

Celebrate Canada by rediscovering Canadian cuisine

(NC) As you celebrate, don't miss the amazing foods we have to offer. Lynn Crawford, one of Canada's most iconic chefs, shares some of the food trends she's currently seeing in our 150th year.

Canadian-international fusion. From far and wide, our multicultural mosaic means infusing Canadian favourites with international flavours. "Earlier this year, Canadian-international fusion made Loblaw's list of 2017 food trends, and they couldn't have been more right," remarks Crawford. Keep spice mixes like Za'atar, Togarashi and Ras El Hanout to kick up the flavour in dips and barbecue meats. Or turn your meal routine upside down with sushi burritos made from British Columbian salmon, a steaming plate of butter chicken poutine, or a kimchi grilled cheese.

French-Canadian cuisine. With popular restaurants like Joe Beef and Le Toqué, it's no surprise that Montreal recently topped a list of 10 rising star foodie destinations. It continues to get the attention of food blogs and food writers as the city celebrates its own 375th anniversary.

Embrace our Quebecois heritage with hearty dishes like poutine, creton, baked beans, pea soup, tourtiere, ragoût de pattes de porc, and tarte au sucre. Also try the bounty of locally produced cheese, bagels and smoked meats.

First Nations food. Discover foods with a history richer than our country's modest 150 years by learning about First Nations household favourites that have been enjoyed here for millennia. "Some of my favourites to cook with are huckleberries, Saskatoon berries and baked apples. For meats I like pickerel, goose, quail and moose; and for grains wild rice barley and corn," says Crawford. Dip into the First Nation's cookbook scene and you'll find outstanding recipes like green corn leaf bread, traditional bannock, smoked salmon and roasted partridge.

Patriotic colour palette. Desserts are an easy place to add a pop of red and white to your party. Fresh strawberries, raspberries, cranberries and rhubarb are the perfect accompaniment to white chocolates, cakes, creams and meringues in airy summer desserts.

Enjoy a truly Canadian meal

(NC) Canada's 150th birthday is a time to celebrate all things Canadian. Being Canadian brings on thoughts of salmon swimming upstream to spawn, peameal bacon sizzling in a pan, beavertails on Ottawa's Rideau Canal, and tapping maple trees for fresh syrup when the cold winter starts to break.

Sifto is celebrating its 150th anniversary and commissioned leading Canadian gastro chef Mike Shedden to create a perfect Canadian dish of salt-cured maple Canadian Atlantic salmon. This dish is best served cold on top of a dill crème fraiche with fried capers on French bread.

Sesquicentennial Salt Cured Maple Salmon

Serves: 25 1-oz slices

Ingredients:

- 1 kg Atlantic salmon, skin on
- 1 kg Sifto table salt
- 1/2 kg granulated sugar
- 2 oranges, zested



- 250 g cracked and roasted black pepper
- 1/4 cup smoked paprika
- 3/4 cup real maple syrup

Directions:

1. Mix all dry ingredients together in a mixing bowl until completely combined.
2. Coat salmon in cure, and reserve 40 per cent of mixture.
3. Lay salmon skin side down on a baking sheet with half of remaining cure underneath.
4. Mix in maple syrup to remaining cure and coat exposed salmon in wet cure.
5. Wrap tightly in cellophane and leave in refrigerator for three days.
6. Flip salmon once every 24 hours for best results.
7. Once salmon is cured, rinse cure off well and slice salmon thinly and on a slight bias.



CANADA 150
1867 - 2017



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