



Celebrate the Québec Carnival, with “Beaver tails” and fresh seasonal fruit from the "I Love Fruit & Veg from Europe" programme.

Try these sweet fried dough pastries with sugar, cinnamon, apples, oranges and mandarins.

Montreal, 5 February 2025 - The Québec Winter Carnival is the largest winter carnival in the world, comparable to Rio or New Orleans. **"I Love Fruit & Veg from Europe"**, the campaign promoting **EU fresh fruit and vegetables** in several countries, **including Canada**, and co-funded by the European Union is showcasing this huge snowy festival of parades, sports and delicious banquets with a recipe for **Beaver tails**, which are traditionally eaten during Carnival, here served **with seasonal fruit: apples, oranges, and mandarins**.

The carnival atmosphere is magical: masquerade balls, enchanting night-time parades, tasty specialities such as the *poutine*, crispy fries in gravy and cheese, Canadian bacon and sausages, with maple syrup served on savouries and pastries. **The festival started in 1894.** Winter that year was particularly harsh for the inhabitants of Québec, who decided to celebrate the arrival of Lent with a big party. The Québec Carnival was only interrupted by the two world wars and the Great Depression. **The first edition of the modern Québec Winter Carnival was in 1955** when a group of local businesspeople revived the event with sports and activities for citizens and tourists. The carnival mascot called **"Bonhomme"**, is a snowman figure in a red hat and scarf.

Beaver tails

(Serves 10)

Preparation: 30 minutes

Resting: 1h and 35 minutes

Ingredients:



Meridia

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150ml warm water
1 sachet baking powder
100g sugar
300ml warm milk
120g melted butter
2 pinches salt
1 vanilla pod
700g flour
2 eggs
oil for frying
ground cinnamon, sugar, maple syrup (to serve)





Method

Mix the warm water, one tablespoon of sugar, and the baking powder in a bowl, cover and leave to rise for 5 minutes. Add the milk, butter, remaining sugar, salt and vanilla and combine. Add the flour and eggs gradually to form a smooth dough. Cover and leave to rise in a warm place for 90 minutes. Divide the dough into ten and shape into ovals half a cm thick. Heat the oil and fry each 'tail' for 30 seconds a side. Remove and drain on paper towels and sprinkle with sugar and cinnamon. Serve with apples, oranges and mandarins.

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