

VIRTUAL

SURREY  
CANADA  
DAY

PRESENTED BY



JULY 1, 2021

# Recipes



 @SURREYCANADADAY

#SURREYCANADADAY

  @SURREYBCEVENTS

## Surrey Canada Day

Surrey Canada Day Festival is Western Canada's premier Canada Day event. Surrey Canada Day is committed to sharing music, education, entertainment, and the cultural practices of many Indigenous and multicultural artists. The City invites residents to come together to experience diverse cultural expression, as well as the best of Canada and its hope for the future.

The City of Surrey is situated on the traditional, ancestral, and unceded territories of the Salish Peoples, including the ǫíćǎý (Katzie), ǫʷa:ńłəń (Kwantlen), and Semiahma (Semiahmoo) land-based nations.

# Poutine

## ABOUT POUTINE

Poutine is a dish of french fries and cheese curds topped with a brown gravy. It originated in the Canadian province of Quebec and emerged in the late 1950s in the Centre-du-Québec area. It has long been associated with Quebec cuisine. Today, it is often identified as a quintessential Canadian food and has been called "Canada's national dish."

## PREPARATION

### Step 1

Cut the Kennebec potato into thin cuts of fries, ready to blanch in oil.

### Step 2

Blanch the fries for about 3.5 mins in 300 degrees oil, depending on the thickness of the fries, or until about 75% cooked. Blanching will slowly cook off the moisture of the potato.

### Step 9

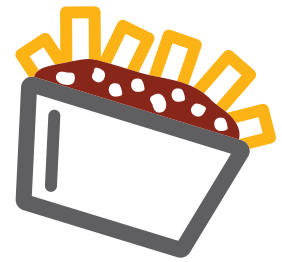
Remove the blanched fries from the oil. Let them cool off and turn up the heat on the deep fryer to 375 degrees, ready to flash fry and finish the potatoes.

### Step 4

While the fries are cooling, start making the gravy. First, melt butter in a saucepan over medium heat, then we add flour and whisk until smooth and bubbling. Then, slowly add 2 cups of veggie stock and whisk quickly at the same time. Let the gravy mixture simmer for about 10 mins to thicken up and add a pinch of fresh thyme and salt to taste.

## INGREDIENTS

- Kennebec potatoes
- oil (as needed)
- 4 tbsp of butter
- 4 tbsp of flour
- 2 cups of veggie stock
- pinch of fresh thyme
- salt
- white cheese curds
- maple syrup
- bacon (optional)
- hot dogs cut in pieces (optional)



### Step 5

Once the gravy is done, the oil should be heated and ready to flash fry the fries. Drop the fries into the 375 degree oil for about 40 seconds, just to crisp up the outside. The fries should have a perfect, mashed potato inside with a crispy, crunchy outside.

### Step 6

Remove the fries from the oil and let them drip dry on a paper towel. Plate the fries while hot.

### Step 7

Place the white cheese curds on top of the piping hot fries, then ladle a couple of spoonfuls of gravy on top.

### Step 8

Add bacon or hot dogs if preferred.

### Step 9

Enjoy your very own Canadian authentic poutine!

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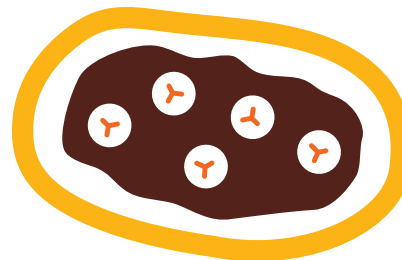
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# Bannock

## ABOUT BANNOCK

Bannock is a type of fry bread, which originates from Scotland but was eventually adopted by the Indigenous peoples of Canada, particularly the Métis of western Canada.

The bread was brought to Canada by Scottish explorers and traders, where the Indigenous adopted the recipe over the 18th and 19th centuries, using corn flour or plants rather than the wheat flour of the Europeans. The Scottish cooked the bread on a griddle called a Bannock Stone, which they placed on the floor in front of a fire.



## INGREDIENTS

- 6 cups flour
- 1/3 cups baking powder
- 1/2 tsp salt
- 1/4 cups vegetable or canola oil
- 3 cups luke warm water

## PREPARATION

### Step 1

Mix flour, baking powder and salt into a bowl. Mix well.

### Step 2

Add oil into luke warm water and slowly stir it into dry ingredients until mixed. Do not over stir.

### Step 3

Set bowl aside and let the dough rise for about 10 minutes.

### Step 4

Once the dough has risen, turn it out onto a lightly floured surface and knead gently about 10 times. Pat into a flat circle between 3/4 to 1 inch thick.

### Step 3

Deep fry bannock until golden brown (3 to 5 minutes), flipping to cook on each side. Bannock can also be cooked on a greased frying pan over medium heat, allowing about 15 minutes for each side. It may also be baked on a greased baking sheet at 350 degrees F for 25 to 30 minutes.

### Step 5

Set fried or baked bannock to the side for 2 minutes, on paper towel.

### Step 6

Enjoy! Be creative with this dish - you can add jam, peanut butter or savoury toppings to bannock. Best eaten while warm.

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# Nanaimo Bars



## ABOUT NANAIMO BARS

The Nanaimo Bar is a bar dessert that requires no baking and consists of three layers: a wafer and coconut crumb base; custard icing in the middle; and a layer of chocolate ganache on top. Named after the city of Nanaimo in British Columbia, the earliest recipes date back to the 1950's. The growing popularity of the bar in Nanaimo led local residents to mobilize to have it voted "Canada's Favourite Confection," and it is now considered a classic Canadian dessert.

## PREPARATION

### BOTTOM LAYER

#### Step 1

Pour 2 cups (500 mL) water into bottom of double boiler. Place on stove over medium heat and bring water to simmer.

#### Step 2

In top of double boiler; combine butter, cocoa and sugar; place over simmering water. Heat, stirring, until butter has melted and mixture is smooth.

#### Step 3

Add beaten egg; stir until thick. Remove top of double boiler from heat. Stir in graham wafer crumbs, coconut and almonds.

#### Step 4

Scrape into parchment paper-lined 8-inch (2 L) square baking dish. Press firmly to create even bottom layer.

#### Step 5

Tip: If you don't have a double boiler, half-fill a saucepan with water and heat over medium heat until water begins to simmer. Then, place a metal or glass bowl over the simmering water and proceed as directed.

## INGREDIENTS

### BOTTOM LAYER

- ½ cup (125 mL) unsalted butter
- 5 Tbsp (75 mL) cocoa powder
- ¼ cup (50 mL) granulated sugar
- 1 egg, beaten
- 1 ¾ cups (425 mL) graham wafer crumbs
- 1 cup (250 mL) shredded coconut
- ½ cup (125 mL) almonds, finely chopped

### MIDDLE LAYER

- ½ cup (125 mL) unsalted butter, softened
- 2 tbsp + 2 tsp (40 mL) whipping or heavy cream
- 2 Tbsp (30 mL) vanilla custard powder
- 2 cups (500 mL) icing sugar

### TOPPING

- 4 oz (115 g) semi-sweet chocolate
- 2 Tbsp (30 mL) unsalted butter

### MIDDLE LAYER

#### Step 6

In bowl, cream together butter, cream and custard powder. Gradually add icing sugar; beat until light and fluffy. Scrape over bottom layer, smoothing top with spatula or palette knife.

### TOPPING

#### Step 7

In clean double boiler, melt chocolate and butter together. Remove from heat; let cool slightly. When cool, but still liquid, pour over custard layer.

#### Step 8

Cover and refrigerate until cold. Cut into squares and enjoy!

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