

For the LOVE of food

WE ASKED SOME OF CANADA'S TOP CHEFS TO DISH THE INSIDE SCOOP ON WHAT THEY WOULD SERVE THE ROYAL LOVEBIRDS TO SHOWCASE THEIR REGIONAL FARE—SOME EVEN SHARED THEIR OWN RECIPES! PROVINCE TO PROVINCE, FROM POUTINE TO ARCTIC CHAR, IT'S A ROYAL FEAST—CANADA STYLE.

by *Sara Cation*



who we asked

CAROLINE ISHII, our capital's celebrated chef who redefines vegan-chic eats.

where you can find her

ZenKitchen, in the heart of Ottawa's Chinatown, zenkitchen.ca

what she would serve

Truffled Mushroom Soup



Will and Kate on arrival in Ottawa

ONTARIO'S BEST INGREDIENTS

We have so many wonderful foods in Ontario, from fresh fruits and vegetables to wine and beer to wild mushrooms and other local edibles. It's the variety that sets us apart, as well as the way we can

make traditional cuisines our own, be they French, Italian or Indian.

WHAT SHE'D SERVE FOR A CASUAL LUNCH An interpretation of a classic afternoon tea, done Ottawa-style and highlighting Savour Ottawa farmers: Kiwan Farms Lebanese cucumbers and Art-Is-In bread,

lemon scones with Upper Canada cranberries, strawberry shortcake with Barkley Farm strawberries and our ZenKitchen coconut whipped cream.



PHOTOGRAPHY, APRIL ANNE HEWENS; CHRIS WATTIE/POOL/GETTY IMAGES; ISTOCKPHOTO

AND FOR A BIG, OFFICIAL EVENING TO-DO The meal would be vibrant and colourful, incorporating the freshest ingredients from local farms ... Ottawa alone has 1,267 farms within the city's border! See my menu below.

THE MENU

Land-and-sea salad with
Kiwan Farms cucumbers

Roots and shoots
Easter-egg radishes

Butterfly Sky Farm edible flowers
and cress with sea vegetable caviar

Truffled Le Coprin mushroom soup
with crispy shiitake mushrooms
and sour cream

Panko-crusted seitan cutlet,
tomatillo salsa verde,
grilled seasonal vegetables,
and ZenKitchen pickles

Chocolate raspberry swirl
cheesecake drizzled with
Niagara icewine syrup

TABLE DECOR AND PRESENTATION To showcase our love of alfresco dining, I'd have the event outdoors under a tent. And in the spirit of farm-to-table celebrations like the Feast of Fields, I'd have local farmers, producers and chefs sitting at the same communal table, and it would be adorned with arrangements made with fresh local fruit and vegetables.

CULINARY SOUVENIR FROM OTTAWA I understand that Kate enjoys eating healthy, light meals at home—which she often makes herself—so I would give them a basket with the best home recipes from Savour Ottawa chefs and their favourite local products to use. Some of my current favourites include Hall's apple butter, Garland maple sugar, Barkley's Farm apple syrup and Upper Canada dried cranberries. They make great presents!



Alfresco dining is perfect for a farm-to-table meal

SOUPS

Truffled Mushroom Soup

Makes 4 servings

INGREDIENTS

A few cups of mushrooms (such as cremini, shiitake and oyster), coarsely chopped

- 2-3 onions, peeled and chopped into a medium dice
- 3 tbsp olive oil
- 1 tsp sea salt
- ¼ cup dry sherry
- ¼ cup flour
- 2 cups porcini stock (see recipe right) and chopped porcini pieces remaining
- 2 cups vegetable stock or water
- Freshly ground black pepper
- Sea salt
- Truffle oil

DIRECTIONS

Clean and chop mushrooms. If using shiitake mushrooms, remove stems and use them in the stock.

In a medium pot, heat the oil. Add the onions and salt, and fry over medium-low heat until the onions are tender and the skins become translucent. Add the sherry, reducing until almost dry. Add the flour and stir for a few minutes. Add the mushroom and porcini pieces from the stock, combining well with the onion-flour mixture.

Add the stock to the mixture, 1 cup at a time, stirring to blend. Bring to a boil and then lower the heat. Simmer for 30 minutes.

Purée the soup with a handheld immersion blender. Season to taste with pepper and salt. Drizzle bowls with truffle oil before serving.

Porcini stock

- ½ cup dried porcini
- 2 cups boiling water

Place the dried porcini in a medium-sized bowl and add 2 cups of hot water. Soak until softened, about 20 minutes. Drain the stock through a fine-mesh sieve and set aside the mushrooms. Add the stock to the soup as directed. Coarsely chop the mushrooms and add to the soup as directed.



who we asked
NORMAND LAPRISE,
 Montreal's best-known chef
 and co-owner of one of
 Canada's best restaurants.

**where you can
 find him** Restaurant Toqué!,
 restaurant-toque.com

what he would serve
 Meli Melo of Vegetables, Princess
 Scallop Creviche and Dry, Fresh
 and Frozen Strawberry Salad

**WHAT QUEBEC IS BEST-KNOWN FOR IN TERMS OF
 CUISINE** Showcasing the Latin side of our French roots.



**WHAT HE'D SERVE THE COUPLE FOR
 A CASUAL LUNCHEON** A BLT with fresh
 local green tomatoes (I haven't imported a
 tomato for 17 years!) and no bun.

**WHAT KIND OF POUTINE HE WOULD SERVE WILL
 AND KATE** I would send them to my friend Martin Picard
 of Au Pied de Cochon (pieddecochon.com) for his famous
 poutine made with foie gras or lobster.

PRESENTATION AND DECOR

I'd embellish the surroundings with
 beautiful local daylilies (known in Quebec
 as belle du jour or lis sauvage.) I consider
 them more emblematic of this province
 than the fleur-de-lys.



FOR A BIG, OFFICIAL EVENING TO-DO A light three-course
 meal consisting of a salad with lobster from the spot where the
 St. Lawrence River meets the sea, scallop ceviche and, for des-
 sert, a dry, fresh and frozen strawberry salad.



MELI MELO OF
 VEGETABLES



DRY, FRESH AND
 FROZEN STRAW-
 BERRY SALAD



KATE TAKES A COOKING COURSE AT ITHQ (AN ESTEEMED
 TOURISM AND HOTEL SCHOOL IN MONTREAL).

PHOTOGRAPHY, HANS LAURENDEAU, ©RELAIS & CHATEAUX,
 ©GOVERNMENT OF CANADA, ISTOCKPHOTO



delighted to be given the chance to offer the duke and duchess a taste of the Canadian wild.

where you can find her

North, way north, at 62° 09' 97" N, 112° 40' 96" W in fact: a breath away from the Aurora Borealis at Northwest Territories' Blachford Lake, (blachfordlakelodge.com)

who we asked

FRANKIE PARKER, Executive Chef of Blachford Lake Lodge who was

what she DID serve

A sampler of local meats and fresh fish

NORTHWEST TERRITORIES' MOST POPULAR FOOD Northwest Territories is probably best known for bannock and Arctic char (a saltwater fish that comes from further north than Blachford Lake).



Its immediate family is salmon, but it's brighter in colour and makes incredible sashimi. Bannock is a dense bread that's pan-fried in a big, old cast-iron frying pan. The Aboriginal elders that I cook with are incredible because they can flip the bannock as they would a pancake in these large cast-iron frying pans. It's impressive because the bannock is about three-and-a-half inches thick and those cast-iron frying pans are huge!

WHAT SHE PLANNED FOR THE ROYAL VISIT

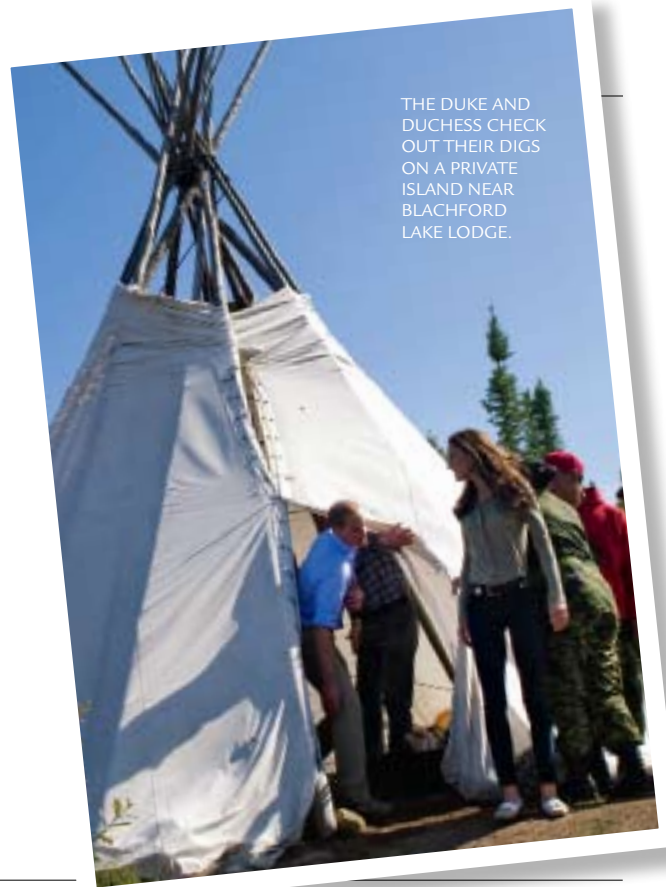
We have a little island that's about a nine-minute boat ride away from camp, so I made a small meal for the two of them out there. I wanted to give them a taster of the different northern flavours, so I served fresh char (sashimi style) and local fish—whitefish and trout from Blachford Lake,

Coney from Yellowknife cooked in saffron and red wine with fresh tomatoes over wild rice. I also gave them a taster of all the wild meats: muskox, caribou and moose.



PRESENTATION AND DECOR

The island is very rustic and beautiful. I have a couple of really nice wooden tables over there that I set with white tablecloths and wild flowers. The campfire gave it a very relaxed feel. We were basically in the middle of tundra looking out over a gorgeous lake with 24-hour daylight—so I let the landscape speak for itself.



THE DUKE AND DUCHESS CHECK OUT THEIR DIGS ON A PRIVATE ISLAND NEAR BLACHFORD LAKE LODGE.

A CULINARY SOUVENIR An ulu. It's a very thin, rounded blade, with a bone or tusk as the handle. You use it in a very different motion than most chefs would use a knife. It's a very different style of knife that you can do anything with, from scraping a hide to making yourself dinner. It's the tool that everybody knows, all the traditional people use it, and it's something that they're trying to bring back into the culture.



A lesson in carving caribou at Blachford Lake Lodge



who we asked **MICHAEL SMITH**, Canadian icon and award-winning chef, author and television host on Food Network Canada.

where you can find him As P.E.I.'s official food ambassador, you'll find him there—and on your favourite cooking shows, of course! chefmichaelsmith.com

what he would serve Prince Edward Island Seafood Chowder

Prince Edward Island Seafood Chowder

Serves four to six, with seconds

INGREDIENTS

- 4 slices chopped bacon
- 1 chopped onion
- 2 stalks of chopped celery
- A generous splash of any white wine
- 1 cup heavy cream
- 1 cup milk
- 2 5-oz cans of clams
- 1 large unpeeled baking potato
- 2 bay leaves
- Chopped leaves from three or four sprigs of fresh thyme
- 1 357-mL can of unsweetened evaporated milk or another 1½ cups of regular milk
- A sprinkle or two of salt and pepper
- 12 oz lobster, mussels, white fish or any combination of other local fish
- A handful of flat-leaved parsley

DIRECTIONS

Toss the bacon into a thick-bottomed soup pot with a splash of water. Stir over medium-high heat until it crisps nicely. Pour off most of the fat. Add another splash of water to loosen the flavourful bits on the bottom, then add the onions and celery. Sauté them until they soften.

Add the white wine, cream, milk, clams and clam juice. Coarsely grate the potato with a standard box grater and add it, along with the bay leaves and thyme. Bring the mixture to a slow simmer, stirring frequently. Turn the heat down a notch or two and continue simmering until the grated potato softens, releasing its starches and thickening the chowder, about 20 minutes. Baking potatoes are the best choice for thickening the chowder because their high-starch, low-moisture flesh dissolves so easily.

Add the evaporated milk and continue stirring until it's heated through. Taste the chowder and season it well with salt and pepper. Stir in the fish and continue stirring until it cooks through, about five minutes. Stir in the parsley and serve immediately.

PEI'S BEST INGREDIENTS Two basic things: our fishery and our agricultural products. P.E.I. is a great, big, giant grain farm floating in the deep blue sea, surrounded by white, sandy beaches and full of the flavours and stories that make our cuisine great. On the obvious side, I would say potatoes, lobsters, oysters and mussels. On the not-so-obvious side, I would suggest things like our farm-raised halibut and the award-winning Avonlea Clothbound Cheddar (shown above).



TO SERVE AT A CASUAL LUNCHEON Chowder filled with local potatoes and lots of local fish: halibut, lobster, mussels and oysters.



A P.E.I. SOUVENIR A bottle of Prince Edward Distillery's award-winning potato vodka. This is the

only potato vodka in Canada—true potato vodka. And 99.9 per cent of the world's vodkas are made from neutral-grain spirits, not from potato, so this is artisan-quality vodka. It's made from our famous potatoes and it's winning all the big awards. It's whooping all those well-known brands, taste after taste after taste. Myriad View Artisan Distillery makes legal moonshine. It's awesome moonshine, and I tell you, it's a great souvenir.

FOR THE BIG, OFFICIAL EVENING TO-DO Nothing fancy. I



would say a lobster supper served with potato salad, corn chowder, biscuits and strawberry shortcake for dessert. It's a classic way to dine on P.E.I.

TABLE DECOR Lupins! Kate and William are going to be here right smack in the middle of lupin season. They grow wild all over, but we only get them for about 10 days every year.



Fresh lobster at Dalvay-by-the-Sea Resort in P.E.I.



up to some 1.2 million visitors each year. This year, he cooked for Will and Kate (and 600 of their closest friends) at an official Stampede reception for the royal couple.

where you can find him The Calgary Stampede, a wild 10-day celebration of rootin' tootin' cowboy culture, calgarystampede.com

who we asked **DEREK DALE**, Executive Chef of the Calgary Stampede (for 22 years!). He wrangles the best of Alberta's regional fare and serves it

what he DID serve From wild pheasant to Saskatoon-berry ice cream, find the full menu below.



THE CALGARY STAMPEDE WAS A CANADA-MUST FOR THE ROYAL COUPLE.



QUINTESSENTIAL ALBERTAN INGREDIENTS Beef and the Stampede go hand in hand. We work very closely with our beef suppliers, and produce some of the best beef in the country. Bison is huge as well. Corn from Taber, a small town just north of the city is really well-known, and Chinook honey is another favourite.

OTHER MUST-EATS Saskatoon berries—a tart, a pie, a jam. Saskatoon berries are very Albertan!

TABLE DECOR AND PRESENTATION Wheat grass or miniature hay bales on the table—something really Western.

CULINARY SOUVENIR We produce a Stampede horseradish that goes very well with our beef!



What chef Derek Dale served Will & Kate



MENU

- Passed**
- Fairwinds Farms goat cheese with pickled yellow beets and fresh basil in black sesame cup
 - Onion and chive bannock wrapped with Cunningham's smoked trout and mustard greens
 - Wild pheasant confit with maple cream
 - Broek Pork Acres pork cheek with Kayben Farms black currant ragout

- Stations**
- Spring Creek Ranch strip loin of beef sliced onto rosemary brioche roll
 - Stampede horseradish
 - Roasted wild cedar salmon loin, glazed with Chinook honey mead relish
 - Leoni Grani Parmesan cheese risotto with wild morel mushrooms
 - Selection of Alberta cheeses with baguettes and crisps
 - Roasted display of fresh vegetables and Boccilino dips

- Locally cured Valbella game meats and sausage
- Sweets**
- Warm chocolate and caramel pudding
 - Miniature green tea and white chocolate cones with McKay's Saskatoon berry ice cream
 - Vanilla beignets pan flashed with bourbon and cream
 - Selection of chocolate truffles and bark