of the cilantro at this point because it becomes crispy and adds more flavour. Cook potatoes until golden.
3. In a pan, sauté the minced garlic and chili flakes in the rest of the oil. Stir frequently to make sure the garlic doesn't burn. Add the other half of your chopped cilantro.
4. Toss in the potatoes and squeeze some lemon juice. Stir and serve with garlic sauce.





SEAFOOD CHOWDER

prep time: 30 mins

cook time: 20 mins

serves: 6



Ulrika Catarino

This recipe was inspired by our summer road trip along the Cabot Trail in Nova Scotia. Every stop we made — whether it was a seaside restaurant, a tiny village diner, or a pub — offered its own version of seafood chowder. Each bowl was a little different, but always deliciously creamy, and full of rich seafood flavour. After sampling so many, I came home determined to recreate the flavours. This recipe is my take on the memorable bowls of chowder we enjoyed all across Cape Breton.

what

¼ cup butter
1 medium onion, diced
1 tsp Old Bay seasoning
¼ cup flour
1 carrot, sliced
2 medium sized potatoes, peeled and cubed
4 cups chicken broth
1 ½ cups heavy cream
6-8 large shrimp, deveined
cod fillet
optional lobster
chives, chopped
salt and pepper to taste

how

1. Cook onion in butter until tender. Add flour, Old Bay and cook for 2-3 minutes.
2. Add carrot, potato and broth. Let simmer for 10 minutes.
3. Stir in seafood and cream. Cook until fish is fully cooked and flaky and potatoes are tender, about 8-10 minutes.
4. Sprinkle with chives. Salt and pepper to taste.

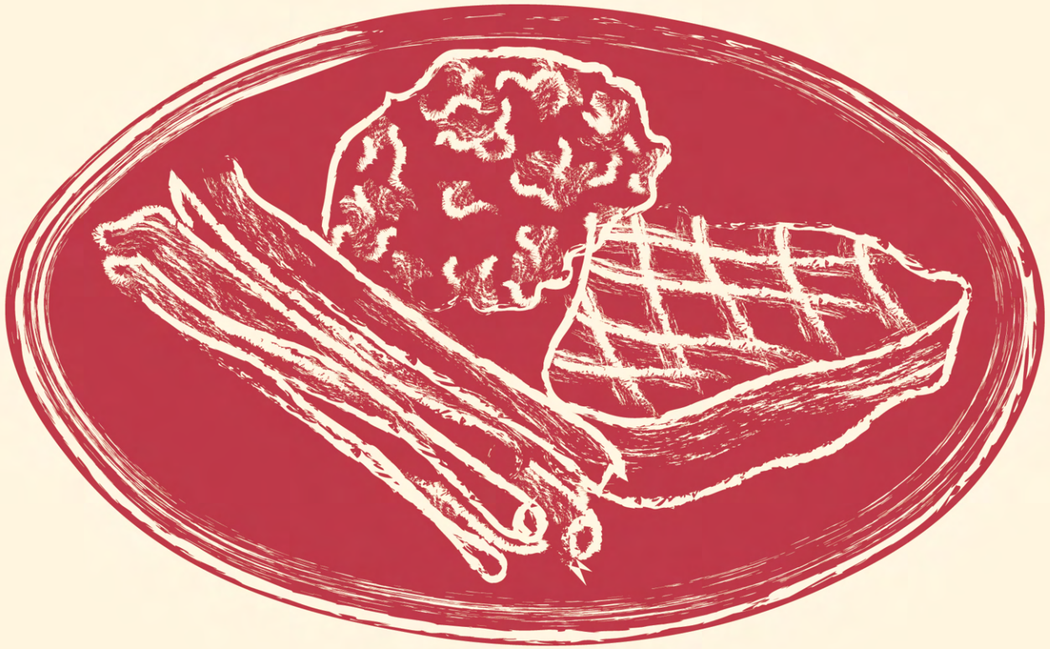
hot tip

Add lobster!









MAINS & SIDES



KOFTEH HOLU

gluten free | prep time: 30 mins | cook time: 1 hr 30 mins | serves: 3



Ava Pouralborz

In 2022, I created INVITATION*, an installation exploring identity, migration, and belonging. Inspired by artists who collage cultural fragments, I recreated a Persian courtyard from my childhood memories, with arched doors, benches with embroidered rugs, and a pond with clay pots. Moving to Canada at a young age, I've learned that being Canadian means carrying your traditions with you and sharing them with others. This recipe continues that invitation, blending Persian flavors with my Canadian life and offering a taste of home in a new place. Here, I introduce* Kofteh Holu*, literally "peach balls," a traditional Persian meatball dish with a subtle sweetness from raisins and walnuts. There are no peaches in this recipe; the name comes from the size of the meatballs. Normally, the dish can be made with pomegranate molasses, but that is too sour for me, so I substitute tomatoes instead.*

what

1 lb medium ground beef
4 medium onions
1 tsp salt
1 tsp turmeric
2 tbsp corn starch
raisins
chopped walnuts
½ cup tomato sauce
water as needed

how

1. Grate 2 onions. In a bowl, mix the grated onions with the ground beef, salt, turmeric, and corn starch using your hands.
2. Chop the remaining 2 onions and cook them in a pan over medium-high heat until they turn golden yellow. Stir in a pinch of turmeric once the onions are cooked, and remove them from the stove shortly after to prevent the turmeric from becoming bitter.
3. Take the beef mixture and flatten into medium sized circles. Place a small amount of the cooked onions, raisins, and chopped walnuts in the center of each circle. Carefully shape the mixture into balls, enclosing the filling.
4. Heat a pan over medium heat and cook the meatballs on all sides until browned. There's no need to add oil, as the beef's natural fat provides sufficient grease for cooking.
5. Transfer the meatballs to a pot. If you have any leftover raisins, walnuts, or cooked onions, add them to enhance the flavor. Pour in the tomato sauce and enough water to just cover the tops of the meatballs. Cover the pot and cook over medium heat, stirring occasionally until the meatballs are fully cooked and the flavors have melded together.
6. Serve warm and enjoy with some bread!











E-FU NOODLES

vegetarian | prep time: 15 mins | cook time: 30 mins | serves: 4



Caitlin Chin

My grandfather (first generation Canadian) worked as a cook for the locally beloved China House restaurant in Forest Hill, Toronto known for their traditional Cantonese cuisine. Throughout my life he cooked many of the same dishes for our family as he cooked at the restaurant. The following dish is typically served at weddings, New Years and birthdays but can also be an easy go-to for your next meal.

what

1 pack of E-Fu noodles
5 garlic sprout stalks
6-8 shiitake mushrooms
4 tbsp of cooking oil

Sauce
¼ tsp salt
pinch of sugar
1 tbsp of hot water
white or black pepper (to taste)
2 tsp of soy sauce
2 tsp of dark soy sauce
2 tbsp of oyster sauce

how

1 In a large pot, bring half a pot of water to boil.

2 Add the noodles and cook for 2-3 minutes just until the centers soften — be careful not to overcook. Strain the noodles and put aside.

3 Wash and chop the garlic sprouts into thumb-length pieces. Wash and thinly slice the mushrooms, then put them to the side.

4 In a frying pan or wok, heat 2 tablespoons of vegetable oil over medium-high heat.

5 Once hot, add all the mushrooms and let them cook for a few minutes, then add half of the chopped garlic sprouts and stir until golden brown. Add more oil if the mushrooms look too dry.

6 Meanwhile, prepare the sauce. Dissolve the salt and sugar in hot water, then add the soy sauce, dark soy sauce, white pepper, and oyster sauce. Mix well.

7 Add the noodles to the plan once the vegetables are golden brown. Stir-fry for about 3 minutes, then pour in the sauce and mix until evently coated.

8 Add the remaining garlic sprouts and cook for a few more minutes. Serve hot and enjoy!













BEEF TONGUE STEW WITH BLACK OLIVES

gluten free | prep time: 30 mins | cook time: 3 hrs | serves: 8



Dan Voicu

Years ago, while working for a company based in Montreal, I was invited to lunch at a local restaurant known for its traditional French cuisine. As I browsed the menu, one dish immediately caught my attention: beef tongue with black olives, vegetables, and a choice of mashed potatoes or rice.

I couldn't resist ordering it, curious to see how it compared with the way we prepared the same dish back in Romania. To my surprise, it was both familiar and new — the tender beef paired beautifully with the briny olives and comforting sides. The flavors were light yet deeply satisfying, offering a perfect balance of richness without feeling heavy.

That lunch became more than just a meal; it was a reminder of how food connects cultures, carrying echoes of home while celebrating the unique character of French-Canadian cooking.

what

1 fresh beef / veal tongue (roughly 1-1 ¼ kg)
1 sweet onion
few garlic cloves (chopped)
2 peeled carrots
1 kohlrabi or parsnip
2 sweet red peppers
1 bottle of strained tomato sauce
½ lb Kalamata olives with pits
few bay leaves
black peppercorns
ground black pepper
1 tbsp of white vinegar
2 tbsp of vegetable oil
chopped fresh parsley

how

1 Thoroughly wash the beef tongue, then place it in a pot of water to boil. As it begins to heat, skim off any foam that rises to the surface.

2 Add 1 tablespoon of salt, a few bay leaves, 15–20 black peppercorns, and 1 tablespoon of white vinegar. Reduce the heat and simmer gently for 2 to 2½ hours until the tongue becomes tender.

3 Remove the tongue from the pot and reserve the cooking stock. Peel off the outer membrane while the tongue is still warm, then cut it into small pieces.

4 In a clean pot, heat 2 tablespoons of oil. Add salt, ground pepper, chopped onion, garlic, carrots, a few bay leaves, and kohlrabi (or parsnip). Sauté for a few minutes, then add a small amount of the reserved beef stock.

5 Add the beef tongue pieces, sweet red pepper, Kalamata olives, and the remaining beef stock. Cover and simmer for 25–30 minutes.

6 Stir in tomato sauce, uncover the pot, and continue cooking slowly for another 20–25 minutes to let the flavors blend.

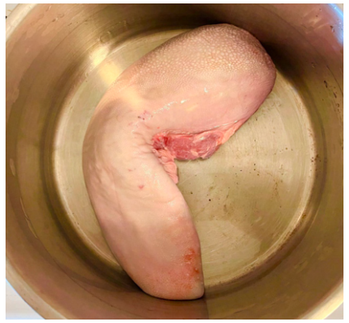
7 Adjust seasoning with more salt or pepper if needed. Garnish with fresh chopped parsley.

8 Serve immediately with mashed potatoes or rice — and enjoy!

hot tip

If you like it spicy, add one hot chili pepper.









MAPLE BEEF BOURGUIGNON

prep time: 20 mins

cook time: 2 hrs 30 mins

serves: 4-6



Greg Haist

For every flag-waving Canadian, sourcing local seems to have become more of a priority than ever. What better mash-up than a patriotic, maple themed spin on a traditional hearty winter dish. Admittedly, this year's recipe comes without a close-to-home story and is more of an exploration in support of local and regional producers and suppliers. Personally, I can imagine I will be making this dish a few times over the next four years. Go Canada!

Sources:
Ontario Maple Syrup – Ennis Maple Products, Balderson
Ontario Beef – O'Connor Meats/The Meat Academy, Toronto
Quebec Duck Foie Gras – Alex Farm Products, Toronto
Ontario Duck Fat – King Cole Ducks Ltd., Stouffville
Ontario sourced vegetables

what

1 kg beef (chuck cut or brisket, 50 mm cubed)
40 ml (⅛ cup) duck fat
200 g (or two 90 g tins) fresh duck foie gras, 25 mm cubed
125 ml (½ cup) maple syrup
250 ml (1 cup) red wine
375 ml (1 ½ cup) beef broth
25 ml (1 ½ tbsp) tomato paste
1 large white onion, chopped
250 g cremini mushrooms, cut to wedges
1 large carrot, cut to 13 mm wedges
2 garlic cloves, minced
1 large red pepper, cut into 25 mm chunks
1 large stalk celery, 13 mm diced
2 bay leaves
all-purpose flour
fresh parsley
salt and pepper to taste

how

1. Preheat oven to 350°F.
2. On stovetop, flour the beef cubes and sautee in duck fat until brown.
3. Add onions and maple syrup. Reduce for 1 minute.
4. Add wine, beef both, tomato paste, garlic, carrots, and bay leaf.
5. Add salt and pepper. Bring to boil.
6. Transfer to ovenproof cookware. Cover and simmer in oven for approx. 2 hours or until meat is fall apart tender.
7. In a saucepan, sauté cubes of foie gras until brown. Remove and set aside.
8. In the same saucepan, sauté mushrooms, celery, and peppers in remaining duck fat. Remove and set aside.
9. 30 minutes before end of oven cooking, add celery, peppers, and mushrooms to oven pot.
10. At end of cooking, remove pot from oven, add foie gras cubes on top and sprinkle with parsley.
11. Serve with crusty bread, or over a bed of creamy mashed potatos, egg noodles or pappardelle pasta.













hot tip

So, the traditional inclusion of foie gras might 'ruffle a few feathers" due to associated duck raising practices. An alternative to achieving the same richness of flavour is to substitute with a mushroom duxelles or a similarly sautéed chicken liver pate. Bon appetit!

CABBAGE ROLLS

gluten free

prep time: 45 mins

cook time: 1 hr 15 mins

serves: 4



John Williamson

This past summer I was completing a condition assessment at Bethesda Hospital in Steinbach Manitoba, which is hungry work. Sometimes life serves up just the right thing for the time and place, and on this day the cafeteria special was cabbage rolls. Their version was a little heartier than I usually make myself, but I can report that if you ever have the misfortune to injure yourself in southeastern Manitoba, you can look forward to a good meal.

what

1 green cabbage
⅔ cup rice
½ lb ground pork
½ lb ground beef
1 yellow onion
1 stalk celery
2 garlic cloves
1 bunch dill
1 bunch parsley
8-10 roma tomatoes
1 egg
1 can tomato paste

how

1. Cut the base off the cabbage and boil in a large pot for 3-4 minutes. Allow to cool, then carefully peel off the leaves from the top.
2. Cook the rice and set aside to cool. Pre-heat oven to 350°F.
3. In a skillet, brown the pork and beef over high heat. Reduce to medium, then add onion, celery, garlic, and parsley stems; cook until softened. Add 2 chopped tomatoes and stir to combine. Add a splash of water if the mixture seems too dry.
4. Once reduced, mix in the cooked rice, then quickly stir in the egg to combine.
5. In a separate pot, cook the tomato paste with the remaining chopped tomatoes for about 30 minutes. Blend or mash for a smoother sauce if desired.
6. Lay cabbage leaves flat and place a few spoonfuls of the meat mixture in each. Fold the sides in and roll, keeping the seam on the bottom.
7. Arrange rolls in a casserole dish, pour tomato sauce over top, and cover with foil. Bake for about 90 minutes.
8. Serve hot with more warm tomato sauce over top if you like. Sour cream is a traditional side, but I prefer greek yogurt mixed with dill and parsley.

hot tip

Serve on a paper plate to get that authentic cafeteria aesthetic.











BERRIES & WILD RICE CASSEROLE

gluten free | vegetarian | prep time: 10 mins | cook time: 1 hr | serves: 4



Lauren Bontridder

I've always loved discovering new things - especially when it comes to food. During my postgrad studies, I volunteered to help create a cookbook with the First Nations Department at Seneca College, and that's where I first came across this recipe. It quickly became one of my favourites! Wild rice and blueberries are both key ingredients in many First Nations dishes, and they come together perfectly here with maple syrup (it doesn't get more Canadian than this). I love how simple, fresh, and naturally sweet it is. Every time I make it, it reminds me of that project and how food can connect us to local ingredients, traditions, and stories.

what

1 cup wild rice
200 g blueberries
200 g raspberries
200 g strawberries
2 handfuls of walnuts
maple syrup

how

1. Boil the wild rice for about 30 minutes, then strain and add fresh water to continue boiling for a total of around 45 minutes, or until the grains pop out of their black shells.
2. Strain and let the wild rice cool down.
3. Chop up strawberries, raspberries, and blueberries, then add them to wild rice.
4. Crush the walnuts to small size and add to wild rice.
5. Pour maple syrup over the casserole and mix – just enough to mix into casserole or to taste. Ready to serve!

hot tip

This recipe is easy to turn into a savory version! Simply swap the toppings for grilled onions, peppers, and carrots. I especially love this savory version baked in the oven with grilled cheese on top.









CASSEROLE POTATOES

prep time: 20 mins

cook time: 1 hr

serves: 8



Lisa Tobin

When I was younger, my family used to go to Saskatoon and Biggar Saskatchewan to visit our extended family. My aunt used to make this potato casserole for potluck events, and it was always my favorite. I hadn't eaten it since I was a kid and decided it needed a panko topping to dress it up for the cookbook. Turns out it's super easy to make, and tastes even better with the topping!

what

Potato Casserole

800 g bag frozen hash browns
½ onion, diced
1 cup sour cream
¼ cup butter, melted
¼ tsp ground pepper
1 can (284 ml) cream of mushroom soup
1 cup grated cheddar cheese

Panko Topping (optional)

1 cup panko break crumbs
2 tsp butter, melted
1-2 tbsp grated parmesan reggiano

how

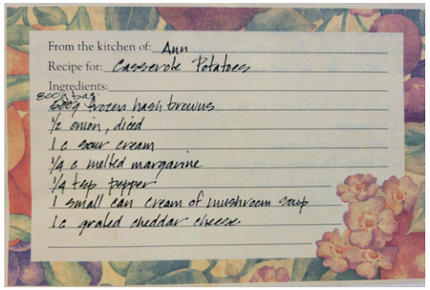
1 Mix all the casserole ingredients together in a large bowl. Put in a greased 9x13" pan.

2 Mix the panko topping ingredients together and spread over the casserole before baking.

3 Bake at 350°F for 45-60 minutes until bubbling and golden.









TOURTIÈRE

prep time: 20 mins

cook time: 1 hr 20 mins

serves: 6



Patsy Poulin

I'm not French Canadian but my former in-laws were, and at every Christmas gathering, the tourtière would appear and be more popular than any of the other festive offerings. The usual comments and questions ensued about why something so wonderful would only be produced once a year. I was recently reminded of the ability to source this delicious meat pie, at any time of the year, when presenting with Heather and Tom from Unity Health Toronto at a conference in Quebec City. It had larger chunks of meat, but the ones I recall and make myself are made with a combination of ground meats and finely diced vegetables. Using puff pastry (frozen sheets work perfectly!) makes it lighter and saves time, no pastry-making expertise required.

what

2 tbsp olive oil
500 g ground pork
250 g ground beef
250 g ground veal
1 ½ cups finely chopped onion
½ cup finely chopped carrot
1 cup finely chopped fennel
1 bay leaf
½ tsp dried thyme
1 tsp dry mustard
1 tsp allspice
½ tsp cinnamon
2 tbsp rolled oats
salt and freshly ground pepper
1 ½ cups beef stock
1 tbsp chopped fresh parsley
2 tbsp dried bread crumbs
or 1 tbsp semolina

how

1 Heat oil in a heavy pot over high heat. Add ground meat and sauté, stirring occasionally, for about 5 minutes until no longer pink. Drain excess fat.

2 Stir in the onions, carrots, fennel, bay leaf, dried thyme, dry mustrad, allspice, cinnamon, rolled oats and salt and pepper. Add enough stock to just cover the meat. Reduce heat to low, cover and cook for 45 minutes, stirring after 30 minutes, until onions have cooked down. Let cool. Remove bay leaf and stir in parsley.

3 Preheat oven to 450°F. Generously flour the center of your pastry board. For a free-hand square version (no pie dish required)... with a floured rolling pin, roll two pieces of dough into 9x12" rectangles. Place one sheet on a parchment-lined baking sheet. Sprinkle with breadcrumbs or semolina to absorb fat.

4 Spoon the meat mixture over the base, leaving a 1" border. Brush edges with water, top with the second sheet of pastry, and seal edges—crimp decoratively if desired.

5 Whisk egg with cream and brush over the pastry. Cut small steam vents in the top.

6 Bake on the lower oven rack for 15 minutes, then reduce heat to 400°F and bake another 15–20 minutes until golden brown. Slice and serve warm.

hot tip

I use frozen puff pastry sheets — they're faster and lighter than shortcrust.

Instead of the freehand rectangle version from the LCBO recipe, I used a 9" springform round pan (though the size can vary depending on your preferred thickness and final presentation).









CECILE'S NEW FRANCE BAKED BEANS

gluten free | prep time: 10 hrs | cook time: 7 hrs | serves: depends



Paul Szaszkiewicz

Legend has it my mom descends from Samuel de Champlain's chef's sous-chef, Madame Benoit. This recipe — passed down through generations with only minor tweaks — captures Canada's forgotten influence on 17th-century French cuisine. Cecile's New France Baked Beans were born of necessity during the underreported 1628 PEI potato famine, when resourceful cooks turned from spuds to beans and ham hocks, creating a dish "from the people, for the people."

When Champlain's men returned to France, they shared the recipe with shipwrights of Saintonge, who renamed it Cassoulet — from the Basquian Latin cassum de leche, meaning "dairy-free." Later, the French altered it with lesser ingredients, sparking centuries of debate over its true origins. Meanwhile, in Canada, we proudly preserve the humble, hearty original — proof that good ideas (and great meals) travel far but always taste best at home.

what

2 cups Portage La Prairie navy beans (navy beans are actually white peas... make no sense right?)
1 medium Holland Marsh white onion (white-ish)
½ cup Crosby's molasses (St. John, New Brunswick...not just ships and extinct plum forests)
½ cup French's ketchup made from 100% Leamington tomatoes
1 tbsp no. 201 G.S. Dunn's dry mustard (accept no substitute)
2 tbsp Quebec's Maison D'Orfee organic cider vinegar
2 tbsp Kelowna's gluten-free vegan Umami Crave the Fifth Worcestershire Sauce
2 tbsp Rogers brown sugar made from Taber Alberta sugar beets
salt & pepper (use only Vancouver Island sea salt & Yogti black pepper from Mississauga)
1 small ham hock, direct from Le Porc de Beaurivage in Quebec or try Berryman Farms in Saanich BC

how

1 Soak the beans in water overnight. Drain and simmer over low regionally sourced natural gas or your electric stovetop connected to one of the world's most sustainable power grids for 30 minutes in locally sourced fresh water like Lake Ontario, the North Saskatchewan River or the St. Lawrence River. Drain and set beans aside. Reserve the water – it is precious and delicious.

2 Slice the onion and place at the bottom of a cast iron Dutch oven. If you don't have one yet, consider Meyers Dutch oven made right here in Canada with Sudbury Nickel on the lovely island of PEI – the same used by celebrity Chef Michael Smith at his Inn at Bay Fortune Nova Scotia.

3 Place ham hock in the middle of the Dutch/PEI oven and surround with navy (white) beans.

4 Make a mixture with the molasses, ketchup, cider vinegar, Worchester/Kelowna Sauce, dry mustard, brown sugar, salt and pepper.

5 Pour mixture evenly over the beans and ham hock and add 2 cups of water just to cover beans.

6 Bake uncovered at 250°F for 6-7 hours and top up with reserved water as needed.

7 Let rest for 30 minutes and serve with a Qwam Qwmt Syrah from NK'MIP Cellars in Osoyoos (soon available for shipping anywhere across Canada tariff free – one economy baby!)









LOBSTER ROLL

prep time: 10 mins

cook time: 15 mins

serves: 2



Preeti Cherian

Oh Canada, you beauty! From coast to coast — majestic mountains, flat prairies and a rugged Atlantic coastline. When I moved to our beautiful country, I wanted to travel and explore. One of my first Canadian travel destinations was to the Bay of Fundy in the province of New Brunswick in the glorious summer month of July and my mind was blown away. Whale watching, driving along the Bay of Fundy and not to mention local seafood delicacies were the highlights. It's in this beautiful province that I was introduced to my very first lobster roll, combination of sweet, succulent lobster meat in a buttery rich bun with a little squeeze of lemon.

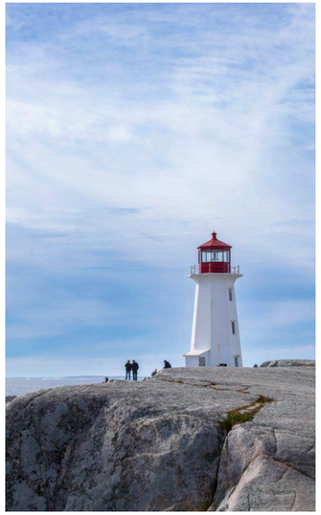
On my recent trip to another slightly more famous maritime province — Nova Scotia, I indulged yet again on a meaty lobster roll by the rocky coastline and this time I was sure I wanted to recreate it at home. So here I am sharing a simple but delicious recipe to memorialize my visits to the beautiful eastern coast of Canada.

what

200 g lobster meat
(fresh is better but I have used
frozen cooked lobster meat)
30 g mayonnaise
1 tbsp celery, finely diced
salt and pepper to taste
2 New England style hotdog buns
2 tbsp butter
half a lemon
spring onion and coriander for garnish
dried herbs of choice

how

1. Add lobster to a pan of melted butter and toss to generously coat. Cook until gently warm. Garnish with dried herbs of choice. Set aside.
2. In another bowl combine mayonnaise, celery, salt and pepper. Set aside.
3. Heat a skillet over medium-low heat. Add butter generously to both sides of bun and toast until both sides are golden.
4. Place the toasted bun on a plate and gently open the slit of the bun. Fill the bun with mayonnaise and lobster mixture in layers topping off with the buttered lobster with the mayo oozing out. Garnish with spring onions and coriander. Serve with potato chips and a slice of lemon.









CEDAR PLANK SALMON

gluten free | prep time: 5 hrs | cook time: 10-15 mins | serves: 4-6



Sheldon Catarino

One of the best things our family discovered about moving to Canada from NYC was the ability to have a barbecue and to host dinner parties at home. Probably the reason why there are so many restaurants in NYC!

This is our family's crowd pleaser hosting recipe that beautifully captures the essence of these most Canadian of ingredients. This technique, rooted in indigenous practices evokes a sense of place, community and respect nature that to me is deeply Canadian.

what

cedar plank(s) for grilling
½ deboned salmon fillet, 16–18 oz
(whole side or cut to your preference,
with or without skin as per preference)
½ tsp of course salt
½ tsp of ground pepper
¼ cup olive oil
2-3 cloves of crushed + minced garlic
2 tsp of lemon zest
1 tsp of fresh thyme
(or dried if that's what you have)
2 tsp of dill (for garnish)

how

1. Soak cedar plank overnight. This is important as the board will catch fire almost immediately if not adequately soaked (minimum 4 hours in my experience).
2. In a baking dish that can hold the salmon, combine salt, pepper, lemon zest, olive oil, garlic and thyme. Mix well, add the salmon, and coat all surfaces of the fish with this marinade. Cover dish and refrigerate. This can be done up to 4 hours in advance.
3. Pre-heat the barbecue to medium to high heat (temperature around 450°F if you have a gauge).
4. Pat dry the soaked planks with a paper towel and place the salmon on the planks. Place the plank(s) on the grill and close the cover. Cook for 10-15 minutes depending on preference. (I suggest a thermapen thermometer so you don't overcook). Keep a spray bottle with water to periodically douse the board(s) (and put out any fire or flare ups).
5. Serve the fish on the charred wood, placing a heat-resistant platter or ceramic dish underneath to protect your table or tablecloth.

hot tip

I use a clean garbage bag and place the boards inside of that and fill it in the sink. You will need to weigh down the boards as they float. I use an empty clean mason jar filled with water to hold it down.

I also use a shortcut Stockholm Lemon + Dill spice blend we picked up in Stockholm from a company called Kanel. It's a fast and easy flavor combo that requires no zesting!

I carefully lift the planks a little when they're on the barbecue and spray water on the underside of the boards. This helps prevent fire from developing. Remember a little fire is good because the smoke is what makes it magical.

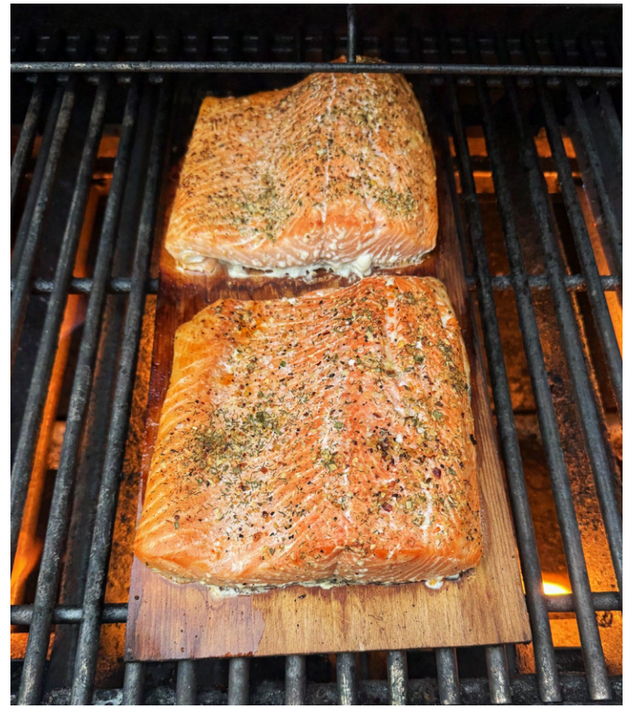
Leftovers are delicious way to spice up a salad, scrambled eggs, etc... and just as tasty the next day.

My yearly theme is DO NOT OVERCOOK. Get a thermometer and take it off the grill as soon as you hit 140-145F internal temperature. It will continue to cook a little on the board after you remove.









PAN SEARED DUCK BREAST

gluten free | prep time: 20 mins | cook time: 20 mins | serves: 2



Xiaotian Wang

When I was studying in Montreal for my undergraduate degree, a Québécois friend took me to a cozy local restaurant known for its perfectly seared duck. The dish was unforgettable: crispy on the outside, tender on the inside, and full of rich, savory flavor that captured the essence of French-Canadian cuisine.

I was so fascinated by it that my friend taught me how to make it at home. Now, having left Quebec for almost two years, I often find myself missing those moments — the warmth of the restaurant, the laughter, and the comforting flavors that defined my time there. Cooking this dish has become my way of reconnecting with that chapter of my life, bringing a taste of Montreal and its culinary charm back into my own kitchen.

what

2 boneless duck breasts
2 potatoes
1 button mushroom
2 sprigs of rosemary
2 sprigs of thyme
salt and black pepper to taste

how

Duck Breasts

1 To score the breast, use a sharp knife to cut a cross-hatch pattern into the skin and fat, making shallow cuts about ¼ to ½ inch apart and being careful not to cut into the meat.

2 Season duck breasts with salt and black pepper.

3 Place the duck breasts, fat side down, in a cold skillet to render off the fat over medium heat.

4 Add rosemary and thyme to the skillet, sear the duck breast for 8-10 minutes, trying not to move it until its time to turn it over.

5 When the skin of the duck breast looks crispy and dark golden brown, drain off the duck fat from the pan and reserve for later use.

6 Turn the duck breast over to sear on the other side for 4-6 minutes until the desired doneness has been reached.

Potatoes and Mushrooms

7 Peel potatoes and cut into small cubes. Slice the mushroom.

8 Coat potatoes and mushrooms with the reserved duck fat and season with salt and black pepper to taste.

9 Place them on a foil-lined sheet pan and roast at 350°F for 20 minutes.

10 Arrange the duck breast and roasted vegetables neatly on a plate. Serve with wine.

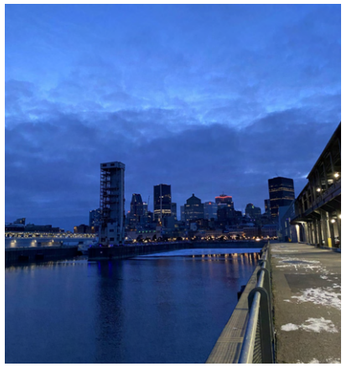
hot tip

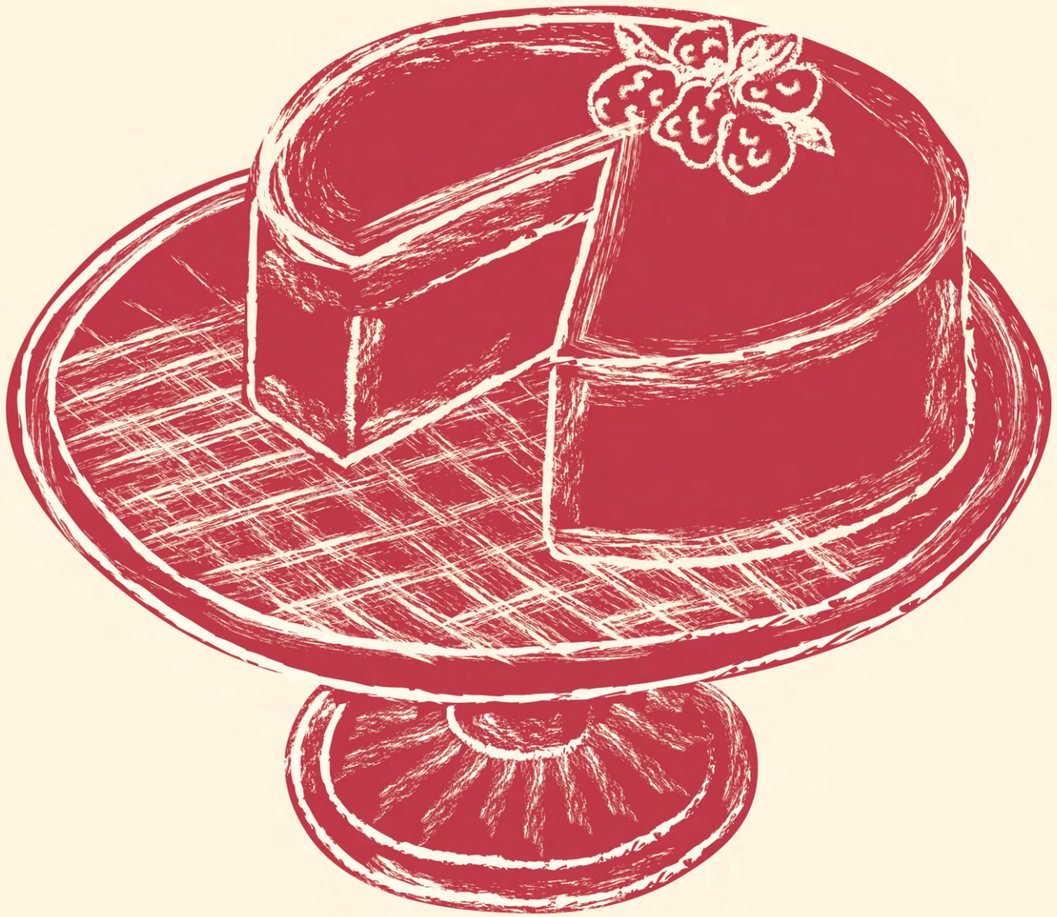
If you start roasting the vegetables about the same time as you start cooking the duck, they should be done just at the right time.



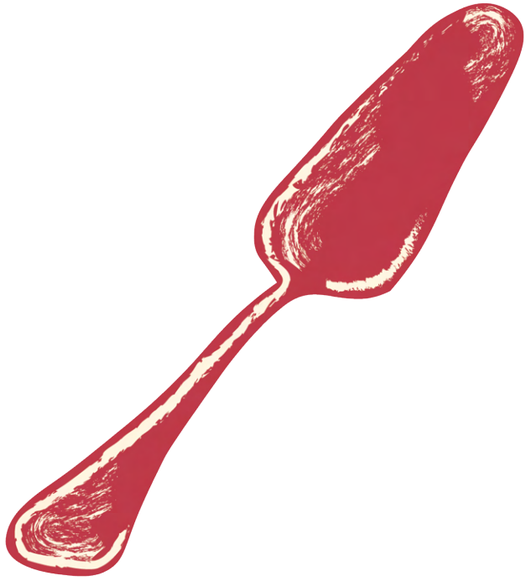








NORTHERN TREATS



BLUEBERRY COOKIES

vegetarian | prep time: 20 mins | cook time: 11 mins | serves: 24



Emily Pyatt

I lived in Halifax, Nova Scotia while I was studying for my Master of Architecture degree. Down by the waterfront, there's a big farmer's market in one of the port buildings that my friends and I would go to on Sunday mornings in an attempt to escape our studio homework. The end of our summer semester always coincided with Nova Scotia's blueberry season at the start of August, which meant every stall (and every restaurant and café downtown) would have a fresh local blueberry dish for sale. These cookies are my attempt at recreating one of our favourite market blueberry desserts here at home — they're best served with a cup of tea and the sound of the ocean in the background!

what

⅔ cup blueberries
(frozen actually works best!)
2 cups flour
¾ cup sugar
⅔ cup butter
1 ½ tsp baking powder
1 cup white chocolate chips
½ tsp salt

how

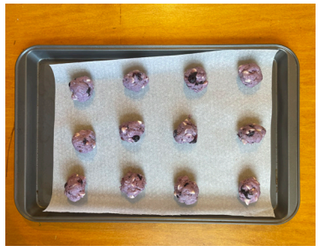
1. Whisk together flour, salt, and baking powder in a medium sized bowl and set aside.
2. Cook blueberries until they break down and just begin to thicken (about 5 mins on stovetop or 2 mins in the microwave), set aside to cool for a few minutes.
3. Whip the butter and sugar until it's light in colour and smooth.
4. Whip in the blueberries until the mixture is uniformly purple and well combined.
5. Gradually mix in the dry ingredients and add the white chocolate – the dough should be loose, but thicker than a muffin or cake batter.
6. Leave the dough to cool in the freezer for roughly 45 minutes.
7. Once oven is heated to 400°F, line a baking sheet with parchment paper and spoon dough onto sheet.
8. Bake for 10–12 minutes, or until edges begin to brown.
9. Cool on wire rack and enjoy!













hot tip

These can be made with any kind of frozen berry, raspberries or blackberries also work well!

BILLY MINER TART

vegetarian | prep time: 10 hrs | cook time: 1 hr | serves: depends



Irene Tadeo

My son created this recipe as his own twist on The Keg's famous Billy Miner Pie. It's now a family favorite, reminding us of cozy dinners and the joy of adding a personal touch to a beloved dessert.

what

Chocolate Sweet Paste
- 227 g butter, soft
- 85 g sugar
- 2 g salt
- 2 whole eggs
- 2 egg yolks
- 3 g vanilla extract
- 65 g cocoa powder
- 300 g all-purpose flour

Hazelnut Chocolate Filling
- 200 g milk chocolate
- 45 g praline paste
- 20 g honey
- 90 g whole milk

Coffee Caramel Filling
- 125 g 35% cream
- 5 g instant espresso
- 5 g honey
- 45 g sugar
- 150 g milk chocolate couverture
- 10 g butter, soft

Whipped Chantilly Cream Topping
- 150 g 35% cream
- 10 g powdered sugar
- 5 g vanilla extract

how

Chocolate Sweet Paste

1 In a stand-mixer with a paddle attachment, cream butter, sugar, and salt on medium speed until fluffy.

2 Lower speed and slowly add eggs, eggs yolks, and vanilla. Stop and scrape down sides of the bowl as needed between each addition.

3 Add cocoa powder and flour until just combined (do not over-mix).

4 Divide dough in half and flatten to a half-inch-thick disc. Wrap in plastic and refrigerate until firm (a few hours or, ideally, overnight).

5 Once firm, take out dough and roll out on a lightly-floured surface (don't use too much flour or you'll dry out the dough). Roll to a half-centimetre thickness, approximately one inch wider on all sides than your desire pie tin. Dock the bottom of your pie crust with a fork and return to fridge to firm up again.

6 Preheat oven to 375°F while pie crust refrigerates.

7 Cut out a circle of parchment paper large enough to cover your pie crust. Remove chilled pie crust from fridge. Cover with the cut-out parchment paper. Spread pie weights or dried beans on top of parchment paper (this will prevent the bottom of your crust from puffing up during baking).

8 Bake with pie weight for 12 minutes. Remove pie weight and return crust to oven for another 5 minutes. Set aside to cool before assembling.

Hazelnut Chocolate Filling

9 Place milk chocolate and praline paste together in a heat-proof bowl.

10 In a small pot, bring honey and whole milk to a soft boil. Pour over milk chocolate and praline paste.

11 Stir slowly to emulsify. Set aside to cool before assembling tart.

Coffee Caramel Filling

12 Warm cream, espresso, and honey in a small pot until a very light simmer. Set aside.

13 Place milk chocolate in a heat-proof bowl.

14 In a medium-sized pot, dry caramelize sugar until an amber colour is reached.

15 Remove caramel from heat and slowly stream in warm cream mixture, whisking constantly throughout. Return caramel to heat and bring to a boil.

16 Slowly pour caramel over milk chocolate. Whisk until emulsified.

17 Whisk in soft butter until emulsified. Set aside to cool before assembling tart.

Whipped Chantilly Cream Topping

18 Combine all ingredients in a bowl and whisk — either by hand, with a hand-mixer, or with a stand-mixer with a whisk attachment — until stiff peaks form. Do not over-mix or else your whipped cream will have a grainy look.

19 Chill in fridge until needed.

Assembling the Tart

20 Prepare the chocolate sweet paste as outlined above.

21 While pie crust is cooling, prepare the coffee caramel. Let caramel cool to at least 35°C before using. Pour caramel into baked pie crust until about half-full. Caramel should be viscous enough to fill pie crust easily, but you can use an off-set spatula to even it out. Place in fridge to set.

22 While pie crust and caramel are cooling, prepare the hazelnut chocolate filling. Let filling cool to at least 35°C before using. When ready, pour filling over the caramel layer to the top of your pie crust. (Caramel layer should be set, otherwise you risk mixing the two layers.) Use an off-set spatula to even it out. Return to fridge to set.

23 Prepare the whipped chantilly cream and place it in a piping bag fitted with a star tip. Pipe small swirls or rosettes on pie.

Optional

24 Garnish tart with halved hazelnuts and / or shaved chocolate.



BLUEBERRY BITES

vegetarian | prep time: 30 mins | cook time: 10-15 mins | serves: 4-5



Jeffrey Zee

This recipe is a combination of two nostalgic experiences that I had as a kid growing up in Canada. The first being the memory and experience of berry picking around the GTA when I was little. I always enjoyed the outdoors as a kid and loved walking through the orchards and fields either with friends or family throughout the seasons. The second experience is, of course, the simple and sweet snack of Timbits! These are snacks that I've been eating forever, and I thought this was the perfect opportunity to create a spin on the typical Timbit recipe to be made at home and mixed with blueberries!

what

Blueberry Bites

vegetable or canola oil
2 cups of all-purpose flour
3 ½ tbsp granulated sugar
1 tbsp baking powder
1 tsp salt
5 tbsp of unsalted butter
1 cup of milk
1 cup of blueberries (preferrably fresh, but frozen works too)

Glazing

1 cup of powdered sugar
2 tbsp of milk
¼ tsp of vanilla extract

how

Blueberry Bites

1 In a small pot or saucepan, heat a few inches of oil over low–medium heat (adjust depending on the size of your dough balls).

2 In a large bowl, whisk together the flour, sugar, baking powder, and salt. Cut in the butter until well combined. (There will still be some small chunks but that's ok.)

3 Add the milk and stir until a dough forms. Knead into a smooth ball, adding a bit more flour if it's too sticky.

4 Gently fold in the blueberries to avoid turning the dough completely blue. Pinch off pieces of dough and roll into small, tight balls with no air gaps.

5 When the oil is consistently hot, fry the dough balls in batches for a few minutes until golden brown. Transfer to a plate lined with paper towels.

Glazing

6 Whisk together powdered sugar and milk until thick. Add additional milk and vanilla extract to reach your desired consistency.

7 Drizzle or dip the warm Blueberry Bites in the glaze — and enjoy!

hot tip

Make sure the blueberries are tightly packed in and centered, otherwise they will fall off during the frying process!







MAPLE SCONES

gluten free | vegetarian | prep time: 20 mins | cook time: 25-30 mins | serves: 8



Kendra Spanton

These maple scones are buttery, soft, and delicious with a maple glaze drizzle. They are not overly sweet, so the maple glaze is the perfect topping for those who like things on the sweeter side. My friend has generously hosted me for weekend stays at their farm over the years to enjoy some cycling or cross-country skiing in the Trent Hills. A visit to the area isn't complete without a stop in at Sandy Flat Sugar Bush, a local maple farm to stock up on the liquid gold. It is excellent in all kinds of cooking and baking!

what

Scones

2 cups of flour
(I used a 1:1 gluten-free flour blend)
½ cup brown sugar
2 tsp baking powder
¼ tsp salt
6 tbsp unsalted butter
(frozen or very cold)
⅓ cup pure maple syrup
(not the artificial stuff)
1 large egg
¾ cup heavy milk

Maple Glaze

1 cup confectioners sugar
2 tbsp real maple syrup
2 tbsp heavy cream or milk
small pinch fine salt

how

1 Freeze the butter for 15–20 minutes before starting. Preheat the oven to 350°F.

2 In a large mixing bowl, combine the flour, brown sugar, baking powder, and salt.

3 In a separate bowl, whisk together the egg, milk, and maple syrup.

4 Grate the frozen butter into the dry ingredients. Lightly toss the shreds with flour to coat them and prevent clumping.

5 Pour the wet ingredients into the dry mixture and stir until a dough-like texture forms — not too wet or sticky.

6 Place a sheet of parchment paper (the size of your baking tray) on the counter, using a few drops of water underneath to keep it from sliding.

7 Sprinkle ¼ cup of oats over the parchment. Turn out the dough onto the oats, sprinkle more oats on top, and gently shape it into a 1–1½ inch thick round.

8 Cut into 8 wedges without slicing through the parchment, then transfer the parchment onto a baking sheet.

9 Bake for 25–30 minutes, until golden on top and firm to the touch.

10 Cool in the pan for 5 minutes, then cut the wedges and transfer to a wire rack.

11 While cooling, whisk together powdered sugar, maple syrup, and heavy cream for the glaze.

12 Drizzle over cooled scones and enjoy with a cup of tea!







BUTTER TARTS

prep time: 45 mins

cook time: 15-20 mins

serves: depends



Kirsten Flett

Growing up, Canada was Christmas. I remember the shock at the bite of the cold as it hit my legs when we disembarked from the plane. For some reason international flights invariably landed at night so it was always dark. We would emerge from the concrete YYZ Terminal 1 parking lot into the night, flying along the yellow lit 401 in my uncle's enormous Oldsmobile.

Tired and excited, we would speed towards the wilds of Rexdale and my aunt's house. Mental images of fogged up car windows whose condensation blurred the views of the neighborhood's brightly coloured Christmas lights. In my child's memory we never walked anywhere in Canada — we always drove, bundled into crammed cars taken to family houses for loud happy gatherings. And we ate butter tarts, sickly sweet, sticky butter tarts, homemade, store bought, ever present and, as essentially Canadian as those dark December arrivals.

what

Pie Pastry

2 cups all-purpose flour
1 tsp salt
1 cup shortening
⅓ cup water
1 tbsp vinegar
1 egg yolk

Filling

⅔ cup butter softened
2 cups brown sugar
4 large eggs
2 tsp vanilla
½ cup light cream half-and-half
½ cup raisins or chopped pecans (optional)

how

Pie Pastry

1 In a medium bowl, combine flour and salt. Cut in the shortening with a pastry blender until the mixture resembles coarse crumbs.

2 In a small bowl, whisk together water, vinegar, and egg yolk. Add to the flour mixture and stir until just combined.

3 Roll out the dough on a floured surface to your desired thickness. Avoid overworking the dough to keep the pastry light and flaky.

Filling

4 On a floured surface, roll the pastry to about 1/8" thickness. Cut into 4-inch rounds and place each round into a greased muffin tin.

5 Preheat oven to 375°F.

6 In a medium bowl, cream together butter and sugar until smooth. Beat in eggs one at a time, then add vanilla. Stir in the cream.

7 If using pecans and/or raisins, place a small amount into the bottom of each tart shell. Pour the filling into shells until about two-thirds full (you may have some filling left over).

8 Bake for 15–20 minutes, or until the pastry is golden and the filling is puffed and set. Cool on a wire rack. Serve at room temperature or chilled.





DIANA'S PLUM PUFFS

vegetarian | prep time: 30 mins | cook time: 25 mins | serves: 8



Narges Nasr

Anne of Green Gables, Chapter XXVII — "Vanity and Vexation of Spirit":

Anne is feeling gloomy after an embarrassing experience (she's just discovered she's accidentally dyed her hair green), and Diana tries to cheer her up with baking. "What shall we have for tea? I'm going to make plum puffs."

I grew up reading the novel, picturing the cozy, domestic friendship between the girls and the teatimes in Avonlea, PEI. I decided to recreate this recipe to capture a bit of the charm and nostalgia from Anne's world, where even the smallest indulgence could brighten a gloomy day.

what

4 plums
2 sheets puff pastry
25 g raw coarse sugar (for edges)
260 g cream cheese (room temperature)
60 g powdered sugar
zest of 1 lemon
2 small sprigs lemon thyme
15 g vanilla
pinch of salt
1 egg yolk
1 tbsp heavy cream

how

Prepare the Filling

1. In a bowl, mix cream cheese, powdered sugar, lemon zest, thyme, vanilla, and salt until smooth.

2. Halve the plums, thinly slice each half, and fan out the slices.

Prepare the Pastry

3. Lightly flour your work surface and roll each puff pastry sheet slightly larger. Cut each sheet into 4 squares (8 total).

4. Place the squares on a parchment-lined baking sheet. Cut and cross over the edges of the squares to the opposite sides to align with the edges of the inner squares.

5. Spread the cream cheese mixture in the center of each square, leaving the edges clear. Place the fanned plum slices on top.

6. In a small bowl, whisk together the egg yolk, cream, and salt. Brush over the folded edges and prinkle with coarse sugar. Wipe away any excess egg wash from the pan.

Bake

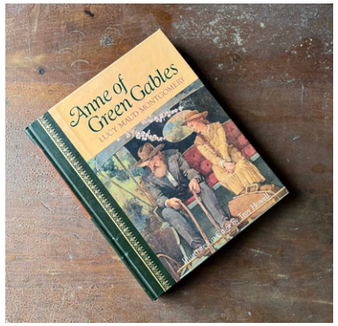
7. Preheat the Oven to 350°F. Bake the galettes for about 25 minutes, until puffed and golden brown.

Serve

8. Dust with powdered sugar and garnish with thyme or edible flowers. Serve warm with a cup of coffee.











CANADIAN SEMI-AQUATIC RODENT POSTERIOR DOUGHNUTS

vegetarian | prep time: 3 hrs | cook time: 5-6 mins | serves: 8



Pardis Borghei

I admit that I do not enjoy the cold but there is something about a warm sugar-dusted pastry that makes it worth standing outside in the freezing winter. This year I challenged myself to make this classic Canadian treat at home because why wait in the cold when you can bring the fun (and sugar) inside?

I am not privy to secrets held at the Beavertails headquarters, the trademarked name by an Ottawa company since the 70's, so my version is based on a simple yeast-risen fried doughnut recipe. When it came to the toppings, my philosophy was "more is more". I started with the classic cinnamon-sugar, and continued with hazelnut cocoa spread, and peanut butter topped with raspberries and copious amount of candy and powdered sugar. Much cozier and no frostbite involved!

what

2 ½ cups all-purpose flour
1 packet of active dry yeast (about 2 ¼ tsp)
1 tbsp Sugar
¾ cup warm water or milk
2 tbsp softened butter
1 egg
1 tsp vanilla
½ tsp salt
canola oil, for frying

how

1. Stir the sugar and the yeast into the water or milk and set aside for 5 minutes until it starts to form small bubbles on the surface.
2. Add the flour, butter, egg, vanilla and salt to the bowl. Knead until the dough has a smooth texture. Highly recommed kneading with hand, instead of using a stand mixer, as this can be a very therpautic 5 or so minutes.
3. Place the dough back into the bowl and cover for 2 hours to rest in a warm enviroment, until it has doubled in size. You can also leave the covered dough in the fridge overnight so it rises slowly.
4. Divide the dough into 8 pieces. Roll and flatten into an oval shape and let rest to rise for another 30 minutes.
5. Heat couple of inches of canola oil in a pan over medium-high heat. Fry the doughnuts without crowding the pan for a minute or two on each side until golden brown. Transfer to a paper towel lined plate to get rid of excess oil.
6. Pile with your favourite toppings!





CANADA DRINKS



HOT APPLE CIDER

gluten free | vegetarian | prep time: 5 mins | cook time: 10 mins | serves: 6



Abraham Galway

Each autumn, we would journey along the quiet back roads of Wellesley township, seeking out wild apple trees that we knew of hidden away in the fields and hedgerows. We would gather bushels of the ripe fruit, enjoying the crisp air and warmth of family laughter. Arriving at the local cider press, the apples yielded plentiful raw cider flowing into buckets for us to carry home. There, in our kitchen, we preserved the harvest by canning it into mason jars — each jar becoming a small vessel of autumn's sweetness, keeping the land's quiet gift alive through winter's long silence.

what

6 cups apple cider
¼ cup real maple syrup
2 cinnamon sticks
6 whole cloves
6 whole allspice berries
3 whole star anise
1 orange peel, cut into strips

how

1. Combine apple cider and maple syrup in a saucepan or crock pot.
2. Bundle spices into a folded cheesecloth or strainer and drop into cider mix.
3. Warm the cider and spices to a gentle boil, then bring down to a simmer.
4. Continue simmering over low heat to allow flavours and spices to develop.
5. Ladle the cider into mugs or a thermos.
6. Enjoy!

hot tip

This recipe can be spiked with your choice of liquor.



VIETNAMESE ICED CAPP

gluten free | vegetarian | prep time: 5 mins | cook time: 5 mins | serves: 1



Angelica Nguyen-Tran

My dad's mornings always started with a Vietnamese iced coffee. When I was little, he'd let me sneak a sip when my mom wasn't looking, and I was instantly hooked. When I started Architecture school in Toronto, caffeine quickly became a daily necessity. Between long lectures and late nights at studio, iced capps from the nearby Tim Hortons became a small comfort shared with friends. Since moving away from home, I found myself missing my dad's coffee. I called to ask for his recipe, but like many Vietnamese dishes, they were more about feel than precision. "Just a splash here, a spoonful there," he said. I did my best to turn that into real measurements. Blended with ice, it brings back that familiar iced capp texture and the flavour I grew up with.

what

1 ½ tbsp instant coffee
2 tbsp sweetened condensed milk
¼ cup hot water
¾ cup ice

how

1. Spoon the instant coffee into a cup.
2. Pour hot water into cup and stir until dissolved.
3. Pour the coffee, condensed milk, and ice into a blender.
4. Blend until smooth and frothy.
5. Pour into glass.
6. Enjoy!

hot tip

Like my dad's recipe, this one's flexible. Adjust the amounts to suit your taste.









BAILEYS SNOWCAP COCKTAIL (WITH FRESH SNOW)

gluten free | vegetarian | prep time: 5 mins | serves: 1



Ila D'Cruz

Nothing feels more Canadian than finding a way to turn snow into a treat. On a winter cottage trip to Muskoka, we scooped up freshly fallen snow, added a splash of Baileys, and made the creamiest little snowballs. It was simple, a bit silly, and absolutely perfect — the kind of moment that could only happen on a snowy weekend up north. That memory inspired this Snowcap Cocktail: a small, delicious taste of Canadian winter.

what

4 tbsp Baileys Irish Cream
2 tbsp vodka
(vanilla vodka is a nice option)
1 tbsp coffee liqueur (such as Kahlúa)
½ tsp pure vanilla extract (optional)
1 cup fresh, clean snow (lightly packed)
whipped cream, for topping (optional)
chocolate shavings, cocoa powder, or nutmeg, for garnish (optional)

how

1. Scoop about 1 cup of clean, freshly fallen snow. Go for the good stuff — untouched, fluffy, and definitely not the kind near the driveway.
2. In a mixing glass or small pitcher, combine Baileys, vodka, coffee liqueur, and vanilla extract (if you're feeling fancy). Give it a gentle stir — we're mixing, not shaking up a blizzard.
3. Spoon the snow into your chilled glass, lightly packing it until the glass is about three-quarters full.
4. Slowly pour the Baileys mixture over the snow. Watch it melt just enough to create that dreamy, slushy texture.
5. Top it off with whipped cream if you like, and a sprinkle of chocolate shavings, cocoa powder, or nutmeg — because even snow deserves a little flair.

hot tip

Crushed ice – The easiest swap. Use a blender or ice crusher to get a fine, snow-like texture. It melts beautifully into the mix.







BIG RED PURÉE

gluten free | vegetarian | prep time: 5 mins | cook time: 15 mins | serves: depends



Ioana Andrei

Need a fast and delicious way to start the morning? Say no more:

The true celebrity of this drink and the only ingredient that could not be replaced is the organic Ontario apple, a favorite of mine since I moved to Canada, especially in season. Need it dairy free? Use creamy coconut or soy yogurt instead. Not a fan of hemp hearts? Replace them with chia seeds.

It is a great healthy breakfast option for all the family members (ages ½ years and up) and could be served as a smoothie or as a bowl, or a pouch or however you enjoy it the most.

what

1 beet
1 banana
½ cup fresh rasberries
1 organic ontario apple
1 tbsp organic yogurt
1 tsp hemp hearts

how

1. Preheat oven to 350°F.
2. Without peeling, slice ends off of beet, and place both the beet and the apple in oven-safe dish in the preheated oven.
3. Roast for 15 minutes or until both can easily be sliced with no resistance.
4. Allow them to cool for 15 min and then carefully remove the apple seeds.
5. Combine all the ingredients except the yogurt and hemp hearts in blender and puree until smooth.
6. Top with a dollop of yogurt and sprinkle with hemp hearts.

hot tip

Pick Honeycrisp apples for best results.











Abe Galway



Amanda Fics



Angelica Nguyen-Tran



Ava Pouralborz



Ayesha Qamar



Caitlin Chin



Dan Voicu



Emily Pyatt



Greg Haist



Gretchen Overholtzer



Ila D'Cruz



Ioana Andrei



Irene Tadeo



Jeffrey Zee



John Williamson



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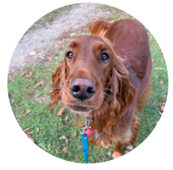
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