

Cuisine Canada and The University of Guelph Canadian Culinary Book Awards 2010

FOR IMMEDIATE RELEASE

Winners of 2010 Canadian Culinary Book Awards Announced

November 5, 2010 – (GUELPH, ON) They read, they cooked, they deliberated. Since April, some of Canada's top food professionals have been reading and testing their way through 68 entries to determine the winners for the Canadian Culinary Book Awards. Cuisine Canada and the University of Guelph are proud to announce the winners of the 13th annual Canadian Culinary Book Awards.



Winners of the second annual **Canadian Culinary Landmarks Hall of Fame Award**, given to authors who have produced a stellar culinary book or a body of culinary works that taken together have had a lasting impact upon Canadian cuisine, are:

- ***A Century of Canadian Home Cooking: 1900 Through the '90s*, by Carol Ferguson and Margaret Fraser, published by Prentice Hall Canada, Scarborough, ON, 1992.**

A Century of Canadian Home Cooking is a landmark publication providing a lavish and engaging overview of our 20th century culinary history. Published in 1992, as Canada marked its 125th birthday, this book celebrates both the traditional and new styles of meals prepared at home.

Taking a chronological approach, the book layers decade upon decade, showing how Canada and our tastes have evolved and changed. Authors Carol Ferguson and Margaret Fraser highlight the major influences in each decade through text and pictures, captions and sidebars.

Each decade examines a wide range of topics including: the impact of media on eating habits, how kitchens have changed, developments in nutrition, food preparation and shopping, the influence of restaurant trends on home cooking, and the contributions of women's organizations. History, culture, changing family patterns and education all have their place in this culinary tour. Each chapter includes recipes typical of each decade, Canadian classics like butter tarts and Nanaimo bars, multicultural traditions and regional favourites, illustrating our interwoven culinary roots and diversity.

From the turn of the century, when immigrants adapted their treasured recipes, through the difficult times of the '30s and '40s, from the convenience food of the '50s to the raised nutritional consciousness in the '60s, from natural foods in the '70s to nouvelle cuisine and comfort food in the '80s and '90s, *A Century of Canadian Home Cooking* is an entertaining, sumptuously illustrated historical-cultural tribute to the evolution of Canadian cuisine.

- ***Kate Aitken's Canadian Cookbook*, by Kate Aitken, published by The Montreal Standard, Montreal, 1945.**

Kate Aitken's Canadian Cookbook, first published in 1945 by *The Standard* of Montreal where she was food editor, went into numerous updated editions and reprinting into the 1970s. It was published by Collins of Toronto, with separate editions sponsored by the national drug store chain Tamblyn's. In 2004, Whitecap Books published a reprint of the first edition edited by Elizabeth Driver.

The reader of *The Kate Aitken Cook Book* finds traditional recipes for Aitken favourites: chili sauce, mustard pickles and catsup, chicken pot pie and dumplings, apple pie, and cupcakes, but also less familiar foods such as crepes suzettes, brioche and veal rossini. They are reliable, for she tested them all during her innumerable classes and cooking shows including in her own home where she had four kitchens. In her cookbooks Mrs. A. looks back on a happy childhood on the farm where her mother – and many of their neighbours – were prize-winning cooks.



Winners in the **English Special Interest Category**, books about food and beverages, but not cookbooks, are:

- **GOLD: David Sax, *Save the Deli: In Search of Perfect Pastrami, Crusty Rye, and the Heart of the Jewish Delicatessen*, McClelland and Stewart, Toronto**

Save the Deli takes the reader on an entertaining journey through the international evolution of the Jewish deli restaurant. Along the way, Sax introduces us to fanatical deli-men wielding their razor-sharp knives and conjures vivid tastes of juicy, hearty, fatty deli foods – perfect pastrami, crusty rye and vinegary pickles. This is a passionate coast to coast travelogue filled with interesting historical data that really suggests hope for deli's future.

- **SILVER: Tony Aspler, *Tony Aspler's Cellar Book: How to Design, Build, Stock and Manage Your Wine Cellar Wherever You Live*, Random House Canada, Toronto**
Tony Aspler's Cellar Book fulfills its mission to explain in clear language how to design, construct, stock and manage a home wine cellar of all sizes and locations, especially for beginners. It offers a wealth of personal and professional guidance, such as matching wine with food, purchasing wine suitable for cellaring, describing the world's wine regions, and easy to understand storage tips. Written with humour and style, it is both an invaluable tool and an enjoyable read.

Winners in the **English Canadian Food Culture Category**, books that best illustrate Canada's rich culinary heritage and food culture, are:

- **GOLD: Chefs' Table Society of British Columbia, *Vancouver Cooks 2*, Douglas and McIntyre Publishers, Vancouver**

Vancouver Cooks 2 contributes to Canada's culinary culture by showcasing West Coast ingredients and the highly individual ways in which 70 diverse top and emerging chefs are using them. The innovative recipes are well tested and edited with home cooks in mind, encouraging them to think outside of the proverbial recipe box, but still suitable for experienced cooks. One of the most interesting features is the chef profiles. Who knew so many French Canadian chefs work in Vancouver?

- **SILVER: Nathalie Cooke, editor, *What's To Eat? Entrées in Canadian Food History*, McGill-Queen's University Press, Montreal and Kingston**

What's to Eat? Entrées in Canadian Food History is an important contribution to the growing literature on our food culture's multiple origins. Its research from thirteen authors serves up some thoughtful and engaging fare. From explanations of how Canada's First Peoples developed their food skills, to stories of Canada's indigenous produce making its way to other continents, to the coast-to-coast-to-coast experiences of eating in Chinese restaurants and talking turkey at Thanksgiving, the essays in this collection introduce much original and welcome knowledge.

Winners in the **English Cookbook Category** are:

- **GOLD: Laura Calder, *French Taste: Elegant Everyday Eating*, Harper Collins, Toronto**

French Taste is a lovely, elegant cookbook that interprets contemporary French cuisine in a personal manner for today's cooks. Calder's anecdotes recall MFK Fisher and her mostly simple recipes work beautifully. While conveying real pleasure in shopping, cooking, eating and entertaining, she also makes readers – both accomplished and those less assured – feel accompanied in the kitchen, inspiring them with confidence and ease.

- **SILVER: Anna Olson, *Fresh with Anna Olson: Seasonally Inspired Recipes to Share with Family and Friends*, Whitecap Books, Vancouver**

- A beautiful book from a well-known television chef, *Fresh with Anna Olson* offers recipes for local and seasonal eating with produce purchased from farmers markets and picked from your own fertile gardens. Home cooks and novice cooks, in particular, will appreciate her consistently inspiring and accessible recipes for sharing with their friends and families. Olson's Canadian culinary identity resonates with charm and commitment.



The contest was also open to **Canadian French-language culinary books**.

Winners in the **French Special Interest Category**, books about food and beverages, but not cookbooks, are:

- **GOLD: Maison de Thé Camellia Sinensis, *Thé : Histoire, Terroirs, Saveurs*, Les Éditions de l'Homme, Montréal**

This book explores the cultures and rituals of tea in various countries, such as China, Taiwan, India, Japan and many others. It teaches how to taste many kinds of teas and explains their health benefits. This world tour is completed with delicious dishes created by many celebrity chefs. The four authors are professional tasters who travel the world each spring in search of the best tea producers.

- **SILVER: François Chartier, *Papilles et Molécules : La science aromatique des aliments et des vins*, Les Éditions La Presse, Montréal**

By examining a wine's molecules of aroma, François Chartier proposes a revolutionary way to create perfect harmonies between wine and food. In 1994, he was awarded the prestigious Grand Prix Sopexa International as the best sommelier of the world, the only Canadian to have won.

Winner of the **French Canadian Food Culture Category**, books that best illustrate Canada's rich culinary heritage and food culture, is:

- **GOLD: Manuel Kak'wa Kurtness, *Pachamama : Cuisines des Premières Nations*, Les Éditions du Boréal, Montréal**

PachaMama is about the culinary culture and traditions of Quebec's First Nations. Each chapter features a short community history, an overview of its food habits, as well as three recipes revisiting its culinary traditions. Chef Manuel Kak'wa Kurtness embraces the mission of promoting the rich culinary traditions of the First Nations of Canada.

Winners in the **French Cookbook Category** are:

- **GOLD: Patrice Demers, *La Carte des desserts*, Les Éditions de l'Homme, Montréal**

In *La Carte des desserts* Patrice Demers shares the secrets of his latest creations. He chose sixteen of his favourite products to concoct delicious recipes adapted to all kind of talents. Demers has already left his trademark as a pastry chef in Montreal, from Léméc to aux Chèvres restaurants to name a few. He has just opened Les 400 Coups Montréal, and started television show called *Les desserts de Patrice*.

- **SILVER: Antoine Sicotte: *Le Cuisinier Rebelle*, Les Éditions Cardinal, Montréal**

From Italy to Thailand, from Jamaica to Japan, every cuisine of the world is invited to the same French table. *Le Cuisinier Rebelle* is a book of entertainment recipes, including tapas, desserts and midnight snacks. Self-taught in music and cooking, this is Antoine Sicotte's first cookbook.



Each category also has an **Honorable Mention**:

- **ENGLISH SPECIAL INTEREST: Ricki Heller, *Sweet Freedom: Desserts You'll Love without Wheat, Eggs, Dairy or Refined Sugar*, Trafford Publishing, Victoria**

The title says it all. *Sweet Freedom* offers user-friendly and accessible recipes for classic baked goods, as well as innovative new desserts, all free of wheat, eggs, dairy, and refined sugars. Although some ingredients are less known, such as agave nectar syrup, they are not difficult to find at the health food store or supermarket, even in small cities. An obvious labour of love, this special interest cookbook is sprinkled liberally with tips and stories from the author who lived with chronic ill health until she changed her diet.

- **ENGLISH CULTURE: Michael Howell, *Atlantic Seafood: Recipes from Chef Michael Howell*, Nimbus Publishing, Halifax**

Chef Michael Howell is a renowned Nova Scotia chef known for his commitment to using fresh, local ingredients at his restaurant, Tempest. His cultural approach to food and eating ethically is reflected in this comprehensive collection of the most popular regional seafood. He places his recipes into a regional context. The book is smart, well composed, engaging and effective. His foreword and the various technique tidbits are insightful and useful to cooks of all experience levels.

- **ENGLISH COOKBOOKS: Michael Smith, *The Best of Chef at Home: Essential Recipes for Today's Kitchen*, Whitecap Books, Vancouver**

Chef at Home is written as though author Chef Michael Smith is in the kitchen with the home cook, coaching, explaining and encouraging experimentation. The basics provide the foundation for building a good culinary repertoire. It is a good-looking book with an appealing layout and photographs. His “nothing to fear” approach makes it a perfect gift for an aspiring novice cook, including children.

- **FRENCH SPECIAL INTEREST: Richard Béliveau and Denis Gingras, *La Santé par le plaisir de bien manger*, Les Éditions Trécarré, Montréal**

The book's goal is to demonstrate how major changes of food habits in our industrial era have contributed to serious illnesses. The authors teach us how to eat well and stay healthy without sacrificing tasty food. Richard Béliveau is a leading authority in the field of cancer research and Chair in the Prevention and Treatment of Cancer at the Université du Québec à Montréal. Denis Gingras specializes in oncology research at the Molecular Medicine Laboratory of the hematology/oncology unit at the Université du Québec à Montréal.

- **FRENCH CULTURE: Not awarded this year.**
- **FRENCH COOKBOOKS: Carlos Ferreira: *Ferreira Café : Du Portugal à Montréal*, Les Éditions la Presse, Montréal**

In the *Ferreira Café* cookbook we find recipes from the past (from Portugal) and others from today (from Montreal). This is a book filled with history, souvenirs and anecdotes. Carlos Ferreira is a well known Montreal chef who honours the cuisine of his country with dishes he creates for his restaurant Ferreira Café.



Winner of **THE EDNA AWARD**, in honour of food writer Edna Staebler, is **John Bishop** of British Columbia. The Edna is a lifetime achievement award given to an individual who has contributed to the promotion of regional cuisine and who exemplifies the region through his or her work.

John Bishop is recognized for his exceptional and long-standing contribution to regional cuisine in the field of restaurant and food service. British-born John Bishop trained and worked as a chef in Britain until 1973 when he brought his culinary expertise to Canada, launching his restaurant Bishop's in 1985 with a commitment to local, organic and seasonal foods long before it was common practice to do so. Located in Vancouver, Bishop's showcases the Pacific Northwest's lush bounty. In his very successful restaurant, Chef Bishop's technique and focus is to bring out the best in local ingredients, beyond tricks or fashionable preparations, but with a casual elegance, based on his belief in feeding people well and treating everything with respect.

Beyond the restaurant's walls, Chef Bishop has had a positive influence on other restaurants and chefs, including Rob Feenie, Vikram Vij and Andrey Durbach, by helping pioneer direct relationships between restaurants and local farmers such as Hazlemere Organic Farms.

He continues to explore the relationship between food and the land around us, with a fascinating award-winning documentary, *Deconstructing Supper*, <http://www.bullfrogfilms.com/catalog/decon.html>, which is a genuine and heartfelt attempt to understand the complexities that face food production.

The 2010 Edna Award tops a great number of other awards John Bishop already has, including Cuisine Canada's Gold for his cookbook *Fresh* in 2008, Vancouver Magazine Restaurant of the Year many times, 2002 Queen's Golden Jubilee Award and the inaugural Governor General's Award for the Nation's Table in 2010 – all testaments to John Bishop's ideals of fostering local foods that nurture the body and soul.



Cuisine Canada's **FOUNDERS AWARD** is given on occasion to those Canadians who have achieved a lifetime of service to the culinary community of Canada. They may be come from any field of culinary endeavour. This year's recipient of is **Elizabeth Baird**.

Elizabeth Baird is recognized and deeply respected for her knowledge of and unwavering commitment to the food and food life of Canada. Her career spans nearly four decades. Her first cookbook, *Classic Canadian Cooking*, was published in 1974 and has become a fundamental contribution to food writing in Canada. During her many years with *Canadian Living* magazine, Elizabeth broke so much new ground that it's impossible to recount her full resume. Before Cuisine Canada existed she understood the dream and took the time to prepare and deliver a paper at the very first Northern Bounty conference in Stratford, her home town, in 1993. The subsequent year, she attended Cuisine Canada's founding meeting in Montreal where the charter and bylaws were hammered out and this organization's collective journey began.

Elizabeth believes that food, lovingly prepared and shared, encourages us to connect with each other and to nurture and sustain our Canadian rituals, traditions and heritage

She has attended feasts, festivals and fall suppers across the country, has visited restaurants, family kitchens and schools, finding and sharing stories and recipes that feature the very best of Canadian cuisine. She cooks in both official languages.

Now “retired” from her position as Executive Food Editor of *Canadian Living*, she volunteers at Fort York National Historic Site in Toronto as an Historical Cook, and continues to mentor and support young culinarians with her work on the Board of the Stratford Chefs School. And she still finds time to exercise her knitting skills in the service of Sick Children’s Hospital.



Cuisine Canada is a national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and beverages. The University of Guelph has for more than 140 years contributed to Canadian cuisine in its programs in agriculture, food science, hospitality and tourism management and is the home of one of Canada’s best cookbook collections.

The 2010 Canadian Culinary Book awards are sponsored by: Agricultural Adaptation Council, CanolaInfo, Royal Agricultural Winter Fair, Chicken Farmers of Canada, Pork Marketing Canada, Beef Information Centre, Niagara College Teaching Winery, The Fairmont Royal York, Borealis Grille & Bar, George Brown Chef School, Georgian College, Liaison College, Rootham Gourmet Preserves, Harbinger Communications, Stratford Chefs School, and Ontario Farm Fresh Marketing Association.

For more information about the awards visit the [Canadian Culinary Book Awards page](#) on the University of Guelph website.

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