

Numerous terraced restaurants like this one in Crescent Street, Montreal, make an ideal summer rendez-vous point.



Each province has its own specialities, while international dishes are available in all Canadian cities.



tended to use every part of the animal they could, and one of the local delicacies is Roasted Pig's Tails. Less intrepid travellers might prefer Laurentian Pork Chops with Maple Syrup or perhaps Tourtière, a pork pie with golden crust which is traditionally served on Christmas Day after midnight mass.

Succulent dishes from Canadian waters

Fish has pride of place in the diet of Canadians, and not only in the coastal provinces. Within its borders the country boasts one-third of the world's fresh water, and Canada's lakes and streams teem with whitefish, pickerel, trout, pike, smelt and Arctic char.

One of the delicacies of Manitoba is Winnipeg Goldeye smoked over oak logs and then dyed a deep coral. This process has its origins a century ago when a young English butcher, Robert Firth, decided to augment his income by nocturnal fishing expeditions on the Red River. Firth constructed a makeshift smokehouse to cure his catches and half cooked the fish by accident. The result, however, was delicious.

On the Atlantic seaboard there is an abundance


of fish. Soused mackerel is a favourite among the residents of Prince Edward Island, while Bonavista Bay Cod's Tongues are a noted Newfoundland delicacy. New Brunswick is famous for its salmon, its Buctouche and Caraquet oysters, and lobsters from the Shediac area; and Nova Scotia with its three distinctive culinary traditions – French, Scottish and German – offers the gourmet Digby Scallops and its own brand of Clam Chowder.

British Columbia too is noted for the quality and variety of its seafood, including halibut up to 500 pounds in weight, five varieties of salmon, black cod, King Crab, shrimps and oysters. The province boasts a fine selection of vegetables and fruit, together with products such as Ogo-pogo Apple Dumplings and Penticton Peach Pear chili pickle.

Rounding off the meal

The rolling plains and foothills of Alberta are cattle country, and not surprisingly Albertans enjoy thick, rare, beef steaks. The province has produced two unusual beef dishes – Chuck Wagon Stew and a beef mincemeat used for tarts and meat pies. Beef is also used as a substitute for buffalo meat in Sweetgrass Buffalo and Beer Pie.

Neighbouring Saskatchewan has much to interest the sweet tooth, with Blueberry Muffins, Homesteaders' Pancakes with Pinchberry Jelly, and Saskatoon Pie. Saskatoons, incidentally, resemble blueberries but have their own unique flavour. The province is also the home of Bannock, a kind of bread made without yeast and shortening that has long-life qualities. Another delicacy is wild rice, harvested by the local Indians.

Back in Ontario, it is possible to sample Golden Horseshoe Macaroni Mousse, Ottawa Valley Pumpkin Pie and Niagara Apple-Cheese Betty – washed down with a bottle of home-produced wine. Ontario, after all, is the vineyard of Canada, producing 90 percent of the country's wines in that part of the country which dips as far south as northern California. 

Chuck Wagon Stew

1½ lb round steak
 1 tbsp shortening / lard / oil
 2 tbsp flour
 4 cups boiling water
 1 bay leaf or
 ½ tbsp Kitchen Bouquet
 Salt and pepper to taste
 4 medium potatoes, diced
 2 cups sliced carrots
 2 cups sliced apples
 12 small onions
 2 tbsp butter or beef suet

Cut steak into strips, roll in flour and brown in shortening. Add boiling water and seasonings and simmer two hours. Add the remaining ingredients and simmer 1½–2 hours longer.

Niagara Apple Cheese Betty

6 apples, peeled, cored and sliced
 1½ cups shredded tangy cheese
 3 cups coarse breadcrumbs
 1 tsp cinnamon
 ¾ cup sugar
 ¼ cup cold water

Combine crumbs and cheese, and mix cinnamon and sugar. Arrange layers of apples, sugar mixture and crumb mixture in greased casserole, making three layers of each.

Sprinkle the water over the last sugar mixture and top with the last crumb mixture. Bake about 45 minutes at 375°F / Gas mark 5. Serve plain or with cream.