

Recipes for Québécois Cooking Class with Eric  
June 4<sup>th</sup> 2010, 11am

### Tomato Salad

Fresh ripe and tasty tomatoes to taste  
White onions to taste  
Salt to taste (this recipe is intended to be quite salted)  
A bit of grounded pepper (the sort you like)  
Herbs to taste  
Olive oil  
A hint of White Balsamic vinegar

Mix it all together and let it sit for two hours. Eat!

### Apple crust 6-8 servings

½ cup oat flakes (quick oats)  
½ cup brown sugar  
½ cup sliced or chopped almonds  
½ flour (multi-purpose)  
1/3 cup melted butter

Preheat oven at 375°F. Grease the dish with butter. Cut apples in little cubes of about half an inch to cover the bottom of the dish an inch thick. Apples that are not too sweet and not too juicy are better for this recipe. Mix oat flakes, brown sugar, almonds, flour and butter in a separate bowl. Pour the mix on top of the fruit mix in the dish and pack it lightly. Bake for about 35 minutes (it's ready when it smells!).

### Pâté Chinois: from "traditional" to "nouvo urbain actuel"

"Traditional" version:

For 4-6 servings in a 9X9 oven dish

4-5 potatoes  
2-4 table spoons of milk  
1 tea spoon vegetable oil  
½ onion finely chopped

½ - ¾ pound of lean ground beef  
Salt and pepper to taste  
8 oz cream corn  
4 oz corn nibblets

1. Start by putting some salted water to boil for the potatoes. Peel the potatoes and cut them in cubes (smaller cook faster). Cook the potatoes until tender.
2. While the potatoes are cooking peel and chop the onion. Cook onion in oil in a pan until tender but not brown yet. Add ground beef and cook until there is no trace of pink meat. Take off exceeding fat. Add salt and pepper to taste to this mix. Place into the dish that will go into the oven later.
3. Spread the cream corn on the meat mix. Spread the corn nibblets on top of the cream corn. Preheat oven at 350°F.
4. Strain the potatoes. Mash them in a mixing bowl. Add milk until obtaining a light puree. Season to taste. Spread on top of the rest in the dish.
5. Cook in oven for about 25 minutes or until the top is turning brownish-goldenish.

“Nouvo urbain actuel” version

2-3 sweet potatoes  
2-4 table spoons of milk  
1 tea spoon vegetable oil  
½ onion finely chopped  
1-2 cans of lentils  
Curry, cumin, salt and pepper to taste