



TASTE CANADA AWARDS

LES LAURÉATS DES SAVEURS DU CANADA

TASTE CANADA ANNOUNCES THE 2022 SHORTLIST OF CANADIAN COOKBOOKS COMPETING FOR CANADA'S ONE AND ONLY FOOD WRITING AWARDS



Storylines

1. Taste Canada releases the shortlist for the 2022 (25th anniversary) awards;
2. Taste Canada reveals the 2022 ambassadors; and
3. Cooks the Books returns for 2022.

At a time when we start to ease back into the world and reconnect with the people we love in person, as a Taste Lover, you know that our love of cooking and gathering over food remains as strong as ever. With our new realities, our

theme for the year: *A Silver History. A Golden Future.* could not be more relevant.

Over the past 25 years, Taste Canada has promoted vibrant and diverse culinary books that have been brought to life in households across the nation. As we look back and celebrate the countless people who have contributed to the organization and allowed it to get to where it is today, we look forward to the next 25 years, and a future that is definitely golden.

"We mark this anniversary year, a significant stage in the continued development of the ONE AND ONLY Canadian cookbook awards in our country. Twenty-five years of vision, drive and shared passion culminating as we celebrate Canada's best cookbooks and their talented authors. Our collective cultural identity in the culinary realm is of significant importance." said Karen Baxter, Director, Taste Canada. "These celebrated books lead us to look back into our culinary roots and influences and prepare us in anticipation for what's to come by way of new inspirations, trends, environmental stewardship, and shared enthusiasm for all things related to food."

The Taste Canada Awards have been presented to some of the best cookbook authors in both official languages for a quarter-century. The jury is comprised of volunteers from Canada's culinary profession, appointed by an independent selection committee.

Taste Canada has announced the shortlist of cookbooks competing for a coveted culinary writing award. 87 cookbooks entered the competition, featuring authors from a record-tying 9 provinces. The shortlist narrowed the competition to 45 entries, featuring authors from 6 provinces. Are you ready for the reveal? Let's raise a toast to....

2022 SHORTLIST



English-Language Categories

Culinary Narratives

Bread & Water Essays by dee Hobsbawn-Smith, University of Regina Press,
Regina

Food to Grow On: The Ultimate Guide to Childhood Nutrition from Pregnancy to Packed Lunches by Sarah Remmer and Cara Rosenbloom, Appetite by Random House, Vancouver

Menno-Nightcaps: Cocktails Inspired by that Odd Ethno-Religious Group You Keep Mistaking for the Amish, Quakers or Mormons by Sherri Klassen, TouchWood Editions, Vancouver

Mrs Dalgairns's Kitchen: Rediscovering "The Practice of Cookery" by Mary F. Williamson (Editor), McGill-Queen's University Press, Montréal

The Distilleries of Vancouver Island: A Guided Tour of West Coast Craft and Artisan Spirits by Marianne Scott, TouchWood Editions, Vancouver

General Cookbooks

Fast Easy Cheap Vegan by Sam Turnbull, Appetite by Random House, Vancouver

Hearth & Home: Cook, Share, and Celebrate Family-Style by Lynn Crawford and Lora Kirk, Penguin Canada, Toronto

Maman: The Cookbook All-Day Recipes to Warm Your Heart by Elisa Marshall and Benjamin Sormonte, Penguin Canada, Toronto

My New Table: Everyday Inspiration for Eating + Living by Trish Magwood, Appetite by Random House, Vancouver

Well Seasoned: A Year's Worth of Delicious Recipes by Mary Berg, Appetite by Random House, Vancouver

Regional/Cultural Cookbooks

Cyprus Cuisine by Christina Loucas, Whitecap Books, Markham

Eat, Habibi, Eat! Fresh Recipes for Modern Egyptian Cooking by Shahir Massoud, Appetite by Random House, Vancouver

Food, Culture, Place: Stories, Traditions and Recipes of Newfoundland by Lori McCarthy and Marsha Tulk, Boulder Books, Portugal Cove-St. Philip's

Macedonia The Cookbook: Recipes and Stories from the Balkans by Katarina Nitsou, Interlink Books (Thomas Allen & Son), Markham

The Double Happiness Cookbook: 88 Feel-Good Recipes and Food Stories by Trevor Lui, Figure 1, Vancouver

Single-Subject Cookbooks

Acorn: Vegetables Re-imagined, Seasonal Recipes from Root to Stem by Shira Blustein and Brian Luptak, Appetite by Random House, Vancouver

Earth to Table Bakes: Everyday Recipes for Baking with Good Ingredients by Bettina Schormann and Erin Schiestel, Penguin Canada, Toronto

Jam Bake: Inspired Recipes for Creating and Baking with Preserves by Camilla Wynne, Appetite by Random House, Vancouver

Sheet Pan Everything by Ricardo Larrivé, Appetite by Random House, Vancouver

The Zero-Waste Chef: Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet by Anne-Marie Bonneau, Penguin Canada, Toronto

Health or Special Diet Cookbooks

Becoming Sugar-Free: How to Break Up with Inflammatory Sugars and Embrace a Naturally Sweet Life by Julie Daniluk, Penguin Canada, Toronto

Live Well Collection: Recipes, Food Stories and Culinary Tips to Help You Thrive!
by Shauna Versloot, Hamaka, Vancouver

The Food Doula Cookbook: A Guide to a Healthy Pregnancy and a Nourished New Mom by Lindsay Taylor, Plumleaf Press, Oakville

Les catégories de langue française

Narrations culinaires

Dans ma cuisine, recettes et histoires pour la famille par Josée Bisailon, Fonfon, Montréal

Je passe à table par Lara Fabian, Libre Expression (Groupe Librex), Montréal

L'érable et la perdrix (L'histoire culinaire du Québec à travers ses aliments) par Elisabeth Cardin et Michel Lambert, Les Éditions Cardinal, Montréal

Poutine nation par Sylvain Charlebois, Fides, Anjou

Tout sur les gins du Québec par Patrice Plante, Les Éditions La Presse, Anjou

Livres de cuisine générale

Je suis pas cheffe, pis toi non plus par Geneviève Pettersen, Saint-Jean Éditeur,
Laval

K pour Katrine : le livre de recettes par Katrine Paradis et Margaux Verdier, KO
Éditions, Montréal

Moi j'mange. Recettes - Astuces – Écoresponsabilité par Collectif: Stéphane
Bellavance, Bernard Lavallée, Florence-Léa Siry et Loounie, Les Éditions de
l'Homme, Montréal

Simplement chic tome 3 - Pour le plaisir de cuisiner par Cassandra Loignon,
Pratico Édition, Québec

Tablées. Le plaisir de se retrouver par Jean-François Plante, Les Éditions de
l'Homme, Montréal

Livres de cuisine régionale et culturelle

La route du fromage en grains. Un guide qui fait skouic, skouic par Pascale
Lévesque, Les Éditions de l'Homme, Montréal

Les filles fattoush - La cuisine syrienne, une cuisine de cœur par Adelle Tarzibachi, KO Éditions, Montréal

Livres de cuisine sujet unique

Boire le Québec par Rose Simard, KO Éditions, Montréal

Défis zéro gaspi : Techniques et canevas pour réduire le gaspillage alimentaire par Florence-Léa Siry, Les Éditions de l'Homme, Montréal

En feu! par Manon Lapierre, Les Éditions Cardinal, Montréal

Fast food santé par Geneviève O'Gleman, Les Éditions de l'Homme, Montréal

Le pain d'une vie! : Faire son pain maison n'aura jamais été aussi facile par Josée Fiset et Louise Grenier, Pratico Édition, Québec

Livres de cuisine santé ou d'alimentation particulière

Bien manger, c'est tout simple par Marie-Ève Caplette, Saint-Jean Éditeur, Laval

La recette parfaite - Mealprep végane par Katia Bricka, Modus Vivendi, Montréal

Loonie cuisine 02 : Encore plus de saveurs 100% végétales par Caroline Huard, KO Éditions, Montréal

Optimiser sa chirurgie bariatrique : Prendre soin de son bébé-estomac une bouchée à la fois par Evelyne Bergevin et Stéphanie Thibault, Éditions La Semaine, Montréal

Recettes véganes pour gens actifs par Xavier Desharnais et Nicolas Leduc-Savard, KO Éditions, Montréal

INTRODUCING THE 2022 TASTE CANADA AMBASSADORS



For the second year, Taste Canada is bringing back its *Ambassador Program*, an initiative that brings together some of the industry's top minds and content creators from across the nation to serve as advocates for the awards.

Individuals invited to participate, similar to Taste Canada, have not only influenced the shelves of Canadian cupboards but have also brought Canadians together through their passion for food and culinary writing. These individuals represent the golden future of cookbook writing.

The Taste Canada team is thrilled to announce the following Ambassadors for 2022:

Irene Matys, Ontario - Irene is a farm-to-table advocate, recipe developer, content creator, food stylist, and food photographer from Oakville, Ontario. She contributes to *Food & Drink* magazine and the Marilyn Denis Show. She also hosted the Taste Canada Awards Gala in 2020.

Michael Howell, Nova Scotia - Michael is a chef, cookbook author, and culinary film advocate from Wolfville, Nova Scotia. He is the Executive

Director of Devour The Food Film Fest, and the consulting Chef at The Green Turtle Club and Marina in Abaco, Bahamas. His cookbook, *Atlantic Seafood*, was runner up in the 2010 Taste Canada Awards and was re-released in an updated edition last year.

Nicole Harling, Saskatchewan - Nicole is a food blogger, food photographer, and recipe developer from Regina, Saskatchewan. She is most in her element when she is in the kitchen experimenting with new flavours, ingredients, and recipes. Her true passion is cooking meals from scratch, using local ingredients, and sharing food inspiration on her blog and social media accounts,

Lee Capatina, Quebec - Lee is a chef, cookbook author, entrepreneur, and registered holistic nutritionist residing in Montreal, Quebec. She is the founder of *Lee's Provisions* and a Gold Winner in the 2019 Taste Canada Awards for her book, *Eat Good Fat: Nourish Your Body with Over 100 Healthy, Fat-Fuelled Recipes*.

Lauren Klukas, Alberta - Lauren is a certified personal trainer, wife, mother, student, and cookbook author from Calgary, Alberta. After an unexpected diagnosis of ARVC in 2013, Lauren was inspired to create a cookbook focused on long-term and sustainable meals for a healthy lifestyle. In 2019 her book *The Complete Plate* was shortlisted in the Taste Canada Awards.

COOKS THE BOOKS RETURNS FOR 2022

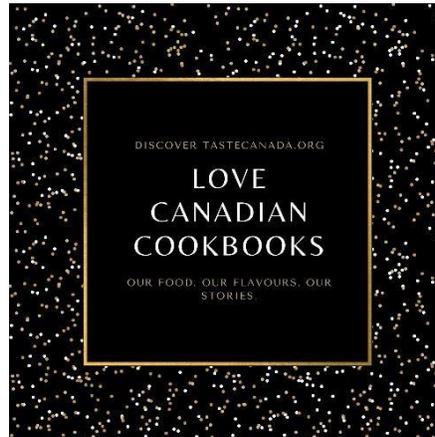


The much-anticipated student culinary competition inspiring future culinary talents will be held in person, in Toronto, for the first time in two years leading up to the Taste Canada Awards Gala.

Taste Canada *Cooks the Books* presented by Canada Beef is a nationwide cooking competition where the industry's future culinary leaders compete for the coveted title of "Canada's Best New Student Chefs."

Inspired by the 25th anniversary theme, students will be invited to showcase their own diverse traditions to create impactful recipes to present to a distinguished panel of judges. More information about *Cooks the Books* will be posted at: <https://tastecanada.org/2022-cooks-the-books/>

ABOUT TASTE CANADA



Since 1998, Taste Canada has presented awards to the best Canadian food writers. 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 that remains sustainable due to the generous support and sponsorship received from industry partners and the Canada Book Fund.

Interviews with Karen Baxter, Executive Director, shortlisted authors, or ambassadors can be facilitated. Contact Steven Hellmann, Taste Canada Publicist, at steven.hellmann@thefoodiesgroup.com with any requests.



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