

Canada



French Canadian Voyageur Stew

Ingredients:

3/4 pound salt bacon
2 pounds boneless beef, cut in 1-inch pieces
1/2 cup flour
1/2 pound cut baby carrots
1 16-ounce can small onions
1 1/2 cups white wine
1 cup burgandy wine
1 10-ounce can beef consomme
1/2 teaspoon salt
1 tablespoon ketchup
3/4 cup water
3 cups cooked wild rice
1 bay leaf
1/2 cup fresh mushrooms
2 tablespoons chopped parsley
3/4 teaspoon oregano
1/2 teaspoon black pepper
1 teaspoon minced garlic
1/2 teaspoon thyme

Directions:

Saute bacon until crisp in Dutch oven.
Remove, save drippings, crumble bacon.
In a paper bag, shake about half the beef and 3/4 cup flour.
Brown with 1 tablespoon drippings, then remove and set aside.
Do same with rest of beef, adding additional drippings as needed.
Return all to Dutch oven.
Add carrots, onions, herbs (except parsley), wine, consomme, salt, ketchup.
Cover and bake (stovetop on low or in oven at 325 degrees) an hour or so, stir,
bake until meat is tender.
Combine 3 tablespoons flour and water until smooth.
Stir in along with wild rice, mushrooms and parsley.
Continue baking, uncovered, until stew is thickened, about 1/2 hour.

Original Canadian Voyageur Tourtiere

6 Servings

Ingredients:

1/2 lb Ground pork
1/2 lb Ground veal
1/3 c Chopped onion
1/3 c Water
1/4 ts White pepper
1 ts Salt
1/4 ts Ground cloves
1/4 ts Cinnamon
1/4 ts Celery salt
1/4 ts Savory
1 - 2 potatoes, boiled and -mashed
1 Pastry for 8" double-crust -pie

Directions:

Preheat oven to 425F.
Place pork, veal, onion and water in a saucepan.
Simmer until color changes.
Add seasonings; simmer for a little longer.

Thoroughly drain meat.

Mix in mashed potatoes.
Fit bottom pastry into 8" pie plate.
Fill with meat mixture. cover with top crust.
Seal edges as desired and vent top to allow steam to escape.
Bake for 10 minutes; lower oven temperature to 400F and bake for 20 to 25 minutes or until crust is golden brown and filling is hot.

Note: If you prefer a spicier tourtiere increase seasonings to your taste.

French Canadian Pea Soup

Ingredients:

1 lb Dried peas
1/4 c Carrots;grated
8 c -Water
1/4 c Parsley; fresh,chopped
1/2 lb Salt pork-all in one piece
1 Bay leaf;small
1 Onion, large;chopped
1 ts Savory, dried
1/2 c Celery; chopped
Salt and Pepper

"Newfoundland Pea Soup is very similar, but usually includes more vegetables such as diced turnips and carrots, and is often topped with small dumplings. This soup is very good reheated.. The most authentic version of Quebec's soupe aux pois **use whole yellow peas**, with salt pork and herbs for flavour.

After cooking, the pork is usually chopped and returned to the soup, or sometimes removed to slice thinly and served separately. Instead of fresh or dried herbs, herbes saalees (herbs preserved with salt) are often used; they are available commercially or made at home. Pea soup remains a popular dish in restaurants where tourists enjoy a true taste of old Quebec.

In some variations, a little garlic, leeks, other vegetables or a ham bone are added for flavour. For a thicker consistency (though this is not traditional) a cup or two of cooked peas can be pureed then returned to the soup."

Directions:

Wash and sort peas; soak in cold water overnight.
Drain and place in a large pot; add water, parsley, salt pork, onion, celery, carrots, parsley, bay leaf, savory and 1 tsp salt.
Bring to a boil; reduce heat and simmer until peas are very tender, about 2 hours, adding more water if needed.
Remove salt pork; chop and return to soup.
Discard bay leaf.
Season to taste with salt and pepper.

Makes 8 Servings