

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

BC LIQUORSTORES



## SETTLE IN

### SECRETS OF BORDEAUX

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### THE WARMTH OF SOUTHEAST ASIAN SOUPS

From pho to laksa P 28

### WINEMAKERS OF THE OKANAGAN

Who's who in BC wine P 44

### COOK LIKE AN IRON CHEF

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OVER 40 NEW RECIPES INSIDE





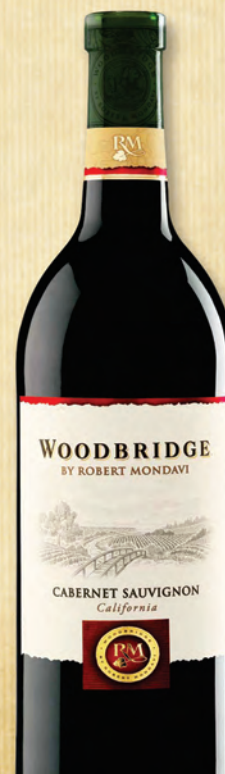
He spent decades researching the right wood  
for his wine barrels.

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Robert Mondavi believed that finesse and care were equal  
ingredients to the grapes themselves. At the time,  
people thought him a bit obsessive. Today with wines  
from Woodbridge by Robert Mondavi, no one seems to mind.

His name is on the bottle because his heart and soul are in it.

# ROBERT MONDAVI





# TASTE

BC LIQUORSTORES®



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**COVER**



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 Sweetness Code

 Organic

 BC Craft Beer

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## LAYOUT AND DESIGN

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TASTE thanks **Atkinson's of Vancouver** for the use of china, silver, crystal and linens in our original photography. [www.atkinsons.ca](http://www.atkinsons.ca) 604.736.3378

Cover photo shot on location at **Jordans** showroom, 1470 West Broadway, Vancouver. Celebrating 80 years of serving Western Canada. [www.jordans.ca](http://www.jordans.ca)

Prices are subject to change without notice. Prices include 7 percent Provincial Sales Tax and 5 percent Federal Goods and Services Tax. In the event of any error or omission published in this magazine, the product description and display price in the liquor store will prevail. Products in this publication will be available as of September 2009. Quantities may be limited. Items with very limited quantities are distributed only to Signature BC Liquor Stores.

Head Office: 2625 Rupert Street, Vancouver, BC V5M 3T5 • Phone 604.252.3000 • Fax 604.252.3099

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

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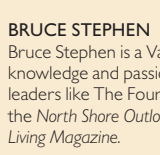
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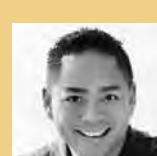
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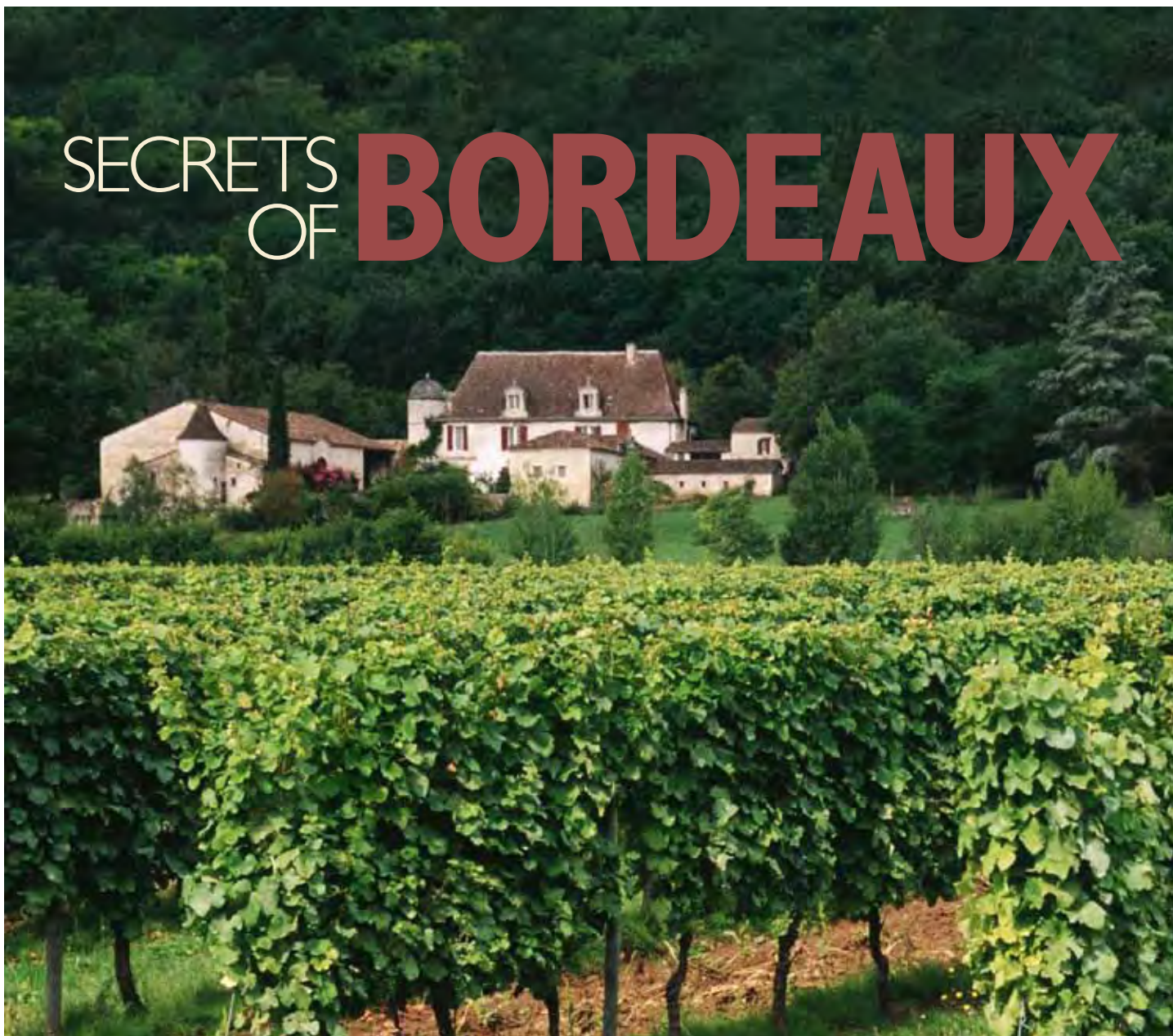


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# SECRETS OF BORDEAUX



Saint-Émilion, Bordeaux, France

## THE 2006 VINTAGE

**A**rguably one of the most famous and historic wine regions in the world, Bordeaux inspires passion among collectors and can bring immense pleasure to wine drinkers. Bordeaux produces a lot of wine (over 40 times more than BC) with a tremendous range of quality and price points. Just what are the factors that cause one bottle to cost \$20 and another

to cost \$2,000? Location, winemaking and vintage are all major influences on a wine's value.

This fall, BC Liquor Stores will feature the 2006 Bordeaux annual release. Vintage is what links wine to weather in any given year and 2006 has left its signature on Bordeaux from Petit Châteaux to Classified Growths.

Being near the Atlantic Ocean

in southwest France, Bordeaux is considered to have a maritime climate. Moderate temperatures and a relatively long growing season are two benefits to growing vines here. The Gironde estuary is a central feature of the region, affecting the climate and separating the "left bank" from the "right bank." The late-ripening Cabernet Sauvignon grape thrives where the oceanic influence is



FROM MAISON SICHEL IN BORDEAUX, JAMES SICHEL SAYS THE 2006 WINES ARE “DELICATE AND CLASSY” – THEY HAVE THE CHARACTERISTICS OF A CLASSIC YEAR LIKE 2004 BUT WITH MORE CONCENTRATION OF FLAVOUR.

greatest: on the left bank. Here the deep gravel soils drain excess moisture away and provide a warm, dry environment under the vines. On the right bank, the soils are a little more water retentive and the climate becomes slightly more continental. The result is a shorter season and a predominance of Merlot, a variety that does not need the warmth or length of season that Cabernet Sauvignon does. A third important grape variety, Cabernet Franc, ripens in between the two. In the area of Sauternes, production of the famous sweet white wine is made possible by the combination of misty mornings and dry afternoons. These conditions encourage the fungus botrytis (“noble rot”), which is a highly sought after condition that shrivels the Semillon and Sauvignon Blanc grapes, concentrating sugar and flavour.

Bordeaux’s maritime climate creates certain factors most years – relatively high rainfall, moderate temperature swings and high humidity. The unknown factor is predicting the weather in any given year. Annual weather conditions create the personality of the vintage.

Consider just one factor like the timing of the rain. If rain falls in the early springtime, it will promote healthy

green growth of the vine. At flowering, excessive rainfall might interfere with the fertilization of the grapes and reduce yields, which could be beneficial or detrimental. If it rains close to harvest, the crop can be seriously compromised by dilution and rot. Luckily, because Cabernet Sauvignon, Merlot and Cabernet Franc are harvested at different times, it would have to be a seriously bad year to affect them all.

The varieties also differ in their reaction to heat stress, the ability to withstand rot and many other factors. Of course, the fact that these main varieties of Bordeaux are planted next to each other is no accident. The vineyard mix offers producers a kind of viticultural insurance.

Most wines in Bordeaux are blends and in a good vintage for Merlot, for instance, an estate may increase the amount of Merlot in its top wine. Luckily, the varieties complement each other in the glass, with Cabernet Sauvignon providing lively aromas and firm structure, Merlot filling out the mid-palate and Cabernet Franc adding spice.

In 2006, the weather in Bordeaux produced finessed wines with excellent purity of fruit. The season started off dry

and warm but turned cool and damp by August. Cooler temperatures in the late summer preserved acidity in the whites and encouraged flavours like plum, anise and dark berry in the reds. In a season like 2005, which remained hot, the skins of the grape got very thick and resulted in big tannins in the wines. In 2006, tannins were finer and the wines ready to drink sooner.

Many Petit Châteaux are drinking beautifully already. From Maison Sichel in Bordeaux, James Sichel says the 2006 wines are “delicate and classy” – they have the characteristics of a classic year like 2004 but with more concentration of flavour.

One of the most exciting things about wine is its elusive nature. Even when you think you know a region’s wines inside and out, a new vintage comes along for you to discover. Some of my thoughts about specific Bordeaux wines of the 2006 vintage follow but I encourage you to explore them and decide for yourself how you think the growing conditions in 2006 affected what you smell and taste.

*The 2006 Bordeaux Release will be at Signature BC Liquor Stores October 3, 2009.*





October 3, 2009

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Northgate  
Park Royal  
Richmond Ironwood  
Thurlow & Alberni  
Westwood Centre

**Outside Lower Mainland**

Fort Street  
Victoria Westshore  
Kamloops Columbia Place  
Kelowna Mission Park  
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Château Latour, Pauillac, Bordeaux, France

SELECTIONS FROM THE 2006 BORDEAUX VINTAGE



**CHÂTEAU LA GURGUE MARGAUX**  
France **\$35.00** 101857

This Bordeaux has a restrained nose of mineral, floral, cassis and black cherry. The tannins are firm with a juicy palate, toasty notes and some underlying herbal flavours and a good finish.



**CHÂTEAU BERNADOTTE HAUT MÉDOC**  
France **\$29.00** 365312

The Château Bernadotte starts with a nose of licorice, violet, flowers and roasted coffee beans. It possesses very ripe and chewy tannins that are forward on the palate and a beautiful roasted quality with red and blackcurrant.



**CHÂTEAU D'ARMAILHAC PAUILLAC**  
France **\$65.00**

404475, 523712, 120006, 101790  
With a deep ruby colour, this wine has oregano, pencil lead, dark fruit and coffee bean flavours. Firm chocolatey tannin, fresh silky fruit, dark berry and cocoa are present in long finish.



**CHÂTEAU GRAND CORBIN DESPAGNE ST. EMILION GRAND CRU**  
France **\$39.00**

867267, 397547  
The Château Grand Corbin has licorice, black pepper, ripe plum and toffee notes on the nose. With earth, mineral and milk chocolate on the palate, it has a firm tannin and a finish that picks up toffee and plum.



**CHÂTEAU SOCIANDO-MALLET HAUT-MÉDOC**  
France **\$69.00** 624684, 303362, 101360

This Bordeaux is a deep ruby colour with sweet oak, toffee, dark licorice, blackcurrant and vanilla notes. A very seductive nose, plummy, rich and balanced on the palate, the finish is dominated by oak, black fruits and toasted pecan flavours.



**CHÂTEAU BÉLAIR ST. ÉMILION GRAND CRU**  
France **\$75.00** 604736

With spice, toffee, ripe plum and coconut milk aromas, the Château Bélair has a ripe palate with forward tannin and rich texture. This wine picks up lifted herbal and floral notes on the finish.



**CHÂTEAU HAUT-BAILLY PESSAC-LÉOGNAN**  
France **\$99.00**

145722, 769638, 101642, 326207  
This Bordeaux has a dense and inky ruby colour, with flavours of dried herbs, floral, mineral, Bing cherry, cassis and nutmeg. It picks up beautiful floral and mineral notes on the very long finish.



**CHÂTEAU MONTROSE ST. ESTÈPHE**  
France **\$139.00**

776203, 552752, 391680, 883264, 101188  
Showing an intense ruby colour, this wine has a dense nose with dark fruit, hints of rosemary, earth, roasted coffee and licorice. It is powerful on the palate with big tannins and massive dark berry and spice character.









# SLOW FOOD FOR THOUGHT

Started in a distant corner of Italy in 1986, the Slow Food movement embodies most of the issues foodies, farmers and families are talking about today. Its philosophy states, “We believe that food we eat should taste good; that it should be produced in a clean way that does not harm the environment, animal welfare or our health; and that food producers should receive fair compensation for their work.” Ultimately, Slow Food may be seen as an exploration of the thoughtfulness of eating.

When eating a meal, flavour and satiety are the first things that come to mind. But to dig deeper and explore the bones of these sensory pleasures, other questions must be asked. How is the meal prepared? Who prepares it? What are the ingredients, where are they from and how are they farmed? What are the costs – financial and environmental? Questions such as these plus a very public battle spearheaded by Slow Food founder, Carlo Petrini, against the

invasion of fast food giant McDonald’s into Rome in the late 80s put Slow Food on the map.

On the surface, Slow Food may appear antagonistic to “fast food.” As author and activist Eric Schlosser says, “The Slow Food movement stands in direct opposition to everything that a fast-food meal represents: blandness, uniformity, conformity, the blind worship of science and technology.” Ultimately, Slow Food stands in opposition to fast life and the rise of monoculture, not just to fast food.

To protect diversity, Slow Food created the worldwide Ark of Taste. This rescue mission helps re-establish and catalogue endangered flavours, foods and beverages. Ark-worthy foods must be made from local plants and animals. Production should be artisanal – small-scale using traditional methods, environmentally friendly and free of biotechnology’s wunderkinds: genetically modified organisms (or

GMOs). Here in Canada, we’ve added many foods to the Ark of Taste, including stinging nettle, miner’s lettuce, Saskatoon berries, nodding onion, Tamworth pigs, the Canadienne cow, Red Fife wheat, herring spawn on kelp, Nova Scotia’s Gravenstein apple, Great Plains bison and Montreal melon, to name a few.

An extension of the Ark of Taste is the Presidia, a group that gives financial aid and advice to small producers looking for economic stability. Ark-foods are given worldwide publicity with the purpose of building relationships between farmers, local businesses, restaurants and consumers.

Even small events, such as themed community dinners cooked by chefs promoting Ark-foods, are a boon to the survival of artisanal traditions. Under certain circumstances, the Presidia will help struggling artisans navigate murky bureaucratic waters or with finding apprentices or teachers to revive



## Discover the art of Barossa winemaking.

The Queen of Clubs or 'Gambler's Card' represents the great gamble that Peter Lehmann took when founding the Barossa winery in 1979. The Queen now has many faces; each one uniquely modelled to represent the individual style of the wine within. Once you discover the consistent quality and flavours of our Art Series wines, you will see that we have Barossa winemaking down to a fine art.

*Peter*  
**LEHMANN**  
*of the Barossa*

*The* PEOPLE, STORIES & WINES THAT MAKE *the* BAROSSA FAMOUS

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





## Slow Food for Thought

traditional cooking and farming practices. In Canada, the most well-known Presidia success is Red Fife wheat. With help from Vancouver Island's Cliff Leir, this heritage grain is firmly re-established in our market and many bakers use it to create outstanding bread, especially sourdough. Its unique flavour has a tantalizing description on the Slow Food website: "Artisanal bread made from Red Fife wheat has a hay yellow crumb, with an intense scent of herbs and vegetables coloured with a light acidity. The nose has notes of anise and fennel and in the mouth the bread is unexpectedly rich with a slightly herby and spicy flavour."

Words such as promote, develop, safeguard and educate are the cornerstones of Slow Food. Local chapters, called "Convivia," are responsible for putting these words into action. In every country, each region develops its own chapter. In the regional chapters, local food issues and environmental concerns are brought to light. Tasting and special community dinners are organized as well as other educational seminars and programs.

In British Columbia, Vancouver Island is a hot bed for Convivia. Nestled in the Cowichan Valley is DV Cuisine, a company that runs the organic education-centred hobby farm, "the Laughing Geese." Here, DV Cuisine develops and screens culinary documentaries. They host traveling chefs and the public using their garden and dining room as a school and they support the Duncan Farmer's Market by selling their fresh produce and home-baked goods.

**WORDS SUCH AS PROMOTE, DEVELOP, SAFEGUARD AND EDUCATE ARE THE CORNERSTONES OF SLOW FOOD.**

Fairburn Farm is another Slow Food gem. It's home to Canada's only herd of water buffalo and it's where they make authentic artisanal buffalo mozzarella. Fairburn Farm is also a culinary retreat and guesthouse hosted by Mara Jernigan, founder of Vancouver Island's Feast of Fields and current president of Slow Food Canada. Over in Sooke, Slow Food pioneer Sinclair Phillip's Sooke Harbour House hosts food and wine tasting events and the restaurant dishes up only seasonal local produce.

In Victoria, the Life Cycles organization works hard for urban sustainability, connecting people with homegrown food and preserving culinary and gardening traditions. Every fall, one of their most successful efforts is the Fruit Tree Project, where volunteers transform quince, harvested from neighbourhood trees, into slabs of garnet-coloured quince paste. Afterwards, local businesses sell the paste and restaurants often feature it on their menus, paired with regional cheeses.

Slow Food has certainly reawakened our palates. Whether or not we take an active role in the movement or just think and explore more about the nature of food, it has changed us. Local, seasonal and organic are now part of our daily lexicon. The knowledge of food and the pleasure of eating have always existed. Now, we just need to sit down and savour our food – slowly.

*For more information, visit [www.slowfood.ca](http://www.slowfood.ca)*

## TOP 10 WAYS TO SLOW DOWN THIS FALL

1. On October 4, 2009 check out Salt Spring Island's 11th Annual Apple Festival. It's a celebration of everything apple.  
[www.saltspringmarket.com/apples/](http://www.saltspringmarket.com/apples/)
2. Buy a heritage turkey for Thanksgiving. To find a breeder near you, visit the British Columbia Specialty Food Directory.  
[www.bcspecialtyfood.ca/index.php](http://www.bcspecialtyfood.ca/index.php)
3. Visit [www.slowisland.ca](http://www.slowisland.ca) to find out about local events and tastings.
4. Get involved with the Life Cycles Fruit Tree Project.  
[www.lifecyclesproject.ca/get\\_involved/](http://www.lifecyclesproject.ca/get_involved/)
5. Shop at a local market. To find a market near you go to [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)
6. Cook with seasonal goodies such as squash, corn, spinach, peppers, dark leafy greens, cauliflower, quince, apples and local pork, chicken, duck and lamb.
7. Visit the Fall Wine Festival in the Okanagan.  
[www.thewinefestivals.com/](http://www.thewinefestivals.com/)
8. Sample the fine, soft chèvre at artisanal cheese maker David Woods' Salt Spring Island Cheese Company.  
[www.saltspringcheese.com/](http://www.saltspringcheese.com/)
9. Find out how to repair anything from your pants to the environment at Shawnigan Lake's Ecovillage Convergence.  
[www.harbourliving.ca/event/ecovillage-convergence/2009-10-01/](http://www.harbourliving.ca/event/ecovillage-convergence/2009-10-01/)
10. Take a walk in the woods. For park and trail listings, visit [www.canadatrails.ca/hiking](http://www.canadatrails.ca/hiking)

These four recipes are bursting with healthful, homegrown, local and heirloom ingredients that take the shortest route from farm gate to dinner plate. While shopping at your local farmer's market and while chopping, mixing and cooking, think about where each ingredient originated and how it was grown, packaged and shipped. This simple thoughtfulness about food is a big step in the direction of the Slow Food movement. All that's left to do is share your food and new knowledge in a leisurely feast with friends.



PASTA WITH GOLDEN BEETS, GREENS AND PINE NUTS

# FARM GATE TO DINNER PLATE



VEAL WITH GREEN BEANS, HEIRLOOM TOMATOES AND OLIVES



ROASTED BUTTERNUT  
SQUASH SOUP WITH  
PUMPKIN SEED PESTO





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Farm Gate to Dinner Plate



ROCKET SALAD WITH MANCHEGO, QUINCE DRESSING AND TOASTED ALMONDS


PAIRS WITH PASTA WITH GOLDEN BEETS, GREENS AND PINE NUTS

PAIRS WITH VEAL WITH GREEN BEANS HEIRLOOM TOMATOES AND OLIVES



 **WHITE BEAR SAUVIGNON BLANC**  
BC VQA **\$12.95** 23812  
This conservation-friendly un-oaked white is bursting with zesty fruit. Dry, crisp and refreshing with an herbaceous ending, it's ideal with the pasta and spicy chicken.



 **FAT BASTARD SHIRAZ**  
France **\$16.99** 563122  
A fruit driven, food-friendly wine, this 100 percent Shiraz is rich and dense with licorice, blackberry and vanilla aromas and flavours that carry through to the big finish. Spicy foods love this wine!



 **RICOSSA BARBERA D'ASTI**  
Italy **\$15.97** 457135  
This full-flavoured, versatile wine with red berry and the unmistakable taste of cherry is well-balanced with a liberal, juicy finish. It's good to have a few on hand to please those unexpected guests.



 **DI MAJO NORANTE SANGIOVESE**  
Italy **\$15.99** 607325  
Rustic leather aromas mingle with black cherry and spice. Flavours of ripe fruit and soft spice combine for a warm finish. Bison, veal, grilled red meats and pasta dishes are perfect partners.

PAIRS WITH ROASTED BUTTERNUT SQUASH SOUP WITH PUMPKIN SEED PESTO

PAIRS WITH ROCKET SALAD WITH MANCHEGO, QUINCE DRESSING AND TOASTED ALMONDS



**SMOKING LOON VIOGNIER**  
USA **\$16.99** 128801  
There's nothing "loony" about this intense, silky Viognier from California. Rich and vibrant melon and passion fruit flavours with hints of spicy ginger unfold smoothly onto your tongue. Bliss!



**MCWILLIAMS HANWOOD CHARDONNAY**  
Australia **\$15.99** 557934  
Its creamy texture is rich, smooth and pleasing. Lovely stone fruit flavours with lots of buttery oak in the lengthy finish are sure to please anyone at the table. Pair with the soup for a perfect match.



**PISSE-DRU BEAUJOLAIS**  
France **\$16.99** 2881  
Look no further than this juicy Beaujolais full of red berry flavours with a finish that is crisp and clean. Perfect style at a perfect price!



**GABBIANO CHIANTI**  
Italy **\$14.99** 25155  
Bold, zesty and saucy with hints of tobacco and ripe red berries on the palate. The finish is noticeably gentle and smooth. A wonderful Italian chianti!







# MULTICULTURAL HARVEST

MANGO COUSCOUS – AFRICA





SPICED TURKEY – INDIA

Celebrating Thanksgiving with stuffed turkey, fresh cranberry sauce and pumpkin pie piled with whipped cream may be unique to North America but from Thailand to India, from Ethiopia to China, festivals giving thanks, not only to the harvest but also to water spirits, have long been a part of many cultures. Here’s how other countries celebrate the values of generosity and cooperation with a tapestry of traditions along with recipes and wine pairings.

## AFRICA

Every year just before harvest, either on the last Sunday of September or the first Sunday of October, thousands of Ethiopians gather for *Irrecha*. This festival combines aspects of both the North American New Year and Thanksgiving. *Irrecha* is celebrated by the Oromo people of Africa by feasting, chanting and dancing to traditional beats. The colourful festival includes ancient rituals that have been practiced for thousands of years, bonding mankind and nature and welcoming the bright sunny season. Ethiopian cuisine is rich with grass-fed beef and organic vegetables

made with as much flavour as possible, whether spicy or dripping with sweet yogurt sauce. Ethiopian-born chef and cookbook author, Marcus Samuelsson explores the Ethiopian side of his background in his book *The Soul of a New Cuisine*. Thanksgiving dinner for Samuelsson includes turkey prepared in the African tradition. He covers his turkey with a coating of harissa, a Moroccan chile-spice mix, which he also uses in the stuffing. Instead of potatoes, he prepares couscous, a typical North African dish, with mango and raisins to complement the rest of the meal. This mildly spicy couscous side dish will transport you from North America to the markets of Addis Ababa – even if for just a moment.

## INDIA

India is a land of year-round colourful festivals but Diwali or Deepawali, the Hindu “Festival of Lights,” is the largest, most vibrant and glamorous of them all. During the five days of Diwali, lights illuminate the streets, lanterns float on the rivers, garlands of marigolds and mango leaves decorate doorways, while

myriad scents of incense hang in the air. The sounds of firecrackers punctuate the night.

Diwali, held in October or November (the dates vary according to the lunar calendar), offers thanksgiving to the deity of the Ganges for giving life throughout the year. Each of the brilliant and dazzling days of Diwali is celebrated by a different tradition, each focused on good over evil, togetherness and hope, joy and goodness. Although various legends narrate the origin of Diwali, it can be traced back to ancient India, when it was an important time of harvest.

While the festival is synonymous with elaborate feasts, the menu varies according to region and community – each with its own specialty and tradition. No expense is spared; every one buys the best ingredients they can afford.

Most Indians follow a vegetarian diet during Diwali but North American Thanksgiving would not be complete without turkey, so we’ve provided a recipe for a turkey dish using the spices of India. You can really kick up this dinner when you begin with a sparkling wine from Champagne, then move on to a lively rosé with the meal.

## CHINA

China’s ancient Mid-Autumn Festival, often considered the Asian version of Thanksgiving, is second only to Chinese New Year in pageantry. It is better known as the Moon Cake Festival, named after the circular pastries prepared at this time of year. It celebrates the bounty of the earth and is held during the full moon of the autumnal equinox (October 3, this year). The theme is nocturnal – the moon is the primary symbol and children carry colourful lanterns to light up the night sky. Traditionally, carved wooden moulds imprint the pattern of the moon on cakes and they’re as

representative of the holiday as fruitcake is of Christmas. The cakes are typically filled with red bean, lotus seed or melon paste with whole salted duck egg yolks inside to symbolize the full moon. Today in modern Chinese cities, moon cakes can contain such non-traditional fillings as chocolate truffles, lychees, coffee, green tea, even ice cream (including a Haagen-Dazs ice cream version) to give a modern twist. During the festival, beautifully packaged moon cakes are a gift offered to family, friends, colleagues and business partners and often replace wine as a hostess gift at dinner parties.

As far as pairings go, moon cake is the perfect vehicle to show off the intense, sweet character of icewine. As a rule, the key to enjoying dessert wine is to select a wine that is sweeter than the dessert.

## THAILAND

*Loy Krathong*, the world's most romantic Thanksgiving festival, is celebrated in Thailand as the full moon of the twelfth month (usually in November) lights up the night sky. The festival dates back about 700 years to the time of the Sukhothai Kingdom and marks the end of the rainy season and the rice harvest. “*Loy*” means “to float” and “*krathong*” is a lotus-shaped raft made of

banana leaves. Thais pay homage to the water spirits by decorating these vessels with flowers, candles and incense sticks and setting them adrift after dark in rivers, canals and streams. In a romantic twist, lovers float a *krathong* together with the belief that if it's still floating until it's out of sight, then their love will last forever. In Bangkok, *Loy Krathong* lasts one night but in Chang Mai, three full days are devoted to the festivities. In Thailand, there are more than 24,000 street vendors who operate from food carts, which are pavement eateries with fold-up tables and chairs or from baskets on shoulder poles. The food vendors can be found almost anywhere from the busiest street corner to the smallest of alleys to keep hungry pedestrians in good spirits throughout the year but especially during *Loy Krathong*.

The Thais snack all day and into the night, often on Pad Thai – a colourful dish of stir-fried rice noodles and shrimp that customers can fine-tune using chilies, onion, soy sauce or limes. We include a spicy sweet-sour rendition of Pad Thai from Karen Barnaby, chef of the Fish House in Stanley Park. This satisfying dish can be served as an appetizer or a light meal with a nice Sauvignon Blanc, a varietal all about aromatics and crisp fruit, two key ingredients required to make any Pad Thai pairing enjoyable.



MOON CAKES – CHINA



Multicultural Harvest



SHRIMP PAD THAI – THAILAND

PAIRS WITH SHRIMP PAD THAI



**00**  
**CASILLERO DEL DIABLO SAUVIGNON BLANC**  
 Chile **\$12.97** 578641  
 This Chilean white made from grapes harvested from cool sites and is fermented and aged in stainless steel tanks. The result is a clean, fresh white with bright gooseberry flavours flecked with peaches, honey and citrus.



**00**  
**ARROGANT FROG RIBET WHITE SAUVIGNON BLANC**  
 France **\$12.99** 914002  
 From the Languedoc region in the South of France, this is a crisp, light, mineral, citrus and grassy white with a fruity freshness in the mouth. Made by Paul Mas, this wine represents outstanding value in an easy-sipping style.

PAIRS WITH SPICED TURKEY



**01**  
**CHARLES HEIDSIECK BRUT RESERVE**  
 France **\$59.95** 31286  
 Full-bodied and well-structured, this Brut's toasty nose previews a rich and elegant palate flavoured with nuts and spices, baked apple, pear and citrus flavours.



**00**  
**CÔTES DU VENTOUX ROSÉ LA VIEILLE FERME**  
 France **\$12.99** 559393  
 This rosé is a delicious blend of Grenache, Shiraz, Mourvèdre and Cinsault. The wine is bright and fresh, with citrus, mineral and red fruit notes. The entry is crisp and delicious with a clean finish.

PAIRS WITH MANGO COUSCOUS



**SHOT IN THE DARK SHIRAZ PETITE SIRAH**  
 Australia **\$12.99** 807115  
 Petite Sirah is a variety often overlooked but this big, friendly red from Oz downplays acidity and amplifies rich, smoky, ripe fruit flavours. Round, warm, glossy and a touch on the sweet, New World side, it will resonate with spicy couscous.



**CONCANNON PETITE SIRAH**  
 USA **\$19.99** 306423  
 This red from California's central coast has a spicy, floral, licorice, black cherry nose with bits of orange peel and chocolate aromas. The palate is dry and supple with black cherry, coffee, mineral and licorice notes. It finishes just a touch of tartness.



PAIRS WITH MOON CAKES



**MISSION HILL FAMILY ESTATE RESERVE RIESLING ICEWINE**  
 BC **\$59.99** 240127  
 This BC icewine has a lovely, fresh, round and elegant palate that is sweet but not cloying with fine acidity. Its delicious flavours combine Granny Smith apple, orange, lime, apricot butter and peach for a perfect dessert pairing.



**SEE YA LATER RANCH EHRENFELSER ICEWINE**  
 BC **\$50.00** 79467  
 From the southern Okanagan Valley, this icewine brings floral, spicy orange and ripe peach aromas to dessert. It has a fresh, fat, round palate of baked green apple, apricot and orange rind flavours. The richness will easily tame the inner sweetness of the moon cakes.



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# HOT

## WHAT'S MOST WANTED THIS FALL



MASI CAMPOFIORIN  
Italy **\$19.99** 155051

This earthy red from Italy combines simplicity, power, grace and splendour in one beautiful bottle. Raisin and sour cherry flavours dominate the glass with hints of leather and velvety cocoa making their appearance in the round, warm finish.



THE SHOW  
CABERNET  
SAUVIGNON  
USA **\$18.99** 374686

Let the show begin with this big, bold red from California. When the curtain rises, spice and sweet vanilla are centre stage. Jammy black cherry with hints of cocoa lead as the curtain falls on a finish that is long and smooth. Encore!



APPLETON ESTATE VX  
Jamaica **\$24.95** 177808

Appleton is an exceptional estate blend using fifteen different aged rums. Light spice, brown sugar, dried fruits and a hint of orange peel aromas are all enticing. Rich toast and honey flavours with a touch of sweetness are sure to add a spark to any classic cocktail recipe.

# DISCOVER THE TOP-TIER WINES OF CHILE



**W**e refer to Chile as a New World wine region for good reason – Chile didn't join the international wine scene until the mid 80s. However, as discovered during a recent trip to Chile, winemaking is not new in this part of the world. Chileans have been growing grapes and making wine for nearly 500 years. In the 80s, Chilean wines hit the worldwide market,

providing an inexpensive way to enjoy wine. Not all were good but the wines got attention from winemakers around the globe. Today Chile is one of the world's fastest growing wine regions and is considered a winemaker's paradise.

Chilean wines are generally fruit-driven, neither overly oaked nor overwhelmingly high in alcohol. When Chilean wines came on the market

they quickly earned a reputation as quaffable and reasonably priced and this reputation stands today. What has changed in Chile is that many of the wineries are now producing top-tier wines that compete with the rest of the winemaking world. What still separates Chile from many countries is that it continues to over-deliver in all price categories.



## WHAT HAS CHANGED IN CHILE IS THAT MANY OF THE WINERIES ARE NOW PRODUCING TOP-TIER WINES THAT COMPETE WITH THE REST OF THE WINEMAKING WORLD.

Unique to Chile is its dramatic geographical and topographical position. A long and narrow country, Chile is bordered by the Andes Mountains on the east and the Pacific Ocean on the west. The wine regions are situated in the hot, central valleys lying north of the capital city Santiago all the way to Concepción in the south. They enjoy unobstructed cooling breezes and ideal wine growing conditions.

Chile has 14 wine regions, all with very different “*terrior*,” which is the French term that describes the effect of climate, weather, topography and the soil of a vineyard on the grape and thus, the wine. Varieties grown in Chile include Sauvignon Blanc, Chardonnay, Viognier, some Riesling and Gewürztraminer. The most widely planted grape by far is Cabernet Sauvignon. It makes up half of all red varieties and 40 percent of all plantings. Other reds are Merlot, Carménère (the old Bordeaux grape that has found a new home in Chile), Syrah, Pinot Noir and a little Malbec, Cabernet Franc and Petite Verdot.

The Maule Valley is Chile’s largest wine region, known for its high quality, complex reds like Cabernet Sauvignon and Carménère. The Maipo Valley, with its very dry, Mediterranean climate, is the most famous region, known for its Cabernet

Sauvignon. The summers in Maipo are hot and dry and the evenings are cool. These temperature changes help slow the ripening of the grapes, which in turn makes more flavourful wines. Other grapes grown here are Merlot and Carménère. Look for producers like Santa Carolina, Concha Y Toro, Carmen, Terrapaca and Terra Mater.

The Casablanca Valley is an entirely different climactic zone. It produces beautiful crisp whites, including Sauvignon Blanc and Chardonnay. The early morning fog keeps the temperature cool and also provides moisture to the otherwise dry soils. In the afternoon, the winds clear away the fog which allows for warm sunshine for the balance of the day.

Aconcagua Valley, home to Chile’s first icon wine, the world-renowned Sena, has a stable climate, lots of sun and a low risk of frost making it another ideal grape growing area. The first Syrah was planted there about 15 years ago and the vines have adapted very well. In fact, plantings of Syrah are up 30 percent in the last few years. The cool, dry conditions also make the Aconcagua Valley suitable for organic and biodynamic viticulture. The top varietals in Aconcagua are Cabernet Sauvignon, Syrah and Carménère.

The Cachapoal Valley/Rapel wine growing region, where grape growing is a major industry, is less than 100 kilometers from Santiago.

Ninety percent of all grapes grown in this region are red, the majority being Cabernet Sauvignon with some Merlot and Carménère. If you’re looking for premium reds from this region, look no further than top producer Anakena. The Colchagua Valley/Rapel grows Chile’s best Malbec under burgeoning names like Cono Sur, Casa Silva, Montes, Viu Manent and Emiliana Organico.

The Curico Valley is Chile’s third largest wine valley and the largest producer of Sauvignon Blanc in the country. Along with whites, Syrah plantings have increased in this region. From this valley, pick up wines by producer Miguel Torres.

The viticulture areas to watch for in the future are in the north – the Choapa Valley, Limari Valley and Elqui Valley. While reds are still more widely planted (Cabernet Sauvignon and Syrah) Sauvignon Blanc and Chardonnay plantings have gone up dramatically in the last year. Chilean winemakers have discovered that the mineral-enriched soils and the cool coastal breezes, rain-free summers and dry heat of the Elqui Valley terroir produces fresh, crisp, palatable whites with wonderful mineral aromas and flavours.

The exciting thing about the wines and regions of Chile is that they are still new, undiscovered and full of potential. Be the first to try and discover the unique flavours of Chile.

# wines of CHILE

**2** EXCLUSIVE  
**TASTING**  
OPPORTUNITIES!

Saturday, September 26 | 12pm – 2pm  
39TH & CAMBIE SIGNATURE  
BC LIQUOR STORE TASTING

- ★ Complimentary sample of Chilean wine
- ★ Meet Anthony Gismondi & Kasey Wilson  
airing live with CFUN's The Buzz on  
Food & Wine
- ★ Inspired food offerings by O'Doul's  
Restaurant & Bar

Monday, September 28 | 5:30pm to 9pm  
VANCOUVER'S CHILEAN  
FALL FESTIVAL

- ★ Mingle and taste over 100 Chilean wines
- ★ Meet visiting Chilean vintners over dinner  
at one of several intimate settings in  
downtown Vancouver
- ★ Pricing ranges from \$89 to \$129

More information & tickets at  
[www.ccltd.ca/winesofchile](http://www.ccltd.ca/winesofchile)

Explore & Discover



WINES OF CHILE  
VINOS DE CHILE



pro|CHILE





## Discover the Top-Tier Wines of Chile



### SANTA RITA RESERVA SAUVIGNON BLANC

Chile **\$12.99** 275677

This fresh, crisp white has grassy, mineral, lime, melon aromas and flavours with additional notes of grapefruit, orange and a touch of gooseberry fruit. A terrific value, it's ideal for sipping on its own or with grilled prawns or freshly shucked oysters. (Casablanca Valley)



### QUINTAY CLAVA SAUVIGNON BLANC

Chile **\$14.99** 386383

This fresh, clean white has floral, grapefruit, mineral, gooseberry and citrus fruit aromas and great balance. The palate is crisp and fresh with grassy, grapefruit, melon, asparagus and herb flavours. A solid value all the way. For pairing, think bounty of the sea. (Casablanca Valley, Region de Aconcagua)



CHILEAN WINES ARE  
GENERALLY FRUIT-DRIVEN,  
NEITHER OVERLY OAKED  
NOR OVERWHELMINGLY  
HIGH IN ALCOHOL.



### CASA SILVA DONA DOMINGA OLD VINES CABERNET SAUVIGNON CARMÉNÈRE

Chile **\$13.99** 359885

Casa Silva provides a lot of wine for the money. This red blend has peppery, minty, menthol and tobacco aromas. The palate is soft and ripe with herbaceous black cherry flavours and a peppery finish. This wine screams for a fall barbecue of your favourite red meat. (Colchagua Valley)



### ANAKENA VIOGNIER

Chile **\$15.95** 329755

This is a consistently well-made, single vineyard Viognier. It has beautiful aromatic tropical aromas of apricot, peach, honey and orange with a touch of vanilla. It has a wonderful creamy mouth feel with ripe juicy flavours of apricot, peach, pineapple and lively citrus notes. Well-balanced and full-flavoured, this white is ideal with Thai or Indian cuisine. (Rapel Valley)



### EMILIANO ORGANICO ADOBE SYRAH

Chile **\$14.99** 5801

This well-priced red is made with organically grown grapes. It has big spicy, peppery, smoky, chocolate, barnyard, blackcurrant, blackberry, cherry and vanilla aromas. The palate is soft and easy-drinking with more smoky, earthy, peppery, chocolate, vanilla and herbs. Pair with roasted beef or game meats. (Casablanca Valley)



### TRIO MERLOT CARMÉNÈRE CABERNET SAUVIGNON

Chile **\$15.95** 152967

This blend of three grape varieties offers earthy aromas of leather, dark chocolate, tobacco and black cherry. The full, soft palate has food-friendly earthy flavours of spice, black cherry and cassis with a pleasant lingering finish. Ideal with red meat and tomato-based pasta with beef. (Casablanca, Rapel and Maipo Valley)



### SANTA RITA CABERNET SAUVIGNON MEDALLA REAL RESERVA ESPECIAL

Chile **\$19.99** 275594

This fine, elegant red has wonderful earthy, leather, toasty, black pepper, coffee, blackcurrant and cedar aromas. The palate is bursting with plum and concentrated blackcurrant fruit and dark chocolate with a hint of vanilla. It has great body, structure and a fine lengthy finish perfect with roast beef. (Casablanca Valley)



### MONTES ALPHA CABERNET SAUVIGNON

Chile **\$26.85** 322586

This wonderful Chilean Cabernet is one of the best for the money. It boasts sweet, soft, black fruit, tobacco, spicy and vanilla aromas. The smoky, earthy palate also shows notes of black fruit, tobacco, vanilla and spice along with flavours of olive, licorice and just a hint of blueberry. Pair with a well-marbled strip loin or rib steak. (Colchagua Valley)



*The Warmth of*  
**SOUTHEAST**  
**ASIAN SOUPS**



THAI HOT AND SOUR  
PRAWN SOUP WITH  
LEMON GRASS  
(TOM YUM GOONG)





MALAYSIAN LAKSA LEMAK

Soups are the backbone of any Asian meal. Vietnam's famed rice noodle and soup dish called *pho* is eaten any time of the day from early morning breakfast to a late night snack. The cornerstone of any *pho* is the full-bodied and rich beef broth, infused with heady hints of ginger, star anise and other spices. Accompanied with the meats of your choice, from chicken or rare beef slices and well done brisket to gelatinous tendons and delicate tripe, the steaming bowls come adorned with the traditional garnishes of thinly shaved onions, chopped green onions, fresh chilled bean sprouts and fragrant Thai basil. Eating *pho* is quite a personal affair, depending on how you flavour it. Will it be a simple squeeze of lime, a dash of hoisin sauce, some chili oil or a slightly sweeter chili sauce?

Farther south, you'll find the popular spicy Malaysian *laksa*, a gift of the Peranakan culture, which has elements of

both Chinese and Malay traditions. Although there are various varieties of *laksa*, most are thick noodles served in a coconut curry soup. The addition of coconut milk adds a distinctive richness to the dish, which has a slightly sweet and strongly spiced broth. Traditional garnishes for any *laksa* include tofu puffs, bean sprouts and for extra heat, sambal chili sauce.

Soups are an essential part of most meals in Southeast Asia and in particular, Thailand. A bowl of soup is always included in a Thai meal and is placed on the table alongside the other dishes to be enjoyed a little at a time, as a liquid refreshment as and when each diner chooses. Although there are numerous regional styled soups, without doubt the most famous is *Tom Yum Goong*, Hot and Sour Prawn Soup. A symphony of flavour, it uses many local favourites such as lemon grass, cilantro, kaffir lime leaves and of course, chilies.



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*Happy Birthday Wolf!*





## The Warmth of Southeast Asian Soups

FOR RECIPE, PLEASE SEE PAGE 116

### PAIRS WITH VIETNAMESE *PHO BO* (BEEF PHO)



**CONO SUR  
CABERNET  
SAUVIGNON  
CARMÉNÈRE**  
Chile **\$14.99** 211185  
Delicious and decadent is the best description for this organic, full-bodied wine. The red fruit mingled with chocolate and mocha are inviting while the finish is soft and well-balanced.



**PASCUAL TOSO  
MALBEC**  
Argentina **\$13.99** 129163  
A medium-bodied, well-priced wine that's soft and silky. Vanilla and lovely oak nuances complement this easy-sipping Malbec. It's also perfect with the Vietnamese beef soup.



VIETNAMESE *PHO BO* (BEEF PHO)

### PAIRS WITH MALAYSIAN *LAKSA LEMAK*



**BERINGER  
FOUNDERS' ESTATE  
CHARDONNAY**  
USA **\$19.99** 534230  
Rich and luxurious tropical fruit aromas backed by vanilla and toasty oak flavours with a slightly buttery, creamy finish. This is the ideal companion to all your best seafood cuisine.



**LANGHORNE  
CROSSING  
CHARDONNAY  
RIESLING VERDELHO**  
Australia **\$12.99** 330779  
This fresh and crisp Australian blend has herbal spiciness that is bold and daring. The citrus finish is clean and refreshing. Sip well-chilled and pair with chicken or seafood dishes.

### PAIRS WITH THAI HOT AND SOUR PRAWN SOUP WITH LEMON GRASS (*TOM YUM GOONG*)



**ROSEMOUNT  
GEWÜRZTRAMINER  
RIESLING**  
Australia **\$13.50** 244301  
You'll find a medium-bodied blend with an unexpected hint of fruity sweetness in this well-priced glass. Pairs easily with most cuisine but try it with hot and sour soup for a fantastic match!



**ERRAZURIZ  
SAUVIGNON  
BLANC**  
Chile **\$13.99** 286385  
Loaded with flavour, this value-priced wine is fresh and clean with citrus, floral and grassy aromas. Passion fruit makes an appearance in the lively finish and it is pure pleasure with seafood.



**True legends are  
not born,  
They're Mixed.**



*Party Responsibly. Captain's Orders.*





# CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES



**Blake Konkle**

Product Consultant (WSET\* Intermediate)  
Langley Signature Store, Langley

*"Building a rapport and creating a fun learning environment where our customers seek out help and advice every time they visit our stores is part of my job."*



**AVALON CABERNET SAUVIGNON**

USA **\$26.49** 171116

This is a deep and rich ruby-coloured wine with aromas of blackberries, liquorice, cherry and dusty earth. The flavours of rich dark berries with hints of spicy vanilla are enticing. The silky tannins are due to the addition of a small amount of Merlot and lead to a long finish. Pair with grilled barbecue meats or glazed baby back ribs.



**KIM CRAWFORD SAUVIGNON BLANC**

New Zealand **\$21.99** 100594

This beautiful wine is pale yellow-green in colour with aromas of lime, stone fruits and herbs. A bright, complex wine with crisp acidity and flavours of guava, grapefruit, lime and herbs, it pairs with raw oysters, barbecued scampi or grilled halibut with mango compote.



**Maureen Murphy**

Product Consultant (WSET\* Advanced)  
Mission Park Signature Store, Kelowna

*"All my work of studying the world of wine and spirits is worthwhile when a customer comes back into my store and tells me that my wine selection for them made for a perfect evening."*



**RED BREAST 12 YEAR OLD IRISH WHISKEY**

Ireland **\$54.95** 636845

One of the few "pure pot still" whiskeys from Ireland available on the BC market. After spending a minimum of 12 years in sherry or bourbon casks, this whiskey exudes flavours of fruit, citrus and spice. The lingering fruity, toffee-sherry notes come through on the long, smooth finish. Serve neat but it shows itself best with a dash of water to dilute the alcohol.



**CARM DUORO SUPERIOR ORGANIC**

Portugal **\$19.49** 433516

A 100 percent organically produced blend of Touriga Nacional, Tinta Roriz and Touriga Franca varietals. With a medium body, the aromas of blackberries and cherries carry through seamlessly onto the palate. The tannins are silky and the finish has a lovely dash of black figs and licorice. Here's a red worthy of any hearty fall meal.



**Matt Brzovic**

Product Consultant (WSET\* Intermediate)  
Peninsula Village Signature Store, White Rock

*"This job is an extension of my love of wine. It has been a lifelong journey of discovery that I am pleased to be sharing with my customers."*



**MASI PASSO DOBLE**

Argentina **\$14.99** 225813

A blend of two workhorse grapes, this is a stunning, balanced and value-packed wine. Jammy black cherry and blackberry liqueur flavours with subtle vanilla notes dominate the palate on this big blend. Ideal with Italian cuisine and strong cheeses.



**NOVAS ORGANIC CARMÉNÈRE CABERNET**

Chile **\$16.99** 771840

Aromas of cedar, spice and blueberry lead to a medium-to-full bodied wine with light tannins under the fruit. Black fruits and earth notes merge with spice to create a long, lush finish. Pair with big porterhouse steak or venison.

\*WSET is the Wine and Spirit Education Trust, the organization that provides the intensive training program that qualifies Product Consultants at BC Liquor Stores. [www.wset.co.uk](http://www.wset.co.uk)

# GAMES PEOPLE PLAY



Look outside your window right now. If there's no precipitation falling, there soon will be. It's time to say goodbye to lazy afternoons around the barbecue, sipping chilled rosé and swatting at mosquitoes. There's change in the air and it follows that there's a change in entertaining as well. When the backyard is off-limits to friendly gatherings due to torrential downpours and your once brightly-coloured clematis is a barren tangle of stems, bring your company into the warm and cosy confines of your home.

Once the dinner is planned, prepared and enjoyed, what next? Fireside chats after dining are always in vogue but recently there's been a huge resurgence in games of all kinds. Everything from cards, to classic and cutting-edge board games have been making appearances at dinner parties across North

America. As Plato once said, "You can discover more about a person in an hour of play than in a year of conversation." So here is a reminder of happy pastimes old and new that will allow you to learn more about your friends and get in some all-important "face time" as well.

## CARDS

Paper was invented in China in the 10th century and the first playing cards followed very shortly thereafter. It took Europe a little longer to catch on, with no reference to games involving small, painted rectangles of paper until the late 1300s. Centuries later, there are few countries or cultures that don't enjoy their own variation of a game played with a deck of cards.



## AS PLATO ONCE SAID, “YOU CAN DISCOVER MORE ABOUT A PERSON IN AN HOUR OF PLAY THAN IN A YEAR OF CONVERSATION.”

According to [gamesinfodotcom](http://gamesinfodotcom), the top 10 most popular card games are: Bridge, Poker (Texas Hold ‘Em), Hearts, Whist, Spades, Blackjack, Baccarat, Solitaire, Rummy and Go Fish. While a Go Fish tournament after a dinner of venison and truffle mashed potatoes seems a bit incongruous, any of the other games on the list would pair nicely. Make your card night a weekly or monthly event to really get the rivalries going.

### THE CLASSICS

When dinner is for two, nothing in the gaming world beats the classics: backgammon and chess. Chess originated just before the advent of playing cards and is enthusiastically played around the world to this day – it’s got major staying power. But the longevity of chess has nothing on backgammon’s lifespan, records of which date as far back as 3000 B.C.

Go as frugal or elaborate as you like with your chess or backgammon sets. That’s the beauty of these traditional board games, particularly chess. There are sets of chessmen to suit almost any hobby or personal obsession, from obscurities like a brass reproduction of surrealist Yves Tanguy’s 1930s broom handle set, to a detailed *Star Wars* set starring Darth Vader as the black king.

### RETRO/NOSTALGIC

Probably the most popular and best-selling board game in history is Monopoly, invented by Pennsylvanian Charles B. Darrow during the Great Depression. The game’s appeal hasn’t waned over the decades. In spite of originally being turned down by game publishers Parker Brothers due to “52 design errors,” over 200 million versions have since been sold. Do not pass go... go directly to your closet and pull out Monopoly after your next dinner party.

Born a few years after Monopoly, Clue also has endless appeal, spawning a hit movie and possibly contributing to the invention of the murder mystery dinner genre. Less work than

writing your own plot but with much of the entertainment value of a staged murder mystery, Clue is an ideal after-dinner diversion.

If your guests are more strategically-minded, Risk might be a better choice. A little younger than Clue and Monopoly, Risk was first released in France in 1957 as *La Conquête du Monde* (The Conquest of the World). What could be more absorbing on a rainy fall evening than attempting to reach the game’s goal of world domination?

### WHAT’S NEW?

With the burgeoning interest in board games, there’s a plethora of new ones to try. From extremely elementary to some you practically need a slide rule to play, there’s something for all the gamers in your group. Notable for its smash success is the Settlers of Catan, first published in 1995. Since then, it’s sold 500 million copies and been released in thirty languages. Although the concept is quite simple – settlers establishing colonies on an island – the dynamics are complex and engrossing.

Less intellectual and definitely louder than Settlers, the ever-popular Cranium series lets you and your guests exercise creativity in an entertaining way – act, sing, draw and sculpt your way through those long autumn evenings. Cranium is great with large groups and so is Apples to Apples, a *Games Magazine* “Game of the Year” winner that belongs in the “laugh ‘til you cry” category.

Gaining in popularity are more elaborate board games from companies such as Fantasy Flight. The game Arkham Horror is based on the H.P. Lovecraft mythos and pits players against invading terrors from other dimensions and Android is a futuristic, dystopian detective game. Intriguing and a little frightening, you might try either of these near Halloween.

Whatever your style, there’s much to be said for turning off the television, staying home and interacting with real people one-on-one. Try taking Plato’s advice and learn more about yourself and your friends by engaging in the art of play.



# CELLARING WINES

There's something magical about going down to a wine cellar and rummaging through stacks of dusty old bottles. After lengthy deliberations you select the perfect bottle and then emerge victorious to rapturous applause from your thirsty friends.

It's great fun to have a stash of wine. Each bottle has a story to tell. Some might have sentimental value, others are kept for a special occasion and hopefully most of them have increased in value. Yes, you can potentially make big bucks on wine as an investment but that's another story.

The main reason for cellaring wines is to allow them to improve in quality. Over time some wines can develop amazingly complex bouquets and flavours. Great wine needs time to evolve and mature and it is only with cellaring that fine wines show their true pedigree. Sadly, the vast majority of high quality wines are drunk far too young.

But how can you tell if a wine should be cellared? A certain amount of experience and expertise in tasting goes a long way but here are three pointers:

First, evaluate the overall quality of the wine. If it is a poor quality wine, then it will only get worse.

Second, wines need to have good structure in order to age well. I have a close look at the tannins in reds. Wines should have quite high amounts of fine tannins to give them structure and these tannins will soften over time. Both red and whites

should have a reasonable amount of acidity too, which will help keep them alive. There should also be a high degree of fruit ripeness because wines lose their primary fruitiness as they age.

Third, all of these components need to be in balance. So look for some harmony between the fruit, acid, tannin and alcohol. If the alcohol is so high that it feels like you're drinking tequila then this is only going to get worse with age.

Another way to approach cellaring is to focus on high quality wines that come from classic regions with a track record of improving with age. White wines like top quality vintage Champagnes, fine German and Alsatian Rieslings, great white Burgundy and Bordeaux and curiosities like Hunter Valley Semillon can all age well. A good cellar has a nice selection of white wines, so don't overlook these.

The list of reds is much longer. I'd get excited to see stacks of northern Rhône reds from Hermitage and Côte Rôtie, throw in some Châteauneuf-du-Pape and a healthy dose of benchmark Burgundy from the Côte de Nuits. From Bordeaux the classic appellations of the Medoc and the wines from Saint-Émilion and Pomerol are a must – without them you won't build a serious cellar.

From Italy, the essentials would include Barolos, Barbarescos, Brunellos, Super Tuscans and Amarones. Don't forget Rioja, Ribera del Duero and Priorat from Spain, classic Napa Cabernets and the icon wines from Chile, Argentina and Australia.





# Peter Gago

## Chief Winemaker

Enjoy  
Responsibly

Peter Gago is part of a short, but illustrious line of Penfolds chief winemakers. From Mary Penfold to Max Schubert and through to Peter Gago – an unbroken chain of over 165 years. Respectful of the Penfolds style, Peter believes it's his job to both maintain and contest, to continue to do what works and always has, but also to take risks and strive towards excellence in new and creative ways. It's good to be wrong, he says, because that means you're doing something you've never done before – and learning another lesson on the journey toward truly outstanding wine.



*Max Schubert*

To the visionaries.  
To those who do things for love not money.

165 years of winemaking.





# Cellaring Wines

And yes, some of the best of BC are worth having too.

Finish off the cellar with a section of the great sweet wines from the Loire, Sauternes and Tokaji, throw in a few cases of vintage Port and you've got enough supplies to see you through any dinner party.

The next question is when to actually drink all these treasures? Wines go through three key phases. They are either improving, at peak or past their best. The trick is to buy at least three bottles

of anything you decide to cellar. Speak to a Product Consultant at BC Liquor Stores or check the internet for what the critics are saying is the ideal drinking window. When you think a wine might be approaching its time, then crack open a bottle and see how you like it.

If I think a wine is fantastic, then I scribble that down on the label with a note on how much longer I think it can cellar for, along with words of encouragement to race through the remaining bottles. Again, I'm focusing

on the fruitiness, the balance, intensity, concentration and length. But if the wine is not showing well then I'm inclined to give it a long period in a decanter to help it open up. I note on the label that the next bottle shouldn't be drunk before a certain date.

Why are some people seemingly mad about wine? Once you've tasted fine wines that are a few decades old, you'll know that the bouquet and flavours are like nothing else on earth.

## PERFECT CELLARING WINES



**MASI COSTASERA AMARONE DELLA VALPOLICELLA**  
Italy **\$49.99** 317057  
Amarone typically has so much concentrated fruit, an alcohol degree of about 15 percent and such rich, ripe tannins that it can age for at least 6–10 years from the vintage date. Some Amarones can go for more than 20 years.



**TERRE BAROLO**  
Italy **\$38.00** 452789  
Barolos are some of the longest-lived wines in the world. In fact, you shouldn't even bother drinking them for 8–10 years from the vintage date and the really great ones will easily go 15–25 years.



**JOSEPH PHELPS NAPA CABERNET SAUVIGNON**  
USA **\$88.99** 651596  
Napa Cabernets, at the top level, have shown an ability to age, although they tend to keep their richness of fruit for much longer than the Medoc wines. It always depends on the individual wine but 8–15 years from the vintage date should be an ideal drinking window.



**LUCE TOSCANA IGT**  
Italy **\$99.00** 706424  
The Super Tuscans, like this one, really do have the structure to take them through one or two decades. This is one of my favourites and I estimate that in 15–20 years from the vintage date, it will be outstanding.



**LE VIEUX DONJON, CHÂTEAUNEUF-DU-PAPE**  
France **\$59.97** 302216  
Top quality Châteauneuf can also cellar quite well. 10–20 years of cellaring should allow them to shine.



**TORRES CELESTE**  
Spain **\$27.99** 384040  
While you do typically have to spend some money to get high quality wines that will age and improve, occasionally you can find wines like Torres Celeste that have the structure and quality to cellar for 7–12 years.



# CABERNET

## DOWN UNDER LONG LIVE THE KING



The Twelve Apostles along Victoria's Great Ocean Road

**W**hen you hear the word Australia, do kangaroos and koalas spring to mind? Or does your mouth water in anticipation of a glass full of decadent Shiraz? In recent years, Shiraz has become the king of “the land down under,” where accessible, affordable and downright tasty versions of this classic Rhône varietal have prospered. Easy to say and even easier to drink, Shiraz became revitalized in Australia.

But somewhere along the way, we forgot about the king of grapes – Cabernet. We sauntered by his stately place on store shelves, whistling as we passed on our well-trodden path to the

mouthfilling Shiraz. But in the interest of diversifying, perhaps the time has come for us to remember what makes Cabernet Sauvignon the king – elegance, structure and refinement – all elements we can learn to appreciate again.

One of the key players in the legendary wines of Bordeaux, where it was first cultivated, Cabernet Sauvignon is the noble love child of the white Sauvignon Blanc and red Cabernet Franc grape varieties. Oddly enough, the typical “green” characteristics classic to Cabernet’s parents have recently become undesirable to wine drinkers and scribes alike. It is this



intrinsic “green” character, which lifts a wine’s aromas and brightens the palate, whether it appears as mint, eucalyptus, green beans or bell pepper, that gives Cabernet its style. But happily, “green” is back in vogue everywhere and seems to be reappearing in our wine glasses too – in a good way.

In South Australia, Coonawarra’s *terra rossa* (red soil) and maritime climate impart a unique mineral character and elegance to its wines. These wines are enhanced by wonderfully concentrated fruit and are valued around the world. Western Australia’s renowned Margaret River is producing ripe, complex Cabernets to rival those of Coonawarra.

Cabernet Sauvignon probably arrived in Australia around 1830 when James Busby transported over 600 varieties of vine cuttings from Europe. The vines were brought to the Royal Botanic Gardens in Sydney then distributed around the country, many of them ending up in the Hunter Valley, purchased by George Wyndham of Wyndham Estate. But the vines in South Australia, brought to Adelaide and planted in McLaren Vale in 1838 by John Reynell of Château Reynella, were originally from South Africa.

Today, Cabernet Sauvignon is grown in wine producing regions all around Australia. Some places are more suited to it than others but each brings its own personality to the finished wine.

Most Australian winemakers blend their Cabernet Sauvignon with other varieties like Shiraz, Merlot, Petit Verdot, Malbec and Cabernet Franc. When you’re looking for pure Cabernet Sauvignon, look no further than the following few regions that make excellent examples.

South Australia’s Barossa Valley is unquestionably the most famous of all Australian wine regions. Its warmth and especially low rainfall both contribute to the opulent fruit found in the wines. Cooler microclimates within Barossa and the elevated sub-region of Eden Valley

### CABERNET SAUVIGNON IS THE NOBLE LOVE CHILD OF THE WHITE SAUVIGNON BLANC AND RED CABERNET FRANC GRAPE VARIETIES.

are more suited to this refined varietal, highlighting its pristine cassis and desirable minty or green characteristics.

Clare Valley, which is situated northwest of Barossa Valley, is a gorgeous, diverse region of lush greenery contrasted by broad plateaus. Clare’s continental climate pairs cool nights with warm days – a combination perfect for producing Cabernet Sauvignon. The result is a ripe, juicy version of this often-austere varietal.

Also located in South Australia, just south of the city of Adelaide, McLaren Vale is putting out stunning Cabernet

Sauvignons, which have fantastic structure, elegance and amazing power without being over-the-top jammy. Chocolate and dark berry fruit are recognizable traits that reveal a typical Cabernet Sauvignon from McLaren Vale.

But South and Western Australia are not the only places producing exceptional Cabernet Sauvignon. In the southeastern state of Victoria, recognizably cooler climate regions, such as Mornington Peninsula and Yarra Valley, can produce stylish and silky – albeit lighter-bodied, Cabernets. But as a single varietal, Cabernet is less common here except in vineyard sites where the grapes can sufficiently ripen.

In New South Wales, northwest of Sydney and west of the famous Semillon producing region of Hunter Valley, sits Mudgee. Like the Hunter Valley, Mudgee is not the most congenial place to grow grapes but despite its climactic quirks, Cabernet Sauvignon does very well here. Mudgee is a very warm region which produces developed Cabernets with liberal red fruit and bright minty, eucalyptus characters, often laced with cocoa tones.

Is Cabernet Sauvignon poised to rise in the ranks and become Australia’s new darling? With its impressive fruit tones and its distinct mint and eucalyptus character, Cabernet Sauvignon just might take back the crown.



**OPEN UP**  
To wines from Australia

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Visit your local BC Liquor Store in October for deals on Australian wines, wine tastings and your chance to win a trip Down Under.

Visit: [openup.wineaustralia.com](http://openup.wineaustralia.com)

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# AUSTRALIA'S MOST AWARDED WINERY





## Cabernet Down Under

THE TIME HAS COME FOR US TO REMEMBER WHAT MAKES CABERNET SAUVIGNON THE KING – ELEGANCE, STRUCTURE AND REFINEMENT – ALL ELEMENTS WE CAN LEARN TO APPRECIATE AGAIN.



### PETER LEHMAN CABERNET SAUVIGNON

Australia **\$21.99** 605741

This wine features abundant aromas of cassis and mint with undertones of savoury herbs and toasted spices. On the palate expect dense, earthy flavours, bittersweet cocoa, mixed berry fruit and spice. (Barossa Valley)



### CAT AMONGST THE PIGEONS "CAT WALK" CABERNET SAUVIGNON

Australia **\$19.99** 227694

This is a wine to pair with rich meats. The aromas are dense – blackcurrant and savoury, roasted aromas dusted with herbs. The palate features spiced chocolate and cassis and has a fine, smooth linger. (Barossa Valley)



### WOLF BLOSS "YELLOW LABEL" CABERNET SAUVIGNON

Australia **\$17.99** 251876

This wine has sweet cherry, currant and eucalyptus notes with hints of crushed flowers and chocolate. It is bright and smooth with a bounty of fruit and cedar box spice flavours with fine tannins lingering on the finish. (South Australia)



### PIRRAMIMMA CABERNET SAUVIGNON

Australia **\$29.99** 608182

Expect decadent aromas of mint chocolate patties, vibrant mulberry and exotic spices. The palate is supple with plenty of dark berries, spice and cedar with cocoa lingering on the finish. (McLaren Vale)



### MCWILLIAMS HANWOOD ESTATE CABERNET SAUVIGNON

Australia **\$15.99** 214577

This easy-drinking red has opulent aromas of blackberries and cherry, mixed spices and vanilla with hints of leather. The texture is supple, laden with juicy berry flavours, vanilla and cloves. (Southeast Australia)



### LINDEMANS RESERVE CABERNET SAUVIGNON

Australia **\$14.99** 614610

Expect juicy mulberry and cedar box aromas with hints of pencil shaving, chocolate and spearmint. The palate follows suit with plenty of ripe berries, mint and fine lingering spice. (Coonawarra)



### RINGBOLT CABERNET SAUVIGNON

Australia **\$21.99** 606624

Starts with appealing floral notes followed by cedar chips, bright red fruits and cocoa. It has restrained power on the palate and is enhanced by juicy cassis and fine, sweet spice flavours. (Margaret River)

# WINEMAKERS

## OF THE OKANAGAN



Karen Gillis, winemaker at Red Rooster Winery

**T**hough there's no denying that wine is made in the vineyards, it's important not to discount the role of a skilled winemaker. As romantically pleasing it is to picture clusters of grapes ripening perfectly in the late summer sun, the reality is that a heck of a lot of work goes into getting those grapes into potable form.

"People think that winemaking is a glamorous, intellectual pursuit, that you have all the time in the world. In actual fact it is a hardworking, sometimes dirty, hectic job," explains Karen Gillis, winemaker at Red Rooster Winery on the Naramata Bench.

Making wine is truly a labour

of love and wine drinkers owe winemakers debt and duty every time we crack open a bottle. But who are the winemakers behind the wine?

In British Columbia's wineries, they're a positively motley crew with a variety of backgrounds, highlighting that there is no singular path to winemaking. Roger Wong, winemaker at Gray Monk Estate Winery, started making wine in his parents' basement in Coquitlam and he concedes, "it wasn't that good." Nevertheless, after continuing to taste others' wines he was obsessed with winemaking. "I started driving up to Cawston and Oliver to buy grapes and the wines slowly

improved." It was a taste of Tinhorn Creek's 1994 Merlot that convinced Roger that he wanted to become a part of the BC wine industry.

The stories of how our local winemakers came to the grape may be unique but as a group they share one trait – a passion for wine. As Richard Kanazawa, winemaker at Blasted Church Vineyards located on the Skaha Bluffs, puts it, "The first time I walked through a cellar and could smell and taste the ferments is when I knew I wanted to be a winemaker." Richard cites the late Claude Violet of Langley's Domaine de Chaberton as an inspiration. "His passion for winemaking



by James Nevison

was contagious and gave me confidence to pursue a career in winemaking.”

The diversity of people behind the wine is exciting and representative of our burgeoning, young wine industry. The wine regions of BC are undergoing amazing growth and change. With every vintage, our winemakers are crafting a distinctness, or locality, for BC wine. “In BC we have the ability to explore new technologies and techniques without the pressure to only use traditional methods. As well, the varieties and locations present us with new opportunities every year,” says George Heiss Jr., winemaker at Gray Monk Estate Winery, one of the province’s original estate wineries.

So the next time you pick up a wine and admire its pretty label, pause for a moment to consider all the effort that bottle embodies and how the hard work and unique personalities of BC’s winemakers shine through their wine

Settle back and listen in on a conversation with four of BC’s best.

**Which part of the winemaking process do you enjoy most?**

**Roger:** “For me the best part about winemaking is the distinct seasons. The



Roger Wong, Winemaker at Gray Monk Estate Winery

first signs of growth in the spring are the promise of unlimited possibilities for the year. The frantic May-June growth time is the time of nurturing and guidance. The calm of August leads to nervous anticipation of harvest and then action starts.”

**Karen:** “Harvest. Being in the vineyard is my favourite place to be; it’s a beautiful

setting, our growers are passionate and quality-focused, there is so much change in such a short period of time. It’s the most exciting part of the year.”

**What is the best thing about making wine in British Columbia?**

**Richard:** “The beauty of BC. Especially the Okanagan Valley. The Okanagan Valley has got to be one of the most beautiful winemaking regions in the world.”

**Roger:** “The fantastic people and their enthusiasm for our wines – from the grape growers and winemakers all the way through to the consumers.”

**What is your favourite grape to work with?**

**George:** “I like working with Pinot Gris. It has many subtle flavours that change from year to year and location to location. It presents itself differently and I always look forward to what it will be tomorrow.”

**Karen:** “I love the aromatic white varieties, there are so many in BC that are distinct and interesting. Gewürztraminer, Kerner, Müller-Thurgau, Muscat,



Richard Kanazawa, Winemaker at Blasted Church Vineyards



Naramata Ranch Vineyard (above), Winemaker John Simes (right)



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*The Globe & Mail, Beppi Crosariol, January 12, 2008*

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## Winemakers of the Okanagan



George Heiss, Jr., winemaker at Gray Monk Estate Winery

Riesling, Scheurebe, Viognier...the list goes on and on, I love them all.”

**Richard:** “In reds, Merlot because it grows so well in the Okanagan Valley and Malbec just because I think it has real promise here.”

**Roger:** “Riesling, Riesling, Riesling.”

**Best music to make wine by?**

**George:** “I find during aging I like to listen to soft instrumental music but during harvest I listen to easy-listening rock.”

**Richard:** “Personally, I enjoy old school rap when making wine but any music that leads to a dance off in the cellar is good music to make wine to.”

**Karen:** “I’m pretty flexible – the cellar gets to decide...I get veto!”

**If you weren’t making wine, you’d be...**

**Karen:** “Making candy.”

**George:** “A molecular biologist.”

**Roger:** “Building a resort somewhere in beautiful BC.”



**RED ROOSTER BANTAM**

BC **\$13.99** 533216

Red Rooster’s proprietary Bantam blend is a value-pleasing, intriguing white that meshes together beguiling tropical aromas with a citrusy finish. Nothing pretentious about this fun wine, it’s an altogether easygoing bottle that screams to be poured alfresco.



**RED ROOSTER PINOT BLANC**

BC **\$15.99** 103044

Here’s a great introduction to Pinot Blanc, an under-appreciated grape that aims to please. Ample green apple and grapefruit aromas are backed by a decent mid-palate heft and a round finish.



**GRAY MONK UNWOODED CHARDONNAY**

BC **\$16.99** 501114

Another punchy white “sans oak” from the Gray Monk folk, this Chard intros with aromas of apple, lemon and melon before unleashing a burst of lush richness and finishing soft and fruity.



**GRAY MONK PINOT GRIS**

BC **\$17.99** 118638

Since 1982, the Heiss family has been operating Gray Monk Estate Winery alongside Lake Okanagan. Their namesake Pinot Gris (“Gray Monk” derives from the German name for the grape) offers fantastic honeyed richness in an unoaked white with a fruity, lingering and supple finish.



**BLASTED CHURCH CABERNET MERLOT**

BC **\$25.99** 734541

This wine rock and rolls over the tastebuds. Blasted Church’s big red blend brings bold blackcurrant and plum, along with a touch of green bell pepper and a healthy oak presence. It’s a wine that manages to marry richness with elegance.



**BLASTED CHURCH HATFIELD’S FUSE**

BC **\$17.99** 734475

The Gewürztraminer shines through in this highly aromatic, fantastically sippable white blend that eschews subtlety in favour of all out rose petal and peachy goodness.

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# SET UP YOUR KITCHEN LIKE AN IRON CHEF

Tips and Tricks from Rob Feenie



**R**ob Feenie's interest in cuisine began during a high school exchange program to Europe. At the age of 20, he attended Dubrulle Culinary Institute in his native Vancouver, which led to engagements at some of BC's top restaurants, including Le Crocodile in Vancouver and the Rimrock Café in Whistler. Rob has cooked across North America with chefs such as Charlie Trotter, Daniel Boulud and Jean-Georges Vongerichten. In 1995, he founded Lumière and received accolades from notable food critics around the world. In 2002, Feenie opened the Lumière Tasting Bar and in 2004 opened a bistro, Feenie's. He has published three cookbooks, starred in "New Classics with Rob Feenie" on Food Network Canada and in 2005 was the first Canadian to win on "Iron Chef America," defeating Chef Masaharu Morimoto in a battle involving crab as the theme ingredient. In 2008, Feenie joined the award-winning Cactus Club Café as Food Concept Architect.

Having only an hour or so of Rob Feenie's time, we were anxious to get his input on tips, tricks, tools and techniques to assist you in your own home culinary battles.

## Do you buy cooking magazines?

**RF:** All the time. My favourites are *Gourmet*, *Bon Appetit* and *Food & Wine* but I read all of them, always the feature stories. *Food Arts* is a food trade publication but my wife has tried a couple of recipes and they work. *Food Arts* covers new chefs and what's hot around the world. I also read wine magazines, especially *Wine Spectator* and *Wine Access*.

## What reference books do you recommend to home cooks?

**RF:** I always carry a copy of the *Food Lover's Companion* with me – it's a reference for ingredients and one you should have in your cookbook library. For in-depth information, I refer to *The Oxford Companion to Food*.

## Anything high-tech in your kitchen?

**RF:** It's worth spending the money to buy a KitchenAid stand mixer. I always know someone is serious about cooking if I see one on their counter. It makes everything from bread dough to sausages. A high speed blender with a bigger motor than the standard blender is very good for making quick soups. And a

# WALK US THROUGH THIS



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Cuisinart. We also have a Pro Juicer. It's great for the kids.

**What are your “must-have tools”?**

RF: An oven thermometer. And everyone should have a microplane zester in their kitchen for lemon, ginger and hard cheeses.

**Do you have a favourite appliance?**

RF: A good espresso machine. I have two in my kitchen.

**What do you think are the most important ingredients in your home kitchen?**

RF: Salt and pepper but not iodized salt. I haven't used it in fifteen or sixteen years – it has a chemical aftertaste. I use sea salt, Maldon and kosher salt for curing. I only use freshly ground pepper so I have three grinders – one coarser than the other and one just for white pepper. I also think olive oil, vinegar, lemon juice, fresh herbs and spices you are comfortable with are must-haves.

**What are your favourite ethnic ingredients?**

RF: We like spicy dishes, so there's always red and green Thai curry paste (from South China Seas), garam masala and coconut milk on hand for a quick lamb stew. Also chili flakes. I grew up with Japanese neighbours who introduced me to *mirin*, Japanese soy and rice wine vinegar and they have become staples in my cooking.

**What's your favourite dish to prepare at home?**

RF: When I'm home, we like a simple comforting meal. Roasting a chicken is easy and fills the kitchen with a wonderful aroma. I take a big roasting pan, toss vegetables with oil, sprinkle with salt and pepper and then throw them around the bird. I really like the stronger flavour of the free-range chickens we



get at The Butcher on 10<sup>th</sup> Avenue. We always make soup with the carcass.

**What should we look for when purchasing cookware? Do you like carbon, aluminum or stainless steel?**

RF: Stainless steel. Anything by All-Clad is amazing and guaranteed for life. It's expensive but worth spending the extra money. You can buy it piece by piece. You'll want a good sauté pan – 12 inches to 18 inches, a 4-litre soup pot and a smaller pot for sauces.

**Do you have a favourite junk food?**

RF: Pizza and burgers. We make pizza from scratch at home – the kids really enjoy it. My guilty pleasures are licorice nibs, sour jujubes and good chocolate.

**What are your five top tips for serious home chefs?**

RF:

1. It's important to blanch vegetables. The vegetables will turn a brilliant colour and keep their crunch. Blanching is simply parboiling vegetables (or herbs), then cooling them as quickly as possible in an ice bath.
2. Learn to sear properly. The objective is to seal in the meat's juices. Invest in stainless steel

cookware and learn how to moderate heat.

3. Although there are knives for different purposes in a professional kitchen, you end up using one knife 75 percent of the time. For me, it's my Kasumi or my Mac sushi knives. Like hockey skates, they're better and faster when sharp. Sharper knives are safer than dull ones; bigger knives are safer than smaller ones. Use a pinch grip by placing your thumb on the part of the blade just in front of the handle on the flat surface of the blade. Your forefinger grips the other side, like you're pinching the knife blade near the handle. The other three fingertips will rest comfortably on the handle. (Your palm should not be touching the handle.)
4. Don't forget to clean up after yourself as you progress with your cooking. If you're in a mess, you become flustered. Be patient.
5. One of the things I always tell my friends is to have fun with food and keep it simple. You do not have to be complicated as a chef to be great. Focus on the product. It's all family-style with guests serving themselves when we entertain at home.

GREAT ESTATES  
OF THE *Okanagan*



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# Bringing the Gold Home



A VIP ticket package to the  
Vancouver 2010 Winter Olympic Games

\* No purchase necessary. Contest closes November 5th, 2009. Must be of legal drinking age.

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# SOUTH AMERICAN CUISINE

SO COOL, SO HOT



SPICED CHOCOLATE CUSTARD (*FLAN DE CHOCOLATE PICANTE*)

South American food could be regarded as one of the world's first "fusion" cuisines. The continent's indigenous peoples had their traditional foods while over the centuries, European influences created subtly differing regional cuisines. The mixture of Spanish and Portuguese ingredients that were introduced by the early explorers

brought new tastes and dishes.

South American food still remains one of the world's least known cuisines. Many think it is similar to Mexican cuisine, which is far from fact. South American cooking is not just the cooking of the Indians or the Africans or the Spaniards or Portuguese but rather a magnificent blend of all of

those cultures with touches of almost all the cuisines of the world. With the immigration of people from Asia during the last century, the cuisine has transformed again, adding the Asian influence.

Cebiche, fresh seafood "cooked" in citrus juice, was introduced by the Spanish. The most famous cebiches come

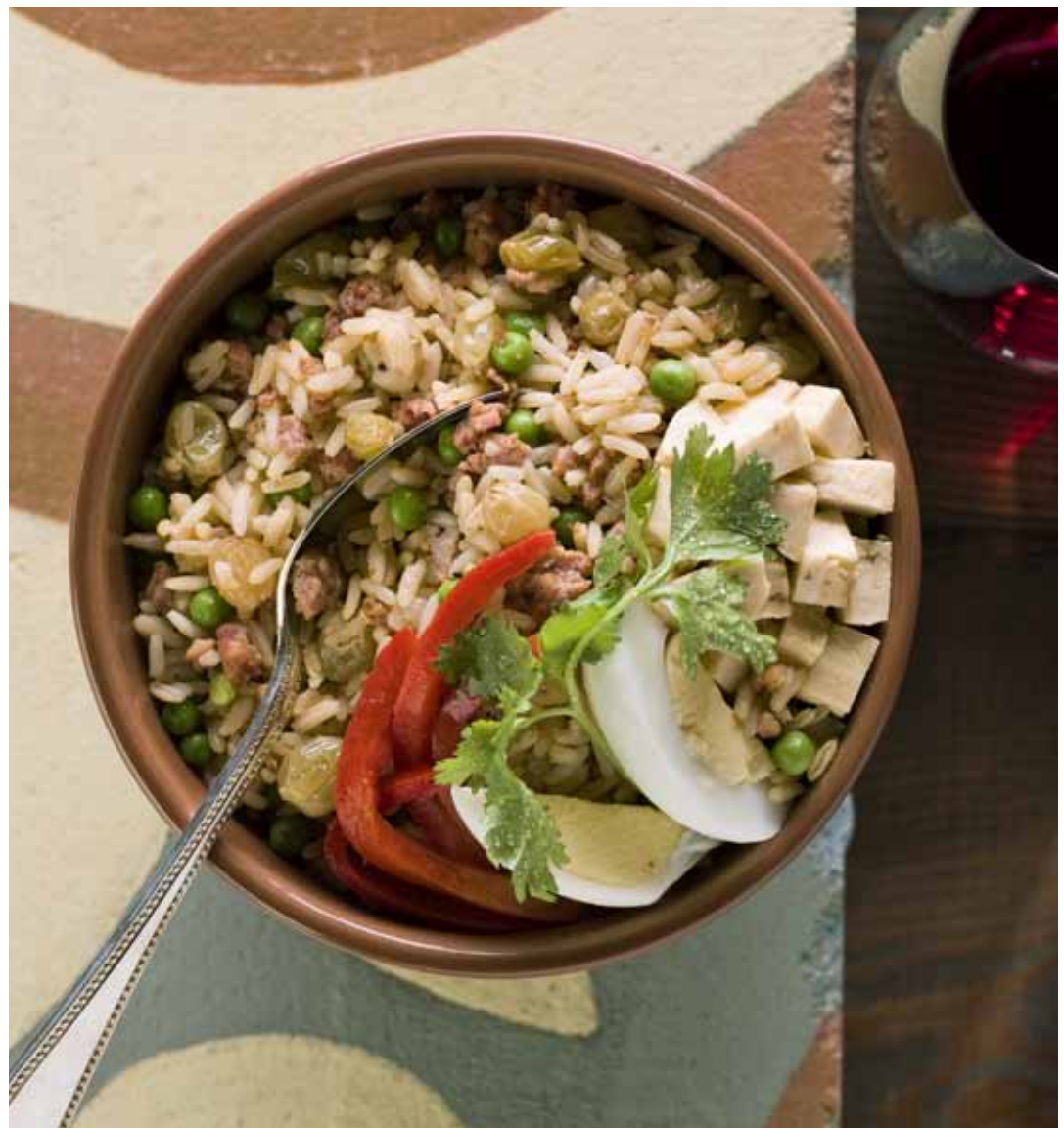


from Ecuador and Peru and are varied through their regions.

Rice with chorizo is a staple for millions of Latins. Try to find Spanish-style chorizo, which is a milder sausage than the slightly more spicy Mexican variety.

The chicken with cashew and coconut sauce is a Bahian specialty that shows the African influence in the cooking of Brazil. The use of coconut is typical of Bahian cuisine, while the use of dried shrimp dates back to the indigenous peoples, who used to dry and preserve seafood for storage before the days of refrigeration.

The flan is infamous among Latin-style desserts. The spiced chocolate custard combines two favourite ingredients from the Old World – chocolate and vanilla, with a twist!



RICE WITH CHORIZO AND RAISINS (ARRUZ CON CHORIZO Y PASAS)

PAIRS WITH SPICED CHOCOLATE CUSTARD

PAIRS WITH RICE WITH CHORIZO AND RAISINS



**KAMORA COFFEE**  
USA **\$18.12** 129411  
Warm up your coffee this season with a delicious liqueur perfect for indulging. Made with freshly brewed, rich coffee, it's a perfect addition to your hot drinks. Or, try it straight over ice for a chilly treat.



**MCGUINNESS ORANGE AND BRANDY**  
Canada **\$24.99** 53611  
Slip some into your tea to enjoy with this wonderfully flavoured dessert. The taste of orange and apricot with chocolate custard is delicious. A spicy and smooth liqueur all in one glass!



**SAGRAMOSO VALPOLICELLA SUPERIORE RIPASSO**  
Italy **\$19.99** 602342  
This full-bodied red with intense notes of blackcurrant and cherry along with hints of sweet vanilla, raisin and spice, is stunning. The velvety, round tannins and the exceptionally smooth finish is remarkable. Decant before serving.



**BRIDLEWOOD SYRAH**  
USA **\$16.99** 659730  
The inky violet colour is intriguing and the rich black fruit, plum and cherry essences are mouth-watering. Spicy clove and vanilla hold it all together in the supple, mouth-coating end. Just the thing to serve with the rice dish.



PAIRS WITH CHICKEN WITH CASHEW AND COCONUT SAUCE

FOR RECIPE, PLEASE SEE PAGE 118



**MICHEL TORINO CUMA ORGANIC TORRONTES**

Argentina **\$13.99** 213389

An incredible floral bouquet greets you while the pale yellow-green colour sparkles in the glass. Bright and cheerful with rose and jasmine citrus notes and silky peach shine through to the elegant finish.



CHICKEN WITH CASHEW AND COCONUT SAUCE (XINXIM DE GALINHA)



**CEDARCREEK PINOT GRIS BC VQA** **\$17.90** 561175

This is a well-priced, medium-bodied white from BC with ripe guava and peach flavours. The long, slightly toasted finish has nuances of oak and is absolutely delicious when served slightly chilled with chicken.



PAIRS WITH SHELLFISH CEBICHE



**PETER LEHMANN SEMILLON**

Australia **\$14.99** 572412

Fresh lemon, zesty grapefruit and notes of sweet honey exude from the glass. Clean and refreshingly tasty with a snappy finish, it's perfect to have on hand for all your fall seafood dishes. Serve well-chilled.



SHELLFISH CEBICHE



**CAT'S PEE ON A GOOSEBERRY BUSH**

New Zealand **\$15.99** 353938

Here's a playful, lively white with clean, zesty gooseberry and citrus aromas and flavours. The finish is far reaching and satisfying. Cats love fish and so does this wine!





# FLAVOURS OF FALL



TUACA

USA **\$29.95** 630889

Made in Livorno, Italy from distilled essences of Mediterranean lemon and orange, this fantastic brandy-based liqueur is pure pleasure. Serve straight over ice for an inviting Tuscan treat.



KAHLUA FRENCH  
VANILLA

USA **\$27.49** 746867

Here's another way to savour the great taste of Kahlua. Distinctive French vanilla enters into a friendly competition with thick caramel and hints of butter rum. Perfectly blended, enjoy chilled over ice or add some to your hot coffee.



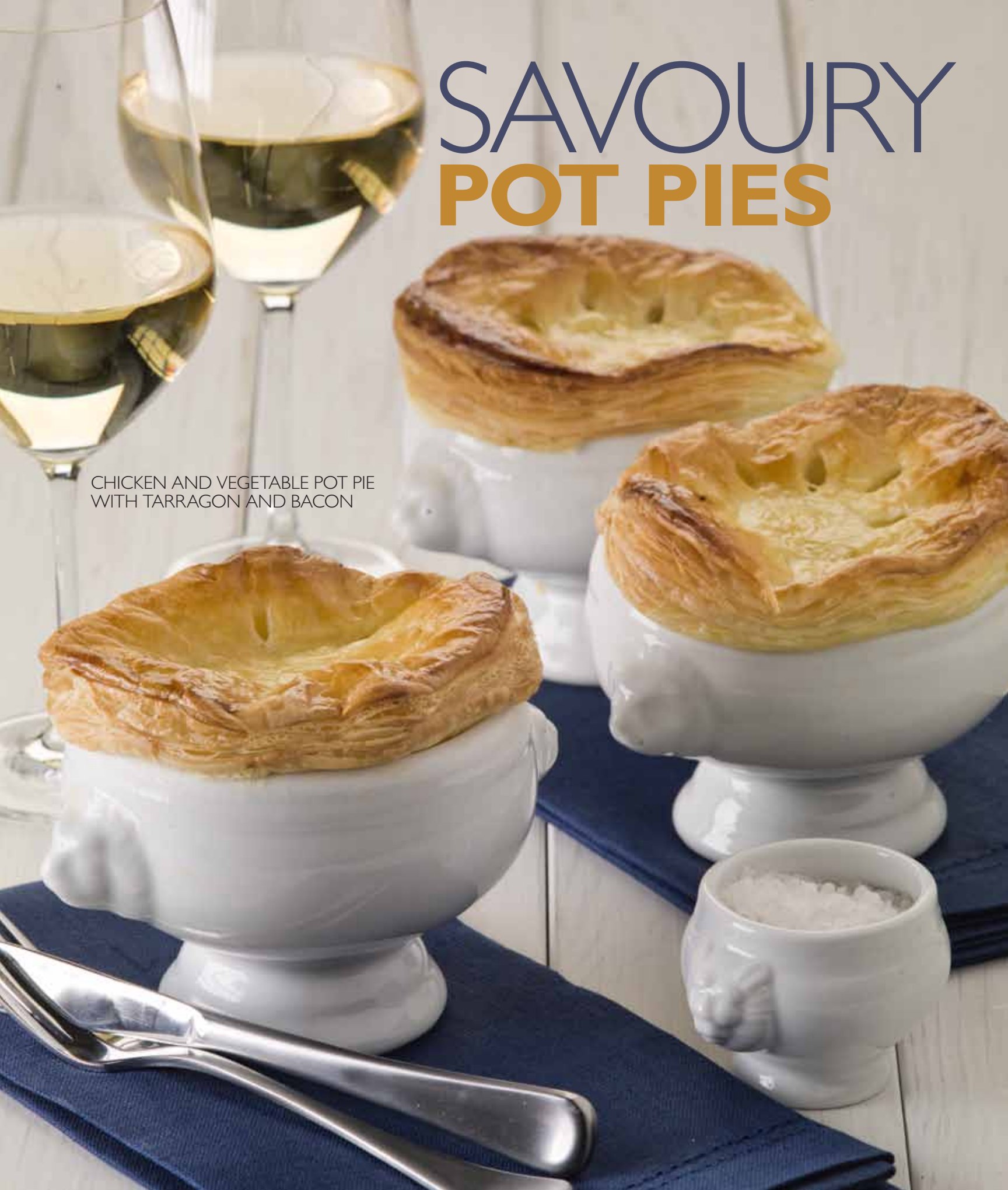
PINNACLE ICE CIDER

Canada **\$25.98** 7674

Fall is the perfect time for cider and you don't have to sip just the warm kind anymore. Only the best late harvested, hand-picked apples are used to create this decadently rich, full-bodied ice cider. Warm apple pie and chilled ice cider, enjoy the best of both worlds!

# SAVOURY POT PIES

CHICKEN AND VEGETABLE POT PIE  
WITH TARRAGON AND BACON







BEEF AND PORTER POT PIE WITH A FLAKY ROSEMARY CRUST

There's nothing more pleasurable on a chilly fall evening than the aroma of a bubbling pot pie in the oven. Historically, pot pies have had both a top and bottom crust and have resembled a "pasty" or British-style meat pie. But over the years and given the melting pot of cultures in North America, pot pies have taken on completely new dimensions. From casseroles under wraps to stews tucked under biscuits, variations have spawned to include anything that's hot and savoury and baked in the oven. We've developed four delicious one-dish meals to satisfy all palates.

PAIRS WITH CHICKEN AND VEGETABLE POT PIE WITH TARRAGON AND BACON

PAIRS WITH BEEF AND PORTER POT PIE WITH A FLAKY ROSEMARY CRUST



**PENASCAL BARCELO**  
ESTATE PENEDES  
TEMPRANILLO  
Spain **\$14.99** 343434  
This crisp, light-bodied red wine has wonderful red cherry and berry fruit with hints of smoke flavours. At this price it's easy to have enough on hand to serve with vegetables, stews or hearty fish dishes.



**PROSPECT WINERY**  
RED WILLOW SHIRAZ  
BC VQA **\$15.99** 842245  
Plum, blueberry and ripe raspberry all play a part in this lush, balanced Shiraz from BC. Vanilla and a shot of spice can be found in the lengthy finish. A perfect partner to the chicken and vegetable pie.



**BIRD IN HAND TWO**  
IN THE BUSH SHIRAZ  
Australia **\$22.99** 115832  
In the glass, this Shiraz is a deep red colour with glints of purple. Strong dark berry and spice aromas draw you in for the first sip. Blackberry, licorice, white pepper and spice combine for a long, flavour-packed finish. Fantastic match for the pot pie.



**OKANAGAN SPRING**  
OLD ENGLISH PORTER  
BC **\$11.50** 928382  
6 x 341 ml  
This inky, full-bodied quaff sports a creamy head and plays nicely with the beef and porter pot pie.

SOME SEE A BEER. SOME SEE...

*Benchmark*



The original pilsner, with its exquisite flavour, is seen by many as the authentic taste of beer.

Experience Pilsner Urquell for yourself and,

**SEE HOW BEER  
IS MEANT TO TASTE...**





# Savoury Pot Pies

FOR RECIPES, PLEASE SEE PAGE 120



SHRIMP, SCALLOP AND HALIBUT POT PIE WITH HERBED MASHED POTATOES

## PAIRS WITH SHRIMP, SCALLOP AND HALIBUT POT PIE WITH HERBED MASHED POTATOES



MISSION HILL FIVE VINEYARDS CHARDONNAY BC VQA **\$13.99** 518530  
Elegant and refined with silky apple and citrusy lemon flavours, this Chardonnay is full-bodied, well-balanced and delicious. Serve with the seafood pie for an extra special treat.



WOLF BLASS SAUVIGNON BLANC Australia **\$16.99** 611475  
Sourced from grapes in Southern Australia, this is liquid sunshine in a glass. Zesty citrus and passion fruit flavours mingle with smooth spice in the clean, fresh finish. Shrimp, white fish, lemon chicken and crisp salads are the perfect cohorts.

## PAIRS WITH ROASTED GARDEN VEGETABLE POT PIE WITH WHOLE WHEAT HERBED CRUST



PROSPECT WINERY HAYNES BARN MERLOT CABERNET BC VQA **\$14.99** 483164  
This succulent blend from BC marries smooth, plummy Merlot with the blackberry and spice of Cabernet. A rich, well-balanced oak finish keeps this wine food-friendly and very versatile.



SANTA RITA RESERVA CABERNET SAUVIGNON Chile **\$14.99** 211623  
This red is a deep ruby colour with ripe black fruit, plum, fragrant vanilla and clove aromas. Richly textured and well-balanced, its soft tannins and prolonged, silky finish make it perfect for vegetables, roasted red meats and pasta dishes.



ROASTED GARDEN VEGETABLE POT PIE WITH WHOLE WHEAT HERBED CRUST



WARM NANTUCKET BAY SCALLOPS, ARUGULA AND CRANBERRY COULIS



# MARKET

BY JEAN-GEORGES AT THE SHANGRI-LA



Executive Chef, David Foot

Jean-Georges Vongerichten is an international culinary superstar with rooms in London, Paris and Shanghai as well as the three-star-rated Jean Georges Restaurant, the Mercer Kitchen, the Spice Market and Matsugen, located in New York City. In January 2009, there was a palpable buzz among Vancouver foodies as Chef Jean-Georges came to town to open his first Canadian restaurant, Market by Jean-Georges at the Shangri-La Hotel.

Market by Jean-Georges serves lunch and dinner in four distinct environments: an 84-seat dining room with two private dining tables, a casual bistro for 36, a bar with seating for 29 and spring through fall, a 60-seat outdoor terrace.

Jean-Georges Vongerichten personally supervised opening week (getting in a little skiing on Cypress Mountain after work), ensuring the Vancouver team fully embraced his cuisine and style of service. He then handed over day-to-day operations of Market to Executive Chef David Foot and General Manager Paul Grunberg and their team of hand-picked professionals.

The culinary concept at Market is simple but delicious – seasonal, regional ingredients with particular emphasis on fresh, local seafood. Given his hectic and international schedule, we were extremely fortunate to have had Chef

THE CULINARY CONCEPT AT MARKET IS SIMPLE BUT DELICIOUS – SEASONAL, REGIONAL INGREDIENTS WITH PARTICULAR EMPHASIS ON FRESH, LOCAL SEAFOOD.



POT DE CRÈME WITH CARAMEL SAUCE





MILLBROOK VENISON POIRE AU LARD

Jean-Georges choose the menu and provide the recipes featured in this issue of *TASTE* and equally fortunate to have Shangri-La “Tiger” Executive Chef David Foot prepare them. “Tigers” are a group of young hoteliers trained at Shangri-La Hotels and Resorts throughout Asia. David Foot has been a member of that group since 2006, allowing him to gain experience at Shangri-La, The Marina, Cairns in Australia and the Pudong Shangri-La in Shanghai, China. Vancouverites will remember David from his culinary roles at the Fairmont, the Beach Side Café and Diva at the Met.

Here is an amazing opportunity to try Jean-Georges Vongerichten’s world-class recipes at home, then visit Market and see how your versions compare. Bon appétit!

PAIRS WITH WARM NANTUCKET BAY SCALLOPS, ARUGULA AND CRANBERRY COULIS



**STELLARS JAY BRUT**  
BC VQA **\$26.99** 264879  
BC bubbly is a fantastic treat! The delicate stream of bubbles is enchanting. With toasty citrus aromas and a smooth creaminess that simply melts over your tongue, this is a must-try.



**TARIQUET SAUVIGNON BLANC**  
France **\$14.99** 484139  
This light-bodied white has fresh grapefruit aromas with crisp, clean zesty citrus flavours. A wonderful accompaniment to scallops, grilled fish and shellfish.

PAIRS WITH POT DE CRÈME WITH CARAMEL SAUCE



**LANSON BLACK LABEL BRUT**  
France **\$59.99** 41889  
Ripe, racy citrus fruit aromas with a persistent stream of bubbles grace this lovely glass of champagne. The toasty, nutty creaminess on the tongue is lovely and the kiss of honey is sweet and light.



**COURVOISIER VSOP**  
France **\$80.99** 9902  
Warm brown spice aromas mingling with sweet raisin and buttery caramel flavours are the signature of Courvoisier VSOP. The slightly spicy, lingering finish with a touch of toffee is smooth and luxurious. Wrap yourself up, sit back and sip.

PAIRS WITH MILLBROOK VENISON POIRE AU LARD



**KATNOOK FOUNDER'S BLOCK SHIRAZ**  
Australia **\$19.99** 274464  
Black pepper spice with dark berry aromas dominate this medium-bodied Shiraz from down under. The delicate oak with soft raspberry and vanilla flavours is silky smooth and the soft, tannic finish is lush and lingering.



**RODNEY STRONG SONOMA MERLOT**  
USA **\$23.99** 497933  
A soft and rich red with mouthfilling plum and blueberry flavours. Delicious toasty vanilla spice appears mid-palate while the supple tannins linger in the finish. A beautiful wine!



# PLEASE PASS THE PEPPER

Pepper had a plethora of original uses including as medicine, as currency and as a disguise for the taste of aging meats. Once heralded as The King of Spice, pepper is now ubiquitous in most of the culinary world and comes in a rainbow of colours and strengths. Each colour, whether black, green, pink, red or white, offers a subtle taste difference with black having the most bite. When it comes to black peppercorns, size is a factor: the bigger the peppercorn the better.

Green peppercorns are in reality just unripe red peppercorns. Once dried, green peppercorns offer a strong but delicate punch without overriding the essential properties of your dish.

Red peppercorns are the mature stage of green peppercorns. The deeper the red colour, the sweeter and softer the flavour. But as the red fades to pink, it loses strength and becomes quite ordinary.

White peppercorns are the kernel found in the centre of each pepper berry and offer a long, lingering taste on the palate. Their pale colour makes them perfect for flavouring white sauces.

In our feature we've compiled

recipes showcasing all of the peppercorn colours. Each has a unique taste so to use them interchangeably could have disappointing results. It's also not advised to mix peppercorn colours but we broke from the culinary pack when we developed the peppercorn goat's cheese log with citrus-flavoured oil. The creamy mildness of the cheese provides a nice clean slate to the complexity of the pepper's colourful blend.

In our filet mignon recipe, a traditional green peppercorn sauce is further enhanced by the addition of shiitake mushrooms and fresh thyme. Together with the pungent green peppercorns, the creamy sauce allows the flavour of the steak to come through without being overwhelmed.

The seared salmon is a perfect backdrop for the creamy rose-coloured tartar sauce studded with delicate red peppercorns. Keep in mind, the redder the peppercorn, the more pungent the taste.

And last, stepping out from the savoury group is the peppery orange fruit compote. Surprisingly, adding a hint of pepper to a sweet dish heightens the sweetness. Enjoy!



ONCE HERALDED AS **THE KING OF SPICE**, PEPPER IS NOW UBIQUITOUS IN MOST OF THE CULINARY WORLD AND COMES IN A RAINBOW OF COLOURS AND STRENGTHS.

PEPPERCORN GOAT'S CHEESE LOG WITH CITRUS FLAVOURED OIL



# ALAMOS

THE WINES OF CATENA

## HELP THE WINES OF CATENA REACH HIGH

AND RAISE FUNDS FOR THE CANADIAN BREAST  
CANCER FOUNDATION CIBC RUN FOR THE CURE

From August 30 to September 26, 2009, **\$1.50**  
from every purchase of **Alamos Chardonnay** and  
**Alamos Malbec**, and **\$2.00** from every purchase  
of **Catena Malbec** in BC Liquor Stores, will be  
donated to the Canadian Breast Cancer Foundation  
CIBC Run for the Cure.

*"The Wines of Catena are proud to work with the  
Canadian Breast Cancer Foundation to raise awareness  
and research funding for this very worthy cause."*

*- The Catena Family*

In support of  
**CIBC Run  for the Cure**  
CANADIAN BREAST CANCER FOUNDATION  
Sunday, October 4, 2009  
[www.cbcbf.org](http://www.cbcbf.org)







ROASTED SALMON FILETS WITH PINK PEPPERCORN TARTAR SAUCE

PAIRS WITH ROASTED SALMON FILETS WITH PINK PEPPERCORN TARTAR SAUCE

PAIRS WITH PEPPERCORN GOAT'S CHEESE LOG WITH CITRUS-FLAVOURED OIL



 **01**  
**CRIOS DE SUSANA BALBO TORRONTES**  
 Argentina **\$18.99** 769125  
 While it shows delicate floral aromas and flavours, there is nothing faint about this enchanting white. Enticing, concentrated, dry and full peach, coriander and white pear flavours. Simply stunning with the salmon.



 **00**  
**BERINGER STONE CELLARS CHARDONNAY**  
 USA **\$13.99** 606806  
 The taste of California in a glass! The silky, creamy feel of apple and pear mixed with hints of tropical fruits glides over your tongue. Well-balanced with a lingering finish, it is easy to serve this value-priced wine.



 **00**  
**ROBERT MONDAVI PRIVATE SELECTION SAUVIGNON BLANC**  
 USA **\$16.99** 405753  
 A bright and fresh aromatic wine with brisk lime, citrus, melon and subtle herbal spice flavours. Hints of peach are found in the mineral-tinged finish. Ideal with salads, soft cheeses, and seafood.



 **00**  
**CASAS DEL BOSQUE SAUVIGNON BLANC**  
 Chile **\$17.99** 740878  
 With the fresh mineral, grapefruit and apple aromas this wine will bring a smile at the first sniff. Zesty citrus with hints of herbs lead you to the pronounced, lengthy finish. Positively perfect with the cheese log.

**Drinking  
can hurt  
your baby**



**BC LIQUORSTORES**

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



Please Pass the Pepper



FILET MIGNON WITH GREEN PEPPERCORN AND SHIITAKE CREAM SAUCE

PAIRS WITH FILET MIGNON WITH GREEN PEPPERCORN AND SHIITAKE CREAM SAUCE



**SEVEN DEADLY ZINS ZINFANDEL**  
USA **\$26.90** 337402

It's never a "Zin" to enjoy a wine like this with a meal like that! Pepper, licorice and clove unite on the palate for a match made in heaven. Vanilla, cocoa and hints of chocolate on the soft, tannic finish make it truly memorable.



**PENFOLDS BIN 389 CABERNET SHIRAZ**  
Australia **\$41.99** 309625

This brooding red, referred to as the "Baby Grange" has fresh blueberry and blackberry with hints of rosemary and sage aromas. Perfectly balanced with textbook structure and lush tannins it is well integrated with oak. Decant before serving.

PAIRS WITH PEPPERY ORANGE FRUIT COMPOTE



**FUNDADOR BRANDY DE JEREZ**  
Spain **\$23.00** 43083

Sherry-soaked barrels give this smooth and rich brandy its distinctive taste. Sweet vanilla and toffee with wonderful brown sugar flavours and hints of oak in the long finish are warm and inviting.



**QUADY ESSENSIA ORANGE MUSCAT**  
USA **\$15.99** 197707

Aromas of orange blossoms and apricot welcome you to take the first, chilled sip. Its vibrant, invigorating flavour of crisp orange is a citrus blast on the palate. On its own or mixed with sparkling water, enjoy it with the compote.

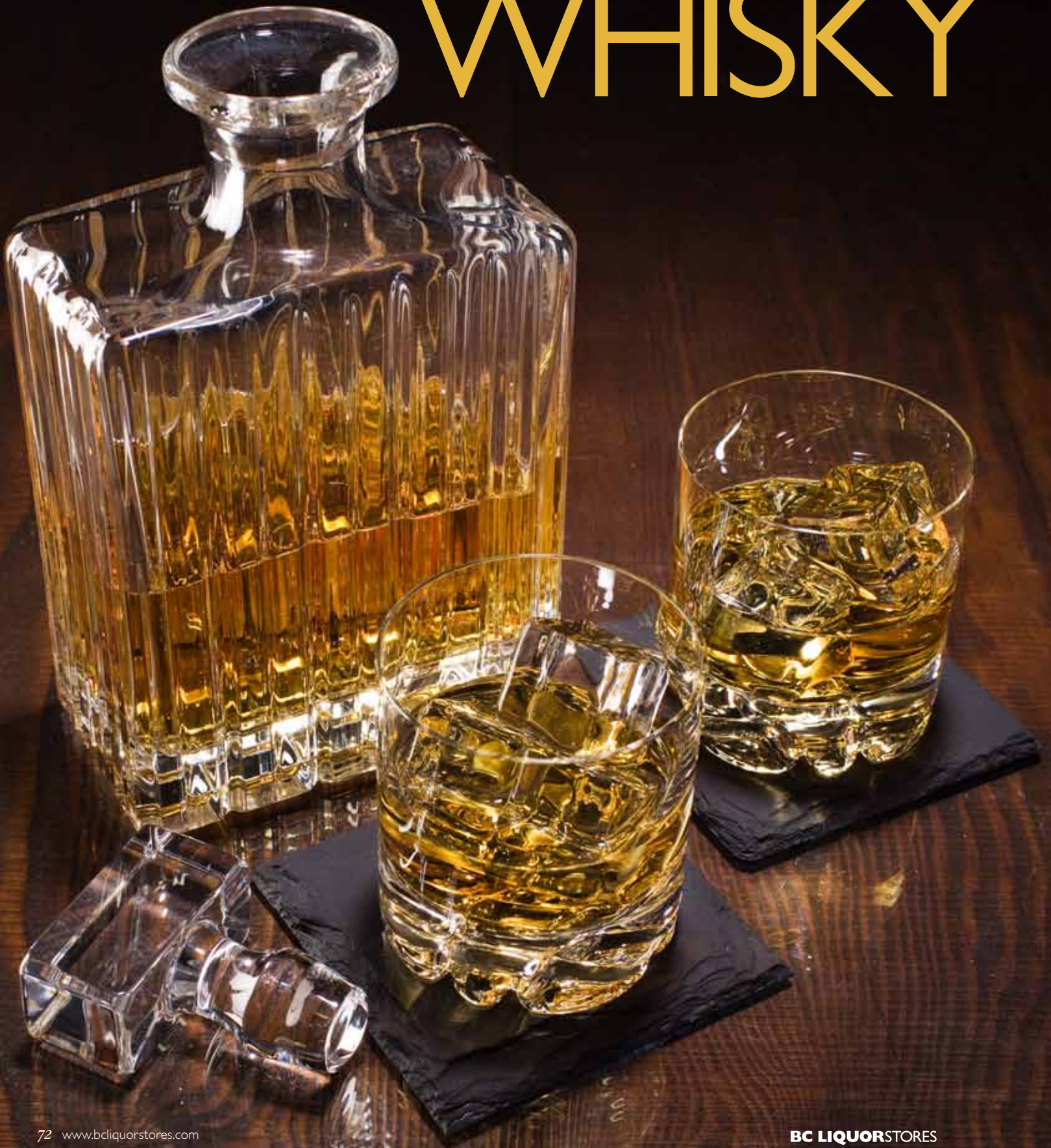


PEPPERY ORANGE FRUIT COMPOTE



by Judith Lane

# A WORLD OF WHISKY





If you've wondered why lovers of single malt Scotch, Irish whiskey, rye and Bourbon swoon at the mention of their favourite dram, read on. There's much to like and learn about these interesting spirits. Getting acquainted is easy, all you need to do is taste.

Some people start with what might be thought of as their "parents' drinks," whisky sours, Johnnie Walker and Chivas Regal. Scotch blends like Teacher's and J&B might catch their fancy next and later, Irish whiskey. They learn along the way how whiskies smell and taste and that they were made for sipping and savouring. It's a journey that may end with seizing any opportunity to try new and different whiskies. Where to begin? Here's a quick tour.

### THE BASICS

It's thought that the first whiskey was distilled in Ireland in the twelfth century and that Irish monks later introduced it to the Scots. Whiskey is made from grain soaked in water then fermented and distilled. The more rounds of distillation, the higher the alcohol and the purer the spirit. Whisky is aged in oak barrels, which adds colour, flavour, texture and complexity. The spelling "whiskey" is used in Ireland and America while most other whisky producing nations, including Canada, spell it without the "e."

### THE WHISKIES

Whisky is made almost everywhere including Austria, France, India, New Zealand and South Africa. Most whisky is made in Scotland including blends and single malt Scotches. Ireland produces Irish whiskey, Canada makes rye whisky and Glen Breton Rare, a Nova Scotia single malt and the USA, bourbon.

### CANADIAN WHISKY

Rye is Canada's claim to whisky fame. In 1875 Canadian government regulations stipulated that it be made from cereal grains using continuous distillation and must be aged at least three years and not more than eighteen in charred

oak barrels. Most Canadian whisky is aged, blended and then aged some more. Notable brands: Wisers Deluxe, Canadian Club, Crown Royal.

### IRISH WHISKEY

Distilling in Ireland dates back to the 12th century although it's said that Celtic monks were making it in the sixth century for medicinal purposes. Today most Irish whiskies single malt, single grain, pure pot still and blends are distilled three times ensuring a smoother, more refined spirit. To be legally called Irish whiskey, the spirit must be aged in Ireland in oak casks for a minimum of three years. Notable brands: Bushmills, Jameson, Redbreast.

### SCOTCH WHISKY

First up, to be called Scotch, the whisky must be distilled and aged in Scotland. Secondly, Scotch whisky falls into two camps, blends and single malts. Blends are made from malted or unmalted barley, wheat or corn that's infused in water, fermented and distilled continuously in a column-shaped still.

The process is similar for single malts except these are made from malted barley fermented and distilled in batches in a copper pot-still. Single malts vary greatly and their tastes are affected by the local water, type of still, malting process (malt is made by partially sprouting barley which is dried over peat fires, contributing smokiness) and the air (some coastal single malts have a briny character). Notable blends: Chivas Regal, Johnnie Walker, J&B Rare. Notable single malts: Bruichladdich, Glenmorangie, Lagavulin, Oban and Springbank to name a few.

### BOURBON

This spirit is made only in the USA, almost 95 percent of it in Kentucky, although a few other states have their versions. Bourbon distilling started around 1825 when strict production guidelines were instituted. The guidelines decreed that in order to be called "bourbon," 51 to 80 percent corn must be

# WHISKY FACTS

John Molson, best known for brewing, introduced whisky to Canada in 1799.

In the 12th century, Irish warlords gave their troops whiskey before sending them into battle.

Irish whiskey began to be taxed on Christmas Day in 1661.

Some Scotch whiskies are aged in "retired" Latour, Margaux and Sassicaia wine barrels.

In the 19th century, bourbon was used as a cure for snakebite, asthma and the common cold.

Nosing is important. Our noses have 10,000 taste receptors for each taste bud on our tongues.

# WHISKY TASTINGS

### 39TH & CAMBIE TASTING ROOM

[www.bcliquorstores.com/en/mattersoftaste/upcomingevents](http://www.bcliquorstores.com/en/mattersoftaste/upcomingevents)

Send an email to [events@bcliquorstores.com](mailto:events@bcliquorstores.com) to subscribe to the BC Liquor Stores Special Events mailing list.

### HOP SCOTCH

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

### WHISKIES OF THE WORLD EXPO

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

GIBSON'S FINEST. YOUR WHISKY. YOUR WAY.

**WHEN ONLY THE FINEST WILL DO.**  
*Gibson's Finest Sterling Canadian Whisky.*

PMA CANADA. SERVICE EXCELLENCE SINCE 1979.



Please enjoy responsibly.



used; only water can be added; it must be aged in new, charred oak barrels; it must be bottled at a minimum of 80 proof. Notable brands: Buffalo Trace, Makers Mark, Pappy Van Winkle's.

## TASTING

Check out the colour, then nose (smell) the whisky. Take a small sip. Roll it around, coating your mouth. Swallow. Repeat. Scotch purists drink their whisky neat or with a little distilled water to release the aromas. Ice is frowned upon as it dilutes and "bruises" the spirit.

Canadian whisky (rye) and Scotch blends are commonly used in mixed drinks. Irish whisky and bourbon are savoured both straight up and in cocktails. High-end blended Scotches are usually served on the rocks or like single malts, enjoyed neat or with just a little water.

With over 300 whiskies available in BC, there's something for every budget, ranging from under \$25 for Ten Year Old Alberta Springs Rye to Bowmore Black 1964 Single Malt, a relative bargain at \$4,459.86 for one of the world's finest whiskies. All the usual benchmarks such as age, region, reputation, rarity, production and type of barrel used affect the price.

## WHERE TO START

Occasional whisky tastings are held at the BC Liquor Stores 39th and Cambie Tasting Room. Find event listings online (see sidebar for details). Vancouver's Shebeen Whisk[e]y House stocks about 180 whiskies from around the world. HopScotch, Vancouver's annual premium Scotch, whisky and beer festival, rolls into the Rocky Mountaineer Train Station November 17 to 22, 2009. Take in a seminar, attend a whisky-pairing event or sample widely in the Grand Tasting Hall. If a trip to Scotland isn't in the cards, the Whiskies of the World Expo sets up shop in March 2010 in San Francisco.

BC Liquor Stores will have a **Premium Whisky Release** at selected stores on October 31. see [bcliquorstores.com](http://bcliquorstores.com) for more details.



### ROBERT BURNS SINGLE MALT

Scotland **\$59.99** 190116  
Isle of Arran Distillery managed what many others couldn't, namely securing the rights to use Scotland's National Poet's name on their labels. An unpeated, smooth whisky, it's gently spicy with apple, vanilla and citrus notes and is an ideal aperitif. (Isle Of Arran)



### GLENFIDDICH SPECIAL RESERVE SINGLE MALT

Scotland **\$47.95** 12385  
One of the world's top-selling single malts, Glenfiddich's trademark triangular bottle is instantly recognized everywhere. Mellow, fresh and easy drinking, it's sweet, malty and a little peaty with citrus and pear notes. This is an ideal anytime sipper. (Speyside)



### BUFFALO TRACE KENTUCKY BOURBON

USA **\$47.99** 605063  
Made from corn, rye and malted barley, Buffalo Trace is a lighter-style, fine, all-around bourbon that entices with vanilla, spice and coffee notes. Perfect for sipping, it also shines in Sazerac, Old Fashioned and Mint Julep cocktails. (Kentucky)



### BUSHMILLS BLACK BUSH IRISH WHISKEY

Ireland **\$36.95** 61374  
Complex, dark and spicy, Black Bush comes from one of the world's oldest distilleries, which opened in the year 1608. Distilled three times and aged for up to 18 years in sherry casks, it's a full-bodied sipping whiskey tasting of caramel and sherry.



### ISLE OF JURA SUPERSTITION SINGLE MALT

Scotland **\$64.99** 772798  
This unaged, smoky, seductive whisky combines heavily peated younger malt with older Jura single malt and tastes of pine, oranges and salt spray. Superstition is a "tribute" to Jura Islanders known for their superstitious beliefs, traditions and mystical heritage. (Isle of Jura)



### THE FAMOUS GROUSE

Scotland **\$31.25** 52050  
Allegedly Scotland's favourite and best selling whisky, this is a light, approachable blend. It's malty and peaty, with hits of toffee, spice and chocolate, finishing fruity and long with a lick of citrus. Enjoy on ice or with ginger beer. (Glasgow)



### CROWN ROYAL DELUXE WHISKY

Canada **\$27.95** 1487  
Created for King George VI's 1939 visit to Canada, Crown Royal blends 50 barrel-aged, full-bodied corn, rye and malted barley whiskies producing a mellow vanilla, fruit-flecked charmer. Enjoy on ice and in mixed drinks.



### HIGHLAND PARK 12 YEAR OLD SINGLE MALT

Scotland **\$64.95** 204560  
Sweet and smoky with heather, malt and honey flavours and a gently spicy, ever-so-smooth finish, Highland Park is a best buy for quality and value. Whisky expert Michael Jackson says it's "the greatest all-rounder in the world of malt whisky." (Orkney Island)



# THE GRAND COOL

THIS REFRESHING COCKTAIL FROM GRAND MARNIER® IS SURE TO GIVE YOU THE CHILLS.

The Grand Marnier® story began in 1827 with the founding of the original distillery at Neauphle-le-Château (France). Released in 1880, Grand Marnier® was an instant success across the world. This blend of the finest aged Cognacs with the delicate essence of wild tropical oranges was enjoyed in the best restaurants and salons across the continent.

Today, Grand Marnier® is just as appreciated and savoured around the world as it ever was, perhaps even more so. Well known as a stylish drinking experience, served in a snifter or on the rocks, it's also used to enliven premium cocktails, everything from margaritas to cosmopolitans—or this year's perfect social cocktail, the GRAND COOL.

## GRAND COOL

1 oz Grand Marnier®  
3 oz Ocean Spray® Cranberry Cocktail  
1/4 oz fresh lime juice  
Pour over ice & garnish with a lime.



The GRAND COOL should be made with Ocean Spray® Cranberry Cocktail made with only the finest cranberries.



PLEASE INDULGE RESPONSIBLY 

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Ocean Spray is a registered trademark. © 2009 Ocean Spray International Inc.



# TRY SOMETHING NEW



## STORKS' TOWER TEMPRANILLO SHIRAZ

Spain **\$14.99** 366062

A medium-bodied, hearty, value-priced blend that is chock full of spicy earth aromas. Delicious red fruit and supple plum flavours mingle in the glass while the tannins are fine grained and firm. Straightforward and delectable, it pairs with grilled red meat dishes wonderfully.



## VINCENT VAN GOGH DOUBLE ESPRESSO

USA **\$46.99** 221879

Espresso lovers are warned! This rich and sophisticated vodka is intent on delivering a wealth of flavour to your glass. Deep, strong coffee characteristics combined with the ultimate extravagance of premium vodka create a dark delight and the perfect ingredient for any luxury cocktail.



## HESTER CREEK MERLOT

BC VQA **\$18.99** 677195

With grapes sourced from vineyards in the Golden Mile, this full-bodied, rich Merlot has accentuated aromas of plum, black cherry and mulberry. Cherry, toffee and rich chocolate flavours highlighted by soft tannins bring you to the lengthy finish. *2009 Double Gold Medal New World International Wine Competition.*

## HOW TO MAKE Hand-blended Syrups & Tinctures

by Danielle Tatarin

The key to a delicious cocktail is balance. For ease of preparation of drinks the sugar and water components are often combined into a “simple syrup,” which is “simply” the combination of sugar and water. When mixing drinks the standard simple syrup is one part sugar to one part water. This ratio, depending on the drink and use for the syrup, can be varied. For a heavier syrup that adds viscosity as well as sweetness to your drink, you can prepare a “heavy simple syrup” with a ratio of two parts sugar to one part water. At db Bistro Moderne we hand-blend all of our simple syrups and often add flavour modifiers to the syrup during blending. To re-create our drinks at home here are the recipes for the syrups used in my recipes in this issue of *TASTE* magazine.

### CINNAMON AND LEMON SYRUP

1 cup (250 ml) sugar  
1 cup (250 ml) water  
4 drops cinnamon tincture  
1 lemon (zest only)

Zest the lemon. Use a vegetable peeler to peel off big strips with no pith. Bring water to a boil and remove from heat. Dissolve sugar into hot water. Add lemon zest and cinnamon tincture to hot syrup. Let sit for 15 minutes then strain out lemon zest. Store in a glass bottle. Keep refrigerated for up to two weeks.

### Cinnamon Tincture

Cover cinnamon sticks in high proof alcohol. Tanqueray 10 gin or Absolut 100 vodka work equally well. Let sit for 24 hours. Strain out cinnamon sticks and store tincture in a small glass bottle or small squeeze bottle. Tinctures are used in cocktails as “simple bitters,” they meld the flavours that are combined to enhance a cocktail. Experiment with making your own tinctures by soaking your favourite herb or spice in high proof alcohol for 24 hours.

### ROSEMARY SYRUP

1 cup (250 ml) sugar  
1 cup (250 ml) water  
4 rosemary sprigs

Chop the rosemary sprigs. Bring water to a boil and remove from heat. Dissolve sugar into hot water. Add chopped rosemary to hot syrup. Let sit for 15 minutes then strain through a tea strainer into a glass bottle. Keep refrigerated for up to two weeks.

### SPICED HONEY SYRUP

1 cup (250 ml) honey  
1 cup (250 ml) hot water  
2 tbsps (30 ml) cardamom seeds

Bring water and cardamom seeds to a boil. Remove from heat and dissolve in honey. Let sit for 24 hours then strain out cardamom seeds. Store in a glass bottle. Keep refrigerated for up to two weeks.

### CRANBERRY SYRUP

1 cup (250 ml) sugar  
1 cup (250 ml) water  
1 cup (250 ml) fresh cranberries

Bring all ingredients to a boil. Simmer for 15 minutes. Strain out the cranberries and store syrup in a glass bottle. Keep refrigerated for up to two weeks. Dry out the cranberries, then crush into a rough powder and use as garnish or mix with sugar to create a rimming sugar.

# Danielle Tatarin

## db BISTRO

This issue’s cutting-edge cocktails have been created by award-winning mixologist, bartender and entrepreneur Danielle Tatarin. Currently bar manager at Kitsilano’s db Bistro Moderne, Vancouver and Lumière, Danielle was trained by cocktail guru Cameron Bogue.

Her passion for all things cocktail led to the birth of her own business, the Designer Cocktail Company, a venture that began with hosting parties with friends to sample old school cocktails and her own signature recipes and culminated with developing custom cocktails for numerous restaurants, lounges, spirit

and liquor companies as well as educating bartenders on the art of mixology. Danielle has had recipes published in the *Vancouver Sun*, *Bar & Beverage Magazine*, *Hemisphere’s Magazine* and *Food & Wine* and of course, *TASTE* magazine.

As if her work at db Bistro Moderne and the Designer Cocktail Company weren’t enough, Danielle is also Global Brand Ambassador for Wild Hibiscus Flowers in Syrup, which has given her the opportunity to mix drinks in New York and New Orleans.







### I FALL TO PIECES

2 oz (30 ml) Tanqueray 10 gin  
 1 oz (15 ml) Lillet Blanc fortified white wine  
 1/2 oz (15 ml) rosemary syrup  
 2 dashes angelica tincture

Stir all ingredients on ice for 30 seconds. Strain into chilled cocktail glass. Garnish with pumpkin gelée and candied lemon zests.

### VIN CHAUD

1 oz (15 ml) akvavit  
 1 oz (15 ml) Giffard Ginger of the Indies  
 2 oz (30 ml) red wine  
 1 oz (15 ml) spiced honey syrup  
 1 oz (15 ml) water  
 2 cloves  
 1 cinnamon stick  
 1 star anise

Mix all ingredients together and heat to a simmer. Serve hot in a Reisling glass. Garnish with candied apple slices.

### DANI'S BRANDY BRULÉE

2 oz (30 ml) VSOP brandy  
 1/4 oz (7 ml) Benedictine  
 1/4 oz (7 ml) yellow Chartreuse  
 1/2 oz (15 ml) cranberry syrup  
 1 egg white  
 1 tsp (5 ml) maple sugar  
 ice

Shake all ingredients together with ice for 30 seconds. Strain into cocktail glass. Top with maple sugar. Brulée the sugar and egg white with a handheld torch. Garnish with crushed candied cranberries. Serve with a small spoon for scooping the bruléed sugar topping.



A Shining White from New Zealand.

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VINEYARDS

SAUVIGNON BLANC

Fruity, Crisp, Dry.

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*Relax,* WE'VE GOT YOU COVERED



No wonder it's B.C.'s favourite wine

Enjoy responsibly



FOR RECIPES, PLEASE SEE PAGE 130

# CHEESECAKE

## MIX AND MATCH

Here's an interesting twist on a basic cheesecake featuring three unique toppings. These delicious little cakes with their fruit-filled garnishes and shortbread cookie crusts are a bit of work to prepare but are the perfect "company" dessert to make ahead.

GLAZED FRESH  
FIG TOPPING

CANDIED PINK  
GRAPEFRUIT  
WITH LEMON  
VERBENA OR  
THYME TOPPING

HAZELNUT ORANGE  
STREUSEL TOPPING

# TAKE YOUR HALLOWEEN PARTY TO THE MOVIES

Looking for a delicious thrill this Halloween? Then forget all the kitschy kid stuff and throw a sophisticated monster mash inspired by the movies instead.

Cool, urban psychological chillers like *Vertigo* or *Psycho*, supernatural gotharamas like *Sleepy Hollow* or the dark genre of vampire films all lend themselves well to party themes.

These dark and mysterious films let us indulge our fascination with the spectral world, without losing our grip on the real one. After all, who doesn't enjoy the frisson of fear every once in a while? We just think you shouldn't experience it when you look at the buffet.

## ALL HALLOW'S HITCHCOCK

Alfred Hitchcock was the master of psychological suspense – and a master of terrific mid-20th-century style. If you're looking to throw a chic cocktail bash, you couldn't do better than finding your inspiration in movies such as *North by Northwest*, *Vertigo*, *The Birds* and *Rear Window*.

To channel Alfred on All Hallow's Eve, plan an evening of retro cocktails and canapés. Stock your bar with gin, whisky and brandy and offer classic drinks such as Manhattans, gin martinis, Collinses and other old-school cocktails. Canapés can include devilled eggs, devils on horseback, bite-sized stuffed *vol-au-vents* and mini open-faced sandwiches.

The décor should be sleek, cool and modern with touches from the famous movies – bird-shaped knick-knacks, for

instance or coils of rope, model airplanes and binoculars by the window – and in the background, cool, atmospheric jazz.

Costumes should evoke Hitchcock movies as well, which means dapper suits with hats for the gents (unless they're evoking Jimmy Stewart in *Rear Window*) and nipped-in suits or Dior-style frocks for the women, along with updos and heels.

## A BURTONESQUE BASH

If your idea of Halloween involves misunderstood monsters, spooky mansions and a certain quirkily gothic style, then Tim Burton is the director for you and inspiration should come from movies such as *Beetlejuice*, *Sleepy Hollow*, *Edward Scissorhands* and *Sweeney Todd*.

Plan an evening of autumnal gloom, with a chilly décor but a warming menu.

Start with a nice spicy punch. Just remember the proportions for mixing punch (one of sour, two of sweet, three of power, four of weak) and always add ice and carbonated drinks at the last minute.

Alongside the punch serve a tasty buffet of miniature meat pies that pay homage to the demon barber of Fleet Street. Empanadas, pasties, mini shepherd's pies, samosas, tourtières, Jamaican patties and Moroccan *basteeya* are the exotic versions if you're up for a culinary challenge. You can also offer crudités – just put Edward Scissorhands to work chopping vegetables. Pumpkin desserts like mousses, tarts and mini-cupcakes will finish things off nicely

while evoking the headless horseman of *Sleepy Hollow*.

The décor should be early haunted house, with black wreaths, dim lights, candles and curls of mist from carefully placed chunks of dry ice.

The music, too, should tap into the goth sensibilities of so many of Burton's films. Think dark, moody and romantic and load up your iPod with The Cure, Leonard Cohen and Bauhaus.

Costuming allows plenty of opportunity for creativity, from the suburban '80s teens of Edward Scissorhands to the Victorian rags of Sweeney Todd to the vivid colours of Willy Wonka in *Charlie and the Chocolate Factory*. Pale makeup with dark, smudgy eyes à la Helena Bonham Carter should abound.

## VAMP IT UP

In the movies, the fanged ones are always dreamy, intense and shockingly seductive and so your vampire-themed party should be darkly, deliciously romantic.

For your menu, think red and black – tapenade, caviar, gazpacho shooters, stuffed cherry tomatoes, beetroot chips, carpaccio, cherries and a red velvet cake. Just be sure to skip the garlic.

Of course, you won't actually be drinking anyone's blood but you can certainly hint at it with red wine, martini-style drinks made with pomegranate or cranberry juice and tomato-based "bloody" cocktails like the Bloody Mary or Caesar.







# MAYBE THE BEST WINE TO BRING ISN'T WINE AT ALL.

You could go for the usual, or you could mix it up. Next time you get together with friends, why not try new Smirnoff One Pour Cocktails? Just chill, pour and serve – for a different kind of night.



PLEASE ENJOY RESPONSIBLY

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## Take Your Halloween Party to the Movies

The décor should aim for a cross between castle crypt and Victorian boudoir with a dash of '80s goth – black tulle, red velvet, faux candles, tombstones, coffins, castle scenes on the walls and silver goblets. Add to the mood with the soundtrack to Bram Stoker's *Dracula*, music by Midnight Syndicate and the dance club theme from *Blade*.

Your costume will depend on which vampire you're channeling. You could do the traditional Bela Lugosi Dracula with cape, fangs and tux or you could go for the striking Lestat in *Interview with the Vampire* or the modern Edward of *Twilight*.

Of course, you could also go as Buffy the Vampire Slayer or Blade, the black-leather-clad half-vampire hunter, as long as you're careful not to suck the fun out of the party.

### SAFETY TIPS

Halloween can provide scary good fun but it can also be an opportunity for dangerous mishaps.

If you are hosting a party, make sure to provide plenty of food and non-alcoholic drinks. If you're serving punch, don't make it too heavily spiked and if you're serving themed cocktails, offer a couple of lower-alcohol or mocktail varieties as well.

Also, make sure your guests have a safe way of getting home. This year, Halloween falls on a Saturday, which means that taxis will be at a premium and police will be out in full force. You may want to book ahead or assign a couple of designated drivers to be available to give your guests a lift home or offer your guests a spot on your sofa for the night.



#### CRYSTAL HEAD VODKA

Canada **\$59.99** 56663  
The ultimate Halloween libation, if just for the bottle alone. The latest spirit from actor Dan Aykroyd, this quadruple-distilled

vodka is made from peaches-and-cream corn mash and pure Newfoundland aquifer water and is triple-filtered through diamonds. Very smooth, with just a hint of floral sweetness.



#### MORIN VSOP CALVADOS

France **\$59.95** 331454

This aged apple *eau de vie* from Lower Normandy is soft and rich with the delicate flavour of apples and dried fruit. It makes an excellent aperitif or digestif, as well as a great ingredient in cocktails.



#### GIFFARD GINGER OF THE INDIES LIQUEUR

France **\$33.99** 171835

Clean, crisp, sweet and subtle with just enough of a spicy kick to keep the palate amused. This is a lovely liqueur for cocktails and mixed drinks, surprisingly sophisticated and not at all syrupy. If you enjoy the taste of ginger, you will love this.



#### ZUBROWKA BISON GRASS VODKA

Poland **\$24.45** 462440

Recently arrived from Poland, this uniquely aromatic rye vodka is made with just a touch of bison grass and arrives with a single blade in each bottle. It is wonderfully complex, with herbal notes of grass, lavender and thyme, as well as citrus, vanilla and sweet spice flavours.



#### FLOR DE CANA 5 YEAR OLD BLACK LABEL RUM

Nicaragua **\$23.99** 134676

This naturally slow-aged rum has aromas of honey and nuts with flavours of orange peel butterscotch, pepper and just a hint of minerality on the palate. Its complexity makes it nice on its own, while the smooth finish and medium body make it ideal in mixed drinks.



#### WALKER'S CANADIAN CLUB CLASSIC 12 YEAR OLD

Canada **\$26.75** 126466

This classic Canadian rye, aged 12 years in oak barrels, is rich with spice, vanilla and toffee sweetness to give it a touch of sophistication. Perfect in a traditional whisky cocktail.

# PAIRING

## WINE & CHEESE

There is an old adage in the Bordeaux wine trade that merchants swear by, “Sell on cheese and buy on apples.” Try the test for yourself. Take a Granny Smith apple and a slice of mature cheddar. Taste them with a glass of any red wine – starting with the apple – and see what happens. Apples, especially Granny Smiths, contain malic acid, which is sour. In fact, winemakers in cool climate regions put their wines through what is called a malolactic fermentation in the spring – a secondary fermentation that converts the sharp malic acid into the softer, less aggressive lactic acid (the acidity you find in milk). If a wine can overcome the malic acid in an apple, it must have lots of concentrated flavour and is therefore a good, marketable product.

On the other hand, cheese flatters wine. The fat in cheese coats the palate and smoothes out a wine’s rough edges, making the tannin in red wines appear more supple and the acidity in whites seem less astringent.

But not all wines go well with all cheeses. There is a commonly held notion that red wines are best with a variety of cheeses whether they’re soft, semi-soft, hard or blue. This misconception was compounded by the fact that most hosts offer the cheese tray after the main course, during which a red wine is most often served. The cheese is meant to “mop up” the remainder of the red wine. But in my experience white wines with light or no oak are far more compatible with most cheeses.

The best cheese and wine match I ever experienced was in Alsace. In a small restaurant outside Colmar I ordered a Muenster that had been baked in layers of flaky phyllo pastry.

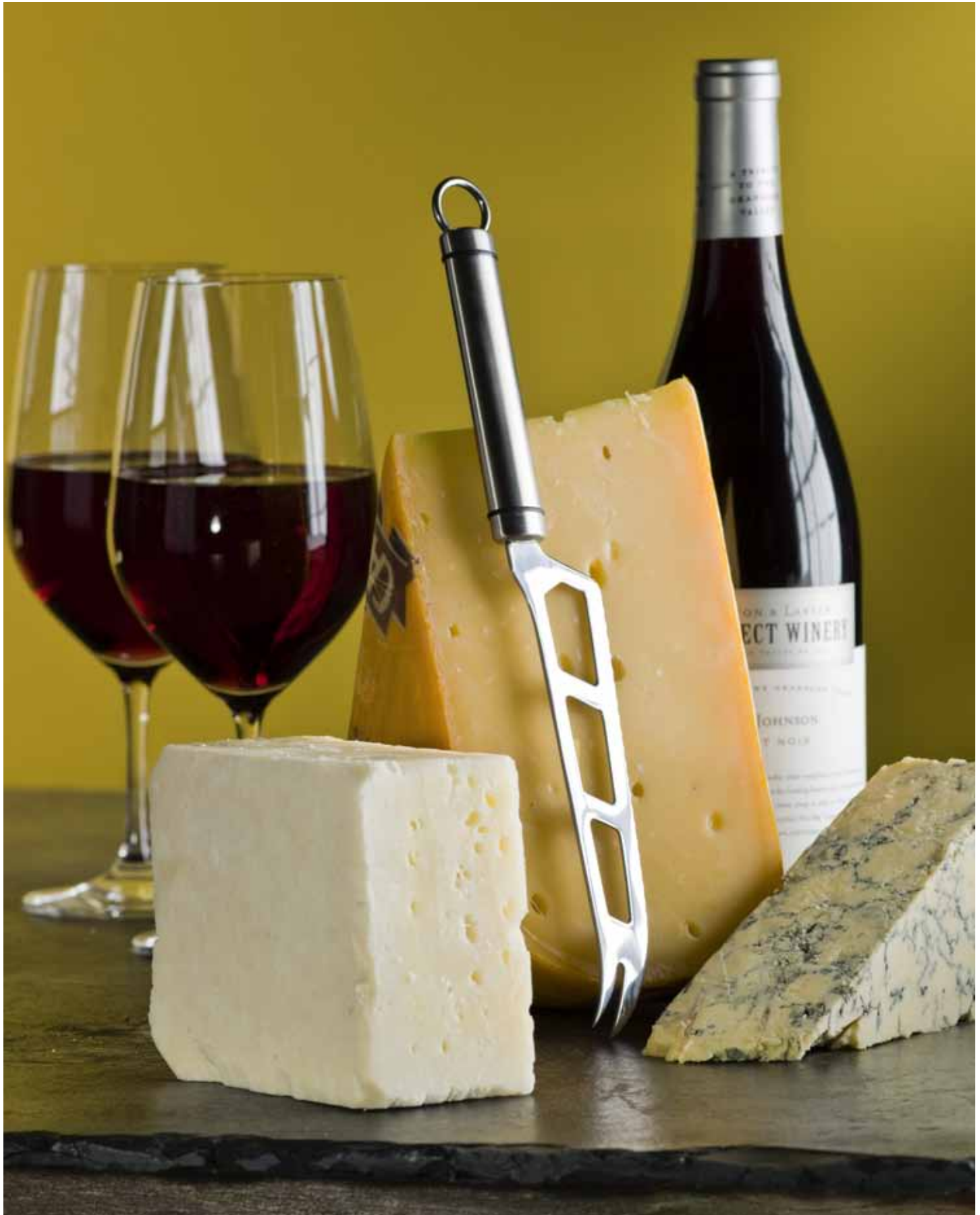
(Incidentally, Muenster, along with Époisses from Burgundy, is the smelliest of cheeses). This particular Muenster was baked as a cake and sliced in wedges. It was served warm so that the cheese layered throughout the pastry was almost molten. The accompanying wine was a glass of chilled Gewürztraminer. I can still remember the combination in my mind’s palate – the velvety, rank, salty cheese, the flaky buttery pastry and the spicy, aromatic wine of contrasting yet complementary flavour. My mouth waters as I write.

When you’re making your cheese and wine selection, keep in mind the style of the cheese and the character of the wine. The stronger the flavour of the cheese, the sweeter and weightier the wine should be. For powerful cheeses like roquefort and Danish blue, go for equally powerful sweet wines like port and sherry. Blue cheese tends to be very salty and a sweeter wine will cut through that saltiness and refresh your taste buds. White wine generally goes better with creamy cheeses (like brie and Camembert) than does red. Or you can serve a light chillable red, such as Beaujolais or Valpolicella with runny or very soft cheeses. The act of chilling brings out the perception of acidity.

Decide whether you want a complementary flavour match (a crisp, dry white wine with a buttery, nutty cheese, for example) or a contrasting flavour match (such as a salty blue cheese with a sweet, round red or white wine).

Wine and cheese. Cheese and wine. Almost like love and marriage when the partners are carefully chosen. Turn to page 89 for some combinations that really work.







# Discover your inner tango.

## Enter to Win

2 tickets to The Vancouver Playhouse International Wine Festival Tasting Room. One night accommodation at The Sutton Place Hotel. No purchase necessary. Contest details at [www.winesofargentina.ca](http://www.winesofargentina.ca) Contest closes September 30, 2009

VANCOUVER PLAYHOUSE  
INTERNATIONAL  
WINE FESTIVAL 

April 19-25, 2010

*Wines of Argentina*



[www.winesofargentina.org](http://www.winesofargentina.org)



## Pairing Wine & Cheese



### CARMEN SAUVIGNON BLANC

Chile **\$11.99** 415604

This medium-bodied, dry Sauvignon Blanc has citrus and pineapple flavours with a grassy note. Its perfect match is with goat's cheese, either soft or hard.



### CHÂTEAU DES CHARMES VIDAL ICEWINE

Canada **\$25.99** 565861

Châteaux des Charmes is a full-bodied, honeyed peach and sweet icewine with balancing citrus acidity. Match with blue cheeses.



### LOUIS LATOUR BOURGOGNE CHARDONNAY

France **\$18.99** 55533

A medium-bodied, dry, citrusy Chardonnay with melon fruit and anise flavours along with hints of vanilla and nuts. Matches well with soft cheeses like brie and Camembert.



### PROSPECT WINERY FATS JOHNSON PINOT NOIR

BC VQA **\$15.99** 178533

This Okanagan Pinot Noir features dry, cherry and strawberry flavours with an earthy note. Match with hard cheeses.



### JADOT BEAUJOLAIS VILLAGES

France **\$19.99** 469924

This Beaujolais is a light, dry, cherry and pepper-flavoured wine. Match it with semi-soft cheeses like Cheshire and mozzarella.



### PFAFFENHEIM GEWÜRZTRAMINER

France **\$19.99** 612119

This Gewürztraminer from the Alsace region of France is aromatic with spicy grapefruit and rose petal flavours. Match with smelly, soft cheeses.

# PERFECT PAIRINGS

<b>Asiago</b>	Barolo, Barbaresco, Nebbiolo d' Alba
<b>Brick</b>	Zinfandel, Côtes du Rhône, California Pinot Noir
<b>Brie</b>	Sancerre, Frascati, (red) chilled Beaujolais
<b>Camembert</b>	White Burgundy, dry Riesling, dry Vouvray
<b>Cheddar</b>	Rhône, red Bordeaux, red Burgundy, Zinfandel
<b>Cheshire</b>	Beaujolais, Valpolicella, Gamay
<b>Chèvre</b>	Sancerre, Pouilly-Fumé, Sauvignon Blanc
<b>Coulommiers</b>	Burgundy, Pinot Noir, Merlot
<b>Crottin</b>	Chablis, Sancerre
<b>Danish Blue</b>	Oloroso sherry, Sauternes/ Late Bottled Vintage port
<b>Edam</b>	Beaujolais, Valpolicella, Gamay
<b>Emmental</b>	Mâcon Blanc, Riesling
<b>Époisses</b>	Marc de Bourgogne, grappa
<b>Feta</b>	Greek whites, Pouilly-Fumé, Fumé Blanc
<b>Gorgonzola</b>	Amarone, late harvest Zinfandel, ruby port
<b>Gouda</b>	Rioja, red Burgundy, Oregon Pinot Noir
<b>Gruyère</b>	Rhône white, Chilean Chardonnay/Chinon
<b>Havarti</b>	Frascati, Fendant, Muscadet
<b>Mascarpone</b>	German Riesling, Müller-Thurgau, dry Muscat
<b>Monterey Jack</b>	Chardonnay, white Rhône/ red Burgundy
<b>Mozzarella</b>	Chianti, Barbera, Beaujolais
<b>Münster</b>	Alsace Gewürztraminer, dry Muscat
<b>Parmigiano</b>	Valpolicella, Bardolino, Chianti
<b>Pont L'Évêque</b>	Côtes de Roussillon, Zinfandel, Montepulciano d'Abruzzo
<b>Port-Salut</b>	Rhône white, New Zealand Sauvignon Blanc, Chardonnay
<b>Reblochon</b>	Chablis, Muscadet, Soave
<b>Roquefort</b>	Sauternes, Monbazillac/ Recioto/port
<b>Tête de Moine</b>	Frascati, Fendant, Vernaccia di San Gimignano

# TURKEY FOR TWO

**C**ooking a sumptuous turkey feast in the fall with local produce at its finest is a pleasurable pastime not likely missed by many. There's so much choice in ingredients and many are locally grown. From BC's farm-fresh potatoes to yams and just-harvested brassica vegetables – the local bounty is prolific.

But the centre of the plate is equally important and can be equally local. Free-range, free-run or organic turkeys are

now available in most specialty food markets and even some mainstream butchers throughout BC. All you have to do is ask.

But what if it's just the two, three or four of you for Thanksgiving dinner? Opt for organic turkey breasts instead of a whole bird that will still be lurking in the fridge by Grey Cup day. Often the favourite pieces of the traditional Thanksgiving fowl, turkey breasts are available packaged on their own and take so much less time to cook.

To add to the feast, we've introduced some fusion properties. For starters, we developed prosciutto parcels drizzled with citrus oil followed by a fresh palate cleanser of crisp celery root and carrot salad.

For the main course we glazed turkey breast with a soy and orange juice combo. A little Asian influence coupled with North American style and it's an amazing crisp flavour on the skin! Plus it paired extremely well with the sweet potato puffs and the vegetable sauté.



ROAST TURKEY BREAST WITH SOY ORANGE GLAZE WITH BROCCOLINI AND CAULIFLOWER SAUTÉ



SWEET POTATO PUFFS  
WITH TOASTED PECANS





## PROSCIUTTO SALAD ROLLS

PAIRS WITH SWEET POTATO PUFFS  
WITH TOASTED PECANS



**TINHORN CREEK  
PINOT GRIS**  
BC VQA **\$16.50** 530683  
Lively and refreshing  
Pinot Gris with notes  
of peach, herbs and  
honey on the palate.  
Citrus, peach, apple and  
mineral flavours merge  
and lead the way to  
the crisp, clean finish.  
A brilliant match to the  
sweet potato puffs.



**SMOKING LOON  
SYRAH**  
USA **\$16.99** 220186  
Sweet, wild raspberry  
and cassis flavours  
abound in this well  
rounded, mouth  
coating Syrah from  
California. Bittersweet  
chocolate with a touch  
of allspice shine in the  
silky smooth finish.  
Supple and lovely!



**DA VINCI CHIANTI**  
USA **\$17.99** 684720  
This medium-bodied  
Chianti with earthy  
notes of leather and  
tobacco has ripe  
blackberry, cherry and  
hints of vanilla in the  
finish. Food-friendly  
and versatile, try pairing  
it with deli meats,  
pastas and pizzas.



**FOLONARI  
PINOT GRIGIO**  
Italy **\$15.49** 229542  
This great-value wine  
from Italy offers a  
refreshing bouquet  
and crisp, green apple  
flavours. The finish  
is clean and fresh.  
It's the perfect wine  
to have on hand for  
impromptu gatherings  
or unexpected guests.

PAIRS WITH PROSCIUTTO WRAPPED GREENS



Turkey for Two

PAIRS WITH ROAST TURKEY BREAST WITH SOY ORANGE GLAZE



**OYSTER BAY CHARDONNAY**  
New Zealand **\$19.99**  
326728

Exotic tropical fruit flavours with ripe citrus and peach combine in this gem from New Zealand. Well-balanced with crisp acidity and a long refreshing finish with just a hint of oak.



**CEDARCREEK PINOT BLANC**  
BC VQA **\$14.90** 237966

Luscious apricot, apple, tropical pineapple and zesty citrus notes dominate this tasty BC white. Silky, buttery, caramel and honey flavours are backed by a rich, structured finish. Takes your turkey to new heights!



**VEUVE DE VERNAY BLANC DE BLANCS BRUT**  
France **\$14.99** 209023

A clean and refreshing bubbly that's easy to sip. Notes of apple and nectarine with invigorating bubbles make this fun. Chill and serve for an unexpected delight with dinner.



**WOLF BLOSS RIESLING**  
Australia **\$13.99** 128660

Vibrant aromas of lemon and lime with floral notes greet you, continuing with intense fruit flavours on the palate and well-balanced, clean acidity. A truly refreshing wine to sip solo or it pairs with vegetables, poultry and cream-sauced pasta.



CRISP CELERY ROOT, CARROT AND JÍCAMA SALAD

# A TRADITION OF QUALITY REWARDED SINCE 1858



## BLENDED BEFORE AGING FOR SUPERIOR SMOOTHNESS

### GOLD MEDAL

2009 San Francisco World Spirits Competition  
Canadian Club® Sherry Cask Whisky

### SILVER MEDAL

2009 San Francisco World Spirits Competition  
Canadian Club® Classic

### SILVER MEDAL

2009 San Francisco World Spirits Competition  
Canadian Club® Reserve

### GOLD MEDAL

2008 San Francisco World Spirits Competition  
Canadian Club® Classic

### SILVER MEDAL

2008 San Francisco World Spirits Competition  
Canadian Club® Reserve



# WHISKY COCKTAILS

So perfect for this time of year, whisky is a versatile and flavourful spirit that is the base for many a delicious sip. Danielle Tatarin of Vancouver's ultra-creative db Bistro Moderne has devised these three exciting new whisky cocktails that you can stir or shake up at home.

## GOLD RUSH LUSH

2 oz (60 ml) Alberta Springs  
10 yr old rye whisky  
½ oz (15 ml) Sortilège maple liqueur  
½ oz (15 ml) Frangelico  
2 dashes cinnamon tincture\*\*

Stir on ice for 30 seconds. Strain over large ice cubes into a short highball or cocktail glass. Garnish with maple sugar rim and long, wide orange peel twist. Paint gold dust on top of ice cubes (optional).

## MY OWN SWEET WAY

1½ oz (45 ml) Johnny Walker Black whisky  
1 oz (30 ml) Italian vermouth  
¼ oz (7 ml) Armagnac  
¼ oz (7 ml) cinnamon and lemon syrup\*\*

Stir on ice for 30 seconds. Strain into coupe glass. Garnish with lemon slice.

## BROADWAY

1 oz (30 ml) bourbon  
½ oz (15 ml) Italian vermouth  
¼ oz (7 ml) wild hibiscus syrup\*  
2 dashes Angostura bitters  
Champagne (to top)

Stir spirits and liqueurs on ice for 30 seconds. Strain into champagne flute over 3 ice cubes and top with Champagne. Release oils of a lemon zest over the drink. Garnish with lemon twist.

\*Available at Gourmet Warehouse

\*\*Danielle Tatarin explains how to create your own flavoured syrups and tinctures on page 78.



MILE HIGH PUMPKIN MERINGUE PIE

# GREAT PUMPKINS



There's not a much brighter harbinger of fall than the pumpkin. Sometime in late September, every grocery store in North America is fronted by hugely bulging cardboard containers full of the popular squash. Although we suspect most of these orange gourds end up carved spookily and lit with candles, their original purpose is much more delicious and nutritious. Who knew your Jack-O-Lantern was so full of antioxidant vitamins? The pumpkin's other amazing ability – to go in either sweet or savoury style to the table – is highlighted in the following autumnal recipes.



PUMPKINS STUFFED WITH ROASTED VEGETABLE STEW

PAIRS WITH MILE HIGH PUMPKIN MERINGUE PIE

PAIRS WITH PUMPKINS STUFFED WITH ROASTED VEGETABLE STEW



**STONES GREEN GINGER WINE**  
Canada **\$12.99** 24828  
Blending the finest quality raisins with pure ground ginger can only be described as daring and bold. Add a dash to your favourite spirit for a remarkably delicious beverage.



**CHÂTEAU DERESZLA TOKAJI**  
France **\$46.99**  
285643 500 ml  
An extra special treat with the pie can be found in this rich, honeyed beauty. The delicate orange blossom aromas combined with a subtle spicy note are enchanting. Truly beautiful!



**DON DAVID RESERVE SYRAH**  
Argentina **\$15.99** 786020  
Deep and dark, amazingly aromatic wine with cassia, clove and spicy vanilla notes. A well-structured full-bodied wine to be enjoyed with stews, roasted meats and vegetables.



**VALCARLOS FORTIUS NAVARRA TEMPRANILLO**  
Spain **\$13.95** 923805  
A gentle wine on the wallet and the palate! This is fresh and smooth with soft, plump fruit characteristics and spicy strawberry hints in the balanced finish.

# Limoncello Luxardo®

A tangy lemon liqueur, prepared according to a classic Italian summer tradition.  
Wonderful served chilled at the end of a meal or in a sorbet.



## Yellow spirit

### *Tropical Suggestion (Long Drink)*

3/10 Limoncello Luxardo, 1/10 Strawberry juice,  
3/10 Mandarin juice, 3/10 Pineapple juice.

Prepare in a shaker with ice, pour in a big tumbler glass.  
Garnish with a skewer of: Pineapple, Kiwi and Strawberry.

### *The Moon (Cocktail)*

3/10 White Rum,  
1/10 Crème de Cassis,  
2/10 Limoncello Luxardo,  
4/10 Champagne.

Pour in a flute the ingredients  
in the same order of above.  
Garnish with half wheel of lemon.

**LUXARDO®**  
1 8 2 1

[www.luxardo.it](http://www.luxardo.it)





PUMPKIN AND EDAMAME SALAD

PAIRS WITH PUMPKIN AND EDAMAME SALAD



**SEAVIEW BRUT**

Australia **\$13.99** 216333  
A household name in Australia for years, Seaview is a well-priced, extremely food-friendly choice to suit any occasion. The lovely, crisp citrus notes and smooth creaminess in the mouth combined with the steady stream of cascading bubbles is delightful.



**FETZER VALLEY OAKS  
GEWÜRZTRAMINER**

USA **\$14.99** 350843  
Rose petal and honeysuckle with delicate fruit flavours compliment this well-priced, rich Gewürztraminer from California. With warm, spicy peach hints in the extended finish, it's perfect with salads, roasted vegetables or chicken.



**MONKEY BAY  
SAUVIGNON BLANC**

New Zealand **\$15.99** 324095  
The brilliant clarity of this wine shines through the vibrant bouquet of citrus, tropical fruit and cut grass. Flavours of grapefruit, lemon and pineapple mixed with herbs is apparent, while the finish is crisp.



# Mushrooms

## UNEARTHED



*Crimini*



*Chanterelle*



*Shiitake*



*Oyster*



*Beech*



*Portabello*



*Enoki*



*Maitake*



FOR YEARS, THE ONLY COMMERCIAL MUSHROOM AVAILABLE IN THIS PART OF THE WORLD WAS THE STANDARD WHITE BUTTON BUT TODAY, LOCALLY-GROWN MUSHROOMS CAN RANGE FROM BROWN CRIMINIS TO LARGE, MEATY PORTOBELLOS, EARTHY SHIITAKES AND OYSTERS TO DELICATE JAPANESE ENOKI.



WILD MUSHROOM RAGOUT

Mushrooms have been an important ingredient in the culinary scene for centuries, most notably in French, Italian, Chinese and Japanese cuisines. For years, the only commercial mushroom available in this part of the world was the standard white button but today, locally-grown mushrooms can range from brown criminis to large, meaty Portobellos, earthy shiitakes and oysters to delicate Japanese enoki. We're fortunate to live in an area that is home to many wonderful wild mushrooms as well. This category includes morel, chanterelle and matsutake, pine mushrooms and more obscure varieties such as hen-of-the-woods, maitake and lobster. Fall is major mushroom season, with golden chanterelles, perfect for sautés and risottos filling the farm market baskets. Also easy to find right now are strongly-scented pine mushrooms, revered by the Japanese. Much of our local pine mushrooms are harvested and shipped directly to Japan.

Although mushroom hunting has to become popular with people foraging in the forests, make sure that the tasty-looking morsels that have been collected are in fact edible and not ones that will send diners racing to the emergency room a few hours after supper! Look for seasonal wild mushrooms at your farmers market or specialty grocery stores.



WILD MUSHROOM RISOTTO

**APPLETON ESTATE**  
 — SINCE DEPUIS 1749 —  
 RHUM JAMAICA RUM



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ENJOY WITH CARE.

# SNAP DRAGON



THE LEGEND COMES TO LIFE

California

Wine Spectator  
 July 2009  
**BEST VALUES**  
**"87"**  
**POINTS**  
 2007 Snap Dragon Chardonnay

Classic notes of pear and pineapple with crisp apple flavors.



Wine Spectator  
 June 2009  
**VALUE WINES**  
**"84"**  
**POINTS**  
 2007 Snap Dragon Cabernet Sauvignon

Delicious notes of cherry and spice with a hint of currant.

Please Enjoy our Quality Responsibly.



PAIRS WITH WILD MUSHROOM RISOTTO



**FIRESTEED**  
PINOT NOIR  
USA **\$24.99** 361782  
Cherry and sweet  
spice aromas greet  
you. Vibrant and  
bold red raspberry  
and strawberries  
mingle. Complex and  
well-structured, this  
is a wine for serious  
entertaining and  
your best recipes.



**JACKSON-TRIGGS**  
PROPRIETOR'S  
RESERVE VIOGNIER  
BC VQA **\$15.99** 593129  
Brilliantly gold in colour,  
this luscious Viognier  
has tropical fruit and  
spicy pepper aromas.  
Citrus and smooth  
pear flavours lead you  
to the crisp, buttery  
finish. Pairs superbly  
with the risotto.



MUSHROOM EMPANADAS

PAIRS WITH WILD MUSHROOM RAGOUT



**THREE WINDS**  
SYRAH  
France **\$13.99** 847608  
Red fruit and spice  
aromas and flavour  
dominate but don't  
overpower this  
classic French Syrah.  
Subtle oak nuances  
smooth out the long,  
gentle finish. At this  
price it's easy to have  
a few around for  
unexpected company.



**GRAHAM BECK**  
SHIRAZ VIOGNIER  
South Africa **\$14.99**  
656629  
Matured in French  
and American oak  
barrels, this blend  
is spicy and fruit  
forward. Violet,  
licorice and stone  
fruit flavours are  
highlighted from the  
ripe beginning to the  
soft, tannic finish.

PAIRS WITH MUSHROOM EMPANADAS



**CASA DE CAMPO**  
RESERVA MALBEC  
SHIRAZ  
Argentina **\$14.99** 96966  
Intense and dark  
describe this blend with  
sweet blackberry and  
violet aromas. Plum,  
oak and vanilla flavours  
combine with a great  
structure and velvety  
texture. Delicious!



**HOB NOB**  
PINOT NOIR  
France **\$15.99** 822296  
Here's a medium-  
bodied, soft style of  
wine with floral and  
red fruit essences.  
Smooth and rich in  
texture and bursting  
with cherry flavours,  
this wine is made  
for the mushroom  
dish. Hob Nob with  
friends tonight!

# CRISPS & CRUMBLES

BUTTERY PEAR CRISPS  
WITH CRUMBLE TOPPING

APPLE CRANBERRY CRISP  
WITH CRÈME ANGLAIS

STONE FRUIT AND  
NECTARINE COBBLER



From simmering fruits to toasty crumbly toppings, fruit crisps and crumbles are a foolproof dessert to make for any occasion. It's fussy comfort food at its finest. If it's a fruity dessert you are craving but balk at the thought of making fruit pies with rolled crusts, then the crisps featured here are the ideal solution. But of course, we've upped the ante. We've turned an everyday apple crisp into a mouthwatering gourmet crumble by adding fresh cranberries and the suprising bite of candied ginger to the filling. Serve with our easy-to-make silky cr me anglaise and

the humble apple has been transformed into something elegant.

If pears are your seasonal favourite then consider our pear crisp – bathed in brown sugar butter with and topped with toasted almonds. The stone fruit and nectarine cobbler is certain to be a popular ending to any fall meal and is so easy to assemble. Be adventurous and substitute one topping for another over your choice of filling. The cr me anglaise is excellent with these sweet recipes – all of them crispy, crumbly and easier than pie.

### BUTTERY PEAR CRISPS WITH CRUMBLE TOPPING

Serves 6

#### Topping

1 cup (250 ml)	all-purpose flour
¾ cup (175 ml)	light brown sugar
½ cup (125 ml)	large flake oats
¼ cup (50 ml)	almonds, coarsely chopped and toasted
¼ tsp (1 ml)	salt
½ cup (125 ml)	unsalted butter, chilled and diced

Combine flour, sugar, oats, almonds and salt in a bowl. Stir to blend. Work in butter until it resembles coarse meal. Set aside.

#### Filling

1	vanilla bean, sliced lengthwise
½ cup (125 ml)	unsalted butter
½ cup (75 ml)	light brown sugar
2 tbsp (30 ml)	all-purpose flour
8 cups (1 L)	Anjou pears, peeled, cored and thinly sliced
3 tbsp (45 ml)	Muscat wine

Preheat oven to 350 F (180 C). Butter a 9-in x 9-in (2.5 L) baking dish. Scrape seeds from vanilla bean into a small heavy saucepan. Add seeded bean and butter and cook until butter turns golden. Remove from the heat and remove vanilla bean. In a bowl, blend brown sugar and flour together. Fold in pears and toss to coat. Spoon into buttered baking dish. Add wine to butter and whisk to blend. Drizzle over top of pears. Sprinkle with topping and gently press down. Place on a parchment-lined baking sheet and bake in the oven for 60 minutes or until crust is golden and pears are tender when pierced. Cool slightly before serving.

### STONE FRUIT AND NECTARINE COBBLER

Serves 8

#### Filling

½ cup (125 ml)	granulated sugar
¼ cup (50 ml)	dark brown sugar
¼ cup (50 ml)	all-purpose flour
3 lbs (1.5 kg)	mixture of plums and nectarines, pitted and cut into wedges
1 cup (250 ml)	blackberries
1 tbsp (15 ml)	unsalted butter, melted
1 tsp (5 ml)	almond flavouring

Preheat oven to 400 F (200 C). Butter a 9-in x 9-in (2.5 L) baking dish. Combine sugars and flour in a large bowl. Stir to blend. Add prepared fruits and drizzle with butter and almond flavouring. Toss gently until coated. Spoon into buttered baking dish and bake in the centre of the oven just until bubbling, about 20 minutes. Make biscuits while fruit bakes.

#### Biscuit Topping

1 cup (500 ml)	all-purpose flour
½ cup (125 ml)	ground almond meal
2 tbsp (30 ml)	granulated sugar
2 tsp (10 ml)	baking powder
½ tsp (2 ml)	each of cinnamon and salt
½ cup (125 ml)	unsalted butter, chilled and diced
½ cup (75 ml)	whipping cream
1 tbsp (15 ml)	granulated sugar

Combine flour, meal, 2 tbsp (30 ml) sugar, baking powder, cinnamon and salt. Stir to blend. Work in butter until it resembles coarse meal. Gently stir in almost all the cream, reserving 2 tbsp (30 ml) and make a soft dough. Turn dough out onto a lightly floured surface and dust with flour. Roll out with a floured rolling pin to ½-in (1.25 cm) thickness. Cut with a 2-in (5 cm) round floured cookie cutter. Repeat until all the dough is shaped. Arrange ½-in (1.25 cm) apart over hot fruit filling. Brush tops of biscuits with remaining cream. Sprinkle with granulated sugar. Bake in 400 F (200 C) oven until biscuits are golden and filling is bubbly in the centre, about 25 to 30 more minutes. Cool on a rack and serve warm.

### PAIRS WITH STONE FRUIT AND NECTARINE COBBLER



TRADER VIC'S  
MACADAMIA NUT  
USA \$32.99 644344

The exotic taste of Hawaiian macadamia nut in a smooth tasting, toasty liqueur has arrived. Slip a little into your coffee for a warm, soothing sipping experience this fall.

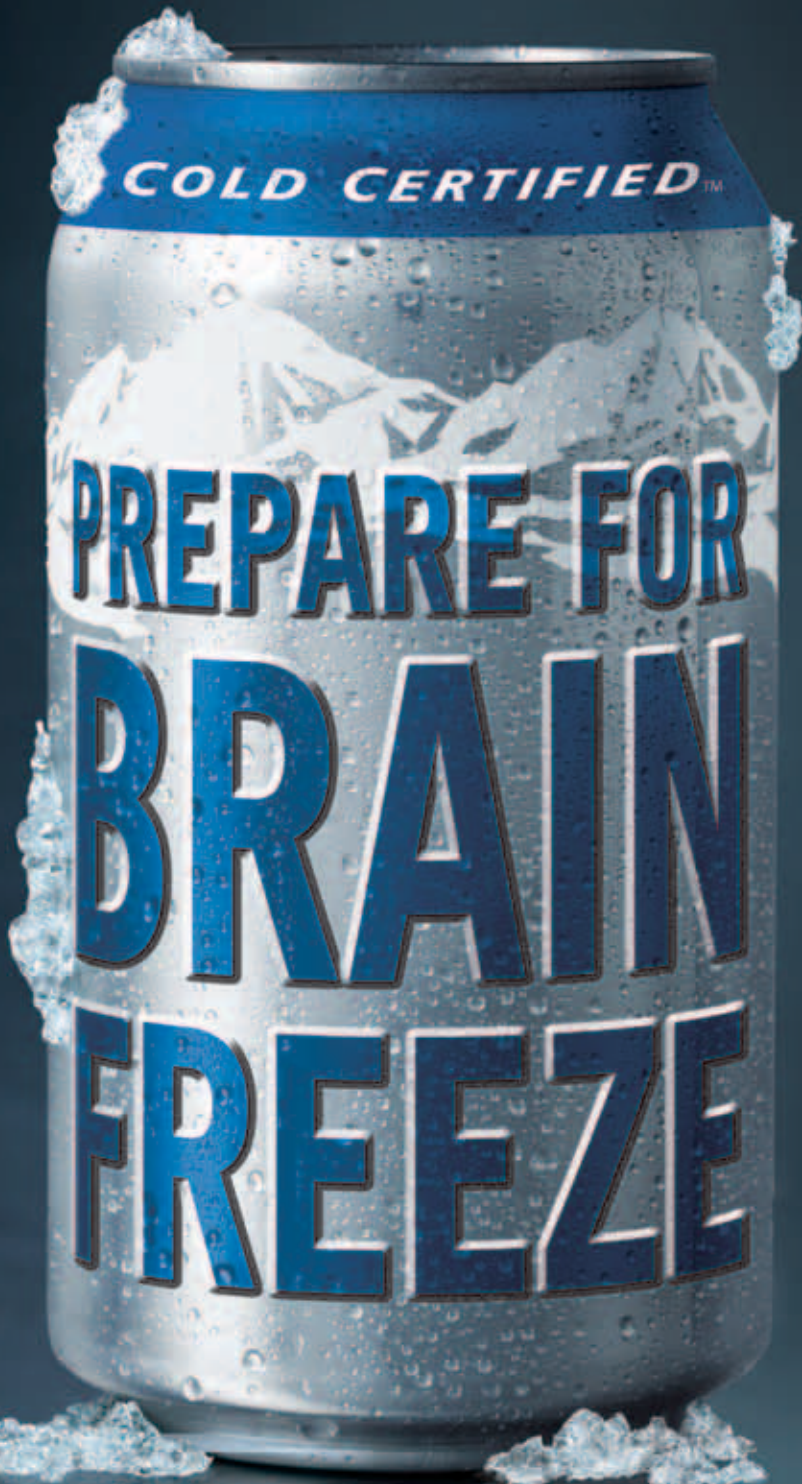
### PAIRS WITH BUTTERY PEAR CRISPS WITH CRUMBLE TOPPING



MONIMEX  
GOLDEN PEAR

Hungary \$23.50 74476

For a special extravagance beside the pear crisp you have to try this rich, amber-coloured liqueur with a fresh pear taste and a gentle sweetness that is perfect every time.



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## Crisps & Crumbles

### APPLE CRANBERRY CRISP WITH CRÈME ANGLAIS

Serves 8

#### Crème Anglaise

½ cup (125 ml)	whipping cream
2	large egg yolks
3 tbsp (45 ml)	granulated sugar
½ tsp (2 ml)	vanilla flavouring
½ cup (125 ml)	milk

Bring cream to a boil. Mix eggs, sugar and vanilla together. Gradually whisk in egg mixture a little at a time, bringing the temperature of the eggs up to the warm cream. Return mixture to saucepan and stir constantly over medium heat until thickened. Do not boil. Mixture should be thick enough to coat a spoon. Cool pot in a tray of ice water. Stir in milk, a little at a time until thinned. Cool.

#### Filling

1 cup (250 ml)	cranberries, fresh or frozen and thawed
8 cups (1 L)	Granny Smith apples, peeled cored and thinly sliced
	juice from ½ lemon, freshly squeezed
½ cup (125 ml)	granulated sugar
3 tbsp (45 ml)	crystallized ginger, minced
3 tbsp (45 ml)	all-purpose flour

Preheat oven to 350 F (180 C). Lightly butter a 9-in (23 cm) deep dish pie plate. Place cranberries and apples in a large bowl. Drizzle with lemon juice. Sprinkle with sugar, crystallized ginger and flour. Gently toss together until combined. Mound in pie plate.

#### Topping

1 cup (250 ml)	large flake oats
½ cup (125 ml)	all-purpose flour
½ cup (75 ml)	brown sugar, packed
¼ tsp (1 ml)	ground ginger
	generous pinch of salt
½ cup (125 ml)	unsalted butter, chilled and diced

Combine dry ingredients in a bowl. Cut in the butter until mixture is like small peas. Sprinkle evenly over the filling and gently press down. Place on a parchment-lined baking dish and bake for 60 minutes or until crust is golden and apples are tender when pierced. Serve warm with a drizzle of crème anglaise over top.

### PAIRS WITH APPLE CRANBERRY CRISP WITH CRÈME ANGLAIS



VEUVE DE VERNAY BRUT ROSÉ

France \$15.99 610048

Add a little sparkle to your desserts with this cool rosé. Cranberry and zesty citrus flavours unite together in the glass with a simmering bubble that is fresh and fun.



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a trip for 2 to  
Paris



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Must be legal drinking age to enter.  
See website and BC Liquor Stores for details.  
No purchase necessary. Contest runs Sept 1-30, 2009.

PARIS  
15.10.09  
FRANCE

## Best selling Bordeaux wines\*

\*In Canada, Canadian Vintner's Association, Apr 2009



James Cluer, Master of Wine, is ready and able to answer your wine queries of all sorts – from the basic to the impossible.

Send your questions for James to:

**[taste.magazine@bliquorstores.com](mailto:taste.magazine@bliquorstores.com)**

and include “Ask An Expert” in the subject line.

Look for your answer in the next issue of *TASTE*.

# ASK AN EXPERT

JAMES CLUER, MW

THANKS TO OUR  
KNOWLEDGEABLE  
READERS FOR THIS ISSUE'S  
INTERESTING QUESTIONS.  
KEEP THEM COMING!

**Q** How do you know if a wine is “off?”

**A** The short answer is if a wine smells or tastes unpleasant then it might be “off.” To be more specific, if you smell things like rotten eggs, burnt matchstick, vinegar, a musty wet cardboard aroma, then the wine may well be “off.”

But the fact is that it can be quite difficult to tell if some wines are “off.” I’ve shared bottles of wine with some of the top winemakers in the world and towards the end of the bottle they have questioned whether the wine is “in condition.” Why? We all have different thresholds for noticing certain smells and tastes. There was a famous incident when a wine critic found an entire batch of wine to be “corked” but after the winery did a blind tasting with a focus group they decided that the taint was below threshold and continued to sell the wine.



## A BOTTLE OF PORT, SOME STILTON CHEESE OR CHOCOLATE AND YOU'VE JUST BROUGHT DESSERT.

Cork taint is the major fault to look for. Corks can sometimes harbour a fungus which can develop into potent organic compounds, notably one called TCA. This can dull the aroma of a wine, make it smell musty like wet cardboard and make the fruit taste dried out and astringent on the palate.

One of the other major faults is oxidation, which happens when excessive amounts of oxygen come into contact with the wine. This can start during the winemaking process as soon as the grapes are picked. Just like an apple, the juice can start to turn brown. Sometimes you can tell an oxidized wine just by the colour. Look for white wines to have an unusual amber or dull golden brown colour. The nose can smell dull, lacking freshness and with some heavy nutty and caramel notes. Tired and stale are hallmarks of oxidized wines.

There are several other potential faults but in my experience the incidence of faulty wines is decreasing. The good news is that BC Liquor Stores will replace any faulty bottles. Just don't confuse spoiled or tainted wine with wine you personally just don't like the taste of.

### **Q** What are sulphites?

**A** Unless you suffer from severe asthma or have a rare sensitivity to sulfur, then don't worry about sulfites. Besides, there are more sulfites in foods like a commercially-prepared fruit salad than in wine. Sulfites only seemed to become an issue when legislation forced producers to state the content on the label, at which time a surprising number of consumers suddenly developed a physical reaction to it.

Sulfur has been used as a preservative in winemaking since antiquity. Today, in the form of sulfur dioxide, it is used in virtually all wines as a preservative and a disinfectant. It can help prevent wines from oxidizing and can kill bacteria and yeast. The amount used is controlled by law and producers of finer wines strive to limit the addition of sulfur to a minimum.

There are barely any wines produced in the world without adding sulfur. It is actually impossible to produce a wine entirely free of sulfites because a small amount of it is a by-product of fermentation.

### **Q** Is it true that the more expensive a bottle of wine is the better it is?

**A** No, it is not true that quality always improves as the price goes up. I've had hundreds of wines in blind tastings that have come out ahead of their more expensive counterparts and sometimes it's quite shocking to see a big name come last in a flight. It's equally shocking to see some of the major brands, which the wine trade loves to malign, come out at the top.

That said, as a general rule, you should see an increase in quality as the price goes up. A \$30 bottle almost always does taste much better than a \$15 bottle.

### **Q** I regularly get invited over to friend's houses' for dinner and I never know what wine to bring. What is the safer if I don't know the menu...red or white wine?

**A** The safest bet is to go with white wine, mainly because most whites can be enjoyed without food and they often tend to complement starters. Just make sure it's chilled when you show up.

Another option could be to take over a bottle of sparkling wine. You can buy Spanish cava for under \$20 or step up to a California sparkler made by a champagne house for around \$25. Then you'll be the hero who brought over "the champagne!" Of course you could always bring the real thing, like a bottle of Krug. Another wine to consider buying would be a bottle of LBV port, which costs between \$20 and \$35. A bottle of port, some Stilton cheese or chocolate and you've just brought dessert.



# CHRISTOPHER STEWART WINE & SPIRITS

PROUDLY PRESENTS

## Q.P.R. SUPERSTARS™

For almost a decade, we have traveled the world looking for exceptional wines of a consistent high quality and value. For your enjoyment, we bring you Q.P.R. SUPERSTARS™, a collection of excellent wines at an outstanding value, in other words their exceptional Price to Quality Ratio makes them SUPERSTARS!

From the rolling hills of Old World Tuscany to the sun drenched vineyards of New World Barossa Valley, the Christopher Stewart Selections showcased here are the best of the best. Each wine perfectly reflects the terroir of their region and over-delivers on their promise of a great bottle of wine. Best of all they do this at prices that are hard to resist.

Be sure to look for these Q.P.R. SUPERSTARS™ at your local British Columbia Liquor Store today and feel secure that each one represents an amazing wine experience.

Sincerely,

Christopher Stewart



### GEMTREE BLOODSTONE 2007

RATED **91 IWC** POINTS

Juicy and alluring, with a deep ruby red hue. Distinctly aromatic and full of rich red berry flavours, cracked pepper and notes of licorice and violet pastille.

SKU 775015 McLaren Vale, Australia \$19.99



### GEMTREE UNCUT SHIRAZ 2007

RATED **90 IWC** POINTS

A vivid purple with blueberry, spice and floral aromas. Rich red & blackberry flavours, smooth tannins with a hint of sweetness and a long finish. A sheer delight!

SKU 875096 McLaren Vale, Australia \$24.99



### WATER WHEEL MEMSIE 2007

RATED **89 WA** POINTS

Aromas of smoky herbal black currant fruit with bits of raspberry dominate, while rich licorice and savoury dark flavour linger on the palate. A great reflection of Bendigo!

SKU 482505 Bendigo, Australia \$19.99



### CAT AMONGST THE PIGEONS CAT WALK 2008

**Barossa Cab at its Finest**

An expressive bouquet of spice box, black raspberry, black cherry, and black currant jumps from the glass. Full-bodied & rich with loads of sweet fruit and a long finish.

SKU 227694 Barossa Valley, Australia \$19.99



### CAT AMONGST THE PIGEONS NINES LIVES 2006

RATED **92 WA** POINTS

Enticing perfume of spice box and blue fruits, leading to a savory, ripe, full-flavored wine with layered fruit and excellent balance.

SKU 58073 Barossa Valley, Australia \$19.99



### HENRY'S DRIVE VIGNERONS PILLAR BOX RED 2007

RATED **90 WA** POINTS

Fresh flavours of blackcurrant & blueberry fruit combined with orange rind, dark chocolate and spicy smoky oak characters - a lingering harmonious finish at a humble price.

SKU 510248 Padthaway, Australia \$19.99

**WA** - Wine Advocate

**WS** - Wine Spectator

**IWC** - International Wine Cellars





OPERA PRIMA  
CHARMAT BRUT

**Delicate and Elegant Bubbles!**

An absolutely delicious charmat at an incredible price, the Opera Prima is comparable to brut champagnes and even vintage champagnes available today. Very classy.

SKU 862144 La Mancha, Spain \$11.99



BASTIANICH  
FLOR PROSECCO

**It Doesn't Get Any Better!**

Wonderful aromas of ripe pear, melon, a hint of lilies and almonds. Flavours of golden delicious apples and peaches glide across the palate. The perfect way to begin any event!

SKU 560250 Valdobbiadene, Italy \$19.99



MARQUES DE GELIDA  
BRUT EXCLUSIVE 2005

**Impressively Complex**

Light, bright yellow with tiny fine bubbles that tickle your palate. Impressively complex aromas of pear, white peach, mango and baking spices. This is a superb value!

SKU 100420 Penedes, Spain \$23.99



BASTIANICH  
SAUVIGNON "B" 2008

**Stylish and Remarkable**

Unique aromas of white sambuca, mint and tropical fruit, with refreshing acidity and long, vibrant finish – a very stylish and remarkable Sauvignon Blanc.

SKU 736272 Friuli, Italy \$19.99



LA MOZZA  
I PERAZZI 2006

RATED **90 WA** POINTS

An especially sexy, juicy Morellino loaded with fruit, underbrush, smoke and licorice nuances that emerge from its generous, plump frame. This version of Sangiovese is a must-try.

SKU 155549 Tuscany, Italy \$24.99



BODEGAS MONTEBUENA  
MONTEBUENA 2007

**A Taste of Rioja**

If you haven't tried Montebuena, then you haven't tried Rioja! This 100% Tempranillo consists of succulent black cherries and a hint of white pepper with a pleasant finish.

SKU 507517 Rioja, Spain \$15.99



BODEGAS ATECA  
GARNACHA DE FUEGO 2007

RATED **89 IWC** POINTS

From 60 – 80 year old vines, this truly is a Garnacha on fire! Impressively forceful berry flavours with great spicy persistency and a lingering blueberry quality. A gift at the price.

SKU 255745 Calatayud, Spain \$15.99



BODEGAS OLIVARES  
ALTOS DE LA HOYA 2007

RATED **91 IWC** POINTS

Seductive aromas of dark berries and spices. Vivacious blackberry and cherry flavours. The finish is impressive - a sheer berry delight. Another marvellous value.

SKU 396804 Jumilla, Spain \$16.99



MAS QUE VINOS  
ERCAVIO ROBLE 2007

RATED **90 WA** POINTS

Lovely straight-forward appeal; tons of flavourful dark berries with a firm structure and an amazing lengthy finish. An excellent value from La Mancha!

SKU 433748 La Mancha, Spain \$18.99



CHÂTEAU DE VALCOMBE  
SYRAH GRENACHE 2007

**Vancouver Magazine Wine Award - Wines Under \$15**

Bright and perfumed with plenty of plum, dried herbs, smoky and spicy nuances with an attractive dustiness. 40+ year old Syrah and 20+ year old Grenache, amazing value.

SKU 857243 Nimes, France \$12.99



DON SIMON  
SANGRIA

**The World's # 1 Selling Sangria**

The ultimate summer drink! Rich red cherries and wildberry flavours with enticing spicy cinnamon notes. This Sangria will surely satisfy and refresh!

SKU 573501 Jumilla, Spain \$9.99



DON SIMON  
ORGANIC SANGRIA

**BC's Only Authentic Sangria goes Organic!**

Don Simon Sangria goes green! 100% Natural and Organic. Pure, simply delicious & refreshing as the original Don Simon!

SKU 761148 Jumilla, Spain \$11.99





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

**Corona**  
**Light**  
336 ml  
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### PASTA WITH GOLDEN BEETS, GREENS AND PINE NUTS

**Serves 4**

- 6 small golden beets, tops attached
- 3 tbsp (45 ml) grape seed oil
- 1 lb (500 g) spicy chicken chorizo sausage, cut into 1-in (2.5 cm) slices
- 1 large onion, peeled, halved and thinly sliced
- 3 large garlic cloves, minced
- ¾ lb (340 g) trenne or rotini pasta
- ½ cup (75 ml) pine nuts, lightly toasted
- ½ cup (125 ml) goat's cheese, crumbled

Trim beets leaving roots intact. Reserve beet leaves. Place beets in a large pot of water and bring to a boil. Reduce heat to medium and boil until tender but still slightly firm. Drain and when cool enough to handle, peel and cut into wedges. Set aside. Heat 1 tbsp (15 ml) oil in a heavy skillet. Add sausage and gently sauté until fully cooked and golden, about 12 minutes. Remove and set aside on a paper towel-lined plate. Clean skillet and heat remaining 2 tbsp (30 ml) oil. Add onion and garlic and sauté until onions are golden and soft. Wash beet leaves and spin dry. Coarsely chop and fold into sautéed onions. Remove from heat and set aside. Bring a large pot of salted water to a boil. Add pasta and boil until al dente. Drain but do not rinse. Add to onions and beet greens along with sausage. Fold together over medium-high heat until greens are slightly wilted and ingredients are mixed. Fold in beet wedges. Serve with pine nuts and crumbled goat's cheese.

#### PAIRS WITH

##### WHITE BEAR SAUVIGNON BLANC

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##### FAT BASTARD SHIRAZ

France **\$16.99** 563122



### VEAL WITH GREEN BEANS, HEIRLOOM TOMATOES AND OLIVES

**Serves 4**

- 4-6 oz (180 g) veal chops

- ¼ tsp (1 ml) salt
- 1 lb (500 g) freshly ground black pepper
- ¼ cup (50 ml) fresh garlic, crushed
- 2 tbsp (30 ml) fresh green beans, trimmed and left whole
- 2 olive oil
- 2 lemon juice, freshly squeezed
- ½ cup (125 ml) tomatoes, diced
- 2 green picholine olives
- 2 tsp (10 ml) well-aged balsamic vinegar
- 1 tbsp (15 ml) fresh oregano, chopped

Preheat oven to 450 F (230 C). Sprinkle veal with salt and fresh pepper. Heat 2 tbsp (30 ml) olive oil in a large skillet. Pan fry seasoned veal until browned and cooked to medium rare, about 5 minutes per side. Remove and tent with foil to rest. Meanwhile, place beans in a large bowl. Combine remaining 2 tbsp (30 ml) olive oil, lemon juice, garlic and freshly ground pepper in a small bowl. Whisk to blend. Add to beans and toss to evenly coat. Fold in tomatoes and olives. Transfer to a 9" x 13" (3 L) baking dish. Bake in the center of the oven for 10 minutes, stirring often. When vegetables are tender-crisp, remove from the oven. Divide evenly among heated dinner plates. Nestle a chop on top of each and drizzle with pan juices and a splash of balsamic. Sprinkle with fresh oregano and serve.

#### PAIRS WITH

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### ROASTED BUTTERNUT SQUASH SOUP WITH PUMPKIN SEED PESTO

**Makes 8 cups (2 L)**

#### Pumpkin Seed Pesto

- 4 tbsp (60 ml) grape seed oil
- ¾ cup (175 ml) raw pumpkin seeds
- 1 garlic clove, smashed
- 1 salt
- 1 tsp (5 ml) freshly ground white pepper
- 2 tbsp (30 ml) orange zest, finely grated
- 2 tbsp orange juice, freshly squeezed
- 1 fresh parsley, minced
- 1 green onion, finely chopped

Heat 2 tbsp (30 ml) grape seed oil in a heavy skillet. Add pumpkin seeds and garlic. Sprinkle with salt and pepper. Stir over medium heat until seeds begin to puff and snap. Be careful not to scorch. Remove and cool completely. Place pan ingredients in a food processor along with remaining 2 tbsp (30 ml) oil orange zest and

juice, parsley and green onions. Whirl until mixture forms a coarse paste. Transfer to a bowl.

#### Butternut Squash Soup

- 2½ lbs (1.25 kg) butternut squash
- 2 tbsp (30 ml) grape seed oil
- 1 large sweet onion, peeled and coarsely chopped
- 1 medium-sized Gravenstein apple, peeled, cored and chopped
- 2 tbsp (30 ml) fresh ginger, minced
- 2 large garlic cloves, minced
- 2 tsp (10 ml) golden brown sugar
- 3 cups (750 ml) chicken stock or bouillon
- ¼ tsp (1 ml) ground cinnamon
- ¼ tsp (1 ml) salt
- 1 cup (250 ml) freshly ground white pepper
- 1 whipping cream

Preheat oven to 375 F (190 C). Cut squash in half and scrape out seeds. Place cut-side-down in a little water in a baking pan. Roast for 45 minutes or until tender. As squash is roasting, heat oil in a large, deep saucepan. Add onion, apple, ginger, garlic and sugar and sauté over medium-low heat until soft, about 7 minutes, stirring often. Do not brown or scorch. Stir in stock, cinnamon, salt and pepper. Remove from heat. When tender, scrape peel from squash and add to stock. Bring to a boil. Cover, reduce heat and simmer

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for 10 to 15 minutes. Purée mixture using a hand-held blender or purée in two batches in a food processor until smooth. Strain if you wish. Whisk in cream and heat through. Season to taste. Ladle into bowls and stir in 1 tbsp (15 ml) pumpkin seed pesto.

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**ROCKET SALAD WITH MANCHEGO, QUINCE DRESSING AND TOASTED ALMONDS**

**Serves 4**  
**Dressing**  
 ¼ cup (50 ml) quince paste or jam  
 2 tbsp (30 ml) white wine vinegar  
 2 tbsp (30 ml) extra virgin olive oil  
 1 tsp (5 ml) lemon juice, freshly squeezed  
 ½ tsp (2 ml) fresh rosemary, finely minced salt  
 freshly ground black pepper

If using quince paste, mash with a little water to soften. Combine quince paste or jam and 1 tbsp (15 ml) white wine vinegar in a small bowl. Stir to blend. Whisk in the remaining dressing ingredients and season with salt and pepper to taste.

**Salad**  
 2 bunches rocket greens (arugula), trimmed  
 ½ small head radicchio, separated into leaves and torn  
 4 oz (125 g) manchego cheese, shaved  
 ½ cup (125 ml) brown-skinned almonds, toasted and coarsely chopped

Wash trimmed greens and spin dry. Place in a large bowl with radicchio leaves. Toss with a little dressing and divide among plates. Sprinkle with cheese and almonds. Serve immediately.

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**MANGO COUSCOUS**

**Serves 4**  
 1 cup (250 ml) couscous  
 2 tbsp (30 ml) olive oil  
 1 garlic clove, minced  
 1 mango, peeled, pitted, cut into ½-in (1 cm) cubes  
 1 jalapeño, seeds and ribs removed, finely chopped  
 ½ cup (125 ml) raisins  
 1 ripe tomato, seeded, cut into ¼-in (.5 cm) cubes  
 juice of 1 lime  
 ¼ cup (50 ml) small cilantro sprigs, chopped  
 ¼ cup (50 ml) small parsley sprigs, chopped salt

Prepare the couscous according to the package directions. Set aside. Heat 1 tbsp of oil in a large sauté pan over high heat. Add garlic, mango and jalapeño and sauté until mango begins to colour lightly. Stir in remaining oil, couscous, raisins, tomato, lime juice, cilantro and parsley. Toss to heat through. Season to taste with salt. Serve hot or at room temperature.

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**MOON CAKES**

**Makes 20 cakes**  
*This recipe requires a traditional Chinese moon cake mould.*  
**Filling**  
 1 lb (500 g) lotus seed paste\*  
 20 hard boiled egg yolks, generously salted

Divide lotus seed paste into 20 equal portions and shape into balls. Slightly flatten each lotus paste ball and wrap completely around one salted egg yolk.

**Dough Layer 1**  
 2 cups (500 ml) flour  
 5 tbsp (75 ml) lard  
 10 tbsp (150 ml) water  
 ¼ tsp (10 ml) salt

**Dough Layer 2**  
 1 cup (250 ml) flour  
 5 tsp (25 ml) lard

Mix ingredients for each type of dough in separate mixing bowls. Divide each type of dough into 20 equal portions. Wrap a portion of dough layer 1 inside a portion of dough layer 2 and roll flat. Fold into thirds and roll again. Flatten combined dough to form 3-in (8 cm) circle. Continue with remaining dough. Place lotus paste-wrapped egg yolk in centre of each circle, gather edges to and pinch to seal. Place filled packet into mould. Gently press to fit. Invert mould to remove cake onto greased baking sheet. Bake at 350 F (180 C) for 20 minutes. Allow to cool before serving.

\*available at Chinese specialty food stores

The moon cakes in this photo were provided by the Lai Wah Heen Restaurant, Metropolitan Hotel, Toronto.

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**SPICED TURKEY**

**Serves 6**  
 2 cups (500 ml) plain yogurt  
 1 medium onion, chopped  
 3 large garlic cloves  
 1-in (2.5 cm) piece fresh ginger, peeled and thinly sliced  
 ¼ cup (50 ml) fresh lemon juice  
 2 tsp (10 ml) ground turmeric  
 1 tsp (5 ml) ground cumin  
 1 tsp (5 ml) ground coriander  
 ½ tsp (2 ml) ground cinnamon  
 ½ tsp (2 ml) cayenne pepper  
 2 turkey breast halves bone-in,



## The Warmth of Southeast Asian Soups from page 28

2 tbsp (30 ml) skin-on  
unsalted butter, melted  
kosher salt and freshly  
ground pepper

In a food processor, purée yogurt with onion, garlic, ginger, lemon juice and spices. Place turkey breasts on a large rimmed baking sheet. Pour yogurt marinade over turkey and rub both sides and under skin. Cover and refrigerate for at least 6 hours. Remove turkey breasts from refrigerator 1 hour before roasting.

Preheat oven to 475 F (240 C). Transfer the turkey breasts (with any marinade that sticks) to a large roasting pan, skin side up. Season with salt and pepper and drizzle with butter. Roast for 20 minutes. Reduce oven temperature to 375 F (190 C) and roast for 50 minutes longer or until a meat thermometer inserted in the thickest part of the breast registers 165 F (75 C). Transfer turkey to a cutting board and let rest for 10 minutes. Carve into slices and serve.

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**SHRIMP PAD THAI**



### Serves 4

½ lb. (250 g) medium-width rice noodles  
2 tbsp (30 ml) oyster sauce  
½ cup (125 ml) ketchup  
2 tbsp (30 ml) molasses  
2 tbsp (30 ml) sugar  
2 tbsp (30 ml) fish sauce  
¼ cup (50 ml) water  
1 tsp (5 ml) dried chili flakes  
¼ cup (50 ml) vegetable oil  
6 garlic cloves, minced  
2 eggs  
1 ½ cups (375 ml) cooked shrimp, tail off  
2 cups (500 ml) bean sprouts  
2 cups (500 ml) Chinese chives, cut into  
1-in (2.5 cm) lengths OR  
green onions  
2 tbsp (30 ml) roasted peanuts, chopped  
cilantro sprigs

Place rice noodles in bowl and cover with warm water for 30 minutes. Combine oyster sauce,

ketchup, molasses, sugar, fish sauce, water and chili flakes in a small bowl and set aside. Heat vegetable oil in a wok or large frying pan over high heat. Stir-fry garlic until golden. Add eggs and scramble until dry. Drain noodles and add to pan. Stir-fry until noodles soften, become shiny and start sticking together in a mass. This is crucial to texture of finished dish. Add shrimp, bean sprouts, chives and sauce. Cook until sauce is absorbed. Turn out onto a platter and garnish with peanuts and cilantro.

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### THAI HOT AND SOUR PRAWN SOUP WITH LEMON GRASS (TOM YUM GOONG)

#### Serves 4 to 6

4 cups (1 L) chicken stock  
3 stalks lemon grass, trimmed,  
smashed flat, cut into 1 ½-in  
(3.5 cm) pieces  
6 fresh or frozen kaffir lime  
leaves (or rind of 2 limes)  
3 to 4 red Thai chilies  
8 oz (250 g) tin straw mushrooms,  
drained  
¼ lb (125 g) oyster mushrooms, cleaned,  
coarsely chopped  
¾ lb (340 g) medium shrimp, peeled,  
deveined  
3 tbsp (45 ml) fish sauce  
¼ cup (50 ml) fresh lime juice  
2 tbsp (30 ml) each green onions and  
cilantro, chopped

Place the stock into a medium pot with lemon grass and bring to a boil. Add lime leaves (or rind) and chilies and return to a boil. Reduce heat and simmer for 5 minutes. Add mushrooms, increase heat and bring to a boil. Add shrimp and cook for 1 minute or until the shrimp have turned pink.

Remove from heat and stir in fish sauce, lime juice, green onions and cilantro. Taste and adjust seasoning as it should be sour, salty, spicy and hot.

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### VIETNAMESE PHO BO (BEEF PHO)

#### Serves 8

#### Broth

6 lb (3 kg) beef leg bones, cut into 3-in  
(7.5 cm) pieces  
7 L (28 cups) water  
2 yellow onions, peeled, cut  
into quarters  
1 4-in (10 cm) piece fresh ginger, slightly  
bruised  
5 whole star anise  
6 whole cloves  
1 4-in (10 cm) cinnamon stick  
1 whole black cardamom pod  
1 ½ lb (700 g) boneless chuck roast, cut  
into strips  
1 ½ tbsp (21 ml) salt  
¼ cup (50 ml) fish sauce  
1 1-in (2.5 cm) chunk yellow rock sugar

Place beef bones in a large stockpot and add cold water to cover. Boil vigorously for 2 to 3 minutes. Transfer bones into sink, discarding hot water. Rinse under cold water to remove any residue. Clean pot and transfer bones back into it. Add water and bring to a boil, then lower to a gentle simmer. Use a ladle to skim off froth.

Add remaining ingredients and cook uncovered for 90 minutes. Adjust heat if necessary to maintain a consistent simmer. Use tongs to transfer meat to a bowl of cold water and let soak for 10 minutes. Drain meat and set aside on a plate to cool completely. Cover with plastic wrap and refrigerate.

Simmer broth for another 90 minutes. Strain through a fine-mesh sieve set over a pot. Discard the strained solids. Refrigerate overnight, then remove all or part of fat. Reheat broth and adjust seasoning with salt, fish sauce and rock sugar.

#### Soup

1 ½ lbs (750 g) small flat rice noodles, dried  
or fresh  
½ lb (250 g) cooked beef from the broth  
1 eye of round or sirloin steak  
4 yellow onion, sliced paper thin  
green onions, sliced  
¼ cup (75 ml) cilantro, chopped  
white pepper

If using dried noodles, cover with water and let soak 15 to 20 minutes until opaque and pliable.





The Warmth of Southeast Asian Soups from page 28

Drain in a colander. If using fresh noodles, untangle and place into a colander and rinse under cold running water.

Soak sliced yellow onion in cold water for 30 minutes, then drain. Cut cooked beef across the grain into very thin slices. Freeze the raw beef for 15 minutes, then slice into very thin slices. Set all beef aside.

Bring the broth to a simmer. Bring a large pot of water to a rolling boil. Dunk noodles in boiling water. As soon as they collapse and have lost their stiffness (10 to 20 seconds), remove noodles and drain. Divide amongst warm noodle bowls.

Top each bowl with cooked and raw beef, arranging the slices flat. Place a mound of yellow onion slices in the centre and sprinkle with cilantro, white pepper and green onions.

Bring the broth to a rolling boil, then ladle about 2 cups of broth into each bowl. Serve immediately with the garnishes listed below.

#### Garnishes

½ lb	(250 g)	bean sprouts
12		sprigs mint
12		sprigs Thai basil
15		fresh cilantro leaves
3		Thai chilies, thinly sliced
3		limes, cut into wedges

#### PAIRS WITH

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### MALAYSIAN LAKSA LEMAK

Serves 4 to 6

#### Laksa Paste

1		medium onion, finely chopped
1	tblsp (15 ml)	ginger, grated
1	tblsp (15 ml)	galangal, grated
2		cloves garlic, chopped
2		stalks lemongrass, white part only, sliced
6		dried chilies, soaked and chopped
4		whole candlenuts or macadamia nuts, crushed
1	tsp (5 ml)	each of ground coriander, paprika and cumin

Pound or blend all of the above ingredients together.

#### Soup

10 oz	(300 g)	Hokkien or Shanghai noodles*
2	tblsp (30 ml)	vegetable oil
6	cups (1.5 L)	chicken stock
2	tsp (10 ml)	palm or brown sugar
1	tsp (5 ml)	salt
2	cups (500 ml)	coconut milk
2		whole chicken breasts, cooked and shredded
½ lb	(250 g)	halibut, snapper or cod, cut

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- 8 into 1-in (1 cm) pieces large shrimp, peeled and de-veined
- 12 small manila clams
- 4 squares fried bean curd puffs, halved diagonally
- 1 cucumber, peeled, seeded, julienned
- 1 cup (250 ml) bean sprouts, blanched fresh mint cilantro sprigs lime wedges fried shallots sambal chili paste

Heat oil in a hot wok and fry laksa paste for 5 minutes, until fragrant. Add stock, sugar, salt and bring to a boil. Reduce heat and add coconut milk, stirring constantly. Add chicken, fish, shrimp, clams and bean curd puffs and heat until shrimp is cooked and the clams have opened. Heat well without boiling. Distribute the noodles among the serving bowls and add hot soup with ingredients. Serve with cucumber, sprouts, mint and cilantro. Garnish with lime wedges and fried shallots.

\*If using uncooked Shanghai noodles, cook in boiling water until al dente. Drain under cold water and set aside. Alternatively, if using Hokkien noodles, pour boiling water over the noodles. Drain and rinse.

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**SPICED CHOCOLATE CUSTARD  
(FLAN DE CHOCOLATE PICANTE)**

**Serves 8 to 10**

- ¾ cup (175 ml) sugar
- 2 tbsp (30 ml) water
- 4 cups (1 L) whole milk
- ¼ cup (50 ml) Dutch unsweetened cocoa powder
- 1 tbsp (15 ml) instant espresso powder
- 1 cinnamon stick
- 2 strips orange zest
- 1 ½ tsp (7 ml) mild chili powder (optional)
- 1 oz (30 g) unsweetened chocolate
- 8 large eggs
- ¾ cup (175 ml) sugar
- 2 tbsp (30 ml) coffee liqueur
- 2 tsp (10 ml) pure vanilla extract

Preheat oven to 325 F (170 C). In a small, heavy saucepan, bring water and ¾ cup (175 ml) sugar to a boil, swirling pan occasionally until sugar melts. Cook over low heat until sugar turns a caramel colour. Immediately pour into an 8 cup (2 L) mould and swirl mould quickly to cover bottom. For individual servings, place a small amount of caramel on bottom of 6 oz (180 g) ramekins.

In a large, heavy saucepan, mix together milk, cocoa, espresso, cinnamon orange zest and chili powder and simmer over medium heat. Whisk until cocoa has been incorporated. Remove from heat and add chocolate, whisking until melted. Set aside to stand for 5 minutes.

In a large bowl, whisk together eggs, sugar, liqueur and vanilla. Slowly beat in hot milk mixture. Remove froth that forms on surface. Strain into prepared mould or individual ramekins. Set the mould into a roasting pan half-filled with hot water and lay a piece of foil over top. Bake until a knife inserted in the middle comes out clean, about 45 minutes.

To serve warm, allow custard to settle for 30 minutes, then run a knife around edge of custard and turn out onto a serving platter. To serve cold, cool to room temperature then refrigerate for a few hours. When ready to serve, set mould in a bowl of hot water for 1 minute and proceed as directed above. Serve with sweetened whipped cream.

**PAIRS WITH**

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**RICE WITH CHORIZO AND RAISINS**



**(ARROZ CON CHORIZO Y PASAS)**

**Serves 4 to 6**

- ½ lb (250 g) mild chorizo (preferably Spanish)
- 2 garlic cloves, minced
- 1 medium onion, finely chopped
- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) converted rice
- ½ cup (125 ml) seedless golden raisins
- 2 cups (500 ml) hot chicken stock
- 2 cups (500 ml) hot water
- 1 ½ tsp (7 ml) salt
- ½ tsp (2 ml) black pepper, freshly ground
- ¼ cup (300 ml) frozen peas
- 3 tbsp (45 ml) cilantro, chopped
- 1 yellow plantain, large, ripe

- 2 (optional) eggs, hard cooked, peeled and cut into wedges pimento strips

Heat a large, heavy skillet over medium heat. Remove chorizo from casing and add to skillet, breaking up with spoon. When fat starts to render, about 3 to 4 minutes, add garlic and onion. Reduce heat to low and cook about 5 minutes or until onion is transparent. If onion starts to stick, add up to 1 tbsp (15 ml) of oil. Add rice and stir constantly for 1 minute. Add the raisins, stock, water, salt and pepper and bring to a boil. Cover and reduce heat to low and cook for 15 minutes. Scatter peas and cilantro on top, cover and finish cooking until liquid has been absorbed and rice is fluffy, another 5 to 7 minutes. Fluff the rice, cover and remove from heat. Set aside for 5 minutes.

While rice is cooking, peel plantain and cut into ½-in (1 cm) slices. Heat 1 tbsp of remaining oil in a medium, non-stick skillet. Add plantain, cover and sauté until brown, about 5 minutes. Drain on paper towels. Transfer rice to serving dish and garnish with plantain, egg wedges and pimento strips.

**PAIRS WITH**

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**CHICKEN WITH CASHEW  
AND COCONUT SAUCE  
(XINXIM DE GALINHA)**

**Serves 4**

**Marinade**

- 1 ½ cups (325 ml) onion, chopped
- 4 garlic cloves, minced
- ½ cup (125 ml) green onion, white part, chopped
- ¼ cup (50 ml) cilantro, chopped
- 3 tbsp (45 ml) flat-leaf parsley, chopped
- 1 ½ tbsp (21 ml) ginger, minced
- ½ tsp (2 ml) chili flakes
- juice of one lemon

Process all ingredients in blender until smooth.

**Chicken**

- 4 bone-in chicken breasts, skin removed, cut crosswise



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4		bone-in chicken thighs or legs, skin removed
2 tbsp	(30 ml)	olive oil
2 tbsp	(30 ml)	dendê (palm oil)*
¼ cup	(50 ml)	dried shrimp, peeled and ground (optional)
⅓ cup	(75 ml)	unsalted dry-roasted cashews, ground
½ cup	(125 ml)	unsweetened coconut milk
		Malagueta or Tabasco pepper sauce
⅓ cup	(75 ml)	unsalted dry-roasted whole cashews

Place chicken into a zip-locked plastic bag and add marinade. Seal, toss to coat well and allow to marinate for 1 hour. Heat olive oil and dendê in a large heavy casserole over medium heat. Drain chicken pieces, reserving marinade and dry with paper towels. Lightly brown chicken a few pieces at a time. When done, return the chicken to the casserole, add reserved marinade, dried shrimp (if using), ground cashews and coconut milk. Add pepper sauce to taste. Cover, reduce heat to low and simmer until tender, about 30 minutes, turning the chicken over after 15 minutes. Season with salt and more sauce if desired. Transfer to a warm serving dish. Garnish with whole cashews, sauce and parsley.

\*Dendê (palm oil) is from Africa. Its nutty flavour and deep orange-yellow colour is unique and cannot be substituted without loss of authenticity. If you are unable to find dendê at specialty stores, olive oil can be used.

#### PAIRS WITH

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#### SHELLFISH CEBICHE

##### Serves 6

4 cups	(1 L)	water
2		green onions, cut into 1-in (2.5 cm) pieces
4		black peppercorns, whole
1		garlic clove
1 lb	(500 g)	medium-sized shrimp, peeled and deveined
½ lb	(250 g)	bay scallops, rinsed
½ cup	(125 ml)	dry white wine
1 lb	(500 g)	mussels, scrubbed
18		baby clams (optional)

In a large pot, bring water, green onion, peppercorns and garlic to a boil. Reduce heat and simmer for 5 minutes. Add shrimp, remove from heat and let stand until shrimp turn pink. Remove shrimp, reserving cooking liquid. Rinse shrimp under cold water, drain and cut into ½-in (1 cm) pieces. Set aside.

Bring the cooking liquid back to boil. Add scallops, turn off heat and let stand for 2 minutes. To check doneness, cut a scallop in half. It should be milky white in the centre. Remove from liquid and run under cold water. Cut into ½-in (1 cm) pieces. Discard cooking liquid.

Heat wine in a large pot and bring to a boil. Add mussels and clams, cover and boil until shells have opened, about 3 to 5 minutes. Discard any unopened shells. Remove clams and mussels from shells and set aside to cool.



## Savoury Pot Pies from page 58

### Marinade

½ cup (75 ml)	fresh lemon juice
½ cup (75 ml)	fresh lime juice
¾ cup (150 ml)	fresh orange juice
½ cup (125 ml)	chicken broth
1 tbsp (15 ml)	extra virgin olive oil
1 tsp (5 ml)	Dijon mustard
1 tsp (5 ml)	Worcestershire sauce
½ tsp (2 ml)	each, salt and sugar
¼ tsp (1 ml)	freshly ground black pepper
	hot pepper sauce, to taste

### Garnishes

1	tomato, peeled, seeded, chopped
1	green pepper, seeded, chopped
½ cup (125 ml)	white onion, chopped
2 tbsp (30 ml)	cilantro, chopped
2 tbsp (30 ml)	flat-leaf parsley, chopped

Combine all marinade ingredients in a large non-reactive bowl (glass, ceramic or stainless steel). Gently add all the seafood to marinade and mix well. Cover with plastic wrap and refrigerate for 2 hours. Before serving, season with salt, pepper and hot sauce. Garnish each dish with 1 tsp (5 ml) each of the garnish condiments.

### PAIRS WITH

#### PETER LEHMANN SEMILLON

Australia **\$14.99** 572412

#### CAT'S PEE ON A GOOSEBERRY BUSH

New Zealand **\$15.99** 353938



### CHICKEN AND VEGETABLE POT PIE WITH TARRAGON AND BACON

#### Serves 4

2¼ cups (550 ml)	chicken stock
¾ cup (175 ml)	dry white wine
2 lbs (1 kg)	chicken breasts or thighs, boneless and skinless
2 cups (500 ml)	slender green beans, trimmed and cut into 1-in (2.5 cm) pieces
2	carrots, peeled and sliced
1	stalk celery, sliced
5 slices	smoked bacon
2 tbsp (30 ml)	vegetable oil
2	small onions, chopped
4	garlic cloves, minced
¼ cup (50 ml)	all-purpose flour
1 tbsp (15 ml)	fresh tarragon, chopped
½ tsp (2 ml)	sherry vinegar
	salt and freshly ground black pepper

¾ lb (397g)	package prepared frozen puff pastry, thawed
1	egg yolk
1 tbsp (15 ml)	water

Bring stock and wine to a boil. Add chicken, reduce heat, cover and simmer until juices run clear. Transfer chicken to a plate to cool. Add green beans, carrots and celery to stock. Cover and simmer just until tender-crisp. Remove to a separate dish. Reserve stock. Cook bacon in a large skillet until crisp. Remove to paper towels to drain. Drain off all but 1 tbsp (15 ml) fat from pan. Add onion and garlic and sauté until golden. Stir in flour and tarragon and cook for 1 minute until crumbly. Gradually strain reserved stock into flour mixture and whisk until smooth. Continue to simmer for 5 minutes or until thick enough to coat the back of a spoon. Add vinegar and remove from heat. Add salt and pepper to taste. Cut chicken into ½-in (1.25 cm) pieces. Add to thickened stock. Add onion, vegetables and crumbled bacon. Refrigerate until cooled before topping with pastry. Preheat oven to 400 F (200 C). Divide mixture evenly among 4 ovenproof onion soup bowls. Unfold pastry onto lightly floured surface. Roll and cut pastry into rounds slightly larger than each onion soup bowl. Top filling in bowls with pastry and fold edges down onto rims. Brush tops of pastry with 1 tbsp (15 ml) water and egg yolk. Slash tops for steam to escape. Pies can be made ahead to this point and refrigerated. Place bowls on a baking sheet to catch drips. Bake in the bottom third of oven until golden, about 25 minutes. Remove and let rest for 10 minutes before serving.

### PAIRS WITH

#### PENASCAL BARCELO ESTATE PENEDES TEMPRANILLO

Spain **\$14.99** 343434

#### PROSPECT WINERY RED WILLOW SHIRAZ

BC VQA **\$15.99** 842245



### BEEF AND PORTER POT PIE IN A FLAKY ROSEMARY CRUST

#### Serves 4

#### Pastry

2 cups (500 ml)	all-purpose flour
1 tsp (5 ml)	salt
1 tsp (5 ml)	fresh rosemary, minced
¾ cup (175 ml)	vegetable shortening, chilled
½ cup (125 ml)	ice water
1	large egg yolk
1 tbsp (15 ml)	water

Measure flour, salt and rosemary into a large mixing

bowl. Drop in pieces of chilled shortening and cut in with a pastry blender until the size of small peas. Carefully stir cold water into pastry a tbsp at a time. When mixture will hold together, let it rest for a few minutes. Wrap in plastic wrap and refrigerate until set.

### Filling

1½ lbs (750 g)	boneless beef chuck cut into ¾-in (2 cm) pieces
¼ cup (50 ml)	all-purpose flour
1 tsp (5 ml)	salt
½ tsp (2 ml)	freshly ground black pepper
1 tbsp (15 ml)	grape seed oil
1	large onion, peeled, coarsely chopped
2	cloves garlic, minced
1 cup (250 ml)	porter or other dark beer
1 cup (250 ml)	beef broth
1½ tbsp (22 ml)	tomato paste
1 tsp (15 ml)	Worcestershire sauce
1½ tsp (7 ml)	green peppercorns in brine, drained
1 tsp (5 ml)	fresh rosemary, minced

Preheat oven to 350 F (180 C). Pat beef dry. Combine flour, salt and pepper in a bowl. Add beef cubes and toss to coat. Shake off excess flour and reserve. Heat oil in a large ovenproof pot with a tight-fitting lid. Add beef in batches and sauté over medium-low until lightly browned. Remove to a dish. Add onion and garlic to pot along with a little extra oil, if needed. Scrape any brown bits from bottom of pot. Continue to cook, stirring constantly, until onion is soft. Sprinkle with reserved flour mixture and stir until crumbly. Deglaze pan with beer, stirring until smooth. Stir in remaining ingredients, then fold in beef and bring to a simmer. Cover and place in oven. Bake until beef is tender, about 75 to 90 minutes. Cool stew completely before covering with pastry. If you prefer a thicker consistency, make a roux by stirring a 1 tbsp (15 ml) flour into 2 tbsp (30 ml) cold water. Then stir into stew and cook over medium heat until stew is thickened. Preheat oven to 425 F (220 C). Divide chilled beef stew evenly among 4 deep, 1 cup (250 ml) ramekins. Roll out pastry on a lightly floured surface to ⅙-in (3 mm) thickness. Cut pastry into rounds slightly larger than each ramekin. Top stew in bowls with pastry and fold edges down onto rims. Crimp edges. Brush tops of pastry with a mixture of egg yolk and 1 tbsp (15 ml) water. Cut slits in crust. Pies can be made ahead to this point and refrigerated. Place bowls on a baking sheet to catch any drips and bake in the bottom third of the oven for 15 minutes. Reduce oven temperature to 350 F (180 C) and continue baking until pie is light brown and the edges are bubbling.

### PAIRS WITH

#### BIRD IN HAND TWO IN THE BUSH SHIRAZ

Australia **\$22.99** 115832

#### OKANAGAN SPRING OLD ENGLISH PORTER

BC **\$11.50** 6 x 341 ml 928382





### SHRIMP, SCALLOP AND HALIBUT POT PIE WITH FLUFFY HERBED MASHED POTATOES

Serves 6

#### Potato Topping

2 lbs (1 kg)	Yukon gold potatoes, peeled and quartered
2 tbsp (30 ml)	unsalted butter
½ cup (125 ml)	whole milk, heated
	salt and freshly ground white pepper
1 ½ tbsp (22 ml)	fresh dill, minced

Place potatoes in a large pot of lightly salted water. Bring to a boil. Cook over medium heat until potatoes are tender, about 15 to 20 minutes. Drain and return potatoes to pan. Shake pan over medium heat until dry, about 1 minute. Add 2 tbsp (30 ml) butter and hot milk to potatoes and mash until smooth enough to be piped through a piping bag. Add salt and pepper to taste. Fold in dill. Set aside while preparing filling.

#### Filling

3 tbsp (45 ml)	unsalted butter
2	large shallots, peeled and minced
1	large garlic clove, peeled and minced
¼ cup (50 ml)	all-purpose flour
1 tbsp (15 ml)	fresh dill, minced
½ tsp (2 ml)	sea salt
¼ tsp (1 ml)	freshly ground white pepper
pinch	grated nutmeg
2 ½ cups (625 ml)	clear fish or vegetable stock
1 lb (500 g)	halibut filets, skinned and cut into 1 inch (2.5 cm) cubes
½ lb (250 g)	prawns, peeled, de-veined and tail removed
12	scallops, rinsed and heel removed
2 cups (500 ml)	baby spinach leaves
1 tbsp (15 ml)	fresh chives, minced
	zest of 1 lemon, finely grated

Melt 3 tbsp (45 ml) butter in a large, heavy-bottomed saucepan. Add shallots and garlic and sauté over medium heat until soft. Sprinkle with flour, dill, salt, pepper and nutmeg and stir until crumbly and almost golden. Gradually stir in broth until no lumps remain. Simmer until thickened. Fold in seafood, spinach, chives and lemon zest. Cover and simmer over medium heat until seafood is almost cooked, about 5 minutes. Transfer to an 8 cup (2 L) baking dish. Preheat broiler. Pipe mashed potatoes over top of filling, covering completely. Broil until filling bubbles at the edges and potatoes are golden, about 10 minutes. Serve.

### PAIRS WITH MISSION HILL FIVE VINEYARDS CHARDONNAY

BC VQA \$13.99 518530

### WOLF BLOSS SAUVIGNON BLANC

Australia \$16.99 611475



### ROASTED GARDEN VEGETABLE POT PIE WITH WHOLE WHEAT HERBED CRUST

Serves 6 to 8

#### Whole Wheat Herbed Pastry

1 ¼ cups (300 ml)	whole wheat flour
½ tsp (2 ml)	fresh thyme, finely minced
¼ tsp (1 ml)	salt
½ cup (125 ml)	vegetable shortening, chilled
½ tsp (2 ml)	fresh lemon juice
½ cup (75 ml)	ice water

Combine flour, thyme and salt into a large mixing bowl. Drop in pieces of chilled shortening and cut in with a pastry blender until the size of small peas. Combine lemon juice and cold water. Carefully stir into pastry 1 tbsp at a time. When mixture will hold together, let it rest for a few minutes. Wrap in plastic wrap and refrigerate.

#### Filling

1 lb (500 g)	potatoes, peeled and diced into ¾-in (2 cm) chunks
3 cups (750 ml)	butternut squash, peeled, seeded and diced
5	carrots, peeled, coarsely chopped
1	large sweet onion, peeled, chopped
1	fennel bulb, quartered, sliced
3	cloves garlic, minced
¼ cup (50 ml)	olive oil
2 tbsp (15 ml)	fresh rosemary, minced
2 tbsp (30 ml)	fresh thyme, minced
1 tsp (5 ml)	salt
¼ tsp (2 ml)	freshly ground black pepper
2 tbsp (30 ml)	apple cider vinegar
¼ cup (50 ml)	unsalted butter
¼ cup (50 ml)	all-purpose flour
2 cups (500 ml)	vegetable stock
2 tbsp (30 ml)	Pernod
pinch	saffron threads, crushed
1 tsp (5 ml)	salt
¼ tsp (2 ml)	freshly ground black pepper
3 tbsp (45 ml)	whipping cream
1	egg
1 tsp (15 ml)	milk or water

Preheat oven to 425 F (220 C). Combine vegetables, onion, fennel and garlic and divide between two very large roasting pans. (Vegetables will reduce during baking.) Stir in olive oil, rosemary, thyme, salt and pepper. Bake for 45 to 50 minutes or until vegetables are tender and slightly caramelized. Stir often. Remove from oven and stir in vinegar. While vegetables are baking, melt butter in a large saucepan. Stir in flour until bubbly. Gradually stir in stock until thick and smooth. Stir in Pernod, saffron, salt and pepper to taste. Add whipping cream. Remove from heat and set aside until vegetables finish baking. Fold in roasted vegetables and transfer mixture to an 8 cup (2 L) baking dish. Refrigerate to chill. Preheat oven to 425 F (220 C). Remove pastry from refrigerator and roll out on a lightly floured surface until large enough to cover stew with an overhang of 1-in (2.5 cm). Tuck the overhang under the edge of the baking dish. Crimp edges of dough into an attractive pattern. Whisk egg and 1 tbsp (15 ml) milk together and brush over top of pie to glaze. Cut slits in crust. Place on a baking sheet in the bottom third of the oven for 15 minutes. Reduce oven temperature to 350 F (180 C) and continue baking for 45 minutes or until pie is light brown and edges are bubbling. Serve immediately.

#### PAIRS WITH

### PROSPECT WINERY HAYNES BARN MERLOT CABERNET

BC VQA \$14.99 483164

### SANTA RITA RESERVA CABERNET SAUVIGNON

Chile \$14.99 211623



### WARM NANTUCKET BAY SCALLOPS, ARUGULA AND CRANBERRY COULIS

Serves 4

#### Scallops

12	scallops
	salted butter

Sauté scallops in butter.

#### Cranberry Coulis

1 lb (500 g)	cranberries
2 ¼ cups (550 ml)	Muscata wine
½ lb (250 g)	sugar
4	cloves
	salt
	cayenne
	lemon juice

Cover cranberries with wine and add sugar and cloves. Simmer covered until tender. Purée until smooth then pass through a chinois strainer. Season to taste with salt, cayenne and lemon juice.



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 40% by Volume (80 proof). Distilled and Bottled by JACK DANIEL DISTILLERY, Lynchburg (POP. 361), Tennessee.



Market by Jean-Georges from page 62

**To Serve**

1 tsp (5 ml) olive oil  
 ¼ cup (50 ml) baby arugula

Spoon cranberry coulis onto plate. Arrange 3 scallops on each plate and garnish with arugula. Finish with a drizzle of olive oil.

**PAIRS WITH**

**STELLERS JAY BRUT**

BC VQA \$26.99 264879

**TARIQUET SAUVIGNON BLANC**

France \$14.99 484139



**POT DE CRÈME WITH CARAMEL SAUCE**

**Serves 6**

Adapted from the original to serve 6.

**Pot de Crème**

1 vanilla bean  
 2 cups (500 ml) whipping cream (reserve ½ cup (125 ml) for garnish)  
 6 egg yolks  
 ½ cup (125 ml) whole milk  
 ¾ cup (175 ml) granulated sugar  
 pinch salt

**Caramel Sauce**

1 ½ cups (375 ml) granulated sugar  
 Pinch sea salt  
 ¾ cup (150 ml) whipping cream

Preheat oven to 325 F (170 C). Place 6 ½-cup (125 ml) ramekins in a 13" x 9" inch (3 L) baking dish. Set aside. Cut vanilla beans down the centre and scrape seeds into a medium size saucepan. Add 1 ½ cups (375 ml) whipping cream along with vanilla pod and stir over medium heat until mixture begins to bubble. Strain cream through a fine sieve over a large measuring cup. Set aside.

In a deep, narrow bowl, whisk egg yolks with milk until blended. Whisk in sugar and pinch of salt. Gradually whisk egg yolks into hot cream until smooth. Divide mixture evenly among ramekins. Pour hot water into roasting pan to within 1-in (2.5 cm) of the tops. Skim the surface to remove any air bubbles. Cover roasting pan with foil and cut 2 air vents in opposite ends. Bake for 45 to 50 minutes or until set.

Remove from oven and hot water bath. Cool ramekins completely on a wire rack. Cover and refrigerate for at least 2 hours or overnight. To make caramel sauce, combine sugar and salt with ½ cup (75 ml) water in heavy, medium-sized saucepan. Stir over medium heat until sugar dissolves, brushing down sides of pan with pastry brush dipped in cold water. Boil vigorously without stirring until mixture turns a deep amber color, about 6 minutes. Occasionally brush down sides of pan with wet pastry brush being careful not to splatter as glaze will be very hot. Glaze will be reduced by half before amber colour begins to appear. Then immediately remove from heat as it will turn beyond amber very quickly. Carefully stir in cream. Mixture will bubble vigorously. If caramel begins to seize, return to low heat and stir until any caramel dissolves and sauce is smooth. Glaze can be prepared 1 day ahead. Cover and refrigerate. Re-warm over medium-low heat just until pourable. To serve, whip remaining ½ cup (125 ml) cream with a little sugar until soft peaks form. Top with a tbsp (15 ml) of caramel sauce and a dollop of whipped cream.



**PAIRS WITH**

**LANSON BLACK LABEL BRUT**

France **\$59.99** 41889

**COURVOISIER VSOP**

France **\$80.99** 9902



**MILLBROOK VENISON POIRE AU LARD**

**Serves 4**

**Pears**

8	dried pear halves
1 ½ oz (45 g)	double smoked bacon, julienne-sliced
2 oz (60 g)	onions, sliced
¼ cup (100 ml)	chicken stock
¼ tsp (1 ml)	bay leaves
1 oz (30 g)	butter
1	Thai chilli, chopped fine
1	branch thyme

Soak pears in water for 12 hours. Sauté onions and bacon in butter until lightly coloured. Spread onions and bacon in roasting pan. Remove pears from water and arrange on top of onion and bacon mixture in a single layer. Cover with chicken stock and season with thyme, bay leaf and chili. Cover with aluminum foil and bake at 350 F (175 C) for 40 minutes checking to see that the pears remain covered by liquid. When done let cool and reserve.

**Sauce**

	venison trimmings, bones from 1 saddle of venison
½ cup (125 ml)	carrots, peeled and chopped
½ cup (125 ml)	shallots, chopped
¼ cup (50 ml)	white mushroom, chopped
1 tbsp (15 ml)	cracked black pepper
¾ cup (200 ml)	red wine vinegar
4 cups (1 L)	red wine
	thyme
	bay leaf
4 cups (1 L)	chicken stock
1 tbsp (15 ml)	butter

Roast trimmings and bones at 350 F (175 C) until brown. Remove to top of stove. Add carrots, shallots, mushroom, black pepper and vinegar. Cook at medium heat until liquid reduces, then add red wine, thyme and bay leaf. Continue cooking until reduced by ¾. Add chicken stock and simmer for 1 ½ hours. To finish, stir in butter.

**To assemble – per serving**

1 4-oz (125 g)	venison medallion
	pink peppercorns
	pomegranate juice, reduced

pomegranate seeds  
chives  
fleur de sel

Season venison with salt and pink peppercorns. Sear and cook in oven to desired doneness. Reheat pears in oven with some onion bacon mix. Arrange on plate. Slice venison medallion in three and arrange next to pears. Heat sauce and spoon onto plate. Sprinkle with fleur de sel. Garnish with pomegranate seeds, reduced pomegranate juice and chives.

**PAIRS WITH**

**KATNOOK FOUNDERS BLOCK SHIRAZ**

Australia **\$19.99** 274464

**RODNEY STRONG SONOMA MERLOT**

USA **\$23.99** 497933



**PEPPERCORN GOAT'S CHEESE WITH CITRUS-FLAVOURED OIL**

**Serves 8**

8 oz (250 g)	plain goat's cheese log
1 tbsp (15 ml)	tri-coloured peppercorns, coarsely cracked
1 tbsp (15 ml)	fresh thyme leaves
1 tbsp (15 ml)	fresh parsley, minced
	calendula or marigold petals, bread crisps

Combine peppercorns, thyme and parsley on a sheet of plastic wrap. Place round log of goat's cheese on top and roll in mixture to evenly coat. Wrap tightly and refrigerate to firm. Drizzle with a little citrus-flavoured oil and sprinkle with edible flower petals. Serve with bread crisps.

**Citrus-Flavoured Oil**

3 tbsp (45 ml)	extra virgin olive oil
1 tsp (5 ml)	zest from one lemon, finely grated
½ tsp (2 ml)	zest from one orange, finely grated

Combine oil and zest in a small saucepan over medium heat until warm. Remove from heat and let cool to room temperature. Strain oil into a small container with a tight fitting lid. Refrigerate.

**PAIRS WITH**

**ROBERT MONDAVI PRIVATE SELECTION SAUVIGNON BLANC**

USA **\$16.99** 405753

**CASAS DEL BOSQUE SAUVIGNON BLANC**

Chile **\$17.99** 740878



**ROASTED SALMON FILETS WITH PINK PEPPERCORN TARTAR SAUCE**

**Serves 4**

6 oz (180 g)	salmon filets, boned, skin on
2 tbsp (30 ml)	grape seed oil
	salt and freshly ground black pepper
½ lb (250 g)	French-style green beans
	pea shoots

Preheat oven to 450 F (230 C). Brush filets with 1 tbsp (15 ml) oil and season with salt and pepper. Place filets on a baking sheet lined with parchment paper or foil. Bake for 8 to 10 minutes per 1-in (2.5 cm) of thickness. Salmon should still be a little pink in the centre. Remove and rest for 1 minute before serving. While filets are cooking, heat the remaining 1 tbsp (15 ml) oil in a skillet until almost smoking. Add beans and stir-fry until tender crisp, about 2 minutes. Divide beans equally among six heated dinner plates mounding them in the centre. Cut salmon filets in half through the centre and stack two halves, on top of beans. Drizzle with pink peppercorn tartar sauce and garnish with pea shoots.

**Pink Peppercorn Tartar Sauce**

1 tbsp (15 ml)	unsalted butter
2	shallots, peeled, minced
2 tsp (10 ml)	pink peppercorns
1 tbsp (15 ml)	tomato paste
1 tbsp (15 ml)	fresh lemon juice
¼ cup (50 ml)	sweet pickles, minced
¾ cup (175 ml)	mayonnaise
2 tbsp (30 ml)	whipping cream

Heat butter in a small skillet. Add shallots and peppercorns and sauté over low heat, stirring often until shallots are soft but not brown. Remove to a small bowl and stir in remaining sauce ingredients. Refrigerate.

**PAIRS WITH**

**CRIOS DE SUSANA BALBO TORRONTES**

Argentina **\$18.99** 769125

**BERINGER STONE CELLARS CHARDONNAY**

USA **\$13.99** 606806

# VERY SPECIAL EVENTS

JOIN US AS WE CELEBRATE FALL WITH THIS FANTASTIC SELECTION OF FREE COCKTAIL, BEER AND WINE TASTINGS. E-MAIL US AT [EVENTS@BCLIQUORSTORES.COM](mailto:EVENTS@BCLIQUORSTORES.COM) TO RECEIVE MONTHLY UPDATES AND EXCLUSIVE SPECIAL ANNOUNCEMENTS.

All events listed below are at the 39th and Cambie Signature Store Tasting Room unless otherwise noted. Times and dates are accurate as of press time. Please refer to [www.bcliquorstores.com](http://www.bcliquorstores.com) for the most up-to-date details.

## SEPTEMBER

FRIDAY, SEPTEMBER 11 | 3:00 – 7:00 PM

### EXPERIENCE THE WINES OF ARGENTINA

Let your tastebuds do the tango at this tasting of tantalizing wines from passionate Argentina.

SATURDAY, SEPTEMBER 12 | 1:00 – 4:00 PM

### BOMBAY SAPPHIRE & GREY GOOSE

Join the Bacardi team as they stir up some classic gin and vodka cocktails with these premium spirits.

THURSDAY, SEPTEMBER 17 | 4:00 – 7:00 PM

### A TASTE OF WISER'S

Try Canada's best-selling whisky, Wisers's, along with complimentary appetizers.

FRIDAY, SEPTEMBER 18 | 3:00 – 6:00 PM

Park Royal Signature Store

### DGB SOUTH AFRICA WINEMAKER

Meet JC Bekker, winemaker at DGB in South Africa, and taste the exotic flavours in his wines.

FRIDAY, SEPTEMBER 18 | 4:00 – 6:30 PM

### FALL IN LOVE WITH FINCA FLICHMAN

Taste the passionate spirit of Argentina with Finca Flichman and Cobre Restaurant.

SATURDAY, SEPTEMBER 19 | 2:00 - 5:00 PM

### [yellow tail] PRESENTS: FALL FASHION

Don't miss this stylish tasting featuring a live preview of local Fall fashion! With a range of wines as diverse as the autumn leaves, matching [yellow tail] wine with food is as fun as putting together a chic outfit.

SUNDAY, SEPTEMBER 20 | 2:00 – 5:00 PM

### SUMAC RIDGE TRIBUTE RELEASE

Join Sumac Ridge's winemaker and Olympic freestyle skier Kristi Richards of Summerland, BC, as they toast the Winter Games with Sumac Ridge's new commemorative sparkling wine, Tribute.

THURSDAY, SEPTEMBER 24 | 2:00 – 5:00 PM

### DISCOVER PELLER ESTATES

Taste the Fall flavours of BC with local, award-winning Peller Estates wine.

FRIDAY, SEPTEMBER 25 | 4:00 – 7:00 PM

### OUR PRODUCT CONSULTANTS PRESENT: THANKSGIVING WINES

Give thanks with help from our Product Consultants who will pour you their favourite turkey and ham pairings, perfect for the upcoming long weekend!

SATURDAY, SEPTEMBER 26 | 12:00 – 4:00 PM

### EXPLORE THE WINES OF CHILE

Sip some flavourful wines from Chile and listen in to "Tony & Kasey's Buzz on Food & Wine" on TALK 1410 AM as they broadcast live from this event, 12:00 – 1:00 PM!

## OCTOBER

SATURDAY, OCTOBER 3 | WHILE SUPPLIES LAST

### 2006 BORDEAUX RELEASE

The latest collection of Bordeaux wines is now available. Don't miss your opportunity to stock up on these limited-edition, cellar-worthy wines. See [bcliquorstores.com](http://bcliquorstores.com) for full details.

THURSDAY, OCTOBER 8 | 4:00 – 7:00 PM

### MASI VINTAGE TASTING

Spoil your senses at this tasting of Masi wines featuring appetizers courtesy of Italian Kitchen.

FRIDAY, OCTOBER 9 | 4:00 – 6:00 PM

### CELEBRATE THANKSGIVING WITH BABICH

Start your long weekend in style with New Zealand wine and delicious food by Sutton Place Hotel's Fleuri Restaurant.

SATURDAY, OCTOBER 10 | 3:00 – 7:00 PM

### RELAX & CELEBRATE WITH MEZZACORONA

Try holiday-inspired small bites and learn from the guest sommelier as you taste Mezzacorona wine. Enter to win a catered holiday dinner!

SUNDAY, OCTOBER 11 | 2:00 – 5:00 PM

SATURDAY, OCTOBER 17 | 2:00 – 5:00 PM

THURSDAY, OCTOBER 29 | 4:00 – 7:00 PM

### DISCOVER THE WINES OF AUSTRALIA

With varying landscapes, Australia is home to a vast array of uniquely distinctive wines. Visit us during any one of our three event dates for a taste of down under!

THURSDAY, OCTOBER 15 | 10:00 AM – 12:00 PM

### MIKE'S HARD PINK LEMONADE CHEQUE PRESENTATION

Join Mike's Hard Lemonade as they present a cheque of Pink Lemonade proceeds to the Canadian Breast Cancer Network.

FRIDAY, OCTOBER 16 | 3:00 – 6:00 PM

### MIX IT UP WITH TEAM BACARDI

Learn some spookily sippable cocktail recipes from Team Bacardi, perfect for Halloween entertaining.

SUNDAY, OCTOBER 18 | TIME TBA ONLINE

### HIT THE SLOPES WITH GANTON & LARSEN

Taste a range of award-winning wines from Ganton & Larsen Prospect Winery. Enter to win a Okanagan getaway trip for two to Big White or Silver Star ski resorts!

THURSDAY, OCTOBER 22 | 3:30 – 5:30 PM

### COLOUR YOUR FALL WITH CALONA VINEYARDS

Sip an expressive range of Calona Vineyards Artist Series wine and taste complimentary hors d'oeuvres.



# VERY SPECIAL EVENTS

FRIDAY, OCTOBER 23 | 6:00 – 7:30 PM AND  
8:00 – 9:30 PM

## BEST OF BC FALL RELEASE PREVIEW TASTING

Join Burrowing Owl's Chris Wyse and CedarCreek's Gordon Fitzpatrick who will guide you through a formal, seated flight of BC wine country's finest. Tickets available soon – see online for details (two sessions available).

SATURDAY, OCTOBER 24 | WHILE SUPPLIES LAST  
BEST OF BC FALL RELEASE

Take home the best from our local wineries! Discover why BC wine is gaining world-class status. Join the Burrowing Owl and CedarCreek wineries, along with TALK 1410's Anthony Gismondi and Kasey Wilson as they broadcast live from 39th & Cambie, 12:00 – 1:00 PM. See [bcliquorstores.com](http://bcliquorstores.com) for full details.

SUNDAY, OCTOBER 25 | 1:00 – 4:00 PM

## RUFFINO PRESENTS: ASK AN EXPERT

Meet James Cluer, Master of Wine and "Ask An Expert" columnist for TASTE Magazine, who will take your toughest questions on vino as you enjoy Ruffino Chiantis and complimentary appetizers.

FRIDAY, OCTOBER 30 | 4:00 – 7:00 PM

## OUR PRODUCT CONSULTANTS PRESENT: WEIRD AND WILD

Explore some of our most bizarre beverages at this Halloween-themed tasting hosted by our Product Consultants.

SATURDAY, OCTOBER 31 | WHILE SUPPLIES LAST  
PREMIUM WHISKY RELEASE

Don't miss your chance to obtain these rare and legendary liquids. Our selection of celebrated drams will surely highlight any whisky lover's collection. See [bcliquorstores.com](http://bcliquorstores.com) for full details.

SATURDAY, OCTOBER 31 | 2:00 – 4:00 PM

## GUINNESS: THE TRUE BREW OF HALLOWEEN

Discover your dark side – try the frighteningly smooth flavour of Guinness stout this Halloween. See [bcliquorstores.com](http://bcliquorstores.com) for full details.

## NOVEMBER

THURSDAY, NOVEMBER 5 | TIME TBA ONLINE

## FINLANDIA AND SOUTHERN COMFORT PRESENT: COOL COCKTAILS

Ice-cold vodka from the North, and the warm hospitality of the South: what could be a better combination? Sip on the special guest bartender's creations and learn the recipes to create your own at home!

FRIDAY, NOVEMBER 6 | 4:00 – 7:00 PM AND

SATURDAY, NOVEMBER 7 | 4:00 – 7:00 PM  
DISCOVER 2007 VINTAGE PORT

Vintage Port is only bottled as such when producers experience a spectacular year. Taste the excellence for yourself and meet some principals from various port houses.

SUNDAY, NOVEMBER 8 | 2:00 – 5:00 PM

## JAMESON TAKES YOU TO IRELAND

Taste the smooth flavour of triple-distilled Jameson Irish Whiskey and meet Jameson's Brand Ambassador, John Molloy. Enter to win a three-day trip for two to the Jameson Dublin International Film Festival in Dublin, Ireland!

THURSDAY, NOVEMBER 12 | TIME TBA ONLINE

## MIX IT UP WITH JACK DANIELS

Find out why Jack Daniels is America's oldest and the world's best-selling whisky. Enter to win a Jack Daniels guitar!

FRIDAY, NOVEMBER 13 | 4:00 – 6:00 PM

## EXPERIENCE PASSIONATE SPANISH WINES

Turn up the heat at this tasting of Spanish wines with complimentary tapas. Olé!

SATURDAY, NOVEMBER 14 | 4:00 – 6:00 PM

## RODNEY STRONG: DOWN HOME, DOWN TOWN

Experience the true flavour of Sonoma County at this Rodney Strong food and wine pairing. Pick up a free recipe card to recreate the magic at home!

SUNDAY, NOVEMBER 15 | 1:00 – 4:00 PM

## DISCOVER THE CHILE OF CARMEN

Try Carmen wines along with complimentary appetizers. Pick up one of our Wines of Chile brochures to find out more about the world's longest country!

THURSDAY, NOVEMBER 19 | TIME TBA ONLINE

## PELLER FAMILY ESTATES: MEET THE WINEMAKER

Taste award-winning, British Columbia wine with Stephanie Leinemann, winemaker for Peller Estates. Complimentary hors d'oeuvres will be served.

FRIDAY, NOVEMBER 20 | TIME TBA ONLINE

## OLYMPIC ICE LUGE

Count down the 2010 Games with Molson and Vincer at this fun-filled tasting!

SATURDAY, NOVEMBER 21 | 1:00 – 4:00 PM

## SHAKE UP THE SEASON WITH BACARDI

Have you tried Bacardi Flavours yet? Bacardi Razz, Limon and Coco make bartending a breeze. Try some of Team Bacardi's favourite cocktails here!

SUNDAY, NOVEMBER 22 | 1:00 – 4:00 PM

## TASTE THE LOCAL COLOURS OF GRAY MONK

There's nothing grey about BC's Gray Monk wines – the quality of their award-winning wines is black and white!

THURSDAY, NOVEMBER 26 | 5:00 – 7:00 PM

## PLANT A TREE WITH PAINTED TURTLE

Go green by sipping some red or white! For every bottle of Painted Turtle sold during the month of November, Tree Canada will plant one tree in British Columbia. Taste Painted Turtle wines while you learn more about their tree-planting initiative, and why urban trees are important to city life.

FRIDAY, NOVEMBER 27 | 4:00 – 7:00 PM

## OUR PRODUCT CONSULTANTS PRESENT: TOP TEN CHRISTMAS PICKS

Join our Product Consultants, who'll share their favourite holiday beverages and gift selections with you!

SATURDAY, NOVEMBER 28 | 2:00 – 5:00 PM

## HOLIDAY ENTERTAINING WITH WHISTLER BREWING COMPANY

Listen to the soothing sounds of live music as you learn all about beer and food pairing – just in time for holiday get-togethers with friends and family!

SUNDAY, NOVEMBER 29 | 1:00 – 4:00 PM

## SIP FETZER VALLEY OAKS

Warm up the season with thoughts of California and the refined flavours of Fetzer Valley Oaks wine. Try them here with complimentary appetizers.

*All information detailed above is accurate at time of publishing. Check [www.bcliquorstores.com](http://www.bcliquorstores.com) for the latest updates on all tastings at BC Liquor Stores. The 39th & Cambie Signature BC Liquor Store is located at 5555 Cambie Street, Vancouver, (604-660-9463). Please note: all events are complimentary except where noted.*



### FILET MIGNON WITH GREEN PEPPERCORN AND SHIITAKE CREAM SAUCE

Serves 4

#### Green Peppercorn and Shiitake Cream Sauce

1 ¼ cup (425 ml)	beef stock
2 tbsp (30 ml)	unsalted butter
¼ cup (50 ml)	shallots, minced
1	large garlic clove, minced
1 tsp (5 ml)	fresh thyme, minced
4 oz (125 g)	fresh shiitake mushrooms, sliced
¼ cup (50 ml)	brandy
2 tsp (10 ml)	Dijon mustard
1 cup (250 ml)	whipping cream
2 tbsp (30 ml)	green peppercorns in brine, drained
	salt

Boil stock in a small saucepan until reduced to ¾ cup (175 ml). Set aside. Melt butter in a heavy saucepan. Add shallots, garlic, thyme and mushrooms and sauté until shallots are soft and golden. Add brandy and deglaze pan. Continue to sauté until most of the liquid is evaporated. Stir in mustard, reduced beef stock, whipping cream and mushrooms. Boil, stirring often, until mixture thickens to a consistency to coat a wooden spoon. Add salt to taste. Remove from heat, cover lightly to keep warm and set aside.

#### Filet Mignon

4 6-oz (180 g)	filet mignon steaks
	kosher salt and freshly ground black pepper
2 tbsp (30 ml)	unsalted butter
1 cup (250 ml)	baby carrots

Season steaks with salt and pepper. Heat oil in a large skillet. Add steaks and cook over medium-high heat for about 4 minutes per side for medium-rare. Transfer to a plate and tent with foil to rest while preparing carrots. Melt 2 tbsp (30 ml) unsalted butter in a skillet. Add carrots and toss to coat. Season with salt and pepper and sauté for 3 to 5 minutes. Serve steaks with carrots alongside. Drizzle with peppercorn sauce.

#### PAIRS WITH

SEVEN DEADLY ZINS ZINFANDEL

USA \$26.90 337402

PENFOLD BIN 389 CABERNET SHIRAZ

Australia \$41.99 309625



### PEPPERY ORANGE FRUIT COMPOTE

Serves 6

#### Bouquet Garni

1	fresh rosemary twig
2 3-in (8 cm)	strips of orange peel
1 tsp (5 ml)	whole black peppercorns

Cut 3 5-in (12 cm) squares of cheesecloth. Stack and moisten with water. Place rosemary sprigs, orange peel and peppercorns in the centre and gather up the corners. Tie securely.

#### Fruit Compote

1	bouquet garni
2	whole star anise
2 ½ cups (625 ml)	fresh orange juice, pulp-free
1 ½ cups (250 g)	dried apricots
1 cup (250 ml)	dried cranberries
1 cup (250 ml)	seedless golden raisins
1 cup (250 ml)	dried prunes
1 cup (250 ml)	dry white wine
½ cup (125 ml)	granulated sugar

Place all ingredients and bouquet garni in a large saucepan and bring to a boil, stirring until sugar dissolves. Reduce heat to medium-low and simmer, uncovered, for 30 minutes until fruit is tender. Strain fruit into a bowl and return liquid and bouquet garni to saucepan. Boil vigorously until liquid is reduced to 2 cups (500 ml). It should be syrupy and slightly thickened. Remove bouquet garni and drizzle liquid over fruit. Chill until cold. Can be refrigerated up to 2 days. Serve with Pernod whipping cream.

#### Pernod Whipping Cream

1 cup (250 ml)	chilled whipping cream
2 tbsp (30 ml)	granulated sugar
1 tsp (15 ml)	Pernod

Whip cream with sugar in a deep bowl until soft peaks form. Add Pernod and continue to beat until peaks are stiff.

#### PAIRS WITH

FUNDADOR BRANDY DE JEREZ

Canada \$23.00 43083

QUADY ESSENSIA ORANGE MUSCAT

USA \$15.99 197707



### MINI CHEESECAKES

1 ¼ cups (300 ml)	shortbread cookie crumbs (about 8 cookies)
3 tbsp (45 ml)	unsalted butter, melted
8 oz (250g)	pkg plain cream cheese, at room temperature
½ cup (75 ml)	granulated sugar
1	large egg
1 cup (250 ml)	sour cream
1 tbsp (15 ml)	lemon juice
1 tsp (5 ml)	lemon peel, finely grated
½ tsp (2 ml)	almond extract

Preheat oven to 350 F (180 C). Place metal cake rings on a parchment-lined baking sheet. Spray inside of rings with cooking spray. Whirl shortbread cookies in a food processor until fine crumbs form. Transfer to a bowl and stir in melted butter. Divide mixture evenly among metal rings. Bake in for 12 minutes. Remove from oven and place on a rack to cool. Beat cream cheese and sugar until smooth. Beat in egg, sour cream, lemon juice, peel and almond extract. When smooth, divide evenly among metal rings with baked cookie crusts. Bake until slightly puffed and set in the centre, about 30 minutes. Place in the refrigerator to cool completely, preferably overnight, before sliding a thin knife around the inside of rings and removing. Serve plain or with toppings.

### HAZELNUT ORANGE STREUSEL TOPPING

¼ cup (50 ml)	unsalted butter, softened
2 tbsp (30 ml)	granulated sugar
½ cup (125 ml)	almond meal
½ cup (75 ml)	all-purpose flour
½ tsp (2 ml)	orange peel, finely grated
¼ cup (50 ml)	hazelnuts, sliced or chopped

Using an electric mixer, beat butter and sugar together in a small deep bowl until light and fluffy, about 1 minute. Beat in almond meal, flour and orange peel until blended. Stir in sliced hazelnuts. Mixture will be like a stiff cake batter. Crumble slightly and divide mixture evenly among 3 baked cheesecakes that have just been removed from the oven. Bake in a 350 F (180 C) oven for 10 to 12 minutes or until golden and crispy. Cool on a rack and then refrigerate to cool completely before removing metal rings.



### CANDIED PINK GRAPEFRUIT WITH LEMON VERBENA OR THYME TOPPING

1	small pink grapefruit, peeled and white pith removed, cut into thin wheels
½ cup (125 ml)	crab apple jelly
2	lemon verbena leaves, finely minced or fresh lemon thyme, finely minced
1	egg white
1 tbsp (15 ml)	granulated sugar
	whole lemon verbena or lemon thyme leaves (for garnish)

Place a grapefruit wheel on each surface of 3 individual cooled cheesecakes. Heat jelly with minced verbena or thyme in a small saucepan. Brush over grapefruit to seal. Refrigerate until firm before removing metal rings. Dip remaining verbena or thyme leaves in whisked egg white then dip in sugar to coat. Dry on paper toweling and garnish on top of 3 cakes before serving.

### GLAZED FRESH FIG TOPPING

4	small fresh ripe figs
½ cup (125 ml)	apricot preserves

Thinly slice fresh figs and overlap on 2 individual cakes. Heat apricot preserves in a small saucepan with a little water to thin. Strain and brush over figs to seal. Refrigerate until firm before removing metal rings.



### ROAST TURKEY BREAST WITH SOY ORANGE GLAZE

#### Serves 2

1 full or 2 half	turkey breasts, bone-in, skin on
	zest from 1 large orange, finely grated
2 tbsp (30 ml)	fresh sage, finely minced
2	cloves garlic, peeled and finely minced
¼ cup (50 ml)	unsalted butter, melted
	salt and freshly ground black pepper
½ cup (125 ml)	orange juice, freshly squeezed
2 tbsp (30 ml)	soy sauce

Preheat oven to 325 F (170 C). Place rack at the lowest position. Rinse turkey breasts and pat dry. Combine orange zest, sage and garlic. Loosen skin from breasts and smooth orange mixture under skin

as evenly as possible. Place breasts in a roasting pan or baking sheet with shallow sides. Brush with melted butter and season with salt and pepper. Roast on lower rack of oven for 90 minutes or until thermometer registers 165 F (75 C) when inserted in the thickest part of the breast. Combine soy sauce and orange juice and baste over breasts several times during the last 30 minutes of roasting. Remove and transfer breasts to a heated serving platter. Tent loosely with foil and allow to rest for 20 minutes before carving.

#### PAIRS WITH

##### OYSTER BAY CHARDONNAY

New Zealand **\$19.99** 326728

##### CEDARCREEK PINOT BLANC

BC VQA **\$14.90** 237966

### BROCCOLINI AND CAULIFLOWER SAUTÉ

#### Serves 6

3 tbsp (45 ml)	grape seed oil
½	sweet onion, cut into julienne strips
1-in (2.5 cm)	piece fresh ginger, peeled and minced
2	large cloves garlic, peeled, minced
½ cup (125 ml)	chicken stock
1 lb (500 g)	broccolini or rapini
½ head	cauliflower florets
pinch	saffron threads, crumbled
½ tsp (2 ml)	yellow mustard seeds
½ tsp (2 ml)	crushed chilies
1 tbsp (15 ml)	fresh lemon juice

Heat 1 tbsp (15 ml) oil in a large wok. Add onion, ginger and garlic. Stir-fry until soft and golden. Stir crushed saffron into chicken stock and add to wok along with mustard seeds and chilies. Transfer mixture to a separate bowl. Heat another tbsp (15 ml) oil in wok and add cauliflower florets. Stir-fry over high heat for 3 to 5 minutes. Drizzle with half the onion stock and toss over high heat to coat. Transfer to a heated serving dish and cover to keep warm. Heat remaining tbsp (15 ml) oil in wok and add broccolini. Stir-fry for 3 minutes or until bright green and crisp. Add remaining onion stock mixture and toss over high heat to evenly coat. Drizzle



vegetables with a little lemon juice and serve.

### SWEET POTATO PUFFS WITH TOASTED PECANS

#### Makes 21 puffs

#### Coating

½ cup (125 ml)	panko bread crumbs, toasted
¾ cup (375 ml)	pecans, toasted and crushed
1 tbsp (15 ml)	light brown sugar
¼ cup (50 ml)	unsalted butter, melted

Combine panko bread crumbs, pecans and brown sugar in a shallow bowl stirring to blend.

#### Puffs

1 ½ lbs (750 g)	jewel yams
1 lb (500 g)	Yukon gold potato
1	egg, whisked
½ cup (125 ml)	panko bread crumbs
2 tsp (10 ml)	orange zest, finely grated
2 tbsp (30 ml)	pure maple syrup
½ tsp (2 ml)	salt
¼ tsp (1 ml)	freshly ground black pepper
¼ tsp (1 ml)	ground ginger

Peel yams and potatoes and cut into large chunks. Boil in a large pot of water until tender enough to mash. Drain and toss briefly over the heat to dry before mashing. Transfer to a large bowl and mash until smooth. Add egg and stir. Add bread crumbs, orange zest, maple syrup and seasonings. Refrigerate for 2 hours or overnight. Use an ice cream scoop to measure out one puff portion, about ¼ cup (50 ml). Shape into a ball. Roll in coating and place on a parchment-lined baking sheet. Repeat until all the yam mixture has been shaped and coated. Preheat oven to 350 F (180 C). Gently brush puffs with melted butter. Bake uncovered for 30 to 35 minutes or until golden. Serve immediately. Baked puffs can be frozen and reheated.

#### PAIRS WITH

##### TINHORN CREEK PINOT GRIS

BC VQA **\$16.50** 530683

##### SMOKING LOON SYRAH

USA **\$16.99** 220186



### PROSCIUTTO SALAD ROLLS

#### Serves 6

12	thin slices prosciutto
2 oz (60 g)	French green beans
1 ½ cups (375 ml)	frisée salad blend
½ cup (75 ml)	toasted pine nuts
3 tbsp (45 ml)	parmesan cheese, grated

Trim green beans. Blanch briefly in boiling water until bright green but still crisp. Plunge into ice cold water to stop cooking. Drain and pat dry. Rinse and spin-dry salad greens. Lay out prosciutto slices in a single layer. Place 3 beans crosswise on each prosciutto slice. Top each with a ¼ cup (50 ml) salad greens, 1 tbsp (15 ml) pine nuts and ½ tsp (7 ml) grated Parmesan. Gently



# ANTINORI

26 Generazioni



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*6 centuries of history,  
tradition and passion.*



## Great Pumpkins from page 96

roll up prosciutto, tucking contents in tightly while leaving the beans and greens exposed on either end. Place seam-side down on a serving platter.

### Dressing

¼ cup (50 ml)	extra virgin olive oil
1 tbsp (15 ml)	lemon juice, freshly squeezed
1 tsp (5 ml)	Dijon mustard
1	garlic clove, finely minced
	freshly ground black pepper

Combine dressing ingredients in a bowl. Whisk to blend. Drizzle over top of rolls and sprinkle with fresh black pepper. Serve.

### PAIRS WITH

#### DA VINCI CHIANTI

USA \$17.99 684720

#### FOLONARI PINOT GRIGIO

Italy \$15.49 229542



## CRISP CELERY ROOT, CARROT AND JÍCAMA SALAD

### Serves 6

### Dressing

½ cup (75 ml)	extra virgin olive oil
2 tbsp (30 ml)	citrus-flavoured champagne vinegar
1 tbsp (15 ml)	Dijon mustard
¼ tsp (1 ml)	salt
	freshly ground black pepper

Combine dressing ingredients in a deep narrow bowl. Whisk to blend.

### Salad

1	large celery root
3	large carrots
½	large jícama
¼ cup	(50 ml) cilantro, finely chopped

Peel celery, carrots and jícama and cut into matchstick pieces ¼-in x 2-in (.5 cm x 5 cm). Blanch together in a saucepan with boiling water until bright but still crisp. Plunge into ice cold water to stop cooking. Drain and pat dry. Place in a large bowl along with jícama. Drizzle dressing over top of vegetables and toss to coat evenly. Add cilantro and toss gently until evenly distributed. Cover and refrigerate. Best served same day.





## MILE HIGH PUMPKIN MERINGUE PIE

**Serves 8**

### Crust

2½ cups (625 ml) ginger snaps, crushed  
½ cup (75 ml) butter, melted

Preheat oven to 350 F (180 C). Combine ginger snap crumbs and melted butter in a bowl. Stir to blend. Press into the bottom and up the sides of a deep dish 9-in (23 cm) pie plate. Bake in the centre of the oven for 15 minutes or until crisp and golden around the sides. Remove to a rack to cool.

### Filling

1 pkg unflavoured gelatin  
2 tbsp (30 ml) brandy or water  
¾ cup (175 ml) light brown sugar, firmly packed  
1 tsp (5 ml) ground cinnamon  
½ tsp (2 ml) ground ginger  
¼ tsp (1 ml) ground cloves  
¼ tsp (1 ml) salt  
14 oz (398 ml) canned pumpkin  
½ cup (125 ml) milk  
3 large eggs, separated  
1 tsp (5 ml) orange zest, finely grated  
⅓ cup (75 ml) granulated sugar  
½ cup (125 ml) sour cream

Sprinkle gelatin over brandy or water in a small bowl. Let stand until softened. Scrape into a saucepan along with sugar, spices, pumpkin, milk, egg yolks and orange zest. Cook over medium heat stirring constantly until mixture mounds when dropped from a spoon. Transfer filling to a metal bowl and set in a larger bowl of ice and cold water. Cool, stirring constantly. Beat egg whites and sugar until stiff peaks form. Fold into pumpkin mixture with sour cream until no streaks remain. Spoon filling into cooled crust and chill until set, preferably overnight.

### Meringue Topping

6 egg whites  
½ tsp (2 ml) cream of tartar  
⅓ cup (75 ml) granulated sugar  
1 tbsp (15 ml) cornstarch  
¼ cup (50 ml) ginger snap cookie crumbs, coarsely ground (optional)

Preheat oven to 350 F (180 C). Whip egg whites and cream of tartar with an electric mixer at medium speed until foamy. Continue whipping at medium-high speed, gradually adding sugar until fully incorporated. Continue to whip until whites hold a stiff peak. Dollop over chilled pie. Place on a baking sheet and bake for 10 minutes or until meringue is golden. Refrigerate until ready to serve. Sprinkle with ground ginger snaps if you wish.

### PAIRS WITH

#### STONES GREEN GINGER WINE

Canada **\$12.99** 24828

#### CHÂTEAU DERESZLA TOKAJI

France **\$46.99** 285643



## PUMPKINS STUFFED WITH ROASTED VEGETABLE STEW

**SERVES 8**

1 fennel bulb with fronds  
1 small celery root, peeled, diced  
1 small sweet onion, peeled, diced  
2 medium parsnips, peeled, and coarsely chopped  
3 carrots, peeled, and coarsely chopped  
3 tbsp (45 ml) olive oil  
4 garlic cloves, minced  
1 tsp (15 ml) fresh rosemary, minced  
2 tsp (10 ml) fresh thyme, minced  
salt and freshly ground black pepper  
2 tbsp (30 ml) tomato paste  
1½ cups (375 ml) vegetable stock  
8 lb (4 kg) whole pumpkin (or 2 smaller squash such as autumn cup or buttercup)  
3 tbsp (45 ml) unsalted butter  
½ lb (250 g) fresh crimini mushrooms, sliced  
2 tbsp (30 ml) fresh parsley, minced  
½ tsp (2 ml) lemon zest, finely grated

Preheat oven to 450 F (230 C). Chop fennel fronds to measure 2 tbsp (30 ml). Set aside. Halve fennel bulb and core. Cut into 1-in (2.5 cm) chunks. Place in a large bowl along with celery root, onion, parsnips and carrots. Stir in olive oil, garlic, herbs, salt and pepper. Spread out in a large roasting pan and bake for 60 to 90 minutes or until lightly browned. Stir often. Remove and stir in tomato paste. Set aside. Slice the top off pumpkin. Reserve. Scrape out and discard seeds and any loose fibers from inside. Pour vegetable stock into pumpkin and cover with top. Bake for 45 minutes at 450 F (230 C). While pumpkin is baking, melt butter in a large skillet. Add mushrooms to skillet and sauté until they start to turn brown and give off liquid, about 8 minutes. Fold into roasted root vegetable stew. Once pumpkin has roasted for 45 minutes, spoon roasted vegetables into cavity and cover with top. Roast until pumpkin is tender and vegetables are hot, about 30 to 45 minutes longer. Stir in parsley and lemon zest. To serve, scoop out vegetables and chunks of cooked pumpkin into large shallow bowls and serve with crusty bread.

### PAIRS WITH

#### DON DAVID RESERVE SYRAH

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#### VALCARLOS FORTIUS NAVARRA TEMPRANILLO

Spain **\$13.95** 923805

## PUMPKIN AND EDAMAME SALAD

**Serves 6**

### Pumpkin



1½ cups (375 ml) ½-in (1.25 cm) cubes peeled pumpkin or squash  
3 tbsp (45 ml) water  
1 tbsp (15 ml) olive oil  
salt and freshly ground black pepper  
1 large clove garlic, minced

Preheat oven to 400 F (200 C). Spread pumpkin or squash in a single layer in a baking dish. Stir in water and oil. Sprinkle with salt and pepper. Bake in the centre of the oven for about 15 minutes. Remove and stir in garlic. Set aside to cool.

### Salad

3 tbsp (45 ml) olive oil  
1 lime finely grated zest and freshly squeezed juice only  
½ lemon finely grated zest and freshly squeezed juice only  
½ orange finely grated zest and freshly squeezed juice only  
½ tsp (2 ml) ground cumin  
¼ tsp (1 ml) each of salt and crushed chilies  
½ freshly ground black pepper  
red onion, cut into thin julienne strips  
1 small yellow bell pepper, cored and cut into thin julienne strips  
½ unpeeled cucumber, chopped  
1 tomato, seeded and diced  
1 cup (250 ml) frozen edamame, thawed  
1½ cups (375 ml) pumpkin, roasted as above, cooled  
2 tbsp (30 ml) fresh cilantro, chopped

Combine oil, zest, juice and seasonings in a bowl. Add remaining salad ingredients and cooled pumpkin. Gently fold together to coat with dressing. Taste and add more seasonings if you wish. Let stand at room temperature for up to an hour before serving for flavours to marinate. Sprinkle with cilantro before serving.

### PAIRS WITH

#### SEAVIEW BRUT

Australia **\$13.99** 216333

#### FETZER VALLEY OAKS GEWÜRZTRAMINER

USA **\$14.99** 350843

#### MONKEY BAY SAUVIGNON BLANC

New Zealand **\$15.99** 324095

## ORANGE PUMPKIN BUTTERY ROLLS WITH SPICED MAPLE SYRUP BUTTER

**Makes 12 rolls**

### Dough

2 tsp (10 ml) active dry yeast  
¼ cup (50 ml) warm milk  
1 tbsp (15 ml) granulated sugar  
⅓ cup (75 ml) canned pure pumpkin  
1 large egg  
1 egg yolk

## Mushrooms Unearthed from page 100

½	orange, finely grated zest only
2 tbsp (30 ml)	orange juice, freshly squeezed
5 tbsp (75 ml)	unsalted butter, melted
2¾ cups (675 ml)	all-purpose flour
1 tsp (5 ml)	salt
¼ tsp (1 ml)	ground cinnamon
⅛ tsp (.5 ml)	ground ginger
⅛ tsp (.5 ml)	ground cloves

### Rolls

2 tbsp (30 ml)	unsalted butter, melted
1	large egg
1 tbsp (15 ml)	water

Stir yeast, warm milk and sugar in a large bowl. Let stand for 10 minutes until foamy. Stir in pumpkin, 1 whole egg, 1 egg yolk, orange zest and juice and melted butter. Stir in flour, salt and seasonings until a soft dough forms. Turn out onto a floured surface and knead 8 to 10 minutes. Shape into a ball and place in a greased bowl. Turn to coat. Cover with plastic wrap and a damp cloth. Set in a warm place until doubled in size, about 1½ to 2 hours. Generously grease a large muffin pan with melted butter. Punch down dough and cut in half. Roll half the dough on a lightly floured surface into a 12-in (30 cm) log. Keep remaining dough covered with wrap. Cut log into 6 equal pieces and each piece into thirds. Roll each piece into a 1-inch (2.5 cm) ball. Tuck 3 balls side by side in 6 of the muffin cups. Repeat rolling with remaining dough. Cover with greased waxed paper and a damp towel. Let rise until doubled, about 1 hour. Preheat oven to 375 F (190 C). Whisk remaining egg with water and brush over risen rolls. Bake rolls in the oven until golden brown, about 25 to 30 minutes. Transfer to a rack to cool.

### Spiced Maple Syrup Butter

½ cup (125 ml)	unsalted butter, room temperature
¼ cup (50 ml)	pure maple syrup
pinch	ground ginger
pinch	ground cinnamon
pinch	ground cloves

Whisk butter with maple syrup until blended. Stir in spices to taste. Serve with warm pumpkin rolls.



### WILD MUSHROOM RAGOÛT

1 tbsp (15 ml)	olive oil
1 tbsp (15 ml)	butter
1	clove garlic, minced
2	shallots, finely chopped
1½ lbs (750 g)	mixed wild mushrooms (chanterelles, lobster, shiitake, oyster, crimini, morel),

1 tsp (5 ml)	stemmed, thinly sliced thyme, finely chopped
¼ cup (50 ml)	Madeira or Marsala wine
¼ cup (50 ml)	veal or beef stock
¾ cup (175 ml)	whipping cream
2 tbsp (30 ml)	salt and freshly ground pepper
	flat leaf parsley, coarsely chopped

In a large skillet, heat olive oil and butter over medium high heat. Add shallots and garlic and sauté for 1 minute. Add mushrooms and sauté, stirring occasionally until brown and softened, about 5 to 6 minutes. Add port and sauté for 1 minute. Add stock and sauté until liquid has reduced by half. Stir in cream, season and simmer until ragout has slightly thickened, 2 to 3 minutes. Stir in parsley.

### PAIRS WITH

#### THREE WINDS SYRAH

France **\$13.99** 847608

#### GRAHAM BECK SHIRAZ VIOGNIER

South Africa **\$14.99** 656629



### WILD MUSHROOM RISOTTO

#### Serves 4

1 oz (25 g)	dried porcini mushrooms, broken
¾ oz (15 g)	dried morel mushrooms, broken OR
2 cups (500 ml)	fresh morels, cleaned and cut into ½-in pieces
4 cups (1 L)	boiling chicken stock
5 tbsp (75 ml)	butter
1	small onion, finely chopped
2	shallots, finely chopped
2	cloves garlic, minced
2 cups (500 ml)	arborio rice
½ cup (125 ml)	red wine
⅓ cup	parmesan cheese, fresh grated

Put mushrooms in a saucepan and add the boiling chicken stock. Cover and simmer for 10 to 15 minutes until dark. Strain, reserving liquid and mushrooms. Heat 4 tbsp (60 ml) of butter in a heavy, medium-sized saucepan. Add onion, shallots and garlic. Sauté for 1 minute. If using fresh morels, add and sauté for 2 to 3 minutes. Add rice and red wine and let simmer until wine is nearly evaporated. Add 1 cup (250 ml) of reserved stock and continue to simmer, stirring occasionally. Add more stock at intervals until all liquid is used and absorbed, about 25 minutes. Stir in the reserved mushrooms, parmesan and remaining butter. Garnish with chopped flat leaf parsley.

### PAIRS WITH

#### FIRESTEED PINOT NOIR

USA **\$24.99** 361782

#### JACKSON-TRIGGS PROPRIETOR'S

#### RESERVE VIOGNIER

BC VQA **\$15.99** 593129



### MUSHROOM EMPANADAS

#### Makes 10

¼ cup (50 ml)	butter
1 lb (500 g)	white or crimini mushrooms, cleaned with towel or brush, finely chopped
¼ cup (50 ml)	green onion; white and 1-in (2.5 cm) of green, chopped
¼ cup (50 ml)	whipping cream
½ tsp (2 ml)	salt
¼ tsp (1 ml)	freshly ground black pepper
½ tsp (2 ml)	dried thyme
pinch	nutmeg
¼ tsp (1 ml)	cayenne
¼ tsp (1 ml)	cinnamon
2 tbsp (30 ml)	day-old bread crumbs
2 tbsp (30 ml)	fresh flat leaf parsley or dill, finely chopped
1 cup (250 ml)	aged cheddar cheese, shredded
2	packages frozen puff pastry, thawed
1	large egg, lightly beaten with milk
1 tbsp (15 ml)	milk

To make filling, melt butter in a large skillet over medium heat. Add mushrooms and green onions and sauté until all the liquid has evaporated. Add cream and cook until reduced enough to coat mushrooms. Remove from heat and add salt, pepper and spices. Toss with bread crumbs and parsley. Let cool and stir in cheese. Roll out the pastry to ⅛-in (.25 cm) thickness on a lightly floured surface. Cut into 5-in (12.5 cm) rounds. Place 2 heaping tbsp (30 ml) of the filling in the centre of the circle. Lightly moisten edge of half of circle with egg mixture. Fold round in half and press firmly to seal edges. Crimp edge and pierce top with a fork. Repeat with remaining pastry circles. Refrigerate for 30 minutes before baking. Preheat oven to 375 F (190 C). Brush tops of with egg mixture and bake until golden brown, about 25 minutes.

### PAIRS WITH

#### CASA DE CAMPO RESERVA MALBEC SHIRAZ

Argentina **\$14.99** 96966

#### HOB NOB PINOT NOIR

France **\$15.99** 822296



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