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 **GLOBE**
PRODUCTIONS

COMMENT

Quebec travels and delicious chicken

By Lori Gysel & Gerry Kentner
whatscooking@theifp.ca

Gerry is writing today

A guided walking food tour of old Quebec City that's for me! Where do I sign up? I say.

What's on the menu? Traditional crepes, savoury tidbits, microbrewery beer, local wines and cheeses, fine chocolate and luscious maple products what a delicious way to get a taste of Quebec! As well, on our nearly three hour tour, a little history and architecture lesson.

We started off one block from the information centre and one block from the Chateau Frontenac at a small artisan style restaurant that did all their own butchering, cured their meats, smoked their own bacon, cured their own salmon (which is what we sampled smoked salmon on a crostini paired with a fine Quebec wine.)

On to the next stop, several blocks away where the premise again was of all locally grown and produced produce,

Greek Style Roast Chicken

INGREDIENTS

- 3-4 lb roasting chicken
- 1 whole lemon
- 1 heaping tbsp powdered chicken or vegetable soup base
- 1 tbsp dried oregano
- Coarse salt and pepper

METHOD

1. Preheat oven to 350 degrees F.
2. Rinse and dry chicken, inside and out.
3. Mix together zest and juice of lemon, soup base, oregano, salt and pepper.
4. Rub mixture all over skin of chicken. Place both lemon halves in the cav-



What's
Cookin

in-house butcher, bee hives and gardens on the roof. We sampled wild boar pate and another glass of Quebec wine. On the way out, a spoon of honey from their honey combs. Next we headed out of the walled city to where the locals live and eat. First to a creperie bistro for ham and cheese crepes with wine, of course. Then another stop for cod fritters and a beer sampling. Poutine was next at the Snack Shack, followed by maple syrup tastings at a maple sugar shack outlet, where 2000 maple syrup suppliers run a co-op to sell their wares. Even a maple syrup with Cointreau!

Last, but not least, the chocolate shop and museum, where many bought Easter treats after our chocolate tastings. No dinner that night planned, but nap time for sure after the walk about on a spectacularly sunny 15-degree day (in March) and a full tummy!

Have fun and keep cooking!



- ity. Add half a cup of water to the pan.
5. Roast, uncovered, for 1 hour, then cover and roast another hour.
6. Allow the chicken to rest for 15 minutes before serving.

Time Out



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