

GOURMET RECIPES

Happy Birthday, Canada!

Happy Birthday Canada! Our young country is 150 years old July 1, and we've come far from the rough, basic beginnings across this huge land! One of the most telling parts of our history is our food: dishes from the First Nations who were here when immigrants started to arrive, and recipes those subsequent groups brought from their home countries, all of which gave us wonderful regional dishes that we can now enjoy anywhere!

This version of a Rappie Pie started out in Eastern Canada and the Maritimes, where the Acadians, the descendants of the original French settlers and often Métis, settled and thrived until expelled by the English. In spite of untold hardships, they and their recipes survived, and this is one of the classics!

Foodland Ontario has given us a tasty twist on the traditional Rappie Pie,

this one made with ground chicken, crispy bacon, potatoes and onions. Serve on a bun, topped with bacon sour cream and fresh chives and a loud cheer for those early – and tough – French settlers!

Hooray for Canada!

East Coast Rappie Pie Burger

Preparation Time: 20 minutes

Cooking Time: about 11 minutes

Grilling Time: 10 minutes

Serves 6

- 6 strips thick cut Ontario bacon
- 1 cup (250 mL) grated Ontario red potato
- 1/2 cup (125 mL) chopped Ontario onion
- 1/4 tsp (1 mL) **each** salt and pepper
- 1 lb (500 g) extra-lean Ontario ground chicken
- 1 Ontario egg
- 3/4 cup (175 mL) low fat Ontario sour cream
- 6 burger buns, toasted
- 1/3 cup (75 mL) chopped fresh Ontario chives

In large nonstick skillet, over medium-high heat, cook bacon until crisp. Drain on paper towel-lined plate. Dice 4 strips and crumble remaining 2 strips; set aside. In remaining fat, cook potato, onion, salt and pepper until potato is tender, about 5 minutes, stirring continuously. Set aside.

In medium bowl, mix together chicken, diced bacon, potato mixture and egg until well combined. Divide mixture into 6 equal-sized balls and shape into 1/2-inch (1 cm) thick burgers. Place burgers on greased grill over medium-high heat. Grill, covered, 5 minutes on each side, until thermometer inserted sideways into centre of each burger reads 165°F (74°C).

In small bowl, combine sour cream and crumbled bacon. Assemble burger on bun, top with 2 Tbsp (25 mL) of the bacon sour cream and sprinkle with chives.

Nutritional Information:

1 Serving

PROTEIN: 24 grams

FAT: 21 grams
CARBOHYDRATE: 35 grams
CALORIES: 422
FIBRE: 2 grams
SODIUM: 525 mg

Tony's wine suggestion:

Beaujolais, Valpolicella or Ontario Pinot Noir

We wish to thank [Foodland Ontario](#) for permission to publish this recipe.

Happily enjoyed by Helen Hatton and Ron Morris.

