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A Unique Cook-Book about Canadian Cuisine & History

From Pemmican to Poutine A Journey through Canada's Culinary History

By

Chef Suman Roy & Brooke Ali

Foreword by Chef Michael Smith

Canadian cuisine and history are celebrated like never before with the release of this new book *From Pemmican to Poutine: A Journey through Canada's Culinary History*. Chef Suman Roy and Brooke Ali take readers on a beautiful journey from the Atlantic to the Pacific exploring Canadian exceptional food culture with ingredients that are indigenous to Canada. Canadian cuisine and culture are mosaic of creatively designed dishes that are delightful to the taste buds and celebration to the eyes. Through bountiful pictures, recipes, history anecdotes, and wellness notes Chef Suman and Brooke provide the gift of knowledge and bring Canadians and the world together to appreciate the unique Canadian cuisine and culture.

- *From Pemmican to Poutine* is the first recent book of its kind defining the cuisine of Canada, along with the history and heritage of the foods and cuisine.
- Recipes in the book are a combination of both traditional and modern.
- The book organizes Canadian cuisine by region; Savour the Maritimes, Indulge Quebec, Discover Ontario, Celebrate the Prairies, Dive into the Pacific, and Wilderness of the Aboriginal.
- Cuisine includes a great mix of easy comfort food and gourmet dishes.
- This book is based on ingredients that are indigenous or have been a staple in the diet of Canadians for centuries.
- History is a major part of the book – history of ingredients, recipes and the food of Canada.
- Every recipe has “Wellness Notes”; talking about health impacts of various ingredients.

Home chefs, professional chefs, history enthusiasts, and food aficionados will find this new addition to cookbooks a valuable source that will soon become a classic in Canadian cookbooks.

Authors are available for appearances and interviews and can be reached through The Key Publicity Heather Smith e-mail: media@thekeypublish.com Tel: 416-935-1790

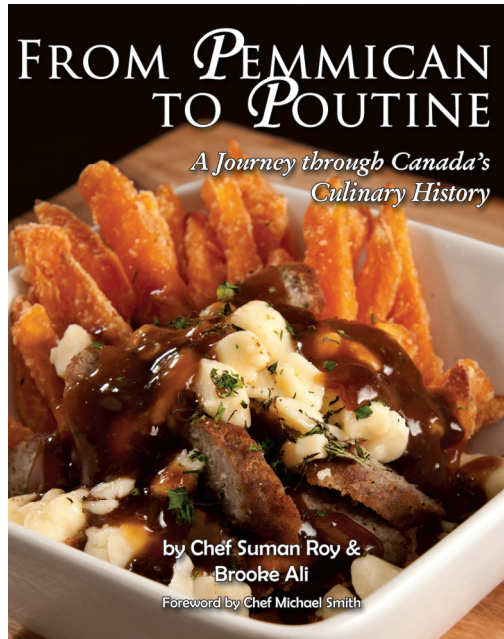


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Synopsis

Canada has a rich and diverse food culture that has spanned the whole of its history. *From Pemmican to Poutine: A Journey Through Canada's Culinary History* celebrates Canadian history and brings Canadian food to the forefront; both at home and abroad. Through recipes, history, and stories this book will shine a much-needed spotlight on the uniqueness and deliciousness of Canadian cuisine.

Title: From Pemmican to Poutine: A Journey Through Canada's Culinary History

Publisher: The Key Publishing House Inc. (www.thekeypublish.com)

Authors: Chef Suman Roy (www.chefsuman.com) & Brooke Ali

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About the Authors

Chef Suman Roy (www.chefsuman.com) is an award winning Executive Chef, an Author, a Good-Food Activist, and a Philanthropist with over a decade and half of experience in the Hospitality Industry as a Culinarian. He has apprenticed and worked in Michelin Star restaurants, and Leading Hotels of the world in many countries around the world. He has also traveled in Canada from coast to coast, gaining an appreciation for local flavors and ingredients found everywhere from humble to elegant kitchen tables. He is currently the



Executive Chef for Sodexo Canada, lecturer at Centennial College and was a Chef for the Vancouver 2010 Olympic Athlete's Village. He is the only Chef member of Toronto Food Policy Council, and authored the book *From Pemmican To Poutine: A Journey Through Canada's Culinary History* celebrating Canadian history and bringing Canadian food to the forefront; both at home and abroad. Through recipes, history, and stories this book shines a much-needed spotlight on the uniqueness and deliciousness of Canadian cuisine.



Brooke Ali holds an Honours Bachelor of Arts degree in English literature from the University of Toronto. She has a keen interest in domestic history, particularly cooking and handicrafts, and how the legacy of domestic practices affects our lives and current culture. Ali has published articles and poetry in the University of Toronto New College Window newspaper and on several online article sites. This is her first book.



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Endorsements

Chef Suman Roy takes us on a literary journey of Canadian food culture. The true taste of a place is rooted in its terroir. It starts with agriculture and the people who grow our food. It moves to the artisans that craft the food into tastes such as wine, beer, cheese and charcuterie. It travels to the plate through the craft of cook and chef. We celebrate it at our tables, and in our communities through festivals and events. From east to west, these recipes connect our taste buds to our ingredients and Canadian food culture. One can be sure that cooking from this book will entice readers to take off on a Canadian culinary adventure to visit the destinations that inspire our palates!

Rebecca LeHeup, Executive Director, Ontario Culinary Tourism Alliance

This comprehensive guide to regional Canadian cooking - both traditional and modern - is a must-have for anyone seeking to understand Canadian cuisine. Suman Roy has delved deeply into his country's history to give us this taste of Canada's largesse.

Chandra Ram, Editor, Plate Magazine

Chef Suman Roy nails the current state of Canada's ingredient-based cuisine by blending well-loved classic recipes, culturally diverse ingredients and chefly flourishes. My Canada is also full of chorizo, nori and za'atar alongside blueberries, fiddleheads and bison. This is Canadian cuisine interpreted by a chef with a taste for modern flavours and an presentation.

Jennifer Bain, Food Editor, The Toronto Star



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Foreword

By

Chef Michael Smith

Breaking bread with family and friends is universal. Gathering, preparing and sharing food represents the very essence of what it is to be human. For millennium we have come together to share local flavours; that is the spirit of this beautiful cookbook.

As a Canadian I celebrate the many moments each and every day when our food draws us closer to each other. Food brings us closer to our shared cultural identity while reminding us of our own personal journey; it is an integral part of all cultures.

As a cook I understand the spirit of renewal that preparing a simple meal brings to the spirit. Cooking tasty, nutritious food is a way to give of ourselves and by giving we receive. It is also an opportunity to connect with our surrounding communities.

As a father I embrace the opportunity to do my best in the kitchen. What I chose to cook profoundly impacts the health and prosperity of my son. It is one of my best chances every day to pass on knowledge, wisdom and health.

This book perfectly portrays the ideals of the Canadian cuisine community. We are at our best together, when we share our best with each other. Food connects us to ourselves, our family, friends and neighbours.

As you prepare and share the recipes in this book I invite you to reflect on the spirit in which they were so lovingly given. When you do your food will transcend flavour in a meaningful, spiritual way. Bon appétit!



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Authors Q & A

Q. What inspired you to write *From Pemmican to Poutine*?

Chef Suman: As an Executive Chef and a Culinary Trainer, I have travelled the world promoting and showcasing Canadian food, but in every country I visited I was received with people asking, “Is there a cuisine of Canada?” Some said, “Don’t you guys eat polar bears, or raccoons?” Others said, “Isn’t it the same as American food?” It became evident that we have cherished our wonderful food in our own country, but haven’t showcased it to the world. This book is meant to change that and show the world exactly what Canadian cuisine has to offer.

Q. What surprised you most while researching information for this book?

Brooke: I was constantly surprised at the things I found while researching, working on this book was such a joy. I love the story about the sailing ship that got caught in the storm and the only thing they had left to eat was barrels of oats that they made into oatcakes. I was also fascinated by the pioneer lifestyle and all the ingenious ways they found to survive and thrive in early Canada.

Chef Suman: The Depth and vastness of this Cuisine. Though I tried my best to capture the Cuisine in this book, but I wasn’t 100% successful. There are so many other foods that I wanted to talk about, may be that will call for a sequel.

Q. What were the challenges (research, literary, and logistical) in bringing this book to life?

Brooke: One of the biggest challenges was time. I could easily have researched this topic for years, but obviously that wasn’t an option. One of the other big challenges was deciding which recipes to include, and which, regrettably, to leave out. There are so many wonderful and unique Canadian recipes that we could have written a whole series.

Q. What are the most important points that you would like readers to have gained and appreciate after reading your book?

Brooke: We would like readers to have a fuller understanding of the richness and history of Canadian food. A lot of people don’t realize what Canadian food is, even as they’re eating it.

Chef Suman: I would like all my readers to love, enjoy and respect food. Celebrate every meal as an occasion And as you sit to enjoy the great Canadian bounty, do not forget to thank and appreciate the farmers and food producers who made the meal possible.

Q. Why Canada’s cuisine is unique?

Chef Suman: Canadian Cuisine is one of the very few Cuisines in the World, which is ingredient based and not flavour based. It is the ingredients that are indigenous to Canada, and Canadians just make the best use of the fresh bountiful. And due to the multiculturalism and the immigration policies of Canada, the various different flavours from different countries come to Canada mixes in with the ingredients that are indigenous to Canada and form Canadian Cuisine. Very Unique !!!



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Q. What is your response to those who are surprised that Canada actually has a rich food culture and cuisine?

Chef Suman: You have to read my book. It will most certainly open your eyes.

Brooke: I always wonder why Canada seems to be one of the only countries that people think doesn't have a culinary heritage. Of course we do! And it's not just the same as American food, although of course there are similarities and overlaps. But we also have dishes and ingredients that are unique to us and that are part of culture.

Q. How is Canadian cuisine evolving?

Chef Suman: Canadian cuisine has evolved drastically over time and is constantly evolving. Our liberal immigration policies have opened our doors to the world. Came in the Cuisine and different cultures from around the World. But Canada didn't change them, but accommodated them to create a Mosaic, and called it - the Canadian Cuisine. Chefs are now taking ingredients indigenous to Canada, for example: Musk Ox, Bison, Caribou, Fiddleheads...etc and fusing them with flavours and cooking techniques from around the World to create this magnificent cuisine

Q. How did you organize the book?

Brooke: We organized the book by regions, since this is how Canadians tend to divide up the country in our own minds. The regions are culturally distinct with their own history, yet all unified together in one country, just like Canadian cuisine. We further divided each region into sections that highlight the region's traditional fare and local ingredients. We also wanted to make sure there was a special section for aboriginal cuisine, which we feel is often ignored or undervalued.

Q. What advice would you offer your readers so they can make the best of the information provided to them in the book?

Chef Suman: In this book, I have put together some recipes that are very traditional to our country, foods that we have been eating for generations and some recipes that are New Canadian Cuisine. Since not every ingredient is available in all the parts of the world, don't be afraid to substitute, that's what the settlers did. Remember, the best recipes are cooked from the heart with passion and zest, so please do not substitute these two ingredients when cooking any of the recipes!