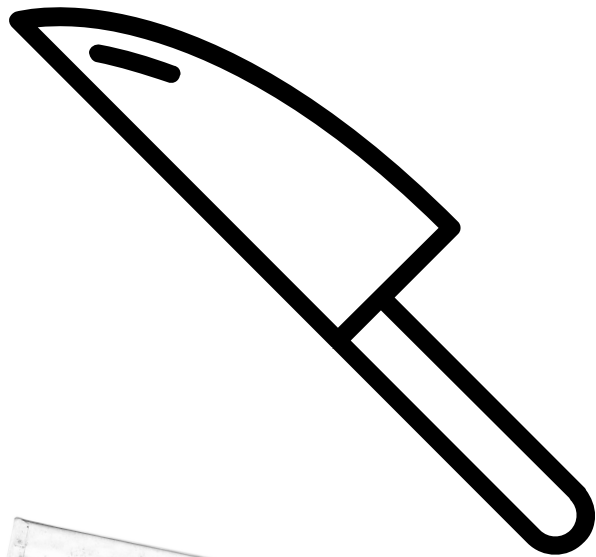




PICKING UP  
INGREDIENTS

# Local Deer Tartar



## *Before you leave*

1- Make sure you have downloaded the maps of the entire Haut-St-François region before you leave.

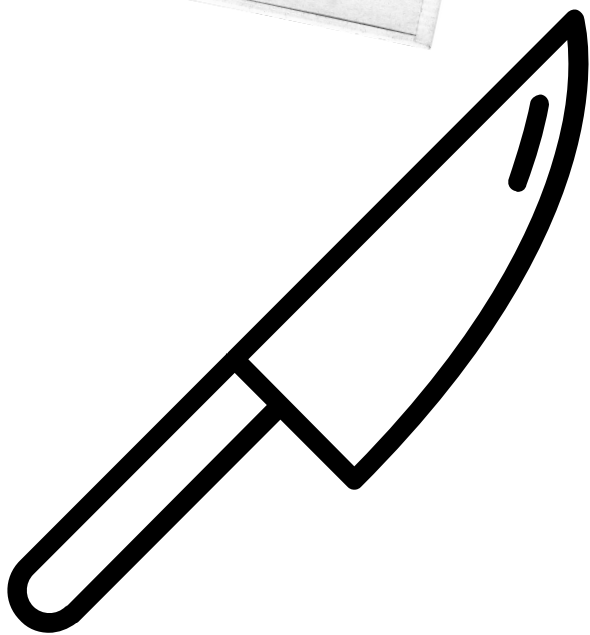
2- Call the producers or go to their website to check their opening hours and to make sure the products are still available.

3- Fill up with gas before you leave as gas stations can be far apart.

4- Contact your family or friends to share this 100% local meal!

5- Bring a cooler and Icepacks.

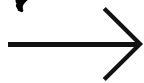
**\*\*This tour must be done during the summer season to get fresh vegetables.**



# The 4 Stops

## A. Boutique Tribu-Terre

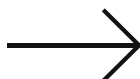
189 Principale E St., Bishopton, QC J0B 1G0  
819.887.6002



BEERS TO ACCOMPANY YOUR DINNER:  
LA DIDI BOURLINGUE

## Fromagerie P'tit Plaisir

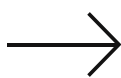
819.877.3210



FETA CHEESE

## Les As du Fumoir

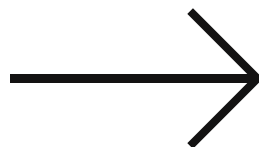
819.588.8028



SMOKED GROUND SALT, SMOKED GROUND  
PEPPER, SMOKED OLIVE OIL AND FORESTRY  
BLEND (SMOKED SPICES)

## Cerisaie Passions Cerises

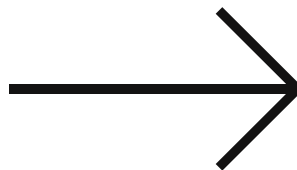
819.872.1002



HONEY

## O'Gousses D'Ail

304 chemin Hooker, Dudswell  
514.594.6135



GARLIC CLOVES

## B. Ferme Petite Récolte

780 Chem. de Sawyerville, Sawyerville, QC J0B 3A0  
fermepetiterecolte@gmail.com



3 BUNCHES OF SMALL TO MEDIUM BEETS  
DOZEN EGGS

## D. Maraîchers de l'Or Vert

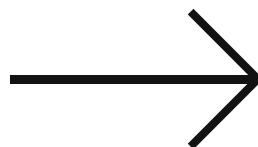
40 Chem. de Randboro, Sawyerville, QC J0B 3A0  
819.342.4312



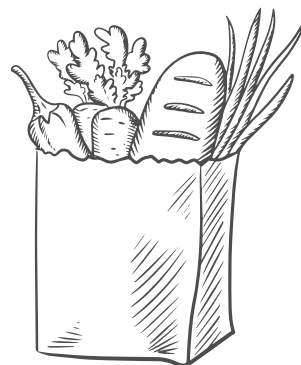
MESCLUN OR ARUGULA SALAD  
1-2 RED ONIONS

## E. Ferme Le Sabot d'Or

976 RTE 253 Cookshire-Eaton, J0B1M0  
819.832.4387 ou 819.823.2813



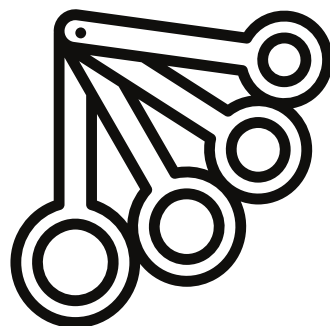
400G OF DEER LOIN



# The Recipe

## Ingredients:

400g of deer loin from [Ferme du Sabot d'Or](#)  
4 chicken eggs from [La ferme Petite Récolte](#)  
50g of diced red onion from [Les Maraîchers de l'Or Vert](#)  
10 leaves of chopped flat parsley  
50g of chopped capers  
50g of chopped gherkins  
Garlic from [O'Gousses D'Ail](#)  
Smoked Olive Oil from [Les As du Fumoir](#)  
Smoked ground salt from [Les As du Fumoir](#)  
Smoked ground black pepper from [Les As du Fumoir](#)



## Preparation:

Cut the red deer into small cubes and mix with the onion, parsley, capers, and pickles. Season well and place on a plate with a little garlic oil and a raw egg yolk. Serve with autumn salad leaves.

Accompany your tartar with a fresh arugula salad and potato French fries. See next pages.

# The Accompaniments

## Beet Salad:

3 bunches small to medium (8-10 beets), peeled **La Ferme La Petite Récolte**

3 tablespoons smoked olive oil from **Les As du Fumoir**

½ small red onion, thinly sliced vertically

Baby greens or arugula from **Les Maraîchers de l'Or Vert**

½ cup coarsely chopped walnuts, toasted if desired

½ cup cubed feta cheese from **Fromagerie P'tit Plaisir**

## Honey Balsamic Vinaigrette:

¼ cup balsamic vinegar

¼ cup canola oil

¼ cup of extra virgin olive oil

2 tablespoons honey, or to taste, **Cerisaie Passions Cerises**

1 tablespoon Dijon mustard

1 clove of garlic, minced, from **O'Gousses D'Ail**

Salt and black pepper to taste

## Potatoes:

5 Potatoes sliced into fries

Extra virgin olive oil

Forestier mix, spices from **Les As du Fumoir**

Bake at 350 F for 1 hour.



#DON'T FORGET TO TAG  
TOURISM HSF IN YOUR  
PUBLICATIONS#

PICKING UP  
INGREDIENTS

Bon  
Appétit!

**EASTERN  
TOWNSHIPS**

 **Comité  
tourisme**  
Haut-Saint-François