

# Canadian cuisine

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# Main information

- Canadian cuisine is Canada's first Nations. Today it is impossible to call any dish(блюда) in Canada national, due to the fact that Canada is a multicultural country. Canadian cuisine varies(МЕНЯЕТСЯ) widely depending(В ЗАВИСИМОСТИ) on the region. Former Prime Minister of Canada Joe Clark was expressed(ВЫРАЗИЛ) about this: "Canadian kitchen from kitchens. This is not a hodgepodge, but the fusion of many. The initial(начальная) roots of canadian cuisine in the indigenous(коренных) North American peoples, as well as French cuisine. Therefore, the canadian kitchen would be called the Anglo-American-canadian cuisine. The local cuisine subsequently(В ПОСЛЕДСТВИИ) supplemented(ДОПОЛНИЛИ) subsequent(ПОСЛЕДУЮЩИЕ) waves of immigration in the 19th century from Central, southern and Eastern Europe and



# Maple syrup

- Maple(клён) syrup was first collected and used by aboriginals of Eastern Canada and North Eastern US. Canada is the largest producer of maple syrup. The origins(происхождение) of maple syrup production are not clear though(хотя) the first syrup was made by repeatedly(неоднократно) freezing the sap(сок) and removing the ice to concentrate(концентрировать) it in the remaining(оставшиеся) sap. Maple syrup is commonly(обычно) consumed(потребляется) in Canada and the US. It has Aboriginal origins.



# National food

- Poutine - is a common Canadian dish, originating in Quebec, made with French fries, topped with a light brown gravy-like sauce and cheese curds. This fast food dish can now be found across Canada, and is also found in some places in the northern United States and even the United Kingdom, where it is sometimes required to be described due to its exotic nature.
- Butter tarts - A **butter tart** is a type of small pastry tart highly regarded in Canadian cuisine and considered one of Canada's quintessential desserts. The tart consists of butter, sugar, syrup, and egg filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.
- Macaroni & Cheese - **Macaroni and cheese**—also called "mac and cheese" or "cheese macaroni" in American English and Canadian English —is a dish consisting of cooked macaroni pasta and cheese, most commonly Cheddar cheese, though it can also incorporate other ingredients, such as bread crumbs, meat and vegetables.

# Pictures



Macaroni & Cheese



Poutine



Butter tarts

# Sweets

Traditional Nanaimo Bars

*Pets de sœurs* (lit. "farts of [holy] sisters")—pastry dough wrapped around a brown sugar and butter filling.

Matrimonial cake and pork pies (date filled desserts)

Maple syrup, especially *tire d'érable sur la neige* or "maple toffee", also as flavouring, for example in Maple leaf cream cookies

Jam busters (prairie jelly doughnuts)

Apple pie

Various black licorices

Bumbleberry pie (Bumbleberry is "a mixture of fruit, berries, and rhubarb")

Nanaimo bars – most common in British Columbia



Thanks!