

FOOD/DRINK/MORE

# TASTE

BC LIQUOR STORES

## FALL FOCUS ON TERROIR

**BONJOUR BORDEAUX**  
a taste of history in every bottle P 6

**HEIRLOOM TOMATOES**  
a delicious heritage P 24

**DO-IT-YOURSELF  
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host your very own special  
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COMPLIMENTARY

OVER 40 NEW RECIPES INSIDE

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# TASTE

BC LIQUORSTORES



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**CHÂTEAU MOUTON ROTHSCHILD**  
Pauillac **\$1,100.00** 68833  
"A blend of 85 percent Cabernet Sauvignon and the rest mostly Merlot, the 2005 exhibits a restrained but promising nose of cedar, tobacco leaf, crème de cassis and toasty oak. Full-bodied and tannic ... a long finish and multilayered mouthfeel .... Anticipated maturity: 2018 – 2040+!" 96 points *Robert Parker, Wine Advocate*



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## OUR SYMBOLS



Country of Origin Flags



BC VQA Wines



Sweetness Code



Organic

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Taste magazine is printed on 30 percent recycled paper using 100 percent vegetable ink.

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# TRY SOMETHING NEW



## CARABAS CHARDONNAY

France **\$14.95** 111542

A lovely, brilliant, golden-yellow coloured French wine with powerful aromas distinguished by tropical fruit, floral notes and delicate touches of toast. Generous and voluptuous on the palate with ripe fruit flavours that linger. A perfect fall white to serve with your heartiest dishes.



## CARABAS ROUGE

France **\$15.98** 923326

*Vive la France!* An intense red that is harmonious and refined in typical French fashion. Powerful preserved black and red fruit aromas with gentle touches of peppery spice on the palate lead to the full-bodied, lingering finish. A loaf of crusty bread, some sharp cheeses, a crackling fire and fall has begun!



## MCCORMICK 360 VODKA

USA **\$49.99** 606889

Welcome to the world's first eco-friendly premium spirit! From the 85 percent recycled, green tinted glass bottle to the environmentally-friendly water-based inks and postage paid envelope for return of the flip-top closure, this is one vodka that has something for everyone. Vodka 360 is quadruple-distilled and five-times filtered making it clean, smooth and crisp.



## WINGNUT AMADOR ZINFANDEL

USA **\$18.99** 412163

Wingnut is a dark and rich Zinfandel that is brilliantly balanced. With soft fruit, plummy richness, plenty of acid and a finish that lasts, it pairs wonderfully with all the usual Zinfandel foods such as barbecue, stews and full-flavoured pastas.

# BONJOUR BORDEAUX

CAN ANY WINE BE WORTH THE PRICE OF A SMALL HOUSE?

**C**an any wine be worth \$210,000? The price of a small house? If it's a great Bordeaux under hammer at Christie's Auction House in London, the answer is yes. A 1787 Château Lafite became the most expensive wine ever in 1985 and here's why Bordeaux fetches top dollar.

Bordeaux totally gets the concept of terroir: the idea that wines taste of their place. Grapevines steal minerals – essentially flavour particles – from the earth's subsoil and hoard them in grapes. Plant the toughest vines on the most suitable turf in the right climate and you eventually get the ultimate grapes. Crush and ferment them, blend for more complexity and finesse and you're on your way to making wine people will line up to buy. Are they crazy? Nope. Spending \$100... \$300... \$500 and up on a Bordeaux can be a sweet deal even to us mortals because these wines deliver.

The Bordelaise has spent eons – nearly 2,000 years – learning what vines suit which pieces of land best and why. They marked out Pauillac, Margaux, St. Julien, St-Estèphe, Pessac-Léognan, Sauternes, Pomerol and St. Emilion as the optimal sites; harnessed terroir with laws controlling winemaking practices and ranked the greatest châteaux. You taste that history in every bottle.

The thunderclap wines of Pauillac are perfect desert island wines. Tightfisted when young, they unfold slowly over the years revealing layers of flavour starting with cassis, earth, spice and cedar.

Margaux wines are the goddesses of the wine world. They're feminine, polished and exquisitely elegant, exuding aromas of flowers, white truffle, coffee, toast and red berries.

Wines from St. Julien brim with blackcurrant and cocoa powder. The elixirs from St-Estèphe taste like velvety, opulent dark fruit with a mineral core and the sweeties of Sauternes and Barsac are all about honey and marmalade, gleaming golden in the glass.

Skipping across the Dordogne river to the right bank, Pomerol and St. Emilion churn out Merlot-based wine that tastes like the best Black Forest cake you've ever eaten – all dark chocolate, ripe cherries and cream. Pomerol wines are more commanding than those of St. Emilion but both share an incredibly rich, soft texture.

Since these wines echo their place, weather matters. Each year, Bordeaux prays for serious sunshine, a little rain, no hail and a dry harvest but some years are better than others. Then, in autumn, they pick, sort and ferment; vinifying grape varieties and plots separately and blending so the whole is greater than its parts. Power balances finesse, tannins offset acid and muscle tones flesh so the wines not only taste beautiful young but improve with age. That's the fascinating thing about Bordeaux. Terroir, vintage variation and blending sculpt the wine into more than a drink for hedonists. And these wines are actually improving lately.

In the 1990s, right bank mavericks started making wine in their garages from concentrated, ultra ripe grapes. These "garage wines" made by *garagistes* took off when American critic Robert Parker rated the 1995 garage wine Château Valandraud above the 1995 Pétrus. The movement has since faded but it rocked the world at the time.

Competition from the *garagistes* as well as New World producers making Bordeaux look-alikes forced top châteaux to hire winemaking specialists to keep one step ahead. Whether it's famous consultant Michel Rolland working toward that ripe style with smooth tannins and serious concentration, Stéphane Derenoncourt questing after a velvety feel and pure terroir expression or any other big name expert, one thing is for sure – big name consultants improve wines. And impress critics.

So the top estates are broadening the gap between the good stuff and average Bordeaux. The divide shrinks in great years since all the fruit is good but expands in lesser vintages as only bigger houses can seriously improve wine in the winery. So, if you reach for ordinary Bordeaux these days, make sure the bottle says 2000, 2002, 2003, 2004 or 2005. In fact, 2005 was the finest vintage in 50 years. Thank the weather gods for that, it was flawless weather-wise. Vintage quality is all about weather.

This is the year to buy better estates' "second wines" – made from fruit not selected for the château's grand vin – because all the fruit was so good. It's also a year to buy from less prestigious properties because, frankly, it's hard to make bad wine with great grapes. If you do buy a top wine, pass it on to your future grandchildren so they can enjoy their inheritance by selling it at Christie's one day.

By Carolyn Evans-Hammond



WWW.MOUTONCADET.COM



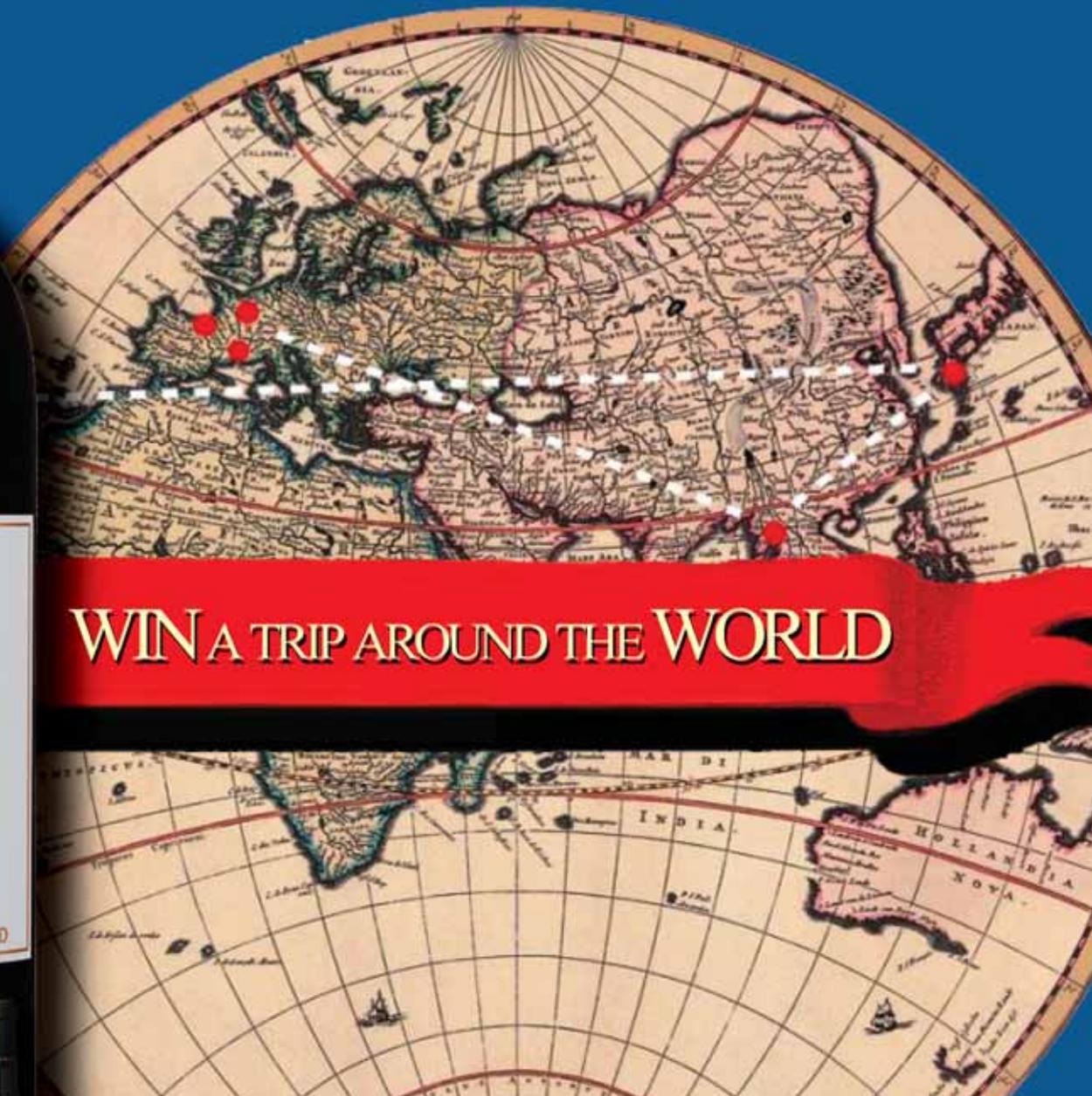
**MOUTON CADET**

*"Le vin, il naît, puis il vit,  
mais point ne meurt  
en l'homme il s'exalte"*  
Baron Philippe (1902-1966)

**BORDEAUX**

APPELLATION BORDEAUX CONTRÔLÉE

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## BORDEAUX TOTALLY GETS THE CONCEPT OF TERROIR: THE IDEA THAT WINES TASTE OF THEIR PLACE.



### CHÂTEAU PICHON-LONGUEVILLE BARON

Pauillac **\$225.00** 693481, 271254, 744862

"This superb Pauillac possesses an inky, blue-black color in addition to a big, sweet nose of graphite, charcoal, burning embers, black currant liqueur and toasty vanillin from new oak casks. Full-bodied with high but sweet, well-integrated tannins... it is a superb effort whose power, length and tannic structure suggest it should be at its peak between 2015-2035." 94 points *Robert Parker, Wine Advocate* (also 5/5 stars *Decanter*)



### CHÂTEAU D'ANGLUDET

Margaux **\$49.00** 789388

"A sleeper of the vintage, d'Angludet's 2005 displays sweet cassis fruit intermixed with licorice, charcoal, truffles and loamy, earthy notes. Supple tannin, explosive fruit richness, outstanding ripeness, freshness, purity, texture and length suggest this beauty should be enjoyed during its first 15+ years of life." 90 points *Robert Parker*



### CHÂTEAU D'ISSAN

Margaux **\$99.00** 193771, 778373, 339853

"Along with the 2000, the 2005 is one of the two greatest d'Issans I have ever tasted... Its dense purple hue is accompanied by aromas of camphor, forest floor, blackberries, cassis and a hint of spring flowers. Full-bodied with superb richness, purity, texture and abundant, sweet tannin, it should hit its stride in 3-4 years and last for 25+." 95 points *Robert Parker, Wine Advocate*



### CHÂTEAU SAINT-PIERRE

St. Julien **\$99.99** 502344

"Exhibits plenty of earthy crème de cassis intermixed with notes of forest floor, licorice and roasted meats. Backward with huge tannin, full body and the potential for 3-4 decades of aging, this superb St. Julien will get even better over the next 10-15 years. Anticipated maturity: 2018-2040." 93 points *Robert Parker, Wine Advocate*



### CHÂTEAU MONBOUSQUET

St.-Émilion **\$99.99** 862680, 618991

"A blend of approximately two-thirds Merlot, one-third Cabernet Franc and 8-10 percent Cabernet Sauvignon, the 2005 exhibits plenty of toasty oak, roasted herb, meat juice, blackberry, cherry and spice characteristics along with a touch of incense. Full-bodied and opulent... Look for this 2005 to hit its stride in 7-8 years and last for 15-20." 95 points *Robert Parker, Wine Advocate*



### CHÂTEAU LA BIENFAISANCE

St.-Émilion **\$45.00** 570069

"A breakthrough effort for this 25-acre vineyard in St. Christophe des Bardes, this blend consists of 80 percent Merlot and 20 percent Cabernet Franc... The dense ruby-purple hue is accompanied by aromas and flavors of sweet cherries, cassis, pain grillé and spice. Full-bodied with moderately high but sweet, well-integrated tannin, this beauty should age effortlessly for 15 or more years." 92 points *Robert Parker*



### LA FLEUR DE BOUARD

Lalande de Pomerol **\$59.00** 528174, 406728, 357756

"Round, soft and very velvety, with gorgeous fruit and tannins. Full-bodied, chewy and seductive. This is big and juicy. Best after 2012. 6,415 cases made." 90 points *James Suckling, Wine Spectator*



### CHÂTEAU GRAND-PUY-LACOSTE

Pauillac **\$139.00** 69351, 668731, 416057

"The brilliant 2005 Grand-Puy-Lacoste exhibits classic Pauillac aromas and flavors of crème de cassis along with stony, floral notes... Full-bodied with sweet tannin and superb length (a 40+ second finish), the purity of this beauty's black currant fruit is something to behold. Anticipated maturity: 2013-2030." 95 points *Robert Parker, Wine Advocate* (also 5 / 5 stars *Decanter*)



### CHÂTEAU DE LA COUR D'ARGENT

Bordeaux **\$19.00** 799429

"Dark ruby in color, with plenty of blackberry, spice and coffee bean undertones. Full-bodied, with soft tannins and a medium, caressing finish. Has a nice core of fruit. Best after 2010. 9,815 cases made." 88 points *James Suckling, Wine Spectator*

# LOCAL FALL FEAST

**A** change is going on in how we think about food and where it comes from. The 100-mile diet is taking a front row in how we choose to eat. At this time of year, the bounty of local harvest and farm fresh vegetables provide the finest in raw materials for a fall feast.

Starting with fresh local beets, our fall feast appetizer provides appeal both visually and on the palate. Add to that locally grown green beans served on fresh steamed mustard greens – a combination that’s crisp, sweet-to-tangy and a little edgy. Accompany it with a scoop of fluffy mashed potatoes topped with caramelized shallots to frame the Canadian prime rib crusted in peppercorns and laced with a rich Merlot sauce.

End your meal with a little Amaretto Brulée, a creamy almond flavoured pudding crusted with caramelized sugar. Delicious from start to finish!



BEEF CARPACCIO



## GABBIANO CHIANTI

Italy **\$14.87** 25155

Gabbiano is a clear, dark prune red with a floral bouquet reminiscent of pressed violets and the classic Chianti aroma of tobacco. Bold and spicy, yet with gently rounded tannins, this versatile red is fantastic with Roquefort and beets.



## MENQUANTE GARNACHA

Spain **\$14.99** 660662

Here's an outstanding value from Spain. Sultry purple in colour with aromas of violets, vanilla, blueberry and blackberry, this medium-bodied wine is fruit-filled and juicy. Nicely balanced with a fine length, you can enjoy it now or over the next four years. 90 points *Robert Parker*



## KUMALA CHENIN BLANC CHARDONNAY

South Africa **\$9.71** 572867

Here's a great little medium-dry wine with energetic tropical fruit aromas. Guava, pineapple and citrus join hands to do a dance on your tongue. The finish is crisp, refreshing and clean. Serve this one well chilled.

PEPPERCORN PRIME RIB ROAST

FOR RECIPES, PLEASE SEE PAGES 100 & 101



WHIPPED POTATOES WITH CARAMELIZED SHALLOTS AND STEAMED GARLIC GREEN BEANS



**CROIX DU MAYNE CAHORS**  
France **\$19.96** 115477

A gorgeous blend of 85 percent Malbec and 15 percent Merlot, this wine is something to talk about. Raspberry, sour cherry and hints of smoke and vanilla join together to whisk you away to France. The flavours are held tight through to the spicy finish. Perfect with Peppercorn Prime Rib.



**INNISKILLIN RESERVE MERLOT**  
BC **\$17.99** 76877

Here is one reason why we love BC! Chocolate, cigar smoke and dark cherry are all offered for your senses to discover in this Merlot. The finish is smooth, silky and lovely. Another good accompaniment to the prime rib or try it with veal, duck or lamb.



**GUIGAL CÔTES DU RHÔNE**  
France **\$23.99** 259721

Deep, dark, red and shiny! The fresh fruits, berries and spices greet you as you raise the glass. Full-bodied, round and racy, it carries through to a long and elegant finish. Pair with roasted meats, game bird or cheeses.

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SECONDS TO APPRECIATE.



THE FEELING GOES DEEP.  
[gibsonsfinest.ca](http://gibsonsfinest.ca)

FOR RECIPE, PLEASE SEE PAGE 101



AMARETTO BRÛLÉE



**QUAILS' GATE OPTIMA**

BC **\$32.99** 390328 375ml

Lemon yellow in colour, this sweet wine opens with aromas of Muscat, orange and honey. Dried apricot, pineapple and tangerine flavours combine with a finish that has a slight nutty nuance. A fantastic partner with the crème brûlée dessert.



**DISARONNO AMARETTO**

Italy **\$24.95** 2253

Capturing the essence of 17 different herbs, spices and fruits can't be easy. The smooth blend and unmistakable bouquet cannot be imitated. It's the almond/apricot flavour that intrigues us and leaves us yearning for more.



**MISSION HILL RESERVE LATE HARVEST VIDAL**

BC **\$24.99** 32334 375ml

A brilliantly-made late harvest wine from our own backyard. Bursting with apricot, mango and caramel flavours, the sweetness is balanced by a touch of citrus in the persistent finish.



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# MOST WANTED

## WARMTH FOR AUTUMN



J.P. CHENET FOUNDERS RESERVE MERLOT CABERNET

France **\$12.95** 485557

From the Limoux area, this extremely versatile blend full of cherries, vanilla, spice and licorice really shines. The taste is round and pleasing with spicy oak notes and a lush finish. All of your favourite fall dishes will pair with this one!



JAMESON IRISH WHISKEY

Ireland **\$29.95** 10157

Add a little luck of the Irish to your bar this season. Triple distillation keeps the whiskey lean and youthful. Coconut, vanilla, apricot and nuts are followed by a light, dry, grassy finish. Serve straight or add a splash to your coffee or tea.



NK'MIP Q<sup>W</sup>AM Q<sup>W</sup>MT CHARDONNAY

BC VQA **\$25.00** 86405

Rich and nutty in flavour, this BC Chardonnay offers lots of caramel, marzipan and pear. Subtle layering of honey and pineapple is followed by a lingering, lush finish. A perfect accompaniment for your favourite seafood dish.



# HOT AND HEADY LIQUEURS

**S**weet as a kiss, inventive and guaranteed to perk up a glass of bubble or dress up a cocktail, liqueurs are reaching new highs. Did we mention they're as mind-boggling and mind-bending as any adventurous imbibor or classic cocktail aficionado could want? They're endlessly diverse, versatile and flavourful.

Liqueurs – the name comes from *liquifacere*, Latin for dissolve – are a wide-ranging group of sweet (though not always) drinks flavoured with or distilled from an amazing assortment of fruit, herbs, spices, flowers, seeds, roots, plants, barks and other botanicals, plus chocolate, coffee and cream too.

Many have been around for centuries. Recipes for digestive liqueurs have been discovered in Egyptian tombs and inscribed on ancient Greek scrolls. Monks, the medicine men of the Middle Ages, have been credited with formulating liqueurs that grew out of their interest in plants and herbs. They made herb-based drinks, “elixirs of life,” that they preserved in alcohol, known for their medicinal properties. Chartreuse, first made by Carthusian monks in 1764, is a good example. By the 15th century, Italians had taken the lead in making liqueurs. The women of the households used small stills to concoct recipes used primarily as healing tonics,

anesthetics for childbirth and aphrodisiacs. The variety of liqueurs grew apace as New World and Eastern herbs, spices, chocolate, oranges and ginger were introduced.

When she married Henry II of France in the 16th century, Catherine de Medici brought the fashion of drinking liqueurs to the French Court. In Victorian times, English ladies ended meals with pretty liqueurs in small glasses but by the turn of the 20th century they fell out of vogue.

That's changed in a big way. Today's boom in creative cocktails has elevated these spirits once more as inventive bartenders spark

**SWEET AS A KISS, INVENTIVE AND GUARANTEED TO PERK UP A GLASS OF BUBBLE OR DRESS UP A COCKTAIL, LIQUEURS ARE REACHING NEW HIGHS.**

their drinks with a multitude of liqueurs. Imbibers are thoroughly enjoying the unique tastes of these concoctions.

All liqueurs start with an alcohol base, usually brandy, whisky, vodka or even rum and tequila. Some, like Drambuie and Southern Comfort, derive their flavour from their spirit base. In others, flavouring agents are infused into the spirit by maceration, percolation or

distillation. Crèmes like Crème de Menthe and Crème de Cacao are liqueurs with a single dominant flavour such as mint or chocolate, while cream liqueurs combine dairy cream and alcohol. Liqueurs are rarely aged unless it's part of the maceration process that allows its flavours to marry into a smooth blend. One exception is Bommerlunder Gold Akvavit that spends six months in Danish oak casks soaking up smoothness and colour.

For the most part, liqueurs are a sober lot with modest percentages of alcohol or ABV (alcohol by volume) and most are lower than

spirits. Fruit, cream and crème liqueurs hover in the 15 to 20 percent range, coffees ring in between 20 and 30, orange-based sweeties are 40 and anise-based liqueurs can be 45 to 50 percent ABV. Things get intense when you step into Absinthe territory. These rack up whopping 55 to 70 percent ABVs.

With the re-emergence of cocktail culture over the last several years, we've watched

by Judith Lane



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# Liqueurs

liqueurs bound back into prominence as key ingredients in mixed drinks. Some, like bittersweet Jägermeister (the word means master of the hunt) leapt into fame and maintained its allure despite tasting like cough medicine, albeit with an intriguing depth of flavour from its 56 herbs, fruits and spices.

We've probably got Jägermeister's popularity to thank for drinkers stepping up to schnapps and aquavit (also spelled akvavit, meaning water of life) and to Chartreuse Verte, a green-hued drink that's so distinctive many bartenders are at a loss for words to describe its taste. Instead, they offer sample sips to customers, usually after they've asked just what's in their cocktail. Chartreuse Verte (green) is herbal and vegetal with a bittersweet nose and comes on strong.

Liqueurs, though, are more than a cocktail recipe component. They're increasingly enjoyed on their own – straight up, on the rocks or in coffee (any of the creams are terrific) and in hot chocolate (the Patrón XO Café is wicked). The fruit liqueurs are smashing added to sparkling wine or mixed with soda and can snap up a margarita or mimosa.

Some, like schnapps, are excellent with food like smoked fish, charcuterie, pork and duck and are best sipped icy cold. Others are used as ingredients in food recipes and to enhance desserts – simply splash your favourite over ice cream or fruit and you're in business.

Experiment, explore, enjoy.



## PAMA HEAVEN HILL

USA **\$48.99** 835736

Made from pomegranate juice, premium vodka and a little tequila, Pama Heaven Hill is both sweet and tart. It's excellent on the rocks, with sparkling wine and in cocktails or as an addition to granita, salsa or ceviche.



## OKANAGAN SPIRITS

### TABOO ABSINTHE

BC **\$55.00** 828665 500 ml

This Okanagan-distilled version of the "green fairy" is a blend of star anise, hyssop, fennel and wormwood. It's sweet, heady and rich. Drink with water or use it to give a cool kick to cocktails.



## BOMMERLUNDER

### GOLD AKVAVIT

Germany **\$34.37** 285205

Distilled since 1860, this special blend of herbs and spices including caraway, dill, aniseed, lemon peel, coriander and ginger gets its gold hue from six months in oak. The taste really shines when cold – try it straight from the freezer.



## SANGSTER'S ORIGINAL

### JAMAICA RUM CREAM

Jamaica **\$26.95** 605535

Sangster's is a thick, sweet, smooth mix of barrel-aged rum, fresh cream and Jamaican fruits and spices with chocolate, toffee, espresso and nut flavours. Splash in coffee, over ice cream or drink straight up.



## CHARTREUSE GREEN

France **\$34.99** 37333 375 ml

Only two Carthusian monks have the secret recipe for this distinctive, naturally green, highly aromatic liqueur made from 130 herbs, plants and flowers. It has a sweet taste with floral and herbal aromas – drink iced, in cocktails, or add a splash to hot chocolate.



## PATRÓN XO CAFÉ

USA **\$59.99** 339002

This smooth blend of ultra premium tequila and coffee is surprisingly dry with a lovely intense coffee flavour. Equally enjoyable straight up or in cocktails, Patrón can really liven up a Black Russian or any coffee drink.

# LIQUEUR

# COCKTAILS



## OTOÑO SMASH

½ oz (15 ml)	absinthe
1 ½ oz (45 ml)	pisco
¼ oz (8 ml)	lime juice
½ oz (9 ml)	sugar syrup
4 medium	papaya chunks
3	cilantro leaves

Muddle papaya and cilantro in a Boston glass. Add all other ingredients and ice. Shake and strain over ice into a fancy rocks glass. Garnish with 3 cilantro leaves.

## CORRETTO MARTINI

2 oz (60 ml)	Patrón XO Café
2 oz (60 ml)	fresh espresso
½ oz (15 ml)	lavender syrup

Pour all ingredients into a Boston glass. Add ice and shake until frothy. Strain into a martini-bowl glass. Finish with lemon oil (squeeze a zest of lemon over the drink and rub on rim of glass). Garnish with dried lavender flowers.



### Josh Pape

A born and bred Vancouverite, Josh has travelled far afield to hone his bartending skills. Starting alongside partner and 2005 Bartender of the Year, Mark Brand at Chambar Belgian Restaurant, Josh won 42 Below Vodka's Cocktail Competition and was off to New Zealand to compete in the Cocktail World Cup. Charmed by the famed down under cocktail culture, he worked for a year in Sydney at Hemmesphere and Hugo's Bar Pizza, soaking up knowledge from such greats as Marco Faraone.

In 2007, Josh won the Maker's Mark Cocktail Competition to qualify for Giffard's Cocktail Competition in France, where this May he placed second worldwide. Back at Chambar, Josh shapes his program around a progressive, original line up of cocktails that pay respect to classic techniques.

Chambar Belgian Restaurant, 562 Beatty Street, Vancouver BC V6B 2L3, 604 879 7119.

### APÉRITIF DE VOIRON

1 oz	(30 ml)	Chartreuse
¼ oz	(8 ml)	lemon juice
¼ oz	(8 ml)	sugar syrup
4		pineapple chunks
2		basil leaves
splash		Prosecco or cava

Muddle basil and pineapple in a Boston glass. Add all other ingredients and ice. Shake and fine strain into a coupe-style martini glass. Top with Prosecco or cava. Garnish with 2 edible flowers.

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Sauza Tequila Import Company, Deerfield, IL

# CONSULTANT'S CHOICE

OUR EXPERTS SHARE  
THEIR FAVOURITES



**Bill Murphy**

Product Consultant, Meadowtown  
Signature Store, Pitt Meadows:

*"I recommend wines and spirits I honestly feel  
are of excellent quality and my customers  
appreciate that."*



**VALCANTO SYRAH**

Spain **\$13.99** 582494

This wine is intensely dark with floral and spice box aromas. Vibrant black fruit, cherry and pepper spice explode on the palate. The tannins are definitely present but surprisingly mellow with each sip. A great value!



**CASTEL DEL REMEI GOTIM BRU**

Spain **\$23.99** 134668

Here's a complex collage of black and blue fruits with plums and blackcurrant in the aroma. Chocolate, tobacco and smoky oak collide in the silky mouth feel and lingering finish. The perfect partner to your grilled steak. 90 points *Wine Advocate*



**Susan Russell**

Product Consultant, Langley Signature Store:

*"I love being able to encourage customers to reach  
beyond their usual wine to create a memorable  
experience for themselves."*



**ROCCA DELLE MACIE CHIANTI  
CLASSICO RISERVA**

Italy **\$32.99** 296129

This super Tuscan is full and rich with blackberry and vanilla character. Round, silky and satisfying, it is perfect with any rich fare, especially Italian. Drink now. 90 points *Wine Spectator*



**CHÂTEAU PAUL MAS CÔTEAUX  
DU LANGUEDOC**

France **\$22.95** 772178

Situated above the Mediterranean Sea, the vineyard is surrounded by wild mulberry which shines in this blend of Syrah and Grenache. Intense blackberry and violet notes with smooth, ripe tannins make it refined and elegant. Enjoy now with roasted meats, cheeses and rich pastas.



**Trevor Perri**

Product Consultant, Fleetwood  
Signature Store, Surrey:

*"It's rewarding to me to hear our  
customers learning more and more  
about wine and spirits."*



**CLOS DE LOS SIETE**

Argentina **\$26.90** 128710

Strong red and dark berry aromas open this wine as you raise the glass. The palate follows through harmoniously with its black fruit and toasty oak finish. Pairs well with roasted or grilled meats and tomato-based pasta dishes.



**KOPKE COLHEITA '97**

Portugal **\$23.99** 539247

Get a fire going, put on some jazz and pour a glass! Dried black fruits playing in caramel and chocolate from the nose right through to the lengthy finish make this a perfect fall sipper.

## WHICH WINE WITH WHICH TOMATO? NATURE HAS COLOUR-CODED FRUIT AND VEGETABLES WITH THE WINE BEST SUITED TO THE FLAVOURS.

**H**eirloom tomatoes are the most awaited crops at farmers' markets across the province. They have extraordinary old-fashioned flavour and tomato lovers pine for the colourful parade that begins in late summer.

Heirlooms became popular when North Americans travelled to Europe in the 1980s and tasted the difference between juicy, often misshapen farm tomatoes and flavourless, identical hybrids sold in supermarkets.

"Heirloom" in this sense means a fruit or vegetable that has been bred from seed gathered from a plant that was pollinated in the old-fashioned way, via birds and bees.

Not hybrids, heirlooms produce in a way that's "true to type." In other words, the fruit doesn't change much from generation to generation. Most seed catalogues define heirlooms as varieties documented to be at least 50 years old.

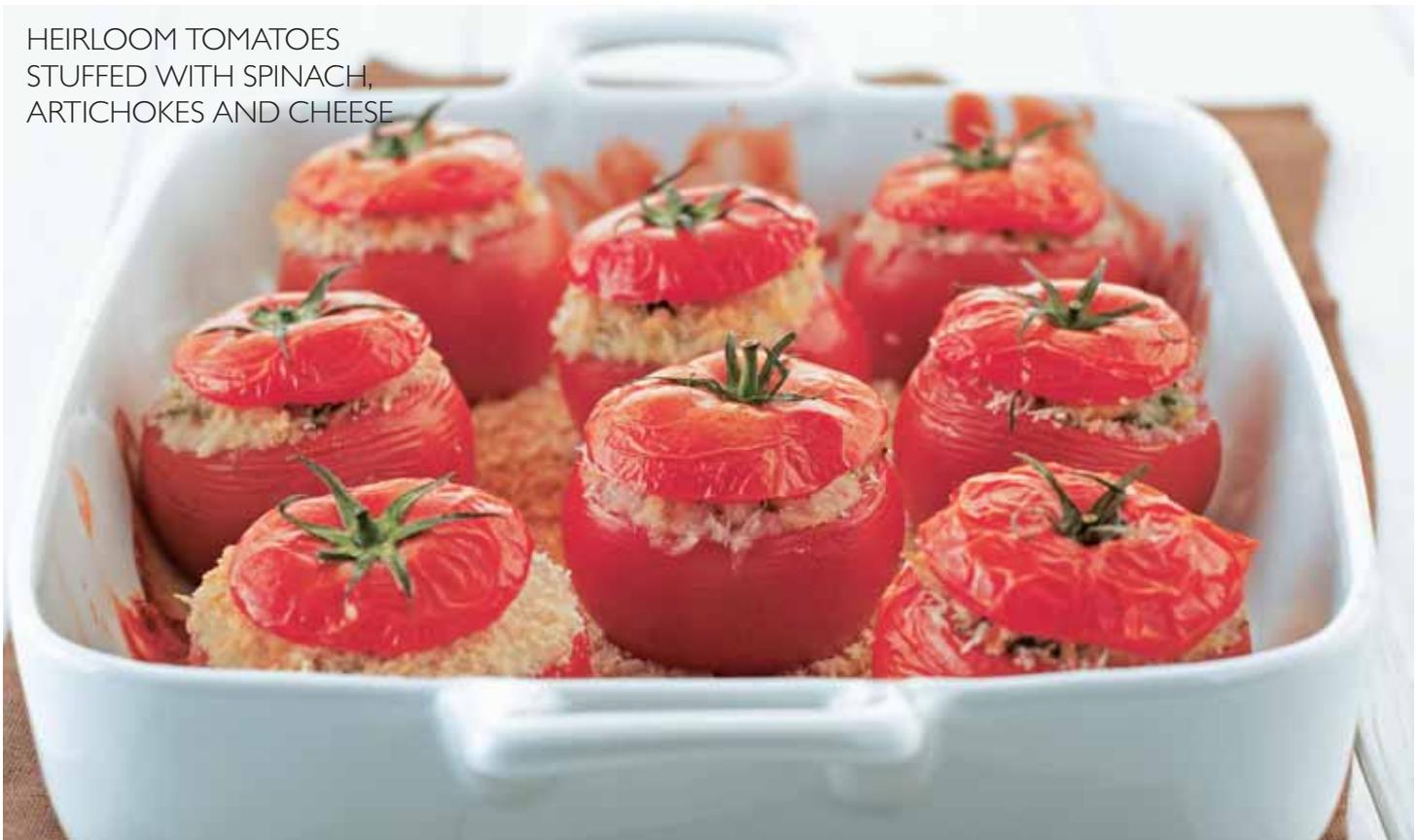
Mimi Luebbermann, author of *The Heirloom Tomato Cookbook* (Chronicle Books) says, "You can usually spot an heirloom by its name: Black From Tula, Aunt Ruby's German Green, Georgia Streak or Blondkopfchen. Mortgage Lifter, an old-time variety widely available, tells the story of a gardener who recognized the worth of a tomato he found growing among his plants,

carefully saved the seeds and then was able to pay off his mortgage from the proceeds of his harvest from that plant over the next several years."

Which wine with which tomato? Nature has colour-coded fruit and vegetables with the wine best suited to the flavours. So match up your wines with the colours of tomatoes: Sauvignon Blanc, Chardonnays and Rieslings do well with white, green, yellow and orange tomatoes; Pinot Noirs, Merlots, Zinfandels pair with pinks, reds and blacks.

Luebbermann says these guidelines work because white, yellow and orange tomatoes have less acid and more sugar than red-

HEIRLOOM TOMATOES  
STUFFED WITH SPINACH,  
ARTICHOKES AND CHEESE



by Kasey Wilson and Tony Gismondi

# KILLER TOMATOES & WINE

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BRANDYWINES,  
PERSIMMONS,  
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LIFTERS





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pink- and black-fruited varieties. White wines match the flavours of light-coloured tomatoes, with their lower acid balance, while red, pink and black tomatoes have deeper flavours with more acid to balance their sugars, resulting in richer, bolder tastes.

### TOMATOES AND WHITE WINE

We begin with the obvious wine pairing, Sauvignon Blanc. This refreshing, light-bodied white comes with a myriad of flavours that play off the gooseberry, tropical fruit, fig, grass and citrus flavour with a dose of minerality, sea salt and oyster liqueur. Our pick is Casillero del Diablo Sauvignon Blanc from Chile's Valle Central.

Green and yellow tomatoes boast a citrusy flavour with lots of sugar but not much acidity, making them obvious pairing candidates for the Sauvignon Blanc that also lends itself to the flavour of basil. Light-coloured tomatoes with a basil dressing are an appealing combination to serve with this wine.

Tomatoes can also revitalise Chardonnay. Classic Chardonnay offers up medium-bodied flavours of peach, pineapple, vanilla and red apple that are perfectly matched to white, yellow and green tomatoes. Consider combining the smoky flavour of bacon, since it sets up well against the toasted notes of barrel-aged Chardonnay.

Our picks include two best value offers. First from California, a new label from the folks at Rodney Strong called Sonoma Vineyards Chardonnay from Sonoma County. Second up is the Santa Rita



TUSCAN BREAD SALAD  
WITH VINAIGRETTE



TOMATO GALETTE

Chardonnay 120 from Maule, Chile. The match here is persimmon or yellow-orange coloured tomatoes with deep fruity overtones, perhaps simply tossed in a bread salad.

### TOMATOES AND RED WINE

Merlot is the perfect accompaniment to an easy Friday night supper of grilled steak with a salad of Black Brandywine tomatoes. In this case the medium- to heavy-bodied Merlot has the cherry, plum and raspberry undertones with a touch of dried herbs that will complement the deep-seated gusto of rich-red and dark-skinned tomatoes. Dried herbs and a glass of Merlot harmonize well with a tomato and red or green pepper salad. Our Merlot choices include Galil Mountain Merlot from Galilee, Israel and Sonoma Vineyards Merlot from California.

Pink, red and black tomatoes call for heavier-bodied, richer wines to stand up to their complex harmony of sugar and acid. Pinot Noir with its cranberry/cherry fruit and sweet undercurrents is a surprising match. Black from Tula tomatoes are the complement.

Moderately-priced Pinot from the New World is a good partner with the darker tomatoes. We suggest the Mark West Pinot Noir from California. The earthiness of the wine works well with the earthiness in the tomatoes. Similarly, the Mirassou California Pinot is the perfect accompaniment to a crunchy bruschetta slathered in ripe tomatoes and onions.



**Corona**  
**Extra**  
336 ml  
IMPORTED BEER  
LA CERVEZA MAS FINA  
CERVECERIA MODELO, S.A. DE C.V.  
MEXICO CIUDAD, MEXICO

**Corona**  
**Light**  
336 ml  
IMPORTED BEER  
3.7% alc./vol.  
BIÈRE LÉGÈRE  
IMPORTÉE  
CERVECERIA MODELO, S.A. DE C.V.  
MEXICO CIUDAD, MEXICO

relax responsibly™  


# Tomatoes

Just when you think it's getting too crazy, may we suggest a fruity Zinfandel to stand up to the heartiest, most full-flavoured tomato dishes. Zinfandel and a dish of stewed tomatoes or rich tomato-sauced pasta would be terrific. Just as fine would be a glass of Zinfandel to sip alongside grilled meats accompanied with Black Brandywine tomatoes topped with rosemary butter. Don't forget to serve some fresh cut bread to soak up the sauce.

The key to Zinfandel and tomatoes is to go with the fruity examples and that's what you get with Painter Bridge Zinfandel from California – an easy-sipping red that would work perfectly with the stewed tomatoes. That also goes for the Cline Zinfandel, also bearing the California moniker.

Here are three dishes that showcase the charms of heirloom tomatoes and the wines to match.



**00**  
**CASILLERO DEL DIABLO SAUVIGNON BLANC**  
 Chile **\$12.97** 578641  
 The fruit is harvested from several cool sites and is fermented and aged on its lees in stainless steel tanks. The result is a super-fresh style with bright gooseberry scented notes and flecks of honey, citrus and mineral.



**00**  
**SONOMA VINEYARDS CHARDONNAY**  
 USA **\$22.99** 285528  
 This wine is crisp and round with slightly oily textures and a mix of fresh nectarine, citrus, honey, grapefruit, butter and lees notes.



**00**  
**SANTA RITA CHARDONNAY 120**  
 Chile **\$11.99** 315184  
 Chardonnay 120 is fresh and relies on grapefruit and mineral aromas and flavours to carry the mid-palate. It is soft and round (approachable) but with the much sought after mineral, peach pit, citrus and grapefruit flavours – almost Sauvignon-like.



**GALIL MOUNTAIN MERLOT**  
 Israel **\$17.99** 60061  
 The peppery, earthy, black olive, cherry, floral notes and cranberry, cherry, meaty flavours in this wine make a great match for Black Brandywine tomatoes.



**SONOMA VINEYARDS MERLOT**  
 USA **\$22.99** 419580  
 This Sonoma County red is plush with toasted oak and coffee vanilla aromas that wrap about its smoky, spicy, cherry tobacco flavours.



**MARK WEST PINOT NOIR**  
 USA **\$19.99** 318667  
 The Central Coast yields a spicy, earthy, floral, black cherry nose Pinot, with dusty cooked cherries, vanilla and smoky, cedar bark flavours.



**00**  
**MIRASSOU CALIFORNIA PINOT NOIR 2006**  
 California **\$15.99** 366880  
 This Pinot features a warm strawberry nose and a soft forward, supple palate along with smoky, strawberry jam, compost and rhubarb flavours.



**PAINTER BRIDGE ZINFANDEL**  
 USA **\$13.99** 600148  
 The entry is soft and round. On the palate, the fruit is a mix of juicy, cedar-flavoured, blackberry and plum with hints of coal and licorice. This wine will provide enjoyment with or without the tomatoes.



**CLINE ZINFANDEL**  
 USA **\$18.99** 489278  
 This blend of Lodi and Contra Costa County fruit has a sweet glossy texture and a fair amount of peppery, brambleberry fruit flavours.

# FASHION PLATES

FROM ECO-FRIENDLY  
MATERIALS AND TRIBAL  
INSPIRATION TO  
FLORAL MOTIFS AND  
DESIGNER LABELS

Some people just have it – that natural ability to create a beautiful table, from the flowers to the place settings to the linens they choose. It is truly an art and one we can all become skilled at while having fun at the same time. It doesn't need to be intimidating and can be extremely enjoyable.

Tabletop trends for fall are truly inspiring – from eco-friendly materials and tribal inspirations to floral motifs and designer labels to get you motivated. A playful trend is tribal-influenced patterns. Think leopard prints and bamboo! Even Hermès has a fun line with African motifs featuring elephants and giraffes against a burnt orange background – quite dramatic. Also, check out New York's Lynn Chase Designs' Jaguar Jungle, Golden Cheetah and the Amazonian Jaguar lines. They are simply exotic and such fun to plan a themed dinner party around. Each of these settings would be striking with rich black or gold silk napkins, set against bamboo place mats. Small vases of single delicate orchids running down the length of the table would capture the theme. Take the idea one step further and create an African cuisine inspired menu.

Another trend is to incorporate earth friendly materials into your design. Bamboo, hemp and organic linen are beautiful in texture and look great on a simply set table. Pewter and other metals contrast this look flawlessly and many dinnerware companies have lines that feature metal trim, among them are Mikasa, Wedgwood and Jaune de Chrome. Not inexpensive, but truly desirable if your budget is willing, is an Italian line simply named Match. They have a Pewter collection that is so simple and so beautiful at the same time. It would be perfect for everyday use or, for special occasions, you could easily dress it up with heavy linens in deep jewel tones. Add old-fashioned cream roses placed into matching pewter vases to augment the richness of the table setting. Finish the look off with flickering votives spread around the table in bunches of threes.

The third trend is one that is enjoying a welcome revival – simple, clean, white place settings. Modernized from plain square or round plates to many different fabulous shapes, basic white gives you so many serving options, you'll be plating like a chef in no

time. Revol La Porcelaine and Mikasa both have great varieties and Rosenthal's A la Carte line is both inspirational and stunning. Pairing modern white with rich elegant hues: warm reds, mustard yellows, burnt oranges and deep blues, will soften it beautifully. Fall-coloured gerbera daisies, set off against the clean whites, will stand out brilliantly.

Fashion designers are also putting their design skills onto our tables. Missoni, Vera Wang, Kate Spade and even Versace have all designed dinnerware lines with stunning results. Versace's Russian Dream line is absolutely gorgeous and, if you're not likely ever to wear a Versace gown, you can happily settle on drinking your morning coffee in an exquisite cup designed by same!

So, try your hand at the art of table setting and have fun with the new trends and, most importantly, share a great meal with fine friends.

by Lee Murphy



# DO-IT-YOURSELF WINE TASTING

GATHER A GROUP OF FRIENDS AND A FEW BOTTLES.  
OPEN, TASTE AND ENJOY.

Some of the best wine experiences we've had have been home wine tastings. Whether you're just starting to get interested in wine or you're a seasoned connoisseur, hosting a wine tasting at home offers a great way to increase your wine knowledge. Plus, it's just plain fun – the perfect set-up to enjoy wine in a comfortable environment. It's simple: gather a group of friends and a few bottles. Open, taste and enjoy.

Wine tasting does not have to mean formal. In truth, the most memorable do-it-yourself tastings we've attended (and hosted) have been casual affairs. If your circle of friends is more wine way than savvy, an informal event often proves more inviting.

## THEME YOUR TASTING

The first step is choosing a theme for your tasting. Filtering the wide world of wine into a palatable niche will give your tasting better focus. Two general formats that never let a crowd down are focusing on one particular wine country or region or limiting wines by type, for example, Merlot. Alternatively, go the bang-for-buck route and set a price point to hold a value bottle showdown. Announce the theme and ask each

guest or couple to bring a bottle that fits. This will get everyone in on the fun from the onset.

## BE PREPARED

On tasting day, be prepared with glasses, tasting sheets and pens at the ready. Food is always a good idea, whether you want to centralize appie preparation yourself, cater in, or opt for a potluck. It's a nice touch to coordinate the food with the wine theme and cheese plates never go unnoticed. Also, remember to make sure you have enough wine glasses! In an informal environment, one glass per person is sufficient, though you may want to allow for two glasses each: one for whites and one for reds.

## TASTING WITH A TWIST

As guests arrive, add a twist to the tasting. After exchanging pleasantries, squire the arriving wines away into an empty room or out of the way spot. To avoid bottle bias and add to the fun, the wines are going to be tasted blind – you don't want everyone to know what's being sipped until the end of the tasting. When all wines are accounted for, sneak off and cover the bottles, wrapping each in a brown paper bag fastened around

the bottleneck with tape or ribbon. Use a felt marker to "name" each wine after a guest in attendance.

Now, bring the bottles out and get your swirl on. Pass around tasting sheets and writing utensils and let the tasting begin! It's best to taste each wine together as a group, commenting openly as you go along. A couple of ounces per wine is a sufficient amount for tasting; you can always go back for seconds later. After a sniff, swirl and sip, jot down your thoughts. It can be as easy as a thumbs up or down or paragraph prose – spitting is optional.

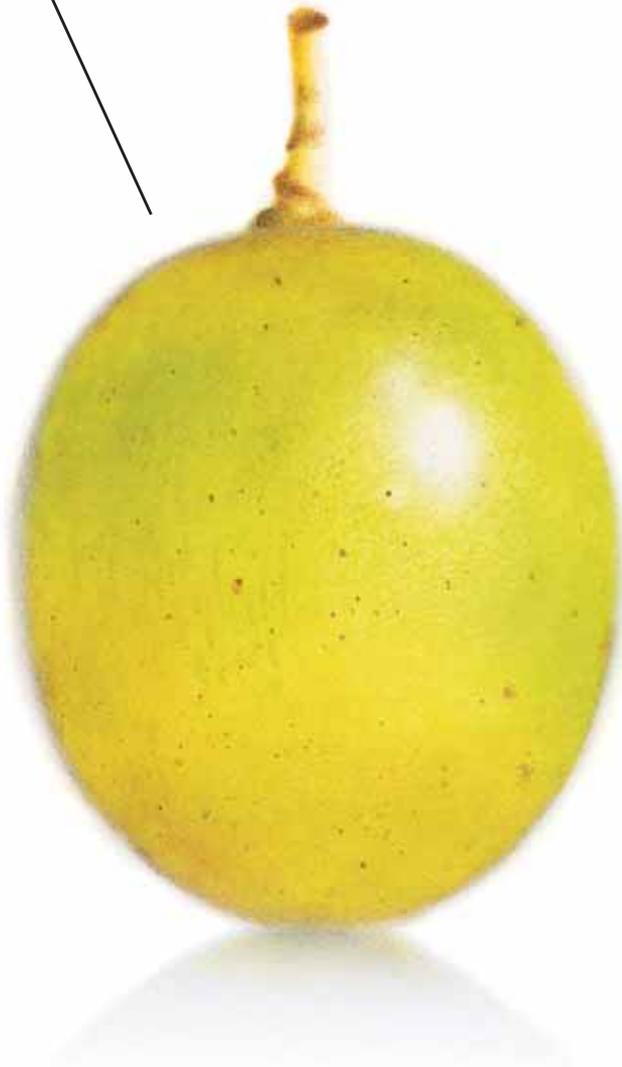
Let the wine discussion roll. With the wines named after tasters in attendance, you'll be surprised at how creative – not to mention personal – the comments can get, particularly as the evening carries on. After all wines have been tasted, it's time for the big reveal. Remove the paper bags, disclose the wines and their prices and let the group revisit their favourite bottles.

Finally, at the end of the night, don't forget to decide on a theme and a host for the next tasting. Plus, make sure all the DIY wine tasters have arranged for a safe ride home.

by James Nevison



*Relax folks, there's plenty  
of me to go around.*



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Contest closing date: October 15, 2008. No purchase necessary.

Enjoy  
Responsibly

### SAMPLE TASTING ONE: BASIC WHITES

For novices, one of the most exciting aspects of wine is the sheer variety available. The best way to get to know the wine spectrum is to taste various styles side-by-side. This helps build appreciation as well as enjoyment, as tasters come to define their individual wine preferences. A great starting point is to sip on some basic whites.



 **00**  
**DOURTHE 2007 NO. 1 SAUVIGNON BLANC**  
 France **\$17.99** 264929  
 Great mineral, pineapple and a whiff of cut grass wrapped up in an intense, refreshing style let this white Bordeaux give the trendier New World Sauvignon Blancs a run for the money.



 **00**  
**LINDEMANS BIN 85 2007 PINOT GRIGIO**  
 Australia **\$12.50** 220459  
 The popularity of Pinot Grigio continues to soar around the wine world and Australia's Lindemans delivers an easygoing, fruity-and-fresh wallet-friendly rendition that should prove to be a crowd pleaser.



 **00**  
**DEAKIN ESTATE 2004 VICTORIA MERLOT**  
 Australia **\$14.99** 577395  
 Ripe plum and blueberry resound in this fruit-forward, easy-drinking modern Merlot that would be equally happy on the Wednesday dinner table as in the tasting queue.



 **00**  
**CASA LA HOYA 2004 RESERVE MERLOT**  
 Chile **\$15.00** 55756  
 Juicy and soft, this rich and round reserve Merlot pleasantly barrages the taste buds with blackcurrant backed by minty eucalyptus and pepper spice. A solid value bottle.



 **00**  
**ESTANCIA 2005 CHARDONNAY**  
 USA **\$19.99** 322057  
 Lemon, dried mango and walnut skin define this Monterey Chard that displays the quintessential rich and supple Chardonnay texture complemented by caramel and oak – plus a crisp finish.



 **00**  
**DR. PAULY BERGWEILER 2006 RIESLING**  
 Germany **\$19.99** 141218  
 No white wine line-up is complete without Riesling and Dr. Pauly's bottle offers the hallmark honeyed, off-dry German style balanced by zippy apple and citrus that adds up to tasty wine complexity.



 **00**  
**CHRISTIAN MOUEIX 2005 MERLOT**  
 France **\$19.99** 369405  
 A round of Merlot should definitely include Bordeaux and the Moh-ex Mer-low (phonetically speaking) gives a classic look at the slightly reserved plum, pencil shavings and tobacco leaf style of the grape.



 **00**  
**PELLER ESTATES 2005 PRIVATE RESERVE MERLOT**  
 BC **\$19.99** 618322  
 End the tasting at home, literally and figuratively, with Peller's PR Merlot, an Okanagan bottle highlighted by raspberry, red currant, dark chocolate and ample toasty oak.

# FAST FOOD ELEGANCE

Here are some easy recipes that will take the guesswork out of your next dinner party. To make it even easier to entertain, the dishes are coupled with wine pairing suggestions. Try any one of these recipes and enjoy a night in with friends and family that will rival any restaurant dining experience, without leaving you too exhausted to join in on the fun.



TURKEY ROULADES



**PFAFFENHEIM BLACK TIE  
PINOT GRIS RIESLING**  
France **\$19.99** 750240

A daring and innovative wine from Alsace! A delicate bouquet of pleasant fruitiness and light mineral notes with a full-bodied, off dry, warm finish that lingers. Serve this well-chilled with turkey, chicken or Asian cuisine.



**HENRY OF PELHAM FAMILY ESTATE  
BACO NOIR**  
Canada **\$14.86** 324814

Luring you in with its deep colour and very spicy aromas, this attractively priced red is a definite winner. Blueberry compote, currant and briar patch fruit on the palate, it is full-bodied and elegant. Outstanding with red fruits and chocolate!



**YALUMBA VIOGNIER EDEN VALLEY**  
Australia **\$26.99** 34066

This wine has a distinctive mineral, ginger, honey and lychee fruit nose with bits of citrus and buttery vanilla on the palate. With a silky, smooth finish that lingers it's just the thing to pair with turkey or chicken.



**CHATEAU STE. MICHELLE BRUT**  
USA **\$19.99** 398198

Straw yellow in the glass with a beautiful, cascading stream of bubble and the evening has begun. With a very slight hint of butteriness and fruit and a dry, slightly sharp finish this is a perfect cohort for Cioppino or anything seafood.



**DOPFF & IRION**  
**CRUSTACES D'ALSACE**  
France **\$15.99** 743963

A light-bodied wine that's clean and fresh with floral, vanilla and citrus aromas. The crisp, mineral finish is pure and refreshing. You can also easily sip this value wine solo. As for food, the cavorting shrimp and seafood on the label say it all!



**HOGUE CELLARS FUMÉ BLANC**  
USA **\$12.79** 274829

Ripened peach and guava fruit are nicely integrated with grapefruit, sage and peppermint notes. The wine is crisp and smoky with moderate weight and a silky richness. Ideal for chicken salad, oysters or shellfish.



DELICIOUS CIOPPINO



The Turkey Roulades can be made ahead of time. With minimal effort, the dish comfortably serves a table of eight. Add a medley of rice and crisp greens and you'll have a delicious and colourful dinner serving.

Serving Squash Risotto to a hungry crowd requires just a little last minute stirring to produce al denté results. Quickly steam a few fresh fall vegetables, take ten minutes to grill a fish and you have an amazingly easy meal that will draw rave reviews.

The trick to the Cioppino is to spend 20 minutes a day or two ahead making the fish stock. The stock made, dinner service becomes a mere ten-minute effort. Complement your masterpiece with a crusty baguette and you'll win anyone over with your culinary efforts.

The Carrot Curry is a lovely one-dish meal that involves minimal clean-up. Serve with cooked panir or breaded skillet-browned tofu, steamed broccoli and Naan bread and you'll score accolades all around.



CARROT CURRY



**RED BICYCLETTE PINOT NOIR**

France **\$16.99** 180604

Cherry red in colour with light ruby hues and the unmistakable juicy aromas of plum and raspberry await you. Bright and smooth with hints of strawberry jam, the finish is soft and easy. An easy-drinking wine for a variety of foods.



**BOLLINI PINOT GRIGIO**

Italy **\$18.99** 611723

Here's the wine you want for all those spiced dishes! Fresh and delicate with lightly perfumed aromas and a crisp, clean mouth texture. Stone fruit and apple flavours dominate and a touch of hazelnut at the end is delicious.



**GEHRINGER PRIVATE RESERVE RIESLING**

BC **\$15.99** 347492

A Riesling that just has a little bit more of everything. More mineral and citrus with a bit more weight on the palate makes this one a crowd pleaser. Finishes dry with a great nectarine twist at the end.



**LOUIS LATOUR PINOT NOIR**  
France **\$21.99** 69914

Light bodied, easy-to-drink and crowd pleasing! This beautiful French red has fantastic flavours of cherry and raspberry. Pair this with any appetizer, salad, light pasta or fruit dessert and they will be back for more.



**PRIMO AMORE**  
**SANGIOVESE MERLOT**  
Italy **\$12.99** 412957

A wonderful little blend from Italy, its bright cherry flavours and touch of spice really tease your palate. Balanced acidity and low tannins make it perfect for salads, light appetizers or quick pasta dishes. That's Amore!



**RUFFINO ORVIETO CLASSICO**  
Italy **\$13.99** 31062

Traditional Italian pale straw-coloured wine with a delicate, slightly nutty aroma. Crisp and light, the subtle pear and earthy flavours create a harmony on the palate and the crisp, well-balanced finish will leave you wanting more. At this price, it's easy to impress the whole party!

GANTON & LARSEN  
**PROSPECT WINERY**  
VQA OKANAGAN VALLEY VQA

# PROSPECT WINERY STRIKES GOLD

80 medals gained in launch year - New Okanagan Winery

9 WINES ENTERED - 9 MEDALS WON  
2007 OKANAGAN WINE FESTIVAL

TOP 20 WINERIES OF THE YEAR  
2007 CANADIAN WINE AWARDS

TROPHY & GOLD MEDAL  
BEST VALUE WHITE VARIETAL  
BIRCH CANOE PINOT BLANC  
2008 DECANTER WINE AWARDS

BEST PINOT GRIGIO  
2007 OKANAGAN PEOPLE'S CHOICE AWARDS

TOP 25 WINES OF SHOW  
2007 WHISTLER CORNUCOPIA

UNOAKED CHARDONNAY OF THE YEAR  
2007 CANADIAN WINE AWARDS

VIDAL ICEWINE OF SHOW  
2008 OKANAGAN WINE FESTIVAL

BLUE-GOLD AWARD  
VIDAL ICEWINE  
2008 SYDNEY INTERNATIONAL WINE COMPETITION

GOLD MEDAL  
BIRCH CANOE PINOT BLANC  
2008 TASTERS GUILD INTERNATIONAL



[www.prospectwinery.com](http://www.prospectwinery.com)

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# FLAVOURS

## RICH AND DELICIOUS



### JOHNNY Q SHIRAZ VIOGNIER

Australia **\$14.99** 340075  
Winemaker John Quarisa's motto is: "you just can't take life too seriously." The youthful, ripe berry flavours with spice and pepper balance out the oak and succulent tannins. Friends and family will love it served with lamb, hard cheeses and roasted meats.



### MARQUES DE GELIDA BRUT

Spain **\$23.99** 100420  
A crisp, elegant, estate-bottled cava offering notes of honeysuckle with a dash of peach. Exceptional freshness and a superb liveliness make this sparkler an ideal accompaniment with appetizers and tapas. 90 points *Robert Parker*



### GODIVA CAPPUCCINO CREAM

USA **\$30.95** 296475  
Unbelievably rich and absolutely unforgettable is the only way to describe this enchanting cappuccino and chocolate inspired creation. A decadent luxury to enjoy on its own, over ice or added to your favourite hot beverage. A perfect cool weather warm-up!





# THE DIRT ON LOCAL WINE

## OKANAGAN REGIONALITY SPARKS THE TASTE BUDS

**O**kanagan terroir is on the tip of our tongues like never before. And while we're not talking a literal mouthful of dirt, sunshine or topography – the building blocks of “te-whar” and the functional French concept of “wine equals place” – our palates are being primed with regionally specific wines. When we taste Okanagan wines, we really taste the Okanagan itself.

Just ask any grape grower or winemaker. For the people on the ground, regional uniqueness is paramount. Those behind the grapes and the barrels see it daily; they're breathing the air, tasting the fruit, stewarding the wine. But to us casual sippers, vinous diversity within the Okanagan remains much of a mystery. As far as regional identity goes, often when the sticker on the bottle says “Okanagan,” it skips the part about where exactly the grapes came from. As we dig a little deeper, we find wines that can be traced back to very specific locales and their tastes follow suit.

Golden Mile Cellars' 2006 Road 13 White is a classic example of dirt in your glass. “My latest conclusion,” says winemaker

Michael Bartier, “is that the variety is much less important than place.” As Bartier puts it, “the thing I like most about this wine is not the Ehrenfelser, the Chenin Blanc or the Gewürztraminer, instead I like the peachy and savoury character – the rosemary, thyme and sage that characterize wine of this region and I don't think these attributes are a coincidence.”

Sandor Mayer at Inniskillin has been fermenting the finery of select vineyards for more vintages than we can remember. The estate vineyard, Dark Horse, puts out some thoroughbred fruit and our palates were stampeded by his delicious Pinot Blanc. “The Pinot Blanc at Dark Horse is very well exposed to the sun, as it's on the west side of the valley. It warms up early and the sun sets late. Plus, the rocks retain heat,” says Mayer.

Getting into reds, Prospect Winery's 2006 “Red Willow” Shiraz from Black Sage Road is not much more than a pitch-n-putt away from Inniskillin. “The terroir of Black Sage Road is perfect for Shiraz,” says winemaker Wade Stark. “The hot, sunny, dry climate shows itself in the bottle, with wonderfully deep tannins, rich berry fruit flavours and intense colours.

Sandhill 2006 Cabernet Merlot speaks volumes of its origin. The blend of Cabernet Sauvignon, Cabernet Franc and Merlot is the southern valley through and through from its nose-grabbing aromas of robust fruit to a punchy, spicy, long lasting finish. “The Cabernet comes from the most western and hottest exposure,” says veteran winemaker Howard Soon, describing Sandhill Estate Vineyard near Oliver. “This gives it consistent flavour: blackberry, blackcurrant and black pepper.”

Quails' Gate is an Okanagan standby, crafting highly quaffable wines for as many vintages as we can recall. One of their

### **WHEN WE TASTE OKANAGAN WINES, WE REALLY TASTE THE OKANAGAN ITSELF.**

flagships has been their Chardonnay and it's hard to deny that QG makes one fine bottle of the stuff. “All Quails' Gate Chardonnay is sourced from the home vineyards above the winery – the terroir is dominated by the extinct ancient volcano, Mt. Boucherie, which provides the interesting and exotic soil mix,” says winemaker Grant Stanley.

by Kenji Hodgson

“The central Okanagan area gives good heat through the summer months and the cooling evening temperatures of autumn before harvest allows for ripe fruit with elevated acidity.”

Gray Monk is a bona fide institution in the central Okanagan. One go-to grape is their Gewürztraminer, which flourishes in the cooler climates of their vineyards in south Kelowna and close to Penticton. “I really like how both regions complement each other with their different exposure to morning and afternoon sun. Also, both benefit from the moderating effect from the lakes,” explains winemaker Roger Wong. “By carefully allowing light to reach the fruit on the cool side of the vines (via leaf removal), we enhance the lychee fruit flavours and the rose petal aromas,” he says. “Our goal with the Gewürztraminer is to retain all of the delicate aromas that we work so hard for in the vineyards.”

This goal is common for many grape growers and wine makers in the Okanagan. Enjoy the unique tastes and flavours of the Okanagan and get out there and explore!



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Total Prize Value \$7,500



Local Wine



**GOLDEN MILE CELLARS 2006 ROAD 13 WHITE**

BC VQA **\$16.99** 491928

The Road 13 white is packed with pungent perfume and spice aromas, fresh yet honeyed and finishing with a lip-smacking zest. Though Bartier aptly connects the fruit and savoury attributes of his wine to the climate and geography of The Golden Mile south of Oliver – and less so to the actual grapes involved – we opt for the easy road and simply connect this wine to good times.



**INNISKILLIN 2006 DARK HORSE VINEYARD PINOT BLANC**

BC VQA **\$17.99** 558429

This Dark Horse Vineyard Pinot Blanc is a huge mouthful of flavour, with tropical fruit and melon aromas busting from the glass. There's a massively attractive weight to this wine, though perhaps not for the faint of tastebud. Not your straight up patio sipper – this is a wine to contemplate. We doubt there's anywhere else in the world that can make Pinot Blanc like this.



**PROSPECT WINERY 2006 "RED WILLOW" SHIRAZ**

BC VQA **\$16.99** 842245

Revel in a lush, vanilla-laced nuance under buckets of tasty plum, blueberry and raspberry fruit. Not to be missed is a punchy, spicy kick in the finish. Prospect Winery's latest offering is nothing short of a highly quaffable drop, whether it's alongside a barbecue or flying solo. What's more, not a lot of Okanagan Shiraz checks in at a price like this.

OKANAGAN TERROIR IS ON THE TIP OF OUR TONGUES LIKE NEVER BEFORE.



**SANDHILL 2006 CABERNET MERLOT**

BC VQA **\$19.99** 541144

By Soon's deft hand, the two Cabernets, along with the ultra-consistent Merlot, make up a flavour package that is undeniably ripe and perfectly Black Sage. There's nothing tame about this wine, from its immense, fruity entrance to a lingering finish marked by spice and vanilla accents. Huge flavour, but not too huge a price tag.



**QUAILS' GATE 2006 CHARDONNAY**

BC VQA **\$18.99** 377770

There's little doubt on our palates that this Chardonnay is chock full of fresh fruit aromas and balanced expertly by a lick of vanillin oak. Food wine, sipping wine or wine with which to just kick back and enjoy, the brisk charm will have you smacking your lips for days. "Awesome acidity and freshness," as winemaker Stanley puts it.



**GRAY MONK 2007 GEWÜRZTRAMINER**

BC VQA **\$16.99** 321588

Perfumed aromas of peaches and super-ripe apricots waft from this wine. Before you can open your mouth, your palate is consumed by a pillow of classic rose petal and lychee ambrosia, markers of the cooler climate vineyards that winemaker Wong works so hard to reveal. A gentle spiciness rounds out this Gray Monk gem.

# SAVOURY ARTISAN BREADS

BE WARNED – READING THIS ARTICLE AND  
ATTEMPTING THESE RECIPES COULD BEGIN  
A LIFELONG OBSESSION

SAVOURY BRIOCHE WITH  
GOAT'S CHEESE





**B**e warned – reading this article and attempting these recipes could begin a lifelong obsession. Baking your own crusty loaf of artisan bread may just be the most satisfying and at the same time frustrating, experience of all time and likely one you will want to attempt over and over again to attain that perfect loaf.

The secret to great artisanal breads is a good start and lots of patience. Following a good recipe is important, however the yeast is a living thing and can be a little unpredictable. That is likely what is so addicting about baking bread – each loaf is different.

There's nothing like a great slice of fresh out-of-the-oven bread smeared with butter and a sprinkle of flaked sea salt – here's where that patience comes into play – being able to wait until it's cool enough to slice.

To begin with, you'll need to decide on your leavener. You have the choice of packaged yeast (fresh or dried) or a naturally occurring wild yeast or sourdough starter. A good starter can take up to 14 days to build and develop great flavour, but is truly worth the work and once you've grown a starter you can keep it alive in your fridge for years if you handle it properly.

The flour used will determine the texture and flavour of your loaf. Different flours have different moisture contents even from one day to the next. If your recipe calls for one cup of water, you'll have to decide if three quarters of a cup is all that is needed that day or if more is required. Again, the more you practice, the more you'll be able to judge what the dough is telling you.

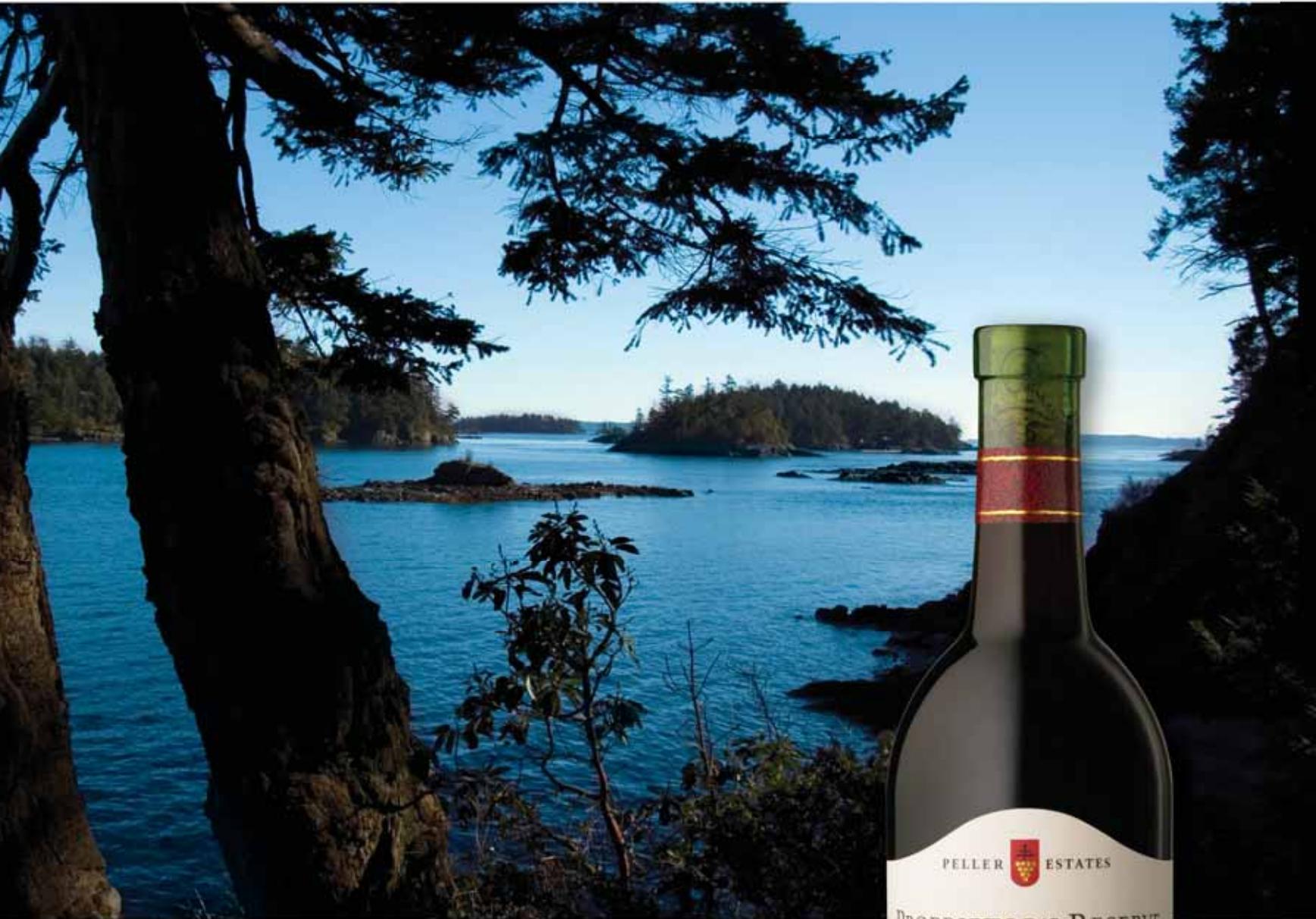
White, all-purpose and unbleached flours make a more tender loaf, while bread flours and whole wheat flours, which have higher protein, make dense heavy bread. Rye, durum and semolina are best combined with all-purpose flours and are great for adding texture to a loaf.

Salt is a very important part of baking breads. It does add flavour, but it also slows the fermentation of the yeast, which allows flavours and texture to develop. Fine sea salt or kosher salt are preferable and *fleur de sel* is perfect for finishing, giving great crunch to the crust as well as taste.

Special equipment isn't needed to bake a great loaf of bread. A large mixing bowl and an oven will do the job nicely; however, a few tools will make the process a little more enjoyable. A thermometer for testing the temperature of your water before adding it to the yeast and a scale to measure your ingredients both help improve accuracy. A baking stone helps turn out a great crust, which can be hard to achieve in a home oven and, along that same vein, a spray bottle to simulate a steam oven works miracles as well. Parchment paper and a cooling rack are also great to have on hand.

All breads are literally created equal, at least in the beginning. Combine the ingredients in a large mixing bowl and get your hands in to form what is known as the "shaggy mass." After you've done this once, you'll know why it's so named!

# A PLACE THIS EASY TO LOVE DESERVES A WINE TO MATCH



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The next and maybe most important step and skill is kneading. This is what forms the gluten in your dough and holds your loaf together. Pushing and stretching the dough, folding it back over itself over and over is what builds your dough's texture. The less you knead the more tender your loaf and the more you knead the denser and chewier it will be.

Once your dough is smooth and no longer sticking to the table it's time for it to rise and

the fermentation to begin. The time it takes depends on the temperature in the room and again how the yeast is working on any given day. Once risen, the loaf is then gently punched down and allowed to proof before being prepared for the baking.

Once you begin experimenting with savoury artisan breads your flavour options are endless. Fresh hardy herbs added to bread dough work beautifully – think rosemary, thyme, sage

or even lavender. Fresh ground pepper, finely grated cheeses or fresh roasted veggies all add interest and wonderful flavours to your breads.

NOTHING tastes or smells better than a freshly baked loaf and NOTHING causes more pride or swagger in a cook than a perfectly textured loaf full of flavour and that all-important crust. Give these recipes a try and begin your quest for perfection!

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# FLAVOURED BUTTERS



Combine ingredients for each flavoured butter as below. Roll flavoured butter into a cylindrical shape in waxed paper or plastic wrap about 1½ inches (3.5 cm) in diameter, then over-wrap with foil. Refrigerate until firm, rolling cylinder a few times as it chills to form a perfect round. Can be refrigerated for up to a week or frozen for up to 2 months. To use from frozen, place in the refrigerator until thawed. Slice into discs while still firm and serve with seafood, meats, pasta or vegetables.

#### ROASTED GARLIC AND CHIVE

Mash 2 heads roasted, peeled garlic cloves in a large bowl. Add ½ lb (250 g) unsalted butter at room temperature, 1 tbsp (15 ml) minced chives, fresh gratings of white pepper and salt. Stir together with a wooden spoon until blended. Roll and shape.

#### LEMON PEPPER

Combine ½ lb (250 g) unsalted butter at room temperature with 1 tbsp (15 ml) coarsely ground black, white and pink peppercorn mix. Stir in finely grated peel from ½ lemon and some freshly ground sea salt. Roll and shape.

#### SHALLOT, TARRAGON AND CHERVIL

Combine ½ lb (250 g) unsalted butter at room temperature with 1 tbsp (15 ml) minced shallots and 1 tbsp (15 ml) each of minced tarragon and chervil. Add salt and pepper to taste. Roll and shape.

#### SUN-DRIED TOMATO AND CAPER

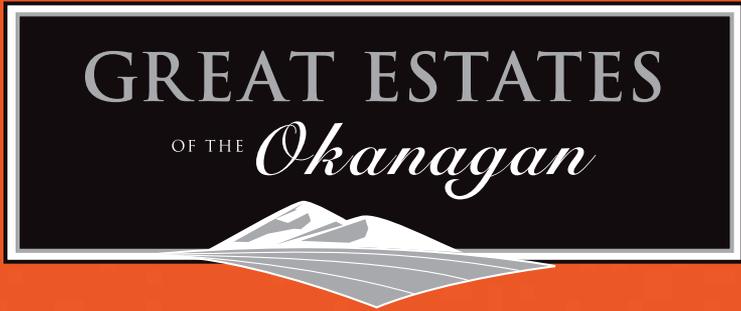
Combine ½ lb (250 g) unsalted butter at room temperature with 1 tbsp (15 ml) minced sun-dried tomatoes, 2 tsp (10 ml) capers, 1 tsp (5 ml) each of smoked paprika and ground cumin. Roll and shape.

#### MAPLE ORANGE BUTTER

Combine ½ lb (250 g) unsalted butter at room temperature with 1 tbsp (15 ml) pure maple syrup, 1 tsp (5 ml) sugar and ½ tsp (2 ml) cinnamon. Add finely grated peel from ½ orange. Roll and shape.

#### CRANBERRY ORANGE, WALNUT BUTTER

Combine ½ lb (250 g) unsalted butter at room temperature with 1 tbsp (15 ml) cranberry jelly, 1 tbsp (15 ml) minced toasted walnuts and 1 tsp (5 ml) grated orange peel. Roll and shape.



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# SIGNATURE GRAPES

NEW WORLD VARIETALS — CARMÉNÈRE, MALBEC, TORRONTÉS,  
PINOTAGE AND STEEN — ARE WORLDS APART IN FLAVOUR

There are a handful of grape varieties in the world that are so distinct even novice wine drinkers know they're something apart. Love them or hate them – and people do feel strongly, Carménère, Malbec, Torrontés, Pinotage and Steen grapes make unique wines that need to be tasted to be appreciated.

These grapes make wonderfully evocative wines that drive home the concept of terroir or “sense of place” – that unique combo of soil, climate and topography (mountains, valleys, oceans and lakes) that make them so distinctive. Taste a BC or French Chenin Blanc beside a South African Steen (the Afrikaans word for Chenin Blanc) and they're worlds apart in flavour.

With pedigrees that are as curious and interesting as the wines are to drink, these grapes, true originals or adopted, make likable and even great wines that are easy to pick out in blind tastings.

South Africa contributes two tasty wines to this particular portfolio: Pinotage and Steen. Argentina steps up with dark, earthy Malbec and a white grape, the aromatic Torrontés. Neighbouring Chile brings Carménère to the table.

These signature grapes do better in their native soil than almost anywhere else on the planet, although winemakers today are planting

just about everything everywhere to see how it does. In BC for instance, there are small plantings of Pinotage, some of Malbec and Carménère and Chenin Blanc is reasonably common. Pinotage, the most obvious example, is missing its characteristic aroma and deep, leafy earthiness when grown outside of South Africa.

South Africans created Pinotage in 1925 by crossing Cinsault (known as Hermitage in South Africa) with Pinot Noir resulting in a hardy, early-ripening grape that has serious body and an aroma that's variously described as bold, bright and sweet with a spray paint-like pungency. Plums and dark berry aromas characterize this

**SIGNATURE GRAPES DO BETTER IN THEIR NATIVE SOIL THAN ALMOST ANYWHERE ELSE ON THE PLANET.**

grape, as do earthy, barnyard and forest floor aromas. As recently as ten years ago, the only Pinotages we could get our hands on were harsh, stinky wines. There were better wines being made but they weren't coming our way. Today new clones have solved the problems of rusticity and the wines are deeply, darkly delicious – plummy, meaty and a little edgy. The grape is versatile and is used to make rosés, sparkling wines and everything from light, inexpensive, easy-drinking reds to big, pricey, full-bodied

oak-aged charmers that are divinely drinkable even 20 years on.

Steen was once South Africa's most planted grape although it's being eclipsed by Pinotage as wine drinkers world-wide develop a taste for this in-vogue grape. Steen is off-dry and crisp and can be winningly flavourful with tropical hints of guava, banana and pineapple.

In Chile, Carménère, once a rarified old Bordeaux variety, masqueraded as Merlot for eons. It's likely that it arrived from France in the 1800s mixed in with Merlot vines that are nearly identical in appearance and languished, misnamed “Chilean Merlot” until it was officially identified and recognized in the mid 1990s. A particularly captivating grape, Carménère mingles sweet and savoury flavours. Its low acidity highlights sweet fruit that tempers and balances the meaty, green pepper, soy and coffee notes. It's this savouriness that sets it apart and makes it so appealing.

In the past decade, Argentina's wines have come on like gangbusters, improving by leaps and bounds with each vintage. A white grape, Torrontés, is a true original. While its name is the same as Spain's Torrontés grape, no definite relationship between Argentine and Spanish Torrontés has ever been established.

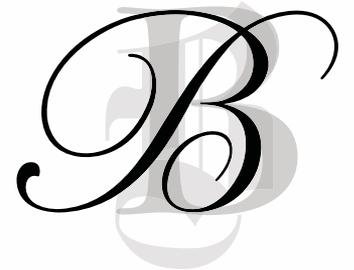
Intense, dark and sometimes deliciously gamey, Malbec has a through and through

by Judith Lane



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Responsibly

## Signature Grapes

French pedigree that is Bordeaux actually. It's not much loved, much planted or much used in France except as an occasional blending wine. It grows brilliantly in Argentina where it's ideally suited to the hot climate and stony, arid conditions.

Wine made from this signature grape tends to be soft and lush with ripe plummy flavours.

Take a little time and try a few different bottles of each of these grapes, on their own or in side-by-side tastings. If you're not crazy

about one Pinotage, another may be a big hit. Give these five grapes a chance and see how much there is to admire. They're distinctive, immensely rewarding and downright delicious.



### FINCA FLICHMAN MISTERIO MALBEC

Argentina **\$13.99** 757245  
Chock full of earthy black fruit, vanilla, herbal notes and spice with soft and supple tannins and an appealing ripe, rustic finish. Think barbecue – strip loin, burgers and ribs.



### CRIOS DE SUSANA BALBO MALBEC

Argentina **\$19.99** 442061  
This fresh, forward, friendly Malbec is soft and round with plums, black cherries, spice and toasty, gently smoky overtones. An excellent value and a great food or anytime wine.



### LOTENGO TORRONTÉS

Argentina **\$13.99** 365890  
This elegant white is floral, fruity, fresh, round and dry with pretty grapefruit, honey and spice notes. Enjoy on its own or with smoked meat or Indian and Thai dishes.



### CASILLERO DEL DIABLO CARMÉNÈRE

Chile **\$13.97** 153270  
Nicely concentrated and robust with bright blackberry, spice and vanilla flavours and handsome coffee, smoky resin, black olive notes with smooth tannins. A winner with grilled lamb and beef.



### VIU MANENT RESERVE CARMÉNÈRE

Chile **\$19.99** 596536  
This classic Carménère delivers spice, black cherry and mocha aromas and hits of cinnamon and leather with soft and supple tannins. Bring on the roast chicken, Gruyère and goat's cheese.



### WINERY OF GOOD HOPE CHENIN BLANC

South Africa **\$13.99** 792143  
Fresh and wonderfully quaffable, this lively Chenin is all crunchy pears with hits of citrus, honey, vibrant passion fruit, leesy flavours and easy minerality. Nicely balanced and seafood-friendly.



### RUDERA WINES TEDDY HALL CHENIN BLANC

South Africa **\$16.99** 260133  
A good value Chenin that impresses with citrus and floral notes, light tropical fruit, good acidity and savoury oak. Try with fish and chicken dishes or enjoy on its own.



### TRIBAL PINOTAGE

South Africa **\$9.99** 135160  
This well-priced, simple, everyday wine is an easy intro to Pinotage – dry, full-bodied, spicy, peppery, smoky and plummy. It's mellow, a little dusty and well suited to barbecue.



### GRAHAM BECK PINNO

South Africa **\$14.99** 208488  
Nice ripe, juicy fruit-focused plum and berry flavours mixed with attractive meaty, sausage notes. Medium-bodied, it's a soft, round accessible Pinotage. Great with grilled beef, lamb and chicken too.



# FRAÎCHE IDEAS

WEST VANCOUVER'S  
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## ROASTED BABY BEETS WITH ARUGULA, GOAT'S CHEESE AND TOMATO VINAIGRETTE

### FRAÎCHE MEAL



Fraîche's space is spectacular. Perched, eagle-aerie-like, on the edge of Chippendale Drive in West Vancouver, the room's floor-to-ceiling windows frame an almost unbelievable postcard panorama of the Lower Mainland from Mount Baker to Atkinson Point. The view is the answer to that question, endlessly asked by Eastern relatives, "How can you stand living in Vancouver with all that rain?"

Once you get your breath back, you'll find Fraîche's interior open, clean-lined, muted and relaxing with inviting high-backed espresso leather chairs around mocha linen-clad tables. Those of you with the local food channel on "favourite" will be delighted by the open showcase kitchen. The menu is relaxed and inviting, highlighting fresh, seasonal and regional fare described by the award-winning Martin as

"renewed neighbourhood classics."

To complement Crave on Main and Fraîche in West Van, Chef Wayne Martin has just announced the opening of his third room, Crave Beachside. Featuring the same culinary philosophy as Crave on Main, Crave Beachside is bathed in natural light from patio doors and skylights overlooking Ambleside Beach and the Hollyburn Sailing Club.

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POACHED BUTTER LOBSTER WITH YUKON GOLD  
POTATO PURÉE AND BASIL BUTTER SAUCE

FRAÎCHE MEAL



# Creamy Indulgence

## Irish Iced Coffee

1 oz. Carolans® Irish Cream

1 oz. Tullamore Dew® Irish Whiskey

1 oz. Kahlúa®

Shake and strain into a rocks glass filled with ice.  
Top with whipped cream.



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FRAÎCHE MEAL



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1181 Seymour Street

**DATE:** September 18<sup>th</sup>, 2008

**TIME:** 5:30 PM to 9:30 PM

RSVP by September 15<sup>th</sup> – space is limited [rsvp5@yellowtailfestival.ca](mailto:rsvp5@yellowtailfestival.ca)

[ yellow tail ]<sup>®</sup>



Please Enjoy Responsibly.

# CHEF'S CHOICE

PERFECT PAIRINGS FOR THE FRAÎCHE MEAL



**RUFFINO RISERVA DUCALE CHIANTI CLASSICO**  
Italy **\$29.99** 45195  
This Chianti Classico shows typical Tuscan characteristics of violet, cherry and plum aromas with hints of white pepper. Massive and elegant, the finish is lush and long.



**MEZZACORONA PINOT GRIGIO**  
Italy **\$15.85** 312801  
Light yellow with flecks of gold, this wine exudes hints of pear, apple and melon. With the tiny bit of bubble that tickles your mouth, the soft apple, cinnamon and touch of lime flavours sparkle. This versatile gem is perfect with salads and cheeses.



**PAIRS WITH FRAÎCHE APPETIZER**  
**ROASTED BABY BEETS**

**PAIRS WITH FRAÎCHE ENTRÉE**  
**POACHED BUTTER LOBSTER**



**CAKEBREAD CELLARS CHARDONNAY**  
USA **\$59.98** 191437  
Lovely pear, fragrant white flower and subtle toasty oak aromas beckon you to continue on. The rich lemon zest, melon, white peach and vanilla flavours carry you into the refreshingly flinty, mineral-tinged finish. Lobster, scallops or shrimp simply plead to be paired with this wine! 89 points *Wine Spectator*



**LA CHABLISIENNE CHABLIS 1ER CÔTE DE LECHET**  
France **\$38.99** 366609  
Dense floral aromas with the wonderful addition of lemon and mineral notes combine. The silky texture and sweetness of honey take you to the finish which is long, lingering and ends with a touch of grapefruit. 91 points *Wine Spectator*



**MUSCAT DE BEAUMES DE VENISE PAUL JABOULET**  
France **\$23.99** 352088 375ml  
Exceptionally concentrated bouquet of peach, grape, apricot and mango unwind into the full and velvety charm of this perfectly balanced dessert wine. Serve well chilled with the mousse. Dessert time just became extra special.



**PENFOLDS GRANDFATHER**  
Australia **\$84.26** 440214  
Grandfather knows best! An array of nutty vanillin and aged characters melds seamlessly with hints of raisined fruit and malt. Walnuts and toffee flavours tap a duet on your palate, while the subtle vanilla oak, slightly dry finish ends the long dance. Grand! 92 points *Robert Parker*



**PAIRS WITH FRAÎCHE DESSERT**  
**WHITE CHOCOLATE PASSION FRUIT MOUSSE**

# GIN

## COCKTAILS

THE MAGIC OF JUNIPER



### LA CONTESSA

1 ½ oz (45 ml)	apple and ginger tea infused gin
½ oz (15 ml)	Cinzano Orancio Vermouth
¼ oz (8 ml)	Campari
dash	peach bitters (optional)

Stir all ingredients with ice in a rocks glass, top with ice and garnish with an apple fan and orange zest.

Juniper berries, coriander, grains of paradise, angelica, orange peel, cubeb berries, lemon peel, cardamom, cinnamon, nutmeg... all of these wonderfully exotic botanicals may have played a part in your favourite gin. Although the unique gin flavour comes primarily from juniper, each brand's specific formula is a closely-guarded secret. However, there's no secret to the formula for these outstanding cocktails created by Chambar's Josh Pape. He's shared the recipes with us and here, we share them with you!

# Gin Cocktails

## POIRE D'AUTOMNE

1 ½ oz (45 ml) gin  
 ½ oz (15 ml) pear nectar  
 ½ oz (15 ml) Lillet Blanc Vermouth  
 ½ oz (15 ml) walnut syrup  
 egg white (from 1 egg)  
 dash lemon juice

Pour all ingredients into a Boston glass. Shake vigorously and strain into a coupe-style martini glass, garnish with dehydrated pear chips.



## SCHIEDAM COLLINS

2 oz (60 ml) genever gin  
 ½ oz (15 ml) lemon juice  
 ⅛ oz (4 ml) white balsamic vinegar  
 ½ oz (15 ml) fennel syrup  
 6 blackberries

Muddle berries in a Boston glass, add all other ingredients and ice. Shake and strain into a Collins glass over ice, top with soda, garnish with a fennel top and a blackberry.

# BC LIQUORSTORES BEST BUYS

WONDERFUL  
TASTE,  
GREAT  
VALUE

## WHITES

This selection of wonderful whites is a quick trip around the world that won't break the bank.



### DEINHARD PINOT GRIGIO

Germany **\$13.99** 473595

A little gem from Germany that is gentle and lovely. Blossom, citrus and spice aromas abound with a pleasant, nutty, lasting finish that lingers on the palate. The value is just as lovely!



### LINDEMANS CAWARRA SEMILLON CHARDONNAY

Australia **\$10.50** 251892

Stone fruit aromas with just a touch of honey greet you as you raise the glass. The crisp citrus of the Semillon blends wonderfully with the vanilla creaminess of the Chardonnay. A wonderful fall wine to serve as an aperitif or with chicken and salads.



### SANTA RITA 120 SAUVIGNON BLANC

Chile **\$11.99** 275586

A wine that is crisp, refreshing and stimulating at an unbeatable value! Fruit blossom and peach aromas are delicately balanced by smooth herbaceous notes on the palate and a bright finish.



### PIERRE SPARR GEWÜRZTRAMINER

France **\$19.99** 22822

A wonderfully lighter style of Gewürztraminer; this French beauty has hints of grapefruit and lychee on the palate with a finish that is lingering. An ideal white wine to pair with your turkey, chicken or Asian cuisine this fall.



### CONO SUR VIOGNIER

Chile **\$10.99** 566836

Here's a solid wine from Chile at a fantastic price! Almond, peach and melon flavours mingle, finishing with a hint of lemon zest that lingers. Nicely done. 87 points  
*Wine Spectator*

REDS

Qué Syrah/Shiraz! Your friends will think you splurged!



**WYNDHAM ESTATE  
BIN 555 SHIRAZ**

Australia **\$17.45** 189415  
A medium- to full-bodied wine, this Shiraz has distinct plum and pepper characteristics with a smooth, lasting finish. It pairs perfectly with roasted or grilled meats, pasta and hearty stews.

SPIRITS

Try these delicious great-value fall sippers and mixers.



**TANQUERAY SPECIAL DRY**

UK **\$26.75** 2691  
A premium spirit at a bargain price! Select juniper berries, the finest botanicals and a quadruple-distillation process ensure you are truly getting the best Tanqueray can make. Your classic Martini just became better!



**MARIE BRIZARD BLACKBERRY**

France **\$18.99** 379396  
The wild blackberry fruits are harvested and macerated in alcohol to produce a blackberry infusion. This heavy, rich liqueur is perfect for creating those wonderful wine cocktails or simply pour over your favourite vanilla ice cream.



**DON DAVID SYRAH**

Argentina **\$15.99** 786020  
From the Andes foothills comes a Syrah full of generous berry aromas and mouthfilling flavours of cassis, spice and vanilla over toasty oak.



**COPA DE ORO**

USA **\$19.95** 529032  
Perk up your favourite drink! Derived from real Mexican Arabica beans, this unique combination of coffee, vanilla and other exotic flavours comes together into one delicious spirit. Enjoy it either hot or cold.



**CHALMERS CHOCOLAT PORT**

Australia **\$21.95** 31369  
What better way to come in out of the cold than with a nice soothing glass of port. The luxurious taste of fine port combined with the decadence of chocolate creates a taste that is the best of both worlds. Excellent value.





# OLIVES & OLIVE OIL

OLIVES HAVE BECOME AN IMPORTANT AND DELICIOUS PART OF OUR NORTH AMERICAN DIET

**M**mm... olives. Olives and olive oil have been staples of the Mediterranean diet for centuries and have now become an important and delicious part of our North American diet. Olive oil is healthy, rich in monounsaturated fatty acids, cholesterol free and a good source of Vitamin E.

## OLIVE OIL

There are three main grades: extra virgin, virgin and olive oil. With so many other terms thrown around, it's easy to get confused. Simply stated, olive oil is made from crushing and pressing fresh olives which are then separated into juice, oil and water. If the oil meets the standards of less than 0.8 percent

acidity it is given extra virgin olive oil status. Less than 2 percent gives it the virgin status and any oils over 2 percent are refined and bottled as "plain old" olive oil.

With its high smoke point, olive oil can be used in almost any recipe that calls for fat. It's perfect for high temperature cooking and even deep frying. Extra virgin olive oil on the other hand has a lower smoke point and is best used for finishing dishes, salad dressings or simply as a dip for fresh artisan breads.

Filtering is the process that clears the oil of residual solids. Unfiltered olive oil is cloudy and deteriorates a bit faster; however, it usually has more flavour than oil that has been filtered. All olive oils are best stored in a cool dark cupboard and definitely never

above your stove!

Spanish and French olive oils are normally not as strong as those from Greece or Italy. When choosing an olive oil, try to match the pungency of the oil with the accompanying dishes. For example, oils from Provence or Liguria are excellent with fish as they are lighter in flavour, while oils from Tuscany or Greece are much stronger and are perfect tossed with a salad of bitter arugula.

A fun way to experience different olive oils is to host a tasting. Give each guest a region and ask them to choose an extra virgin, preferably cold-pressed, olive oil from that region. Set up the oils as you would a blind wine tasting and give everyone worksheets to mark their findings on.

**NEW!**

# Eco-Friendly Wine



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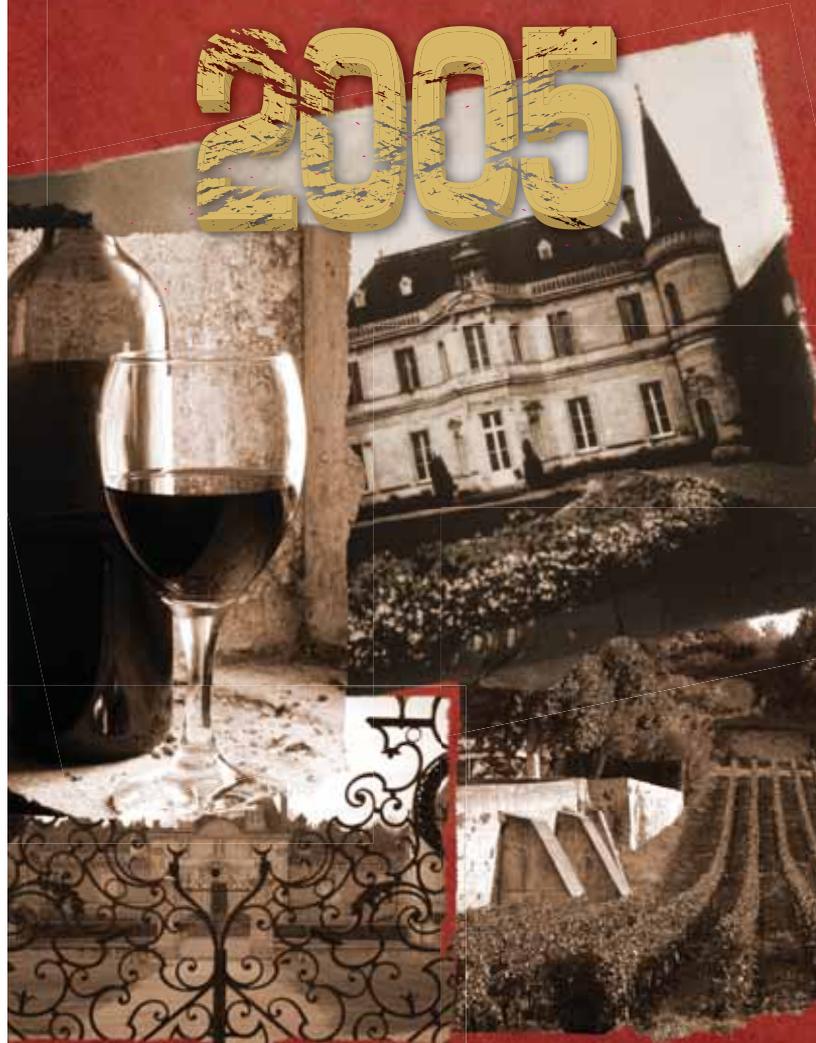
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\* Blue Box System

# Les VINS de BORDEAUX 2005



RELEASE | OCTOBER 4, 2008

**BC LIQUORSTORES**  
CELEBRATE LIFE...ENJOY RESPONSIBLY



Smell, taste, look and mouth feel will all come into play. Some flavour characteristics to look for are peppery, pungent, sweet, nutty, green, grassy, spicy, buttery and fruity. What you don't want your oil to taste like: dirt, earth, burnt, bitter, greasy, musty or rancid. Be sure to note colour: green, yellow or brown and lastly, mouth feel: thick, rough or clean.

Pool your findings and compare results. Have artisan bread on hand to clear your palate and wine, of course, as one can only taste so much olive oil no matter how delicious it is.

## OLIVES

The only difference between green and black olives is when they are harvested. Green olives are picked before they ripen on the tree and then cured. Manzanilla, Picholine, Lucques, Salonenque and Sevillano are all delicious green varieties.

Black olives are harvested when fully ripe and then cured in the same way as green olives. Nyons, Kalamata, Niçoise, Lugano and Moroccan are among them.

Olives are great to cook with and your

options are only limited to your imagination.

It is so simple to create your own blend of olives and marinate them to your taste. Try spicing up your mixture with different herbs and citrus zest or try your hand at stuffing your own olives with blue cheese, almonds or anchovies – lovely for pre-dinner cocktails. Try our fabulous tapenade recipe along with a scrumptious olive tart to surprise your family and friends with your olive expertise.

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- ❖ MOLSON PROUDLY INTRODUCES RICKARD'S™ ORIGINAL WHITE, AN UNFILTERED WHEAT BEER BREWED IN THE BELGIAN TRADITION.
- ❖ TRY IT IN A PINT GLASS GARNISHED WITH AN ORANGE SLICE TO BRING OUT THE SUBTLE NOTES OF CORIANDER AND CITRUS.
- ❖ 5.4% ALCOHOL BY VOLUME

KALAMATA OLIVE  
AND CARMELIZED  
ONION TART

FOR RECIPE, PLEASE SEE PAGE 109



# BEHIND THE SCENES AT THE WINE HARVEST



**W**hen you pull the cork (or twist the cap) on a bottle of wine, do you ever stop to think how the juice you're about to pour came to be there?

It's harvest time in BC – the season when the entire work of a year comes together, often in controlled mayhem, when picking time is critical; energy is maintained on just a few hours sleep – and wineries often face some unusual challenges.

This year's long, warm, summer bodes well for the 2008 harvest although even as grapes ripen, frost is never far behind. Ask Naramata's Rod and Marjorie King, whose picturesque lakeview vineyard grows for Sandhill. With fall waiting in the wings, every day counts. The Kings even sleep outside to be sure they can react quickly to any threat of frost.

Growers, pickers and winemakers learn how to take such challenges in their stride but ripening is always a balancing act. Winemakers – who check sugar levels daily to decide when to pick – are much more in touch than before, says Howard Soon (Peller-Sandhill).

"Years ago, we were buying grapes from a grower and when we went by to pick we thought they looked 'funny'," says Soon, "as if they'd been already picked. It turns out the block had been overcropped so much the year before, the vines just didn't produce anything."

Working the harvest is a visceral, exhausting experience. "Picking" grapes is a euphemism, considering the backbreaking work involved. And while all the action may appear to take place on the crush pad, as the augers on the crusher/de-stemmer whirl and the juices flow from the press, planning for the harvest



can be just as stressful as the event itself.

Even a bumper year can be tough to handle, says Sumac Ridge winemaker Mark Wendenburg. He remembers 1993 as the largest the winery had handled to date. "It was completely unexpected," he says, "We had to drive to Washington state to pick up more tanks for harvest and even rented Vedder Milk tankers for months to accommodate the overflow!"

### SOMETIMES, THOUGH, NO AMOUNT OF CAREFUL PLANNING CAN ACCOUNT FOR MOTHER NATURE'S CAPRICE.

Sometimes, though, no amount of careful planning can account for Mother Nature's caprice.

"In 2006 we were continuing a significant upgrade to our cellar," says Mission Hill's John Simes. "New, small oak fermenters were expected from Europe. The '06 vintage was one of our best ever, with Cabernet Sauvignon ready to be picked relatively early in the season. It was very tense when we were getting ready to pick but still waiting for those

new fermenters to arrive! As it worked out we had only one day to get the fermenters set and ready before the fruit was in! We were very lucky that everything came together perfectly..."

Even when the fruit has made it into the winery, there's no guarantee that all will run smoothly. Everyone has to learn on the job – sometimes the hard way. Jackson Triggs' Derek Kontkanen was working in Ontario,

topping a tank of fermenting Riesling. "When the head winemaker told me to close the valve as the tank was getting full, I shut off the pump, not the valve," confesses Kontkanen.

"All I heard was 'The valve! The valve!' and saw the winemaker diving out of the way on the top of the catwalk so as to not get hit by a geyser of foam flying out of the top. In the end, luckily not much was lost: it was mostly foam, but that sure was memorable!"

Harvesting icewine grapes – what's left



Here's to never saying "you had to be there!"

*Clink Clink Pink*

# Gallo... together is better

In today's busy world it seems there is never enough time to get together with your friends and family. Gallo Family Vineyards would like to offer you a chance to make "getting together easy" with the chance to

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Visit your local liquor store to find details on specially marked bottles of Gallo White Zinfandel and enter on-line at [www.clinkclinkpink.com](http://www.clinkclinkpink.com)





# Wine Harvest

once the birds and the bears have enjoyed their share – can take place only when the temperature drops below 8 degrees C and that usually happens in the wee hours of the morning. Timing is everything, says Tinhorn Creek’s Sandra Oldfield – and it’s rarely on your side. “There’s nothing quite like having to phone your crew on New Year’s Eve,” says Oldfield, “and telling them to show up bright eyed and bushy tailed at 5 a.m. – on New Year’s Day.”

At one of the Okanagan’s longest run-

ning wineries, Gray Monk’s George and Trudy Heiss have seen it all – from patchouli-wearing pickers back in their hippie heydays (they planted the vineyard themselves in 1975) to near overflowing tanks in bumper years.

This year the timing of the harvest will be even more critical – and complicated – as Gray Monk commences a dramatic redevelopment of its winery, starting October 31st, to be ready for spring ‘09.

A long ripening season (with no rain or frost), no labour shortages, having the right

equipment and a fair serving of luck all contribute to a successful harvest. Plus, there’s one other vital ingredient: a good sense of humour – something the Heiss family enjoys in spades.

Ultimately, growing grapes and making wine is all about people and passion. As they pour their blockbuster 2005 Odyssey Merlot and contemplate over 30 years of harvest memories, they just can’t resist one more quip:

“You ‘Odyssey’ the pair that made this wine...”, says George.



SUMAC RIDGE MERLOT 2006  
BC VQA **\$16.99** 272781

This medium-bodied red with tasty cherry and raspberry notes delivers perennial good value. Perfect with pasta or hard cheeses.



GRAY MONK ODYSSEY  
MERLOT 2005

BC VQA **\$23.99** 501130  
Lush blue and black fruits fill out the anise- and spice-tinged palate of this smooth, single vineyard offering from Oliver. Fire up the barbecue and play the fine tannins off a good steak.



JACKSON TRIGGS DRY  
RIESLING 2007

BC VQA **\$13.99** 543835  
This Riesling shows floral notes with a broad citrus palate, zippy acidity and a crisp, clean end – the perfect sipper.



MISSION HILL CABERNET  
SAUVIGNON RESERVE 2006  
BC VQA **\$24.99** 330506

Toasty oak on top with complex layers of black fruit, vanilla, cassis and subtle earthy notes, silky tannins and a lengthy end. Kiwi Simes says enjoy it with (New Zealand) lamb.



SEE YA LATER RANCH  
RIESLING 2007  
BC VQA **\$16.99** 579045

Lively, fruity sipper, with lush tropical and citrus tones, guaranteed to make you a Riesling lover!



SANDHILL SAUVIGNON  
BLANC 2007  
BC VQA **\$17.99** 587048

Crisp citrus and grassy notes. Think oysters on the half shell or halibut with lemon butter.

# A WORLD OF DUMPLINGS

WHATEVER THEIR ORIGIN, WHAT'S IMPORTANT IS  
THAT DUMPLINGS ARE FOUND THE WORLD OVER

The story of the humble dumpling is the classic rags-to-riches tale in the culinary world. Of lowly birth from uncertain origin – at least we don't have a definitive record of it – probably as a lump of dough, dropped into a pot of boiling stew or soup, inadvertently or on purpose, by some curious cook, the dumpling soon grew to become a world adventurer. Its travels took it to the far corners of the earth and along the way it reinvented itself to suit the taste of the people it encountered, often becoming a coveted staple and sometimes attaining the hallowed status of being the headliner of important festivities.

While I like to think of the dumpling in this way, some food historians such as Alan Davidson, editor of the eminent *Oxford Companion to Food*, believes that the “dumpling is a food with few, indeed no, social pretensions and of such simplicity that

it may plausibly be supposed to have evolved independently in the peasant cuisines of various parts of Europe and probably in other parts of the world too.”

Whatever their origin, what's important is that dumplings are found the world over and they seem to come in endless varieties. Whether they are in their basic form – a dough made from cereals, grains and vegetables that's boiled or steamed – or if they are filled with meats and vegetables then cooked in diverse ways, cooks never seem to tire of interpreting this most versatile and democratic of foods.

In Europe dumplings are legion, with each region boasting of their own claim to fame. For example, in Upper Austria, dumplings are so popular restaurants hold “Dumpling Weeks” when dumplings become the mainstay on menus. *Reiberknödel*, named after the word for grating, are potato

dumplings made from roughly even measures of grated raw potato and sieved boiled potatoes. *Griessknödel* are made of semolina; *mehlnödel* from flour; and *brotnödel* from bread. Flour dumpling dough is also turned into wrappers and filled with bacon to make *speckknödel* (which are sometimes fried instead of boiled); meat *fleischknödel*; white cabbage *krautknödel* or chopped leftovers of beef or sausage.

As you can see, when it comes to ingredients, dumplings are not a priggish lot. Variety is also the theme of the Czech and Slavic dumpling called *knedlíky* which puts leftover bread to good use. Thelma Barer-Stein, author of *You Eat What You Are*, observes, “Anything that will form a stiff dough and can be made steamed or poached seems to qualify: rice, potatoes, many vegetables alone or in combination, chopped or mashed, bread crumbs or cake crumbs,

EUROPEAN PLUM  
DUMPLINGS





# GUINNESS

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DARKNESS REIGNS



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# Dumplings

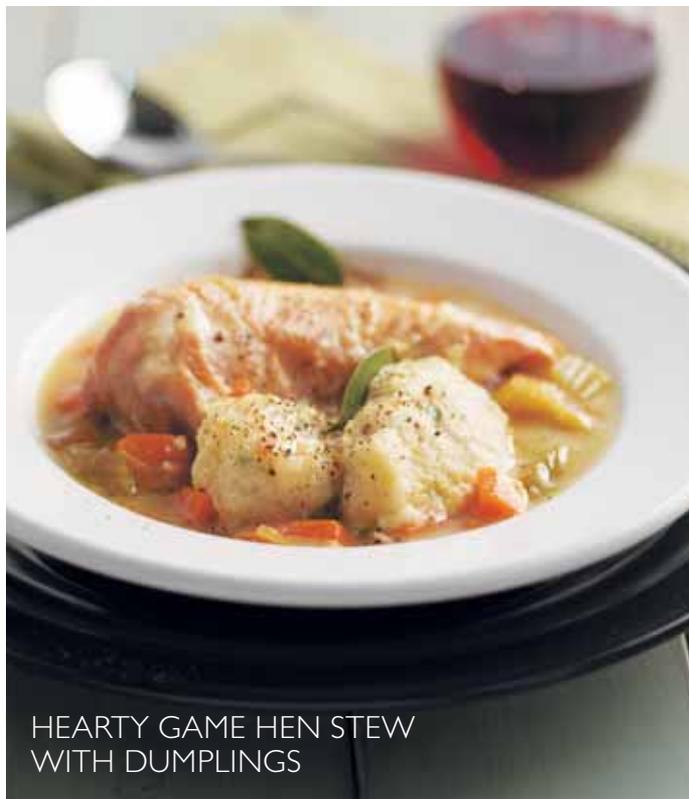
FOR RECIPES, PLEASE SEE PAGE 113

brains, liver, ham, smoked meat, marrow - all combined with enough egg, milk and flour or crumbs to be shaped.”

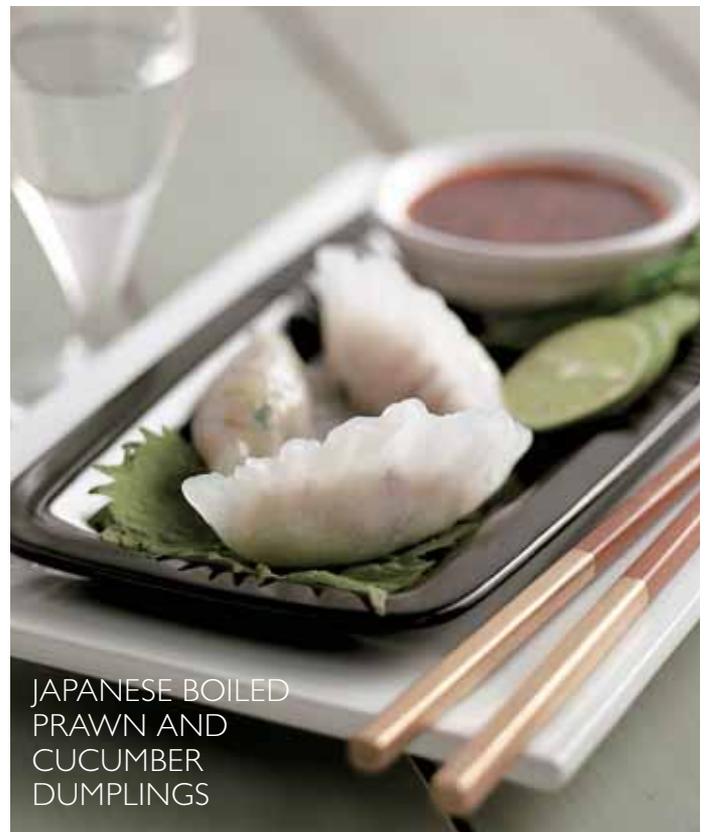
In the inclusive world of dumplings, size also doesn't matter. The free-formed German *spaetzle*, literally “little sparrow”; the pasta-related Italian *gnocchi* or “lump”; and the potato-based Polish *kopytka* all belong to a happy extended family of miniature boiled dumplings that are eager to sop up whatever sauce you care to toss them into.

But that is not to say dumplings don't have a sophisticated streak. In Hungary, *derelye*, a cousin of the Russian *pierogi*, are served on festive occasions such as weddings. In Krakaw, Poland, the *pierog* is the star of its own festival. And in Glendon, Alberta, the *perog* was iconically honoured in the form of a 25-foot fibreglass roadside attraction next to the village's Perogy Café which serves “Ukrainian and Chinese” perogies.

This leads us to the Chinese *jiaozi*. Kin to the Japanese *gyoza* and



HEARTY GAME HEN STEW WITH DUMPLINGS



JAPANESE BOILED PRAWN AND CUCUMBER DUMPLINGS

Korean *mandoo*, *jiaozi*, in myriad forms, have been a key part of the dim sum repertoire and as such have touched the hearts of emperors and lesser mortals alike throughout the ages. One style of *jiaozi*, which shape is thought to resemble the gold ingots that were used as currency in the old days, is now ubiquitous holiday fare during Chinese New Year celebrations because they symbolize wealth and prosperity. New luxury dumplings filled with high-priced ingredients like foie gras, sharkfin and abalone, aimed at impressing the nouveau elite, are continuing to promise at least a taste of the good life for the aspiring tribe.

Back to the European front, cutting-edge kitchens like El Bulli in Spain, Fat Duck in the U.K. and Alinea in Chicago are taking 21st century dumplings to new dimensions.

Lucky for us, it seems the meandering journey of the dumpling has not yet reached its end. Try your hand at some of our creative and delicious versions from the world of dumplings.

# VARIETAL

## THE HOTTEST NEW GRAPE? MALBEC!



A NEW VARIETAL FROM B.C.'S #1 WINE!

### PROPRIETOR'S RESERVE MALBEC-CABERNET



### THE NEXT GREAT CANADIAN WINE

Meet New Proprietor's Reserve Malbec-Cabernet, a full-bodied red with rich fruit flavours and a deliciously smooth finish.

### THE "IT" GRAPE HITS THE SCENE

Malbec is making quite a stir with Canadian wine-lovers!

### A-LIST PAIR TOGETHER AT LAST!



## WINE PAIRING FOR GAME HEN CLASSIC STEW WITH DUMPLINGS



**PELLER ESTATES PRIVATE RESERVE PINOT NOIR**

BC **\$17.99** 618314

A beautiful wine meant to drink while it's young. Brilliant crimson colour with a ripe bouquet of rose petals, fresh berries and cherries. Cranberries, a touch of apple and the ever-present cherry lingers in the finish. A perfect partner to game hen.



**FETZER VALLEY GEWÜRZTRAMINER**

USA **\$14.99** 350843

Crisp acidity, delicate fruit flavours with a touch of residual sugar complemented by floral aromas and just that wonderful richness make this Gewürztraminer shine. Pairs exceptionally well with chicken, cream sauce pastas and salads.



**ROSEMOUNT GEWÜRZTRAMINER RIESLING**

Australia **\$13.50** 244301

This crowd-pleasing blend is a stunning wine at an incredible price. Light straw coloured, medium-bodied and succulent with a juicy and slightly sweet taste that finishes quite nicely. Ideal with almost anything you can think of to serve with it.

## WINE PAIRING FOR BOILED PRAWN AND CUCUMBER DUMPLINGS



**BANROCK STATION UNWOODED CHARDONNAY**

Australia **\$11.99** 455022

For that great taste of Chardonnay without all the wood here's a rich, tropical, citrusy wine with melon and peach flavours. This clean and fresh, value-priced wine is easy to serve with anything seafood.



**SANDHILL PINOT GRIS**

BC **\$17.99** 626002

With no barrel or malolactic fermentation, the true purity of the fruit shines. Honeydew melon, orange, blossom and mineral notes greet you and this light-bodied wine surprises with fresh apple and passion fruit flavours. Ideal with prawn and cucumber dumplings.



**LA VIELLE FERME CÔTES DU LUBERON**

France **\$13.99** 298505

Bright pale yellow with flecks of shimmering green abound in this beautifully soft and wonderfully aromatic, balanced French wine. Green fruit, sweet corn and hazelnuts are fresh on the palate and the finish is crisp and clean.



## WINE PAIRING FOR PLUM DUMPLINGS



**CHATEAU DERESZLA TOKAJI**

Hungary **\$46.97** 285643 375 ml

This is a delicious, silky and harmonious Tokaji displaying aromas of orange blossoms and honey with an elegant sweetness and a luscious, lingering finish. Try it with cheese and honey or thinly sliced white meats. 95 points *Wine Spectator*



**JINRO CHAMJINISULRO SOJU**

Korea **\$9.72** 568568 375ml

From the finest spring regions of Korea comes Jinro Soju. Produced from the best grains, choicest botanicals and the purest water, it is exceptionally light-bodied and appreciated for its smooth flavour. Serve cold with plum dumplings for an exotically different treat.



**GEKKEIKAN PLUM WINE**

Japan **\$17.96** 46763

Who knew plums could do this? Made from a unique recipe using selected fermented plums, this wine has a refreshingly fruity fragrance with a delicate hint of tartness. Enjoy chilled over ice, in various cocktails or with dessert.



## CENTURIES AGO, MONKS ACTUALLY TASTED THE SOIL TO PERFECT THE ART OF WINEMAKING.

**L**egend has it that monks who cultivated vineyards in Burgundy centuries ago actually tasted the soil in their efforts to perfect the art of winemaking. Since then, the term *terroir* has come to embody the particular combination of soil, topography and climate that results in a unique and special wine.

In France, *terroir* can refer to a single row of grapevines in a vineyard or an entire wine-growing region, such as Burgundy, Rhône or Languedoc and each of these regions boasts its own unique *goût de terroir*.

### BURGUNDY

Wines produced by Benedictine and Cistercian monks in the Burgundy region were prized all over Europe during the Middle Ages. The region continues to produce some of the world's best vintages to this day.

Away from the coast in the interior of France, Burgundy is actually made up of several smaller regions, the most famous of which is the Côte d'Or, named after a limestone escarpment that stretches from Dijon in the north to the river Dheune in the south. The best wines – the Grand Crus – come from vineyards grown on the “Golden Slope,” the east side of the ridge which falls off gradually to the Saône River valley.

Burgundy wines range from rich Pinot Noir in the north to dry Chardonnay in the south. In fact, there is a village named Chardonnay in the southern Mâconnais district, although apparently it was named after the wine and not the other way around.

The landscape is well-suited for walking or cycling tours where wine aficionados can travel from vineyard to vineyard, sampling vintages along the way and staying overnight in one of the many villages that dot the countryside.

As for the *goût de terroir*, Burgundy's characteristic soil can equally contribute a rich earthiness in its reds, a perfect match for a local signature dish like Boeuf Bourguignon and a mineral, even flinty, style in its Chardonnays.

### RHÔNE

Just south of Burgundy lies one of the world's most important wine rivers, the Rhône, which runs straight southwards from Lyon for 200 km to Avignon. The Rhône valley's *terroir* changes radically along its length: cooler temperatures and steeper terrain in the north lend themselves well to single varietals such as Syrah and Viognier, while the warmer Mediterranean weather and broad plains in the south produce a diverse array of red, white and rosé blends.

The most famous Rhône appellation is Châteauneuf-du-Pape, which translates as the “new castle of the Pope.” In 1308 the papacy was relocated to Avignon for 70 years. Popes encouraged viticulture in the area and today it is a stronghold of the Grenache and Mourvèdre grape varieties, leading to wines with strong earthy or gamy flavours.

Surrounding the town of Châteauneuf-du-Pape is a plain with a dense layer of galets, reddish glacial pebbles, smoothed over millennia by the waters of the Rhône River. The galets protect the soil, helping it to retain moisture during the dry summer months and keeping the vines warm by releasing stored heat at night when the temperature can drop drastically. This unique geological feature is one of the secrets to unlocking the Rhône valley's *goût de terroir*.

The hilly geology of the Rhône also makes it ideal goat farming land and contributes significant production to the country's goat's milk and goat's cheese stocks. This issue's leek and chèvre

tart is a nod to that delicious French tradition.

### LANGUEDOC

A crescent-shaped stretch of France's Mediterranean coastline extending from the border with Spain to Provence, Languedoc is the single biggest wine producer in the world, responsible for more than a third of France's total wine production.

In spite of this, its wines were long considered inferior, that is until the mid-1980s when the creation of the Vins de Pays d'Occ designation reinvigorated interest in the region's wines and encouraged its winemakers to focus on quality over quantity.

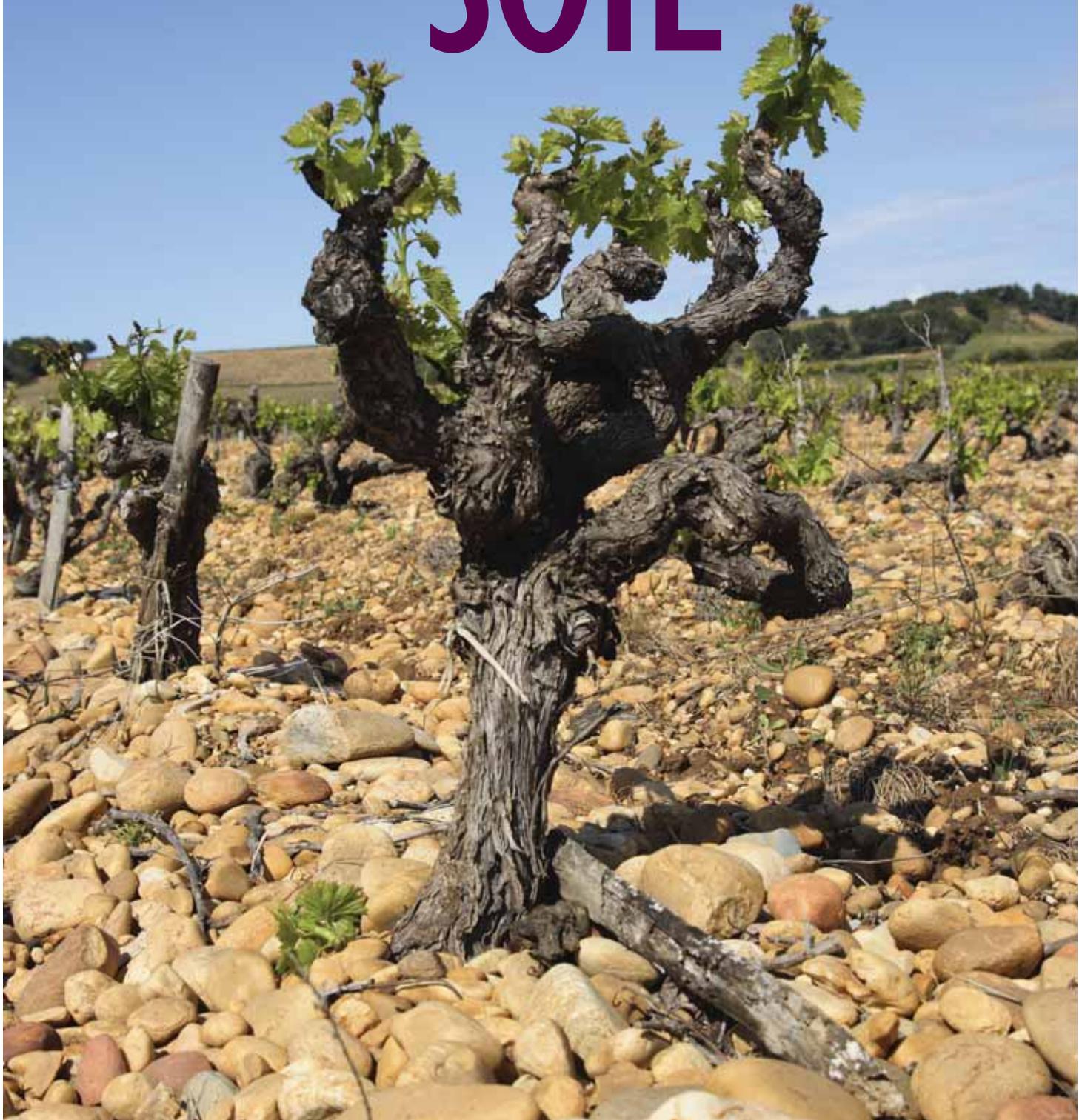
Languedoc's *terroir* is similar to the southern Rhône Valley with mild Mediterranean weather: dry in the summer, wet in the winter. Some of the best vineyards stand on top of ancient riverbed stones similar to those of Châteauneuf-du-Pape. No one type of grape rules here, except, perhaps, for Chardonnay – perfect for sipping on the beaches along the coast.

Another factor that contributes to the region's distinctive character is Occitan, a unique language that was the preferred poetic choice of medieval troubadours and is still spoken there today. Languedoc itself is derived from the “language of oc,” with *oc* instead of *oui* meaning yes in the ancient tongue. If you care to try your hand at French cooking, the souffléed lemon custard recipe in this issue of *TASTE* is very similar to a Languedoc-Roussillon regional speciality called *crème catalane*.

Say “yes” to trying some of the wines from these exceptional regions. Whether you want to go so far as to actually taste the soil is up to you.

by Joe Wiebe

# THE TASTE OF THE SOIL



Chateauneuf-du-Pape vine, Rhône, France.

# FALL AU FRANÇAIS



LEEK AND SAVOY  
CABBAGE WITH  
CHÈVRE TART



ST MARTIN DE LA GARRIGUE  
BRONZINELLEO

France **\$20.99** 194654

This is French country wine at its best! Gorgeous aromas of black cherry, earth and a bit of licorice root. The taste of floral, spice and cherry combined with the lengthy finish make this wine a perfect partner to the leek and chèvre tart.



WILLIAM FEVRE CHAMPS  
ROYAUX CHABLIS

France **\$29.99** 25270

Apple, peach and mineral flavours shine through while the structure is strong and balanced. The finish is crisp and invigorating with just a hint of apricot at the end. A wonderful Chablis with salads, white fish or chicken dishes. 88 points  
*Wine Spectator*



PERRIN RÉSERVE CÔTES  
DU RHÔNE

France **\$17.84** 174235

A fine, bright, straw gold colour with an elegant nose that shows touches of toast with peach, nectarine and citrus flavours. Good balance, full-bodied and long, this value-priced Rhône white is a must. 87 points  
*Wine Spectator*



BEEF  
BOURGUIGNON



ANTELOPE RIDGE  
CABERNET FRANC  
BC VQA **\$22.91** 735878

This wonderful, full-bodied red is loaded with aromas of black fruit. The rich chocolate and blackberry flavours are evident in the long, satisfying finish. A perfect partner for beef.



MACON VILLAGES DUBOEUF

France **\$19.49** 110122

Rich, dry white from the Burgundy region with notes of fresh cider, spices and pears. Flavours of white fruits, spices and melon unite on the palate and the finish is sleek and long.



CROZES HERMITAGE LES JALET

France **\$28.99** 334235

From the steep slopes of the northern Rhône, a beautiful Syrah is born. Full of jammy blackcurrant and red fruit flavours with a meatiness of texture, this is an ideal wine with casseroles, stews and roasts. 87 points Wine Spectator



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*Rediscovered and admired.*

*The hallmark of a classic.*



**RUFFINO**

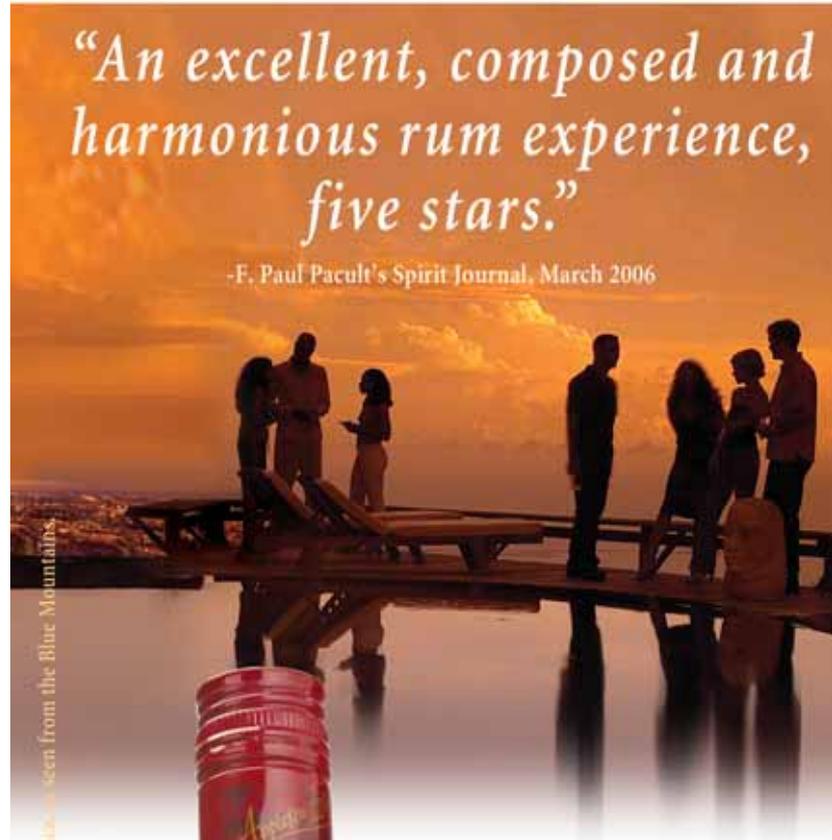
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-F. Paul Pacult's Spirit Journal, March 2006



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for great cocktail recipes



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SOUFFLÉ LEMON  
CUSTARD



CHÂTEAU LA RAME SAINTE  
CROIX DU MONT

France **\$17.99** 417154 375ml  
An intense golden yellow colour is the first invitation to sip this sweet, honeyed treasure. Vanilla, candied fruits and a touch of lemon! 93 points  
*Robert Parker*



GERARD BERTRAND  
CLASSIQUE VIOGNIER

France **\$12.99** 133579  
At this price, you might want two! Here is a full-bodied, soft wine with a tempting pear citrus nose and just a hint of floral. Silky, rich mouth feel with a finish that lingers. Serve this wine well chilled with soft white cheeses, desserts or light appetizers.



LA BARONNIE DE BARON  
ROTHSCHILD SAUVIGNON BLANC

France **\$11.98** 407536  
Light straw in colour with just the finest glints of green, this wine opens with aromas of citrus and tropical fruit. Full-bodied and crisp, its invigorating finish is youthful and persistent. Join up with anything citrus and you have a winner!





APPLE  
CRUNCH  
TEA LOAF

RAISIN  
TEA  
LOAF

# LOAFING

## AROUND WITH TEA AND SPIRITS



### BLANDY'S DUKE OF CLARENCE

Portugal **\$25.99** 280982  
Full-bodied, rich and softly textured, this Madeira is the perfect after-dinner drink on its own or slip a little into your favourite hot beverage and enjoy with a special dessert. Tea-time just became more exciting.



### BROADBENT RAINWATER MADEIRA

Portugal **\$24.99** 611988  
Clear, dark reddish-copper in colour, it breathes classic and very appealing. Smooth and gently sweet with good fresh fruit sweetness. This fine Madeira is a great partner to bread and cheese plates or dried fruits and nuts.



### CALVADOS MORIN

France **\$59.95** 331454  
An apple-based spirit made from 38 different types of apples. There is sure to be at least one in there that's a favourite! With its powerful yet delicate bouquet, flowery scent and slightly woody flavour, it's perfect with anything apple.



### GONZALEZ BYASS NUTTY SOLERA OLOROSO

Spain **\$15.99** 35204  
A beautiful tawny-amber colour shines through the glass as the aromas of almonds, walnuts and orange peel greet you. Medium-bodied and slightly sweet with a long, faintly bitter finish, this is one nutty fortified at one nutty price.

ORANGE  
BERGAMOT  
TEA LOAF

FOR RECIPES, PLEASE SEE PAGE 118



**T**ea loaves tend to stir up memories of doilies, granny's baking and tea steeping in the pot, with a ticking grandfather clock counting the minutes in the background. It sounds a little old and stuffy, but in reality there's a rejuvenation of the "tea loaf."

The reason may be the speed and ease with which you can create a custom treat. All you need is one or two bowls, a quick stir, a scrape into a well-oiled loaf pan and voila, you're a baker extraordinaire. In a little over an hour there's the "Mmmm" aroma of fresh home baking. All that's left to do is pull out the mugs and the tea bags, slice the loaf and serve.

Truthfully though, the tea loaf is the new "cake" on the block. Think about it: so many variations, so many different options, all in a heartbeat that anyone can prepare. What's better is that the loaf is no longer married to the teapot. To really make a fall afternoon



**COINTREAU**

France **\$31.95** 6502

The exoticness of white flowers, fruits and spices married with pure essential oils from oranges heighten the imagination. Bitter and sweet at the same time, it is more than just a cocktail ingredient. Try a taste on its own or with tea and dessert.



**MCGUINNESS D'EAUBONNE  
VSOP**

Canada **\$22.00** 4176

D'Eaubonne is a premium blend of imported, high quality French VSOP and Napoleon brandies. Subtle flavour, depth of bouquet and great value.

chat special, consider serving little sips of sherry, Calvados or a smooth, sweet liqueur to complement the warm, spicy flavour of your homespun loaf.

Here are a few scrumptious combinations to contemplate. Try the Raisin Tea Loaf with Madeira, either in a liqueur glass or infused

in Orange Pekoe tea. The Apple Crunch Tea loaf would be a superb match with Calvados or a nutty, tawny Port. The Orange Bergamot's citrus and tea flavours would shine with Cointreau or a lovely French brandy.

Spice up your tea time with a few of our favourites.

# CELLAR-WORTHY WINES

WHAT TO  
LOOK FOR WHEN  
STOCKING YOUR  
CELLAR

**B**ritish Columbians' interest in wine is accelerating and so is the need for home wine cellars. Some may choose to purchase small kitchen units, while others purchase larger stand-up cabinets or transform whole rooms into temperature and humidity controlled wine cellars. Whatever the level of commitment you make, one thing is certain: cellaring wine can be a wise investment.

When shopping for an aged wine, anything that is more than five years old will

apt to age with grace and dignity than white wines, although there are many whites that can also improve tremendously with age. The secret is a little research.

Tannins are the astringent qualities found in many red wines and "strong tannins" are what to look for when aging wines. These tannins soften with age and serve to preserve a wine's structure while it evolves in the bottle, making it a balanced presentation of textures and flavours when the wine is mature.

TANNINS ARE THE ASTRINGENT QUALITIES FOUND IN MANY RED WINES AND "STRONG TANNINS" ARE WHAT TO LOOK FOR WHEN AGING WINES.

likely claim a hefty fee for the luxury of buying an already cellared wine. The solution: age your own wines. Be prepared for a challenge: the hardest part of this exercise is to not drink your cellared treasures too soon. Establish a system to keep every bottle for at least two years and then replace a bottle every time one is consumed.

So what makes an "age-worthy wine?" The two components most responsible for making wines improve with age are tannins and acidity. Red wines are generally more

Acidity is more often noticed in white wines such as Rieslings and Semillons and balances out the wine as it softens over time. Acid is a preservative and it will protect a wine from spoiling in a bottle. However, even acid softens over time, so this protection is limited.

Wines need to have potential in order to be considered age-worthy and the best way to judge is by a winery's reputation. If an established, quality producer announces that a wine will improve with age, it's a good bet that it will. Sometimes these helpful tips will

appear on the back label of the wine bottle or you might read it in a magazine (such as this fine publication). Vintages also play a part in determining which wines will improve with age – a "poor" vintage will not usually age as well as a "good" vintage.

Here are a few useful tips to help stock up your cellar:

## CHAMPAGNE

Grapes used to make Champagne are less ripe than their still counterparts, so these beautiful bubbles are high in acidity and age well. Look for a vintage year marked on the bottle and cellar for as long as you can keep yourself away from the cork.

## GERMAN RIESLING

Higher-end versions of Riesling, both dry and sweet, are generally packed with structure, acidity and minerality – all earmarks of a great candidate for aging.

## AUSTRALIAN SEMILLON

Look especially to the Hunter Valley for good quality Semillons and cellar them to find plush, complex, food-friendly wines just bursting in ripe citrus and tropical fruit flavours.

by Mireille Sauvé





Cellar Wines

### WHITE CHÂTEAUNEUF-DU-PAPE AND CHABLIS

Crafted to reveal the flavours of the earth, these white wines are crisp and steely in youth and typically will benefit from several years in a cellar.

### RED BURGUNDY AND OTHER FINE PINOT NOIR

Pinot Noir can have the potential to transform from tight red wine into glorious offerings of savoury delight. But, they can also age very poorly, so do your homework before stocking up on Pinots for your cellar.

### CABERNET SAUVIGNON, MERLOT AND BORDEAUX RED

Some of the most sought-after wines on earth are aged Bordeaux and California Cabernet Sauvignon. Modestly priced versions will often age very well in cellars for shorter periods of time. California, Washington State,

France and Australia all offer good examples of these cellar contenders.

### SHIRAZ/SYRAH

Australia and Côtes du Rhône have the most established reputation when it comes to the success of their Shiraz/Syrah wines. Look to the Barossa Valley and Margaret River when cellaring from Australia.

### CHIANTI CLASSICO, BRUNELLO AND OTHER SANGIOVESE

Wines based in Sangiovese have the ability to transform rather quickly in the cellar, giving the rewards of a complex, well-aged wine in as short as three to five years.

### BARBARESCO AND BAROLO

These robust red wines take a comparatively long time to age in the cellar,

gradually transforming from powerful, rambunctious reds to gracious bold wines exhibiting terroir and complexity.

### SPANISH REDS

Many of Spain's wines are aged in the wineries prior to release so watch for older vintages on labels. Best bets include Rioja (Reserva or Gran Reserva) and Priorat.

As with all generalizations, there are many wines that would be ideal additions to a cellar that didn't make this list. You always have the option of seeking out the sage advice of your neighbourhood Product Consultant. Once your cellar is stocked, the really hard work begins: being patient.



## WHERE AUSTRALIAN SHIRAZ BEGAN.

GEORGE WYNDHAM was a man of passion and consummate taste. Wanting to drink "good wine, like the Continental people did" he planted Australia's first commercial Shiraz vineyard in the early 1830s on his Hunter Valley property. And so began Australia's 170 year love affair with Shiraz. Today we are just as passionate about Shiraz – with its smooth and generous fruit flavour, Shiraz has become Australia's most popular red wine. You can enjoy our passion with every bottle of our Wyndham Estate™ Bin 555 Shiraz.

This October, Wyndham Estate™ gives you a chance to  
**WIN ONE OF 10 Wyndham Estate™  
Experience Packs**

At select BC Liquor Stores. Must be legal drinking age. No purchase necessary. Certain restrictions apply. Contest Starting Date is October 1, 2008 and closing Date is October 27, 2008. See participating BC Liquor Stores for Complete Contest Rules and Regulations.



# Cellar Wines



**00**  
**VEUVE CLICQUOT  
 PONSARDIN BRUT**  
 France **\$69.00** 563338  
 A classic Champagne, the lively acidity in this wine will soften to reveal yeasty nutty flavours and ripe citrus fruit after three to five years in the bottle.



**00**  
**SAINTSBURY  
 CARNEROS  
 CHARDONNAY**  
 USA **\$35.99** 359281  
 Carneros is one of the cooler regions in California, so this Chardonnay is well-structured with acidity and minerality. Cellar for two to five years to reveal complexity.

HERE ARE A FEW  
 PRODUCTS THAT WILL  
 BE GREAT ADDITIONS  
 TO YOUR CELLAR



**00**  
**COLTIBUONO  
 CHIANTI CLASSICO**  
 Italy **\$22.95** 532002  
 A great example of how beautifully a Chianti Classico can evolve over a short period of time for a fraction of the cost of other cellar contenders. Lay down for five to ten years.



**00**  
**JIM BARRY THE COVER  
 DRIVE CABERNET  
 SAUVIGNON**  
 Australia **\$28.99** 96982  
 Famous for his cellaring favourite "The Armaugh Shiraz," Jim Barry crafts this more approachable Cabernet Sauvignon which requires less time to age. Drink within five years.



**00**  
**MAJELLA CABERNET  
 SAUVIGNON**  
 Australia **\$35.99** 185066  
 Grown in Australia's Cabernet capital, Coonawarra, this structured red wine boasts concentrated fruit flavours which will reveal themselves over time, earning this bottle at least five years in your cellar.



**00**  
**ROLF BINDER  
 HEINRICH SHIRAZ  
 MATARO AND  
 GRENACHE**  
 Australia **\$29.99** 598904  
 A Rhône blend from the Barossa Valley, this rich red wine is packed full of jammy fruit and flavour diversity. Age in the cellar for three to five years for optimum development.



**00**  
**PENFOLDS BIN  
 389 CABERNET SHIRAZ**  
 Australia **\$40.00** 309625  
 Penfolds practically invented age-worthy Australian wines with its signature "Grange" Shiraz. Bin 389 deserves a good spot in the cellar too, developing beautifully over six to ten years.



**00**  
**COLONIAL ESTATE  
 EXPLORATEUR SHIRAZ**  
 Australia **\$43.99** 323741  
 This "Old Vine Shiraz" from the Barossa Valley is rich and full with signature berry characteristics. A mere two to three years in the cellar will add to its delight.



**00**  
**CAYMUS CABERNET  
 SAUVIGNON**  
 USA **\$89.00** 390849  
 This structured red is one of the old regulars in an established cellar. Holding true to its reputation, this wine opens up to delicious glory after ten to twenty years.



**00**  
**PETER LEHMANN  
 STONEWELL SHIRAZ**  
 Australia **\$81.99** 611426  
 A truly stunning example of a Barossa Valley Shiraz, this concentrated red wine will develop for at least a decade in the bottle, revealing soft oak, eucalyptus and dark fruit flavours.



Winner of 34 medals worldwide.



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Fall Feast from pages 10 & 11



### BEET CARPACCIO

MAKES 4 TO 6 SERVINGS

1 large	gold-coloured beet
1 large	red-coloured beet
1/3 cup (75 ml)	extra virgin olive oil
2 tbsp (30 ml)	seasoned rice vinegar
1/2 tsp (2 ml)	Dijon mustard
1/4 cup (50 ml)	pine nuts, toasted
2 tbsp (30 ml)	fresh basil, minced
1/4 cup (50 ml)	blue cheese, crumbled

Trim beets leaving the root intact. Place in a large pot of water and bring to a boil. Reduce heat to medium and gently boil beets until tender but still slightly firm when pierced with a skewer. Drain and cool.

For dressing, combine oil, vinegar and mustard in a small bowl and whisk to blend. Peel cooled beets and slice thinly. Divide slices, alternating colours, among individual serving plates. Sprinkle with toasted pine nuts, fresh minced basil and crumbled cheese. Drizzle with whisked dressing and serve.



### PEPPERCORN PRIME RIB ROAST

SERVES 6

1 (2-rib)	prime rib beef roast, about 4 1/2 lbs (2.5 kg), excess fat trimmed
2 tbsp (30 ml)	horseradish-flavoured Dijon mustard
2 tbsp (30 ml)	mixed whole peppercorns, crushed
1 tbsp (15 ml)	herbes de Provence

Preheat oven to 450 F (230 C). Place beef, rib side down, on a rack in a roasting pan. Spread Dijon mustard evenly over all sides. Sprinkle with crushed pepper and herbes de Provence. Roast beef in the centre of the oven for 10 minutes to quickly sear in juices. Reduce heat to 275 F (140 C) and continue roasting for 2 1/2 to 3 hours for medium rare. A meat thermometer inserted into the centre of beef registers 140 F (60 C) for rare or 145 F (63 C) for medium rare. Cover loosely with a sheet of foil if meat browns too quickly. Transfer beef to a platter when done. Cover and let stand for about 15 minutes before slicing and serving. Serve with Merlot Sauce.

## STEAMED GARLIC GREEN BEANS

### Merlot Sauce

MAKES 1½ CUPS (375 ML)

2 tbsp	(30 ml)	olive oil
1 tbsp	(15 ml)	butter
1 cup	(250 ml)	celery, diced
1 cup	(250 ml)	carrots, peeled and diced
1 cup	(250 ml)	sweet onions, diced
2 cups	(500 ml)	Merlot
2 cups	(500 ml)	beef stock
2		sprigs each of fresh rosemary, thyme and parsley
		salt and freshly ground black pepper

Heat oil and butter in a large saucepan. Add celery, carrots and sweet onions. Sauté over medium heat stirring occasionally until golden tinged. Deglaze saucepan with Merlot. Add beef stock and bring to a boil. Cover, reduce heat and simmer for 30 minutes for flavours to blend. Strain and discard vegetables. Return sauce to pan. Boil vigorously until reduced by half. Add salt and pepper to taste.



### WHIPPED POTATOES WITH CARAMELIZED SHALLOTS

SERVES 6

6		large russet potatoes
5 tbsp	(75 ml)	unsalted butter
1 tbsp	(15 ml)	olive oil
2 cups	(500 ml)	shallots, peeled and thinly sliced
2		cloves garlic, minced
1 tbsp	(15 ml)	light brown sugar
2 tsp	(10 ml)	well-aged balsamic vinegar (optional)
¾ cup	(175 ml)	whole milk, heated
		Salt and freshly ground white pepper
1 ½ tbsp	(22 ml)	Italian parsley, minced

Heat 1 tbsp (15 ml) butter and oil in a heavy saucepan. Add shallots and garlic and sprinkle with brown sugar. Cook over medium heat, stirring often, about 15 minutes. When golden, remove from heat. Add balsamic vinegar and transfer to a small bowl. Meanwhile, combine peeled and quartered potatoes and water to cover in a large saucepan. Bring to a boil. Cook over medium heat until potatoes are fork tender, about 20 minutes. Drain and return potatoes to pan. Shake pan over medium heat until dry, about 1 minute. For extra creamy mashed potatoes, press potatoes through a ricer into saucepan. Add hot milk and remaining 4 tbsp (50 ml) butter and mash potatoes until smooth and creamy. Add salt and pepper to taste. Fold in parsley and serve with caramelized shallots spooned over top.

### Steamed Garlic Green Beans

¼ cup	(50 ml)	olive oil
3		garlic cloves, thinly sliced
1 lb	(500 g)	fresh green beans, trimmed and left whole
6		large mustard green leaves
2 tbsp	(30 ml)	freshly squeezed juice from ½ lemon
½ tsp	(2 ml)	salt
½ tsp	(2 ml)	freshly grated nutmeg
½ tsp	(2 ml)	freshly ground black pepper

Heat 2 tbsp (30 ml) olive oil in a small frying pan. Add garlic slices and sauté over medium-low heat until golden, about 10 minutes. Remove with a slotted spoon to a paper-lined plate to drain. Reserve oil.

Fill a saucepan with water and cook beans until done as you like. Remove with tongs and set aside. Using tongs, plunge steamed greens into saucepan with boiling water and cook until wilted, about 1 to 2 minutes. Remove and drain. Arrange mustard greens on a heated platter. Scatter steamed beans over top. Add remaining 2 tbsp (30 ml) oil to reserved oil in small saucepan. Whisk in lemon juice and seasonings. Gently warm, then drizzle over beans and greens. Sprinkle with garlic chips and serve.



### AMARETTO BRULÉE

SERVES 6

2 cups	(500 ml)	whipping cream
½ cup	(125 ml)	granulated sugar
1 tbsp	(15 ml)	Amaretto liqueur
¼ tsp	(1 ml)	vanilla flavouring
5		large egg yolks
3 tbsp	(45 ml)	granulated sugar

Preheat oven to 325 F (160 C). Place fluted flan dishes in a 9x13x2 inch/2 L baking pan. Mix cream and ½ cup (125 ml) sugar in heavy bottomed saucepan. Stir over medium heat until sugar dissolves and mixture comes to a low simmer. Stir in Amaretto and vanilla flavouring. Cover and simmer gently for 10 minutes to infuse flavours. Strain into a large measuring cup. Whisk egg yolks in medium bowl until smooth. Gradually whisk in hot cream mixture just until blended. Return custard to measuring cup and divide evenly among dishes. Pour enough hot water into baking pan to come halfway up sides of flan dishes. Carefully place pan in oven. Bake in centre of oven until custards are almost set in centre when gently shaken, about 30 to 35 minutes. Using metal spatula, transfer custards in dishes to a rack to cool. Chill for 3 hours or up to 2 days. To serve, evenly sprinkle each custard with ½ tbsp (7 ml) sugar. Working with one custard at a time, hold a blowtorch 2 inches (5 cm) from surface until sugar melts and turns golden brown. Refrigerate until custards are firm again and topping is brittle, about 2 to 4 hours.

Heirloom Tomatoes from pages 24 & 27



### HEIRLOOM TOMATOES STUFFED WITH SPINACH, ARTICHOKE AND CHEESE

**SERVES 8**

8 large		heirloom tomatoes
		salt for sprinkling, plus to taste
1 lb (500 g)		spinach, stemmed and washed, but not dried
1 can (14 oz.)		artichoke hearts, drained and chopped
¾ cup (150 ml)		crème fraîche
2 cups (500 ml)		Monterey Jack cheese, grated
2		garlic cloves, minced
		freshly ground pepper, to taste
2 cups (16 oz)		fresh bread crumbs

Preheat oven to 425 F (220 C). Cut a ¾ inch (2 cm) slice from the stem end of each tomato and scoop out the pulp and seeds with a spoon. Lightly sprinkle the insides with salt and invert on paper towels or a wire rack for 20 to 30 minutes. Cook the spinach in a large covered saucepan over medium heat until wilted, about 2 minutes. Drain in a colander until cool to the touch. Squeeze well to remove excess moisture and chop finely. In a medium bowl, mix the artichokes, spinach, crème fraîche, cheese and garlic together and season with salt and pepper to taste. Stuff the tomatoes with the artichoke mixture,

sprinkle mixture with breadcrumbs. Bake in an oiled baking dish until the filling is bubbly and the breadcrumbs are lightly browned, about 20 minutes. If browning too fast, cover the tomatoes with a piece of foil. Remove from the oven and serve hot.



### TUSCAN BREAD SALAD WITH VINAIGRETTE

**SERVES 6**

1		loaf day-old coarse-textured bread (Tuscan)
½ cup (125 ml)		olive oil
2 tbsp (30 ml)		olive oil for sautéing
6		garlic cloves, slivered
4		shallots, thinly sliced
5 oz (150 g)		arugula (about 5 – 6 cups)
1		bunch Italian parsley, leaves only, roughly chopped
2 cups (500 ml)		grape or cherry tomatoes
1 cup (250 ml)		red seedless grapes
½ cup (125 ml)		pine nuts, toasted
6 tbsps (90 ml)		burrata cheese or fresh mozzarella, optional

Cut crust off the bottom and most of the top and sides of bread. Slice loaf horizontally into two pieces and brush ½ cup (120 ml) olive oil on all sides. Broil very briefly to crisp and lightly colour the surface. Turn over and crisp the other sides. Cool. Tear bread into about 2-inch pieces. Place in large bowl. Drizzle bread with ½ cup vinaigrette (recipe follows) and toss.



# ANTINORI

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The Badia a Passigiano Estate is located near Sambuca Val di Pesa in one of the most beautiful and productive areas of the Chianti Classico region in Italy. The abbey was once the home of the Vallombrosano monks and dates back to the 4<sup>th</sup> century.

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PLEASE ENJOY RESPONSIBLY

Heat 1 tbsp (15 ml) olive oil in large sauté pan over medium-high heat. Add garlic and shallots and cook until softened but not browned. Add tomatoes and grapes and cook until tomatoes are softened. Add to bread mixture. Using same sauté pan, heat 1 tbsp (15 ml) olive oil, add arugula and parsley and cook until just wilted. Add to bread. Drizzle additional ½ cup (125 ml) vinaigrette over salad mixture, add pine nuts and lightly toss. Divide among 6 plates and garnish with 1 tbsp (15 ml) cheese each, if desired.

#### Shallot Vinaigrette

¾ cup (175 ml) olive oil  
6 tbsp (90 ml) red or white wine vinegar  
2 tsp (10 ml) honey  
2 tbsp (30 ml) fresh lemon juice  
2 shallots, finely chopped  
salt and freshly ground pepper to taste

In a small bowl, whisk together all ingredients. Makes 1 cup (250 ml) dressing.



#### TOMATO GALETTE

SERVES 8

#### Pastry

1 cup (250 ml) flour, placed in freezer for 1 hour  
¼ cup (50 ml) yellow cornmeal, placed in freezer for 1 hour  
½ tsp (2 ml) coarse salt

½ cup (125 g) butter, cut into ½-inch pieces and placed in freezer  
3 tbsp (45 ml) sour cream  
1 tbsp (15 ml) fresh lemon juice  
⅓ cup (75 ml) ice water

Add the flour, cornmeal, salt and butter to a food processor and pulse several times. Whisk together the sour cream, lemon juice and ice water. Add a spoonful at a time to flour mixture just until the dough holds together. Wrap well and let rest for at least 30 minutes or overnight in the refrigerator. Preheat oven to 400 F (200 C). Roll out dough on a floured surface to a 12 inch (30 cm) circle. Trim the edges to make a rough circular shape. Place on a baking sheet. (This can be done several hours in advance and refrigerated.)

#### Filling

¾ cup (175 ml) mozzarella, coarsely grated  
¾ cup (175 ml) Fontina cheese, coarsely grated  
¼ cup (50 ml) basil leaves, cut into thin strips  
3 ripe but firm medium heirloom tomatoes, thinly sliced  
freshly ground black pepper

In a bowl, combine the mozzarella, Fontina and basil and toss well. Spread the cheeses over the dough, leaving a 2-inch border. Place the tomatoes over the cheese, overlapping them slightly in rings. Season with salt and pepper. Fold the uncovered edge of the pastry over the cheese, pleating it to make it fit and leaving the centre uncovered. Bake until the pastry is golden brown, 35 to 45 minutes. Let cool for 5 minutes, then slide the galette onto a serving plate. Cut into wedges and serve hot, warm or at room temperature.



## TURKEY ROULADES

**SERVES 8**

2 lbs (1 kg) boneless whole turkey breasts  
fine dry bread crumbs, optional

Preheat oven to 350 F (180 C). Prepare stuffing and basting sauce and set aside. Place both turkey breast halves on work surface with the inside of the breast facing up. Remove tenderloin, if any and reserve for another use. Using a sharp carving knife, butterfly meat by slicing down the centre but not all the way through. Then slide knife horizontally from the centre to the right and then to the left, forming an even thickness of meat from one side to the other. Cover with a large sheet of plastic wrap and pound meat to an even thickness with a wooden mallet. Remove plastic. Spread stuffing mixture over entire surface. Roll up each turkey breast, jellyroll-style. If some stuffing escapes, tuck it into the ends of each roll once placed in baking dish. Place finished rolls seam-side down in a parchment lined baking dish. Leave space between rolls for even browning.

Brush basting sauce (recipe follows) over turkey rolls. Place in the oven and bake for 1 to 1½ hours, basting every 15 minutes. Turkey is ready when juices run clear and temperature reads 180 F (82 C) on meat thermometer. Remove and cover. Let stand 5 to 10 minutes. Cut roll into ½ inch (1 cm) slices and serve with basmati rice and crisp salad greens.

### Stuffing

2 tbsp (30 ml) vegetable oil  
2 cups (500 ml) sweet potato or yams, peeled and very finely diced  
2 cups (500 ml) assorted mushrooms, coarsely chopped  
1 cup (250 ml) sweet onion, peeled and diced  
1 cup (250 ml) fresh bread crumbs  
1 cup (250 ml) prepared chicken stock  
¼ cup (50 ml) fresh Italian parsley, chopped  
1 egg, whisked  
1 tbsp (30 ml) fresh sage leaves, chopped  
1 tbsp (15 ml) fresh rosemary, chopped  
½ tsp (2 ml) salt  
½ tsp (2 ml) ground ginger  
freshly ground black pepper

To make stuffing, heat oil in a large saucepan. Add diced sweet potato, mushrooms and onion. Dice potato no bigger than ¼ inch (.5 cm) for ease in rolling up in turkey breast. Sauté over medium heat, stirring often, until soft, about 10 minutes. Transfer to a large bowl and cool. Stir in remaining stuffing ingredients until evenly mixed.

### Basting Sauce

½ cup (125 ml) unsalted butter, melted  
¼ tsp (1 ml) paprika  
salt and freshly ground black pepper

Combine sauce ingredients in a bowl.



## DELIZIOSO CIOPPINO

**SERVES 6**

### Fish Stock

Makes 2½ L

3 lbs (1.5 kg) bones of raw white fish (halibut)  
2 tbsp (30 ml) vegetable oil  
1 medium onion, peeled and sliced  
½ fennel bulb, trimmed and sliced  
1 leek, white part only, sliced  
10 peppercorns  
½ tsp (2 ml) sea salt  
1 sprig fresh parsley  
1 fresh bay leaf  
1 cup (250 ml) dry white wine  
8 cups (2 L) water  
1 egg white

Rinse fish bones. Pat dry and cut into 4 inch (10 cm) pieces. Heat oil in a large saucepan. Add onion, fennel, leek, peppercorns, salt, parsley and bay leaf. Sauté over medium-low heat until vegetables are soft. Add bones and cook with lid ajar for 10 minutes. Stir occasionally. Add wine and water and bring to a gentle boil. Cover, reduce heat and simmer, skimming off any foam. Remove from the heat and let rest for 10 minutes. Strain through a very fine sieve and press solids to extract juice. Return stock to saucepan. Stir in egg white until it turns white. Strain stock through cheesecloth. Refrigerate for up to 3 days or freeze for up to 2 months.

### Soup

1 tbsp (15 ml) vegetable oil  
½ large fennel bulb, thinly sliced  
2 leeks, washed and sliced into rounds  
½ onion, thinly sliced  
2½ L fish stock  
2 tomatoes, cubed  
12 to 16 prawns, peeled and de-veined  
8 to 12 large scallops  
½ lb (250 g) fresh salmon fillet, cut into 6 pieces  
sea salt and black pepper

Heat oil in large saucepan. Add fennel, leeks and onion. Sauté over medium-low heat until soft, about 10 minutes. Add fish stock and tomatoes. Simmer just until warmed. Add seafood and poach fish covered, just until cooked through, about 5 minutes. Ladle into large flat serving bowls and season with salt and pepper to taste.



## CARROT CURRY

**SERVES 4 TO 6**

1 tbsp (15 ml) vegetable oil  
2 cups (500 ml) diced sweet onions  
3 large garlic cloves, minced  
2 tbsp (30 ml) fresh ginger, peeled and minced  
1 tbsp (15 ml) red curry paste  
4 cups (1 L) vegetable stock  
2 cups (500 ml) carrots, peeled and diced  
⅛ tsp (.5 ml) red pepper flakes  
1 cup (250 ml) red split lentils, dried  
½ cup (75 ml) fresh cilantro, chopped  
½ tsp (2 ml) salt  
freshly ground black pepper  
Naan bread (optional)

Heat oil in a large saucepan over medium-high heat. Add onion, garlic and ginger and sauté for 5 minutes until soft and translucent. Stir in curry paste and 1 cup (250 ml) stock to blend. Add carrots and crushed red pepper. Reduce heat to medium-low. Cover and cook until carrots are crisp/tender, about 5 minutes. Stir. Add remaining stock and lentils and bring to a boil. Cover, reduce heat and simmer for 10 minutes until lentils are tender. Stir in cilantro, salt and pepper. Spoon into individual serving bowls and serve with Naan bread.



### SQUASH RISOTTO

SERVES 4 TO 6

- 6 cups (1.5 L) chicken stock
- 2 tbsp (30 ml) canola oil
- 2 oz (57 g) thinly sliced prosciutto, cut into julienned strips
- 2 tbsp (30 ml) unsalted butter
- 2 small leeks, washed, trimmed, and sliced
- 2 garlic cloves, minced
- 1 ½ cups (375 ml) Arborio rice
- 1 tsp (5 ml) dried sage
- 1 cup (250 ml) butternut squash, peeled and diced into ½ inch (1 cm) cubes
- 1 cup (250 ml) finely diced mozzarella
- fresh sage leaves



Bring chicken stock to a simmer and cover to keep warm. Heat oil in a large saucepan. Add prosciutto and sauté until crisp. Remove to a paper-lined plate and set aside. Add butter to oil remaining in pan. Add leeks and garlic and sauté until soft. Stir in rice and sage making sure rice is evenly coated with butter. Gradually stir in heated stock, ½ cup (125 ml) at a time. When half of the total stock has been added, add diced squash to rice.

Continue stirring in remaining stock, until rice is creamy but still firm to the bite and squash is tender. You may not need all the stock. Stir in diced mozzarella and season with salt and pepper to taste. Crisp fresh sage leaves in a frying pan with a little oil. Scatter on top of risotto with prosciutto and serve.



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### SAVOURY BRIOCHE WITH GOAT'S CHEESE

**MAKES 1 LARGE ROUND LOAF**

⅓ cup (75 ml)	warm milk
2¼ tsp (11 ml)	active dry yeast
1	large egg, beaten
3½ cups (875 ml)	all-purpose flour
⅓ cup (75 ml)	granulated sugar
1 tsp (5 ml)	kosher salt
4	large eggs, beaten
6 tbsp (90 ml)	butter, softened
3	shallots, peeled and finely chopped
1 tbsp (15 ml)	unsalted butter
½ cup (125 ml)	goat's cheese, crumbled
¼ cup (50 ml)	fresh basil, chopped
1	egg, beaten
2 tbsp (30 ml)	flaky sea salt such as Maldon Sea Salt*

Measure all ingredients and set aside. Dissolve yeast in warm milk and pour into bowl of heavy mixer. Add 1 beaten egg and 1 cup (250 ml) flour. Mix just until combined. Sprinkle with another cup (250 ml) flour. Set aside to rise, uncovered, for about 30 minutes. Surface will show cracks. Add sugar, salt, 4 beaten eggs and one more cup (250 ml) of flour. Mix on low speed using a dough hook until dough comes together. Slowly add remaining ½ cup (125 ml) flour. Gradually beat in butter until completely absorbed and dough is smooth. Increase speed to medium and mix for 10 minutes longer. Dough will be very soft and smooth. Place in a lightly buttered bowl, turning to butter all over. Cover with plastic wrap and set in a warm, draft-free place until doubled in bulk, about 1½ - 2 hours.

Meanwhile, sauté shallots in 1 tbsp (15 ml) butter until soft and slightly caramelized. Cool. When dough has risen, lightly punch down dough and sprinkle cooked shallots, crumbled goat's cheese and basil. Knead a few times to incorporate; let it rest for another 20 minutes. Preheat oven to 375 F (190 C). Shape dough into desired loaf and place on parchment lined baking sheet seam side down. Let rest another 5-10 minutes on baking sheet. Slash top and brush with egg wash. Sprinkle with flakes of sea salt. Bake loaf in oven until browned and bread tests 200 F (90 C) with a thermometer in the centre, about 30 to 40 minutes. If loaf appears to be getting too dark, reduce oven temperature to 350 F (180 C) and tent bread lightly with foil. Remove when done and cool on a rack for 10 minutes before slicing.

\* Available in specialty shops and fine food stores.



### FOCACCIA WITH MOROCCAN OLIVES

**SERVES 8**

2½ cups (625 ml)	warm water
2 tbsp (30 ml)	active dry yeast
¼ cup (50 ml)	olive oil
3½ cups (875 ml)	all-purpose flour
3 cups (750 ml)	whole wheat flour
4 tsp (20 ml)	kosher salt
½ cup (125 ml)	sun-dried Moroccan olives, pitted and chopped
¼ cup (50 ml)	sun-dried tomatoes, chopped
2 tbsp (30 ml)	fresh rosemary, chopped
2 tbsp (30 ml)	coarse fleur de sel
4 tbsp (60 ml)	olive oil

Measure all ingredients and set aside. Dissolve yeast in warm water. Add olive oil. Combine flours and salt in large mixing bowl. Add yeast mixture to flours and mix by hand to form a shaggy mass. Knead mixture on lightly floured surface, for about 2 minutes. Place dough in a lightly greased bowl, turning to grease all over. Cover with plastic wrap and set in a warm, draft-free place until doubled in bulk, about 1 hour. Dough will be very soft. Punch down dough.

Preheat oven to 450 F (230 C). Grease a 12x15 inch (30x38 cm) baking sheet with shallow sides. Carefully place dough on sheet and stretch to fit pan. Let rest for 15 minutes. Press fingertips into dough to create dimples. Sprinkle with olives, tomatoes, rosemary and fleur de sel and press lightly into dough. Drizzle olive oil liberally over surface. Open oven and lightly spray with water or place a small pan of water in the bottom of the oven. This will give the initial rise a boost and help obtain a perfect crust. Bake until browned and bread tests 200 F (90 C) with a thermometer in the centre, about 20 - 25 minutes. Remove to cooling rack for 10 minutes before slicing.



### EASY POTATO COUNTRY BREAD

**MAKES 2 OVAL LOAVES**

3	large russet potatoes
½ cup (125 ml)	warm potato water
1 tbsp (15 ml)	active dry yeast
3 cups (750 ml)	all-purpose flour
1 cup (250 ml)	whole wheat flour
1 tbsp (15 ml)	kosher salt
2 tbsp (30 ml)	olive oil

Measure all ingredients and set aside. Peel and quarter potatoes. Boil until fork tender. Drain off water reserving ½ cup (125 ml). Mash potatoes and measure out 2 cups (500 ml). Set aside to cool. Sprinkle yeast into cooled reserved potato water and let stand until frothy, about 10 minutes. Combine 2 cups (500 ml) all-purpose flour, whole-wheat flour, mashed potatoes and salt in large mixing bowl. Add yeast and olive oil and mix with your hands to form a shaggy mass. Keep adding remaining all-purpose flour in small amounts, only until it begins to form a smooth dough that is soft but still holds together. Turn out onto lightly floured surface and knead dough for about 10 minutes or until smooth and elastic. Place dough in a lightly greased bowl, turning to grease dough all over. Cover with plastic wrap and set in a warm, draft-free place until doubled in bulk, about 1½ to 2 hours. Lightly punch down dough. Knead on a lightly floured surface into a smooth ball. Divide dough in half. Shape each half into an oval loaf stretching dough all around and tucking underneath to shape. Dust tops with flour. Place on parchment lined baking sheet. Cover and let rise until almost doubled in bulk, about 45 minutes.

Preheat oven to 375 F (190 C). Slash tops of loaves with a serrated knife to help give an even rise and a more attractive loaf. Open oven and lightly spray with water or place a small pan of water in the bottom of the oven. This will give the initial rise a boost and help obtain a perfect crust. Bake bread in oven until browned and bread tests 200 F (90 C) with a thermometer in the centre, about 40 - 45 minutes. Remove to cooling rack and let cool for 30 minutes before slicing.

“whatever you do,  
pour  
yourself  
into it.”

- Robert Mondavi

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Fraîche recipes from pages 61 & 63



**ROASTED BABY BEETS WITH ARUGULA, GOAT'S CHEESE AND TOMATO VINAIGRETTE**

**SERVES 4**

12 to 16 baby beets, about 1 inch size (2½ cm), trimmed, cleaned and dried  
2 tbsp (30 ml) olive oil

Preheat oven to 375 F (190 C). Toss beets well with olive oil and place in roasting pan. Cover tightly with foil and roast until tender, about 45 minutes. Remove from oven and carefully peel while still warm; transfer to a dish, cover tightly and refrigerate until needed. This can be done up to one day ahead.

6 oz (170 g) plain goat's cheese  
1 tbsp (15 ml) fresh basil, finely chopped  
1 tsp (5 ml) candied lemon peel, finely chopped  
salt and freshly ground white pepper, to taste

In a small bowl, mix together goat's cheese, basil and lemon peel until well blended. Season with salt and pepper.

**Sun-Dried Tomato Vinaigrette**

2 tsp (10 ml) Dijon mustard  
3 tbsp (45 ml) red wine vinegar  
3 tbsp (45 ml) sherry vinegar  
2 tbsp (30 ml) sun-dried tomatoes packed in oil, finely minced  
2 tsp (10 ml) honey  
¾ cup (175 ml) grape seed oil  
sea salt and freshly ground pepper  
2 cups (500 ml) baby arugula, rinsed and dried well

In a mixing bowl, whisk together mustard, red wine and sherry vinegars, sun-dried tomatoes and honey. Whisking constantly, very slowly drizzle the oil into the mixture until blended. Season with salt and pepper.

To assemble, take a portion of the blended goat's cheese and place onto

serving plates. Divide and add the baby beets onto the cheese. Toss the arugula with a small amount of vinaigrette or just until seasoned. Place onto serving plate with the cheese and beets.



**BUTTER POACHED LOBSTER WITH YUKON GOLD POTATO PURÉE AND BASIL BUTTER SAUCE**

**SERVES 4**

**Court Bouillon**

2 tbsp (30 ml) canola oil  
2 carrots, peeled and coarsely chopped  
4 stalks celery, coarsely chopped  
1 leek, rinsed well and chopped  
1 cooking onion, peeled and chopped  
1 head garlic, halved  
1 bouquet garni of parsley, thyme, sage and black peppercorns  
1 tomato, quartered  
2 cups (500 ml) dry white wine  
4 cups (1 L) water  
1 tsp (5 ml) sea salt  
4 lobsters, 1 to 1½ lb (500 - 750 g) each

In a small stockpot, over medium heat, add carrot, celery, leek, onion and garlic. Reduce heat to medium-low and cook vegetables until soft. Add remaining ingredients except lobsters and simmer for 1 hour. Strain and set aside.

Separate claws from body of lobsters and clean. Bring the bouillon to a simmer and cook the body for 5 minutes and the claws for 7 minutes. Remove, drain well and set aside to cool.

When cool, crack the shells and carefully remove the meat from the tail (cutting lengthwise in half) and claws; set aside covering well with plastic wrap.

### Yukon Gold Potato Purée

1 ¼ lbs (625 g)	Yukon Gold potatoes
1 cup (250 ml)	heavy cream, lukewarm
¼ lb (125 g)	unsalted butter, cut into cubes
½ tsp (2 ml)	sea salt

Rinse the potatoes, place into a saucepan and cover with salted water. Bring to a boil over high heat. Reduce heat and simmer until tender, about 20 minutes. Drain.

Peel the potatoes and process through a ricer or a fine-meshed sieve set over a pot on medium-low heat. Keeping the potatoes warm at a consistent heat will allow them to absorb the butter and will prevent them from becoming too gluey. Slowly fold half of the warm cream into the potatoes, then slowly fold in the butter, once piece at a time. If mixed too quickly when adding the cream or the butter, the mixture will become too sticky. Pass the potatoes through the fine mesh sieve again into a separate saucepan. Cover tightly and set aside, keeping warm.

### Basil Butter Sauce

¾ cup (150 ml)	dry white wine
1	shallot, finely minced
½ cup (75 ml)	white wine vinegar
½ cup (125 ml)	juice of ½ lemon
½ lb (250 g)	basil, coarsely cut, including stems
½ lb (250 g)	cold unsalted butter, cut into small cubes
¼ cup (50 ml)	heavy cream, warm

In a saucepan, add the white wine, shallot, white wine vinegar, lemon juice and basil. Heat over medium heat and reduce to about 2 tbsp (30 ml). Strain. Over low heat, whisk in the butter, one cube at a time; do not allow to boil. When emulsified, whisk in the heavy cream; set aside keeping warm.

Add the lobster meat to the warm Basil Butter Sauce just to heat through. On a warmed serving plate, add a portion of the Yukon Gold Potato purée, add the heated lobster and drizzle with the Basil Butter Sauce. Garnish with chopped chives and fresh chervil sprigs.



### WHITE CHOCOLATE PASSION FRUIT MOUSSE WITH SESAME TUILLES

4 oz (125 g)	white chocolate
½ cup (75 ml)	passion fruit purée
8 oz (250 g)	white chocolate
2 cups (500 ml)	heavy cream
¾ cup (150 ml)	egg whites
¼ cup (50 ml)	sugar

Melt 4 oz (125 g) white chocolate with passion fruit purée. Stir well and set aside. Melt 8 oz (250 g) of chocolate and set aside to cool slightly. Whip the cream until stiff and refrigerate. Whip the egg whites until soft peaks form. Add the sugar and continue whipping until stiff and glossy. Vigorously whisk a third of the egg whites into the

chocolate until well blended. Fold in remaining egg whites, followed by the whipped cream until smooth. Swirl in passion fruit and chocolate mixture. Do not overmix. Fill glass cups with mousse and chill for at least 1 hour or until ready to serve. Garnish each cup with a Sesame Tuille.

### Sesame Tuilles

¼ cup (50 ml)	unsalted butter
⅛ cup (25 ml)	honey
½ cup (125 ml)	all-purpose flour
½ cup (125 ml)	confectioners' sugar
1	egg white
1 tbsp (15 ml)	black and white sesame seeds

Cream butter and honey together. Add flour, sugar and egg white and mix on low speed, then increase speed to high and mix for 2 minutes. Refrigerate for 1 hour before use. Preheat oven to 325 F (170 C). Line sheet pans with parchment or silicone baking liners. Spread batter thinly into desired shapes using a stencil or freehand. Sprinkle with sesame seeds. Bake until light golden brown.



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### OLIVE TAPENADE

1 ½ cups (375 ml) pitted olives  
 3 tbsp (45 ml) lemon zest  
 2 cloves of garlic  
 1 tbsp (15 ml) capers  
 ¼ cup (50 ml) olive oil  
 2 tbsp (30 ml) lemon juice

Combine ingredients in food processor and pulse until you reach desired consistency or use a mortar and pestle for a rougher finish. Serve with crostini.



### KALAMATA OLIVE & CARAMELIZED ONION TART

1 package frozen puff pastry, thawed  
 1 egg, beaten  
 2 tbsp (30 ml) olive oil  
 4 onions, diced  
 2 cloves garlic, minced  
 1 tsp (5 ml) fresh thyme leaves  
 3 tbsp (45 ml) heavy cream  
 1 tbsp (15 ml) capers, drained and chopped  
 1 tbsp (15 ml) lemon zest  
 freshly ground black pepper to taste  
 1 cup (250 ml) kalamata olives, pitted and chopped

Roll pastry out on floured surface, shape into a rectangle and trim off ½ inch (1 cm) strips from each side. Brush egg wash around edges of rectangle and attach cut off strips to edges. Trim excess as needed to create a raised border. Place pastry on parchment lined baking sheet and pierce the middle with a fork to prevent dough from puffing up. Refrigerate dough while preparing filling. Preheat oven to 400 F (220 C).

Heat sauté pan over medium-high heat. Add olive oil to pan and then add the onions, garlic and thyme. Sauté filling, stirring occasionally, until soft and caramelized. Set aside to cool.

Stir cream, capers, lemon zest and pepper into onion mixture and spread over prepared pastry shell. Cover liberally with olives, brush edges with egg wash and bake for 20 to 30 minutes or until pastry is golden.

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### EUROPEAN PLUM DUMPLINGS

**MAKES 12**

- |        |          |                            |
|--------|----------|----------------------------|
| 5      |          | large russet potatoes      |
| 1      |          | egg, whisked               |
| ½ cup  | (125 ml) | butter, melted             |
| 3 cups | (750 ml) | flour                      |
| 12     |          | ripe but firm Damson plums |
| 12     |          | brown sugar cubes          |
|        |          | cinnamon                   |

#### Bread Crumb Coating

- |        |          |  |
|--------|----------|--|
| ½ cup  | (75 ml)  | unsalted butter                          |
| 2 cups | (500 ml) | Panko bread crumbs                       |
| ½ cup  | (75 ml)  | granulated sugar                         |
| 2 tbsp | (30 ml)  | ground cinnamon                          |
| 1 tbsp | (15 ml)  | poppy seed                               |
| ¾ cup  | (175 ml) | sour cream or crème fraîche (if desired) |

Boil peeled and cut potatoes until tender. Drain and mash. Measure out 3½ cups (825 ml). Cool briefly. Transfer to a food processor. Whirl potatoes until smooth. Add egg, butter and half the flour. Whirl until blended. Continue adding another cup of flour just until dough starts to pull away from the sides of the bowl. Turn out onto a floured surface. Knead in more flour until it forms a soft dough smooth enough for rolling.

Remove pits from plums and tuck a sugar cube into the hollowed out core. Roll dough out on a lightly floured surface with a floured rolling pin. Cut into rounds large enough to wrap a plum. Dust with cinnamon. Place a plum in the centre of the round of dough and roll up tightly. To seal, use a little water to close any cracks. This stage can be done ahead and refrigerated until ready to cook.

Bring a large pot of salted water to a rolling boil. Gently place several plums into the boiling water. Return water to a simmer but do not let it boil. As the dumplings rise to the surface, continue cooking for 5 or 10 more minutes to make sure the dough is cooked through.

Meanwhile, melt butter in a large frying pan, then stir in the bread crumbs, sugar, cinnamon and poppy seeds. Transfer to a large shallow platter. Remove each plum from the boiling water using a slotted spoon. Place into bread crumb mixture and gently roll to coat. Serve hot with a dollop of sour cream or crème fraîche.



### HEARTY GAME HEN STEW WITH CLASSIC DUMPLINGS

**SERVES 4**

- |               |          |  |
|---------------|----------|--|
| 2             |          | large Cornish game hens, spine removed and quartered |
| 1 tsp         | (5 ml)   | sea salt   |
| 2 to 3 slices |          | prosciutto, julienned                                |
| 4 ribs        |          | celery, sliced                                       |
| 2             |          | large carrots, diced                                 |
| 1             |          | medium onion, diced                                  |
| 1             |          | bay leaf   |
| 2 cups        | (500 ml) | canned chicken stock                                 |
|               |          | salt and freshly ground pepper, to taste             |
| 2 tbsp        | (30 ml)  | butter   |
| ½ cup         | (75 ml)  | all-purpose flour                                    |

#### Dumplings

- |        |          |                        |
|--------|----------|------------------------|
| 1 cup  | (250 ml) | flour                  |
| 2 tsp  | (10 ml)  | baking powder          |
| ½ tsp  | (2 ml)   | fine sea salt          |
| 2 tbsp | (30 ml)  | melted butter          |
| ½ cup  | (125 ml) | milk                   |
| 2 tbsp | (30 ml)  | fresh parsley, chopped |

Season game hen pieces with salt and brown lightly in a stock pot over medium heat for 2 minutes on each side. Drain off excess fat. Add prosciutto, celery, carrots, onions, bay leaf and chicken stock. Add more water if necessary until hen and vegetables are just covered. Bring to a boil. Reduce heat and simmer for 10 minutes. Using a ladle, skim off any foam that floats to the top of the broth, cover and continue simmering for one hour or until hens are fork-tender.

Transfer hen pieces to a bowl, cover and keep warm. Taste and season broth with salt and a generous grinding of pepper. Bring broth and vegetables to a boil.

While game hen is simmering, make dumplings. Sieve flour for dumpling, baking powder and salt together into a medium mixing bowl. Add melted butter and mix briefly with a fork to moisten. Add milk and chopped parsley and fold ingredients gently into a soft dough. Using a dessert spoon, scoop spoonfuls of dumpling mixture and drop them into the boiling broth. Cover, reduce heat to low and simmer for 15 minutes without peeking. While dumplings are cooking, make a roux by melting 2 tbsp butter in a small saucepan then adding the flour and stirring until combined. When the dumplings are done, ladle and add about 2 cups of only the broth, a bit at a time, to the roux over medium heat, whisking continuously until mixture thickens like gravy.

To serve, divide portions of game hens onto four soup plates or pasta bowls. Using a slotted spoon, gently transfer a portion of dumplings onto each plate. Add thickened gravy to the broth and vegetables; stir to mix then spoon over hen and dumplings and serve.



### JAPANESE BOILED PRAWN AND CUCUMBER DUMPLINGS

**SERVES 4**

#### Prawn and Cucumber Dumplings

- |       |          |   |
|-------|----------|---|
| 6 oz  | (170 g)  | prawns, shelled, deveined, coarsely chopped |
| 1 tsp | (5 ml)   | fresh ginger, finely grated                 |
| 1 tsp | (5 ml)   | dry sherry                                  |
| 1 tsp | (5 ml)   | fish sauce                                  |
| ½ tsp | (2.5 ml) | sesame oil                                  |
| ½ tsp | (2.5 ml) | salt  |
| ¼ tsp | (1 ml)   | white pepper, freshly ground                |
| 1 cup | (250 ml) | baby cucumber, coarsely grated              |
| 20    |          | round flour <i>jiaozi</i> dumpling wrappers |

Place half of the prawns on a sheet of waxed paper. Fold paper over to cover and pound with a kitchen mallet until the meat becomes a thick paste. Scrape prawn paste into a mixing bowl, add remaining prawns, ginger, sherry, fish sauce, sesame oil, salt and pepper and mix well. Place grated cucumber in a small bowl, sprinkle with a pinch of salt and let stand for about 2 minutes. Squeeze out excess moisture from cucumber, add to prawn mixture and mix well.

To make dumplings, place a heaping spoon of filling onto the centre of a dumpling wrapper. Brush the edge of the wrapper with some water. Fold the wrapper over the filling to form a half moon shape. Gently squeeze out all the air and pinch edges together to seal tightly. Repeat until filling is used up (about 20 dumplings).

Bring a large pot of salted water to a boil. Add dumplings and cook until they float to the surface, about 2 minutes. Using a slotted spoon, strain and transfer dumplings to serving bowls. Serve with dipping sauce (recipe follows).

#### Dipping Sauce

- |       |         |                                  |
|-------|---------|----------------------------------|
| ¼ cup | (50 ml) | light Japanese soy sauce         |
| ¼ cup | (50 ml) | sake                             |
| ¼ cup | (50 ml) | water                            |
| 2 tsp | (10 ml) | Hon's XO chili sauce or to taste |
| 2 tsp | (10 ml) | sugar, to taste                  |

Combine and mix all sauce ingredients in a bowl and heat in microwave for 30 seconds until warm. Stir to ensure sugar is dissolved.



### LEEK AND SAVOY CABBAGE WITH CHÈVRE TART

**SERVES 6**

#### Pastry

1½ cups (400 ml) flour  
 7 tbsp (105 ml) cold butter, cut into small cubes  
 1 egg yolk  
 ½ tsp (2 ml) salt  
 5 tbsp (75 ml) cold water

Add the flour and cold butter to a food processor and pulse to a coarse sand texture. Add egg yolk, salt and 3 tbsp (45 ml) of cold water and pulse until the dough gathers into a ball. If needed, add remaining water. Do not over-process. Remove dough and press into a flat ball. Wrap with waxed paper and chill

for 30 minutes. Roll out dough and lay into a 10-inch, removable-bottomed tart pan. Line pastry dough in pan with parchment paper and fill with dried beans or rice and bake shell in a preheated 400 F (204 C) oven for 15 minutes or until the edges are set and lightly browned. Remove the parchment paper and beans or rice and bake until firm and dry, about 5 minutes longer. Remove and cool.

#### Filling

2 tbsp (30 ml) butter  
 2 cups (500 ml) leek, finely sliced (white part only)  
 1½ cups (375 ml) Savoy cabbage, finely shredded  
 2 cups (500 ml) light cream  
 4 eggs  
 8 oz (225 g) fresh chèvre  
 salt and pepper  
 pinch of nutmeg

Preheat oven to 375 F (190 C). Melt butter in a non-stick skillet and heat to medium. Sauté leeks and shredded cabbage until soft, remove from heat and set aside to cool. When cool, spread sautéed leeks and cabbage over

baked pastry shell and crumble chèvre over mixture. Whisk together eggs and cream, season with salt, pepper and nutmeg and beat until well-mixed. Gently pour egg mixture over cabbage, leek and chèvre mixture.

Bake the completed tart about 40 minutes. Let the tart cool slightly. Remove from pan and cut into slices.

#### Salad

2 heads frisée, rinsed and dried  
 2 tbsp (30 ml) red wine vinegar  
 1 tsp (5 ml) Dijon mustard  
 2 tbsp (30 ml) walnut or hazelnut oil  
 2 tbsp (30 ml) canola oil  
 4 tbsp (60 ml) toasted hazelnuts, chopped

Whisk together vinegar, mustard and oils. Toss lightly with the frisée and hazelnuts. Serve on plate with warm leek and chèvre tart.



### BEEF BOURGUIGNON

**SERVES 6**

#### Marinade

1 750 ml bottle red Burgundy  
 1 onion, cut into ½-inch slices  
 2 carrots, sliced  
 1 head garlic, halved horizontally  
 3 bay leaves  
 3 sprigs fresh thyme  
 12 black peppercorns  
 4 lbs (1.45 kg) lean beef chuck or round, cut into 2-inch cubes



**TWO OCEANS**  
 SOUTH AFRICA

From one very special place.

Two Oceans takes its name from the warm Indian and cold Atlantic oceans that converge along the South Coast of Africa. In the same way the opposing currents swirl and fuse, so Two Oceans blends character with elegance to create our range of crisp whites and smooth reds. [www.twooceanswines.co.za](http://www.twooceanswines.co.za)

Represented by PMA Canada. Please drink responsibly.

**TWO OCEANS**

SOUTH AFRICA

Along the southern coast of Africa, two great oceans meet, creating the ideal climate for us to shape this well-balanced wine.

To marinate, combine all the ingredients including the meat. Cover with plastic wrap and refrigerate for 12 hours, tossing the meat occasionally. Strain the beef and the vegetables from the marinade, reserving the liquid. Separate the meat from the vegetables. Pat dry beef and discard vegetables.

#### The Stew

2 tbsp	(30 ml)	olive oil
½ lb	(225 g)	smoked slab bacon, cut into ½-inch pieces
2 cups	(500 ml)	pearl onions, peeled
2		carrots, sliced
¼ cup	(50 ml)	flour
3 cups	(750 ml)	veal or beef stock
2 tbsp	(30 ml)	tomato paste

In a large Dutch oven, heat 1 tbsp (15 ml) of olive oil over medium heat. Add bacon and cook until transparent (not brown), about 5 minutes. Remove bacon with a slotted spoon and set aside. Season beef lightly with salt and pepper and working in small batches, add meat to the pot and brown well on all sides. Remove meat and set aside. Heat oven to 275 F (135 C). Add pearl onions and carrots to the pot and cook, stirring occasionally, until they start to brown (about 5 minutes), adding more oil if necessary.

Lower the heat to medium-low. Sprinkle the flour into pot and continue to cook for another 5 minutes. Add bacon and beef and mix well to incorporate flour and vegetables. Add reserved red wine from the marinade, beef stock and tomato paste. Season with salt and pepper. Bring to a boil, cover and place into oven. Cook until the meat is fork tender (about 2 hours). Remove the cover and cook for an additional 15 minutes.

#### The Garnish

1 tbsp	(15 ml)	olive oil
1 lb	(500 g)	cremini mushrooms, cleaned, trimmed and cut into quarters
1 tsp	(5 ml)	garlic, chopped finely
		salt and freshly ground pepper

For garnish, heat olive oil over high heat in a large skillet. When hot, add mushrooms and sauté until brown and juices have evaporated (about 8 minutes). Add garlic and season with salt and pepper. Add mushrooms to beef and stir to combine.



### SOUFFLÉD LEMON CUSTARD

**SERVES 6 TO 8**

8 tbsp	(120 ml)	unsalted butter, room temperature
1 cup	(250 ml)	sugar
6		large eggs, separated
1 cup	(250 ml)	fresh lemon juice (about 8 lemons)
		pinch of salt
⅔ cups	(150 ml)	flour
1 tsp	(5 ml)	grated lemon zest
1 ¼ cup	(300 ml)	whole milk
1 cup	(250 ml)	whipping cream

Preheat oven to 350 F (176 C). With electric mixer, cream butter and sugar at high speed until fluffy. Reduce speed to medium and beat in one egg yolk at a time, beating after each addition. Add lemon juice, salt, flour and lemon zest and mix by hand until just barely combined. Stir in milk and cream and mix by hand again. (The mixture will look lumpy).

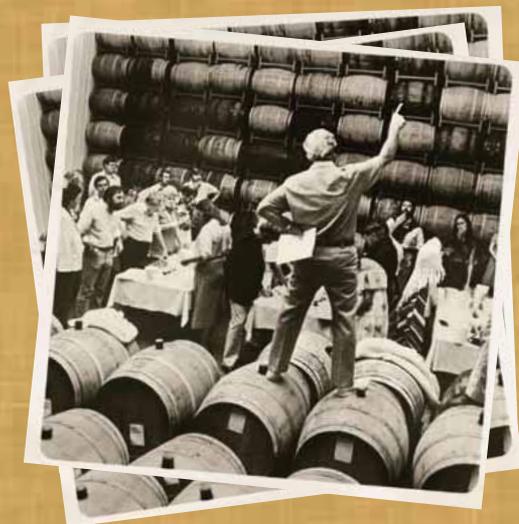
In another large mixing bowl, beat egg whites on low speed and gradually add remaining sugar. Increase speed to high and beat until mixture forms medium-soft peaks.

Using a large rubber spatula, gently fold in a third of the egg whites into the custard mixture. Gently fold in the remaining whites until barely combined. (Some of the whites may still be floating on top which is fine.) Do not overmix. Pour the mixture into a 10-inch cake pan or similar dish that is at least 2 inches high.

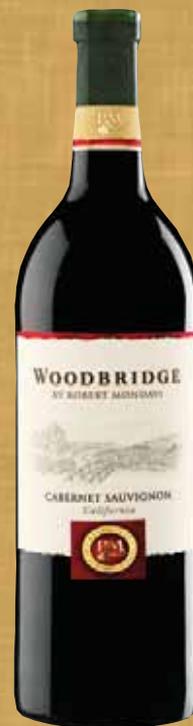
Place pan into a deep baking dish filled with warm water to about about one third of the way up the sides of the cake pan. Bake until the custard is barely set, about 40 to 50 minutes and the top is well-browned. Use a large serving spoon to serve the souffléed custard, making sure each serving has some of the custard as well as the souffléed top. Garnish with fresh berries, optional.

# WOODBIDGE

*by Robert Mondavi*



**He spent decades researching the right wood for his wine barrels. You can taste the results in just a sip.**



Robert Mondavi believed that finesse and care were equal ingredients to the grapes themselves. At the time, people thought him a bit obsessive. Which is the very same reason people drink Woodbridge by Robert Mondavi today.

# WHAT'S GOING ON

FOOD AND WINE EVENTS FROM THE FARMS, VINEYARDS AND KITCHENS OF BRITISH COLUMBIA

## THE ISLANDS

### SEPTEMBER 19-21



#### **Cowichan Wine and Culinary Festival, Cowichan Valley**

A weekend of food, wine, music and fun begins on Friday night at the Oceanfront Grand Resort and Marina and continues with tours, tastings, theatre, music and seminars. Download the map and travel the country roads from Shawnigan Lake to Duncan visiting wineries, cheese producers, a cidery and more. [wines.cowichan.net](http://wines.cowichan.net)

### SEPTEMBER 21



#### **Vancouver Island Feast of Fields, Victorian Epicure Vineyard**

FarmFolk/CityFolk's gastronomic picnic supports local farmers, vintners, brewers, chefs and restaurants and is an opportunity to taste produce from the Islands and across the province. It's a fundraiser that sustains education and community projects and brings locally grown food and produce to our tables. [feastoffields.com](http://feastoffields.com)

### SEPTEMBER 26



#### **Bite of Nanaimo, Beban Park Auditorium**

An annual gourmet food festival with chefs serving choice bites from their menus. [theatreone.org](http://theatreone.org)

### SEPTEMBER 28



#### **10th Annual Saltspring Island Apple Festival**

With a history of apple growing dating back to 1860, Saltspring Island has bragging rights. If you make it to the Island for the 10th Annual Festival, you will soon hear about more than 350 varieties grown on the island, the organic growers cultivating these fine crops, the identification of varieties and much more. [saltspringmarket.com/apples](http://saltspringmarket.com/apples)

## LOWER MAINLAND

### SEPTEMBER 7



#### **3rd Annual BBQ on the By-Pass and BC BBQ Championship, Langley**

Teams with names like Mad Cow and Northern Lights make for an afternoon of barbecue like you have never seen – definitely nothing grilled. Everything is slow cooked. Competing in categories for judging include Chicken and Pork Butt, Ribs and Brisket and this year an "Anything But" category. The Pacific Northwest BBQ Association sets the rules and qualified judges determine the winners. Information at Langley's Well Seasoned – a gourmet food store. [bbqonthebypass.com](http://bbqonthebypass.com)

### SEPTEMBER 7



#### **Feast of Fields, UBC Farm**

A FarmFolk/CityFolk afternoon celebrating local, fresh, seasonal foods which contribute to the health of the planet. Returning to UBC Farm after five years in the Fraser Valley, this year's festival brings farmers, vintners, brewers, producers and chefs together providing the opportunity to mingle with other foodies and learn about sustainable, local food. [feastoffields.com](http://feastoffields.com)

### SEPTEMBER 21



#### **Chefs for Life, Goldfish Pacific Kitchen**

Chef William Tse hosts this year's 12-course sit-down dinner with vintage wines selected to complement each course. The culinary talent preparing this year's fundraiser include chefs from Vancouver and Whistler – Chef Melissa Craig, Chef Ernst Dorfler, Chef Thomas Haas, Chef David Hawksworth, Chef Scott Jaeger, Chef Don Letendre, Chef Dale Mackay, Chef Frank Pabst, Chef Pino Posteraro, Chef Hidekazu Tojo and Chef James Walt. [friendsforlife.ca/chefsforlife.html](http://friendsforlife.ca/chefsforlife.html)

### SEPTEMBER 25



#### **Chilean Wine Festival, Rocky Mountaineer Station, Terminal Avenue**

Diversity makes this year's festival an experience of flavours. Tasting stations celebrating cool climate Syrah, Carmenère, regional terroir and icon wines highlight Chile's latest vintages. Silent auction and raffle for a trip to Chile. [winesofchile.org/wine-regions](http://winesofchile.org/wine-regions)

### NOVEMBER 6-10



#### **Cornucopia, Whistler**

This annual extravaganza of all things wine and food will appeal to all tastes. The festival includes gala dinners, wine tastings and seminars, dinners and local chefs preparing menus to dazzle. Bring your taste buds to Whistler and enjoy the mountains with a range of activities to tantalize. [whistlercornucopia.com](http://whistlercornucopia.com)

by Wendy Taylor

FROM NORTH TO SOUTH AND EAST TO WEST, THE FALL CALENDAR IS A CORNUCOPIA OF SAVOURY EXPERIENCES. STAY NEAR HOME OR TRAVEL FAR AND YOU'LL SEE WHAT WE MEAN.

## OKANAGAN VALLEY

### SEPTEMBER 13



#### Naramata Bench Tailgate Party, Township 7 Winery

Local chefs pair up with Bench wineries for this popular South Okanagan event. Real tailgates, a grazing picnic atmosphere and great food and wine make this a memorable evening featuring new releases from the wineries and live music. Chefs from Naramata Heritage Inn & Spa, Hillside Estate Barrel Room, Okanagan Herb Co. and The Bench Artisan Food Market. [naramatabench.com](http://naramatabench.com)

### OCTOBER 2-12



#### Okanagan Fall Wine Festival

A great time of year to visit the Okanagan Valley and experience the busy grape harvest, take in winery tours, plan lunches and winemaker dinners or attend a concert in a vineyard with friends and family. This annual harvest festival celebrates the diversity and flavours of the Okanagan. [thewinefestivals.com](http://thewinefestivals.com)

### OCTOBER 5



#### Festival of the Grape, Oliver

All day, family fun event, noon to sundown showcasing over 34 wineries and 17 food vendors. Enjoy face painting, the Grape Stomp, live entertainment and community pride. [oliverchamber.bc.ca](http://oliverchamber.bc.ca)

### OCTOBER 25



#### 20th Annual Apple Fair, Kelowna

The BC Orchard Industry Museum at the Laurel Packinghouse on Ellis Street celebrates the apple harvest. Taste new varieties and old favourites in a family friendly environment. 10am-3pm. [kelownamuseum.ca](http://kelownamuseum.ca)



**Cheers  
to a healthy baby.**  
Alcohol and pregnancy don't mix.

**BC LIQUORSTORES**  
CELEBRATE LIFE...ENJOY RESPONSIBLY



## Tea Loaf recipes from pages 94 & 95



### APPLE CRUNCH LOAF

**MAKES 12 SLICES**

2		large apples, peeled and cored
½ cup	(125 ml)	canola oil
¾ cup	(175 ml)	granulated sugar
2		large eggs
1 tsp	(5 ml)	vanilla extract
2 cups	(500 ml)	unbleached bread flour
2 tsp	(10 ml)	baking powder
1 ½ tsp	(7 ml)	ground cinnamon
½ tsp	(2 ml)	salt
¼ tsp	(1 ml)	baking soda
½ cup	(125 ml)	pitted dates, chopped
½ cup	(125 ml)	toasted walnuts, coarsely chopped

#### Streusel Topping

2 tbsp	(30 ml)	finely chopped walnuts
2 tbsp	(30 ml)	granulated sugar
2 tsp	(10 ml)	ground cinnamon
2 tsp	(10 ml)	unsalted butter

Preheat oven to 300 F (150 C). Generously grease a 9x5 inch (2 L) loaf pan with melted butter. Refrigerate pan to let it solidify. Dust with flour shaking out excess. Shred apples using the large holes of a box grater to make about 1 cup (250 ml). Combine oil, sugar, eggs and vanilla in a large bowl. Whisk together until evenly blended. Stir in grated apple. Sieve flour, baking powder, cinnamon, salt and baking soda together. Stir in dates and walnuts. Add to apple mixture and fold together just until combined. Batter will be stiff. Scrape into prepared pan.

Combine streusel topping ingredients in a small bowl. Stir to blend and sprinkle over top of batter. Bake in the centre of the oven for about 1 hour and 20 minutes. Loaf is done when cake tester inserted in centre comes out clean. Remove and cool in pan on a rack for about 15 minutes before turning out of pan and cooling completely.



### RAISIN TEA LOAF

**MAKES 12 SLICES**

1 cup	(250 ml)	golden seedless raisins
2 cups	(500 ml)	strong black tea
½ cup	(125 ml)	canola oil
2		large eggs
¾ cup	(175 ml)	light brown sugar
2 cups	(500 ml)	unbleached bread flour
1 tsp	(5 ml)	ground cinnamon
½ tsp	(2 ml)	baking soda
½ tsp	(2 ml)	ground nutmeg
¼ tsp	(1 ml)	ground cloves
¼ tsp	(1 ml)	salt
½ cup	(125 ml)	dried apricots, slivered
		icing sugar, optional

Place raisins and hot tea in a bowl. Set aside to soak for up to 8 hours or until raisins are plumped. Drain off tea reserving ½ cup (125 ml). Preheat oven to 300 F (150 C). Generously grease an 8x4 inch (1.5L) loaf pan with melted butter. Refrigerate pan to let it solidify. Dust with flour shaking out excess.

Combine ½ cup (125 ml) of the reserved tea, oil, eggs and brown sugar in a bowl. Whisk together until blended. Sieve flour, cinnamon, soda, nutmeg, cloves and salt together. Add wet ingredients and gently stir together. Fold in raisins and apricots. Scrape into prepared pan. Bake in the centre of preheated oven for 1 ½ hours. Loaf is done when cake tester inserted in centre comes out clean. Remove and cool in pan on a rack for about 15 minutes before turning out of pan and cooling completely. Dust with icing sugar.



### ORANGE BERGAMOT TEA LOAF

**MAKES 12 SLICES**

1		medium size navel orange
4 cups	(1 L)	strong bergamot-flavoured black tea (such as Earl Grey)
1 ¾ cup	(425 ml)	lightly packed brown sugar
½ cup	(125 ml)	canola or safflower oil
2		large eggs
2 cups	(500 ml)	unbleached bread flour
1 tsp	(5 ml)	ground cinnamon
½ tsp	(2 ml)	baking soda
¼ tsp	(1 ml)	salt
1 cup	(250 ml)	dried cranberries
½ cup	(125 ml)	chopped pecans, toasted
		orange wedges, optional
		icing sugar, optional
		coarse brown sugar, optional

Place whole orange in a deep saucepan and cover with strong steeped bergamot tea. Bring to a boil. Reduce heat to medium and cook covered for 1 hour. Remove from heat. Drain off tea. Slightly cool orange.

Preheat oven to 300 F (150 C). Generously grease a 9x5 inch (2 L) loaf pan with melted butter. Refrigerate pan to let it solidify. Dust with flour, shaking out excess.

Cut orange into small pieces and remove any seeds. You should have about 1 ½ cups (375 ml). Place orange pieces along with any juices that may have collected in a blender with sugar, oil and eggs. Whirl until blended and smooth. Sieve flour, cinnamon, soda and salt together in a bowl. Add orange mixture and gently stir together. Fold in cranberries and pecans. Scrape into prepared pan. Bake in the centre of oven for 1 ½ hours. Loaf is done when cake tester inserted in centre comes out clean. Remove and cool in pan on a rack for about 15 minutes before turning out of pan and cooling completely. Garnish with slivers of fresh orange wedges, a drizzle of icing sugar mixed with water and a sprinkling of coarse brown sugar, if desired.

# BC LIQUOR STORES **SPECIAL EVENTS**

JOIN US AT 39TH & CAMBIE, OUR FLAGSHIP VANCOUVER STORE, AS WELL AS OUR OTHER SIGNATURE BC LIQUOR STORES, IN SEPTEMBER, OCTOBER AND NOVEMBER FOR THESE COMPLIMENTARY EVENTS.

## SEPTEMBER

**TUE 02**  
6:00-9:00pm  
**"Back to School" with Stamp of Australia**  
Parents! Relax with a complimentary five-minute shoulder and scalp massage with samples of Hardy's Stamp wines and appetizers. Who said "Back to School" season had to be stressful?

**FRI 05**  
4:00-8:00pm  
**Captain Morgan Spiced Rum's Pizza Program**  
Meet Captain Morgan and his Morganettes and sample spiced rum and cola. Enter to win one year's supply of pizza and taxi rides, perfect for the hard-working university student!

**SAT 06**  
3:00-5:00pm  
**Sip & Savour with Masi Wines**  
Try this line of premium Italian wines paired with delicious Italian cuisine presented by a guest sommelier.

**THU 11**  
5:00-7:00pm  
**Wines of Italy**  
The Italian Chamber of Commerce invites you to delight your palate with 10 fabulous varieties of wines paired with food provided by François Gagnon from CinCin Ristorante.

**FRI 12**  
3:00-6:00pm  
**Okanagan Spring Breweries**  
Rediscover the refreshing taste of Okanagan Spring beer and learn more about the history of this local brand as you enjoy complimentary appetizers prepared by Chef Coconut.

**FRI 12 SUN 14**  
**Discover Premium Scotch**  
This event takes place on September 12, 14, 19 and 20 at Signature Stores in the Lower Mainland. Check our website at [www.bcliquorstores.com](http://www.bcliquorstores.com) for exact dates, locations and times. Craig Johnstone, Brand Ambassador for Highland Park, Macallan and the Famous Grouse guides you through a nosing and tasting of some of the finest drams in this family of whiskies.

**SAT 13**  
1:00-4:00pm  
**Celebrate Film with [yellow tail]**  
[yellow tail] fesTiVal celebrates the everyday! Come and enjoy an afternoon of tasting delicious hors d'oeuvres and watch our favourite movies paired with our wines.

**THU 18**  
3:00-6:00pm  
**Ooh La La**  
Try the full line up of George Duboeuf wines, and win a trip to Paris Hotel in Las Vegas!

**FRI 19**  
2:00-5:00pm  
**Around the World with Baron Philippe de Rothschild**  
Taste elegant Bordeaux and Vin de Pays d'Oc wines by Baron de Philippe Rothschild paired with French appetizers and enter to win a trip for two around the world!

**SAT 20**  
2:00-5:00pm  
**Experience the Botanicals of Bombay Sapphire**  
Taste and learn the history and secret ingredients behind Bombay Sapphire Gin.

**FRI 26**  
4:00-6:00pm  
**Antinori's Cucina Italiana**  
Bella Catering's Chef Adriana Vescola, will toss and bake delectable pizzas along with a sampling of classic Antinori wines.

## OCTOBER

**SAT 04**  
9:30 UNTIL SOLDOUT  
**BC Liquor Stores' 2005 Bordeaux Release**  
*All Signature Stores plus Dunbar, Caulfeild and Peninsula Village*  
The annual Bordeaux release is finally here! Don't miss the opportunity to obtain your share of our 2005 collection – the most highly-rated, sought-after vintage perhaps in history! The full collection will be available at 39th & Cambie. For other store selections, please see our website at [www.bcliquorstores.com](http://www.bcliquorstores.com)

**THU 09**  
5:00-8:00pm  
**Enjoy the Creamy Indulgence of Carolan's**  
Spoil yourself! Try Carolan's and sumptuous desserts and hors d'oeuvres. Enter to win a \$200 spa gift certificate.

**FRI 10**  
3:00-6:00pm  
**McWilliams' Hanwood Estate Blind Wine Tasting At Signature Stores - 39th & Cambie, Vernon, Langley, Meadowtown and Orchard Park (Kelowna)**  
Take the McWilliams' taste test for your chance to win a \$200 M&M Meats gift certificate, perfect for Thanksgiving! Complimentary appetizers served at 39th & Cambie.

**SAT 11**  
3:00-6:00pm  
**Taste Peter Lehmann Wines**  
Try the rich, fruity taste of Australia's Peter Lehmann wines alongside complimentary appetizers.

**SUN 12**  
1:00-4:00pm  
**Regional Heroes Tasting - Presented by Wine Australia**  
Wine Australia will feature a new selection of Aussie wines from a different region each day! Play "Australia's Wine Tasting Challenge" on-site to win a prize or visit [www.wineaustralia.com/regionalheroes](http://www.wineaustralia.com/regionalheroes) to play the game online!

**FRI 17**  
4:00-7:00pm  
**Quintessential Barossa**  
Enjoy the acclaimed Barossa Valley wines of St. Hallett paired with Aussie-inspired appetizers.

**SAT 18**  
2:00-5:00pm  
**Wiser's Canadian Whisky**  
Try this best-selling whisky with perfectly paired appetizers and take a peek at the Wiser's Truck, complete with special retrofitted whisky barrels, located in the 39th & Cambie parking lot!

**SUN 19**  
2:00-5:00pm  
**Get Barefoot and Have a Good Time!**  
Taste the true value of California wine with the laid-back, easy-going flavours of Barefoot, a top-selling wine family, enjoy complimentary fall food pairings.

**SAT 25**  
2:00-5:00pm  
**B-Live with Bacardi White and Gold**  
Meet the Bacardi Brand Masters and taste their freshly mixed cocktails. Enjoy some tasty food pairings while you enter to win one of three high-end MP3 players!

## NOVEMBER

**SAT 01**  
9:30 UNTIL SOLDOUT  
**Premium Whisky Release**  
*All Signature BC Liquor Stores plus Dunbar, Peninsula Village and Richmond Brighthouse*  
Don't miss this opportunity to obtain incredibly rare and highly collectible drams from Scotland and all over the globe.

**FRI 07**  
5:00-6:30pm & 7:30-9:00pm  
**Best of BC Fall Release Preview Tasting TICKETS AVAILABLE MID-OCTOBER. SEATING IS LIMITED.**  
Meet the skilled winemakers from the top vineyards in BC and be one of the first to sample their limited edition, premium wines.

**SAT 08**  
9:30 UNTIL SOLDOUT  
**Best of BC Fall Release All Signature BC Liquor Stores plus Dunbar, Caulfeild and Peninsula Village.** Our Best of BC Fall Release features a collection of award-winning wines. Shop early while quantities last!

**SAT 15**  
3:00-6:00pm  
**Flavours of Bacardi**  
Taste the rainbow of Bacardi Flavours, shaken up in cocktails by the Bacardi Brand Masters.

**THU 20**  
9:30 UNTIL SOLDOUT  
**Beaujolais Nouveau 2008 Release**  
Savour the freshness of Beaujolais Nouveau's 2008 bottlings – these limited edition French beauties only come out in November.

**FRI 28**  
4:00-6:00pm  
**700 Years of Tuscany in a Glass**  
Unearth the history of three big, lush Tuscan Chiantis and authentic Italian artisan breads, olives and cheese.

\*Event information is accurate at time of printing. Please visit [www.bcliquorstores.com](http://www.bcliquorstores.com) or contact the store for up-to-date information.



Bacardi  
mojito.  
The  
Original.

