



# TASTE CANADA AWARDS

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## LES LAURÉATS DES SAVEURS DU CANADA

### **TASTE CANADA ANNOUNCES THE 2023 WINNERS FOR CANADA'S ONE AND ONLY FOOD WRITING AWARDS**

For the 26th consecutive year, Taste Canada Awards / Les Lauréats des Saveurs du Canada has announced the winners of Canada's only national, bilingual food writing awards.



The shortlist announced in June narrowed the competition to 41 cookbooks, representing authors from 4 provinces.

The 18 gold and silver award winners were revealed at the Taste Canada Awards soiree on October 30th at the Fairmont Royal York Hotel in Toronto, hosted by Ali Hassan.

Drumroll please...

# CANADA'S BEST COOKBOOKS 2023



## English-Language Books

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### Culinary Narratives

#### Gold

*Have You Eaten Yet? Stories from Chinese Restaurants Around the World* by Cheuk Kwan, Douglas & McIntyre, Madeira Park

#### Silver

*Cooking Tips for Desperate Fishwives: An Island Memoir* by Margot Fedoruk, Heritage House Publishing, Surrey

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## **General Cookbooks**

### **Gold**

*Make Every Dish Delicious: Modern Classics and Essential Tips for Total Kitchen Confidence* by Lesley Chesterman, Simon & Schuster Canada, Toronto

### **Silver**

*The Lemon Apron Cookbook: Seasonal Recipes for the Curious Home Cook* by Jennifer Emilson, Appetite by Random House, Vancouver

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## **Regional/Cultural Cookbooks**

### **Gold**

*Where the River Narrows: Classic French and Nostalgic Québécois Recipes From St. Lawrence Restaurant*, by J-C Poirier with Joie Alvaro Kent, Appetite by Random House, Vancouver

### **Silver**

*New Indian Basics: 100 Traditional and Modern Recipes from Arvinda's Family Kitchen* by Preena Chauhan and Arvinda Chauhan, Appetite by Random House, Vancouver

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## **Single-Subject Cookbooks**

### **Gold**

*The Miracle of Salt: Recipes and Techniques to Preserve, Ferment, and Transform Your Food* by Naomi Duguid, Artisan Books, New York

### **Silver**

*The Artful Pie Project: A Sweet and Savoury Book of Recipes* by Denise Marchessault and Deb Garlick, Whitecap Books, Vancouver

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## **Health or Special Diet Cookbooks**

## **Gold**

*Good for Your Gut. A plant-based digestive health guide and nourishing recipes for living well* by Desiree Nielsen, RD, Penguin Canada, Toronto

## **Silver**

*The Two Spoons Cookbook: More Than 100 French-Inspired Vegan Recipes* by Hannah Sunderani, Penguin Canada, Toronto

## **Les livres de langue française**

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### **Les narrations culinaires**

#### **Argent**

*À la défense de la biodiversité alimentaire : Sur la trace des aliments disparus* par Bernard Lavallée, Les Éditions La Presse, Anjou

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### **Livres de cuisine générale**

#### **Or**

*Un week-end chez Lesley : Mes idées gourmandes à partager* par Lesley Chesterman, Éditions Cardinal, Montréal

#### **Argent**

*Manger ensemble : Nos meilleures formules pour recevoir* par Ricardo Larrivée et Brigitte Coutu, Les Éditions La Presse, Anjou

#### **...ET...**

*Mes carnets de saison : Printemps-été* par Josée Di Stasio, KO Éditions inc., Montréal

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**Livres de cuisine régionale et culturelle**

**Or**

*Racines* par Fisun Ercan et Sylvie Li, KO Éditions inc., Montréal

**Argent**

*Méditerranéenne : Recettes et inspirations ensoleillées* par Vanessa Perrone,  
Éditions Cardinal, Montréal

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**Livres de cuisine sujet unique**

**Or**

*Café : Le connaître, le cuisiner, l'apprécier* par Kareen Grondin et Didier Reolon,  
Les Éditions La Presse, Anjou

**Argent**

*Collations énergisantes* par Madame Labriski, Édition de l'Homme, Montréal

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**Livres de cuisine santé ou d'alimentation particulière**

Pas de prix

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# HALL OF FAME

2023 TASTE CANADA  
**HALL OF FAME**

Presented by

**CULINARY HISTORIANS OF CANADA**  
les HISTORIENS CULINAIRE DU CANADA

**JEAN PARÉ**

**ANNE LINDSAY**

#TasteCanadaAwards23

The poster features two circular portraits of women. The top portrait is of Jean Paré, and the bottom is of Anne Lindsay. To the right of the portraits are three cookbook covers: '150 Delicious Squares' by Jean Paré, 'Simple Suppers' by Jean Paré, and 'Lighthearted' by Anne Lindsay. In the top right corner is the Taste Canada Awards logo, which is a green circular emblem with a leaf and the text 'TASTE CANADA AWARDS' and 'LES LAUREATS DES SAVEURS DU CANADA'.

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 2023 is the late Jean Paré. Jean Paré (1927–2022) was a caterer before writing her first cookbook, *150 Delicious Squares*, in 1981. She

founded Company's Coming, now with over 200 cookbooks, among them such enduring familiars as Muffins & More (1983), Kids Cooking (1995), Slow Cooker Recipes (1998), Easy Entertaining (1998), and Simple Suppers (2007). Paré is one of the world's most successful cookbook authors in terms of sales. Her recipes use ordinary daily ingredients and "make mealtimes more manageable for millions" because of her Golden Rule: "never share a recipe you wouldn't use yourself." She is a Canadian culinary icon.

The second inductee for 2023 is Anne Lindsay. Anne Lindsay is widely known through her cookbooks with the Heart and Stroke Foundation and the Canadian Cancer Society. She changed Canadian diets by sharing recipes with nutritional information the whole family would eat and advocating for heart-healthy cooking in Smart Cooking (1986), The Lighthearted Cookbook (1988), Lighthearted Everyday Cooking (1991), Light Kitchen (1994), and New Light Cooking (1998). In 2010, Lighthearted at Home: The Very Best of Anne Lindsay, a compilation of her life's work, was an instant bestseller. She was one of the first Canadian cookbook authors to reach global success and to be appointed to the Order of Canada. For over forty years, Anne Lindsay was a leader in the Canadian culinary landscape and a champion of healthy eating.

Taste Canada and the Culinary Historians of Canada are very happy to induct Jean Paré and Anne Lindsay into the Hall of Fame.

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## **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 soiree.



2023 TASTE CANADA

# COOKS THE BOOKS GOLD WINNERS



Brazilian Beef Heart, Farofa, Pickled Beets, Glazed Carrot, Crispy Tripe and Chimichurri



Miguel Alves Dos Santos  
Fonseca & Jess Dalziel

#COOKSTHEBOOKS

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The gold medal was awarded to Miguel Alves Dos Santos Fonseca & Jess Dalziel from Durham College in Oshawa, Ontario for their Brazilian Beef Heart, Farofa, Pickled Beets, Glazed Carrot, Crispy Tripe and Chimichurri.

2023 TASTE CANADA

# COOKS THE BOOKS SILVER WINNERS



Erik Hansen & Aleksander Stepanenko



Dry-Aged Rib Steak with Pommes Mouseline, Broccoli Purée and Prune Reduction

#COOKSTHEBOOKS

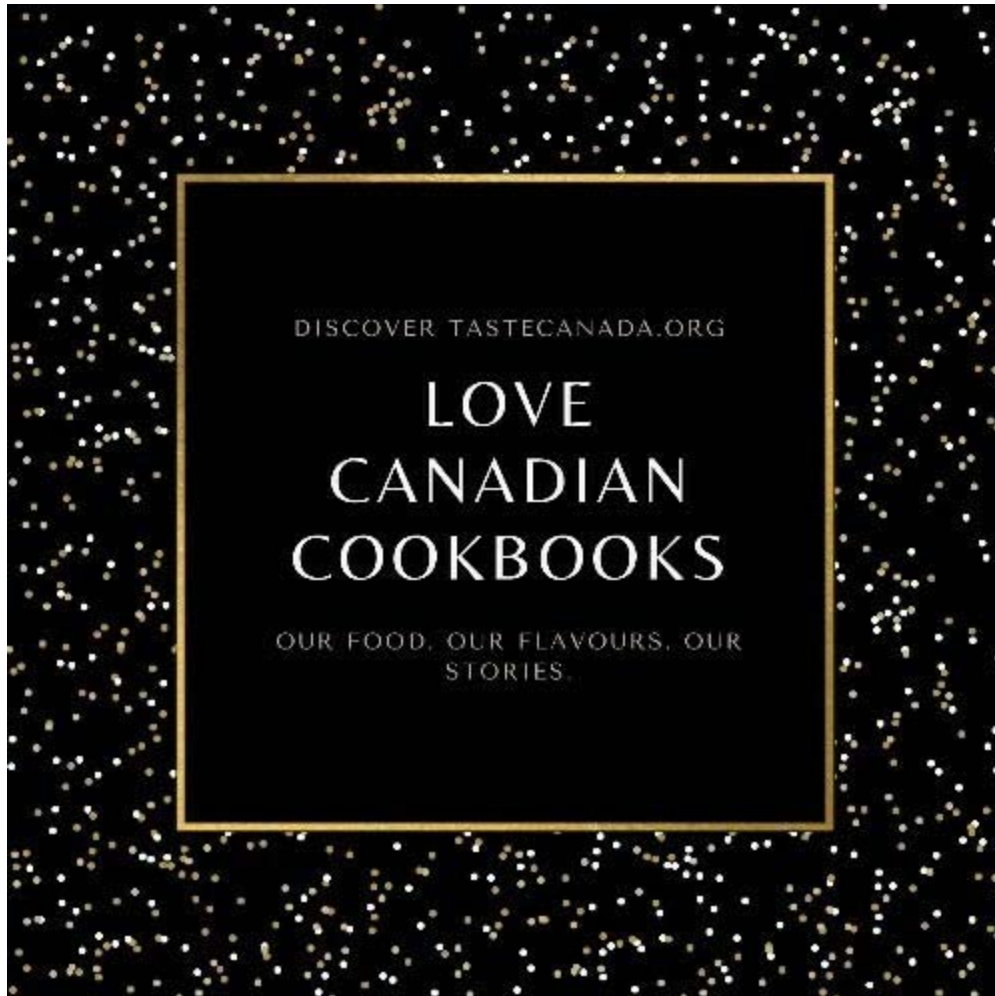
PRESENTED BY



The silver medal was awarded to Erik Hansen & Aleksander Stepanenko from SAIT in Calgary, Alberta for their Dry-Aged Rib Steak with Pommes Mouseline, Broccoli Purée and Prune Reduction.

*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 Emily Richards, Lesley Chesterman, Ryan Marquis, and Steve Lewis. 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](http://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](mailto:itstasty@thefoodiesgroup.com) with any requests.

## TASTE CANADA

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