



Tabletop Solutions
Food Service Consultants

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Canada



Photo from <http://lowercrust.files.wordpress.com/2012/05/poutine-pizza.jpg>

Meals:

- **Breakfast:** a small to medium sized meal, often an egg based dish with a small portion of additional protein (bacon, ham, sausage, etc.). Cereal, pastries, and fruit are also quite common. Typically, both coffee and tea are consumed widely by Canadians at breakfast.
- **Brunch:** A large mid-morning meal reserved for the weekend, usually containing an elaborate egg dish, a flour based dish (pancakes, muffins, coffee cake, etc.), and additional protein. Hash browns are also a very popular addition to the brunch menu.
- **Lunch:** Sandwich and soup are extremely common, eaten alongside chips and a piece of fruit.
- **Dinner:** During the week, dinner is commonly a rushed and informal meal consisting of protein (varying widely between seafood and meat depending on province). Gravy and potatoes are also a staple in the Canadian dinner diet.
- **Dessert:** Most desserts in Canada feature maple syrup in some form, typically served with ice cream or cake.

Frequently Used Foods

- **Fruits and Vegetable:** Apples, blueberries, Saskatoon berries, strawberries, melons, corn, onions, spicy and colored peppers, zucchini, potatoes ([additional info](#))
- **Protein:** Eggs, chicken, pork, bacon, beef, cod, salmon, beans, game meats (boar, venison, rabbit, caribou)
- **Spices:** Nutmeg, Cinnamon, Parsley, salt, pepper, cumin
- **Oils/Misc:** canola oil, olive oil, cheese, gravy

Ten Regional Favorite Dishes with links to interesting recipes:

- **Baked Cod Casserole:** [\[recipe\]](#) [\[images\]](#)
- **Bannock:** [\[recipe\]](#) [\[images\]](#)
- **Butter Tarts:** [\[recipe\]](#) [\[images\]](#)
- **Canadian Bacon Mac and Cheese:** [\[recipe\]](#) [\[images\]](#)
- **Canadian Pancakes:** [\[recipe\]](#) [\[images\]](#)
- **Donairs:** [\[recipe\]](#) [\[images\]](#)
- **Maple Syrup Upside Down Cake:** [\[recipe\]](#) [\[images\]](#)
- **Perogies:** [\[recipe\]](#) [\[images\]](#)
- **Poutine:** [\[recipe\]](#) [\[images\]](#)
- **Rappie Pie:** [\[recipe\]](#) [\[images\]](#)

Religion: 38.7% of Canadians are Roman Catholic, and about 67.3% identify as Christians. 3.2% identify as Muslim, 1.5% Hindu, 1.4% Sikh, 1.1% Buddhist, and 1% Jewish. Additionally, 23.9% of Canadians identify as non-religious. [additional info](#)

National Holidays and Dietary Requirements:

Pancake Tuesday- Preceding Ashe Wednesday and the beginning of Lent, Canadians commonly consume pancakes before the dietary restrictions of Lent are implemented. [additional info](#)

- **Victoria Day-** Celebrated in all provinces except Quebec, Victoria Day marks the end of the winter and an unofficial beginning to the spring season. Many cities have parades or fireworks to celebrate the day, and an allotment of outdoor attractions open for the year.

- **Canada Day-** The National day of Canada is celebrated every year on July 1st. It is marked by large outdoor public events, like parades, fireworks, music festivals, carnivals, festivals, and barbecues. [additional info](#)
- **Thanksgiving-** Canadian Thanksgiving occurs on the second Monday in October every year. It is very similar to the American Thanksgiving tradition. Meals usually consist of turkey (ham and other roasts are common substitutes), autumn vegetables, and an array of desserts.

Etiquette: Canadian eating etiquette is very similar to The United States and most Western European countries. Forks and knives are used for all substantial meals, but not for typical lunches, like sandwiches, and snacks.

Food History: Canada, similar to the United States, has an extremely diverse food history. The East coast of Canada exemplifies delicious seafood, such as cod, lobster, and mussels. Quebec cuisine is derived from its French roots. Wild Game illustrates the Northern provinces. Ontario and British Columbia have diverse and foreign influences, given their large immigrant populations.

Additional information and acknowledgements:

<http://www.statcan.gc.ca/pub/16-201-x/2009000/part-partie1-eng.htm>

http://www.ediplomat.com/np/cultural_etiquette/ce_ca.htm