

NATIONAL CANADIAN FILM DAY

RECIPE COLLECTION

Recipes by great Canadian chefs,
inspired by great Canadian films

presented by

REEL CANADA



REEL GOURM-EH!

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

From the kitchen of
Katarina Gligorijevic,
Director of National
Canadian Film Day

BUN WOMAN BUN

Inspired by
Run Woman Run (2021)



BUN WOMAN BUN

Katarina Gligorijevic's Cinnamon-Walnut Buns



Ingredients

Buns

- 1/2 cup butter
- 1 cup milk
- 2 tsp yeast
- 1/2 cup sugar
- 2 eggs
- 4 cups flour

Filling

- 1/2 cup butter, softened
- 1 cup brown sugar
- 2/3 cup ground walnuts
- 1 tbsp cinnamon
- (To glaze - mix 1 egg yolk with 2 tbsp milk)

Method

1. Melt butter, and add milk and warm slightly. Sprinkle with yeast plus 1tsp of sugar. Leave for 10 mins.
2. Beat remaining sugar and eggs until light and fluffy, then combine with yeast mixture.
3. Slowly add flour, mixing well, and beat for 5 mins. Cover and refrigerate overnight.
4. For the filling, combine all ingredients and set aside.
5. Lightly grease a large cast iron skillet (or muffin tins).
6. Roll out dough on a floured board into a 1/4 to 1/2-inch thick rectangle and spread evenly with filling. Roll into a log, cut into 12 pieces, and place spiral-side up into the skillet (not touching, as they will spread). Put in a warm place for 30 mins.
7. Brush with egg wash and bake in a 350F oven for 20-25 minutes until golden and springy to touch. Cool and serve!

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MIDNIGHT'S CHILI

Inspired by
Midnight's Children (2012)

From the kitchen of **Sharon Corder**,
Artistic Director, REEL CANADA

MIDNIGHT'S CHILI

Sharon Corder's Chocolate-Spiced Vegetarian Chili



Ingredients

2 large onions chopped
1 large gr pepper,
seeded and chopped
3 tbsp oil
1 tbsp mustard seeds
1 tbsp chili powder
1 tsp each:
Cumin seeds
Unsweetened cocoa
1/4 tsp ground
cinnamon
1 lg can tomatoes
3 cans kidney beans,
undrained
1 cup water
1 small can tomato
paste
Salt to taste

Pink onion garnish:
2 cups water
1.5 tbsp + 1.5 tsp vinegar
1 tbsp oil
1/4 cup sugar
large red onion, thinly
sliced
1/2 tsp mustard seed
1/4 tsp cumin seed
salt to taste

*Additional garnishes,
optional:*
Sliced avocados
Minced green onions
Grated cheddar cheese

Method

1. In a 5 or 6 qt pan, cook onions & pepper in oil over med heat about 7 or 8 min.
2. Stir in mustard seed, cook one minute.
3. Add rest of spices & tomatoes & their liquid, beans & their liquid, tomato paste.
4. Reduce heat and simmer uncovered, stirring frequently, for about 40 minutes or until most of the liquid has cooked away.
5. Serve with pink onion garnish or other garnish of your choice.

Pink Onion Garnish:

1. In a saucepan, mix water, 1.5 tbsp vinegar, and sugar. Bring to a boil.
2. Add onion and simmer two to three minutes.
3. Drain onion & cool in a bowl.
4. Stir onion together with 1.5 tsp vinegar, oil, mustard seed, cumin seed, and salt to taste.

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Inspired by *Bon Cop*,
Bad Cop (2006)

From the kitchen of
Sylviane Galland



BON CHOP
BAD CHOP SALAD

BON CHOP BAD CHOP SALAD

Sylviane Galland's Kale and Beet Salad



Ingredients

Salad

1 bunch kale

¼ cup pickled red beets (or fresh)

Slivered almonds

3 oz goat cheese

Handful of cilantro

Dressing

2 tbsp red currant jam

1 tbsp good quality balsamic vinegar

3 tbsp olive oil

2 tbsp lemon juice

Salt & pepper

Method

1. Prepare kale in chiffonade style (finely chopped in long slender ribbons).
2. Cut the pickled beets into more manageable sizes.
3. Roast the slivered almonds in the oven for 5 minutes on high heat, or just add them as is.
4. Whisk together dressing ingredients.
5. To serve, add kale and beets to large bowl, add dressing and top with almonds, goat cheese and cilantro. Enjoy!

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THE CRUSTACEAN iNVAiSIONS



Inspired by *The Barbarian Invasions* (2003) Courtesy of Executive Chef **Yannick Anton**

THE CRUSTACEAN INVASIONS

Chef Yannick Anton's Beurre Blanc Poached Lobster



Ingredients

- 4 lobsters
- 2 shallots
- 200 ml white wine
- 50 ml cream
- 300 g butter
- 2 slices of red bell pepper
- ½ medium-sized onion
- 250 ml vegetable stock
- Salt and ground black pepper
- 150 ml olive oil
- 1 tbsp ras el hanout powder or curry powder
- 2 slices mini coloured pepper, finely sliced
- 100 g fava beans or green peas
- 4 pieces of pickled mini turnips
- 8 sprigs of pea shoots

Method

1. Bring to a simmer 5 litres of salted water in a large stockpot.
2. Add live lobsters and quickly cover pot with a lid. Steam lobsters until shells are bright red and meat is cooked through, about 6 minutes. Remove lobsters from the pot with tongs and let cool, about 5 minutes. Remove meat from the shell and set aside until ready to serve.
3. Warm up lobster meat in a beurre blanc (white wine and shallot reduction emulsified with butter and cream).
4. Finely dice pepper and onion then sauté with a dash of olive oil. Add vegetable stock, salt and pepper and simmer for 10 minutes. Blend the mixture in a blender.
5. Emulsify mixture with 100 ml of olive oil. Finish with 1 tbsp ras el hanout and then strain. Set aside.
6. Heat remaining olive oil in a pan and sauté vegetables until golden. Add salt and ground black pepper to taste.

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

"DELICIOUS!"
-Said Everyone, Ever

THE GRAND REDUCTION



Inspired by *THE GRAND SEDUCTION* (2013)

Recipe by **Kris Gaudet**

THE GRAND REDUCTION

Chef Kris Gaudet's Balsamic Reduction

Ingredients

1 ½ tsp olive oil

2 tsp shallots, minced

1 tsp garlic, minced

1 cup balsamic vinegar

1 large sprig of fresh rosemary

1 tsp kosher salt (iodized table salt is fine)

½ tsp fresh cracked black pepper

1 tsp cold butter

Optional: Add zest of one orange after reduced to boost flavour and aromatics of reduction

Method

1. Set a 1 qt saucepan over medium heat, adding olive oil.
2. Once hot, add shallots; sweat until translucent. Add garlic and sweat for 30 seconds. Pour balsamic vinegar in and bring to a boil.
3. Add rosemary and allow the balsamic to gently boil; reduce until only a quarter of your balsamic remains (approx. 10 minutes).
4. Season with salt and pepper. Remove from heat and swirl in butter. Remove rosemary sprigs, add orange zest if using, and drizzle over your finest cooked lamb.



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LAMB *of* GREEN GABLES

Inspired by *Anne of Green Gables* (1985)

Recipe by Chef **Paul Senecal**



LAMB OF GREEN GABLES

Chef Paul Senecal's Lamb Bolognese

Ingredients

2 lbs ground lamb
¾ lbs onions, diced
½ lbs carrots, diced
¼ lbs celery, diced
3 cloves garlic, thinly sliced (ideally with a mandolin)
1 sprig rosemary
10 sprigs thyme
1 tsp black peppercorns
500 mL red wine
200 mL 2% milk
1½ 28 oz can of tomatoes
1 pkg of egg tagliatelle
Shaved Pecorino cheese

Method

1. Brown the lamb in batches in a large rondeau. Keep seared meat off to the side. Once all the meat is seared, lower the temperature and add all the veg and garlic. Cook out but no colour.
2. Wrap all the herbs with the peppercorns in a cheesecloth. Add the seared meat and the cheesecloth back to the rondeau and deglaze with red wine.
3. Once the wine is almost all reduced, add the milk and reduce by half.
4. Once reduced, add the 1½ cans of tomatoes and simmer for about one hour or until desired consistency.
5. Adjust the seasoning. Serve with fresh egg tagliatelle or any other broad long pasta. Garnish with freshly shaved Pecorino.



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thirty two short films about
SPICY PASTA

Inspired by *Thirty Two Short Films about Glenn Gould* (1993) Recipe by **Debbie Travis & Francesco Bucaletti**

THIRTY TWO SHORT FILMS ABOUT SPICY PASTA

**Debbie Travis and Chef Francesco Bucaletti's
Pici Mambo Toscano**



Ingredients

2 thick slices white bread
2 tbsp capers
5 tbsp extra virgin olive oil
1 tsp chili pepper
1 onion
4 slices regular pancetta
(not smoked)
½ glass Vin Santo (or any
sweet wine)
1 cup tomato sauce
1 pkg Pici pasta
Salt and pepper, as needed
Lemon peel for garnish

Method

1. Put the two slices of bread in the oven at 280°F for 15 minutes (this is to dry out the bread).
2. Spread capers on a baking tray and cook in oven at 280°F for 45 minutes to dry them out.
3. Put the bread and the capers in a food processor and mix until you obtain breadcrumbs with powdered capers. Set aside for the garnish.
4. In a frying pan, heat 2 tablespoons of olive oil, add a tsp of chili pepper and finely chopped onion. Cook for 2 minutes.
5. In the meantime, dice the pancetta and add it to the other ingredients. Once the pancetta becomes crispy add half a glass of Vin Santo and let evaporate. Add tomato sauce and simmer for 20 minutes. Cook the pasta until al dente.
6. Dress pasta with the sauce, and just before serving add black pepper and breadcrumbs with powdered capers. Decorate the plate with few slithers of lemon peel.

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HEAPING GIANT POUTINE

Inspired by *Sleeping Giant* (2015)
Recipe by Chef **Hari Srinivasan**



HEAPING GIANT POUTINE

Chef Hari Srinivasan's Pulled Pork Poutine



Ingredients

Pulled pork:

2 cans sliced pineapple
700 ml coconut milk
1½ litre BBQ sauce
1 cup liquid hickory smoke
2 cups brown sugar
2 pork shoulders, bone-in
12 oz Cajun spice

Batter for pickles:

2 cups flour
3 tbsp Cajun spice
2 tsp baking powder
Water for desired consistency (not too thin)
Dill pickles

Coleslaw:

1 cabbage
1 red onion
1 carrot
½ bunch cilantro
1 cup mayo
½ cup sugar
1 cup vinegar
Salt to taste
1 potato, peeled and sliced
2 ½ oz cheese curds
Beef gravy

Method

1. Chop pineapple into large chunks and add to a bowl with the pineapple juice, coconut milk, BBQ sauce, liquid smoke and brown sugar. Mix well.
2. Cover both pork shoulders with Cajun spice and liquid mixture. Place in deep oven dish and wrap with plastic and tinfoil. Cook for 6 hours at 330°F. Let cool enough to handle, then pull pork, keeping the juices.
3. For the slaw, thinly slice cabbage and onion, grate carrot, chop cilantro. Mix with mayo, sugar, vinegar.
4. Mix together batter for pickles. Fry the pickles in preheated oil until light golden brown, 3 to 4 minutes.
5. Cook fries. For each serving, add cheese curds, then 1/2 pulled pork, then beef gravy. Top with coleslaw and freshly battered deep-fried pickles.

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Inspired by *C.R.A.Z.Y.* (2005) From the kitchen of **Adam Janes**

C.O.O.K.I.E.

Chef Adam Janes' Chocolate Chip Cookies

Ingredients

1 cup softened butter

½ cup brown sugar

½ cup white sugar

1 tsp vanilla

1 egg, beaten

1½ cups sifted flour

1 tsp baking soda

¼ to ½ tsp salt

1½ cups rolled oats

2 cups chocolate chips

¼ cup pecans (optional:
toast in oven at 350°F for 5
to 6 minutes)

Method

1. Preheat oven to 375°F.
2. Beat butter, sugars and vanilla. Add egg; beat well. Combine flour, baking soda and salt in another bowl. Gradually add dry mixture to butter mixture; mix well. Stir in oats, chocolate chips and pecans.
3. Drop by small or large spoonfuls onto an ungreased baking tray. Brush cookie tops with melted butter before baking.
4. Bake for 9 to 12 minutes or until lightly browned (depending on size). Cool slightly on baking tray, then transfer to wire rack to cool completely.
5. Pair with milk or a White Russian. Enjoy!



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MY INTERNSHRIMP IN CANADA

Inspired by *My Internship in Canada* (2015) Recipe by Chef **Shahir Massoud**

MY INTERNSHRIMP IN CANADA

Chef Shahir Massoud's Surf and Turf with Curried Polenta



Ingredients

Steak:
Pinch chili flakes, to taste
6 oz sirloin steak
2 tbsp olive oil
Salt and pepper (to taste)
3 tbsp white wine
2 tbsp olive oil

Curried polenta:
1 tbsp olive oil
1 cup instant polenta
2 cups snow peas
1 tsp curry powder
Salt and pepper (to taste)
1 tsp salt
3 tbsp butter

Spiced shrimp:
¼ cup crushed regular crinkle potato chips
½ lb (225 g) raw jumbo shrimp, thawed, tail on
½ tsp paprika
½ tsp curry powder

Method

1. Preheat cast iron pan to medium-high heat. Season steak generously with salt and pepper and set aside.
2. In 4 cups of boiling water, stream in instant polenta, whisking continuously. Bring to a simmer, then lower heat to medium-low and partially cover with a lid to prevent excess splatter. Add curry powder and salt. Stir occasionally as rest of meal cooks.
3. Add olive oil to preheated cast iron pan, and sear steak on both sides, about 3 minutes per side. Rest on cutting board.
4. Season raw shrimp with paprika, curry powder and chili flakes, coating evenly. To a medium pan over high heat, add olive oil and sauté shrimp until just barely cooked through, about 3 minutes. Add white wine and finish cooking shrimp for another minute.
5. Meanwhile, to a medium pan over medium-high heat, add olive oil and quickly sauté snow peas until just cooked, about 2 minutes.
6. Take cooked polenta off heat and whisk in butter. Spoon polenta onto serving plates.
7. Slice rested steak into 4 to 5 pieces per person. Arrange over polenta. Place cooked shrimp and snow peas over steak, and sprinkle crushed potato chips to garnish.

**NATIONAL
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MEATBALLS
alla
MEATBALLS

***"ATTENTION! HERE'S AN UPDATE
ON TONIGHT'S DINNER. IT WAS
VEAL. I REPEAT, VEAL. THE WINNER
OF TONIGHT'S MYSTERY-MEAT
CONTEST IS JEFFREY CORBIN, WHO
GUESSED 'SOME KIND OF BEEF.'"***

-TRIPPER



Inspired by *Meatballs* (1979)

MEATBALLS ALLA MEATBALLS

Chef Ariel Coplan's Meatballs



Ingredients

1 cup white bread, torn
into small pieces
½ cup buttermilk
2 lbs ground veal or beef
1 cup ricotta cheese
2 large eggs
½ cup chopped parsley
+ 4 tbsp parsley
4 tbsp oregano, divided
1 can crushed tomatoes
2 garlic cloves, chopped
Grated Parmesan cheese
(as needed)

Method

1. Preheat oven to 375°F.
2. Soak the torn bread in buttermilk.
3. Mix meat, ricotta, eggs, ½ cup parsley and 2 tbsp oregano with milk-soaked bread.
4. Roll into even balls (roughly the size of golf balls); place on baking tray.
5. Pour tomatoes over top with garlic, 2 tbsp oregano and 4 tbsp parsley.
6. Bake for 25 minutes or until meat is fully cooked and firm.
7. Meatballs are best served in a sandwich with liberal amounts of sauce, fresh pepper and grated Parmesan.

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

POUR LA **SOUPE** DU MONDE

Recipe from Chef Kyle Rice (Musqueam Nation) of Salmon n' Bannock Bistro

Inspired by *Pour la suite du monde* (1963)

POUR LA SOUPE DU MONDE

Chef Kyle Rice's Traditional West Coast Salmon Soup

Ingredients

6 litres water
16 oz diced wild salmon
4 carrots (peeled & diced)
10 celery stalks (diced)
2 white onions (diced)
1 tsp garlic (minced)
½ cup white wine
½ cup lemon juice
2 potatoes (peeled & diced)

HERB SACHET

2 tbsp dried thyme
1 tsp red pepper flakes
2 tbsp dill (fresh or dried)

Method

1. In 6 litres of water, blanch the salmon until oils and fats are rendered out.
2. Remove salmon and strain liquid through a fine strainer. Reserve liquid for broth. Discard solids.
3. In a separate pot, simmer the mirepoix (carrots, celery & onions) with garlic, wine and lemon juice and reduce. Add salmon broth, herb sachet and salmon; let simmer for 45 minutes.
4. Add potatoes and continue to cook until potatoes are done (not mushy).
5. Serve with warm bannock.

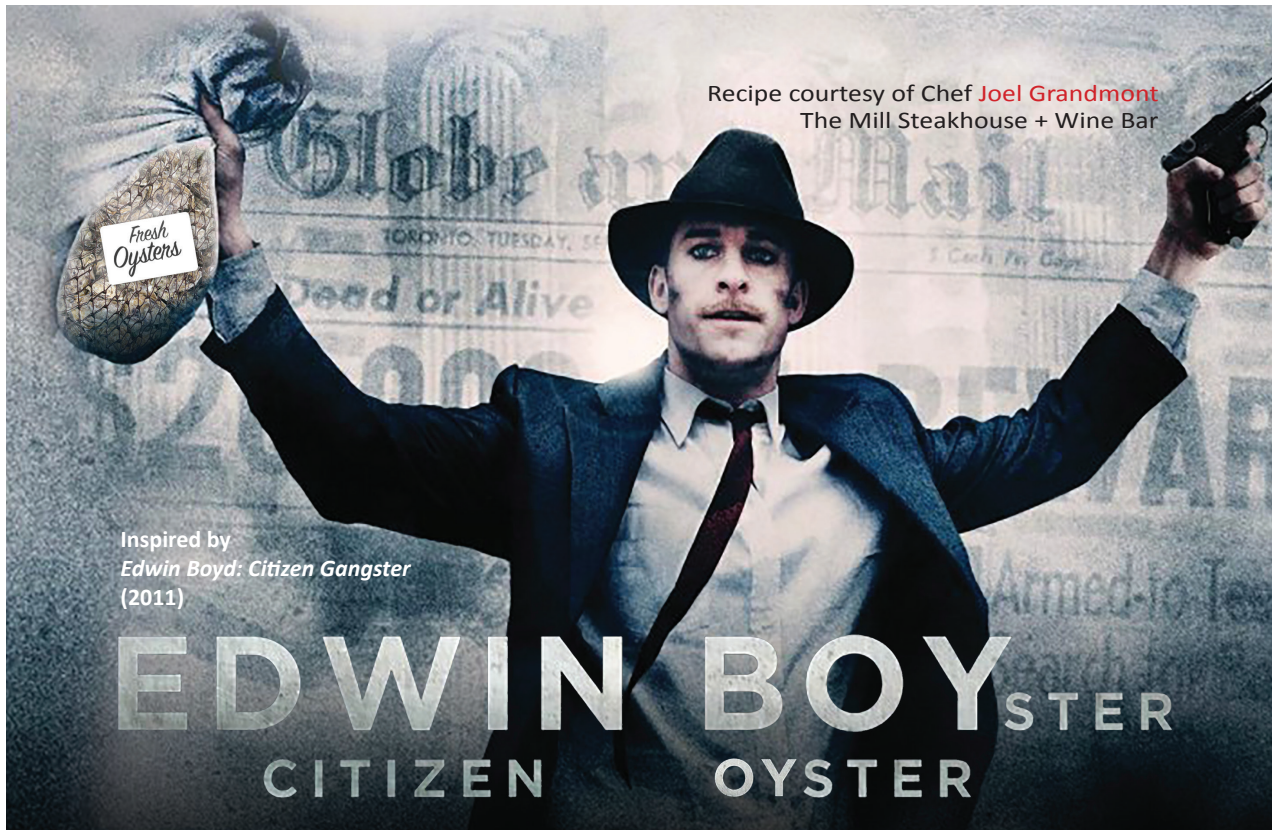


CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

Recipe courtesy of Chef **Joel Grandmont**
The Mill Steakhouse + Wine Bar

Inspired by
Edwin Boyd: Citizen Gangster
(2011)

EDWIN BOYSTER
CITIZEN OYSTER



EDWIN BOYSTER: CITIZEN OYSTER

Chef Joel Grandmont's Oysters Florentine

Ingredients

3 oysters in the half shell	¼ cup white wine
½ cup lightly steamed spinach	1 cup 10% cream
6 tbsp Mornay sauce	1 tbsp cornstarch dissolved in ¼ cup water
3 tsp shaved or grated Asiago	¼ cup grated Swiss, Gruyere, or Emmenthal cheese
1 lemon	Salt, to taste

MORNAY SAUCE

½ tsp chopped shallot
¼ tsp chopped garlic
1 bay leaf
5 peppercorns
1 tbsp butter

Method

To make Mornay sauce:

Sweat the shallot, garlic, bay leaf and peppercorns with the butter. Add the white wine and reduce until the pan is almost dry. Add the cream and bring to a bare simmer. Whisk in cornstarch, dissolved in water. Simmer until thickened, remove from heat and whisk in cheese off of heat. Strain and season to taste with salt. The sauce should be quite thick.

To prepare oysters:

Set oven to broil. Place the oysters on a baking sheet or oven-safe plate. Top each oyster with a tablespoon of steamed spinach and a tablespoon of Mornay sauce. Sprinkle the oysters with asiago cheese. Broil until bubbling and golden. Garnish with lemon.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS



BARNEY'S *Best*
BRISKET

(if you can't get to Montreal)

Inspired by *Barney's Version* (2010)

From *Toronto Cooks* author Amy Rosen • amyrosen.com

BARNEY'S BEST BRISKET

Amy Rosen's Brisket

Ingredients

1 cup Coca-Cola (not diet, not Zero, just Classic, please)

1 cup apricot jam

½ cup tomato sauce (homemade or store bought)

1 packet dry onion soup mix, such as Lipton's

1 tsp ground ginger

1 tsp kosher salt

Fresh cracked pepper, to taste

5 lb single brisket

Method

1. Mix marinade ingredients together. Place brisket in a roasting pan and pour marinade over top, cover with foil and refrigerate overnight. Or, if you don't have that much time to spare, several hours will do in a pinch.
2. When ready to cook, preheat oven to 325°F. Cook covered brisket for 3 hours, then uncovered for an additional half an hour. Let cool, then refrigerate (this aids in slicing). Skim any excess fat. When cooled completely, slice thinly against the grain and add back into pan with sauce.
3. About half an hour before you're ready to serve, preheat oven to 350°F and reheat brisket for 20 to 30 minutes, spooning sauce over it a couple of times.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

BAR SALMON



Recipe courtesy of
Chef **Christine Cushing**

Inspired by *Bar Salon* (1974)

BAR SALMON

Chef Christine Cushing's Maple Pan Roasted Salmon

Ingredients

4 salmon fillets, each about 6 oz, preferably wild

Sea salt and freshly cracked black pepper, to taste

1 tbsp grated ginger

1 tbsp clarified butter

1½ tbsp maple syrup

1½ tbsp grainy Dijon mustard

1 tbsp Canadian whisky

Sprig of dill, for finishing the plate (optional)

Method

1. Preheat oven to 375°F.
2. Season salmon very lightly with salt and cracked black pepper and rub in grated ginger. Heat cast iron skillet dry, until hot. Add the butter and the salmon, skin side down and sear until golden brown, about 2 minutes. Flip and repeat.
3. Combine maple syrup, Dijon mustard and whisky in small bowl. Make sure salmon is turned over with skin side down and brush glaze on top of flesh side of salmon.
4. Transfer salmon in cast iron fry pan to preheated oven. Bake until just cooked through, firm to the touch and when knife inserted in centre feels warm to touch, about 5 to 7 minutes depending on thickness of fish. Serve with Napa and Apple Coleslaw. Garnish with a sprig of dill, if desired.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

Recipe by Chef **Michael Hay**, District Chef for Oliver & Bonacini Restaurants



MEN WITH BEANS

Inspired by
Men with Brooms
(2002)

THE TRUE MEASURE OF A MAN IS THE SIZE OF HIS CAESAR.

MEN WITH BEANS

Chef Michael Hay's Green Bean Salad

Ingredients

GREEN BEANS

2 cups green beans
1 litre water
1½ tbsp salt
2 cups ice

CRUNCHY LENTILS

1 cup Puy lentils
2½ cups water
1 litre canola oil, for frying

DRESSING

⅔ cup mayonnaise
⅔ cup sour cream
¼ cup shredded Parmesan cheese plus more for garnish
1½ tbsp lemon juice
Worcestershire, to taste
Tabasco, to taste
Black pepper, to taste
Salt, to taste
Bacon bits, to taste



Method

1. Soak lentils overnight in room temperature water. Drain and deep fry in canola oil at 375°F in small batches until crispy; toss with salt to season.
2. Top and trim the beans; boil in salted water for 2 minutes until tender. Immediately refresh the beans in an ice bath.
3. Mix together dressing ingredients. Combine beans and lentils in a bowl, toss with dressing and top with bacon bits, more Parmesan and a squeeze of fresh lemon.

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

It's not a dance, it's a dish!

LAMBO ITALIANO

Recipe by Julie Miguel, recipe developer,
food stylist & food blogger



Inspired by
Mambo Italiano
(2003)

LAMBO ITALIANO

Julie Miguel's Lamb Cavatelli

Ingredients

- 1 bay leaf
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 sprigs fresh oregano
- 2 lbs lamb shoulder, deboned and cut into large chunks
- Extra-virgin olive oil
- 2 onions, diced
- 6 cloves garlic, crushed
- 1 large carrot, chopped
- 3 celery ribs, chopped
- 1 cup dry red wine
- 1 28 oz can of crushed tomatoes
- Salt and pepper, to taste
- 1 450 g bag of cavatelli pasta, cooked according to package directions
- Pecorino or Parmesan cheese, shredded

Method

1. Wash and tie the herbs into a bundle.
2. Pat lamb dry; liberally coat with salt and pepper. Sear in a pot coated with olive oil over medium-high heat. Set aside.
3. Add onions and cook until soft, then add the vegetables and herbs and cook until soft. Add wine to the pot and simmer until reduced to half. Add crushed tomatoes in their sauce and boil.
4. Add the lamb and simmer; cook on low heat for 2 to 3 hours, stirring occasionally.
5. Discard herbs. Shred lamb into bite-sized pieces and return to the sauce.
6. Serve over your favourite cooked cavatelli. Top with shredded cheese.

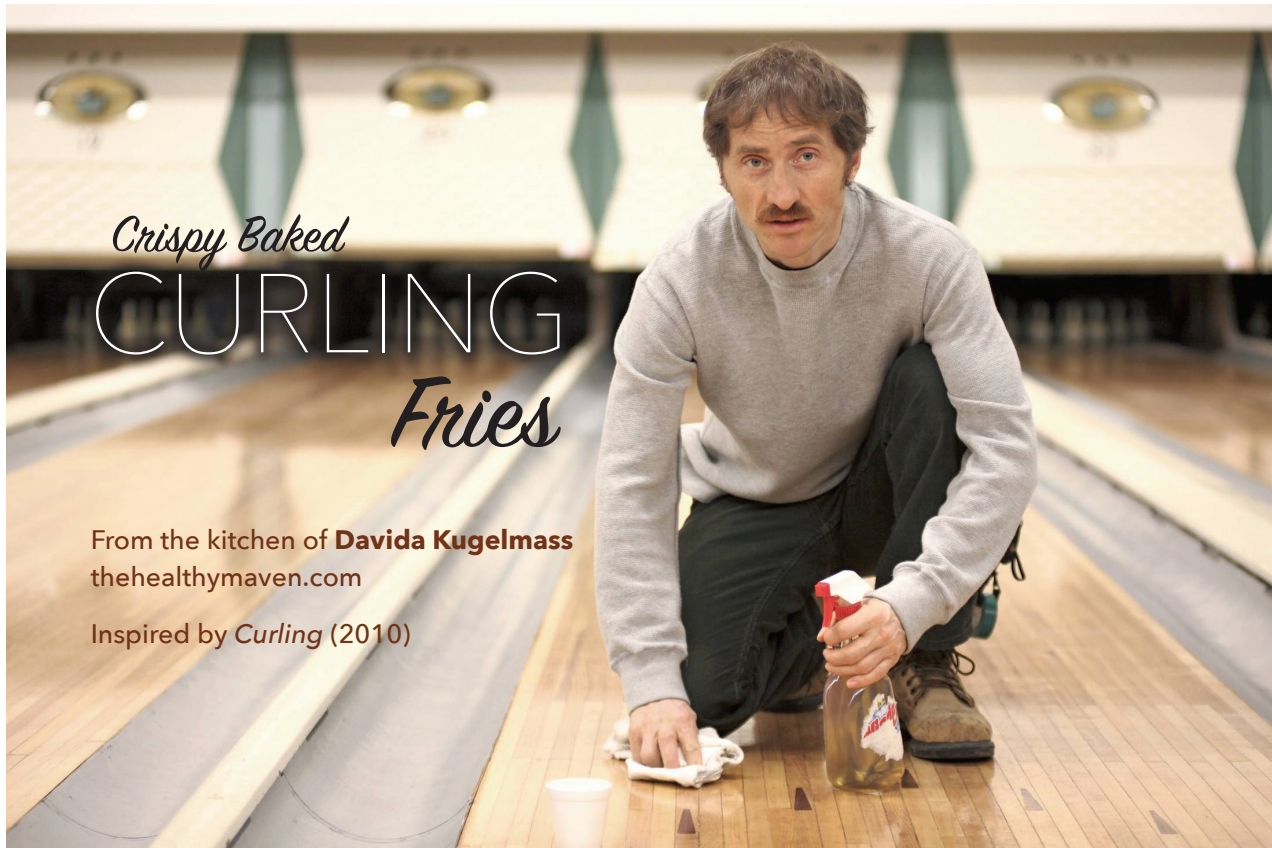


CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

Crispy Baked
CURLING
Fries

From the kitchen of **Davida Kugelmass**
thehealthymaven.com

Inspired by *Curling* (2010)



CRISPY BAKED CURLING FRIES

Davida Kugelmass's Curly Fries

Ingredients

2 large white potatoes,
washed & dried

1 tbsp olive oil

1 tsp sea salt

Optional: 2 tbsp chopped,
fresh herbs i.e., rosemary or
thyme (sprinkle over fries in
between baking before you
place them back in the oven
for final 8 to 10 minutes)

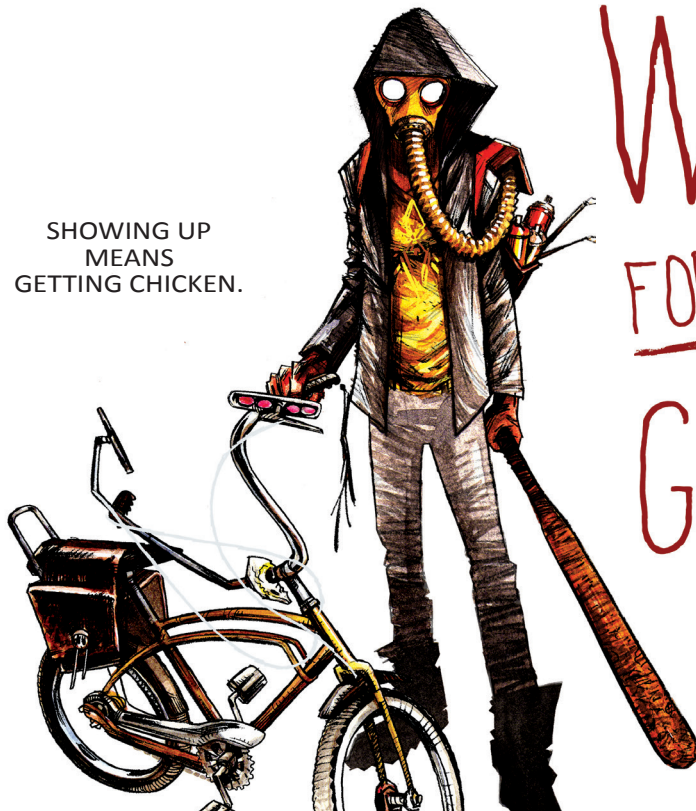
Method

1. Preheat oven to 400°F.
2. Spiralize potatoes using the blade with the larger triangles. Using scissors or a knife cut the potato "strings" into smaller bite-sized fries. Add to a bowl and coat with olive oil.
3. Spread out fries over two parchment-lined baking trays. You will need to use two trays to avoid over crowding the potatoes. Sprinkle with sea salt. Place trays in oven and bake for 15 minutes.
4. Remove from oven, flip fries as best as you can removing any fries that have already crisped up. Swap positioning of trays before returning them to the oven so that the fries cook evenly.
5. Bake for another 8 to 10 minutes. Remove trays and serve hot.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

SHOWING UP
MEANS
GETTING CHICKEN.



WINGS FOR YOUNG GHOULS

Inspired by
Rhymes for Young Ghouls (2013)

Recipe by **Lisa Bolton**
Food Well Said

WINGS FOR YOUNG GHOULS

Lisa Bolton's Baked Wings

Ingredients

2 lbs chicken wings
& drumettes
1 cup strongly brewed coffee,
cooled
1 cup water
1 bay leaf
2 tbs + 1 tsp salt
1 tbs espresso grounds
1 tbs ground black pepper
2½ tsp Spanish paprika
1½ tsp garlic powder
1½ tsp dried thyme
1½ tsp dried oregano
1 tsp poultry seasoning
½ tsp cayenne
2 tbs maple syrup

Method

1. "French" the wings & drumettes of excess fat.
2. Place wings in a bowl with brewed coffee, water, bay leaf and salt. Marinate for 6 hours.
3. Mix remaining ingredients (except the syrup) in a small bowl.
4. Preheat oven to 350°F.
5. Drain and rinse wings, pat dry, then toss in spice mixture.
6. Over a drip pan, cook for 15 minutes. Baste with maple syrup, then cook another 10 minutes.
7. Baste a second time, then broil for 3 to 5 minutes to caramelize sugars.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS



TRAILER PARK POPS

Paula Coop McCrory's Cake Pops



Ingredients

2½ cups flour
1½ cups sugar
½ cup margarine,
softened or melted
1 tsp salt
2 tbsp of your favourite
frosting
Chocolate for melting and
coating
Lollipop sticks
Your favourite cake
decorations (sprinkles,
crumbled chocolate, etc.)
2 eggs
1 tsp vanilla
2½ tsp baking powder
1 cup milk

Method

1. Preheat oven to 350°F. Beat all the ingredients in a mixing bowl until the batter is smooth. Pour the cake batter into a greased 9" x 13" pan. Bake in the oven for 25 to 30 minutes.
2. Once it's cooled, crumble it up in a large mixing bowl. Add in 2 tbsp of your favourite frosting. By hand, mix it all together. It should be sticky and easy to shape. Roll the mixture into ice-cream scoop sized balls.
3. Melt a little bit of chocolate in the microwave. Be careful to use the proper dishware and to melt it slowly (45 seconds at a time). Working one at a time, dip the ends of the lollipop sticks into the melted chocolate and then insert into the centre of each cake ball. Once all are done, place them in the freezer for 20 minutes.
4. Once the cake pops have cooled, melt a large amount of chocolate for dipping. I like to use a drinking glass for this; it makes the dipping of each cake pop easy. Lay out the decorations you'd like to use for your cake pops in separate bowls. Cover a baking tray with parchment paper to place your cake pops onto. Working one at a time, dip cake pops in melted chocolate, decorate and place on a parchment paper-covered baking tray. Once all are done, place back in the freezer for another 20 minutes to set, and you're done.

**NATIONAL
CANADIAN
FILM DAY**

Dumpling HAPPINESS

Inspired by
Double Happiness (1994)

From the kitchen of
Stephanie Yee

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DUMPLING HAPPINESS

Stephanie Yee's Dumplings

Ingredients

- 1 lb ground pork
- 4 large napa cabbage leaves
- 3 stalks green onions
- 6 shiitake mushrooms
- 1 lb ground pork
- 2 handfuls fresh cilantro
- 2 tbsp ginger
- 1 tbsp garlic
- 4 tbsp soy sauce
- 2 tbsp sesame oil
- 2 tbsp corn starch
- 1 egg, beaten
- 1 package circular dumpling wrappers
- Neutral-tasting oil for pan-frying
- A small bowl of water

Method

1. Finely chop all vegetables; put in a bowl and combine with everything but the wrappers, oil and bowl of water.
2. Take a wrapper, dip a finger into the water and paint a semicircle around the edge of the wrapper. Place a small amount of filling in the centre and fold the wrapper in half like a taco. Pinch the top edges together, pleating and pinching the edges until they are sealed.
3. Heat a pan with 2 tbsp of oil on medium high. Add dumplings and fry for a few minutes until bottoms are golden. Add 1/4 cup water, cover and cook for 5 minutes. Remove from heat and serve. Enjoy!



THE APPRENTICESHIP OF **CHEESY** KRAVITZ



There's a
little bite
of
CHEESY KRAVITZ
for everyone.



Recipe courtesy of cheesemaker
Armand Bernard

Inspired by
*The Apprenticeship of
Duddy Kravitz* (1974)

THE APPRENTICESHIP OF CHEESY KRAVITZ

Armand Bernard's Avonlea Mac & Cheese



Ingredients

1 lb elbow macaroni
4 cups milk
3 sprigs thyme
4 cloves garlic, smashed and divided
4 tbsp cows creamery sea salted butter
3 tbsp all-purpose flour
5½ cups shredded Avonlea Clothbound Cheddar cheese
Freshly ground black pepper
¼ cup chopped flat-leaf parsley
6 slices bacon, cut crosswise into thin strips
1 large onion, diced
2 garlic cloves, smashed
Leaves from ¼ bunch fresh thyme

Method

1. Bring a pot of salted water to a boil over high heat. Add the macaroni and cook for 8 to 9 minutes, until al dente. Drain.
2. Preheat the oven to 400°F. In a small saucepan, heat the milk with the thyme sprigs and 4 garlic cloves.
3. Melt the butter in a large, deep skillet over medium-high heat. Whisk in the flour and cook for about 1 minute, stirring constantly, to keep lumps from forming. Strain the solids out of the milk and whisk it into the butter and flour mixture. Continue to whisk vigorously and cook until the mixture is nice and smooth.
4. Stir in 4 cups of Avonlea Clothbound Cheddar and continue to cook and stir to melt the cheese. Season with salt and pepper.
5. Add the cooked macaroni and the parsley and fold that all in to coat the macaroni with the cheese mixture. Scrape into a 3-quart baking dish and sprinkle the remaining 1½ cups of cheese on the top. Bake for 30 minutes or until hot and bubbly.
6. While that bakes, heat a sauté pan. Add the bacon, render the fat and cook until crispy. Add onion, 2 garlic cloves and thyme leaves and cook for about 5 minutes to soften the onion. Season with salt and pepper.
7. To serve, scatter the bacon mixture over the mac and cheese. Use a big spoon to scoop out servings, making sure you get some of the bacon mixture on each spoonful.

**NATIONAL
CANADIAN
FILM DAY**

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS



THE FOOL'S WORD

Inspired by that classic Elvis sandwich featured in
The F Word (2013)

Recipe courtesy of
MasterChef Canada's Mary Berg

THE FOOL'S WORD

Fool's Gold Cupcakes by MasterChef Canada's Mary Berg

Ingredients

CUPCAKES

$\frac{3}{4}$ cup unsalted butter, room temperature

$1\frac{1}{2}$ cups sugar

2 large eggs

$2\frac{1}{2}$ cups all-purpose flour

$2\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

$1\frac{1}{4}$ cups buttermilk

$2\frac{1}{2}$ tsp vanilla extract

ICING

1 cup unsalted butter, room temperature

$\frac{3}{4}$ cup creamy peanut butter

$\frac{1}{2}$ cup cream cheese, room temperature

$1\frac{1}{2}$ tsp vanilla extract

4 cups icing sugar

$\frac{1}{4}$ tsp salt

2 tbsps to $\frac{1}{4}$ cup whipping cream

DECORATION

$\frac{3}{4}$ cup prepared grape jelly

6 slices of bacon, cooked crisp and finely chopped

(continued on next page)



THE FOOL'S WORD (CONTINUED)

Method

1. For the cupcakes, preheat your oven to 350°F and line two 12-cup muffin tins with cupcake liners.
2. Using a hand mixer, cream together the butter and sugar in a large bowl until light and fluffy then add the eggs one at a time, mixing well after each addition.
3. In a separate bowl, sift the flour, baking powder, baking soda and salt and stir to combine. This is the dry mixture for your cupcakes.
4. In a glass measuring cup, measure out the buttermilk and stir in the vanilla.
5. Add approximately a third of the dry ingredients to the creamed butter mixture and beat together with the hand mixer until almost combined. Blend in half of the buttermilk mixture, followed by another third of the dry, the buttermilk, then the rest of the dry, mixing after each addition.
6. Pour the batter into the prepared pan, filling each cup about $\frac{2}{3}$ full and bake for 17 to 20 minutes, or until golden and set.
7. Set the cupcakes aside to cool and prepare the frosting.
8. For the frosting, beat the butter, peanut butter, cream cheese and vanilla together in a large bowl with a hand mixer. Slowly add the icing sugar and salt, being careful not to mix too fast or else you'll have quite a mess on your hands.
9. Finally, beat between 2 tbsp and $\frac{1}{4}$ cup of whipping cream into the frosting to make it light and fluffy.
10. To decorate, use a teaspoon to scoop a little well out of the centre of each cupcake. Fill that with about $\frac{1}{2}$ tsp of grape jelly and cover the top of each cupcake with a good helping of the peanut butter frosting. To finish the cupcakes, sprinkle the chopped bacon over the top and dig in to what will probably be one of the most weirdly delicious desserts you've ever had!

CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

Inspired by
De père en flic
(2009)



DE PÈRE EN FLIC

Recipe courtesy of **King Cole Ducks**

DE PEAR EN DUCK

King Cole Ducks' Pear and Pepper-Smoked Duck Tart

Ingredients

2 onions, thinly sliced
1 tbsp butter
1 tbsp brown sugar
1 tbsp balsamic vinegar
Freshly ground pepper
1 King Cole Pepper-Smoked Duck Breast, thawed
1 sheet pre-rolled frozen puff pastry, thawed
Flour for rolling
1 egg yolk
1 firm ripe pear, cored and sliced into thin wedges
½ cup shredded Asiago cheese
1 tbsp chopped fresh rosemary

Method

1. In large non-stick skillet, cook onion in butter over medium heat for about 5 minutes, until softened.
2. Add brown sugar, balsamic and ground pepper and cook for about 10 minutes, stirring often, until caramelized. Set aside.
3. In another skillet, cook duck breast over medium heat for about 5 to 6 minutes, skin side down, until crisped. Cool slightly, then thinly slice.
4. Gently unfold pastry sheet and place on a lightly flour-dusted work surface. Roll pastry, eliminating creases, to a 10-x-12-inch (25-x-30-cm) rectangle. Cut rectangle in half lengthwise to make two 5-x-12-inch (12.5-x-30-cm) rectangles. Transfer both to a parchment-lined baking tray.
5. Using a small knife, score ½ inch (1 cm) border (do not cut through) around the inside edges of each rectangle.
6. Whisk egg yolk with 1 tsp (5 ml) water and brush a little along the borders (discard remaining).
7. Spread half onion mixture on each rectangle (avoiding edges), then top with alternating and overlapping slices of duck and pear.
8. Sprinkle evenly with shredded cheese and rosemary.
9. Bake at 400°F for about 25 minutes or until pastry is browned.
10. Cut into slices to serve.



CANFILMDAY PRESENTS: RECIPES INSPIRED BY GREAT CANADIAN FILMS

Chef Jenn Johns' Canadian Flag Cake

One Cake

Inspired by
One Week (2008)

WHAT
WOULD
YOU
CHEW?



ONE CAKE

Chef Jenn Johns' Canadian Flag Cake



Ingredients

Boxed 10" red cake (any flavour)

4 to 5 cups boxed vanilla cake batter

Maple leaf cookie cutters (small 2" to 3")

Red maple leaf sprinkles

Prepared white buttercream

Prepared red buttercream

Method

1. Bake red cake and allow to cool completely.
2. Prepare vanilla cake batter according to directions on box.
3. Find the centre of the red cake by using a ruler or other measuring device. Mark the centre with a toothpick. Do not remove this toothpick.
4. Continue to use toothpicks to mark these measurements: two-inch circle in the centre of the cake and a one-inch ring around the outside of the cake.
5. Using a sharp knife, follow your cutting guides to produce a one-inch ring and a centre two-inch "tube."
6. Remove outer ring from the cut cake and place into a 10" baking/cake pan. Remove two inch centre piece and place in centre of baking/cake pan. Measure to make sure that the centre toothpick is in position.

(continued on next page)

ONE CAKE (CONTINUED)

1. Freeze remaining cake portion by placing into the freezer for 30 to 60 minutes.
2. Place a thin layer of cake batter on the bottom of the pan, between the two red segments. Use a small utensil to smooth the batter onto the bottom of the pan, creating a thin layer of cake batter.
3. When cake portion is frozen (step 7), remove from freezer and cut out angled slabs of cake. Using a maple leaf cookie cutter, cut out angled maple leaves. Place the maple leaves into the centre of the vanilla cake batter. Complete until there is a ring of maple leaves in the centre of the cake.
4. Top maple leaves with additional vanilla cake batter, using as much as needed to cover the maple leaves. Gently smooth the batter out, making sure to fill any gaps/holes between the red portions of the cake.
5. Bake cake again for 60 to 80 minutes at 350°F or until vanilla cake is golden brown.
6. When the cake is finished baking, allow to cool and level off vanilla portion to be flush with the red portion.
7. Cover top of the cake with a thin layer of white buttercream.
8. Using piping bags fitted with Wilton #21 tip (or other small open star tips), using a zig zag motion, pipe zig zags of red and white buttercream up the sides of the cake and towards the centre about two inches. Switch to alternate colour, and repeat around the outside of the cake.
9. Pipe a maple leaf in the centre of the cake (around the centre toothpick).
10. Apply maple leaf sprinkles as desired.
11. Serve immediately and/or refrigerate for 2 to 3 days in an airtight container.