

A TASTE OF CANADA

Celebrations usually feature food and Canada Day is no exception. Food is also connected to our culture and no matter the time of year, Canadians enjoy foods that taste like Canada.



Butter Tart Slice

The Best of Bridge cookbook series is as Canadian as butter tarts. The first of the series was conceived in 1975 by a group of women who had been playing bridge and sharing food together for a decade. Since then, more than 4 million copies of their cookbooks have sold. The following is an excerpt of a truly Canadian recipe that was published “The Complete Best of Bridge Cookbooks Volume 2: All 350 Recipes from Winners and Grand Slam” by The Editors of Best of Bridge © 2016 www.robertrose.ca.

“Butter tarts are our all-time favourites, but we don’t always have time to make the pastry, roll, cut and fill individual tarts. Butter tarts in bar form are the perfect solution – they are quick to mix up and bake. And here’s a secret: when you’re making squares that have a sticky filling, like butter tart squares or lemon bars, if you freeze the whole thing in the pan before you slice them, they’ll cut much more cleanly. Let them sit on the countertop for 20 minutes to thaw – or if you’re bringing them with you, they’ll thaw en route.”

Ingredients

Crust:

- 2 cups all-purpose flour
- 1/4 cup sugar
- pinch salt
- 1 cup butter, at room temperature

Filling:

- 3 large eggs, lightly beaten
- 2 cups packed brown sugar
- 1/4 cup butter, melted
- 1 Tbsp baking powder
- pinch salt
- 3/4 cup coconut
- 1 tsp. vanilla
- 1 cup raisins
- 1 Tbsp all-purpose flour
- 1 cup chopped pecans (optional)

Preheat the oven to 350 °F.

To make the crust, stir together the dry ingredients, then cut in the butter with a pastry blender until crumbly. Press into an ungreased 9×13-inch pan. To make the filling, stir together all the ingredients and pour over the crust. Bake for 30 minutes, or until golden and set. Cool before cutting into squares. Cut into wedges to serve. This is nice as a sort of cookie, or served with a scoop of vanilla ice cream.

It’s tempting to simply open a bottle of prepared salad dressing and pour over fresh greens but it’s possible to make a simple and equally fresh dressing using just a few ingredients. Fresh strawberries, a Canadian summer favourite, add brightness to this dressing.

Ingredients

Vinaigrette:

- 1 cup (250 mL) sliced Ontario Strawberries
- 2 Tbsp (25 mL) vegetable oil
- 2 Tbsp (25 mL) red wine vinegar
- 1/4 tsp (1 mL) each salt and pepper

Salad:

- 8 cups (2 L) torn Ontario Lettuce
- 2-1/2 cups (625 mL) slivered cooked chicken
- 2 cups (500 mL) Ontario Strawberries, halved
- 1 cup (250 mL) sliced Ontario Greenhouse Cucumber

Directions

1. For the vinaigrette: In food processor or blender, process strawberries, oil, vinegar, salt and pepper until smooth. Use immediately or cover and refrigerate.
2. For the salad: Arrange lettuce on dinner plates. Top each with chicken, halved strawberries and cucumber. Drizzle with dressing. Serve immediately.

Recipe courtesy of Berry Growers of Ontario (ontarioberries.com)



Chicken Salad with Strawberry Vinaigrette



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