

RELIGIOUS GASTRONOMY IN QUÉBEC

ÉPICÉA

Dolbeau-Mistassini, QC - lecrystal.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 and provide 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 jelly blend 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 new 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. Les Ateliers de l'Abbaye invite themselves into your home! From your phone, tablet or computer, the Store offers various virtual workshops live or recorded in your living room!

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, 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 Canada's Greek Orthodox Church. A hierarch of those who take cognizance of the fact that establishing monasteries allows for a fuller liturgical life in a given diocese.

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.

ABBAYE CISTERCIENNE NOTRE-DAME DE NAZARETH

Rougement, QC – abbayerougement.org – Religious Order - Cistercienses (o.c.s.o.)

During apple season, our shop offers you something to fill your basket with provisions. Come and taste our products as well as those of other Abbeys in Quebec. Out of season, most of our products are available year-round at the small counter located at the Abbey gatehouse. Our products are made on-site: Raw apple juice, apple cider vinegar, mashed apples, apple butter, fruit paste. Products prepared for the Abbey: sparkling rosé or lychee apple juice, apple jelly, pure, liquid or creamy honey.

LE MONASTÈRE DES PETITS FRÈRES DE LA CROIX

La Malbaie, QC – petitsfreresdelacroix.ca – Religious Order – Lay Religious Congregation

The confectionery of the Monastery of the Glorious Cross produces fruit pastes made by the little brothers. Our fruit jellies are made from apple puree. Natural flavours (Cherry, lemon, grape, peach, apple, orange) give them flavour during cooking. Once the dough has been poured and cut, each paving stone is coated with sugar. Sought after by connoisseurs, the monastery's fruit pastes, with intense and delicate flavours, are produced in limited quantities and available at the monastery shop and a few authorized distributors.