

RELIGIOUS GASTRONOMY IN QUÉBEC

ÉPICÉA

Dolbeau-Mistassini, QC – epicea.ca (French only) - Religious Order – Augustines of the Mercy of Jesus

EPICEA produces vinaigrettes and oils with a boreal forest flavour. The vinaigrettes are not only for salads; they can be used to cook or marinate as well. These products are made at the Augustinian Center, a non-profit organization that helps people with mental health issues, and "Le Cristal," a center aimed at mental health recovery. EPICEA helps people at Le Cristal to better manage their stress, as well as providing them with an opportunity to do something useful, beautiful and delicious. The production of vinaigrettes and jelly also allows these people to receive a salary for their work while recovering. Our six dressings and our jelly are a unique blend of the diverse flavours found in the boreal forest and fresh fruits and vegetables.

CHOCOLATERIE DES PÈRES TRAPPISTES

Dolbeau-Mistassini, QC – chocolateriedesperes.com - Religious Order – Cistercians (Trappists) (o.c.s.o.)

Come and visit the Pères Trappistes and their chocolate factory in their beautiful location. Take our quiz while enjoying a fun, informative tour. It's an experience you won't soon forget! You will learn about our history and could even win a special prize! It is possible to join the monks in prayer during a church service. If you wish to stay with us for several days to decompress, think and pray, we offer hotel services.

ABBAYE VAL NOTRE-DAME

St-Jean-de-Matha – abbayevalnotredame.ca - Religious Order – Cistercians (Trappists) (o.c.s.o.)

The Quebec Trappists, famed for their Oka cheese, have moved to a beautiful new monastery, installed state-of-the-art food production equipment and will be unveiling a contemporary website to showcase the dozens of their excellent products, which widely used to be available only along the old Montreal-Ottawa Highway in the town of Oka, Quebec. The two dozen Trappists (they're Cistercians but commonly referred to as Trappists) had lived on the 270-hectare Oka site since the 1890s but "it was way too big," said the order's new marketing director, Martin Plante. Instead of Oka, now the monks reside in the tranquil hills of Saint-Jean-de-Matha, "cottage country" about an hour and a half north of Montreal and famous for its strongman Louis Cyr of more than a century ago.

Also: Okaramel, jams and honey, butter, chocolates, cakes, oils and dressings

ABBAYE SAINT BENOIT DU LAC

Saint-Benoît-du-Lac – abbaye.ca - Religious Order – Benedictines Congrégation de Solesmes (O.S.B.)

The monks at this Benedictine monastery, which was founded in 1912, make wonderful cheeses and spreads that you can buy in their boutique. They are famous for their Saint Benoit cheese, and their smoked blue cheese. They also have a variety of creamy apple butter and delicious jams. Their boutique also features other products from around Quebec produced by different monastic orders. If you'd like to spend the afternoon, they have a large apple orchard open to the public where you can pick your own apples.



MONASTÈRE VIERGE MARIE LA CONSOLATRICE

Brownsburg-Chatham, QC – monasterevmc.org - Religious Order – Greek Orthodox

Sheep and goat cheeses, three fetas, yogurt, butter, baklava and other Greek specialties. This Holy Monastery of Virgin Mary the Consolatory, the first Greek Orthodox monastery in Quebec, has not been in existence for many years. It was founded in 1993, with a favourable agreement and under the auspicious care of His Eminence, Metropolitan Sotirios, head of the Greek Orthodox Church of Canada. A hierarch of those who take cognizance of the fact that in a given diocese, establishing monasteries allows for a fuller liturgical life.

ERMITAGE SAINT-ANTOINE DE LAC-BOUCHETTE

Lac-Bouchette, QC – st-antoine.org - Religious Order – Capuchin (o.f.m.cap)

Home-style bakery, La Mie de Saint-Antoine, offers you a wide variety of fresh bread, made daily, and mouth-watering pastries. The bakery contributes to Saint Anthony's Bread for the Poor charity founded by Abbé DeLamarre. When buying items at the bakery, you make it possible for Ermitage Saint-Antoine to continue helping the poor and needy and learn more about poverty in Quebec and the world.