



Le bon goût frais
des îles de la Madeleine
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A Tour of Typical Dishes



If the origins of Magdalen Islands culture are rooted in the archipelago's first settlers, today's Madelinots are well-known for their hospitality, their island pride and, let's be honest, their love of food.

With this **Tour of Typical Dishes**, we invite you to explore the Magdalen Islands current cuisine in all its originality and authenticity. A testimony to the riches of sea and land, the Island's culinary heritage is secured by devoted restaurant owners who pay a vibrant tribute to homegrown traditions.

COD CAKES

Le Café de la Grave
418 937-5765

"Today, we are happy to offer you this traditional cod cake, which holds such historical meaning when served at Café de la Grave."

- **Marie-Claude et Marie-Frédérique**

SALT COD

Gourmande de Nature
418 986-6767

"While salting fish was a widespread practice throughout the Maritimes, Magdalen Islands clinched the cod crown a long time ago."

- **Johanne Vigneau**

SEAFOOD CHOWDER

Le Café la Côte
418 986-6412

"Thanks to its proximity to the fishing port of Étang-du-Nord, le Café la Côte provides the perfect setting to reconnect with this typical Island dish and its deep-sea flavours."

- **Nathalie Miousse**

FRESH COD

La Table des Roy
418 986-3004

"On the restaurant scene, Francine Roy, the first owner of La Table, played a pioneering role in introducing fresh fish on the menu."

- **Johanne Vigneau**

RAISIN POUTINE

Le Quai 360
418 986-7680

"The direct result of blending the archipelago's French and Anglo-Saxon cultures, this fresh cream poutine (also called pouding or poudine) lends itself to scrumptious discovery."

- **Nathalie Miousse**

THE "FRIPETTE"

Le Café d'chez-nous
418 986-3939

"This dessert was named for its "fripé" or wrinkled texture, which occurs when eggs are quickly cooked in boiling molasses."

- **Hélène Lapierre**

PERIWINKLES

La Moulière
418 969-2233

"At La Moulière, we serve them the Island way, with an emphasis on freshness and simplicity using a touch of garlic and the melting charms of Tomme des Demoiselles cheese."

- **Denis Landry**

SEAL

Le Bistro plongée Alpha
418 985-2422

"Nestled at the end of the Grande-Entrée wharf, Bistro Alpha offers you a seal fillet dish deeply rooted in the Magdalen Islands' winter traditions."

- **Jacques Leblanc**