



TASTE CANADA AWARDS

LES LAURÉATS DES SAVEURS DU CANADA

For the 25th consecutive year, Taste Canada Awards / Les Lauréats des Saveurs du Canada has announced the winners of Canada's only national, bilingual food writing awards.



This year, 87 cookbooks entered the competition, representing authors from 9 provinces. The shortlist announced in June narrowed the competition to 45 cookbooks, representing authors from 6 provinces.

The 17 gold and silver award winners were revealed at the Taste Canada Awards Gala on November 7th, at the Fairmont Royal York Hotel in Toronto, co-hosted by Steven Hellmann and Madame Labriski.

Drumroll please...

CANADA'S BEST COOKBOOKS 2022

TH 25^{ÈME} ANNIVERSARY ANNIVERSAIRE

CONGRATULATIONS
2022 Taste Canada Awards
Winners

FÉLICITATIONS
gagnants des prix
Saveurs du Canada 2022

#TasteCanadaAwards22

COOKBOOKS SHOWN: RECETTES VÉGANES POUR GENS ACTIFS; PATRICE PLANTE: TOUT SUR LES GINS DU QUÉBEC; BOIRE & MANGER: Boire & Manger Québec; BREAD & WATER; Well Seasoned: A YEAR'S WORTH OF DELICIOUS RECIPES; L'ÉRABLE ET LA PERDRIX: L'HISTOIRE CULINAIRE DU QUÉBEC À TRAVERS SES ALIMENTS; EAT, HABIBI, EAT!; en feu!; Food to Grow On; MACEDONIA; FAST EASY CHEAP vegan; Les filles fatouhah; THE ZERO WASTE CHEF

English-Language Books

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Culinary Narratives

Gold

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

Silver

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

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General Cookbooks

Gold

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

Silver

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

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Regional/Cultural Cookbooks

Gold

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

Silver

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

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Single-Subject Cookbooks

Gold

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

Silver

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

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Health or Special Diet Cookbooks

Gold

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

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Les livres de langue française

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Les narrations culinaires

Or

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

Argent

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

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Livres de cuisine générale

Or

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

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Livres de cuisine régionale et culturelle

Or

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

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Livres de cuisine sujet unique

Or

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

Argent

Boire le Québec par Rose Simard, KO Éditions, Montréal

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Livres de cuisine santé ou d'alimentation particulière

Or

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

Argent

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

HALL OF FAME



The Taste Canada Hall of Fame celebrates the personalities who have shaped Canadian culinary writing and made a lasting contribution to our culture through their influential and inspirational cookbooks. Collectively, these authors' stellar books or bodies of work have had a durable impact on understanding the evolution of our unique Canadian cuisine. The Hall of Fame is sponsored by the Culinary Historians of Canada.

The first inductee for 2022 is the late Savella Stechishin. Savella Stechishin (1903–2002) is inducted for *Traditional Ukrainian Cookery* (1957), still internationally acknowledged as the definitive English-language guide for Ukrainian cooking. It endures as a reference for Ukrainians while sharing their cuisine with cooks of other heritages. In 1913 at age nine, Stechishin immigrated to Saskatchewan. She married at 17 and bore three children, then earned a Home Economics degree. She became a cooking teacher, university lecturer and journalist. Stechishin received multiple honours for community advocacy, journalism, education, and establishing Ukrainian-Canadian organizations. Her Order of Canada recognized her dominant role as a teacher and

writer who preserved and shared the treasures of Ukrainian-Canadian cuisine and folk arts.

The second inductee for 2022 is Micheline Mongrain-Dontigny. Micheline Mongrain-Dontigny published 14 cookbooks on contemporary and historical Quebecois cuisine. As a chef, she taught cooking classes, worked in restaurants, wrote for magazines, lectured on Quebec culinary history. She was a jury member for the Canadian Grand Prix New Product Awards and Taste Canada's predecessor Cuisine Canada, for which she chaired the French-language cookbook committee. Her earliest cookbook was *La Cuisine Renouvelée* (1988). Her latest is *Les Grands Classiques de la Cuisine d'ici* (2016). Her cookbooks celebrate traditional and contemporary recipes as prepared in Quebec today in both home and professional kitchens. We recognize her lifetime achievement in culinary writing.

Taste Canada and the Culinary Historians of Canada are very happy to induct Savella Stechishin and Micheline Mongrain-Dontigny into the Hall of Fame.

TASTE CANADA COOKS THE BOOKS PRESENTED BY CANADIAN BEEF



The winners of Taste Canada *Cooks the Books* presented by Canadian Beef, a cooking competition that invites Canadian culinary students from across the nation to compete for the title of Canada's Best New Student Chefs, were also announced at the gala.



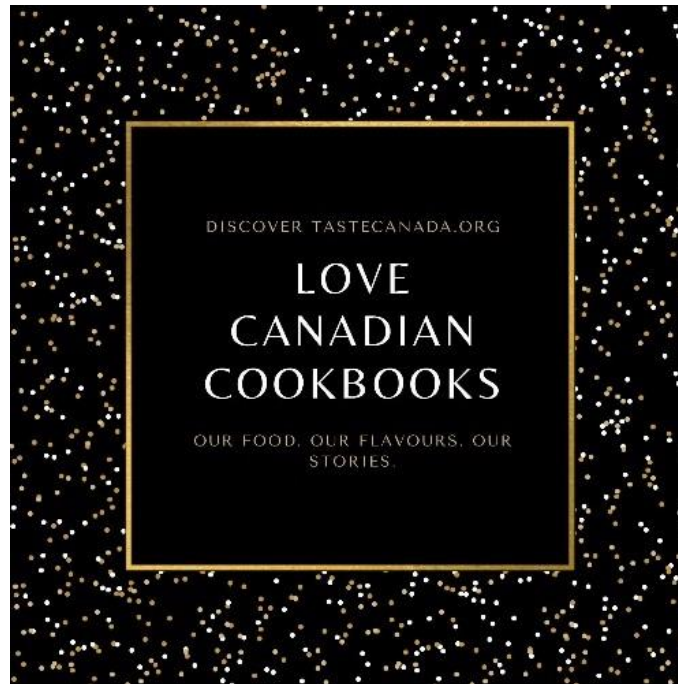
The gold medal was awarded to Adreanna Russell and Sahil Ahuja from Durham College in Oshawa, Ontario, for their Corned Beef Tongue with Mustard Jus, Pickled Cabbage & Glazed Carrots.



The silver medal was awarded to Margaret Joan Miller and Aidan Moher from Top Toques Institute of Culinary Excellence in Kitchener, Ontario for their Sous Vide Flank Steak Roulade with Smoked Maple Barley Parcels.

Cooks the Books – A Student Chef Battle, took place live the night before the gala. The students created a recipe and executed the dish, which was judged based on their technical recipe writing skills, professional conduct in the arena, adherence to competition rules and sensory experience delivered on the plate by Joshna Maharaj, Peter Sanagan, Ryan Marquis and Trevor Lui. The competition is presented by Canadian Beef.

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 supporters.

Since 1998, Taste Canada has presented awards to the best Canadian food writers. Awards are presented each year at a Gala in Toronto. Additional information can be found at tastecanada.org.

Interviews with Karen Baxter, Executive Director, Taste Canada, any of the authors, chefs, hosts, and partners can be facilitated. Email Steven Hellmann, Taste Canada Publicist, at itstasty@thefoodiesgroup.com with any requests.

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