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**Jamie Kennedy**  
Celebrity chef on  
Canadian cuisine

**Eat local**  
The changing palate  
of the province

**Ontario cottage country**  
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have fun this summer

**MEDIA  
PLANET**

June 2013

# EXPLORING ONTARIO

Ontario's own Canadian  
icon and entrepreneur  
**Dan Aykroyd** celebrates  
food and drink

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EVENTS

TO LOOK FORWARD  
TO THIS SUMMER

**DISCOVERING  
THE PEOPLE,  
PLACES, AND PALATE  
OF OUR PROVINCE**

PHOTO: HO YIN SIU

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NEWS

# The changing palate of our province

Exploring an evolving culinary landscape

**Ontario's culinary landscape was once dominated by a French method of cooking, but as people travel and experience the world their pallets are expanding and getting tired of the same ol' thing.**



**SPICES FROM ALL OVER THE WORLD**  
The horizons of Ontario's chefs are expanding as new influences weave their way through our culinary fabric.  
PHOTO: ONTARIO TOURISM MARKETING PARTNERSHIP CORPORATION

The relationship between food and culture is extraordinary. It allows people to learn more about each other and plays an influential role in the multiculturalism of our nation. As new Canadians arrive on our doorstep and introduce us to foods from around the world, a fascination

with international cuisine has replaced most traditional styles of cooking. "People are always looking for something different. Food is one of the best ways to be introduced to culture," says Samuel Glass, Chef & Professor, Centennial College, School of Hospitality, Tourism & Culture.

**Supporting a growing economy**

Many large scale grocery stores and ethnic grocers across the country supply locally grown ethno-vegetables in order to meet the growing demand. "It's an interesting challenge because people come with their home country prefer-

ences. What we need to do is meet their expectations," says Dr. Jim Brandle, CEO of Vineland Research and Innovation Centre Inc. which fosters the growth of many crops in anticipation and in reaction to the shift in the population. Products which were considered exotic a decade ago are now readily available for purchase. "Instead of cabbage, turnips and potatoes, it's all about okra, yard long beans and long Asian eggplants," declares Brandle. For many ethnic communities developing in Ontario, it's like having a piece of home here in Canada meanwhile individuals from surrounding neighborhoods also have the pleasure of experi-

encing a new homegrown taste.

**Satisfy your taste buds**

"I like strong, bold flavors," states Glass who has travelled to India. "Keep in mind that you have to be willing to go into the experience with an open mind. Don't turn your nose up because you might be surprised at what you like," Glass says. There's an increasing interest in foods from Peru, Korea, East Asia, Thai, Vietnam and Singapore. Canadians have become curious, adventurous and are much more aware of the flavourful treats life has to offer.

**PAULEANNA REID**

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