

How to eat like a Canadian

The website fooddaycanada.ca is a comprehensive resource that highlights cooking and shopping Canadian. Learn more about Canada's food in this list excerpted from the Food Day Canada website.

Beans and alternate proteins

- Yellow and green split peas, red lentils and white pea beans
- Chickpeas or “garbanzo beans” and chickpea (besan) flour
- Hemp hearts and hemp oil – Mettrum Originals in Ontario
- Flax – milled or whole and flax oil — 99 per cent of the flax sold in Canada in from our farms.
- Pearl and pot barley — barley’s not just for beer...it makes a killer risotto instead of rice and it tastes infinitely better.
- Quinoa – Ontario (Katan Kitchens / Quinta Quinoa)
- Canola oil both traditional that most restaurants use for deep frying and cold-pressed where we’d be remiss we didn’t give a shout out to two of the originals... Tony and Penny Marshall’s Highwood Crossing (Alberta) and Jason Persall’s Pristine Gourmet (Ontario) who also presses organic, Ontario soybeans for their oil.

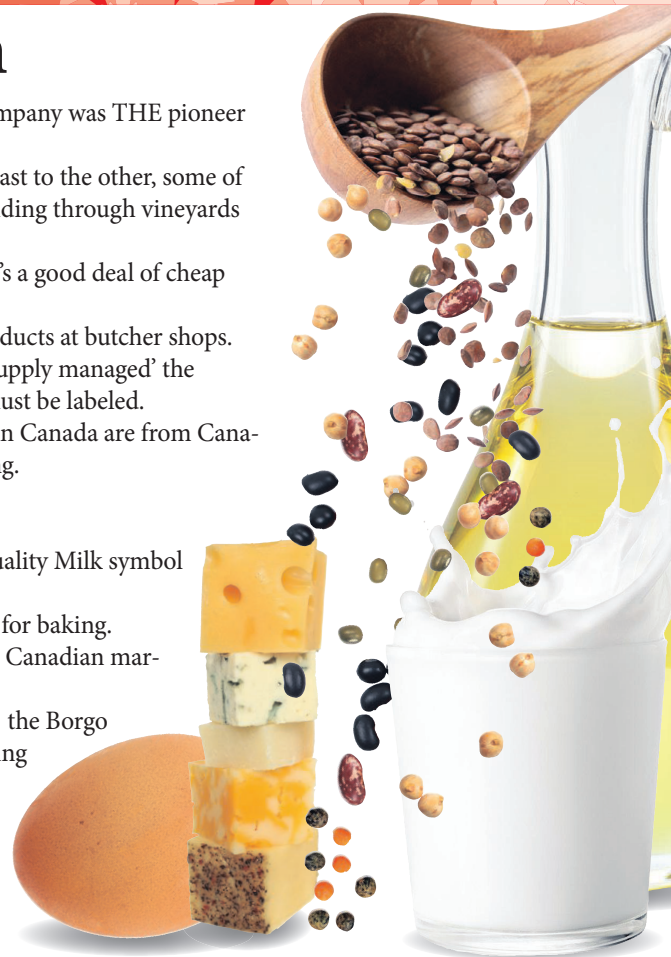
Here’s the meat

- Beef is very regional! There’s Golden Beef and Beef North in northern Ontario where hay is the major field crop. Can’t forget Ontario Corn Fed beef, either. One of the most successful ranchers is YU Ranch which raises Texas Longhorns in Southwestern Ontario.
- Cloth-wrapped, Mennonite-style summer sausage found in many farmers markets and smaller grocery stores.

- Pingué’s prosciutto – this Niagara-based company was THE pioneer in artisan charcuterie.
- Local lamb – there’s great lamb from one coast to the other, some of it feasting on salt grasses, while others bounding through vineyards trimming the grape vines.
- Canadian Pork – check the labeling as there’s a good deal of cheap American pork on our market.
- Good Back Bacon – love the handmade products at butcher shops.
- Poultry – Because chicken and turkey are ‘supply managed’ the chances are that most of it is Canadian. It must be labeled.
- Eggs – lots of them – virtually all eggs sold in Canada are from Canadian farmers. The array of choices is amazing.

Dairy (there is so much)

- Ice Cream – Look for the Dairy Farmers Quality Milk symbol
- Yogurt and sour cream
- Eagle Brand Condensed Milk – so amazing for baking.
- Halloom frying cheese, a new cheese on the Canadian market. Look for either Cedar or PC brands.
- Quality Cheeses (Orangeville, Woodbridge) the Borgo family are pioneers in the local cheese-making industry.
- The production of both sheeps’ milk cheese and goats’ milk cheese are thriving across the nation. In fact, with few exceptions, it’s become a massive, artisan-led industry.



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