



# EATING WELL, ALWAYS

*The pleasures of the table belong to all times and ages,  
to every country and every day; they go hand in hand  
with all our other pleasures, outlast them, and  
remain to console us for their loss.*

JEAN ANTHELME BRILLAT-SAVARIN  
1755-1826

PRODUCED BY:

L'Institut de tourisme et d'hôtellerie du Québec (ITHQ)  
Palliative Care McGill, Department of Family Medicine, McGill University  
The International Congress on Palliative Care  
La Maison, Palliative Care Centre

# EATING WELL, ALWAYS

*This recipe collection is the 2<sup>nd</sup> edition of a collection first developed in 2018 for the 22<sup>nd</sup> International Congress on Palliative Care – a congress, presented by Palliative Care McGill that has taken place in Montréal every two years since 1976.*

*Developed by students from the Institut de tourisme et d'hôtellerie du Québec and by the cooks from La Maison de Gardanne, a palliative care residence located in the south of France, these recipes have been adapted to allow full enjoyment of eating, even when swallowing might present a problem. We are thankful for the generous contribution of Bessy Bitzas, Devon Phillips and April O'Donoghue to this recipe collection.*

*Here are a few small suggestions to increase the enjoyment of these recipes: serve small portions (100-150 g) on small plates, aim for an appetizing presentation, and in order to preserve the appetite, medication should be taken after the meal when possible. But most of all, let's remember to enjoy the pleasure of eating with family and friends.*

*Bon appétit !*

**BERNARD J. LAPOINTE, MD**  
Chair of the International Congress on Palliative Care



**PALLIATIVE CARE MCGILL**  
Dept. of Family Medicine  
McGill University



**CONGRÈS  
INTERNATIONAL  
DE SOINS PALLIATIFS  
MCGILL**

**MCGILL  
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PALLIATIVE CARE  
CONGRESS**



*L*a Maison is a palliative care facility that was established in 1994 during the HIV epidemic. At La Maison, there are teams of employees and volunteers committed to welcoming, caring for, and accompanying each person in his or her uniqueness, and relieving symptoms and supporting the person and their entourage.

*La Maison accommodates 38 people suffering from serious progressive diseases such as AIDS, cancer or some neurological diseases. Short, medium and long-term hospitalization is available. We provide home care as part of our regional palliative care network. We also welcome five people during the daytime to allow them to regain their self-esteem through creative workshops when their disease makes everyday life difficult.*

*We believe that cultural aspects are an essential part of care as they help people to maintain social connections and to temporarily forget about their illness.*

*We have also designed our dining room with an open kitchen as a place of life and exchange and especially, as a part of care.*

*Mealtime is an opportunity to share with other people, leave one's room, find an active, social place, to relax and return to familiar rituals. The choice of quality dishes offered by our cooks are based on culinary memories that have particular meaning for our residents.*

**JEAN-MARC LA PIANA**, Medical Director  
La Maison, à Gardanne, centre de soins palliatifs, France



In 2017, Dr. Bernard Lapointe asked the Institut de tourisme et d'hôtellerie du Québec (ITHQ) to actively participate in the 22<sup>nd</sup> International Congress on Palliative Care and its plenary session on the enjoyment of eating at the end of life.

*We were very keen to join this project to develop appetizing and delicious recipes using texture-modified foods so that people at the end of their lives could experience the undeniable joys of eating and drinking.*

*After learning to prepare texture-modified foods, our students in the Restaurant Management program came up with these dishes under the supervision of their teacher André Martin. They then created and shared eleven beautiful and delicious recipes for the first edition of the cookbook Eating Well, Always.*

*We are proud that eight more recipes developed by a new cohort of students, this time with the help of Samuel Thibault, have been added to a second edition. These students have lent their passion to an important exercise: to provide people at the end of their lives with taste experiences that let them think back to happy times.*

*Our hope is that these recipes will add some comfort, joy and sweetness to this significant time of life for both patients and their loved ones.*

A handwritten signature in blue ink that reads 'Liza Frulla'.

The Honourable LIZA FRULLA  
Executive Director  
Institut de tourisme et d'hôtellerie du Québec (ITHQ)

# EATING WELL, ALWAYS

Recipes to promote the pleasure  
of eating at the end of life

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# LA MAISON

Etablissement de soins palliatifs

Association loi 1901  
Reconnue d'Utilité Publique





Some of the members of the kitchen team (from left to right)

DANIEL, volunteer  
MAMINE, volunteer  
SYLVIE, volunteer

GWEN, cook  
PATRICIA, cook  
BRIGITTE, volunteer





# EGGPLANT À LA PIZZAIOLE

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

- 1 kg eggplant
- 1 can crushed tomatoes (approximately 796 mL)
- Anchovy fillets in oil (according to taste)
- Mozzarella
- Oregano
- Olive oil
- Salt and pepper



## PREPARATION

- 1.** Wash the eggplants well, cut off the ends, and cut in half lengthwise.
- 2.** Put halves back together and wrap each eggplant in aluminum foil.
- 3.** Bake at 180°C (350°F) for about 30 minutes.
- 4.** In a baking dish, pour a little olive oil and place the eggplants skin side down.
- 5.** Season with salt and pepper, pour crushed tomatoes on top, and arrange the anchovies, oregano, mozzarella slices and drizzle with olive oil.
- 6.** Broil at 180°C (350°F) for approximately 15 minutes.

## TIPS

*This method of cooking makes it possible to cook eggplants with much less fat, since eggplants tend to absorb oil if they are cooked in a pan.*

*The anchovies are optional, and you can use other types of cheese, according to your taste.*

*This dish can be eaten hot or cold.*

# CREAM OF BELL PEPPER WITH GOAT CHEESE

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

- 500 g of chopped red bell peppers
- 2-3 small goat cheese rounds (soft, pasteurised)
- Small quantity of olive oil

## PREPARATION

- 1.** Chop the bell peppers in small pieces and cook them until tender in a skillet with a bit of olive oil.
- 2.** In a blender, mix the cooked bell peppers and the goat cheese till you obtain a creamy consistency.



## TIPS

*If you prefer, you can use yellow bell peppers for a milder taste, or mix red and yellow peppers together.*

*Fresh basil or a little bit of garlic will add a bright summery taste to the preparation. Or if you prefer, some mint leaves can be quite refreshing.*

# CREAM OF HEARTS OF PALM

GWEN, Cook, à la Maison de Gardanne

## INGREDIENTS

- One – 14 ounce (212 g) can of hearts of palm
- 250 g mascarpone cheese
- 1 tablespoon chopped fresh herbs (basil, chives, and parsley)
- 1 large spring/green onion, finely chopped
- Salt and pepper

## PREPARATION

- 1.** Chop the hearts of palm into small pieces. Blend together with the mascarpone, herbs, and spring onion.
- 2.** Salt and pepper to taste.



# EGG FLAN WITH CARAMEL

PATRICIA, Cook, à la Maison de Gardanne

## INGREDIENTS

### FLAN

- 8 eggs
- 1 L whole milk
- 250 g granulated white sugar
- 1 vanilla bean

### CARAMEL

- 1 cup sugar (250 ml)
- 4 tablespoons (60 ml) water

Preheat oven to 150°C (300°F)



## PREPARATION

- 1.** Prepare caramel. Combine the sugar and water in a saucepan over medium heat. Stir continuously until the sugar melts and the liquid turns into a golden caramel colour. Remove from heat and pour it into a baking dish (8 × 10 inches).
- 2.** In a large saucepan, combine the vanilla bean with the milk and the sugar and bring to a simmer over medium heat. In a large bowl, beat the eggs. Slowly pour the warm milk mixture into the bowl with the eggs, whisking constantly so that the eggs do not curdle or cook. Pour this mixture into the baking dish which already contains the caramel.

### PREPARATION *continued*

- 3.** Place the baking dish into a larger baking dish and then fill the larger baking dish half-way with water. Bake for about one hour in the middle rack of your oven. Carefully remove the flan from the oven and allow to cool to room temperature and then refrigerate overnight. Leave the flan in the baking dish until serving time, at which point you will invert it onto a serving dish.

# SAVOURY BEET MOUSSE

Adapted from a recipe by Gwen, Cook, à la Maison de Gardanne

## INGREDIENTS

- One medium-sized beet, or 6 canned beets
- 150 g fresh cheese (Boursin, Tartare, St-Morêt)
- 1/2 tablespoon chopped fresh parsley and chives
- 1/4 teaspoon chopped fresh garlic, or to taste
- Salt and pepper to taste



## PREPARATION

- 1.** Boil a fresh beet in water for approximately 60 minutes or until tender.
- 2.** Peel the beet and chop it into chunks.
- 3.** Add the cooked beet, cheese, herbs and garlic in a food processor and blend well. If you are using canned beets, add them directly into the food processor with the rest of the ingredients and blend well.
- 4.** Add salt and pepper to taste.

# FISH RILLETTES

GWEN, Cook, à la Maison de Gardanne

## INGREDIENTS

- 2 medium-size peeled potatoes
- 1 can of tuna (or salmon), 215 g
- 1 white onion
- A bunch of parsley
- Juice of one lemon
- 250 g of 'fromage blanc'\*
- 4 pickles (salted preferably)
- 1 teaspoon of capers (optional)
- Salt and pepper to taste



## PREPARATION

1. Boil potatoes in salted water until soft.
2. Drain the tuna (or salmon) and put in a large bowl.
3. Blend together chopped parsley, pickles, capers the juice of one lemon and the 'fromage blanc'.
4. Add this blended mixture to the salmon.
5. Once potatoes are well cooked, mash with a fork and mix with the salmon mixture. Add salt and pepper to taste.

## TIP

*You can replace canned fish with fresh cooked salmon or any type of cooked fish.*

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*\* If you do not find it in the yoghurt section you can use ½ Greek yoghurt and ½ Philadelphia cream cheese or labneh.*



*Is it easy to ask young students to prepare healthy dishes that taste good and comply with specific guidelines related to a person's state of health at the end of life? Not really! At first, we thought we might hit a wall.*

*What made the difference was that the students were given recipes to modify without any restrictions. We wanted people to feel the love of well-made and visually pleasing dishes. Our students were encouraged to think only of making good, tasty food without having to forgo butter, cream, etc. In short, this is the dream of cooks in residential and long-term care centres.*

*In conclusion, the result exceeded our expectations – a youthful vision of the classics from restaurants in the 70s and 80s. Colourful, elegant and charming plates. Recipes and products do not change; they are simply renewed by inspired and happy young cooks. With clear requests and well-established parameters, cooks can create dishes to delight the people for whom they are intended.*

*In fact, cooks want to be loved and so, they are generous, in love with their products and immensely proud to give moments of memory and gustatory pleasure to people at the end of their lives.*

*Bon appétit!*

A handwritten signature in black ink that reads 'André Martin'.

**ANDRÉ MARTIN**  
Professor  
Institut de tourisme et d'hôtellerie du Québec (ITHQ)



Members of the 2018 ITHQ jury (from left to right)

VÉRONIQUE PERREAU, researcher, ITHQ

YVES MOSCATO, chef, Berthelet

ALAIN GIRARD, professor-researcher, ITHQ

LAURENCE BROUARD-TRUDEL, nutrition specialist

ANNIE VILLENEUVE, coordinator of research at the ITHQ



INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC (ITHQ)





ALEXANDRE BUISSON

THIS RECIPE WAS SELECTED  
BY THE 2018 JURY AT THE ITHQ

# HOME-STYLE PIZZA

## → CAULIFLOWER DOUGH

### INGREDIENTS (2 servings)

- 500 g cauliflower, trimmed
- 30 g Parmesan cheese, grated
- 5 g minced fresh basil
- 5 eggs
- 20 ml olive oil
- Salt and pepper to taste
- 60 ml thickener\*

## PREPARATION

### CAULIFLOWER DOUGH

1. Using a food processor, grind cauliflower, Parmesan cheese, basil, eggs, oil, salt and pepper until the ingredients are well mixed.
2. Add the thickener\* and mix.
3. On a baking sheet lined with parchment paper, make circles 0.5 cm thick and 10 cm in diameter with the mixture.
4. Bake at 180°C (350°F) for 15 minutes and let cool.



## HOME-STYLE PIZZA

- **Tomato sauce** – see page 18
- **Topping** – see page 18
- **Vegetable** and **Cheese** – see page 19
- **Assembly** – see page 19

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

# HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

## → TOMATO SAUCE

### INGREDIENTS (2 servings)

- 30 ml olive oil
- 1 clove garlic, minced
- 50 g onions, minced
- Salt and pepper to taste
- 150 g fresh tomatoes, diced
- 225 g canned tomatoes, crushed
- 3 g fresh basil, minced
- 3 g fresh thyme, minced
- 3 g fresh parsley, minced
- 30 ml thickener\*
- 7 g unflavoured protein powder\*\*

## PREPARATION TOMATO SAUCE

1. In a saucepan, heat the olive oil and sauté the garlic and onions, adding the salt and pepper.
2. Add the remaining ingredients and simmer over low heat for 15 minutes.
3. Using a food processor, process until the ingredients are well mixed.
4. Add the thickener\* and unflavoured protein powder\*\*, mix and cool.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → TOPPING

### INGREDIENTS (2 servings)

- 1 clove garlic, minced
- 50 g onions, minced
- 100 g bacon, sliced and finely chopped
- Salt and pepper to taste
- 200 g chicken, diced
- Sufficient quantity of water
- 10 g Parmesan cheese, grated

## PREPARATION TOPPING

1. Sauté the garlic, onions and bacon, adding salt and pepper.
2. Add the diced chicken and cook until cooked throughout. Remove and cool.
3. Grind the mixture in a food processor to obtain a purée with the consistency of a pudding. Add water if necessary.
4. Add the Parmesan cheese, mix and let cool.

# HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

## → VEGETABLE

### INGREDIENTS (2 servings)

- 1 red pepper (150 g)
- 1 clove garlic, minced
- 30 ml cream, 35%
- Sufficient quantity of thickener\*

## PREPARATION VEGETABLE

1. Roast the pepper over high heat and let it cool.
2. Remove the burnt skin from the pepper with a serrated knife. Slice the pepper.
3. Using a food processor, process the minced pepper, garlic and cream until the ingredients are mixed.
4. Add the thickener\*, if necessary, and mix.

## → CHEESE

- Aged, grated cheddar cheese (quantity to taste)



## ASSEMBLY

1. Place the crust on a baking sheet, garnish with sauce and grated cheese.
2. Use a pastry bag to add the filling and vegetable purée to the crust.
3. Bake in the oven at 180°C (350°F) for 10 minutes.
4. Finish baking in the oven, in broil mode, until desired colour is achieved.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



KIMBERLY CORVIL

# OLD-FASHIONED VEAL STEW



## → VEAL

### INGREDIENTS (1 serving)

- 30 ml canola oil
- 10 g onions
- 2 cloves of garlic, chopped
- 120 g veal, deveined, cut in cubes
- 300 ml chicken broth
- 30 g thickener\*

## PREPARATION – VEAL

1. Heat oil in a small saucepan.
2. Sauté onions and garlic.
3. Add veal cubes.
4. Add chicken broth (to cover the meat) and let simmer, covered, just until the veal is cooked and it separates easily to the touch.
5. Purée the ingredients using an electric mixer.
6. Keep mixing and add the thickener\* (if needed) to obtain the consistency of a pudding. If the mixture is too thick, add more broth to reach the desired consistency.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## → RICE

### INGREDIENTS (1 serving)

- 50 g rice
- 200 ml chicken broth
- Salt and pepper
- Sufficient quantity of thickener\*

## PREPARATION – RICE

1. In a saucepan, bring the chicken broth to a boil. Add the rice and cook gently, covered, for about 30 minutes. Season to taste.
2. With the aid of a mixer, mash the rice with the cooking liquid. Add thickener\* until you obtain the consistency of a pudding.

## OLD-FASHIONED VEAL STEW

- **Vegetables (orange purée)** and
- **Vegetables (green purée)** – see page 21

# OLD-FASHIONED VEAL STEW

KIMBERLY CORVIL

(continued)

## → VEGETABLES (orange purée)

### INGREDIENTS (1 serving)

- 10 g carrots, cut in cubes
- 10 g celery, cut in cubes
- 5 g potatoes, cut in cubes
- Sufficient quantity of water
- 10 ml butter
- 15 ml cream, 35%
- Salt and pepper to taste
- Sufficient quantity of thickener\*

## PREPARATION

### VEGETABLES (orange purée)

1. In a saucepan, add the carrots, celery and potatoes.
2. Cover the vegetables with water and simmer, covered, for approximately 30 minutes.
3. With the aid of a mixer, mash the vegetables with butter and cream, alternating the addition of each.  
Adjust the seasoning.
4. Add the thickener\*, mixing continuously, to obtain the consistency of a pudding.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## → VEGETABLES (green purée)

### INGREDIENTS (1 serving)

- 100 g of spinach leaves, stems removed
- 100 g leeks (green part), minced
- 1 large mushroom, minced
- 60 ml white wine
- 60 ml cream, 35%
- Salt and pepper to taste
- Sufficient quantity thickener\*

## PREPARATION

### VEGETABLES (green purée)

1. In a frying pan, cook the spinach, leeks and mushrooms.
2. Deglaze the pan with white wine and cream.
3. With the aid of a mixer, mash the mixture. Adjust the seasoning.
4. Strain the mixture to remove the leek fibers.
5. Add enough thickener\* to obtain the consistency of a pudding.



ÉRIC LORRAIN-MULIKOW

# BEEF BOURGUIGNON

## → BEEF BOURGUIGNON

### INGREDIENTS (4 servings)

- 4 tablespoons of butter
- 1 kg of cubed beef (beef shoulder)
- 15 ml tomato paste
- 4 tablespoons of all-purpose flour
- 250 g of sliced carrots (reserve 150 g for after cooking)
- 100 g chopped onions
- 100 ml red wine
- 60 ml cognac
- 730 ml beef broth
- 1 bay leaf
- 1 teaspoon of paprika
- 1 clove
- 1 teaspoon of fresh thyme
- 1 garlic clove, chopped
- Sufficient quantity of thickener \*
- Sufficient quantity of unflavoured protein powder\*\*
- 1 teaspoon of salt
- Pepper to taste

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## PREPARATION – BEEF BOURGUIGNON

1. Lightly brown the butter in a saucepan.
2. Brown the beef cubes, and set aside.
3. Add the carrots and the onions, sauté for 3 to 4 minutes.
4. Add the tomato paste, continue cooking. Add the flour.
5. Add the red wine, the cognac and the beef broth. Then add the bay leaf, paprika, clove, thyme and garlic. Season with salt and pepper.

(continued)

## BEEF BOURGUIGNON

→ **Preparation** (continued) – see page 23

→ **Carrots** – see page 23

→ **Potatoes** – see page 24

→ **Duxelles de Champignons** – see page 24

# BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

## PREPARATION BEEF BOURGUIGNON

### PREPARATION – BEEF BOURGUIGNON

1. Lightly brown the butter in a saucepan.
2. Brown the beef cubes, and set aside.
3. Add the carrots and the onions, sautéed for 3 to 4 minutes.
4. Add the tomato paste, continue cooking. Add the flour.
5. Add the red wine, the cognac and the beef broth. Then add the bay leaf, paprika, clove, thyme and garlic. Season with salt and pepper.



### → CARROTS

#### INGREDIENTS (4 servings)

- 150 g carrots, used for cooking the beef
- Sufficient quantity of cooking juice from beef
- Sufficient quantity of thickener\*

### PREPARATION CARROTS

1. Cook the carrots in salted boiling water.
2. With a mixer, make a purée. Use the cooking juices to make a smooth purée.
3. Adjust the texture with thickener\*.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder

## BEEF BOURGUIGNON

→ Potatoes and

→ Duxelles de champignons – see page 24

# BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

## → POTATOES

### INGREDIENTS (4 servings)

- 300 g Yukon Gold potatoes
- Salt to taste
- 60 g butter
- 75 ml room temperature 3.25% milk
- Sufficient quantity of thickener\*

## PREPARATION POTATOES

1. Cook the potatoes in salted boiling water.
2. Make a purée with a potato masher. Season to taste with salt and pepper.
3. Add the lukewarm milk and the butter. Mix well. Add the thickener\* as needed.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## → DUXELLES DE CHAMPIGNONS

### INGREDIENTS (4 servings)

- 6 slices of bacon, chopped
- 375 g (13 oz) button mushrooms, chopped and quartered
- 60 ml (1/4 cup) chopped fresh Italian parsley
- Sufficient quantity of thickener\*
- Salt and pepper to taste

## PREPARATION DUXELLES DE CHAMPIGNONS

1. In a saucepan, cook the bacon and add the mushrooms.
2. Once they are well cooked, use a mixer to blend this mixture with the parsley and thickener\*. Season with salt and pepper.
3. Place mixture in a pastry bag with a medium-size fluted/star tip.

## ASSEMBLY

1. Place 30 g of beef cubes on a hot plate.
2. Arrange the potato purée, mushrooms and carrots artistically.





PATRICK KAWKAB

# DUCK A L'ORANGE

## → PEKING DUCK BREASTS

### INGREDIENTS (4 servings)

- 2 duck breasts
- 1 garlic clove, not peeled
- 4 branches of fresh thyme
- 1 branch fresh rosemary
- Sufficient quantity of chicken broth
- Sufficient quantity of thickener\*
- Salt and pepper to taste



## PREPARATION – PEKING DUCK BREASTS

1. Make cross-shaped incisions into the fatty side of the 2 breasts.
2. Cook the breasts, fat side down, in a nonstick pan at a low temperature for about 15 minutes.
3. Add the garlic clove and the herbs.
4. Remove the layer of fat. Using a food processor, process the duck into to a smooth purée. Adjust the consistency of the mixture using the chicken broth or the thickener\* to obtain the consistency of a pudding.
5. Salt and pepper to taste. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## ASSEMBLY

1. *With the help of a stainless steel pastry circle, mold the cooked duck.*
2. *Add a line potato purée.*
3. *Top the duck preparation with orange sauce.*
4. *Decorate with vegetable sprouts.*

## DUCK A L'ORANGE

→ **Orange sauce** and

→ **Potatoes**

see page 26

# DUCK A L'ORANGE

PATRICK KAWKAB

(continued)

## → ORANGE SAUCE

### INGREDIENTS (4 servings)

- Juice of 5 oranges
- 75 ml vegetable broth
- 1 tablespoon of Dijon mustard
- 30 ml butter
- Cooking juice from the duck
- Salt and pepper to taste
- Sufficient quantity of thickener\*
- Sufficient quantity of unflavoured protein powder\*\*

## PREPARATION ORANGE SAUCE

1. In a saucepan, add the orange juice, vegetable broth, Dijon mustard and the butter and let the mixture simmer on medium heat for about 7 minutes. Strain through a fine-meshed sieve. Set aside.
2. Once the duck is cooked, add the cooking juices.
3. Adjust the seasoning, add the thickener\* and mix to desired consistency.
4. Add the unflavoured protein powder\*\*. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → POTATOES

### INGREDIENTS (4 servings)

- 300 g Yukon Gold potatoes
- Salt to taste
- 60 g butter
- 75 ml milk, 3.25%, lukewarm
- Sufficient quantity of thickener\*

## PREPARATION POTATOES

1. Cook the potatoes in salted, boiling water.
2. Drain and using a potato masher, make a purée.
3. Season with salt.
4. Add the lukewarm milk and the butter. Mix well.
5. Adjust the consistency using the thickener\*. Mix well and set aside.



LAURENCE GAGNON O'DONNELL

# RACK OF LAMB

## → RACK OF LAMB

### INGREDIENTS (2 servings)

- 1 rack of lamb (7-8 ribs)
- Salt and pepper to taste

## PREPARATION – RACK OF LAMB

1. Preheat oven to 200°C (400°F)
2. Season rack of lamb with salt and pepper and put in the preheated oven for 18 minutes.
3. Remove from oven, remove the bones and reserve the meat.
4. Using a food processor finely chop the meat.

## → SAUCE VIERGE

(herb and olive oil dressing)

### INGREDIENTS (2 servings)

- 70 g fresh parsley
- 10 g fresh fennel, coarsely chopped
- 2 green onions, cut in sections
- 1 garlic clove, chopped
- 1 lemon
- 5 ml Tabasco sauce
- 2.5 ml honey
- 45 ml olive oil
- 5 ml capers, coarsely chopped
- Salt and pepper to taste
- Sufficient quantity of thickener\*



## PREPARATION – SAUCE VIERGE

1. Grate the lemon zest and keep the lemon juice.
2. Using a food processor, finely chop the herbs, onions and garlic.
3. Add the lemon zest, 30 ml lemon juice, Tabasco sauce and honey. Process to achieve a smooth consistency, scraping the sides of the container a few times.

(continued)

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

## RACK OF LAMB

- **Sauce Vierge** (continued), **Potatoes, Carrots and Parsnips** – see page 28

# RACK OF LAMB

LAURENCE GAGNON O'DONNELL

(continued)

## PREPARATION – SAUCE VIERGE

4. Pour mixture into a bowl. Add oil and capers, salt and pepper.
5. Adjust the consistency with the thickener\*. Mix well and set aside.

### → POTATOES

#### INGREDIENTS (2 servings)

- 300 g of Yukon Gold potatoes.
- Salt to taste
- 75 ml milk, 3.25%
- 60 g butter
- Sufficient quantity of thickener\*

## PREPARATION POTATOES

1. Cook the potatoes in salted boiling water
2. Drain, and purée with a potato masher.
3. Season with salt.
4. Add lukewarm milk and butter. Mix well.
5. Adjust the consistency with the thickener\*. Mix well and set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



### → CARROTS AND PARSNIPS

#### INGREDIENTS (2 servings)

- 150 g carrots
- 150 g parsnips
- Salt to taste
- Sufficient quantity of cooking juice
- Sufficient quantity of thickener\*

## PREPARATION CARROTS AND PARSNIPS

1. Cook the carrots and parsnips in salted boiling water.
2. With a mixer, make a purée. Use the cooking juices to make a smooth purée.
3. Adjust the texture with the thickener\* as required.
4. Place mixture in a pastry bag with a medium-size fluted/star tip.

## ASSEMBLY

1. Place the sauce vierge at the bottom of the plate.
2. Place the lamb purée in the shape of an egg with the help of a serving spoon.
3. Add a line of potato purée and carrot parsnip purée in the shape of an arc.



NOÉMIE LABELLE

# STUFFED VEAL ESCALOPE

## → STUFFED VEAL ESCALOPE

### INGREDIENTS (1 serving)

- 1 veal escalope
- 35 ml canola oil
- 1 slice white bread, crumbs only
- 200 ml cream, 35%
- 41 g of unflavoured protein powder\*\*
- Sufficient quantity of thickener \*
- 1 slice cooked ham
- 100 g aged cheddar cheese
- 100 ml milk, 3.25%

## PREPARATION STUFFED VEAL ESCALOPE

1. Lightly heat the canola oil in a frying pan.
2. Cook the veal escalope (medium).
3. Using a food processor, process the veal and bread soaked in 100 ml cream. Add 41 g of unflavoured protein powder\*\*. Use enough thickener\* to achieve the consistency of a pudding.

\* *Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid*

\*\* *Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder*



## PREPARATION – VEAL (continued)

4. With a mixer, chop the ham and add enough cream to make a smooth mixture. Use of the thickener\* as needed. Mix the ham into the veal mixture.
5. Melt the cheese, while adding the milk and the thickener\*, as needed, to obtain the consistency of a pudding. Mix well.

## STUFFED VEAL ESCALOPE

- **Creamed Mushrooms** – see page 30
- **Potatoes** – see page 30
- **Green Beans** – see page 31
- **Carrots** – see page 31

# STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

## → CREAMED MUSHROOMS

### INGREDIENTS (1 serving)

- 30 g butter
- 100 g button mushrooms, chopped
- 30 g shallot
- 100 ml cream, 35%
- Lemon juice to taste
- Sufficient quantity of thickener\*

## PREPARATION

### CREAMED MUSHROOMS

1. In a small saucepan, gently cook the mushrooms and the shallot in butter.
2. Add the cream and a small amount of lemon juice.
3. Reduce the heat. Blend everything with the aid of hand mixer. Add the thickener\* as needed.



## → POTATOES

### INGREDIENTS (1 serving)

- 2 medium-sized potatoes
- 1 garlic clove
- 75 ml of hot milk, 3.25%
- 1 pinch onion powder
- Sufficient quantity of thickener\*

## PREPARATION

### POTATOES

1. In a saucepan, boil water. Cook the potatoes for about 30 minutes, until tender. Drain.
2. Add garlic, hot milk, and onion powder.
3. Using a potato masher, make a purée.
4. Add the thickener\* if needed.

## STUFFED VEAL ESCALOPE

→ **Green Beans** – see page 31

→ **Carrots** – see page 31

\* Cornstarch- based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

# STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

## → GREEN BEANS

### INGREDIENTS (1 serving)

- 100 g green beans, cut in pieces
- Sufficient quantity of butter
- Sufficient quantity cream, 35%
- Sufficient quantity of thickener \*

## PREPARATION GREEN BEANS

1. In a saucepan, bring water to boil. Cook the green beans until they are well cooked.
2. Using a hand mixer, blend the green beans with a little butter and a small amount of cream to obtain a course mixture (pieces less than 5 mm in size).
3. Add the thickener\* to achieve the consistency of a pudding, and mix well.



## → CARROTS

### INGREDIENTS (1 serving)

- 150 g carrots, cut in rounds
- Sufficient quantity of butter
- Sufficient quantity cream, 35%
- Sufficient quantity of thickener\*

## PREPARATION CARROTS

1. In a saucepan, cook the carrots in boiling water until tender.
2. With a hand mixer, blend the carrot with a little butter and cream in order to achieve pieces less than 5 mm in size. Add the thickener as needed.

\* Cornstarch- based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



AURÉLIE VAN BEVER

# GNOCCHI PARISIENNE WITH CARBONARA SAUCE

## → GNOCCHI CHOUX PASTRY

### INGREDIENTS (4 servings)

- 125 g butter, unsalted
- 375 ml of milk, 2%
- 375 ml all-purpose flour
- 4 eggs
- 30 g grated Parmesan cheese
- Salt to taste



## PREPARATION GNOCCHIS PÂTE À CHOU

1. In a saucepan, add the butter and milk and bring to a boil.
2. Remove from the heat.
3. Add the flour all at once and stir vigorously until the dough forms a smooth ball.
4. Using a wooden spoon, stir the dough over low heat for about 3 minutes (the dough should no longer adhere to the pot or the spoon).
5. Add the eggs one at a time and stir until smooth and evenly distributed. Add the eggs until the dough forms a soft indent when pressed with your finger.

## PREPARATION GNOCCHI CHOUX PASTRY *continued*

6. Mold the gnocchi using a piping bag with a large tip (#6). Shape into small dumplings and place directly into a pot of boiling salted water. Cook until tender.

## GNOCCHI PARISIENNE WITH CARBONARA SAUCE

- **Carbonara sauce** and
- **Egg yolks**, see page 33



# GNOCCHI PARISIENNE WITH CARBONARA SAUCE

AURÉLIE VAN BEVER

(continued)

## → CARBONARA SAUCE

### INGREDIENTS (4 servings)

- 50 g bacon
- 100 g onions, chopped
- 3 garlic cloves, crushed
- 1 bay leaf
- 100 ml of cream, 35%
- 7 teaspoons of unflavoured protein powder\*\*

## PREPARATION CARBONARA SAUCE

1. Infuse bacon, onions, garlic and bay leaf in warm cream for 15 minutes.
2. Pass the mixture through a fine-mesh sieve.
3. Add the unflavoured protein powder\*\* to the infused cream mixture, stir.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → EGG YOLKS

### INGREDIENTS (4 servings)

- 2 eggs
- Sufficient quantity of thickener\*

## PREPARATION EGG YOLKS

1. Add the thickener to the egg yolks and whisk together.
2. Form four small circles and place one on each plate of gnocchi before serving.



MAGAN PHELAN

# MACARONI AND CHEESE

## INGREDIENTS (3 servings)

- 250 ml (50 g) macaroni
- 15 ml butter
- 5 ml paprika
- 1 ml nutmeg
- 15 ml flour, all-purpose
- ½ onion, finely chopped
- 300 ml milk, warm
- 20 g of unflavoured protein powder\*\*
- 125 ml (100 g) grated orange cheddar cheese
- 60 ml (30 g) mozzarella cheese, grated
- Salt and pepper to taste

## PREPARATION

1. In a saucepan, boil water.
2. When the water boils, cook the pasta until it is tender. Drain.
3. Place the oven rack in the middle of the oven and turn the oven to broil mode.
4. Once the pasta has drained well, using a food processor, process the pasta into smaller pieces. Set aside.



## PREPARATION *continued*

5. In a saucepan, melt the butter. Add spices, flour and onions and stir while cooking.
6. Add the previously heated milk and the unflavoured protein powder\*\*. Bring to a boil and mix with a whisk.
7. Remove the pan from the heat. Add the cheeses and mix until the cheese melts.
8. Add the pasta and reheat while stirring. Season with salt and pepper.
9. Divide the mixture into ramekins (one-serving size ceramic or glass bowls) and bake until the cheese is slightly golden.

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



YSSA MEH HEREAUX

# DECONSTRUCTED SHEPHERD'S PIE

## → POTATOES

### INGREDIENTS (4 servings)

- 300 g potatoes, peeled
- 60 ml butter
- 100 ml of whole warm milk, 3.25 %
- 3 tablespoons Parmesan cheese, grated
- Sufficient quantity of thickener\*

## PREPARATION POTATOES

1. In a saucepan, cook the potatoes in water until they are tender. Drain.
2. Add butter, warm milk and Parmesan cheese. Purée everything with a blender. Add the thickener\* if necessary.

## → MEAT

### INGREDIENTS (4 servings)

- 30 ml canola oil
- 60 ml chopped onion
- 200 g lean ground beef
- Salt and pepper to taste
- Sufficient quantities of thickener\* (for meat and vegetable mixture)



## PREPARATION MEAT

1. In a frying pan, sauté the chopped onion in the oil.
2. Add the beef and cook. Season with salt and pepper. Mix well.
3. Leave to cook and set aside.

\* *Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid*

## DECONSTRUCTED SHEPHERD'S PIE

- **Vegetables** and
- **Creamed Corn**, see page 36

# DECONSTRUCTED SHEPHERD'S PIE

YSSA MEH HEREAUX

(continued)

## → VEGETABLES

### INGREDIENTS (4 servings)

- 200 g chopped onion
- 100 g button mushrooms
- Sufficient quantity of thickener\* (for meat and vegetable mixture)

## PREPARATION VEGETABLES

1. In the pan used to cook the meat, add the onion and mushrooms.
2. Once cooked, set aside.

## → CREAMED CORN

### INGREDIENTS (4 servings)

- 60 ml butter
- 250 ml frozen corn kernels
- 1 sprig of fresh thyme
- 100 ml water
- Sufficient quantity of all-purpose flour
- 100 ml cream, 35%
- Sufficient quantity unflavoured protein powder\*\*



## PREPARATION CREAMED CORN

1. In a frying pan, sauté the corn in the butter. Add the thyme and mix.
2. Add 100 ml of water and the flour and cook. Add the cream and let it thicken.
3. Blend the mixture with a hand mixer and pass it through a sieve.
4. Add the unflavoured protein powder\*\* and mix well.

## COOKING AND ASSEMBLY

1. Preheat the oven to 190°C (375°F).
2. Using a food processor, grind beef and vegetables. Add the thickener\* if necessary.
3. Spread the meat mixture in an ovenproof dish. Add the mashed potatoes and bake in the oven for 40 minutes.
4. Finish by topping with creamed corn.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



DOROTHÉE SÉGUIN

# QUICHE, IN GLASS CONTAINERS

## → BÉCHAMEL SAUCE

### INGREDIENTS (5 servings)

- 35 g all-purpose flour
- 250 ml cream, 35%
- 45 g butter
- 40 g ricotta cheese
- 20 g Parmesan cheese, grated
- 5 ml ground nutmeg (or to taste)
- 875 ml of unflavoured protein powder\*\*

## PREPARATION BÉCHAMEL SAUCE

1. In a saucepan, make a roux with the butter and flour.
2. Add cheeses, cooking cream, unflavoured protein powder\*\* and nutmeg. Cook for 5 minutes.

## → EGGS

### INGREDIENTS (5 servings)

- 6 eggs
- 100 ml cream 35%
- Salt and pepper to taste



## PREPARATION EGGS

1. In a saucepan, cook the eggs with the cream, stirring quickly.
2. Add cheeses, cooking cream, unflavoured protein powder and nutmeg. Cook for 5 minutes.

## QUICHE, IN GLASS CONTAINERS

- **Meat, Spinach** and **Assembly**,  
see page 38

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder

# QUICHE, IN GLASS CONTAINERS

DOROTHÉE SÉGUIN

(continued)

## → MEAT

### INGREDIENTS (5 servings)

- 100 g of bacon
- 50 g ham, chopped
- Salt and pepper to taste

## PREPARATION MEAT

1. In a saucepan, cook the ham and bacon.
2. Add the béchamel sauce. Season with salt and pepper and then grind in a food processor. Adjust the seasoning, if necessary.

## → SPINACH

### INGREDIENTS (5 servings)

- ½ white onion
- 1 green onion
- 1 clove of garlic
- 5 handfuls of spinach
- 4 fresh basil leaves
- 15 ml of thickener\*
- Salt and pepper

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid



## PREPARATION SPINACH

1. In a saucepan, sauté the half white onion, green onion, garlic and spinach. Add the basil and the thickener\*. Season with salt and pepper.
2. Using a food processor, grind everything into a smooth texture. Adjust the seasoning, if necessary.

## ASSEMBLY

1. For each the five glass containers, grease each container with butter, and add 1/5 of the egg mixture. Then add 1/5 of the spinach mixture and finally 1/5 of the meat and béchamel sauce.
2. Place the glass containers in a bain-marie (hot water bath) in the oven at 180°C (350°F) for 20 minutes.
3. Cool a little before serving.

# SOLE AMANDINE

KEVIN RUBILAR

## → SOLE FILETS

### INGREDIENTS (4 servings)

- 30 g chopped onions
- Sufficient quality of vegetable oil
- 700 g (1.5 lb) sole
- Juice of 1 lemon
- 100 ml Vermouth
- Cooking juice
- Sufficient quantity of thickener\*
- 32 g of unflavoured protein powder\*\*

## PREPARATION SOLE FILETS

1. In a frying pan, sauté the onions with the vegetable oil.
2. Next, pan fry the fish lightly.
3. Deglaze with lemon juice and the Vermouth.
4. Using a food processor, blend the fish with the cooking juices. Add the unflavoured protein powder\*\*, and blend to achieve the consistency of honey.
5. If necessary, add some thickener\*. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → GRILLED ALMONDS

### INGREDIENTS (4 servings)

- 30 g (1/4 cup) sliced almonds
- Sufficient quality of vegetable oil

## PREPARATION – GRILLED ALMONDS

1. Grill the almonds with vegetable oil.
2. Crush the almonds with a mortar to achieve the consistency of honey. Set the almonds aside.

## SOLE AMANDINE

→ Potatoes and Green Peas,  
see page 40

# SOLE AMANDINE

KEVIN RUBILAR

(continued)

## → POTATOES

### INGREDIENTS (4 servings)

- 500 g potatoes
- 55 g (1/4 cup) cold butter, thinly sliced
- 200 ml cream, 35%
- 50 ml sour cream, 14%
- Salt and pepper to taste

## PREPARATION POTATOES

1. In a saucepan, bring water to a boil and add the potatoes. Cook for approximately 20 minutes. Drain.
2. Using a potato masher, mash the potatoes with butter.
3. Using an electric mixer, make a smooth purée (consistency of honey) with the 35% cream and the sour cream. Season to taste with salt and pepper. Set aside.

\* Cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid

\*\* Unflavoured protein powder, ex. Berthelet EZ-Protein Instant protein powder



## → GREEN PEAS

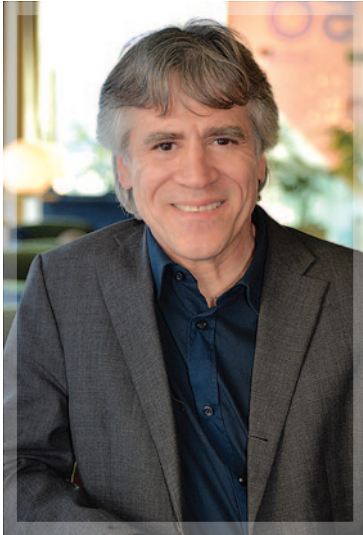
### INGREDIENTS (4 servings)

- 450 g (1 pound) frozen green peas
- Sufficient quantity of thickener\*
- 32 g of unflavoured protein powder\*\*

## PREPARATION GREEN PEAS

1. Bring water to a boil and add the peas. Cook for 5 minutes and drain.
2. With a hand blender, purée the peas and pass through a sieve. If necessary, add the thickener\* to make a smooth texture.
3. Add the unflavoured protein powder\*\* and gently stir with a whisk.





*It is with great joy and pride that I pay tribute to this 2019 edition of Eating Well, Always.*

*I wanted to continue the initiative of reflection and experimentation on ways to address the question of the pleasure of eating at the end of life within the course "Coordinating the Production and Distribution of a Food Service Unit" during the 2019 winter session.*

*At the beginning of the session, we set the challenge for students to texture dishes on the menu of the ITHQ's cafeteria, to meet the needs of people at the end of life. They had to consider not only textures, but also presentation, flavors and the fact that food has an undeniable comforting aspect. The goal was to introduce students to developing realities in public and private food services, to awaken in them a reflection on the profound meanings of the act of eating, and to allow them to really measure up to these culinary challenges. They have met these challenges brilliantly; I congratulate them and thank them for the seriousness and attention to detail they have demonstrated throughout the process.*

**ALAIN GIRARD, Ph.D.**  
Professor-researcher at the GastronomiQc Lab,  
a joint research unit ITHQ-UL



Members of the 2019 ITHQ jury (from left to right)

**SYLVIE LAMARCHE**, Coordinator of Technical Programmes, ITHQ

**ALAIN GIRARD**, Professor-Researcher, GastronomiQc Lab, ITHQ

**YVES MOSCATO**, Executive Chef, Berthelet

**LIANE CASTRAVELLI**, Professor, Service and Sommelier Training, ITHQ



INSTITUT DE TOURISME ET D'HÔTELLERIE DU QUÉBEC (ITHQ)



HUGO BERNIER

# PORK TENDERLOIN WITH APPLE-MAPLE SAUCE, PARSNIP PURÉE, AND POLENTA

## INGREDIENTS – FOR 4 SERVINGS

### → APPLE SAUCE

- 15 g dried shallots, minced
- 100 g Red Delicious apples (preferably)
- 25 g butter
- 1 g garlic powder
- 70 ml apple juice

### PREPARATION – APPLE SAUCE

1. Peel and quarter apples and sweat in butter along with shallots.
2. Add garlic powder.
3. Deglaze with apple juice, finish cooking, strain (save cooking liquid), liquefy in a blender with the cooking liquid, strain through a chinois (fine mesh conical strainer), and set aside.

### → PORK BALLOTINE

- 300 g pork tenderloin
- 30 ml ice-cold beet juice
- 2 egg whites
- 4 g salt



### PREPARATION – PORK BALLOTINE

1. Dice pork, place in food processor, add salt and grind.
2. Emulsify meat with beet juice and egg whites.
3. Roll into a ballotine and cook in a combi-steam oven with 70% humidity at 170°C (325°F) until core temperature reaches 68°C (154°F).

### PORK TENDERLOIN

→ **Maple sauce** – see page 44

→ **Parsnip purée** – see page 44

→ **Polenta** – see page 44

# PORK TENDERLOIN WITH APPLE-MAPLE SAUCE, PARSNIP PURÉE, AND POLENTA

HUGO BERNIER

(continued)



## → MAPLE SAUCE

- 30 ml maple syrup
- 22 g beef base powder
- Sufficient quantity of water
- 14 g thickener\*

### PREPARATION MAPLE SAUCE

1. Add beef base powder to water, bring to a boil, and reduce by  $\frac{1}{3}$ .
2. Add maple syrup and thickener\*.

## → PARSNIP PURÉE

- 150 g parsnips
- 50 ml 35% cream
- 10 g butter
- Salt to taste

### PREPARATION PARSNIP PURÉE

1. Sweat parsnips in butter for 2 minutes.
2. Add cream and cook on low heat until parsnips are tender.
3. Purée in blender.
4. Add butter and strain through a chinois.
5. Adjust seasoning.

## → POLENTA

- 70 g corn meal
- 100 ml water
- Salt to taste
- 25 ml milk
- 25 g butter

### PREPARATION POLENTA

1. Add salt to water and bring to a boil.
2. Gradually whisk in the corn meal.
3. Cook over low heat until corn meal swells.
4. Run through blender with milk and butter.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



ARNAUD CHIASSON-POIRIER

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

## INGREDIENTS – FOR 4 SERVINGS

### → EGGPLANT PURÉE

- 160 g eggplant
- 25 ml olive oil
- 40 g red beets, cooked
- Sufficient quantity of thickener\*

## PREPARATION – EGGPLANT PURÉE

1. Clean and slice eggplant.
2. Lay out on a baking sheet, drizzle with oil, season and bake at 175°C (350°F) for 15 minutes.
3. Run eggplant and beets through a blender until smooth.
4. Strain through a chinois.
5. Mix in thickener\* and set aside in a pipette (dosing bottle). Keep warm.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*



## BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

→ **Tomato sauce** – see page 46

→ **Olive purée** – see page 47

→ **Squash purée ("gnocchi")** –  
see page 47

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

ARNAUD CHIASSON-POIRIER

(continued)



## → TOMATO SAUCE

- 80 g onions, chopped
- 10 g garlic, chopped
- 25 ml olive oil
- 45 ml tomato paste
- 40 ml red wine
- 240 g Italian tomatoes
- 2 sprigs of fresh thyme
- 40 g red beets, cooked
- Sufficient quantity of instant protein powder\*\*
- Sufficient quantity of thickener\*

## PREPARATION - TOMATO SAUCE

- 1.** Sweat onions and garlic in oil.
- 2.** Add tomato paste and cook for about 2 minutes.
- 3.** Deglaze with red wine.
- 4.** Clean and dice Italian tomatoes.
- 5.** Add tomatoes and thyme, and cook with sauce for 5 minutes.
- 6.** Run sauce, instant protein powder\*\* and beets through a blender until smooth.
- 7.** Strain through a chinois.
- 8.** Blend in thickener\* and set aside. Keep warm.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder

## BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

→ Olive purée - see page 47

→ Squash purée ("gnocchi") -  
see page 47

# BUTTERNUT SQUASH "GNOCCHI" CAPONATA STYLE

ARNAUD CHIASSON-POIRIER

(continued)



## → OLIVE PURÉE

- 25 ml flat-leaf parsley, minced
- 32 g green olives
- Sufficient quantity of thickener\*

## PREPARATION OLIVE PURÉE

1. Blanch parsley in boiling water for 30 seconds.
2. Cool in ice water.
3. Run olives in blender with parsley until smooth.
4. Strain through a chinois.
5. Add thickener\*.
6. Pour into a pipette and refrigerate.

## → SQUASH PURÉE ("GNOCCHI")

- 200 g butternut squash
- 14 g agar-agar
- 125 ml thickener\*

## PREPARATION SQUASH PURÉE ("GNOCCHI")

1. Peel, cut into cubes and boil squash in salted water until tender. Drain.
2. Run through a blender with agar-agar until smooth.
3. Strain through a chinois.
4. Add thickener\* (as needed).
5. Set aside in a warm place until ready to serve.
6. To assemble plate, cover bottom with tomato sauce, add squash purée, and then squirt large drops of eggplant purée throughout, followed by finer drops of olive purée.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



AMÉLIE GOULET

# FILLET OF TURBOT WITH FENNEL

## INGREDIENTS – FOR 4 SERVINGS

### → BARLEY PILAF

- 50 g butter
- 200 g pearl barley
- 50 ml lemon juice
- 1.5 L vegetable broth
- Salt and pepper to taste

### PREPARATION – BARLEY PILAF

1. Toast barley in the butter.
2. Add lemon juice and let reduce until almost dry.
3. Add broth and season.
4. Bring to a boil and then finish cooking in oven at 175 °C (350°F) for about 20 minutes (or until barley has absorbed all liquid).
5. Keep warm.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*



### → FENNEL PURÉE

- 650 g fennel
- Sufficient quantity of water

### PREPARATION – FENNEL PURÉE

1. Cut fennel into pieces. Keep scraps for baking the fillet (see page 49)
2. Boil until soft.
3. In a blender, mix the warm preparation with some cooking water.
4. Add thickener\* until a pudding consistency is obtained.

## FILLET OF TURBOT

→ **Fillet of turbot** – see page 49

→ **Parsley and coriander emulsion** – see page 49



# FILLET OF TURBOT WITH FENNEL

AMÉLIE GOULET

(continued)

## → FILLET OF TURBOT

- 400 g fillet of turbot
- 500 ml vegetable broth
- Salt and pepper to taste
- Sufficient quantity of olive oil
- 300 ml lemon juice

## PREPARATION FILLET OF TURBOT

1. Season fillet.
2. Drizzle with lemon juice.
3. Lay fish out on a perforated baking sheet, flesh side up.
4. Put vegetable broth and fennel scraps in a deep baking sheet and place perforated baking sheet on top.
5. Bake at 240°C (465°F) for about 5 to 7 minutes.
6. Core temperature must reach 68°C (154°F).

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*



## → PARSLEY AND CORIANDER EMULSION

- 150 ml parsley
- 150 ml coriander
- approximately 250 ml of water

## PREPARATION PARSLEY AND CORIANDER EMULSION

1. Drop herbs in boiling water to extract pigment.
2. Mix together in a blender and add thickener\* until a honey consistency is obtained.



MATTHEW GOYER

# FILLET OF COD À LA DUGLÉRE, ZUCCHINI AND BEET PURÉES, AND ISRAELI COUSCOUS

## INGREDIENTS – FOR 4 SERVINGS

### → FILLET OF COD À LA DUGLÉRE

- 15 g unsalted butter
- 15 g shallots, finely chopped
- 40 g tomatoes, skinned and seeded
- 250 ml fish stock
- 20 ml white wine
- 10 g onions, minced
- 4 sprigs of fresh basil
- 200 g fillet of cod, cut into thin slices
- 75 ml tomato paste
- Salt and ground white pepper to taste
- 20 ml 35% cream
- Sufficient quantity of thickener\*



## PREPARATION

### FILLET OF COD À LA DUGLÉRE

- 1.** Sweat shallots in a pan and set aside.
- 2.** Dice tomatoes finely and set aside.
- 3.** Reduce white wine in a pot and then add fish stock.
- 4.** Infuse onion and basil in sauce over low heat for 10 minutes.
- 5.** Remove with a spider strainer.
- 6.** Bring fish stock to a boil.

(continued)

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

## FILLET OF COD

### → Fillet of cod à la Dugléré

– preparation continued on page 51

→ Zucchini and beet purées – see page 51

→ Israeli couscous with beets – see page 51

# FILLET OF COD

## À LA DUGLÉRE, ZUCCHINI AND BEET PURÉES, AND ISRAELI COUSCOUS

MATTHEW GOYER

(continued)



### PREPARATION

#### FILLET OF COD À LA DUGLÉRE

1. Sweat shallots in a pan and set aside.
2. Dice tomatoes finely and set aside.
3. Reduce white wine in a pot and then add fish stock.
4. Infuse onion and basil in sauce over low heat for 10 minutes.
5. Remove with a spider strainer.
6. Bring fish stock to a boil.
7. Poach cod until core temperature reaches 70°C (158°F).
8. Remove with a spider strainer
9. Place in blender with shallots, diced tomatoes, and 100 ml of fish stock.

#### → ZUCCHINI AND BEET PURÉES

- Sufficient quantity of salted water
- 100 g whole yellow beets
- 100 g zucchini
- Sufficient quantity of thickener\*
- Salt to taste

### PREPARATION

#### ZUCCHINI AND BEET PURÉES

1. Bring water to a boil in a pot.
2. Cook zucchini and beets until tender, strain, dice, and set aside
3. Purée vegetables separately, add thickener\* until desired consistency is obtained.
4. Season.

#### → ISRAELI COUSCOUS WITH BEETS

- Sufficient quantity of water, salted
- 60 g Israeli couscous
- 82 g whole beets
- 250 ml beet juice

### PREPARATION ISRAELI COUSCOUS WITH BEETS

1. Bring water to a boil in a pot.
2. Dice the beets, then cook together with the couscous until tender.
3. Strain, place in the blender with the beet juice and blend until smooth.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



MATHIEU LAPOINTE

# FILLET OF SALMON WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

## INGREDIENTS – FOR 4 SERVINGS

### → CITRUS SAUCE

- 3 oranges
- 3 lemons
- 500 ml 3.25% milk
- 50 ml thickener\*
- 25 g granulated white sugar

### PREPARATION CITRUS SAUCE

1. Remove the zest and squeeze the juice of two lemons and two oranges.
2. In a pot, heat the 3.25% milk, zest, juice, thickener\* and sugar until thickened.
3. Strain through a sieve, then adjust seasoning.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder



### → FILLET OF SALMON

- 280 g salmon, trimmed (skinless)
- 2 eggs
- 10 ml 35% whipping cream
- 10 ml instant protein powder\*\*
- 5 ml fine iodized salt
- 2 L water

(continued)

### FILLET OF SALMON

- **Fillet of salmon** preparation – see page 53
- **Barley pudding** – see page 53
- **Asparagus purée** – see page 54
- **Red pepper purée** – see page 54

# FILLET OF SALMON

## WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

MATHIEU LAPOINTE

(continued)



### PREPARATION FILLET OF SALMON

1. Preheat oven to 175 °C (350°F).
2. Run salmon in food processor with egg whites and 35% whipping cream.
3. Add instant protein powder\*\* and salt, and blend.
4. Pour preparation in a financier cake mold (about 65 g per raw serving).
5. Place mold in a large baking pan 2 inches high.
6. Fill pan midway with boiling water.
7. Bake for 20 minutes or until salmon reaches core temperature of 70°C (158°F).

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder

### → BARLEY PUDDING

- 400 ml water
- 15 g chicken stock powder
- 80 g barley
- 100 ml 2% milk
- 250 ml 35% whipping cream
- 35 g granulated white sugar
- 10 ml instant protein powder\*\*

### PREPARATION BARLEY PUDDING

1. In a pot, add chicken stock powder to water and bring to a boil.
2. Add raw barley and let cook covered until tender.
3. Add milk, whipping cream, and sugar.
4. When done cooking, blend with a hand blender.
5. Adjust seasoning, then add instant protein powder\*\*.

### FILLET OF SALMON

→ **Asparagus purée** – see page 54

→ **Red pepper purée** – see page 54

# FILLET OF SALMON WITH CITRUS SAUCE, BARLEY PUDDING, AND DUO OF ASPARAGUS AND RED PEPPER PURÉES

MATHIEU LAPOINTE

(continued)



## → ASPARAGUS PURÉE

- 90 g green asparagus, trimmed
- 50 ml 2% milk
- 5 ml iodized table salt
- 25 ml thickener\*
- 10 ml instant protein powder\*\*

## PREPARATION ASPARAGUS PURÉE

1. Trim asparagus.
2. In a pot of boiling water, cook until tender.
3. Drain, cool in an ice bath, and dry.
4. Blend with a hand blender, adding milk and salt.
5. Add thickener\* and instant protein powder\*\*.
6. Strain through a fine sieve.

## → RED PEPPER PURÉE

- 90 g red bell peppers
- 50 ml 2% milk
- Salt to taste
- 7 ml thickener\*

## PREPARATION RED PEPPER PURÉE

1. In a pot of boiling water, boil peppers until tender.
2. Drain, cool in an ice bath, and dry.
3. Blend with a hand blender, adding 2% milk and salt.
4. Add thickener\*.
5. Strain through a sieve.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

\*\* Unflavoured instant protein powder for food and liquid, ex. Berthelet EZ-Protein Instant Protein Powder



ARIANE LAVOIE

# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

## INGREDIENTS – FOR 4 SERVINGS

### → CHICKEN MARINADE

- 4 ml paprika powder
- 4 ml chili powder
- 4 ml ground turmeric
- 20 ml plain yogurt
- 10 ml 35% cream
- 4 ml garam masala
- 4 ml ground cumin

## PREPARATION – CHICKEN MARINADE

1. Blend ingredients and marinate chicken for 12 hours (ideally).

### → CHICKEN

- 150 g chicken, trimmed and diced
- 270 ml chicken broth
- Fine salt to taste
- Sufficient quantity of thickener\*

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



## PREPARATION CHICKEN

1. Remove chicken from marinade and cook in broth.
2. Run in food processor until smooth.
3. Add enough thickener\* to be able to shape into a dumpling or pavé.
4. Shape into a dumpling or pavé.

## BUTTER CHICKEN

- **Butter chicken sauce** – see page 56
- **Lemon rice** – see page 56
- **Glazed carrots** – see page 57

# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

ARIANE LAVOIE

(continued)

## → BUTTER CHICKEN SAUCE

- 20 g unsalted butter
- 40 g Spanish onion, chopped
- 4 garlic cloves, chopped
- 20 g fresh ginger, trimmed and chopped
- 4 ml paprika
- 4 ml garam masala
- 4 ml cardamom
- 40 g tomatoes, diced and crushed
- 25 ml water
- 40 ml 35% cream
- Sufficient quantity of thickener\*

## PREPARATION BUTTER CHICKEN SAUCE

1. Sweat onions, garlic and ginger in butter.
2. Add paprika, garam masala, and cardamom.
3. Continue cooking for 5 minutes, while stirring, then strain through a sieve.
4. Add tomatoes, water, and cream.
5. Simmer for 5 minutes, whisking frequently.
6. Add thickener\* as needed.



## → LEMON RICE

- 10 g unsalted butter
- 60 g basmati rice
- 5 ml fresh lemon zest
- Fine salt to taste
- Pepper to taste
- Sufficient quantity of water (or broth)

## PREPARATION LEMON RICE

1. Toast rice in butter until the rice is translucent.
2. Add zest, salt and pepper.
3. Add water (or broth) and cook rice until very tender.
4. Mold and serve.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

## BUTTER CHICKEN

→ **Glazed carrots** –  
see page 57



# BUTTER CHICKEN, LEMON RICE, AND CARROT PURÉE

ARIANE LAVOIE

(continued)



## → GLAZED CARROTS

- 80 g carrots, cut
- Sufficient quantity of water (or broth)
- 10 g unsalted butter
- 10 g sugar
- Sufficient quantity of thickener\*

## PREPARATION GLAZED CARROTS

1. Boil carrots.
2. Strain and set aside.
3. Melt butter, add sugar and let dissolve.
4. Run carrots through food processor, adding thickener\*.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



NICOLAS PROVENCHER

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

## INGREDIENTS – FOR 4 SERVINGS

### → HAM

- 180 g old-style smoked ham
- 80 ml 35% cream
- 125 ml apple juice
- 125 ml chicken broth
- Sufficient quantity of thickener\*
- Salt to taste



## PREPARATION – HAM

1. Cut ham into small pieces and put in food processor with cream, apple juice and chicken broth. Run until a mousse is obtained.
2. Add the thickener\* to keep ham from separating.
3. Salt to taste and set aside.

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*

## HAM WITH APPLE-MAPLE SAUCE

→ **Carrot and broccoli purées** –  
see page 59

→ **Mashed potatoes** – see page 59

→ **Apple-maple sauce** – see page 60

→ **Plating** – see page 60

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

NICOLAS PROVENCHER

(continued)



## → CARROT AND BROCCOLI PURÉES

- 60 g broccoli, trimmed
- 80 g carrot
- 200 ml chicken broth
- Sufficient quantity of thickener\*
- Salt to taste

### PREPARATION CARROT AND BROCCOLI PURÉES

1. Cut carrots into thin rounds (about 3 mm thick) and broccoli into small florets.
2. Boil carrots and broccoli separately for 15 minutes or until fork-tender.
3. Strain vegetables and purée carrots with half the chicken broth, and broccoli with other half.
4. Strain broccoli through a sieve.
5. Add the thickener\* to both purées to absorb the liquid released by the vegetables.
6. Salt to taste and set aside.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

## → MASHED POTATOES

- 160 g russet potatoes
- 125 ml 2% milk
- 25 g salted butter
- Salt to taste

### PREPARATION – MASHED POTATOES

1. Peel and slice potatoes into thin rounds.
2. Blanch in water for 15 minutes or until fork-tender.
3. Strain and mash potatoes.
4. Add the milk and butter.
5. Salt to taste and set aside.

## HAM WITH APPLE-MAPLE SAUCE

→ **Apple-maple sauce** – see page 60

→ **Plating** – see page 60

# HAM WITH APPLE- MAPLE SAUCE, MASHED POTATOES, AND CARROT AND BROCCOLI PURÉES

NICOLAS PROVENCHER

(continued)



## → APPLE-MAPLE SAUCE

- 300 g McIntosh apples
- 30 ml maple syrup
- 25 g salted butter
- Sufficient quantity of water
- Sufficient quantity of thickener\*
- Salt to taste

## PREPARATION APPLE-MAPLE SAUCE

1. Peel and cut apples into small cubes (about 5 mm thick).
2. Cook in a pot with butter for 3 minutes.
3. Add maple syrup and continue stirring for 1 minute.
4. Cover with water and let simmer for about 15 minutes.
5. Blend with a hand-held blender, adding water until a smooth compote is obtained.
6. Add the thickener\* to stabilize sauce.
7. Salt to taste and set aside.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)

## PLATING

1. Reheat vegetables, potatoes, and ham for 5 minutes in a combi-steam oven at 180°C (350°F) with 50% humidity.
2. Place a round cookie cutter in the centre of the plate and layer in 30 g of potatoes, 45 g of ham, and 30 ml of sauce. Remove cookie cutter.
3. Lay vegetable purées on each side.



JOSHUA-THOMAS SARMIENTO

# SALMON BURGER WITH MANGO SAUCE AND FRESH VEGETABLE SALAD

## INGREDIENTS – FOR 4 SERVINGS

### → TEXTURE-MODIFIED BURGER BUN

- 2 ciabatta loaves
- 250 ml milk
- 250 ml water
- 50 ml thickener\*

## PREPARATION

### TEXTURE-MODIFIED BURGER BUN

1. Soak bread in mix of milk and water.
2. Liquefy.
3. Add thickener\* until a pudding consistency is obtained.

### → MANGO SAUCE

- 150 g mango, trimmed and diced
- 5 g mint leaves
- 1 lime
- 50 g sugar

\* *Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)*



## PREPARATION MANGO SAUCE

1. Sweat ingredients in a pot until a chutney consistency is obtained.
2. Blend into a purée.

## SALMON BURGER

→ **Salmon patty** – see page 62

→ **Fresh vegetable salad** –  
see page 62

# SALMON BURGER

## WITH MANGO SAUCE AND FRESH VEGETABLE SALAD

JOSHUA-THOMAS SARMIENTO

(continued)



### → SALMON PATTY

- 140 g salmon, ground in a food processor
- 60 ml egg white
- 60 ml tomato paste

### PREPARATION SALMON PATTY

1. Blend everything in a food processor.
2. Transfer into molds.
3. Bake in a preheated oven at 180°C (350°F) until core temperature reaches 70°C (158°F).

### → FRESH VEGETABLE SALAD

- 50 g radishes, sliced into rounds
- 50 g cucumbers, sliced into rounds
- 50 g sugar

### PREPARATION FRESH VEGETABLE SALAD

1. Boil vegetables with sugar.
2. Liquefy.
3. Texturize with thickener\* until a compote is obtained.
4. Serve cold.

### ASSEMBLY

1. Lay bread preparation at bottom of plate and cover with salmon.
2. Serve mango sauce over salmon or on the side, as preferred.
3. Serve fresh salad as side dish.

\* Instant cornstarch-based thickener for food and liquid, ex. Berthelet EZ-Thick Instant thickener for food and liquid (specially formulated for swallowing disorders)



2019 Competitors



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