

Thank you for welcoming me into your home!

Who is Madame Germaine?

It was in 2016, with my grandma Germaine's recipe book and a bicentennial house to share, that I created an experience of discovery through food, with the intent of sharing family recipes, stories and human experiences.

I am Anne Rouleau, also known as Madame Germaine, a passionate culinary globetrotter, self-taught in the kitchen. I've had exceptional adventures on five continents. At 37 years old, MBA in hand and with years in various management positions, I chose to combine my experience as a businesswoman with my passions to make my dream a reality. I created Madame Germaine with a view to creating unique human experiences like the ones I had the chance to experience as a culinary globetrotter.



What's my secret? I open my heart! This allows me to form bonds quickly with people, to walk into their universe, to learn more about their local customs and, of course, to discover authentic recipes.

Always searching for what is "real," I take my guests on a journey by sharing my encounters and allowing them to experience the joy of opening up to others. Motivation is sharing. The pleasure of learning and forming bonds while travelling, through an extraordinary culinary adventure.

My greatest wish is to inspire a community of people from around the world to awaken their desire to open up, to discover each other, to make connections, to share and to maintain human contact. I am so happy to share this universe with you!

The more we share, the more we have. That's the miracle.

Leonard Nimoy



Madame Germaine

Middle Eastern Journey

My first contact with the Middle East was in 2005, when I flew to Egypt to explore the mysteries of the world. I discovered such a rich country... Enriched not only by history, but also by its people. The welcome I received, the conversations, the generosity, the attention, the time I was given... Truly, the Middle East is mesmerizing! However, I would not return to that region for 12 years, having not yet realized how many hidden treasures I would discover there.

In 2017, thanks to an affordable flight, I randomly went to Jordan. I knew nothing at all about that country. But as soon as I arrived, I fell in love! A warm welcome. Smiling people. Food beyond compare. How can you not fall in love with a place so rich? Rich from its history, nourished by the several civilizations that crossed its lands, the birthplace of the world's largest religions. Rich from its comforting and delicious food. Rich from its pure-hearted people, with strong traditions and exceptional open-mindedness.

Travelling to the Middle East means walking in historical footsteps, of course, but it especially means discovering the Arabic authenticity in its culture, its dishes and its incredible human values. It's walking into homes, spending sleepless nights talking and drinking tea, it's taking the time to be together.

Savour the simple joy of being in an area of the world where time stops! –*Madame Germaine*



“One’s destination is never a place,
but a new way of seeing things.”

Henry Miller

Discover

A Spice Affair



A Spice Affair is the story of Ayman Saifi, a Québécois of Palestinian-Jordanian origins who pours all of his passions into his spice blends. With great effort and determination, and in the hopes of reproducing the flavours of his mother's dishes, he began manufacturing his own spice blends. A Spice Affair products are healthy, natural, vegan, GMO- and MSG-free, with no fillers or preservatives. Exactly as if Madame Germaine had made them at home!

Use your promo code
madamegermaine to get **15% off**
at **aspiceaffair.com**



The **7-spice** blend (which contains more than 7 spices, by the way!) is the secret ingredient of Middle Eastern cuisine. This blend is ideal as a dry rub for meat and poultry and goes marvellously well with eggs. Add some to sauces or steamed veggies. Known for the generous flavour they add to Middle Eastern dishes, the seven spices will bring to your home the wonders of a thousand and one nights!

A must-have for Arabic and Asian cuisine! **Sumac** comes from the berries of a bush which grows in the Mediterranean regions (and even in Quebec: our famous staghorn sumac, the "vinaigrier"!). With its acidic and spicy flavour reminiscent of vinegar, this spice will liven up salad dressings, popcorn, cauliflower and even Bloody Caesars! Ideal in ground meat and poultry, sumac will indisputably become a pantry essential.



Discover

Les Filles Fattoush

Amongst the first Filles Fattoush were sports coaches, lawyers and journalists, essentially women from various trades and occupations who had to flee their war-torn country. Facing immense obstacles upon landing in Quebec from Syria, these women were given a major opportunity for integration by Les Filles Fattoush: work that would utilize their culinary talents, allowing them to generate an income and to form a social network. For these women, these jobs are a first step toward regaining their dignity and allows them to communicate amongst themselves, and with their clients, to everyone's benefit.



Pomegranate molasses is an essential in Middle Eastern cuisine. It's actually a fruit syrup made from pomegranate juice that has been reduced and evaporated into a thick, dark red syrup. A featured ingredient in the famous Fattoush salad, with its delicately sweet and acidic taste, it enhances both vinaigrettes and marinades. A true delicacy on ice cream!

Free delivery with the purchase of \$45 or more at lesfillesfattoush.com with promo code CHOUKRANGERMAINE

Nabet

From their pantry to yours! Nabet products evoke the childhood memories of a family blessed with their mother's good care and dishes, a family who wants to pass on to the next generation a tradition of nutritional and natural foods. From the ancient lands of the Middle East and the Mediterranean, Nabet procures the highest quality and purest ingredients that contain the nutrients and flavours that our ancestors valued well before the days of industrial agriculture and genetically modified foods.

Tahini is another essential of Middle Eastern cuisine. This sesame cream preparation is made from sesame seeds crushed with a bit of water to achieve a smooth paste. Very rich in calcium and in phosphorus, it has a hazelnut taste. It is used in hummus, baba ghanoush, kebabs, sauces, breads, cookies and cakes. It is also prepared as a dessert dip by mixing it with molasses, honey or maple syrup.



Middle Eastern Journey

Your shopping list to cook it all!

3-course menu, for 4 to 6 people

Fruits and vegetables:

- 1 onion
- 1 small eggplant
- Flat-leaf parsley
- Mint
- 2 lemons
- 2 oranges
- 1 pomegranate (optional)
- 2 tomatoes
- 1 cucumber
- 1 green pepper
- 1 small cauliflower
- 4 green onions
- 4 cloves garlic

Meat and other fresh products:

- 500 g ground lamb or beef
- 2 eggs
- 1 3/4 cup thick plain yogurt, greek style

Other:

- 3 teaspoons roasted nuts (pine nuts or skinless almonds would be best)
- 1 cup of walnuts ou pecans
- 6 dates
- 2 large pitas

Basics:

- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon hot chili pepper flakes
- 1/2 tablespoon sugar
- 3 1/4 cup flour
- 3/4 cup sugar
- 1/4 cup brown sugar
- 2 1/2 teaspoon baking powder
- 1/2 tsp. baking soda
- Olive oil
- Salt and pepper
- 1 to 2 cups neutral cooking oil (e.g., sunflower), for frying



Jordanian tea

4 to 6 persons

6 cups of water

1/3 cups sugar

4 bags of black tea

2 tsp. dried sage

Boil the water with the sugar. Remove from fire.

Add the tea and sage, let infuse until you get a red color.

