



## **A Taste of Acadie**

*Marielle Cormier-Boudreau, Melvin Gallant*

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# A Taste of Acadie

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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.

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