



TASTE CANADA™

LES SAVEURS DU CANADA<sup>MC</sup>

**TASTE CANADA ANNOUNCES THE 2021 SHORTLIST OF CANADIAN  
COOKBOOKS COMPETING FOR  
CANADA'S ONE AND ONLY FOOD WRITING AWARDS**



**Storylines**

1. Taste Canada releases the shortlist for the 2021 awards. 73 total entries from 9 provinces were shortlisted to 46 finalists from 6 provinces.
2. Taste Canada reveals the 2021 Virtual Gala hosts, Shahir Massoud and Ariane Paré-Le Gal.
3. Taste Canada reveals the 2021 theme: One Canada. One Kitchen.

In yet another year where cooking has taken centre stage in the homes of Canadians across the country, it has never been more important to promote the incredible Canadian cookbook authors that inspire our great nation to come together through their love for cooking, and so, we are proud to introduce our theme for this year: One Canada. One Kitchen.

Think we are kidding about people cooking in record numbers? According to BookNet Canada, "In our Canadian Leisure & Reading Study 2020, we asked Canadians about the leisure activities they participated in on a weekly and daily basis in 2020: cooking was in the top three on both lists. Every week, 86% of Canadians can be found in their kitchens, closely behind the 87% of Canadians who listen to music, and the 92% who watch TV, movies, or videos weekly. Day by day, 68% of Canadians are cooking, not far from the 74% of Canadians who browse social media or the web, and the 76% who watch TV, movies, or videos every day." 1.5 million cookbooks were sold in Canada in 2020 at a value of \$54 million. That's a lot of inspired cooking!

"We all heard about the shortage of some specific ingredients at grocery stores such as flour and yeast which were flying off the shelves, yes, together with toilet paper! Baking and cooking have been a much-welcomed source of enjoyment and "togetherness" during these past several months," said Karen Baxter, Director, Taste Canada. "Families found the time to dust off old recipes and proudly showcase their gastronomic creations over Zoom calls. Canadians have found inspiration to plan, prepare, and re-gather at the table. This ancient custom, known as food prep, has been rekindled. That is welcomed news. Canadian culinary authors continue to provide unparalleled content for your kitchen journey, and we are happy to have the honour to showcase them."

Then, can we count on you to share the love and help spread the word?

Each year, Taste Canada presents awards to some of the best cookbook authors in both official languages. The jury is comprised of volunteers from Canada's culinary profession, appointed by an independent selection committee.

Now in its 24th year, the Taste Canada Awards / Les Lauréats des Saveurs du Canada ([tastecanada.org](http://tastecanada.org)) announced the shortlist of cookbooks competing for a coveted culinary writing award as well as the virtual gala hosts. 73 cookbooks entered the competition, featuring authors from a record-setting 9 provinces. The shortlist narrowed the competition to 46 entries, featuring authors from 6 provinces.

Glass clink please....

# 2021 SHORTLIST



## English-Language Books / Les livres langue anglaise

### Culinary Narratives

*Flat Out Delicious: Your Definitive Guide to Saskatchewan's Food Artisans* by Jenn Sharp, TouchWood Editions, Victoria  
\*\*\*

*Growing Under Cover: Techniques for a More Productive, Weather-Resistant, Pest-Free Vegetable Garden* by Niki Jabbour, Thomas Allen & Son (Storey Publishing), Salem, MA  
\*\*\*

*Peace by Chocolate: The Hadhad Family's Remarkable Journey from Syria* by Jon Tattie, Goose Lane Editions, Fredericton  
\*\*\*

*The Kitchen: A Journey Through History in Search of the Perfect Design* by John Ota, Appetite by Random House, Vancouver  
\*\*\*

*The Taste of Longing: Ethel Mulvany and Her Starving Prisoners of War Cookbook* by Suzanne Evans, Between the Lines, Toronto

### General Cookbooks

*Diala's Kitchen: Plant-Forward and Pescatarian Recipes Inspired by Home and Travel* by Diala Canelo, Penguin Canada, Toronto  
\*\*\*

*Flavorbomb: A Rogue Guide to Making Everything Taste Better* by Bob Blumer,  
Appetite by Random House, Vancouver

\*\*\*

*Hawthorn: The Cookbook* by David Hawthorn, Jacob Richler and Stéphanie  
Nöel, Appetite by Random House, Vancouver

\*\*\*

*Mandy's Gourmet Salads: Recipes for Lettuce and Life* by Mandy Wolfe, Rebecca  
Wolfe and Meredith Erickson, Appetite by Random House, Vancouver

\*\*\*

*Matty Matheson: Home Style Cookery* by Matty Matheson, Abrams Books, New  
York, NY

### **Regional/Cultural Cookbooks**

*Bisous & Brioche: Classic French Recipes and Family Favorites from a Life in  
France* by Laura Bradbury and Rebecca Wellman, TouchWood Editions, Victoria

\*\*\*

*Eating Out Loud: Bold Middle Eastern Flavors for All Day, Every Day* by Eden  
Grinshpan, Penguin Canada, Toronto

\*\*\*

*Kiin: Recipes and Stories from Northern Thailand* by Nuit Regular, Penguin Canada,  
Toronto

\*\*\*

*The BC Wine Lover's Cookbook: Recipes & Stories from Wineries across British  
Columbia* by Jennifer Schell, Appetite by Random House, Vancouver

\*\*\*

*The Vegan Armenian Kitchen Cookbook: Recipes and Stories from Armenia and the  
Armenian Diaspora* by Lena Tashjian, Author, Richmond Hill

### **Single-Subject Cookbooks**

*Baking Day with Anna Olson: Recipes to Bake Together* by Anna Olson, Appetite by  
Random House, Vancouver

\*\*\*

*Cooking Meat: A Butcher's Guide to Choosing, Buying, Cutting, Cooking, and Eating  
Meat* by Peter Sanagan, Appetite by Random House, Vancouver

\*\*\*

*Jenna Rae Cakes and Sweet Treats: Over 100 Recipes for the Modern Baker* by  
Ashley Kosowan and Jenna Hutchinson, Penguin Canada, Toronto

\*\*\*

*The Hunter Chef Cookbook: Hunt, Fish, and Forage in Over 100 Recipes* by Michael  
Hunter, Penguin Canada, Toronto

\*\*\*

*You Wanna Piece of Me? More Than 100 Seriously Tasty Recipes for Sweet and  
Savory Pies* by Jenell Parsons, Appetite by Random House, Vancouver

## **Health and Special Diet Cookbooks**

*Buck Naked Kitchen: Radiant and Nourishing Recipes to Fuel Your Health Journey* by Kirsten Buck, Penguin Canada, Toronto

\*\*\*

*Eat Good Fat: Nourish Your Body with Over 100 Healthy, Fat-Fuelled Recipes* by Lee Capatina, Penguin Canada, Toronto

\*\*\*

*Oh She Glows for Dinner: Nourishing Plant-Based Meals to Keep You Glowing* by Angela Liddon, Penguin Canada, Toronto

\*\*\*

*The Bite Me Balance Cookbook: Wholesome Daily Eats & Delectable Occasional Treats* by Julie Albert and Lisa Gnat, Appetite by Random House, Vancouver

\*\*\*

*The Primal Gourmet Cookbook: 120 Easy and Delicious Recipes for a Paleo Lifestyle* by Ronny Joseph Lvovski, Penguin Canada, Toronto

## **Les livres langue française / French-Language Books**

### **Les narrations culinaires**

*Bon vivant !* par Marc Hervieux, Flammarion Québec, Montréal

\*\*\*

*La jungle alimentaire : comment s'y retrouver* par Julie DesGroseilliers, Les Éditions La Presse, Anjou

\*\*\*

*Le cidre au Québec : histoire, cidreries et coups de coeur d'ici* par Stéphane Morin, Les Éditions de l'Homme, Montréal

\*\*\*

*Santé! Une sommelière démystifie le merveilleux monde du vin* par Jessica Harnois, Pierre Huet et Eric Godin, Les Éditions La Presse, Anjou

\*\*\*

*Supernaturel : Immersion dans le monde du vin nature* par Vincent Sulfite, Les Éditions de l'Homme, Montréal

### **Livres de cuisine générale**

*Chez Lesley - Mes secrets pour tout réussir en cuisine* par Lesley Chesterman, Les Éditions Cardinal, Montréal

\*\*\*

*Le coup de grâce - tome 2* par Samuel Joubert, Les Éditions de l'Homme, Montréal

\*\*\*

*Les recettes de Mandy : salades gourmandes et autres délices* par Mandy Wolfe, Rebecca Wolfe et Meredith Erickson, Les Éditions La Presse, Anjou

\*\*\*

*Petit Prix* par Geneviève O'Gleman, Les Éditions de l'Homme, Montréal

\*\*\*

*Petits festins de tous les jours* par Alexandra Leduc, Modus Vivendi, Montréal

### ***Livres de cuisine régionale et culturelle***

*Défi des p'tits chefs les recettes - Volume 4* par Béatrice Savoie-Frenette, Les Éditions Cardinal, Montréal

\*\*\*

*Mangez local. Recettes et techniques de conservation pour suivre le rythme des saisons* par Julie Aubé, Les Éditions de l'Homme, Montréal

### ***Livres de cuisine sujet unique***

*À la plaque* par Ricardo Larrivée, Les Éditions La Presse, Anjou

\*\*\*

*BBQ Santé* par Geneviève O'Gleman, Les Éditions de l'Homme, Montréal

\*\*\*

*Ces muffins dont tout le monde parle* par Madame Labriski (Mérianne Labrie), Les Éditions de l'Homme, Montréal

\*\*\*

*Les brownies de Juliette* par Juliette Brun, Les Éditions La Presse, Anjou

\*\*\*

*Révolution Kombucha : Tout ce qu'il faut savoir pour le brasser vous-même* par Sébastien Bureau et David Côté, Les Éditions de l'Homme, Montréal

### ***Livres de cuisine santé et diète particulière***

*3 Fois par Jour- Un Peu Plus Végé* par Marilou Bourdon, Les Éditions Cardinal, Montréal

\*\*\*

*Caro Kéto - 80 recettes pour faire le plein d'énergie* par Caroline Dumas, Les Éditions Cardinal, Montréal

\*\*\*

*La Cantine Végane - Recettes Pour Bons Vivants* par Marie-Michelle Chouinard, Groupe Ville-Marie Littérature (VLB éditeur), Montréal

\*\*\*

*Presque Végé* par Geneviève O'Gleman, Les Éditions de l'Homme, Montréal

## 2021 TASTE CANADA AWARDS HOSTS



The Taste Canada Awards / Les Lauréats des Saveurs du Canada shortlist announcement was delivered by Shahir Massoud and Ariane Paré-Le Gal, who will also host the Virtual Awards Gala this November.

### **SHAHIR MASSOUD**

Shahir Massoud is best known as the former host of CBC's *The Goods*, *Man of the Kitchen*, and *Around the World in 8 Meals*. He is a frequent guest on *The Marilyn Denis Show*, and has appeared on *Cityline*, *Breakfast Television*, *Your Morning*, and the CW network. Shahir is the author of *Eat, Habibi, Eat!*, his first cookbook published with Penguin Random House, exploring modern Egyptian dishes. He is also a spokesperson for the Butterball brand. Shahir is a graduate of the Schulich School of Business at York University in Toronto, and the French Culinary Institute in New York.

You can find out more information about Shahir at:

IG: @shahirmassoud

TWTR: @chefshahir

### **ARIANE PARÉ-LE GAL**

Journalist and host Ariane Paré-Le Gal left town with her family to start a new life in the forest. With her father, Gérald Le Gal, a woodsman for over 50 years and founder of the Gourmet Sauvage Company, she runs picking and cooking workshops to introduce the general public to the richness of edible plants. She is the co-author of *FORÊT, identifier, cueillir, cuisiner*, a book which sold over 30,000 copies and was the recipient of a silver medal at the Taste Canada Awards.

You can find more information about Ariane at:

FB: gourmet sauvage

IG: @gourmetsauvage

Website: [www.gourmetsauvage.ca](http://www.gourmetsauvage.ca)





## **About Taste Canada**

A champion of Canadian cookbooks, Taste Canada inspires and encourages readers at home and abroad to discover delicious recipes and diverse food stories written from a Canadian perspective. Taste Canada brings together Canadian food and beverage writers, publishers, chefs, restaurateurs, farmers, industry, post-secondary culinary colleges, media and cookbook fans, recognizing that food connects us all.

Taste Canada is a not-for-profit organization and remains sustainable due to the generous support and sponsorship received from industry partners and the Canada Book Fund.

Since 1998, Taste Canada has presented awards to the best Canadian food writers. Taste Canada is also helping Canadian-authored books be discovered, so please look for the Canadian marker accompanying the name of the author, digitally visible at selected independent bookstores.



Interviews with Karen Baxter, Executive Director, Taste Canada or any of the authors on our shortlist can be facilitated. Contact Steven Hellmann, Taste Canada Publicist, at [steven.hellmann@thefoodiesgroup.com](mailto:steven.hellmann@thefoodiesgroup.com) with any requests.

A French version of the press release is attached.

## TASTE CANADA

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