

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

BC LIQUORSTORES

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relax responsibly™







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FOOD & DRINK MORE

# TASTE

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COVER



**APPLETON ESTATE V.M.**  
Jamaica \$25.50 (750ml)  
Add a little warmth with an exceptionally blended Jamaican rum distilled in copper pots and aged to perfection in oak barrels. The rich, smooth flavour is distinct with notes of caramel, spice and sweet orange. Enjoy in cocktails or blended in your favourite hot beverages.



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*La Poire*



# TASTE

BC LIQUORSTORES

Visit [www.bcliquorstores.com](http://www.bcliquorstores.com) to locate any product sold at BC Liquor Stores and for current pricing information.

## OUR SYMBOLS

- Country of Origin Flag
- BC VQA Wines
- Sweetest Code
- Organic
- BC Craft Beer

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Prices are subject to change without notice. Prices include applicable taxes. 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 2015. Quantities may be limited. Items with very limited quantities are distributed only to signature BC Liquor Stores.

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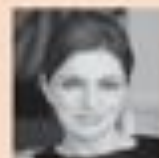


### BARBARA PHILIP

Barbara Philip, Master of Wine, is the first female Master of Wine to be selected for the BC Liquor Store's. She has a long history working in wine retail and wine education, since 2011 having the first Western Canadian woman a President for her wine retailer and wine judge with her company, Barbara's Fine Consulting.

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Best-selling author, respected journalist and UK educated sommelier Carolyn Evans-Hammond makes wine accessible with her witty, insight approach to the topic. Her latest book, *Good Beer Wine*, came from America's most popular wine and spirits website, [www.gurgle.com](http://www.gurgle.com). Her monthly program, *Canadian Wine*, can be viewed at [www.winecanada.com](http://www.winecanada.com).



by James Nevison

# CALIFORNIA GREEN

## SUSTAINABLE WINEGROWING IN CALIFORNIA

Not long ago, green wine was tart, slightly pétillant and hailed from Portugal. Nowadays, however, "green wine" is more associated with the growing cadre of bottles available that embrace organic grape farming and principles of sustainable winemaking. Indeed, a quick tour through the wine aisles highlights the rising popularity for this type of green wine, with new reds and whites showing up regularly.

But while the words "organic" and "sustainable" are now certifiably buzz-worthy, the question remains: exactly what do these terms mean? In truth, the standards behind organic wines (not to mention organic grapes) are not only complicated, they vary dramatically by country and certification body. The principles underlying and defining sustainable winegrowing are similarly diverse.





## ASSESSMENT RESULTS TO DATE FIND THE CALIFORNIA WINE INDUSTRY PERFORMS STRONGLY IN PRACTICES RELATED TO VITICULTURE AND SOIL AND ECOSYSTEM MANAGEMENT.

Recognizing the potential for confusion – and cognizant of growing consumer concern with wineries “green-washing” or misrepresenting a wine’s enviro-credibility – a number of regions around the world have begun to create more systematic, transparent initiatives aimed at establishing comprehensive best practices for vineyard and wineries sustainability.

The Golden State has one of the largest efforts underway, the California Sustainable Winegrowing Alliance, which was founded as a non-profit organization in 2003 by the Wine Institute and the California Association of Winegrape Growers. The Alliance’s mandate is to proactively promote vineyard and winery practices sensitive to the environment and responsive to the needs and interests of society, all while maintaining economic feasibility. The triple tenets of sustainability are: environmentally sound, socially equitable and economically feasible. The organization has found significant interest from California’s wine industry, reporting in 2009 just under 70 percent of the state’s 526,000 acres of wine grapes were evaluated to their *Code of Sustainable Winegrowing Practices Self-Assessment Workbook*.

The Code, while voluntary, is a comprehensive assessment that requires vineyards and wineries to examine 227 organizational processes developed for best practices from “the ground to the glass.” It’s a wide spectrum to consider, the 227 criteria cover everything from soil and vineyard water management to proper pest control and in the winery everything from water conservation to solid waste reduction. The measurements are not purely environmental; the Code also evaluates responsible purchasing programs, good neighbour principles and other social factors as well.

California’s Sustainable Winegrowing Program sees self-assessment to the Code as the first phase in a cycle of

continuous improvement towards achieving sustainability and to this end an impressive 1,566 wineries and vineyard operations have completed the self-assessment. This is an important step in establishing baselines for each organization that subsequently serves as a measuring stick. As the adage goes, what gets measured gets counted. Assessment results to date find the California wine industry performs strongly in practices related to viticulture and soil and ecosystems management, but needs improvement with energy efficiency, waste reduction and environmentally-preferred purchasing.

Of course, most wineries and vineyards embracing sustainable winegrowing principles rightly seek recognition for committing to continuous improvement of their environmental and social practices. Thus the California Sustainable Winegrowing Alliance has created a statewide certification program, the Certified California Sustainable Winegrowing designation. To qualify, wineries and vineyards must meet 58 prerequisite criteria, create and implement a yearly action plan, assess their operations annually to show improvement and verify the accuracy of their measurements and practices during third-party audits.

That said, it’s still early days for the California Sustainable Winegrowing certification. To date, 18 organizations have achieved the designation for their vineyard and winery operations. Seventeen of these certifications were established in an inaugural pilot project launched last January with the goal of testing the certification requirements and soliciting feedback on the process involved (Wente Family Estates became certified in June). But it’s easy to see how certification serves as a strong motivator for the state’s wineries and vineyards. The Central Coast’s J. Lohr Vineyards and Winery is one of the pilot wineries and second-generation vintner Steve Lohr explains, “As a



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ESMAR HART  
VINTAGE RESERVE CLUB MEMBER



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ALL OF THESE BOTTLES ARE PRODUCED BY CERTIFIED CALIFORNIA SUSTAINABLE WINEGROWING WINERIES.

family-owned winery, certification supports our intention to be here for the long-term and ability to make great quality wine." Over in Sonoma County, Rodney Strong Wine Estates has undertaken numerous initiatives related to their Sustainable Winegrowing certification, including composting of all grape skins, completing two large-scale stream restoration projects and installing a solar panel array on top of their barrel building that has reduced annual energy usage by 35 percent.

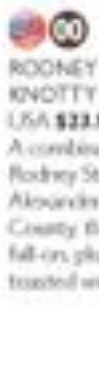
If the California Sustainable Winegrowing Alliance sustain the pace of its initial success, they'll go a long way to achieving their mission of widespread adoption of sustainable winegrowing practices. Given the clear procedures and accountability built into the Sustainable Winegrowing Program, this is good news for wine drinkers looking for more transparency in their green wine.



 **FETZER VALLEY OAKS MERLOT**  
USA \$14.99 341131  
Dubbed "the Earth-Friendly Winery," Fetzer has long been committed to sustainable winegrowing since 1984. Their Merlot is a classic everyday red showing cherry, plum, vanilla and toasty oak - straight up and smooth.



 **WENTE VINEYARDS MORNING FOG CHARDONNAY**  
USA \$17.99 175430  
The fog banks roll into the hills east of San Francisco Bay bathing Wente's vineyards in cooling air. The end result is a bright Chard that offers apple aromas and a creamy texture (thanks to partial barrel fermentation) that finishes with ample baking spices.



 **RODNEY STRONG KNOTTY VINES ZINFANDEL**  
USA \$22.99 264739  
A combination of Zinfandel from Rodney Strong's Russian River and Alexander Vineyards in Sonoma County, the Knotty Vines is a full-on, plush, strawberry jam and toasted wood tooth-stainer.



 **BONTERRA SYRAH**  
USA \$21.99 573707  
The front label clearly states Bonterra's Syrah is "made from organic grapes" and the back label carries the California Certified Organic Farmers logo. The wine itself is dark and dense, a bold Syrah that's not afraid to show off its exuberant blackberry, oak and spicy black pepper kick!



 **HESS SELECT CABERNET SAUVIGNON**  
USA \$22.99 335794  
Fruit-forward and approachable, the Hess Select is an easy-sipping Cabernet sourced from Mendocino County, Lake County and Napa Valley featuring ripe plum and black cherry that meld into integrated, but evident, oak.



 **J. LOHR HILLTOP VINEYARD CABERNET SAUVIGNON**  
USA \$19.99 555862  
With the Hilltop Cab, J. Lohr sources fruit from the certified reaches of their Paso Robles vineyard, sunny and dry sites which produce concentrated, flavorful grapes and, after 18 months aging in French oak, an elegant wine highlighted by espresso bean and cherry.

# WHERE PEOPLE FEAST

## INDIGENOUS CUISINE



Dolly (Watts) McRae and Annie Watts

About 1,200 kilometres away from Vancouver, nestled between two great rivers, the Bulkley and the Skeena, is *Tla'ur'lan'ama*, which in the Gitksan language means "situated on a nice place." It is the territory of the Gitksan people where Dolly (Watts) McRae grew up, enjoying traditional indigenous foods such as salmon, *topalak* berries, fiddleheads and stonocrop (a wild succulent, pickled and eaten on the spot, dipped in oolichan oil and sugar). Food was a big part of Dolly's early life. She remembers hardly being able to wait until she was big enough to accompany her older siblings on the overnight climb to pick mountain blackberries and huckleberries. Dolly also learned the customary ways to prepare and serve traditional foods at feasts, celebratory gatherings of indigenous peoples that are a major component of many First Nations cultures. It's little wonder that Dolly was eventually drawn to a culinary career.

A descendant of a long line of high-ranking Chiefs – her Gitksan Chief name is *Lian*, meaning "the down of an eagle" – Dolly went away to school in Port Alberni and met and eventually married Thomas Watts from the nearby *Ta-shale* village, with whom she had three children. Dolly worked part-time while attending night school and, when her children were grown, was able to pursue her lifelong interest in education

and native culture. In 1984, at the age of 49, Dolly moved to Vancouver and attended the University of British Columbia where she earned a Bachelor's degree in Anthropology. While working as a tour guide at the Museum of Anthropology, Dolly helped some native students raise money for a field trip by preparing and selling bannock, a traditional fry-bread. The endeavour was such a success, a professor suggested that Dolly set up a table outside the museum and sell bannock on a regular basis. And so, Dolly's first company "Just Like Grandma's Bannock" was born. She never looked back and in 1995 with the help of her daughter Annie, opened Canada's first indigenous fine-dining establishment, *Lilget Feast House*, *lilget* being the Gitksan word for "where people feast."

Dolly and Annie spent 12 years running *Lilget Feast House*, the interior of which was designed by internationally renowned Canadian architect Arthur Erickson. The restaurant earned a four-star recommendation from the *New York Times* and was voted "Vancouver's Best Ethnic Cuisine" by *Wine Magazine*. Dolly herself achieved international acclaim. She won the Gold Komochi Konbu Iron Chef Challenge with her *Spawm on Kelp* recipe and was recognized with a National Aboriginal Achievement Award for business and commerce.

In 2007, Dolly decided to retire, closed *Lilget Feast*



FOOD WAS A BIG PART OF DOLLY'S EARLY LIFE. SHE REMEMBERS HARDLY BEING ABLE TO WAIT UNTIL SHE WAS BIG ENOUGH TO ACCOMPANY HER OLDER SIBLINGS ON THE OVERNIGHT CLIMB TO PICK MOUNTAIN BLACKBERRIES AND HUCKLEBERRIES.

Home and moved back Port Alberni with her new husband, current Port Alberni Mayor Ken McRae. However, the famed restaurant's legacy lives on in the cookbook *Where People Feast* (ISBN 1-55152-221-7 Arsenal Pulp Press) and now here in the pages of *TASTE* magazine as Dolly and Annie share once more from their collection of traditional (and not-so-traditional) West Coast aboriginal recipes.

*Where People Feast* is available at bookstores and also online at [www.wherethepeoplefeast.com](http://www.wherethepeoplefeast.com).



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CONTEST RUNS FROM SEPTEMBER 20 TO OCTOBER 30, 2016. NO PURCHASE NECESSARY. MUST BE OF LEGAL DRINKING AGE.





WILD BERRY BANNOCK BREAD PUDDING

## PAIRS WITH WILD BERRY BANNOCK BREAD PUDDING



**01**

**SUPMAC RIDGE  
STELLER'S JAY BRUT  
BC VQA \$26.99 264579**  
A blend of Chardonnay, Pinot  
Noir and Pinot Blanc merge in  
this wonderful BC bubbly. It has a  
smooth and creamy texture with a  
fine stream of bubbles that cascade  
through the glass. Wonderful for  
any occasion that arises.




**09**

**CHERRY POINT VINEYARDS  
COWICHAN BLACKBERRY  
Cava \$19.97 149136 375 ml**  
Sweet and juicy! Luscious blackberry  
fruit combined with a sweet spice  
entice you to savor every delicious  
sip. A perfect match to the bread  
pudding.



**00**

**WHITE BEAR PINOT BLANC  
BC VQA \$12.95 415756**  
You don't have to beware of bears  
with this marvelous white that's  
snappy and cool with pineapple and  
crisp citrus flavors. Pairs easily with  
an array of foods and it's well-priced  
to keep a few on hand.



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with great meals  
in mind.

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Stephanie Johnson, Winemaker, Peller Estates



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For more information on food and wine, visit [peller.com](http://peller.com)



PAIRS WITH INDIAN TACOS



**INNISKILLIN OKANAGAN RESERVE PINOT NOIR**  
 BC VQA \$18.99 (2142)  
 Harvested from select vineyards in the Okanagan, this medium-bodied red is bright with raspberry and cherry notes along with spicy vanilla on the palate. It's very versatile and fantastically priced.

PAIRS WITH SMOKED SALMON MOUSSE



**BLASTED CHURCH PINOT GRIS**  
 BC VQA \$20.00 (3583)  
 When you've finished staring at the unique label, a stunning glass of BC Pinot Gris awaits! The aromas of cinnamon, baked apple pie and vanilla are appealing and the wine finishes creamy and smooth. Smoked salmon, chicken and fruit dishes are the perfect partners.



CRAB AND FETA MELT

PAIRS WITH CRAB AND FETA MELT



**NECHIP CHARDONNAY**  
 BC VQA \$15.99 (26408)  
 From BC's only aboriginal-owned winery comes this golden glass of an exceptionally well-balanced Chardonnay. Soft oak, pear and vanilla notes with a creamy, spicy apple flavour match the salmon recipe perfectly.



**GRAY MONK UNWOODED CHARDONNAY**  
 BC VQA \$16.99 (50314)  
 Here's a well-priced, medium-bodied white with all the classic flavours of Chardonnay without the oak. Apple, citrus and soft pears combine on your palate with a cheerful ending that is refined and balanced. Very food-friendly!



**SEE YA LATER RANCH RIESLING**  
 BC VQA \$16.99 (57945)  
 This straw-coloured wine is alluring with its apple, melon and citrus aromas. Lime, spicy apple and tropical fruit notes on the palate are delicate and soft, making this an entirely splendid wine for many types of cuisine.

# CELEBRITY CHEF

THOMAS HAAS



**T**here is one food that will make women swoon and get guys out of the doghouse every time. It's no wonder that it's been said chocolate is better than sex, at least from a woman's point of view. For guys, anything they can do to accelerate the swoon is of utmost priority. This is where the allure of chocolate comes into play.

So, if you're a master chocolatier, you're pretty much pulling the puppet strings of all those who would succumb to the world's most tantalizing desire. That's a lot of power, so one only hopes it falls into the right hands, and those hands couldn't be more right than those of pastry legend Thomas Haas.

Thomas has an impeccable culinary pedigree. Born into a pastry-making family from the Black Forest region of Germany, he trained and worked in some of Europe's top Michelin-starred restaurants and soon became Executive Pastry Chef at the Four Seasons Hotel in Vancouver. He caught the eye of famed French chef Daniel Boulud and was whisked off to New York to become Executive Pastry Chef at Boulud's restaurant, "Daniel," before the lure of the West Coast brought him back to our wild shores.

Award-winning, Martha Stewart-starring, Alps mountain bike-racing Haas still remains a humble and humorous guy, even with all the accolades and chocolate lovers swooning at his feet. Together with his wife Lisa, he operates a production kitchen with a patisserie in North Vancouver where the desserts and chocolates are painstakingly crafted. He also has a neighbourhood patisserie café in Kitsilano. Haas took time out from melting his edible liquid gold to talk about his history, chocolate philosophy and his own favourites from today and yesterday.

**What was your favourite chocolate treat as a child?**

In my family's bakery, I indulged myself in Mon Cheri German chocolates – a whole sweet, juicy, cherry soaked in cherry brandy liqueur and encased in Ferrero's dark chocolate. My favourite drink was Orangina flavoured with advocaat, a creamy eggnog-like liqueur made from eggs, sugar and brandy.

**Do you have any favourite combinations of flavours?**

I like sweet spices with dark chocolate. We were also one of the first in Vancouver to use the sweet and salty combination of caramel and chocolate in a hand-rolled truffle sprinkled



with Maldon sea salt. Many customers were surprised when we combined chocolate with salt but they're one of our biggest sellers. We now have a line of chocolate-caramel domes, including a creamy caramel infused with Tahitian vanilla with smoked Hawaiian sea salt.

**Are there flavours you don't like with chocolate?**

Wasabi. Chocolate goat's cheese. Smoky flavours like bacon with chocolate. It's a bad combination if you can't easily identify it. We don't like to shock, we're here to please customers.

**How do you decide on new combinations?**

You imagine them. You can taste it in your mind and you make it and, if it isn't a hit, you keep working on it. Sometimes it takes months. Hopefully it comes.

**How do you choose chocolate?**

It simply comes down to a great tasting or complex chocolate. Valrhona has it all – the most refined product there is. We are working on a custom-made chocolate though.

**Any tips for cooking with chocolate?**

Microwave it. It's easy to control the melting process in a microwave but you have to be careful and do it in 10-second intervals, stirring after each heating. Be sure to place the chocolate in a microwave-safe container.

**Any new flavours in the works?**

We're working on the pastel-based, ganache-filled macaroon. It's a mainstay of celebrations in France. I've never been a big fan – I think it's too sweet. Our biggest challenge is finding the perfect balance. We're also working on a custom-made chocolate.

**What are your biggest sellers in pastries?**

Double-baked almond and chocolate croissants, our lemon-lemon and pistachio sour cherry tarts and crispy, raspberry chocolate cake. Plus anything with a combination of chocolate, caramel and sea salt.

**You do some incredible wedding cakes. Are they expensive?**

We do at least one wedding cake every weekend. They are not inexpensive but when you consider some hotels charge \$15 per person for dessert, our wedding cakes are pretty reasonable at \$9.95 per person. In the end, it's all about the taste of the cake, although the visual appeal is essential too. Sometimes I feel the visual so outweighs the flavour of some wedding cakes that they are inedible.

**Do you have any secret cravings, food you go back to time and time again?**

Yes, foods that I grew up with. Depending on the season, very fresh, simply prepared braised lentils with bacon and Black Forest cake with cherries. We still make the basic recipe, but we use a combination of sweet and sour cherries. We vary the



shape and design each season. I'm constantly trying to evolve our desserts, whether it's the flavour or the visual. I have a reputation for getting bored with presentations.

**Which wines do you recommend with chocolate?**

With a warm chocolate cake, I would choose a great port or a full-bodied, rich Cabernet Sauvignon. With chocolates, I'll drink a good glass of wine and then eat the chocolate. Unlike my younger days when I seemed to like the alcohol and chocolate combined. But then I was young. Really, what did I know?

**Is it true you took your staff to Las Vegas?**

It was on a whim. Either it was my Lisa along with the staff or I who innocently stated, "We should take everyone to Las Vegas and lo and behold, the next thing I knew there were 22 of us feeding the slots and taking in the Cirque de Soleil "O" show. Since then we've also taken the staff zip-lining up at Whistler. Who knows what we'll do next? I just follow Lisa, who is really the boss of the operation. I may know how to make people happy with chocolate, but she knows how to make people happy in all those other indulgent factors of being alive. Like gambling or flying over the treetops on a zip-line screaming for dear life.



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KEEP WALKING  
JOHNNIE WALKER



DRINK RESPONSIBLY

No purchase necessary. Must be of legal drinking age. Contest runs from October 6, 2010 to November 17, 2010. © 2010 Johnnie Walker & Sons.





# HOT

WHAT'S  
MOST WANTED  
THIS FALL



10

#### TAYLOR FLADGATE 10 YEAR OLD TAWNY PORT

Portugal **\$39.95** (21749)

Let the warm and silky taste of this port brimming with flavours of nuts, jammy red fruit, raisins and subtle spice chase away the cool autumn air. The creamy texture is mellow, soft and smooth. Add dried fruits or chocolate to the evening for an added delightful treat.



00

#### 1984 RESERVA

MALBEC

Argentina **\$34.99**

77005

Grapes from the high altitude vineyards along the Andes Mountains are used to create this characteristic Malbec. A dark and silky red wine with deep blackberry, blueberry and exotic flavours and an elegant finish, it's the perfect wine at the perfect price!



41

#### FORTY CREEK BARREL SELECT

Canada **\$34.99** 55075

Light, medium and heavily charred oak barrels lend their crisp, toasty flavour to this bold whisky. Sweet honey, vanilla and apricot nuances warm the glass while the spicy walnut and oak flavours mingle on the palate. Bored by tradition but inspired by passion, it's a whisky meant to be discovered.

# A SPIRITED HISTORY

## DISTILLING IN CANADA

**T**he story of distilling spirits in Canada – the who, what, why and where – is about as colourful and dramatic as it gets. It's the stuff of stories, even legends, full of vivid characters and immigrants from lush far and near. The church plays a role too, as does the temperance movement, prohibition, bootlegging and smuggling. And there are takeovers, mergers and spectacular failures galore.

In the early days, the production of spirits was a practical endeavour, even "green," since liquor was distilled from grain or corn leftover from the milling process. Spirits were considered both harmless and healthy. They were safer to consume than unreliable drinking water, used for medicinal purposes and touted as a tonic.

Drinking on the job was both permissible and usual, for the days were long and dreary. Daily rations of spirits were doled out to hired hands as part of their pay or as food to sustain them through the long workdays, just as they were to sailors on the high seas. After the Brits sacked

Jamaica in 1655, British sailors began getting twice daily rations of rum. This custom was adopted by the Canadian Navy and lasted from 1910 to 1972.

When waves of European immigrants arrived in Canada early in the 17<sup>th</sup> century – most came from France and Britain, others from the United States – they thirsted for the drinks they were accustomed to in their homelands. English and French colonists drank brandy and whisky, spirits that were popular during the 16<sup>th</sup> and 17<sup>th</sup> centuries, thanks to plentiful European grain surpluses distilled into alcohol. Maritimers acquired a thirst for rum through trade with the West Indies, downsing vast quantities of what two centuries later became known as Screech.

Around 1620, the Catholic Church got into brewing in an attempt to exert some control over the colonists' thirst for spirits. Not to be outdone, New France intendant (government official) Jean Talon started a brewery in 1668 in yet another attempt to woo citizens away from hard liquor. Both proved to be short-lived, not-so-successful ventures, although there is evidence that Talon's

brewery contained a still. Spirits ruled.

Details are hazy when it comes to unearthing facts about Canada's early spirits manufacturing, but it's alleged the first distillery popped up in Québec City in 1709, making rum from molasses. Others appeared in Montreal and Halifax by the 1780s, likely spurred on by increasingly prohibitive shipping duties on imports.

Soon affordable, locally-produced whisky was plentiful. Farmers were paid cash for their surplus grain and this and millers' tithes (a payment of 10 percent of the milled grain) were speedily distilled and the resulting whisky was sold to enthusiastic citizens.

In 1794, the first tax was levied on Canadian-made spirits although government distillery inspectors weren't appointed until the 1880s, almost a century later.

John Molson of Molson beer fame began distilling whisky on a large scale in Montreal in 1821, although he's credited with producing Canada's first in 1799 when he was 18 years old.





A customer leaves with "five and a half" bargains after the Davy Street location was almost destroyed by fire in 1954.

MOST OF THE 200 ORIGINAL DISTILLERS ARE LONG GONE – SHUTTERED, MERGED, OR REINVENTED – BUT MANY ARE AMONG THE 500-OR-SO DISTILLED SPIRIT BRANDS AVAILABLE IN CANADA TODAY.

In Ontario in 1837, William Gooderham and John Wiens added a sizable distillery to their Toronto flour mill. Both became major distributors, wholesaling to shops and taverns and exporting their wares to Britain, where they found lucrative and enthusiastic markets. Scottish and Irish whiskeys were not yet widely produced.

The Mobson family abandoned their hugely successful spirits division in the 1840s at the top of their game – they were the largest distillery in British North America – because of agitation from the temperance movement.

This did not dampen others' spirits. Distilleries continued to pop up, and by the 1840s there were over 200 on the books. Most were small producers, offshoots of grist and flour mills. It was obvious that distilling was well and truly ingrained in Canadian society.

With commercial production came improved techniques and better quality whiskeys. Corn left over from milling was commonly used and rye was added for flavour. Once the grain was ground,



**SPECIAL EDITION PURPLE BAG PACK**  
AVAILABLE IN STORE FROM SEPTEMBER 29th, 2010, WHILE QUANTITIES LAST

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it was mixed with hot water. Malt was added and the resulting mash was cooked, then cooled. Next, yeast was introduced and the brew fermented for a few days before being heated in an onion-shaped still. The resulting steam passed through a condenser, liquefied, was charcoal-filtered and distilled once more. The whisky was then aged in oak barrels, delivered to taverns and shops or exported. By the 1830s, large column stills that allowed a more continuous flow became common.

By the 19<sup>th</sup> century, liquor was widely available and affordable. It was in most homes and consumed with meals, usually watered down, often instead of poor quality water. Alcohol was thought to be nutritious, good for one's health and warming to the body. Taken as a medicinal tincture, it was good for whatever ailed you.

Most of the 200 original distillers are long gone – shuttered, merged, or reinvented – but many are among the 500-or-so distilled spirit brands available in Canada today. Some of the earliest continue to be successful at home and beyond our borders including Canadian Club, Seagram's, Wiser's, Walker's, Screech, Corby and Meagher's, to name a few.

*A Spirited History of Distilling in Canada continues in future issues of TASTE. We'll talk about the highs and lows of early distillers, start-ups and failures and international acquisitions, why distillers were considered war heroes and more new entrepreneurial spirit producers.*

IN THE EARLY DAYS, THE PRODUCTION OF SPIRITS WAS A PRACTICAL ENDEAVOUR, EVEN "GREEN," SINCE LIQUOR WAS DISTILLED FROM GRAIN OR CORN LEFTOVER FROM THE MILLING PROCESS.



**CANADIAN CLUB**  
Canada **\$24.75** 43  
Established in 1854, Canadian Club was first known as Walker's Whisky, then Club Whisky (favored by Canadian and American gentlemen's clubs) and finally as Canadian Club so as not to confuse it with American whiskey. Enjoy with cola, ginger ale or in a Manhattan.



**WISER'S DELUXE**  
Canada **\$26.49** 50%  
Over Canada's third largest distillery, Wiser's Whisky has been around since 1852. Today Wiser's is smoother and richer than early incarnations. Full and round, with lightly spicy notes of caramel and vanilla, it's ideal in cocktails such as whisky sours.



**BACARDI SUPERIOR RUM**  
Canada **\$22.75** 117  
Founded by Don Facardo Bar and Masó in Cuba in 1862, Bacardí Canada established a distillery in Brantford, Ontario in the mid 1990s. Bacardí is light bodied, balanced, smooth and light. It shines in cocktails like the mojito and daiquiri and traditional rum and coke.



**SEAGRAM'S VO**  
Canada **\$22.75** 30%  
Seagram's, once the largest distillery in the world, traces its roots to a distillery in Ontario in 1857. In 1883, Joseph Seagram became sole owner. Introduced in 1913, VO is smooth, light, easy drinking and mellow. Enjoy on ice or in mixed drinks.





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# NEW

## FOR FALL



**BASIL HAYDEN'S BOURBON**  
USA \$49.95 106120

This fantastic bourbon is great for sipping neat. Smooth and clean with the subtlest hint of honey and spice peaking through the soft oak, the rich, flavoursal finish is mellow and lingers on your tongue while you admire the handsome bottle.



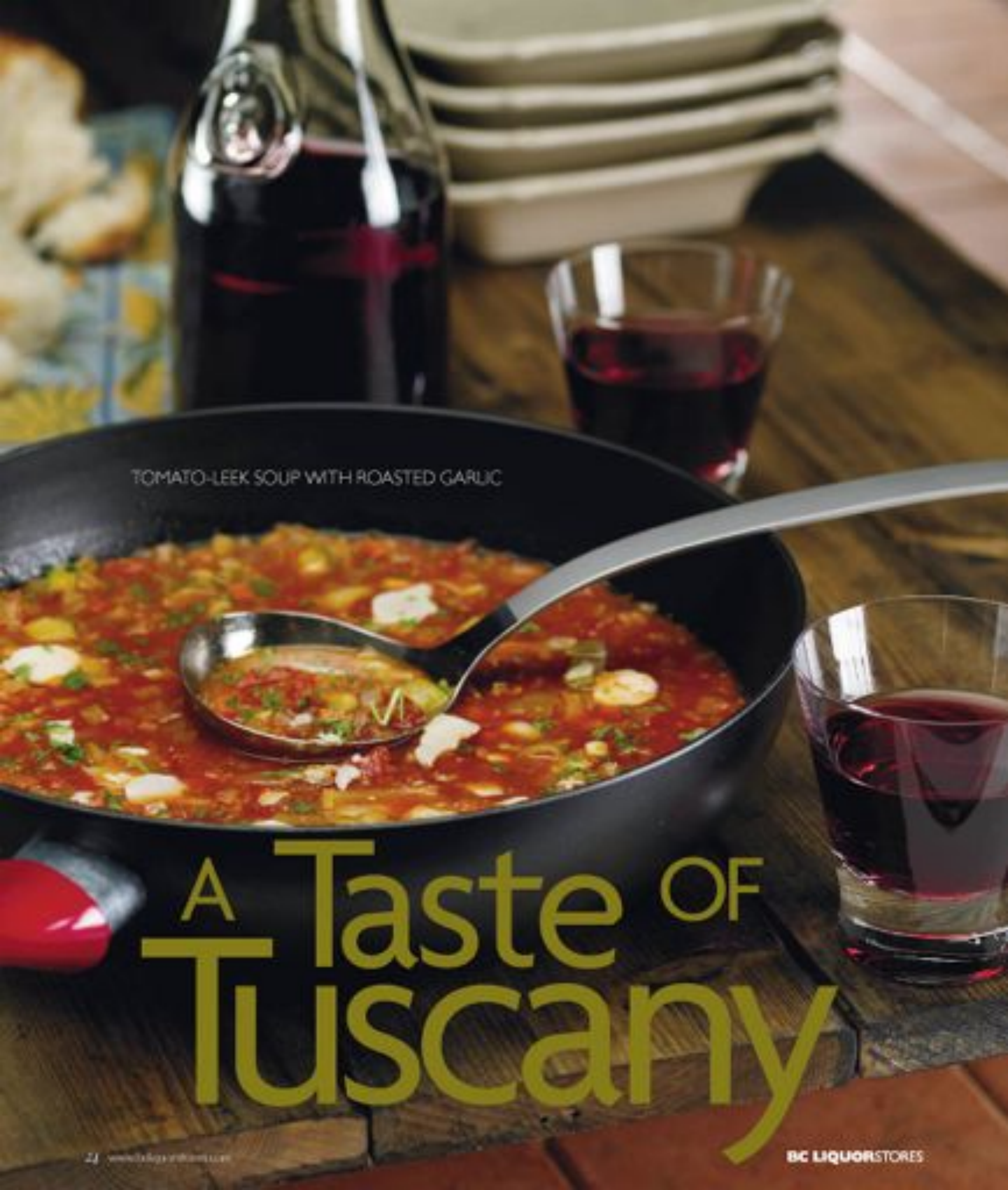
**BOURGOGNE BLANC  
MONTVALLON  
CHARDONNAY**

France \$16.99 525703  
True French elegance! A delicately golden coloured wine with gentle floral aromas and green apple and pear flavours. It's amazingly smooth and fresh on the palate. The well balanced, light finish makes it one of the most versatile food wines to be found.



**PAUL MAS MALBEC**  
France \$16.99 644306

Here's a wonderfully aromatic Malbec with black cherry, pepper and hints of smoke. Black fruit flavours, subtle tobacco notes and spice envelop your mouth. Medium tannins with a clean finish make it ideal with roasted meats or savory stews.



TOMATO-LEEK SOUP WITH ROASTED GARLIC

# A Taste OF Tuscany



Tuscany evokes images of romance, golden rolling hills in the fall, wonderful food and classic culture. It's not difficult to understand why people are drawn to this sun-drenched region of Italy. The consumption of food is taken very seriously in Italy and are many areas that down for afternoon family dinners. Along the back roads of the towns in Tuscany you will see casual *café* with families gathered under arbores eating and drinking together.

Our feature offers recipes to entice you to embrace the Italian love of food. Italian is one of the world's greatest cuisines and with a great selection of imported products available, delicious Italian dishes can be made at home.

From a Cannelini Bean Salad to Tomato-Leek Soup, Chicken in White Wine and Rosy Pasta Bundles, these four delicious recipes will give you the Italian experience in your own *cucina*. *Buon Appetite!*



CANNELINI BEANS AND ARUGULA SALAD

PAIRS WITH ROSY PASTA BUNDLES WITH SALMON AND SPINACH



**VILLA TERESA ORGANIC**

Rosé veneto Frizzante

Italy \$15.99 (334875)

Put a little pink on the table! Delicate cherry, strawberry and floral aromas with lovely red fruit flavours and gentle bubble keep it fresh and fun. This will complement any seafood or salad course.



**MEZZACORONA PINOT GRIGIO**

Italy \$16.49 (32801)

This Pinot Grigio is a lovely dry wine with generous stone fruit and snappy citrus notes. Medium-bodied and showing apple, citrus and tropical pineapple on the palate, it's ideal with salmon, shellfish and light pastas.



**PURATO ORGANIC SICILIA**

NERO D'AVOLA

Italy \$15.99 (338481)

Stylish and organic in one bottle, this is a charming red from Italy with red fruit and licorice aromas that carry through to the generous palate. A well-balanced finish with moderate tannins makes this a very food-friendly wine.



ROSY PASTA BUNDLES WITH SALMON AND SPINACH



## A Taste of Tuscany

### PAIRS WITH CANNELINI BEANS AND ARUGULA SALAD



#### BOLLA SOAVE CLASSICO

Italy \$12.99 (2640)

Hailing from the Veneto region this is a snappy, clean white with soft pear and zesty citrus flavours. The touch of fizz makes it light and fun! Serve well chilled with salads, lightly grilled meats and vegetables or as an aperitif.

### PAIRS WITH TOMATO-LEEK SOUP WITH ROASTED GARLIC



#### RUFFINO IL DUCALE TOSCANA

Italy \$19.99 (72572)

It shines darkly through the glass with essences of black fruit and cassis swirling towards you. Soft and supple with a well balanced palate of spicy cherry, dusty earth and black fruit, this is the ultimate wine to serve with all your favourite tomato based dishes.



CHICKEN IN WHITE WINE WITH ROSEMARY AND CHANTERELLES

### PAIRS WITH CHICKEN IN WHITE WINE WITH ROSEMARY AND CHANTERELLES



#### FRESCOBALDI REMOLE

Italy \$14.99 (49435)

This Italian red has a complex fruit bouquet with hints of spicy pepper. Long and smooth red fruit flavours with a sensational warmth and rich finish makes it an ideal wine for pairing with pastas, soups, grilled red meats and cheeses.



#### VILLA TERESA VENETO ORGANIC PINOT GRIGIO

Italy \$15.99 (54964)

This organic Pinot Grigio is light yellow in colour with hints of green gleaming through the glass. A light-bodied wine with appealing apple and mineral nuances and a finish that is dry, crisp and clean. Fantastic with the lean, white and white-sauce pasta dishes.



#### CARPENÈ MALVOLTÌ PROSECCO

Italy \$17.99 (25462)

Sparkle... check, slightly sweet... check, completely delicious... absolutely! A peach, floral and fruit bouquet lifts through the gentle, soft bubbles. It has a well-balanced acidity with a refreshingly crisp finish. A must try with the chicken.

# BACK TO COOKING SCHOOL

“If you cook a lot at home, you’re probably going to have to eliminate some bad habits,” he says. On a Wednesday night at The Dirty Apron Cooking School, chef-instructor David Robertson is demonstrating how to make “vegetarian food to convert the meat eater.” As we watch intently, he prepares pasta from scratch, whips together eggs and chocolate for a molten lava cake and then teaches the most important lesson of the night: how to use a knife properly.

Once Robertson has finished showing us how to use the pasta machines, it’s our turn to make the same dishes at the well-equipped workstations around the bright, airy kitchen. Some students are more confident than others. “I just hope I can remember all this,” one mutters anxiously. But a couple of hours later, everyone sits down to dine proudly on the ricotta-filled tortellini that we made ourselves.

And we’re not alone. All over Vancouver, hungry students are signing up for cooking classes. In fact, Marco Ropke, pastry chef, owner and

instructor at the new Pastry Training Centre of Vancouver says, “Vancouver has really turned into a culinary education hub.”

The city has professional culinary schools: Vancouver Community College, the Art Institute of Vancouver, Pacific Institute of Culinary Arts (PICA) and the Northwest Culinary Academy of Vancouver, but there

**“WHEN I TEACH A CLASS, I SAY THE FOOD NETWORK IS THE DEVIL, IT’S NOT REAL COOKING.”**

are also countless amateur cooking classes, ranging from cooking demos in kitchenware stores to the practical-but-fun lessons at The Dirty Apron to the professional-calibre short programs offered at the Pacific Institute and the Northwest Culinary Academy. That doesn’t even begin to include the myriad options offered through community centres and college continuing education programs.

Cooking classes are booming, with more and more enthusiasts signing up

for lessons on sushi, tapas, artisan breads, chocolate and fundamentals such as knife skills. They want to make health-conscious foods, like gluten-free bread and trendy foods, like cupcakes. They want to be able to host a dinner party, and they want to have fun.

“We are a foodie town, so it’s natural people would come someplace like here or San Francisco,” says Julian Bond, chef and executive director at PICA. Robertson agrees. “It’s huge,” he says. “Vancouver is a food city.

And everyone wants to have a few good dishes under their belt.”

Part of what has created this insatiable appetite is the Food Network. But television cooking shows have also led to the kinds of bad habits instructors spend much of their time breaking. “When I teach a class, I say the Food Network is the devil, it’s not real cooking,” Bond admits.

Cooking classes have come a long, long way from high school Home Ec. Instead, what the best cooking classes aim to do is teach proper techniques.



"IT'S HUGE," HE SAYS. "VANCOUVER IS A FOOD CITY, AND EVERYONE WANTS TO HAVE A FEW GOOD DISHES UNDER THEIR BELT."

"It's those basic, fundamental skills that people are looking for," says Bond, who notes he could fill a class every weekend just on knife skills. "It has to be real, with good, basic cooking techniques."

And although students can learn plenty from demonstrations led by talented chefs, like the ones at Barbara-Jo's Books To Cooks, the most effective classes are small and hands-on. It's by hands-on learning the proper techniques that students are freed from the tyranny of recipes to become creative home cooks. That's especially true when it comes to baking.

"Pastry is very scientific. We always say there's no place to hide in the pastry kitchen," Repke says. "We go very technical, because we have to. What we're teaching is a more basic understanding. You understand the why. Once you understand the function of the ingredients, you can start to be creative. And that's why people are interested in pastry, because they want to be creative."

Repke opened the Pastry Training Centre of Vancouver this past summer to fill what he saw as a gap in the market.





A central image of a Tanqueray gin bottle is surrounded by a festive wreath of greenery and blueberries. The bottle is splashed with water, creating a dynamic and refreshing visual. The background is dark, making the green bottle and white text stand out.

**GIVE TONIC WHAT IT ALWAYS WANTED.**

**SIMPLE TISER**





"I felt like there should be another opportunity for people who wanted to learn pastry where they didn't have to quit their job and pay \$18,000," he says. "I got people who are really, really interested in learning," Ropke says.

That's proven quite the draw to students not just from Vancouver, but from across BC, Canada and the United States, where cooking schools can be prohibitively expensive.

Ropke's classes appeal to everyone from high school students who want to bake cookies to chefs who want to upgrade their pastry-making skills.

Of course, cooking classes aren't just about learning how to make Thai spring rolls or artisan breads. They are

also about socializing.

Vancouverites take cooking classes for stagettes, birthdays and anniversaries. They give classes as gifts, bring their out-of-town visitors along and take classes with their friends rather than eating dinner in a restaurant. Increasingly, companies (including Disney) have begun to use cooking classes for corporate team building.

"They come and they have a blast," Robertson says with a grin as he watches his students devour the molten chocolate cake. "And they'll be back. People here have said point blank, 'David, this is addictive.'" And they don't just mean the chocolate cake!

**Art Institute of Vancouver,  
Culinary Campus**

300 - 609 Granville Street | 604 683 9200  
[www.artinstitute.edu/vancouver/](http://www.artinstitute.edu/vancouver/)  
Professional program only.

**Barbara Jo's Books To Cooks**

1163 West 2nd Avenue | 604 688 6755  
[www.bookstocooks.com](http://www.bookstocooks.com)  
Culinary demonstrations by cookbook authors and local chefs.

**CookShop**

3 - 555 West 12th Avenue | 604 673 5683  
[www.cookshop.ca](http://www.cookshop.ca)  
Mix of demonstration and hands-on classes.

**Cookworks**

1148 West Broadway | 604 731 3148  
[www.cookworks.ca](http://www.cookworks.ca)  
Demonstration classes by local chefs.

**The Dirty Apron Cooking School**

540 Beatty Street | 604 679 8588  
[www.dirtyapron.com](http://www.dirtyapron.com)  
Hands-on cooking classes led by chef David Robertson and others.

**Caren's Cooking School**

1140 East Hastings Street | 604 253 3822  
[www.gourmetwarehouse.ca](http://www.gourmetwarehouse.ca)  
Demonstration-only classes led by Gourmet Warehouse owner Caren McSherry.

**Northwest Culinary Academy**

2725 Main Street | 604 676 7653  
[www.nwca.ca](http://www.nwca.ca)  
Professional and some hands-on amateur classes.

**Pacific Institute of Culinary Arts**

1505 West 2nd Avenue | 604 734 4488  
[www.picachef.com](http://www.picachef.com)  
Both professional and a wide range of hands-on amateur classes.

**Pastry Training Centre of Vancouver**

818 Renfrew Street | 604 569 3680  
[www.vancouverpastrychool.com](http://www.vancouverpastrychool.com)  
Hands-on baking classes for professionals or amateurs, led by pastry chef/owner Marco Ropke.

**Quince**

850 West 3rd Avenue | 604 731 4645  
[www.quince.ca](http://www.quince.ca)  
Mix of demonstration and hands-on classes.

**Vancouver Community College**

250 West Pender Street | 604 443 8300  
[www.vcc.ca](http://www.vcc.ca)  
Professional program only.

# Buffet THANKSGIVING Brunch

Thanksgiving is a celebration most people appreciate because it's a gathering without all the stresses of gift-buying – just good food and good company as we revel in a three-day break.

However, if you find yourself turkey-ed out and looking for a change, why not consider a Thanksgiving buffet brunch? A tasty spread of dishes where everyone can help themselves is a pleasant change that won't leave you drained from hours of preparation, or stuck in the kitchen missing the fun.

Here we've provided some recipes for all appetites. The Torta recipe can be either vegetarian or non-vegetarian – you can choose to include the bacon or serve it as a separate dish. The Cloverleaf Rolls can be made ahead and frozen. Simply warm them in the oven before serving and they'll taste like "fresh-baked." Happy Thanksgiving!



FLUFFY SPICED PANCAKES





BACON AND VEGETABLE TORTA WITH CLOVERLEAF HONEY WHEAT ROLLS





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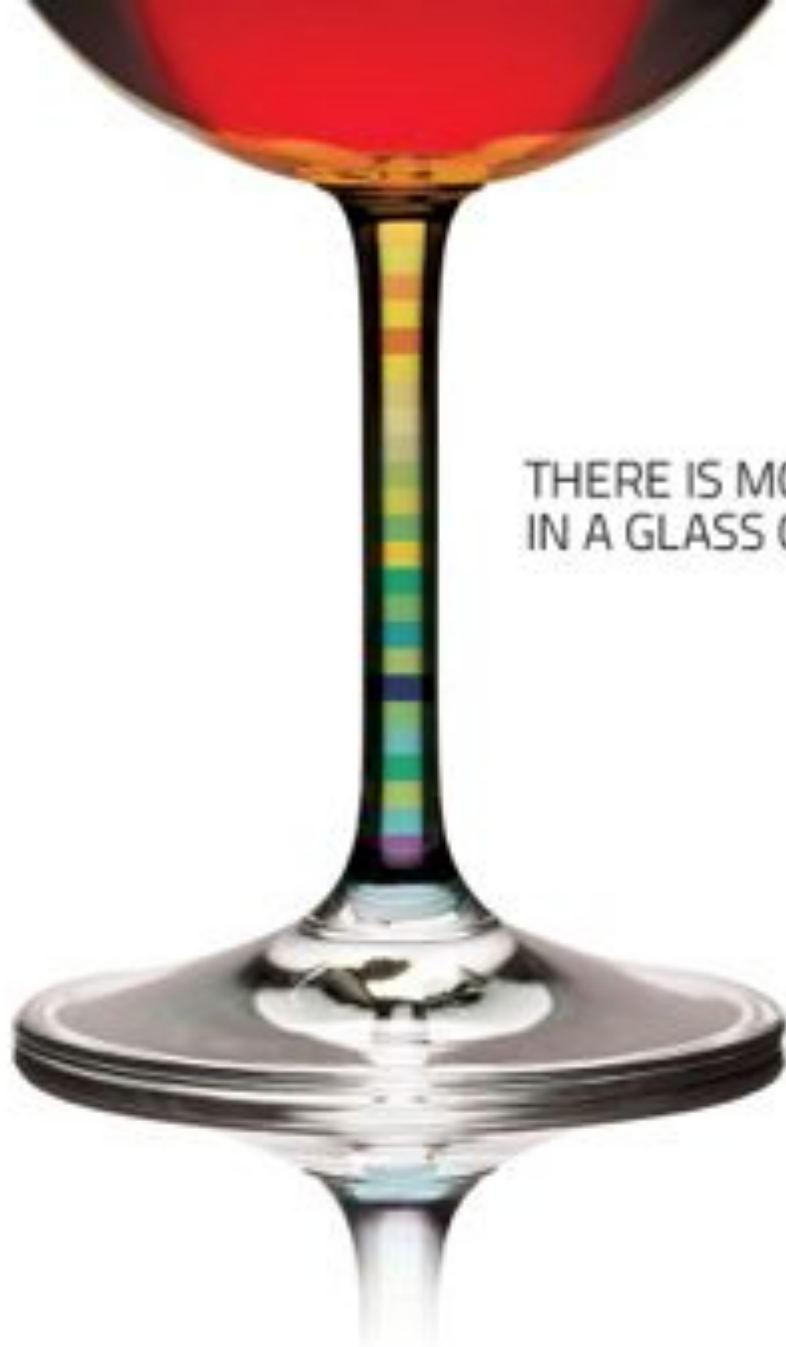
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\*NO PURCHASE NECESSARY. Must be of legal drinking age and a resident of British Columbia. Contest closes September 27, 2010. There are 5 Lobster Dinner Party Packages available to be won across the province of over \$500. Odds of winning depend on the number of entries and are subject to change at participating locations. Mail, texting, question requests, third-party or other non-authorized messaging is not applicable. See website for entry from participating stores for full rules. Provincial liquor agencies are not connected with this contest in any manner whatsoever and are not liable in any way whatsoever, and employees of the provincial liquor agencies, liquor businesses, and members of provincial legislatures are not eligible. ©2010 Keith's Brewery.





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## Thanksgiving Buffet Brunch

PAIRS WITH OLD-FASHIONED  
EGG BLOSSOMS



 01  
MISSION HILL FIVE VINEYARDS  
PINOT BLANC  
BC VQA \$13.99 300004  
Here's a crisp and refreshing  
wine that displays a wonderful  
bouquet of citrus and pineapple  
notes. Well-balanced with great  
acidity it's an ideal companion to  
seafood, shellfish, scallops and  
chicken.



 01  
CHARLES HEIDSECK  
BRUT RÉSERVE  
France \$59.98 30284  
A gentle mousse streaming  
upwards carries the scent of citrus,  
floral and fruit with a subtle hint  
of brioche. Baked apple and spice  
flavours are balanced by a creamy,  
smooth mouth feel and a gentle,  
lingering finish. Go ahead... indulge  
with brunch!



 01  
SEAVIEW BRUT  
Australia \$16.99 216335  
Bubbly and fun! Crisp citrus and  
tropical fruit notes dominate the  
palate with a smooth and velvety  
mouth feel that is simply charming.  
At this price, it's easy to celebrate  
pancakes anytime.



 01  
GEHRING DRÖNERFELDER  
BC VQA \$13.99 17510  
Sweet, honey and stone fruit  
aromas swirl up the glass to greet  
you in this off-dry BC beauty.  
Apricot and almond notes linger  
in the drawn-out, full finish. Serve  
well-chilled with fruit, desserts,  
white sauced pastas and fish/loos.

PAIRS WITH FLUFFY  
SPICED PANCAKES

PAIRS WITH BACON AND  
VEGETABLE TORTA WITH  
CLOVERLEAF HONEY  
WHEAT ROLLS



 00  
BEAR FLAG RED  
USA \$12.99 01186  
This is a light bodied red blend  
from Mendocino, California with  
juicy red fruit flavours and an easy,  
smooth finish. The excellent price  
and its compatibility with an array  
of cuisine make it perfect to stock  
on the wine rack for weekday  
dinners.



 00  
FAZI SATTAGLIA VERDICCHIO  
Italy \$13.99 21402  
A value priced, light bodied wine  
from Italy with snappy citrus and  
apple notes in the bouquet. Slight  
mineral nuances on the palate lead  
to the zesty, clean finish. Amazing  
with the torta or try it with pastas,  
soups and salads.



# THE MANY LAYERS OF THE ONION

**C**an you imagine spaghetti sauce without onions? A deluxe burger without that crisp onion slice or a bucket of hot onion rings? A Chinese stir-fry without onions? Or a slow cooked Indian curry without the all-important onion? An onion-less world would certainly create a boring global menu.

The onion is the bulb from the allium family, (which includes lilies!) and also includes garlic, leeks, chives, scallions and shallots.

The whole onion plant is edible – the delicate flowers, the green stalks and the all-important bulb. Onions are available in practically every style of preparation from fresh, to frozen, to dried and pickled. This important plant dates back to the Greeks and Egyptians. They cultivated it not just for food but also for worship. The spherical shape and concentric rings of the onion symbolized eternal life.

There are many different varieties

of onion – red, yellow, white and green – each with its own unique flavour. From very strong to mildly sweet, there are more than 600 species spanning the globe.

Featured here are three recipes that showcase this classic ingredient. First is a traditional soul-warming soup laden with melted cheese, then a rich baked brie smothered with sweet caramelized onion and finally, a classic Chinese noodle dish stir-fried with onions.





**STIR-FRIED RICE NOODLES WITH BEEF, ONIONS, AND SCALLIONS**

PAIRS WITH STIR-FRIED RICE NOODLES WITH BEEF, ONIONS, AND SCALLIONS

PAIRS WITH MELTED BRIE WITH CARAMELIZED ONIONS, SUN-DRIED TOMATOES AND HAZELNUTS



**FAIRVIEW GOATS DO ROAM RED**  
South Africa **\$14.99** 613206  
Where do goats really go when they roam? If it's on the table with this delicious noodle dish they're a welcome guest! Spicy fruit aromas, ripe fruit flavours, well balanced with just the right amount of acidity. It finishes soft and smooth with gentle tannins.



**CARMEN GRAN RESERVA CARMÉNÈRE APALTA**  
Chile **\$21.99** 479166  
This is a well structured wine with generous oak influences in the bouquet. Ripe, black fruit, spices, earthy leather and a soft touch of lavender flow through the glass. True elegance!



**FAT BASTARD CHARDONNAY**  
France **\$16.99** 563130  
It's not fat but it is full bodied and rich with a smooth texture! Here's a great Chardonnay with a delicate white floral bouquet and a spicy baked apple flavour backed by a crisp, refreshing acidity on the palate. Perfect with the Brie!

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September 11-13, 2010  
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or donate now:  
[aidswalkforlife.ca/marcheactionSIDA.ca](http://aidswalkforlife.ca/marcheactionSIDA.ca)



CAMPAGNA SUPPORTATA DA  
INIZIATIVA REGIONALE



## The Many Layers of the Onion

PAIRS WITH MELTED BRIE WITH CARAMELIZED ONIONS, SUN-DRIED TOMATOES AND HAZELNUTS



**01**

ROSEMOUNT TRAMINER RIESLING

Australia \$13.99 2H101

Check out this subtly sweet, medium-bodied blend from Australia full of apple, zesty citrus and tropical fruit flavours. Its outstanding price and versatility with different cuisines make it an everyday favourite.

PAIRS WITH THREE ONION AND THREE CHEESE SOUP



ROAD 13 HONEST JOHN'S RED BC VQA \$19.99 290681

One of BC's most unique red blends, Road 13 Honest John's has juicy raspberry flavours backed by a ripe black fruit nuance and palate with gentle acidity and soft tannins. Delicious.



**00**

LITTLE YERING PINOT NOIR

Australia \$15.99 6M103

The 100 percent Pinot Noir grapes in this wine produce distinct, ripe, red fruit flavours with an earthy, dusty soft finish. This Australian pairs extremely well with onion soup.



MELTED BRIE WITH CARAMELIZED ONIONS, SUN-DRIED TOMATOES AND HAZELNUTS



THREE ONION AND THREE CHEESE SOUP



by Barbara Philip, Master of Wine

# BORDELAIS

## Expertise







As with any great wine region, the natural attributes, or terroir, of Bordeaux vineyards cannot be replicated any other place. The interplay between climate and soil in Bordeaux creates distinct vineyard conditions and, in turn, influences which grape varieties are successful. Grape varieties, production techniques and wine styles, on the other hand, are more easily shared. In fact, many of the traditions developed by the Bordelais over hundreds of years are now considered standard for fine wine production around the world.

Bordeaux is located on the Gironde estuary in southwest France and the climate is characterized as maritime.

Temperatures are moderate, humidity is relatively high and rainfall can occur in any season. Sable changes occur as one moves inland to the so-called “right bank” of

the Gironde, where the atmosphere is slightly drier and temperature variations are more pronounced. There are general differences in soil type also, with deep gravel beds beneath the great vineyards close to the Atlantic and more clay and limestone inland. Cabernet Sauvignon, Merlot, Cabernet Franc, Malbec and Petit Verdot have proven success in the varying terrains of Bordeaux and French wine law stipulates their use for red wine production. The intrinsic quality of Cabernet Sauvignon and Merlot, in particular, also thrives beyond the Bordeaux border. Indeed, they are some of the best-travelled grape varieties in

the world and appear in vineyards from South America to British Columbia.

The Bordelais believe the whole is more than the sum of its parts and, as a result, most Bordeaux wines are blends of grape varieties. Specific terroir, house style and annual weather patterns influence which variety will dominate a blend in any vintage. For instance, a chateau in the Pauillac sub-region on the left bank will likely have a predominance of Cabernet Sauvignon in its vineyards. The deep gravel soils are well-drained and warm, contributing to the heat Cabernet needs to ripen. The esteemed Pauillac property Chateau Lafite is planted to 70 percent Cabernet

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Sauvignon, 25 percent Merlot, three percent Cabernet Franc and two percent Petit Verdot. The wines of Lafite rely on 80 – 95 percent Cabernet Sauvignon to

maintain the elegant and powerful house style and generally, the Cabernet percentage will be higher in years with more sunshine. The second wine of the estate, Carruades de Lafite, provides an outlet for the extra Merlot and contains between 30 and 50 percent. On the right bank, continental influences and water-retaining soils are best suited to Merlot. Here St. Emilion Chateaux will often contain over 60 percent, while the great houses of Pomerol, like Chateau Petrus, will be almost entirely Merlot.

Many regions in the New World have adopted the “Bordeaux blend” into their repertoires. The Meritage

**SPECIFIC TERROIR, HOUSE STYLE AND ANNUAL WEATHER PATTERNS INFLUENCE WHICH VARIETY WILL DOMINATE A BLEND IN ANY VINTAGE.**

Alliance is an organization formed by North American producers who believe in the classic varieties and blends of Bordeaux and use them to express their own regions. At time of writing, the Alliance had 282 members in six different countries. Some examples are the famous wines Opus One and Joseph Phelps Insignia, in California, that are based on Cabernet Sauvignon, while the cooler Okanagan Valley produces Merlot-dominated blends such as Osoyoos Larose.

One of the defining characteristics of top Bordeaux and, in fact, many great wines, is the influence of oak aging. After fermentation, Chateau Palmier or Chateau Cheval Blanc spend several months mellowing in *barriques*. *Barrique* is a Bordeaux term for a 225-litre barrel made from French oak. Time in barrel allows for gentle oxidation of the wine and encourages the integration of flavours. Oak also helps to fix the wine's colour, soften its tannin and, if the barrel is new, add flavour. Toast, spice and vanilla on the nose of a wine are indications of new oak maturation. As a barrel is reused, it loses its strong flavour and becomes a more neutral vessel. French barrels are sourced from three main forests, all of which are tightly managed to maximize quality of wood and promote sustainability. Next time you're touring a cellar, look for

names Limousin, Alliers and Nevers, denoting the provenance of the oak.

The practice of aging wine in *barrique* has expanded to many other regions in Europe and the New World. Whether in Rioja, Tuscany, Napa Valley or the Okanagan, the *barrique* imparts a little essence of Bordeaux into the wine. In fact, there is some controversy in traditional countries like Spain or Italy where purists say French oak is detracting from the wine's traditional character. The key to aging in oak is to find balance between the qualities of the wood and the true character of the fruit.

Bordeaux is important not just because of the great wines it produces, but because of its influence on other wine-making regions. Growing Cabernet Sauvignon and Merlot, blending to increase complexity, and small oak aging are now considered a standard part of a producer's toolkit.

In September, the 2007 vintage of Bordeaux will be released in BC Liquor Stores. This is an exciting time, as these wines were selected shortly after the blending process in 2008 and have been waiting, in barrel and bottle, to be released and enjoyed. Please join us on September 25th for the 2007 Bordeaux Release. Please visit [www.bcliquorstores.com](http://www.bcliquorstores.com) for wine and release details.



**CHATEAU FERRAN**  
PESSAC-LEOGNAN 2007

France \$35.00 (00542)

This blend of Semillon and Sauvignon Blanc has fresh lime, herbs and white flowers on the nose. The palate is distinctly mineral with crisp acidity and a citrusy finish.



**CHATEAU OLIVIER**  
PESSAC-LEOGNAN 2007

France \$29.99 (03630)

Sauvignon Blanc is the dominant player in this wine and the nose is pungent with lime cordal and lemon crème. Some toasty notes add complexity. The palate is long, fresh and complex.



**CHATEAU SAINTE COLOMBE**  
CÔTES DE CASTILLON 2007

France \$19.99 (0223)

This is a delightful medium-bodied blend based on Merlot. Aromas of ripe red fruits, tea and herbs are present on the nose and the palate is soft and appealing.



Bordeaux 2007



**CHATEAU CROIX MOUTON**  
BORDEAUX SUPERIEUR 2007

France **\$25.00** (90913)

Dried herbs, smoke and tar dominate the nose of this Bordeaux. The palate is juicy and well-balanced with a pleasant red fruit character.



**CHATEAU DE GIRONVILLE**  
HAUT-MÉDOC 2007

France **\$22.99** (29432)

Both the colour and nose are dense with black fruit, licorice and toasty aromas. The palate is quite full with rich tannins, dark chocolate and ripe fruit balanced by sweet herbal notes.



**CHATEAU MONBOUSQUET**  
SAINT-ÉMILION  
GRAND CRU 2007

France **\$75.00** (50094)

Exotic spices, dried leaves and plummy fruit on the nose give way to a firmly structured palate. Put a steak on the grill.



**CHATEAU CARBONNIEUX**  
PESSAC-LÉOGNAN 2007

France **\$49.00** (00005)

This wine is aromatic with cherry jam, violet and licorice notes on the nose. The palate has finesse and lovely texture.



**CHATEAU CHASSE-SPIÈRE**  
MOULIS-EN-MÉDOC 2007

France **\$49.00** (71962)

This wine has juicy red fruit and dried oregano notes on the nose while the palate has medium body weight, low tannins and a good finish.



**CHATEAU PALMER**  
MARGAUX 2007

France **\$269.00** (00096)

The 2007 Palmer is intense with mint, ripe plum, sweet spices and toast on the nose. The palate is plush with dark fruit, a long finish and is surprisingly integrated.



**CHATEAU BRANAIRE-CRUÉ**  
SAINT-JULIEN 2007

France **\$75.00** (14294)

Classic Cabernet Sauvignon notes of cassis, pencil lead and capsaicin on the nose give way to a very structured palate with ripe, chalky tannins. The wine will develop and improve for 5-8 years.



**CHATEAU RIBRAN**  
PAILLLET 2007

France **\$45.00** (30298)

The forward, ripe fruit on the nose and palate of this refined Pacific add to its instant appeal. It is medium-bodied with ripe, red fruit and herbal notes on the palate.



**CHATEAU FICHON**  
LONSLÉVILLE COMTESSE DE  
LALANDE PAILLLET 2007

France **\$129.00** (117576)

This regal and focused wine will be at its best after 2015. The nose is restrained with red and black fruits, minerals and spice, and the finish is very long and impressive.

# WINES OF AUSTRALIA

## How to Trade Up Successfully



**H**ow far do you have to fly before you start circling back? Guess that and you'll know which country sells the most wine to British Columbia. However, Australian wine isn't what it used to be.

It used to be cheaper and more cheerful, but that is changing. Sure, selling fruit bombs for a song put the Aussies on the map about 15 years ago. But it's hard to keep that up indefinitely, especially when challenging times strike.

The country down under is indeed facing challenges. Massive drought, raging wildfires and serious overproduction to the tune of 360 million bottles torment producers. Add to that a strong Australian dollar driving export prices through the roof, nose-diving export volumes and stiff competition from elsewhere and it's the perfect storm. It's just the thing to make winemakers sweat and we savvy shoppers salivate, because the only way forward for the Aussies is to create a



## AUSTRALIAN WINES ARE FAR MORE EXCITING THAN THEY'VE EVER BEEN, ESPECIALLY IN THE \$20 – \$40 PRICE RANGE.

compelling reason for consumers to trade up. Meaning, offer wicked wine for the money, and do it at the \$20, \$30 and \$40 price points – every time.

That's a tough proposition, but that's exactly what's happening. Australian wines are far more exciting than they've ever been, especially in the \$20 – \$40 price range; no other wine country in the world can touch it right now. And that's precisely why the average amount spent on a bottle of Australian wine in BC is inching upwards. Five years ago, it was around \$11. Now it's close to \$14. The secret is starting to get out.

Everyone loves a lush cherry-chocolate Shiraz and a vanilla-cream Chardonnay from Oz when the styles please a crowd and the prices keep the budget in check. But interestingly, more serious bottles that teem with elegance and finesse, lacy acidity and intriguing complexity – as well as oodles of extract – are where it's at when you want something more. This is exactly the style of wine cast out of Australian wineries as makers aim to please, seek out cooler microclimates and combine Old World appeal with New World charm. But that's only half of what a sly shopper needs to know. The other half is this: trade up carefully by looking at place and producer.

Although France was widely criticized for tying grape varieties to specific regions and stamping provenance on wine labels, Australia is starting to see the light in this approach. In truth, climate dictates to a large extent which wine grapes grow best where. And leveraging these attributes and information is a way to add value to wine, so the Aussies are scrambling to educate consumers on its vinous regionalism.

Shiraz from the Barossa Valley should be more opulent

and complex than one simply labeled South Eastern Australia. Riesling from the Clare Valley should be crisper and more balanced than one from hotter regions. The best sparkling wines certainly hail from Tasmania. And so forth.

While this information is useful, Australia is a patchwork of about 60 designated wine regions, with 103 "defined geographic indications" for wine growing districts covering zones, regions and sub-regions. Most areas excel in several grape varieties. Frankly, that's a lot to wrap one's head around and it all goes rather dull after a while. But knowing a clutch of great-grape places offers a strong foothold for trading up wisely.

So, here's a little game of free association to link important regions with their star grapes. Ready? Coonawarra? Chardonnay. Rutherglen? Muscat. Hunter? Semillon. Having fun? Okay, here are some more. Adelaide Hills? Sauvignon Blanc. McLaren Vale and Margaret River? Cabernet Sauvignon. Yarra Valley? Pinot Noir. The other consideration is this: buy from a reputable producer. The best producers won't let you down for two reasons. First, they have consistent access to good fruit and a solid track record for quality at every price point. Secondly, they simply won't risk their hard-earned reputations by releasing substandard wines. In fact, a good way to judge a producer is on its entry level wine; a great value at the lowest end of a portfolio is the hallmark of a producer you can trust all the way up the price scale. Some of the most reliable names in Australian wine are Penfolds, Yalumba, Henschke, d'Arenberg and Kilikinson.

This all boils down to one thing – if you haven't tasted premium Aussie wine, you've gotta give it a go and try some wonder from down under!

# OPEN UP

To wines from Australia

**Experience** Australian Wine in BC Liquor Stores during October.

**Taste** at mini in-store seminars, with local chefs and alongside visiting Australian wine personalities.

**Explore** Australian wine every weekend between October 2nd and October 16th.

- **39TH & CAMBIE, VANCOUVER**  
October 2nd, 10th & 16th | Noon - 5pm  
and October 8th & 15th | 3pm - 7pm
- **NORTHGATE, BURNABY**  
October 3rd | Noon - 5pm
- **PARK ROYAL, WEST VANCOUVER**  
October 9th | Noon - 5pm

**Discover** the diversity of Australian wine.

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Enjoy  
Responsibly

Wine Australia





AUSTRALIA IS A PATCHWORK OF ABOUT 60 DESIGNATED WINE REGIONS, WITH 103 "DEFINED GEOGRAPHIC INDICATIONS" FOR WINE GROWING DISTRICTS COVERING ZONES, REGIONS AND SUB-REGIONS. MOST AREAS EXCEL IN SEVERAL GRAPE VARIETIES.



**PETER LEHMANN OF THE BAROSSA CABERNET SAUVIGNON**

Australia **\$22.99** 605741

Gentle aromas of cassis lead to flavours of blackcurrant, black olive, black earth, cedar and black pepper. Finely grained tannins give the wine intriguing texture, with full body and intensity.



**PETER LEHMANN OF THE BAROSSA SHIRAZ**

Australia **\$22.99** 572875

Macerated Black Forest cake aromas lead to a silky palate of damson plum and black cherries drizzled with chocolate. This is an exciting wine with a smooth mouth feel and a lingering warm cocoa finish.



**PIRRAMIMMA MCLAREN VALE SHIRAZ**

Australia **\$29.99** 607033

This Shiraz will have you at first whiff. Ripe cherries and crisp br  in aromas lead to voluptuous flavours of cherries dipped in milk chocolate. Lush and long with a lingering cherry-vanilla finish and full body.



**PIRRAMIMMA MCLAREN VALE PETIT VERDOT**

Australia **\$28.99** 608014

This deeply coloured wine exudes a savoury nose of caramelized meat juices before ripping across the palate with full-on flavours of black cherry, black pepper, egg box and roasted beef and bristly oak. A serious tag of tannins give it great grip and finish.



**BIRD IN HAND TWO IN THE BUSH SHIRAZ**

Australia **\$22.96** 858502

Everything a Shiraz fan looks for in this variety: mouth-coating richness, lush texture and classic flavours of plum purr, blackcurrant liquor and dark chocolate. Full bodied with warmth and spice.



**GLATZER WALLACE SHIRAZ GRENACHE**

Australia **\$29.99** 486258

This rich, old-vine Shiraz offers peppery-savoury goodness spiced with just enough Grenache to give a tart cherry lift and perfume. This is truly a full bodied mouthful for savoring.



**LAYER CAKE SHIRAZ**

Australia **\$27.99** 761742

Seriously complex and concentrated wine laden with black plum, black cherry and black pepper as well as a touch of bitter-sweet chocolate which expands and lingers on the finish. A very full bodied and heady expression of character.



**ROLF BINDER HALES SHIRAZ**

Australia **\$22.99** 858675

This tightly wound Shiraz seasoned with dashes of Mourv  dre and Grenache offers aromas and flavours of warm Black Forest fruit and roasted-meat served with delicate floral notes. This is a full-bodied and robust wine for cooler evening enjoyment.

[ FANCY SOMETHING A LITTLE BIT SPECIAL? ]



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Reserve



# FLAVOURS OF AUTUMN



## LAMB'S BLACK SHEEP SPICED RUM

Canada **\$25.99** 05351

When you need to spice up your cocktails add a little Lamb's. Madagascar vanilla combined with the finest cinnamon and lime essences create a flavour combination that enhances the best you can blend with it. Sometimes it's good to be the "black sheep" in the family!



## RODNEY STRONG SONOMA CABERNET SAUVIGNON

USA **\$22.99** 236944

This is a full bodied, dark wine with deliciously lush blackberry and cocoa aromas. Black fruit, cedar and a slightly earthy note carry through all the layers in the well-structured and balanced spicy finish. Enjoy now or any time over the next few years.



## VINCENT VAN GOGH DUTCH CARAMEL

Netherlands **\$44.99** 60855

Who says you can't find a masterpiece in a bottle? Using a double infusion method this truly distinct vodka is full of pure, sweet caramel flavour. The nuances of chocolate and coffee in the smooth, clear finish are exceptional. Over ice or blended into your favourite cocktail, it's not hard to create your own "work of art" at home!

# COZY, NEW COMFORT FOOD

**C**omfort foods stir up memories of homemade pies, bread or special meals and feelings of warmth, satisfaction and love from the past. The longing for comfort foods becomes stronger in the fall as the weather takes on a chill. Depending on your roots, "comfort food" can mean crisp ingredients married together with a spicy sauce and noodles or a one-dish, long-simmering pot of stew. It varies from person to person and is also culture specific.

This offering of comfort features three delicious dishes to add to your comfort repertoire. The first recipe is a classic *osso buco*

made with veal shanks braised to perfect tenderness with an added touch of iron-rich kale. Next is a familiar pasta primavera, but with a twist. Swiss chard is added and it's served with homemade Parmesan Tules for scooping. And last, a Thai seafood chowder that marries Old World with Asian fusion. The word "chowder" comes from the French *chaudière* meaning a thick, chunky seafood soup. In this version, curry is added and the chowder is served over fluffy jasmine rice with steamed bok choy.

After a day of raking leaves or bringing in the lawn furniture, any one of these meals is sure to warm you from the inside out.



PASTA PRIMAVERA WITH PARMESAN TULES



OSSO BUCO  
WITH KALE



# Luigi Bosca

WINES OF ARGENTINA



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PAIRS WITH OSSO  
BUCCO WITH KALE

**JACKSON-TRIGGS PROPRIETORS' RESERVE HERITAGE BC VQA \$19.99 59708**  
Deep and brooding with concentrated cherry, tobacco and vanilla aromas. The raspberry cedar and chocolate flavours are delectable in this full-bodied, intense wine. Ideal with braised meats or hearty stews. Decant before serving.



**TERRE BAROLO Italy \$37.99 452799**  
Dry, full-bodied and filled with floral notes, this is a wine to be remembered, with its beautifully integrated tannins and a soft, velvety and long-lasting finish. Decant for at least an hour before serving.



THAI SEAFOOD CHOWDER ON JASMINE RICE

## PAIRS WITH THAI SEAFOOD CHOWDER ON JASMINE RICE



**GREY MONK GEWÜRZTRAMINER BC VQA \$16.99 321588**  
BC's partner for spicy cuisine! Grapefruit, spice and lychee aromas are tantalizing, while the tropical fruit, peach and subtle tea flavours refresh your palate. Crisp and clean, serve well chilled with the chowder.



**MOSELLAND RIESLING MICHELBERG RESUNG KABINETT Germany \$13.99 388670**  
A very well-priced finding that's ideal with spicy dishes. Slightly off-dry with clean green fruit aromas and flavours and a well-balanced sweetness that's refreshing and fun.

## PAIRS WITH PASTA PRIMAVERA WITH PARMESAN TILES



**ANTINORI SANTA CRISTINA PINOT GRIGIO Italy \$14.99 75851**  
Crisp and cool with a gentle essence of stone fruit and ripe apples that carry onto the full palate and balanced finish. A food-friendly wine that pairs particularly well with this pasta.



**MOMMESSIN BEAUJOLAIS France \$14.49 313791**  
Juicy, fruity and fun! Here is a value-priced, light-bodied wine from France with sweet red fruit flavours. With an unexpectedly long, gentle finish, it's fantastic with chicken, pasta, fruit salads and light cheeses.

# Signature Selections





Welcome to Signature Selections, a new regular feature in *TASTE* that will showcase some of the rarer, harder-to-find treasures available across the Province at Signature BC Liquor Stores. Not only do our Signature stores have a wider selection of wines and spirits, each also offers you the expertise of Wine and Spirits Education Trust (WSET)-trained Product Consultants who are more than happy to advise, suggest and explain. There are 21 Signature BC Liquor Stores from Vancouver to Vernon,

Penticton to Prince George, but if there is not one near you, please remember that any of the products featured in this

section can be quickly and easily transferred to your closest BC Liquor Store. All you need do is ask! Visit our website for a list of Signature Stores and product availability.



**SIGHEO ZINFANDEL**  
USA **\$34.99** 108417

A medium-bodied Zin full of aromas of dark cherry, blackberry jam and spice notes. Robust flavours of cherry, licorice and spicy pepper cascade through the layers to the firm, persistent finish. Grilled or roasted meats such as duck, steak or ribs along with strong cheeses make the best partners for this exciting wine.



**KING STATE OREGON PINOT GRIS**  
USA **\$22.99** 87967

Low-key pear, citrus and melon with hints of hazelnut aromas dance through the glass while the crisp taste of citrus and the dusty spice of nutmeg coat your mouth in the long, full finish. Rusted poultry, spicy Asian cuisine and cream-sauced pasta dishes are perfect partners.



**CARMUS CABERNET SAUVIGNON**  
USA **\$89.00** 250897

Pure opulence and indulgence! This wine opens with gorgeous aroma layers of brown spice, tobacco and oak. The refined and smooth texture is immediately apparent on the palate as dark chocolate, sweet spice, licorice and cedar flavours all guide you gently to the ripe, tannic finish. Wonderful now or can easily cellar up to 20 years.



**FABIANO AMARONE DELLA VALPOLICELLA**  
Italy **\$47.97** 153023

Beautifully packaged on the outside, deliciously rich on the inside! This stunning red is deep and dark with juicy raspberry and spicy nutmeg aromas. Complex flavours of spice, raspberry, raisin and silky chocolate swirl through the glass. Long and elegant, it's one of the finest Amarones to put on the table or give as a gift to that special someone. Decant before serving.



**PETER LEHMANN LIGHT SHIRAZ**  
Australia **\$44.88** 135558

Inspired by wine and created for the love of wine, the Shiraz carries the passion. It's aged in 100 percent new French oak using only the best grapes from the old Shiraz vineyards in the Barossa. Serrano chocolate and ripe plum notes with subtle hints of vanilla merge together seamlessly through the never-ending, silky finish.



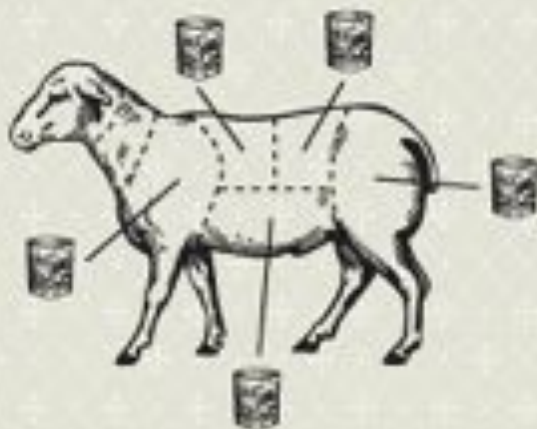
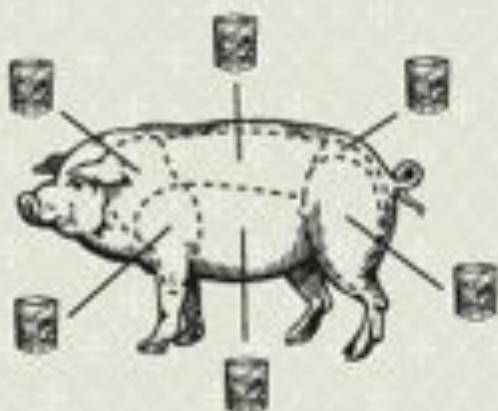
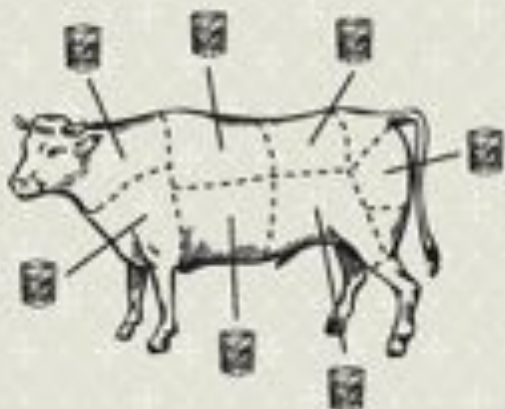
**CAKEBREAD CELLARS CHARDONNAY**  
USA **\$43.99** 191437

A glimmering golden hue beauty to behold is a beauty. Delicate floral and melon notes drift through the glass, while deep, spicy oak aromas abound. Full bodied and exceptionally rich, the flavours of buttery richness, apple and stone mineral tones are concentrated and ripe through the rebubbling finish. Lobster, crab and poultry dishes will be enhanced by this wine.



# GASTRONOMY

IDEAL FOOD PAIRINGS FOR WISER'S® WHISKY





# WHISKY COCKTAILS

Looking for a little taste of history? Look no further than these classic drinks prepared by this issue's bar stars, Chris Flett and Brian Grant of Fourhouse. All three recipes date back to the 1800s and just may have been the very start of the cocktail. Let yourself get back to basics with these three whisky-based classics.

## SAZERAC

2 oz (60 ml)	straight rye whisky
1	sugar cube
3 dashes	Feyrhard's bitters
splash	water
splash	absinthe
1	lemon twist

Place sugar cube, water and bitters in bottom of a Boston shaker. While sugar is softening, fill a Sazerac glass\* with crushed or cracked ice. Using a muddler, crush softened sugar cube and add whisky. Using a bar spoon, stir mixture until most of sugar has dissolved into whisky. Add ice and stir until desired dilution is achieved. Discard ice from glass. Pour just enough absinthe into glass to coat the sides. Discard any excess. Strain whisky and sugar mixture into glass and garnish a lemon twist, releasing the oils onto the surface of the cocktail.

## MANHATTAN

2 oz (60 ml)	straight rye whisky
1 oz (30 ml)	sweet vermouth
2	dashes Fee's Whiskey Barrel Aged Bitters
1	cocktail cherry
1	lemon twist
	ice

Fill a mixing glass with ice and add all other ingredients. Stir until desired dilution is achieved. Taste and sweeten with more vermouth or dry with more whisky to achieve balance. Strain into a cocktail glass and add one cherry and a lemon twist, releasing lemon oils onto the surface.

## OLD-FASHIONED

2 oz (60 ml)	straight rye whisky
1	sugar cube
3 dashes	Angostura bitters
splash	water
1	cocktail cherry
1/2	orange wheel
1	lemon twist

Place sugar, water and bitters into a double rocks glass. When sugar has softened, crush with muddler. Add whisky and stir until most of sugar has dissolved. Add one large ice cube and stir until desired dilution is achieved. Add more ice, then taste and balance. Add cherry, half orange wheel and lemon twist, releasing the lemon peel oils onto surface of drink.

\* Slightly larger than a rocks glass, but smaller than a double-rocks glass.

by Nathan Fong

# HOW TO BE A POTLUCK **VIP**



SPICED BEEF AND MUSHROOM DAUBE



With today's hectic schedules, potluck dinners have become increasingly popular. The word "potluck" first appeared in 16<sup>th</sup> century England, where it meant "food provided for an unexpected or unwitted guest; the luck of the pot." This evolved in the late 19<sup>th</sup> and early 20<sup>th</sup> century North America to mean "a communal meal, where guests bring their own food," perhaps somewhat influenced by First Nations' Potlatch traditions.

Today, a potluck is a gathering of people where each person contributes a dish of food to be shared among the group – in some cases that can become a wild combination of dishes that may or may not match, especially when one doesn't know what the other is bringing!

Here are three recipes that are bound to be favourites and will be unique at any potluck dinner and assure many more potluck invitations. First, a French Provençal Beef Daube (stew) that can be made ahead and reheated upon arrival. Then a warm, comforting cornbread aromatic with bacon, cheese and green onions. Or why not try this wonderful Asian-spice marinated chicken, crusted with crisp, Japanese Panko breadcrumbs. Any one of these dishes is guaranteed to make you a potluck VIP!



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**FR** **00**  
**LURTON LES PLUMÉES BLANCHES**  
**SAUVIGNON BLANC**  
 France **\$12.99** 472555  
 A fantastic, well-priced white wine that has the most delicate floral bouquet yet is very intense in taste. It features zesty citrus flavours with a smoky apple note in the complex, surprisingly rich finish.



**BC** **00**  
**NKXMP CELLARS PINOT BLANC**  
 BC VQA **\$16.99** 626437  
 BC's only aboriginal-owned vineyard is producing a completely elegant Pinot Blanc full of pineapple, citrus and tropical flavours. Crisp and refreshing with a well-balanced acidity it's great with the Cornbread or try it with lightly-grilled chicken or roasted turkey.

**PAIRS WITH BACON, CHEDDAR AND GREEN ONION CORNBREAD**

**PAIRS WITH SPICED BEEF AND MUSHROOM DAUBE**



**CH** **00**  
**ROOT 1 CABERNET SAUVIGNON**  
 Chile **\$24.99** 105643  
 The pure "root" of the flavour shines through this wine with notes, deep blackberry and currant flavours. Flints of chocolate appear mid-palate and it has a full-bodied look, lingering finish.



**AU** **00**  
**EVANS & TATE**  
**MARGARET RIVER SHIRAZ**  
 Australia **\$18.99** 587667  
 Jammy notes of spicy mulberry with woody cedar, black cherry and sweet chocolate flavours abound in this concentrated wine from Australia. Roasted or grilled red meats, spicy steaks and robust ribs are brilliant partners.

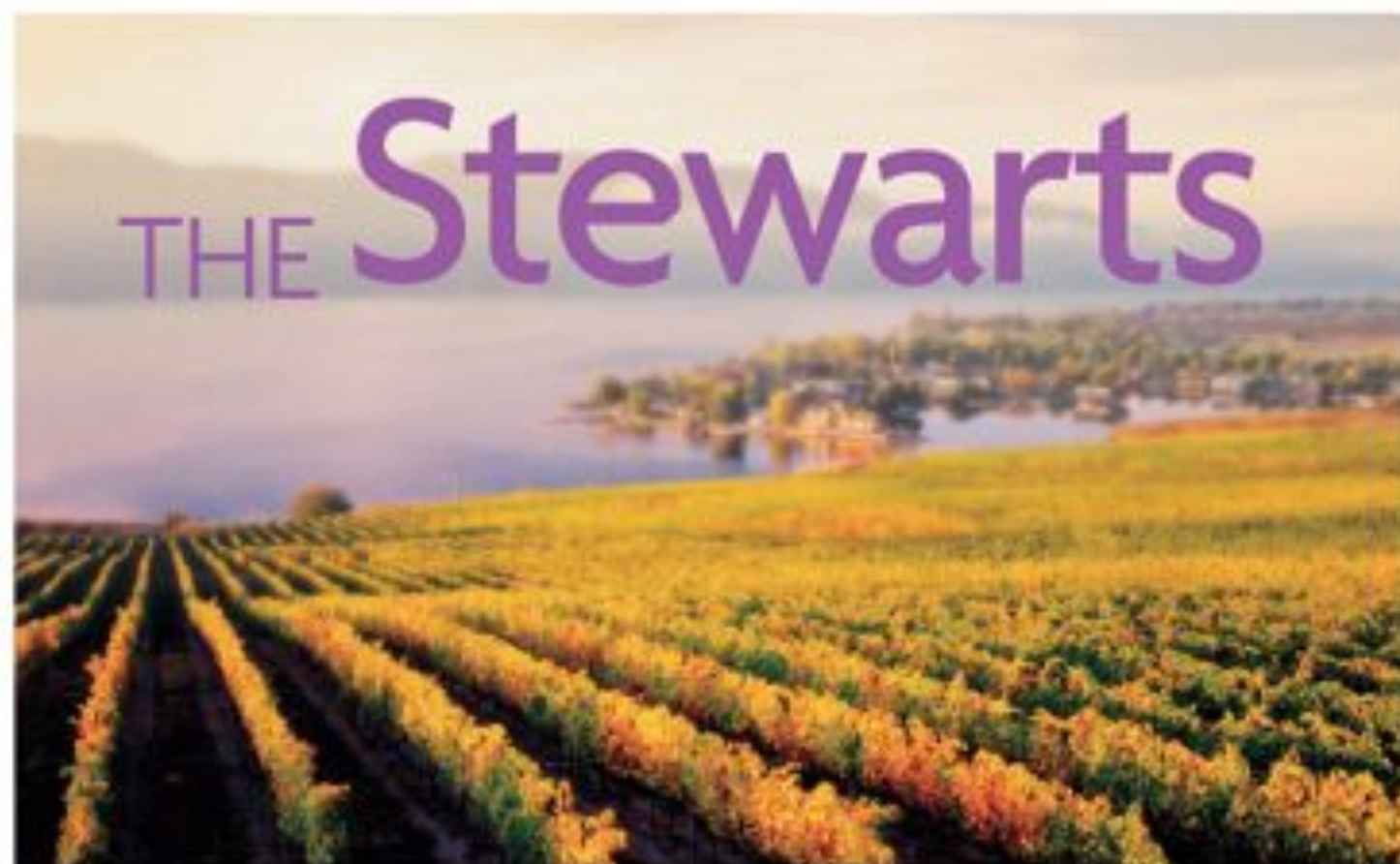


**US** **00**  
**BERINGER FOUNDERS' ESTATE**  
**CHARDONNAY**  
 USA **\$19.99** 534030  
 Classic tropical flavours with a zesty citrus and rich vanilla nuance, this is a Chardonnay that really over-delivers for the price. Harmonious and well-balanced with a texture that is creamy and smooth, it's an ideal partner to the chicken.



**CH** **00**  
**ERRAZURIZ**  
**SAUVIGNON BLANC**  
 Chile **\$12.99** 286385  
 Crisp and refreshing, this is a citrusy, flavoursome wine with nice acidity and a clean, cool finish. It's value-priced and versatile enough for most poultry dishes.

**PAIRS WITH ASIAN-SPICE MARINATED PANKO-CRUSTED FRIED CHICKEN**



## REMINISCENCES OF OKANAGAN VITICULTURE

“I never thought for a minute I’d be in the wine business,” declares Dick Stewart. He couldn’t have been more wrong. The one-time farmer, now winery owner, can sit comfortably while reminiscing about a few generations of Okanagan grape growing, all while taking in the stunning view from the patio of his family’s Quail Gate Old Vines Restaurant in West Kelowna. There are few in the Okanagan who are as deeply rooted in the history of British Columbia wine as Dick Stewart and even fewer who have made their impact in such an understated way. Yet he has many stories to tell.

While the BC wine industry is still very young in the world of wine, even this relative infant of a region didn’t happen overnight. Yes, there is some history in the soils, hills and lakes that make up the Okanagan Valley. Dick Stewart has

seen a lot of it and has been involved in a lot of it. Stewart first got his hands dirty in the Okanagan soil around the same time as the beginning of World War II. At that time, the family farm in Kelowna didn’t include grapes, but Stewart worked in the family nursery and orchards farming apples, prune plums plus a few cherries and pears. Yet even at this stage, the Okanagan was dabbling in vineyards.

The grape varieties of choice back in the early days of BC grape growing were nothing that would excite the taste buds of today. With wide vine and row spacing, high demands for yields on each vine ensured only very hardy hybrids and American species could handle the stress of those huge crops and still survive the harsh winters. The downside of course was that nondescript wines and grapes were more profitably sold as “basket grapes.” “Apples were easier,” says Stewart, “so there was little incentive for anyone to experiment with higher quality wine grapes.” In fact, it actually took a mistake for some of the Okanagan’s first vinifera grapes to be planted.

Stewart had purchased the current Quail Gate property in 1956, the year before the bridge was built linking Kelowna with the west side. As was the approach at the time, Stewart



"I NEVER THOUGHT FOR A MINUTE I'D BE IN THE WINE BUSINESS," DECLARES DICK STEWART.

was planting a series of hybrid and Labrusca grapes. He had ordered vines of the Diamond grape variety to plant in 1961 and only noticed when the plants started to grow that they were in fact something different. The grape variety planted turned out to be the vinifera Chasselas, something Quail's Gate still grows today, and some of the first vinifera to succeed in the valley. Early experiments with the Chasselas weren't entirely successful though. It took an expert, maybe BC's first international consultant, to launch the next phase of quality grape growing in the Okanagan. This was a German named Zimmerman.

The Quail's Gate Chasselas wasn't the first vinifera to be planted. Stewart recalls the Rittich family from Hungary adamantly growing vinifera grapes near the Kelowna airport, but they routinely suffered from winter freeze, which can kill the vines. Zimmerman, who was working with Growers' Wines in Victoria, one of the few wineries at the time, said "sure, you can grow vinifera vines, but you have to do it differently." Zimmerman's solution seems pretty basic today, but it may well have been this solution that launched the modern industry as we know it. The solution was to place less stress on the plants. Instead of planting 495 vines per acre

and expecting each plant to produce 20 pounds of grapes, Zimmerman introduced the concept of denser planting with each vine producing two to three pounds of grapes.

Quail's Gate, under the direction of Dick's son Ben, who was by then involved in the family business, started planting vinifera varieties in the mid-1970s on an experimental basis. Familiar names, such as Cabernet Sauvignon, Chardonnay, Gewürztraminer, Chenin Blanc and Pinot Noir were all planted at this time. These efforts finally met with some success, although a couple of vineyards were entirely wiped out during the harsh winters of the late 1970s and early 1980s.

While the industry had staggered along until this point, it seems the introduction of vinifera varieties and "cottage winery" guidelines was the catalyst for a more serious wine industry, and a number of today's familiar pioneer wineries emerged. Sarnac Ridge, Gray Monk and what is now CedarCreek were some of the first on the scene in the early 1980s, followed by Gehring



Brothers and what is now See Ya Later Ranch. It was also in the 1970s and 1980s that Quail's Gate started getting serious about Pinot Noir, with Ben planting closer and starting what has become a very serious, quality-focused program for this notorious variety. However, grape plantings throughout BC as a whole did not expand rapidly until a decade later with the next major vine-pull (there had been a smaller pull-out in the late 1970s), this time linked with the Canada-United States Free Trade Agreement signed in 1988. As a result, BC vine acreage declined to less than 1500 acres. This was also a major turning point for the Stewart family.

In 1989, Dick met with his son Ben. Dick was concerned that with Free Trade, that wineries could source grapes from across the border and local growers could not compete. The Stewarts found themselves facing the decision to either



# PARADISE FOUND



THE SPIRIT OF



BACARDI

PLEASE DRINK RESPONSIBLY

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get out of the grape business or to start a winery. The family started the winery in 1989. Although Dick was not convinced, Ben turned out to be right. "In the end it was the Vintners Quality Alliance (VQA) that sealed the success of local grape growing," says Stewart. "Once the VQA started, we had to have local grapes." The winery that started in a few humble equipment sheds has now grown to a multi-building facility on one of the most stunning winery sites in BC.

The further you dig into the history of BC wine, the more Dick Stewart's name seems to pop up. Even the famed vineyards of the Black Sage Road at Burrowing Owl and Sandhill were first owned and planted by Stewart in a partnership with the Capozzi family, who at the time had the controlling interest in Calona Wines. There are links too with Mission Hill. The first vintage of Quail's Gate wine was actually made at Mission Hill. It turns out Dick's two brothers were partners with Mission Hill founder Tiny Walrod when it first began in the 1960s.

With sons Ben and Tony (who joined later) running the family business, the second generation has become well-entrenched in the Okanagan wine scene and is already starting to pave the way for the third. Ben's son Kimon is soon to complete his winemaking degree in New Zealand and other family members are becoming involved in the business. Clearly Dick Stewart enjoys reminiscing about the changes and development of the BC wine industry. And why wouldn't he? His fundamental involvement is an integral part of its history. And he thought he'd never be in the winemaking business!



walrod.



**QUAIL'S GATE CHENIN-BLANC 2007**  
BC VQA \$18.99 37954  
Some of BC's oldest vines are Chenin Blanc. With good intensity on the nose, this wine combines an interesting mix of pithy grapefruit, peach, green melon and some garlic and damp straw notes with just a hint of tropicality. The palate is intense with crisp fresh citrus, peach, mango and a long, racy finish. The crisp freshness of this wine makes it a perfect match with



**QUAIL'S GATE ROSE 2009**  
BC VQA \$14.99 17016  
Not a style of wine the Okanagan would have been producing in the 1960s but dry rose is immensely popular today. The nose is of medium intensity with aromas of red fruits including strawberry, rhubarb and cherry with a saucy, herbal side that adds an interesting freshness. The palate is crisp and fairly dry with more red fruits making this wine delicious on its own.



**QUAIL'S GATE MERLOT 2006**  
BC VQA \$24.99 63933  
This is a bright and lively Merlot with an enticing ruby colour and an intense nose of cherry, damson, plum, raspberry, pepper, coconut and oak. The palate is medium-bodied and full of flavour with raspberry, spice, plum, pepper and more coconut backed up with fresh acidity. There is a walkiness to the palate from moderate tannins, making this peppery Merlot, a delicious drink and a great match to meat and game dishes.



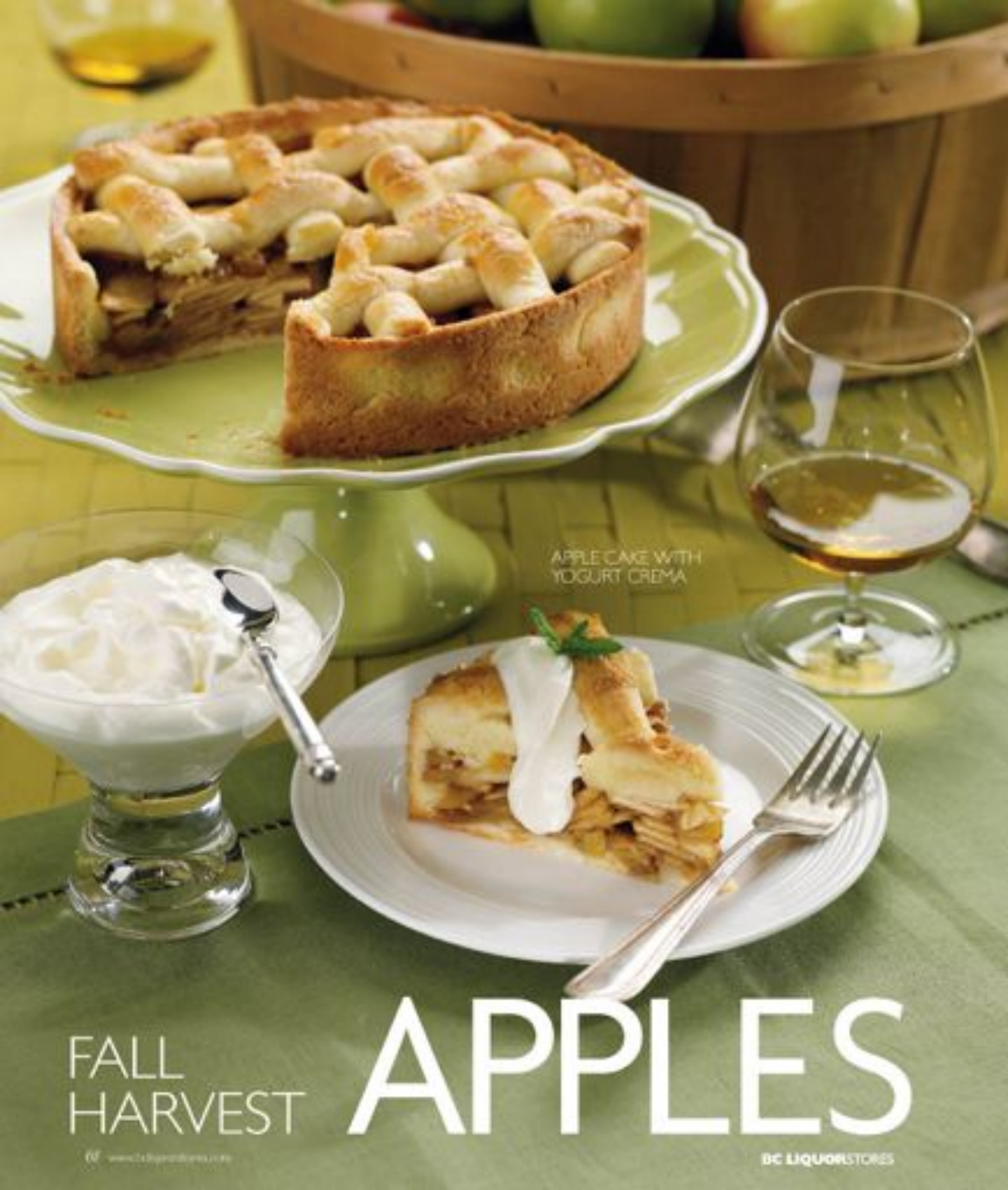
**SUMAC RIDGE PRIVATE RESERVE CABERNET MERLOT 2007**  
BC VQA \$18.99 214757  
Sumac Ridge has been producing a solid range of wines for 30 years. One of their best value wines has always been the Private Reserve Cabernet Merlot. At just \$15, this wine provides ripe plum and blueberry notes with violet, oak, chocolate and hints of roasted herbs. The palate is quite full, with soft tannins and flavours of chocolate, coffee, plum and nuances of blackberry and raspberry.



**GRAY MONK LATITUDE 50 SELECT WHITE 2009**  
BC VQA \$12.99 321646  
Gray Monk earned a reputation for producing aromatic whites. Latitude 50 is a real crowd pleaser with simple corded fruit and lots of aromatic, floral and bubbly notes. Some residual sugar gives a little bit of lushness on the palate with flavours of baked apple and tropical fruits. Medium body and medium acidity ensure this popular wine is soft and easy drinking.



**CEDAR CREEK GEWÜRZTRAMINER 2009**  
BC VQA \$27.99 240978  
This typical Okanagan Gewürztraminer has aromas of spice, pear, rose petal and some tropical fruits that give a soft and welcoming nose. The palate is off-dry with medium intensity and acid and peach, floral, mango, pineapple and a touch of grapefruit pith. With its aromatics and freshness, this makes a great match for spicy Asian dishes.



APPLE CAKE WITH  
YOGURT CREMA

FALL  
HARVEST

APPLES





APPLE AND PARSNIP SOUP

## PAIRS WITH APPLE AND PARSNIP SOUP



**CLINE CELLARS VIGNIER**  
USA \$14.99 638395

Here's a full bodied, lush and spicy wine with zesty orange marmos and a sweet touch of honeyuckle on the palate. Well-balanced and harmonious from start to finish, this is a very food-friendly wine and it's fabulous with the soup.



**ROSEMOUNT CHARDONNAY**  
Australia \$15.99 265132

Take a trip down under and discover a lovely Chardonnay with nut and fresh lime notes. Luscious apple and soft, peach flavours are well integrated with subtle oak. The ending is long and pleasant.

In years past, most people in Canada who had backyards had an apple tree. In my past it was a MacIntosh apple tree that rose high above the eaves in the backyard. Today we're seeing so many different varieties of apples. Reason! It's all about shelf life and transportation. China is now the top apple producer in the world. They produce and sell almost seven times more apples than the next big apple producer which is the US, but – good news – local apples are still available. Load up the family and friends and head to a local orchard. Fill your baskets full of apples fresh from the tree. Slice and eat them on the spot, or bring them home and use them in the delicious recipes we've created.



# QUENCH THIS.



When you reach for a Strongbow, thirst doesn't stand a chance. Crisp, dry and distinctly refreshing, Strongbow is the first pint to have when you've got a thirst to quench.

**Refreshingly Hard Cider.**



LOAD UP THE FAMILY AND FRIENDS AND HEAD TO A LOCAL ORCHARD. FILL YOUR BASKETS FULL OF APPLES FRESH FROM THE TREE.

PAIRS WITH APPLE-GLAZED PORK TENDERLOIN WITH QUINOA



**RED ROOSTER  
GEWÜRZTRAMINER**

BC VQA \$15.99 (98812)

A deliciously spicy medium bodied wine with elegant floral aromas and melon, pear and lychee flavours standing out mid-palate. Crisp citrus lingers in the off-dry finish. It's a noteworthy pairing with the pork.



APPLE GLAZED PORK TENDERLOIN WITH QUINOA

PAIRS WITH APPLE CAKE WITH YOGURT CREMA



**BERINGER STONE CELLARS  
CHARDONNAY**

USA \$13.99 (06806)

What a well-priced Chardonnay from California! It has fun, fresh, tropical and citrus notes on the nose with fresh apple and pear flavours that dance on the tongue. Soft and creamy on the finish, it's an ideal wine to serve with pork, chicken and seafood.



**HÈRE MAGLOIRE DULC  
CADRADOS**

France \$45.99 (63106)

It's all about the apples from Normandy in this luxurious mac de vie from France. It's a light yellow-amber colour with a developed aroma of soft apple and a refreshingly clean, soft finish that lingers. Enjoy neat, or slip a little into some tea to enjoy with the apple toffee cake.



**PINNACLE ICE OIDER**

Canada \$29.93 (375 ml 704)

Late-harvested apples are carefully picked and pressed for the sweet juice used to create this ice cider. Rich and thick, it's a whole new way to enjoy an apple.

A NEW  
TAKE ON

# SUNDAY DINNER



ASIAN-SPICED  
BRAISED SHORT RIBS



**T**raditional Sunday dinners were once a mainstay for families and there are signs this ritual is making a comeback. Spending quality time with friends and family around a dining table with good conversation and good family-style food is again becoming part of our lives.

For some, the traditional meal is roast beef served with Yorkshire

pudding. For others, it is lasagna smothered with homemade sauce and laden with cheese or simply a platter of spaghetti and meatballs. But whatever the meal, remember to set the table with your Sunday-best linens, cutlery, china and glassware for an elegant evening with friends and family.

Here are three not-so-traditional dishes to delight your Sunday supper

guests. First is a slow-braised chicken in an aromatic tomato sauce, served with a delicate cheese and herb polenta. Next, a lighter dish of penne tossed with spicy chorizo, smoky pancetta and crisp broccolini. For an Asian influence, succulent slow-braised beef short ribs in a ginger and soy-spiced marinade, perfect to make new Sunday dinner memories.

**PAIRS WITH HUNTER-STYLE CHICKEN WITH PORCINI AND POLENTA**



**PERRIN RÉSERVE  
CÔTES DU RHÔNE**  
France \$17.99 363057

The exquisite, earthy flavours of mushrooms, tobacco, black cherry and oak spice ending in a soft, dry finish are simply outstanding in this well-priced red from France. Easy to serve with an array of foods.



**J. UCHER AVERSTONE  
CHARDONNAY**  
USA \$22.99 258609

This golden-hued Chardonnay has a sweet honey and toasty spice bouquet. Zesty citrus, floral and apple notes emerge on the palate while the ending is silky, smooth and disarmingly lush. Exceptional with the chicken.



HUNTER-STYLE CHICKEN WITH PORCINI AND POLENTA

**JACK DANIELS**

OLD No 7  
BRAND

MR. JACK'S

160<sup>TH</sup>

BIRTHDAY

1850 TO 2010

No one really knows exactly which day in September Jack Daniel was born. But for a man as unique as Jack Daniel, to celebrate one day just wouldn't seem proper, anyway.

SEPTEMBER IS  
**MR. JACK'S**  
OLD No 7  
BRAND  
**BIRTHDAY**

**SAVE ROOM FOR CAKE.  
PLEASE DRINK RESPONSIBLY.**

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SPENDING QUALITY TIME WITH FRIENDS AND FAMILY AROUND A DINING TABLE WITH GOOD CONVERSATION AND GOOD FAMILY-STYLE FOOD IS AGAIN BECOMING PART OF OUR LIVES.

PAIRS WITH ASIAN-SPICED BRAISED SHORT RIBS



DANCING BULL ZINFANDEL  
USA \$42.99 (1162)

The generous red fruit aromas with a touch of chocolate and a spicy, mouth-coating finish are particularly satisfying in this well-priced Zin. Perfect with the short ribs or other spicy Asian rubins.



PENNE WITH BROCCOLINI, SUN-DRIED TOMATOES AND CHORIZO

PAIRS WITH PENNE WITH BROCCOLINI, SUN-DRIED TOMATOES AND CHORIZO



JORGE ORDONEZ  
GARNACHA DE PEUGO  
Spain \$15.99 (25576)

Hot, smoky and zesty! Deep berry aromas with hints of chocolate and a brisk minerality show in the glass. Black cherry and silky floral nuances end with lively, full finish.



JACKSON-TRIGGS PROPRIETORS'  
RESERVE DRY RIESLING  
BC VQA \$23.99 (43875)

This is one shining golden glass of BC wine that over-delivers for the price. Stone fruit nuances with gentle spice and a well-balanced acidity make this an outstanding, food-friendly wine that's ready to put on the table with a variety of dishes.



CHAT-EN-OEIL RED  
France \$12.99 (54065)

Here, litty, litty! Ripe and juicy with rich, red berry flavors and touches of spice playing cat-and-mouse throughout the glass. Surprisingly full-bodied with a soft, tannic finish it's pure fruit with the pasta dish or sip with charcuterie.

# LUMIÈRE

## AN ELEGANT EXPERIENCE

Ask any Vancouverite where you should take dinner guests to really wow them and "Lumière" will likely be a top answer. Tucked away in Vancouver's Kitsilano neighbourhood, Lumière is renowned for its approachable elegance and contemporary fine French cuisine with a focus on market-fresh produce and seasonal West Coast ingredients. If you haven't been there for a while, perhaps it's time to revisit this jewel. Recently revamped, Lumière has renovated its interior and brought in talented Grand Chefs Daniel Boulud and Dale Mackay.

Peek inside the tinted glass windows and see how the stage is set for success. An intimate space, Lumière seats only 45. The furniture is chic and plush, the lighting is modern and subdued and the music that flows through the room is French classic-contemporary, subtle and romantic. It is the perfect setting for the symphony of delectable dishes that you will be presented with during your dining experience. It is no wonder that Lumière has an unbroken tradition of *Relais & Châteaux* class cuisine and service standards, a class reserved for an exclusive collection of 475 of the finest hotels and gourmet restaurants around the world. Lumière has an extensive list of awards and designations under its belt, including AAA's Five Diamond Award, Four Stars in the *Mobli Guide*, *Traditions et Qualité*, The *Gongxi Straight* award for Best Fine Dining Restaurant and The *Vancouver Sun* award for Best Restaurant.

Many of these prestigious awards can be credited to Lumière's Executive Chef Dale Mackay. Don't let his fresh face fool you. Chef Mackay is wise beyond his years in



Executive Chef, Dale Mackay



TUCKED AWAY IN VANCOUVER'S KITSILANO NEIGHBOURHOOD, LUMIÈRE IS RENOWNED FOR ITS APPROACHABLE ELEGANCE AND CONTEMPORARY FINE FRENCH CUISINE WITH A FOCUS ON MARKET-FRESH PRODUCE AND SEASONAL WEST COAST INGREDIENTS.

culinary experience. At the age of 20, Saskatchewan-born Mackay was hand-picked by notorious Chef Gordon Ramsay and was his protégé for six and a half years, during which time he worked in the famous Gordon Ramsay Restaurants in London, Tokyo and New York. Before coming to Vancouver, Dale was Executive Sous Chef at Restaurant Gordon Ramsay at The London NYC Hotel in New York City. Earning *Grand Chef Relais & Châteaux* status, Dale is the youngest of 160 Grand Chefs on five continents. He now spends his time coming up with mouth-watering creations daily and upholding Lumière's critically acclaimed reputation for outstanding French cuisine.

*Lumière*  
2551 West Broadway, Vancouver  
604.793.2185  
*Reservations recommended*



DUCK BREAST WITH ONIONS AND KUMQUAT



IT IS NO WONDER THAT LUMIÈRE HAS AN UNBROKEN TRADITION OF RELAIS & CHÂTEAUX CLASS CUISINE AND SERVICE STANDARDS, A CLASS RESERVED FOR AN EXCLUSIVE COLLECTION OF 475 OF THE FINEST HOTELS AND GOURMET RESTAURANTS AROUND THE WORLD.



SCALLOPS WITH AVOCADO AND FENNEL





STRAWBERRY CONSOMMÉ



LIKE WHAT YOU SEE?  
WAIT UNTIL YOU TASTE IT.



Introducing Unity, the new Jackson Triggs. Over the next few months you're going to notice a difference in the look of our bottles. It's more than the union of a bold new label with a difference you can taste. It's more than the celebration of blending premium wines from here and around the world. It's about coming together, period.



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PAIRS WITH SCALLOPS  
WITH AVOCADO AND FENNEL



**DOMAINE DU CLOS DU BOURG  
SAUVIGNON DU TOURAINE**  
France **\$25.99** 370205

A simply outstanding Sauvignon Blanc at a fantastic price! This wine is pale gold with flecks of green dancing through the glass releasing a delicate floral and zesty citrus bouquet. Stone fruit and lemongrass carry through the palate to the vibrant finish. Perfect with seafood.



**MISSION HILL RESERVE  
SAUVIGNON BLANC**  
BC VQA **\$18.99** 388629

Here's a crisp, full bodied white from BC with fresh citrus and grass aromas. Well balanced with a bracing acidity that's clean and cool, it's an ideal wine to serve alongside the scallops or try it with your favourite steffels, lemon chicken or salad.



**CÔTES DU RHÔNE  
DELAS ST ESPRIT**  
France **\$17.99** 315470

A gorgeous french blend full of red fruit and spicy notes. Plum, blackberry and mild spice on the palate give way to the smooth, lightly tannic finish. Grilled meats, roasts or cheese pair exceptionally well with this well priced wine.



**SANDHILL GAMAÏ NOIR**  
BC VQA **\$49.99** 427667

A rich aroma of red and blue fruits with a hint pepper nuance warms your senses. Ripe and lush blackberries, smooth blackberries and ripe, red fruit merge seamlessly on the palate ending in a silky smooth finish that lasts.



PAIRS WITH DUCK BREAST  
WITH ONIONS AND KUMQUAT

PAIRS WITH STRAWBERRY  
CONSOMME



**LANSON BLACK LABEL BRUT**  
France **\$59.99** 41889

Cool, citrus aromas burst from the fine bead of bubbles cascading upwards. With its mineral core, this is a fresh, refreshing and completely indulgent French champagne to serve with equally decadent desserts.



**GEHRINGER SIGNATURE  
CABERNET FRANC ICEWINE**  
BC VQA **\$49.99** 375-ml 586131

Harvested at -10 C or colder, only the best and sweetest grapes are used in this icy beauty. Sweet red fruit, jammy plum and a honeyed sweetness are well balanced with concentrated acidity and tannins. Serve chilled with the Strawberry-Consomme!

# a night in

THE  
NEW  
NIGHT  
OUT



WE WORRY WE WON'T LIVE UP TO THOSE FOOD NETWORK EXPECTATIONS, BUT THE REALITY IS THAT MOST PEOPLE COOK SO INFREQUENTLY THAT ANY HOME-COOKED MEAL IS APPRECIATED.

There's a bright side to today's economic climate. People are staying home and having friends over more often. Some people find that the "E" word – Entertaining – can be a bit intimidating. Blame it all on the food networks! Chefs prepare ambitious recipes and make it look easy. We're inspired, but there's a degree of trepidation that creeps in, not just with the recipes but also with shiny, new appliances and artistic table settings. We worry we won't live up to those expectations. But the reality is that most people cook so infrequently that any home-cooked meal is appreciated. When it comes to at-home wine, you can step up the quality of your selection while staying within your budget. Here are some suggestions for affordable, stress-free socializing.

Home cooking has undergone dramatic changes. It's no longer a formal occasion calling for laborious preparation anchoring the cook to the kitchen while guests wait for a multi-course menu to appear. There are three different ways to feed friends. You plan a menu and prepare the dishes ahead of time; host an interactive event where friends participate and you make a party out of cooking; or hold a potluck.

If you choose to do all the cooking, brunch is an ideal meal – it's relaxing, festive and inexpensive. It's easy to put together a do-ahead menu that can be made almost entirely the evening before

– a selection of sweet rolls, muffins and a cheery strata. In the morning, all that's left to do is cook up some bacon or sausage patties, pour the fresh-squeezed juice (with perhaps a splash of sparkling), put out a large pot of strong coffee and you're set. For lunch or a casual dinner, crepes are inexpensive, simple to make and fill, but are still impressive to serve. They also can be partially prepared the day before your brunch.

Communal cooking is an excellent icebreaker for unacquainted guests. Tell a small group (about 6–8 is ideal) in advance that they'll be doing the cooking. Choose a particular country's cuisine or otherwise theme the food. Spanish tapas is a good way to go, as this style offers lots of small plates to make and try. A wonton party is casual and easy – you make the fillings in advance and everyone can take turns filling the thin, egg noodle wrappers before steaming and serving with a dipping sauce or popping into a noodle soup. Wonton skins are available in Asian supermarkets or in the produce department of most large grocery stores.

Remember when potluck meant out of luck? Not any more. A wonderfully relaxed party can be arranged in a short time by planning an appetizer buffet. Offer suggestions of what you'd like guests to bring – most are happy to follow instructions. An appetizer table should be well-balanced

and harmonious, with a variety of colours, textures, tastes and ingredients, leaving guests with a sense of having had enough to eat, almost like several small courses. To facilitate the perfect potluck, plan to have extra dishes, serving utensils, platters and baskets on hand for items brought by your guests. At the party itself, guests can vote for their favourite dishes and you can award prizes, even if just bragging rights.

Setting the scene is as important as the food itself – even if it's an impromptu get-together. If you set the table before guests arrive, it sends a welcome message that you're ready even if you're not. For a centerpiece, cut a branch from the backyard and place in a bottle; line a tray with leaves and make a pyramid of tangerines; or fill a pretty bowl with lemons, limes or avocados.

The easiest, quickest and cheapest way to set a mood is to lower the lights. Candlelight always feels special and creates a relaxing atmosphere. In Scandinavian countries, candles are lit when it's still light out, even at breakfast. Music also influences the mood and sets the tone. Tunes from the sixties and seventies promote a casual atmosphere. For an upbeat mood, choose a Brazilian beat. Turn up the volume, but not so loud that guests can't hear themselves talking.

With these few simple suggestions, set the scene so that you will enjoy your event as much as your guests.

# Autumn in **Greece**



GREEK SPINACH PIE



If you want to stay in for the night and enjoy the flavours of Greece at home, then we've got a few delicious recipes to satisfy the urge. Greek cuisine could not exist without pita bread, but most of us only know the commercially-made variety. But why not put on your Greek apron and make your own? Our recipe is a snap and the results are so fantastic you'll never want to eat store-bought pita bread again. For a snack or as an accompaniment, try out the Zucchini Fritters with Creamy Cucumber Dip. They're sure to have your guests shouting, "Opa!" Then put up your feet and wrap up the mood with a DVD feature film shot on location. In Greece, of course.



ROASTED EGGPLANT AND TOMATO DIP



ZUCCHINI FRITTER CAKES WITH CUCUMBER DIP

# HARD TO PRONOUNCE. EASY TO ENJOY.

XINOMAVRO, MOSCHOFILERO, AGIORGITIKO, ASYRTIKO...

These are not your usual grape varieties and these are not your usual wines.

Boutari continues to win major awards on the international wine circuit for unique wines from Greece that are a pleasure to discover.

Go ahead and try something new!



**XINOMAVRO**  
*From the region of Naoussa*



**MOSCHOFILERO**  
*From the region of Mantinia*



**AGIORGITIKO**  
*From the region of Nemea*



**ASYRTIKO**  
*From the island of Santorini*

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INTERNATIONAL  
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13 YEARS RUNNING  
WINE & SPIRITS MAGAZINE

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TOP 8 AWARDED WINERIES  
OF THE WORLD  
WINE & SPIRITS MAGAZINE

EUROPEAN WINERY  
OF THE YEAR  
WINE STAR AWARDS  
WINE ENTHUSIAST



PAIRS WITH ROASTED  
EGGPLANT AND TOMATO DIP



**ECCO MARQUES DE VICTORIA  
ORGANIC RIOJA**

Italy **\$15.99** 298521

An organic wine at a great price!  
This bright red is filled with  
strawberry, raspberry and sweet  
licorice aromas and flavours.  
Medium bodied with a slightly edgy  
finish, it's ideal with tomato-based  
dishes, pastas and grilled red meats.



**TOMMASI VALPOLICELLA**

Italy **\$16.99** 360797

A delightfully crafted blend of  
grapes is aged in Slavonian oak for  
perfect flavour. Filled with the taste  
of smooth red and black fruit, it's  
perfect with roasted vegetables,  
chicken dishes and fresh cheeses.



**VALCANTO ALMANSA SYRAH**

Spain **\$12.99** 582894

Dark and spicy! The delicate floral  
bouquet is the first sense of what's  
to come. Dark red and black fruit  
flavours mingle with peppery spice  
on your palate. Smooth, long and  
sleek is the only way to describe  
the ending.



**CHATEAU DE HOUSAN  
CÔTEAUX DE LANGUEDOC  
LA CLAIRE**

France **\$14.99** 298520

The floral notes and dark cherry  
aromas are appealing. This well-  
balanced, full bodied red with hints  
of spice in the finish is very well-  
priced and pairs easily with a broad  
range of cuisine.

PAIRS WITH GREEK SPINACH PIE

PAIRS WITH ZUCCHINI FRITTER  
CAKES WITH CUCUMBER DIP



**MARQUES DE CÁCERES  
RIOJA**

Spain **\$14.99** 361188

A fresh and lively red with brick,  
raspberry and strawberry notes.  
Red fruit carries through to the  
palate, which is bright, clean and  
lingering. Serve well-chilled with any  
Mediterranean cuisine for a great  
pairing every time.



**BOLLA PINOT GRIGIO**

Italy **\$12.99** 363303

This pale yellow coloured wine  
with light pear and apple aromas  
has a crisp, fruity taste that is very  
refreshing. Very food friendly and  
an excellent value.

the **CHARM** of  
**CHEESE**

LEMON GINGER  
TIRAMISU



Cheese and wine has always been a classic pairing. Luckily, British Columbians have many styles and varieties of local cheeses to choose from. There are artisan cheese makers across the province, from Vancouver Island and the Gulf Islands to the Fraser Valley, the Okanagan and beyond. We are fortunate to have a great diversity of cheeses and the varieties are endless...fresh quark, ricotta,

washed rind, blue veined, hard and sharp made from various animal herds such as goats, sheep and herbom-stained cows.

Long gone are the days of serving cheeses simply with a fruit plate. We're now using cheese as an important ingredient in various superb dishes.

Featured here are three contrasting recipes. The first is a savory appetizer. *Gaspins* are the famed warm *gruyère*

cheese puffs from Burgundy made with a twist of added artichokes and olives.

For the sweet tooth, a delicate dessert soufflé made from soft, fresh quark cheese, enhanced with a warm chocolate sauce; and a twist on the classic Italian tiramisu, with a tangy lemon curd and mascarpone cheese filling laced with *limoncello liqueur*. Enjoy!



QUARK SOUFFLÉS WITH WARM CHOCOLATE SAUCE



ARTICHOKE, OLIVE AND GRUYÈRE GOUGÈRES



## The Charm of Cheese

PAIRS WITH LEMON  
GINGER TIRAMISU



### MARTINI PROSECCO

Italy **\$13.99** 677100

Shimmering gold in the glass, this sparkling, off-dry white is highlighted with peach, apple and sweet vanilla flavours. Perfect for an impromptu gathering.



### LUXARDO LIMONCELLO

Italy **\$26.99** 59644

The tart, zesty lemon flavour of this Italian liqueur is simply mouth watering! Surprisingly sweet, serve well chilled solo or serve with soda.



### BANROCK STATION

SPARKLING SHIRAZ

Australia **\$14.99** 575902

A unique red bubbly from Australia filled with blackberry spice and soft cork aromas. Deep fruit flavours followed by a crisp acidity in the toasty finish make this refreshing and fun to sip.



### PARADISE RANCH

LATE HARVEST MERLOT

Canada **\$16.99** 375 ml 00004

This well priced, late harvest wine is expertly sweet with juicy raspberry and blackberry flavours. Jammy touches of plum reach out to you with a hint of tannin in the elegant finish. Serve ice cold with the soufflés for a fantastic pairing.



PAIRS WITH QUARK SOUFFLÉS  
WITH WARM CHOCOLATE SAUCE

PAIRS WITH ARTICHOKE, OLIVE  
AND GRUYÈRE Gougères



### COND SUR ORGANIC

CABERNET SAUVIGNON

CARMÈNÈRE

Chile **\$14.99** 21185

Deep, dark and delicious! It's a wonderful, organic blend overflowing with earthy plum, red fruit and a hint of chocolate aromas. Slightly spicy with soft coffee and rocks on the lush palate and moderate tannins balancing the end. This wine is an excellent value.



### GEHRINGER CLASSIC

DRY RIESLING

BC VQA **\$12.99** 26588

Try BC's beautiful little Riesling with generous stone fruit nuances backed by a flavour palate filled with tropical kiwi and sweet, mineral apple. Snappy, clean and refreshing with a brisk acidity it's a very versatile wine to have on hand.



**GUINNESS**  
DARKNESS REIGNS

LIMITED EDITION HALLOWEEN PACK  
IN STORES THIS OCTOBER, WHILE SUPPLIES LAST.

DRINK RESPONSIBLY The GUINNESS Harp, WOLF™, DOG™ and BLACK AND BLOOD™ are Trade marks. © Diageo 2010

PACK CONTAINS 8 X 440ML CANS & HALLOWEEN COLLECTOR'S GLASS



# CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES



**Sael Dettling**

Product Consultant (WSET<sup>®</sup> Intermediate)  
Westwood Signature Store, Fort Coquiham  
"It's easy to always give more than customers expect when you love your job!"



**TOMMASI VALPOLICELLA RIPASSO**

Italy **\$29.99** 568844

A medium- to full-bodied wine offering aromas and flavours of black cherries, chocolate, plums and dried fruit with subtle notes of cinnamon spice. It's well-balanced with a good length on the finish. Serve with hearty pasta dishes or braised beef.



**GLORIA FERRER SONOMA BRUT**

USA **\$29.99** 112898

An excellent value, this is a smooth, rich and creamy bubble. On the palate, it offers delicious pear, apple and citrus flavours with toasty vanilla and almond notes. This is a great partner to shellfish, crab, sushi or a Sunday brunch with eggs.



**Cindy Gray**

Product Consultant (WSET<sup>®</sup> Advanced)  
ZPW & Cambie Signature Store, Vancouver  
"Sharing with my customers the hidden gems revealed within the ever-changing world of wine and spirits is the most rewarding and enjoyable part of my job."



**JAMESON 12 YEAR OLD 1780 SPECIAL RESERVE**

Ireland **\$49.99** 149190

Deliciously smooth with good complexity and body. Aged in sherry wood casks showing sweetness, caramel and hints of spice, it's a wonderful warmer on a chilly autumn night.



**SAXENBURG GUINÉA FOWL**

South Africa **\$18.99** 316992

Absolutely exceptional. This rich and intense, full-bodied wine shows loads of black fruit aromas and flavours of mocha, chocolate and toasted oak combined with a deliciously smoky spice quality. Pairs well with strong cheeses, steaks and meat dishes.



**JoAnn Potter**

Product Consultant (WSET<sup>®</sup> Intermediate)  
Horseshoe Crossing Signature Store, Surrey  
"The versatile nature of this job is what I enjoy most. Every day is different, every customer is different!"



**MONTGRAS RESERVA Cabernet Sauvignon**

Chile **\$14.99** 803790

The grapes in this wine are sourced from the Colchagua Valley, the climate of which contributes to rich and intensely concentrated fruit. After spending time in oak, this structured red exudes warm and spicy aromas with rich fruit flavours. Delicious!



**VILLA MARIA RIESLING**

New Zealand **\$16.99** 67736

This beautiful, dry-style Riesling is from a region more commonly associated with Sauvignon Blanc than this tasty aromatic white. Floral with fresh green apple flavours and a refreshing acidity. It's exceptional served chilled with spicy Asian dishes and seafood.

WSET's wine and spirit education courses are the industry standard. For more information, please contact your local WSET Consultant or visit [www.wset.co.uk](http://www.wset.co.uk)

# EAT *your* BEETS

**B**eets, one of the most ubiquitous autumn vegetables, have become very popular. Once thought to be common and everyday, these multi-hued iridescent teardrops are now found on upscale menus everywhere.

Most consumers are familiar with the typical ruby crimson shade, but beets come in a vast spectrum of colours, from yellow and golden orange to multi-coloured, white and red-patterned watermelon varieties. The succulent red-veined, green-leafed tops are filled with hearty nutrients and can be eaten as well. Simply steamed or quickly stir-fried, they are just as flavourful as the precious bottom globes.

Here are three different recipes, designed to showcase this once humble vegetable. By roasting beets, the natural sugars are caramelized, making a simple "country" soup sing, while a colourful terrine of beets, layered with herbed mascarpone cheese turns into a glorious appetizer. An Asian-influenced salad features raw beets, daikon radish and sprouts tossed with a tart sumac vinaigrette.



CARAMELIZED BEET BORSCHT




BEET AND HERBED  
MASCARPONE TERRINE

Confidence stems from  
good taste. Which I'm full of.



**Try Truth  
or Dare**

Naked Grape wines boldly reveal themselves as they really are without being hidden by the flavour of oak. This ensures freshness and allows our crisp fruit flavours to be daring and shine through. Visit [TryTruthOrDare.com](http://TryTruthOrDare.com) for a chance to win up to \$1000\* or find us on 

Please enjoy responsibly. For full contest details, visit [TryTruthOrDare.com](http://TryTruthOrDare.com). Contest runs from May 17, 2010 to January 31, 2011.



**PAIRS WITH BEET AND HERBED MASCARPONE TERRINE**



**JUAN GIL, JUMILLA**  
Spain **\$24.99** (75103)  
Rich, flavorful and full bodied, this is a wine that stands out in a crowd. Spicy pepper, luscious blueberry and earth notes with a zippy, smooth ending make this an ideal wine to serve with the terrine.



**RIGAMAROLE ROSE**  
BC VQA **\$14.99** (6076)  
Can't decide? Food like a little bit of fun? Perfect strawberry ripe raspberry and sweet plum flavors with just the cheekiest kick of pepper in the dry, clean finish. Well priced and fits food.



BEET AND DAIKON SALAD

**PAIRS WITH CARAMELIZED BEET BORSCHT**



**MAIFE CHAKANA MALBEC**  
Argentina **\$14.99** (51203)  
Made from grapes grown in the foothills of the Andes, this is a smooth, supple, dark-hued wine with loads of personality. Plum, strawberry, fig and violet aromas show themselves on the nose. Velvety tannins in the prolonged finish make this a very food friendly wine.



**WINGNUT ZINFANDEL**  
USA **\$12.99** (42162)  
Zany for Zinf! Then this fun and vibrant, purple-coloured wine with plenty of richness and depth will delight you. It has jammy plum and ripe, red fruit notes with a well-balanced acidity that leads to a long, tannic ending.

**PAIRS WITH BEET AND DAIKON SALAD**



**BOUCHARD AINE LES CÔTEAUX BEAUJOLAIS**  
France **\$14.99** (47546)  
This value priced wine from France is juicy, fruity and fresh with lively red raspberry and cherry flavours that dominate in the glass. The finish is gentle, soft and lingering. Serve slightly chilled.



**SUMAC RIDGE PRIVATE RESERVE SAUVIGNON BLANC**  
BC VQA **\$22.99** (59087)  
Crisp, clean and cool! This well-priced wine is a straw yellow colour with tropical fruit aromas and tart apple flavours through the zesty citrus finish. Salads, grilled vegetables and chicken are favourite pairings.

by James Cluer, Master of Wine

# SAVVY SIPPERS

THANKSGIVING  
WINES





NO DOUBT, AT THANKSGIVING YOU'LL WANT TO ENJOY SOME BEAUTIFUL WINES WITHOUT GOING OVERBOARD ON PRICE. WITH THAT IN MIND, HERE ARE SOME RECOMMENDATIONS THAT OVER-DELIVER FOR THE MONEY AND WILL CERTAINLY MAKE FOR A MEMORABLE OCCASION.

**T**hanksgiving, Christmas, New Year's Eve, Valentine's Day. Bless their hearts for coming up with so many occasions for us to crack open a bottle of wine.

No doubt, at Thanksgiving you'll want to enjoy some beautiful wines without going overboard on price. With that in mind, here are some recommendations that over-deliver for the money and will certainly make for a memorable occasion.

Kick off the meal with a glass of bubbly. California sparklers can be excellent value, typically between \$25 and \$35. Many of them are on a par with the quality of champagne, and yet they are half the price.

Many California sparklers are made by famous champagne houses anyway, or Spanish cava producers. Gloria Ferrer is a sure bet for less than \$30, and the Mummio Cuvée Napa can be very tasty too. They pair well with smoked salmon.

For the clean, crisp taste of Sauvignon Blanc, bursting with grapefruit and citrus flavours, buy from Chile or New Zealand, although Sancerre in the Loire is the benchmark. Good Sauvignon

Blanc can be had for less than \$20.

Santa Rita makes some excellent wines from the Casablanca Valley in Chile, and so does Villa Maria in New Zealand. A goat's cheese salad is the perfect match before the main course.

If turkey is on the menu, then think Riesling, Gewürztraminer or a soft, fruity Pinot Noir. These varieties typically work well with white meat, but have enough flavour intensity to stand up to the stuffing and all the other trimmings.

Pfaffenheim Riesling or Gewürztraminer from Alsace are always a hit and ran between \$18-\$25. Pinot Noir from Oregon and California can be very seductive for under \$30 too.

After a little rest, the festivities can continue with a luscious, sweet wine to pair with a light, fluffy cheesecake. Sauternes can be stunning, although they can be more expensive (\$30+ for a 375 ml). Châteauneuf-du-Pape is classic. But there are other options too, and a late harvest wine from BC like Quail Gate Optima is also delicious.

Thanksgiving is a special day, and so we're not finished yet. Where's the port? While port can be expensive, the

best deals are in Late Bottled Vintage (LBV). One benefit to an LBV is that you can leave the bottle open for at least a few days if you don't finish it at first sitting. A little chocolate mousse with port is the ticket, along with vows of going straight to the gym.

"Savvy Sippers" refers to wines that over-deliver for the price. In wine-speak, that means they have a high quality to price ratio.

So can you find high quality in lower-priced wines? Yes. The price of a wine is influenced by a series of factors.

First, a producer has to consider the costs of production. From a vineyard standpoint, the key factors are the cost of land, the cost of labour, and the yield that is harvested from an acre.

Then you have the winemaking costs. One of the key factors are the maturation vessels, with new French oak barrels costing up to \$1400 each, much more than stainless steel tanks. Another factor is how long a wine needs to be matured before release, and it's tough on producers to carry large stocks of red wines in barrel for two years, and then maybe some time in bottle thereafter.

# Beyond Ripasso.

In 1964, Masi launched Campofiorin, creating the first Ripasso wine and original Superetnetian.

Masi's expertise in Appassimento (drying of the grapes to make Amarone) inspired the winery to revolutionize the Ripasso technique in the 1980s by creating Double Fermentation.

The Double Fermentation method involves passing fresh wine over gently crushed semi-dried grapes, resulting in a second fermentation.

This enhanced two step process creates a wine with superior style and character – **beyond Ripasso.**



**MASI**<sup>®</sup>

To learn more about Masi's Campofiorin & unique Double Fermentation technique, please visit [www.beyondripasso.com](http://www.beyondripasso.com)

APPASSIMENTO  
MASI EXPERTISE

*Sandro Boscaini*



A CAMPAIGN FINANCED ACCORDING TO EC REGULATIONS N. 4753/88



IF TURKEY IS ON THE MENU, THEN THINK RIESLING, GEWÜRZTRAMINER OR A SOFT, FRUITY PINOT NOIR. THESE VARIETALS TYPICALLY WORK WELL WITH WHITE MEAT BUT HAVE ENOUGH FLAVOUR INTENSITY TO STAND UP TO STUFFING AND ALL THE OTHER TRIMMINGS.

Then you have the packaging costs, which include the labels, closure, carton, capsule and bottle. Winemakers can spend as little as \$1 for an entire package, or as high as \$3 just for the glass bottle.

When pricing wines the producer will always consider the market demand, which is often influenced by the prestige of the area and his winery. He'll also consider the demand for the varietal or blend and the media reviews.

So when you're looking for a fabulous value, look for wines from lesser known wine regions or obscure varietals, and wineries that haven't established a reputation yet. And if they are made in stainless steel tanks just months after the harvest, then chances are the prices will be more attractive.

Keep a few of these points in mind while you peruse your local BC Liquor Store – then you'll be a Savvy Sipper.



**DR. LOUSEN BROS RIESLING**  
Germany **\$17.99** 509278  
This is one of the greatest wine producers in Germany and is a slightly off-dry wine with juicy fruit based flavours and low alcohol.



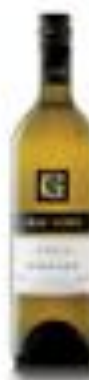
**DUBOUEF BEAUPLAIS**  
France **\$15.50** 212480  
From Dubouche, the true king of Beauplais, comes a light bodied, soft and smooth example of the wine made from the Gamay grape.



**ANTAÑO CRANZA ROJA**  
Spain **\$12.99** 71223  
Roja made from Tempranillo and Grenache grapes, represents some of the best value on the market. The strawberry and black cherry flavours in these medium-bodied wines from this classic wine region are admirable!



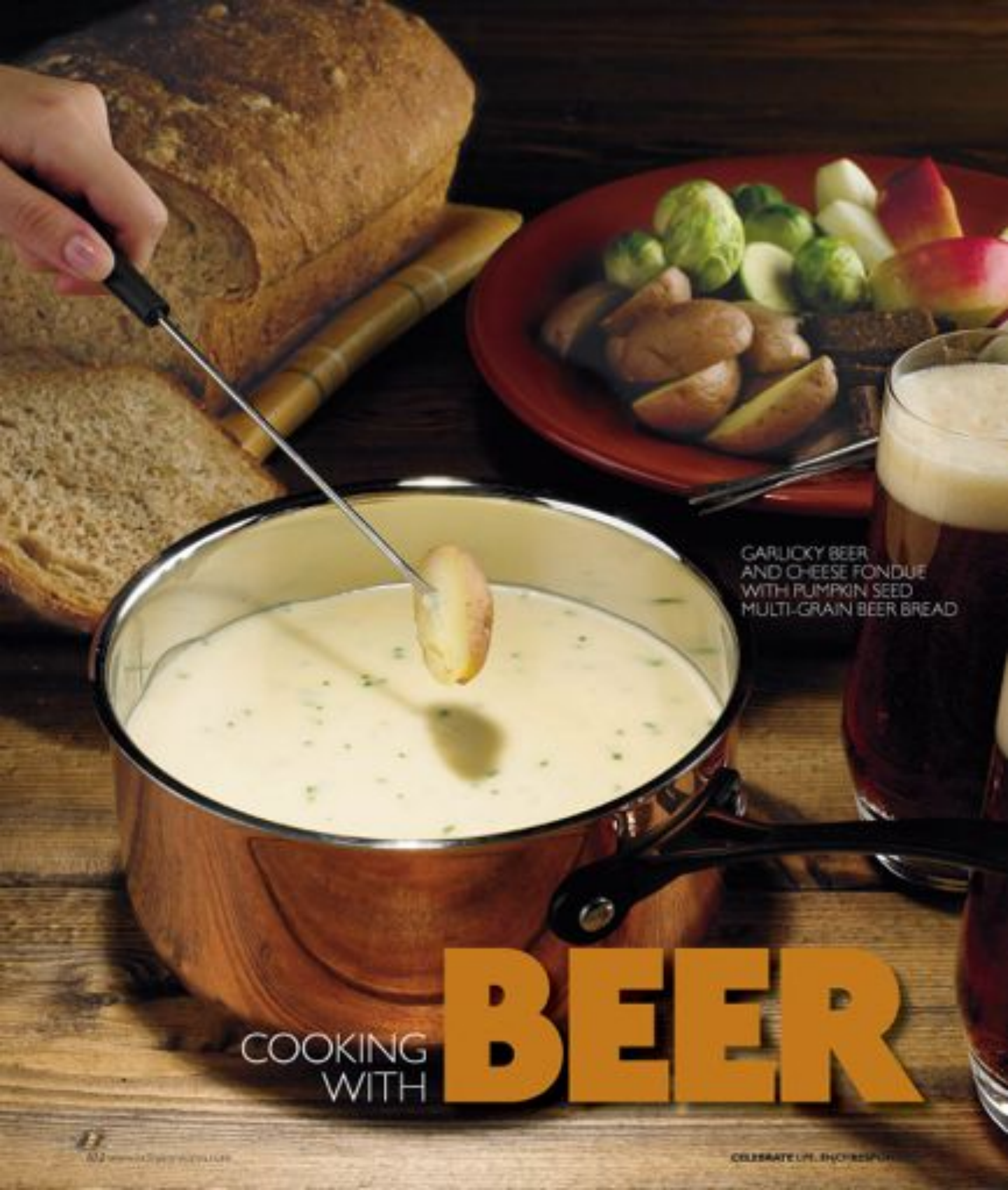
**FIRESTEED PINOT NOIR**  
USA **\$19.99** 361780  
Oregon Pinot is one of the best examples of this grape and can rival Burgundy in quality. Typically smooth and soft with red cherry and spicy flavours.



**GRAY MONK PINOT GRIS**  
BC VQA **\$16.99** 118638  
Gray Monk has a huge following for their Pinot Gris and is considered one of the best producers of this variety in the Okanagan.



**Pflanzberg Gewürztraminer**  
France **\$19.99** 602119  
Always a hit, intense aromas of exotic fruits, quite full bodied and oily with spicy notes on the finish. Perfect with turkey.



GARLUCKY BEER  
AND CHEESE FONDUE  
WITH PUMPKIN SEED  
MULTI-GRAIN BEER BREAD

COOKING  
WITH

**BEER**



To most, beer is a beverage. But beer is more than just a thirst quencher. It's great to cook with as well. There's nothing like a stew with a good pint of stout to tenderize the meat. Beer, when added to oxtails and left to braise in the oven, produces the most delicious and tender results for an otherwise less-than-tender meat. We also developed a multi-grain bread with beer and studded it with heart-healthy pumpkin seeds. And last (but possibly most) is a creamy, cheesy beer-based fondue. Traditional fondues are often made with sherry, but we found a light golden beer made a pleasant alteration. We hope you enjoy these dishes as much as we do!



SLOWLY BRAISED OXTAIL STEW WITH BEER



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

PLEASE DRINK RESPONSIBLY

Steinlager  
PURE

WATER, BARLEY, HOPS AND YEAST.  
ALL SOURCED FROM THE PUREST  
PLACE ON EARTH - NEW ZEALAND

NO ADDITIVES. NO PRESERVATIVES.  
KEEP IT PURE



**PAIRS WITH SLOWLY BRAISED  
OXTAIL STEW WITH BEER**



**HERMANN'S DARK  
BAVARIAN LAGER**

Canada **\$18.99** 6 x 341 ml 902309  
Located on Vancouver Island, this brewery has put forth a dark beer with a surprisingly light mouth feel. Full of sweet caramel malts and a decidedly roasted nut finish it's very smooth and clean. An easy beer to pair with a variety of foods.



**NELSON BLACKHEART  
ORGANIC OATMEAL STOUT**

Canada **\$18.95** 6 x 341 ml 667079  
Dry and smooth at the same time, this is a brilliant blending of two distinct styles of beer. Dark coloured with a fragrant bouquet, frothy head and a rich aftertaste it's a grand beer to serve with heartier fare.



**OKANAGAN SPRING  
OLD ENGLISH PORTER**

Canada **\$18.25** 6 x 341 ml 928392  
A medium-bodied beer that's almost black in the glass, it has a unique nose of butterscotch, chocolate and a hint of smoke. Its dryness, with a touch of bitterness at the end, makes it ideal to pair with pumpkin or fruit breads and stronger cheeses.



**GUINNESS Pils DRAUGHT**

Ireland **\$13.25** 6 x 330 ml 641650  
It wouldn't be autumn without a bottle of Guinness on a cool evening. Black in colour, with subtle tobacco and coffee aromas, this beer pours out a thick, creamy beige head that doesn't quite get to the bottom of the glass.



**PAIRS WITH PUMPKIN SEED  
MULTI-GRAIN BEER BREAD**

**PAIRS WITH GARLICKY BEER  
AND CHEESE FONDUE**



**GRANVILLE ISLAND  
ENGLISH BAY PALE ALE**

Canada **\$18.25** 6 x 341 ml 957118  
Clean, clear and crafted in the tradition of English ales it's a smooth beer with mild flavours and lighter mouth feel. Serve well chilled with cheeses, breads and charcuterie.



**MCEWAN'S SCOTCH ALE**

Scotland **\$15.02** 6 x 355 ml 6912  
Wooded smoke and warm caramel aromas with a light coloured head fill the glass as you pour. Flavours of chocolate, malt and faint coffee with a sturdy finish make this a cheerful brew to end the day with.

# BAR★STAR POURHOUSE

**I**t's fitting that Pourhouse should be located across from the old steam clock in Vancouver's historic Gastown. As you walk inside you will be transported to another era. With its *fil*e and plush red velvet curtains, dark corners and

period furniture sprinkled throughout, Pourhouse is not only aesthetically pleasing, the interior itself oozes history. The long, honey-coloured bar is made from 120-year-old Douglas fir from Vista D'oro Farms in Langley and the interior brick walls are original, also dating back 120 years. Part owner and bartender Brian Grant and bar manager Chris Hett fit the vintage part to a tee with their vests, ties and rolled-up sleeves. Their product knowledge is outstanding and they can tell you a spicy story or two about the bar's history. While you're sipping your classic cocktail, ask them to show you how they crush their ice, it's simply medieval.





## CHRIS FLETT

Chris Flett has always had a passion for food and wine. He fondly recalls the life-changing moment of a chance meeting with Seattle's "American Bartender of the Year," Murray Stenson, "I became a bartender at that point, even though I had been making drinks for years." Chris's past venues include Lumière, Nu Restaurant, Uva Wine Bar and Chow Restaurant. He says, "While trends may come and go, my goal is quite simple; to serve drinks that are well-balanced and taste good."

## BRIAN GRANT

Brian Grant got his start experimenting with recipes behind the bar at the Jetcho Yacht Club. His resume includes local hot spots Bogart's Cheppouse, Yew Restaurant and Voya. Brian states, "My cocktail style builds modern freshness upon time-tested structure, with meticulous attention to detail and presentation." He won Giffard's Iron Mixologist Vancouver in 2007 for his cocktail "Old Dog, New Tricks," placed fourth in Giffard's European Iron Mixologist in 2008 and won first place in the Finlandia Cup BC in 2009.



### BITTERCUP

1 oz (30 ml) Campari  
1/2 oz (15 ml) Fernet branca liqueur  
1/2 oz (15 ml) real cranberry juice  
(not cranberry cocktail)  
1/4 oz (7 ml) grapefruit juice  
1/4 oz (7 ml) simple syrup  
2 oz (60 ml) dry prosecco

Mix all ingredients except prosecco into a Boston shaker with ice. Shake. Taste and balance bitterness with simple syrup (the taste of bitter strawberries is the goal). Double strain into a cocktail glass. Finish with prosecco.



### MINT JULEP

2 oz (60 ml) bourbon  
1/2 oz (30 ml) simple syrup  
6-8 mint sprigs, fresh

With a bar spoon, muddle mint, simple syrup and bourbon in the bottom of a julep cup. Be gentle not to bruise the mint! While this is resting, crush some ice. Add ice and stir until julep cup has ice forming on the outside. Taste. Continue stirring if more dilution is needed. Add more bourbon or simple syrup to dry out or sweeten. Add more ice and garnish with wave mint clapped between your hands to release the aromatics. Use a short straw to force your nose into the mint when drinking.



### WHISKY SOUR

1 1/2 oz (45 ml) bourbon  
1/2 oz (15 ml) lemon juice  
1 oz (30 ml) simple syrup  
dash Fee's Indian Orange Bitters  
dash Angostura Bitters  
egg white  
1 ginseng cherry\*

Mix all ingredients vigorously with ice. Taste and balance. Double strain into an old fashioned glass without ice and garnish with a ginseng cherry.

\* French cherries called ginseng which are preserved in kirch and brandy are available at specialty food stores.

Rich on Tradition.

Smooth on Taste.



*Bell's Original,  
a fresh fruit and spicy  
balance, mellowed with  
a hint of smokiness.*

SINCE  1825

*Please Enjoy Responsibly.*



# COCKTAILS IN THE KITCHEN

The next time you're in the kitchen whipping up a cocktail or two, try one of our cocktail-complementary recipes alongside! The rich, delectable Caramel Nut Tart is made with and inspired by the American South's favourite spirit, bourbon, which is a great pairing with salty-sweet

nuts. If Caesars are your scene, our Caesar Linguini with Tomato Vodka Cream Sauce (and of course, clams) will really spice up your life. Or if you're planning a *Sex in the City* party, your best gal pals will rave about this Cosmopolitan-inspired Cranberry Citrus Upside-Down Cake. Cheers!



BOURBON "ON THE ROCKS" CARAMEL NUT TART





WHY NOT GRAB A  
**LEGENDARY**  
**CAPTAIN & COLA**  
**TONIGHT**

**CALLING ALL CAPTAINS  
TO JOIN THE CREW AT**  
[FACEBOOK.COM/CAPTAINMORGANCANADA](https://www.facebook.com/captainmorgancanada)

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CAESAR LINGUINI WITH TOMATO VODKA CREAM SAUCE



pure spirit

## Crystal Head VODKA

# 'Heads you Win'

## Mardi Gras Contest

You could win\* one of five trips for two  
to Mardi Gras in March 2011

Grand Prize Includes:

- Flights, 3 nights' deluxe hotel accommodation and \$500 spending money.
- A House of Blues VIP package for 2 including dinner in the Foundation Room and tickets to a live music concert.



\*Certain events specially marked packages and at your local licensed establishment. Enter online today. Contest closes January 5, 2011. For No Purchase Entry or full contest rules, go to [www.diamondestatescontest.com](http://www.diamondestatescontest.com). Canadian residents of legal drinking age only. G&B testing questions required.

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



IF YOU'RE PLANNING A SEX IN THE CITY PARTY, YOUR BEST GAL PALS WILL RAVE ABOUT THIS COSMOPOLITAN-INSPIRED CRANBERRY CITRUS UPSIDE-DOWN CAKE.



COSMOPOLITAN CRANBERRY CITRUS UPSIDE-DOWN CAKE





the  
**PEAR**  
essentials

LEMON-INFUSED  
RICE PUDDING  
WITH SPICED PEARS



One of the most well-known tree fruits in the world, the pear has been available in its wild state since prehistoric times and has been cultivated in China for some 3000 years. Fragrant Asian pears and the crisp Japanese *sashi* varieties cannot be dried or cooked because they have a very high water content. Western varieties, such as Bartlett and D'Anjou can be dried, stewed and baked.

Most varieties show little colour change as they ripen except for the Bartlett. As it ripens, the skin changes from green to yellow. When buying pears, slightly under-ripe ones are best for cooking or baking. To see if a pear is ripe enough for fresh

eating, apply gentle thumb pressure to the neck or stem end of the pear. If it yields to gentle pressure, then the pear is ripe, sweet and juicy. Leave pears at room temperature for ripening.

Here are four recipes that showcase the versatility of this old-world fruit. Pears are baked to bring out their natural, caramelized sugars and are contrasted with goat's cheese and chicken salad. Pears, slowly braised with duck legs make a perfect pairing, while slow-poached pears in a spiced syrup make a lemon-infused rice pudding sublime. Another classic is almond cake, baked with pears and garnished with a sweetened mascarpone cream.



BRAISED DUCK LEGS WITH PEARS

# 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





ROASTED PEAR, CHICKEN AND GOAT'S CHEESE SALAD

PAIRS WITH ROASTED PEAR, CHICKEN AND GOAT'S CHEESE SALAD

PAIRS WITH LEMON-INFUSED RICE PUDDING WITH SPICED PEARS



**WOLF BLASS RIESLING**  
Australia **\$15.99** (28640)  
This Riesling is a lovely yellow hue with flecks of green. Light floral aromas mixed with citrus rise from the glass. Snappy citrus appears again on the palate with a refreshing acidity that highlights the salad perfectly.



**CHARTRON ET TREBUCHET POUILLY FUISSE**  
France **\$29.99** (26446)  
Delicately aromatic with a stony almost mineral quality followed by citrus, apple, nuts and a subtle touch of honey flavour, this French white has a very well balanced acidity in the full finish.



**EXPORT UNION PESPORTER RIESLING QBA**  
Germany **\$13.99** (89704)  
What an excellent value in this gentle, slightly sweet Riesling from Germany that is crisply acidic with green apple, citrus and with floral flavours. The sweet ending is a true crowd pleaser every time.





By seeing beyond the dark and dull beers of the day, in 1842 our visionary brewer created a beer unique in taste and distinct in colour, Pilsner Urquell. Using the soft local water, the "noble" Saxe hop and pioneering brewing techniques, he put the town of Pilsen on the map, and on bars all around the world. The world's first golden beer, its exquisite flavour is seen by many today as the authentic taste of beer. Try it and see for yourself.

THE PURE PILSNER FROM PILSEN





## The Pear Essentials

## PAIRS WITH LEMON-INFUSED RICE PUDDING WITH SPICED PEARS

VOGA SPARKLING  
PINOT GRIGIO

Italy \$22.99 (7035)

Steering bubbles flow gently upwards and the light scent of white flowers and orchard fruit reaches you. The creamy mouth feel and toasty citrus finish give it a well-appeal. Make desserts a real treat with this striking, sparkling, well-priced beauty.

## PAIRS WITH BRAISED DUCK LEGS WITH PEARS



## REGINE BULLIAT

France \$15.99 (3776)

A pleasant, medium-bodied wine with ripe redcurrant and blackberry notes. The flavors on the palate are long with peppery spice hints. Serve slightly chilled with the duck for a delightful pairing.



PEAR AND ALMOND CAKE WITH ALMOND MASCARPONE CREAM

## PAIRS WITH PEAR AND ALMOND CAKE WITH ALMOND MASCARPONE CREAM



## CAMPO VIEJO RIOJA CRIANZA

Spain \$16.99 (1062)

Flamenco dancers, bull, tapas and red wine... all things to love about Spain. The Rioja is an intense ruby color with tantalizing blackberry and vanilla flavors to tempt the senses. The finish is velvety, elegant and long. OMF



## CODORNIU DUVEE

RAVENTOS BRUT

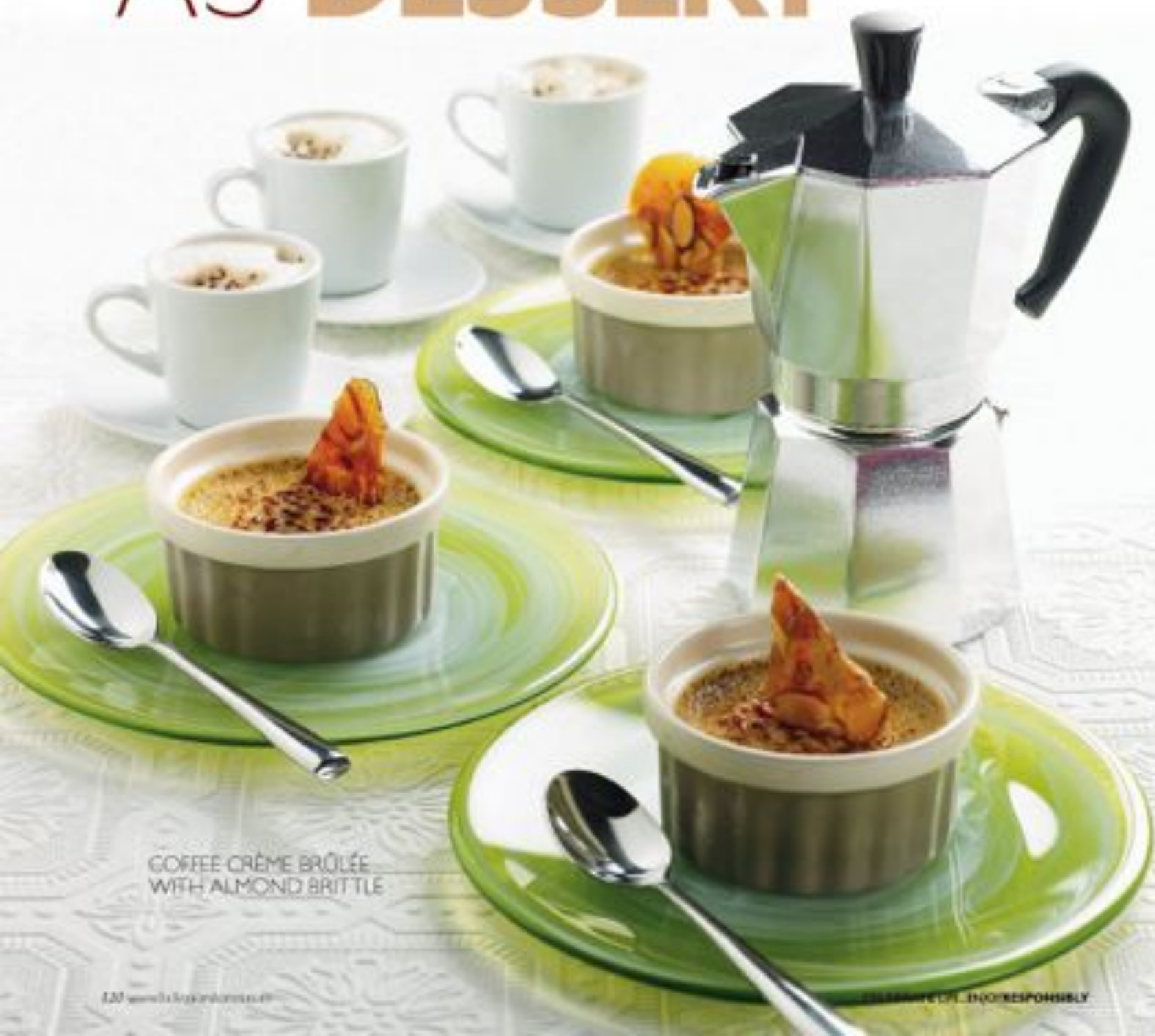
Spain \$17.99 (5217)

Cool cool Golden bubbles glide silently upwards and burst on the surface releasing baked apple and spice aromas. A toasty, nutty finish glides across your palate in the smooth, elegant ending. Fantastic served chilled with pear and almond cake.

MONIPEX  
GOLDEN PEAR

Hungary \$24.50 (7442)  
Extravagant drops of luscious golden pear liqueur trickle from the unique bottle as you gently splash a little over your favourite dessert or tip some into a cool glass of club soda.

# COFFEE AS DESSERT



COFFEE CRÈME BRÛLÉE  
WITH ALMOND BRITTLE



**M**oments...desserts. The delicious finale to parties, dinners, weddings and any occasion, desserts play an important role in our lives by turning an ordinary event into something special. Good quality desserts are not a mystery. The trick is good quality ingredients using unsalted (also known as sweet) butter, farm fresh eggs and the highest quality nuts. This feature offers dessert recipes with an emphasis on coffee as the flavouring. The same rule of thumb applies...use top quality espresso or instant espresso powder that is rich tasting and not bitter.

The Golden Layer Cake studded with fresh walnuts is deliciously enhanced with a rich mocha ganache. The creamy Crème Brûlée has a hint of coffee partnered with delicious spices. And last, Fluffy Profiteroles filled with creamy mocha and drizzled with chocolate.

These three amazing desserts are sumptuous yet simple and use coffee to its best advantage.

#### PAIRS WITH COFFEE CRÈME BRÛLÉE WITH ALMOND BRITTLE



**GEHRINGER SIGNATURE  
RIESLING ICEWINE**  
BC VQA \$49.99 37% alc 504860  
Grapes are carefully picked at -8°C to ensure every bit of silky, sweet goodness ends up in the bottle. Wonderful orchard fruit flavours with deep honey notes glide slowly around the glass. Serve well-chilled with the brûlée for a remarkable pairing.



GOLDEN WALNUT LAYER CAKE WITH MOCHA GANACHE



# FIREBALL



ENTER TO WIN

1 OF 4  
**\$250**  
DEBIT CARDS



twitter

TWEET A PICTURE OF HOW YOU LIKE TO CONSUME FIREBALL TO @FIREBALLWHISKY FOR YOUR CHANCE TO WIN 1 OF 4 \$250 DEBIT GIFT CARDS! BEST PICTURE WINS THE PRIZE! VISIT FIREBALLWHISKY.COM FOR CONTEST RULES & REGULATIONS.

CONTEST CLOSING OCTOBER 31, 2010. OPEN ONLY TO RESIDENTS OF BRITISH COLUMBIA, MUST BE LEGAL DRINKING AGE, NO PURCHASE NECESSARY.



**IGNITE THE NITE**



**PAIRS WITH COFFEE CRÈME BRÛLÉE WITH ALMOND BRITTLE****BAILEYS WITH A HINT OF COFFEE**Ireland **\$26.49** 460485

Creamy Baileys with a kick of coffee! Toss a little mocha into the mix and the result is a silky smooth, decadent treat. Absolutely perfect when added to your own hot coffee or served solo with crushed ice.

**PAIRS WITH GOLDEN WALNUT LAYER CAKE WITH MOCHA GANACHE****DOW'S LBV**Portugal **\$25.99** 533364

A delicious port at an outstanding price! This late bottled vintage is overflowing with ripe fruit, coffee and sweet licorice notes. Well balanced and supple with spicy black pepper, chocolate and black cherry flavours, its perfect with desserts, dried fruits and strong cheeses.

**PROFITEROLES WITH MOCHA CREAM AND CHOCOLATE SAUCE****PAIRS WITH PROFITEROLES WITH MOCHA CREAM AND CHOCOLATE SAUCE****CAROLLAN'S IRISH CREAM**Ireland **\$24.99** 108257

Bring a little Irish into your life. The finest Irish spirits, robust cream and the sweet kiss of honey are all closely blended into a delectable cream liqueur that's irresistible. Sip a little into your hot beverage and enjoy with the cake.

**CHALMERS CHOCOLATE PORT**Australia **\$21.99** 1049

Mmm...chocolate. Soft, silky dark chocolate and sweet raisin flavours combine seamlessly into this luxurious port. Serve slightly chilled on its own with this delectable dessert.

**HENKES CRÈME DE CACAO DARK**Canada **\$20.99** 177980

Flavoured with chocolate beans and lightly scented with honey, this is a premium liqueur that is well suited to mixing into your favourite cocktails or hot beverages.

# ASK AN EXPERT

JAMES CLUER, MW



**Q** How important is the alcohol percentage on wine labels?

**A** The alcohol percentage is one of the key things I look at on a label. I look at the alcohol degree because it can tell you so much about what a wine will taste like. The more sugar there is in the grape, the higher the potential alcohol. So if the grape comes from a hot climate it will typically have become very ripe and contain a large amount of sugar that can be turned into alcohol.

Conversely, if a grape was grown in a cool climate, or comes from a cooler vintage, then the amount of sugar will be much lower and the alcohol degree in the wine will be less.

So how does that change the taste of wine? A Chardonnay from a cool area, such as Chablis, will have less alcohol, less body, greater fruit flavours and crisper acidity. Don't forget that in the ripening process, acidity comes down as sugar content builds.

If you have a Chardonnay from a hotter climate, which will result in higher alcohol, there will be riper flavours in the wine. Also, there will typically be more body and a degree of sweetness, however subtle that may be. The high alcohol wine will also have a certain warmth on the palate.

So if I see on the label that the alcohol percentage is low to moderate (generally 12-13 percent) then I have an idea of the level of body, ripeness, sweetness and acidity in the wine. If I see it is 14 percent or more then it should be a full-bodied wine with riper flavours, some warmth from the alcohol and a touch of fruit sweetness. You can't generally try wine before you buy it, so you have to use everything you can on the label to get an idea of how it might taste.



THE GREAT BORDEAUX CHÂTEAUX HAVE RELEASED THE 2009 VINTAGE, TOUTING IT AS THE BEST VINTAGE IN THE HISTORY OF THE REGION.

**Q** Are blends better than single varietal wines?

**A** Blends are not necessarily better than single varietal wines. Otherwise, all wines would be blends.

It is true that by blending different grape varieties together you can sometimes create a higher quality wine. Some of the great wines of the world are blends, such as port, which typically has five or six different varieties blended together. A certain variety may bring depth of colour, another stronger aromatic intensity, another tannic structure and all combined there can be a myriad of different aromas and flavours that create complexity which is the Holy Grail of wine quality. Bordeaux, most Champagne, many of the Super-Tuscans and Sauternes are all examples of top quality blended wines.

But many of the world's great wines are also made from one single variety. Fine red and white Burgundy, Barossa Shiraz, Sancerre, Napa Valley Cabernet and Sonoma Zinfandel are all single varietal wines that are outstanding examples of their type.

What is often forgotten is that all wines are blends, even single varietal wines. A wine could be a blend of multiple vineyards of the same variety. Or a wine might be a blend of different clones of the same variety from a single vineyard. Even when blending the final wine from a single grape there will likely be significant differences amongst the various "lots" that a winemaker has to draw from.

Personally, I'd rather drink a single varietal wine most of the time. This helps in understanding the style of that varietal in a certain place. But hey, it's not as if I would turn down a Bordeaux or port either.

**Q** Should I buy 2009 Bordeaux Futures?

**A** The great Bordeaux châteaux have released the 2009 vintage, touting it as the best vintage in the history of the region. The prices match the hype and you can expect to pay thousands of dollars for a single bottle of the top wines.

There's no question that the weather cooperated and the

wines are absolutely spectacular. They will age for decades and there is a high level of prestige attached to the vintage. So if you want to buy a great vintage for your cellar, and enjoy some of the best wines ever made in the world then yes, you should buy them.

Another reason to buy them is as an investment. Great vintages from the very top châteaux usually increase in value over the long term and so many merchants and wine aficionados will be buying them to re-sell at a later date.

If you are looking for great wines, then you could likely spend much less on wines from other classic vintages, such as 2005 and 2000. The other benefit to these vintages is that the wines will be ready for drinking sooner, so you don't have to be as patient.

Thanks to our knowledgeable readers for this issue's interesting questions. James Cluer, Master of Wine, is ready and able to answer your wine queries of all sorts – from the basic to the impossible. Please email your questions about wine to [JC@FineVintageLtd.com](mailto:JC@FineVintageLtd.com) and he will respond in the next edition of TASTE.

**COMING OCTOBER 2010!**

**Savvy Sippers Wine Education Series  
with James Cluer, Master of Wine**

Uncork the mystery behind the world of wine. Join James Cluer, Master of Wine, for an intense, three-part wine tasting and education course that will help you understand grapes, flavours and labels like never before. **Savvy Sippers Series II** begins in October at the 39th & Cambie Signature BC Liquor Store. For details, please visit [www.bcliquorstores.com](http://www.bcliquorstores.com).

# VERY SPECIAL EVENTS

## SEPTEMBER

WEDNESDAY 20TH - 6PM

### DISCOVER CALIFORNIA WINES

Celebrate California Wine at Tony & Casey's "Best of Food & Wine" Alcohol Radio Show broadcasts live at the 39<sup>th</sup> & Cambie Signature BC Liquor Store Tasting Room. Enjoy a selection of wines from Wente, Ironstone, Deep Dragon and simply riddles paired with the Show Cabernet Sauvignon and simply riddles prepared by the Global Group.

WEDNESDAY 20TH - 6PM

### DISCOVER CALIFORNIA WINES

Join us for a celebration of California Wine at the 39<sup>th</sup> & Cambie Signature BC Liquor Store Tasting Room. Enjoy a selection of wines from Wente, Ironstone, Deep Dragon and Rodney Strong as you learn to pair these wines with some tasty nibbles prepared by the Global Group.

WEDNESDAY 20TH - 6PM

### JAZZ IN THE VINEYARD WITH RODNEY STRONG

Join us and listen to live jazz music while sampling Rodney Strong wines paired with California inspired cuisine by O'Douly Restaurant.

WEDNESDAY 20TH - 6PM

### 2017 BORDEAUX CONSUMER EVENT

Join the European Portfolio Manager and Canada's only female holder of Wine, Barrels & Pils for a special preview tasting of Bordeaux 2017.

THURSDAY 21ST - 10PM

### TASTE OF TUSCANY

Delight your palate with these fabulous wines from the highly-praised Tuscany region. Join some of the most ancient and best known wine producers of Italy. Paired with regional specialties, you will taste the most important, acclaimed and delightful wines in the world.

THURSDAY 21ST - 7PM

### IN VODKA "ROCK YOUR COCKTAIL"

Get insight into how to make cocktails with a UV vodka mixologist. Taste delicious food samples and enter to win a prize.

WEDNESDAY 20TH - 7PM

### GREY GOOSE VODKA

The creation of Grey Goose is the harmony of nature, knowledge and artistry, orchestrated by the Maître de Chai. Come sample Grey Goose, The World's Best Tasting Vodka, and enjoy complimentary appetizers.

WEDNESDAY 20TH - 7PM

### COOKS MYSTERY MANSION NIGHT

Come to the mansion tonight, butlers and maids will be serving Cooks night with appetizers of crisp, oven-baked chicken wings, organic steak bites and specialty thin crust pizza. Host a keepsake picture taken in front of the fireplace.

WEDNESDAY 20TH - 6PM | 39th & CROSBIE STORE, KISSIM

### TASTING AND BOTTLE SIGNING WITH DAN AYKROYD

A tasting of Crystal Head vodka can be enjoyed while getting your bottle signed by Dan Aykroyd.

THURSDAY 21ST - 6PM | 39th & CROSBIE STORE, KISSIM

### TASTING AND BOTTLE SIGNING WITH DAN AYKROYD

A tasting of Crystal Head vodka can be enjoyed while getting your bottle signed by Dan Aykroyd.

WEDNESDAY 20TH - 6PM | 39th & CROSBIE STORE, KISSIM

### TASTING AND BOTTLE SIGNING WITH DAN AYKROYD

A tasting of Crystal Head vodka can be enjoyed while getting your bottle signed by Dan Aykroyd.

WEDNESDAY 20TH - 6PM

### 2017 BORDEAUX RELEASE

The wait is over. You've already checked out the stock displayed in your closest Signature store and now is the time to come and purchase a bottle for your collection. Look forward to seeing you there!

## OCTOBER

WEDNESDAY 11TH - 7PM

### SAMBOFF - BE THERE

Join our mixologist for a fun, interactive event featuring great new and easy ways to enjoy Smooff vodka. Appetizers will be available.

WEDNESDAY 11TH - 6PM

### AUSSIE WINE DAYS

Special guest Aussie Matt Harde will be on-site presenting the Tullaro Winery wine. Come see what a local chef will be cooking up to match with these wines.

WEDNESDAY 11TH - 6PM

### AUSSIE WINE DAYS

Learn the great taste of Australian wines when paired with great food prepared by a local chef.

WEDNESDAY 11TH - 6PM

### LIGHTEN UP YOUR DAY WITH [YELLOWTAIL] BUBBLES ROSE

Something no-one else? Taste something different - [Yellowtail] Bubbles Rose with appetizers.

WEDNESDAY 11TH - 6PM

### SPIN & NANGOS

See [www.bliquorstores.com/event](http://www.bliquorstores.com/event) for details.

WEDNESDAY 11TH - 6PM

### CELEBRATE HARVEST SEASON WITH MESSON HILL

Taste award winning Five Vineyards and Reserve Tiers paired with fall harvest recipes from Messon Hill's highly acclaimed Terrace Restaurant.

Join us as we celebrate autumn with this fantastic selection of fine cocktail, beer and wine tastings and events. E-mail us at [events@bliquorstores.com](mailto:events@bliquorstores.com) to receive monthly updates and exclusive special announcements.

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

WEDNESDAY 11TH - 6PM

### SAVY SUPPERS: THANKSGIVING PERFECT PAIRINGS

Do you know what will go with your Thanksgiving dinner? Come learn and select great wines for a Thanksgiving feast. Wines will be paired with appetizers.

WEDNESDAY 11TH - 6PM

### AUSSIE WINE DAYS

Special guest Stuart Blackwell from St. Hubert will be presenting Australian wines for a one-hour information session along with a local chef's creations.

WEDNESDAY 11TH - 6PM

### BARFOOT CANCER AWARENESS

Come and sample Barfoot wine and bubbly paired with appetizers from Cavings.

WEDNESDAY 11TH - 6PM | 39th & CROSBIE STORE

### WINES OF AUSTRALIA

Learn from a local chef about Australian wine and food pairing at this entertaining seminar.

WEDNESDAY 11TH - 6PM

### WINES OF AUSTRALIA

Learn from a local chef about Australian wine and food pairing at this short seminar.

WEDNESDAY 11TH - 6PM

### PURCH VESPA APERTIVO

Sample Italian appetizers paired with Permutari Santa Cristina while learning a few music and decor tips for entertaining.

WEDNESDAY 11TH - 7PM

### CROWN ROYAL HOCKEY NIGHT IN CANADA

Come enjoy Crown Royal with us. We will be featuring fun new drinks paired with delicious appetizers. Also receive a custom label for your bottle.

WEDNESDAY 11TH - 6PM

### WINES OF AUSTRALIA

Learn from a local chef about Australian wine and food pairing at this short seminar.

WEDNESDAY 11TH - 6PM

### WINES OF AUSTRALIA

Special guest Scott Forrest from Tolly Lake Winery will be presenting Australian wines for a short seminar along with local chef's creations.

WEDNESDAY 11TH - 6PM

### CIDARCRICK WITH CANADIAN ANGUS BEEF

Delicious CedarCreek wine sampling paired with Canadian Angus beef. Meet guests Gordon McFarland, CedarCreek President and representative from Canadian Angus Beef Association.



# VERY SPECIAL EVENTS

PLEASE VISIT OUR WEBSITE FOR THE LATEST UPDATES TO OUR  
EVENT SCHEDULE. [WWW.BCLIQUORSTORES.COM/EVENT](http://WWW.BCLIQUORSTORES.COM/EVENT)

All information detailed above is accurate at time of publishing. Check [www.bcliqstores.com](http://www.bcliqstores.com) for the latest updates on all tastings at BC Liquor Stores. The 39th & Cambie Signature BC Liquor Store is located at 3555 Cambie Street, Vancouver (604 660 9423). Please note: all events are complimentary except where noted.

WEDNESDAY OCTOBER 14 4:00PM

## FELER ESTATES PROPRIETOR'S RESERVE

Don't miss your chance to enjoy the combination of Feler Estates wine and concepts from Vero's Burger Shack.

THURSDAY OCTOBER 20 12:00PM - 1:00PM

## COOKING WITH WINES OF FRANCE

Learn to cook with Wines of France! Summeke Intelle Sauci leads a virtual Tour de France wine tasting while The Dirty Apron Chef David Robertson teaches cooking techniques for some of France's most famous dishes. All participants leave with an exclusive recipe book. Tickets \$20.

WEDNESDAY OCTOBER 27 10:00AM

## BEST OF BC FALL RELEASE PREVIEWING TASTING

See [www.bcliqstores.com/event](http://www.bcliqstores.com/event) for details.

THURSDAY OCTOBER 27 10:00AM

## BEST OF BC FALL RELEASE

Take home the best from our local wineries. See [www.bcliqstores.com/event](http://www.bcliqstores.com/event) for details.

WEDNESDAY OCTOBER 27 12:00PM - 4:00PM

## DISCOVER CANADA'S BEST SELLING WHISKY EMERIT

Whisky brand team will be available to guide you through a tasting of selected Whisky's whiskies paired with appetizers from Dorelly Hospitality.

WEDNESDAY OCTOBER 27 12:00PM - 1:00PM

## SIPVY SIPPERS SERIES: WINE III

Don't miss this opportunity to learn. Guest Instructor James Clark, Master of Wine, will be providing an introductory wine appreciation and product knowledge course for beginners to novice wine enthusiasts. The course runs for three consecutive Mondays. Tickets available at 39th & Cambie for \$10.

THURSDAY OCTOBER 27 4:00PM - 7:00PM

## CHATELAIN BOOK LAUNCH WITH RIGGSIA WINES

Guest Speaker, Claire Troncy, Chateaine-Food Editor will be preparing a few recipes from the new cookbook Chateaine Modern Classics and sampling Riggsia wines.

THURSDAY OCTOBER 28 6:00PM - 8:00PM

## SIPVY SIPPERS: HALLOWEEN, GHOUlish DELICIOUS

Discover ghoulishly delicious Halloween Savours and appetizers presented by our Product Consultants.

WEDNESDAY OCTOBER 28 6:00PM

## BACARDI SUPERIOR & BACARDI GOLD COCKTAIL EVENT

Join Team Bacardi to learn more about Bacardi's rich heritage and how to make the perfect Halloween cocktails. Also enter to win a Bacardi Gift Pack!

WEDNESDAY OCTOBER 30 4:00PM

## THE TRUE BREW OF HALLOWEEN WITH GUINNESS

Get ready for Halloween with Guinness. Join our Guinness beer team for a Halloween-themed event including samples, games, prizes and food.

WEDNESDAY OCTOBER 30 6:00PM

## OCTOBERFEST WITH WHISTLER BREWING

Come later to the Oktoberfest traditional food and enjoy breakfast and sample Whistler Brewery ales and lagers. [Ocuph.wahl.com](http://Ocuph.wahl.com)

## NOVEMBER

WEDNESDAY NOVEMBER 1 4:00PM - 5:00PM

## CANADIAN SCOTCH AMBASSADOR EVENT

Special release scotch and bourbon tasting and food pairing led by Team Global Canadian Scotch Brand Ambassador, J. Wheelock.

WEDNESDAY NOVEMBER 1 5:00PM - 6:00PM

## JAMESON GREAT IRISH WHISKIES

Meet the Jameson Brand Ambassador from Ireland, Rory Sheridan, and taste Jameson Gold Reserve along with the rest of the Jameson range of best-selling Irish whiskeys. A perfect opportunity to discover the great taste of Jameson.

WEDNESDAY NOVEMBER 1 5:00PM - 6:00PM

## PREMIUM SPIRIT RELEASE

Take the products featured in our Premium Spirits Release, presented by our Product Consultants.

WEDNESDAY NOVEMBER 1 5:00PM - 6:00PM

## SINGLTON OF GLENMILLAN 12-YEAR-OLD LAUNCH

Join Master Distiller Mike Newbon for the launch of Singlton of Glenmillan 12 YO. It will be an educational single malt Scotch you don't want to miss.

WEDNESDAY NOVEMBER 1 5:00PM - 6:00PM

## GET READY FOR THE GREY CUP!

Be here at the 39th & Cambie Signature Store being born to witness firsthand what thousands of Canadians make an annual pilgrimage to honour - the Grey Cup trophy! Sample Gibson's Finest along with the "kicker" colored apples.

MONDAY NOVEMBER 14 11:00AM

## FLAVOURS OF ITALY 2011

Come taste some of the most delightful Italian wines from nine different regions, paired with traditional Italian specialties.

WEDNESDAY NOVEMBER 16 10:00AM

## GRAY MONK

Showcase of Gray Monk wines will be for everyone to enjoy and to support BC Hospitality Foundation.

WEDNESDAY NOVEMBER 16 10:00AM

## VINO ARGENTINO

Come experience a taste of Argentina - a small bite, a sip of Malbec, and a chance to make a connection using the Laine Cater's new and engaging guidebook to wine-country Argentina, *Vino Argentino*.

WEDNESDAY NOVEMBER 16 12:00PM

## REFRESHING COCKTAILS

Special guest mixologist Ryan Owens will mix refreshing cocktails with colored tapes. Enter for a chance to win an amazing, refreshing experience for two!

THURSDAY NOVEMBER 17 12:00PM

## MEET THE KETCH'S FRIDAY

Taste Ketch's three different styles of fish and chips each made with one of the Ketch's brands.

WEDNESDAY NOVEMBER 17 12:00PM

## FRENCH WINE TASTING

Come and sample a selection of artisan cheese paired with the beautiful fine wines from William Hevis, Chablis and Bouchard Père et Fils, Burgundy.

WEDNESDAY NOVEMBER 17 12:00PM

## SOROKA RANCH - HELPING OUT STARTS AT HOME

Try Soroka Ranch wines with holiday fare and learn more about the impact of food banks in your area.

WEDNESDAY NOVEMBER 17 6:00PM

## WINTER IN "NOVEMBER"

"November" is an annual celebration of the mountaineer to help raise funds for Prostate Cancer Canada. Support "November" while enjoying Lions Winter Ale, beer festival catering and Roger's Chocolates.

THURSDAY NOVEMBER 18 12:00PM

## BUDWEISER NFL SEASON EVENT

Try hearty home-cut potato chips with gourmet dips that pair perfectly with Budweiser.

WEDNESDAY NOVEMBER 23 12:00PM

## GRAND MARNIER WINTER WARNERS

Join the Grand Marnier Brand Ambassador to sample easy-to-make Fortia's winter warmer drinks accompanied with assorted desserts.

WEDNESDAY NOVEMBER 23 10:00AM

## BURGUNDY SEMINAR

Guest speaker Jean-Charles "The Legend" Boisset and Barthelemy, Master of Wine as they present Burgundy wines in two one-hour seminars. Seating is limited.

# Cono Sur Pinot Noir

## European Influence, Chilean Style

Cono Sur 20 Barrels 2008  
~ 2009 ~  
Trophy, Best Pinot Noir  
Wines of Chile Awards

Cono Sur Vineyards & Winery  
~ 2010 ~  
Value Brand Of The Year  
Wine & Spirits Magazine

Cono Sur Ocio 2008  
~ 2010 ~  
Gold, International Wine  
Challenge, London England



Cono Sur

Organic

Reserva

Visión

20 Barrels

Ocio

Born amidst Chile's oldest Pinot Noir vineyards, Cono Sur Vineyards & Winery takes great pride in producing this variety. We started our Pinot Noir Project in 1999 with the aim of creating the best Pinot Noir in Chile, and have since raised the bar to produce world class Pinot Noir wines. Today, we offer a collection of six unique Pinot Noirs vinified according to the Burgundian tradition, while expressive of the wine's New World roots.

*Cono Sur*

To learn more about Cono Sur's Pinot Noir Project, please visit [www.conosur.com](http://www.conosur.com)



## JUST LIKE GRANDMA'S BANNOCK

Makes 25 small

7 cups (770g)	all-purpose flour
1 1/2 cups (375 ml)	lukewarm water
1 1/2 tsp (7 ml)	salt
2 1/2 tsp (11 ml)	white sugar
1 tbsp (15 ml)	canola oil
1/4 tsp (3 ml)	instant yeast
	canola oil (for frying)

Add flour to a large bowl. Make a hole in centre of flour. In a separate bowl, combine lukewarm water, salt, sugar, canola oil and yeast and stir. Pour into hole in flour and mix together by hand to form dough. Turn dough onto a lightly floured surface and knead for 10 minutes. Place dough in a sealed container or covered bowl and let rise at room temperature for 2 hours. On a lightly floured surface, roll out dough to a 1/4-in (1 cm) thickness, then cut into 2 1/2-in (6.5 cm) squares. For large bannock, cut into 4-in (10 cm) squares. For medium bannock, cut into 3 in (8 cm) squares.

Heat 2-in (5 cm) of canola oil in a large frying pan on high. Drop the square of dough into hot oil and quickly turn it 3 times so that it puffs up evenly. Repeat with several pieces at a time and fry for 3 minutes on each side until all dough has been fried.



## INDIAN TACOS

Serves 3

1 tbsp (15 ml)	canola oil
1 lb (500 g)	ground venison
1 pkg (90 g)	chili seasoning mix
1 tbsp (15 ml)	grape seed oil
1/2 cup (125 ml)	onion, diced
1	celery stalk, diced
2 tbsp (30 ml)	green bell peppers, diced
2 tbsp (30 ml)	red bell peppers, diced
1	garlic clove, minced
1/4 oz (11.5 ml)	can stewed tomatoes
1/5 oz (440 ml)	can red kidney beans
5 pieces	Just Like Grandma's Bannock*
1/2 cup (125 ml)	onions, diced (for garnish)
1	tomato, diced (for garnish)
2 cups (500 ml)	lettuce, diced (for garnish)
1 1/4 cups (300 ml)	cheddar cheese, grated (for garnish)

Heat the oil in a fryingpan on high. Sauté venison until browned, then drain fat. Add

\* See preceding recipe.

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chill seasoning and stir until mixed, then set aside. In a separate saucepan heat grape seed oil on high heat and sauté onions, celery, peppers and garlic for 5 minutes. Add stewed tomatoes, beans and browned venison, stirring continuously until heated thoroughly. Reheat bannock in oven. To serve, spread meat mixture on each bannock and garnish with onions, tomatoes, lettuce and cheese.

**PAIRS WITH**

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**INNISKILLIN OKANAGAN RESERVE PINOT NOIR**

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**SMOKED SALMON MOUSSE**

**Makes 4 cups**

1 1/2 tbsp (22 ml)	unflavoured gelatin
1/4 cup (50 ml)	cooking wine or sherry
1 1/2 cups (375 ml)	smoked salmon, deboned
1 cup (250 ml)	smoked salmon
1/4 cup (150 ml)	sour cream
1/4 cup (150 ml)	mayonnaise
2 tsp (10 ml)	horseradish sauce
dash	Worcestershire sauce
dash	dried dill weed
dash	salt
dash	black pepper
	Indian candy*, leafy lettuce and lemon wedges (for garnish)

In the top portion of a double boiler on high heat, combine gelatin and wine and cook for 2 minutes, stirring continuously. In a blender, combine remaining ingredients, except for garnishes, and blend for 1 minute, then add to gelatin mixture and mix well. Spray a mousse mould with non-stick cooking spray. Pour mixture into mould and refrigerate for 4 hours until firm. Remove from refrigerator and carefully transfer the mousse out of mould onto a platter that is garnished with Indian candy, leafy lettuce, and lemon wedges.

**PAIRS WITH**

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**NIYEP CHARDONNAY**

BC VQA \$15.99 124438

\* Indian candy is a delicious treat of smoked salmon sweetened with molasses or brown sugar. It can be purchased where smoked salmon is sold.



**WILD BERRY BANNOCK BREAD PUDDING**

**Serves 10**

3 1/2 cups (875 ml)	whole milk, warmed
1 1/4 cup (310 ml)	white sugar
1 drop	vanilla extract
1 tsp (5 ml)	ground nutmeg
2	large eggs
3 cups (1125 ml)	Just Like Grandma's Bannock†, cut into bite-sized pieces
4	large egg whites
1 tsp (5 ml)	cream of tartar
1/4 cup (125 ml)	boiling water
1 cup (250 ml)	blackberries
2 cups (500 ml)	blueberries
1 cup (250 ml)	strawberries, sliced
1 cup (250 ml)	raspberries

Preheat oven to 350 F (180 C). In a bowl, combine milk, 1/4 cup sugar, vanilla and nutmeg and mix well. Set aside. In another bowl, beat 2 large eggs, then add to milk mixture. Add bannock and allow to soak for 30 minutes. In a stainless steel bowl, whip egg whites and cream of tartar to stiff peaks. Fold into bread mixture. Set aside. In a saucepan on high heat, combine water, half of all of the berries and bring to a boil. Add remaining sugar, then reduce heat to low and simmer until thick. Remove from heat, then add remaining half of the berries.

In a 13 x 9 x 2-in (33 x 22 x 5-cm) baking pan, spread a thin layer of bread mixture, then top with a layer of berries. Repeat layers until mixtures are used up, ending with berries on top. Bake uncovered for 25 minutes until golden brown.

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**CRAB AND FETA MELT**

**Serves 4**

1 cup (250 ml)	cooked crabmeat, diced
1/4 cup (50 ml)	corn kernels, cooked
4 tbsp (60 ml)	feta cheese, crumbled
2 tbsp (30 ml)	mayonnaise
2 tsp (10 ml)	onions, diced
2 tsp (10 ml)	celery, diced

† See recipe on page 129

1/4 tsp (1 ml)	dried all weed
1/4 tsp (2 ml)	garlic salt
1/4 tsp (1 ml)	black pepper
2 tbsp (30 ml)	butter, room temperature
8 slices	sourdough bread
1/2 cup (125 ml)	cheddar cheese, grated

In a bowl, stir together all ingredients except butter, bread and cheddar cheese, then set aside. Butter one side of 4 bread slices. In a frying pan on medium heat, place 4 slices buttered-side down. Spread crab mixture evenly over slices in frying pan then add a layer of cheddar cheese. Place remaining 4 bread slices on top of mixture, then butter them. Cover pan with lid and grill sandwiches for 2 minutes on each side.

**PAIRS WITH**

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**TOMATO-LEEK SOUP WITH ROASTED GARLIC**

**Serves 4**

1	whole head garlic
28 oz (794 ml)	can plum tomatoes, including juice or medium-size fresh tomatoes, peeled
6	olive oil
2 tbsp (30 ml)	leeks, trimmed, washed and chopped
2	celery, sliced
1 cup (250 ml)	carrots, sliced
1/2 cup (125 ml)	large garlic cloves, minced
3	red wine vinegar
2 tbsp (30 ml)	vegetable or chicken stock or bouillon
2 cups (500 ml)	bay leaf
1	piece Parmesan rind
1 1/4 (25 cm)	salt and freshly ground black pepper
	Parmesan, shaved
	Italian parsley, chopped

Preheat oven to 375 F (190 C). Brush whole head of garlic with oil and place in a small baking dish. Bake uncovered in preheated oven for 30 minutes or until cloves are soft. Remove and set aside until cool enough to handle. Pop cloves from skins and place in a blender or food processor along with canned tomatoes and their juice, or fresh tomatoes. Whirl briefly until tomatoes are still a little chunky. Set aside. Heat oil in a large saucepan. Add leeks, celery, carrots, 3 minced fresh garlic cloves and sauté over medium-low heat, stirring often until onion and celery are soft, about 10 minutes. Be careful not to brown or scorch. Deglaze pan with vinegar and stir until almost dissolved. Add stock, tomatoes and garlic mixture, bay leaf and Parmesan rind. Bring to a boil. Cover, reduce heat and simmer for 25 minutes to blend flavours. Add salt and fresh pepper to taste. To serve, remove bay leaf and Parmesan rind. Ladle into soup bowls and serve with shaved Parmesan and chopped parsley.

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**CANNELLINI BEANS AND ARUGULA SALAD**

**Serves 4**

4	thin slices prosciutto
6 oz (170 g)	fresh broccoli
3 tbsp (45 ml)	olive oil
1 1/2 tbsp (22 ml)	balamic vinegar
	salt and freshly ground black pepper
1 cup (250 ml)	cannellini beans, rinsed and drained
3 cups (750 ml)	fresh arugula
1/2 cup (50 ml)	goat's cheese, crumbled
1/2 cup (50 ml)	pine nuts, toasted

Sear prosciutto in a dry sauté pan until crispy. Remove and set aside. Cut broccoli into long florets. Blanch in a pot of boiling water just until bright green and plunge into ice cold water to stop the cooking. Drain well and set aside. Combine oil, vinegar, and seasonings in a bowl. Whisk to blend. Add cannellini beans and fold in to coat. Place arugula on a large platter. Scatter broccoli over top. Spoon beans and dressing over top. Crumble prosciutto and scatter over top along with goat's cheese and pine nuts. Serve immediately.

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**ROSY PASTA BUNDLES WITH SALMON AND SPINACH**

**Serves 4**

12 oz (340 g)	package dried spaghetti
2 tbsp (30 ml)	olive oil
3	garlic cloves, minced
1/2 cup (50 ml)	lemon juice, freshly squeezed
4 oz (112 g)	smoked salmon, sliced
4 oz (112 g)	fresh baby spinach leaves
2	firm, ripe tomatoes, seeded and chopped
	freshly ground black pepper
1/2 cup (125 ml)	Parmesan, coarsely shredded
2 tbsp (30 ml)	capers, drained and rinsed

Bring a large pot of water with a little oil and salt added to a full rolling boil. Add pasta and cook for 10 to 12 minutes or until done al dente. Meanwhile, heat 2 tbsp (30 ml) oil in a large saucepan. Add garlic and sauté over low heat for 1 minute or until soft. Be careful not to brown. Deglaze pan with lemon juice and remove from heat. Cut smoked salmon into five julienne strips. Set aside. Wash and spin-dry spinach leaves. Stack and slice crosswise into thin strips. When pasta is tender, immediately drain



# Yelloween



A Taste of Tuscany from page 24 continued

and add hot pasta to it along with smoked salmon, spinach and chopped tomatoes. Toss together over high heat until evenly mixed and warmed through, about 1 minute. Add fresh pepper to taste. Scatter Parmesan and capers over top and toss together. Serve immediately.

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#### CHICKEN IN WHITE WINE WITH ROSEMARY AND CHANTERELLES

##### Serves 4

4		chicken breasts, boneless and skinless
1/2 cup	(75 ml)	all-purpose flour
1/4 tsp	(1 ml)	salt
		freshly ground black pepper
3 tbsp	(75 ml)	olive oil
1		large onion, finely diced
1		large carrot, peeled and finely diced
1/2 cup	(175 ml)	white wine or chicken stock
1/2 cup	(125 ml)	fresh chanterelles, coarsely chopped
1 tbsp	(15 ml)	fresh parsley, minced
2 tsp	(10 ml)	fresh rosemary, finely minced OR
1/2 tsp	(2 ml)	dried rosemary

Wash chicken breasts in cold water and pat dry. Combine flour, salt and pepper in a large bowl. Stir to blend. Dredge chicken in seasoned flour and set aside. Heat 3 tbsp (45 ml) oil in a large pan and sauté 2 pieces of chicken at a time until lightly golden. Add remaining 2 tbsp (30 ml) oil. Add onion and carrot and sauté over medium heat until onion is soft and clear, about 5 minutes. Stir often. Return chicken to pan and add wine, mushrooms, parsley and rosemary. Bring to a boil. Cover, reduce heat and simmer until juices run clear when chicken is pierced with a knife, about 12 minutes. Remove chicken to a heated platter. Cover to keep warm. Boil pan juice vigorously until reduced by half, about 2 minutes. Serve chicken with steamed vegetables such as rapini or green beans. Drizzle sauce over top and serve immediately.

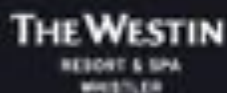
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Thanksgiving Buffet Brunch from page 32



### FLUFFY SPICED PANCAKES

Makes about 18 4-in (10-cm) pancakes

3	large eggs, separated
1 1/4 cup (300 ml)	butter milk
3 tbsp (45 ml)	unsalted butter, at room temperature
1 tbsp (15 ml)	granulated sugar
2 tsp (10 ml)	dark molasses
1 1/2 cups (375 ml)	multi-grain flour
2 tsp (10 ml)	ground ginger
1 tsp (5 ml)	baking soda
1 tsp (5 ml)	baking powder
1 tsp (5 ml)	ground cinnamon
1/2 tsp (2 ml)	salt
1/4 tsp (1 ml)	ground cloves
	whipped cream, optional

Whip egg whites in a deep bowl with an electric mixer until they hold soft, moist peaks. In another large bowl, combine egg yolks, buttermilk, soft butter, sugar and molasses. Beat with an electric mixer until blended. Add flour, ginger, baking soda, baking powder, cinnamon, salt and cloves. Beat until smooth. Fold in whipped whites. Spray a non-stick pan or griddle with cooking spray. Pour 1/4 cup (50 ml) portions of batter into pan, spaced so they don't run into one another. Cook until tops are full of little bubbles and bottoms appear golden. Flip and cook until bottoms are golden. Remove to a baking sheet and keep warm in a (350 F / 180 C) oven until all pancakes are cooked. Serve warm with Simple Peach Conserve (recipe follows) and dollops of whipped cream.

### SIMPLE PEACH CONSERVE

5	ripe peaches
2 cups (500 ml)	granulated sugar
1	orange, peeled, pitted and chopped
1/2	lemon, unpeeled, seeded and chopped
1/2 cup (125 ml)	seedless golden raisins
1/2 cup (125 ml)	natural almonds, chopped

Peel and pit peaches. Chop flesh and place in a heavy saucepan. Add sugar, orange, lemon and raisins. Fold together and set aside for a couple of hours to marinate. Bring to a boil, reduce heat and simmer for 20 minutes or until very thick and sugar is completely dissolved. Stir often. Stir in almonds and serve with Fluffy Spiced Pancakes. Conserve can be made ahead and refrigerated for up to 2 days before serving.

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### BACON AND VEGETABLE TORTA

Serves 4

- 2 red bell peppers, cored and cut into 1-in (2.5 cm) strips
- 2 yellow bell peppers, cored and cut into 1-in (2.5 cm) strips
- 1 large eggplant, cut lengthwise into 1/4-in (3 cm) slices
- olive oil
- sea salt and freshly ground black pepper
- 1 sweet vidalia onion, thinly sliced into rings
- 1 large garlic clove, finely minced
- 1 large green zucchini
- 1 large yellow zucchini
- 6 slices bacon, cooked and crumbled
- 2 tbsp (30 ml) fresh basil, minced
- 1 tbsp (15 ml) fresh oregano, minced
- 2-3.5 oz (70-100 g) package goat's cheese, crumbled
- garlic or basil oil, optional
- oregano, optional

Preheat oven to 375 F (190 C). Brush pepper and eggplant with oil, place in a single layer on baking sheets and season generously with salt and pepper. Roast for 20 to 30 minutes until soft, not browned. Remove and cool.

Heat 1 tbsp (15 ml) olive oil in a large sauté pan. Add onion and garlic and sauté until soft and onion is almost clear, not browned. Remove to a dish. Cut zucchini lengthwise into 1/4-in (3 cm) slices. Add a little more oil, then sauté zucchini, a few slices at a time, until slightly golden on both sides. Remove to a plate.

To assemble tortas, oil an 8-in (20 cm) cake pan and line with plastic wrap draped over the sides. Take half the eggplant slices and line the bottom. Combine basil and oregano and sprinkle a third over eggplant. Then layer half the zucchini, pepper and onions. Sprinkle with another third of the fresh herbs. Scatter with crumbled goat's cheese and bacon. Top with remaining zucchini, peppers, and onions. Sprinkle with the final third of minced herbs. Seal tortas with remaining eggplant slices. Wrap up edges of plastic wrap and top with an 8-in (20 cm) round of parchment paper. Place an 8-in (20 cm) pan or plate on top and weight it with a heavy tin or jar. Place pan in a large flat bottomed bowl to catch any juices and refrigerate for several hours. Remove from fridge and drain off liquid. Remove plastic and invert tortas onto a serving platter. Using a sharp knife, cut into wedges and serve at room temperature. Excellent drizzled with basil or garlic oil and oregano on the side.

#### PAIRS WITH

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### CLOVERLEAF HONEY WHEAT ROLLS

Makes 12 rolls

- 2 1/2 tsp (12 ml) traditional dry yeast
- 1 cup (250 ml) warm water
- 2 cups (500 ml) bread flour
- 1 cup (250 ml) whole-grain flour

- 3 tbsp (45 ml) liquid honey
- 2 1/2 tbsp (37 ml) unsalted butter, melted
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) water
- 1 large egg

Dissolve yeast in 1 cup (250 ml) warm water. Set aside for 5 minutes. Transfer to a large mixing bowl and add 1 1/4 cups (375 ml) of the bread flour, whole grain flour, honey, melted butter and salt. Stir until blended. Add another 1/4 cup (50 ml) bread flour and work it with your hands or use an electric mixer fitted with a dough hook. Mix until a soft dough forms. Continue to knead for about 8 minutes or until smooth and elastic. Add more flour if necessary to prevent dough from being sticky. Lightly oil ball of dough and place in a lightly oiled bowl. Cover with buttered waxed paper and a damp cloth. Set in a warm, draft-free place to rise until almost doubled in bulk, about 1 1/2 hours.

To test if adequately risen, press finger into dough. If it leaves a deep impression it is ready to punch down for the second rising. Punch down dough and divide dough into 12 equal portions. Working with one portion at a time, divide each into 3 pieces. Shape each piece into a ball and tuck 3 balls into a well-oiled muffin cup. Cover and set aside to rise in a warm, draft-free place until doubled in size, about 25 minutes.

Preheat oven to 425 F (220 C). Uncover dough. Combine 1 tbsp (15 ml) water and egg in a measuring cup. Whisk to blend and gently brush surface of rolls with mixture. Bake for 12 minutes or until lightly golden. Serve warm. Rolls can be made ahead and stored at room temperature for a day. Wrap in foil and reheat at 350 F (180 C) until warmed.



### OLD-FASHIONED EGG BLOSSOMS

Serves 4

#### EGGS

- 4 sheets phyllo pastry
- 1/4 cup (75 ml) unsalted butter, melted
- 3.5 oz (100 g) goat's cheese, crumbled
- 6 large eggs
- salt and freshly ground black pepper
- 3 tbsp (45 ml) fresh chives, finely chopped
- 3 tbsp (45 ml) Parmesan, coarsely grated
- 3 cups (750 ml) baby spinach leaves
- extra virgin olive oil

To make Egg Blossoms, brush a sheet of phyllo with melted butter. Lay another sheet on top and repeat. Cut into 4 equal squares and cover with plastic wrap. Repeat twice buttering 2 more sheets of phyllo and cutting into squares. You should have 3 sets of two-layered squares. Lightly butter 4 custard cups or muffin tin. Press 3 sets of squares into each custard cup or muffin tin, offsetting the squares to create a ruffled edging. Phyllo can be tightly covered and refrigerated at this point for later baking. Preheat oven to 350 F (180 C). Divide the crumbled goat's cheese and chopped chives evenly among phyllo squares, then break 1 egg into each cup. Season each with salt and pepper and 1/2 tsp (7 ml) Parmesan. Bake in the preheated oven for 18 to 20 minutes or until eggs are softly set. Meanwhile prepare Blender Hollandaise.

#### BLENDER HOLLANDAISE

- 4 large egg yolks
- 1 tbsp (15 ml) lemon juice, freshly squeezed
- 1/2 tsp (2 ml) Dijon mustard
- 1/4 tsp (1 ml) salt





4 oz (125 g)	Gruyère cheese, shredded
4 oz (125 g)	Emmenthal cheese, shredded
4 oz (125 g)	Parmesan, shredded

Melt butter in a large soup pot over medium heat. Add onions, season with salt and pepper and cook over medium-low heat stirring occasionally, until onions start to brown and caramelize, about 45 minutes. Add thyme, cherry or part and brush to the onions. Stir, scraping up any brown bits stuck to the bottom of the pot. Bring to a boil then lower to a simmer and cook for 30 minutes. Taste and season as needed.

When ready to serve, preheat the broiler. Cut the baguette into slices 1/2 in (1 cm) thick on the bias. You will need about 2 slices per soup bowl. Place the slices on a baking sheet and toast lightly under the broiler. Mix garlic and olive oil together and brush a thin layer over each toasted slice. Set six over-proof soup bowls on a baking sheet. Ladle the soup into the bowls. Put a slice or two of the baguette on top of the soup. Cover the surface almost entirely without any overlap, cutting the slices to fit, if necessary. Mix cheese together, divide and sprinkle toast generously with mixture. Carefully slide baking sheet into oven and melt cheese under broiler until it starts to brown, about 2 minutes. Carefully remove from oven and serve immediately.

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**PASTA PRIMAVERA WITH PARMESAN TULES****Serves 4**

1 lb (250 g)	penne pasta
	coarse salt
2 tbsp (30 ml)	olive oil
3	large cloves garlic, chopped
1	large sweet onion, peeled and chopped
1	large fennel bulb, trimmed and cut into 2-in (5 cm) strips, reserve fronds
1 lb (250 g)	fresh young green beans, trimmed and cut into 1-in (2.5 cm) pieces
6	new carrots, scrubbed and julienned
24	cherry tomatoes, halved
1/2 tsp (2 ml)	crushed dried chiles
1/4 cup (75 ml)	mixed fresh herbs, minced (basil, dill, rosemary)
4 cups (1 L)	baby Swiss chard leaves, lightly packed
1/2 cup (125 ml)	pitted black olives, halved
	salt and freshly ground black pepper
1/2 cup (125 ml)	grated goat's milk Parmesan cheese, plus more for serving
6	slices prosciutto, fried and crumbled

Bring a large pot of salted water to a rolling boil. Add penne and stir well. Cook until al dente, about 10 minutes. Drain and transfer to a very large bowl. Toss with a little oil to keep penne from sticking together.

Heat olive oil in a large skillet. Add garlic and chopped onion and sauté over medium heat stirring often until soft. Add fennel, beans, and carrots and sauté until tender-crisp. Add tomatoes and chiles and toss together over medium heat just until blended and warmed. Remove vegetables from heat and add to penne

along with chopped herbs, baby chard and olives. Gently toss to mix. Add salt and pepper to taste. Sprinkle with cheese and crumbled prosciutto. Garnish with fennel fronds and serve with Parmesan Tules (recipe follows).

**PARMESAN TULES**

1 cup (250 ml)	Parmigiano Reggiano cheese, coarsely grated
1/2 tsp (5 ml)	fennel seeds, crushed
1/2 tsp (1 ml)	red chiles, crushed

Preheat oven to 375 F (190 C). Cover 2 large baking sheets with parchment paper.

Mix together cheese, fennel seeds and crushed chiles. Sprinkle 2 tbsp (30 ml) of cheese on parchment to form a 4-in (10 cm) circle. Repeat, making sure to leave a 2-in (5 cm) space in between each circle of cheese. Bake for 4 to 8 minutes or until golden and bubbly. Remove and immediately drape over a rolling pin or a narrow bottle to give the curved shape. Cool and store in an airtight container for up to 2 days.

**PAIRS WITH**

ANTINORI SANTA CRISTINA PINOT GRIGIO  
Italy \$14.99 75054

MOMMESSIN BEALIGOLA'S  
France \$14.49 333734

**OSSO BUCCO WITH KALE****Serves 4**

6	thick, meaty veal shanks, <sup>§</sup> about 4 lbs (1 kg)
	all-purpose flour
	salt and freshly ground black pepper
2 tbsp (30 ml)	olive oil
2	large carrots, peeled and diced
2	stalks celery, diced
1	large onion, peeled and diced
2	large garlic cloves, minced
1	bunch kale, stems removed and leaves chopped
1 cup (250 ml)	dry white wine
1 cup (250 ml)	chicken or veal stock
28 oz (796 ml)	can plum tomatoes, drained and chopped
1 tbsp (15 ml)	fresh thyme, minced

Preheat oven to 350 F (180 C). Lightly dust shanks with flour and season with salt and pepper. Heat oil in a large heavy bottomed sauté pan. Add shanks, 2 at a time, and cook over medium heat until lightly browned, about 10 minutes. Remove to a plate. Add more oil if needed. Add carrots, celery, onion and garlic to fat remaining in pan. Sauté over medium low heat for 10 minutes or until soft. Remove with a slotted spoon to a deep casserole dish that will hold shanks in a single layer. Fold in chopped kale. Nestle shanks on top in a single layer adding any juices from plate. Add wine to sauté pan and boil vigorously until reduced to 1/2 cup (125 ml). Stir in stock, tomatoes and thyme. Pour over shanks in casserole dish. Cover tightly and bake for 1 hour. Then turn shanks, cover and continue to bake for an additional hour or until very tender. Remove shanks to a heated platter and remove strings. Cover with foil. If sauce is more than 2 cups

<sup>§</sup> Ask your butcher to tie a string around each shank so they will hold their shape during cooking.

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 **SAN PEDRO**  
WINE OF CHILE

Cozy, New Comfort Food from page 52 continued

(500 ml) and appears too liquid, transfer to a saucepan and boil juices vigorously until reduced to desired thickness. Pour over top of shells and sprinkle with granolata topping.

#### GRANOLATA TOPPING

- 1 lemon, finely grated peel only
- 3 tbsp (45 ml) fresh parsley, finely minced
- 1 large clove garlic, finely minced

Combine topping ingredients and stir to blend. Cover and set aside.

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#### TERRE BAROLO

Italy \$37.99 452709



#### THAI SEAFOOD CHOWDER ON JASMINE RICE

##### Serves 4

- 2 tbsp (30 ml) unsalted peanut oil
- 4 green onions, chopped
- 2 large garlic cloves, finely minced
- 1/2 cup (75 ml) Thai green curry paste
- 3 tbsp (45 ml) fresh cilantro, minced
- 1 cup (250 ml) water
- 1 1/2 cups (400 ml) canned unsweetened coconut milk
- 2 small fresh red Thai chiles
- 2 kaffir lime leaves
- 1 tbsp (15 ml) fish sauce or tamarind soy sauce
- 1/2 cup (120 ml) freshly squeezed juice from 1 lime
- 1/2 cup (2 ml) raw cane sugar
- 8 baby carrots, cleaned, cut in half lengthwise
- 8 large prawns, tail on, peeled, deveined
- 4 large scallops
- 12 black mussels, scrubbed, debearded
- 4 bok choy, cut in half lengthwise
- 2 cups (500 ml) cooked brown jasmine rice
- 2 tbsp (30 ml) red Thai basil, minced

Heat oil in a large saucepan and lightly sauté white parts of green onions and garlic being careful not to brown. Whisk in curry paste and half the cilantro and sauté for a minute. Stir in water, coconut milk, chiles, kaffir lime leaves, fish sauce, lime juice and sugar. Bring to a low simmer. Add carrots and cook for 3 minutes or until tender-crisp. Place prawns, scallops and mussels on top. Cover and simmer just until mussels open and prawns are almost opaque. Discard any mussels that do not open. Immerse bok choy into broth and just heat through. Divide rice into 4 individual serving bowls. Divide seafood chowder evenly over top of rice. Sprinkle with remaining green onions, cilantro and basil.

#### PAIRS WITH

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**MOELLAND-RESORTER MICHELBERG RIESLING KABNETT**  
Germany \$13.99 288670

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### SPICED BEEF AND MUSHROOM DAUBE

#### Serves 4

3 lb.	(1.3 kg)	blade steak, trimmed and cut into 1 1/2-in. (3.8 cm) cubes
2		medium onions, thinly sliced
4		garlic cloves, minced
1		whole star anise
1		dillanion stick
2		fresh bay leaves
1		orange, zest only
1		dry red wine
3 cups	(750 ml)	carrots, sliced
2 1/2 tbsp	(37 ml)	butter
2 tbsp	(30 ml)	olive oil
4 tbsp	(60 ml)	flour
1/4 lb.	(125 g)	fresh shitake mushrooms, stalks trimmed, sliced
1/4 lb.	(125 g)	crimini mushrooms, sliced
		salt, to taste
2 tsp	(10 ml)	coarsely ground black pepper
1 cup	(250 ml)	beef stock

Place beef, onions, garlic, spices, orange zest and red wine in a large bowl. Cover with plastic wrap and refrigerate overnight or at least 4 hours. Drain the meat and vegetables, reserving the marinade. Separate meat and dry on paper towels. In a large Dutch oven, heat butter and olive oil over medium-high heat then brown meat in batches without overcrowding.

When done, add onions and carrots to the casserole and sauté for 5 minutes then sprinkle with flour and cook until it starts to brown. Slowly add reserved marinade, stirring continuously and scraping up the brown bits from casserole. Return meat to pan and add mushrooms. Season with salt and pepper.

Bring to a boil skimming surface, then add stock. Reduce heat to low, cover and simmer for 2 1/2 hours until meat is tender and sauce has thickened. Remove star anise, dillanion stick and bay leaves and serve with polenta, papardelle noodles or mashed potatoes.

#### PAIRS WITH

##### ROOT 1: CABERNET SAUVIGNON

Chi \$14.99 105641

##### EVANS & SOTE MARGARET RIVER SHIRAZ

Australia \$18.99 587160



### BACON, CHEDDAR AND GREEN ONION CORNBREAD

Serves 12

8		slices side bacon
1/2 cup	(125 ml)	butter, melted
1 cup	(250 ml)	chopped green onions
1 1/4 cups	(325 ml)	cornmeal
1 1/4 cup	(300 ml)	all-purpose flour
1/4 cup	(50 ml)	sugar
1 tbsp	(15 ml)	baking powder
1 tsp	(5 ml)	salt
1/2 tsp	(2 ml)	baking soda
1 1/2 cups	(375 ml)	buttermilk
3		large egg
1 1/2 cups	(375 ml)	sharp cheddar cheese, grated
1 cup	(250 ml)	fresh corn kernels
1/2 cup	(125 ml)	sun-dried tomatoes, packed in oil, drained, chopped (optional)
2 tbsp	(30 ml)	jalapeño peppers, chopped (optional)

Fry bacon until crisp, drain on paper towel, reserving 2 tbsp (30 ml) of bacon fat. Break up bacon into small 1/2-in. (1 cm) pieces. Set aside.

Preheat oven to 400 F (200 C). Heat 1 tbsp (15 ml) melted butter over medium heat in a 10-in cast-iron skillet. Add green onions and sauté for 5 minutes or until soft. Transfer to a bowl.

Mix together next 6 ingredients in a bowl. Whisk together buttermilk and egg and stir into dry ingredient mixture. Stir in bacon fat and melted butter, reserving 1 tbsp (15 ml) butter. Then add cheese, corn, sun-dried tomatoes, jalapeño peppers, bacon and green onions. Add remaining butter to skillet and heat over high heat until foamy, about 1 minute. Pour batter into skillet and bake until golden, about 40 minutes. Cool at least 20 minutes in skillet before serving. Or, bake in a 9-in. (22.5 cm) round buttered cake pan for 50 to 60 minutes or until golden. Cool for 20 minutes before serving.

#### PAIRS WITH

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BC, VQA \$16.99 426412



### ASIAN-SPICE MARINATED PANKO-CRUSTED FRIED CHICKEN

#### Serves 4

2 tbsp	(30 ml)	ginger, minced
2		garlic cloves, minced
1/2 tsp	(2 ml)	dried red chili flakes
3 tbsp	(45 ml)	soy sauce
1 tbsp	(15 ml)	dry sherry
2 tsp	(10 ml)	sesame oil
1 1/4 lb.	(2 kg)	chicken, mixed, patted dry, cut into 10 pieces, breasts cut in half
2 cups	(500 ml)	panko breadcrumbs
1/2 tsp	(2 ml)	each cayenne, salt and black pepper
1/2 cup	(75 ml)	melted butter

Mix together first 6 ingredients in a large bowl. Add chicken and mix well to marinate. Cover with plastic wrap and refrigerate for at least 2 hours or best overnight.

Preheat oven to 450 F (230 C). Mix together panko breadcrumbs, cayenne, salt,

# WE HAVE REFRESHMENT DOWN COLD

Fall Harvest: Apples from page 68

pepper and melted butter in a pie plate. Dredge chicken two pieces at a time in crumb mixture coating evenly on all sides. Transfer skin-side-up to a shallow baking pan lightly greased with baking spray. Bake chicken until well-browned and cooked through, about 20 minutes. Remove from oven and let stand uncovered 10 minutes to crisp. Once cooked, chicken can be warmed up in a preheated 350 F (180 C) oven.

#### PAIRS WITH

**BERNARD FOUNDERS' ESTATE CHARDONNAY**  
USA \$19.99 534230

**DRAZURIZ SAUVIGNON BLANC**  
Chile \$13.99 260385



#### APPLE CAKE WITH YOGURT CREMA

Serves 8

#### CRUST

2½ cups (625 ml)	all-purpose flour
1½ cups (300 ml)	granulated sugar
¼ cup (175 ml)	chilled unsalted butter, cubed
1	egg

Combine flour and sugar in a food processor and whirl until blended. Add butter and continue to whirl, pulsing until mixture becomes the texture of fine crumbs. Add egg and whirl just until mixture begins to hold together. Turn dough onto a flat surface and gather together to form a ball. Remove ¼ of the dough and set aside for the lattice topping. Form remaining dough into a flat disk. Gently roll on a lightly floured surface until it is large enough to line the bottom and sides of an 8-in (20 cm) springform pan. Transfer dough to pan and press into the bottom and ¼ of the way up the sides of the pan. If dough tears, patch with small pieces of dough.

#### FILLING

4 cups (1 l)	apples, peeled and sliced
¼ cup (50 ml)	crystallized ginger, chopped
¼ cup (50 ml)	toffee bits, chopped
½ cup (125 ml)	light brown sugar, packed
3 tbsp (45 ml)	all-purpose flour
1	lemon, finely grated zest only
1 tbsp (15 ml)	milk
	icing sugar (optional)

Combine filling ingredients except for milk in a large bowl. Gently toss together until evenly mixed. Place filling in crust. To make lattice topping, roll bits of remaining dough into about 3-in (10 cm) thin cylinders. Criss-cross cylinders of dough on surface of apple filling to form a lattice topping. Trim edges to fit and seal. Brush lattice with milk and bake in 350 F (180 C) oven for about 1 hour or until apples are tender and crust is golden. Remove to a rack to cool.

#### YOGURT CREMA

1 cup (250 ml)	whipping cream
½ cup (75 ml)	plain yogurt or buttermilk

Combine whipping cream and yogurt or buttermilk in a glass jar. Mix well and seal with lid. Set aside at room temperature in a warm location for at least 12 hours.





## Fall Harvest: Apples from page 68 continued

When it is thick and creamy, refrigerate for up to 1 week.

To serve, dust tart with icing sugar and serve wedges with dollops of Yogurt Creme spooned over top.

### PAIRS WITH

#### CALVADOS

France **\$45.99** 167136

#### Pinnacle Ice Cider

Canada **\$29.95** 7674



### APPLE AND PARSNIP SOUP

#### Serves 4

1 tbsp (15 ml)	olive oil or grape seed oil
2	leeks, white part only, chopped
2	garlic cloves, minced
3	parsnips, peeled and chopped
2 1/2 cups (625 ml)	chicken stock
1	large thyme sprig
1 tsp (5 ml)	ground turmeric
1/2 tsp (2 ml)	ground ginger
1/4 tsp (1 ml)	ground cardamom
3	large apples, peeled, cored and chopped
	salt and freshly ground black pepper
	cilantro sprig

Heat oil in a large saucepan. Add leeks and garlic and sauté until soft. Do not brown. Add parsnips and continue to sauté over medium-low heat until almost soft, then add chicken stock, thyme, seasonings and apples. Cover and bring to a boil. Reduce heat to simmer and cook for 20 minutes or until apples are soft. Remove thyme stems. Remove from heat. Cool mixture before puréeing. Then purée and add salt and pepper to taste. Serve topped with cilantro and Parsnip Crisps (recipe follows).

#### PARSNIP CRISPS

1	large parsnip
	grape seed oil

Peel a large parsnip and thinly slice on a mandolin. Heat 1/4 in (5 cm) grape seed oil in a sauté pan until very hot, almost smoking. Fry slices, several at a time, until golden brown, about 2 to 3 minutes. Crisps will curl and twist slightly. Remove with a slotted spoon and drain on a plate lined with paper towel. Sprinkle with salt. They will stay crisp for several hours.

### PAIRS WITH

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USA **\$18.99** 638025

#### ROSEMOUNT CHARDONNAY

Australia **\$15.99** 363032



### APPLE-GLAZED PORK TENDERLOIN WITH QUINOA

#### Serves 4

#### MARINADE

1 cup (250 ml)	pure apple cider
2 tbsp (30 ml)	grape seed oil
2 tbsp (30 ml)	tamari soy sauce
1	garlic clove, smashed and minced
1 tsp (5 ml)	fresh ginger, peeled and finely grated
1/4 tsp (1 ml)	each salt and crushed dried chiles

Combine marinade ingredients except pork and butter in a large bowl. Whisk to blend.

#### QUINOA

1 cup (250 ml)	quinoa, rinsed and drained
2 cups (500 ml)	water

Heat water in a saucepan. Stir in rinsed quinoa and bring to a boil. Reduce heat to simmer and cook, covered for 10 minutes. Turn off heat and let rest on burner for about 5 minutes. Then remove and fluff with a fork.

#### SAUCE

2 tbsp (30 ml)	unsalted butter
2 tbsp (30 ml)	all-purpose flour
1/2 cup (125 ml)	water
3 tbsp (45 ml)	brown sugar, packed
1 tsp (5 ml)	Dijon mustard

To make sauce, melt 2 tbsp (30 ml) butter in sauté pan. Whisk in flour until crumbly. Whisk in water, sugar, Dijon and remaining marinade (juices stirring until smooth. Continue to cook until reduced and thickened.

#### TENDERLOIN

1 lb (500 ml)	pork tenderloin
1 tbsp (15 ml)	butter

Press tenderloin into marinade and rotate to evenly coat. Tightly seal and refrigerate for 2 hours or overnight. Turn tenderloin several times. Remove pork from marinade, reserving juices for sauce. Melt butter in a heavy sauté pan over medium-high heat. If tenderloin is too large for pan, cut in half. Add tenderloin and cook for 5 minutes, turning several times in pan until lightly browned on all sides. Add a splash of water if necessary. Cover and simmer for 12 minutes until tender and a hint of pink remains. Remove from pan and place on a platter to rest for 5 minutes before serving. Cover to keep warm.

Divide quinoa evenly among serving plates. Slice tenderloin into thick rounds and rest 2 or 3 onto each round of quinoa. Drizzle sauce over top and garnish with green onions and candied carrot curls. Excellent served with steamed Chinese broccoli or snap peas.

**PAIRS WITH**

**RED ROOSTER GEWÜRZTRAMMER**  
 BC, USA **\$15.99** 418810

**BRINGER STONE CELLARS CHARDONNAY**  
 USA **\$13.99** 602826



**ASIAN-SPICED BRAISED SHORT RIBS**

**Serves 4**

4 lbs (2.7 kg) short ribs, cut lengthwise or in large blocks  
 salt and freshly ground black pepper

**SHORT RIB RUB**

½ tsp (2 ml) five-spice powder  
 3 garlic cloves, minced  
 2 tbsp (30 ml) ginger, minced  
 2 tbsp (15 ml) sesame oil

Season short ribs with salt and pepper. Mix together rub ingredients. Rub mixture onto ribs and set aside for 15 minutes.

1 medium onion, sliced  
 1 bunch green onions, chopped  
 4 garlic cloves, chopped  
 2 tbsp (30 ml) ginger, minced  
 ½ tsp (2 ml) dried red chili flakes  
 2 tbsp (30 ml) brown sugar  
 5 whole star anise  
 2 tbsp (30 ml) Szechwan peppercorns  
 1 cinnamon stick  
 1 orange, zest only  
 1 bunch cilantro  
 ½ cup (75 ml) sake  
 4 tbsp (60 ml) dark soy sauce  
 ½ cup (125 ml) orange juice  
 1 cup (250 ml) red wine  
 2 cups (500 ml) beef stock or water

Preheat oven to 350 F (200 C). Heat a large pot over medium-high heat; add ribs and brown all sides. Remove and set aside. Add onion, green onions, garlic cloves, ginger and chili flakes to pan and sauté for 2 minutes or until onions soften. Add remaining ingredients and bring to a boil. Return ribs to pot, making sure liquid reaches at least halfway up sides of meat. Cover with parchment paper and then with a tight fitting lid. Place in oven and cook for 1½ hours or until very tender. Remove ribs, strain marinade and remove excess fat. Reduce sauce to about 2½ cups (625 ml), then add ribs to reheat and serve.

**PAIRS WITH**

**DANCING BULL ZINFANDEL**  
 USA **\$12.99** 131623

**JORGE ORDONEZ GARNACHA DE BUECO**  
 Spain **\$15.99** 255745



**HUNTER-STYLE CHICKEN WITH PORCINI AND POLENTA**

**Serves 4**

1 4 lb (2 kg) free-range chicken  
 salt and fresh ground black pepper  
 2 tbsp (30 ml) olive oil  
 1½ oz (45 g) dried porcini mushrooms, soaked in hot water  
 1 large onion, finely chopped  
 4 cloves garlic, minced  
 1 red pepper, cored, seeded and julienned  
 1 red chili flakes  
 ½ tsp (2 ml) dried red wine  
 1 cup (250 ml) dry red wine  
 1 tbsp (15 ml) fresh rosemary, chopped  
 6 sage leaves, coarsely chopped  
 2 tbsp (30 ml) tomato paste  
 19 oz (539 g) can chopped tomatoes, in juice

Cut and separate chicken by removing legs at the joint socket and cutting drumstick from thigh. Carefully take off breasts and cut in half. Season with salt and pepper. Strain mushrooms, reserving liquid and check to remove any grit or dirt. Coarsely chop mushrooms.

Heat olive oil in a large heavy casserole with a lid over medium-high heat. Add chicken pieces and sauté until golden. Remove and set aside. Add garlic and onions and sauté for 2 minutes then add red pepper and chili flakes. Sauté until peppers start to soften. Add chicken pieces, red wine, rosemary, sage and tomato paste and bring to a boil. Lower heat and simmer for 2 minutes. Add tomatoes, juice and mushrooms including liquid. Season with salt and pepper. Reduce to low heat, partially cover and simmer for 30 to 40 minutes or until chicken is tender. Serve on warm polenta.

**HERBED CHEESE POLENTA**

4 cups (1 L) water  
 1 cup (250 ml) polenta  
 ½ cup (125 ml) grated Parmesan or Romano cheese  
 2 tbsp (30 ml) butter  
 ½ cup (125 ml) mixed herbs, chopped (parsley, chives, tarragon, sage and thyme)  
 salt and freshly ground black pepper, to taste

In a large saucepan bring the water to boil. Pour the polenta into the water in a slow stream while whisking to avoid lumps. Reduce heat to low and cook for 7 minutes, stirring occasionally, until soft and creamy. If too thick, whisk in hot water until desired consistency. Stir in cheese, butter, herbs and season to taste.

**PAIRS WITH**

**PERRIN RÉSERVE CÔTES DU RHÔNE**  
 France **\$17.99** 363167

**J. LOHR RIVERSTONE CHARDONNAY**  
 USA **\$22.99** 258879



Lumière from page 76



### PENNE WITH BROCCOLINI, SUN-DRIED TOMATOES AND CHORIZO

#### Serves 4

1 lb	(500 g)	penne
1/4 lb	(90 g)	broccolini, trimmed and cut into 1 1/2-in (3.5 cm) pieces
2 tbsp	(30 ml)	olive oil
1		leek (white part only), finely sliced
1/4 lb	(125 g)	pancetta, chopped
3		garlic cloves, finely sliced
1/4 lb	(250 g)	fresh chorizo, drained and coarsely chopped
1		red pepper, cori, seeded and sliced
1/4 cup	(75 ml)	sun-dried tomatoes, sliced (packed in oil, drained)
		salt and freshly ground black pepper
3 tbsp	(45 ml)	flat leaf parsley, coarsely chopped
3 tbsp	(45 ml)	Parmesan, shaved

Bring a pot of salted water to a boil and cook pasta to al dente. In the last 2 minutes of cooking, drop broccolini into the boiling water to blanch. Drain. Meanwhile in a large sauté pan, heat olive oil over medium heat adding leek, pancetta, garlic, chorizo and red pepper and sauté for 5 minutes or until leek is soft and sausage is cooked. Add sun-dried tomatoes and season to taste. Toss pasta mixture with the chorizo mixture and garnish with parsley and Parmesan.

#### PAIR WITH

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CHAT EN OULF RED  
France \$12.99 5-4336



### DUCK BREAST WITH ONIONS AND KUMQUAT MARMALADE

#### DUCK BREAST

1	duck breast
1 tsp	cooking oil

Remove any excess fat from duck breast. Score the top, making sure not to go all the way through. Start duck breast skin side down in a warm sauté pan with oil and allow duck to cook in its own fat on low heat. As the rendered fat accumulates make sure to remove extra so fat does not come up sides of breast. Once duck has rendered to a thin layer of fat, turn the heat to medium-high, and crisp the skin making sure not to let it get too dark. Once it is golden brown, flip to other side and finish in oven to desired doneness. Chef's note: After meat is removed from oven, allow it to rest 5-7 minutes before cutting.

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**KUMQUAT MARMALADE**

1 lb (200 g)	kumquats
1/4 cup (80 g)	sugar
1 1/2 cup (360 ml)	white wine
1/4 cup (120 ml)	white balsamic vinegar

Sachet of following tied in cheesecloth:

1	star anise
1 tsp	pink peppercorns
1 tsp	white peppercorns
1 tsp	coriander
1	bay leaf

Cover kumquats with cold water and bring to a boil. Once at a boil drain and cover with cold water. Bring to a boil once again. Do this three times, this will remove any wax and help remove the astringency. Once blanched, cover kumquats with cooking liquid, sugar and sachet. Cover with a lid. Simmer until the fruit is tender, no longer astringent and the liquid has reduced to syrup.

Once cooked, allow to cool in the syrup. When cool chop part of the fruit and reserve some whole for plating.

**ONION PURÉE**

2	onions, julienned
1	small sachet made from cardamom, thyme and coriander seed tied in cheesecloth
1 tbsp (15 ml)	butter
1 tbsp (15 ml)	cooking oil

In a small sautépan, over medium heat begin sweating onion in butter and oil. Add sachet. Cover and continue to cook onions over low to medium heat until they are completely cooked but not browned. Add cream. Reduce and purée in blender until smooth.

**RED ONION PEARLS**

2	pearl onions, peeled
1/2 cup (100 ml)	veal stock
1/2 cup (100 ml)	red wine
2 tbsp (30 ml)	butter

In a small sautépan, over high heat, sauté pearl onions in butter. Glaze with veal stock. Add red wine when stock is reduced and reduce again.

**DUCK GLAZE**

1 1/2 tsp (7 g)	cardamom
1/2 tsp (2 g)	fennel seed
1/2 tsp (2 g)	coriander
1/2 tsp (2 g)	pink peppercorns
1 1/2 cups (300 ml)	honey
1/2 cup (125 ml)	Mellor vinegar*
1/2 cup (50 ml)	sherry vinegar

In a small sautépan over medium heat, reduce honey then add spices. When desired consistency is reached, add vinegars and reduce to a glaze.

**CIPPOLINI ONIONS**

2	cippolini onions, peeled
2 tbsp (30 ml)	butter
3	sprigs thyme

Add butter and thyme to a pan of simmering water. Add peeled onions. Continue to simmer until desired doneness. Remove from water and chill.

To assemble put a small amount of onion purée on the plate and arrange onions on top. Take well-roasted duck, brush skin with glaze and place on plate next to onions. Garnish with 2 halved kumquats from Kumquat Marmalade recipe above.

\* Mellor is a herb and honey infused alcohol vinegar made in France, available at specialty food stores or from online sources.

**PAIRS WITH**

CÔTES DU RHÔNE CIGAS ST ESPRIT  
France \$17.99 95470

SANDHILL GAMAY NOIR  
BC VQA \$19.99 62867

**SCALLOPS WITH AVOCADO AND FENNEL****SCALLOPS**

3	scallops
1 tsp (5 ml)	olive oil
1/2 tsp	mild curry powder
pinch	salt

Season scallops with mild curry powder and salt. Add olive oil and scallops to a smoking hot pan. Once the scallops have a golden brown colour turn over and brown other side.

**FENNEL PURÉE**

4 heads	fennel
2 sprigs	basil
1 1/2 tbsp (30 g)	Fennel liquor
	sachet made from anise, fennel seed and coriander tied in cheesecloth
	(100 ml) cream
3 tbsp (45 ml)	cooking oil

Slice fennel and sweat in oil. While sweating, add basil, Fennel and herb sachet. Reduce. Remove basil and sachet and add cream and then purée in blender. Pass through a fine chinois or sieve.

**AVOCADO MOUSSE**

2	avocados
pinch	cayenne pepper
1	lemon, juice only
	salt and pepper to taste

Scoop avocado and remove pit. Purée flesh with seasoning, adjust quantities if necessary. Keep chilled.

**AVOCADO "COOKIE"**

2	avocados
pinch	cayenne pepper
1	lemon, juice only
	salt and pepper to taste

Scoop avocado into bowl and add lemon juice and seasonings. Crush gently with a whisk. Roll out to desired thickness between two sheets of plastic wrap. Freeze in sheets and cut out rounds using a ring mould. Keep frozen.

**FENNEL COMPOTE**

1 bulb	fennel, sliced
5 tbsp (75 ml)	fennel purée

In a pan over high heat roast fennel until caramelized. When roasted to desired degree, mix with a little Fennel Purée.

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Lumière from page 76 continued

Shave fennel and mix with fennel fronds. Season with lemon juice and salt.

To assemble remove avocado discs from freezer and place a dollop of avocado moussé between two discs. Place a small amount of fennel purée on plate. Put avocado "cookies" on plate. Place caramelized fennel on plate between "cookies." Place scallops on fennel and finish with fennel salad on top of scallops.

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#### STRAWBERRY CONSOMMÉ

1 lb (500 g)	strawberries
1 cup (230 g)	strawberry purée
1 tbsp (15 g)	balzano vinegar
4 1/2 tbsp (60 g)	honey
	vanilla bean
	late harvest Riesling

Put everything into a bowl and cover with plastic wrap, put bowl over a pot of simmering water and let sit over the heat for 30 minutes. Take off plastic and let cool for 15 minutes then strain through a coffee filter. Take the liquid and add 10 percent of the weight of it with a late harvest Riesling.

#### ALMOND SABLE

1 cup (210 g)	salt butter
1/2 cup (116 g)	powdered sugar
1 1/4 cup (299 g)	flour
1/2 cup (145 g)	ground almonds
	strawberry jam

Cream butter and sugar together. Combine flour and ground almonds. Add flour mix to butter mix and stir just until it comes together. Roll dough out between two pieces of parchment paper to about 1/4-in thick. Bake between two baking sheets at 350 F (180 C) for 8 minutes. Cut into desired shape and continue baking until golden, about 8 minutes.

#### LEMON MOUSSE

1/2 cup (75 g)	lemon juice
2	lemons, zest only
1/2 cup (112 g)	eggs, lightly mixed white and yolk
1/2 cup (112 g)	sugar
1 1/2	sheets gelatin**
1/2 cup (167 g)	whipping cream (whipped to soft peaks)

Soak gelatin sheets according to package directions. Put lemon juice and zest into a pot and bring to a boil. Add bloomed gelatin and allow to dissolve completely. Whisk egg and sugar together in a bowl. Add 1/2 of the hot lemon juice to egg mixture to temper eggs. Put everything back into pot and continue to cook until mixture thickens. Strain and let cool completely. Fold in cream.

\*\* Gelatin sheets are an alternative to granulated gelatin and are available at bakery specialty stores or from online sources.



**TOASTED ALMOND ICE CREAM**

¼ cup (100g)	toasted almonds
1 ½ cups (350g)	milk
2 ¼ cups (550g)	cream
8	egg yolks
1 cup (240g)	sugar

Toast almonds until almost burned. Put almonds into a pot and pour milk and cream over. Bring to a simmer and turn off heat. Cover and let sit for 30 minutes to infuse. Strain almonds out and bring liquid to a boil. Meanwhile whisk yolks and sugar together in a bowl. When liquids have reached a boil, pour about a third into yolk mixture and whisk together. Pour everything back into pot and put over medium heat. Continuously stir with a wooden spoon until mixture coats the back of spoon. Pour into a shallow pan and put into fridge right away to chill. Churn according to ice cream maker directions.

To assemble: Thinly slice strawberries width-wise into discs, place a ring mould in a shallow bowl and place the strawberries in ring mould. Pour consommé into the bowl but not so that liquid covers fruit. Sandwich two almond sablés with strawberry jam and pipe lemon mousse right onto sablé. Place the sablé and mousse on top of the strawberries and place a scoop of toasted almond ice cream behind it.

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**GREEK SPINACH PIE**

Serves 4

**FILLING**

1 lb (750g)	fresh baby or regular spinach leaves, washed and trimmed
3 tbsp (45 ml)	extra virgin olive oil
1 lb	green onions, trimmed and chopped
3	garlic cloves, minced
2 cups (500 ml)	goat's milk feta, drained and crumbled
½ cup (125 ml)	sheep's milk Parmesan cheese, finely grated
2	large eggs, slightly whisked
½ cup (150 ml)	pine nuts, toasted
¼ cup (50 ml)	fresh dill, finely chopped
¼ cup (50 ml)	fresh oregano, finely chopped
1 tsp (5 ml)	lemon zest, finely grated
¼ tsp (1 ml)	nutmeg, finely ground
	kosher salt

Steam spinach in a vegetable steamer in a large heavy saucepan. When spinach turns bright green, remove to colander and drain. Be careful not to overcook. Cool slightly and press out moisture. Clean saucepan and heat oil. Add onions and garlic sauté just until soft. Stir in cooked spinach and remove from the heat. Bring to room temperature. Stir in remaining filling ingredients until evenly mixed.

**PIE**

1 lb (500g)	package phyllo pastry
¼ cup (75 ml)	extra virgin olive oil or olive oil cooking spray

2 tbsp (30 ml)	unsalted butter
2 tsp (10 ml)	whole milk or table cream

Brush the bottom and sides of a 9 x 13-in (23 x 32 cm) pan with oil. Remove phyllo from package. Gently unroll the sheets and place flat on a kitchen towel or sheet of waxed paper. Phyllo dries quickly so cover with waxed paper and a damp kitchen towel. Lay one sheet of phyllo vertically on a flat surface. Brush with oil working from the centre to the edges. Place in pan off-centre so it reaches half way up the long side of the pan. Repeat with another sheet of phyllo laying off-centre so that it reaches halfway up the other side. Continue with 4 more sheets brushing with oil to gently coat. Next brush 5 more phyllo sheets with oil and place them directly on top in the centre of the pan, one on top of the other.

Spread entire spinach filling on top in an even layer. Dot with butter. Brush remaining sheets of phyllo with oil and place over spinach filling. Tuck in sides to enclose filling completely. Score surface of pie with a sharp knife cutting into 24 rectangles. Do not cut all the way through the phyllo topping. Brush top of pie with milk, making sure to moisten the cut edges of phyllo to prevent it from flaking during baking.

Preheat oven to 375 F (190 C). Bake pie until golden brown and filling is piping hot, about 35 minutes. Cool slightly and cut into rectangles along the score marks to serve.

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**ROASTED EGGPLANT AND TOMATO DIP**

Makes about 2 cups (540 ml)

2	eggplants, about 1 lb (500 g) each
2 tbsp (30 ml)	extra virgin olive oil
¼ cup (75 ml)	onion, finely minced
2	large garlic cloves, minced
¼ cup (50 ml)	tahini paste
1 tsp (5 ml)	salt
	freshly ground black pepper
2	firm but ripe tomatoes, washed and diced
2 tbsp (30 ml)	minced flat leaf parsley
	cayenne pepper or hot sauce, to taste, optional

Preheat oven to 400 F (200 C). Slice stem end from eggplants and prick with a fork in several places. Place directly on an oven rack with a baking pan on rack below, and roast slowly until wrinkled and soft. Using tongs, remove from oven to a plate and cool. Heat 1 tbsp (15 ml) oil in small sauté pan. Add onion and garlic and sauté over medium heat just until soft but not golden. Transfer to a medium bowl and add tahini paste, salt, pepper and remaining tbsp (15 ml) olive oil. Stir to blend. When eggplant has cooled, scoop out insides and mash. Fold into tahini mixture. Fold in tomatoes and parsley. Season to taste with salt, pepper and cayenne or hot sauce. Serve with fresh pita wedges for dipping.

**EASY HOMEMADE WHOLE-GRAIN PITA**

Makes 14 medium pitas

3 cups (750 ml)	whole-grain flour
1 tbsp (15 ml)	fresh rosemary, finely minced

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## RICKARD'S DARK DIJON MAPLE LAMB CHOPS

Makes 14-16 appetizer pieces.

### INGREDIENTS:

- 2 frenched racks of lamb trimmed clean to the bone, each cut into 7-8 lollipops
- 2 whole bulbs of garlic
- 3 tbsp aged balsamic vinegar
- 3 tbsp extra virgin olive oil
- 2 tbsp Dijon mustard
- 3 tbsp maple syrup
- ½ cup Rickard's Dark
- salt and pepper to season

### METHOD:

- Pre-heat oven to 425°F.
- To roast the garlic, cut the tops of the garlic bulbs and drizzle with one tbsp of olive oil. Wrap in foil and roast for 20 minutes – remove garlic from husk and mash to a paste.
- Season the lamb with salt and pepper then mash some of the garlic on each lollipop.
- Sear both sides of the lamb on high heat, cooking for about two minutes per side.
- Remove the lamb from the heat and keep warm under foil.
- Deglaze the pan with the Rickard's Dark and scrape up any bits left in the pan.
- Add the Dijon, maple syrup and balsamic vinegar. Reduce heat to medium and cook down until the liquid forms a light glaze.
- Brush the lamb with glaze and serve as finger food for your next party with a cold pint of delicious – Rickard's Dark!



Autumn in Greece from page 84 continued

1 ½ tsp (7 ml)	salt
1 tbsp (15 ml)	granulated sugar
1 cup (250 ml)	lukewarm water
2 ¼ tsp (12 ml)	traditional yeast
2 tbsp (30 ml)	olive oil

Sift flour, rosemary and salt together in a large bowl. Set aside. Stir sugar into warm water until dissolved. Sprinkle yeast over top and let sit for 10 minutes until yeast is foamy. Whisk in oil. Transfer to a large bowl and blend air in flour. Continue mixing in as much flour as needed until dough becomes somewhat stiff. Turn onto a lightly floured board and knead for 10 minutes. Pat into a round loaf and place in a bowl lightly coated with oil. Roll dough in bowl to coat with oil. Cover bowl with plastic wrap and a damp cloth and set aside in a warm, draft-free place to rise until doubled in size, about 1 ½ hours. Then punch down dough and cut into 14 equal pieces. Roll each piece into a smooth ball and place on a baking sheet lined with parchment paper. Cover with damp cloth and let rest for 20 minutes.

Preheat oven to 300 F (240 C). If you have a baking stone, place in oven to preheat. If using a cookie sheet, place upside down on middle rack in oven to preheat. This will be the surface on which you bake. Lightly dust a work surface with flour. Place a small ball of dough on floured surface and dust with flour. Use a rolling pin or your hands to stretch and flatten dough. Roll it out to a thickness of ¼ in (5 mm). If dough does not stretch, let it rest for 10 minutes before trying again. Roll out as many balls that will fit on baking sheet. Place on hot baking surface in preheated oven. Bake for 3 or 4 minutes until dough is baked through and puffs up like a dumpling. Do not brown or they'll be overdone. Remove and cover with a towel after baking to keep soft. Make sure oven is back up to 300 F (240 C) before baking more pies. If not serving right away, store in plastic wrap.

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## ZUCCHINI FRITTER CAKES WITH CUCUMBER DIP

Makes 15

1 lb (500 g)	zucchini, grated
1	large sweet onion, very finely diced
½ cup (125 ml)	all-purpose flour
¼ cup (50 ml)	fennel fronds, very finely minced
1 tbsp (15 ml)	fresh oil, strained
1 tsp (5 ml)	fresh oregano, minced
¼ tsp (1 ml)	salt
	freshly grated black pepper
½ cup (125 ml)	Parmesan, grated
2 tbsp (30 ml)	fresh chives, chopped

Place grated zucchini in cheesecloth, squeeze out excess liquid and place in a large bowl. Add onion, flour, fennel and seasonings and fold together until evenly blended. Mixture should be moist enough to form into patties. Gather 2 tbsp (30 ml) and shape into a 3-in (8 cm) wide patty. Continue making patties and arrange in a single layer on a parchment-lined baking sheet. Heat oil in pan just until it begins to ripple and slightly bubble when a drop of water is added. Place as many patties as will fit in a single layer into pan. Fry until golden on bottom and then



## The Charm of Cheese from page 89

tip. When crisp and golden on both sides, remove to a paper towel-lined plate and repeat with remaining fillings. Place fillings on a heated platter sprinkled with Parmesan and chives. Serve with dollops of Cucumber Dip.

### CUCUMBER DIP

1 cup (250 ml)	cucumber, unpeeled, coarsely grated
2 cups (500 ml)	Greek-style plain yogurt
3	garlic cloves, crushed and minced
1 tbsp (15 ml)	each fresh mint and dill, chopped
1 tbsp (15 ml)	olive oil
	salt and pepper, to taste

Place cucumber in cheesecloth and squeeze out excess moisture. Combine all ingredients in a bowl and fold together until blended. Refrigerate for a couple hours for flavours to blend. Serve with Zucchini Fritters and pits.

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### LÉMON GINGER TIRAMISU

#### Serves 8

¼ cup (175 ml)	lemon juice
1 cup (250 ml)	sugar
	zest of one lemon, finely grated
¼ cup (50 ml)	butter
2	large whole eggs
6	egg yolks
1 cup (250 ml)	whipping cream
¼ cup (50 ml)	icing sugar
1 lb (500 g)	mascarpone cheese, at room temperature
¼ cup (50 ml)	sugar
¼ cup (50 ml)	lemon juice
8 tbsp (60 ml)	Limoncello
12 oz (340 g)	package Italian ladyfingers

In a large saucepan, whisk together lemon juice, sugar, lemon zest and butter. Bring to a boil over medium heat stirring to dissolve sugar. In a mixing bowl, beat together eggs and yolks and slowly whisk in hot lemon and sugar mixture. Pour back into saucepan and continue to cook over medium heat until mixture comes to a boil and thickens. Remove quickly and strain into a bowl. Cover and chill.

Whip cream and icing sugar until stiff peak stage. Mix together mascarpone and cooled lemon curd and gently fold in whipped cream.

In a small saucepan, simmer ¼ cup (50 ml) lemon juice and ¼ cup (50 ml) sugar until sugar has dissolved. Remove from heat and stir in Limoncello.

Place ladyfingers in a single layer in a 13 x 9-in baking dish and drizzle half of the Limoncello syrup over. Spread with half of mascarpone mixture. Repeat with a layer of ladyfingers, syrup and remaining mascarpone mixture. Cover with plastic wrap and refrigerate for at least 6 hours. Garnish with dollop of whipped cream.

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### QUARK SOUFFLÉS WITH WARM CHOCOLATE SAUCE

#### Serves 6

1 cup (250 ml)	quark cheese
3	large eggs, separated
2 ½ tbsp (37 ml)	all-purpose flour
¼ tsp (1.5 ml)	salt
1 tsp (5 ml)	vanilla extract
¼ tsp (1.5 ml)	cream of tartar
¼ cup (50 ml)	sugar
1 tbsp (15 ml)	additional sugar for sprinkling

Position a rack in center of oven and preheat to 375 F (190 C). Butter and sugar 6 6-oz ramekins and place them on a baking sheet. In a medium bowl, mix quark, egg yolks, flour, salt and vanilla until blended. Beat egg whites with cream of tartar with an electric mixer until soft peaks form. Gradually add sugar, continuing to beat, until whites are stiff but not dry. Fold about ¼ of egg whites into cheese mixture. Fold in remaining egg whites. Divide batter evenly into ramekins. Sprinkle top of each soufflé with remaining sugar. Bake until puffed and slightly golden brown, about 15 minutes. Make a hole in middle of soufflé and pour warm chocolate sauce into it. Serve immediately.

### WARM CHOCOLATE SAUCE

¼ cup (175 ml)	half-and-half cream
1 tbsp (15 ml)	unsalted butter
½ lb (250 g)	semi-sweet chocolate chips
¼ tsp (1 ml)	vanilla extract
2 tbsp (30 ml)	orange liqueur (optional)

Scald the cream and butter in a small, heavy saucepan over moderate heat. Remove from heat and add chocolate and vanilla. Slowly whisk until smooth, stirring in liqueur. Serve slightly warm.

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Eat Your Beets from page 94



## ARTICHOKE, OLIVE AND GRUYÈRE GOUGÈRES<sup>1</sup>

Makes 2 dozen

¼ cup (50 ml)	marinated artichokes, drained and coarsely chopped
¼ cup (50 ml)	pitted black or kalamata olives, coarsely chopped
2 tbsp (30 ml)	flat-leaf parsley, chopped
¼ cup (175 ml)	gruyère, freshly grated
1 cup (250 ml)	milk
7 tbsp (105 ml)	butter, cut into small pieces
¼ tsp (1 ml)	salt
1 cup (250 ml)	flour
4	large eggs

Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper. Mix artichokes, olives, parsley and half the gruyère and set aside. Heat milk, butter and salt in a large saucepan over medium heat. As it starts to boil and butter has melted, add flour and stir vigorously until mixture pulls away from sides into a smooth ball. Remove from heat and beat in eggs, one at a time, mixing well until thoroughly incorporated. Add artichoke mixture and mix well. Scrape mixture into a pastry bag fitted with a wide plain tip and pipe the dough into mounds about the size of a cherry tomato spaced apart for expansion. Sprinkle tops with remaining cheese. At this point, you can freeze the gougères on the baking tray then once frozen, store in a zip-lock bag.

When ready to bake, place on a parchment-lined baking tray and bake at 425 F (220 C) for 10 minutes, then lower heat to 375 F (190 C) and bake for a further 25 minutes until puffed and golden brown. For extra crispy puffs, poke sides of each puff with a small knife to release the steam 5 minutes before they are done, then finish baking.

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## CARAMELIZED BEET BORSCHT

Serves 4

1 lb (500 g)	medium beets
	salt and freshly ground pepper
4	sprigs thyme, leaves only
4 tbsp (60 ml)	olive oil
1	large onion, finely chopped

<sup>1</sup> French cheese puffs



Eat Your Beets from page 94 continued

2	carrots, chopped
2	garlic cloves, finely chopped
1 1/2 cups (375 ml)	cabbage, julienne
7 cups (1.75 l)	beef stock, heated
2 tbsp (30 ml)	balsamic vinegar
1 tbsp (15 ml)	honey
3 tbsp (75 ml)	fresh dill, chopped (1 tbsp (15 ml) for garnish)
	sour cream

Preheat oven to 400 F (200 C). Scrub beets and place on a baking sheet lined with foil. Season with salt and pepper, half of the thyme and drizzle with 3 tbsp (45 ml) olive oil. Roast for 30 minutes or until tender when tested with a fork. When beets have cooled, slip off their skins and grate coarsely. Heat remaining olive oil in a large stockpot over medium heat. Add onion, carrots, garlic, cabbage and remaining thyme and sauté until mixture softens. Add 6 cups (1.5 l) stock and simmer until vegetables are tender. Add grated beets and bring to a boil. Add vinegar, honey and fresh dill. Serve country-style as is or purée until smooth. Serve with a dollop of sour cream and garnish with more fresh dill.

**PAIRS WITH**

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**BEET AND HERBED MASCARPONE TERRINE**

**Serves 4**

6	medium golden beets
6	medium red beets
	salt and freshly ground pepper
4 oz (125 g)	mascarpone cheese
4 oz (125 g)	goat's cheese
2 tbsp (30 ml)	wash fresh chives and fresh dill, finely chopped
1	bunch baby arugula
3 tbsp (45 ml)	lemon juice
6 tbsp (90 ml)	olive oil
	chives and dill, to garnish
	salt and pepper, to taste

Preheat oven to 350 F (180 C). Scrub beets and place on a baking sheet lined with foil. Season with salt and pepper, drizzle with olive oil and roast for 45 minutes or until tender. Cool and then remove skins. Cut into thin slices. Mix together cheese and herbs until

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Eat Your Beets from page 94 continued

smooth in a plastic wrap-lined mould; layer beets then cheese mixture, alternating with a layer of gold beets, cheese then a layer of red beets. Repeat until mould is full, ending with a beet layer on top. Fold excess plastic wrap over the top and refrigerate at least 2 hours. Turn terrine out of mould but do not unwrap. Slice through the wrap to keep the shape, clearing knife after each cut. Remove plastic wrap and place on serving plate. Toss arugula, lemon juice, olive oil and chopped herbs together, season to taste with salt and pepper. Serve either on top or beside terrine.

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**BEET AND DAIKON SALAD**

Serves 4

- 3 medium raw beets, peeled, finely diced
- 4 oz (115 g) daikon, peeled, finely diced
- ½ cup (125 ml) red onions, finely chopped
- 1 large firm tomato, pulp and seeds removed, diced
- ½ cup (125 ml) cilantro, finely chopped
- 1 tbsp (15 ml) extra virgin olive oil
- 2 tsp (10 ml) lemon juice
- 2 tsp (10 ml) red wine vinegar
- 1 tsp (5 ml) dry herb leaves
- 1½ tsp (7 ml) sumac
- 1 salt and freshly ground pepper
- 1 package daikon sprouts, ends cut off and broken up

Combine beets, daikon, red onions, tomato and cilantro in a bowl. Whisk together next 5 ingredients, then season to taste with salt and pepper. Cover with plastic wrap and refrigerate for 2 to 4 hours. Before serving, toss in daikon sprouts.

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### GARLICKY BEER AND CHEESE FONDUE

Serves 4

#### SAUCE

1 1/2 cups (375 ml)	Gruyère cheese, grated and lightly packed
1 cup (250 ml)	Emmenthal cheese, grated and lightly packed
1/2 cup (125 ml)	aged white cheddar cheese, grated and lightly packed
2 tbsp (30 ml)	cornstarch
1	large garlic clove, halved
1 cup (250 ml)	light beer
2 tsp (10 ml)	fresh chives, minced
1/2 tsp (2 ml)	dry mustard
	freshly ground black pepper
	hot sauce

Combine cheeses with cornstarch in a bowl and toss together until evenly coated. Set aside. Rub the inside of a fondue pot with cut sides of garlic clove and discard

garlic. Over medium heat, add beer and bring to a gentle simmer. Gradually stir in grated cheese, a little bit at a time, stirring well after each addition until melted. Stir in chives, mustard, pepper and hot sauce to taste. If mixture is too hard, add a little more warm beer. If too soft add a little more grated cheese.

#### DIPPERS

Keep fondue over a very low heat and serve with chunks of crustini bread, pumpkinseed bread, cooked baby fingerling potatoes, pickles, Brussels sprouts and apple slices for dipping.

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### PUMPKIN SEED MULTI-GRAIN BEER BREAD

Makes 2 loaves

1 1/2 oz (41 ml)	bottle dark beer such as Guinness
1/4 cup (50 ml)	olive oil
1/4 cup (50 ml)	dark brown sugar
1 tbsp (15 ml)	lemon juice, freshly squeezed
2 tsp (10 ml)	kosher salt
2 tsp (10 ml)	dark brown sugar
1 cup (250 ml)	lukewarm water
2	1/2 oz (14 g) packages active dry yeast
4 cups (1 l)	multi-grain flour
2 cups (500 ml)	unbleached all-purpose flour



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Cooking with Beer from page 102 continued

1/4 cup (125 ml) pumpkin seeds, toasted  
1/4 cup (50 ml) fresh thyme, chopped  
unsalted butter

Combine first 5 ingredients in a small saucepan and heat just until sugar is dissolved. Pour into a large mixing bowl and refrigerate until cooled to room temperature. Then dissolve 2 tsp (10 ml) sugar in lukewarm water. Sprinkle yeast over top and let stand for 10 minutes until foamy. Stir down with a fork and add to beer mixture. Mix flour, pumpkin seeds and thyme together. Combine beer mixture and 3 cups (750 ml) flour together using an electric mixer fitted with a dough hook. Continue mixing in as much flour as needed until dough becomes somewhat stiff. Turn onto a lightly floured board and knead until smooth and satiny, about 10 minutes, working in more flour as dough becomes sticky. Dough should retain a slightly tacky but not sticky texture. Lightly oil the ball of dough and place in a lightly oiled bowl. Cover with buttered waxed paper and a damp cloth. Set in a warm draft-free place to rise until almost doubled in size, about 1 1/2 hours. When adequately risen (press finger into dough, if it leaves a deep impression it is ready). Punch down dough and divide in half. Pat each half into a long rectangle. Fold in short sides of each rectangle and shape into 2 loaves. Place in 2 well-buttered 9 x 5 x 3-in (23 x 12 x 8cm) loaf pans. Cover with buttered waxed paper and a damp cloth and allow to rise until dough reaches the tops of pans, about 1 hour. Preheat oven to 375 F (190 C). Bake for 15 minutes. Reduce temperature to 350 F (180 C). Continue baking for 45 minutes or until loaves are golden and sound hollow when lightly tapped on top and bottom. Remove to a rack to cool before slicing.

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#### SLOWLY BRAISED COCKTAIL STEW WITH BEER

Serves 4

3 lbs (1.5 kg)	beef, cut into 1-in (2.5 cm) thick pieces
	coarse salt and freshly ground black pepper
3 tbsp (45 ml)	olive oil
1/4 cup (125 ml)	dark beer or stout
2 cups (500 ml)	low sodium beef stock
2 tbsp (30 ml)	dark soy sauce
1 1/2 tbsp (21 ml)	raw cane sugar
1	cooking onion, chopped

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 4  
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 1  
 2 1/2 ea (2 1/2 g)  
 3

fresh ginger, peeled  
 large garlic cloves, peeled and left whole  
 crushed dried chiles  
 bay leaf  
 package dried whole shiitake mushrooms  
 whole green onions, chopped

Preheat oven to 300 F (150 C). Season oxtails with salt and pepper. Heat oil in a large heavy saucapan. Add oxtails a few at a time being careful not to crowd pan and lightly brown all over. Remove to a plate as they are done and repeat with remaining oxtails. Add a little more oil if needed. When all oxtails are browned, drain fat from pan. Place over high heat and add beer, bring to a boil scraping up brown bits. Add stock, soy sauce and sugar and bring to a boil, stirring until sugar is dissolved. Stir in onions, ginger, garlic, crushed chiles and bay leaf. Return oxtails to pan and nestle in sauce. Cover tightly and bake for 1 1/2 hours. Stir in shiitake mushrooms. Cover, return to oven and bake for another 1 1/2 hours or until very tender. Stir occasionally. When tender, remove oxtails from sauce using a slotted spoon. Place in a separate dish. Cool to room temperature. Cover and refrigerate sauce and oxtails separately. Once sauce is chilled, skim off any fat on surface and pour sauce with mushrooms into saucepan. Add oxtails. Cover and simmer until soup is piping hot. To serve, ladle into shallow bowls and sprinkle with chopped green onions. Serve with fluffy mashed potatoes.

**PAIRS WITH**

**HERMANN'S DARK SAVERIAN LAGER**

Canada \$18.99 502120 6x341 ml

**NELSON BLACK-HEART ORGANIC OATMEAL STOUT**

Canada \$18.95 680079 6x 341 ml



**BOURBON "ON THE ROCKS" CARAMEL NUT TART**

Serves 8

**SHORTBREAD CRUST**

1 1/2 cups (300 ml) all-purpose flour  
 3 tbsp (45 ml) granulated sugar  
 1/4 tsp (1 ml) kosher salt  
 1/2 cup (50 ml) unsalted butter, chilled and cubed  
 1 egg  
 2 tbsp (30 ml) cold water

Preheat oven to 350 F (180 C). Lightly grease a 9-in (23 cm) fluted tart pan with removable bottom. In a food processor, fitted with steel blade attachment, pulse together flour, granulated sugar and salt. Add butter and pulse until mixture resembles coarse sand. In a small bowl, whisk together egg and water. Pour this over flour mixture and pulse again until dough begins to hold together when a small amount is pressed between your fingers. Empty dough from processor into

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 BRING THE LONG**



Cocktails in the Kitchen from page 109 continued

prepared tart pan and press evenly into pan. Bake until crust just starts to turn golden around edges, about 30 minutes. Cool crust in pan on a wire rack.

**CARAMEL NUT FILLING**

- ½ cup (50 ml) butter
- ¼ cup (75 ml) light brown sugar, packed
- 1 tbsp (15 ml) liquid honey
- ¼ cup (50 ml) bourbon
- ¼ cup (75 ml) whipping cream
- 2 cups (500 ml) salted mixed nuts

Place butter in a medium saucepan and melt over medium heat. Add sugar, honey and bourbon, bringing to a boil while stirring constantly. Boil mixture for 2 minutes, then stir in whipping cream and nuts. Bring back to a boil for one minute and remove from heat. Place cooled crust, still in tart pan on baking sheet and pour filling into crust. Bake tart on baking sheet in the middle rack of oven until filling is bubbly, about 20 minutes. Cool in pan on a wire rack until room temperature. Then chill for at least 1 hour to allow caramel to set completely. To serve, cut tart into wedges.



**CAESAR LINGUINI WITH TOMATO VODKA CREAM SAUCE**

**Serves 4**

- 1 cup (250 ml) Italian parsley, chopped
- 2 tbsp (30 ml) horseradish, grated
- ¼ cup (50 ml) olive oil
- 1 large onion, diced
- 6 garlic cloves, peeled and minced
- 2 celery stalks, diced
- 28 oz (796 ml) can whole, peeled Italian plum tomatoes with the liquid
- ½ cup (2 ml) crushed chili flakes
- 1 tbsp (15 ml) Worcestershire sauce
- ¼ cup (50 ml) vodka
- ¼ lb. (110 g) linguini
- ½ cup (125 ml) whipping cream
- 2 lbs. (900 g) Manila clams, washed under cold water
- salt and pepper, to taste



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Cocktails in the Kitchen from page 109 continued

In a small bowl, stir together parsley and horseradish. Set aside. Bring a large pot of salted water to a boil. Meanwhile, heat olive oil in a large skillet over medium heat. Add onion, garlic and celery and cook, stirring occasionally, until onion and celery are soft, about 5 minutes. Add tomatoes and break up with back of wooden spoon. Stir in chili flakes, Worcestershire sauce and vodka. Bring to a simmer and cook 4 minutes allowing the flavours to blend.

Cook pasta in boiling salted water according to the package directions. While pasta is cooking, stir whipping cream and clams into the sauce. Turn up the heat to medium-high. Cover skillet with a lid and let clams steam until they have opened fully, about 4 minutes. Discard any clams that have not opened. Drain pasta and add to sauce. Stir to coat pasta in the sauce and warm through. Season with salt and pepper to taste. Portion pasta into warm bowls and top with parsley horseradish mixture and serve.



**COSMOPOLITAN CRANBERRY CITRUS UPSIDE-DOWN CAKE**

Serves 8

**TOPPING**

2 tbsp (30 ml)	butter
1/2 cup (125 ml)	dark brown sugar, packed
1 tbsp (15 ml)	orange liqueur (optional)
1	package fresh or frozen cranberries

Preheat oven to 350 F (180 C). Generously grease an 8-in (20 cm) square baking pan. In a small saucepan, over medium heat, stir together butter, brown sugar and liqueur (if using) until sugar has dissolved. Pour into prepared pan and top with cranberries.

**CAKE**

1 1/2 cup (325 ml)	all-purpose flour
1 1/2 tsp (7 ml)	baking powder
1/4 tsp (5 ml)	salt
1/2 cup (125 ml)	granulated sugar
1/4 cup (50 ml)	unsalted butter, at room temperature
2	eggs, separated
1 tsp (5 ml)	vanilla
1 tsp (5 ml)	orange zest
1/2 tsp (2 ml)	lemon zest
1/2 cup (125 ml)	milk
1 cup (250 ml)	whipping cream
1 tbsp (15 ml)	orange liqueur

In a mixing bowl whisk together flour, baking powder and salt. Set aside.

Place sugar and butter in bowl of an electric mixer. Beat at medium speed until fluffy in appearance. Add egg yolks, one at a time, beating well after each addition.



**KING OF BEERS** 8&M

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*Budweiser*

Stir in vanilla, orange zest and lime zest. In a clean mixing bowl, whip egg whites to stiff peak using a whisk or electric mixer. Set aside. Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture. Mix well after each addition. Gently fold whipped egg whites into the batter with spatula. Leave a few streaks of egg white to ensure a light textured cake. Spread butter evenly over cranberries in baking pan and bake until cake is a golden brown, 45 to 50 minutes. Cool cake in pan for 5 minutes then run a knife around edges to loosen it. Place serving plate upside down on top of cake pan and invert cake onto plate. Just before you are ready to serve, combine whipping cream and orange liqueur in a mixing bowl. Whisk until soft peaks form. Serve cake with a dollop of cream on each piece.



#### LEMON-INFUSED RICE PUDDING WITH SPICED PEARS

Serves 4

##### PUDDING

- 2 cups (500 ml) table cream
- 2 cups (500 ml) homogenized milk

- 3 tbsp (75 ml) sugar
- 1 vanilla bean, split and scraped
- 1/4 tsp (2 ml) ground cardamom
- pinch sea salt
- 1/4 cup (75 ml) short grain rice
- 2 tbsp (30 ml) unsalted butter
- 1 lemon, zest and juice only

Preheat oven to 350 F (180 C). Heat cream, milk, sugar, vanilla bean, cardamom, salt and zest in a saucepan until boiling. Stir in rice, bring to a boil, simmer for 10 minutes and transfer to a greased baking dish. Place into oven and bake, stirring occasionally, 1 hour or until pudding is thick and browned on top. Remove from oven, remove vanilla bean and stir in butter and lemon juice.

##### SPICED PEARS

- 6 firm pears, peeled, halved and cored
- 1/4 cup (50 ml) unsalted butter, melted
- 1/4 tsp (1 ml) cardamom seeds, coarsely ground
- 1 tsp (5 ml) ground ginger
- 1/4 tsp (2 ml) cinnamon
- 1 cup (250 ml) brown sugar

Preheat oven to 300 F (150 C). Place pear halves in a roasting pan cut side up. Mix together melted butter and spices and brush over pears then sprinkle sugar evenly over. Bake 1 hour or until tender and browned. Remove and serve with the pudding.



## LIKE A MILKSHAKE... BUT FOR ADULTS ONLY!

Mudshakes can be enjoyed so many ways:

- cold, poured over ice or blended with ice
- warmed up in the microwave
- added to coffee or hot chocolate
- blended with ice cream into a milkshake
- poured over ice cream or make a float
- drizzled over your favorite dessert
- mixed with other spirits to create a creamy cocktail

... or mix Mudshake flavours together for a whole new taste sensation.

Go to [www.idcanada.net](http://www.idcanada.net) for recipe ideas.

# VODKA MUDSHAKE





The Pear Essentials from page 114 continued

**PAIRS WITH**

**VIGA SPARKLING PINOT GRIGIO**  
Italy **\$22.99** 47003

**EXPORT UNION RESORTER RIESLING QBA**  
Germany **\$13.99** 87134



**BRAISED DUCK LEGS WITH PEARS**

**Serves 4**

4	whole duck legs
1 tbsp (15 ml)	olive oil
1 tsp (5 ml)	freshly ground black pepper
3	garlic cloves, minced
1 tbsp (15 ml)	ginger, finely chopped
3 sprigs	fresh thyme
1	cinnamon stick
1	orange, zest and juice only
1	onion, finely chopped
1	carrot, finely chopped
1	celery stalk, finely sliced
1/2 cup (125 ml)	dry white wine
1/2 cup (125 ml)	chicken stock
	salt, to taste
3	large firm pears, quartered and cored
2 handfuls	Italy arugula leaves

Preheat oven to 375 F (190 C). Rub duck legs with olive oil and season with pepper. Heat a large heavy casserole over medium heat and fry duck legs for 13 minutes on skin side, then turn over and fry 5 minutes until browned. Remove from casserole and transfer to plate. Pour out fat, reserving 1 tbsp (15 ml) for roasting potatoes and place casserole back onto heat. Add garlic, ginger, thyme, cinnamon, orange zest, onion, carrot and celery and sauté for 5 minutes. Add duck legs back into casserole, increase heat to medium-high and add wine, stock and reserved orange juice. Bring to boil, taste liquid then season. Add pear quarters to casserole, place in oven and bake for 45 minutes or until duck is tender. Carefully transfer the duck, pears and vegetables onto a warm serving platter. Skim any fat from liquid and place the casserole onto high heat, bringing to a boil. Arrange arugula on top of duck and pour hot liquid over.

**PAIRS WITH**

**REGINE BULLIATS**  
France **\$15.99** 13780

**CAMPO VEJO RIOJA CRUZADA**  
Spain **\$14.99** 110629



**ROASTED PEAR, CHICKEN AND GOAT'S CHEESE SALAD**

**Serves 4**

1 3-lb (1.1 kg)	free-range chicken
3	large, firm pears, cut into quarters
2	leeks, white part only, sliced
6 tbsp (90 ml)	extra-virgin olive oil
	salt and freshly ground black pepper
	garlic cloves, finely chopped
3	mustard seeds
1/2 tsp (2 ml)	cumin seeds
1/2 tsp (2 ml)	fennel seeds
2 cups (500 ml)	ciabatta bread, cut into bite-sized pieces
1	fennel bulb, trimmed and finely shaved
1	bunch watercress, rinsed and dried
2	handfuls baby romaine lettuce, rinsed and dried
1/2 cup (50 ml)	red wine vinegar
1 tbsp (15 ml)	grainy Dijon mustard
2 tbsp (30 ml)	honey
1/2 cup (125 ml)	goat's cheese feta, crumbled

Preheat oven to 425 F (220 C). Cut wing tips off chicken and split it down either side of backbone. Remove backbone. Flatten chicken out and place into a large roasting pan, skin side up.

Toss pears and leeks with 3 tbsp (45 ml) olive oil and scatter around chicken. Rub chicken with 1 tbsp (15 ml) olive oil. Season with salt and pepper. Sprinkle garlic, mustard, cumin and fennel seeds over everything. Roast for 40-45 minutes until well-browned and leeks and pears are tender. Remove from oven and transfer to a warm plate. Pour fat and scraped juices from pan into a small saucepan and bring to a boil on high heat. Whisk in red vinegar, mustard and honey to make vinaigrette. Set aside and keep warm.

Toss bread with remaining oil, season with salt and pepper and bake for 10 minutes or until bread is crisp and browned. Remove and cool.

Place fennel, watercress, romaine and toasted ciabatta in a bowl and toss with half of reserved vinaigrette. Transfer to serving plates, carve hot chicken and place on top then garnish with warm pears and leeks. Drizzle with the remaining vinaigrette and sprinkle feta on top.

**PAIRS WITH**

**WOLF BLASS RIESLING**  
Australia **\$15.99** 128660

**CHARTRON ET TREBUCHET POUILLY FUSSE**  
France **\$29.99** 26490

The Pear Essentials from page 114 continued



#### PEAR AND ALMOND CAKE WITH ALMOND MASCARPONE CREAM

4		large eggs
¼ cup	(175 ml)	sugar
¼ cup	(125 ml)	soft butter, plus extra for greasing cake pan
1 ½	(170 g)	blanched almonds, finely ground
4 tbsp	(60 ml)	flour
1 tsp	(5 ml)	baking powder
3		firm pears, peeled, halved, cored and sliced, keeping shape together
1 cup	(250 ml)	mascarpone cheese
3 tbsp	(45 ml)	icing sugar
½ cup	(125 ml)	whipping cream
1 tsp	(5 ml)	almond extract

Preheat oven to 350 F (180 C). Grease the bottom and sides of a 10-in cake pan with removable bottom and line bottom with parchment paper.

Slowly beat eggs and gently add in sugar until well-mixed. Beat on high until pale and very thick, about 5 minutes. Beat in soft butter, then fold in almonds, flour and baking powder.

Transfer mixture to cake pan and arrange sliced pear halves, rounded side up. Push pears into batter until they are half submerged. Sprinkle pears with 2 tbsp (30 ml) sugar.

Place into oven and bake for 35 to 40 minutes or until a skewer poked in middle comes out clean. Remove from oven and allow to cool to room temperature. Beat mascarpone and icing sugar until fluffy. Add almond extract. Beat whipping cream until stiff and fold in mascarpone. Serve with cake.

#### PAIRS WITH

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### COFFEE CRÈME BRÛLÉE WITH ALMOND BRITTLE

Serves 4

#### CRÈME BRÛLÉE

1 1/2 cups (375 ml)	whipping cream
1/2 cup (75 ml)	whole milk
1/2 cup (125 ml)	granulated sugar
1/2 cup (125 ml)	prepared espresso
1	vanilla bean
1/4 tsp (1 ml)	ground cinnamon
7	large egg yolks only
2 tbsp (30 ml)	raw cane sugar

Preheat oven to 300 F (150 C). Combine cream, milk, sugar, espresso, vanilla bean and cinnamon in a saucepan. Bring cream mixture almost to a boil over medium-high heat, stirring to dissolve sugar. Remove vanilla bean and discard. Cool cream mixture briefly. Whisk egg yolks in a large bowl. Gradually whisk warm cream into egg yolks. Once incorporated, pour custard through a strainer into a large measuring cup or bowl with a spout. Place four 1/2 cup (25 ml) ramekins in a baking pan. Divide custard evenly between ramekins. Add enough water to pour into baking pan to come halfway up sides of ramekins. Bake in centre of oven until custards barely move when lightly jiggled, about 30 to 60 minutes. Remove ramekins from roasting pan and bring to room temperature. Then refrigerate for at least 4 hours, preferably overnight.

To serve, sprinkle cane sugar evenly over custards to cover completely, ignite a small blowtorch and caramelize sugar until evenly melted. Spike each brûlée with a shard of Almond Brittle and serve.

#### ALMOND BRITTLE

1 cup (250 ml)	unsalted butter, at room temperature
1/2 cup (125 ml)	granulated sugar
1/2 cup (125 ml)	water
pinch	salt
1/4 cup (175 ml)	natural almonds, sliced
	grape seed oil

Combine sugar, water and salt in a small deep saucepan. Cook without stirring until sugar begins to melt, about 3 minutes. Continue to cook, stirring constantly, for 7 minutes or until sugar has melted and liquid becomes a pale amber colour. Remove pan from heat before it becomes dark. Immediately, carefully stir in almonds. Quickly spread out on parchment-lined baking sheet using an oiled metal spatula. Cool completely. Just before serving with brûlée, break brittle into large shards.

#### PAIRS WITH

GEHINGER SIGNATURE RIESLING ICEWINE  
BC VQA \$49.99 504860 375 ml

BAILEYS WITH A HINT OF COFFEE  
Imported \$27.99 46080



### GOLDEN WALNUT LAYER CAKE WITH MOCHA GANACHE

Serves 8

#### LAYER CAKES

2 1/2 cups (675 ml)	unbleached all-purpose flour
2 tsp (10 ml)	baking powder
1/2 tsp (2 ml)	salt
1/2 cup (125 ml)	unsalted butter, at room temperature
1 1/2 cups (375 ml)	granulated sugar
1 tsp (5 ml)	pure vanilla
4	large egg yolks
1 cup (250 ml)	table cream
1/2 cup (125 ml)	walnuts, coarsely chopped
1/2 cup (125 ml)	milk chocolate, finely grated

Preheat oven to 350 F (180 C). Butter bottom and sides of two 9-in (23 cm) pans and line with parchment paper. Set aside. Measure flour into a bowl, add baking powder and salt and stir together to blend. Place butter and sugar in a deep-mixing bowl and beat with a paddle attachment on medium speed until soft and fluffy, about 3 minutes. Beat in vanilla and egg yolks, one at a time, until mixture is blended and smooth. Reduce speed to low and beat in a third of the flour and then a third of the cream. Repeat with flour and cream until mixture is smooth. Gently fold in walnuts and grated chocolate. Divide mixture evenly between 2 prepared baking pans and smooth the tops. Bake for 30 to 35 minutes until golden and firm and a cake tester inserted in centre comes out clean. Cool in pans on rack for 5 minutes and then turn out of pans and cool completely.

#### MOCHA GANACHE

1 1/2 cups (375 ml)	whipping cream
1/4 cup (50 ml)	unsalted butter, diced
2 tbsp (30 ml)	liquid honey
12 oz (340 g)	dark chocolate, chopped
2 tbsp (30 ml)	instant espresso coffee granules
1 cup (250 ml)	walnuts, finely chopped

Heat cream in a medium saucepan, add butter and honey and remove from heat. Stir to melt butter. Immediately add chocolate and coffee granules and stir. Set aside for 3 minutes then begin whisking mixture in centre making larger and larger swirls until smooth. If chocolate is still lumpy, place pan over low heat for a minute and stir until all the chocolate is melted. Scrape into bowl. Press a piece of plastic wrap in the centre to tightly seal. Refrigerate. Stir and scrape down bowl occasionally with rubber spatula until cooled to about 70 F (20 C). Ganache will still be quite liquid. Beat on medium speed for about a minute until fluffy. Be careful not to overbeat or it will solidify. Immediately spread 1/2 over top and sides on one cake layer. Place second layer on top and completely frost top and sides. Dust sides of cake with chopped walnuts and refrigerate until ready to serve.

#### PAIRS WITH

DOW'S LEVY  
Portugal \$25.99 53064

CAROLAN'S IRISH CREAM  
Imported \$24.99 108057



### PROFITEROLES WITH MOCHA CREAM AND CHOCOLATE SAUCE

Makes 18

#### PROFITEROLES

½ cup (75 ml)	unsalted butter, cut into small dice
½ cup (125 ml)	water
½ tsp (1 ml)	salt
½ cup (125 ml)	all-purpose flour
3	large eggs

Preheat oven to 425 F (220 C). Line a large baking sheet with parchment and set aside. Combine butter, water, and salt together in a small heavy saucepan over medium heat until butter is melted. Add flour and beat with a wooden spoon over medium heat until mixture pulls away from side of pan and forms a ball, about 30 seconds. Transfer to a bowl and cool slightly, 2 to 3 minutes. Add eggs one at a time, beating well after each addition. Transfer warm mixture to a piping bag with a ½-in (1.25 cm) plain tip and pipe 18 mounds about 1 ½-in x 1-in (3 cm x 2.5 cm). Space about 1-in (2.5 cm) apart on baking sheet. Bake in centre of oven for 20 to 25 minutes until puffed and golden brown. Turn off oven. Prick each profiterole with a skewer and return to oven with door ajar to dry, about 3 minutes. Cool on baking sheet on rack. Store in a tightly covered container for up to a day or freeze for a week until ready to serve.

#### CHOCOLATE SAUCE

1 cup (250 ml)	whipping cream
½ cup (75 ml)	granulated white sugar
½ cup (75 ml)	light corn syrup
12 oz (340 g)	semi-sweet or dark chocolate
1 ½ tsp (7 ml)	pure vanilla

Combine cream, sugar and corn syrup in a saucepan. Cook over low heat and bring to a boil, stirring constantly. Remove from the heat and pour over chocolate in a metal bowl. Let stand until chocolate has melted and then stir to blend. Stir in vanilla. Store sauce in a tightly covered container in the refrigerator for up to 2 weeks. Reheat before serving.

#### MOCHA CREAM

2 tbsp (30 ml)	chocolate liqueur
1 tsp (5 ml)	instant espresso coffee granules
1 cup (250 ml)	whipping cream
2 tbsp (30 ml)	fine sugar <sup>††</sup>

Stir liqueur and espresso together in a small bowl until granules are dissolved. In a mixing bowl, beat whipping cream with an electric mixer on medium until soft, foamy peaks form. Add liqueur mixture and fine sugar and continue to beat at medium speed until soft peaks form. Transfer to a piping bag. Refrigerate up to a day. To serve, cut each profiterole in half and pipe dollops of Mocha Cream onto bottom halves. Cover with tops. Drizzle with Warm Fudge Topping before serving.

#### PAIRS WITH

##### CHALMERS CHOCOLATE PORT

Australia \$21.99 375ml

##### HENKES CRÈME DE CACAO DARK

Canada \$29.99 177ml

†† If fine sugar is unavailable simply grind sugar in a small food processor.

# hail

Make cocktails that rule

# CAESAR!

#### SIMPLY CAESAR

1 ½ oz	vodka
4 oz	clamato
2 dashes	Worcestershire sauce
1 dash	Tabasco
	celery salt
	lime wedge
	pepper
	celery stalk (optional)

Rim a rocks glass with a lime wedge and celery salt (or your favourite Caesar rimmer). Add vodka and clamato. Season with pepper, Worcestershire and Tabasco to taste. Stir well. Garnish with a celery stick or your favourite Caesar garnish. Enjoy!



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