

# Canada Weekly

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A gastronomical tour of Canada reveals mouthwatering delights, 1

Law of the Sea conference, 3

Conservation and renewable energy offices planned, 3

Effects of technology on labour, 3

Agriculture experts take part in Sri Lanka project, 4

Science prizes awarded, 4

Soap kills insects, 5

Mobile radio communications system integrates Nova Scotia, 5

Biotechnology centre for Ontario, 6

Canadian aid to Zimbabwe, 6

Tricycle for disabled children designed, 6

News of the arts — exhibition, arts briefs, 7

News briefs, 8

## A gastronomical tour of Canada reveals mouthwatering delights

Canada's different regions offer a variety of epicurean delights fit for every taste.

A gastronomical tour of Canada starts in Newfoundland where one can sample foods that were staples of the English and Irish seamen who fished there four centuries ago. Because of its isolation, Newfoundland retains not only its Irish-flavoured dialect, but a seafarer's cuisine — flipper pie made from Harp seal flippers, fish and brewis (salt cod and hard tack sprinkled with scrunchions, crispy bits of rendered pork) and cod's tongues (they taste like scallops). Dessert menus include Figgy Duff (molasses and raisin pudding), Blueberry Buckle and Patridgeberry Parfait (these berries grow wild, look like cranberries and taste like blueberries).

Take home a bottle of Newfoundland Screech, a dark tasty rum that today comes from the Caribbean. Once a popular working man's drink, screech used to be made by washing out Jamaica rum barrels with boiling water. Its name, coined by American servicemen stationed in Newfoundland during the Second World War, refers to the reaction of those who drink too much of it. For the more inhibited there is a rum cocktail called

Muffled Screech.

In the Maritimes, lobster is reputed to be some of the finest in the world because they roam the cold waters of the Atlantic. On Prince Edward Island, home-cooked lobster suppers served in community halls and church basements are an institution.

Visitors to the Maritimes can dig for soft shell clams on the tidal flats of Nova Scotia and New Brunswick. Certainly one should not leave New Brunswick without tasting fiddleheads, the unopened curled-up fronds of the ostrich fern which are picked in the spring and frozen for gourmets year round. Dishes that are also part of the Maritimes' heritage are Acadian rappie pie of meat and potatoes, the German-inspired pickled herring called Solomon Gundy, and Cape Breton oatcakes.

### Good food revered

In Quebec one will discover a special reverence towards food and wine. In Quebec City, elegant French restaurants and hearty Québécois meals in historic surroundings abound. Aux Anciens Canadiens, for example, is a seventeenth century stone cottage which serves habitant



Chef Anthony Lachance displays food served at the Henry House in Halifax, Nova Scotia.

Office of Tourism

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Fourteen years ago this week...

Prime Minister Lester B. Pearson announced on April 17 the creation of the Order of Canada. The award was to be presented for service to Canada or to humanity at large. There were three classes of the Order: Companion, Officer and Member.

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