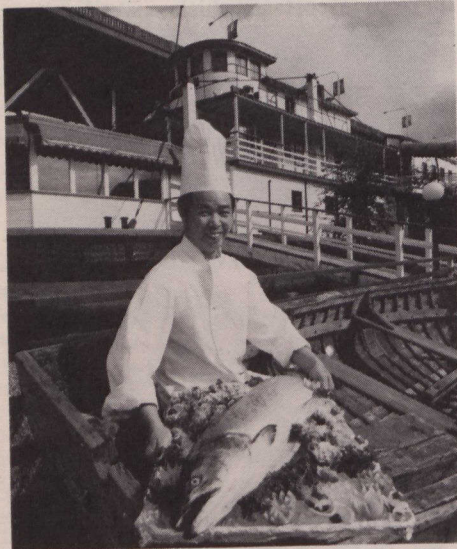


food such as jugged hare, *ragout de pattes de cochon* and pork hocks. In the Laurentian Mountains, many gracious old inns and resorts pride themselves on their fine French cuisine and game dishes. La Sapinière in Val David is the only North American member of the exclusive "Le Relais de Campagne" establishments that are found in Europe.

To get a sense of the lively ethnic diversity of Montreal, one can visit the Main on boulevard St. Laurent. In the St. Lawrence Meat Market, there are goats hanging from meat hooks and rows of independent butchers competing for business. Next door at Enkins, hot spicy Caribbean meat pies can be found. Then up St. Laurent and over on Roy Street, Waldman's fish store houses tanks full of lobsters, baskets of wriggling Chesapeake Bay blue crabs, and tins of octopus and squid. Small shops on Roy sell live chickens, ducks and rabbits, and one can buy hot bread and Greek pastries. Schwartz's, reputed to serve some of the best smoked meat sandwiches in the world, is located on the Main.

World famous cheddar

Ontario's cheddar cheese is world famous. Balderson and Forfar are two small towns in the Rideau Lakes area between Ottawa and Kingston which produce distinctive cheddars that bear the towns' names. One can buy cheese right on the site, and at Forfar's catch a glimpse through the factory windows of the cheeses being produced. In Ingersoll, Ontario one can visit the Cheese Factory Museum and see antique cheese-making tools and ma-



The Wharf Restaurant in Vancouver specializes in B.C. salmon.

chinery. For a demonstration of old-style cheese-making, head for Upper Canada Village in Morrisburg (daily, mid-May to October) or the old Warkworth Cheese Factory, Warkworth (Saturdays, mid-May to Thanksgiving).

In Southwestern Ontario's Kitchener-Waterloo district, German-Mennonite traditions remain strong. Every Saturday morning (Wednesdays too, in summer), the Kitchener Mennonite Farmers' Market sells home-made bread, sausages, preserves and vegetables and Mennonite dishes like shoofly (molasses) pie, Kochkase (processed curd cheese) and kimmel kirsche (pickled cherries). During October the Kitchener area hosts Oktoberfest — nine days of German food and drink.

In the marshlands and slow streams of Ontario, Manitoba and Saskatchewan, wild rice (also known as wild oats and weed of the wheatfields) is harvested in late August and September by native Indians who bend the rice stalks into their canoes and flail the stems with a paddle-like stick. One can buy wild rice in the gourmet food sections of supermarkets and in specialty stores, and may be served this nutty-flavoured dark long grain rice in fine dining rooms.

On the prairies, the strong influence of Ukrainian, Mennonite and Jewish immigrants is evident. At the Mennonite Village Museum in Steinbach, Manitoba (open mid-May to mid-September), a restaurant in an old livery barn serves Mennonite borscht, made with green cabbage and sour cream but no beets; pluma moos, a cold fruit soup served with cream; vareneki, the Mennonite version of perogies; smoked sausage and stone-ground bread, made from wheat ground in the village's wind-powered grist mill.

Ukrainian food is so popular in Manitoba, Saskatchewan and Alberta that it can be found not only in restaurants but also at delicatessens and supermarkets. Look for holupchi (cabbage rolls) and perogies (dumplings stuffed with potato or cheese). In the Interlake district between Lake Winnipeg and Lake Winnipegosis, and especially in Gimli, there are Icelandic bakeries which sell special Icelandic pastries and bread.

In downtown Winnipeg in the Old Market Square (open Saturdays and Sundays in summer) one can buy fresh produce, crafts and antiques from canopied stalls and be entertained by musicians and magicians. In many restaurants, Winnipeg goldeye, a small fish smoked over oak



L'Atre Restaurant near Quebec City.

logs and dyed a deep coral is served.

Alberta is justly famous for its beef; steakhouses serve thick, rare tender beef steaks. In the Peace River country, the farmers boast they make the finest honey in the world. Further north, in the Northwest Territories, there is Arctic char, a rare mouthwatering treat that is not quite trout and not quite salmon. In Yellowknife, bannock burgers are served at the Wildcat Café (bannock is a pioneer bread served baked by the Indians and fried by the Inuit). Or for a change of pace the Métis' Tree of Peace Friendship Centre serves a delicious caribou stew lunch. In the Yukon, one can dine on fresh lake trout, salmon and Alaska King crab.

On the Pacific coast, the ocean delivers salmon, halibut, prawns, abalone, Dungeness and King crabs, little neck, butter razor and soft-shell clams and oysters. The Vancouver restaurant, Muck-a-Muck, serves genuine native Indian foods such as wind-dried sockeye salmon, duck with juniper berries, fresh fern shoots and wild black current jam with hot whole wheat bannock bread.

British Columbia is also known for loganberries, a cross between a raspberry and a blackberry, and Zucca melon. In June, July and August, flats of luscious raspberries are for sale in the Fraser Valley, which produces 90 per cent of Canada's raspberries. In the Okanagan Valley, roadside fruit stands open as soon as the cherries ripen in June. The following months apricots, peaches, plums, nectarines, grapes and apples are available.

(Article by Linda Rhéaume, Canadian Government Office of Tourism.)