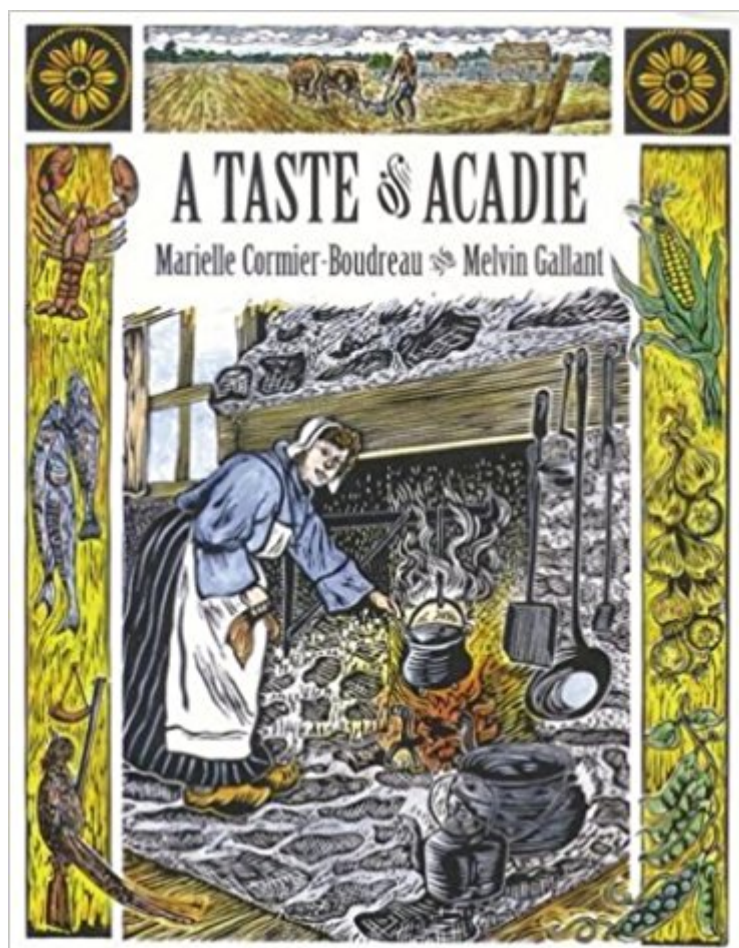


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# A Taste Of Acadie



## Synopsis

For *A Taste of Acadie*, Melvin Gallant and Marielle Cormier-Boudreau travelled all over Acadia, from the Gaspé Peninsula to Cape Breton, from the tip of Prince Edward Island to the Magdalen Islands, and around northern New Brunswick and southern Nova Scotia. They gathered the culinary secrets of traditional Acadian cooks while there was still time, and then they adapted more than 150 recipes for today's kitchens. First published in 1991, *A Taste of Acadie*, the popular English translation of the best-selling *Cuisine traditionnelle en Acadie*, is available once again. The indigenous cuisine of Acadia is a distant relative of French home cooking, born of necessity and created from what was naturally available. Roast porcupine or seal-fat cookies may not be to every modern diner's taste, but the few recipes of this nature in *A Taste of Acadie* hint at the ingenuity of women who fed their families with what the land provided. Most of the recipes, however, use ingredients beloved of today's cooks. Here you'll find fricot, a wonder of the Acadian imagination, pot en pot, a traditional Sunday dinner sometimes called *grosse soupe*, and dozens of meat pies. For those with a sweet tooth, Gallant and Cormier-Boudreau include recipes that use maple syrup and fresh wild berries. *A Taste of Acadie* is traditional cooking at its best, suffusing contemporary kitchens with country aromas and down-home flavours. Decorated with evocative woodcuts by Michiel Oudemans, it is a pleasure to look at and a charming addition in its own right to contemporary country-style kitchens.

## Book Information

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## Customer Reviews

There's something evocative about the food your grandmother cooked; you may not have enjoyed

all of it in your childhood and you may not dare to eat it now, but when you become interested in your cultural roots, the old dishes gain flavor in your memories. I didn't learn to cook the old Acadian dishes from my memere, so I was delighted to find *A Taste of Acadie* while traveling in Prince Edward Island. This fascinating book by Marielle Cormier-Boudreau and Melvin Gallant is much more than recipes. The authors researched the cooking (and culture) of the Acadian people of Maritime Canada: New Brunswick, Nova Scotia and Prince Edward Island. The Acadians settled in this area from mid-central France in the mid-1600's and were ousted and dispersed by the British a hundred years later, civilian casualties of war between France and England. They gradually resettled up and down the Eastern seaboard, and many who had been repatriated to France eventually came back. These hardy people lived a hardscrabble life of fishing, agriculture and animal husbandry in the unyielding climate, and their cooking reflected the ups and downs of their existence--as cooking always does. The book is arranged in sections--soups, fish, shellfish, vegetables--and each section is prefaced with some general, grounding remarks and basic techniques. The recipes reflect the simple ingredients available, largely cod, potatoes, small game birds, and pork. Pork and pork fat were highly valued, and consequently, the authors note, "...pigs were raised with great care and were often a source of personal pride.

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