

# *New Brunswick* Holiday Food & Drink Guide

Your guide to sprinkling NB ingredients and products all over your holiday menu this season



*Created in Partnership*



Featuring

**12**

Delicious Holiday  
Recipes!

Made Using Local  
NB Ingredients!



“

*From my home to yours this  
holiday season....*

It's the most wonderful time of the year.

The holidays in New Brunswick.

And while I love to help others develop a coastal crush on our beautiful province 365 days a year, there's just something about Christmas in the Maritimes that makes our charming part of the country easy to fall in love with.

Over the years, the holidays and Christmas in our home have become more and more about shopping local and supporting New Brunswick farmers', producers, seafood providers, and small businesses. And that goes for the products under the tree and on the dinner table.

This year, I'm thrilled to have partnered with the New Brunswick Department of Agriculture, Aquaculture and Fisheries to create an easy-to-use and sure to inspire guide to purchasing and cooking with New Brunswick ingredients this holiday season.

Keep reading to learn more about how to use this guide and to discover 12 recipes that are sure to wow your family and guests this December.

I can't wait to see what you create in the kitchen using NB ingredients, so please tag us on social media so that we can share!

 @crystal\_catherine

 @nbfoodandbeverages

 @alimentsboissonsNB

 @ECmermaid

 @nbfoodandbeverages

 @AlimentsBoissonsNB





# Table of Contents

- 04**    **Meet the East Coast Mermaid**
- 05**    **Meet New Brunswick Food & Beverages**
- 06**    **How to Use This Guide**
- 07**    **Holiday Cocktails**
  - Coastal Caesar
  - Holiday Cranberry Cosmo
- 12**    **Holiday Appetizers**
  - New Brunswick Charcuterie Board
  - New Brunswick Seacuterie Board
  - Oysters & Wild Blueberry Mignonette
- 17**    **Main Courses**
  - Traditional Seafood Casserole
  - New Brunswick Salmon Dish
  - New Brunswick Maple Holiday Ham
- 24**    **Holiday Side Dish**
  - New Brunswick Stuffing
- 29**    **Holiday Brunch**
  - Overnight Baked Bannock French Toast
- 33**    **Holiday Desserts**
  - Crosby's Old Fashioned Gingerbread Cake with Warm Vanilla Sauce
  - Whipped Shortbread Cookies
- 38**    **East Coast Mermaid's Favorite NB Ingredients**

# Meet the...

## *East Coast Mermaid*

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Hi, my name is Crystal Richard and I'm the East Coast Mermaid.

I love to help people develop a mad coastal crush on New Brunswick.

Founded in 2017 on the first day of summer, East Coast Mermaid is a travel and lifestyle brand dedicated to helping you fall in love with our province and everything it has to offer. A salty resource for Maritime adventures, summer island hopping, and planning the perfect New Brunswick vacation with an ocean view; East Coast Mermaid is your destination for all things coastal life in Atlantic Canada.

From seafood to sea views to seaglass – I share only the best mermaid secrets.

I'm passionate about keeping straws out of sea turtles' noses, saving the whales, and I donate a portion of my profits from my two companies, Crystal Richard & Co. and Sandy Toes Shop, each year to the Campobello Whale Rescue Team here in New Brunswick.

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*Learn more and plan your next coastal adventure at [www.eastcoastmermaid.com](http://www.eastcoastmermaid.com).*



### My top three favorite *New Brunswick products?*



Bay of Fundy  
Lobster



Acadian Sturgeon  
Caviar



Oysters from our  
local waters!

Meet...

# *New Brunswick Food & Beverages*

NB Food & Beverages is an initiative of the Government of New Brunswick administered by the Department of Agriculture, Aquaculture and Fisheries.

NB Food & Beverages helps you choose fresh food and drink proudly grown and made in New Brunswick, all while cheering on local farmers', fishers and businesses bringing the best from our land and sea to your table. Follow along on Facebook and Instagram to hear these stories and celebrate your fellow New Brunswickers!

This guide is part of the "Buy Local for Good" campaign highlighting New Brunswick's local food and beverage producers in support of the provincial [Local Food & Beverages Strategy's](#) goal to build awareness, demand and a strong reputation for NB's vibrant local food & beverages sector.



A Government of  
New Brunswick  
initiative

Une initiative  
du gouvernement  
du Nouveau Brunswick

# How to Use this Guide

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I love to support local businesses any time of year. Still, there's just something magical about shopping local around the holidays and picking up your Christmas turkey from your local butcher and pouring wine by the fireplace from your province's best wineries.

We've created this New Brunswick Holiday Food & Drink Guide to help you and your family not only shop local this holiday season but to inspire you to create dishes featuring as many New Brunswick ingredients as possible.

So here's how to use the guide this holiday season!

I know it's not always possible to find every ingredient made locally, but let's start with the easy ones: your produce and meat products. Many classic holiday dishes feature vegetables and meats that you can easily purchase from local farmers' and producers at a Farmers' Market in your area.

Here are some holiday feast and cooking items that you can find at the Farmers' Market year-round: meats (turkey, chicken, pork, beef, smoked meats, lamb), vegetables (onions, carrots, potatoes, squash, turnip, lettuce, cucumbers, tomatoes, leafy greens), fruits (blueberries, cranberries, apples), and baking essentials such as bread, flour, eggs, milk, butter, and cheese.

Not surprisingly, an East Coast Mermaid Christmas includes many seafood dishes and coastal twists to classic recipes (you'll see a few in this guide), and this is made easy by the bounty of fresh seafood available in New Brunswick. Whether you pop into your local fish market or Sobeys - you have an ocean of options from Bay of Fundy lobster and scallops, salmon fillets, coldwater shrimp, dulce, smoked salmon, and more.

It's also the perfect time of year to discover New Brunswick's very own wild and sustainably farmed sturgeon and its decadent caviar. And we can't forget the countless oyster farmers' right here in our province!

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***Each recipe in this guide includes suggested NB ingredient recommendations. All NB ingredients are made by small businesses and producers right here at home. Many are available at a nearby Sobeys or other retailers and markets in our province. If you're unable to get your hands on a product, simply substitute with what you can.***

***Remember - swapping even one ingredient for one that is locally made here in New Brunswick will put you on Santa's Nice List!***





*Holiday Cocktails*



## Coastal Caesar

### Ingredients

- 1.5 ounces of **Distillerie Fils du Roy Vodka**
- 1-2 teaspoons of Horseradish
- 2-3 dashes of Worcestershire Sauce
- 1-2 dashes of **Valk Hot Sauce** (more if you like it spicy)
- A sprinkle or two of **NB Sea Salt**
- A dash of pepper
- A squeeze of a lime wedge
- A generous sprinkle of **NB Dulse Flakes**
- Clamato Juice

**Garnish Suggestions:** A shucked oyster, **AquaVeggies Dulse**, celery stalk, olive, cucumber, locally bottled dill pickle, spicy bean, and of course - celery salt for the rim!

### Steps

1. Use your lime wedge to rim your favorite Caesar glass and dress with celery salt.
2. Add **Distillerie Fils du Roy Vodka**, horseradish, Worcestershire sauce, **Valk Hot Sauce**, **NB Sea Salt**, pepper, a squeeze of lime juice, and a generous sprinkle of **NB Dulse Flakes** to your glass over ice.
3. Top up with some Clamato juice and stir.
4. Garnish with a celery stalk, olive, dill pickle, cucumber, and a generous piece of **AquaVeggies Dulse**. For the coastal twist, top with a fresh shucked NB oyster!

#### **Make it a Mocktail!**

A Coastal Caesar is delicious with or without the vodka!

Just top your drink with extra Clamato juice and serve!







# Holiday Cranberry Cosmopolitan

## Ingredients

- 1.5 ounces of **Blue Roof Distillers Vodka**
- ¼ ounce of Triple Sec
- ¼ ounce of fresh-squeezed lime juice
- ¼ ounce of **Springbrook Cranberry, Pure Organic Cranberry Juice**
- 1 cup of ice
- A lime wedge for garnish
- **Big Sky Sea Buckthorn Berries**

## Steps

1. Combine **Blue Roof Distillers Vodka**, lime juice, Triple Sec, and **Springbrook Cranberry Inc, Cranberry Juice** in a cocktail shaker. Add ice, cover, and shake until chilled.
2. Strain into your favorite martini glass and garnish with a lime wedge, drop in a few **Big Sky Sea Buckthorn** berries and serve!

*See our local non-alcoholic options and suggestions on the next page!*



## *Non-Alcoholic Options*

New Brunswick producers offer plenty of options for non-alcoholic libations this holiday season! From Verger Belliveau Orchard's Sparkling Apple and Cranberry Juice to pouring a bottle of Alive Kombucha in your favorite cocktail glass and garnishing for the perfect Instagram photo - tis the season for mocktails!

## Did You Know?

Seabuckthorn is recognized as one of nature's most powerfully nutritious and healing potential plants offering one of the widest ranges of nutrients from a single source found on the globe, including Antioxidants, Vitamins, Minerals, Polyphenols, Omega Fatty Acids, Carotenoids, and Phytosterols. Sea Buckthorn fruit, seeds, and leaves have components that assist with cell regeneration, anti-aging, and anti-inflammatory properties.





*Holiday Appetizers*

# New Brunswick Charcuterie Board

What's a holiday celebration without a charcuterie board?

A charcuterie board is what you make of it! So while I have provided some of my favorite ingredients to add to a board when welcoming guests, these are merely suggestions and a starting point to inspire you to create a grazing table or charcuterie board of your holiday dreams.

The key to a great charcuterie board? Include a mix of salty and sweet. I love to add treats such as local chocolates or New Brunswick's beloved Ganong Chicken Bones to my holiday charcuterie boards.

There is no right or wrong way to display your items on your plate or boards!

## Ingredients

- Baguette
- Crackers
- **Covered Bridge Chips**
- **Les Cuisines Roi Creton**
- Farmers' Market Meats
- Farmers' Market Cheeses from **Armadale** and **Fromagerie au Fond des Bois**
- Locally bottled dill pickles or pickled onions
- **Ganong Chicken Bones**
- Chocolates from **Adorable Chocolat** (Shediac), **Ganong** (St. Stephen), and **McGuire Chocolate** (St. Andrews).
- Dried Rosemary, Thyme, Cranberries for a classic holiday look.





# New Brunswick Seacuterie Board

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You've heard of a charcuterie board, but here in the Maritimes, it's all about the Seacuterie Board!

A coastal favorite - a Seacuterie board will feature New Brunswick's finest seafood delicacies, including sturgeon caviar, hot and cold smoked salmon, freshly shucked oysters, Mémère's lobster paste, and more!

In addition to fresh seafood, you'll want to include a variety of sauces and toppings, from fresh horseradish and cocktail sauce to capers and dill, which will go nicely with your smoked salmon.

And just like charcuterie, there is no right or wrong way to create your Seacuterie Board. So have fun, try new things like our incredible New Brunswick sturgeon products or freshly harvested oysters, and get ready to wow your guests with this holiday spread.

## *Ingredients*

- Baguette
- Crackers
- Freshly shucked oysters
- **Acadian Sturgeon Caviar**
- **Acadian Sturgeon Hot Smoked Sturgeon**
- **Acadian Sturgeon Paté**
- **Wolfhead Smoked Salmon**  
(Hot and Cold Smoked)
- Lobster Paste
- Brie Cheese
- **Sea Buckthorn Berries**
- Capers
- Horseradish
- Cocktail Sauce
- Rosemary, Thyme, Cranberries  
for a classic holiday look.



## *Did You Know?*

Sturgeons first appeared on Earth approximately 250 million years ago by evolving and mutating from their ancestor, the shark. Caviar, one of the healthiest gourmet foods, contains a large amount of polyunsaturated fats (Omega 3s), which improves cognitive function, reducing risk for mental health conditions including anxiety, depression, and Alzheimer's. Some people believe that real caviar only comes from Russia and Iran, but Acadian Sturgeon and Caviar have proven over the last years that Canadian Caviar is at least at par, if not better than the traditionally known types of caviar.





## Oysters & Wild Blueberry Mignonette

### Ingredients

- 1/3 cup frozen **Wild New Brunswick Blueberries**
- 3 tablespoons of very fine chopped shallots (brunoise)
- 2 tablespoons of **Fleur du Pommier Apple Cider Vinegar**
- 2 tablespoons of red wine vinegar
- 2 tablespoons of water
- 1 teaspoon of **New Brunswick Honey**
- 3 cracks of a black pepper mill
- Pinch of lime zest (1/3 of a lime)
- **New Brunswick Oysters**

*This recipe was created and shared by Chef Pierre A Richard of Little Louis Oyster Bar in Moncton, New Brunswick.*

### Steps

1. In a small saucepan, heat the blueberries just until they start to release some of their jus and break down. As soon as that happens, transfer the jus and blueberries to a small bowl and cool down.
2. Meanwhile, cut your shallots and measure all other ingredients.
3. Next, mix all ingredients with the blueberries and finish by using a zester to zest your lime, don't forget your pepper!
4. Enjoy this nice mignonette showcasing NB's wonderful wild blueberries with your favorite local oysters.



NB Products Farmers' Market List

- Order Christmas Turkey & Ham from Butcher
- 2 Dozen Farm Fresh Eggs
- Loaf of Bread and Baguettes for Entertaining
- 2 Pounds of NB Butter
- Local cheese and meats for charcuterie
- Farm Fresh Veggies: Onions, Potato, Squash
- Garlic, Fresh Herbs, Summer Savory
- Cranberries & Cranberry Juice
- Frozen Wild Blueberries
- NB Honey
- Apple Cider Vinegar

A collage of seafood ingredients on a light-colored wooden surface. In the top center, a square of butter sits on a white scalloped-edge dish. To the right, a whole cooked lobster is in a blue bowl. In the bottom left, a wooden cutting board holds chopped green onions. In the bottom center, a white bowl is filled with cooked shrimp. In the bottom right, another white bowl contains scallops.

*Main Courses*

# Seafood Casserole

## Ingredients

- 2 cups of chopped onion
- 3 cups of chopped celery
- 2 diced garlic cloves
- 3 tablespoons of butter
- 1 teaspoon of **NB Sea Salt**
- ¼ teaspoon of pepper
- 5 cups of whole milk
- ¾ cups of **Speerville Flour**
- ½ cup of butter
- 1 pound of Velveeta cheese, chopped into cubes for easy melting
- 2 Market Size **Bay of Fundy Lobsters**, deshelled.
- ¾ pounds of **NB Coldwater Cooked Shrimp**
- 1 pound of cooked **NB Scallops**, quartered



## Steps

1. Preheat your oven to 350 degrees.
2. In a large saucepan or Dutch Oven, sauté onion, celery, and garlic in butter and add salt & pepper. Cook until translucent and then remove from your saucepan.
3. Add milk to your saucepan and bring to a boil. Stir continuously to ensure that you don't burn your milk!
4. Mix in flour and ½ cup of butter and cook until it is thick. (If your flour forms clumps, use a whisk or fork to break up!)
5. Add your onion, celery, and garlic mixture.
6. Add in the cheese and cook until the cheese is melted.
7. If you're not using a Dutch Oven, add your mixture to a large casserole dish and add your seafood. Dutch Oven? Just add your seafood and stir.
8. Pop in the oven and heat until bubbly and brown. This should take about 30 minutes.

When I think of the holidays, one of my most beloved traditions is seafood casserole on Christmas Eve surrounded by our family. And while traditions have changed over recent years as my cousins and I have all grown up and started new families and traditions, it's not the holidays without a classic New Brunswick seafood casserole!

This recipe is the one that my aunt, my mother, and hundreds of other New Brunswickers have come to love as it's the classic Cy's Seafood Restaurant recipe, but with a few modifications. So if it looks a little different than the one in your family cookbook, don't panic! This one is just as tasty and a serious crowd pleaser!





Every family has a different tradition for how they serve their seafood casserole, but we're a big fan of serving it in a warm and flaky vol-au-vent, with a side of rice and a fresh-baked roll. On Christmas Eve growing up, we'd also serve with a slice of fresh homemade meat pie!

Whatever you serve it with, it's the company around you that counts. Enjoy this dish with those you love this holiday season!



## New Brunswick Salmon Dish

We often tend to think about Christmas turkeys and hams for holiday dishes, but if you're looking to switch things up and want to add a coastal twist to your holiday menu, look no further than a beautiful dish of fresh Atlantic Salmon from right here in New Brunswick waters.

### Ingredients

- 4 fresh **New Brunswick Salmon** portions
- 1/4 cup **Briggs Maples Maple Syrup**
- 2 teaspoons of soy sauce
- 1 clove of garlic
- 1/4 teaspoon of garlic salt
- Ground black pepper to taste

### Steps

1. In a small bowl, mix the **Briggs Maples Maple Syrup**, soy sauce, garlic, garlic salt, and pepper.
2. Place your fresh **New Brunswick Salmon** fillet in a shallow glass baking dish, and coat with the maple syrup mixture.
3. Cover the dish, and marinate salmon in the refrigerator for 30 minutes, turning once.
4. Preheat oven to 400 degrees and bake your salmon uncovered for 20 minutes, or until easily flaked with a fork.

*Did you know that the Atlantic salmon you see at the grocery store is likely from New Brunswick? True North is the largest salmon producer in North America!*

*Visit your local Sobeys to pick up some fresh Atlantic Salmon filets and try this delicious maple glazed salmon recipe from my friends at True North Seafood.*

We eat New Brunswick salmon in our home year-round, but around the holidays, I enjoy adding a holiday touch by including holiday colours on my dish! I love serving a maple salmon dish with a side of mashed Farmers' Market potatoes, Brussels sprouts, and homemade cranberry sauce. You can catch my Cranberry Sauce recipe in the coming pages!





# New Brunswick Maple Holiday Ham

## Ingredients


- 1 (4-6) pound Smoked Ham (Cooked)  
*(We got our ham from Boudreau Meat Market)*
- 1 cup of **Briggs Maples Maple Syrup**
- 4 tablespoons of Dijon Mustard
- 2 tablespoons of Soy Sauce
- 2 tablespoons of **Fleur du Pommier Apple Cider Vinegar**
- 1 teaspoon of Mustard Powder
- ½ teaspoon of Cinnamon
- ¼ teaspoon Nutmeg
- ¼ teaspoon of Ground Cloves
- Salt & Pepper to taste

**Need a little side dish inspiration?** We love a holiday ham with a side of scalloped potatoes and cranberry sauce, but you can also pick up fresh cabbage and carrots from your local Farmers' Market to make a tasty homemade coleslaw or a delicious squash.

## Steps

1. Preheat your oven to 350 degrees.
2. Mix the **Briggs Maple Syrup**, dijon mustard, soy sauce, **Fleur du Pommier Apple Cider Vinegar**, mustard powder, cinnamon, nutmeg, ground cloves, and salt & pepper in a small bowl.
3. Drizzle some glaze on the top and bottom of the ham, save about half to add throughout the cooking process, and place in a roaster or Dutch Oven.
4. Pop your holiday ham in the oven and cook for 1 hour and 30 minutes. Halfway through the cooking time, remove your ham and drizzle some additional glaze over the top of the ham.
5. When your ham is ready, remove it from the oven and transfer it to a serving platter. You can drizzle any remaining juices from your Dutch Oven or roaster.
6. Serve and be prepared to wow your guests!



A photograph of a meal on a white plate. The plate contains three slices of cooked salmon, a portion of bright red cranberry sauce, and a mound of yellow potatoes garnished with green herbs. A single sprig of rosemary lies on the plate. In the background, a glass of red wine and a bottle of cranberries are visible on a red and black checkered tablecloth.

Want to make your own cranberry sauce?  
Simply bring **1 cup of water** and **1 cup of sugar**  
to a boil in a saucepan, add **4 cups of New  
Brunswick Cranberries** and return to a boil.  
Simmer for 10-15 minutes and remove from the  
heat to cool. You can serve it hot or cold! Enjoy!

A top-down view of various fresh ingredients laid out on a light-colored wooden cutting board. At the top, there are two pieces of crusty, golden-brown bread. Below the bread are four whole, unpeeled potatoes with light tan skin. To the right of the potatoes are two brown-shelled eggs. In the center, a small white plastic lid and a clear glass jar are visible. On the left side, a white plate holds a block of yellow butter. At the bottom, there are two bunches of fresh green onions with long, vibrant green stalks and white bulbous bases.

*Holiday Side Dish*

# New Brunswick Stuffing

## Ingredients

- 1-day old baguette or 5-6 slices of bread from your local bakery
- 3 potatoes peeled and cubed
- ½ cup of butter
- 1 large onion, chopped
- 2 celery stalks, chopped
- 2-3 tablespoons of dried **NB Summer Savory**
- 2 eggs, whisked
- Salt and pepper to taste

## Steps

1. Peel your potatoes and chop them into cubes. Bring them to a boil, then reduce heat to medium-low, cover, and simmer until tender. This should take about 20 minutes. Drain the potatoes, allow them to cool (2-3 minutes), and mash.
2. In your favorite skillet, melt the butter and mix in your chopped onion and celery. The onion should become translucent, and this should take about 5-7 minutes.
3. Add this mixture to your mashed potatoes and add **NB Summer Savory**.
4. Place your potato mixture into a large bowl and stir in the whisked eggs.
5. Cut your baguette or bread into cubes. I typically use about ½ to ¾ of the baguette in my stuffing.
6. Gently fold in your bread, then sprinkle with salt and pepper to taste. Another dash of summer savory won't hurt either! Refrigerate until ready to use.
7. If you're using it to stuff your holiday turkey, stuff that turkey! If not, you can bake this stuffing in the oven at 350 degrees for 30-40 minutes.

**Tip:** *While most recipes call for 2-3 tablespoons of summer savory, I tend to add a bit more. My mother always said - "When you think you've put enough summer savory, put more."*

### Perfect Pairing

A classic New Brunswick stuffing not only pairs beautifully with your turkey dinner, but it goes great with Magnetic Hill Winery's "Mystique" cranberry wine. Purchase at the winery or your local ANBL location.





No turkey dinner is complete without traditional New Brunswick bread and potato stuffing. If I'm being honest, I look forward to the stuffing and all of the other fixings even more than the turkey! Over the years, I watched my mother wake up at the crack of dawn on Christmas morning to make her dressing in time to stuff the turkey and get it in the oven, all before presents from Santa were even opened!

Now, as an adult, I have taken my mother's classic recipe and added my own twist - opting to use a one-day-old French baguette instead of bread! But don't worry - if you wouldn't dream of using anything other than a loaf of bread in your stuffing, I won't tell anyone!



*Holiday Brunch*



# Overnight Baked Bannock French Toast

## Ingredients

### Bannock:

- 1 Package of **Jenna's Nut-Free Dessertery Bannock Mix**
- ¼ cup of oil
- 1 ½ cup of water

**(You'll want to make this one day or, at a minimum, 10-12 hours in advance)**

### French Toast:

- 8 Bannock rounds, broken into pieces (No Bannock? A French or Sourdough Bread loaf will do the trick!)
- Butter, for greasing your baking pan
- 8 whole eggs
- 2 cups of whole milk
- ½ cup of whipping cream
- ½ cup of granulated sugar
- ½ cup of brown sugar
- 2 tablespoons of vanilla extract

### Crumble Topping:

- ½ cup of **Speerville Flour**
- ½ cup of firmly packed brown sugar (or ¼ cup of brown sugar, ¼ cup of **Jenna's Nut-Free Dessertery Vanilla Sugar**)
- 1 teaspoon of ground cinnamon
- ¼ teaspoon of salt
- 1 teaspoon of ground nutmeg
- ½ cup of cold butter, cut into pieces
- **Wabanaki Maple Syrup**

**(Recipe continued on next page)**

*This recipe was inspired by Ree Drummond's Food Network Cinnamon Baked French Toast recipe, but I gave it a few modifications of my own, including the use of Bannock Bread for your French Toast!*



# Overnight Baked Bannock French Toast (Cont'd)

## Steps

### The day before:

1. Start by mixing your Bannock mix from **Jenna's Nut-Free Dessertery** at least 8-10 hours before you plan to overnight your French Toast. Simply follow the instructions on the package, and once cooked, set it aside on your counter to allow your bannock to dry up a bit for this recipe. We left ours out from about 10 am until 7 pm, and it was the perfect texture for our overnight French Toast.
2. Not using Bannock? Break up your bread loaf into cubes.
3. Butter up your baking dish before evenly distributing your bread into the pan.
4. Whisk together the eggs, milk, cream, granulated sugar, brown sugar, and vanilla in a large bowl.
5. Pour evenly over the bread and cover your dish tightly before storing it in the fridge overnight.

6. Next, you want to prepare your crumble topping the night before too! Mix flour, vanilla sugar, brown sugar, cinnamon, salt, and nutmeg with a fork in a medium bowl.
7. Add the butter and use a pastry cutter to mix everything well until it looks like a crumble!
8. Store in a reusable container in the fridge overnight.

### In the morning:

1. Preheat your oven to 350 degrees.
2. Remove your overnight french toast from the fridge and sprinkle the crumble topping evenly on top.
3. Bake for one hour.

### Meet Jenna's Nut-Free Dessertery

You might be thinking - what is bannock bread, and where is this dessertery? Jenna's Nut-Free Dessertery is a 100% Indigenous and female-owned business out of Fredericton, NB. They offer delicious foods and desserts made with minimalistic recipe styles using as many local ingredients as they can. Bannock ingredients are mixed in a bowl, and the bread is cooked in flat discs in a skillet on the stovetop or over an open fire - making it a delicious winter campfire treat!



## *Did You Know?*

Wabanaki Maple is 100% Indigenous female-owned and located on Neqotkuk (Tobique First Nation). With healing and nourishing powers, maple syrup has been cherished by First Nations Peoples for centuries. It was one of many gifts shared with early settlers, helping them to survive harsh winters and share in our land's bounty.

**(via [www.wabanakimaple.com](http://www.wabanakimaple.com))**







*Holiday Desserts*





# Crosby's Old Fashioned Gingerbread Cake with Warm Vanilla Sauce

## Ingredients

### Gingerbread Cake:

- 2 cups **Speerville Flour**
- 1 ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup sugar
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- ½ cup soft butter
- ¾ cup **Crosby's Fancy Molasses**
- 1 egg
- 1 cup boiling water

### Vanilla Sauce:

- ¾ cup of granulated sugar\*
- ¼ cup of **Jenna's Nut-Free Dessertery Vanilla Sugar\***
- ½ cup of butter
- 1 cup of heavy whipping cream
- 2 teaspoons vanilla extract

**Note:** Consider doubling your Vanilla Sauce recipe if serving your cake to more than 6 guests in one seating.

*\* If you don't have Jenna's Nut-Free Dessertery Vanilla Sugar, simply use 1 cup of granulated sugar for this recipe.*



## Crosby's Old Fashioned Gingerbread Cake with Warm Vanilla Sauce (Cont'd)

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### Steps

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1. Preheat oven to 350 F.
2. Grease and flour an 8"x 8" square pan (or line the pan with parchment paper.)
3. Sift together dry ingredients in a large bowl.
4. Add the butter, **Crosby's Fancy Molasses**, and egg and beat for two minutes.
5. Add the boiling water.
6. Beat for another two minutes and turn into prepared pan.
7. Bake 50-55 minutes, or until cake springs back when lightly touched.
8. Add both sugars, butter, and cream to a saucepan over medium heat. Cook, occasionally stirring until the butter has melted.
9. Bring mixture to a boil, frequently stirring, for 3-5 minutes. Remove from heat and add vanilla extract.
10. Allow your sauce to cool for a few minutes before serving over your Gingerbread Cake.

Find this recipe and so many more delicious molasses recipes for the holidays at:

[www.crosbys.com](http://www.crosbys.com)



## Whipped Shortbread Cookies

Whether you're an avid baker or this is the first holiday season that you decide to try your hand at making Christmas cookies, there is no easier recipe than whipped shortbread cookies. Seriously. This recipe only requires THREE ingredients – two of which you can easily source from a NB producer at Sobeys or a farmers' market.

### Ingredients

- 1 cup of butter
- 1 ½ cups of **Speerville Flour**
- ½ cup confectioners' sugar

### Steps

1. Preheat your oven to 350 degrees.
2. In a large bowl, combine **Speerville Flour**, butter, and confectioners' sugar. With an electric mixer, beat for 10 minutes until light and fluffy.
3. Spoon onto baking sheets, and be sure to space the cookies at least 2 inches apart evenly.
4. Bake for 15 to 17 minutes in your oven or until the bottoms of the cookies are lightly browned.
5. Allow to cool on the baking sheet for 5 minutes, then transfer your cookies onto a plate or wire rack to cool.



One of my favorite activities around the holidays is baking. Every year, my mother and I always have a holiday baking day where we put on Christmas music, sip egg nog or local wines, and bake all sorts of holiday cookies and treats. I love to ensure our pantry is full of festive sweets for when company visits and to do up in cute, reusable tins to distribute to friends and family or bring along as a hostess gift to holiday parties.



*New Brunswick  
Ingredient Directory*

# *East Coast Mermaid's Favorite NB Ingredients*

## **Apple Cider Vinegar**

You can purchase Fleur du Pommier Apple Cider Vinegar at the Dieppe and Moncton Farmers' Markets, MacArthur's Market or at their Country Store at 79 chemin R. Goguen, Cocagne, NB.

## **Bannock Mix**

You can purchase Bannock Mix at Jenna's Nut-Free Dessertery Inc. at 170 Urquhart Crescent in Fredericton, NB, the Boyce Farmers' Market, Whimsy Boutique Store, Sacred Arts, The Oromocto Galleria or online at [www.nutfreedessertery.com](http://www.nutfreedessertery.com).

## **Caviar**

New Brunswick's Acadian Sturgeon Caviar can be purchased online at [www.acadian-sturgeon.com](http://www.acadian-sturgeon.com).

## **Cheese**

Located in Sussex, New Brunswick, Armadale Farm Dairy Products are the makers of delicious local cheeses, butter, and more. Find their products at your local Farmers' Market or view a list of retailers online at [www.armadaledairyproducts.com](http://www.armadaledairyproducts.com).

Fromagerie au Fond des Bois cheese can be found at Farmers' Markets and select retailers across the province, including Green Pig Country Market in Salisbury, Aura Whole Food in Fredericton, Kredl's Market in Hampton, and select Co-Op IGAs.

## **Chicken Bones**

Ganong's Chicken Bones can be purchased at Sobeys, MacArthur's Market, other retailers, and online at [www.ganong.com](http://www.ganong.com).

## **Chips**

Covered Bridge Chips, made in Hartland, New Brunswick, are the perfect salty addition to your charcuterie board. You can find these at your local NB grocery store, retailers, and online at [www.coveredbridgechips.com](http://www.coveredbridgechips.com).



### **Chocolate**

New Brunswick is home to some incredible chocolate makers, including McGuire Chocolate in St. Andrews, NB ([www.mcguirechocolate.com](http://www.mcguirechocolate.com)), Adorable Chocolat in Shediac NB ([www.adorablechocolat.ca](http://www.adorablechocolat.ca)) and Ganong Chocolate in St. Stephen, NB ([www.ganong.com](http://www.ganong.com)).

### **Cranberry Juice**

Springbrook Cranberry Inc. New Brunswick Cranberry Juice is available at your local Farmers' Market, Cackling Goose Market, Cattail Ridge Family Market, Codiac Organics, Cochran's Country Market, Kredl's Corner Market, MacArthur's Market, Sobeys, and the Wellness Exchange. You can also purchase products online at [www.springbrookcranberry.ca](http://www.springbrookcranberry.ca).

### **Creton**

Les Cuisines Roi can be found at Sobeys, Co-Op IGA, St. Mary's Supermarket, and retailers and markets across the province. To view a complete list of retailers, visit [www.cuisinesroi.ca](http://www.cuisinesroi.ca).

### **Dulse**

AquaVeggies Dulse is available at Sobeys and MacArthur's Market. You can also purchase it online at [www.aquaveggies.com](http://www.aquaveggies.com).

### **Dulse Flakes**

Dulse Flakes are available online at [www.slocumandferris.com](http://www.slocumandferris.com) or Slocum and Ferris at Saint John City Market.

### **Flour**

Speerville Flour Mill can be purchased at Sobeys locations throughout New Brunswick.

### **Honey**

New Brunswick honey products can be purchased at Farmers' Markets and retailers across the province.

### **Hot Cocoa**

You can purchase Jenna's Gourmet Hot Cocoa and Gourmet Dehydrated Marshmallows at Jenna's Nut-Free Dessertery Inc. at 170 Urquhart Crescent in Fredericton, NB. Also at The Boyce Farmers' Market, Whimsy Boutique Store, Sacred Arts, The Oromocto Galleria. or online at [www.nutfreedessertery.com](http://www.nutfreedessertery.com). (continued on next page)

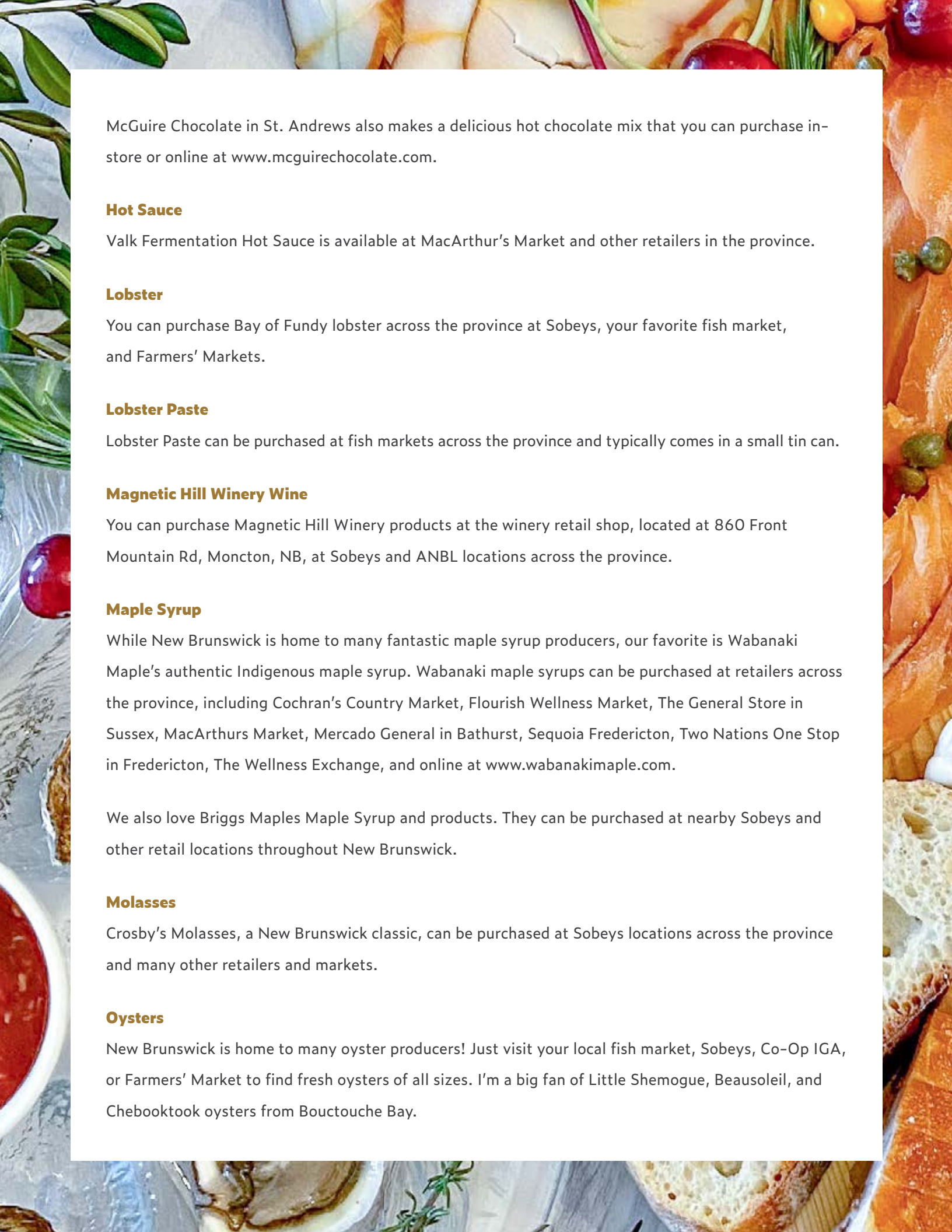




*Shopping Location:*

MacArthur's Market, Moncton





McGuire Chocolate in St. Andrews also makes a delicious hot chocolate mix that you can purchase in-store or online at [www.mcguirechocolate.com](http://www.mcguirechocolate.com).

### **Hot Sauce**

Valk Fermentation Hot Sauce is available at MacArthur's Market and other retailers in the province.

### **Lobster**

You can purchase Bay of Fundy lobster across the province at Sobeys, your favorite fish market, and Farmers' Markets.

### **Lobster Paste**

Lobster Paste can be purchased at fish markets across the province and typically comes in a small tin can.

### **Magnetic Hill Winery Wine**

You can purchase Magnetic Hill Winery products at the winery retail shop, located at 860 Front Mountain Rd, Moncton, NB, at Sobeys and ANBL locations across the province.

### **Maple Syrup**

While New Brunswick is home to many fantastic maple syrup producers, our favorite is Wabanaki Maple's authentic Indigenous maple syrup. Wabanaki maple syrups can be purchased at retailers across the province, including Cochran's Country Market, Flourish Wellness Market, The General Store in Sussex, MacArthurs Market, Mercado General in Bathurst, Sequoia Fredericton, Two Nations One Stop in Fredericton, The Wellness Exchange, and online at [www.wabanakimaple.com](http://www.wabanakimaple.com).

We also love Briggs Maples Maple Syrup and products. They can be purchased at nearby Sobeys and other retail locations throughout New Brunswick.

### **Molasses**

Crosby's Molasses, a New Brunswick classic, can be purchased at Sobeys locations across the province and many other retailers and markets.

### **Oysters**

New Brunswick is home to many oyster producers! Just visit your local fish market, Sobeys, Co-Op IGA, or Farmers' Market to find fresh oysters of all sizes. I'm a big fan of Little Shemogue, Beausoleil, and Chebooktook oysters from Bouctouche Bay.

### **Salmon**

Ocean Wise True North Salmon can be purchased at Sobeys locations throughout New Brunswick and online at [www.truenorthseafood.com](http://www.truenorthseafood.com).

### **Scallops**

You can purchase Bay of Fundy scallops across the province at Sobeys, your favorite fish market, and Farmers' Market.

### **Sea Buckthorn**

Sea Buckthorn is available online at [www.bigskyseabuckthorn.com](http://www.bigskyseabuckthorn.com) or the Wellness Exchange in Moncton, NB.

### **Sea Salt**

Purchase New Brunswick sea salt at various markets and retailers across the province or purchase an NB Box online at [www.risingtidegifts.ca](http://www.risingtidegifts.ca).

### **Shrimp**

Purchase New Brunswick coldwater shrimp at select Sobeys and Co-Op IGA locations, the Moncton Fish Market, and other fish markets and retailers in New Brunswick.

### **Smoked Salmon**

Wolfhead Smoked Salmon can be purchased at fish markets across the province, including Big Fish, and their retail store located at 420 Rt. 172, Letang, NB. We haven't tried it ourselves, yet, but we've heard great things about Ovenhead Salmon Smokers in Bethel, NB as well!

### **Sparkling Apple Juice**

Purchase delicious Sparkling Apple Juice or Cranberry Juice from Verger Belliveau Orchard at Sobeys locations and retailers throughout the province and online at [www.vergerbelliveauorchard.ca](http://www.vergerbelliveauorchard.ca).

### **Sturgeon**

New Brunswick Sturgeon and Sturgeon Paté can be purchased online at [www.acadian-sturgeon.com](http://www.acadian-sturgeon.com) and select retailers in the province.

### **Summer Savory**

Herb & Joy in Hillsborough, NB is a local maker of Summer Savory that can be purchased at Farmers' Markets and select retailers.



lettuce & greens · pesticide free · year round  
légumes-feuilles · sans pesticides · toute l'année



*Shopping Location:*

Dieppe Market, Dieppe

NATURE'S ROUTE FARM



BRUNSWICK

(506) 541-1111

naturesroutefarm.com

### **Vanilla Sugar**

You can purchase Vanilla Sugar at Jenna's Nut-Free Dessertery Inc. at 170 Urquhart Crescent in Fredericton, NB, or online at [www.nutfreedessertery.com](http://www.nutfreedessertery.com).

### **Vodka**

Made in New Brunswick, both Distillerie Fils du Roy and Blue Roof Distillers Vodka are available at ANBL locations across the province. Both are excellent options to add to your holiday cocktails!

### NB Products - Sobeys Shopping List

- Speerville Flour
- NB Maple Syrup
- Ganong Chicken Bones
- Covered Bridge Chips
- Les Cuisines Roi Creton
- Bay of Fundy Lobster & Scallops
- Fresh Oysters
- True North Salmon
- NB Coldwater Shrimp
- AquaVeggies Dulce
- Crosby's Molasses
- Sparkling Apple Juice
- Magnetic Hill Winery Wine

Thank you so much  
& Happy Holidays!



@crystal\_catherine



@ECmermaid



@nbfoodandbeverages



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This Holiday Guide was designed by:

