

Survival Japanese Cook Book



Shié Kasai

Montréal 2008

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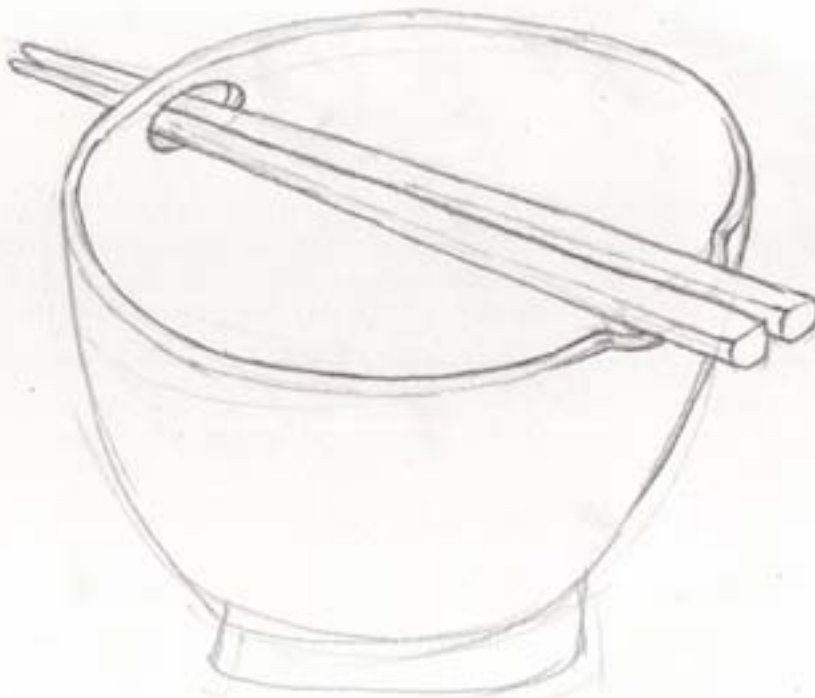
Preface

The first Survival Japanese Cooking took place at “This Neck of the Woods”, a week-long residency at a Canadian themed camping site, organized by Yvette Poorter in Rotterdam the Netherlands 2006. Instead of cooking camping meals, I cooked Japanese to challenge an unfamiliar environment as well as in finding my own comfort. Typical local/Dutch products were used in replacing the authentic Japanese ingredients.

The same project now takes place at my apartment in the heart of Plateau, Montreal 2008. I've been living in Montreal since 1998 but never lived in this neighbourhood before the end of 2006. Here in Plateau, a sushi take-out, the most well known Japanese food, can be found on almost every block. Suddenly I'm given an easy access to “supposedly” my own kind of food while living outside of Japan. This is somewhat a convenient phenomenon (for me and maybe to you too). Although I find myself perplexed especially when people ask me to recommend the best Japanese/sushi restaurant.

Acknowledgments

I would like to thank 154 of you who live or lived in Montreal for participating in this project by filling out the Survival Japanese Cooking survey. This little booklet wouldn't exist without your generous answers and opinions.



Survival Japanese Cooking Definitions ...

- 1) all the ingredients should come from the local supermarkets
- 2) the ingredients should be flexible to substitutes
- 3) the cooking requires less time as possible
- 4) the cooking should not require special equipment
- 5) the meal has a reference to a Japanese dish
- 6) the meal has a similar look to a Japanese dish
- 7) Eating SJC meals should not contribute to weight gain
- 8) be economical, no wasting of food
- 9) the meal should satisfy myself physically and psychologically
- 10) SJC meals should make me feel at home in a foreign place

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DENISE KOLIVAS
 Demanderesse
 -C-
 MARIO CONTOS
 Défendeur
ASSIGNATION
 AVIS est donné à MARIO CONTOS, que la requête de la demanderesse sera présentée devant le tribunal le 8 mai 2008, à 9h00, en salle 2.17, Palais de Justice de Montréal situé au 1, rue Notre-Dame Est, à Montréal.
 Une copie de la requête a été remise au greffe, à l'intention de MARIO CONTOS.
 Montréal,
 le 14 avril 2008.
 Julie Gagné
 Greffier adjoint

Une copie de la requête introductive d'instance (Garde et pension alimentaire) a été remise au greffe, à l'intention de LEYESS OMDZANGA AZENGUI,
 A Montréal,
 Le 21 avril 2008,
 Stéphanie Desmarais
 Greffier adjoint

PRENEZ AVIS que Juanita Ricotoso, en sa qualité de mère dont l'adresse du domicile est le 4775 avenue Plamondon appartement 101, Montréal, présentera au Directeur de l'État civil une demande pour changer le nom de son fils Mark Hendrix Tamayo en celui de Mark Hendrix Ricotoso. Avis rempli et signé à Montréal le 22 janvier 2008.
 Juanita Ricotoso

PRENEZ AVIS que Jacques Mbem Ndock en sa qualité de père dont l'adresse du domicile est: 4452, Des Sources, appartement 117, Dollard-des-Ormeaux, présentera au Directeur de l'état civil une demande pour inscrire son nom comme père dans l'acte de naissance des enfants mineurs:
 Christopher Keynes Biékeu, 7 ans et Jordana Biékeu, 5 ans. Donc, les noms de famille seront modifiés pour se lire comme suit: Christopher Keynes Biékeu Mbem et Jordana Biékeu Mbem.
 Prenez avis que toute objection à la présente demande doit être notifiée au Directeur de l'état civil dans les 20 jours de la dernière publication de cet avis.
 Montréal, 25 avril 2008
 Jacques Mbem

91 Recherches

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 Pour participer à une discussion sur l'éthique de l'usage des médicaments sur prescription.
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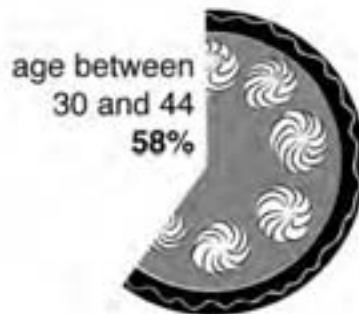
TV FILM
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1

The most favorite = most consumed? = locally accessible/available? = most Montreal? = most Canadian?

Hundreds of people answered a questionnaire during the month of April 2008. It was advertised through emails, words of mouth, and also an ad in the Metro paper. By studying the results I hoped to come up with a clear idea on Canadian food. Instead, the answers reflected the complexity that is Canadian identity.

Total response= 154



A Survey

9) Please describe what you remember eating in the last 24 hours (including breakfast, lunch, dinner, snacks, drinks).

()
()
()

10) What kinds of restaurant do you like the most (top3)?

[North American, South American, European, Asian, Middle Eastern, Diner style, Bistro, French, Italian, Mexican, Indian, Mediterranean, Spanish, Portugal, Chinese, Korean, Vietnamese, Thai, Japanese, African

If not-listed fill-in()]

11) Your friend is visiting Montreal for the first time. Which food would you recommend her/him to try, or which restaurant would you take her/him to? ()

12) You are in a foreign country. You meet someone who's never visited Canada asks you, "What is an authentic Canadian food?" How would you answer? ()

Tell me about your background:

- 1) Canadian / Immigrant-first generation / Non-Canadian
- 2) Female / Male
- 3) Non-Vegetarian/ Vegetarian / Vegan
- 4) Age: below 18 / 18~30 / 30~45 /45~65 / 65 and up

Choose your prize

Upon filling this survey you are eligible for one of the following prizes. One winner will be notified by email.

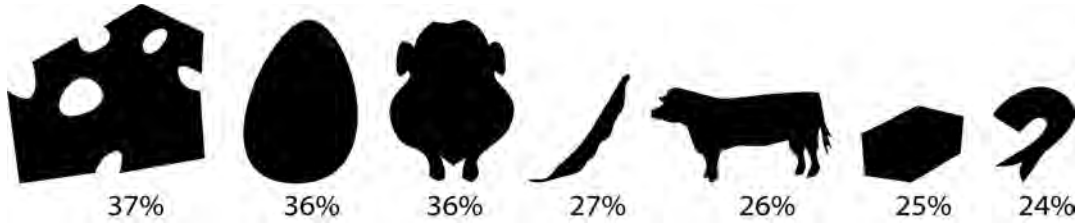
- a) Free Poutine at La Banquise
- b) Free hotdog at La Belle Province
- c) Free chicken at Saint-Hubert
- d) Free brownie from Aux Vivres

Please leave your email address in case you like to be notified for the prize. ()

Thank you very much!

Favorite foods:

Proteins:

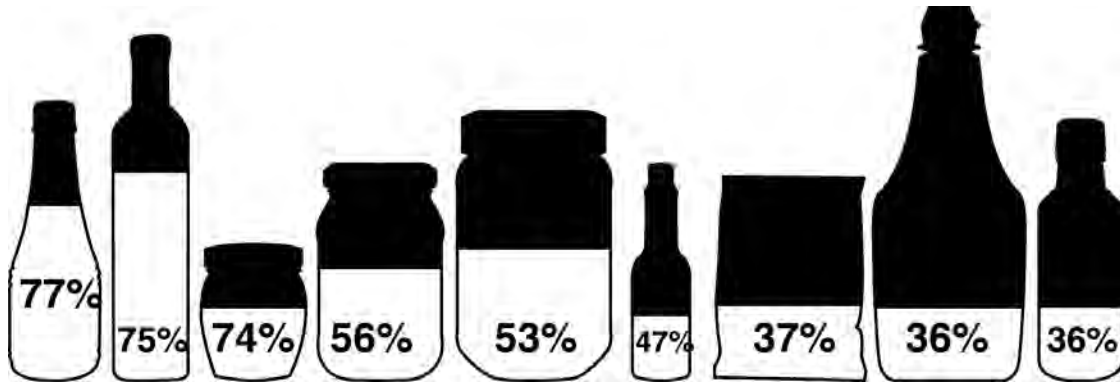


[Cheese, Eggs, Chicken, Beans, Beef, Tofu, Seafood&Shellfish]

Vegetables: Avocado, Tomato, Broccoli, Onion, Spinach, Carrot, Potato, Asparagus

Fruits: Raspberries, Blueberries, Mango, Apples, Banana, Orange, Strawberries

Condiments always kept in cupboards:

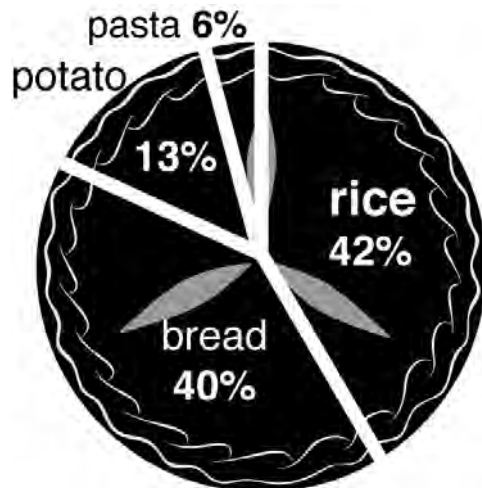


[soy sauce, balsamic vinegar, mustard, mayonnaise, peanut butter, hot sauce, miso, ketchup, rice vinegar]

Monthly Budget on food per person: \$250

Most popular grocery location: Jean-Talon Market(29%)

Q: If you had to choose one, what would you like to have at every single meal?

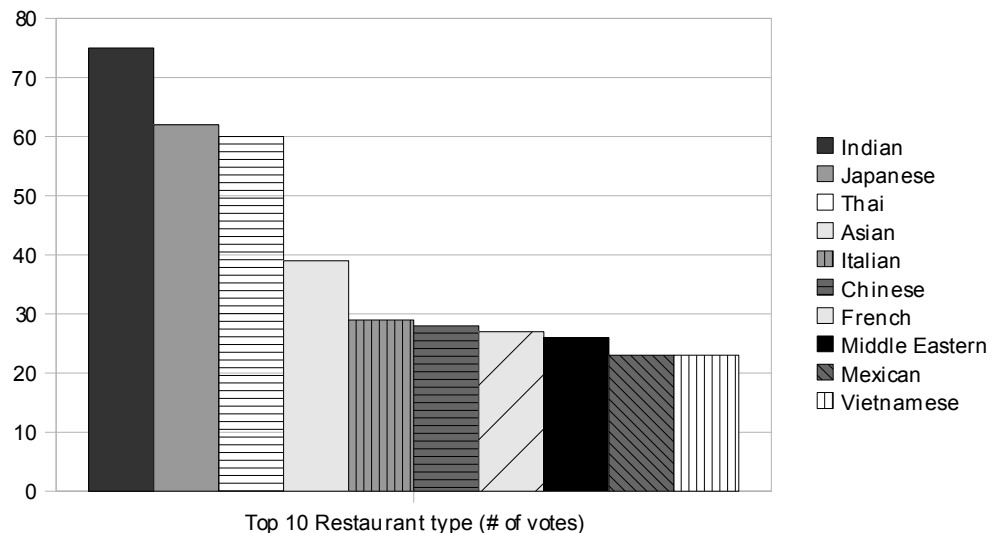


A Survey

Here are some samples how these most favored food were prepared and consumed, according to the survey (in no particular order):

Avocado on bagel, **guacamole**, **Cheese & Avocado** sandwich, Goat **cheese** & red pepper sandwich, Baguette sandwich with **camembert** & smoked salmon, Cream **cheese** on Bagel, Mild cheddar **cheese** on Bagel, Baguette with melted cheddar **cheese**, Green salad with **egg**, **Eggs** Benedict, **Egg** white with **shrimp** & **tofu** & **onion** & **cheese** & **tomato**, Fried **eggs**, Cream of **broccoli**, Steamed **broccoli**, **Spinach** & feta **cheese** Pizza, Pizza with grilled **chicken**, Hamburger, **Chicken** burger, **Chicken** curry, Coconut curry **chicken**, Roast **chicken**, Caesar Salad, Grilled marinated **chicken**, BBQ **chicken**, Three **bean** salad, Eight **bean** salad, **Lentil** soup, **Chickpea** soup, Indian style **chickpea**, **Hummus**, Salsa, **Onion** rice with **lentil**, **Broccoli** beef, BBQ steak, Roast **beef**, Roast **beef** sandwich, Spare ribs, **Beef** curry, Garlic **beef**, stir fried **beef** with **onion**, Grilled Trout, **Tomato** sauce pasta with **Asparagus**, Pesto pasta with Swiss **cheese**, Pasta with **broccoli**, Macaroni & **cheese**, Linguini with pesto & **spinach** & mushroom, **Tomato** sauce pasta, **Tomato** & bocconcini **cheese** salad, **tomato**-red pepper soup, **Potatoes** with dill & garlic & sour cream, **Potato** & leek soup, **Fries**, **Chips**, Mashed **potato**, Hash browns, Stir fry with **tofu** & vegetable, Marinated Indian **Tofu**, **Tofu** with ginger, **Tofu** pita wrap, Spicy butternut **tomato** soup with **tofu**, Ratatouille, Cous-cous with dried **tomato** & feta **cheese** & olive & persil, **spinach** salad, Stir fry **tofu** with **cheese** & arugula, **Cheese** & maple syrup crepes, **Spinach**&ham & olive quiche, **Broccoli**&ham quiche, **Banana** pancake, **Carrot** cake

Q: What kinds of restaurant do you like the most?



Please describe what you remember eating in the last 24 hours (including breakfast, lunch, dinner, snacks, drinks).

*bagel and peanut butter
and jam*

tuna sandwich

natcho chips and salsa

pasta with tofu

*microwave pasta bowl,
tortilla wrap with tofu and spinach,
popcorn,
bagel with peanut butter,
coffee,
diet pepsi,
water,
grilled cheese sandwich,
yogurt,
apple,
Doritos*

*coffee, cereal,
orange juice,
peanut butter & toast,
potato chips,
apple,
spring roll,
vegetable fried rice,
fried tofu,
fortune cookie,
croissant*

*coffee (milk, brown sugar),
whole grain toast with
becel margarine,
crunchy peanut butter
and orange marmalade;*

*smoked turkey, swiss cheese,
lettuce sandwich
with honey mustard;*

green apple, orange;

*olive-eggplant humus with
rice crackers;*

wildberry juice;

*green beans with small potatoes
and salmon sauce;*

chocolate

cabbage, carrot, sweet potato soup i made

peanut butter and bananas

tofu hotdogs

*orange pekoe tea
with milk and sugar*

A Survey



Cari rouge thaï avec carottes,
bok choy, et oignon

Pain grillé avec beurre d'arachide
et Marmite

POMMES (3)

BANANES sechées

Sauce aux pommes

Sandwich avec des tranches
de dinde végétariennes,
épinard, et moutarde.

*pain, beurre d'arachide,
pâtes avec sauce tomate,
salade de choux,
saucisse*

orange, pain, miel,
beurre d'arachide, café

riz, boeuf, fèves rouges et noires,
carottes, celeri, oignons,
tomates, vin rouge

laitue, radis, poivrons rouges,
fromage féta,
vinaigre balsamique, huile d'olive

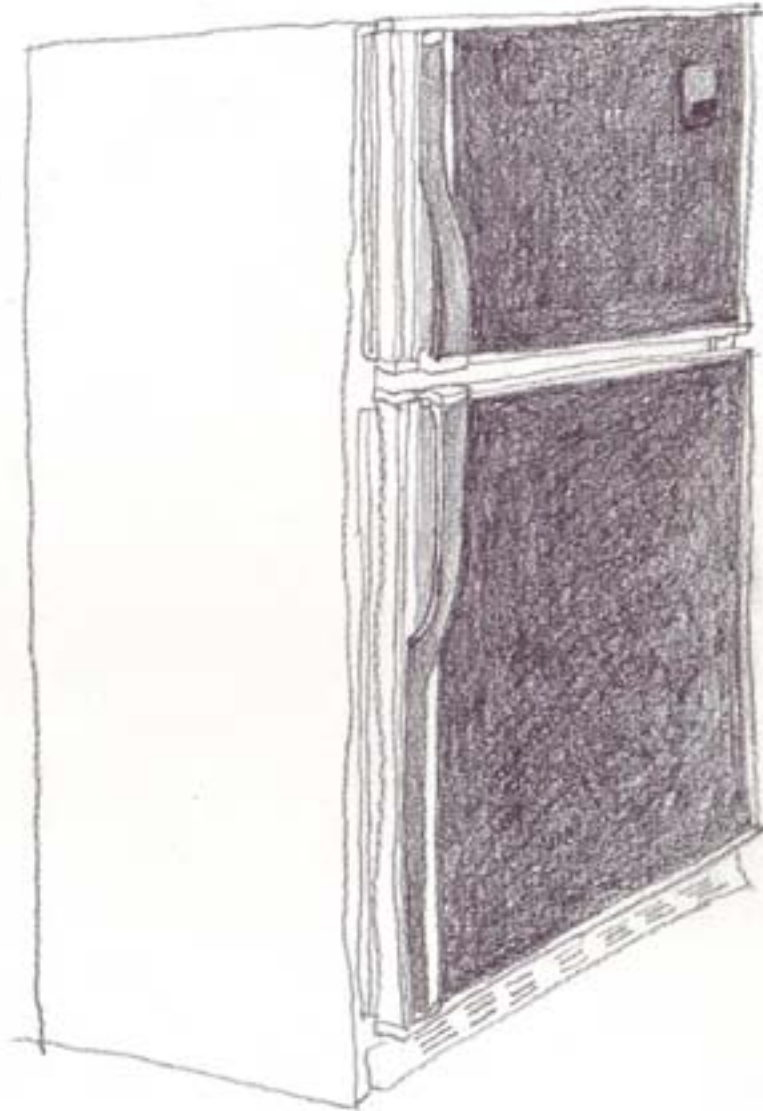
**PAIN, BEURRE D'ARACHIDE,
TOFU, FÈVES ROUGE, ONIONS, AIL,
TOMATES EN BOITES,
TORTILLA, CHEDDAR, GOUDA,
AVOCATS.**

*Indian Dal, jasmine rice,
scrambled eggs,
toast with raspberry jam,
homemade pizza,
muesli cereal,
apple slices with peanut butter,
homemade banana bread,
homemade chocolate chip cookies,
orange juice, water,
earl grey tea, coffee,
orange, strawberries, almonds*

*Sandwich au thon,
chips (patate),
carottes,
cornichon,
eau,
bière,
melon,
prosciutto,
chips (maïs),
salsa,
sangria,
asperges,
poivrons,
patates,
saumon,
toast & beurre d'arachide,
céréale,
café...*

2

What makes Canadian food in my Montreal apartment Japanese?



The Recipes

I bought a dozen eggs in a carton box. When I opened it at home, there were only 10 eggs. I felt I was ripped off. Two missing eggs? Why would anyone take raw eggs in their pocket? From that time I always open and check the inside of box in the super-market, to see if there are any that is broken, or missing.

ジャガイモとアボカドにんにく炒め

Stir-fried avocado and potato

- one avocado, cut in cubes
- 2 potatoes, skin removed and cut in cubes
- 2 cloves of garlic, crushed
- some salt and pepper to taste

1. Cook the potato in salted water, drain.
2. Heat 1Tbsp oil with garlic, salt and peppers. Mix in potatoes, cook until lightly browned. Then add avocado, stir and cook for 30 seconds.
3. Serve hot.

いもち

Potato mochi

(Makes 4 small pancakes)

- 2 medium size potato, skin removed and cut in cubes
- 3 to 4 Tbsp potato starch

1. Cook the potato in salted water. Drain.
2. Mash the potato and mix in the starch with some water (2 to 3 Tbsp).
3. Divide in four. Form a shape like a pancake.
4. Pan-fry both sides slowly with some oil, at medium-low.
5. Serve hot.

Serving suggestions: sweet soysause (1Tbsp soysauce with 1tsp sugar) or/and butter, hot sauce, and etc.

*A small piece of cheese/meat/vegetable can also be placed in the center.

温泉卵

Onsen(hot-spring) egg

1. Leave three eggs out for 4 hours or more*.
2. Boil 2 cups of water. Remove from heat. Place the eggs (room temperature), then cover. (The eggs should be covered in water.) Leave them for 30 minutes.
3. Take the eggs out. Cool them with running water. The onsen eggs can be kept in fridge for a few days.

*Room temperature measured at 25 degree Celsius

アボカド丼

Avocado bowl

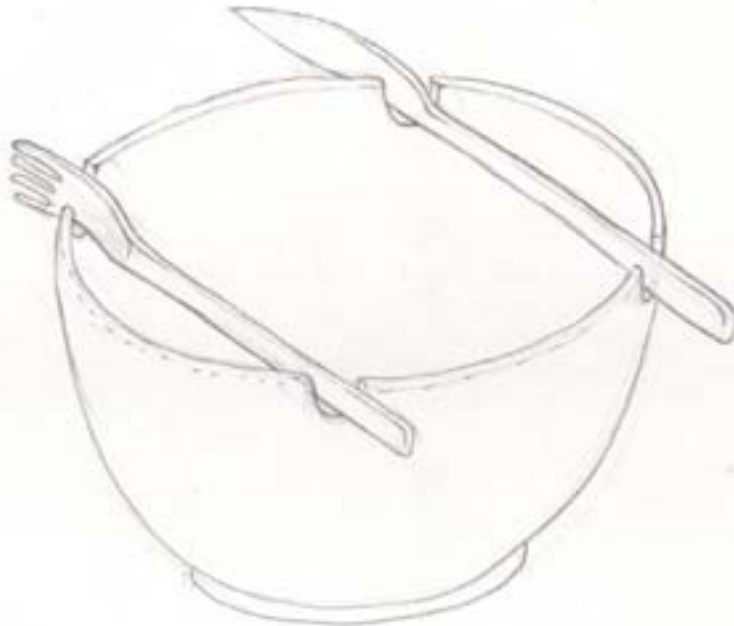
(serving one)

- a large bowl of cooked rice (hot)
- 1/2 avocado
- 1/4 soft tofu, break into small pieces with fingers
- 1/2 cup chopped cresson (or lettuce/leafy vegetables)
- 1 onsen egg

Dressing-mix well

- 1 Tbsp mayonnaise
- 1 Tbsp miso
- 1/2 Tbsp vinegar
- 1/2 Tbsp soy sauce
- 1/2 tsp sugar
- few drops of sesame oil

1. Place some rice (hot) in a serving bowl, then vegetable, then tofu and avocado. Lastly, onsen egg on top.
2. Pour the dressing over.



The Recipes

When I first came to Montreal in 1998 I lived in the downtown YMCA. My usual supper was .99 cent pizza. I remember asking my classmates which local food worth trying. One of my classmates, I think it was Berry, told me to get a “poutine”. I know there could be better things to keep in my precious brain space but I still remember that. I stopped by at La Belle Provence after working some hours in my studio. It was getting dark. I can't exactly remember which one I went to. I remember bright fluorescent lights. Could it be the one on the corner st-Catherine and st-Laurent? I felt shy ordering it. I also felt shy eating it there so I brought it home. It was in a brown paper bag.

オムライス

Omu-rice

- a large bowl of cooked rice (hot or cold)
- 1/2 chopped onion
- 2 Tbsp ketchup
- salt&pepper to taste
- (-some chili or cayenne peppers to taste)
- chopped parsley
- some oil

- 2 (or 3) eggs
- 2 Tbsp milk (or water)
- salt & pepper to taste

1. Prepare some fried rice as you usually do, adding some ketchup at the end. Place it on a serving plate, forming an almond shape.
2. Make an omelet. This should be large enough to cover the fried rice.
3. Place the omelet on rice. Tuck the edge under the rice while keeping the almond shape. Garnish with some parsley and some more ketchup.

焼きおにぎりチーズ入り

Yaki-onigiri with cheese

- one bowl (or a large handful) of cooked short grain sticky rice
- some salt (roughly 1/2 tsp)
- 1/2 inch square cheese of your choice
- 1tsp oil
- 1 Tbsp soy sauc

1. Wet your hands with water, sprinkle with salt.
2. Place the rice on your hand and a cheese in the center. Form a triangular shaped ball, about 1 inch thick.
3. Heat a pan (non-stick works better) at a medium high, with some oil, fry both sides until lightly browned.
4. Poor over some soy sauce. Further cook both sides quickly before the sauce burns. Serve hot.



The Recipes

I just learned two days ago that gravy sauce and poutine sauce are different things. I felt guilty not knowing this after living 10 years in Montreal. I always thought they were both the same but labeled differently (never wondered or asked anybody why the different labels for the same thing?) I thought the taste differences depended on different brands or chefs.

ブロッコリクルミソース添え

Steamed broccoli with walnut dip

-broccoli -Separated into a bite-size, steamed

Walnut Dip

1. In a grinding bowl, place 1/4 cup toasted walnuts to make it into paste. Mix in:
 - 1 Tbsp sake (or white wine)
 - 1 Tbsp maple syrup (or 1/2 Tbsp water + 1 tsp sugar)
 - 1/4 tsp soysauce
 - some salt to taste
2. It will be creamy and light in color. Serve with prepared broccoli.

ほうれん草からし合え

Mustard spinach

1. Cook a pound of fresh spinach in boiling water until the water boils again.
2. Take it under the cold running water. Squeeze to take out excess water, cut in 1 inches long. Mix in:
 - 1 tsp mustard
 - 1 tsp soysauce

アスパラガス白和え

Asparagus in tofu

1. Cook a pound of asparagus in boiling water until the water boils again, take them out immediately. Cut in 1 inch long. Mix in:
 - a half pound soft/silky tofu, drained and mashed
 - 2 Tbsp ground white sesame, (or 1 Tbsp tahini or peanut butter)
 - 1 tsp sake (or white wine)
 - 1 tsp sugar
 - some salt to taste

*asparagus can be replaced with green beans and other vegetables

簡単パスタ

Quick'n easy pasta

(serving one)

1. Cook spaghetti, drain (keep some water aside). Mix in:
 - 1 Tbsp mayonnaise
 - 1 Tbsp soy sauce (or 1/2 Tbsp miso)
 - (-1 Tbsp of kept water)
2. Garnish with some alfalfa sprouts or shoots, or chopped fresh basil leaves

大根おろしパスタ

Summer pasta with daikon

(serving one)

- Daikon 1 inch long (or substitute with about 5 to 7 fresh radish)
- 1/2 canned tuna (in water or oil), drained
- 1 to 2 Tbsp of soysauce
- some green onion, chopped

1. Cook some spaghetti.
2. Meanwhile, grate the Daikon. Keep all the water from the vegetable as well.
3. On a serving plate, place the spaghetti, the grated Daikon, then tuna on top. Garnish with green onions. Pour some soysauce to taste.

ピーナッツ豆腐

Peanut Tofu

(makes 4 x 4 x 1 inch block- serves 4 to 5)

- 3 Tbsp Peanut butter, creamy type
- 200 ml water
- 7 tsp (20g) potato or corn starch (or 30 g of Kuzu)

1. In a saucepan, place the starch, mix in the peanut butter, then gradually stir in water smoothing any lump. Use a flat wooden or a silicon spatula.
2. Start with a medium high heat, gently but constantly stir(don't go anywhere) as well as scrape the bottom, until thickened. Bring to a boiling point.
3. Reduce heat to low. Keep stirring for another 10 minutes.
4. Wet a mold under running water before pouring the batter.
5. Leave it cool a bit before bringing it into a fridge for half a day before serving.
6. This can be served cut in a small square, with some wasabi and soy sauce.

ゼンマイ寿司

Sushi with fiddle head

Preparation of fiddle head should be done a day in advance.

Removal of toxins: Boil some water in a medium size pot. At a boiling point add a bit of baking soda(0.3%) and some salt, then add thoroughly washed fiddlehead(about ½ lb). Keep it high until the water starts to boil again. Remove from heat. Cover. Leave it as is for overnight. Drain, rinse with cold water. Cook again in boiling hot water briefly, then drain. Wash in cold water. Fiddlehead is now ready to use. For sushi, marinate in the equal part of soy sauce & sake (white wine) mixture for a few hours.

Sushi rice

- 2 cups short grain sticky rice
- 2 cups minus 2 Tbsp water
- (-kombu/sea kelp 1 inch square)
- Dressing
- 1/4 cup white wine vinegar
- 1 Tbsp white wine or sake
- 2 Tbsp white sugar
- 1 tsp salt

Washing rice:

The rice absorbs most of the water when it comes in contact with water for the first time. Rinse very quickly and drain immediately. Once this is done, you can rub the rice in your palm gently but very well. Change water several times until the water becomes clear. (Just in case if you feel you are wasting too much water, keep the water to water your plants.)

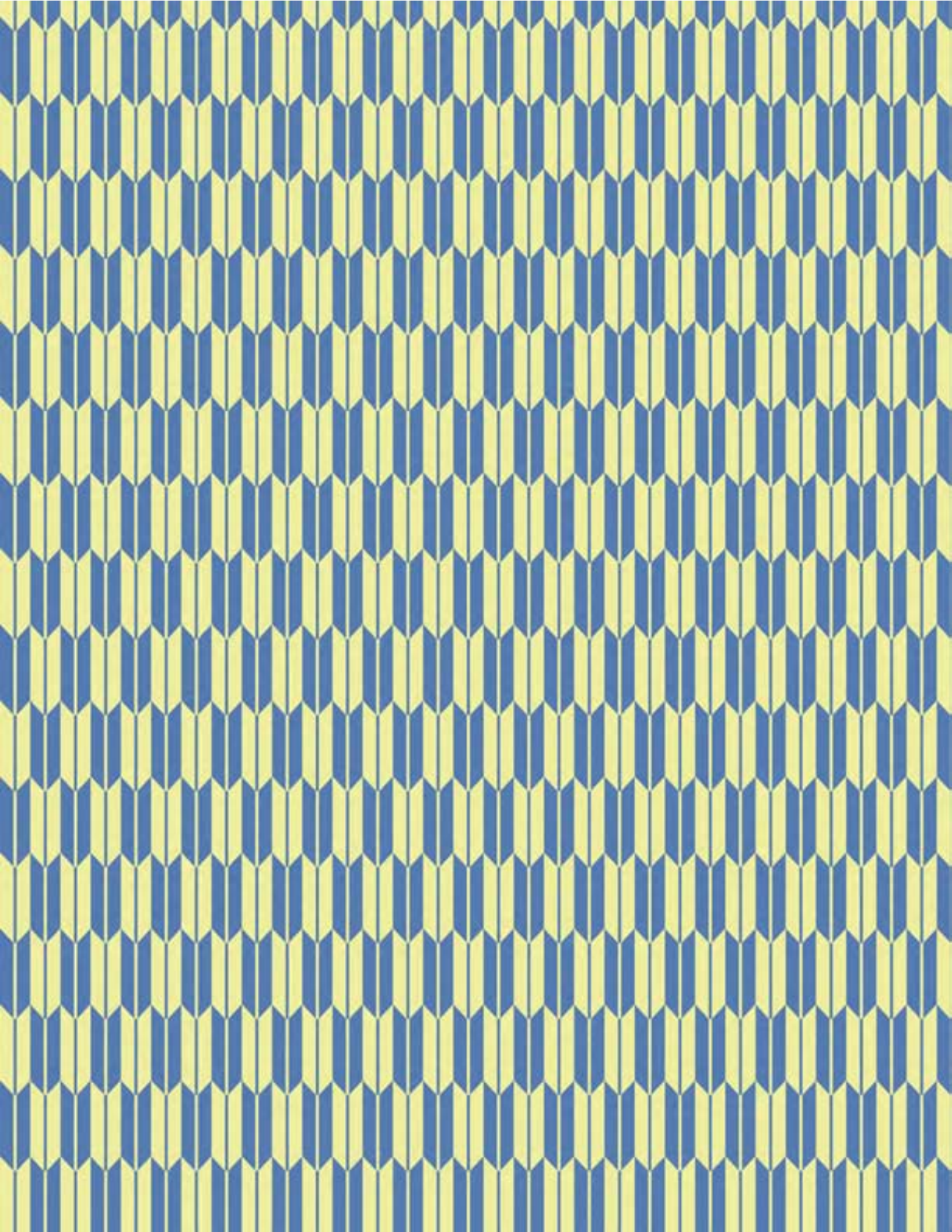
Water measurement: Once done with washing, drain well. The proper water measurement is a key to a successful sushi rice. If the rice is eaten plain, the exact equal amount, rice:water=1:1 should be good. For making sushi rice, reduced by about 2 Tbsp to avoid it becomes too wet and mushy. Combine the rice and water in a pot, (add kombu if you like) leave it for at least half an hour before start cooking.

Cooking rice: Always covered. Start the heat at high. Once it is boiling hard for about one minute, reduce to minimum, cook for 20 minutes. Remove from heat, leave for 10 minutes. Do not open the lid at any point.

Preparation of Sushi rice: Mix the dressing while cooking the rice.

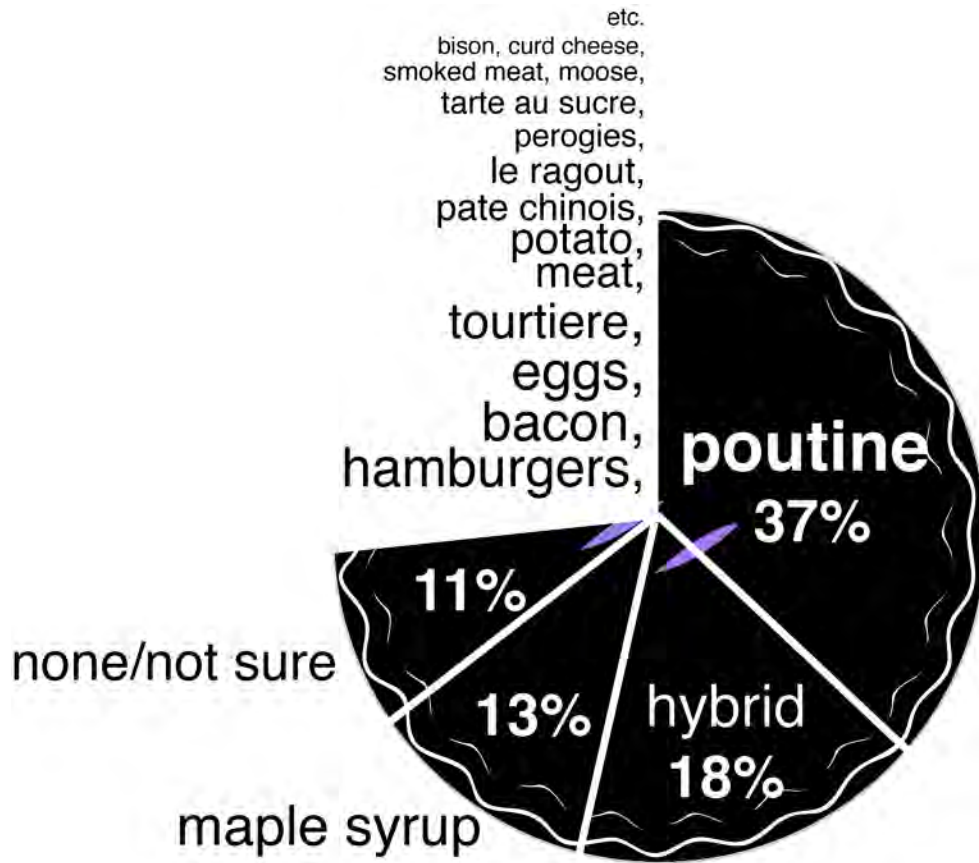
When the rice is done, bring to a larger bowl that is easy to mix, ideally a wooden bowl (the wooden bowl should be rinsed in water beforehand otherwise the rice will stick too much). Mix the dressing and rice with light handed. Be careful not to mush the rice grains. If you have a hand fan, use it as you mix the rice to help evaporate extra moisture. The rice will start to shine and is ready.

Forming: Form a bite size ball. The rice can be very sticky, use a piece of saran wrap to form a ball. Place a tiny amount of wasabi on rice, then a marinated fiddlehead.



3

Q: What is authentic Canadian food?



Canadian Authentic?

---If we're able to communicate well, I'd say that there is no real Canadian food and Canadians just eat stuff they like from other countries. If communication is tough I'd say Timbits and maple syrup.

---I faced this question when I lived and taught English in Japan. I would say, Canada is made up a mixture of people from many different countries, who have all brought their traditions and recipes with them. So you can eat almost anything in Canada. But some interesting things in Quebec that you can't find everywhere else are poutine and tourtière. Shepherd's Pie on the English side is something I associate as "Canadian" too.

---L'hybridation, l'adaptation des cuisines étrangères à notre goût, et le contraire, la transformation des plats traditionnels québécois au moyen d'ingrédients exotiques.

---It is the only thing that keeps me alive when it gets to minus-forty.

---Un après-midi bien arrosé à la cabane à sucre.

---Cuisine traditionnelle est hivernale et constituée généralement de viande et de racines (navet, betterave), de patates. Généralement riche et nourrissante. Influencée par une culture britannique teintée d'américanisme. Autrement, grande variété et mélanges des influences. Bâtie sur l'immigration. Plus on se rapproche des grands centres, plus la diversité se fait sentir.

---Des plats cuisinés de style européen, mais plus simples: c'est une mélange de plusieurs cuisines, mais en général ce serait une viande préparé avec un légume et du riz ou des pommes de terre. je ne parle surtout pas de poutine.

---C'est difficile! La belle chose ici c'est la grande variété de mets de différentes cultures qu'on peut essayer. Moi je dirais que la cuisine canadienne est mieux représentée par cette variété, et pas nécessairement par un plat en particulier. Il y a certainement des spécialités régionales, mais ils sont trop locaux pour représenter le pays de façon compréhensive.

---Nothing special! Canadian food is the same as American food, bad fast food.

---This is a tough question. I am second-generation Canadian with northern European roots. I would say that authentic Canadian cuisine is actually based on what we can produce in this country - salmon, artisanal cheese from Quebec and British Columbia, wine from Nova Scotia, BC and Ontario, duck, geese, bison, smoked meat (best from anywhere in North America), best bagels, wild rice and fiddleheads. We are still a young country and it was built on immigrants from around the world, beginning with the French and British. By mid-1800's immigrants from Europe were arriving on a regular basis and bringing their own foods and cooking techniques. Our cuisine has really changed just in the last thirty years with fresh (instead of canned) fruits and vegetables and access to products from around the world.

---Salmon with a ginger-lemon-maple syrup marinade on a cedar plank

---It depends on where you are in Canada. It is a very big country!

---We don't have one- I suppose a traditional turkey dinner. If you're Quebecoise - poutine.

---Since we try so hard to be multi-cultural, I think that the crazy mix of food from all over the world and their availability all over Montreal is our authentic Montreal food situation. Other than that, I guess French Canadian food. Crêtons tabarnac!

---La cuisine traditionnelle des Canadiens Français est le porc, cuit au four ou possiblement l'agneau chez les anglophones.

---I'd say "It depends where in Canada you are. Because Canada is made up of mostly immigrants, so you can kind of get anything, but depending on the city you are in, some things are better than others." I would cite 'Montreal Smoked Meat' as specific to Montreal, but I'd have to say that the most Canadian Food is Maple Syrup, which I cannot live without. The best thing about living in Montreal is that you can get cans of REAL maple syrup at almost any depanneur, and more cheaply than anywhere else in the world. I usually bring a can along with me when I visit other countries as a gift. My family is from the Netherlands, and Maple Syrup is very well received there, because they eat a lot of pancakes, but mostly with a cane sugar or beet sugar syrup, so maple syrup is a delicacy.

---No such thing. Diverse cultures, therefore diverse foods.

---Je trouve que la cuisine canadienne n'a pas une identité très définie. soit des plats cuisinés traditionnels à plusieurs cultures (ragoût, tourtière, soupe au poids, porc...) ou, maintenant, du fast food.

---I would first say that there is much regional diversity that is very specific to the local culture. Impossible to generalize. If I had to say, it would be wild meat - moose, deer, partridge; and fish - pickerel, trout, salmon; in Quebec, tourtière.

---C'est une cuisine principalement influencé par les cuisine paysanes de l'Angleterre et de la France. La plupart des plats typique sont des emprunts qui ont été modifier pour les ingrédients disponible ici, dépendant de la région. Les maritimes et la côte ouest ayant des bases de poissons et fruit de mer plus important, par exemple. Le Québec a une influence française plus importante.

---It depends where you live. for some, it's Alberta beef, for others, it's anything with maple syrup. we are such a diverse country that it's difficult to choose one food that is characteristic of our nation. I think Canadian food can be anything you want it to be, especially in Montreal.

---Chinese Canadian

---Pour la cuisine canadienne en général, c'est de la cochonnerie. C'est loin d'être santé

Canadian Authentic?

et c'est un peu n'importe quoi. C'est comme de la cuisine canadienne. Personne est capable de vraiment répondre à la question! MAIS pour ce qui est de la cuisine retrouvée au Canada, c'est une autre histoire. C'est la meilleure cuisine au monde car le Monde se retrouve ici. On a la chance de goûter à tous les pays sans voyager et c'est ce qu'il y a de mieux!

---I would answer that Canada doesn't have an authentic cuisine like most countries. Instead, Canada's cuisine is a successful illustration of the multicultural ideal - it is authentic and advisable in Canada to sample broadly from all the cultures that are found in Canada.

---Hot dogs.

---Canadian food is less varied than American food. Having visited other parts of Canada, the food choices we have in Montreal are not widely available in English Canada. I think Canadian food, outside of the largest urban centres, is a lot of 'stodgy' fare, still a lot of meat and potatoes and fat generally. I think Canadian food is representative of the fact that Canadians are a lot poorer than its government believes them to be and cannot in many cases afford more interesting or healthy foods (i.e. organic, fair trade, 'exotic', etc.)

--- I would say that I don't know how to answer that question. I would say that I'm a third generation immigrant from Scotland so I grew up with a specific type of food that some people might say is 'Canadian' but I would never say that. I have many other third generation friends who grew up with completely different cuisines. But I would probably mention that the place of my birth, Nanaimo, *is* also the birthplace of the world famous Nanaimo bar.

---Kraft dinner, Ginger beef, poutine - I'd tell them it's very mixed and people eat everything and really like to interpret things (ie. fusion food).

---There is no such thing. I usually tell them that "meat and potatoes" is the norm for most average Canadians, as well as typical "American" food of pizza and burgers. But I also tell them that people here eat all types and nationalities of food.

---Cuisine traditionnelle est hivernale et constituée généralement de viande et de racines (navet, betterave), de patates. Généralement riche et nourrissante. Influencée par une culture britannique teintée d'américanisme. Autrement, grande variété et mélanges des influences. Bâtie sur l'immigration. Plus on se rapproche des grands centres, plus la diversité se fait sentir.

--- I'd make a joke about Tojo inventing the California roll and quickly try to change the subject.

--- I would say that there is no authentic Canadian food. I would say that the only authentic food in Canada exists in Quebec and that it is really Authentic Quebecois food. I would say it was Poutine, and ham, and maple syrup, and baked beans, and maybe some kind of game meat like Caribou or Deer or something.

--- La bouffe au Quebec est tres varié, ons peut trouver beaucoup de differente style de cuisine, qui est excellent. Mais en tant que vegetarienne, ce n'est vraiment pas aussi bon que Toronto, qui est difficile d'admettre, parce que Montreal est certainement plus interessante.

---Canada doesn't really have authentic Canadian food--it's a bit of a mish mash. Some areas like Quebec have poutine, and there's bannock bread that's made by natives, but since Canada (the nation) is so new, its food often reflects a mixture of cultures. If you visit metropolitan cities, you can see the diversity of cultures reflected in the diversity of restaurants.

---I would say we have a variety of everything but I would also say you have to have poutine and a beavertail, and try some Canadian ice wine.

---La cuisine à Montréal a des influences très américaines avec le fast-food et la consommation de beaucoup de viandes. Mais il y a une influence française avec la cuisine bistro et les restaurant plus dispendieux représente bien cette tendance. De plus, on retrouve de plus en plus les produits du terroir.

--- La cuisinne d'hiver, donc assez gras, simple pour nourrir beaucoup de personne.

--- Qu'il n'y a pas vraiment de cuisine canadienne, que chez nous la cuisine est hybride. Chez moi je cuisine tantôt à la française, tantôt asiatique, tantôt indien, etc. Et qu'à Montréal on peut trouver d'excellents restos de toutes origines.

--- Fusion of everything mixed together or meats and potatoes.

---Mali Sweets

---Les déjeuners québécois (oeuf, bacon, laitue, saucisse, tomate, roti, beans sucré, sirop d'érable, pain doré, cretons)

---Well, in Quebec, Poutine! There's also 'pate chinois' (not edible without a quantity of Tabasco). Quebeckers are great with desserts, but they can be too sweet for me: tarte au sucre, all sorts of things with maple syrup. Authentic Canadian food means different things in different parts of Canada.

---Poutine in quebec, otherwise I have no idea... seals?

--- Cooking up lots of root vegetables. Chicken. Dishes with lots of other cultures mixed in.

---Ribs au sirop d erabl, viande de caribou

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Commander n° 44796

Q: Your friend is visiting Montreal for the first time. Which food would you recommend to try, or which restaurant would you take her/him to?

Answers =

Asean Garden, l'Academie, all you can eat buffet, Amelio's, Art Java, at home, Au Pied de Cochon, Aux Vivres, Avesta, Athma, Bangkok 59, La Banquise, Bato Thai, Beauty's, Bella Pizza, Belle Province, Biblos, Bistro l'Entrepont, le Boudin Noir, Brunoise, Cafe Cherrier, Café Saigon, Chalet barbq, La Carreta, Caraïbe Delite, Chao Phraya, Chez Clo, Chez Dorval, Chez épicerie, Chez Gustav, Chez Jose, Cheskies, Chez Lallouz, La Chilenita, China town, Chuch, Club de Chasse et Peche, Chu chai, 5 eme Peche, Le Copacabana, La Colombe, Le Commensal, La Crêperie, Daou Restaurant, Dusty's, Express, L'Esprit, Fairmount Bagel, La fleur, Frites Alors, Garde Manger, Hanashima, Isakaya, Les Infidele, Jardin du Cari, Jean-Talon Market, Kanda, Kashima, Kotori, Kouign Amann, Kyper Pass, Leméac, Lotus Royal, Lele da cuca, Mai Thai, Mali Sweets, La maison de la Seoul, The Main, Ma's, La misa Portugese, La Montée de Lait, Moishes, Nil Blue, Nui Kee, Newtown, Oishi, Old Montreal, Orange Julep, Osaka, Ouzeri, Pad Thai at Chuisine Bangkok, La Paryse, Le Pélerin, Petit Continental, Le Petit Alep, Les Petites Extra, Pho, Pintxo, Pistol, Pois PPizzadelic, enche, Poutine, Puca Puca, Pushap, Queue de cheval, Robin du Bois, Le Relais, Le Roi du Plateau, Romado's, Le Roi du Plateau, Rumi, Sala Rossa, Santropol, Schwart's, Senzala, Stach Cafe, Star of India, St-Hubert, St-Viateur bagel, Tibet libre, Le Taj, La taverne, Thai, Thai Grill, Tofu General Tao, Toqué, Tre's, Tri express, Tv breitz Valentine, Vege tali at an Indian restaurant in Parc-Ex, Yuan,

