



ALBERTA'S CULINARY STORY



Alberta has an exceptional array of culinary products, talent, and restaurants throughout the Province that constantly please, surprise and delight diners.

A prime example is Rocky Mountain cuisine, which originated in Banff National Park with several fine restaurants and dining rooms in the towns of Banff and Lake Louise. It is a creative and truly Western Canadian cuisine that champions local and regional ingredients especially Alberta-raised beef and game meat.

Alberta is also Canada's beef capital – about 70 per cent of the beef raised in Canada comes from Alberta, making cattle and beef a \$4-billion dollar a year industry in the province. There's nothing quite like Alberta beef – one taste and you'll see why it's sold around the world.

Top quality restaurants and dining rooms make a point of serving "Triple A" and prime Alberta beef because these top grades have superior texture, flavour and aroma. Cuts of "Triple A" and prime Alberta beef are highly marbled. The higher the marbling, the more exceptional the tenderness and flavour of the beef. And because Alberta beef is finished on barley – the marbling is white compared to the yellow marbling of corn-raised beef.

Game meat is another popular ingredient in Alberta – and increasingly you'll find Alberta-raised buffalo and elk on the menu. Buffalo is especially popular and you'll often see buffalo burger and steaks on the menus of local pubs and bistros as well as higher-end dining establishments.

Buffalo is an incredibly healthy red meat with very little fat. It has a mild flavour not unlike beef and an almost velvety texture. It also pairs well with many hearty flavours – from traditional BBQ sauces and marinades to more exotic sauces with juniper and cranberries. It can also be



prepared in much the same way and in the same time as beef, although steaks and roasts are often served quite rare because the meat is so dense.

Buffalo was Alberta's "original" meat – 150 years ago, they roamed across the Canadian plains. Today, buffalo ranches are dotted across Alberta and buffalo meat raised here is sold to markets around the globe.

Alberta is one of Canada's Prairie Provinces, which have long been called "the breadbasket of the world." Alberta exports about three-quarters of the wheat grown in the province. Alberta's durum wheat is used by pasta makers in Italy; the Japanese and Chinese use Alberta malt barley for food and beer. In Morocco and Algeria, Canadian wheat is used to make couscous and in India it's milled for bread.

In Alberta, our grains are used in traditional "Western" cuisines as well as in new ways like barley risotto, Indian naan bread and Vietnamese noodles. The multicultural influence on our every day foods is enormous – and you'll find food and ingredients from all corners of the globe combined with those grown here in highly creative ways.

It's also worth noting that as people limit and even eliminate trans fats from their diets, they are turning to oils such as canola. Another great Alberta product, canola contains the lowest level of saturated fatty acids of any vegetable oil. It is high in monounsaturated fatty acids, which have been shown to reduce blood cholesterol levels, and has moderate levels of essential polyunsaturated fatty acids. It is also a rich source of vitamin E. And like all vegetable oils, canola oil is cholesterol-free. In short, Alberta canola is good – and good for you. It's light and delicate in vinaigrettes and outstanding "in the pan" for sautéing and frying.

The quality of Alberta's food products is reflected in the passion and commitment many Alberta chefs have these days for locally sourced ingredients. More and more menus are featuring ingredients grown within an hour or two drive.





We're seeing entrepreneurs grow heritage tomatoes near Calgary; raise organic, free-range chickens all over and bake breads with ancient grains grown under our sunny skies. When you see this kind of effort go into the production of ingredients, you can't help but be inspired to create something new and wonderful.

There is no lack of energy or imagination in Alberta when it comes to food. We take great pride and enjoyment in creating new dishes and refining our menus – and in sharing them with everyone who comes to visit our beautiful province.

For more information please visit www.TravelAlberta.com, www.ChompAroundAlberta.com or www.TravelAlberta.com/media

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