

Manger (Eat) Montreal

It's a good thing Montreal is readily walkable and bikeable, so you can enthusiastically work off the calories you'll consume dining at their fine restaurants and sampling the city's unique foods.

by Judy Colbert

Photos: Judy Colbert and iStockphoto.com

➔ Among Montréal specialties are poutine (pronounced more like the Russian Vladimir Putin, but you'll hear it any number of ways), beaver-tails, smoked meat sandwiches, bagels, and chomeur. If you're in town in April, aim for a "sugaring off meal" that takes advantage of the maple trees oozing their goodness and everything made with the rich, sticky, and satisfying liquid; if you don't have maple syrup childhood memories, it's time to create some.

PUT IN YOUR MOUTH

Poutine in its basic form is French fries with small cheese curds, covered with gravy. The salty, crispy, silky combination tastes better than it sounds. You may find it with sausage, chicken, bacon, smoked meat (see below), foie gras, caviar, and even truffles. In an attempt toward healthier eating, some places now use sweet potatoes. Beyond those variations, you'll find influences from Italian, Chinese, and Greek cuisines. Perhaps the tastiest alternative is fries topped with bacon, sausage, and maple syrup. Its popularity has spread beyond Montréal and Quebec, but you should try it here first.



Photo: iStock / Proformabooks

SMOKIN'

Smoked meat is the same cut as the brisket that makes corned beef or pastrami except it's dry-cured, then smoked and has a hint of coriander, garlic, and mustard that makes all the difference in the world. It's also cut by hand, not by machine, which helps it maintain its integrity. Not nearly as spicy as pastrami, the smoked meat is more sweet/salty and piled high enough

Put a New Yorker and a Montréaler in the same room and they'll soon discuss the virtues of their indigenous bagels. The first big difference is that Montréal bagels are boiled in honey-flavored water and then baked in a wood-fired oven.



iStock / Fudio



on rye bread to strain your jaws. It's traditionally served with yellow prepared mustard. The bits and pieces that do fall off in the slicing process are often added to the French fries, cheese curds, and gravy to make smoked meat poutine.

TOP THE TAIL

Beavertails, beaver tails, or "queues de castor" are not literally tails from those furry animals. They're like a county fair/carnival/boardwalk funnel cake that's shaped like a beaver tail. It's large enough to share with at least one friend, maybe even two. The debate comes when you have to decide what you want on top of your tasty treat. The basic toppings are cinnamon and sugar, but you can have it with Nutella (or Nutella and banana slices), Reeses Pieces, apples (or strawberries or blueberries), Oreo cookie pieces, and, of course, maple syrup. Not all flavors are available at all stores and some are "off-menu" requests.

PUT A RING ON IT

Put a New Yorker and a Montréaler in the same room and they'll soon discuss the virtues of their indigenous bagels. The first big difference is that Montréal bagels are boiled in honey-flavored water and then baked in a wood-fired oven. Actually, due to fire regulations, the logs are pressed wood, not real logs, but it's close enough. Montréal bagels are thinner, crisper, and sweeter, and have a larger hole. Stop by the St-Viateur Bagel & Café and note that there's no lock on the



Photo: iStock / Elenathew

door because they're open 24 hours a day all year long. Stand around to watch the bagel making process that starts with 30 eggs in a batch of dough that weighs 150 pounds. The dough is sliced and the bagels are rolled and hand-formed. Then, they go on a wooden plank and they're popped in the oven. Toasty brown and delicious circles come out a few minutes later. Tradition says you try the poppy seed or sesame seed, but there are other choices.

THE PROOF IS IN THE PUDDING

Chomeur, or "unemployment pudding" was born in the Great Depression, using the simplest of ingredients, stale bread and brown sugar. It's become more sophisticated and now maple syrup is the main sweetener. Water, flour, baking powder, butter, sugar, skim milk, eggs, and salt are used for the bread. The water and syrup are heated and put into the bottom of a 9x9" pan and then the other ingredients are mixed and dolloped on top of the syrup, much as dumplings are done. Should you dedicate an entire meal to chomeur? That's your decision, but we won't argue with you.

There's more delicious food of course, such as steak seasoning, chocolates, dragon beard candy, and yellow pea soup, but these five should satisfy your culinary curiosity... for now. ❖



Photo: iStock: Paul Binet



Eat your way through Montréal. Take a ride on one of WOW air's brand new aircraft heading to Canada and make a meal of these Canadian delicacies.



WOW air offers flights to Montréal several times a week, all year round. You'll find available connections to Canada from almost all WOW air destinations in Europe at wowair.com.

TASTE THE BEST OF ICELAND...

...IN ONE AMAZING MEAL



ICELANDIC GOURMET FEAST

Starts with a shot of the infamous Icelandic spirit Brennivín

Followed by seven delicious tapas

- Smoked puffin with blueberry "brennivín" sauce
- Icelandic sea-trout with peppers-salsa
- Lobster tails baked in garlic
- Pan-fried line caught blue ling with lobster-sauce
- Grilled Icelandic lamb Samfaina
- Minke Whale with cranberry & malt-sauce
- White chocolate "Skr" mousse with passion fruit coulis

LATE NIGHT DINING

Our kitchen is open until 23:30 on weekdays and 01:00 on weekends

7.990 kr.



RESTAURANT- BAR