

TUESDAY
FEBRUARY 4

EXTRA! 2014

**La Fête
de l'érable**

**EXCLUSIVELY
FOR MAPLE
MASTERS**

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FOR MAPLE
MASTERS**

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Hôtel du Castellet**

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Christophe Bacquié



COOKING WITH MAPLE PRODUCTS

PURE CANADIAN MAPLE PRODUCTS

The classification of Canadian maple syrup is based on color and purity of maple flavor. Maple syrup is classified and graded according to its color, opaqueness and density, as well as the intensity of its maple flavor. The grades are Canada no. 1, 2 and 3, and the color classes are extra light, light, Medium, amber and dark.

Canada No. 1 Extra Light maple syrup is generally produced from sap harvested at the very start of the season. Its defining characteristics are a light color and a delicate sweetness, with no sugary aftertaste. It can be used directly in dishes and desserts.

Canada No. 1 Light maple syrup is produced from the sap that is harvested after the sap used for extra light syrup. It is relatively light in color and has a pure, light flavor. It is primarily used directly in dishes and desserts, like extra light syrup.

The subtlety of light and extra light syrups makes them well suited to balancing flavor combinations and tempering the bitterness of certain foods, such as asparagus and Belgian endive. These syrups are also used in light sauces such as vinaigrettes, and in the sweet creams you find in desserts, such as vanilla custard. Just a touch is all that is needed to add a delicate note. In Japanese cuisine, they can also easily replace any sugars or honey, e.g., in a wakame salad with toasted sesame seeds.

Canada No. 1 Medium maple syrup is the most widely available type of maple syrup on the market, and it comes from the sap collected after the sap used for light syrup. It has a lovely amber color and a characteristic taste. Compared to the previously mentioned syrups, Canada no. 1 Medium syrup has a more pronounced maple flavor and works well with many different foods.

Medium syrup is used for reductions and to give a caramelized, or “Maillard” effect. It can be reduced with meat juices or with soy sauce. But it should be used in controlled quantities to prevent excessive bitterness. It is recommended for broths and for lacquering meats or poultry, and also pairs nicely with pork, ham, veal, lamb and game, especially in sauces that combine sweet and sour, or sweet, salty and tangy.

Canada No. 2 Amber maple syrup has a darker amber color and a stronger flavor than Medium syrup. Its primary characteristic is its rich, distinctive taste. It is mostly used to make sauces for meat and fish dishes or as a secret ingredient to bring out the natural flavors of other ingredients.

With its more concentrated maple flavor, amber grade syrup is good in ganaches and sweet spreads, filled chocolates, mousses, Bavarian creams, pies and cakes. A carefully controlled reduction of amber syrup can tone down a spicy dish. Some candy makers reduce these syrups or use darker syrups reserved for commercial buyers.

Canada No. 3 Dark maple syrup is made from the sap collected at the very end of the season and includes syrup from any other category with a flavor defect. It tastes slightly of caramel, buds and sap, and is intended for commercial use.



Maple Butter

When you continue to boil maple syrup and stir it until it reaches a buttery consistency, it turns into a maple spread. This spread has a sweet richness that is all maple and can be kneaded into dough to make sweets or used to make sauces to accompany meat dishes.

Maple butter tends to separate, so it is important to stir it with a fork or a stirrer to incorporate the syrup in suspension. It can be added to both savory and sweet products.

In desserts and candies, it goes beautifully with ganaches, as a finishing touch where you would typically use regular butter; and with butter-based creams to give the mixture a glossy finish.

On the savory side, it can be used in countless ways, such as with equal parts mustard and fines herbes to coat a piece of lamb studded with garlic, or in a sauce with vinegar or lemon juice, with yuzu, to correct the flavor just before serving or in a vinaigrette to emulsify the dressing.

Maple Sugar

If you boil maple syrup even longer until every trace of moisture is gone, you get maple sugar. Depending on how it is boiled, the sugar can either come out granulated or in nuggets. Its concentrated maple flavor works well in any number of sweets, or just stirred into yogurt. Maple sugar is ideal for dishes where you want the maple flavor to stand out, and it is frequently used in baked goods.

If you don't want to use it full-strength, maple sugar can be cut with a judicious amount of plain sugar to preserve its distinctive taste. We suggest three parts maple sugar to one part sugar, but never use less than half maple sugar.

Suggested uses: desserts, mousses, cookies and cakes (simply replace sugar with maple sugar) and for sprinkling. Also recommended for rimming glasses, for cocktails or drinks.

Maple Flakes

Maple flakes are made by freeze-drying 100% pure maple syrup. They come either plain or flavored with cranberry juice, and have a variety of uses in both sweets and savories. For example, maple flakes can add crunch to a sweet or savory crust, or be used for dipping chocolates or jellied fruits. They can be mixed with salt and pepper to give foie gras a sweet note, or sprinkled on marshmallows. They can also be caramelized with a kitchen torch atop a crème brûlée or, like maple sugar, dress up a cocktail glass.



Maple Vinegars

Crafted from pure maple syrup, these products behave just like any other acetic acid, such as vinegar (5- 8% acetic acid). Maple vinegars are primarily used in cooking and can lend a delicate or more pronounced maple flavor depending on their specific qualities.

Sweeter, darker maple vinegars can be used in any salad, cold side sauce, mayonnaise, etc., and can appear in various concentrations, like sherry and balsamic vinegars.

They are also especially well suited for reduction in a bearnaise-style sauce, a gastrique or a sauce for Chicken with vinegar.

All of the maple products mentioned here are made purely from maple sap.

Maple Water

100% natural and pure, sterilized maple water (sap) has a smooth, slightly sweet taste. In its pure state or cooked slightly until it just starts to colour, it lends itself to numerous culinary uses in savoury, sweet or sweet-and-sour dishes. This new product can also be enjoyed cold, straight from the bottle (or the tree!), or in ice cubes.

RECIPES BY CHRISTOPHE BACQUIÉ

HÔTEL DU CASTELLET

BEET RAVIOLI WITH THREE-BEET SALAD AND RICH MAPLE VINAIGRETTE

Serves 8

To Cook the Beets

- 2 large red beets
- 2 large white beets
- 2 large yellow beets
- TT olive oil for cooking
- TT coarse salt

Wash beets and brush with olive oil. Roll in coarse salt. Wrap individually in aluminum foil and roast at 170 °C for 1 1/2 to 2 hours, depending on the size and variety of beet. Check doneness with a toothpick.

White Beet Purée

- 1 large white beet
- TT cooking oil
- TT minced lemon balm
- TT fine Himalayan pink salt
- TT Espelette pepper

Peel and quarter white beet. Cook in salted water with olive oil until soft. Blend and strain. When ready to serve, add lemon balm and season. Serve at room temperature.

Rich Maple Vinaigrette

- 20 g Beaucaire fruity green olive oil
- 15 g agrodolce vinegar or similar
- 1.5 g Sherry vinegar
- 12 g maple butter
- 5 g maple water
- 1 pinch xanthan gum

Buzz all ingredients except the xanthan gum.

Chioggia Beet Ravioli

- 16 Chioggia beets
- TT thyme oil
- TT fruity black olive oil

Finely slice Chioggia beets and cut into rounds using a n° 11 (8 cm) cutter. Cook in a high-pressure (1 bar) steam oven for 1 minute. Remove from oven and marinate in thyme oil and olive oil in a hotel pan. Cover with plastic wrap.

Ravioli Filling

- 60 g white beets, diced fine
- 60 g yellow beets, diced fine
- 60 g blanched carrots, diced fine
- 30 g pears, diced fine
- 30 g maple vinaigrette
- TT lime zest
- TT lemon zest
- TT minced lemon balm
- TT fine salt
- TT coarsely ground white pepper
- TT Espelette pepper
- TT lemon juice

Finely dice (brunoise) white and yellow beets, pears and blanched carrots. Combine all the ingredients and use to stuff the Chioggia beet ravioli. Seal and reserve remaining filling in a clear bowl.



Beet Medley

- 16 rounds of red beet
- 16 tall wedges of yellow beet
- 16 tall wedges of red beet
- 16 triangles of white beet
- 16 triangles of pear
- TT maple vinaigrette
- TT fleur de sel
- TT Espelette pepper

Using a slicer, cut a 0.7-cm slice of red beet. Cut out 16 rounds with a no 2 (2.5 cm) cutter.

Use the slicer on 12.5 to cut a 1.7-cm slice each of yellow beet and red beet, then cut each into 16 wedges. Season each colour of beet separately with maple vinaigrette, then add salt and Espelette pepper (do not season the pears).

Garnish

- 16 shavings of yellow beet
- 16 shavings of red beet
- 16 shavings of white beet
- 16 swiss chard microgreens
- 16 mizuna microgreens
- 24 shavings of "extra-vieille" Mimolette
- TT fleur de sel
- TT Espelette pepper
- TT Baux-de-Provence olive oil
- 16 leaves wood sorrel
- 16 pansies
- 16 purple mustard microgreens

Plating

Place two spoonfuls of prepared white beet purée on plate, then top each mound of purée with a ravioli. Arrange beets and pears attractively around plate, then the beet shavings, greens and Mimolette shavings. Finish with remaining diced beets and vinaigrette in bowl.

TT = To taste



LOBSTER, SHELLFISH, MAPLE WATER NAGE

Ingredients for 2 Servings

Lobster

- 1 lobster
- TT coarse salt

Count 1/2 lobster per person. Boil lobster alive in salted water for 2 minutes, then plunge in an ice bath. Shell.

Lobster Butter

- Lobster shell
- Olive oil
- Tomato paste
- Butter

Sweat lobster shells in olive oil, add tomato paste and cook, then add butter.

Finish cooking lobster in the lobster butter.

Shellfish Nage Broth

- 30 g mussel cooking liquid
- 15 g fish fumet
- 30 g shellfish cooking liquid
- 50 g maple water
- Potato starch

Combine liquids and bring to a boil. Thicken with potato starch.

Nage

- 0.2 g lovage, minced
- 0.2 g chives, minced
- 0.2 g chervil, leaves only
- 0.2 g tarragon, diced fine
- 0.5 g yellow celery leaves, stalk chopped coarse
- 1 g pickled ginger, chopped
- 1.5 g caperberries
- 5 g snow peas
- 5 g blanched carrots, diced fine
- 10 clams
- 10 cockles
- 10 g razor clams, sliced on the bias
- TT lime juice
- TT lime zest
- 4 stalks samphire
- TT basil oil
- TT fine salt

To order, add herbs, ginger and caperberries to nage and bring to a simmer. Add snow peas, carrots, shellfish, lime juice and zest, then samphire. Finish with basil oil.



Garnish

- TT saffron threads
- 4 pieces shell-shaped pasta
- TT fine salt
- 1.5 g minced shallot
- 150 g white stock
- 10 g butter
- TT olive oil

Crush saffron and infuse in chicken stock in refrigerator for several hours. This will ensure it permeates the broth and flavours it to the greatest extent possible. The longer the saffron infuses, the more fragrant the broth.

Blanch shells for 3 minutes in boiling salted water; drain. Sweat shallot, add pasta, moisten with saffron-scented white stock, cook covered until pasta is al dente and remove. Reduce white stock, add butter and return pasta to pan to coat..

Plating

Spoon shellfish nage in centre of plate, top with lobster and shells, finish with lobster butter.

TT = To taste

Ingrédients



BOILEAU VENISON TENDERLOIN, RED KURI SQUASH, CHANTERELLES, VENISON JUS WITH VAL AMBRÉ AND MAPLE

Seared Boileau Venison Tenderloin (serves 1)

150 g Boileau venison tenderloin, trimmed, ready to cook
TT olive oil
TT butter
TT fine Himalayan pink salt
TT freshly ground Malabar white pepper

Venison Stock

Venison bones and trimmings
Red wine
Onions
Carrots
Garlic
Tomato paste

Determine ingredient quantities based on the flavour of the bones and trimmings.

Venison Jus with Val Ambré (5 servings)

65 g venison stock
50 g Amber maple syrup
50 g maple water
15 g Sherry vinegar
10 g agrodolce vinegar or similar
10 g butter
TT Val Ambré

Make a gastrique with Amber maple syrup, maple water and vinegars. Add some venison stock. Season.

Sear Boileau venison tenderloin in butter and oil. Season. Add Val Ambré-scented venison jus.

Red Kuri Squash Purée (1 serving)

20 g red kuri squash flesh
TT white stock, depending on texture
TT salt
TT freshly ground white pepper
TT butter
5 g canola oil
TT hazelnut oil

Halve squash, remove seeds and cut in pieces. Cook in white stock, then purée and strain. Season. To order, add butter. Check seasoning and finish with a drop of canola oil.

Stir-fry Chanterelles (2 servings)

100 g chanterelles
20 g white stock
TT salt
TT pepper
2 g shallot, minced
1 g parsley, chopped coarse
TT butter

Wash chanterelles in warm water. Mix with white stock, season with salt and pepper, then sauté until they release their moisture. Cover. Finish with shallot and parsley, then a knob of butter; check seasoning.

TT = To taste



POACHED PEARS, COUREUR DES BOIS ICE CREAM, MAPLE CANDIED PECANS

Serves 10

Poached Pears

2 L maple water
150 g maple sugar
Juice of 1 lemon
5 pears

Reduce maple water to create a syrup. Add remaining ingredients. Poach pears.

Mashed pear

500 g puréed poached pears
75 g neutral nappage

Purée ingredients together.

Pear Jelly

500 g cooking liquid
15 g vegetable gelatin

Bring ingredients to a boil and pour into a frame.
Cool and cut in cubes.

Maple Syrup Ice Cream

100 g heavy (35%) cream
400 g whole milk
2 g stabilizer
20 g powdered milk
40 g sugar
40 g glucose powder
20 g maple butter
60 g Coureur des Bois maple whiskey
40 g egg yolks

Warm cream and milk, add dry ingredients, then egg yolks. Pasteurize mixture at 85 °C and cool. Add Coureur des Bois, blend, then deep freeze.

Candied Pecans

150 g pecans
100 g Light maple syrup
TT butter

The day before serving, combine pecans and syrup. Bake in a 180 °C oven until sugar crystallizes on pecans. Increase heat to 230 °C and return sugared pecans to oven. Add a knob of butter and remove from pan.

CLASSIFICATION OF MAPLE SYRUP

Provincial Classification of Maple Syrup

The government of Quebec has issued Maple products regulations which establish five colour classes for maple syrup according to its clarity, density and characteristic maple flavour, while ensuring the product meets all quality standards.



Syrups are classified by determining how much light passes through the maple syrup. The transmission of light is measured using optics. a spectrophotometer is used for this analysis technique.

Federal Classification of maple syrup

The Canadian Food Inspection agency (CFIA) governs the food safety and quality of maple products in Canada and is responsible for the classification of maple syrup. This classification standard includes three categories and five grades of syrup:

Canada no 1 (extra light, light, Medium)

Canada no 2 (amber)

Canada no 3 (dark or any other ungraded category)



HEALTH BENEFITS OF MAPLE

Potential Benefit of Maple Syrup on Liver Health

Dr Keiko Abe of the Graduate School of Agriculture and Life Sciences at the University of Tokyo conducted a study that revealed that maple syrup may promote better liver health. The study showed that when healthy laboratory rats were fed a diet where certain carbohydrates were replaced with 100% pure Canadian maple syrup, their results showed better hepatic functioning than that of animals in control groups which received a diet containing a syrup mixture similar to that of maple syrup but without the beneficial compounds of the latter. The results were published in the December 2011 e-edition of Bioscience, Biotechnology, and Biochemistry.

Antiproliferative Effects of Maple Products

Findings published in the recent edition of the Journal of Medicinal Food in the article “Antioxydant Activity, Inhibition of Nitric Oxide Overproduction, and In Vitro Antiproliferative Effect of Maple Sap and Syrup from *Acer Saccharum*” have highlighted the potential role of maple in a healthy diet. Cell models suggest that maple syrup can substantially slow the growth of cancerous cells in the prostate and lungs and to a lesser extent in the breast, colon and brain. In addition, it would seem that they do this more effectively than blueberries, broccoli, tomatoes and carrots. These findings are a milestone in maple research as they represent the first indication that the compounds found in maple syrup, such as the polyphenol compounds found by Dr Seeram, can have real physiological benefits to our health.

These two research projects were made possible thanks to funding given by the Conseil pour le développement de l'agriculture du Québec (CDAQ). CDAQ is financed by Agriculture and AgriFood Canada and by its support programs for science and innovation which are aimed at encouraging collaboration between the agricultural and industrial sectors, the government and universities so that new opportunities for strategic innovation are identified more quickly.

According to Marie Breton, dietitian and author, “Maple products are more than simple sweeteners. rich as they are in vitamins, minerals, antioxidants and other beneficial compounds, they can also be part of a healthy diet, especially as a replacement for sugar, brown sugar, honey and corn syrup. Adding syrup or maple sugar to your cooking can really help you to eat certain nutritious foods more often and others which are sometimes avoided, such as vegetables, fruit and fish.”

Maple's Potential Therapeutic Effect for Metabolic Syndrome and Diabetes

Abscisic acid in maple water and maple syrup occurs as a conjugate along with certain metabolites at concentrations that are therapeutic, according to the effective thresholds of abscisic acid (ABA) reported by Dr Guri's group in the US (Guri et al, 2007. *Clinical Nutrition* 26:107-116). Vegetable physiologists and botanical researchers have known about the physiological properties of abscisic acid in the vegetable kingdom for a long time, but its health benefits for humans has only recently been reported by Dr. Yves Desjardins of the INAF. Along with other effects, the acid is known to stimulate insulin release through pancreatic cells and to increase sensitivity of fat cells to insulin, which could make it a potent weapon against metabolic syndrome and diabetes. These findings show that maple products contain a whole host of complementary active elements. The sugar molecules which provide the energy and sweetness in maple products are inherently complemented by abscisic acid molecules because they encourage insulin homeostasis. Further studies are obviously needed before we can learn more about how insulin behaviour is affected by eating maple products.

¹ Saccharose 66.2%; glucose 0.5%; fructose 0.3% and water 33%.

NUTRITIONAL VALUES OF MAPLE PRODUCTS

Maple Syrup

Comparison between different sweeteners with regard to the recommended daily value (DV*) for different nutrients per 60 ml (1/4 cup)

Nutrients:	Maple syrup	Honey	White sugar	Brown sugar	Agave syrup
Manganese:	100 %	3 %	0 %	9 %	0 %
Riboflavin:	37 %	2 %	1 %	0 %	0 %
Zinc:	18 %	2 %	0 %	1 %	0 %
Magnesium:	7 %	1 %	0 %	7 %	0 %
Calcium:	5 %	0 %	0 %	5 %	0 %
Potassium:	5 %	1 %	0 %	6 %	0 %

* DV: The daily value is the amount of a nutrient needed to meet the daily needs of most people.
Source: *Canadian Nutrient File*, 2007 (Health Canada).

Maple Water

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 25	
Sodium / Sodium 30 mg	1 %
Fat / Lipides 0 g	0
Carbohydrate / Glucides 6 g	2 %
Sugars / Sucres 5 g	
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.	

MAPLE AS A SOURCE OF POLYPHENOLS

Certain foods contain substances with very powerful cancer-fighting properties. If eaten regularly, these “neutraceutical” can help to combat cancer with the only side effect being a nice full stomach! Maple now joins the ranks of berries, soybeans, green tea, spices and even chocolate as one of these foods. Recent scientific research has confirmed the presence of at least 47 phenolic compounds known to have health benefits.

A unique cocktail of polyphenols

Maple is special in that it contains compounds usually found in a range of superfoods such as green tea and wine, as well as small fruits and whole grains, making it particularly unique.

Antioxidant capacity

The polyphenols found in maple exhibit a substantial antioxidant capacity for a sweetener.

“A 60 ml (1/4 cup) portion of maple syrup has around the same antioxidant capacity as a portion of broccoli or a banana”, explains dietitian Marie Breton. “Together with the fact that the same portion is an important source of manganese, riboflavin, zinc, magnesium, calcium and potassium, this puts maple syrup ahead of other popular sweeteners such as sugar, brown sugar, honey and corn syrup.”

Antioxidant Capacity (ORAC) of maple syrup¹ and fruits and vegetables²

(µmol Trolox eq. per portion)		(µmol Trolox per 100 g/3 1/2 oz)	
Cranberries (125 ml/1/2 cup)	7 092	Cranberries	9 584
Blueberries (125 ml/1/2 cup)	4 848	Blueberries	6 552
Gala apple (1 med.)	4 553	Gala apple	2 828
Maple syrup (60 ml/1/4 cup)	1 131	Maple syrup	1 414
Banana (1 med.)	1 037	Raw broccoli	1 362
Raw broccoli (125 ml/1/2 cup)	613	Banana	879
Raw tomato (1 med.)	415	Raw tomato	337

Sources

¹ Béliveau R. and others. Nutraceutical potential of maple sap and maple syrup: 2007 season Université du Québec à Montréal, Montreal, Quebec, 2007

² USDA Database for the Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods- 2007.

References

Thériault M. and others. *Antioxidant, antiradical and antimutagenic activities of phenolic compounds present in maple products*. *Food Chemistry* 98, 2006, p. 490-501.
Béliveau R. and others. Nutraceutical potential of maple sap and maple syrup: 2007 season Université du Québec à Montréal, Montreal, Quebec, 2007

LE SAVIEZ-VOUS ?

- Maple sap starts to flow once warm days (above 0°C) start to alternate with cold nights (below 0°C). The cold creates a suction effect on the sap in the trunk and roots, and the sap is released when the temperature rises.
- The annual maple syrup harvest covers an average of 20 days at the end of February and in March and April.
- In Quebec, the run usually begins in Montérégie and generally ends in the Côte du Sud and Lower Saint Lawrence regions.
- Maple sap acquires its sweet flavour from starch that it absorbs in the spring. Once maple trees start to bud, the sugaring season is over; the taste of the maple syrup changes.
- It takes 40 litres of maple sap to make one litre of syrup.
- Maple products such as maple taffy, maple sugar and maple butter are made simply through additional cooking. Nothing else is added to the maple sap.
- A 540 ml can contains 1.5 pounds of maple syrup.
- On compte plus de 13 500 producteurs acéricoles au Québec.
- En 2013, il y avait plus de 42,7 millions d'entailles en exploitation.
- Quebec maple products are sold in 52 countries around the world (2011).
- The average number of taps at a maple farm in Quebec is 6,025.
- A 60 ml serving of maple syrup provides 100% DV (Daily Value) of manganese, 37% DV of riboflavin, 18% DV of zinc and 7% DV of magnesium.
- Maple syrup contains at least 54 polyphenols and so falls between banana and broccoli in antioxidant capacity, which is an invaluable asset for a sugar.
- Maple syrup is only produced in North America, either in Canada or in the Northeastern United States. Canada is responsible for 85% of global production, and Quebec, 71.3% (2013).
- In 2012, Canada exported 65% of its production to the United States, 8% to Japan and 7% to Germany. These are the largest export markets.
- SIROPRO is the official quality seal of the FPAQ. It guarantees the authenticity of maple syrup sold in Quebec as well as its adherence to classification standards for flavour and colour. SIROPRO also provides consumers with a standard of quality (via product specifications) and gives maple producers a certified quality control system. And it ensures maple syrup products sold directly to consumers can be traced to their source.
- In Quebec, 20% of all maple syrup produced is **certified organic**. Organic farming standards regulate sugar bush management, plant diversity, fertilization, pest control, tapping, and the collection and processing of the maple sap.



HRI SOURCES FOR MAPLE PRODUCTS

The website of the Federation of Quebec Maple Syrup Producers has a section entirely dedicated to restaurateurs (HRI). In this section you can find the details of several producers who can provide for your specific maple product needs.

Please visit www.siropperable.ca/Produits_et_fournisseurs_pour_le_HRI.aspx for more details.

Here are some maple producers who can meet the specific supply needs of restaurants.

MAPLE SYRUP FOR COOKING /

Biodélices inc.

Serge Dubois
Thetford Mines
Phone: 418 423-1143
www.biodelices.com

Érablière M. S.

Stéphanie Ouimet
Mont-Laurier
Phone: 819 623-2176
erablierems@tlb.sympatico.ca

Ferme Vifranc

Kevin Pelletier
Saint-Pamphile
Phone: 418 356-3312
www.vifranc.com

Les produits de l'érable Hugues Beauregard

Gestion H. Beauregard 2010 inc.
Hugues Beauregard
Saint-Damase
Phone: 450 797-3902
proerablehb@hotmail.com

Produits d'érable Cumberland inc.

Caroline Busque et David Dostie
La Guadeloupe
Phone: 418 459-3838
www.cumberlandinc.com

BULK MAPLE SYRUP /

Biodélices inc.

Serge Dubois
Thetford Mines
Phone: 418 423-1143
www.biodelices.com

Decacer

Luis Turenne
Saint-Nicolas
Phone: 418 831-6649
www.decacer.com

Érablière Beauvan inc.

Jogues Beaulac
Baie-du-Febvre
Phone: 450 783-6644
erablierebeauvan@tellaie.net

Érablière des Alleghanys

Sylvain Lalli
Saint-Pacôme
Phone: 418 852-2222
www.alleghanysmaple.com

Érablière des Chûtes inc.

Alain Boisvert et Marie-Ève Darveau
Ham-Nord
Phone: 819 344-5044
www.erablieredeschutes.com



Érablière Escuminac inc.

Martin Malenfant
Escuminac
Phone: 418 963-5000
www.escuminac.com

Érablière Lanaudière

Michel Lacombe
Brossard
Phone: 450 465-4345
brovero@videotron.ca

Ferme Vifranc

Kevin Pelletier
Saint-Pamphile
Phone: 418 356-3312
www.vifranc.com

9217-0174 Québec inc.

(Fruit d'érable)
Yvon Gingras
Saint-Pierre-Baptiste
Phone: 418 453-2288
fruitera@ivic.qc.ca

La Ferme Martinette

Division Gourmet érable inc.
Gérald Martineau
Coaticook
Phone: 819 849-7089
www.lafermemartinette.com

Les Douceurs de l'érable Brien inc

Suzie Marois
Sainte-Anne-de-la Rochelle
Phone: 450 539-1475 poste 221
www.brienonline.com

Les Industries Bernard et fils Itée

Martin Bernard
Saint-Victor
Phone: 418 588-6109
www.bernards.ca

Les produits de l'érable Éloi Beaugard inc.

Éloi Beaugard et Nancy Langlois
Saint-Damase
Phone: 450 797-2300
info@beaugardsurlerable.com

**Les produits de l'érable Hugues Beaugard
Gestion H. Beaugard 2010 inc.**

Hugues Beaugard
Saint-Damase
Phone: 450 797-3902
proerablehb@hotmail.com

Nokomis inc.

Vincent More
Trois-Pistoles
Phone: 418 851-1779
www.nokomiscanada.com

Produits d'érable Cumberland inc.

Caroline Busque et David Dostie
La Guadeloupe
Phone: 418 459-3838
www.cumberlandinc.com

**INDIVIDUAL MAPLE SYRUP CONTAINERS
FOR SALE OR TABLE SERVICE /**

Biodélices inc.

Serge Dubois
Thetford Mines
Phone: 418 423-1143
www.biodelices.com

Cabane à sucre de la Montagne

Manon Henri
Saint-Esprit
Phone: 450 839-7138
www.cabaneasucretremblant.com

**Decacer**

Luis Turenne
Saint-Nicolas
Phone: 418 831-6649
www.decacer.com

Érablière des Alleghanys

Sylvain Lalli
Saint-Pacôme
Phone: 418 852-2222
www.alleghanysmaple.com

Érablière des Chûtes inc.

Alain Boisvert et Marie-Ève Darveau
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BIOGRAPHY

CHRISTOPHE BACQUIÉ EXECUTIVE CHEF AT THE HÔTEL DU CASTELLET'S MONTECRISTO RESTAURANT

Over the course of a rich career that has taken him from Corsica to Provence by way of Paris, Christophe Bacquié has quickly earned a reputation for excellence.

He earned his first Michelin star in 2002 and another in 2007, and was named a "Meilleur Ouvrier de France" in 2004 and a Relais & Châteaux "Grand Chef" in 2008. But Christophe Bacquié's most impressive achievement to date may have been earning a second star the very year he arrived at the MonteCristo at the Hôtel du Castellet, in 2009.

At the helm of this fine dining restaurant in Provence, the talented, driven chef also led his establishment to a spot among the Grandes Tables du Monde in 2011. He is dedicated to passing his expertise on to the next generation of chefs and takes great pleasure in incorporating new ideas into his cooking.



