Canola oil is a culinary workhorse. From sautéing and salad dressings to deep-frying and baking, canola is a staple no well-stocked pantry or good cook should be without. Some say that canola has no taste or a mild flavour — an ideal complement to a majority of dishes by allowing the flavours of the other ingredients to shine! This is particularly true in baking.

Canola oil is light, clear and has a mild flavour that does not interfere with the taste of baked goods. It blends easily with other ingredients to produce a moist product with soft texture. In addition, by replacing other solid fats with canola oil, recipes are not only lower in saturated fat, but in their total fat content as well. Great reasons for working with canola oil!

Canola Oil Change

Baking with canola oil provides healthful advantages. By substituting canola oil for melted hard fats such as butter, shortening, lard or brick margarine, you replace fats higher in saturated fatty acids or in trans fatty acids. At 7%, canola oil has the lowest level of saturated fatty acids of any vegetable oil currently available on the market. Canola oil, like the majority of vegetable oils, also has no trans fat and no cholesterol. When substituting canola oil for melted fats, the total fat called for in the recipe should be reduced by 20 percent. In other words, when substituting canola oil for another fat, the baked product will use only 80% of the fat asked for in the original recipe. Not only have you chosen a healthier alternative but have reduced the total fat in your baked goods! Use the following chart to experiment with your recipes that use solid fat.

Canola Oil Change Chart

<table>
<thead>
<tr>
<th>Solid Fat (melted)</th>
<th>Canola Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (250 mL)</td>
<td>¾ cup (175 mL)</td>
</tr>
<tr>
<td>¾ cup (175 mL)</td>
<td>¾ cup (150 mL)</td>
</tr>
<tr>
<td>½ cup (125 mL)</td>
<td>½ cup (75 mL)</td>
</tr>
<tr>
<td>¼ cup (50 mL)</td>
<td>3 Tbsp (45 mL)</td>
</tr>
</tbody>
</table>

Note: Cookies may not work well with this conversion.
Canola in the Sweet Kitchen

"In baking, like in so many other arts, some of the most important elements play supporting roles rather than starring ones. As careful as I am when I choose fine, bittersweet cocoa for a rich dark cake, or perfectly just-overripe bananas for luscious muffins, I am equally conscientious when I choose the quiet ingredients. In my baking, using canola oil in recipes that call for vegetable oil has become a given. Its light, pure and neutral taste allows every nuance of flavour to come through without being masked or compromised. It is the best of all worlds: healthful, easily available, affordable even at the highest quality, and best of all for a baker, it is brilliantly, humbly, undetectable."

Regan Daley

Banana Muffins with Coconut Crunch
Recipe by Regan Daley

Makes 12 regular or 6 large muffins

1 1/2 cups all-purpose flour 375 mL
1/3 cup tightly packed light brown sugar 125 mL
1 Tbsp baking powder 15 mL
1/3 tsp baking soda 2 mL
1/3 tsp salt 2 mL
1/3 tsp cinnamon 1 mL
1/3 tsp nutmeg 1 mL
1/3 cups mashed ripe banana 375 mL
1 1/2 tsp pure vanilla extract 7 mL
2 large eggs, lightly beaten 2
1/2 cup canola oil 75 mL
3/4 cup sweetened shredded coconut 175 mL

Topping:
2 Tbsp unsalted butter 25 mL
meltd and cooled
3/4 cup sweetened shredded coconut 75 mL
1 Tbsp light brown sugar 45 mL


2. In a large bowl, whisk together flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. In another large bowl, whisk together mashed bananas, eggs, canola oil, and vanilla.

3. Add banana mixture to flour mixture all at once, stirring just enough to almost moisten dry ingredients. Add coconut, and stir to incorporate. Divide batter among muffin cups and drop crumbles of topping mixture over top of batter.

4. Bake for 15 to 20 minutes for regular-sized muffins, 20 to 25 minutes for large, or until tops spring back when lightly pressed and a wooden skewer inserted into the centre of a muffin comes out clean. Cool on a wire rack 10 minutes, then turn muffins out and cool on the rack until desired temperature. These are wonderful warm, but should be cooled completely before wrapping and freezing, or storing. They’ll keep well in an airtight container at room temperature for about 4 days. To freeze, wrap well in plastic wrap then in a freezer bag; use within 2 months.

**Sweet Potato Bundt Cake**

*Recipe by Regan Daley*

1. Preheat the oven to 350°F (180°C). Oil and flour a 10-inch fluted tube or Bundt pan. In a small non-reactive, soak the raisins in the rum for at least 30 minutes or several hours. Meanwhile, peel the sweet potatoes, cut them in half and then cut each half into ¼-inch slices. Place the slices into a pot of cool salted water, cover, then bring the water to a boil. Reduce to a gentle simmer and cook until sweet potatoes are very tender when pierced with a sharp knife. Drain off the water and allow the potatoes to air-dry for a few minutes, then use a potato masher or large fork to roughly mash them. Measure out about 2 cups (500 mL) of the mash and set aside to cool.

2. Into a separate bowl, sift the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Add the flour mixture to the batter in three additions, alternating with the buttermilk in two additions, beginning and ending with the dry ingredients. Fold in the raisins. Pour the entire batter into the tube pan. Bake in the centre of the oven for 1 hour to 1 hour and 20 minutes, or until a wooden skewer inserted into the centre comes out clean, and the cake is just beginning to pull away from the sides of the pan. Cool the cake in the pan set on a wire rack for 10 minutes, then invert onto a rack. While the cake is cooling, prepare the glaze. This cake must be glazed while still warm, so it absorbs the maximum syrup - so don't take it out of the oven and go to the movies.

3. For the glaze, combine the brown sugar, butter and cream in a small heavy-bottomed saucepan. Bring to a boil over medium heat, stirring until the sugar dissolves. Continue to boil until the mixture thickens somewhat, about 3 minutes, stirring often. Remove the glaze from the heat and stir in the rum. With a long wooden or metal skewer, poke holes all over the cake, concentrating on the top. Spoon about half of the warm glaze over the cake and let the cake and remaining glaze cool for 10 to 15 minutes, until it has thickened slightly. Pour over the cake, letting it dribble down the sides, then allow the cake to cool completely before cutting and serving or wrapping and storing.


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**Gingersnaps**

*Recipe by Betty Burwell*

1. Beat canola oil with sugar. Whisk in egg and molasses. Add flour, ginger, cinnamon, baking powder, baking soda, and salt. Stir until dough is moist. Using 1 tsp (5 mL) per cookie, shape dough into balls. Roll in sugar.

2. Bake on lightly oiled cookie sheets at 375˚- 400˚F (190˚- 200˚C) for 30 minutes. Mix a mixture of 1 Tbsp (15 mL) melted margarine and 1 Tbsp (15 mL) maple syrup and brush baked cookies.


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**Molasses Flax Bread**

*Recipe by Art Delahay*

1. Sprinkle yeast over warm water and sugar and let stand in a warm place for 10 minutes or until yeast is dissolved. When dissolved stir in buttermilk, canola oil, molasses, maple syrup, salt and flax meal.

2. Add whole wheat flour and 2 cups (500 mL) of all-purpose flour to form a sticky dough. Knead for 8 - 10 minutes while working in the remaining 1 cup (250 mL) all-purpose flour. Put in oilied bowl, turn to oil top and let rise until double in bulk. Punch down, divide into 2 and either shape into round loaves on baking sheets or put in two 5 x 9 inch (13 x 23 cm) loaf pans. Let rise again.

3. Bake at 375˚ - 400˚F (190˚ - 200˚C) for 30 minutes. Mix a mixture of 1 Tbsp (15 mL) melted margarine and 1 Tbsp (15 mL) maple syrup and brush baked loaves. Dust with corn meal. Yummy!
No Rolling Pin Pastry
Recipe by Susan G. Purdy

Yield: For one 9 or 10 inch pie shell plus pastry decorations or one 11 inch tart shell. For a two-crust 9 inch with extra pastry decorations make 1 ½ times the recipe (3 cups of flour)

2 cups unsifted all-purpose flour
1 tsp salt
1 tsp granulated sugar
½ cup (scant) canola oil
3 Tbsp skim or low fat milk, 45 mL or as needed

1. In a mixing bowl or directly in the pie plate, toss together the flour, salt and sugar. Add the canola oil and milk (or stir them together first in a cup), then toss them with the flour mixture using a fork or your fingertips. As soon as the dough looks clumpy and holds together, press it out in an even layer in the baking pan. You can also cover the dough with plastic wrap and press it out in the plastic. Build up a thicker dough layer on the rim and flute or pinch into scallops.

2. If making a two-crust pie, roll out the top crust between two sheets of lightly floured wax paper. Peel off one sheet, position the crust over the filling, and peel off the backing paper. Cut steam vents and bake as directed in the recipe.

Editor’s Note...Try the Saskatoon or tourtière pie (two Canadian favourites) with the No Rolling Pin Pastry.


Tourtière
Recipe by Simone Demers Collins

While many French-Canadian tourtières do include mashed potatoes, the majority do not have grated potatoes in the bottom. I don’t know when this tradition started with my family. Maybe it simply was my grandmother’s response to difficult economic times. With more money, or fewer sons to feed, the layer of grated potatoes decreased, and the measure of meat rose - regional Canadian cuisine at its budgetary best!

2 lb medium ground pork
1 lb extra lean ground beef
1 cup medium onion, grated
1 cup water
1 tsp each salt & pepper
1 tsp each ground allspice
1 cup peeled & grated potato

Spread half of the grated potato over each pie crust. Sprinkle with salt. Top with 3 cups (750 mL) of meat mixture. Place second crust over entire mixture. Seal edges and cut vents into top pastry to allow steam to escape.

3. Bake 8-9 inch meat pie in a 400˚F (200˚C) oven for 15 minutes; reduce oven heat to 350˚F (180˚C) and bake for another 35 minutes. Remove pie from the oven and allow cooling for 5 minutes prior to cutting and serving.

Saskatoon Berry Pie
Recipe by Dorothy Long

If you are from the Canadian prairies you will be familiar with Saskatoons - sweet, purple berries. As a child my family would head out with pails to our secret patch of wild Saskatoons and return with purple berries. As a child my family would head out with pails to our secret patch of wild Saskatoons and return with purple berries. Although they are wonderful picked right from the bush, my absolute favourite dessert is my Mom’s saskatoon pie. This is her recipe.

3-4 cups saskatoons 750-1000 mL
1 Tbsp lemon juice 15 mL
½ cup granulated sugar 150 mL
½ cup tapioca or all-purpose flour

1. This recipe makes enough for one pie but is easily doubled or tripled! Combine saskatoons, lemon juice, sugar and tapioca in a large bowl. Arrange saskatoon mixture in unbaked pie shell. Cover with top crust.

2. Bake for 15 minutes at 425˚F (220˚C), then reduce heat to 350˚F (180˚C) and bake for 35 minutes. Enjoy!

Thanks!

I would like to thank all the contributors to this brochure, especially Regan Daley, Susan G. Purdy, Betty Burwell, Simone Demers Collins and Art Delahaye. Your recipes are excellent and your expertise appreciated. I would also like to thank Sandra Dazzan, culinary goddess, for helping out with the photoshoot; Finally, thank you to Gerry Urrau of Colourscape for making all that we do beautiful!

Dorothy Long
Home Economist, CanolaInfo

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