

YOUR MISSION COMPLETED: EAT LIKE A CANADIAN

Last week we asked you to answer a rather difficult question: What does Canadian food mean to you? The responses revealed a fondness for poutine, naturally. But beyond that, Gastroposters emphasized two interesting categories: First, ingredients that evoke the outdoors, such as fish (especially salmon), berries and maple syrup. Second, flavours that have arrived in Canada in recent decades via immigration. It's as if we want to eat like bears, but ones that enjoy access to a multi-ethnic food court. And we're all right with that picture of the Canadian palate.



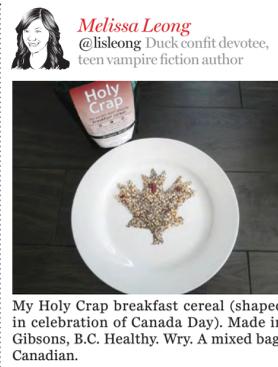
Erica Westeroth
Interior designer, food blogger

Our evening meal was a salute to great Canadian maple syrup. My vote as Canadian food. Not a food on its own really, but an enhancer. It's my spice of choice. Everything tastes better with maple syrup! Maple-glazed rainbow trout with a mixed green salad topped with brie toasts and drizzled with a warm blueberry dressing (made with, you guessed it ... maple syrup).



Cam Dryburgh
@camdryburgh General manager, Nota Bene. Malt whisky snob.

For the expression of Canada Day I went with three filets of B.C. sockeye salmon paired with 2008 Tawse Quarry Road Chardonnay. First filet cooked in maple syrup, second in generic hoisin sauce and third is the same wine as I was drinking. All done on the barbecue in the backyard, of course.



Melissa Leong
@lisleong Duck confit devotee, teen vampire fiction author

My Holy Crap breakfast cereal (shaped in celebration of Canada Day). Made in Gibsons, B.C. Healthy. Wry. A mixed bag Canadian.



Libby Roach
@libbyroach1 Food and product photographer, BlogTO writer

To me, Canadian food is as wide and beautiful as this gorgeous country. Tourtière is my absolute fave Canadian food, but I have a keen preference for NOT running my oven when there's a heat wave going on. We took the party outside and barbecued up some banquet burgers, *avec ouf*. Ever since I went to the U.S. and got some questionable looks for ordering a banquet burger, I figure this is about as Zed as it gets. They had no idea what the heck I was talking about. Canadian cheddar and applewood-smoked bacon come alive atop this hand-formed patty of glory. The egg was just for extra protein.



Kat Tamcock
@kattancoc Vegetarian food lover, Food & Drink new media editor

I'm not sure how Canadian it is other than the colour scheme, but this strawberry cake from food blog Smitten Kitchen certainly tastes good. Make it with local berries (picked yourself if you can) and top with plain yogurt, whipped cream or your favourite local vanilla ice cream.



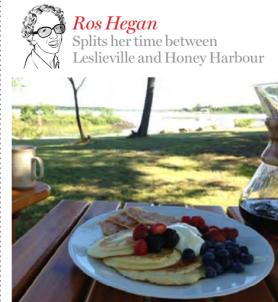
Adam McDowell
@A_McDo Food and drink journalist; mixology enthusiast

At my Happy Hour column in the *Post* last week, I promised to post some ideas for contemporary Canadian cocktails, because I'm bored of people just saying "Caesar" over and over again as the Canadian drink of choice. Inspired by the work of Belfast bartender Sean Muldoon, my *deux solitudes* cocktail starts with a 50-50 combination of Cognac and Irish whisky, to honour the French and Irish heritage of Quebec.



Carole Nelson Brown
Makeup artist by trade, food blogger for love

I will share something that I made last year on Canada Day that became an instant part of our family tradition, my Oh Canada Pops. Since Canada Day is always a long, hot day with parades and parties, barbecues and fireworks, and there are always lots of kids, popsicles are a big part of our celebration. Everything in the pops are Canadian, right down to the PC Greek yogurt, and they are a festive red and white in homage to our Canadian flag. I didn't get any pictures of the kids eating them this year because we were too busy celebrating and, quite frankly, they didn't last long enough.



Ros Hegan
Splits her time between Leslieville and Honey Harbour

In March of this year, @pema and I became Canadian citizens. So, this is our first Canada Day as Canadians! Since we didn't grow up in Canada, over the last nine years we've had to try to figure out what Canadian food means. Poutine? Pumpkin Pie? The west coast salmon we had last night? All of these were new to me as a new Canadian, but nothing says "Canada" more than pancakes with maple syrup and peameal bacon on a relaxing Canada Day Sunday.



Jen McDonnell
@Jen_McDonnell Horrible cook, managing editor of Dose.ca

I'm from the Maritimes, so to me "Canadian food" means donairs and garlic fingers. It used to be that you could only get them on the East Coast, but in the past year or two they've started popping up on menus across Toronto, from the high-end deconstructed donairs at Hoppood's Foodliner to the traditional kind at Fuzzbox. Yum!



Amy Rosen
Food editor at Chatelaine magazine

What is Canadian food? Well, there's this wild sockeye salmon I smeared with maple syrup and Dijon before barbecuing it on a July 1 weekend. That's pretty Canadian. But if you want to learn a bit more about the true CanCon food trend sweeping into restaurants across the nation, visit Gastropost and look for this entry.



Emma Brooks
@ejbrooks From Nova Scotia, loves eating out and cooking in Toronto

When Gastropost asked us to tell them what Canadian food is to us, I immediately went back to my East Coast roots with the first three things that popped into my head: 1. Blueberries. 2. Smoked salmon. 3. Maple syrup. I then wondered, "Hm ... can I make something with all those things together?" And thus! My blueberry smoked salmon salad with maple syrup dressing was born.



Robyn MacDonald
Banker by day, baker by night

A poll of my friends and family on Canada Day revealed a few different votes for the quintessential Canadian food – poutine, tourtière, stew, biscuits – none of which I really felt like making or eating during the humidity of July. But butter tarts are welcome any time of the year! I used pure maple syrup in the filling.



Jesse Kinosh-Goodin
Toronto writer, photographer, frequenter of patios

Nothing says Canadian more than eating something you can find in your own backyard, using an extremely loose definition of backyard. We were already in cottage country, so it was only an hour drive to Tobermory, Ont., to pick up some fresh white fish, caught on a Friday, bought on a Saturday and cooked later that night on the barbecue (one whole fish fed six of us) with nothing more than butter, lemon and spices. Went great with some Pelee Island Pinot Grigio.



Samantha Osaduke
Writer, can't live without seafood and coffee

Our food identity comes from a variety of different cultures and the world is on our plate. The Middle Eastern shawarma is spiced chicken wrapped in a blanket of bread. The green dragon sushi tastes fresh with shrimp and crunchy cucumber covered in a special sauce for the perfect bite. Canadian food is everything, since we can have curried chicken while sipping a Jamaican ginger beer followed by a baklava with espresso. The possibilities of our cuisine are endless.



Pema Hegan
@Pema Espresso snob. Entrepreneur. Slow eater.

Canadian summer food for me is simple and eaten outdoors. In this case it was a blue cheese, mushroom and eggplant pizza (cooked on the barbecue) with a simple salad of new potatoes, beans, radishes and walnuts.



Jamie Verk-Pérez
@thetomatosnob Graphic artist, foodblogger, chef and creative Jill of all trades

What does Canadian food mean to me? A refreshing clam beverage know as the bloody Caesar. When I think of a bloody Caesar I think of summer, sitting up north at a cottage with good friends enjoying Ontario's beautiful weather. It's really one of the most perfect aperitifs, since it is both a drink and a snack.

WHAT YOU GET

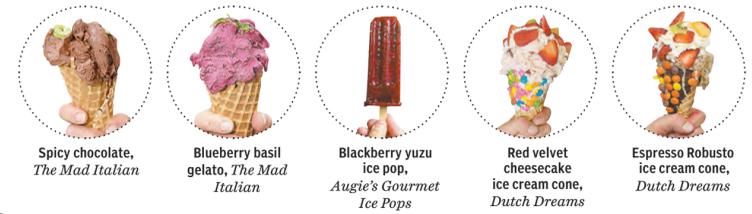
- ✓ Be the first to find out about new missions
- ✓ Appear on gastropost.com and in the National Post
- ✓ Get your very own Gastrosketch



YOUR NEXT MISSION TASTY FROZEN TREATS

Refresh with a cold indulgence, especially one that sports an intriguing, strange or gourmet flavour. Whether it's sorbet, gelato, an ice pop or something else, **what tickles your taste buds while chilling you out?**

Check out these interesting examples from around Toronto



DO THE MISSION

Once you've tracked down your interesting and lickable cold dessert, share it with the Gastropost community. Tell us where you found it or where you got the inspiration to make it. Tell us what it tastes like. There are no wrong answers!

GASTROPOST IT

Join us! Send us photos, videos, stories — however you can best communicate your food adventures to your fellow food lovers. Once you're there, you'll see what everyone else is eating, too. As always, we'll share many of the entries here next week.