



Nothing More Comforting: Canada's Heritage Food

Dorothy Duncan

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Nothing More Comforting is a reflection of our society: an eclectic mix of many different cultures and traditions. Dorothy Duncan – with her extensive knowledge of heritage foods – has chosen her favourite "Country Fare" columns from the popular Century Home magazine for this wonderful book on Canada's heritage cuisine. Each chapter focuses on one particular food or ingredient followed by historical facts and traditional recipes for you to try at home. Fast food restaurants and instant foods will never replace our seasonal and regional specialties: maple syrup, fiddleheads, rhubarb (pie plant to our ancestors), asparagus, corn on the cob, Saskatoon berries and McIntosh apples. The recipes in this book take advantage of Canada's unique foods, creating a taste that is distinctly Canadian. *Nothing More Comforting* will provide the avid as well as the armchair cook with interesting food facts and new recipes to try.

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