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SUMMER 2021

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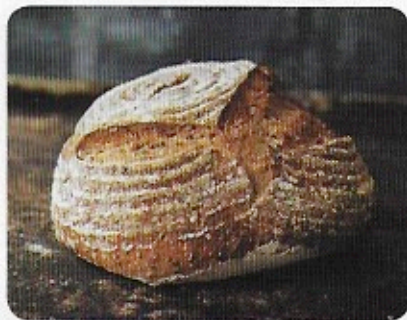




# CANADIAN FLAVOURS

Each province and territory has signature dishes and ingredients that capture the taste of their regions. Give these flavourful items a try when you visit in the future—or enjoy them at home—to get a cross-country sample of Canada's culinary heritage.

by JENNIFER BAIN



## YUKON

Eating **sourdough bread** and pancakes in this beautiful territory honours how those creations fed hungry prospectors during the Klondike gold rush. It's fitting, then, that one resident's famous starter dates back more than 120 years.



## NORTHWEST TERRITORIES

For **fresh whitefish** or burbot (a.k.a. ling cod), go fishing on Great Slave Lake. No rod? You can also buy fillets at the Yellowknife docks or order pan-fried or battered local fish in restaurants. When it comes to breakfast foods, less-sweet birch syrup stands in for maple syrup on pancakes here.



## NUNAVUT

**Sun-dried Arctic char**—also known as pipsi or pitti—is beloved in the region and can sometimes be found in candied form. It can be chewy with a slightly sweet taste. Be on the lookout for places that sell local caribou, scallops and shrimp.



## BRITISH COLUMBIA

In 1974, chef Hidekazu Tojo invented the **B.C. roll**: sushi made with barbecued salmon skin and cucumbers. With five species of salmon found in the province, it's no surprise that smoked salmon is also a staple. A visit in May or June puts you in spot prawn season—the crustaceans are known for their firm texture and sweet flavour.



## ALBERTA

When in cattle country, you will not be able to resist the **steaks** and burgers. You can also expect to find bison options at restaurants and farmers' markets. In southern Alberta, the town of Taber is known as the Corn Capital of Canada, and corn season—around the end of August—is the highlight of summer.





## SASKATCHEWAN

Similar in taste to blueberries but intensely purple, **saskatoon berries** crop up just about everywhere. You will discover them in tons of delicious incarnations, such as pies, crisps, cookies, scones, muffins, cheesecakes, smoothies, jams, wine, liqueurs, syrups, juices, barbecue sauces, ice cream, perogies, craft beers and more.



## MANITOBA

This province loves its **honey dill**, a mayo-based sauce that's best eaten with chicken fingers in restaurants but is also found bottled in supermarkets. Save room for Winnipeg's decadent schmoo torte, a layered cake that's topped with pecans and butterscotch sauce.



## ONTARIO

**Butter tarts**, the pioneer dessert that first appeared in a cookbook published in Barrie, Ont., 121 years ago, are still beloved here. Rural bakeries in particular are perpetually stocked with the homey sweet treat. The inclusion of raisins, walnuts or pecans in this indulgence, however, is hotly debated.



## QUEBEC

Feasting on poutine remains a guilty pleasure here. For more sophisticated tastes, explore the staggering array of 350-plus regional **cheeses**, including those made from raw cow, goat and sheep milk. For breakfast, nothing compares to a Montreal bagel, which is boiled in honey-sweetened water and baked in a wood-fired oven.



## NEW BRUNSWICK

The "**fiddlehead** frenzy" happens every spring as intrepid foragers go fiddleheading in marshy spots and everyone else either stocks up on the tightly coiled fern tips at roadside stands or indulges in them at restaurants. Never eat fiddleheads raw and ensure they are cooked properly.



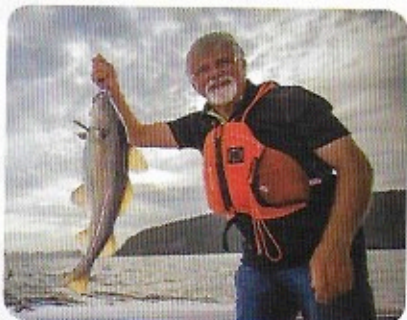
## NOVA SCOTIA

**Donairs**—Halifax's official food—combine shavings of spiced, moulded ground beef in a pita with tomatoes, onions and a sauce of evaporated milk and sugar. Keep your eyes out for creamed lobster—a mix of cream, vinegar and lobster meat, often served on toast—and Acadian rappie pie, a potato and chicken casserole.



## PRINCE EDWARD ISLAND

Islanders are truly spoiled for shellfish with two **lobster** seasons, mussel production and a Malpeque oyster industry. Of course, the famous red soil here produces all kinds of potato varieties that pop up in multiple forms.



## NEWFOUNDLAND AND LABRADOR

Know that when a Newfoundlander says "fish," they definitely mean **cod**. Fish and chip shops abound, as do cod cakes made with fresh or salted fish. When visiting in the future, you might also luck into wild moose burgers and steaks on a menu.



## FUTURE EXPLORATIONS

When the time is right to travel again, CAA's experienced travel consultants can help you plan and book a trip to get a true taste of Canada. Plus, they can make sure you have the right travel insurance to help protect your trip. Visit [caasco.com/plantravel](http://caasco.com/plantravel) to learn more.