



The
Great
CANADIAN
Moose
Book

SAMPLE PREVIEW

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The background of the page is a close-up photograph of numerous purple flowers, likely petunias, with green foliage. The flowers are in various stages of bloom, creating a vibrant and textured backdrop. A semi-transparent purple rectangular box is centered over the image, containing the text for the contents page.

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SAMPLE PREVIEW

The Moose



Moose are the largest animals of the deer family and can be found all over the Northern Hemisphere.

Known as elk in Europe.

Male moose are called bull moose and the female is known as a cow with offspring called a calf or calves.

In summer the moose run in small groups while in winter they form huge herds.

Moose have poor eyesight and rely on their keen sense of smell and hearing.

The moose can kick in all directions with its front feet and females can be extremely dangerous when their calf is threatened.

A moose can run up to 35 miles an hour and run non-stop for 15 miles.

They are plant-eaters.

They are excellent swimmers and can swim 6 miles per hour without a break for 2 hours.

The caribou on the Canadian quarter is often mistaken for a moose.

FUN FACTS ON ALMONDS

1. The Almond Tree, a member of the Rose Family, is a small bushy deciduous tree native to western Asia and North Africa. The highly prized edible nuts are actually the seeds of a plum-like fruit, and as a matter of fact the plant is related to plums and peaches. They are cultivated in southern Australia and California, and they occupy more farming area in California than any other crop except grapes (about 400,000 acres).
2. Per one-ounce serving, (20 to 25 almonds) almonds are tied with cashews and pistachios at 160 calories. One serving contains 1 gram of saturated fat and no cholesterol. Almonds are also an excellent source of vitamin E and magnesium, and a good source of protein and potassium.
3. They also have more calcium than any other nut, plus nearly 9 grams of monounsaturated, heart-healthy fats, 6 grams of protein and 3.5 grams of fiber per serving.
4. To make your own Almond milk, all you'll need are some almonds, a sweetener of your choosing, some water and a food processor!
5. Almonds have a long storage life and can be refrigerated for up to 2 years. The longer shelf life is due to the fact that they are rich in Vitamin E.
6. It takes 1000 pounds of almonds to make one pint of almond oil.
7. Chocolate manufacturers use around 40 percent of world's total almonds in making delicious and mouth-watering chocolates.
8. There are around 30 varieties of almonds, but only 10 undergo production for consumption purposes.
9. They are 100% reliant on wild bees and honey bees for crop pollination — No bees, no almonds. It takes more than 1.2 million bee hives to pollinate California's Almond crop (over 550,000 acres). California produces 80% of the world's supply of almonds.
10. Amaretto is a liqueur with an almond flavour, but surprisingly, it may or may not contain almonds. The standard base of the liqueur is primarily made from apricot pits, and may contain any number of added spices and flavourings.

AMARETTO MOUSSE

1 cup (250 ml) sugar
1/2 cup (125 ml) butter
4 eggs, separated
1/2 cup (125 ml) half and half
1/2 teaspoon (2.5 ml) vanilla
2 tablespoons (30 ml) amaretto
1 tablespoon (15 ml) lemon juice
1 pint (475 ml) heavy cream
whipped cream, for garnish (optional)
slivered almonds, for garnish (optional)



1. Put sugar, butter, egg yolks, and half & half into a heavy 2-qt. saucepan. Place over medium heat.
2. Stir constantly until it comes to a slow rolling boil. Let boil 2 minutes, still stirring constantly.
3. Remove from heat. Strain into a bowl and put that bowl into a larger bowl containing ice. Continue stirring until mixture is cool.
4. Add vanilla, Amaretto, and lemon juice. Mix well and set aside.

5. Whip cream, then fold into mixture.

Whip egg whites until stiff (not dry), then fold into mixture. Fill wine or champagne glasses with mixture. Cover with plastic wrap & chill.

When serving, top with a little whipped cream & sprinkle of almonds or sprig of fresh mint.





FUN FACTS ON BLACKBERRIES

1. Blackberries are considered a 'bramble' crop, so named for the thorns that cover many varieties of the plants (canes).
2. One cup of blackberries has 62 calories.
3. There are over 2000 varieties of blackberries found throughout the cooler regions of the world.
4. They have been around for tens of thousands of years.
5. Blackberries are very high in Vitamin C and fiber, and effective in the treatment of stomach problems such as nausea.

FUN FACTS ON APRICOTS

1. Apricots are relative to the peach, nectarine, plum, and cherry family and need a warm climate to thrive.
2. They are in season in North America from May through August. Any fresh fruit you see during the winter have been imported from either South America or New Zealand.
3. Originally from China the apricot tree came to Virginia in 1720.
4. One apricot has only 17 calories.
5. One apricot tree can produce fruit for as many as 25 years.



Apricot Mousse with Blackberries

12 oz. (375 ml) dried apricots
1/4 cup (50 ml) sugar
1 tsp (5 ml) lemon juice
4 egg whites
4 tbsp (50 ml) icing sugar
1 cup (250 ml) blackberries



Makes six servings

Place the apricots in a medium sized saucepan with enough water to cover. Add lemon juice and bring to a boil, stirring occasionally. Simmer for ten to fifteen minutes or till tender. Remove pan from heat to cool. Then blend into a puree; add water if needed so blades do not stick. Transfer to a large mixing bowl and stir in the sugar and add more to taste if needed. Set aside.

In medium sized bowl, beat the egg whites with a whisk until they form soft peaks. Carefully fold the egg whites into apricot mixture and spoon into 6 glasses. Chill in refrigerator for at least 2 hours.

In small bowl, combine icing sugar and blackberries and chill until ready to serve. Just before serving, top each mousse with a spoonful of blackberries.

BANANA MOUSSE

1 cup (250 ml) light cream
2 tbsp (30 ml) sugar
1 envelope plain gelatin
1/4 cup (50 ml) milk
2 egg yolks, beaten

1 1/2 cups (375 ml) heavy cream
1/2 tsp (2.5 ml) vanilla
1/2 tsp (2.5) brandy extract
2 large ripe bananas, mashed

Combine light cream and sugar in the top of a double boiler and scald. Add gelatin to milk to soften. Add egg yolks and heavy cream to scalded light cream, stirring constantly until thickened. Remove from heat and add softened gelatin, stirring until dissolved. Add extract, vanilla and mashed bananas, blend thoroughly, and turn into individual bowls. Chill until firm, preferably overnight.

Serve with berries or fruit salad to which a fruit-based liqueur has been added.

Makes 6 servings.



Fascinating Facts about Bananas

1. There are in excess of 500 banana varieties in the world. They come in all shapes and sizes, from small finger fruits to purple plantains.
2. India is the largest producer and consumer with estimated production of 16 million tonnes of bananas annually. India's domestic production alone exceeds the entire world trade.
3. Bananas are harvested green because they keep ripening even after they are picked.
4. As bananas ripen, the starch in the fruit turns to sugar. Therefore, the riper the banana the sweeter it will taste.
5. Most bananas are grown in hot, humid tropical countries, but some bananas are grown in Iceland in soil heated by hot water geysers.
6. An individual banana is called a finger. A bunch of bananas is called a hand.
7. The banana plant reaches its full height of 15 to 30 feet in about one year. The trunk of a banana plant is made of sheaths of overlapping leaves, tightly wrapped around each other like celery stalks.
8. Bananas are one of the few foods to contain the 6 major vitamin groups.
9. The average American eats 12kg of bananas every year, and the average Australian eats almost 15kg of bananas every year. Canadians eat 3 billion bananas per year.
10. The banana peel contains the finest natural lubricant known to man. You can use the inside of a banana peel to polish patent leather shoes.

FUN FACTS ABOUT ORANGES

1. The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. The orange is actually a modified berry.
2. As of 2010, Brazil grows one third of all the world's oranges. California and Florida are large producers of oranges in the U.S.
3. Around 85% of all oranges produced are used for juice.
4. There are now over 600 varieties of oranges worldwide. There are over 35,000,000 orange trees in Spain.
5. Orange peel sprinkled over a vegetable garden is an effective slug repellent.
6. After chocolate and vanilla, orange is the world's favourite flavour.
7. Oranges originated around 4000 B.C. in Southeast Asia, from which they spread to India. Moorish, Portuguese and Italian traders and explorers introduced sweet oranges into Europe around the 15th century, after finding the fruits on voyages to Asia and the Middle East. Christopher Columbus planted the first orange trees in the Caribbean islands in the late 15th century after he brought the seeds there on his second voyage to the New World. Spanish explorer Ponce de Leon brought oranges to Florida in the 16th century, and Spanish missionaries brought them to California in the 18th century.
8. The orange tree is a small tropical to semitropical, evergreen, flowering plant. It grows up to 16 to 26 feet (5 to 8 meters).
9. Oranges can be stored at room temperature or in the refrigerator. They will generally last the same amount of time, two weeks, with either method, and will retain nearly the same level of vitamin content. The best way to store oranges is loose rather than wrapped in a plastic bag, because they can easily develop mold if exposed to moisture.
10. Oranges contain more fiber than most fruits and vegetables.





RASPBERRY MOUSSE

- 1 package (12 oz.) individually frozen Raspberries**
- 1 container (8oz) frozen nondairy whipped topping, thawed**
- 1/3 cup (80 ml) confectioner's sugar**
- 1/2 tsp (2.5 ml) almond extract**
- frozen nondairy whipped topping for garnish (optional)**

Place raspberries in blender or food processor. Cover, whirl until pureed. Place whipped topping in large bowl. Gradually fold in raspberry puree, sugar and almond extract.

Spoon into dessert dishes and refrigerate or freeze until ready to serve.

Garnish with dollop of whipped topping, if you wish.

MAKES FOUR SERVINGS





FRESH STRAWBERRY MOUSSE

1 quart fresh, ripe strawberries
1 envelope unflavoured gelatin
1/4 cup (50 ml) cold water
1 to 2 tbsp (15-30 ml) lemon juice

1/3 cup (80 ml) icing sugar
1-1/2 cups (375 ml)
whipping cream
1/4 cup (50 ml) icing sugar

Wash and hull the berries; select and reserve two cups of the best berries for garnish. Crush or puree remaining two cups and let drain through a sieve. Reserve both juice and pulp (about 2/3 cup juice).

Soften gelatin in 1/4 cup cold water for five minutes. Add lemon juice and sufficient water to berry juice to make 1-1/4 cups liquid; heat to boiling. Add softened gelatin to hot liquid and stir until dissolved; cool.

Add 1/3 cup sugar to crushed berries; stir into cooled gelatin. Whip cream with 1/4 cup sugar until it forms soft peaks. Fold into strawberry-gelatin mixture. Chill in individual serving glass for eight hours or overnight.

Makes 7 - 8 servings



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