

Canadian Desserts: From Coast to Coast

With Charlotte Lamontagne
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Sucrè a la Crème - Québec

Ingredients

1 cup of white sugar
1 cup of brown sugar
1 cup heavy cream

Directions

- 1) Mix all the ingredients together.
- 2) Cook in the microwave at full power for 10 minutes.
- 3) Let stand for 5 minutes.
- 4) Mix it with an electric beater for 4 minutes.
- 5) Pour into cube shape containers or square shape pan.
- 6) Refrigerate for 1-2 hours.



Canadian Butter Tarts – Ontario

Ingredients (Makes 24 medium tarts)

1 cup (250 mL) Thompson dark raisins
1/2 cup (125 mL) butter
1 cup (250 mL) brown sugar, packed
1 cup (250 mL) corn syrup (grease cup before measuring)
1/2 tsp (2 mL) salt
2 large eggs, lightly beaten
1 tsp (5 mL) vanilla

Directions

- 1) Preheat oven to 450 °F.
- 2) In a heavy saucepan, combine raisins, butter, sugar, syrup and salt.
- 3) Set over low heat until butter is melted and mixture is warm, stirring to dissolve sugar. **Don't let mixture get hot.**
- 4) Remove from heat and stir in eggs and vanilla.
- 5) Spoon filling into pastry-lined tart shells, filling each 2/3 full.
- 6) Bake in 450 °F oven for 10 minutes.
- 7) Reduce heat to 350 F and bake five minutes more or until pastry is golden.
- 8) Don't let filling bubble over pastry or you will have trouble getting the tarts out of the pans.
- 9) Let cool before removing from pans.

*Hint: If you don't want to make your own pastry, buy the 3-inch size frozen tart shells in the foil cups.



Maple Cookies – Prince Edward Island

Ingredients

1 cup butter, softened
1 cup packed brown sugar
1 egg
1 cup real maple syrup
1 teaspoon vanilla extract
2 teaspoons baking soda
1/2 teaspoon salt
4 cups all-purpose flour
1/3 cup granulated sugar for decoration

Directions

- 1) Preheat oven to 350 °F (175 degrees °C).
- 2) Grease cookie sheets.
- 3) In a large bowl, cream the butter and brown sugar.
- 4) Add the egg, syrup and vanilla.
- 5) Mix until well blended.
- 6) Sift together the flour, salt and baking soda.
- 7) Stir into mixture until well blended.
- 8) Shape into 1 inch balls and roll in sugar.
- 9) Place on cookie sheets about 2 inches apart and flatten slightly.
- 10) Bake 8 to 10 minutes in the preheated oven.
- 11) Let cool on wire rack.



Nanaimo Bars – British Columbia

Ingredients – 1st Layer

1/2 c butter
1 egg unbeaten
5 T cocoa
5 T sugar
2 c crushed graham wafer
1 t vanilla
1 c coconut
1/2 c walnut

Directions – 1st Layer

Finely crush the graham wafers between 2 sheets of wax paper with a rolling pin. Use an ungreased pan. Place soft butter, sugar, cocoa, egg and vanilla in bowl. Sit bowl in pan of hot water (or sink). Stir mix with spatula or other instrument until butter has melted and is of custard consistency. Mix wafer crumbs, coconut, and nuts. Add to cocoa mix. Pack into pan, pressing down with your fingers. Spread with the following frosting:

Ingredients – 2nd Layer

4 T butter (1/4 c)
2 T vanilla custard
3 T milk
1/2 t vanilla
2 c icing sugar

Directions - 2nd Layer

Cream butter. Combine milk with vanilla custard pudding. Add to butter, mixing well. Blend in sifted icing sugar, beating until light and fluffy. Add vanilla.

Ingredients – 3rd Layer

1/2 pkg chocolate chips or 8 oz semi-sweet chocolate
1 T butter

Directions – 3rd Layer

Melt butter and chocolate together. Spread over the icing. Set in fridge. Cut in small squares.



Hot mulled cider

This recipe is often used on the Canadian American border where apple orchards are found. Walking into the farmhouses on these farms, you can smell the cinnamony scent of hot mulled cider simmering on the stove.

Ingredients

Fresh cider, whole cloves, cinnamon sticks, whole allspice, cheesecloth, large stock pot, brown sugar, ladle, mugs.

Directions

- 1) Pour one gallon of fresh cider into a large pot on the stove or into a crockpot or slow cooker.
- 2) Add a half cup of brown sugar.
- 3) Place 1 teaspoon of whole cloves, 1 teaspoon of whole allspice, and 3 cinnamon sticks on a square of cheesecloth and tie up.
- 4) Add to the pot. Heat the cider to a boil, stirring regularly. Leave the pot uncovered so that you and your family or guests can enjoy the warm, delicious aroma.
- 5) Once the cider boils, lower the setting to simmer for at least another 15 minutes to allow for thorough infusion of the spices.
- 6) Stir occasionally.
- 7) Remove the spices from the pot and ladle hot mulled cider into mugs or other glasses designed for hot beverages.

*Tips:

- 1) If you don't have cheesecloth on hand, use a tea ball or a coffee filter to hold the spices.
- 2) Add a splash of rum or brandy to really warm up a chilly day.
- 3) For a decorative touch, you can stud an apple with cloves and allow that to float in your cider pot instead of adding cloves to your spice bag.