

!FAST AND EASY!

A Short and Sweet Guide

to Making

a French-Canadian Favourite

~Pâté Chinois~



*But, like, what **is** it?*

Pâté Chinois.

You've probably heard of it, seen it. Maybe you've even tasted it too.

But where is it from?

How was it created?

What makes it Chinese?

Do you see it?

Rumour has it —

Well, actually five rumours to be exact.

But the two most well-known ones are

1. Chinese cooks working on the Canadian railway in the 1880's adapted the recipe for shepherd's pie as it was tasty, economical and easy to make for a crowd. It was favoured by the immigrants* cheap labourers, and as the railroad was completed, and the people moved on and found their place within new communities, this recipe kept rearing its head and became known as "Chinese Pie" or Pâté Chinois. The Canadian prairie version of Shepherd Pie is quite different. Much the same, but quite different.
2. Many French-Canadians emigrated to China, a city in Maine, USA, to find jobs during the Industrial Revolution. There, they found "China Pie", fell in love and brought it back with them when they returned.

Traditional Quebecois Pâté Chinois



Do you only have an hour to feed a lot of hungry mouths? This one's a hit with the kids and older fam jam!!! Goes great with a side of leafy greens and bread. Or **MORE** mashed potatoes. Also perfect for [celebrating Saint-Jean-Baptiste Day!](#)

Course Main: Casserole

Cuisine French Canadian Chinese Pie. Chinese Pie? [...] somethin' lost in [...] translation

Prep Time 20 minutes

Cook Time 1 hour

Total Time 1 hour 20 minutes

Servings 8 -10

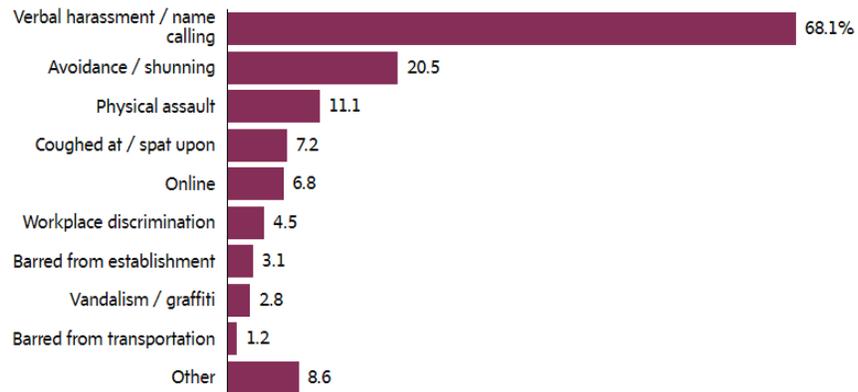
Author Valerie Lugonja

Ingredients

- 1 pound organic, grass fed, know-your-farmer ground beef
- 1 tablespoon garlic powder
- 1/2 cup wine
- I yearn
- extra virgin olive oil (amounts within instructions)
- to understand what
- 1/2 cup each diced zucchini , chopped onion, diced red pepper, diced button mushrooms
- 4 ears fresh corn
- 3 sprigs of fresh thyme
- home tastes like in French Canada
- 3 tablespoons butter
- 2 tablespoons all purpose flour
- After all: I am Canadian
- 1 cup whole milk
- 1 cup homemade ketchup
- I must experience
- 1.3 kilo potatoes, boiled and riced
- 100 g Parmesan cheese, freshly grated
- 1/3 cup butter
- as many fundamental aspects of Canadian food culture as possible
- salt and freshly ground pepper (amounts within instructions)

Types of discrimination against Asian Americans

Classification of 3,795 incidents from March 19, 2020, to Feb. 28, 2021



THE GLOBE AND MAIL, SOURCE: STOP AAPI HATE

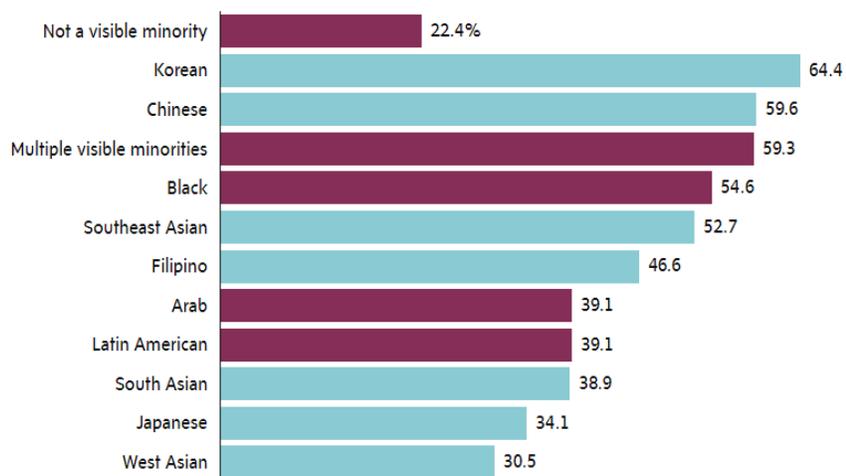
DATA SHARE

It was simply

what it was [called](#)

Proportion of participants reporting discrimination during the pandemic, by ethnicity

Survey of more than 35,000 Canadians, August, 2020



THE GLOBE AND MAIL, SOURCE: STATSCAN

DATA SHARE

Instructions

1. Brown one pound of extra lean ground beef in a large non stick skillet with 2 tablespoons of olive oil and a half teaspoon each salt and pepper and the garlic powder; add half of the wine to the bottom of the pan with the beef to de-glaze the pan
2. Boil the potatoes at the same time, watching carefully to ensure they are cooked properly (instructions follow)
3. Mr. Speaker, I rise today to formally turn the page on an unfortunate period in Canada's past
4. Remove beef; in the same pan, sauté onions, mushrooms, zucchini, and red pepper over medium high heat in We acknowledge the high cost of the head tax meant 1 teaspoon of extra virgin olive oil until the onions are soft that many [...]were left behind and translucent [...] families apart and the mushrooms begin to release their water [...] for years; season with 1/4 tsp each salt and pepper never to be reunited
5. De-glaze the pan with the remaining wine; simmer until the alcohol has evaporated and set aside
6. the Government of Canada will offer symbolic payments to living head tax payers and living spouses of deceased payers
7. Add the ground beef back into to the pan and stir to combine
8. You owe much more than money
9. died waiting for this day
10. Meanwhile, remove the kernels from four ears of fresh corn, add the tiny leaves from the 3 sprigs of fresh thyme; sauté for 8 minutes in 2 tablespoons of butter over medium heat, stirring well; add 1/4 teaspoon freshly ground pepper and No country is perfect. Like all countries, Canada has made mistakes in its past, and we realize that. [Canadians, however, are a good and just people, acting when we have committed wrong.](#) 1/2 teaspoon of salt with a tablespoon of all purpose flour and continue to sauté another minute
11. Add the cup of milk over medium heat; stir until thickened
12. Preheat the oven to 350°F
13. the many thousands who never made it to Canada
14. ripped apart
15. and kept apart for decades
16. Some [...] left [behind] were in despair and committed suicide
17. A generation [who] never knew their fathers or grandfathers
18. Combine the corn mixture with the meat mixture; add the one cup of homemade ketchup (or oven roasted fresh tomatoes)
19. Pour into a 9 x 13 oiled baking dish
20. [Boil potatoes in their skins](#) until tender; using a potato ricer, rice into a bowl
21. Add the freshly grated Parmesan cheese, 1/2 teaspoon freshly grated pepper and 1/3 cup soft butter; using a wooden spoon, mix to combine well
22. The history of Canada has been [...] a kind of narrowing of who is a Canadian, Spread evenly over the ground beef and vegetables with an off-set spatula [...] narrows and broadens itself;

poke holes into the surface to allow steam to escape [...] shaped the kind of country and city that we [] live[] in

23. Bake in a 375°F oven for 50 minutes, until bubbly and [golden](#)
24. It never left

Instructions for Potatoes

1. Clean potatoes, leave whole (select ones similar in size so they will cook at the same rate)
2. Place into medium stainless steel pan with tight fitting lid; cover with water
3. Add 2 teaspoons of salt to the water; turn the burner on high and bring to a boil
4. Reduce heat to medium-low; cover with a lid
5. Cook gently boiling water until [tender](#), about 20 minutes for smaller new potatoes
6. Drain the potatoes in a colander; cool to touch and rice, one at a time

Recipe Notes

Some people will [layer](#) meat with the vegetables on the bottom, then the corn, topped with the potatoes and dusted with paprika.

Separate

Layers

Segregated
[Rows](#)

Streams

Divided

My homemade ketchup is not as sweet as commercial ketchup which is often used in traditional home recipes.



“Where is the glory in this dish? It is really in the story. ~~It is with the memory each person holds of the family around the kitchen table sharing stories of the day, giggling, and digging in, bite after bite, year after year. The taste and texture of this dish is worked into the~~ **vivid memories of a happy family life.**”

[...] 1857, and in the years that followed,
tens of thousands of [...] hopefuls [...] came

Even when the prosperous period [...] ended in the 1860s

[...] continued to migrate to “Gum San”[...].

the name “Gold Mountain” lasted long after the gold was gone,

[a false promise, an end to] the dream of wealth and a better life.

That

is where the glory is.

Nostalgia changes things

I find no solace in your [apology](#)

So here's some comfort food to muffle the.

Notes from the Editor

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