

A workman ate 2 pounds (0.9 kg) of bread and 6 oz. (169.8 g) of bacon a day.

The making of maple syrup was learned from the native people, but maple sugar was not used until the English period. 40 gallons (150 l) make 1 gallon (4 l) of syrup or 10 pounds (4.5 kg) of sugar.



Maple sugar mould

"Le Sucre du Pays"

(Maple Syrup—"the country sugar")



Maple Syrup Carrier
—A. Suzor-Coté



The Sugar Bush—E.J. Massicotte

Salt bacon could be kept for months at a time. But it would withstand the many changes in temperature only if it was prepared with great care. If even one barrel of this precious food were to go bad, a family could come close to starving during the winter months. . . .

adapted from R. Douville and J. Casanova, *Daily Life in Early Canada*, trans. Congreve, p. 57

Imports

olive oil
walnuts
fish
spices
vinegar
salt
sugar
molasses
wine
brandy
rum

Fish

salmon
haddock
sturgeon
bass
shad
eels



The church required fasting on Fridays, Saturdays and on 49 days around the season of Lent. People could not eat meat or milk by-products and could have only one meal plus a light snack daily. They were allowed only bread, vegetables and fish. "Slices of bread were . . . weighed in order not to exceed the prescribed weight. The peasants had never particularly enjoyed eating fish. Some of them resorted to eating beaver or muskrat meat, which were allowed by the church since these animals were amphibious."

R. Douville and J. Casanova, *Daily Life in Early Canada*, trans. Congreve, p. 61

GAME

Moose
Caribou
Venison
Porcupine
Hare
Beaver
Pigeon
Partridge
Snipe
Teal

Jean Talon built a brewery in 1668.

Drinks

bouillon
(beer made from a wheat or maize mash)
spruce beer
beer
milk
water
cider
calvados
(cider brandy)

Recipe for Eel Stew

1 eel, skinned and sectioned
flour
onions
butter
salt
pepper
spices
mushrooms
1 cup white wine
1 bay leaf

Sauté the onions in butter
Flour, salt and pepper the eel
Brown the eel by frying in butter
Bake everything one hour in a casserole

Days of Fasting

A citizen of Ile d'Orléans named Louis Gaboury was denounced by a neighbour. This neighbour accused Gaboury of ignoring the rules of Lent. To punish him, the seigneurial court ordered Gaboury to pay a cow and one year's profit from the cow to the man who had denounced him. Gaboury was also tied to the public stake for three hours, and then to the front of the parish chapel. He was left kneeling there, bareheaded and hands tied, to ask forgiveness from God, the King and the Justice because he had eaten meat during Lent without asking the church's permission. He also had to pay a fine of twenty livres. The money was to be used to promote holy works in the parish.

adapted from R. Douville and J. Casanova, *Daily Life in Early Canada*, trans. Congreve, p. 61



Caught Breaking the Lenten Fast—C. Kriehoff