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CIRQUE DU SOLEIL®

Top Secret Recipes from the Chefs of the Canada Pavilion at Expo 2010 Shanghai

CANADA
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Message from Canada's Commissioner General



The Canada Pavilion's Culinary Program is a popular feature of Canada's presence at Expo 2010 Shanghai, bringing together chefs from across Canada and providing them with international experience by cooking and serving Canadian cuisine, and introducing special guests to Canadian products.

This recipe booklet compiles our chefs' Top Secret recipes. As our talented chefs will tell you, food and cooking are shared experiences. We encourage you to try these recipes at home and to share them with families and friends.

If you were at Expo, these recipes may be a reminder of pleasant memories at the Canada Pavilion. If you weren't able to join us, I hope this booklet will give you some of the flavours of Canada, made by our Canadian chefs in Shanghai, China.

For electronic copies of this booklet, please visit www.expo2010canada.gc.ca.

— *Mark H. Rowswell*



Wayne Murphy Executive Chef



Ask Wayne Murphy for his fondest memories during his years as a university student in France, and he remembers stacking pots one on top of the other to make succulent, aromatic meals on the camp stove he had spirited into his room at residence. (And then there were the trout he kept in his bidet.)

One way or the other, all the stories come back to food – which is fitting for the head of the culinary program at the Canada Pavilion at Expo 2010 in Shanghai.

Chef Murphy, age 50, didn't set out to become a chef when he was growing up at the Canadian Forces Base in Trenton, Ontario, or even when he studied international development at Guelph University. However, the experience of studying French literature at the University of Nantes in France, changed his life. It led him to food.

"When I was in France I started fiddling around with anything that had to do with food – working in a vineyard part-time, trying to eat as much as I could and to learn as much as I could about food and wine. It just overtook me," Chef Murphy says.

But it was the bold move of presenting himself in the kitchen of a restaurant in Japan that really set him on the path toward his current career as a chef and a teacher. After two years of working in the kitchen of that Japanese restaurant, Chef Murphy knew that he had found his calling. He had also devised a way to marry his love of travel and curiosity about international cultures with his passion for food.

"Cooking is such a great window into a culture," the chef says.

When he returned to Ottawa, Chef Murphy began working at several well-known French restaurants, and then joined the staff of La Cité collégiale, a francophone College of Applied Arts and Technology. Eventually, he became the coordinator of the school's Culinary Arts Program.

Five years ago, Chef Murphy came up with the idea for a culinary program at the Canada Pavilion at Expo 2005 in Aichi, Japan. He brought six promising young chefs from across Canada with him to cook special meals, featuring Canadian flair and ingredients - a program he has duplicated in Shanghai.

Although the chef acknowledges the honour that he feels to represent Canada at Expo 2010, he is more excited about the opportunity to change the lives of the chefs working with him. "If this helps them in the same way that travelling and working internationally helped me that means much more to me," Chef Murphy says.

Above all, the chef transmits his love of cooking, of food, and of life. "It's a passion – and it's a lifestyle," he says with a laugh.



Shanghai Tuna Sandwich

From late spring until mid-summer, delicious watermelon is on every street corner in Shanghai. This unique recipe is a twist on the classic tuna sandwich and combines fresh Canadian albacore

tuna with the sweetness of watermelon and the salty-spicy flavour of the other ingredients. Make sure to use the freshest ingredients.

Fresh Canadian albacore tuna	1 (450-500g)
Watermelon	A few slices
Hot pepper, diced	1
Red onion, diced	80 g
Ripe mango, finely shredded	80 g
Salt	SQ*
Lime juice	30 ml
Roasted sesame oil	15 ml
Soy sauce	30 ml

Canadian albacore tuna can be readily substituted with other locally available tuna.

**Sufficient quantity*

Working quickly, finely chop the tuna with a knife or in a meat grinder. Place the tuna in a bowl on ice. (It is very important to keep the tuna cold.)

Add onion, mango, lime juice and a pinch of salt. Mix well using a rubber spatula. Add the hot pepper and sesame oil to taste. Mix again and adjust seasoning.

Slice the watermelon in equal slices of 1 cm thickness. Then cut roughly 5 cm square slices to be used as the bread slices for your sandwiches.

Place half of the watermelon slices on the cutting board. Put a few drops of soy sauce on each slice and then spread with the tuna mixture. Put another watermelon slice on top and press lightly to form your sandwich.

Serve the sandwich with a small green salad.



Andrew Newman **Northern Alberta Institute of Technology, Alberta**



Andrew Newman is the kind of cook who never turns down a challenge and is always willing to experiment. “I always try to make something I’ve never made before, and if it turns out, then it’s awesome,” says Andrew with a laugh.

That’s why the 22-year-old from Edmonton, Alberta, and graduate from the Northern Alberta Institute of Technology’s Culinary Arts program enjoys turning out brand-new dishes made from a combination of local and Canadian ingredients at the Canada Pavilion during Expo 2010 in Shanghai.

Prior to travelling to Shanghai, Andrew was an apprentice cook at the Westin Hotel in Edmonton. One of his favourite meals to prepare is roasted pork belly. He likes the mouth-watering combination of melting fat and crispy skin after the dish is cooked for a long time. “I like cooking all different kinds of foods, so the more I can learn wherever I am, the better,” says Andrew.

Beginning in junior high, Andrew began cooking at home for fun, enjoying both the stress of a hectic kitchen and the satisfaction of feeding people good meals. After enrolling in the Culinary Arts program out of interest, he discovered he liked the program so much he wanted to make cooking his chosen profession.

Andrew’s dream is to gain as much experience as possible over the next 20 years, ideally spending much of that time abroad. He was bitten by the travel bug when he began entering culinary competitions, one of which took him to Singapore.

The competitions require extensive practice and strict discipline, as coaches critique competitors’ signature dishes, such as the four entrees he was required to enter in one recent national competition. He received a gold medal in that competition – and, ultimately, the chance to join the Canadian culinary team in Shanghai. “I want to see how far it can take me,” he says.



Roast Canadian Pork Belly with Lemongrass Glaze

Glaze:

Lemongrass, minced	1 stalk
Garlic, peeled and minced	2 cloves
Fresh ginger, minced	15 ml
Shallot, minced	15 ml
Jalapeño, minced	1 piece
Sugar	100 ml
Fish sauce (Asian supermarket)	50 ml
Fresh Canadian skinless pork belly	900 g
Water	300 ml

A medium-heat Asian chili pepper may be used in place of a Jalapeño.

For the glaze, cook the sugar in a heavy bottom saucepan over medium heat. When the sugar turns amber, add all the remaining ingredients except the fish sauce.

Stir and carefully pour in the fish sauce. Simmer for one minute.

Strain and cool to room temperature.

Place the pork belly and the glaze in a plastic bag and marinate for 3 to 12 hours in the refrigerator.

When ready to cook, remove the pork from the marinade, and place in a baking pan with the water. Cover with foil and roast on the middle rack in a 300°F (140°C) oven until the pork is very tender (about 2 ½ hours).

Remove the foil and increase the oven temperature to 450°F (200°C). Cook until the fat is golden and the skin is crispy.

Place the pork on a cutting board, cover with foil, and let rest for 15 minutes. Slice the pork into thin pieces and serve.



Melissa Hryb **Red River College, Manitoba**



When it comes to cooking, Melissa Hryb is a professional. Such a professional that even the third-degree burn she received when an oven door snapped shut on her arm during a culinary competition didn't stop her from competing.

"I rolled my sleeve down and finished the competition while the skin was hanging off my arm. And then immediately went to the hospital," Melissa remembers, with a laugh. "I would have won, but they took points off for safety." All in a day's work for the 24-year-old from Winnipeg.

Like her colleagues on the Canadian culinary team, Melissa is experienced in cooking competitions. They have taken her as far afield as Chile, where she attended a world chefs' convention in January as a prize for winning an earlier competition.

Her love of cooking began when she was 14, working at a small family pizza and burger joint in her hometown of Niverville, Manitoba, just south of Winnipeg. At first, she hated the job. However, one morning, she woke up and told her mother she wanted to be a chef. She had realized that "people always need to eat. I will never be out of a job!"

After obtaining her culinary arts diploma from Red River College, Melissa completed an apprenticeship and is now a certified Red Seal chef. Her personal specialties include perogies – a specialty of her Ukrainian background – and crème brûlée.

Today, her dream is to own her own small family restaurant – just like the place where she started out. "To be happy with what I'm doing is my dream. Making good food for people," she adds.

She's excited to represent her country as part of the culinary team at the Canada Pavilion. Before coming to Shanghai, Melissa said of her upcoming adventure: "I'm really looking forward to seeing everybody's ideas come together, featuring Canadian cuisine."



Roasted Beet and Canadian Mushroom Salad

Beets, 3 cm cubes	500 ml
Canadian morel mushrooms, quartered	250 ml
Fresh thyme, chopped	15 ml
Garlic, minced	1 clove
Balsamic vinegar	80 ml
Olive oil	100 ml
Canadian goat cheese, crumbled	125 ml
Pine nuts, toasted	60 ml
Salt	To taste
Pepper	To taste

Morel mushrooms can be substituted with your favourite mushroom variety.

Place beets on small baking pan. Toss with 25 ml olive oil, salt and pepper.

Place mushrooms on small baking pan and toss with 25 ml olive oil and salt and pepper.

Place beets and mushrooms in a 350°F (160°C) oven. Roast the beets 20 minutes or until they are fork tender. Roast the mushrooms for 10 to 15 minutes.

Once roasted, place beets and mushrooms in a bowl. Add in balsamic vinegar, remaining olive oil, thyme, garlic, salt and pepper. Mix well and place the bowl in the refrigerator for 1 hour.

Stir the mixture well, taste, and adjust seasoning if necessary. When ready to serve, place the beet mixture in a bowl and sprinkle with crumbled goat cheese and pine nuts.



Mariane Weber **La Cité collégiale,** **Ontario**



Mariane Weber was just six years old when she made her first pumpkin pie. Nineteen years later, she's now a prep cook and garde-manger at Le Baccara, one of Quebec's highest-rated restaurants.

If you are lucky enough to be invited to dinner on one of her rare days off at home, you are likely to be treated to a fancy three-course meal involving foie gras, seafood and lamb – finished off with simple, oven-baked apples. “I love the fact that you mix ingredients together and it makes something memorable,” says Mariane, age 25.

Recommended by La Cité collégiale in Ottawa, where she initially enrolled in the culinary arts program “just for fun,” Mariane was among those chosen to represent Canada at the Canada Pavilion during Expo 2010 in Shanghai, in part because she thrives on the adrenalin rush of cooking in a busy kitchen.

Initially, when she enrolled at La Cité collégiale, she planned on just taking a break for a year before planning to go to university to become an accountant. Then cooking took over. “I just fell in love with it,” she confesses. “I love to eat, I love to please people, I love the service.”

Mariane's father was also a cook, and she grew up in the village of Masham, Quebec, eating homemade meals and fresh vegetables from the family garden. “I have good cooking memories,” she says.

Mariane has competed in cooking competitions, including an international Chaîne des Rôtisseurs contest in New York City in October 2009, where she represented Canada. During the competition, she had to open a box of ingredients and make a three-course meal from whatever was inside the box – all in three hours, under the watchful eyes of 10 judges in the kitchen, as well as the tasters.

That trip whetted her appetite for Shanghai, and her desire to show Canadian cuisine to the world. “It's exciting, and I am proud to represent my country,” she says. “I think we have a lot to offer.”



Canadian Fish Chowder

Serves 6 to 8

Butter	60 g
Carrot, cut into small slices	1
Onion, finely diced	1
Garlic, very finely minced	1 clove
Celery, finely diced	1 stalk
Leek, finely minced	1 white
Fennel, finely diced	1/2 bulb
Tomato, hulled, de-seeded and diced	1
Mussels (well cleaned)	12
Clams (cleaned)	12
Oysters (shelled)	12
Canadian cod (cut in medium-sized cubes)	200 g
Canadian cold water shrimp	200 g
Canadian lobster meat (optional)	200 g
Brandy	40 ml
White wine	150 ml
35% cream	300 ml
Fresh parsley, minced	1/4 bunch
Chives, minced	1/4 bunch
White pepper	To taste
Cayenne pepper	To taste
Lemon juice	1 dash
Béchamel sauce:	
Butter	60 g
Flour	60 g
Salt	10 g
Milk	1 litre

In a large saucepan, melt the butter and gently sauté the vegetables (except tomato) over medium-high heat.

Add the seafood (fish, mussels, clams, oysters, cod, shrimp, and lobster) and brown for 3 minutes. Deglaze with Brandy and flambé.

Stir in tomato, white wine and béchamel sauce* (see below for recipe).

Bring to a boil, stirring gently. Add cream* and cayenne pepper.

Garnish at the last minute with minced parsley and chives.

Adjust seasoning with salt, white pepper and lemon juice.

Béchamel Sauce

Melt the butter in a saucepan over low heat. Stir in flour, cook 2 minutes, and remove from heat to cool.

Bring the milk to a boil and gradually add it to the butter and flour mixture while stirring with a whisk. Stir over medium heat until thickened. Add salt.

**For an Asian version, substitute the Béchamel Sauce and 35% cream with a combination of 3-4 chopped tomatoes, 1 litre of vegetable stock (or water) and soy sauce (to taste).*

As a substitute to the mussels, clams and oysters, use your favourite shellfish.

As a substitute to the Canadian cod, Canadian cold water shrimp and Canadian lobster, use local seafood.



Junior Therriault Collège Mérici, Quebec



When Junior Therriault first began working at a three-star Michelin restaurant in Laguiole, France, in 2008, he was at first overwhelmed by all the different kinds of vegetables he was expected to prepare, cook and present. “I cooked with 50 vegetables every day – 25 of which I had never seen before in my life,” confesses Junior. “There were five of us, just working on vegetables.”

But soon Junior, age 26, who counts his time at the Hôtel-Restaurant Michel Bras as one of the best learning experiences in his life, discovered that vegetables were among his favourite things to cook. Before coming to China, he was already looking forward to combing the markets in Shanghai in hopes of pairing Chinese vegetables he had never tasted before with more familiar Canadian food products.

For Junior, who grew up in and around Québec City, the opportunity to spend six months cooking in China is the type of challenge he seeks to hone his skills.

“I want to be challenged, to be tested, to be outside of the box – to be exposed to as many different things as possible,” he says. “To me, culture and cuisine go together. Being surrounded by this culture might help me develop my own unique perception of cuisine.”

Junior, who studied restaurant management at the Collège Mérici in Quebec, ultimately wants to own his own restaurant and to develop signature dishes that will draw customers from far and wide.

He has competed in international cooking contests, taking a fourth prize in the Concours Culinaire Européen in Namur, Belgium.

When he’s cooking, Junior is guided by what the chefs who have mentored him have told him: great food is not always about fancy ingredients. “There’s a balance between what looks good and what tastes good,” he says. It’s a philosophy he’s brought to Shanghai.



Grilled AAA Sterling Silver Canadian Prime Rib

AAA Sterling Silver Canadian Prime Rib 200 grams per person

Canola oil SQ*

Fleur de sel (sea salt) SQ*

Ground pepper SQ*

**Sufficient quantity*

For an Asian twist, brush the meat slices with a mixture of soy sauce, mashed ginger and minced garlic.

Let meat rest at room temperature 45 minutes before cooking.

Prepare the charcoal grill.

Oil the meat.

Sear meat on the grill on high heat.

Reduce the intensity of the heat and continue to cook until the meat is rare (internal temperature of 60°C).

Cover with foil and let stand for 20 minutes. The meat will continue to cook and will be medium rare.

Slice the meat on a slight angle, and season with salt and pepper. Serve.



Hugo Martineau **LaSalle College, Quebec**



The regular customers at the La Socca restaurant, where Hugo Martineau worked in Montréal, knew that if they wanted something special, all they had to do was order his duck salad. The mix of greens, fruit, leg of duck and sweet vinaigrette was always popular he says.

For Hugo, age 25, the best of ALL worlds is found in the kitchen. He has worked in restaurants since he was 16, not long after he began to help his uncle Mario, an excellent cook, perfect his special rib sauce for family barbecue competitions.

Hugo's first job was as a dishwasher in a small restaurant in Québec City, where he grew up. It only took him six months to go from dishwasher to helping to cook, and by 17 he was working the grill at an East Side Mario's franchise.

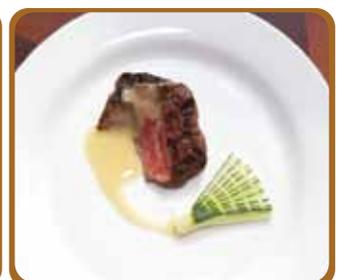
The stress of making decisions quickly and working fast to fill orders is what fuels his passion, he says.

"I feel alive when I work," he adds. "In my personal life I'm a pretty calm guy, but when I'm in a kitchen, I'm a very different guy. I speak more; I'm crazy; I'm confident."

That confidence pays off as Hugo prepares a table d'hôte that is always strong on presentation. "People like to eat not only with their mouths, but with their eyes," he says.

Hugo is always driven by his desire to learn more, he says, and after three years of restaurant management at LaSalle College in Montréal, he wants to learn on the international scene. That's what drew him to the Canada Pavilion in Shanghai.

"It's a good opportunity for me to have a job and travel at the same time. It's perfect," he says.



Eggplant Napoleon with Fresh Goat Cheese

Eggplant	One large
Fresh goat cheese	350 g
Canadian honey	30 ml
Fresh thyme	5 sprigs
Olive oil	150 ml
Salt and pepper	To taste
Arugula	For 4 people
Puff pastry	454 g

Chinese eggplant and Chinese honey may be used in this recipe.

Cut the eggplant into slices that are roughly 1 cm thick. In a bowl, mix the eggplant, 100 ml of olive oil, salt, pepper and thyme.

Place the eggplant slices on a baking sheet and bake at 350°F (160°C).

Stir occasionally and remove from oven when the slices are lightly browned.

Cut the puff pastry into circles the same size as the eggplant slices.

Bake the pastry according to the package instructions. While it is baking, cut the goat cheese into roughly 1 cm slices (2 per person).

Brush the goat cheese with honey. Heat slightly in the oven.

Dress the arugula with olive oil, salt and pepper.

Assemble the Napoleon by alternating the pastry, the cheese and the eggplant.

Serve with the arugula.



Mandy Wingert
Culinary Institute of Canada,
Prince Edward Island



Mandy Wingert still gets shivers down her spine when she remembers walking in behind the Canadian flag as a competitor in the IKA-Culinary Olympics in Erfurt, Germany.

Similar to the sporting Olympics, at least in style, the Culinary Olympics pit teams of chefs from around the world against each other in a cooking competition like no other.

In her 2008 event, Mandy and three other teammates on the Canadian National Culinary Youth Team had just three hours to cook a main course meal for 110 people. They had to do it all in a Plexiglas kitchen, with the judges and spectators watching their every move. Her Canadian team won a silver medal in the “hot” competition and a gold medal in the “cold” competition at the 2008 Culinary Olympics.

It was the perfect preparation for Mandy’s current high-pressure cooking gig, as a member of the Canadian culinary program in the Canada Pavilion at Expo 2010 in Shanghai. “This is going to be the adventure of a lifetime,” she said of Shanghai.

“I thrive on it,” she says of the stress. “I just hope that we can spread what Canada’s really all about and the culinary side of Canada.”

Before being nominated to be part of Canada’s team at Expo by the Culinary Institute of Canada in Charlottetown, Prince Edward Island, where she went to school, Mandy, who is 25, grew up in Regina, Saskatchewan. One of her earliest cooking memories involves making strudels with her grandmother when she was four years old.

That fond childhood memory has shaped her desire to be a pastry chef and influenced her choice of dessert at the Culinary Olympics, where she made a warm chocolate and prune cake that she has recreated more than a few times.

Prior to leaving for Shanghai, Mandy worked as a sous-chef at the Delta Bessborough Hotel in Saskatoon. She gave up that job for the chance to represent Canada again, this time in Shanghai. “It’s a huge honour,” she says simply.



Canadian Sugar and Nut Pie

Makes 2 pies

Crust:

Butter	200 ml
All-purpose flour	500 ml
Cold water	100 ml
Salt	1 dash
Sugar	1 dash

Filling:

Eggs	6
Sugar	150 ml
Canadian maple syrup	300 ml
Corn syrup (dark)	300 ml
All-purpose flour	65 ml
Chopped nuts (almonds/pecans/walnuts)	400 ml

Crust:

Combine flour, sugar, salt and butter in a bowl. Work the butter into the flour until it resembles a coarse cornmeal.

Add the cold water and mix until a dough forms. Be careful not to over mix or the crust will be tough.

Let chill in refrigerator for about 15 minutes.

Roll out and place in a pie dish.

Filling:

Mix all ingredients together and pour into pie crust.

Bake at 350°F (160°C) until the middle is set and the crust is golden.

Refrigerate until ready to serve. Serve with ice cream or whip cream.



Mark H. Rowswell **Commissioner General**



Mark H. Rowswell is Canada's Commissioner General for Expo 2010 in Shanghai, China. Mr. Rowswell, whose stage name is Dashan, has been called the most famous foreigner in China. He has become a regular fixture on Chinese television and a cultural icon.

Born and raised in Ottawa, Mr. Rowswell began studying Chinese in the mid 1980s, first at the University of Toronto and later at Beijing University.

While in Beijing, Mr. Rowswell became interested in traditional Chinese performing arts, particularly xiangsheng, a popular form of comic dialogue. A chance opportunity to perform on television followed which led to Dashan becoming a household name literally overnight, at the surprise of Mr. Rowswell.

More than 20 years later, Dashan is still going strong.

Having diversified and developed into a multi-faceted performer, language educator, and television host, Mr. Rowswell is now considered a cultural ambassador between China and the West, having found a common ground between the two cultures. To many Chinese, he is an international role model and a prominent symbol of "East meets West."

Mr. Rowswell savours the many culinary experiences as a Canadian living in China. He greatly enjoys eating both traditional dishes as well as fusion creations. As Commissioner General for the Canada Pavilion, Mr. Rowswell has invited the pavilion staff to his home for a good old fashion Canadian barbecue.



Asian Pear Dumplings with Mango Dipping Sauce

Brown sugar (tightly packed)	60-70 g
Asian pears (peeled and diced in small pieces)	250 g
Lemon juice and zest	1 small lemon
Pecans (chopped)	75 g
Mint leaves	6 sprigs
Wonton wrappers	approx. 20 pieces
Canola oil (to sauté)	
Toasted sesame oil	a few drops
Mango puree*	100 ml

**In a food processor, puree either canned or fresh mangoes.*

For a Canadian twist, substitute the Asian pears for pears from Ontario or British Columbia.

In a small bowl, mix together sugar, pears, lemon juice and lemon zest. Cover with plastic and steam for about 20 minutes.

Strain the mixture, reserving the liquid, and mix with chopped nuts and mint leaves.

Mix the reserved liquid with the mango puree to obtain the desired consistency.

Lay out wonton wrappers and moisten the edge with a little water.

Place a spoonful of the filling in the centre of the wrapper and fold it over fastening the two edges. Seal the edges by crimping along the edge.

Heat some canola oil in a small frying pan at medium heat. Place the dumplings flat side down in the pan and when they start to brown add a small amount of water and a drop or two of sesame oil.

Cover and turn to high heat to steam the dumplings. Once the water evaporates, turn off the heat and serve on a small dish accompanied by the mango dipping sauce.



The Canada Pavilion

The Canada Pavilion is one of the largest pavilions at Expo and is the result of a unique collaboration between the Government of Canada and Cirque du Soleil. Each day, more than 30,000 visitors go through the pavilion's public presentation.

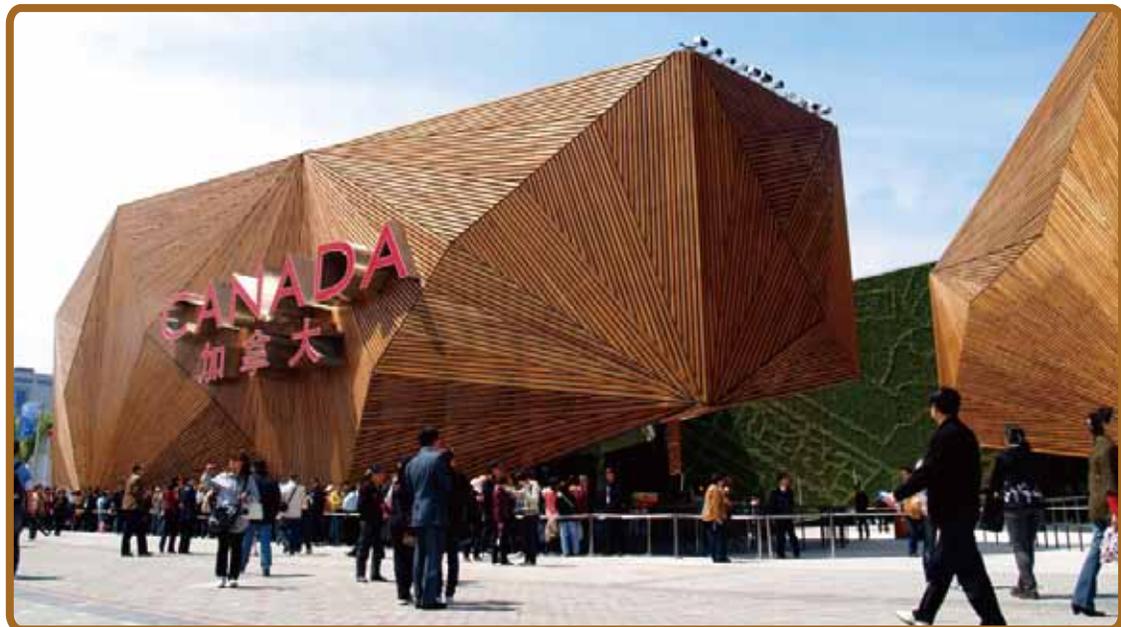
The theme of the Canada Pavilion is "The Living City: inclusive, sustainable, creative" and demonstrates how Canada's cities reflect Canadian history and showcase Canadian values.

Each individual experience through the public presentation is unique, marked by animation and interactive elements complemented by music and a rich soundscape.

Canada's participation at Expo 2010 is made up of a number of different parts: a rich cultural program which includes the public presentation as well as comprehensive cultural program, an engaging trade program, and a delectable culinary program.

The Canada Pavilion is a popular feature at Expo 2010 and welcomes visitors from near and far.







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