

# French Canadian Recipe Book

## Desserts

- ❖ *Tarte au sucre (Sugar Pie)*
- ❖ *Pets de soeur (Sugar pie pastries)*
- ❖ *Sucre à la crème (Brown sugar fudge)*
- ❖ *Bonbon patates (Potato candy)*
- ❖ *Tire St-Catherine (St-Catherine taffy)*
- ❖ *Galette à la mélasse (Soft molasses cookies)*
- ❖ *Minis cornet à l'érable (Mini maple cones)*
- ❖ *Pudding chômeur (Poor man's pudding)*
- ❖ *Gâteau de guerre (War cake)*
- ❖ *Tarte aux pommes (Apple pie)*

## Repas

- ❖ *Pâté à la viande (Meat pie)*
- ❖ *Tourtière*
- ❖ *Oreilles de criss (Grilled salted pork)*
- ❖ *Ragoût de pattes de cochon (Pork feet stew)*
- ❖ *Fève au lard (Baked beans)*
- ❖ *Bouilli (Jiggs)*
- ❖ *Pâté chinois (Shepherd's pie)*

## Soupes

- ❖ *Soupe aux pois (Pea soup)*
- ❖ *Soupe crème de poulet (Cream of chicken soup)*
- ❖ *Soupe aux gourganes (Broad bean soup)*

## Condiments et accompagnements

- ❖ *Ketchup vert (Green ketchup)*
- ❖ *Ketchup aux fruits (Fruit ketchup)*
- ❖ *Bettes (Marinated beets)*
- ❖ *Cretons (Pork pâté)*

## *Tarte au sucre (Sugar pie)*

### Ingredients

- ❖ 1 cup of brown sugar
- ❖ 1/2 cup of sugar
- ❖ 1 tsp. all-purpose flour
- ❖ 2 eggs
- ❖ 2 tbsp. tablespoon of milk
- ❖ 1 tsp. vanilla extract
- ❖ 1/2 cup melted butter
- ❖ 1 pie crust, 9 " in diameter, uncooked

### Directions

1. Preheat the oven to 325 ° F (165 ° C).
2. In a large bowl, combine the brown sugar, sugar, flour, eggs, milk and vanilla. Beat until smooth. Stir in the melted butter and transfer everything to the prepared crust.
3. Bake for 35-40 minutes or until the filling is set in the center.



<http://qc.allrecipes.ca/recette/7801/tarte-au-sucre-classique.aspx>

## *Pets de soeur (Sugar pie pastries)*

### Ingredients

- ❖ 80 ml (1/3 cup) brown sugar
- ❖ 10 ml (2 tsp.) melted butter
- ❖ 50 ml (1/5 cup) flour
- ❖ Roughly 200 g of leftover pie dough

### Directions

1. In a bowl, combine the brown sugar and butter
2. Flour the work surface
3. Using a rolling pin, roll out the pie dough to about 3-4mm thick
4. Cover the surface of the dough with the sugar and butter mixture
5. Roll the dough on itself
6. Cut each end of the dough roll to have a perfect cylinder
7. Cut slices about 2 cm thick
8. Line a baking sheet with parchment paper
9. Place the pastries on their sides on the baking sheet
10. Bake in a preheated 350°F oven for 20 minutes



<https://boblechef.com/recettes/pets-soeur>

## *Sucre à la crème (Brown sugar fudge)*

### Ingédients

- ❖ 1 cup of brown sugar
- ❖ 1 cup of granulated sugar
- ❖ 1 cup 35% cream
- ❖ 1 tsp. vanilla extract
- ❖ 1 tbsp. butter
- ❖ 1/2 chopped nuts (optional)

### Directions

1. In a deep microwave safe bowl, mix brown sugar, sugar and cream.
2. Boil in the microwave for approximately 11 minutes. This can also be done on the stove top in a small saucepan.
3. Mix 2 to 3 times during cooking.
4. Add vanilla extract and butter and whisk until the mixture thickens. Add nuts (optional).
5. Spread in a buttered mold of your choice.
6. Let cool and cut into squares



<https://www.recettes.qc.ca/recettes/recette/sucre-a-la-creme-i-397>

## *Bonbons aux patates (Potato candy)*

### Ingredients

- ❖ 1/4 cup (60 ml) smooth, cold mashed potatoes (no butter or milk)
- ❖ 1 1/2 tsp. (7.5 ml) Vanilla extract
- ❖ 3 cups (750 mL) icing sugar, approximately
- ❖ 1/3 cup (75 ml) crunchy peanut butter

### Directions

1. In a bowl, combine the mashed potatoes and vanilla. Add the icing sugar little by little, with a wooden spoon, to obtain a supple dough, but which holds well.
2. Sprinkle icing sugar on a work surface. Knead the mash for a few minutes to give it the texture of a pie crust. On parchment paper, roll out the dough to make a 35 x 20 cm (14 x 8 in) rectangle.
3. Warm the peanut butter in the microwave for a few seconds and spread it over the dough. Lifting the paper, roll the dough to form a roll about 35 cm (14 in) long. Slide onto a baking sheet and refrigerate for about 1 hour. Cut into about twenty 1 cm (1/2 inch) slices.
4. Keep in an airtight container.



<https://www.ricardocuisine.com/recettes/2119-bonbons-aux-patates>

## *Tire St-Catherine (St-Catherine taffy)*

### Ingredients

- ❖ 2 cups brown sugar
- ❖ 1/2 cup water
- ❖ 1 cup molasses
- ❖ 1 tbsp. corn syrup
- ❖ 1/2 cup butter

### Directions

1. Put all the ingredients in a saucepan of at least 2 liters (the mixture expands a little during cooking).
2. Cook over medium heat up to 255°F. Do not cook over high heat.
3. Spread the taffy in a buttered cookie sheet and allow it to cool to avoid burns and injuries. Fold the corners slowly to be able to make a ball and start stretching until it reaches the desired blonde color. Do not stretch the taffy too much or it will be difficult to cut.
4. Cut with good scissors, wrap in waxed paper and refrigerate.



<https://www.recettes.qc.ca/recettes/recette/tire-sainte-catherine-facile-124796>

## *Galettes à la mélasse (Soft molasses cookies)*

### Ingredients

- ❖ 1 cup butter, softened
- ❖ 1/2 cup brown sugar
- ❖ 1 egg
- ❖ 3/4 cup molasses
- ❖ 3 cups all-purpose flour
- ❖ 2 tbsp. baking soda
- ❖ 1/2 tsp. ground cinnamon
- ❖ 1 tbsp. ground ginger

### Directions

1. In a large bowl, cream the butter with the brown sugar and egg until combined. Add the molasses. In another bowl, combine flour, baking soda, cinnamon and ginger; stir into molasses mixture. Cover the dough and let rest in the refrigerator for at least an hour.
2. Preheat the oven to 350°F (175°C). Grease a cookie sheet. Roll the dough into small balls and place them on the baking sheet, leaving 2 inches between each ball.
3. Bake for 8 to 10 minutes. Let the cookies cool for a few minutes before transferring them to a wire rack for complete cooling.



<http://qc.allrecipes.ca/recette/9459/galettes-moelleuses---la-m-lasse.aspx>

## *Minis cornets à l'érable (Mini maple cones)*

### Ingredients

- ❖ 1/2 lb butter
- ❖ 1/2 cups (375 mL) brown sugar
- ❖ 1/2 cup (125 mL) maple syrup
- ❖ 1 can of sweetened condensed milk
- ❖ 1.5 cups (375 mL) miniature marshmallows
- ❖ 60 small cones

### Directions

1. In a saucepan, melt the butter over low heat.
2. Add the brown sugar, maple syrup and sweetened condensed milk to the mixture. Turn the temperature to medium-high heat and cook for about 5 minutes, stirring often.
3. Remove from heat.
4. Add the marshmallows and mix vigorously to combine and melt.
5. Fill the mini cones with a spoon.
6. Refrigerate.



<https://chefcuisto.com/recette/mini-cornets-a-lerable/>



## *Pouding chômeur (Poor man's pudding)*

### Ingredients

- ❖ 150 g (1 cup) unbleached all-purpose flour
- ❖ 7.5 ml (1 1/2 tsp.) Baking powder
- ❖ 105 g (1/2 cup) sugar
- ❖ 1/3 cup (75 g) unsalted butter, softened
- ❖ 1 egg
- ❖ 1/4 cup (60 ml) milk
- ❖ 1/2 tsp. (2.5 ml) vanilla extract
- ❖ 420 g (2 cups) brown sugar
- ❖ 250 ml (1 cup) of water
- ❖ 1/2 cup (125 ml) 15% cream

### Directions

1. Preheat the oven to 200°C (400°F). Butter a 20-cm (8-inch), 5-cm (2-inch) high square glass pan.
2. In a bowl, combine the flour and baking powder.
3. In another bowl, cream the sugar and butter with an electric mixer. Add the egg, milk and vanilla. Incorporate the dry ingredients without overworking the dough.
4. In the mold, whisk together the brown sugar, water and cream. Using a spoon, gently distribute the batter over the syrup. Bake for 35 minutes or until a toothpick inserted in the center of the cake comes out clean. Let stand 15 minutes before serving.



<https://www.ricardocuisine.com/recettes/378-pouding-chomeur-traditionnel>

## *Gâteau de guerre (War cake)*

### Ingredients

- ❖ 190 g (1 1/4 cups) Sultana raisins
- ❖ 200 g (1 cup) brown sugar
- ❖ 1 ml (1/4 to 1/2 tsp.) ground cinnamon
- ❖ 1/4 to 1/2 tsp. (1 ml) ground nutmeg
- ❖ 1 ml (1/4 tsp.) ground cloves
- ❖ 1 ml (1/4 tsp.) salt
- ❖ 310 ml (1 1/4 cups) water
- ❖ 1/4 cup (57 g) butter
- ❖ 180 g (1 1/2 cups) all-purpose flour
- ❖ 2 ml (1/2 tsp.) Baking powder
- ❖ 3 ml (3/4 tsp.) baking soda
- ❖ 2 ml (1/2 tsp.) vanilla extract

### Directions

1. In a medium saucepan, combine the raisins, brown sugar, cinnamon, nutmeg, clove, salt, water and butter. Bring to a boil and boil for 3 minutes. Remove from heat and cool at room temperature for about an hour or in a basin of cold water before proceeding with the following steps.
2. Put the grill at the center of the oven. Preheat the oven to 180°C (350°F). Grease a 23 cm (9 in) square pan.
3. In a bowl, combine the flour, baking powder and soda and whisk into the raisin mixture. Beat until smooth without overmixing. Stir in the vanilla.
4. Pour into the pan and bake for 30 to 45 minutes, until a toothpick inserted in the center comes out clean. Add time at 5 minutes intervals if needed. Cool to room temperature before cutting into portions.



<https://cuisineravecmiceline.com/fr/cuisine-quebecoise-gateau-de-la-guerre/>

# *Tarte aux pommes (Apple pie)*

## Ingredients

### Apple filling

- ❖ 1/4 cup (60 ml) butter
- ❖ 250 ml (1 cup) sugar
- ❖ 2.5 liters (10 cups) peeled Cortland apples, each cut into 8 wedges (8-10 medium)
- ❖ 2 cups (500 ml) peeled McIntosh apples, each cut into 8 wedges (2 medium)
- ❖ 1/4 tsp. ground cinnamon

### Cust

- ❖ 2 cups (500 ml) unbleached all-purpose flour
- ❖ 1/4 tsp. (1 ml) salt
- ❖ 250 mL (1 cup) cold unsalted butter, diced
- ❖ 1/3 cup (75 ml) ice water
- ❖ 5 ml (1 teaspoon) cider vinegar or white vinegar

## Directions

### *Apple filling*

1. In a large non-stick skillet, melt the butter. Add the sugar, mix well and cook for 1 minute. Add the apples and cinnamon. Cook over high heat, stirring regularly, for about 10 minutes or until the McIntosh apples are stewed, the Cortlands are tender and the syrup is almost dry. Pour into a bowl and let cool completely.

### *Crust*

2. In a food processor, combine the flour, salt and butter until the butter is the size of peas. Add the water and vinegar. Mix again until a ball begins to form. Remove the dough from the food processor. Form two discs with your hands. Wrap in plastic wrap and refrigerate for 30 minutes.
3. Place the rack in the bottom of the oven. Preheat the oven to 220°C (425°F).
4. On a floured work surface, roll out the two discs of dough. Line a 23cm (9 in) diameter by 2.5cm (1 in) high pie dish with the dough. Spread the apple filling, forming a heap in the center of the pie. Using a small round cookie cutter or a 1 to 2 cm (1/2 to 3/4 in.) Diameter plain tip, make 5 holes in the second dough disk. Cover the pie with the second layer. Seal tightly by crimping the rim with your fingers or a fork. Brush with milk.
5. Bake for about 35 minutes or until the crust is golden brown. Let cool. The pie will keep for 3 days at room temperature.



<https://www.ricardocuisine.com/recettes/6435-tarte-aux-pommes-la-meilleure>

## *Pâté à la viande (Meat pie)*

Yields 4-5 pies (8 in.)

### Ingredients

- ❖ 3 1/2 lbs medium-lean ground pork
- ❖ 1 1/2 lb lean ground veal (or more pork)
- ❖ 2 chopped onions
- ❖ 250 ml (1 cup) of water
- ❖ 3 bay leaves
- ❖ 1 tsp. dried thyme
- ❖ 1 tsp. ground cloves
- ❖ Salt and pepper to taste

### Directions

1. In a pot, combine the ingredients for the filling. Bring to a boil and cook, stirring, until the meat loses its red color. Cover and reduce heat. Simmer for 40 to 50 minutes.
2. Remove the bay leaves and place the preparation pie dough lined dish. Cover with more dough and, if desired, freeze.
3. When ready to bake, preheat the oven to 180°C (350°F).
4. Bake for 1 hour.



<https://www.5ingredients15minutes.com/fr/recettes/plats-principaux/pate-a-la-viande/?gallery=227944>

## *Tourtière*

### Ingredients

- ❖ 3 lb small cubes of lean pork
- ❖ 2 lb small cubes of beef
- ❖ 1 lb diced chicken breast
- ❖ (or the equivalent weight of your meat of choice)
- ❖ 2 chopped onions
- ❖ salt and pepper
- ❖ 6 lbs small diced potatoes
- ❖ 1 1/2 lb pie crust
- ❖ 8 cups hot chicken broth

### Directions

1. Put all the meat in a large bowl.
2. Add 2 chopped onions and pepper. Do not add salt immediately because it hardens the meat. Salt will be added the next day. Cover the meat and refrigerate it overnight.
3. Prepare the potatoes and cover with water overnight. There is no need to refrigerate.
4. The next day, line the sides but not the bottom of a large turkey roasting pan. Let the dough hang on the outside.
5. Alternate a row of meat, a row of potatoes, salt; a row of meat, potatoes and salt; continue like this until all the meat and potatoes are used up.
6. Cover everything with fairly thick dough, leaving a hole. Pour in the very hot broth.
7. Bake covered at 375°F (190°C) for 1 hour then lower to 250°F (120°C) for 5 to 6 hours.
8. Remove the lid for 45 min to brown the dough on top.



<https://www.recettes.qc.ca/recettes/recette/tourtiere-du-lac-saint-jean-a-la-elyne-h-3833>

## *Oreilles de crisse (Grilled salted pork)*

### Ingredients

- ❖ Salted bacon with rind, in slices 8 cm long and 1 cm thick (each slice should have rind)

### Étapes de préparation

1. Preheat the oven to 350°F (175°C).
2. Bring a pot of water to a boil and the pork slices in; leave to blanch for 3 minutes. Drain and wring out. Place on a baking sheet.
3. Bake until they are golden, about 30 minutes. Turn them several times during cooking, for even cooking.



<http://qc.allrecipes.ca/recette/20265/oreilles-de-crisse--maison.aspx>

## *Ragoût de pattes de cochon (Pork feet stew)*

### Ingredients

- ❖ 2 pork legs
- ❖ 1 tbsp. coarse salt
- ❖ 1/2 tsp. cinnamon
- ❖ 1/4 tsp. ground cloves
- ❖ 1/4 tsp. pepper
- ❖ 1/8 tsp. nutmeg
- ❖ 1/8 tsp. garlic salt
- ❖ 2 tbsp. tablespoon olive oil
- ❖ 1 large onion, cut into pieces
- ❖ 1 stalk of celery, cut into pieces

### Meatballs

- ❖ 700 g ground pork (or 1 lb pork and 1 lb ground beef)
- ❖ 1 small onion, finely chopped
- ❖ 2 tbsp. 1 tbsp parsley
- ❖ 1/4 tsp. cinnamon
- ❖ 1/4 tsp. cloves
- ❖ 1/4 tsp. ginger
- ❖ 1/4 tsp. 1/2 teaspoon dry mustard
- ❖ 1/4 tsp. salt and pepper
- ❖ 1/2 cup toasted flour
- ❖ 2 tbsp. tablespoon olive oil

### Directions

#### Stew:

1. Clean the feet. Cut into large pieces, roll them in the spice blend and brown in a heavy-bottomed pot, until golden brown. Pour water to the top of the meat, add the onion and celery; cook until the meat comes off the bones, for at least 2 hours.
2. After cooking, remove the feet and shred the meat. Strain the broth and return it to the pot. Add the shredded meat and meatballs. Thicken with toasted flour and simmer for about 30 minutes.

#### Meatballs:

3. Mix the minced meat and seasonings well, shape into balls, roll in toasted flour and brown in oil. When golden, add to the stew (and cook for 30 minutes).



<http://qc.allrecipes.ca/recette/7128/rago-t-de-pattes-de-cochon.aspx>

## *Fèves au lard (Baked beans)*

### Ingredients

- ❖ 2 cups (500 mL) dry white beans
- ❖ 1/2 lb (225 g) salted pork (diced)
- ❖ Cold water
- ❖ 3 tbsp. of molasses
- ❖ 3 tbsp. of brown sugar
- ❖ 1 tsp. of dry mustard
- ❖ 2 tbsp. of ketchup
- ❖ 1 medium onion, chopped
- ❖ 1 bay leaf
- ❖ Salt and pepper

### Directions

1. In a large bowl, soak the beans in water for 12 hours (overnight). Make sure the beans are well covered with water throughout the soaking time.
2. When the soaking is done, preheat the oven to 275 ° F (135 ° C).
3. Drain the beans.
4. Pour the beans into the bottom of a cast iron pot.
5. Add all the other ingredients to the pot.
6. Season with salt and pepper to taste.
7. Cover with water until it is 1 inch above the beans.
8. Cook for 5 to 6 hours.
9. Remove the bay leaf.



<https://chefcuisto.com/recette/feves-au-lard/>



## *Bouilli (Jigg's dinner)*

### Ingredients

- ❖ beef roast or cubed stewing beef
- ❖ salted pork
- ❖ 2 onions
- ❖ 2 bay leaves
- ❖ peppercorn
- ❖ Coarse salt
- ❖ 8 carrots
- ❖ 4 onions
- ❖ 1 rutabaga
- ❖ 1 cabbage
- ❖ 8 potatoes
- ❖ green or yellow beans

### Directions

1. Brown meat on all sides over high heat in a cast iron pan. Cut the vegetables into fairly large pieces.
2. In a very large pot, put the meat, salted pork, bay leaves, two onions and pepper. Boil and lower the heat. Cover and simmer for two hours, removing the fat from the top a few times.
3. Add the rutabaga, carrots and onions. Add salt and water, enough to cover all the vegetables, even those not yet in the pot. Boil for 30 minutes.
4. Add the potatoes and cabbage. Boil for another 30 minutes.
5. Add beans and boil for another 15 minutes or until all vegetables are tender.

Serve with pickled beets, sweet pickles or green ketchup



<https://www.recettes.qc.ca/recettes/recette/bouilli-d-antan-de-ma-grand-mere-19872>

## *Pâté chinois (Shepherd's pie)*

### Ingredients

- ❖ 680 g (4 cups) russet or yellow potatoes, peeled and cubed
- ❖ 55 g (¼ cup) butter, or more
- ❖ 125 ml (½ cup) milk, approximately
- ❖ 450 g (1 lb) lean or medium ground beef
- ❖ 1 onion, finely chopped
- ❖ 1 can 19 oz (540 ml) creamed corn
- ❖ Paprika to taste
- ❖ Dried parsley to taste

### Directions

1. Place the potatoes in a saucepan. Cover with cold water. Salt. Bring to a boil and simmer for 25 minutes or until the potatoes are very tender. Drain. Return to the pot.
2. Using a potato masher, mash the potatoes with 2 tbsp (30 mL) of the butter. Using an electric mixer, puree the mixture with the milk. Salt and pepper. Reserve.
3. Put the rack at the center of the oven. Preheat the oven to 190°C (375°F).
4. In a large skillet over medium-high heat, brown the onion in the remaining butter. Add the meat and cook until golden brown. Salt and pepper. Remove from heat.
5. Lightly press the meat into the bottom of an 8-inch (20-cm) square baking dish. Spread the corn then the mashed potatoes. Sprinkle with paprika and parsley.
6. Bake for 30 minutes. Finish cooking under the broiler. Let cool for 10 minutes.



<https://www.ricardocuisine.com/recettes/5541-pate-chinois>

## *Soupe aux pois (Pea soup)*

## Ingredients

- ❖ 6 liters of water
- ❖ 2 lbs of dried yellow peas
- ❖ 2/3 cup (170 mL) chicken broth or leftover ham broth
- ❖ 1 cup (250 mL) thinly sliced yellow onion
- ❖ 1/2 lb salted bacon
- ❖ 3/4 cup (190 mL) diced carrots
- ❖ Salt and pepper
- ❖ A few leaves of parsley
- ❖ Diced ham (optional)

## Directions

1. Soak the yellow peas in a bowl of water for at least 6 hours. It's even better if you can leave them on overnight. Drain.
2. In a large pot, pour the 6 liters of water and add all the ingredients. Bring to a boil for 1 hour, stirring often.
3. Reduce heat to low and simmer for 1 hour, stirring often.

Note: For a creamier soup, blend a quarter to half of the soup or use an immersion blender.



<https://chefcuisto.com/recette/soupe-aux-pois/>

*Crème de poulet (Cream of chicken)*

## Ingredients

- ❖ 1 tablespoon (15 ml) olive oil
- ❖ 50 g / 3.5 tablespoons unsalted butter
- ❖ ½ cup / 75 g flour
- ❖ 1 garlic clove, minced
- ❖ ½ small brown onion, finely chopped
- ❖ 1 small carrot, diced
- ❖ 1/2 red pepper, finely chopped
- ❖ 1 small stick of celery, diced
- ❖ 2 cups / 500 ml chicken broth
- ❖ 3 cups / 750 ml milk
- ❖ ½ teaspoon (2.5 ml) salt
- ❖ ¼ teaspoon (1.25 ml) of each of these spices: garlic powder, onion powder, dried thyme, black pepper
- ❖ ¾ cup (190 mL) frozen peas
- ❖ 1 cup (250 mL) cooked chicken, diced or shredded

## Directions

1. Heat the oil in a large saucepan over medium-high heat. Add the onion and garlic and cook for 2 minutes until partially translucent, but not golden.
2. Add the carrots, celery and peppers, cook for 1 minute to soften them.
3. Add the butter and melt it.
4. Then add the flour and mix until incorporated, and stir constantly for 1 minute.
5. Add the broth, mix until the flour is incorporated, then add the milk.
6. Mix, then add the salt, spices, chicken and peas.
7. Bring to a boil, stirring occasionally, for about 4 to 5 minutes. Do not let the mixture boil.
8. Once the mixture has thickened to your liking and the vegetables are cooked, adjust the salt and pepper.



<https://www.mafourchette.net/recettes/creme-de-poulet-maison>

*Soupe aux gourganes (Broad bean soup)*

## Ingredients

- ❖ 15ml (1tbsp) olive oil, bacon fat or butter
- ❖ 110g (1/4 pound) salted pork
- ❖ 2-3 stalks of celery in small cubes
- ❖ 2-3 medium carrots in small cubes
- ❖ 1 finely chopped onion
- ❖ 2 cups of broad beans
- ❖ 1/2 to 3/4 cup (100 to 150g) hulled (ideally) or pearl barley
- ❖ 1 large tablespoon of salted herbs (or replace with 1/2 teaspoon of basil, parsley, chives and dill)
- ❖ 8 cups (2 liters) water or light broth

## Directions

1. The day before: if you are using dried beans, let soak overnight, at least twelve hours. Skip this step if you are using frozen or fresh beans.
2. Gently brown the cubed salted pork in oil, butter or bacon fat (optional if you want a vegetarian version!).
3. Add the barley and let the cooking juices absorb for about a minute. Add all the rest of the ingredients, cover with the broth or water (or a combination of the two). Bring to a boil, then reduce and simmer gently. An hour will be enough, but my grandfather and my mom let it simmer even longer. The barley must be cooked, of course, and the beans very tender. Add water as needed.



<https://lapetitebette.com/recipe/soupes-aux-gourganes/>

## *Ketchup vert (Green ketchup)*

### Ingredients

- ❖ 6 lb green tomatoes
- ❖ 4 lb onions
- ❖ 1 1/4 lb celery (almost a full head)
- ❖ 1/4 cup coarse pickling salt
- ❖ 4 cups white sugar
- ❖ 1 tablespoon pickling spices
- ❖ 2 3/4 cups white vinegar

#### Directions

1. Cut the tomatoes, onions and celery into thin slices.
2. Place the vegetables in a large dish in this order: celery on the bottom, onions in the center and tomatoes on top. Sprinkle coarse salt on top of the tomatoes and let stand for 1 hour 30 minutes.
3. Remove and discard as much brine as possible without rinsing.
4. Place the vegetables in a large, heavy-based pot, add the sugar and vinegar. The vegetables will sweat a lot of liquid, so plan ahead when choosing the pot.
5. Place the marinating spices in a small cotton bag and tie it with a string. Place the bag of spices in the pot with the vegetables.
6. Over high heat, stirring, bring to a boil.
7. Lower the intensity to low and cook uncovered for 30 minutes. Throughout cooking, occasionally scrape the bottom of the pot so that the ketchup does not stick to the bottom.
8. Remove the spice bag and continue cooking for another 1 hour, still uncovered on low.
9. Remove from heat and immediately place in canning jars. Fill the pot almost to the brim, screw the lid on tight and place it upside down on the counter while the ketchup cools.



<https://www.recettes.qc.ca/recettes/recette/ketchup-vert-le-centenaire-197690>

### *Ketchup aux fruits (Fruit ketchup)*

#### Ingredients

- ❖ 12 large ripe tomatoes, diced

- ❖ 1 large onion, peeled and diced
- ❖ 4 apples, peeled and diced
- ❖ 4 pears, diced
- ❖ 2 peaches, peeled and diced
- ❖ 3 stalks of celery, finely chopped
- ❖ 250 ml (1 cup) white vinegar
- ❖ 400 g (2 cups) sugar
- ❖ 1 clove
- ❖ 1 tablespoons of marinating spices
- ❖ 1 tablespoon salt

#### Directions

1. In a large saucepan, combine all the ingredients. Bring to a boil over medium heat, stirring constantly. Reduce the heat and, stirring often, simmer for 1 hour or until the mixture thickens.
2. Distribute in sterilized jars, packing well. Close with hot lids. Invert the jars for 10 min, then put them back in place. Wait at least a week before tasting.
3. To extend the shelf life, sterilize the jars for 25 minutes in boiling water.
4. Consume within 3 months.



<https://lapommeduquebec.ca/recette/ketchup-aux-fruits-maison/>

### *Bettes (Marinated beets)*

#### Ingredients

- ❖ 1 10 lbs (4.5 kg) bag of beets

- ❖ 625 ml (2 1/2 cups) vinegar
- ❖ 180 ml (3/4 cup) water
- ❖ 375 ml (1 1/2 cups) brown sugar

#### Directions

1. Brush the beets, keeping the peel and a piece of the stem. Separate the large beets from the small ones.
2. Place the large beets in a large saucepan and the small ones in another. Fill both saucepans with water and bring to a boil. Cook over low heat until tender, 1 hour 30 minutes for large beets and 1 hour for small ones. Remove from heat. Drain and let cool.
3. You can also cook the beets in a pressure cooker (Presto) in a little water (2 cm - 3/4 inch). It takes 20 minutes for large beets and 15 minutes for small ones.
4. Put on gloves to peel and cut the beets into slices or cubes.
5. Stack the beets in jars (Mason type jars) previously heated in the oven to 65°C (150°F).
6. For the marinade, bring the vinegar, water and brown sugar to a boil. Boil for 5 minutes.
7. Pour the boiling liquid into the jars and seal the lids.



<https://www.recettesjecute.com/fr/recettes/accompagnements/betteraves-marinees/?gallery=6784>

#### *Cretons (Pork pâté)*

#### Ingredients

- ❖ 2 lbs of lean ground pork
- ❖ 2 onions, finely chopped



- ❖ 2 garlic cloves, finely chopped
- ❖ 2 cups of water
- ❖ pepper
- ❖ 1/2 cup oatmeal
- ❖ 3 tbsp. salt
- ❖ 1/2 tsp. teaspoon of allspice
- ❖ 1 cup of milk

#### Directions

1. Cook the pork, onions, garlic, water and pepper over medium heat for 1 hour.
2. Add the oatmeal, salt, allspice and milk. Cook over low heat for another hour, stirring often.
3. Cool (almost to room temperature) and beat, with a mixer on medium speed, for about 1 minute or until desired consistency.
4. Refrigerate or freeze. Keeps for several months in the freezer.



<http://qc.allrecipes.ca/recette/6422/cretons-cr-meux-de-chez-nous.aspx>