

Diet

The diet of the Acadians was varied and healthy. Acadians raised cattle, sheep, and pigs, and had excellent access to seafood in the Bay of Fundy. They maintained gardens and orchards for a wide variety of vegetables and fruit. To get through long winters, they stored apples and root vegetables in cellars. The Acadians brought over their favorite recipes from France. One herb that the French used widely was tarragon. It is believed St. Catherine, on a visit to Pope Clement VI, brought tarragon to France in the 14th century. The Acadians sometimes used tarragon as a healing herb, but most often used it to add that special French taste to food.

Healthy recipe

Tarragon fish (serves 6-8)

Ingredients

2 lbs. whitefish (the Acadians would likely have used flounder, haddock, or cod, but mahi-mahi works wonderfully with this recipe)
1 cup whole wheat flour
2 tsps. garlic powder
1 tbs. dried tarragon leaves
Salt, to taste
Canola or olive oil (enough for ½ in. cover in large skillet)

Directions

1. Wash the fish and cut into serving-size portions
2. Mix together the flour, garlic powder, and tarragon in a wide, shallow dish; add salt to taste.
3. Coat each piece of fish with the breading mixture, patting the breading into the flesh so that each piece is completely covered. Set aside all the pieces for 5 minutes.
4. Add the oil to the skillet and heat over medium heat.
5. Toss a few crumbs of the breading into the oil. When the crumbs begin to sizzle, the pan is ready. Add the fish (this may take two procedures).
6. Saute the breaded fish in the oil. Cover. Turn the pieces when one side is browned. Cover. The fish will be browned on both sides and done in 4-8 minutes, depending on thickness of pieces.