

From wild rice to spicy meat pie — holiday fare offers variety

Christmas, the season of good will, is here. For the fortunate it is also the season of good food and, depending on ethnic origin, the traditional Canadian family fare could include many dishes. People of English extraction, for example, will eat turkey at Christmas; the Métis (descendants of French and Indian marriages) favour wild game — perhaps buffalo, deer or moose; German-Canadians may choose goose, duck or suckling pig; and French Canadians certainly will serve tourtière (pork pie) following midnight mass on Christmas Eve.

While many good recipes exist for tourtière, one of the better ones is from food — *à la canadienne*, together with several other typically Canadian dishes — not necessarily all eaten at Christmas.

Tourtière

- 1 pound (454 g) minced pork
- 1/4 cup chopped onion
- 1/2 teaspoon salt
- Dash pepper
- 1/4 teaspoon savory
- 1 small bay leaf
- 1/4 cup boiling water
- Pastry for 2-crust pie

Mix pork, onion and seasonings. Add bay leaf and water. Simmer uncovered about 20 minutes, stirring occasionally. Remove bay leaf, cool meat and skim off fat. Line pie plate with pastry and fill with meat mixture. Cover with pastry, seal edges and cut small steam vents in top of pie. Bake at 425° F (215° C) until lightly browned (about 30 minutes). Serves 6.

Crunchy turkey salad

- 3 cups diced cooked turkey
- 3/4 cup chopped celery
- 3/4 cup sliced green onion
- 3/4 cup chopped green pepper
- 1 teaspoon salt
- Dash pepper
- 1/3 cup French dressing
- 1/2 cup mayonnaise
- 1/2 cup dairy sour cream
- 1/3 cup toasted slivered almonds
- 2 cups finely crushed potato chips
- 1 cup shredded cheddar cheese

Combine turkey, vegetables, salt, pepper and French dressing. Refrigerate one hour. Combine mayonnaise and sour cream; add to turkey mixture and refrigerate for another hour. Fifteen minutes before

serving, add almonds and transfer salad to heat-resistant, 2-quart serving dish. Combine crushed chips and cheese and sprinkle on top of salad. Broil until cheese melts (2 to 4 minutes). Serves 6.

Wild rice and mushroom casserole

- 1/4 cup chopped onion
- 1 cup sliced mushrooms
- 2 tablespoons butter
- 1 tablespoon flour
- 1 cup beef bouillon
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2½ cups cooked wild rice (below)
- 2 tablespoons blanched slivered almonds

Sauté onion and mushrooms in butter until onion is transparent (about 5 minutes). Blend in flour, gradually add bouillon and cook, stirring constantly, until smooth and thickened. Add seasonings and combine with rice. Turn into buttered casserole, sprinkle with almonds and bake 30 minutes to 350° F (175° C). Serves 4 or 5.

To prepare wild rice: wash 2/3 cup uncooked wild rice and soak several hours in cold water, preferably overnight. Wash rice again, changing water several times, and stir into 3 cups boiling water. Cover and boil 5 minutes; drain and wash again. Add rice and 1/2 teaspoon salt to 3 cups boiling water, cover and cook until tender (15 to 20 minutes). Makes 2½ cups.

Pea soup from the Maritimes

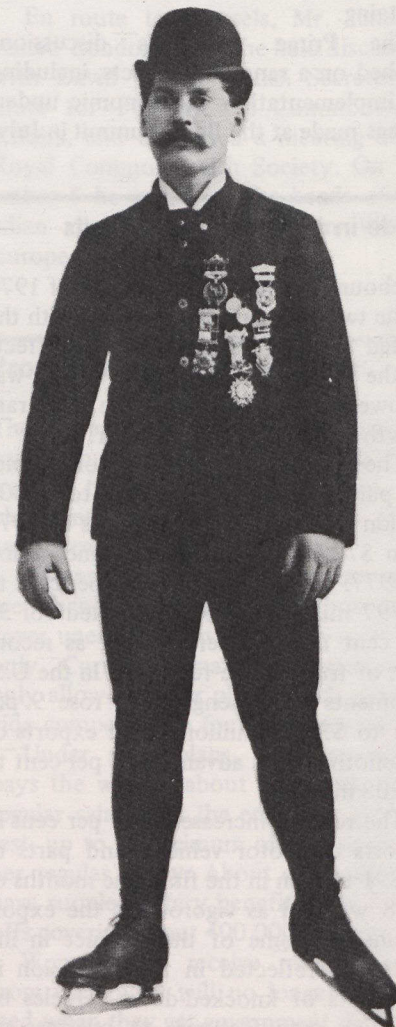
(French-Canadian pea soup is similar but contains whole yellow peas, salt pork, savory, parsley, a bay leaf and a little hominy.)

- 2 cups dried split peas
- 12 cups water
- 1 ham bone
- 1 cup chopped onion
- 1/2 cup chopped celery
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 cup diced potatoes

Wash peas and soak overnight in 4 cups of the cold water. Add remaining water, ham bone, onion, celery and seasonings. Cover, bring to boil and simmer until peas are tender (about 2 hours). Add potatoes and cook until tender (12 to 15 minutes). Remove ham bone, purée soup and reheat. Serves 8.

Figure skaters' centenary

In the past 100 years Canada has produced such world figure skating champions as Barbara Ann Scott (1947 and 1948), Barbara Wagner and Robert Paul (1957, 58, 59 and 60, also Olympic gold medallists in 1960), Donald Jackson (1963), Petra Burka (1965) and more recently Karen Magnussen (1973).



Louis Rubenstein formed the Amateur Skating Association of Canada on November 30, 1878.

Established by Louis Rubenstein in 1878, the Amateur Skating Association of Canada, as it was called, was the ruling body for both speed and figure skating until 1914, when a separate organization for figure skating was established.

In 1939 the association adopted its present name, Canadian Figure Skating Association (CFSA) and in 1947 the CFSA joined the International Skating Union.