

Kitchen

Traditional Canadian cuisine remains in the shadow of the peoples of Europe and other parts of the world. Its base is a game and fish, vegetables and salads are less important.

The basis of the kitchen is Newfoundland cod, usually served with fries. It appears as salmon, hake and halibut. To the more outlandish dishes include language and jaw cod scrunchions (fried bacon cubes), smoked or cured capelin and seal, pate fins. In the provinces very popular crab (boiled, grilled, or in pieces or whole), as well as oysters, shellfish and offal, shellfish and herring - both solo and as a fish stew or clam chowder. Nova Scotia is famous for its black berries, salmon Gundy (marinated salmon), the Annapolis Valley apple pie, greasy Archies (biscuits with molasses from Cape Breton) and rappie pie (with Akadii dish consisting of meat or fish and potatoes). In New Brunswick, eat fiddleheads (cooked leaves of fern) and dulse (edible algae).

Ontario proposes mainly fish dishes, although Great Lakes pollution adversely affected the population of freshwater species. It should taste whitefish, lake trout, pike and bearing in mind that it is easier not to the north of the province than in the south.

Loved the meat is pork Quebec residents, in the form of acute pie called creton and ground - in the batter tourtiere. Another proposal is a great thick soups - pea and cabbage soup, beef in batter (cipâte) and various dishes of maple syrup (eg trempette - bread soaked in syrup and covered with fresh cream). Quebec, of course, is famous for its magnificent cuisine French cuisine relatives. In Saskatchewan and Manitoba have to try the fish - GoldEye, young pike, trout and Arctic variety, as well as food called pemmican (a combination of dried meat, berries and fat) and fruit cakes, including with blueberries from Saskatoon. In the Arctic regions to eat steak with caribou, while Alberta is famous for beef steaks. In the kitchen British Columbia is dominated by fish and seafood - from cod, haddock and salmon to crabs, oysters and shrimp. From time to time, you can find a restaurant run by representatives of indigenous peoples. An example would be local in Wanuskewin Heritage Park in Saskatoon, Saskatchewan, where shall venison, buffalo meat and wild rice in brown scales.