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# The Boreal Gourmet: Adventures In Northern Cooking



## Synopsis

"Bring me moose meat! You will not be sorry!" So says Whitehorse author and cook Michele Genest to the hunters in her circle. Wild is wonderful when it comes to Genest's creative treatments for northern viands, with exciting ideas such as moose cooked in Yukon-brewed espresso stout and finished with chocolate, lime and cilantro, Arctic char marinated in grappa and then hot-smoked, or roasted spruce grouse draped in a sour cream and Madeira sauce. As much culinary adventure story as cookbook, *The Boreal Gourmet* combines a portrait of northern life with an exploration of wild or "country" foods in gourmet recipes for the home cook. These recipes are inspired by a diversity of countries, traditions and kitchens, and spring from a love affair with the indigenous foods that flourish in the boreal forests and river valleys of the Yukon. Whitehorse author and chef Michele Genest has recipes for every season supported with information on such northern plants as *Artemisia frigida*, or pasture sage, and its effect on the flavour of the wild Dall sheep that graze on it, the mysteries of morel mushrooms and tips on where to find them, and advice from Dawson City's Uncle Berwyn on the proper use of birch syrup. Taking us from salmon, spruce tips and gourmet greens to recipes for artisanal sourdoughs and festive solstice menus, *The Boreal Gourmet* is an unprecedented collection to inspire both the serious gourmand (who will want to search out wild ingredients in his or her own backyard) and anyone with an appreciation for the culinary delights available north of sixty.

## Book Information

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## Customer Reviews

I visited the Yukon last winter and discovered a warm and friendly people who are crazy about good cooking. This magnificent territory, with its forests, rivers, lakes and mountains is a source of wonderful food. The Boreal Gourmet highlights northern ingredients cooked with passion, intelligence and fun. Brava! --Massimo Capra

From the berry patch to remote mining camps, from a friend's warm kitchen to the bleakest wilderness, Michele Genest explores the culinary life of the Yukon, charting her journey with humour and an eye for practical detail. More than a book of recipes, this is a loving portrait of a neighbourly and resourceful community and a fascinating introduction to the foodways of the north. The Boreal Gourmet is a real contribution to Canadian gastronomy. --James Chatto

Ms. Genest is one of the territory's resident culinary experts, cooking with and writing about an incredible range of indigenous ingredients including, of course, moose, highbush and lowbush cranberries, spruce tips and birch syrup to name a few. The former Toronto-based food writer now pens a column called the Boreal Chef for Yukon, North of Ordinary magazine. And in her new book, *The Boreal Gourmet: Adventures in Northern Cooking*, she sets out to share with fellow Canadians just how diverse the cuisine is. Part gastro-memoir, part cookbook, part info-guide, *The Boreal Gourmet* is packed with more than 100 recipes, interesting food facts and stories about hunting and gathering in the North including a moose hunt, which, days after returning home, had her waking up at 4 a.m., weeping at the memory of the kill. Luckily for foodies, she recovered from that trauma and came out of it with a deep appreciation for wild game, along with a passion for cooking it. --Lisa Paul, *The Globe and Mail*

Yukon author and cook Michele Genest has lived in Whitehorse since 1994, where she moved from her hometown of Toronto in search of winter. She has written about food and culture for the past 25 years, and cooked ever since she can remember. Her past experience includes a four-year stint as dining editor of *enRoute Magazine*, and another as chief dishwasher and fish-cleaner in a waterfront restaurant on a small Greek island. She was co-editor of two anthologies of Yukon writing, *Urban Coyote* and *Urban Coyote, New Territory*, and has written several plays, including *Fasting Girl*, *Gulf* and *Magic Box*, all produced by Nakai Theatre. She writes a regular cooking column for Yukon, *North of Ordinary Magazine*, and her print credits include the *Globe and Mail*, the *Toronto Star*, the *Montreal Gazette*, *enRoute*, *Flare* and *Geist*. Her first cookbook, *The Boreal Gourmet*, is a national bestseller and won a Canadian Culinary Books award in 2011. She is releasing her second book on northern cuisine, *The Boreal Feast*, in June 2014.

I think this is a great cookbook, full of entertaining stories and great new recipes and ideas for

ingredients that can be discovered in the great outdoors. I cook everyday from scratch and found the new interpretations of recipes exciting to make and discover. Recipes may pose a challenge if you do not live in the great Northern areas of the country, because many of the ingredients are very local specific, but if that's what you're looking for, this is the cookbook for you. We made spruce tip everything this year and can't wait to try the recipes using the berries off our Mountain Ash this season!

Great information

Well organized, lavishly illustrated and the recipes are straightforward and clear with readily available ingredients. I can't wait to try them.

The inside is as intriguing and gorgeous as the outside of the book. Loved it.

In "The Boreal Gourmet: Adventures in Northern Cooking", food columnist and experienced chef Michele Genest has compiled an impressive 224-page compendium of recipes featuring ingredients found in the northern climate and culinary culture of Alaska. Superbly illustrated throughout, the dishes range from The Chocolate Claim Cranberry Chutney; Pine and Macadamia Nut Baklava with Spruce Tip Syrup; Fresh Turnip, Red Pepper and Raspberry Salad; and Wrapped, Roasted Caribou with Demi-glace; to Potato-Apple Latkes with Smoked Salmon and Wasabi Cere Fraiche; Sourdough English Muffins without Yeast; Moose Lake Lasagna in a Pot; and Dall Sheep with Preserved Lemon, Olives and Prunes. With dishes that will please any gourmet palates and satisfy any appetite, the ingredient lists and step-by-step preparation instructions will enable even the most novice kitchen cook to produce professional 5-Star quality fare for any and all dining occasions.

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