



Flax

*World Class
Recipes*

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Grain Bread

Onion & Olive
Focaccia

Veggie
Calzones

Flax World Class Recipes

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*Onion and
Olive Focaccia*

Grain Bread



Flax has been valued throughout the ages for food, feed and fiber. Flatbreads and crackers; porridges and grain breads all have and continue to benefit from flaxseed and oil. Historically, flax has contributed to many of the world's cultures and cuisines.

Beer and caraway make it German; wine and tomatoes make it Italian; chèvre and pita make it Mediterranean; sticky rice and nori make Asian; cornmeal and bourbon make it southern. Flax makes it all good!

Experience the tastes and textures of these world class recipes or use them as a guide to create your own culinary delights. Enjoy the journey!



Taste the hearty
richness of

Deutschland German Cuisine

German cuisine, at its best, can only be described as hearty servings of natural and fresh ingredients accompanied by fine beer. Breads are the undisputed "staff of life" with many made with barely, rye and whole wheat flours and sprinkled with grains and seeds like flax.

Barley and Flax Beer Bread

375	mL	unbleached all purpose flour	1½	cups
175	mL	barley flour	¾	cup
125	mL	ground flaxseed	½	cup
15	mL	baking powder	1	tbsp.
5	mL	baking soda	1	tsp.
2	mL	salt	½	tsp.
1		large egg	1	
25	mL	liquid honey	2	tbsp.
1		355 mL can beer or 341 mL bottle	1	

Single Serving Nutrient Analysis

kcal	93.58
prot g	3.10
carb g	16.22
fiber g	2.09
fat g	2.18
sat g	.84
mono g	.62
poly g	.58
chol mg	13.28
fola mcg	18.70
K mg	65.51
Na mg	239.12

- Preheat oven to 180° C (350° F).
- In a bowl, combine flours, ground flaxseed, baking powder, baking soda and salt. Stir well.
- In another bowl, beat together, with a fork, egg and honey. Gently stir in beer.
- Add liquid ingredients to dry ingredients and mix just until moistened.
- Spoon into an 11 x 21 cm (4½ x 8½ inch) loaf pan that has been sprayed with a nonstick cooking spray.
- Bake 40 to 50 minutes or until wooden pick inserted in centre comes out clean.
- Remove from pan and cool on a wire rack.

Note: De-alcoholized beer can also be used. Best eaten the same day but also tasty toasted the next day.

Yield	Serving
16 servings	1 - 1 cm (½ inch) slice

Food without hospitality is medicine.

Indian (Tamil) Proverb

Caraway Multigrain Buns

2	8 g packages active dry yeast	2
	(25 mL/2 tbsp.)	
750	mL warm water, 40 to 45° C (100 to 110° F)	3 cups
1	large egg, beaten	1
75	mL canola oil	½ cup
25	mL fancy molasses	2 tbsp.
10	mL caraway seed	2 tsp.
7	mL salt	1½ tsp.
2	mL white vinegar	½ tsp.
250	mL whole wheat flour	1 cup
250	mL oat bran	1 cup
250	mL rye flour	1 cup
250	mL ground flaxseed	1 cup
50	mL whole flaxseed	¼ cup
50	mL sesame seed	¼ cup
50	mL raw sunflower seeds	¼ cup
875 - 1,000	mL unbleached all purpose flour	3½ - 4 cups
1	egg white	1
15	mL water	1 tbsp.
25	mL whole flaxseed	2 tbsp.
15	mL caraway seed	1 tbsp.
15	mL sesame seed	1 tbsp.

*Single Serving
Nutrient Analysis*

kcal	199.79
prot g	6.98
carb g	28.41
fiber g	5.33
fat g	8.64
sat g	1.97
mono g	3.40
poly g	2.94
chol mg	8.85
fola mcg	36.99
K mg	177.18
Na mg	151.12

- In a large bowl, dissolve yeast in warm water.
- Add egg, oil, molasses, caraway seed, salt and vinegar. Stir.
- Add whole wheat and rye flours, bran, ground and whole flaxseed, sesame and sunflower seeds. Beat until smooth. Add enough flour to form a soft dough.
- Turn onto floured surface and knead until smooth and elastic, 6 to 8 minutes.
- Place in oiled bowl. Cover and let rise in a warm place until doubled in bulk, about 1 hour.
- Punch dough down. Shape into 24 round balls, flatten each into 7.5 cm (3 inch) circle.
- Place on greased baking sheet 5 cm (2 inches) apart.
- Beat egg white with water until frothy. Brush over buns. Sprinkle whole flaxseed, caraway and sesame seeds on buns.
- Cover with oiled plastic wrap. Let rise until double in bulk, about 50 minutes.
- Preheat oven to 190° C (375° F) oven. Bake until golden brown 22 to 24 minutes.

<i>Yield</i>	<i>Serving</i>
24 servings	1 large bun

Peach & Flax Coffee Cake

175	mL	natural bran	¾	cup
250	mL	1% milk	1	cup
50	mL	granulated sugar	¼	cup
1		large egg	1	
25	mL	flax oil	2	tbsp.
250	mL	unbleached all purpose flour	1	cup
50	mL	ground flaxseed	¼	cup
15	mL	baking powder	1	tbsp.
1	mL	salt	¼	tsp.
1		398 mL (14 oz.) tin sliced peaches, drained	1	
25	mL	packed brown sugar	2	tbsp.
25	mL	granulated sugar	2	tbsp.
15	mL	unbleached all purpose flour	1	tbsp.
7	mL	ground cinnamon	1½	tsp.
15	mL	flax oil	1	tbsp.

Single Serving Nutrient Analysis

kcal	180.55
prot g	4.83
carb g	30.16
fiber g	4.03
fat g	6.41
sat g	1.30
mono g	1.37
poly g	3.38
chol mg	25.37
fola mcg	27.68
K mg	187.12
Na mg	243.98

- Preheat oven to 190° C (375° F).
- Grease and flour a 20 x 20 cm (8 x 8 inch) pan.
- In a small bowl, soak bran in milk 10 minutes.
- In a large bowl, whisk together sugar, egg and flax oil.
- In another bowl, stir together flour, ground flaxseed, baking powder and salt.
- Add flour mixture alternating with the bran mixture to sugar and egg mixture. Stir just until all ingredients are moistened.
- Spread batter into prepared pan.
- Lay peaches in rows on top of batter.
- In a small bowl, mix together brown and granulated sugar, flour and cinnamon.
- Stir in flax oil until moistened.
- Sprinkle over peaches.
- Bake 45 minutes or until wooden pick inserted in the centre of the cake comes out clean.
- Serve with a dollop of vanilla yogurt or whipped cream if desired.

Yield	Serving
9 servings	1- 6 x 6 cm (2½ x 2½ inch) slice



Indulge in the culinary
delights of

Italian Cuisine

Italian cuisine is a marriage of foods, food customs and regions. Polenta, pasta and rice combined with great varieties of vegetables; specialty cheeses; herbs; meats and seafood; and of course, olive oil and butter, showcase the culinary delights of Italy.

Flax Polenta with Tomato Sauce

1	L	water	4	cups
250	mL	cornmeal	1	cup
5	mL	salt	1	tsp.
75	mL	ground flaxseed	½	cup
50	mL	packed chopped parsley	¼	cup
50	mL	grated light Parmesan cheese	¼	cup
5	mL	whole flaxseed	1	tsp.
25	mL	olive oil	2	tbsp.
1	L	diced ripe tomatoes (approximately 5 - 6)	4	cups
		salt and pepper to taste		
		olive oil for sautéing		

Single Serving Nutrient Analysis

kcal	151.63
prot g	4.72
carb g	20.74
fiber g	4.01
fat g	6.80
sat g	1.79
mono g	3.42
poly g	1.26
chol mg	1.14
fola mcg	25.59
K mg	293.26
Na mg	412.63

- In a bowl combine cornmeal with 250 mL (1 cup) water.
- In a large saucepan bring remaining 750 mL (3 cups) water to a boil.
- Add cornmeal and salt to water, stirring constantly, until thickened.
- Cover, reduce heat to low and cook 10 minutes longer. Stir occasionally.
- Remove from heat, stir in ground flax, parsley and Parmesan cheese.
- Spoon into a 13 x 20 cm (5 x 8 inch) loaf pan. Sprinkle with whole flaxseed. Cool 2 hours.
- In a medium pan, over medium heat, add oil and diced tomatoes. Cook, stirring occasionally until tomatoes are soft and sauce has thickened, about 8 minutes. Add salt and pepper to taste.
- When polenta is cold cut into 16 1 cm (½ inch) slices.
- Heat a nonstick pan over medium to medium low heat. Lightly oil with olive oil.
- Add a few polenta slices, fry until golden, about 5 minutes on each side.
- Keep warm while frying the remainder of the polenta.
- Serve with warm tomato sauce.

Flax Polenta
with Tomato
Sauce

Yield	Serving
8 servings	2 slices polenta with 50 mL (¼ cup) sauce



The only real stumbling block is fear of failure.
In cooking you've got to have a 'what the hell' attitude.

Julia Child

Onion and Olive Focaccia

Bread:			
250	mL	warm water, 40 to 45° C (100 to 110° F)	1 cup
5	mL	granulated sugar	1 tsp.
1		8 g package quick rise instant yeast (11 mL/ 2¼ tsp.)	1
500	mL	unbleached all purpose flour	2 cups
125	mL	ground flaxseed	½ cup
15	mL	whole flaxseed	1 tbsp.
5	mL	salt	1 tsp.
25	mL	canola oil	2 tbsp.
15	mL	cornmeal	1 tbsp.
Topping:			
25	mL	canola oil	2 tbsp.
		fresh ground pepper to taste	
50	mL	slivered red onion	¼ cup
50	mL	sliced black or stuffed manzanillo olives	¼ cup
25	mL	finely chopped fresh basil	2 tbsp.
15	mL	grated Parmesan cheese	1 tbsp.
5	mL	whole flaxseed	1 tsp.

*Single Serving
Nutrient Analysis*

kcal	240.04
prot g	6.39
carb g	31.21
fiber g	4.18
fat g	11.57
sat g	2.42
mono g	4.81
poly g	3.20
chol mg	.50
folat mcg	75.99
K mg	144.39
Na mg	348.41

- In a bowl, combine water and sugar. Stir well. Add yeast. Stir to dissolve.
- In a large bowl, combine flour, ground flaxseed, whole flaxseed and salt. Mix well.
- Add yeast mixture and canola oil. Mix well to make a soft dough.
- Knead dough on floured surface until smooth and no longer sticky, about 4 minutes.
- Place dough in a well greased bowl, turning over to grease top.
- Cover loosely with plastic. Let rise in a warm place until doubled in size, 30 to 45 minutes.
- Spray a baking sheet or pizza pan with a nonstick cooking spray. Sprinkle with cornmeal.
- Punch dough down and form into a ball. Press with fingers to form 25 cm (10 inch) circle
- Place on pan, cover loosely with plastic wrap. Let rise until double in bulk, (30 minutes).
- Place oven rack on second rung from bottom. Preheat oven to 200° C (400° F).
- Make deep depressions in dough with fingers approximately 5 cm (2 inches) apart. Drizzle canola oil over top and season with pepper.
- Sprinkle onion, olives, basil, Parmesan and whole flaxseed over top. Bake until lightly browned, 20 to 25 minutes.
- Cut into 8 wedges and serve warm.

<i>Yield</i>	<i>Serving</i>
8 servings	1 wedge

Veggie Calzones

Dough			
375	mL	unbleached all purpose flour	1½ cups
125	mL	ground flaxseed	½ cup
5	mL	granulated sugar	1 tsp.
5	mL	salt	1 tsp.
11	mL	quick rising yeast	2¼ tsp.
125	mL	water, 50 to 55° C (120 to 130° F)	½ cup
25	mL	canola oil	2 tbsp.
75	mL	1% milk	½ cup
Filling			
175	mL	tomato sauce	¾ cup
25	mL	ground flaxseed	2 tbsp.
25	mL	grated Parmesan cheese	2 tbsp.
1		clove garlic, crushed	1
5	mL	each crushed dried oregano and basil	1 tsp.
250	mL	chopped mushrooms	1 cup
125	mL	pineapple tidbits, well drained	½ cup
50	mL	finely chopped onion	¼ cup
50	mL	finely chopped green pepper	¼ cup
125	mL	grated, partially skimmed Mozzarella cheese	½ cup
15	mL	cornmeal	1 tbsp.
		canola oil	

*Single Serving
Nutrient Analysis*

kcal	206.76
prot g	8.38
carb g	26.94
fiber g	4.59
fat g	9.01
sat g	3.04
mono g	3.43
poly g	2.26
chol mg	5.76
fola mcg	63.03
K mg	284.40
Na mg	500.70

- Dough: In a large bowl combine flour, ground flaxseed, sugar, salt and yeast. Add water and oil. Stir well with a fork.
- Add enough milk until the dough forms a ball. Knead well 2 minutes.
- Place dough on lightly floured surface, cover with bowl and let rest 10 minutes.
- Filling: In a medium bowl, mix together tomato sauce, ground flaxseed, parmesan, garlic, oregano, basil, mushrooms, pineapple, onion, green pepper and cheese.
- Preheat oven to 230° C (450° F). Sprinkle baking sheet with cornmeal.
- Divide dough into 8 equal portions. Roll each piece into a 12.5 cm (5 inch) circle.
- In centre of each circle place 50 mL (¼ cup) of filling.
- Fold dough over to form a half circle. Crimp edges well. With a fork or point of a sharp knife, poke holes in top of each calzone for steam to escape.
- Place 5 cm (2 inches) apart on prepared baking sheet. Lightly brush tops with canola oil.
- Bake 15 to 20 minutes or until golden.
- Remove from oven and let cool 10 minutes before eating.

<i>Yield</i>	<i>Serving</i>
8 servings	1 calzone



Experience the culinary
diversity of the

Mediterranean

The Mediterranean, so rich in history, culture and culinary tradition, continues to produce culinary classics of universal appeal. Flax adds flavour, texture and nutrition to such classics as the ever popular pita and the impressive cracker.

Flax Coated Goat Cheese and Apple Salad

1		red apple, cored, sliced into 12 wedges	1
1		green apple, cored, sliced into 12 wedges	1
250	mL	water	1 cup
25	mL	lemon juice	2 tbsp.
15	mL	granulated sugar	1 tbsp.
Dressing:			
50	mL	poaching liquid	¼ cup
25	mL	pure maple syrup	2 tbsp.
15	mL	apple cider vinegar	1 tbsp.
15	mL	flax oil	1 tbsp.
1	mL	crushed thyme	¼ tsp.
0.5	mL	ground cinnamon	⅛ tsp.
1	L	packed baby greens (142 g bag)	4 cups
140	g	goat cheese roll (chèvre)	5 oz.
25	mL	whole flaxseed	2 tbsp.

Single Serving Nutrient Analysis

kcal	259.84
prot g	9.60
carb g	23.46
fiber g	4.53
fat g	15.99
sat g	8.40
mono g	3.53
poly g	3.28
chol mg	27.65
fola mcg	68.75
K mg	380.58
Na mg	201.01

- In a large saucepan, bring the water, lemon juice and sugar to a boil.
- Add apple slices and gently poach until tender-crisp, about 4 minutes.
- Carefully lift out apple slices with slotted spoon. Set aside to cool. Reserve liquid.
- In a small bowl, whisk together poaching liquid, maple syrup, vinegar, flax oil, thyme and cinnamon.
- Divide salad greens among four serving plates.
- Roll goat cheese in whole flaxseed to coat. Slice into 12 slices.
- Place 3 slices of cheese on top of each salad. Arrange 3 slices of red and green apple on each salad. Drizzle with 25 mL (2 tbsp.) salad dressing.

Top:

Flax Coated

Goat Cheese &

Apple Salad

Flax Crackers

Herb & Garlic

Pitas

Yield	Serving
4 servings	125 mL (½ cup)

Feel a recipe is only a theme, which an intelligent cook can play each time with a variation.

Madame Jehane Benoit

Flax Crackers

750	mL	whole wheat flour	3	cups
10	mL	salt	1	tsp.
150	mL	ground flaxseed	$\frac{2}{3}$	cup
75	mL	whole flaxseed	$\frac{1}{3}$	cup
15	mL	coarse black pepper	1	tbsp.
15	mL	steak spice	1	tbsp.
		coarse salt (optional)		
375	mL	warm water, 40° C (100° F)	$\frac{1}{2}$	cups

Single Serving Nutrient Analysis

kcal	60.07
prot g	2.55
carb g	10.21
fiber g	2.70
fat g	2.03
sat g	.80
mono g	.53
poly g	.63
chol mg	0.00
fola mcg	5.25
K mg	82.77
Na mg	159.18

- In bowl of food processor, combine flour, salt, ground flaxseed, whole flaxseed, pepper and steak spice. Process 10 seconds.
- Add water all at once and run processor until dough forms a ball (about 20 seconds).
- Adjust the dough with water or flour, 15 mL (1 tbsp.) at a time to make a smooth dough that is no longer sticky to the touch.
- Process an additional 60 seconds (to knead). Put dough in plastic bag or covered bowl and let rest 30 minutes.
- Preheat oven to 200° C (400° F).
- Cut dough into 8 pieces and roll out into 22.5 cm (9 inch) circles. Place crackers on parchment lined cookie sheets.
- Spray crackers with water and sprinkle with coarse salt or additional spice if desired.
- Bake 10 to 18 minutes or until blistered and lightly browned and crisp. Check frequently as crackers darken and get crisp quite quickly near the end.
- Serve whole or broken.
- Store at room temperature in plastic wrap, bags or covered tins for up to one week.

Alternate process: before baking cut into triangles or cut and deep fry to make tortilla chip style cracker. Note: Whole wheat flour may be substituted with 625 mL all purpose flour (2½ cups) and 250 mL (1 cup) bran. Pepper and steak spice may be substituted with 20 mL (4 tsp.) Montreal Steak Spice.

<i>Yield</i>	<i>Serving</i>
Makes 8 large round crackers	$\frac{1}{4}$ cracker

The discovery of a new dish does more for happiness of the human race than the discovery of a star. Antheline Brillat-Savarin

Herb & Garlic Pita

625	mL	unbleached all purpose flour	2½	cups
1		8 g package active dry yeast (11 mL/2¼ tsp.)	1	
5	mL	granulated sugar	1	tsp.
2	mL	salt	½	tsp.
250	mL	warm water, 40 to 45° C (100 to 110° F)	1	cup
50	mL	ground flaxseed	¼	cup
10	mL	whole flaxseed	2	tsp.
10	mL	crushed basil	2	tsp.
10	mL	crushed oregano	2	tsp.
2	mL	garlic powder	½	tsp.
15	mL	flax oil	1	tbsp.

Single Serving Nutrient Analysis

kcal	230.07
prot g	7.06
carb g	40.38
fiber g	3.24
fat g	4.78
sat g	1.24
mono g	1.11
poly g	2.31
chol mg	0.00
fola mcg	102.29
K mg	75.89
Na mg	163.32

- In mixer bowl, combine 250 mL (1 cup) flour, yeast, sugar and salt.
- Add water, beat 2 minutes on medium speed.
- Add 125 mL (½ cup) flour, ground flax, whole flaxseed, basil, oregano and garlic powder. Beat on high 1 minute.
- Add remaining flour to make a soft dough.
- Knead dough on floured surface until smooth, 5 to 7 minutes.
- Place dough in large oiled bowl. Turn dough to oil all sides. Cover.
- Set in warm spot to rise until double in bulk, 1 hour.
- Punch down dough, let rest 30 minutes.
- Preheat oven to 220° C (450° F).
- Divide dough into 6 equal pieces. Shape each into a ball.
- On a floured surface, roll each ball into a 15 cm (6 inch) circle.
- Place pitas on lightly floured baking sheets.
- Bake in centre of oven until pita is puffed and brown, 15 minutes. Remove to counter.
- Brush tops lightly with flax oil.
- Let cool 5 minutes. Put in large plastic bag. Do not seal until completely cool.

Serving Suggestions:

Use pitas as pizza base or stuff with Greek salad or split into two rounds, cut each into eight wedges and bake until dry at 170C° (325F°) to create tortilla chips.

<i>Yield</i>	<i>Serving</i>
6 servings	1 whole pita



Discover the
delights of

Down South Cuisine

America, like Canada, boasts a rich and varied ethnic heritage. The South, like other regions retains its own unique food customs, festivals and food traditions with pride, utilizing local ingredients.

Lemon, Pecan and Flax Pilaf

25	mL	olive oil	2	tbsp.
125	mL	finely chopped onion	½	cup
250	mL	long grain brown rice	1	cup
550	mL	chicken or vegetable broth	2¼	cups
50	mL	fresh lemon juice	¼	cup
15	mL	grated lemon rind	1	tbsp.
0.5	mL	turmeric	⅙	tsp.
50	mL	toasted chopped pecans	¼	cup
50	mL	ground flaxseed	¼	cup
25	mL	whole flaxseed	2	tbsp.

Single Serving Nutrient Analysis

kcal	180.45
prot g	5.02
carb g	23.13
fiber g	3.06
fat g	8.65
sat g	1.85
mono g	4.49
poly g	1.98
chol mg	0.00
fola mcg	9.94
K mg	196.96
Na mg	230.24

- In a medium saucepan, over medium heat, add olive oil and sauté onion until soft, about 2 minutes.
- Add rice and sauté; 2 minutes.
- Slowly pour in broth.
- Add lemon juice, rind and turmeric.
- Bring to a boil, reduce heat to low.
- Cover and cook until rice is tender and all liquid is absorbed, about 45 minutes.
- Remove from heat, let stand covered 5 minutes.
- Sprinkle pecans, ground flaxseed and whole flaxseed over the top. Mix well.

Yield	Serving
8 servings	125 mL (½cup)

Of soup and love, the first is the best.

Spanish Proverb

Sweet Potato and Flax Pancakes

500	mL	lightly packed grated sweet potato	2	cups
25	mL	grated onion	2	tbsp.
25	mL	chopped cilantro*	2	tbsp.
1		large egg, slightly beaten	1	
75	mL	whole wheat flour	1/8	cup
50	mL	ground flaxseed	1/4	cup
5	mL	baking powder	1	tsp.
2	mL	salt	1/2	tsp.
2	mL	curry powder	1/2	tsp.
50	mL	1% milk	1/4	cup
25	mL	melted butter	2	tbsp.
		canola oil for frying		

Single Serving Nutrient Analysis

kcal	159.79
prot g	5.14
carb g	22.34
fiber g	4.26
fat g	7.07
sat g	2.89
mono g	1.80
poly g	1.36
chol mg	49.62
fola mcg	15.82
K mg	224.90
Na mg	361.48

- In a bowl, combine sweet potato, onion, cilantro and egg.
- Add flour, ground flaxseed, baking powder, salt and curry. Stir.
- Add milk and butter. Stir to form batter.
- Heat a nonstick fry pan over medium heat.
- Add 5 to 10 mL (1 to 2 tsp.) canola oil. Swirl to coat pan.
- Using a 15 mL (1 tbsp.) measure, drop rounded scoop of batter into fry pan, flatten slightly with back of the spoon.
- Cook 1 to 1 1/2 minutes or until nicely browned on bottom and around edges.
- Flip over, gently pressing down on pancake with back of pancake turner; cook 1 to 1 1/2 minutes or until cooked through.
- Continue cooking pancakes until all the batter is used, adding more oil to pan as needed.
- Serve with plain yogurt and mango chutney.

*fresh parsley can be substituted A nice accompaniment for pan roasted pork tenderloin with flax crust. (recipe page 32)

<i>Yield</i>	<i>Serving</i>
5 servings	3 pancakes



Bread is the warmest, kindest of words. Write it always with a capital letter like your own name.

Russian Café Sign

Fruit and Berry Cobbler

Filling			
1.25	L	sliced fruit (apple, peach, pear)	5 cups
25	mL	lemon juice	2 tbsp.
		juice of one orange	
500	mL	fresh or frozen raspberries, strawberries, blueberries or Saskatoon berries	2 cups
75	mL	granulated sugar	½ cup
45	mL	cornstarch	3 tbsp.
25	mL	ground flaxseed	2 tbsp.
2	mL	ground cinnamon	½ tsp.
Biscuits			
250	mL	unbleached all purpose flour	1 cup
75	mL	ground flaxseed	½ cup
50	mL	granulated sugar	¼ cup
		grated rind of one orange	
7	mL	baking powder	1½ tsp.
5	mL	baking soda	1 tsp.
1	mL	salt	¼ tsp.
25	mL	butter or margarine	2 tbsp.
125	mL	buttermilk	½ cup
Topping			
50	mL	chopped walnuts, pecans or sliced almonds	¼ cup
25	mL	packed brown sugar	2 tbsp.
15	mL	whole flaxseed	1 tbsp.
1	mL	ground cinnamon	¼ tsp.

Single Serving Nutrient Analysis

kcal	284.09
prot g	5.16
carb g	52.93
fiber g	6.83
fat g	8.19
sat g	3.22
mono g	2.54
poly g	2.06
chol mg	7.13
fola mcg	37.38
K mg	343.24
Na mg	353.47

- Preheat oven to 190° C (375° F).
- Lightly spray a 3 L (12 cup) casserole dish with nonstick cooking spray.
- To prepare filling: In a large bowl, toss fruit with lemon and orange juice.
- Add berries, sugar, cornstarch, ground flaxseed and cinnamon. Stir.
- Turn into prepared casserole dish. Bake 15 minutes, stir.
- To prepare biscuits: In a medium bowl, combine flour, ground flaxseed, sugar, orange rind, baking powder, baking soda and salt. Cut in butter. Rub lightly with fingertips until mixture resembles coarse crumbs.
- Stir in buttermilk just until all dry mixture is mixed in.
- Using a 50 mL (¼ cup) measure, drop 8 biscuits on top of hot fruit. ...continued...

- To prepare topping: In a small bowl toss together nuts, sugar, flaxseed and cinnamon. Sprinkle on top of biscuits.
- Bake 30 to 35 minutes or until fruit is bubbling and biscuits are lightly browned.

Buttermilk Substitute: 125 mL (½ cup) plain yogurt or 7 mL (1½ tsp.) lemon juice (or vinegar) plus enough milk to equal 125 mL (½ cup). Let stand 5 minutes.

Flax biscuits can be made on their own by preparing and dropping 8 biscuits on a baking sheet that has been sprayed with a nonstick cooking spray. Bake in a preheated 190° C (375° F) oven 12 to 15 minutes or until biscuits are lightly browned and a wooden pick inserted in centre comes out clean.

<i>Yield</i>	<i>Serving</i>
8 servings	1 biscuit plus 125 mL (½ cup) fruit

Flaxseed, Turbinado Sugar & Black Pepper Phyllo Shards

50	mL	ground flaxseed	3	tbsp.
50	mL	turbinado (raw) sugar	¼	cup
15	mL	whole flaxseed	1	tbsp.
15	mL	coarse ground or cracked black pepper	1	tbsp.
4		sheets phyllo pastry 30.5 x 40.5 cm (12 x 16 inches) each	4	
45	mL	melted butter for brushing	3	tbsp.

Single Serving Nutrient Analysis

kcal	211.81
prot g	2.84
carb g	17.59
fiber g	1.23
fat g	14.96
sat g	3.45
mono g	3.61
poly g	7.19
chol mg	5.83
fola mcg	14.50
K mg	51.30
Na mg	101.62

- Preheat oven to 200° C (400° F).
- In a small bowl, combine ground flaxseed, sugar, whole flaxseed and pepper.
- On parchment lined baking sheet, place one sheet phyllo. Brush top with 10 mL (2 tsp.) melted butter and sprinkle generously with flax mixture. Repeat with next sheets of phyllo, butter and flax mixture.
- Top with fourth sheet and brush with remaining butter.
- With sharp knife cut sheets in half crosswise. Then cut at 5 cm (2 inch) intervals to form 16 5 x 15 cm (2 x 6 inch) rectangles. Cut each rectangle diagonally to form 32 triangles.
- Bake 12 minutes until golden, crisp and dry to the touch.
- Let cool 5 minutes then place on cooling rack.

Note: Turbinado Sugar: dry, coarse blond-coloured raw sugar crystals with a delicate molasses or brown sugar taste.

<i>Yield</i>	<i>Serving</i>
16 servings	2 shards

*Fruit & Berry
Cobbler*





Chicken with Flax and Bourbon

4		boneless, skinless chicken breasts (750 g/1½ lbs.)	4
50	mL	cornmeal or fine dry bread crumbs	¼ cup
50	mL	whole flaxseed	¼ cup
25	mL	all purpose flour	2 tbsp.
5	mL	Creole or Cajun seasoning	1 tsp.
25	mL	canola oil	2 tbsp.
15	mL	minced onion	1 tbsp.
15	mL	chopped fresh thyme and parsley	1 tbsp.
1		clove garlic, minced	1
		salt and pepper to taste	
50	mL	bourbon or whiskey	¼ cup
10	mL	brown sugar	2 tsp.
75	mL	chicken stock	½ cup
2	mL	cornstarch	½ tsp.

Single Serving Nutrient Analysis

kcal	303.48
prot g	30.33
carb g	13.70
fiber g	3.44
fat g	11.48
sat g	2.49
mono g	4.99
poly g	3.33
chol mg	68.50
fola mcg	14.70
K mg	405.99
Na mg	275.55

- Preheat oven to 180° C (350° F).
- In a bowl, combine cornmeal, flaxseed, flour and seasoning.
- Moisten chicken breasts with water.
- Coat all sides of chicken breasts with crumb mixture.
- In a 25 cm (10 inch) nonstick fry pan, heat oil over medium to medium-high heat.
- Sear chicken 2 minutes, 30 seconds on each side.
- Remove chicken from fry pan and finish baking in oven until done, about 25 minutes.
- In the fry pan, over medium-high heat sauté onions until soft, about 2 minutes. Add herbs, garlic, salt and pepper. Stir.
- Add bourbon. Heat about 30 seconds.
- Add brown sugar, chicken stock & cornstarch. Stir and bring to a boil. Remove from heat.
- Plate chicken on serving plates. Spoon sauce over each breast.

<i>Yield</i>	<i>Serving</i>
4 servings	1 breast with 25 mL (2 tbsp.) sauce



English Style England

The English are a dignified lot, often aptly described as having "a stiff upper lip." Tea is indispensable! With it, one may enjoy a wide array of rolls, quick breads and

biscuits, not to mention a great variety of cakes and cookies. The pleasant nutty taste of flax (whole or ground) makes it a natural addition to this English diet.

Thimble Cookies

125	mL	butter, at room temperature	½	cup
50	mL	granulated sugar	¼	cup
1		large egg, separated	1	
1	mL	vanilla	¼	tsp.
250	mL	unbleached all purpose flour	1	cup
25	mL	whole flaxseed	2	tbsp.
75	mL	ground flaxseed	½	cup
50	mL	jam or jelly	¼	cup

Single Serving Nutrient Analysis

kcal	157.87
prot g	2.37
carb g	16.46
fiber g	1.21
fat g	9.84
sat g	5.71
mono g	2.87
poly g	.78
chol mg	39.31
fola mcg	16.34
K mg	33.15
Na mg	88.31

- Preheat oven to 180° C (350° F).
- In a bowl, cream butter and sugar until light and fluffy.
- Beat egg yolk and vanilla. Add to creamed mixture. Stir well.
- Add flour and whole flaxseed into creamed mixture. Mix well.
- Roll into small balls.
- In a small bowl whisk egg white until frothy.
- Dip cookies in egg white and then roll in ground flaxseed.
- Place on an ungreased cookie sheet and dent the centre with a thimble or your finger.
- Bake 5 minutes.
- Dent cookies again and continue to bake for 8 to 10 minutes, until cracks around edges are dry looking and bottoms are lightly browned.
- Remove from sheets, cool and fill centres with jam or jelly using slightly rounded 1 mL (¼ tsp.) measure.

Thimble Cookies

Strawberry

Rhubarb Muffins

Flax Scones

Yield	Serving
24 cookies (4 cm/1¼ inches)	2 cookies





When the British Empire collapses, historians will find that it had made two invaluable contributions to civilization - this tea ritual and the detective novel. *Ayn Rand*

Strawberry Rhubarb Muffins

25	mL	canola oil	2	tbsp.
75	mL	granulated sugar	1/2	cup
2		large eggs	2	
250	mL	low fat plain yogurt	1	cup
500	mL	unbleached all purpose flour	2	cups
150	mL	ground flaxseed	2/3	cup
5	mL	baking powder	1	tsp.
5	mL	baking soda	1	tsp.
2	mL	cinnamon	1/2	tsp.
2	mL	salt	1/2	tsp.
85	g	package strawberry jelly powder	3	oz.
250	mL	finely chopped rhubarb	1	cup

Single Serving Nutrient Analysis

kcal	103.60
prot g	3.06
carb g	16.66
fiber g	1.39
fat g	3.34
sat g	1.17
mono g	1.26
poly g	.79
chol mg	10.80
fola mcg	17.36
K mg	70.22
Na mg	138.47

Topping:

25	mL	unbleached all purpose flour	2	tbsp.
25	mL	granulated sugar	2	tbsp.
15	mL	butter or margarine	1	tbsp.
5	mL	whole flaxseed	1	tsp.

- Preheat oven to 180° C (350° F).
- In a bowl, whisk together oil, sugar, eggs and yogurt until well blended.
- In a separate bowl, mix together flour, ground flaxseed, baking powder, baking soda, cinnamon and salt.
- In a small bowl, combine jelly powder and rhubarb.
- Pour liquid ingredients over dry ingredients. Add rhubarb mixture and stir until dry ingredients are moistened.
- Using a 75 mL (1/2 cup) measure, scoop batter into tins that have been sprayed with a nonstick cooking spray.
- For topping: In a bowl, combine flour, sugar, butter and flaxseed until it resembles coarse crumbs. Sprinkle 5 mL (1 tsp.) topping over each muffin.
- Bake 20 to 25 minutes or until wooden pick inserted in centre of muffin comes out clean.
- Remove from oven. Cool 5 minutes in pan then remove muffins to cooling rack.

Yield	Serving
12 muffins	1 muffins



Offerings of food have been breaking down barriers for centuries. *Estee Lauder*

Flax Scones

125	mL	whole flaxseed	½	cup
25	mL	grated orange rind	2	tbsp.
750	mL	unbleached all purpose flour	3	cups
50	mL	brown sugar	¼	cup
15	mL	baking powder	1	tbsp.
3	mL	salt	¾	tsp.
175	mL	shortening	¾	cup
250	mL	orange juice	1	cup
25	mL	granulated sugar	2	tbsp.
25	mL	whole flaxseed	2	tbsp.

Single Serving Nutrient Analysis

kcal	286.62
prot g	5.31
carb g	32.34
fiber g	3.53
fat g	16.59
sat g	5.29
mono g	4.84
poly g	5.88
chol mg	0.00
fola mcg	48.91
K mg	122.31
Na mg	248.19

- Preheat oven to 210° C (425° F).
- Spray baking sheet with a nonstick cooking spray.
- Set aside 15 mL (1 tbsp.) grated rind.
- In a large bowl, combine flaxseed, flour, remaining orange rind, brown sugar, baking powder and salt.
- Using a pastry blender or two knives, cut shortening into flour mixture until it resembles coarse crumbs.
- Set aside 25 mL (2 tbsp.) orange juice.
- Add remaining orange juice to dry ingredients and mix lightly with fork until mixture forms a soft dough.
- Put dough onto a lightly floured surface and knead gently 4 to 5 times.
- Divide dough in half, form into two balls. Roll each ball into a 15 cm (6 inch) circle 2½ cm (1 inch) thick.
- Cut each into 6 wedges. Place wedges on baking sheet.
- Pierce tops with a fork.
- In a saucepan, heat remaining orange juice and sugar. Bring to a boil and remove from heat. Add reserved orange rind.
- Brush top of scones with glaze. Sprinkle top of scones with flaxseed.
- Bake 16 to 20 minutes or until brown. Remove from oven and glaze tops with remaining glaze.

Yield	Serving
12 servings	1 (wedge) scone

Quick Seed Bread

375	mL	unbleached all purpose flour	1½	cups
125	mL	whole wheat flour	½	cup
5	mL	baking powder	1	tsp.
5	mL	baking soda	1	tsp.
2	mL	salt	½	tsp.
175	mL	lightly packed brown sugar	¾	cup
125	mL	shelled, raw sunflower seeds, lightly toasted*	½	cup
75	mL	ground flaxseed	½	cup
25	mL	whole flaxseed	2	tbsp.
25	mL	poppy seed	2	tbsp.
25	mL	sesame seed	2	tbsp.
1		large egg, beaten	1	
300	mL	buttermilk**	1¼	cups
50	mL	cooking oil	¼	cup
5	mL	each flaxseed, sesame & sunflower seeds	1	tsp.

Single Serving Nutrient Analysis

kcal	185.03
prot g	4.91
carb g	24.86
fiber g	2.57
fat g	8.41
sat g	1.48
mono g	3.10
poly g	3.46
chol mg	14.06
fola mcg	32.21
K mg	162.30
Na mg	201.30

- Preheat oven to 180° C (350° F).
- In a large bowl, combine flours, baking powder, soda, salt, brown sugar, sunflower seeds, ground flaxseed, whole flaxseed, poppy seed and sesame seeds. Stir well.
- In another bowl, beat together egg, buttermilk and oil. Add to dry ingredients. Stir just until moistened.
- Pour batter into a 23 x 13 cm (9 x 5 inch) loaf pan that has been sprayed with a nonstick cooking spray.
- Sprinkle whole flaxseeds, sesame and sunflower seeds over batter.
- Bake 55 to 65 minutes or until wooden pick inserted in centre comes out clean.
- Cool in pan 10 minutes, then turn out on rack to cool.

* To toast sunflower seeds: preheat oven to 180° C (350° F). Place 125 mL (½ cup) sunflower seeds on pie plate. Toast 3 minutes, stir, toast another 3 minutes and stir again. Toast until lightly browned, 2 to 3 minutes more.

** Buttermilk substitute: 300 mL (1¼ cup) plain yogurt or 15 mL (1 tbsp.) lemon juice (or vinegar) plus enough milk to equal 300 mL (1¼ cup). Let stand 5 minutes.

<i>Yield</i>	<i>Serving</i>
16 servings	1 - 1 cm (½ inch) slice



Mexican Style Mexican

Celebration of tastes, textures and colour! That Mexican staple, tortillas, popular pork dishes; salsas and fresh fruits combined with culinary techniques handed down with pride from mother to daughter showcase the immense variety and uniqueness of Mexican cuisine.

Fruit Salsa

250	mL	diced papaya	1	cup
125	mL	frozen or fresh kernel corn	½	cup
1		Roma tomato, diced	1	
25	mL	finely diced sweet onion	2	tbsp.
1		jalapeno pepper, minced	1	
1		clove garlic, minced	1	
25	mL	fresh lime juice	2	tbsp.
5	mL	grated lime peel	1	tsp.
45	mL	ground flaxseed	3	tbsp.
25	mL	chopped cilantro	2	tbsp.
10	mL	whole flaxseed	2	tsp.

Single Serving Nutrient Analysis

kcal	46.15
prot g	1.72
carb g	7.39
fiber g	2.41
fat g	2.15
sat g	.86
mono g	.58
poly g	.63
chol mg	0.00
fola mcg	12.30
K mg	133.78
Na mg	11.32

- In a medium bowl, toss together papaya, corn, tomato, onion, jalapeno, garlic, lime juice and peel. Cover and refrigerate two hours.
- Just before serving, stir in ground flaxseed, cilantro and whole flaxseed.

Tortillas

Pan Roasted Pork
Tenderloin with
Flax Crust

Yield	Serving
500 mL (2 cups)	75 mL (⅓ cup)

Pan Roasted Pork Tenderloin with Flax Crust

500	g	pork tenderloin	1	lb.
75	mL	canola oil	½	cup
25	mL	balsamic vinegar	2	tbsp.
1		clove garlic, minced	1	
15	mL	chopped fresh herbs (thyme, oregano, basil, parsley)	1	tbsp.
125	mL	whole flaxseed	½	cup
25	mL	unbleached all purpose flour	2	tbsp.
15	mL	chili powder	1	tbsp.
7	mL	cumin seeds, toasted and ground	1½	tsp.
		salt and pepper to taste		

*Single Serving
Nutrient Analysis*

			457.97
kcal			457.97
prot	g		31.38
carb	g		12.95
fiber	g		7.62
fat	g		34.81
sat	g		7.76
mono	g		16.29
poly	g		9.06
chol	mg		82.50
fola	mcg		13.03
K	mg		673.42
Na	mg		333.26

- In a bowl, combine oil, vinegar, garlic and herbs. Add tenderloin. Turn to coat.
- Cover and refrigerate 4 to 6 hours.
- Lay a sheet of wax paper on counter. On paper, combine flaxseed, flour, chili powder, cumin, salt and pepper.
- Preheat oven to 190 ° C (375° F).
- Drain tenderloin and roll in seed mixture to coat.
- Heat a cast iron skillet over medium high heat. Add tenderloin and sear on all sides until browned, about 3 minutes.
- Place pan in oven, roast uncovered until internal temperature reaches 71° C (160° F), about 25 minutes.
- Remove from oven.
- Place tenderloin on cutting board and let rest 5 minutes.
- Cut tenderloin crosswise into 24 slices

*To toast cumin seeds heat in small skillet over medium heat for 1½ minutes or until seeds turn a darker shade and are fragrant. Grind with a blunt wooden or metal object.

*Any oven-proof skillet can be used.

<i>Yield</i>	<i>Serving</i>
4 servings	6 slices

Laughter is brightest, in the place where food is.

Irish Proverb

Tortillas

125	mL	unbleached all purpose flour	½	cup
75	mL	whole wheat flour	½	cup
50	mL	ground flaxseed	¼	cup
15	mL	whole flaxseed	1	tbsp.
2	mL	salt	½	tsp.
75	mL	warm water, 40 to 45° C (100 - 110° F)	½	cup
5	mL	flax oil	1	tsp.

Single Serving Nutrient Analysis

kcal	92.12
prot g	3.26
carb g	14.16
fiber g	2.82
fat g	3.56
sat g	1.22
mono g	.90
poly g	1.38
chol mg	0.00
fola mcg	16.88
K mg	73.45
Na mg	162.33

- In a medium bowl, combine flours, ground flaxseed, whole flaxseed and salt.
- In another bowl, combine 75 mL (6 tbsp.) warm water and flax oil.
- Stir into flour mixture, adding more water, 15 mL (1 tbsp.) at a time if needed to form a soft dough.
- Knead twelve times.
- Divide dough into 6 equal pieces.
- With oiled hands, shape each into a ball. Cover.
- Let rest 15 minutes.
- Heat 25 cm (10 inch) cast iron skillet over medium high heat.
- Flatten each ball into a round patty.
- Roll out on a lightly floured surface until very thin, approximately 15 to 17 cm (6 to 7 inches) in diameter.
- Cook each side 30 to 45 seconds until blistered and lightly browned. Do not over cook.
- Stack tortillas and cover with a kitchen towel to keep warm.

Serving Suggestion: Serve with cheese, salsa and sour cream or wrap around a chicken/salsa filling or scrambled egg filling.

<i>Yield</i>	<i>Serving</i>
6 servings	1 tortilla



Create appetite appeal
with

Asian Cuisine

Sushi is a product of chance! A Japanese cook discovered that vinegar impregnated rice and carp stored together was tasty. The addition of Nori as a wrapper is said to be a result of Japanese gamblers who wanted a snack that didn't stick to their fingers. Asian cuisine, like Italian, takes us on a pleasurable journey of discovery, thanks to new tastes and new techniques.

Sushi Rolls with Flax

500	mL	medium grain sushi rice	2	cups
750	mL	water	3	cups
5	mL	salt	1	tsp.
50	mL	seasoned rice vinegar	¼	cup
10	mL	cooking sherry (optional)	2	tsp.
50	mL	whole flaxseed	¼	cup
1		ripe avocado, peeled, cut into eight lengthwise wedges	1	
1		17 cm (7 inch) length of English cucumber, peeled, cut in half lengthwise	1	
6		12.5 cm (5 inch) imitation crab sticks	6	
4		sheets nori (seaweed)	4	
1		bamboo sushi mat*		

Single Serving Nutrient Analysis

kcal	349.25
prot g	13.84
carb g	58.69
fiber g	3.25
fat g	6.60
sat g	1.59
mono g	3.11
poly g	1.39
chol mg	30.60
fola mcg	113.49
K mg	419.73
Na mg	477.28

- Rinse rice well in cold water and drain.
- In a 1.5 L (6 cup) saucepan, combine rice, water and salt. Cover and bring to a boil over high heat.
- Reduce heat, simmer 20 to 25 minutes or until water is absorbed. Remove lid.
- Gently fold in seasoned rice vinegar, cooking sherry and flaxseed. Cool to room temperature.
- Take one half of the cucumber, cut into 4 lengthwise wedges, reserve other half for another use.

- Lay bamboo mat on counter with slats parallel to edge. Place nori sheet on top short end facing you and shiny side down.
- Spread 300 mL (1¼ cup) rice to a 7 mm (¼ inch) thickness leaving a 1 cm (½ inch) edge at the top.
- Lay two pieces of avocado end to end, one cucumber spear and one and a half crab sticks end to end on lower third of rice. Using thumb, push bamboo mat edge nearest you up and over the filling, holding the row ingredients in place with your fingertips.
- Continue lifting and rolling mat until shushi is rolled, being careful not to roll mat into the sushi roll.
- Wrap each roll in plastic wrap, cover with damp towel and refrigerate until ready to serve.
- To serve sushi, slice each roll into 8 rounds. Serve with Wasabi, soy sauce, teriyaki sauce or pickled ginger.

* Bamboo sushi mats can be purchased in the ethnic section of large supermarkets. Sushi rolls can be stored in refrigerator up to two days.

Seasoned rice vinegar has salt and sugar added. You can substitute by heating 50 mL (¼ cup) regular rice vinegar, 15 mL (1 tbsp.) granulated sugar and 5 mL (1 tsp.) salt together until dissolved.

Wasabi is very hot, much like horseradish. Wasabi can be purchased as a ready-to-use paste in a tube or powder form that is mixed with water to form a paste. Pickled ginger is usually found in the produce section cooler in large supermarkets or ethnic stores.

<i>Yield</i>	<i>Serving</i>
8 servings	4 rounds

Four persons are wanted to make a good salad...
 a spendthrift for oil; a miser for vinegar; a counselor
 for salt; and a madman to stir it all up. *Spanish Proverb*

Pan Seared Tuna

5	mL	grated ginger	1	tsp.
2	mL	curry paste*	½	tsp.
25	mL	fresh squeezed orange juice	2	tbbsp.
25	mL	rice wine vinegar	2	tbbsp.
45	mL	flax oil	3	tbbsp.
15	mL	sesame oil	1	tbbsp.
		pepper to taste		
375	g	fresh tuna (ahi, yellow fin) 2.5 cm (1 inch) thick	12	oz.
25	mL	whole flaxseed	2	tbbsp.
15	mL	assorted peppercorns, cracked	1	tbbsp.
5	mL	coarse sea salt**	1	tsp.
25	mL	canola oil	2	tbbsp.
24		3 mm (¼ inch) slices cucumber	24	
30	g	assorted sprouts (alfalfa, radish, etc.) or 60 g (250 mL/1 cup) bean sprouts	1	oz.
60	g	seasonal greens (500 mL/2 cups) packed***	2	oz.

- In a small bowl, stir together ginger, curry paste, orange juice and vinegar.
- Slowly whisk in flax and sesame oil. Season with pepper.
- In a bowl combine flaxseed, peppercorns and sea salt. Coat tuna.
- Heat a nonstick pan over medium-high heat. Then add canola oil.
- Sear tuna 30 seconds each side for rare or up to 1 minute 30 seconds each side for medium. Do not overcook.
- Remove tuna from pan and let rest on cutting board 2 minutes before slicing.
- Arrange 6 cucumber slices on each plate to form a 15 cm (6 inch) diameter circle.
- Build sprout and greens salad in each cucumber circle.
- Slice tuna into 20 slices (5 slices per serving) and place on top of greens.
- Drizzle 25 mL (2 tbbsp.) vinaigrette over tuna and greens.
- Serve with flax scones if desired.

*Curry paste can range from mild to hot and is found in the ethnic section of large supermarkets. 1 mL (1 tsp.)
 curry powder can be substituted.

Any coarse salt can be used. *Spring or mesclun mix may be used for the greens.

Yield	Serving
4 servings	85 g (3 oz.) tuna; 125 mL (½ cup) greens; 25 mL (2 tbbsp.) vinaigrette

Single Serving Nutrient Analysis

kcal	312.97
prot g	23.83
carb g	4.73
fiber g	2.41
fat g	22.83
sat g	3.00
mono g	7.36
poly g	11.26
chol mg	42.19
fola mcg	32.18
K mg	594.11
Na mg	677.77



Rekindle the memories
and traditions of

Old World Cuisine

Steeped in simplicity, peasant dishes like soups and porridges require minimal preparation while providing maximum food value. Flax was a valued ingredient not only for food but also as a medicine and a preservative. We've come full circle in our appreciation of flax and its role in our diet.

Peasant Soup with Flax Farfel

500	g	lean ground beef or any fresh ground meat	1	lb.
50	mL	finely chopped onion	¼	cup
2		cloves garlic, minced	2	
5	mL	crushed basil	1	tsp.
2	mL	crushed oregano	½	tsp.
2	L	chicken stock	8	cups
250	mL	dried farfel or 300 mL (1¼ cups) fresh (recipe page 42)	1	cup
540	mL	can white kidney beans, drained	19	oz.
300	g	frozen chopped spinach, thawed, squeezed dry		
25	mL	ketchup	2	tbsp.
		fresh grated Parmesan cheese		

Single Serving Nutrient Analysis

kcal	187.40
prot g	15.00
carb g	18.40
fiber g	3.90
fat g	6.50
sat g	2.50
mono g	2.50
poly g	.90
chol mg	50.90
fola mcg	77.10
K mg	397.20
Na mg	576.90

- Sauté meat in large saucepan over medium heat until most pink is gone, about 7 minutes.
- Drain off any fat.
- Add onion, garlic, basil and oregano. Stir and cook 2 minutes.
- Add chicken stock. Bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes.
- Stir in dried or fresh farfel, cook until done, about 15 minutes for dried, 7 minutes for fresh.
- Add beans, spinach and ketchup. Bring to a simmer and cook 5 minutes.
- Serve with fresh grated Parmesan cheese.

Grain Bread

Peasant Soup with
Flax Farfel

	<i>Yield</i>	<i>Serving</i>
	12 servings	250 mL (1 cup)

Grain Bread

1.125	L	hot water, 70° C (150° F)	4½	cups
125	mL	honey	½	cup
3		8 g packages active dry yeast (40 mL/3 tbsp.)	3	
175	mL	dry skim milk powder	¾	cup
75	mL	canola oil	½	cup
15	mL	salt	1	tbsp.
2		eggs, beaten	2	
1.25	L	whole wheat flour	5	cups
1.25	L	unbleached all purpose flour	5	cups
375	mL	ground flaxseed	1½	cups
175	mL	cracked wheat*	¾	cup
175	mL	shelled raw sunflower seeds	¾	cup
50	mL	whole flaxseed	¼	cup
50	mL	millet	¼	cup
		cornmeal or flour		
1		egg white	1	
15	mL	water	1	tbsp.
50	mL	shelled raw sunflower seeds	¼	cup
25	mL	whole flaxseed	2	tbsp.

Single Serving
Nutrient Analysis

kcal	159.71
prot g	5.67
carb g	26.47
fiber g	3.89
fat g	4.71
sat g	1.17
mono g	2.88
poly g	9.96
chol mg	0.00
fola mcg	69.08
K mg	209.69
Na mg	.91

- In a medium bowl, combine 250 mL (1 cup) hot water and honey. Stir and let stand until water reaches 40 to 45° C (105 to 115° F) about 7 minutes.
- Sprinkle yeast on top and let stand 15 minutes.
- In a large bread mixing bowl, combine 875 mL (3½ cups) hot water, milk powder, oil and salt. Cool 15 minutes.
- In a large bowl, combine flours, ground flaxseed, cracked wheat, sunflower seeds, whole flaxseed and millet.
- Stir yeast mixture and beaten eggs into milk mixture.
- Gradually add 1 L (4 cups) of flour mixture into the liquid mixture. Mix well.
- Continue adding all the remaining flour mixture.
- Turn dough onto floured surface adding up to 125 (½ cup) more unbleached flour, a little at a time to make a medium-soft dough.
- Rub canola oil on hands and knead dough until smooth and elastic in texture, about 8 to 10 minutes.



- Place dough in an oiled bowl, oil top of dough, and cover loosely with plastic wrap.
- Let rise in a warm place for one hour.
- Punch dough down, let rise 30 minutes.
- Divide dough into 3 equal portions. Shape each into 7 x 27 cm (3 x 11 inch) log-shaped loaf. Place evenly spaced apart on a 30 x 45 cm (12 x 18 inch) baking sheet that has been well sprinkled with cornmeal or flour.
- In a bowl, beat together egg white and water until frothy. Brush top of loaves. Sprinkle 15 mL (1 tbsp.) sunflower seeds and 10 mL (2 tsp.) flaxseed over each loaf.
- Let rise until double in size (about 45 minutes).
- Preheat oven to 180° C (350° F).
- Bake 30 to 40 minutes or until nicely browned and hollow sounding when top of loaf is tapped.
- Remove from oven and let cool 5 minutes.
- Remove from pan and continue cooling on wire rack.

<i>Yield</i>	<i>Serving</i>
3 - 16 slice loaves	1 slice

He who doesn't love wine women and song remains a fool his whole life long. German Proverb

Flax Farfel

250	mL	unbleached all purpose flour	1	cup
75	mL	ground flaxseed	½	cup
2	mL	salt	½	tsp
2		large eggs	2	

- In a bowl, combine flour, ground flaxseed and salt. Mix well. Turn out onto counter.
- Make well in centre, break eggs into well.
- Beat eggs with a fork, slowly bringing flour and flaxseed into mixture.
- As the dough starts to thicken, use your hands to form a ball.
- Knead 2 minutes. Dough will be stiff.
- Let rest under a bowl for 20 minutes.
- Coarsely grate onto floured surface, toss to coat with flour.
- Shake off excess flour. Store farfel in a paper bag.
- Can be cooked fresh or left to dry overnight.

Flax Porridge

750	mL	water	3	cups
2	mL	salt	½	tsp.
375	mL	quick cooking oats	1½	cups
75	mL	chopped dried apple or raisins	½	cup
50	mL	pure maple syrup	¼	cup
2	mL	ground cinnamon	½	tsp.
50	mL	sliced natural almonds or chopped walnuts	¼	cup
25	mL	whole flaxseed	2	tbsp.
25	mL	ground flaxseed	2	tbsp.

Single Serving Nutrient Analysis

kcal	200.30
prot g	6.19
carb g	32.36
fiber g	5.18
fat g	6.52
sat g	1.56
mono g	2.54
poly g	1.85
chol mg	0.00
fola mcg	8.49
K mg	222.07
Na mg	204.58

- In a medium saucepan, bring water and salt to a rolling bowl.
- Add oats, apple or raisins, maple syrup and cinnamon. Stir.
- Cook 3 to 5 minutes over medium to medium low heat, stirring occasionally.
- Stir in almonds and flax.
- Cover, remove from heat and let sit 2 minutes.
- Serve with warm milk.
- Drizzle with extra maple syrup if desired.

Yield	Serving
5 servings	175 mL (¾ cup)

Flaxseed Nutritional Analysis

Nutrients	as per 100 g	Minerals	mg/100g	Vitamins	
Calories	492.0 kcal	Calcium	199.0 - 236.0	Tocopherols/vitamin E (mg ATE)	5.0
Total Fat	34.0 - 42.0 g	Copper	1.0		mg/100g
Saturated Fat	3.2 - 4.0 g	Iron	5.0 - 6.2	Ascorbic acid/vitamin C	0.50 - 1.30
Polyunsaturated Fat	22.4 - 30.0 g	Magnesium	362.0 - 421.0	Thiamin/vitamin B1	0.17 - 0.53
Linoleic	4.3 - 6.0 g	Manganese	3.0 - 3.2	Riboflavin/vitamin B2	0.16 - 0.20
Alpha - Linolenic	18.1 - 24.0 g	Phosphorus	498.0 - 622.0	Niacin/nicotinic acid	1.40 - 3.21
Monounsatur. Fat as oleic	6.9 - 8.0 g	Potassium	681.0 - 831.0	Pyridoxine/vitamin B6	0.90 - 0.61
Total Carbohydrate	34.0 - 38.0 g	Sodium	27.0 - 34.0	Pantothenic acid	0.57 - 1.50
Dietary Fiber	28.0 g	Zinc	4.2 - 5.0		microg/kg
Protein	21.0 g		microg/100 g	Folic acid	112.0 - 278.0
		Selenium	5.0		6.0
			mg/kg		
		Aluminum	3.00		
		Barium	2.00		
		Cadmium	0.25		
		Chromium	<1.00		
		Cobalt	0.17		
		Lead	<0.25		
		Molybdenum	<0.50		
		Nickel	1.70		
		Tin	<3.00		

A range of values is provided which reflects differences in nutrient content of flaxseed due to environmental effects such as temperature and rainfall on seed development.

*Vitamin E values are given in ATEs (Alpha-tocopherol equivalents):
1 mg alpha-tocopherol = 1 mg ATE x 0.8 mg alpha-tocopherol/mg ATE*

References
Adapted from:
USDA Nutrient Data Laboratory website - <http://www.nal.usda.gov/fnic/foodcomp>

Vaisey-Genser, M. and Morris, D.H. *Flaxseed: Health Nutrition and Functionality*. Flax Council of Canada. Winnipeg, Manitoba.

Suggested Daily Intakes

2 mL (1/2 tsp.) flax oil or 15 to 25 mL (1 to 2 tbsp.) ground or milled.

Weight and calorie content of flaxseed

(per specific measurement)

Ground Flaxseed

250 mL	=	1 cup	=	130 grams	=	4.5 ounces	=	585 calories
15 mL	=	1 tbsp	=	8 grams	=	.3 ounces	=	36 calories
5 mL	=	1 tsp	=	2.7 grams	=	.1 ounces	=	12 calories

Whole Flaxseed

250 mL	=	1 cup	=	180 grams	=	6.3 ounces	=	810 calories
15 mL	=	1 tbsp	=	11 grams	=	.4 ounces	=	50 calories
5 mL	=	1 tsp	=	4 grams	=	.1 ounces	=	18 calories

Difference between brown and yellow flaxseed, Solin, and Linola™

Brown and yellow flaxseed both contain the same nutritional benefits in terms of ALA, lignan, protein and dietary fiber content. It is a matter of personal choice which seed is consumed as both are rich in all the nutrients for which flax is known. It is important to note, however, there exists another type of flaxseed that closely resembles yellow flaxseed but is actually a derivative of flax known as Solin. Solin contains low levels of ALA (< 5%). Solin varieties, such as Linola™, are used to produce a vegetable oil that is used primarily for frying applications.

Flax

Distinguished by its blue flowers, flax in North America is grown primarily for its oil-rich seed. Each flaxseed is flat, oval and pointed at one end. Seed colour ranges from light to dark brown and yellow for some varieties.

Flax and Nutrition

Flax is rich in alpha-linolenic acid, dietary fiber and plant lignans as well as protein

Typically flax seed consists of approximately 40% fat, 28% dietary fiber, 21% protein, 4% ash, and 6% carbohydrates (AVCS analysis official method am2-93)

A Word about the Recipes

These recipes have been tested in metric and imperial measure. Use either in recipe, not a combination of both.

Unbleached and all purpose flour may be used interchangeably.

Nutrient analysis provided using first ingredient listed; optional ingredients are not included in calculations.

Where to Buy Flax

Look for flaxseed & flax products at health food or bulk food stores or in bulk bins at your supermarket.

Ground flax

To grind flax at home, process small amounts in a food processor, blender or coffee bean grinder to achieve a free-flowing granular consistency (texture similar to wheat bran).

Flax Substitution Tips

Substitute ground flaxseed for fat in recipes for baked goods using a 3:1 ration. Baked goods with flax as a substitute will brown quickly.

Substitute 15 mL (1 tbsp.) ground flaxseed plus 45 mL (3 tbsp.) water which has sat for several minutes for an egg in recipes for pancakes, cookies and muffins. (Products will be chewier and have less volume.)

Substitute coarsely ground flaxseed for crushed nuts as a topping or coating ingredient for cookies.

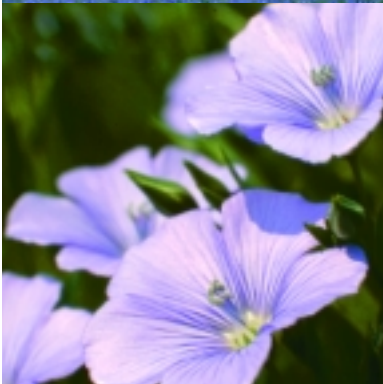
Storage

Store whole flaxseed at room temperature up to one year. Store ground flaxseed in an airtight, opaque container and refrigerate for up to 90 days. Freeze for longer periods. Store flax oil, refrigerated, away from light.



World Class Flax

Flax Seed & Flax Oil



Flax fields in bloom.

The distinctive purple bloom of the flax plant.

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Flax

*“What department is there to be found,
of active life in which flax is not employed?”*

Pliny, the Elder

*Environmentally
friendly flooring
(Linoleum)*

*Quality writing
and handcrafted
papers*

*Omega-3 enriched
oils for improved
health*

*Cosmetics and
Hair Care Products*

*Linen Yarns and
Fabrics*

*Industrial Fibers
for Home &
Garden*



