



EATING WELL, ALWAYS

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

JEAN ANTHELME BRILLAT-SAVARIN
1755-1826

PRODUCED BY:

The 22nd International Congress on Palliative Care
Palliative Care McGill, McGill University
L'Institut de tourisme et d'hôtellerie du Québec (ITHQ)
La Maison, Palliative Care Centre
The Canadian Partnership Against Cancer

EATING WELL, ALWAYS

*This recipe collection has been developed for
the 22nd International Congress on Palliative Care.
This congress has taken place in Montreal
every two years since 1976.*

These recipes have been developed by students from the Institut de tourisme et d'hôtellerie du Québec and by the cooks from La Maison de Gardanne, a palliative care residence located in the south of France. The recipes have been adapted to allow full enjoyment even when swallowing might present a problem. We are thankful for the generous contribution of Bessy Bitzas and Devon Phillips to this recipe collection. Here are a few small suggestions to increase the enjoyment of these recipes: serve small portions (100-150 g) on small plates, aim for an appetizing presentation, and in order to preserve the appetite, medication should be taken after the meal when possible. But most of all, let's remember to enjoy the pleasure of eating with family and friends.

Bon appétit !

BERNARD J. LAPOINTE, MD
Chair of the 22nd International Congress on Palliative Care



22nd International Congress on
Palliative Care



PALLIATIVE CARE McGill
McGill University

CANADIAN PARTNERSHIP
AGAINST CANCER



PARTENARIAT CANADIEN
CONTRE LE CANCER





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

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

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

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

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

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



We were touched by Dr. Bernard Lapointe's request to associate the Institut de tourisme et d'hôtellerie du Québec (ITHQ) with the plenary on the pleasure of eating at the end of life, as part of the 22nd International Congress on Palliative Care. The mandate given to us was to create a collection of recipes adapted to people at the end of their lives.

We entrusted this challenge to our students in restaurant management, under the direction of their cooking teacher, Mr. André Martin. For this project, our young people became familiar with the particularities of feeding a person in palliative care. The students learned how to texture foods while maintaining their nutritional and gustatory qualities and to present dishes in an attractive and appetizing manner.

Thanks to their involvement of our students, we are now presenting 11 recipes inspired by traditional dishes that have been adapted for people at the end of their lives. The tasting panel praised the good work of each student and the authentic taste of each dish. A special mention was given to Mr. Alexandre Buisson who won the Berthelet Award for the excellence of his pizza with a cauliflower crust. I honour all those involved in this great project and thank them for their commitment.

May this collection help these people and their loved ones to find a little joy and comfort!

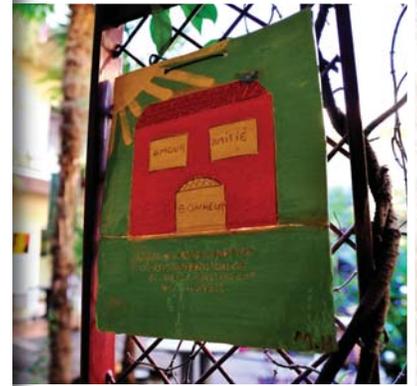
A handwritten signature in blue ink that reads 'Liza Frulla'.

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

EATING WELL, ALWAYS

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Etablissement de soins palliatifs
Association loi 1901
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Some of the members of the kitchen team (from left to right)

DANIEL, volunteer
MAMINE, volunteer
SYLVIE, volunteer

GWEN, cook
PATRICIA, cook
BRIGITTE, volunteer



EGGPLANT À LA PIZZAIOLE

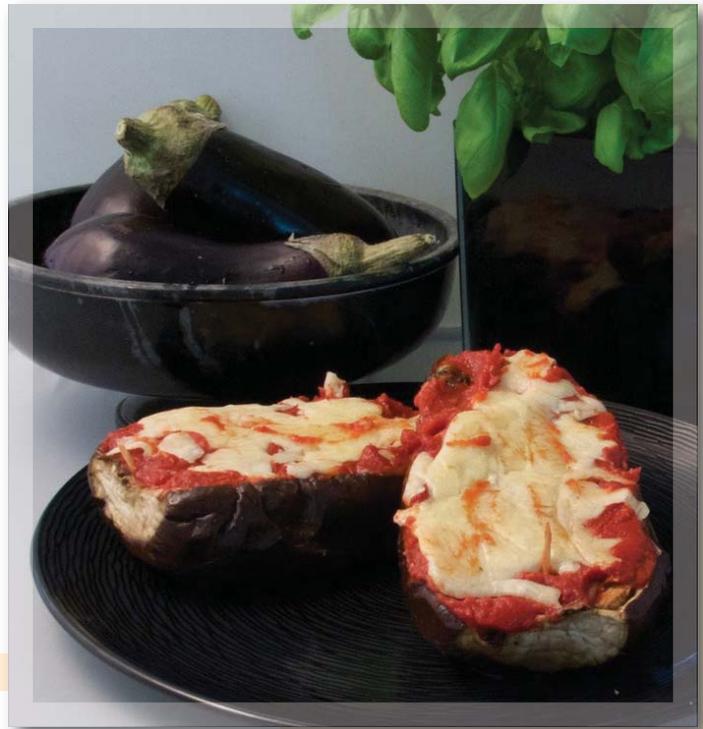
PATRICIA, Cook, à la Maison de Gardanne

INGREDIENTS

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

PREPARATION

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



TIPS

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

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

This dish can be eaten hot or cold.

CREAM OF BELL PEPPER WITH GOAT CHEESE

PATRICIA, Cook, à la Maison de Gardanne

INGREDIENTS

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

PREPARATION

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



TIPS

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

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

CREAM OF HEARTS OF PALM

GWEN, Cook, à la Maison de Gardanne

INGREDIENTS

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

PREPARATION

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



EGG FLAN WITH CARAMEL

PATRICIA, Cook, à la Maison de Gardanne

INGREDIENTS

FLAN

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

CARAMEL

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

Preheat oven to 150°C (300°F)



PREPARATION

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

PREPARATION *continued*

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

SAVOURY BEET MOUSSE

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

INGREDIENTS

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

PREPARATION

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



FISH RILLETTES

GWEN, Cook, à la Maison de Gardanne

INGREDIENTS

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



PREPARATION

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

TIP

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

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



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

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

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

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

Bon appétit!

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



Members of the ITHQ jury (from left to right)

VÉRONIQUE PERREAU, researcher, ITHQ

YVES MOSCATO, chef, Berthelet

ALAIN GIRARD, professor-researcher, ITHQ

LAURENCE BROUARD-TRUDEL, nutrition specialist

ANNIE VILLENEUVE, coordinator of research at the ITHQ



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



ALEXANDRE BUISSON

THIS RECIPE WAS SELECTED
BY THE JURY AT THE ITHQ

HOME-STYLE PIZZA

→ CAULIFLOWER DOUGH

INGREDIENTS (2 servings)

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

PREPARATION

CAULIFLOWER DOUGH

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



HOME-STYLE PIZZA

- **Tomato sauce** – see page 17
- **Topping** – vsee page 17
- **Vegetable** and **Cheese** – see page 18
- **Assembly** – see page 18

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

HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

→ TOMATO SAUCE

INGREDIENTS (2 servings)

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

PREPARATION TOMATO SAUCE

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

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

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



→ TOPPING

INGREDIENTS (2 servings)

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

PREPARATION TOPPING

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

HOME-STYLE PIZZA

ALEXANDRE BUISSON

(continued)

→ VEGETABLE

INGREDIENTS (2 servings)

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

PREPARATION VEGETABLE

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

→ CHEESE

- Aged, grated cheddar cheese (quantity to taste)

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



ASSEMBLY

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



KIMBERLY CORVIL

OLD-FASHIONED VEAL STEW

→ VEAL

INGREDIENTS (1 serving)

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

PREPARATION – VEAL

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

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



→ RICE

INGREDIENTS (1 serving)

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

PREPARATION – RICE

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

OLD-FASHIONED VEAL STEW

- **Vegetables (orange purée)** and
- **Vegetables (green purée)** – see page 20

OLD-FASHIONED VEAL STEW

KIMBERLY CORVIL

(continued)

→ **VEGETABLES** (orange purée)

INGREDIENTS (1 serving)

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

PREPARATION

VEGETABLES (orange purée)

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



→ **VEGETABLES** (green purée)

INGREDIENTS (1 serving)

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

PREPARATION

VEGETABLES (green purée)

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

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



ÉRIC LORRAIN-MULIKOW

BEEF BOURGUIGNON

→ BEEF BOURGUIGNON

INGREDIENTS (4 servings)

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



PREPARATION – BEEF BOURGUIGNON

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

(continued)

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

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

BEEF BOURGUIGNON

→ **Preparation** (continued) – see page 22

→ **Carrots** – see page 22

→ **Potatoes** – see page 23

→ **Duxelles de Champignons** – see page 23

BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

PREPARATION BEEF BOURGUIGNON

6. Bake in the oven, covered, at 180°C (350°F) for about 1.5 hours, or just until the beef is cooked.
7. After cooking, decant the beef and vegetables. Set aside.
8. Remove the beef fat. With a fork, shred the beef.
9. Mix beef with cooking juices.
10. Bring to a boil, stir well. Adjust the consistency with thickener*.
11. Add the desired quantity of unflavoured protein powder**. Put aside on a plate 2 cm deep. Then, prepare cubes of meat 2 cm square.

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

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



→ CARROTS

INGREDIENTS (4 servings)

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

PREPARATION CARROTS

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

BEEF BOURGUIGNON

→ Potatoes and

→ Duxelles de champignons – see page 23

BEEF BOURGUIGNON

ÉRIC LORRAIN-MULIKOW

(continued)

→ POTATOES

INGREDIENTS (4 servings)

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

PREPARATION POTATOES

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

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



→ DUXELLES DE CHAMPIGNONS

INGREDIENTS (4 servings)

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

PREPARATION DUXELLES DE CHAMPIGNONS

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

ASSEMBLY

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



PATRICK KAWKAB

DUCK A L'ORANGE

→ PEKING DUCK BREASTS

INGREDIENTS (4 servings)

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



PREPARATION – PEKING DUCK BREASTS

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

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

ASSEMBLY

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

DUCK A L'ORANGE

→ **Orange sauce** and

→ **Potatoes**

vsee page 25

DUCK A L'ORANGE

PATRICK KAWKAB

(continued)

→ ORANGE SAUCE

INGREDIENTS (4 servings)

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

PREPARATION ORANGE SAUCE

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

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



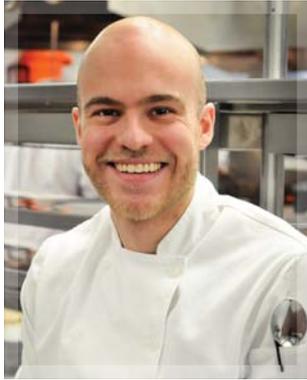
→ POTATOES

INGREDIENTS (4 servings)

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

PREPARATION POTATOES

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



LAURENCE GAGNON O'DONNELL

RACK OF LAMB

→ RACK OF LAMB

INGREDIENTS (2 servings)

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

PREPARATION – RACK OF LAMB

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

→ SAUCE VIERGE

(herb and olive oil dressing)

INGREDIENTS (2 servings)

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



PREPARATION – SAUCE VIERGE

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

(continued)

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

RACK OF LAMB

- **Sauce Vierge** (continued), **Potatoes, Carrots and Parsnips** – see page 27

RACK OF LAMB

LAURENCE GAGNON O'DONNELL

(continued)

PREPARATION – SAUCE VIERGE

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

→ POTATOES

INGREDIENTS (2 servings)

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

PREPARATION POTATOES

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

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



→ CARROTS AND PARSNIPS

INGREDIENTS (2 servings)

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

PREPARATION CARROTS AND PARSNIPS

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

ASSEMBLY

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



NOÉMIE LABELLE

STUFFED VEAL ESCALOPE

→ STUFFED VEAL ESCALOPE

INGREDIENTS (1 serving)

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

PREPARATION

STUFFED VEAL ESCALOPE

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

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

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



PREPARATION – VEAL (continued)

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

STUFFED VEAL ESCALOPE

- **Creamed Mushrooms** – see page 29
- **Potatoes** – see page 29
- **Green Beans** – see page 30
- **Carrots** – see page 30

STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

→ CREAMED MUSHROOMS

INGREDIENTS (1 serving)

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

PREPARATION

CREAMED MUSHROOMS

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



→ POTATOES

INGREDIENTS (1 serving)

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

PREPARATION

POTATOES

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

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

STUFFED VEAL ESCALOPE

NOÉMIE LABELLE

(continued)

→ GREEN BEANS

INGREDIENTS (1 serving)

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

PREPARATION GREEN BEANS

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



→ CARROTS

INGREDIENTS (1 serving)

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

PREPARATION CARROTS

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

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



AURÉLIE VAN BEVER

GNOCCHI PARISIENNE WITH CARBONARA SAUCE

→ GNOCCHI CHOUX PASTRY

INGREDIENTS (4 servings)

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



PREPARATION GNOCCHIS PÂTE À CHOU

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

PREPARATION GNOCCHI CHOUX PASTRY (continued)

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

GNOCCHI PARISIENNE WITH CARBONARA SAUCE

- **Carbonara sauce** and
- **Egg yolks**, see page 32

GNOCCHI PARISIENNE WITH CARBONARA SAUCE

AURÉLIE VAN BEVER

(continued)

→ CARBONARA SAUCE

INGREDIENTS (4 servings)

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

PREPARATION CARBONARA SAUCE

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

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

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



→ EGG YOLKS

INGREDIENTS (4 servings)

- 2 eggs
- Sufficient quantity of thickener*

PREPARATION EGG YOLKS

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



MAGAN PHELAN

MACARONI AND CHEESE

INGREDIENTS (3 servings)

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

PREPARATION

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



PREPARATION (suite)

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

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



YSSA MEH HEREAUX

DECONSTRUCTED SHEPHERD'S PIE

→ POTATOES

INGREDIENTS (4 servings)

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

PREPARATION POTATOES

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

→ MEAT

INGREDIENTS (4 servings)

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



PREPARATION MEAT

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

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

DECONSTRUCTED SHEPHERD'S PIE

- **Vegetables** and
- **Creamed Corn**, see page 35

DECONSTRUCTED SHEPHERD'S PIE

YSSA MEH HEREAUX

(continued)

→ VEGETABLES

INGREDIENTS (4 servings)

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

PREPARATION VEGETABLES

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

→ CREAMED CORN

INGREDIENTS (4 servings)

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



PREPARATION CREAMED CORN

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

COOKING AND ASSEMBLY

1. Preheat the oven to 200°C (375°F).
2. Using a food processor, grind beef and vegetables. Add the thickener* if necessary.
3. Spread the meat mixture in an ovenproof dish. Add the mashed potatoes and bake in the oven for 40 minutes.
4. Finish by topping with creamed corn.

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

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



DOROTHÉE SÉGUIN

QUICHE, IN GLASS CONTAINERS

→ BÉCHAMEL SAUCE

INGREDIENTS (5 servings)

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

PREPARATION BÉCHAMEL SAUCE

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

→ EGGS

INGREDIENTS (5 servings)

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



PREPARATION EGGS

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

QUICHE, IN GLASS CONTAINERS

→ **Meat, Spinach** and **Assembly**,
see page 37

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

QUICHE, IN GLASS CONTAINERS

DOROTHÉE SÉGUIN

(continued)

→ MEAT

INGREDIENTS (5 servings)

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

PREPARATION MEAT

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

→ SPINACH

INGREDIENTS (5 servings)

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

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



PREPARATION SPINACH

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

ASSEMBLY

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

SOLE AMANDINE

KEVIN RUBILAR

→ SOLE FILETS

INGREDIENTS (4 servings)

- 30 g chopped onions
- Sufficient quality of vegetable oil
- 700 g (1.5 lb) sole
- 1 lemon (cut into 8 sections)
- 100 ml Vermouth
- Cooking juice
- Sufficient quantity of thickener*
- 32 g of unflavoured protein powder**

PREPARATION SOLE FILETS

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

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

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



→ GRILLED ALMONDS

INGREDIENTS (4 servings)

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

PREPARATION – GRILLED ALMONDS

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

SOLE AMANDINE

→ Potatoes and Green Peas,
see page 39

SOLE AMANDINE

KEVIN RUBILAR

(continued)

→ POTATOES

INGREDIENTS (4 servings)

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

PREPARATION POTATOES

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

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

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



→ GREEN PEAS

INGREDIENTS (4 servings)

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

PREPARATION GREEN PEAS

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



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