

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

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# TASTE

BC LIQUORSTORES®



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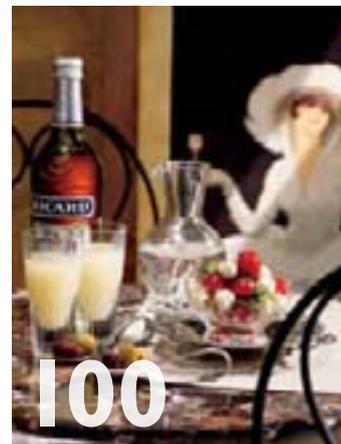
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VILLA TERESA ROSÉ VENETO  
VINO FRIZZANTE

Italy \$16.15 826875

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# SUMMER

## WHITES & SPARKLERS



ALL WINE CONTAINS SOME ACID. IT'S THE COMPONENT THAT GIVES IT FRESHNESS. TAKE A SIP AND SALIVATE – THAT'S ACIDITY. IT TASTES TART AND IT IS A VITAL COMPONENT OF A GOOD GLASS OF WINE, PARTICULARLY WHITE.

**W**ines relatively high in acid, such as Pinot Grigio, Verdicchio and Muscadet, make great beat-the-heat drinks. They come off as bracing, especially chilled down a few degrees to ratchet up that refreshment factor. But summer has its share of damp days and cooler nights too and these times call for fuller-bodied, “comfort wine” whites where the acid is hidden beneath richer flavours.

More than the weather influences wine selection. Bubbles add sparkle to a celebratory moment and fruit-forward thrillers get the party started, while subtler styles can add instant elegance to an occasion – taking it up a notch. Style matters and matching the summer white to the moment says you're serious about pleasure. Although what you pour says as much about you as your shoes, wristwatch or choice of reading material, it also directly influences how much fun you'll have this summer. It's about selfish, unabashed, pure fun. So, here's a crash course to take you through the season.

### CRISP QUENCHERS

The sun is hot, the sky is clear and you're in quaffing mode. This is the time for a lot of zip per sip. You want something lighter-bodied and

reasonably low in alcohol, something supremely drinkable. Vinho Verde, Grüner Veltliner and German Riesling immediately spring to mind. They tend to be high in acidity and brimming with zingy citrus-squirt flavours. They are great on their own or maybe with a handful of salted nuts, but paired with spicy chicken skewers straight off the grill, they're magic.

### RICHLY TEXTURED TREATS

Drizzly days and chilly evenings call for something to swathe the palate. An oaked Chardonnay with its creamy dimension, a fat Semillon with its almost oily texture or a mouth coating, generous Pinot Gris fits the bill. The best versions still offer that palate-cleansing acidity, but it's not as stark as the quencher category. Cupcake Vineyards Chardonnay is excellent with roast chicken, classic Caesar salad, poached lobster dipped in butter or simple pasta in a cream sauce. Semillon, with its paraffin and peach nuances and sleek texture, is delish with goat's cheese salads, pork tenderloin or Dungeness crab. Pinot Gris, brimming with spiced stone-fruit flavours and aromas, rocks spicy Asian noodle dishes such as Pad Thai or even simple spring rolls.



#### CUPCAKE VINEYARDS CHARDONNAY

USA **\$14.99** 143776

What a fitting name for this rich and creamy, vanilla-scented Chardonnay. Polished tropical fruit, integrated oak and appealing notes of melting caramel combine with warm spice on the finish, a full-bodied and stylish, yet soul-warming wine.

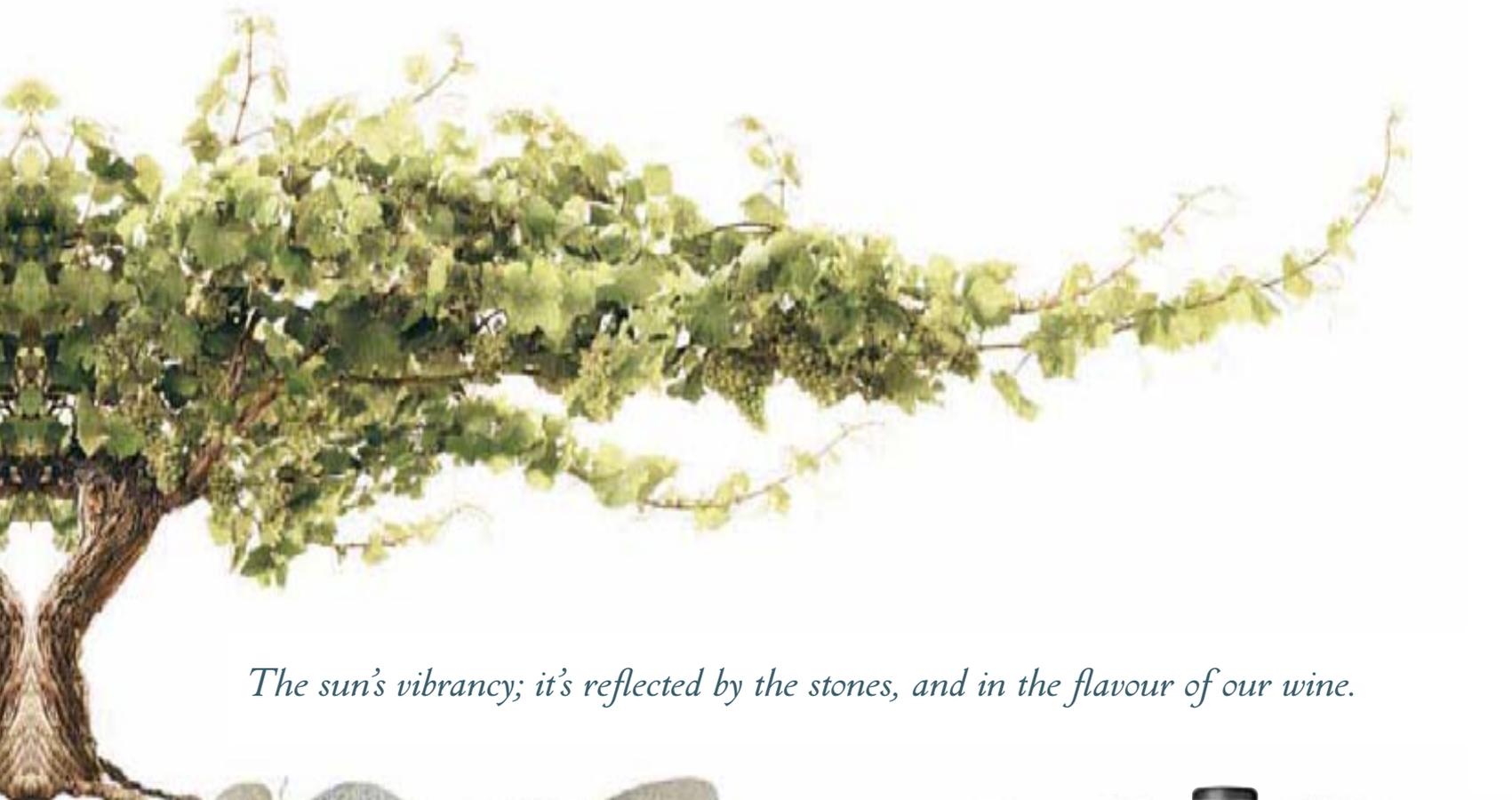


#### FOLIE À DEUX, MÉNAGE À TROIS WHITE

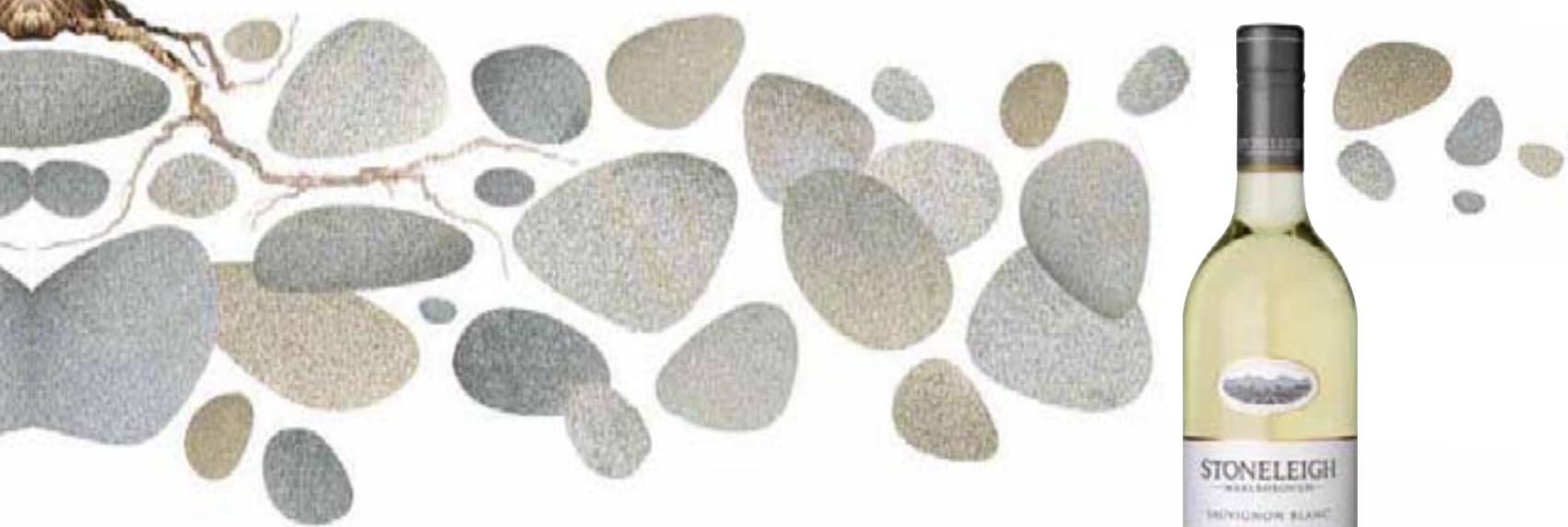
USA **\$14.99** 360875

Fragrant apricot and nectarine aromas lead to a titillating palate of juicy stone fruit, orange oil and pear with a hint of steeliness in this full-bodied white. The three varieties in the ménage are Chardonnay, Moscato and Chenin Blanc, each adding its own dimension to the overall appeal.





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## Summer Whites and Sparklers

### SPARKLING WINES (THAT WON'T BREAK THE BUDGET)

Times when you want to celebrate – be it a good hair day, tough Wednesday at the office, or the fact it's seven o'clock and you're slapping steaks on the grill – demand affordable bubbly. Inexpensive sparkling wine starts off as toast tippie and extends to aperitif, foil for finger food or vinous alternative to a bottle of beer. A nice dry Prosecco, Crémant de Bourgogne or cava immediately come to mind here – crisp, effervescent and light. Select a good bottle from a reliable producer and you're good to go. Chill it down, serve it with plain chips, green olives or smoked salmon on toast points and it's an easy recipe for “happy.”

### FULL-FRUITED THRILLERS

Fruit-forward wines make stellar cocktail alternatives to pour when friends drop by. They sip well rain or shine, afternoon or evening. Fine examples include New Zealand Sauvignon Blanc, which sprints like a thing possessed across the palate, sassy little blends such as Ménage à Trois White from California, which is as riveting as the name suggests and lychee and rose-scented Gewürztraminers such as Fetzer's Valley Oaks' version, also from California, which has you at “hello.” Full-fruited thrillers in the fridge are bottled parties on standby. Throw together a few salty snacks and you're done.

### LEAN AND MINERAL-LADEN GEMS

Summer situations that call for extra elegance – think garden parties, patio dining or a little afternoon sip à deux



#### STERLING VINTNER'S COLLECTION CHARDONNAY

USA **\$13.99** 643874

This wine seems modeled on fine French Burgundies, with their subtle power; taut fruit and judicious use of oak. A buttered toast nose leads to flavours of lemon zest, cooked apple and fresh figs with a top-coat of caramel and spice.



#### SANTA MARGHERITA PROSECCO SUPERIORE BRUT VALDOBBIADENE DOCG

Italy **\$20.99** 618546

A powdery, talc-like character underpins flavours and aromas of lemon zest, Bosc pear and cashew in this Prosecco. It is dry, restrained and delicate with bracing acidity.



#### FETZER VINEYARDS VALLEY OAKS GEWÜRZTRAMINER

USA **\$14.99** 350843

Classic scents of lychee and rosebud lead to an off-dry palate with balancing acidity in this medium-bodied Gewürztraminer. Flavours flit from lychee to peach to white cherry and spice. An outstanding rendition of this grape variety.



#### SEE YA LATER RANCH RIESLING

BC VQA **\$16.99** 579045

Don't be fooled by the flying-dog-with-a-halo label, there's nothing fluffy about this wine. With lime oil, crushed rock, struck steel and cinder flavours it's intense, serious, complex, concentrated, long and cool. Medium-bodied and off-dry with balanced acidity, this BC Riesling is a stunning buy!



– call for lean, minerally wines. In fact, summer just wouldn't be summer without them. Certainly Chablis, with its unmistakable wet-stone character and understated fruit, captures this style most succinctly, Sancerre, Verdicchio, Muscadet and certain Canadian Rieslings, such as the one by See Ya Later Ranch from right here in British Columbia, are cut from the same

stylistic cloth. Sancerre adds a touch of flinty flair, Verdicchio is edged with bitter almond and Muscadet promises a slight herbaceousness, but they're all restrained, refreshing, and refined – and high in palate-cleansing acidity. These wines won't upstage a meal or a moment but will almost always enhance it. What's not to enjoy?

# GRAY MONK

THE STORY OF  
AN OKANAGAN  
FOUNDING FAMILY



It is not every wine story that begins with two hairdressers in Edmonton and that is largely because there are not many people like George and Trudy Heiss. After 25 and 18 years respectively of trimming locks, setting perms and grooming people it was time for a lifestyle change. All it took was a family connection to a plot of land in the north Okanagan and two of British Columbia's most important wine pioneers were off and running.

**T**rudy likes to joke that they left the hairdressing business due to George's ever-decreasing follicle count not being good marketing for the business, but it was really born out of the need for a change and an opportunity arising. Trudy's father had bought some farmland in the north Okanagan and, after much debate over what to do with it, started growing hybrid vines in the mid-1960s. When a property became available down the street from Trudy's father's, it was time to finally make the move and the first Gray Monk vineyard was established in 1972.

Planting a vineyard back then was not like it is today. Little experimentation with high quality grape varieties had taken place and it was the winter-hardy but not very tasty hybrid vines that dominated. The first vines they planted were Marechal Foch and Seibel 1000, the latter of which the Heisses describe as "the worst and ugliest grape ever known." The Seibel was quickly ripped up and the same land was planted with Pinot Gris, the "Gray Monk" that gave the winery its name. Accessing planting stock was also a challenge. As quarantine regulations prevented the importation of plants from across the border the Heisses had to grow their own rootstocks and

do all their own grafting. "It took us eight years to perfect the grafting," says Trudy. "We still have the machine somewhere."

This was true pioneer work and these early plantings of vinifera grape varieties paved the way for the quality wine industry that British Columbia enjoys today. The movement for quality vinifera varieties received an additional boost in the mid-1970s with the Becker Project. Dr. Helmut Becker, a German scientist, believed that, with the right farming, quality vinifera grapes could be grown in BC and that growers did not need to rely on lower quality, but hardier hybrids. The project ran for 10 years, with George and Trudy and their family heavily involved. The project proved to be an important confidence booster for the young wine industry, proving that a different level of quality wine was possible in British Columbia.

Wine had always been a part of George and Trudy's lives. Raised in Vienna, Austria, George had been exposed to wine culture and maintained this lifestyle when he moved to Canada as a 20-year-old. Maybe it was some of this wine savvy that led to George and Trudy making the bold move to focus on vinifera rather than hybrid varieties, "We knew we had to have grape varieties that would compete internationally," says George, "so we looked to Germany for both grape



**GRAY MONK  
PINOT BLANC**

BC VQA **\$16.99** 321612

Pinot Blanc is the unsung hero of BC wine. The Gray Monk example has aromas of melon, flowers, apple peel, pear and grapefruit. The palate is fresh with crisp acidity, but quite lush on the mid-palate with melon, golden delicious apple and a hint of pineapple before a racy lime zest and mineral character kicks in on a long dry finish.



**GRAY MONK LATITUDE FIFTY**

BC VQA **\$13.99** 321646

Latitude Fifty has graced patios and dinner tables for more than two decades. Aromas of pear, apple, orange, flowers and grapefruit greet the nose. The palate is off-dry with a hint of sweetness balancing the crisp acidity and flavours of spice, citrus pith, peach skin, minerality and lemon zest.



**GRAY MONK  
GEWÜRZTRAMINER**

BC VQA **\$16.99** 321588

This warm vintage has produced an aromatic and intense wine with notes of lychee, ripe pear, melon, orange sherbet, grapefruit and rose petals. The off-dry palate is full and viscous with flavours of tropical fruits and spice, roses, grapefruit and minerality. Perfect to offset spicy seafood salad.



George and Trudy Heiss, Proprietors,  
Gray Monk Estate Winery.

Photo by Brian Sprout

GIVE TONIC WHAT IT ALWAYS WANTED.



DISTINCTIVE - SINCE 1830

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## Gray Monk, the Story of an Okanagan Founding Family



Gray Monk Winery, front view showing vineyards.

Photo by Robert Heiss

varieties and methods.” Their research was thorough and proved to be correct. Today many of the Germanic varieties that Gray Monk planted in 1976 – Pinot Gris, Auxerrois and Kerner, an Alsatian clone of Gewürztraminer and Lemberger – are the most successful in the north Okanagan.

At this early stage of the industry, the rules had to basically be written by the wine pioneers as they ploughed ahead. When George and Trudy wanted to construct a building in which to make their wine, they were unable to get a permit. No one knew how to classify what they were doing, so they ended up in a kind of bureaucratic limbo. The first Gray Monk vintages were made at Brights (now Vincor facility in Oliver), but after two years of long drives back and forth between the vineyard and the winery (and Trudy nearly coming off the road on one occasion near Peachland), they decided enough was enough and built without a permit. Eventually the Land Commission and Regional District classified their property into three separate parts and, in a roundabout way, created the Estate Winery category.

It was these early efforts by the Heisses and other BC wine pioneers that

helped open up the industry and make it possible for the rapid expansion we’ve seen since. “In 1981 there were only five wineries and two of those were in financial trouble,” commented George. “When we needed something changed, we would all pile into a car drive to Victoria and talk to the Minister.” All these efforts helped pave the way for the nearly 200 wineries that exist today, just 30 years later.

The Heisses also had to survive the effects of the North American Free Trade Agreement (NAFTA). While more than two-thirds of grape growers decided to pull out their vines in the early 90s, the Heisses never even considered it. “Our wines were selling too well,” says George. From that point, the Heisses were instrumental in building a quality focus into the Vintners’ Quality Alliance (VQA) standards and have kept growing since then, now crushing around 1000 tons of grapes annually. Retirement is out of the question, but they are slowly turning over the running of the company to their sons. You can’t help get the feeling though, that if there is exciting change ahead in the BC wine industry, George and Trudy Heiss won’t be far away from the action.



### GRAY MONK PINOT NOIR

BC VQA \$16.99 251835

This Pinot Noir is a pale ruby colour with classic cool climate Pinot Noir aromas of tart cherry, cranberry, flowers, stewed plums and some leathery and herbal notes. The palate is light in body, but with good flavour, intensity and lots of juicy cranberry, strawberry, clove and thyme. Chilled, it will cut perfectly through grilled chicken, duck or octopus.



### GRAY MONK MERLOT

BC VQA \$17.99 343111

A nice example of the lighter, more elegant side of Merlot. Quite light in colour, with some interesting and complex aromas of cherry, plum, blackcurrant, baking spice, cooked strawberries and just a touch of stemminess. On the palate, the wine is juicy with refreshing acidity, red fruit flavours of cherry and raspberry and clove, spice and pepper.



### GRAY MONK ODYSSEY WHITE BRUT

BC VQA \$24.99 711218

The cooler north Okanagan is ideal for producing traditional method sparkling wines. There are fine, slow rising, elegant bubbles and aromas of lemon, Granny Smith apple and some toasty, bread dough notes from 16 months aging on lees. Barely off-dry and with perfectly balanced acidity, this wine is racy and fresh, yet with a creamy mouth feel and flavours of brioche, minerals, tangerine and lemon with a long, lingering zesty finish.



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# HOT

SUMMER'S MOST WANTED



**CAZADORES REPOSADO**

Mexico **\$39.99** 772293

This top-notch tequila is made from 100 percent blue agave and aged in new, small American oak casks, resulting in a unique reposado that is rich in aroma and flavour. Well done!



**SANTA MARGHERITA  
PINOT GRIGIO  
VAL D'ADIGE**

Italy **\$19.99** 106450

Delicate floral aromas, and honey, pear and quince waft from the glass of this Pinot Grigio along with earthy, spicy flavours that include pear and green apple. Fresh, crisp and dry, it's an ideal patio wine and perfect for pairing with West Coast cuisine.



**LA VIEILLE FERME CÔTES DU LUBERON**

France **\$13.99** 298505

This lovely, fresh white delivers delicate rose, spice and citrus aromas and a round, soft palate that exhibits just a hint of sweetness. It is buttery, nutty and floral with ripe pear, lemon and grapefruit flavours. Deliciously interesting and a fabulous summer sipper!

# SIZZLE, SMOKE & SAUCE



## THE SECRET TO BARBECUE WINES

Summer is prime barbecue season, when it's all about sizzle, smoke and sauce – the succulent trifecta of the grill. There's nothing better than moving the kitchen outdoors as the temperature heats up and trading your slow cooker for a pair of tongs. But for the wine-inclined, the grilling season brings its own set of pairing considerations. The question is what bottles should get poured when we crank up the BTUs?

**G**rilled fare is typically hearty fare. Whether protein or vegetable, the food has to be robust enough to handle a good sear. Delicate doesn't hold next to the grill, which is why the default barbecue wines tend to be bold, rich and red. No harm following this strategy, indeed it's a great starting point. Zinfandel, Malbec and Merlot have ably sated many a backyard barbecue and when the grill is laden with sirloin and balsamic-marinated eggplant and zucchini, these wines always offer a solid option.

That said, they're really gateway barbecue bottles. With a little thought and a few guiding points, your wine and grill affair can veer into all sorts of shades and styles.

Simply consider the salubrious "S's" from above. The sizzle coming

off the grill isn't just about the sear, it's the glorious soundtrack to juices dripping on hot charcoal. When fattier foods are on order, opt for a fresh wine with higher acidity. It will do a great job of cutting through the richness to prep the palate for the next unctuous bite. Sparkling wine makes an obvious choice, with the added bonus that a splash of Campari, Aperol, or similar aperitif turns sparkling wine into a great pre-feast tippie for the grill master and gathered guests. Lively whites made from Pinot Blanc and Vermentino offer other options and there's no need to overlook red wines. A Cabernet Franc or Pinot Noir from a cooler-climate region can work wonders poured with grilled pork chops.

Which brings us to the smoky component of the equation. Whether

your tastes lean to flambéed chicken or the elegant crisp proffered from an indirect flame, a little char defines the grill experience while imparting a whiff of pleasure. It also serves as an important arbiter in barbecue wine selection.

Overtly fruity wines are fantastic at contrasting char and smoke and this holds for all shades of red, pink and white. A wine with lively fruit aromas and flavours – typical in grapes such as Grenache and Pinot Gris – provides a counterbalancing yin to grilled food's smoky yang. That said, don't confuse fruity with ripe and heavy, particularly when considering red wines. Lighter-bodied reds can pack a terse, fruity punch. Gamay comes to mind and in the peak heat of summer, a quick chill in the fridge (try a half-hour) can transform such a wine into a perfect partner for grilled salmon.

Of course, if your idea of harmony takes a more monochrome tone, riff off the smokiness by selecting a wine that matches with savoury, gamey characteristics. In this vein, Syrah often serves well or perhaps Mourvèdre or even a toasty-oaked, less fruit-forward Chardonnay.

Then there's the sauce, the x-factor of the barbecue that can turn a meal sweet or spicy with one quick spoonful. The best wines to serve alongside bold



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No purchase necessary. Must be of legal drinking age.

## Sizzle, Smoke and Sauce, the Secret to Barbecue Wines

saucers tend to be off-dry and have lower levels of alcohol, though with the caveat that there is such a thing as food that's too spicy for wine (in this case, bring out the milk or beer). Riesling and Gewürztraminer are deft barbecue companions, especially when spicy satay or other Asian-inspired sauces feature on the grill. Just keep the ice buckets at the ready to ensure a constant bottle chill. For tangy ketchup-based barbecue sauces, the best (and sure to surprise) wine partner is sparkling Shiraz. It's an off-the-board choice that also goes great with condiment-bedecked hot dogs.

Talk of sauce warrants mention of marinades, sauce's sousing cousin. Liberally employed in many best barbecue practices, marinating vegetables and meat gives a great opportunity for matching a marinade's component ingredients to a wine's flavours. For example, rosemary, thyme and sage act as a natural bridge for a similarly herby Cabernet Sauvignon. Likewise, lemon juice and garlic-infused dishes team up with a citrusy Pinot Grigio to make for a match in lip-smacking heaven.

So with the sizzle, smoke and sauce covered, all that's left is to get beyond salivating and out to the grill! Make sure the propane tank is full (or prime the charcoal chimney), get the marinade ready and pick up a couple of bottles of the best barbecue wine.



### PERGOLO EXTRA DRY PROSECCO

Italy **\$14.99** 591933  
The perfect summer menu? Sunny skies, a glass of bubble and lemongrass chicken on the grill. Pergolo's fun and fresh, citrusy Prosecco fits the bill.



### FAIRVIEW LA CAPRA SHIRAZ

South Africa **\$14.99** 143537  
Bring on the braai! This South African Shiraz blends berry, black pepper and smoky oak in a bold, crowd-pleasing red that calls to be paired with a big hunk of protein.



### 8 WIRE MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$16.99** 768002  
An über-fresh, tangy Sauvignon Blanc that is tailor-made to cut through rich, oily foods and provides a lip-smacking counterpoint to grilled sausages.



### BOUTARI NAOUSSA

Greece **\$15.99** 23218  
For a change from the ripe and fruity style of barbecue wine look to this punchy red. It leans towards earthy and exotic and teams up beautifully with fresh herb marinades.



### PFAFFENHEIM GEWÜRZTRAMINER

France **\$19.99** 612119  
Fantastically aromatic and luxuriously plush, this Alsatian classic offers a rich and honeyed option for the grill that can tame the fire of subtly-spiced sauces.



### CLINE ZINFANDEL

USA **\$19.99** 489278  
Year-in-and-year-out the juiciness, fruitiness and smooth-sipping sensibilities of Cline's California Zinfandel make it a go-to barbecue red. Think burgers: either veggie or beef.





ULTIMATE AND ALTERNATIVE  
**BURGERS**

GRILLED SALMON BURGER WITH  
HOMEMADE TARTAR SAUCE

Reign supreme over your backyard this summer with these tasty burger recipes. Often suffering from bad publicity, the burger has been elevated to haute status across the continent, as restaurants from shake shacks to fine diners do their spin on this North American classic. Heaven is in the condiments when it comes to creating the perfect burger. Set up a gourmet burger bar with homemade pickles, grainy mustard, blue cheese or homemade guacamole with a kick. Look for par-baked buns that you can finish in your oven and serve warm or specialty buns like Portuguese rolls, ciabatta, brioche or challah.

PAIRS WITH VEGGIE BURGER SLIDERS WITH GOAT'S CHEESE AND SPICY GUACAMOLE



**CRIOS DE SUSANA BALBO TORRONTES**

Argentina **\$14.99** 769125

"Elegant and beautiful" describes this wine, with its intense floral bouquet interwoven with white pear, orange and honey. The medium-bodied palate is ripe and fruity yet refreshingly dry, revealing excellent value for the price.



VEGGIE BURGER SLIDERS WITH GOAT'S CHEESE AND SPICY GUACAMOLE

Please drink responsibly.

# FAST LANE.

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And the final destination is always your heart's desire.

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*Pinot Grigio now available in a 4L cask.*





Ultimate and Alternative Burgers

PAIRS WITH VEGGIE BURGER SLIDERS WITH GOAT'S CHEESE AND SPICY GUACAMOLE



**CARM ORGANIC DOURO SUPERIOR**

Portugal **\$21.25** 433516  
This organic wine from Portugal offers pleasing floral and spicy licorice aromas with a round, dry and slightly tannic palate revealing hints of smoke, black cherry, cedar spice and coffee. An enjoyable treat with this veggie burger.



PAIRS WITH GRILLED SALMON BURGER WITH HOMEMADE TARTAR SAUCE



**ALLAN SCOTT MARLBOROUGH SAUVIGNON BLANC**

New Zealand **\$19.49** 922740  
This fresh, vibrant Sauvignon Blanc is fragrant with oodles of tropical fruit and herbaceous hints. The palate reveals good concentration and a great mouth feel with flavours of passion fruit, citrus and pineapple.



HARISSA LAMB BURGER WITH HOMEMADE PICKLES

PAIRS WITH HARISSA LAMB BURGER WITH HOMEMADE PICKLES



**CONO SUR ORGANIC PINOT NOIR**

Chile **\$14.99** 77644  
This pleasant offering exhibits savoury caraway aromas along with spice and rhubarb and a fresh, earthy palate of raspberry and herbal flavours touched with minty, menthol notes. A real taste sensation with salmon.



**ANTAÑO RIOJA CRIANZA**

Spain **\$12.99** 72223  
Outstanding value from Rioja that delivers ample fruit and earthy, savoury spice. Enjoy the balanced array of dried fruit, coffee, spiced meat, ripe black cherry and mineral flavours with enticing floral nuances.



**CHÂTEAU PEY LA TOUR RESERVE DU CHÂTEAU**

France **\$24.99** 442392  
If you're looking for value and want Bordeaux, then look no further. The fruit is ripe, lush and up-front with cassis, plum and blackcurrant touched with spice and floral notes on the fine-grained, textured palate. Elegant!

# LEMONADE COCKTAILS AND SMALL BITES

LEMONADE  
MOJITO

PROSECCO  
LEMONADE

CAMPARI PINK  
LEMONADE

THIS SUMMER, WHY NOT SET UP AN ADULT LEMONADE STAND FOR THE PERFECT BACKYARD SOIREE?

Large pitchers or drink dispensers allow you to whip up a batch of drinks and let your guests help themselves. To add to the fun and flavour, create a variety of spiked lemony beverages and pair each one with a summery appetizer, for example delicious Fish Tacos made with local rockfish paired with Campari Pink Lemonade. Its what to do when life gives you lemons!



LOCAL ROCKFISH TACOS PAIRED WITH CAMPARI PINK LEMONADE

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ENJOY RESPONSIBLY AMONG FRIENDS

# NEW THIS JUST IN!



**LA CAPRA SHIRAZ FAIRVIEW WINERY**  
South Africa **\$14.99** 143537

There is no end to the delectable spices in this tasty wine from South Africa. White pepper, clove and nutmeg mingle with blackberry and pomegranate on a savoury palate touched with smoke. A crowd-pleaser to be shared with roasts, lentil dishes or at summer barbecues.



**CUPCAKE CHARDONNAY**  
USA **\$14.99** 143776

Cupcake Chardonnay delivers aromas and flavours of pear, orange, honey, apple and vanilla with a warm, buttery palate. Try it with creamy seafood pasta, crab cakes, poultry dishes or as a perfect summer sipper.



**THREE OLIVES BUBBLE VODKA**  
USA **\$25.99** 744565

This new Three Olives offering tastes just like bubble gum, but with the added warmth of vodka. To taste is to believe! Try it with lemon-lime soda or ginger ale and cranberry on ice for a refreshing and unusual cocktail.

# PASO ROBLES

CALIFORNIA



If the Napa Valley is the Beverly Hills of California wine country, then Paso Robles is its Andy of Mayberry. But don't take my word for it. As Coy Barnes, the knowledgeable owner of Wine Wrangler, a company specializing in wine touring says, "I make wine for myself, and my enemies." Where else in the wine world would such a self-effacing sentiment be heard? This genuine, "aw shucks" kind of country living belies the fact that some of the best California wines are coming from this central coastal region, located halfway between San Francisco and Los Angeles.

The warm days and cool nights produce varietal favourites like Cabernet Sauvignon, Syrah and Zinfandel, plus the emerging grape Mourvèdre, as well as Bordeaux and Rhône-style blends at more than 180 wineries. More than 45 wineries are members of Rhone Rangers, an advocacy group of American producers who promote Rhône varietals. Though these rich and intense reds have a growing number of devotees, the region is still mostly undiscovered. Compared with popular wine destinations, rural Paso Robles is less pretentious, friendlier and more casual. It puts the country back in wine country.

It seems everyone is connected to either the pursuit of wine or food in Paso Robles. Driving with Coy Barnes from the San Luis Obispo airport in his giant yellow Humvee to the Hotel Cheval, I learn that the winemaker at Tablas Creek is also part owner of Lone Madrone Winery, that the

highest quality extra-virgin olive oil is Pasolivo's olio nuovo and where to get the ultimate fish tacos, Taco Temple. The town is officially named El Paso de Robles, although locals call it Paso Robles – rhymes with nobles – or often just Paso.

Horse lovers will be in clover at the equestrian-themed Hotel Cheval, one of the most luxurious in California wine country. Its 16 guest rooms are named after thoroughbreds and the Pony Club features a stunning Paris-style, horseshoe-shaped zinc wine bar. There's meticulous attention to detail, with outside fire pits glowing on the cool Paso evenings (good for the grapes), a giant cork at the foot of your bed and horseshoe-shaped chocolates left by the nightly turndown service.

Plan a tasting itinerary that includes stops at J. Lohr, Tablas Creek and Justin wineries. Second generation winemaker Steve Lohr, Vice President of J. Lohr Vineyards, credits his father Jerry as one of the first to realize the potential of the region three decades ago and the fact it has one of the longest growing seasons

in California. The J. Lohr Wine Center located about six miles from town, houses a facility dedicated to red wines with a light-filled tasting room and picnic area overlooking the vineyards. It's also home to a three-acre solar array that helps to power the winery. "With numerous sunny days, Paso Robles isn't just ideal for producing wines," says Steve Lohr, "it's also perfect for producing clean, renewable energy."

Sustainability is also important to Justin Haas, whose family co-owns the respected Tablas Creek Winery with the masters of Châteauneuf-du-Pape, the Perrin family of Château de Beaucastel, France. "Grapevines live for up to 100 years and don't produce their best fruit until they're 30 years old or more," says Haas. "So it's important that they be farmed sustainably to reap the rewards of the work you've put in." There's lots to see and do at Tablas Creek Winery. Reserve a space at either 10:30 a.m. or 2:30 p.m. to tour the grapevine nursery. Check out the entrance to the new tasting room that just opened in March – its planters contain the French mother



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*INTERNATIONAL WINE & SPIRITS COMPETITION*



With this latest honour, Jackson Triggs has now won Best Canadian Winery 7 times at the IWSC, and an unprecedented 21 times in global and domestic competitions. We also took home the trophy for World’s Best Merlot and World’s Best Dessert Wine. The same attention that goes into our award winning wines is found in every bottle we produce. So don’t take our word for it. Open up to quality that people the world over keep calling the best.



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Please drink responsibly.

PASO ROBLES TRULY EMBODIES ALL THE BEST ASPECTS OF RURAL AMERICAN LIVING WITH THE ADDED CHARM OF AN UNDISCOVERED WINE COUNTRY.

vines used to start the vineyards. Inside the tasting room, you'll find Provençal-themed gifts.

Plan a visit to the Justin Vineyards and Winery around dinner or lunch on weekends. Their flagship, "Isosceles" Bordeaux-style red blend, is rated as one of the top 10 wines in the world by *Wine Spectator* magazine. Winery owners Justin and Deborah Baldwin also run an elegant inn and their intimate six-table restaurant is known for its romance. If you want to take the romance out to the countryside, the winery also offers a full deli case for picnic lunches. Tours are by appointment.

Paso's whole dining scene is impressive. Many restaurants concentrate on seasonality, calling into play the freshest seafood from local

waters such as red abalone from Cayucos and Morro Bay oysters. Wine-savvy Chris Kobayashi, chef at Artisan's restaurant, imbues dishes on his menu of contemporary American bistro fare with a light touch – abalone with avocado, spring onions and Valencia oranges is perfectly paired with a Tablas Creek Espirit de Beaucastel Blanc.

Chef Julie Simon at Thomas Hills Organics Bistro and Wine Bar creates an aromatic bounty of local dishes from the 10-acre organic family farm complemented by a wine list featuring the region's top-rated wines by-the-glass (and half glass). Il Cortile is Southern Italian with main courses that shine, fresh pastas and a creative mozzarella tasting menu of fresh *burrata*, mozzarella *de bufala* and mozzarella *da gioia*.

Paso Robles truly embodies all the best aspects of rural American living, with the added charm of an undiscovered wine country. Fanciful food, family-owned wineries that embrace their small locality and the kind of friendliness you won't find anywhere else, except maybe Mayberry.



PASO CREEK PASO ROBLES ZINFANDEL

USA \$17.99 616649

This Zinfandel is deeply coloured with spicy aromas of pepper and black fruit. The palate is very ripe with rich black and red fruit tinged with sweetness, moderate tannins and toasty oak. Throw a steak on the barbecue and enjoy!



J. LOHR HILLTOP CABERNET SAUVIGNON

USA \$39.99 555862

J. Lohr Hilltop Cabernet Sauvignon offers a bouquet of roasted hazelnut, coffee, black cherry jam and plum with a bold, warm palate of spice, mocha and blackberry on a supple finish. Perfect with grilled red meats!



PURPLE COWBOY TENACIOUS RED

USA \$19.99 136960

Purple Cowboy is a delicious blend made predominantly of Cabernet Sauvignon and Syrah grape varieties offering vibrant aromas of red fruit, cinnamon and cola with tenaciously rich flavours of red berries and cassis tinged with cocoa. Enjoy!



J. LOHR LOS OSOS MERLOT

USA \$22.99 566901

This Merlot has a vibrant hue of dark crimson and aromas of black cherry and blackberry that continue on to a medium-bodied palate with nicely structured tannins. An ideal wine to enjoy throughout the summer for many occasions.



J. LOHR SEVEN OAKS CABERNET SAUVIGNON

USA \$22.99 313825

This silky-smooth Cabernet Sauvignon is ripe and round with black fruit and oaky vanilla aromas and milk chocolate flavours on the palate. It is a versatile wine for many meals and occasions.



# FRESH AND VEGETARIAN

MAKE A  
SUMMER  
MEAL  
MEATLESS

VEGETARIAN KOFTA  
WITH CUCUMBER AND  
TOMATO SALAD

Everyone knows that eating vegetables is good for you, but Mom’s sage advice to “eat your veggies” extends beyond personal well-being. Incorporating more local, seasonal vegetarian options into your meal plan can also be good for the planet by decreasing your carbon footprint. Even small changes have big a impact. Summer is the perfect time to get inspired by a visit to your local farmers’ market for the best selection of fresh vegetables. Then take advantage of summer’s bounty by inviting a few friends to share in a vibrant vegetarian dinner. Your friends and the environment will be all the healthier!



YOGURT MOUSSE WITH HONEY-POACHED APRICOTS

PAIRS WITH VEGETARIAN KOFTA WITH CUCUMBER AND TOMATO SALAD

PAIRS WITH YOGURT MOUSSE WITH HONEY-POACHED APRICOTS



**KRETIKOS BOUTARI**  
Greece **\$12.99** 327437  
This delightful white wine from the Isle of Crete offers pretty floral aromas followed by flavours of citrus, butter and peach skin. The fresh, juicy palate shows more weight than expected making it a perfect accompaniment for the Vegetarian Kofta.



**EMILIANA NOVAS ORGANIC CARMÉNÈRE CABERNET**  
Chile **\$17.99** 771840  
Emiliana is dedicated to being environmentally responsible in their production of organic and biodynamic wines. This attractive Carménère Cabernet exhibits classic leafy, spicy notes with blackcurrant and blueberry and is delicious with a variety of foods!



**SEGURA VIUDAS BRUT RESERVA**  
Spain **\$16.99** 158493  
This long-time favourite sparkling wine shows consistent value with nutty aromas and flavours that include honeyed biscuit, lemon, mineral and green apple. It is a delicious pairing with light desserts!





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Fresh and Vegetarian



STUFFED PIQUILLO PEPPERS

PAIRS WITH YOGURT MOUSSE WITH HONEY-POACHED APRICOTS



**SEE YA LATER RANCH EHRENFELSER ICEWINE**  
BC VQA **\$50.00** 79467 375 ml  
The playful label for See Ya Later Ranch features a white dog with angel wings in celebration of "man's best friend." Behind this label is an elegant, aromatic icewine with spicy floral, orange, nectarine and apple flavours.



PAIRS WITH STUFFED PIQUILLO PEPPERS



**LA MANO CASTILLA Y LEON MENCÍA ROBLE**  
Spain **\$13.99** 509489  
This wine is made from the Mencía grape variety, exhibiting a perfumed nose of spice box, cherry and *garrigue*. Savoury pepper and fresh mineral flavours give way to sweet, ripe fruit on a lengthy finish. Very nice indeed!



**MEZZACORONA DOLOMITI PINOT NOIR**  
Italy **\$15.99** 148916  
Mezzacorona Pinot Noir delivers very good value for the price. It's a round and soft red with fresh, wild strawberry aromas touched with aromatic earth notes and clean, light mineral flavours. Easygoing and very food friendly!



# PUT YOUR FEET UP

HAVE YOUR HOME  
EVENT CATERED!



## NOW SERVING, PEACE OF MIND

Remember the last time you hosted a party? You probably spent weeks planning, shopping, decorating and cooking. Then, when your guests finally arrived, you were so busy checking the roast and serving the wine, you barely had time to talk to anyone. And as you were cleaning up afterward, you might have realized that it wasn't quite as much fun as you'd expected.

"It's exhausting for the host," says Axelle d'Anglemont, sales and event coordinator for The Butler Did It Catering in Vancouver ([www.butlerdiditcatering.com](http://www.butlerdiditcatering.com)). That's why you may want to consider hiring a caterer for your next event, be it a formal sit-down dinner for eight, a backyard barbecue for 50 or a gala wedding reception for several hundred.

"It allows you to actually enjoy your event," says Jonathan Chovancek, chef de cuisine at Culinary Capers Catering ([www.culinarycapers.com](http://www.culinarycapers.com)). "We take the load off, so you're a guest at your own party. When you're focused on cooking the meal for your guests and making sure their wine glasses are full, I think most people have a hard

time also focusing on conversations. And that's why you have a party – to connect with people."

Catering goes well beyond platters of canapés. It can include service staff, bartenders, entertainment, flowers, decorations, rentals, extras such as ice sculptures and best of all, the cleanup at the end of the night.

"These days, especially in Vancouver, caterers are really event producers," says d'Anglemont. "It's all about the experience. And the experience is not just the food they put in their mouths."

Best of all, working with a caterer is a breeze, if you follow this five-step plan for getting the most out of your catering experience.

### STEP 1. DECIDE WHAT YOU WANT

Caterers can do just about anything you want, as long as you tell them what that is.

Before you call a caterer for an estimate, decide whether your event is formal or casual, indoors or out, at home or in another venue. Have a rough idea of how many guests you're inviting, whether they have special needs such as a vegan menu and if you're going to need servers.

If you're planning to hold the event

somewhere other than your home, it's best to get the venue locked in first, so you know what the costs and restrictions will be. And give the caterer as much advance notice as possible.

### STEP 2. SHOP AROUND

There is a wide range in cost, quality and the type of services caterers offer, and not every caterer is your best fit. So be sure to check out several different options.

"Don't be afraid to call three or four caterers," d'Anglemont says. "There's a huge range of prices out there. It's completely free to obtain quotes.

Do your own research, but also see what other people are saying. "Go on the website," suggests Claire May chef and owner of Chef Claire's ([www.chefclaires.com](http://www.chefclaires.com)). "Referrals are a big thing." And, she adds, don't be afraid to ask the hard questions. "Do they have Serving it Right? Are staff in uniforms?" And you want to make sure the chef has a commercial kitchen.

### STEP 3. SET A BUDGET

Of course you need to know ahead of time what you can afford to spend.

A catered event can cost anything from \$25 a person for a casual backyard barbecue to \$120 and up for a formal

...the gentle sound  
of sprinklers  
and the lawn  
mower's hum  
promised  
**23 minutes**  
of peace when she  
could selfishly

slip  
away

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event – and that’s not including your venue rental, entertainment or beverages.

The more goodies you include, the more it will cost. Some of the things that add to the bill: staff, including cooks, servers and bartenders, plus their gratuity, fuel and delivery costs, rentals, flowers, décor items and of course food, especially if you opt for fashionable, local, organic fare. It’s good to keep all those things in mind as you plan your event.

### STEP 4. CREATE A PLAN

Before your team gets cooking, you need to work with them on the plan. Start by meeting with the event planner, who can work out the structure of the event, including a timeline. Then the planner works with the chef and the client to create a menu.

Although most catering companies have set menus, the client can certainly ask for alterations to personalize the event, be it dishes to accommodate guests with allergies or dishes that have special meaning. But there is a limit. “We create beautifully balanced, delicious food, and that’s why you’re hiring us.” Chovancek says.

Because of British Columbia’s liquor laws, one thing many caterers won’t do is sell you alcohol, although they will serve it, provide bartenders to make signature cocktails and recommend wines to work with your menu.

That means you’ll likely have to order your own liquor. This can actually work to your advantage because you won’t have to pay markups on beer, wine and spirits. “Most caterers don’t even charge a corkage fee,” May notes, “so you can get a nicer bottle of wine for the same price.” BC Liquor Stores also

offer assistance with and advice on event planning. Go to [www.bcliquorstores.com/event-planning-and-special-occasion-licence](http://www.bcliquorstores.com/event-planning-and-special-occasion-licence) for more information.

### STEP 5. LET THEM GET ON WITH IT

Once the catering team is on-site, they’re in charge of everything from setup to cleanup. “If you hire a caterer, you should let the caterer do everything,” says May. “We show up, we take care of everything. All you have to do is invite your friends and it’s all good.”

True, things can occasionally go wrong. “Things happen,” Chovancek

says. “There’s no electricity or the oven doesn’t work or the staff doesn’t show up. But it’s like being a stage actor – the show must go on.”

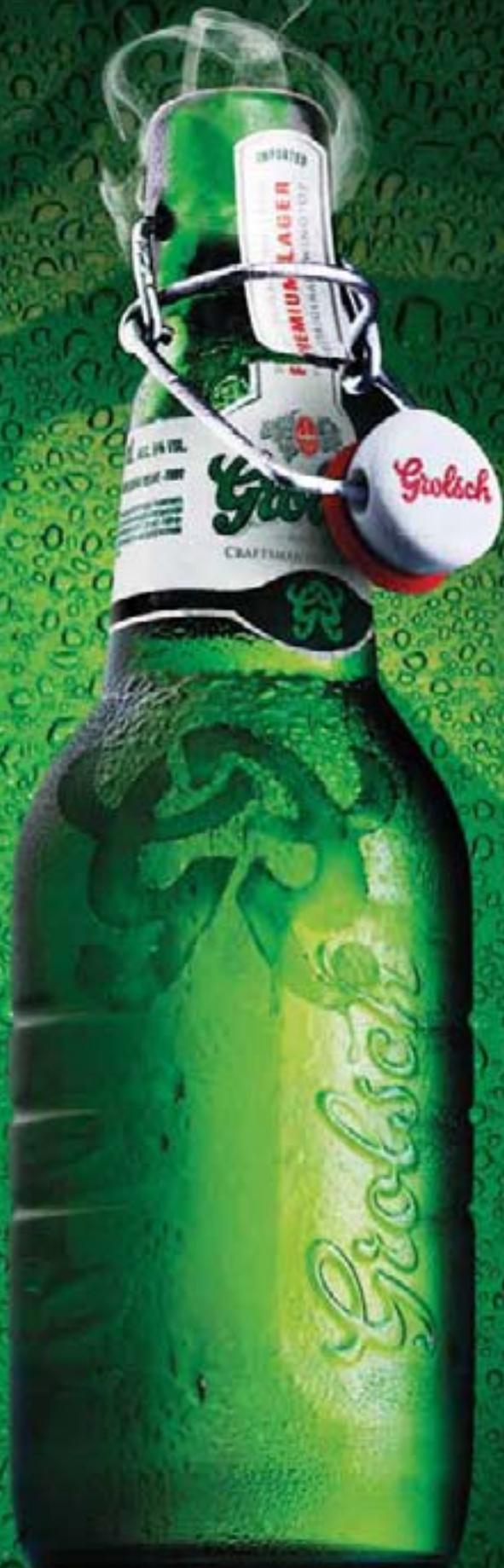
Besides, you’ll be too busy actually talking to your guests and having fun at your own party to even notice that the kitchen suddenly filled with smoke or the ice sculpture melted in the delivery van.

“If you have confidence in your caterers, you can relax and enjoy your party,” says d’Anglemont. “And if there’s one thing to take away, there’s food for every event and a price point for every event.”



Chef Claire at work.

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Local Bison Carpaccio served on Housemade Bannock Bread with BC Cranberry Jelly by The Butler Did It Catering.

Photo by Randal Kurt Photography



**MISSION HILL FAMILY ESTATE RESERVE CHARDONNAY**

BC VQA **\$18.99** 18812  
This rich, well-balanced 100 percent Chardonnay has ripe pear, pineapple and vanilla aromas, with lively citrus flavours and a subtle minerality on the palate. Terrific with pork, chicken or rich seafood dishes.



**SANDHILL CABERNET MERLOT**

BC VQA **\$19.99** 541144  
A lush, well-structured wine with notes of rich plum, blackcurrant, leather, vanilla and just a hint of violets, thanks to the Cabernet Franc in the blend. Good with hearty roasts of beef or lamb, steaks, stews, game meats and other bold flavours.



**SANDHILL CHARDONNAY**

BC VQA **\$17.99** 541193  
A rich, buttery, medium-to-full-bodied wine with appealing notes of peaches, pears and tropical fruits, just a hint of spice and a nutty finish. Perfect for rich, creamy pasta, poultry and seafood dishes.



**INNISKILLIN OKANAGAN CABERNET SAUVIGNON**

BC VQA **\$16.99** 597070  
Expect intense, dark fruit flavours of plum and blackberry, a hint of dark chocolate and spicy and earthy characteristics. Well-structured with a long, smooth finish, pair it with rich red meats, mushrooms and other earthy flavours, as well as dark chocolate.



**INNISKILLIN OKANAGAN DISCOVER SERIES CHENIN BLANC**

BC VQA **\$16.99** 273573  
An unusual varietal for the Okanagan and a delicious discovery! Expect notes of quince, melon, baked apples and tropical fruits such as pineapple, guava and grapefruit. It also has a hint of honey, with a buttery mouth feel. Try it with Thai dishes, seafood or salads.



**HESTER CREEK SELECTED BARRELS MERLOT**

BC VQA **\$18.99** 677195  
Hester Creek wines just keep getting better and this rich red is no exception. Expect plum, blackberry and dark cherry notes with a hint of chocolate on the palate and soft tannins. Versatile with food, especially savoury dishes ranging from salmon to steak.





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# SIGNATURE SELECTIONS

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## BILL MICHAEL, PORTFOLIO MANAGER RECOMMENDS

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Our “Signature Selections” feature showcases exclusive, harder-to-find products that are available only at the 21 Signature BC Liquor Stores across British Columbia. Signature BC Liquor Stores are larger and carry a wider choice of wines, beers and spirits. They also offer the expertise of trained Product Consultants who are more than happy to advise, suggest, explain and answer any questions you may have about the huge selection. If there is not a Signature BC Liquor Store near you, please remember that all the products highlighted here can be quickly and easily transferred to your nearest BC Liquor Store. Just ask at your local Customer Service desk. This issue’s Signature Selections are perfect for summer – BC Craft Beers handmade in our Province and chosen by BC Liquor Distribution Branch Portfolio Manager, Bill Michael.

Bill Michael is the Portfolio Manager responsible for buying beer, refreshment beverages and wines of Australia and New Zealand. His Liquor Distribution Branch journey has been a long one, allowing him to learn all aspects of the business on the way up. Starting as Store Clerk 32 years ago, Bill moved through the ranks from Clerk to Assistant Manager to Senior Store Manager and then finally to Portfolio Manager, a position he has enjoyed for the past eight years.

“One of the most satisfying aspects of my job is buying a product and watching our customers make it a best seller.”

- BILL MICHAEL, Portfolio Manager, BC Liquor Distribution Branch

# CRAFT BEER, SMALL BATCHES OF BC'S BEST

**Craft:** *noun* An activity involving skill in making things by hand.

The dictionary definition of the word “craft” applies well to BC’s craft breweries. They make beer in small batches with great personal care, using the best and most local ingredients possible. This can mean a nearby spring provides the water, a neighbourhood farmer supplies the malt or hops, or in the case of the early days of Phillips Brewing, the brewmeister lives, eats and sleeps in the brewery, babysitting each batch to perfection.

British Columbia has become known for innovation and creativity, as is shown in our artistic and culinary offerings and now as well in our artisan craft beers.

In 1997, a group of BC craft beer brewers got together for the purpose of establishing a non-profit, cooperative trade organization to better promote the craft brewing industry. The members of the BC Craft Brewers Guild have been crafting new and adventurous beers ever since, some of which are regarded as among the finest in the world. The Guild members agree to produce no more than 60 hectolitres of beer per year using almost exclusively the four basic ingredients: hops, malt, yeast and water. (Additional ingredients are allowed for specialty beer styles such as hefeweizen, made from wheat.) The Guild breweries must also be independently owned and operated.

The many styles of beer hand-brewed in BC can make finding a favourite daunting. For a more well-informed choice, here are the very basics of beer:

## ALES

All ales use top-fermenting yeast. Ale yeasts perform at warmer temperatures, the ferments are faster and fermentation by-products are generally more evident. These by-products, or esters, contribute a wide range of flavours to the various styles of ale and pretty much anything goes. Acceptable flavour characteristics may include coffee, chocolate, leather and almost any kind of fruit imaginable. Subcategories of ale include pale ale, bitter, brown, stout, porter, Belgian and wheat ales.

## LAGERS

Lager is produced using bottom-fermenting yeast at colder temperatures than ales. This cooler environment inhibits the natural production of esters, creating a cleaner-tasting product. There will often be a slight sulphur taste to light lagers. The hops used in this style can shine a little more without the fruity, estery flavours that are prized in ales. Subcategories of lager include Pilsner, Vienna, Dortmunder, marzen and bock.



### VANCOUVER ISLAND BREWERY POD PACK

British Columbia **\$22.25** 319434 (12 x 341 ml)

Locally owned for 25 years, Vancouver Island Brewery is the Island's original craft brewery. They have a commitment to using 100 percent natural ingredients and a passion for brewing fresh, pure and unpasteurized beer with no artificial preservatives or additives. Their summer Pod Pack offers three each of four fine varieties.

**Piper's Pale Ale** is medium-bodied with ample Pacific Northwest hop character. **Hermann's Dark Lager** is full-bodied and has balanced flavour with a toasty malt nose. **Spyhopper Honey Brown** is a light amber ale with a sweet malt flavour and an excellent balance of hop character. **Sea Dog Amber Ale** features a burst of hops and a smooth, malt finish.

## COLOUR AND BODY

Beer colour is largely determined by type of malt. A light golden or straw-coloured beer likely contains only pale malt. A darker-coloured, more intensely flavoured beer would contain pale malt and one or more specialty malts. The body or fullness of a beer is affected by the types of malt and yeast used and by the brewing techniques employed by the brewer.

The result? Myriad styles and flavours of a British Columbian summer's favourite beverage, from hefeweizen to pepper lime lager, for you to discover. Many BC Craft Brewers have released seasonal multi-packs for just this purpose. Invite a few friends over, fire up the barbecue and enjoy!



#### PHILLIPS BREWING COMPANY SHOWCASE MIXED PACK

British Columbia **\$23.60** 473090 (12 x 341 ml)

A few years back, Matt Phillips (the patriarch of Phillips Beer) had a dream of setting up an artisanal brewery dedicated to making unique beers. His dream has come true in the most unconventional way which at times included living in the brewery and personally delivering Phillips beer in a 1985 Subaru. Four of Phillips' favourite flavours are available in this summer showcase sampler.

**Phoenix** is an unpasteurized Bohemian lager with well-balanced malt flavours and a crisp, dry finish. **Blue Buck** is a deep amber-coloured beer with a crisp finish and a delicate hop aroma. **Phillips Coffee Stout** is a smooth dark beer brewed with a big handful of specially roasted coffee beans. **Slipstream** is a smooth, medium-bodied cream ale great with chicken or BC salmon!



#### LIGHTHOUSE FIGGARD 150

British Columbia **\$11.95** 396184 (6 x 355 ml)

Lighthouse Brewing Company is a "Quality First" microbrewery located in Victoria that produces all natural, distinct beers using sustainable environmental brewing practices.

**Figgard 150** is a traditional Bavarian-style lager with a crisp, dry first impression and a mild hop finish. It's also available as part of Lighthouse Brewing's Variety Pack (856732) along with **Lighthouse Cream Ale**, **Race Rocks Amber Ale** and **Riptide Pale Ale**.



#### DEAD FROG PEPPER LIME LAGER

British Columbia **\$11.99** 245316 (6 x 341 ml)

Located in Aldergrove, Dead Frog Brewery combines premium-quality ingredients with creativity and innovation (and a wonderful sense of fun) to bring excellent new beer styles to the beer-drinking public.

**Dead Frog Pepper Lime Lager** combines refreshing lager and lime with a hint of pepper spice on the finish. Pairs well with hot summer days. Also available in Dead Frog's Summer Mixer Pack (356931) along with **Dead Frog Lager**, **Honey Lager** and **Nut Brown Ale**.

## Signature Selections: BC Craft Beer



### CENTRAL CITY BREWING COMPANY

#### RED RACER PALE ALE

British Columbia **\$11.95** 60015 (6 x 355 ml)

Central City Brewing Company, located in Surrey, BC, believes in using only the finest ingredients available, with no artificial preservatives or flavour-robbing pasteurization. Central City was named the Best Brewery in Canada at the 2010 Canadian Brewing Awards.

**Red Racer Classic Pale Ale** is hand-crafted using Mariss Otter barley from England and is big and bold with citrus aromas and a full malt body. It is also available in the Red Racer Medley Pack (624197) along with **Red Racer White Ale** and **Red Racer Lager**.



### TREE BREWING HEFEWEIZEN

British Columbia **\$21.95** 134247 (12 x 330 ml)

Kelowna's Tree Brewing, celebrating 15 years in business, strives to brew memorable and flavourful beers regardless of the style. Their award-winning beers are brewed by German-trained Stefan Buhl using 100 percent malted barley, the finest hops, yeast and water.

Their **Hefeweizen** is a full-bodied wheat beer with a traditional unfiltered, cloudy appearance with undertones of banana, clove and citrus flavours. This perfect summertime brew is available exclusively as part of Tree Brewing's summer Character Pack (134247) along with **Beach Blonde Lager**, **Kelowna Pilsner** and **Thirsty Beaver Amber Ale**.

# AMAZEING

ALL ABOUT CORN



SUMMER CORN SOUP

Maize, more commonly called “corn.” is thought to have been first cultivated by indigenous North Americans more than 7,000 years ago, and is actually a type of grass. Today, corn is the second-most grown crop (next only to wheat) on every continent. Although white and yellow corn are the most popular varieties, there are tasty and colourful heirloom varieties with red or bluish-black kernels that add visual appeal to simple summer fare. While we all love a cob of grilled corn as the classic accompaniment to summer barbecues, try giving this “a-maize-ing” vegetable a starring role on your menu with one of these delicious recipes.



CORN CAKES WITH ROASTED TOMATOES

PAIRS WITH SUMMER CORN SOUP



**SEBEKA SAUVIGNON BLANC**

South Africa **\$12.99** 574756  
Light citrus and gooseberry aromas are evident on the nose of this Sauvignon Blanc, which opens to a juicy palate offering grassy flavours along with grapefruit and lemon curd. Enjoy this fresh, light wine with the Summer Corn Soup.



**SONOMA-CUTRER  
RUSSIAN RIVER RANCHES  
CHARDONNAY**

USA **\$29.99** 359505  
This Chardonnay is intense, fresh and vibrant with an aromatic array of gorgeous green apple, melon and grapefruit. The full-bodied palate is creamy in texture with spicy vanilla, butter and apple flavours on a long, clean finish. Enjoy!



**VALDO VALDOBBIADENE  
PROSECCO MARCA ORO**

Italy **\$21.00** 550111  
This fruity Prosecco is a touch floral and nutty with fine, foamy bubbles. It offers pear, apple and mineral flavours with lingering tropical fruit on the finish. An elegant wine and an enjoyable companion to this recipe.



PERONI



PERONI  
ITALY

A-maize-ing: All about corn



GRILLED ROMAINE SALAD WITH BUTTERMILK HERB DRESSING

PAIRS WITH CORN CAKES WITH ROASTED TOMATOES

PAIRS WITH GRILLED ROMAINE SALAD WITH BUTTERMILK HERB DRESSING



**BARBERA DA VINE**  
PIEDMONT

Italy **\$14.99** 142737  
Behind this playful label is a wine that offers true characteristics of the delicious Barbera grape – spicy, meaty aromas and ripe cherry flavours are balanced with vibrant acidity. Enjoyable on its own and also with a wide array of foods! Delicious!



**CHÂTEAU DE VALCOMBE**  
SYRAH GRENACHE

France **\$12.99** 857243  
This tasty wine demonstrates what the south of France has to offer with a delicious array of spice, herbs and ripe fruit. Floral and mineral aromas lead to a smoothly textured palate with licorice and red fruit flavours and a meaty, warm finish. Impressive!



**FAZI BATTAGLIA**  
VERDICCHIO DEI CASTELLI  
DE JESI CLASSICO

Italy **\$14.99** 24422  
This uniquely shaped bottle holds a fresh, stylish Verdicchio wine. Baked apple, hazelnut and ripe melon linger on a mouth-watering, clean mineral finish. A perfect partner for all sorts of cream-dressed salads.

SHADES  
OF  
**PINK**



## IS THERE ANYTHING MORE ENTICING ON A SUNNY SUMMER'S DAY THAN THE SIGHT OF A STEMMED GLASS FILLED WITH PINK LIQUID, A SHEEN OF MOISTURE RUNNING DOWN THE GLASS AS THE CHILLED WINE INSIDE IS EXPOSED TO WARM AIR?

Of course calling a wine pink, as we do with rosé, is often an inaccurate descriptor. Rosé wines can be found in a rainbow of medium-coloured hues that range from pale salmon and copper to blushing pink, cherry blossom, pastel ruby and even cranberry. Unfortunately, these varying shades of pink can often be misleading as to how dry, how structured, how simple or elegant the wine may be – until it passes your lips.

The world is in love with pink, and, with the current popularity of rosé, there are many to choose from. There is literally a style to suit every palate and every occasion. Gone are the days when the only rosés you would see on the shelves were sweetened, confectioned versions that, although still very popular, gave pink wine a bad rap.

Those blush or white Zinfandel wines became extremely popular in the 1970s and 1980s. California's famous red Zinfandel grapes were often used to make pale coloured, sugary wines, which made clever use of a surplus of red grapes at a time when consumers

preferred drinking white. This is not to completely dismiss these still popular, lower alcohol and affordable styles – many people appreciate more approachable sipping wines with a touch of sweetness when the sun is blazing. But, when you desire something a little more toothsome, something with structure – a chic wine that is dry and extremely food-friendly – there are plenty of rosés to fit that bill too.

### WHICH GRAPE IS ROSÉ MADE FROM?

The beauty of rosé wines is that they can be made from an endless variety of red grapes and you can be fairly certain every country that makes wine makes pink wine. You will discover rosés made from a multitude of red grape varieties in France, including Gamay, Grenache, Mourvèdre, Cinsault, Syrah and Pinot Noir. In Argentina, it is common to find richly hued rosé wines made from Malbec. And it is quite usual to discover the use of Merlot, Cabernet Franc, Carménère, Sangiovese, Tempranillo or Baga in pink wines from Australia, Canada, Chile, Italy, Spain and Portugal.

### WHERE DOES A PINK WINE GET ITS COLOUR?

Although different methods can be used, typically pink wines acquire their colour after pressing, when the clear juice inside of the grape is exposed to the coloured skin that surrounds it. The depth of colour that the final wine will achieve is based on the amount of time those red skins are left in contact with the juice. Pale rosés may have a mere two hours of maceration, while richly coloured, vibrant versions may macerate for much longer. The winemaker, who may be trying to achieve a style with more tannin and structure or a delicate style with finesse, chooses to do so with skin contact. You will often hear the term *saignée* or “bleeding” in reference to the production of rosé wines. This is simply a method of draining the now pink juice away from the skins after a period of steeping or maceration.

The type of grape and the depth of pigment (or colour) in its skin will also affect the final shade and fragrance of the wine, as all grapes have different skin thicknesses, aromas and tint.

The production of traditional method (*méthode traditionnelle*) sparkling rosé wines, such as those from Champagne, can differ slightly, as the finished red wine is often added to white wine to achieve the level of colour desired for the cuvée.

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CAMPAGNA FINANZIATA  
DALLA UNIONE EUROPEA

THE WORLD IS IN LOVE WITH PINK AND, WITH THE CURRENT POPULARITY OF ROSÉ, THERE ARE MANY TO CHOOSE FROM. THERE IS LITERALLY A STYLE TO SUIT EVERY PALATE AND EVERY OCCASION.

**PERFECTLY PINK**

Good rosé may be the perfect all-purpose wine. Just ask those who live in Provence in the south of France, where pink is king. It will have the constitution of a light-bodied red and the vibrant acidity of a crisp white. It will not overpower with potent fruit, tooth-staining tint or dominant oak.

Some sweetness is fine – especially if you are serving it with exotically spiced dishes such as Thai green curry. Some tannin is fine too, mainly if you are pairing the wine with heartier meat or fish dishes. The advantage of pink wine is its versatility. It can be a simple patio sipper, an early aperitif or brunch alternative to Prosecco, a crisp starter with salad niçoise the perfect partner to roast turkey and chicken dinners or an epiphany with cedar-planked salmon. Simply find the style that satisfies your mood or suits your food.

So there you have it, a summary of the wonders of pink wine. The next time your only-drinks-red-wine dining companion refuses to share in your indulgence of girly pinkness, tell him or her not to be ridiculous. After all, the wine is actually the product of red grapes.



**LA VIEILLE FERME ROSÉ**  
France **\$12.99** 559393  
This solid, go-to, dry rosé is made from Grenache, Cinsault and Syrah. It has a lovely pastel ruby hue and is fresh and floral with wild red berries, cedar and maraschino cherry aromas. There are wonderful savoury components here too and it's full on the palate, with a mouth-watering finish.



**QUAILS' GATE ROSÉ**  
BC VQA **\$14.99** 170316  
Made from Gamay with a splash of Pinot Noir, this tasty rosé offers tart, red fruit, watermelon and spiced cedar aromas. It's tangy and fresh with some impressive structure and refreshing pink grapefruit flavours.



**RIGAMAROLE ROSÉ**  
BC VQA **\$14.99** 618785  
This cranberry-coloured rosé presents sour cherry, strawberry and fine spice aromas. The entry is dry, but it picks up a bit of sweetness mid-palate and trails flavours of berries, orange peel and exotic spice. It's a fresh, crisp and easy-sipping pink to cool down with this summer.



**VILLA TERESA ROSÉ**  
VENETO VINO FRIZZANTE  
Italy **\$16.15** 826875  
This organic, spritzy, blushing pink rosé is bright and floral, with sweet berry and patchouli aromas. There are berries and cream with some candied citrus peel flavours on the finish. Here is a perfect wine to serve with a cheese and antipasti platter.



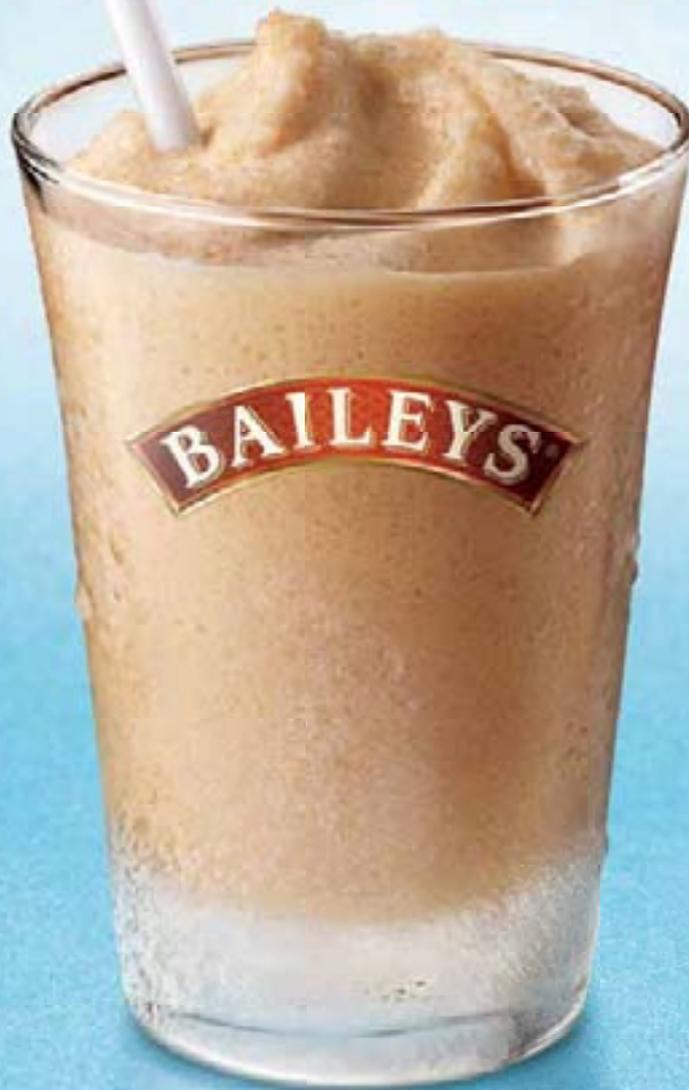
**INNOCENT BYSTANDER**  
MOSCATO  
Australia **\$13.99** 573618 375 ml  
This is a sweet, spritzy treat that will pair well with light fruit desserts or cheese plates. It has typical Moscato aromas – loads of honey, apricots white raisins and orange blossoms. Fine bubbles and crisp acidity help cleanse the palate of sweetness.



**CHÂT-EN-OEUF ROSÉ**  
France **\$12.99** 823229  
A pretty salmony-pink in colour, this rosé is a tongue-in-cheek nod to the famed Châteauneuf-du-Pape appellation in the Rhône. It is floral, delicate and quite dry – there are some berry and stone fruits flavours here with a finely spiced, citrus peel finish.



**“Deliciously  
*chilled*”**



***Baileys blended with ice***



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# FLAVOURS OF SUMMER



## TIBANELI KINDZMARALI

Georgia **\$19.99** 670539

Kindzmarali is a high quality naturally semi-sweet wine made from the Saperavi grape variety, grown in what is perhaps the oldest winegrowing region in the world. It offers earthy, spicy, cherry aromas and rich, balanced flavours with wild berry, coffee, clove and prune. Pair with desserts and fruit plates!



## HENRY'S DRIVE MORSE CODE SHIRAZ

Australia **\$13.99** 622589

This deeply coloured, garnet-purple wine is intensely scented, with black fruit and eucalyptus aromas touched with warm nuances of forest floor. The palate is soft with juicy ripe blackberry, blueberry and hints of spice on the long finish. A great value!

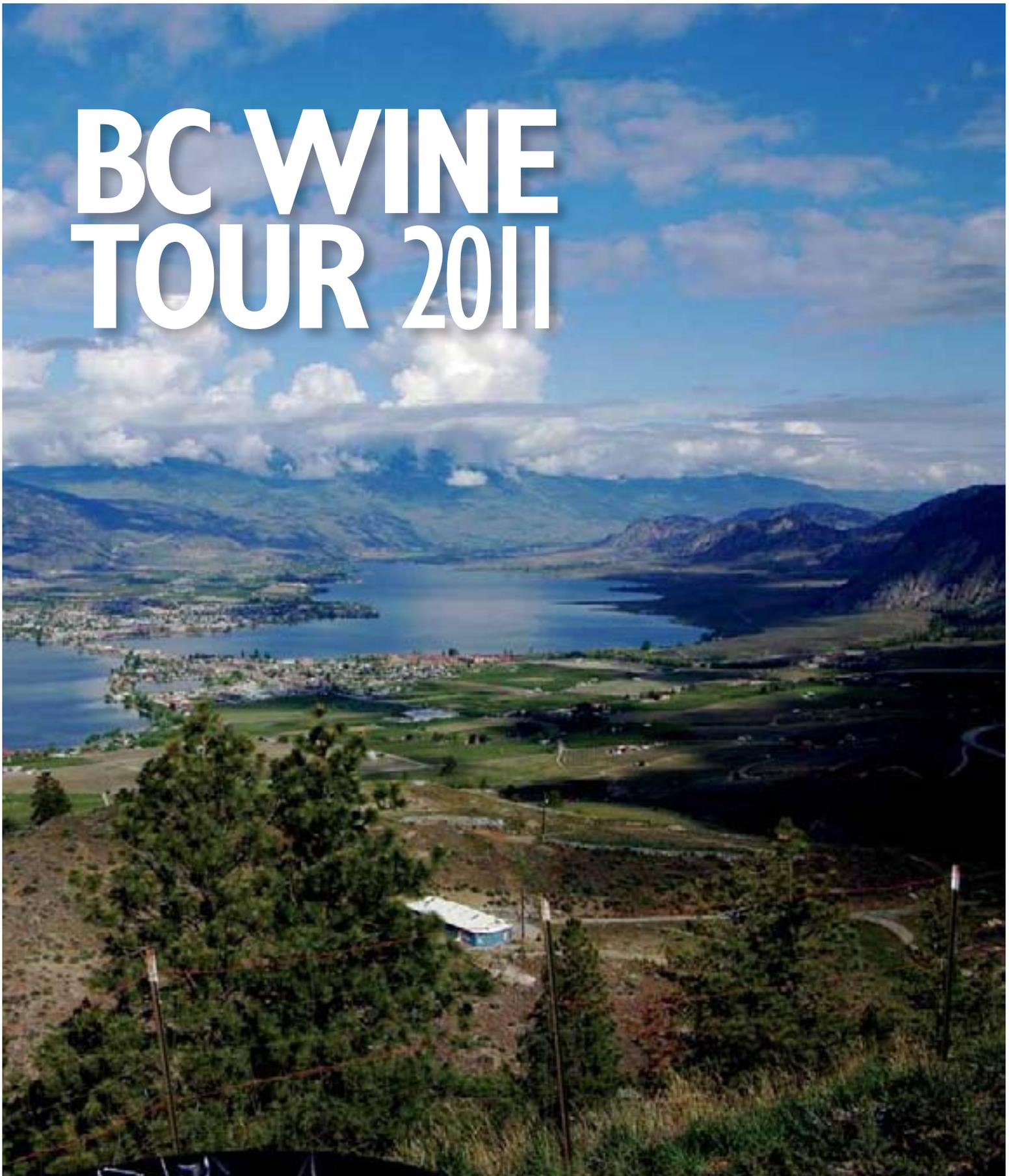


## RON MATA SALEM 15 YEAR OLD SOLERA GRAN RESERVA

Dominican Republic **\$51.99** 464222

This golden amber treat is smooth, complex and warm with vanilla, roasted caramel, creamy toffee and an enticing hint of plum. The Solera system used for aging and blending ensures delicious consistency from batch to batch. Rich, velvety and entirely enjoyable straight up or on ice!

# BC WINE TOUR 2011



**W**ine touring in the Okanagan used to be hard work – but not any more. These days, you can divide your time between tasting rooms with a wealth of distractions, from dining on view-kissed patios to visiting artisan cheese or vinegar makers, all of which are taking BC’s blossoming wine culture to the next level.

While the north Okanagan has traditionally been the centre of wine activity, a few years back the folks down south decided it was time to get serious. After all, the south Okanagan produces some 65 percent of all grapes grown in the province. Today, newly christened Oliver-Osoyoos Wine Country is truly bursting with activity.

Nk’Mip Cellars, owned by the progressive Osoyoos Indian Band, remains the south Okanagan’s anchor, with its impressively situated patio that yields sweeping south Okanagan views.

As for the best south valley non-wine experience? The Nk’Mip Desert Cultural Centre is a “must visit,” offering an entertaining, often moving narrative of the Osoyoos Indian Band, as well as guided or self-guided natural history tours of Canada’s only desert.

Just up the highway in Oliver, after dropping by Road 13’s smart new tasting room, it’s time to pay a visit to the sun-drenched deck of newly minted Miradoro at Tinhorn Creek. Here you can drink in the panoramic view with chilled almond and bread soup or pancetta-wrapped ling cod, prepared by former Diva at the Met chef, Jeff van Geest. Four years in the planning, this very polished new addition to a growing number of south Okanagan valley dining destinations is headed up by Vancouver’s Le Gavroche

owner Manuel Ferreira

Barely a screwcap’s toss away, the folks at Hester Creek have been busy not only puffing the pillows at their luxury villas, (above the winery, each with its private patio and breathtaking view), but also pulling the wraps off Mediterranean-themed Terrafina Restaurant. Located in Hester Creek’s former tasting room, Terrafina provides an intimate Tuscan-style setting with its old brick, wooden pillars and iron chandeliers.

The arrival of these two new destination rooms, along with Burrowing Owl’s locally focused Sonora Room and the eclectic Passa Tempo at Nk’Mip’s Spirit Ridge, means there’s now no shortage of serious kitchen activity with which to while away those post-tasting hours – with sips of BC’s best, of course.

Next, head up the winding road from Okanagan Falls (or take the back road through Willowbrook from Oliver) to See Ya Later Ranch, where you can enjoy a light lunch on the patio, which looks north up the entire valley. Afterwards, take a few moments to visit the touching canine cemetery and learn about the mildly eccentric Major Hugh Fraser, who pioneered here and signed off his letters with “see ya later” abbreviated to “SYL.”

Take the less-travelled Eastside Road to discover the heavenly heights of Blasted Church and its large selection of tongue-in-cheek, ecclesiastically inspired offerings.

Arguably the prize for the smallest tasting room in the valley goes to Painted Rock Estate, whose very intimate and temporary hut is well worth the climb from Eastside Road,



**QUAILS’ GATE CHASSELAS-PINOT BLANC – PINOT GRIS**  
BC VQA **\$18.99** 585737

A very approachable, fruity white blend of Chasselas (60 percent), Pinot Blanc (30 percent) and Pinot Gris (10 percent) yields layered pear, citrus and tropical notes. Think perfect summer sipping or grilled chicken with fruit-garnished salads.



**GRAY MONK ROTBERGER**  
BC VQA **\$15.99** 321620

Search no more for the perfect picnic wine. Gray Monk’s Rotberger features red berries and earthy notes on top with juicy acidity, cherry, raspberry and spice in the end.



**SUMAC RIDGE BLACK SAGE MERLOT**  
BC VQA **\$19.99** 593053

This is the wine that first put Black Sage on the map with its luscious burst of black fruit, easy tannins and balanced oak. Perfect with roast beef with Merlot reduction.





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just south of Penticton. Not to mention the wines, which won not one, but two 2010 Lieutenant Governor's Awards – in one of the toughest of the annual competitions. Once there, you'll also want to drink in the stunning view of Skaha Lake.

Heading north to Sumac Ridge, with its cosy Cellar Door Bistro and impressive line-up, including the valley's broadest array of sparkling wines, is still Summerland's main draw. Follow the signs along Bottleneck Drive to discover a number of other, smaller wineries and attractions. Among them, The Vinegar Works runs a small tasting room to showcase artisan vinegars, made from grapes grown on their own two-acre organic vineyard, nestled in a picturesque, rural valley behind Giant's Head Mountain. Afterwards, drop by Local Lounge and Grille (co-owned by Sumac Ridge founders the McWatters family) for fresh, casual fare on the waterfront – of course with a comprehensive BC wine list.

Up the way in Westbank, taste your way through Quails' Gate's range of wines in their impressive reception centre overlooking the lake, before wandering over to Old Vines Restaurant.

For many approaching the Okanagan from the north, the first stop is Gray Monk Estate Winery, where pioneers George and Trudy Heiss first planted the steep slopes above Lake Okanagan almost 40 years ago. These days the winery boasts a striking new tasting room, not to mention the ultra-panoramic Grapevine Restaurant.

Tasting in the north Okanagan also just became a whole lot easier this spring, with the unveiling of a Tourism Kelowna's wine trail, linking 24 area wineries, as well as a meadery, two microbreweries, two cideries and one distillery. The trails are divided into five easy-to-manage groups: "Scenic Sip," "Fab Five of East Kelowna," "Heritage Trail," "Lakeshore Wine Route" and the "Westside Wine Trail." Bon voyage!

### TIPS AND TRICKS

- **BOOK AHEAD**, especially for meals and accommodations in summer and during Okanagan Fall Wine Festival.
- **BRING A COOLER**. Wine will quickly spoil in the trunk when the mercury's hitting 38°C. Better still, buy a mixed case and have the winery ship it home for you (permitted only within BC).
- **PLAN YOUR DAY**. Pace your tasting. Work a small area, such as Naramata or Okanagan Falls, with visits to a few wineries instead of trying to drive the length of entire valley in one day.
- **DON'T WEAR PERFUME**, aftershave or scents of any kind. They'll ruin your experience – as well as everyone else's.
- **FORGET PRECONCEPTIONS**. Taste with an open mind. Try new varieties. You might be surprised.
- **TRAVEL WITH A DESIGNATED DRIVER**. Even if you spit wine, eventually it will have an effect. Better still, hire a wine tour company.



#### HESTER CREEK SELECTED BARRELS CABERNET/MERLOT

BC VQA \$18.99 13920

This is a solidly made Bordeaux-style blend with forward fruit, firm tannins and some savoury notes to close. A powerful pairing with grilled sirloin steak, ribs or burgers.



#### TINHORN CREEK OLDFIELD SERIES 2 BENCH WHITE

BC VQA \$22.99 307157

Sandra Oldfield's multi-white blend has turned into a perennial winner. Look for pear and stone fruit aromas on the nose, and a generous, complex citrus and apple-toned palate. The finish is crisp and clean. Serve cool but not too cold.



#### SEE YA LATER RANCH PING

BC VQA \$27.99 220145

Ping is a blend of mainly Merlot with 20 percent Cabernet Sauvignon and nine percent Cabernet Franc. Expect plum, black cherry, spice and savoury notes with firm tannins. Open early to allow plenty of time in the glass. A natural partner to barbecued red meats.



# NORTH ARM FARM

THE ORGANIC PRIDE  
OF PEMBERTON

Surrounded on all sides by mountains that are not only picturesque, but keep the pests out, the Pemberton Valley has always been known for its fine potatoes. In the past decade, North Arm Farm and other farmers, ranchers and producers in the Valley have raised the bar and are supplying top chefs in nearby Whistler and Vancouver with everything from rainbow carrots to premium, organic beef. We sourced some of the best that Pemberton has to offer and created the menu for your next successful farm feast.



FINGERLING POTATO SALAD WITH BUTTERMILK DRESSING AND FRESH HERBS



GRILLED RIB-EYE WITH ROOT VEGETABLES IN HONEY AND BALSAMIC VINEGAR

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North Arm Farm

FOR RECIPES, PLEASE SEE PAGE 133



RAINBOW CARROT SALAD

PAIRS WITH FINGERLING POTATO SALAD WITH BUTTERMILK DRESSING AND FRESH HERBS



**TIC TOK JAMES OATLEY PINOT GRIS**

Australia **\$16.99** 118430  
Here's a little treasure from the cool Adelaide Hills district of Australia. With its bright, fresh, smooth and nicely balanced texture and earthy complexity, showing creamy pear, ripe apple and mineral flavours, it's perfect with this potato salad.



PAIRS WITH GRILLED RIB-EYE WITH ROOT VEGETABLES IN HONEY AND BALSAMIC VINEGAR



**BELLE GLOS MEIOMI PINOT NOIR**

USA **\$26.99** 278937  
Meiomi means "coast" in the language of the Wappo and Yuki tribes of California, a tribute to the origin of this opulent Pinot Noir. It's soft, juicy and supple with earthy cocoa, spicy cherry and strawberry. Delicious!



**RINGBOLT CABERNET SAUVIGNON**

Australia **\$21.99** 606624  
This Bordeaux-like wine from Australia exhibits classic blackcurrant aromas and flavours of mocha, cassis and cherry touched with earthy tobacco leaf. It makes a fabulous companion to grilled red meats.



PAIRS WITH RAINBOW CARROT SALAD



**EMILIANA ADOBE ORGANIC CHARDONNAY**

Chile **\$14.99** 97527  
Adobe Organic Chardonnay is light and crisp with green apple, peach skin, grapefruit and melon along with a delicate floral tease and buttery hints. Enjoy this refreshing wine with seafood and assorted salads.



**BABICH EAST COAST PINOT NOIR**

New Zealand **\$18.99** 790675  
This Pinot Noir delights the senses with aromas of dark cherry and warm strawberry with layered flavours of red berries, nutmeg, white pepper, carrot and dried herbs on the long finish. A great match for the Rainbow Carrot Salad.



**QUINTAY CLAVA SAUVIGNON BLANC**

Chile **\$12.99** 386383  
Quintay Clava does it again, delivering terrific value with their Sauvignon Blanc. The fresh, zesty and smoothly textured palate reveals good depth and lingering flavours with savoury herbs, grapefruit, lemongrass and lime. Excellent!

# EXOTIC & UNUSUAL FRUIT



CHERIMOYA, MANGO AND BANANA FROZEN YOGURT

OVER THE YEARS, WITH THE INFLUX OF ASIAN IMMIGRATION AND THE EASE OF JET CARGO, MANY EXOTIC FRUITS ARE BEING INTRODUCED TO OUR WEST COAST TABLES. DRAGONFRUIT, LYCHEE, LONGAN, CHERIMOYA OR RAMBUTANS, THESE AROMATIC, COLOURFUL FRUITS ARE AVAILABLE LOCALLY MORE THAN EVER BEFORE.

**L** ychee originated in southern China and has been cultivated for more than 2,000 years. Longan or “dragon’s eye” and the wildly spiky rambutan are related species. All are covered with an easily removed shell and have white, aromatic and juicy flesh similar to grapes.

Cherimoya is native to the Andes and has a slightly granular texture similar to that of a pear, but with mixed flavours of guava, strawberry and melon. Its soft, sweet interior has earned it the nickname “custard fruit.”

Dragonfruit is a stunningly beautiful pink-hued fruit accented with soft lime-green leaves. Also known as the pitaya, it is native to Central America as well as Southeast Asia, mainly Vietnam. The delicately sweet taste and crunch of the tiny black seeds have earned dragonfruit comparisons with the kiwi.



LYCHEE AND LONGAN THAI BARBECUE DUCK CURRY SERVED WITH LEMONGRASS-INFUSED COCONUT RICE

PAIRS WITH CHERIMOYA, MANGO AND BANANA FROZEN YOGURT



**HAVANA CLUB**  
**AÑEJO BLANCO**

Cuba **\$25.99** | 61331

Cuba's expertise at making light, white rum is evident with this Havana Club Añejo Blanco. With its fresh, easy aroma and fruity flavour it can be enjoyed over ice as well as in cocktails. Add a splash of mango juice for a perfect pairing with this dessert.



**CHÂTEAU DES CHARMES**  
**VIDAL ICEWINE**

VQA **\$25.99** 565861 375 ml

This exquisite icewine opens with enticing dried apricot and mandarin aromas and ethereal spicy, floral notes. The lip-smacking tastes of marmalade, apple and nectarine linger on a long, mouth-watering finish. A fabulous wine!



TOP  
ONE  
HUN  
DRED  
5  
Times  
1997  
1999  
2000  
Clancy's  
SHIRAZ,  
CABERNET SAUVIGNON,  
AND MERLOT  
2003  
2010



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**LEHMANN**  
*of the Barossa*

The release of the 2010 Wine Spectator Top 100  
has Clancy's being chosen for the fifth time.

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PAIRS WITH LYCHEE AND LONGAN  
THAI BARBECUE DUCK CURRY  
SERVED WITH LEMONGRASS-  
INFUSED COCONUT RICE



**PASCUAL TOSO MALBEC**  
Argentina **\$13.99** 129163  
Pascual Toso Malbec is fruit-forward and smoothly textured with spicy, savoury aromas and flavours that include plum, black cherry and mocha. This easygoing crowd-pleaser is perfect for a variety of social events and food choices!



PRAWNS AND SCALLOPS WITH DRAGON FRUIT AND RAMBUTAN

PAIRS WITH PRAWNS AND SCALLOPS WITH DRAGON FRUIT AND RAMBUTAN



**BALTHASAR RESS RIESLING**  
Germany **\$17.99** 250506  
This delightfully aromatic wine offers intense lime, honey and mineral aromas with a sweet, vibrant palate of nectarine and red apple that lingers on the finish. Be sure to have one chilled and ready for dinner. Enjoy!



**STONELEIGH  
MARLBOROUGH RIESLING**  
New Zealand **\$14.99** 527713  
This dry Riesling offers attractive tropical flavours of passion fruit, green apple, peach and hints of stony mineral on a long, refreshing finish. Delicious with seafood!



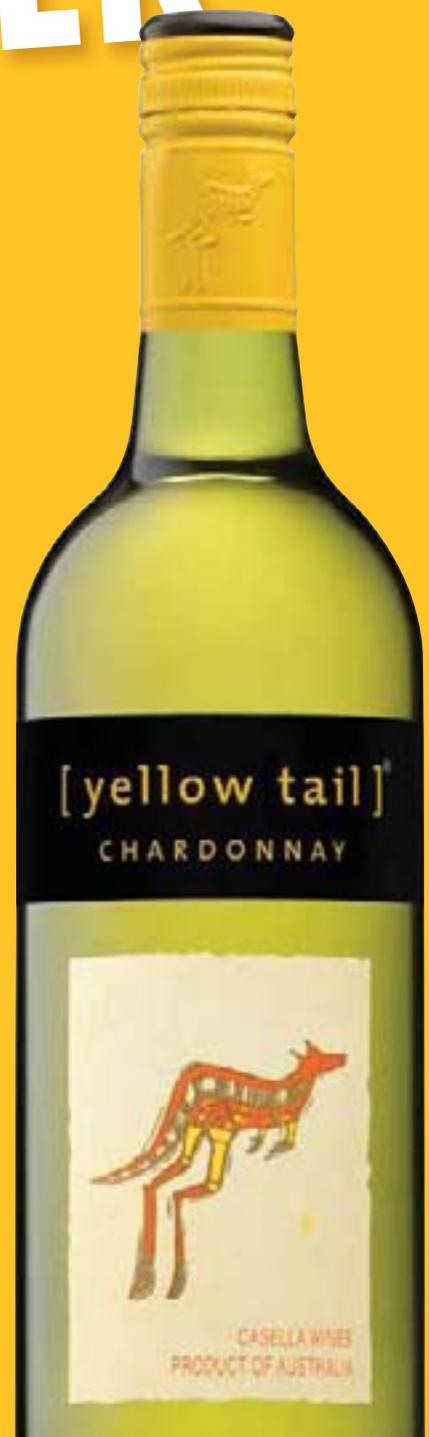
**YELLOWGLEN PINK**  
Australia **\$12.99** 89268  
Yellowglen Pink is slightly off-dry with clean, fresh aromas and flavours showing enticing earthy red berry notes. It is a must for easy sipping on the patio and a perfect companion to this seafood and exotic fruit recipe.



# TO LONGER DAYS AND WARMER NIGHTS.

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WHEN TOASTING WITH FRIENDS, PLEASE ENJOY RESPONSIBLY.

PAIRS WITH SPICY SWEET AND SOUR CHICKEN WITH MANGO, LYCHEE AND STARFRUIT



**PAUL MAS VIOGNIER**  
France **\$13.99** 151100  
It is hard to miss the fresh aromatics of this highly regarded Viognier as it scents the air with spicy jasmine and nectarine. The palate is silky in texture with honey and peach flavours, making it a scrumptious choice for spicy foods.



**CAPEL RESERVADO**  
PISCO  
Chile **\$27.99** 317347  
This natural grape spirit has been aged for up to six months then distilled in crystal clear water from the Andes Mountains. Its delicate bouquet and versatile quality make it ideal for food-friendly cocktails such as a lychee pisco martini.



SPICY SWEET AND SOUR CHICKEN WITH MANGO, LYCHEE AND STARFRUIT

# WENDY MCGUINNESS AND JUSTIN TISDALL

## CHAMBAR RESTAURANT



### POMME CHARLEMAGNE

4 dashes Angostura bitters  
1 large lemon peel  
1½ oz (45 ml) bourbon  
½ oz (15 ml) calvados  
¼ oz (7 ml) maple syrup

In an short glass, muddle the lemon peel to extract oil from rind. Add bitters and maple syrup and stir. Slowly add ice and remaining ingredients. Continue stirring until desired dilution is achieved.



### LA CONSUELA

1½ oz (45 ml) silver tequila  
½ oz (15 ml) Scotch whisky  
1 oz (30 ml) fresh lime juice  
2 dashes lemon bitters  
2 oz (60 ml) Jalapeño Lemongrass Reduced Apple Cider\*  
1 wedge green apple, cut into 4 thin slices, for garnish

Mix all ingredients in a Boston shaker. Shake well and fine strain into an old-fashioned glass filled with ice. Garnish with apple pieces secured with a toothpick at the bottom and spread out like a fan.

#### \* JALAPEÑO LEMONGRASS REDUCED APPLE CIDER

Add 2 diced jalapeños, 10 sprigs of cilantro and 2 diced stalks of lemongrass to 4 cups (1 L) organic apple cider. Bring to boil, reduce by half. Fine strain and let cool.



### CAMDEN TRADER

1½ oz (45 ml) gin  
¼ oz (7 ml) Strega liqueur  
¼ oz (7 ml) bianco vermouth  
¾ oz (22 ml) Mandarin-Lemon Juice\*\*  
½ oz (15 ml) Spiced Honey†  
2 dashes orange bitters  
1 mandarin peel, for garnish

Mix all ingredients into mixing glass, shake and fine strain into martini glass. Garnish with a Mandarin peel rolled in spiced honey mix.

#### \*\* MANDARIN-LEMON JUICE

Mix together equal parts mandarin orange juice and freshly squeezed lemon juice.

#### † SPICED HONEY

Fill a squeeze bottle ½ with honey, ½ with boiling hot water, top with a handful of whole black peppercorns, sage leaves, cloves and fresh diced ginger. Allow to cool at room temperature.

CHAMBAR HAS BEEN MAKING VANCOUVER'S TOP 10 RESTAURANT LISTS SINCE OPENING IN 2004. IT'S NO SURPRISE WITH ITS IMPRESSIVE COCKTAIL PROGRAM, IT SHOULD HOUSE NOT ONE, BUT TWO BAR STARS: JUSTIN TISDALL AND WENDY MCGUINNESS.

Justin Tisdall, General Manager at Chambar Restaurant, with his competitive swimming background, knows that hard work and dedication can take you just about anywhere. It is that tenacious nature that has helped Justin to establish himself as one of the faces of Vancouver mixology.

Justin began his mixology career at the prestigious Lumière restaurant in Vancouver. Since then he has won the Canadian Giffard Iron Bar competition in 2010, placed second in the International Giffard Iron Bar competition in 2011 and was the victor in Season One of The Refinery's Kitchen Cocktail Series. Justin has also recently won the chance to represent Canada internationally in the 2011 Tahona Society's tequila competition in Mexico. In addition to this impressive list of awards, Justin has contributed to the bartending programs at Chow, Boneta and Market by Jean-Georges, working with and training some of Vancouver's most well-known mixologists.

One of these notable mixologists is our other featured Bar Star Wendy McGuinness, Bar Manager at Chambar.



Justin Tisdall, General Manager and Wendy McGuinness, Bar Manager at Chambar Restaurant

Wendy McGuinness has been a part of Vancouver's flourishing cocktail scene for the past five years. Before coming to Vancouver, Wendy attended York University in Toronto. It was during that time, working nights in the service industry while attending school, that Wendy discovered she had a real talent and flair for creating cocktails. Her dream refocused and Wendy relocated to Vancouver where the cocktail scene was just starting to take off.

Since joining the Chambar team in 2008, Wendy has created a unique, classically inspired and ever-evolving cocktail program. Her artistry for cocktail development has led her to compete internationally (she won the International Giffard Iron Bar competition in 2009) and to tour

distilleries throughout Europe and North America. Wendy strives to create an overall guest experience with a focus on creativity, balance and technique.

Wendy will travel to Dublin this summer to attend a four-day Jameson's distilling tour. She won this opportunity after placing first in The Refinery's Cocktail Kitchen competition for Irish whiskey.

Justin and Wendy are both board members of the Canadian Professional Bartenders Association. The CPBA is a non-profit organization established to foster and promote the advancement of the profession of bartending in Canada. Justin states, "I couldn't be more happy to see how far the cocktail scene has come and I look forward to where we will take it in the future."



## LA POIRE

FILL GLASS WITH HAND-CHIPPED ICE. Serve on the rocks. GREY GOOSE® La Poire pear-flavoured vodka has been carefully crafted from pears of the Anjou region of France, creating a distinct balance of freshness and natural pear essence in every pour. The result is a smooth, generous taste, best appreciated as is.

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**GREY GOOSE®**  
*La Poire*

# CONSULTANT'S CHOICE

## OUR EXPERTS SHARE THEIR FAVOURITES

Product Consultants are on staff at the 21 Signature BC Liquor Stores across the Province to assist with your shopping and to provide you with more in-depth information on products and the world of beverage alcohol. Trained by the Wine and Spirits Education Trust, they're extremely knowledgeable about wine, spirits and beer as well as what is available in our stores. From tips on what to serve or how to store that bottle of wine, they're available to help you!



### Shafiq Contractor

Product Consultant  
(WSET\* Advanced)  
Brighthouse, Richmond

*My greatest pleasure is fulfilling my customer's needs, recommending from the vast array of products I have tasted. Their positive feedback is icing on the cake, inspiring me to taste even more.*



### SEGHESSIO SONOMA ZINFANDEL

USA **\$34.99** 428417

This personal favourite offers alluring aromas of ripe raspberry and blackberry. It's full-bodied, rich and bold with smooth, velvety tannins supporting balanced fruit and acidity with hints of oak, spice and chocolate on the finish. It's a versatile food wine that pairs well with everything from burgers to Cajun salmon. Excellent!



### SEBASTIANI CASK CHARDONNAY

USA **\$19.99** 361634

This wine is a pale lemon colour with a beautiful permeating bouquet of apples, vanilla and pears. It's full-bodied and creamy with a nice balance of fruit and acidity giving way to a smooth, lingering, mouth-watering finish. Enjoy with grilled salmon or baked chicken with a creamy sauce.



### Charmaine Draper

Product Consultant  
(WSET\* Diploma)  
Westwood Signature Store, Port Coquitlam

*I'm very fortunate as coming to work is effortless. I enjoy helping my customers discover food and wine synergy. My motto: "A meal is not complete without wine and good company!"*



### RUFFINO IL DUCALE TOSCANA

Italy **\$19.99** 872572

This lush, fruit-driven wine offers lifted aromas of juicy red cherries, raspberries and cranberries. The velvety textured medium body is supported by light, toasty oak and finishes with hints of fine herbs and savoury spices. A lovely sip of the Tuscan lifestyle in your glass!



### POL ROGER CUVÉE DE RÉSERVE CHAMPAGNE NV

France **\$62.99** 51953

This is a fantastic wine with fine mousse and persistent bubbles. On the nose it displays smoky, biscuity and ripe-baked apple aromas. It has a structured, elegant palate with ripe fruit character and a fine, mature richness. This top-quality bubbly is first class all the way!



### Monique Marseille

Relief Product Consultant (WSET\* Intermediate)  
39th & Cambie Signature Store, Vancouver

*Helping customers match their wants with their needs is the best part of my job.*



### SEE YA LATER RANCH PINOT NOIR

BC VQA **\$22.00** 75267

This Pinot Noir has ripe strawberry and cherry aromas, full-bodied, rich berry flavours with well-integrated oak and a smooth, velvety finish. Beautiful price point and so well worth it! Versatile, it will pair well with many dishes, seafood, poultry, beef, tomato-based vegetables or Thai food.



### MAKER'S MARK KENTUCKY BOURBON

USA **\$39.95** 103747

This bourbon is beautiful and easy sipping! Wonderful honey plays alongside busy wheat-induced spice that thins as crème brûlée gets a grip. Just as the distillery is an official historic landmark of Kentucky, so is the remarkable consistency of its whisky.

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



# SUMMER RUM COCKTAILS

Yo ho ho and a bottle of rum! Rum has come a long way from “bumbo” (rum, sugar, water and nutmeg), a favourite of pirates, and “grog” (rum mixed with beer) a past staple of the Royal Navy. Today rum, originally produced in the Caribbean and Latin America and made from sugar cane, is a must-have for any bartender’s liquor cabinet. Mojitos, mai tais, daiquiris, piña coladas, Cuba libres and tried-and-true rum and colas are just a few of the many libations that just aren’t the same without rum. In honour of this classic spirit, our featured Bar Stars, Chambar’s General Manager Justin Tisdall and Bar Manager Wendy McGuinness, have created three original rum cocktails to add to the list. Enjoy trying out these summer-inspired recipes!



#### ◀ MAIGNAN'S MUSE

½ oz (45 ml) white rum  
 ¼ oz (7 ml) absinthe  
 2 dashes orange blossom water\*  
 1 oz (30 ml) lemon juice  
 2 oz (60 ml) juiced Honeydew melon, plus  
 save pieces for garnish  
 ½ oz (15 ml) Chamomile Syrup†  
 sprig fennel, for garnish

Combine all ingredients in a mixing glass, shake well and fine strain into a martini glass. Garnish with a sprig of fennel wrapped in a piece of honeydew melon, secured with a toothpick.

\* Available at gourmet food stores.

#### † CHAMOMILE SYRUP

Bring 1 cup (250 ml) sugar and 1 cup (250 ml) water to boil. Add loose leaf chamomile and let steep for 1 hour, fine strain.



#### ▲ SPANISH SOLEÁ

1½ oz (45 ml) dark rum  
 ½ oz (15 ml) fino sherry  
 ½ oz (15 ml) kirsch  
 ½ oz (15 ml) fresh lemon juice  
 ¼ oz (7 ml) amaretto  
 handful Spanish Marcona almonds,  
 for pairing

In a mixing glass filled with ice, add all ingredients. Stir and fine strain into a chilled glass. This cocktail is paired with Spanish Marcona almonds.

#### ▲ MADAGASCAR

1½ oz (45 ml) white rum  
 ½ oz (15 ml) red vermouth  
 1½ oz (45 ml) Strawberry-Thyme Reduction‡  
 1 oz (30 ml) fresh lemon juice  
 2 oz (60 ml) soda  
 sprig fresh thyme, for garnish

In a mixing glass, combine all ingredients with the exception of soda. Shake and strain into an ice-filled glass. Add soda, garnish with fresh sprig of thyme.

#### ‡ STRAWBERRY-THYME REDUCTION

In a saucepan add 3 cups (750 ml) strawberry juice, 1 tbsp (15 ml) whole white peppercorns, 5 fresh thyme sprigs and 1 cup (250 ml) sugar. Bring to boil and let reduce. Fine strain and let cool.

A TASTE OF THE GOOD LIFE  
**BEACHSIDE  
FORNO**

SALT SPRING ISLAND MUSSELS  
WITH SMOKED TOMATO BROTH

After a long and gloomy spring, our coveted summer has finally arrived and with it comes the uncontrollable urge to seek out sun-soaked patios and enjoy long, lazy afternoons.

**B**eachside Forno in West Vancouver's Ambleside Village is a perfect summer hot spot in which to relax and enjoy the view. Their open patio overlooking Ambleside Beach offers a picturesque sunset dining experience or an ideal locale for sipping afternoon cocktails while basking in the summer sun. And, yes, those are blue trees you see when you look west of the patio. Bright blue cherry trees. As part of the Vancouver Biennale Open Air Museum, Australian artist Konstantin Dimopoulos has painted them (and others around Metro Vancouver) with non-toxic, water-based colour that will gradually fade with the rain. His concept is an effort to raise awareness of the importance of trees in the world, both aesthetically and environmentally. You'll want to take a look before they are gone.

If the weather is not cooperating outside, inside there is a sleek and stylish dining room. Beachside Forno owners Barb Inglis and Paul Chalmers, 30-year West Vancouver residents and owners of the award-winning Fraîche Restaurant, have created a light and approachable dining environment specializing in classic favourites done to perfection.

Featured here are three favourite menu items from Beachside Forno's Kitchen: Seasonal Salt Spring Island Mussels in Smoked Tomato Broth;



Beachside Forno's Chef de Cuisine Tim Kindler

Grilled Albacore Tuna with Ponzu and, for dessert, their always-popular Lemon Ricotta Doughnuts with Chocolate Dipping Sauce. Each dish was prepared by Beachside Forno's chef de cuisine Tim Kindler. With over 20 years of experience in the industry, Kindler knows a thing or two about what it takes to succeed in the kitchen. His career has taken him across North America to Toronto, Montreal, Ottawa and San Jose, including culinary experience in prominent hotels and resort groups such as Fairmont. Kindler strives to create memorable meal experiences for his customers while maintaining a positive work atmosphere for his staff.

At Beachside Forno you can choose

from a varied selection of delectable dishes while relaxing with friends or cozing up with companions. If people-watching interests you, request a table by the floor-to-ceiling windows for a front row view of West Vancouver's Marine Drive. Or, if beaches and blue trees are more your thing, head straight for the patio around back.

Rain or shine, Beachside Forno is an easy summer dining choice.

*Beachside Forno  
1362 Marine Drive  
West Vancouver, BC  
604-926-3332  
www.beachsideforno.com*



# JUST ADD FRIENDS



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LEMON RICOTTA DOUGHNUTS WITH CHOCOLATE DIPPING SAUCE

If you're up for a  
summer fling, remember  
this smooth operator.



Confidence comes naturally when you're this fresh. Not to mention, crisp and vibrant. That's what you get with fruit-forward flavours unmasked by oak. Try our complete line-up of unoaked wines. And visit [nakedgrape.ca](http://nakedgrape.ca) or join us on 

Please enjoy responsibly.

**It takes confidence to go unoaked.**



SEARED ALBACORE TUNA TATAKI WITH DAIKON AND CHILI PONZU



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BEACHSIDE FORNO IS A PERFECT SUMMER HOT SPOT IN WHICH TO RELAX AND ENJOY THE VIEW. THE PATIO OVERLOOKS A SANDY OCEAN BEACH, OFFERING A PICTURESQUE SUNSET DINING EXPERIENCE OR AN IDEAL LOCALE TO SIP AFTERNOON COCKTAILS WHILE BASKING IN THE SUMMER SUN.

PAIRS WITH SALT SPRING ISLAND MUSSELS WITH SMOKED TOMATO BROTH



**SANTA MARIA LA BOMBARDE CANNONAU DI SARDEGNA**

Italy **\$18.00** 571323

This wine is made from Cannonau grapes, which is another name for Grenache. Enjoy the spicy, floral and rich fruit aromas and the warm, smoky, licorice and black cherry flavours. It's perfect with mussels in tomato broth!



**ROAD 13 HONEST JOHN'S ROSÉ**

BC VQA **\$15.99** 357327

This dry rosé is made from Pinot Noir grapes with just a touch of Syrah. In the glass it offers fruity aromas with strawberry, cranberry and citrus flavours. A food-friendly and flavourful rosé.

PAIRS WITH SEARED ALBACORE TUNA TATAKI WITH DAIKON AND CHILI PONZU



**DR LOOSEN RIESLING**

Germany **\$17.99** 599274

This Riesling brings to mind a walk through a summer orchard. It's elegant, bright and fruit-driven with luscious pear, peach and apple aromas along with lime, apricot and mango flavours. Enjoy with seafood and Asian spices.



**DOMAINE DU CLOS DU BOURG SAUVIGNON DE TOURAINE**

France **\$15.99** 370205

This outstanding white wine delivers ample fruit and freshness with bright floral and chalky mineral notes. The palate is mouth-watering with flavours of herbs, gooseberry, river stone and citrus on a long finish. Impressive value!



PAIRS WITH LEMON RICOTTA DOUGHNUTS



**GEHRINGER LATE HARVEST RIESLING**

BC VQA **\$17.99** 624429 375ml

This late harvest Riesling shows nice mineral, green apple and floral notes on the nose with fresh baked apple, pear and a delicate sweetness touched with hints of smoke on the palate. An elegant offering to pair with desserts!



**SKYY VODKA**

USA **\$24.75**

This vibrant, cobalt blue bottle contains vodka that is smooth and clean. It's a great choice for a traditional martini, or a Skyy Sling, a fresh, lemony cocktail that pairs especially well with the Lemon Ricotta Doughnuts.

# GO COCONUTS!

GRILLED SALMON  
WITH THAI-STYLE  
COCONUT GREEN  
BEANS



Coconuts are a staple in the diet of nearly one third of the world's population. Much more than just a flavouring for your favourite tropical drink, nutritious coconut meat, juice, milk and oil are rich in fibre, vitamins and minerals. Add a little tropical pizzazz to your table this summer by trying one of these coconut recipes.



COCONUT RICE PUDDING SPRING ROLLS

PAIRS WITH GRILLED SALMON WITH THAI-STYLE COCONUT GREEN BEANS



**CONCHA Y TORO**  
**CASILLERO DEL DIABLO**  
**CHARDONNAY**  
 Chile **\$12.99** 270355  
 Concha Y Toro deserves recognition for consistent and outstanding value. This well-made Chardonnay shows terrific quality with fresh acidity balanced beautifully with ripe fruit and oak delivering flavours of lemon and apple on a clean finish. Enjoy!



**QUAILS' GATE PINOT NOIR**  
 BC VQA **\$24.99** 585760  
 The fragrance of this Pinot Noir is complex, with savoury carrot top, tobacco leaf and black fruit aromas. The supple palate offers ripe black cherry and rhubarb flavours with fine tannins. A perfect match for salmon!





# SMIRNOFF<sup>®</sup> CAESAR



IT'S TIME TO  
**START THE**  
WEEKEND



**BE  
THERE**

PLEASE ENJOY RESPONSIBLY 

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Go Coconuts!



ALMOND WAFFLES WITH COCONUT CRÈME ANGLAISE

PAIRS WITH COCONUT RICE PUDDING SPRING ROLLS

PAIRS WITH ALMOND WAFFLES WITH COCONUT CRÈME ANGLAISE



**MALIBU COCONUT RUM**

Canada **\$19.95** 477836  
Malibu Coconut Rum is made in Barbados from quality ingredients offering natural tasting coconut flavours. It's delicious on ice, mixed with soda or as an ingredient in a fruity cocktail to pair with this creamy coconut dessert.



**QUADY ELYSIUM BLACK MUSCAT**

USA **\$15.99** 198697 375ml  
This unique Black Muscat dessert wine is dark red in colour with a medley of spice, honey and raisin aromas and warm, black cherry pie flavours with a delicious note of citrus. An enjoyable treat!



**YELLOW TAIL BUBBLES**

Australia **\$13.99** 667089  
Yellow Tail Bubbles is a fresh and foamy sparkling wine with spicy stone fruit aromas and honey, ginger and candied citrus flavours. The tasty, uncomplicated style makes it ideal for the patio or as an accompaniment to the Almond Waffles.

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HAVE DELIGHTED IN FINISHING.



THE SINGLE MALT THAT STARTED IT ALL.™

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COCONUT CHICKEN IN LETTUCE CUPS

PAIRS WITH ALMOND WAFFLES WITH COCONUT CRÈME ANGLAISE



**MUMM NAPA BRUT PRESTIGE**

USA **\$22.99** 265678

This fabulous sparkling wine is elegantly styled with lots of fine, creamy mousse and wafts of floral, green apple and peach aromas. The palate is layered with toasty flavours of baked pear and fresh citrus. Simply scrumptious!



PAIRS WITH COCONUT CHICKEN IN LETTUCE CUPS



**IRONSTONE SYMPHONY OBSESSION**

USA **\$15.74** 355784

"Symphony" is a grape variety that was created by crossing Grenache Blanc with Muscat of Alexandria grapes. The result is an aromatic floral beauty that offers a complex array of ginger, peach, lychee, tropical fruit and mineral. Think spicy Asian food!

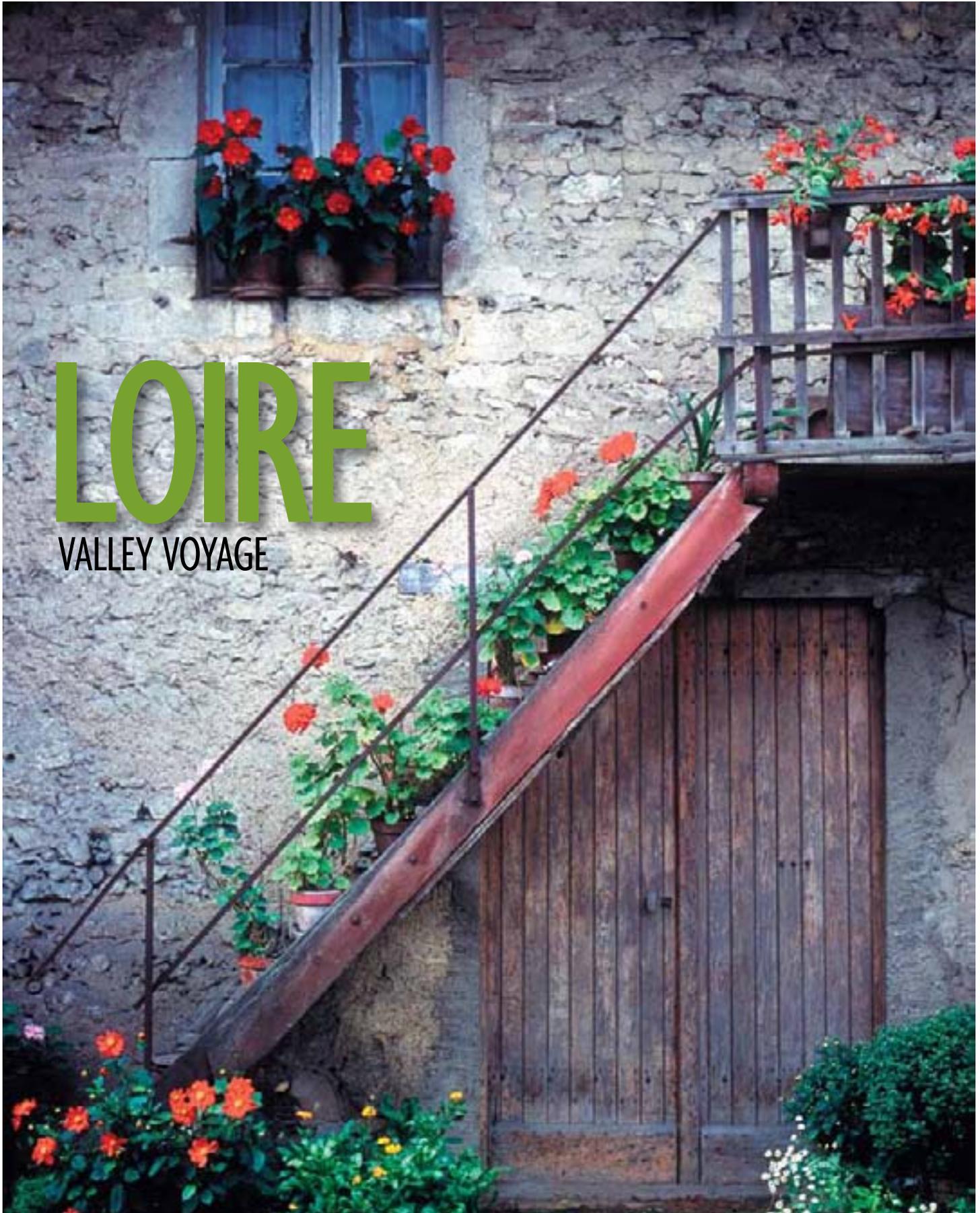


**CHÂTEAU STE. MICHELLE RIESLING**

USA **\$15.99** 232512

This charming Riesling opens with elegance as aromas of spring flowers and peaches entice the nose. The palate is crisp and fresh, with balanced flavours of spicy citrus, pear and apple. A great match for the Coconut Chicken.





# LOIRE

VALLEY VOYAGE

THE LIVELY, HERBAL-SCENTED WHITES AND AROMATIC, MEDIUM-BODIED REDS FROM FRANCE'S LOIRE VALLEY ARE QUINTESSENTIAL SUMMER WINES. NEVER HEAVY AND ALWAYS REFRESHING, THEY ARE EXCITING COMPANIONS TO EVENINGS SPENT ON AN OUTDOOR PATIO. THIS RAMBLING REGION PRODUCES MANY GRAPE VARIETIES AND STYLES OF WINE THAT ALL SHARE ONE ATTRIBUTE: AFFINITY WITH FOOD.

A virtual journey along France's longest river will yield a series of great wine and food experiences.

While there are some emerging wine regions near the headwaters of the Loire west of Burgundy, the well-known viticultural and gastronomic areas begin further north, around the city of Orléans. Here, in the centre of France, the climate is continental with a relatively short growing season and pronounced differences between summer and winter temperatures. The soils are comprised mainly of schist and chunky Kimmeridgian clay. Sauvignon Blanc is the star of these central vineyards, making lemony, herbal wines in the famous Appellations d'Origine Contrôlée (AOCs) of Sancerre and Pouilly-Fumé. A small amount of red Sancerre is also made from Pinot Noir. Three kilometres away from the town of Sancerre is another appellation, Chavignol. This AOC, however, is not famous for wine but for cheese. Crottin de Chavignol are tangy disks of goat's cheese that are compelling matches with high acid Sauvignon Blancs. The crottins can be enjoyed at any age but, like most

cheeses, get more pungent as time passes.

As the river continues west toward the Atlantic, wine styles change to adapt to differences in natural factors. Vineyards in the Touraine region grow predominantly on the famous tuffeau bedrock, which is chalky and malleable. The Romans used it as building material and the caves left over from their excavations make ideal cellars for aging wine. The porous tuffeau also provides drainage for the vines and allows their roots to plunge several metres. For whites, Chenin Blanc is the great variety of Touraine and, depending on vintage and vineyard site, will make sparkling, dry or sweet wines. Vouvray AOC, the area's most famous Chenin, has flavours of white flowers, mushroom and Macintosh apples. It shares Sancerre's crisp acidity and is just as adept at cleansing the palate between mouthfuls of Loire Valley cuisine. In the western reaches of Touraine, Chinon AOC makes savoury and pungently scented reds from Cabernet Franc. For a simple appetizer on the patio that will match with either red or dry white, pick up some *rilette*, a rough-textured and

delicious pâté. Traditional *rilette* is made from pork but duck, goose and rabbit can be just as flavoursome. Sweeter versions of Chenin Blanc are classic partners for tarte Tatin, caramelized upside-down apple pie.

Further west, in Anjou/Saumur, maritime influences increase and the terrain varies from tuffeau around the town of Saumur to the schistous slopes closer to Angers. Much sparkling wine is made here, predominantly from Chenin Blanc, and is a traditional way to start the evening meal. There are also still whites, spicy Cabernet Francs and, where river tributaries provide humid conditions for botrytis cinerea, luscious sweet wines. One of the most well-known exports from this region, however, is the gently sweet and highly drinkable Rosé d'Anjou AOC. Made from the Grolleau grape variety, it is the ultimate picnic sipper and is beautiful with the region's charcuterie. Food in the Anjou/Saumur reflects the fact that French aristocracy used these woods as their weekend playground, building beautiful Châteaux and enjoying the produce of the region's forests, lakes and gardens. Imagine pike in *beurre blanc* with white asparagus and a zesty Chenin Blanc. In the eastern reaches of Saumur, tuffeau caves of mushrooms provide meaty accompaniments to the Cabernet Francs of the area.

Both the wines and food of the Nantais reflect its proximity to the Atlantic Ocean.

NEW LARGER 1.14L SIZE NOW AVAILABLE IN B.C.



# Rated #1

## Gold Medal

Beverage Testing Institute, Chicago 2010

## Gold Medal

International Whisky Competition, 2010

## Double Gold Medal

San Francisco World Spirits

## Gold Medal

World Selection, Brussels

## Highest Award

ISC, London, England



DISTILLER OF THE YEAR  
WHISKY MAGAZINE

Made in Canada by  
John K. Hall, Whisky Maker

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

THE BEST WINES ARE LABELLED AS “SUR LIE” INDICATING THEY’VE SPENT SOME TIME AGING ON FERMENTATION LEES AND SHOULD HAVE MORE FLAVOUR AND BODY THAN THOSE THAT HAVE NOT.

Growing conditions near the coast are milder and wetter and the vineyards look very lush compared to the rest of the valley. Muscadet (aka Melon de Bourgogne) is the key grape variety producing fresh and mineral-scented whites. The best wines are labelled as “sur lie,” indicating they’ve spent some time aging on fermentation lees and should have more flavour and body than those that have not. Regardless, classic Muscadet is an uncomplicated wine that comes into its own when matched with simply prepared seafood like mussels in white wine or oysters on the half shell.

The purity and diversity of wines from the Loire make them a natural choice for summer. Already, current trends in the province show that both reds and whites are resonating with wine aficionados, as they seek out interesting grape varieties and food-friendly matches. The variety of Loire wines in BC Liquor Stores will continue to grow as we source white, sparkling, rosé and sweet wines that refresh the palate and make you think of journeys along the Loire.



HAUT-CENSY  
MUSCADET SÈVRE &  
MAINE “SUR LIE”

France **\$14.99** 553602  
Light, crisp and balanced, this Muscadet is a great summer aperitif. It is also a classic palate-cleanser with simply prepared seafood.



LOUIS DE VINIÈRE  
PINOT NOIR

France **\$16.99** 374827  
The recently-created Saint Pourçain AOC produces wines that are somewhere in between the styles of Burgundy and the Loire. This Pinot Noir is full of gentle cherry fruit and would make a lovely pairing with BC salmon.



CHÂTEAU DE SANCERRE  
SANCERRE

France **\$28.97** 164582  
This Sauvignon Blanc is a classic with pronounced herbal notes, citrus flavours and zippy acidity. Try it with warm goat’s cheese and fresh greens.



DOMAINE DU CLOS DU  
BOURG CHENIN DEMI-SEC

France **\$14.99** 126508  
This medium-dry Chenin can match up with either savoury or sweet. Its mineral and white flower notes pair well with charcuterie, while the ripe apple flavours are excellent with fruit desserts.



CHÂTEAU GAUDRELLE  
VOUVRAY

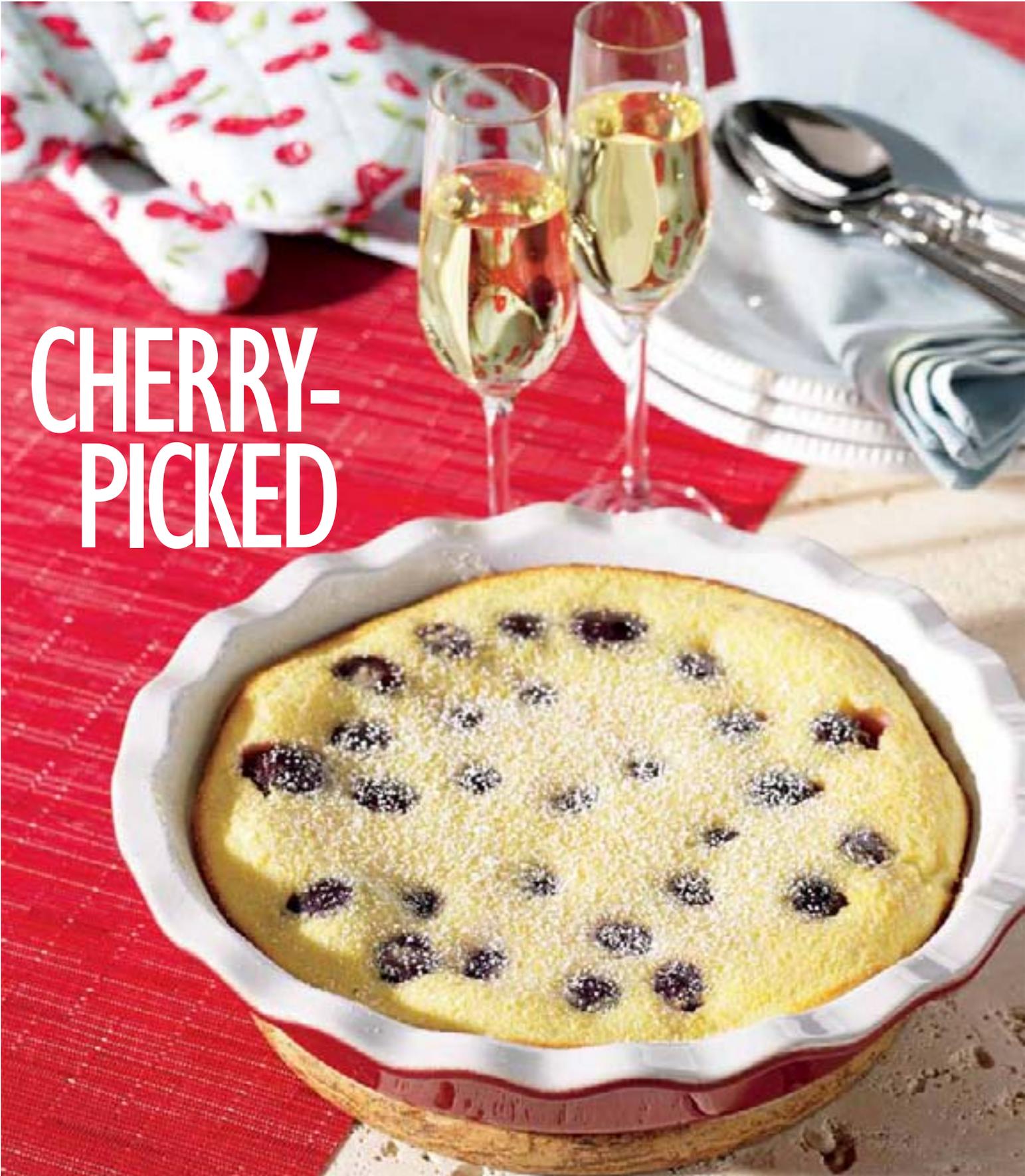
France **\$24.99** 309567  
This Chenin Blanc has complex flavours of mushroom, mineral, Macintosh apple and white flowers. Its refreshing acidity makes it easy to pair with food. Try it with slow-roasted chicken done on your barbecue’s rotisserie.



LES LIGÉRIENS ROSÉ  
D’ANJOU

France **\$14.99** 823526  
Pink, sweet and delightful, this wine has flavours of cherry juice and rock candy. Try contrasting it with something savoury like chorizo sausage.





# CHERRY- PICKED

CHERRY CLAFOUTIS

# ONE OF BC'S MOST PRIZED SUMMER FRUITS.

Cherries bring us back to long, carefree summer days and warm Okanagan nights. Like other stone fruits, they are only around for a short time, so make the most of them while they're here! Sweet and slightly sour, these little gems pack a wallop of flavour and nutrition. And, while fresh and by the handful is a favourite way to eat them, here are some other tasty ways to use one of nature's most flavourful fruits.

## PAIRS WITH CHERRY CLAFOUTIS



**PARADISE RANCH  
PINOT NOIR ICEWINE**  
BC VQA \$49.98 459891 375ml

This copper-coloured icewine delivers ample cherry aromas touched with cinnamon and cranberries and a soft palate of roast caramel and sweet coffee flavours. It's an ideal companion for the Cherry Clafoutis.



**LANSON BLACK LABEL  
BRUT NV**

France \$59.99 41889

This highly regarded quality champagne displays a creamy mousse with plenty of toasty brioche and stone fruit aromas. The palate shows finesse, with crisp apple, citrus and mineral alongside lingering almond and butter flavours. Pure elegance!



CHERRY AND CHOCOLATE SEMIFREDDO



## CHERRY PISTACHIO COBBLER

PAIRS WITH CHERRY AND CHOCOLATE SEMIFREDDO



**GANTON & LARSEN**  
**PROSPECT VIDAL ICEWINE**  
 BC VQA **\$39.99** 609974 375ml  
 This Ganton & Larsen offering is a treat at a good price. The spicy aromas are of marmalade, citrus, lychee and mineral and the palate is ripe with orange and lime flavours, honey and green apple. Perfect with dessert!



**MARTINI ASTI**  
 Italy **\$13.99** 1875  
 This fruity, sparkling wine is made from 100 percent Moscato Bianco grapes offering floral aromas and sweet flavours of peach, apple, melon and grapefruit. The enticing bubbles and fruity character make Martini Asti an ideal match for Cherry and Chocolate Semifreddo.

PAIRS WITH CHERRY PISTACHIO COBBLER



**HENKELL ROSÉ**  
 Germany **\$14.49** 410191  
 This rosé is pretty in the glass with bubbles that release delightful aromas of citrus and red fruits. The palate is slightly sweet and refreshing with flavours of peach, raspberry, apple and hints of orange peel.

Cherry-Picked

PAIRS WITH CHERRY PISTACHIO COBBLER



**ERRAZURIZ LATE HARVEST SAUVIGNON BLANC**

Chile **\$14.99** 427054 375ml  
 This late harvest Sauvignon Blanc contains a small percentage of Gewürztraminer grapes, which add a delicious layer to the wine. Enjoy the floral aromas and ripe apricot, fresh mineral and honey flavours with dessert.



PAIRS WITH GRILLED DUCK BREAST WITH CHERRY PORT SAUCE



**PERRIN & FILS L'ANDÉOL RASTEAU CÔTES DU RHÔNE VILLAGES**

France **\$19.99** 125856  
 This impressive wine shows exotic, heady aromas of dark berry, tobacco and spice. The beautifully textured and mouth-watering palate is packed with mocha and ripe black fruits.



**QUINTA DO CRASTO DOURO RED**

Portugal **\$19.99** 499764  
 Quinta do Crasto produces not only delicious ports, but also gorgeous red wines such as this Douro Red. Fabulous spicy, black cherry aromas lead the way to opulent, savoury, meaty flavours with fig, vanilla and ripe black fruit. Delicious!



GRILLED DUCK BREAST WITH CHERRY PORT SAUCE

# SUMAC RIDGE

ESTATE WINERY

*celebrate* **30** *sparkling*  
**years**

July 2011 marks the 30th anniversary of Sumac Ridge Estate Winery - Join us in celebrating this historic Okanagan icon.

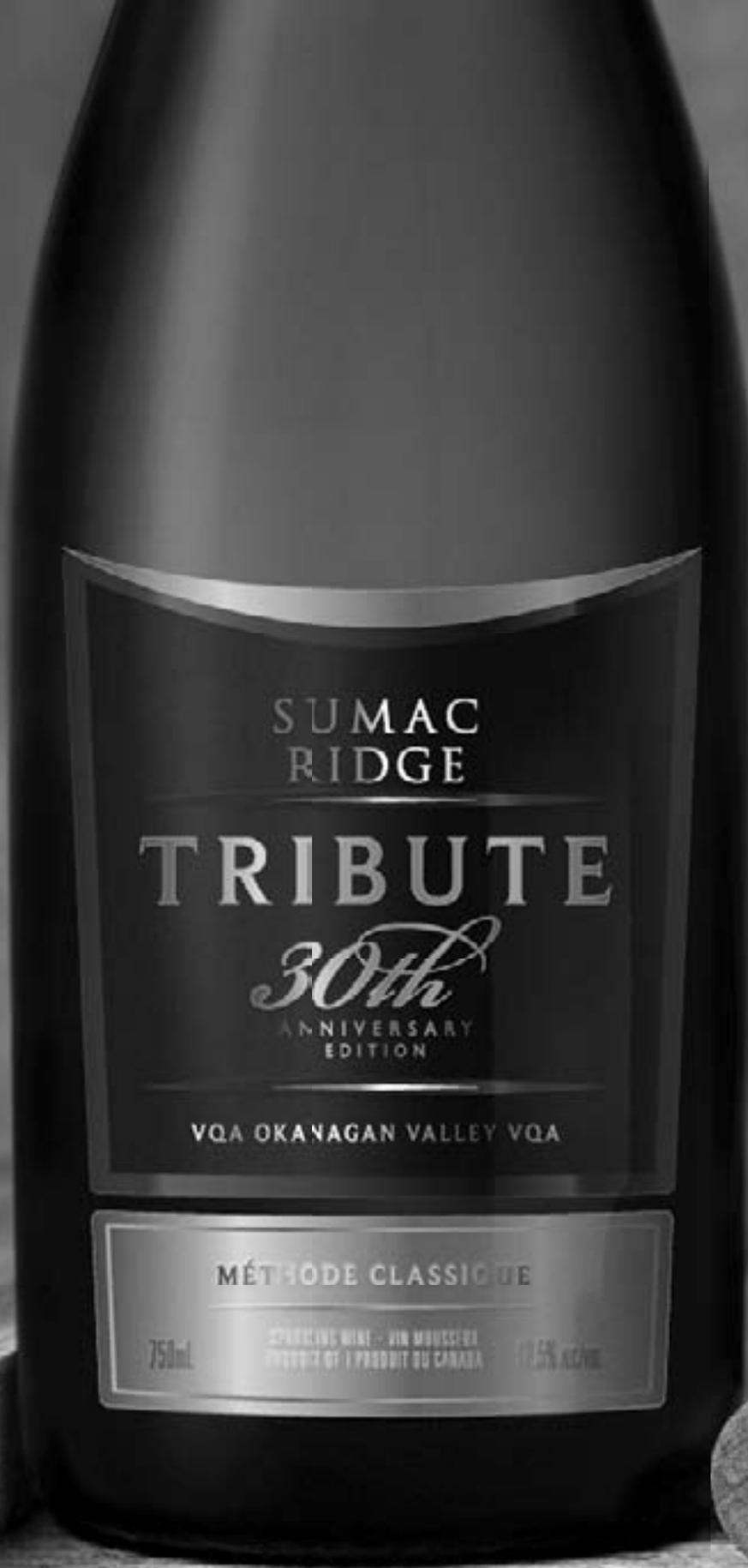
Sumac Ridge Wines represent 30 years of innovation, leadership and commitment to producing only the best quality wines from the Okanagan Valley.

Look for our 30th Anniversary Edition TRIBUTE Sparkling wine. Made from 100% Chardonnay grapes, this Methodé Classique sparkling wine honours the past, welcomes the future and celebrates today. Cheers!

For more information on our 30th Anniversary celebrations please visit [www.sumacridge.com](http://www.sumacridge.com)

\*NO PURCHASE NECESSARY. Must be of legal drinking age to participate.  
Go online to enter and for full Contest Details. Please drink responsibly.

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Enter to WIN\*  
1 of 3 trips to the  
**Okanagan Fall  
Wine Festival**

Contest runs from July 1 - 31, 2011.

Enter at  
[www.sumacridge.com](http://www.sumacridge.com)

# APERITIF, APERITIVO, APÉRO



## THE A LIST

Whatever you call it – aperitif, *aperitivo*, or *apéro* – sipping a late afternoon or pre-dinner drink is a much-loved custom in many countries. The word aperitif is derived from the Latin *aperir* meaning “to open,” and sipping an apero before a meal is both a palate-opener and a relaxing transition from work to personal time.

**A**n aperitif such as a glass of champagne, pastis or Campari and soda is ideal when you're looking over the menu and wine list. Smart restaurants list these openers with the by-the-glass wines selections. They're enjoyed at home before dinner and in many countries they're part of late afternoon or early evening rituals shared with friends after a busy day. Often, they're accompanied by small snacks such as almonds, olives, pâté, savoury crackers or tapas.

When I visited friends in the south of France last spring, villagers – a few or sometimes a crowd – gathered regularly at each other's homes at about five o'clock for *apéros*. The drinks were usually Blanquette or Crémant de Limoux (local sparkling wines) for the women and pastis for the men. Nibbles were simple – nuts, chips and always a selection of olives. These soirees weren't meant to be dinner, but casual hour-long spur of the moment get-togethers. Sometimes, since the whole point of *apéro* is to spend time with friends, another bottle is opened, more snacks

are put out, and the gathering extends well into the evening.

Some of the best-known aperitifs have been around for centuries and are enjoying a renaissance. At one time, they were concocted for restorative purposes. Noilly Prat was created in 1813 in the south of France by herbalist Joseph Noilly, Dubonnet was crafted by Joseph Dubonnet in Paris in 1846, and Lillet, made near Bordeaux, was marketed as health tonic in 1887 by wine merchants Paul and Raymond Lillet.

Pineau des Charentes, a lesser-known regional aperitif from France's Cognac region, is growing in popularity. The legend is that Pineau des Charentes originated in western France in 1589, when a winemaker accidentally added grape must to a barrel of eau de vie. Pastis, one of France's most popular *apéros*, first popped up in Marseille in the early 1920s. The ever-stylish Kir (white wine with a splash of crème de cassis) was introduced in Paris in the 1940s. The luxury version, Kir Royale (Pineau des Charentes Champagne and crème de cassis) soon followed.

Gaspere Campari originated

Campari, Italy's iconic *aperitivos* in 1860 in Novar, Italy. Cinzano dates back to 1757, when brothers Giovanni and Carlo Cinzano produced the first Cinzano from a unique blend of herbs and spices. Martini & Rossi, a partnership between Alessandro Martini and Luigi Rossi, was launched in 1863 in Piedmont. Currently, Martini & Rossi makes Bianco, Extra Dry and Rosso vermouths, plus sweet, sparkling Asti, a dry Prosecco and a sparkling rosé, covering all the *aperitivos* bases.

In Italy, the *aperitivo* tradition is a little different from the French *apéro* hour. Italians flock to *vinotecas* (wine bars) or neighbourhood cafés to socialize with pre-dinner *aperitivos* usually from six o'clock to about nine in the evening, but it's also not uncommon to have them before lunch or even in mid-afternoon. Many *aperitivos* such as Campari and Cinzano are a little bitter, and have been enjoyed for decades. In recent years, light-bodied white wines and Prosecco (Italian sparkling wine) have become popular. The bars usually serve complimentary bites such as olives, nuts, fresh mozzarella, prosciutto and bresaola, savoury pastries, bread and even small slices of pizza.

Spaniards crowd neighbourhood bars for an *aperitivo* before lunch or after work. Most often, it's an elegant glass of fino sherry or perhaps wine or beer and enjoyed with tapas, which are sometimes also called *aperitivos*. The original tapas was a simple piece of bread placed over

# Canadian Club®

THE BEST STORIES HAVE A MEMORABLE FINISH.



HERE'S TO ADVENTURE

## Aperitif, Aperitivo, Apéro

the drink to keep out flies. Happily, tapas such as small plates of anchovies, olives, chorizo, jamón or almonds soon accompanied the bread.

In Greece, the favourite aperitif is anise-flavoured ouzo. Ouzo is diluted with a little water, which turns it cloudy. (This process is called “louching” and also occurs with absinthe and pastis.) It’s unclear when the first ouzo was made, but raki, its predecessor, originated over 300 years ago and ouzo was first commercially distilled in the 19th century. It is served with a selection of appetizers called *mezethes*, which can include grilled octopus, *taramasalata* (fish roe spread) and olives.

Other *apéro* choices such as champagne, sparkling wine,

white and rosé wines, sake and cocktails made with white spirits like the Negroni (gin, vermouth, Campari and an orange peel garnish). The Americano (Campari, vermouth and soda water) and the Bellini (peach purée and Prosecco) are all fresh and light. A new French spirit, St-Germain Elderflower Liqueur, lends itself to refreshing aperitif cocktails like the St-Germain Kir Blanc (St-Germain and Sauvignon Blanc) or ultra-easy St-Germain and soda.

If you’re not already an *apéro* enthusiast, there’s no time like the present to get on board and spend time with friends, or simply rev up your appetite before dinner. After all, there’s a world of aperitifs, *aperitivos* and *apéros* to sample.



### CAMPARI

Italy **\$26.99** 277954  
This brilliant, naturally red “tonic” is one of the best-known *aperitivos* on the planet. An infusion of 60 herbs and fruits, the result is an intriguing mix of bitter, sweet, sour and fruit flavours. Mix Campari with soda or orange juice, or enjoy a Negroni or Americano cocktail.



### MARNIER-LAPOSTOLLE PINEAU DES CHARENTES

France **\$22.01** 155903  
This fortified wine is the aperitif of the Cognac region. Made by blending unfermented grape juice with cognac and aging in oak casks, the result is a deep gold wine redolent of caramel, spice and hazelnuts. It’s smooth and a little spicy with a long finish. Enjoy chilled.



### VOGA SPARKLING PINOT GRIGIO

Italy **\$22.99** 470351  
It’s Italian and has bubbles, but it’s not Prosecco. This sparkling Pinot Grigio is as tasty as the bottle is eye-catching. Expect lively effervescence, green apple, pear and citrus aromas and easy minerality. Fresh, crisp and light-bodied with a citrus finish, it’s a crowd-pleasing aperitivo.



### LILLET

France **\$16.99** 32631  
This easy-drinking aperitif wine is enjoying a major revival both as an *apéro* (straight, chilled) and in cocktails like the Vesper martini. Made with Bordeaux wines and citrus-infused liqueurs and matured in oak, it finishes crisp, slightly sweet with a zip of bitterness.



### NOILLY PRAT EXTRA DRY VERMOUTH

France **\$13.99** 5306  
This classic aperitif is made from Picpoul and Clairette grapes and aged outdoors for a year in small oak casks, then infused with herbs, flowers, fruits and spices. The result is an amber-coloured, aromatic, dry, full-bodied almost sherry-like wine. Sip chilled with a twist of lemon.



### RICARD PASTIS DE MARSEILLE 45

France **\$29.99** 15693  
This iconic liqueur was first made in 1932 by 23-year old entrepreneur Paul Ricard from star anise, green anise, licorice and Provençal herbs. Anise-flavoured, it’s slightly bitter, smooth and mellow. Traditionally, pastis is mixed with water which turns the transparent, yellow liquid milky.



# SKEWERS AND SIDES

SPICY GARLIC SHRIMP  
SKEWERS AND GRILLED  
FRUIT KEBABS WITH  
JICAMA SLAW



ALTHOUGH SKEWERING AND GRILLING AS A COOKING TECHNIQUE IS PREDOMINATELY A SUMMER TRADITION IN NORTH AMERICA, IN OTHER PARTS OF THE WORLD IT'S A DAILY ROUTINE.

Here we've provided recipes from far and wide, all having this rustic cooking method in common. From the far reaches of western China there are the traditional kebabs of Xianjiang near Afghanistan. Cubes of lamb are marinated in a cumin, chili and garlic-spiked sauce, grilled and served with a refreshing salad of daikon radish, tomato and herbs.

From Morocco comes spiced lamb patties, grilled on skewers and paired with pita and a tabbouleh salad flavoured with preserved lemon and roasted peppers. To add Latin flavour, shrimp are marinated with citrus and chilies and served with a crunchy jicama slaw. Enjoy three tasty ways to bring the world to your backyard this summer!



MONGOLIAN KEBABS SERVED WITH DAIKON SALAD



MOROCCAN-SPICED MEAT SKEWERS SERVED WITH PRESERVED LEMON TABBLOUH



TRY ANY OF THESE WINES SPECIFICALLY CHOSEN TO PAIR WELL WITH THE SPICED AND SMOKY FLAVOURS OF OUR SUMMERY SKEWERS AND SIDES.

PAIRS WITH MOROCCAN-SPICED MEAT SKEWERS SERVED WITH PRESERVED LEMON TABBOULEH



**BANROCK STATION SPARKLING SHIRAZ**

Australia **\$14.99** 575902  
Banrock Station Sparkling Shiraz is a deep ruby colour and features expressive, spicy aromas of blackberry touched with mint and intense flavours of black fruits, coffee and pepper spice. A sparkling red is truly something different to enjoy with meat from the grill!

PAIRS WITH MONGOLIAN KEBABS SERVED WITH DAIKON SALAD



**BESO DE VINO SELECCIÓN**

Spain **\$12.99** 139618  
This big, bold Spanish red delivers outstanding value at a very good price. Black cherry and blueberry aromas give way to lush, soft tannins on a savoury, meaty palate of plum and spicy licorice flavours.



**FAIRVIEW GOATS DO ROAM RED**

South Africa **\$14.99** 633206  
This South African red wine offers more than just a cute label. Enjoy the open aromas of plum and licorice and the spicy, meaty flavours of black cherry tinged with vanilla. It offers easy enjoyment with grilled meat dishes.

PAIRS WITH SPICY GARLIC SHRIMP SKEWERS AND GRILLED FRUIT KEBABS WITH JICAMA SLAW



**MASON DES BULLIATS RÉGNIÉ**

France **\$15.99** 137760  
This red wine is alluringly scented with blueberry, raspberry and sandalwood, revealing soft, juicy flavours of ripe fruit and dark chocolate on a long finish. It is the perfect pairing for Moroccan spiced skewers.



**GANTON & LARSEN PROSPECT WINERY THE CENSUS COUNT CHARDONNAY**

BC VQA **\$12.99** 372268  
Ganton & Larsen offers good, solid value with their Census Count Chardonnay. Aromas of ripe pear, grapefruit and butter give way to crisp, slightly sweet flavours of apple, melon and peach. A versatile wine for many occasions.



**CALONA ARTIST SERIES RESERVE SOVEREIGN OPAL**

BC VQA **\$14.99** 364265  
Sovereign Opal is a grape variety that was developed in Summerland, BC and is a hybrid of Maréchal Foch and Golden Muscat grapes. The intense floral display of rose petals, dill and zesty grapefruit progresses toward flavours of peaches, apples and exotic spices. Lovely!





## ASK AN EXPERT

### RHYS PENDER, MW

RHYS PENDER, WHO BECAME CANADA'S YOUNGEST MASTER OF WINE IN 2010, IS A WINE EDUCATOR, CONSULTANT, JUDGE AND FREELANCE WRITER. HE CONTRIBUTES REGULARLY TO *TASTE*, *WINE ACCESS*, *MONTECRISTO* AND *SAVOUR* MAGAZINES.

**Q** Over the last couple of years we have started a wine cellar. The wine is currently housed in a cupboard on a wine rack in our basement. The temperature varies from a low of 14 C (58 F) in the winter to a high of 21 C (70 F) in the summer. We are looking to purchase a more effective wine storage system and wonder what you might suggest. It has been suggested that, since we have a partially underground basement, perhaps we should have an engineer work with an architect to design an in-ground cave, or alternatively, we could buy a system from a wine cellar company. Hard to say without seeing our house, but can you offer any guidance to us?

**A** First of all, congratulations on starting your wine cellar! There are many great reasons to start a cellar and you will have years of enjoyment tasting the complex subtleties that develop as wine matures in bottle. It is also important to consider that as demand for the top cellaring wines expands with new markets around the world, it is very unlikely that these wines will ever get less expensive. So the sooner you start the better!

Of course, there is no point cellaring wine if you don't have a suitable setup to let wines evolve slowly and gracefully. It sounds as if you have a couple of the key elements to get a good cellar started – somewhere relatively cool and with enough space. It can be much more difficult trying to set something up if you

are living in a small apartment with space at a premium.

It also sounds as if you have done a little background research on some of the options available. A brief internet search reveals wine cellars that vary from as basic as a couple of shoe boxes in the bottom of a relatively cool closet to elaborate, architecturally designed masterpieces that hold thousands of bottles in the perfect conditions. As you might guess, a lot of it comes down to budget. But fortunately, there are options at all ends of the price spectrum and finally it will come down to personal choice, the space you have available and your budget. Whatever the method chosen, it is important to make sure all of the key elements for proper wine storage are looked after.

The most important thing to consider is temperature. The cooler the temperature, the slower the wine will age. An ideal temperature is around 13 C (55 F). This will certainly let the wines age gracefully for a long period. More important though than the specific temperature is having a constant temperature. Cellars that heat up quickly, such as when sunlight heats a room, or become cold quickly can cause damage to your stored wines.

What happens to wine exposed to wide variations in temperature? At worst it will suffer rapid oxidation and become “over the hill” before its time. But even milder temperature variations can upset the chemical reactions that are taking place in the bottle, resulting in a less elegant wine that may taste a bit disjointed when you get around to opening it. This is one reason for the saying “there are no good old wines, just good old bottles.”

Light can also have an impact on a wine’s ability to mature, largely because light can speed up the decomposition of sensitive components that also affect the way a wine ages. The third component is vibration. If excessive, vibration prevents the proper formation and settling of deposits.

From the sound of your setup, the basement is fairly consistent in temperature and I would guess that is probably also not impacted by strong light or vibrations. That sets you up pretty well for a more serious cellar. I would recommend one of two options – the first would be to section off a portion of your basement (the area that is naturally coolest) as a wine cellar and install some kind of climate control and humidity system to make the ideal conditions for your wine. The size and type of system would depend on the size of the cellar, where you can create the climate control unit and the extremes of temperature that it needs to work against. Care must be taken to properly install insulation and a vapour barrier to make the cellar effective and efficient. This form of cellar can be made to house many thousands of bottles.

For a smaller collection, you can purchase a free-standing wine cabinet. These come in an endless number of different colours, styles, shapes and sizes and can vary considerably in price. Typical sizes range from 12 bottles to over 1,000. Care should be taken

with the cheapest models as they are often quite loud, something that can become frustrating depending on where it is located. For smaller spaces, wine cabinets can be great, as they can be moved around and are often attractive enough to be part of the furniture.

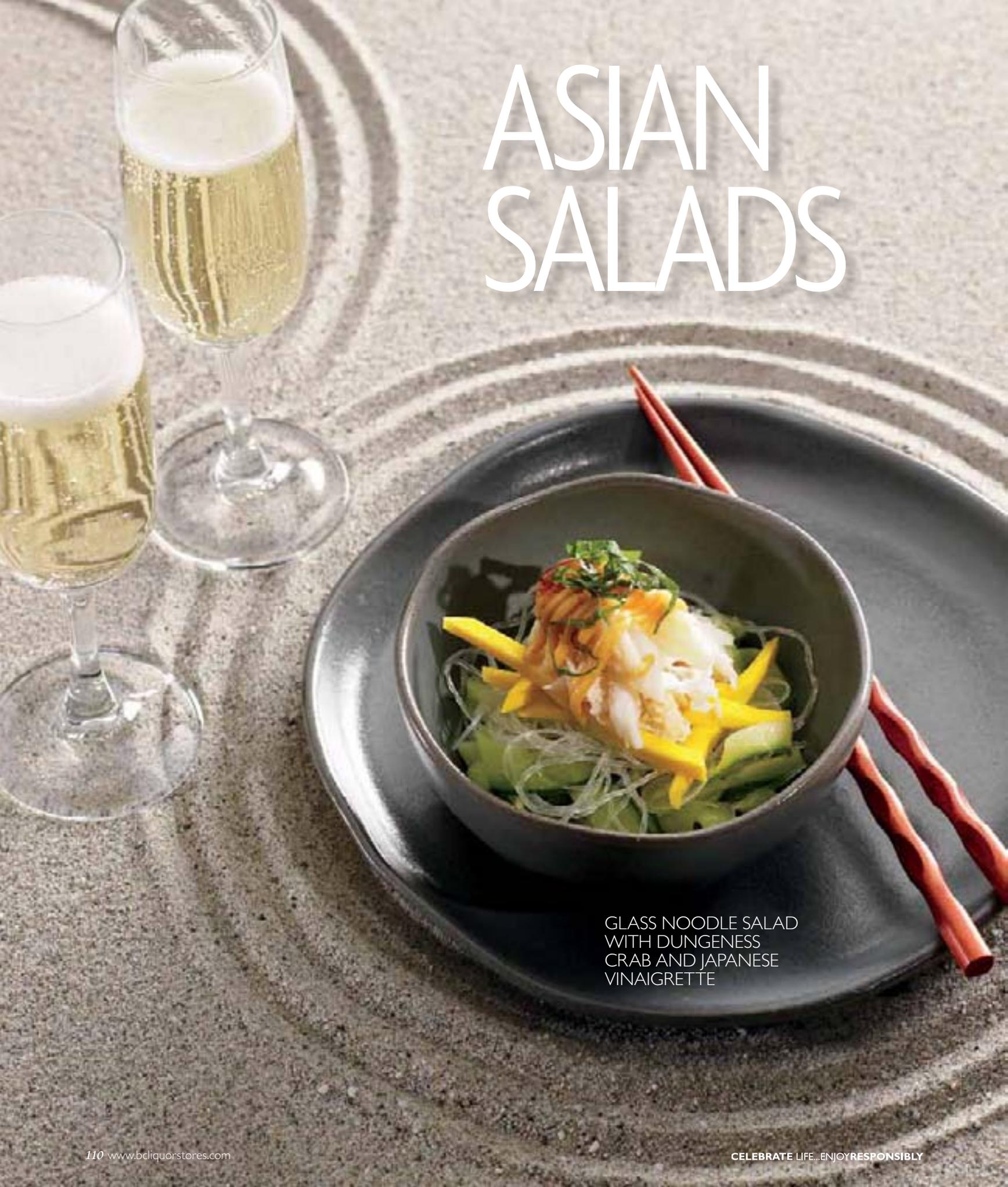
Once the cellar is in place, the fun part of picking the wines begins. It is important to try to build a cellar that has diversity. For example, you don’t only want long-maturing red wines that will not be ready to drink for another 10 years. Build a cellar plan that includes wines that will likely mature over a broad period of time and make sure you have different styles to match different occasions and food pairing situations. You should also have a good selection of sparkling, lighter whites and fuller whites as well as lighter reds, fuller-bodied reds and some fortified wines, to create a nicely balanced collection that will give constant enjoyment. Best of luck with the project and filling your cellar with wine.

Thanks go out to our knowledgeable readers for this issue’s interesting questions about the world of wine. If you have a question you’d like an expert response to, simply send an email to:

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

Watch for answers in upcoming issues of *TASTE!*

# ASIAN SALADS



GLASS NOODLE SALAD  
WITH DUNGENESS  
CRAB AND JAPANESE  
VINAIGRETTE

THE NEXT TIME YOU VOLUNTEER TO BRING THE SALAD TO YOUR NEIGHBOURHOOD EVENT, WOW THE CROWD WITH ONE OF OUR THREE ASIAN-INSPIRED SALADS.

**A** Moroccan-inspired salad using Israeli cous cous (large pearl-like cous cous) tossed with chopped tomatoes, cucumber, herbs and dried fruits and nuts makes a refreshing and different approach to the standard picnic buffet. Coleslaw is always a favourite picnic salad, but for a change, try Asian slaw made with crisp Napa cabbage, quinoa and fragrant herbs, tossed with a spicy, tart tamarind and chili-infused dressing. For something more delicate, there's a Japanese-inspired cucumber and mango salad, decorated with fresh local Dungeness crab and with a delicate rice vinegar dressing that contrasts nicely with the hot Japanese mustard sauce. These three Asian salads will impress at your summer table this season!



ISRAELI COUS COUS SALAD

PAIRS WITH ISRAELI COUS COUS SALAD



**DEINHARD LILA TROCKEN**

Germany **\$15.49** 159558  
True Riesling characteristics are revealed in this sparkling wine with fresh apple and floral aromas followed by nectarine, lime, guava and slate mineral flavours. It delivers consistent value and is a fine choice in any season.



**RIGAL THE ORIGINAL MALBEC**

France **\$14.99** 284026  
This Old World Malbec shows amazing finesse at a good price. Spicy floral and mineral aromas greet the nose followed by flavours of white pepper and cherry along with soft, light tannins. Excellent with the Israeli Cous Cous Salad!



DELICIOSO

*There are many words to describe the dark Arabica coffee beans and light sugarcane spirit of Veracruz, Mexico. But when those contrasting flavours come together, there is only one word that can perfectly describe it: Delicioso. For original Kahlúa® recipes, visit [kahlua.ca](http://kahlua.ca)*

**Kahlúa**  
THE ORIGINAL  
SPIRIT OF VERACRUZ



Asian Salads

ASIAN COLESLAW WITH QUINOA, PEANUTS AND SHRIMP



PAIRS WITH GLASS NOODLE SALAD WITH DUNGENESS CRAB AND JAPANESE VINAIGRETTE



JACOB'S CREEK SPARKLING CHARDONNAY/PINOT NOIR

Australia **\$14.99** 562991

Here is an ideal sparkling wine for the patio that is refreshingly light with enticing fruity aromas and a generous, nutty, creamy palate. This Chardonnay and Pinot Noir blend pairs well with fish and salad dishes.



PAIRS WITH ASIAN COLESLAW WITH QUINOA, PEANUTS AND SHRIMP



SCHRODER & SCHYLER CHARTON LA FLEUR

France **\$12.99** 626341

This elegant 100 percent Sauvignon Blanc displays a pale straw colour and delightful aromatics with pleasing hints of *garrigue*. The palate is mouth-watering and creamy with citrus and smoky mineral flavours, making it a perfect match for this recipe.



KENDALL-JACKSON VINTNER'S RESERVE CHARDONNAY

USA **\$23.99** 296566

Fruity, floral aromas of white peach, green apple, melon and honeysuckle open to a palate that is crisp, creamy and buttery with soft, round flavours of honey and tropical fruit. A wonderful pairing with Asian spice and seafood.



CLINE CELLARS VIOGNIER

USA **\$18.99** 638395

Cline Cellars Viognier shows authentic varietal character with aromas and flavours of honeyed stone fruits, citrus spice and hints of ginger. This soft wine is an ideal companion for many summer salads. Enjoy!

# SUMMER PASTA

When summer rolls in, lighter pastas with loads of fresh ingredients such as basil, English peas and heirloom tomatoes are just what you need. When it comes to these simple pastas, fresh is key, so plant a little backyard or balcony herb garden or scour your local farmer's market, so your ingredients are as fresh as they can be. Serve these recipes in smaller portions to start a meal, or serve them up family-style on a large platter with grilled meat or fish for an al fresco summer banquet.



ORECCHIETTE WITH CLAMS, LEMON, ZUCCHINI AND CHILI

PAIRS WITH ORECCHIETTE WITH CLAMS, LEMON, ZUCCHINI AND CHILI



**PORCUPINE RIDGE SAUVIGNON BLANC**

South Africa **\$14.99** 592881  
 This welcoming Sauvignon Blanc is refreshing, light and clean with aromatic grassy notes and zesty flavours of gooseberry, citrus and tropical fruit. Very versatile and enjoyable with shellfish, salads and spicy pasta dishes.



ORZO PASTA SALAD WITH PROSCIUTTO



**GROONER NIEDEROESTERRICH GRÜNER VELTLINER**

Austria **\$16.99** 326231  
 This lesser-known, but up-and-coming grape varietal delivers aromas of slate mineral, lime and a teasing wisp of smoke. The palate is fresh, round and generous with a touch of sweetness, pear and crisp green apple. An excellent value!



PAIRS WITH ORZO PASTA SALAD WITH PROSCIUTTO



**RICOSSA BARBERA D'ASTI**

Italy **\$15.99** 457135  
 Fresh cherry aromas greet the nose with tobacco leaf and violets followed by a warm, juicy, nicely structured palate of red fruit and pepper spice, smoke, almond and mineral. Pairs very well with creamy cheeses, roasts and pasta dishes!



**YENI RAKI**

Turkey **\$17.90** 269241 350ml  
 This non-sweet, anise-flavoured spirit is versatile with food, typically enjoyed with seafood and "mezze" meaning assorted appetizers. Directions: add water to dilute (which turns it a milky), take small sips, eat slowly and enjoy with friends.



PAIRS WITH FUSILLI LUNGHI BUCATI WITH HEIRLOOM TOMATOES AND DUCK CONFIT



**GEORGES VIGOUROUX PIGMENTUM CAHORS MALBEC**

France **\$14.99** 690917  
 This savoury Malbec is warm and spicy with hints of chocolate, espresso bean, tobacco and coffee, all fused together with raspberry, plum and cherry in nice balance. The tannins are soft, making this wine compatible a variety of pasta dishes.



**NEW**

**4**  
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## Hand Crafted Dry Premium Cider.

A return to our original small batch, hand crafted process from 1927, the year The Growers Cider Co. was established in Saanich, B.C. This dry premium cider is naturally fermented with a refreshing crisp fruit taste.



[GROWERSCIDER.COM](http://GROWERSCIDER.COM)

Please Enjoy Responsibly.

Summer Pasta

PAIRS WITH FUSILLI LUNGHI BUCATI WITH HEIRLOOM TOMATOES AND DUCK CONFIT



LORON MONTVALLON  
BOURGOGNE BLANC  
CHARDONNAY

France **\$16.99** 525733  
Delight your senses with this Chardonnay's green apple, citrus, floral and mineral aromas. Savour the delicate, round creamy mouth feel, lively acidity and abundant tree fruit layered with fresh grassy, nutty flavours.



FUSILLI LUNGHI BUCATI WITH HEIRLOOM TOMATOES AND DUCK CONFIT

PAIRS WITH GNOCCHI WITH BROWNED BUTTER AND CRISPY SAGE



NK'MIP CHARDONNAY

BC VQA **\$16.99** 626408  
Okanagan Valley's Nk'Mip Cellars, pronounced "in-ka-meep," is North America's first Aboriginal winery. This Chardonnay, grown in their vineyards, shows a gorgeous balance of fruit and spicy oak with apple, citrus, pear and tropical fruit. Enjoy!



GNOCCHI WITH BROWNED BUTTER AND CRISPY SAGE



MASI MASIANCO PINOT  
GRIGIO & VERDUZZO

Italy **\$16.99** 244681  
This blend of Pinot Grigio and Verduzzo grape varieties is a floral, buttery treat to savour. The creamy, round mouthfeel reveals refreshing flavours of ripe pear, tropical fruit and mineral.



# VERY SPECIAL EVENTS

Join us for this fantastic selection of free cocktail, beer and wine tastings and events. To receive monthly updates and exclusive special announcements send an email to [events@bcliqorstores.com](mailto:events@bcliqorstores.com). All events listed below are at the 39th and Cambie Signature BC Liquor Store Tasting Room (5555 Cambie Street, Vancouver) unless otherwise noted. Times and dates are accurate as of press time. For updates and last-minute additions, please visit [www.bcliqorstores.com/event](http://www.bcliqorstores.com/event).

## JUNE

THURSDAY, JUNE 2 | 4:00 - 7:00 P.M.

### SAVVY SIPPERS: BARBECUE WINES

Join our product consultants for a preview of what's hot for this summer! Whether you're planning your next barbecue bash or elegant patio party, we've got the perfect wine for your next summer get-together!

FRIDAY, JUNE 3 | 2:00 - 5:00 P.M.

### BACARDI SUPERIOR

Join Team Bacardi and taste the famous Bacardi Mojito! Learn about the brand and history while enjoying these delectable drinks and appetizers. Get a chance to win a Bacardi gift pack, perfect for mixing your very own cocktails!

SATURDAY, JUNE 4 | 2:30 - 3:15 P.M., 3:30 - 4:15 P.M. AND 4:30 - 5:15 P.M.

### DECONSTRUCTING FORTY CREEK WHISKY

Join Plamen Velikov for one of three 45-minute sessions to taste and learn about the impressive range of Forty Creek! Discover how this true artisan whisky is made! Register for one of these free sessions at 39th and Cambie's customer service desk.

THURSDAY, JUNE 9 | 2:00 - 6:00 P.M.

### JACK DANIEL'S BARBECUE

Celebrate summer with Jack Daniels! Try one of the world's best selling whiskies with mouth-watering barbecued appetizers and have a chance to win a custom Napoleon Jack Daniel's barbecue!

FRIDAY, JUNE 10 | 4:00 - 7:00 P.M.

### SUPER SUMMER VENETIANS

Unmask Venetian wines with Masi! Join us to taste delicious wines from this region and sample some sweet Italian treats.

FRIDAY, JUNE 10 | 4:30 - 6:30 P.M. | ALBERNI AND BUTE BC LIQUOR STORE

### MOËT & CHANDON

Why wait for a special occasion? Join us for this very special tasting of world-famous Moët & Chandon Champagne – and make every day a celebration!

SATURDAY, JUNE 11 | 2:00 - 5:00 P.M.

### GREAT. LEGENDARY. A CELEBRATION OF CLANCY'S LEGENDARY RED

Come taste Clancy's Red. This event features the three vintages of this successful Australian wine that made the *Wine Spectator's* top 100. Have a chance to "Win a Legendary Fishing Adventure" with Langara Fishing Lodge.

WEDNESDAY, JUNE 15 | 6:00 - 8:00 P.M.

### COOKING FOR FATHER'S DAY

Thinking of ways to make Dad's day more special this year? Join us for a cooking demonstration of delectable dishes guaranteed to satisfy Dad's appetite. Our Product Consultants have chosen a wonderful selection of wine pairings for the perfect complement.

FRIDAY, JUNE 17 | 4:00 - 6:00 P.M. | ALBERNI AND BUTE BC LIQUOR STORE

### PELLER ESTATES WINE PAIRING

Join Peller Estates winemaker, Stephanie Leinemann, to learn about the great selection that Peller Estates has to offer. Enjoy gourmet canapés with a wonderful variety of wines.

SATURDAY, JUNE 18 | 2:00 - 5:00 P.M.

### BEER, BRATS AND BLUES

Join the Whistler Brewing Company for an afternoon of beer, brats and blues. This exciting event kicks off the 2011 Vancouver International Jazz Festival in true New Orleans style. Enjoy refreshing beer, organic bratwurst sausages and live blues music!

THURSDAY, JUNE 23 | 4:00 - 7:00 P.M.

### ENTERTAIN WITH STYLE AND PREMIUM COCKTAILS

Join the on-site mixologist and learn simple, yet premium, cocktail recipes for the summer! Taste these invigorating creations with canapés from Lazy Gourmet Catering!

FRIDAY, JUNE 24 | 4:00 - 6:30 P.M.

### BABICH WINES FROM NEW ZEALAND

Come and enjoy delicious wines from one of New Zealand's largest family-owned wineries, Babich Wines. Learn how their sustainable production delivers fine wines reflecting the fruit of the variety and the terroir of the land.

FRIDAY, JUNE 24 | 3:00 - 7:00 P.M. (LANGLEY SIGNATURE STORE)

### MILLER CHILL LEMON AND LIME

Beat the summer heat with Miller Chill Lemon and Miller Chill Lime! Miller ambassadors will be on-site serving up delicious appetizers to pair with a refreshing sample of Miller Chill.

FRIDAY, JUNE 24 | 4:00 - 6:00 P.M. (ALBERNI AND BUTE)

### SCOTCH TASTING WITH WHISKY AMBASSADOR

Join J. Wheelock, brand ambassador for Macallan, Highland Park, The Famous Grouse, and The Black Grouse for an educational tasting of these acclaimed whiskies. Enjoy these smooth whiskies with delicious appetizers from the Glowbal Group.

SATURDAY, JUNE 25 | 3:30 - 6:30 P.M.

### NOTORIOUSLY GOOD SLEEMAN

Come for a 'Notoriously Good' sampling event featuring Sleeman Selection pack favourites Honey Brown Lager and Original Draught! Enjoy this refreshing selection with delicious food pairings from MyChef.

THURSDAY, JUNE 30 | 3:00 - 6:00 P.M.

### COCKTAIL THEMATIC

Cool down this summer with a refreshingly delicious cocktail! Learn how to mix simple cocktails at this exciting event and get ready to impress your guests at your next summer entertaining event!

## JULY

SATURDAY, JULY 2 | 2:00 - 5:00 P.M.  
**IN AN ABSOLUT WORLD**

Join the Absolut Brand Ambassador, Jacob Sweetapple, as he mixes signature cocktails, like the Absolut Razzle Dazzle! Enjoy a taste of summer with these refreshing cocktails, paired with delicious appetizers.

THURSDAY JULY 7 | 3:00 - 6:30 P.M.  
**WINES OF ARGENTINA**

Discover exotic Argentina with an exciting two-day event featuring live Tango dancers! Taste your way through a wonderful selection of wines from Argentina with delicious empanadas from the House of Empanadas.

FRIDAY JULY 8 | 3:00 - 6:30 P.M.  
**WINES OF ARGENTINA**

Discover exotic Argentina with an exciting two-day event featuring live Tango dancers! Taste your way through a wonderful selection of wines from Argentina with delicious empanadas from the House of Empanadas.

SATURDAY, JULY 9 | 3:00 - 6:00 P.M.  
**PROVENCE ROSÉ – A NEW WAY TO THINK PINK**

Experience rosé wine with the Provençal touch while enjoying a slice of British Columbian wild salmon! Meet the representatives from Wines of Provence, Roque Pertusa and Valérie Lelong and learn about the diverse nature of these wines.

THURSDAY, JULY 14 | 4:30 - 7:00 P.M.  
**SAVVY SIPPERS: SUMMER FAVOURITES**

Find out what's new and exciting this summer with our Product Consultants! Come and discover a wonderful selection of summer wines, perfect for summer sipping.

FRIDAY, JULY 15 | 4:00 - 7:00 P.M.  
**SUMAC RIDGE CELEBRATES THEIR 30TH ANNIVERSARY!**

Celebrate Sumac Ridge's 30th Anniversary with a taste of the Sumac Ridge 30th Anniversary Tribute Sparkling wine! Special guest Chef Ryan Fuller will be on site preparing mouth-watering appetizers to pair with a great selection of Sumac Ridge Reserves.

SATURDAY, JULY 16 | 4:00 - 7:00 P.M.  
**BUD LIGHT CRUISE EVENT**

Join the Bud Light brand ambassadors to taste the refreshing Bud Light family, paired with tasty Caribbean-inspired appetizers! Learn how you can win a trip on the Bud Light Caribbean Cruise.

TUESDAY, JULY 19 | 6:00 - 8:00 P.M.  
**SUMMER COOKING DEMONSTRATION**

Spice up your summer entertaining with special homemade appetizers and cocktails! Join our chef for a cooking demonstration and learn how to make fresh, healthy and mouth-watering treats, perfect for your summer get-togethers! Tickets are \$20 each. Register at 39th and Cambie's customer service desk.

THURSDAY JULY 21 | 4:30 - 7:30 P.M.  
**GNARLIEST BURGER COMPETITION FINALE!**

Join our celebrity judges, Rhonda May, Judith Lane, Kasey Wilson, Erin Ireland and the Apprentice Team from Fairmont as they uncover BC's Gnarliest Burger Recipe. Enjoy Gnarly Head wines and taste these delicious burgers!

FRIDAY, JULY 22 | 4:00 - 6:30 P.M.  
**700 YEARS OF TUSCANY IN A GLASS**

Unearth 700 years of Tuscany with Marchesi de Frescobaldi! Winery principal Stefano Benini offers Frescobaldi's rustic gems with pairings from Sutton Place Hotel's Executive Chef Michael Deutsch.

THURSDAY, JULY 28 | 4:00 - 7:00 P.M.  
**CELEBRATE SUMMER WITH THE PERFECT MARGARITA**

Enjoy an exciting Sauza mixology session and learn how to mix the perfect margarita. Beat the summer heat with a cool margarita paired with delicious Mexican appetizers from Las Margaritas.

FRIDAY, JULY 29 | 4:00 - 7:00 P.M.  
**BERINGER STONE CELLARS & PGA GOLF "PUTT TO WIN!"**

Come and enjoy a taste of Stone Cellars wines, paired with yummy appetizers! This exciting event will feature a putting contest, where you can win golf items for your summer tee-time! Learn about the PGA Golf contest at this event and enter online to win tickets to a PGA golf event in Georgia, USA.

## AUGUST

THURSDAY, AUGUST 4 | 4:00 - 7:00 P.M.  
**SAVVY SIPPERS: BC WINES**

Join our product consultants for a taste of the West Coast! Enjoy delicious local BC wines, paired with mouth-watering West Coast-inspired appetizers.

FRIDAY, AUGUST 5 | 4:00 - 7:00 P.M.  
**CANADIAN CLUB: BOARDWALK EMPIRE PROHIBITION COCKTAILS**

Canadian Club is proudly featured in the new HBO series, Boardwalk Empire! Join the local mixologist and learn how to make Prohibition-themed cocktails. Enjoy these cocktails with appetizers from the Glowbal Group.

SATURDAY AUGUST 6 | 1:00 - 4:00 P.M.  
**BAILEYS: DELICIOUSLY CHILLED**

Get out of the heat and cool down with a Baileys Shiver, a fun new way to enjoy Baileys.

SATURDAY, AUGUST 13 | 2:00 - 5:00 P.M.  
**SUMMER OF MALIBU**

Join the Malibu team this summer and learn how to mix up a refreshing Malibu cocktail! Cool down with these fresh drinks paired with appetizers from The Donnelly Group.

FRIDAY AUGUST 19 | 4:00 - 7:00 P.M.  
**SMIRNOFF MIXED DRINKS**

It's time to start the weekend with Smirnoff. Join the on-site mixologist and learn fun, simple vodka cocktail recipes, paired with delicious appetizers.

SATURDAY, AUGUST 20 | 2:00 - 5:00 P.M.  
**KAHLUA CHILLACCINO**

Enjoy a touch of Spain this summer with Kahlua's refreshing Chillaccino drink! Enjoy this cool smooth creation with Spanish tapas from The Donnelly Group.

SATURDAY, AUGUST 27 | 2:00 - 5:00 P.M.  
**STONELEIGH: OFFICIAL WINE OF AVID READERS**

Stoneleigh, from Marlborough, New Zealand, is the official wine of avid readers in Canada, with a partnership with BookClubs.ca. Come and discover how these crisp, flavoursome wines can complement your favourite foods and a great book.

NEW

# SMIRNOFF®

PREMIUM VODKA  
**MIXED DRINKS**



**MIXED DRINK TASTE, SERVED HERE**



### GRILLED SALMON BURGER WITH HOMEMADE TARTAR SAUCE

Serves 8

#### PATTIES

- 1 wild salmon filet, skin and pin bones removed, cut into 8 patties
- 2 tbsp (30 ml) olive oil
- salt and pepper to taste

#### CONDIMENTS

- ¼ cup (50 ml) tartar sauce (recipe follows)
- 12 pieces butter lettuce
- 8 hamburger buns

Rub salmon with olive oil, season with salt and pepper. Grill on medium heat for 3 to 4 minutes each side until cooked through. Assemble filet on hamburger buns with lettuce and tartar sauce and serve.

#### TARTAR SAUCE

- 1 cup (250 ml) mayonnaise

- 2 tbsp (30 ml) relish
- 2 tbsp (30 ml) capers, coarsely chopped
- 1 tbsp (15 ml) horseradish
- 1 lemon, juiced

Combine ingredients in mixing bowl. Refrigerate in sealed jar, up to 10 days.

#### PAIRS WITH

ALLAN SCOTT MARLBOROUGH SAUVIGNON BLANC  
New Zealand \$19.49 922740

CONO SUR ORGANIC PINOT NOIR  
Chile \$14.99 77644



### VEGGIE BURGER SLIDERS WITH GOAT'S CHEESE AND SPICY GUACAMOLE

Serves 4

#### PATTIES

Makes 12 small patties (3 per person)

- 1 ½ cup (375 ml) vegetable stock

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FARNESE  
VINI

“SOLID  
VALUE!”

*Anthony Gismondi, 2009*



A CAMPAIGN FINANCED ACCORDING TO EC REGULATIONS N. 1234/07



- ¼ lb (125 g) bulgur wheat
- ¼ cup (50 ml) cashew nuts, chopped
- ¼ lb (125 g) smoked tofu, cut into small cubes
- ¼ lb (125 g) cheddar, cut into small cubes
- 3 tbsp (45 ml) nutritional yeast
- 3 tbsp (45 ml) rolled oats
- 2 tbsp (30 ml) sesame seeds
- 2 small eggs
- 2 tbsp (30 ml) soy sauce
- 1 small bunch of basil, chopped
- 1 small bunch of chives, chopped
- 1 small onion, chopped
- 1 large garlic clove, chopped
- 1 salt and pepper, to season

Bring stock to boil, add bulgur wheat, stir and cook over low heat 3 to 4 minutes. Remove, cover and let rest 25 minutes until liquid is absorbed.

In food processor, coarsely chop cashew nuts. Add remaining ingredients and blend to coarse bread crumb consistency. Season mixture with salt and pepper and mix in cooled bulgur wheat with hands. Refrigerate 1 to 2 hours to firm up. Then make patties using hands. Make 24 small patties (freeze remaining). Fry patties in oil 4 to 5 minutes per side until golden brown. Assemble with condiments and serve, 3 per person.

**CONDIMENTS**

- 1 Roma tomato, sliced
- 1 butter lettuce head, washed and dried
- ½ cup (125 ml) goat's cheese, crumbled
- ½ cup (125 ml) guacamole (recipe follows)
- 12 mini hamburger buns

**SPICY GUACAMOLE**

- 2 ripe avocados, peeled
- 1 tomato, diced
- 1 lime, juiced
- 2 tbsp (30 ml) hot sauce
- 2 tsp (10 ml) salt

Add ingredients to bowl and, using fork, mash and mix until guacamole is smooth with some chunks. Use immediately.

**PAIRS WITH**

CRIOS DE SUSANA BALBO TORRONTES  
Argentina **\$14.99** 769125

CARM ORGANIC DOURO SUPERIOR  
Portugal **\$21.25** 433516



**HARISSA LAMB BURGER WITH HOMEMADE PICKLES**

**Serves 4**

**PATTIES**

- 1½ lb (750 g) lamb
- 2 tbsp (30 ml) bread crumbs
- 1 tbsp (15 ml) harissa paste

Mix lamb, bread crumbs and harissa paste with hands for 5 to 10 minutes.

Form mixture into 4 patties, pressing together well. Refrigerate for 20 to 30 minutes before grilling.

Grill lamb patties to preference, assemble on buns with condiments (see below) and serve.

**CONDIMENTS**

- 2 tomatoes, sliced
- 1 cup (250 ml) arugula
- ½ cup (125 ml) caramelized onions
- 4 pickles, sliced (recipe for Homemade Pickles follows)
- 4 tbsp (60 ml) grainy mustard
- 4 hamburger buns

**HOMEMADE PICKLES**

**MAKES 1 JAR**

- 6 Japanese cucumbers, cut in half lengthwise
- ½ cup (125 ml) white vinegar
- ¼ sweet onion (ie. Walla Walla), thinly sliced
- 2 garlic cloves, smashed
- 6 sprigs fresh tarragon
- 12 whole black peppercorns
- 1 bay leaf
- ¼ cup (50 ml) kosher salt
- 1 cup (250 ml) warm water

Clean 1 quart jar with tight-fitting lid (e.g. hinged mustard jar). Pack cucumbers lengthwise into jar. In bowl mix other ingredients and stir to dissolve salt, then pour into jar over pickles. With clean fork, push tarragon sprigs and bay leaf down centre and sides. Refrigerate and serve after 1 to 2 days. Keep refrigerated and use within 10 days.

**PAIRS WITH**

ANTANO RIOJA CRIANZA  
Spain **\$12.99** 72223

CHÂTEAU PEY LA TOUR RESERVE DU CHÂTEAU  
France **\$24.99** 442392



**LOCAL ROCKFISH TACOS**

**Serves 12 as an appetizer**

- 3 tbsp (45 ml) oil
- ½ onion, sliced
- 1 tsp (5 ml) cumin seeds
- 17 oz (520 g) local rockfish, cut into 1-in (2.5 cm) chunks.
- ½ lime, juiced
- 12 small corn tortillas

## Lemonade Cocktails and Small Bites from page 22

¼ cup (50 ml)	purple cabbage, finely chopped
¼ cup (50 ml)	green cabbage, finely chopped
¼ cup (50 ml)	feta cheese, crumbled
4	radishes, sliced
4	sprigs fresh cilantro, finely chopped

Sauté onions in 3 tbsp (45 ml) oil. Add cumin seeds. Add fish and cook 4 to 5 min on medium-high heat until fish turns white and starts to flake. Add lime juice. Remove from heat and reserve.

Over gas flame or in hot pan, char tortillas. Arrange ingredients evenly among shells, top with cilantro and serve.

### SERVE WITH

#### CAMPARI PINK LEMONADE

8 cups (2 L)	pink lemonade
3	lemons, sliced
¼ cup (50 ml)	vodka
¼ cup (50 ml)	Campari
8 cups (2 L)	ice

Mix ingredients in large pitcher or drink dispenser and serve chilled.



### SLOW-COOKED DUCK AND MUSHROOM CROSTINI

Serves 12 as an appetizer

1	duck, whole (can be cooked day before)
	salt and pepper
1	loaf Italian bread or baguette, sliced
2 tbsp (30 ml)	extra-virgin olive oil, plus extra to drizzle
2 tbsp (30 ml)	butter
2	garlic cloves, minced
2 cups (500 ml)	mushrooms (preferably wild), sliced
4	sprigs Italian parsley, coarsely chopped
	salt and pepper to taste

Preheat oven to 350 F (180 C). Season duck with salt and pepper and roast 1 hour. Then, turn heat to 300 F (150 C) and continue roasting 1 ½ hours. Remove and let cool. Once cool enough to handle, meat should easily pull from duck. Separate meat and reserve. Serve duck at room temperature or refrigerate if not using right away.

# ONE DAY YOU WILL

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Lightly drizzle some oil over sliced bread then grill to golden brown. In sauté pan heat remaining oil and butter over medium heat. Add garlic and fry 1 to 2 minutes without burning. Add mushrooms, toss and fry 2 to 3 minutes until they soften and get some colour. Toss with parsley, season and serve over bread, topped with duck pieces.

**SERVE WITH**

**PROSECCO WITH LEMONADE**

2 bottles (750 ml ea.) Prosecco, chilled  
 1 bottle (750 ml ea.) sparkling lemonade

Mix ingredients in large pitcher or drink dispenser and serve chilled.



**BARBECUED OYSTERS WITH GARLIC BUTTER, LEMON AND PARSLEY**

**Serves 6**

1 cup (250 ml) butter  
 3 garlic cloves, minced  
 1 lemon

12 medium fresh oysters  
 7 flat parsley sprigs, coarsely chopped

Preheat barbecue grill.

Melt butter in pot and add garlic. Squeeze lemon juice into pot and drop in spent lemon rind. Add salt and pepper to taste.

Place oysters on heated barbecue (flat shell up) for around 10 minutes until they start to open. Poke off top shell and spoon on butter sauce. Garnish with parsley and serve.

**SERVE WITH**

**LEMONADE MOHITO PUNCH**

2 bottles (750 ml ea.) sparkling pink lemonade  
 6 lemons, (3 juiced, 3 sliced)  
 1 cup (250 ml) sugar  
 12 sprigs fresh mint  
 ½ cup (125 ml) rum  
 8 cups (2 L) ice

Mix ingredients in large pitcher or drink dispenser and serve chilled.



### VEGETARIAN KOFTA WITH CUCUMBER AND TOMATO SALAD

Serves 6

#### CREAMY TAHINI SAUCE

½ cup (125 ml)	tahini paste
1 tbsp (15 ml)	extra-virgin olive oil
¼ cup (50 ml)	lemon juice
1	garlic clove, minced
1 tsp (5 ml)	ground cumin
1 cup (250 ml)	plain 3.5% yogurt
¼ cup (50 ml)	mint, chopped
	salt and freshly ground black pepper, to taste

In bowl, whisk together tahini paste, olive oil, lemon juice, garlic, cumin and yogurt until well combined. Stir in mint and season with salt and black pepper to taste. Set aside.

#### VEGETARIAN KOFTA

1 cup (250 ml)	bulgur wheat
2 cups (500 ml)	vegetable stock
¼ cup (50 ml)	olive oil
1 cup (250 ml)	red onion, finely chopped
2	garlic cloves, minced
1-19 oz (590 ml)	can kidney beans, drained and rinsed
1 tsp (5 ml)	ground cumin
1 tsp (5 ml)	ground coriander
½ tsp (2 ml)	chili flakes
1	large egg (optional)
1 cup (250 ml)	rice bread crumbs
¼ cup (50 ml)	cilantro, chopped
	salt and freshly ground black pepper, to taste
1 pkg	long wooden skewers

Soak wooden skewers in hot water for half an hour.

In pot stir together bulgur wheat and vegetable stock and bring to boil. Reduce heat and simmer, stirring occasionally, until stock has been absorbed, 5 to 10 minutes. Set aside to cool.

In frying pan heat 2 tbsp (30 ml) olive oil over medium heat. Add onion and garlic and cook, stirring occasionally, until onions are translucent, about 5 minutes. Transfer onion mixture to bowl and add cooked bulgur wheat, kidney beans, cumin, coriander, chili flakes and egg (if using). Mash with potato-masher to break up beans. Stir in rice bread crumbs, cilantro and season with few pinches of salt and black pepper grinds. With wet hands



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## Fresh and Vegetarian from page 32

form kofta into 30 balls and thread onto 6 long wooden skewers (5 per skewer). Cover and refrigerate for 1 hour.

Preheat grill. Brush koftas with some of remaining 2 tbsp (30 ml) olive oil and grill over moderate heat, turning once and brushing again with olive oil. Kofta is done when warmed through and slightly crispy, about 2 minutes per side.

While koftas are cooking, prepare salad (recipe follows).

### CUCUMBER AND TOMATO SALAD

¼ small red onion, thinly sliced  
1 large English cucumber, diced  
2 cups (500 ml) cherry tomatoes, halved

Place sliced red onion in colander and rinse under cold water to remove pungency. Spread rinsed onions on clean kitchen towel or paper towels and pat dry. In large bowl toss together onion, cucumber and tomatoes.

To assemble, divide cucumber and tomato salad among serving plates, top with a skewer of vegetarian kofta and drizzle with creamy tahini sauce. Garnish with more cilantro and serve. Optional: Serve with warm pita bread.

### PAIRS WITH

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Greece \$12.99 327437

#### EMILIANA NOVAS ORGANIC CARMÉNÈRE CABERNET

Chile \$17.99 771840



### YOGURT MOUSSE WITH HONEY-POACHED APRICOTS

Serves 6

#### YOGURT MOUSSE

2 tsp (10 ml) unflavoured gelatin powder  
½ cup (125 ml) unsweetened almond milk  
½ vanilla bean, split lengthwise  
½ cup (125 ml) granulated sugar  
2 cups (500 ml) plain Greek yogurt  
½ cup (125 ml) 35% whipping cream  
¾ cup (175 ml) roasted pistachios, for garnish (optional)  
Honey-Poached Apricots for topping (recipe follows)

In small bowl, sprinkle gelatin over ¼ cup (50 ml) of almond milk and let stand 5 minutes.

In pot stir together remaining ¼ cups (50 ml) almond milk, vanilla bean and sugar. Bring to simmer over medium heat stirring until sugar dissolves. Remove pot from heat and whisk in gelatin mixture until dissolved. Strain almond milk mixture into bowl and discard vanilla bean. Let cool for 15 minutes, stirring occasionally. Whisk yogurt into almond milk mixture.

In separate bowl, whip cream until stiff peaks form. Gently fold whipped cream into yogurt mixture. Divide mousse among 6 serving bowls, cover with plastic wrap and chill until set, 4 to 6 hours.

While yogurt mousse sets, prepare Honey-Poached Apricots.

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## HONEY-POACHED APRICOTS

- 1 1/2 cup (375 ml) water
- 1/3 cup (75 ml) honey
- 1/2 vanilla bean, split lengthwise
- 9 apricots, halved, stone removed

In pot over medium heat stir together water, honey and vanilla bean. Bring to simmer and cook for 5 minutes. Add apricot halves and simmer until tender, about 2 to 5 minutes depending on ripeness. Remove apricots with slotted spoon and transfer to bowl. Increase heat to medium-high and boil syrup until reduced by half, about 5 minutes. Pour syrup over apricots, discard vanilla bean, and cool to room temperature. Poached apricots will keep, covered and refrigerated for 4 days. Bring to room temperature before serving.

To assemble, top Yogurt Mousse with three Honey-Poached Apricot halves and garnish with roasted pistachios if desired.

## PAIRS WITH

SEGURA VIUDAS BRUT RESERVA  
Spain **\$16.99** 158493

SEE YA LATER RANCH EHRENFELSER ICEWINE  
BCVQA **\$50.00** 79467 375 ml



## STUFFED PIQUILLO PEPPERS

Serves 6 as an appetizer (3 each)

- 1/3 cup (75 ml) natural almonds, sliced
- 1/3 cup (75 ml) green olives, pitted and roughly chopped
- 3/4 cup (175 ml) goat's cheese feta, crumbled
- 3/4 cups (150 ml) canned lentils, drained and rinsed
- 3 tbsp (45 ml) extra-virgin olive oil
- 1 tbsp (15 ml) sherry vinegar
- 1 garlic clove, minced
- 1 tsp (5 ml) orange zest, finely grated
- 2 tbsp (30 ml) flat leaf parsley, chopped
- 1 tbsp (15 ml) basil, chopped
- 18 roasted piquillo peppers\*
- salt and freshly ground black pepper, to taste

\* small, sweet and piquant pepper, can be found already roasted, in jars at specialty food stores.

A-Maize-Ing, All About Corn from page 46

Preheat oven to 350 F (180 C).

Place almonds on parchment-lined baking sheet and bake, stirring once, 8 to 10 minutes. Let cool.

In bowl, mix together toasted almonds, olives, cheese, lentils, olive oil, sherry vinegar, garlic, orange zest, parsley and basil. Adjust seasoning with salt and black pepper.

Slice tops off piquillo peppers and remove seeds. Gently spoon filling into peppers and serve with a small salad if desired.

Peppers can be stuffed in advance and kept covered in refrigerator for 4 hours. Bring to room temperature before serving.

For hot peppers, preheat broiler. Place peppers in a baking dish and drizzle with extra-virgin olive oil. Broil until warm, about 5 minutes, and serve immediately.

**PAIRS WITH**

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Spain **\$13.99** 509489

MEZZACORONA DOLOMITI PINOT NOIR

Italy **\$15.99** 148916



**SUMMER CORN SOUP**

**Serves 6**

- |                 |   |
|-----------------|---|
| 2 tbsp (30 ml)  | unsalted butter   |
| 1               | medium onion, chopped                                   |
| 1               | celery stalk, chopped                                   |
| 1               | garlic clove, minced                                    |
| 3 cups (750 ml) | vegetable or chicken stock                              |
| 4               | ears of fresh corn, kernels cut from cob, cobs reserved |
| 3 cups (750 ml) | whole milk  |
|                 | salt and fresh ground black pepper, to taste            |
|                 | Popcorn Garnish (recipe follows)                        |

In pot, melt butter over medium heat. Add onion, celery and garlic, season lightly with salt, and cook until onions are translucent, about 5 minutes. Add stock, corn kernels, corncobs and bring to boil. Reduce heat, add milk and simmer for 15 minutes.

Remove soup from heat and allow to cool slightly. Remove and discard corncobs. Working in batches, purée soup in blender until smooth. With fine mesh strainer, strain soup into large bowl or pot pressing on solids to extract as much liquid as possible. Season to taste with salt and fresh ground black pepper.

**POPCORN GARNISH**

- |              |                     |
|--------------|---------------------|
| ½ tsp (2 ml) | ground cumin        |
| ¼ tsp (1 ml) | sweet smoky paprika |
| ¼ tsp (1 ml) | cayenne powder      |
| ¼ tsp (1 ml) | sea salt            |

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– Antonio Galloni, The Wine Advocate, June 2010



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## A-Maize-Ing, All About Corn from page 46

2 tsp (10 ml) vegetable oil  
 4 cups (1 L) air popped popcorn  
 ½ lb (250 g) crab leg meat, picked free of shell (optional)  
 chives (optional)

Preheat oven to 350 F (180 F).

In small bowl, whisk together cumin, paprika, cayenne, salt and vegetable oil. In another large bowl drizzle spiced oil over popcorn, toss to coat. Spread out popcorn on baking sheet and bake until crisp, about 5 to 10 minutes. Remove from oven and let cool.

To serve, divide soup among serving bowls. Garnish with crabmeat and finely chopped chives if desired. Just before serving, sprinkle Popcorn Garnish on top of soup and serve immediately.

### PAIRS WITH

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### CORN CAKES WITH ROASTED TOMATOES

Serves 4

1 large zucchini, coarsely grated  
 3 tbsp (45 ml) unsalted butter  
 2 cups (500 ml) sweet corn kernels (from about 3 cobs of corn)  
 ½ cup (75 ml) yellow cornmeal, finely ground  
 ¾ cup (150 ml) all-purpose flour  
 1 tbsp (15 ml) granulated sugar  
 1 ½ tsp (7 ml) baking powder  
 1 tsp (5 ml) salt  
 ½ tsp (2 ml) freshly ground black pepper  
 2 large eggs, lightly beaten  
 ¾ cup (150 ml) buttermilk  
 2 tbsp (30 ml) olive oil  
 20 cherry tomatoes, on the vine  
 ½ cup (125 ml) fresh goat's cheese, crumbled  
 2 green onions, thinly sliced  
 crispy bacon (optional, amount as desired)  
 salt and freshly ground black pepper, to taste

Place grated zucchini in colander in sink and mix in pinch of salt. Let excess water drain from zucchini for about 30 minutes. Press down on zucchini to extract excess water and then discard zucchini water.

While zucchini is draining, melt 1 tbsp (15 ml) butter in large cast iron skillet or frying pan, over medium high heat. Add corn and sauté until starts caramelize, about 5 minutes. Set aside to cool.

In large bowl, with wooden spoon stir in cornmeal, flour, sugar, baking powder, a few pinches of salt and a good grind of black pepper. Stir in eggs,

buttermilk, cooled corn and zucchini. Set aside to rest for 5 minutes.

Meanwhile, preheat broiler. Place tomatoes on foil-lined baking tray. Drizzle with olive oil and season with a few pinches of salt and pepper. Broil until softened and just starting to split, 2 to 4 minutes.

In large cast iron skillet or frying pan melt 1 tbsp (15 ml) butter over medium heat. Drop ¼ cup (50 ml) of batter onto skillet and cook for 2 to 3 minutes each side until golden. Add more butter if pan gets dry between cooking each batch. Corn cakes and broiled tomatoes can be keep warm in oven (250 F/130 C) if not serving right away.

To serve, divide warm corn cakes among serving plates and top with sprinkle of goat's cheese and chopped green onion. Place a cluster of roasted tomatoes along side of cakes. Serve with crispy bacon if desired.

### PAIRS WITH

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 Italy \$14.99 142737

VALDO VALDOBBIADENE PROSECCO MARCA ORO  
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### GRILLED ROMAINE SALAD WITH BUTTERMILK HERB DRESSING

Serves 6 as an appetizer

#### DRESSING

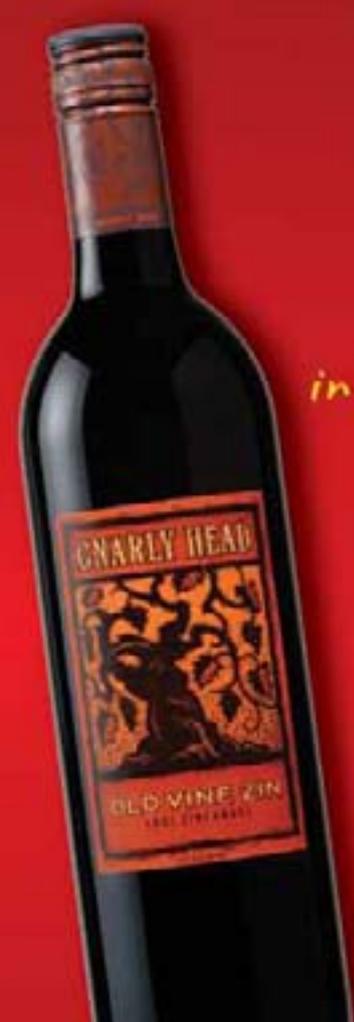
1 small garlic clove, minced  
 ½ cup (75 ml) buttermilk  
 ½ tsp (2 ml) lemon zest  
 1 tsp (5 ml) lemon juice  
 ½ cup (75 ml) mayonnaise  
 1 tbsp (15 ml) fresh parsley, finely chopped  
 1 tsp (5 ml) fresh tarragon, finely chopped  
 2 tsp (10 ml) fresh chives, finely chopped  
 salt and fresh ground black pepper, to taste

Sprinkle pinch of salt on minced garlic and mash into a paste with side of a knife. In bowl whisk together garlic, buttermilk, lemon zest and juice, mayonnaise, parsley, tarragon and chives. Season with salt and black pepper to taste, and refrigerate until ready to use.

#### SALAD

2 tbsp (30 ml) olive oil  
 3 fresh cobs of corn, husked  
 3 romaine hearts, halved lengthwise  
 1 ripe avocado, diced  
 18 cherry tomatoes, cut in half  
 salt and fresh ground black pepper, to taste

Preheat grill. Lightly brush corncobs with 1 tbsp (15 ml) olive oil and season with salt and black pepper. Grill corn over moderate heat, turning once or twice, until kernels become golden and corn is cooked, about 5 minutes.



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## Gnarly Malaysian Satay Burger

by Eva Fong



**Spicy Peanut Sauce** In a medium bowl stir together hoisin sauce, peanut butter, water, rice wine vinegar and sambal sauce until well incorporated. Set aside until serving time.

**Coleslaw /Dressing** In small bowl add warm water, sugar and salt until sugar and salt are dissolved. Add vinegar and vegetable oil, whisk together. Add dressing, cilantro and Asian pear to the coleslaw; toss well. Cover and chill until serving time.

**Burger** In a food processor blend shallots, ginger, garlic, jalapeño, cumin, coriander, turmeric, coconut milk, and salt until paste is formed. In a large bowl combine ground beef with paste. Marinate for 30 to 60 minutes or up to 8 hours in the refrigerator. Form hamburger into 6 equal patties. Brush both sides with oil and BBQ over medium heat. Cook 6-7 minutes on each side, or until cooked through. Serve hamburgers on a toasted sesame hamburger bun topped with a one inch thick layer of Asian slaw and a good helping of Spicy Peanut Sauce on the bottom bun. Enjoy with Gnarly Head Old Vine Zinfandel!

Detailed list of ingredients at [www.gnarlyhead.com/canada](http://www.gnarlyhead.com/canada)

Set aside to cool. Meanwhile, brush cut side of romaine with remaining 1 tbsp (15 ml) olive oil. Grill romaine, cut side down, over moderate heat until lightly charred but still crisp, about 1 minute.

Once cool enough to handle, cut corn kernels off cob into a bowl and toss with avocado and tomatoes.

To serve, divide grilled romaine among serving plates. Evenly spoon corn mixture over romaine and drizzle with pre-made Dressing.

### PAIRS WITH

VALCOMBE COSTIERES DE NIMES SYRAH GRENACHE  
France **\$12.99** 857243

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Italy **\$14.99** 24422

## North Arm Farm from page 60



### FINGERLING POTATO SALAD WITH BUTTERMILK DRESSING AND FRESH HERBS

#### Serves 4

1 ½ lb (750 g)	fingerling potatoes
2 tbsp (30 ml)	capers, coarsely chopped
2 tbsp (30 ml)	fresh dill, chopped
2 tbsp (30 ml)	fresh chives, finely chopped
¼ cup (50 ml)	Buttermilk Dressing (recipe follows)

Boil potatoes until cooked, around 10 to 15 minutes. Strain, cool, and cut lengthwise. In large bowl, combine with remaining ingredients and serve.

#### BUTTERMILK DRESSING

¼ cup (50 ml)	crème fraîche
¼ cup (50 ml)	buttermilk
1 tbsp (15 ml)	grainy mustard

North Arm Farm from page 60

1 lemon, reserve juice and zest  
1 tsp (5 ml) salt  
1 tsp (5 ml) pepper  
¼ cup (50 ml) olive oil

Whisk together in bowl. Refrigerate any leftover dressing and use within 10 days.

**PAIRS WITH**

TIC TOK JAMES OATLEY PINOT GRIS  
Australia **\$16.99** 118430

EMILIANA ADOBE ORGANIC CHARDONNAY  
Chile **\$14.99** 97527



**GRILLED RIB-EYE WITH ROOT VEGETABLES IN HONEY AND BALSAMIC VINEGAR**

**Serves 4**

4 lb (2 kg) rib-eye roast  
2 tbsp (30 ml) olive oil  
3 tbsp (45 ml) freshly ground black pepper  
2 tbsp (30 ml) coarse sea salt (garnish)

Preheat oven to 350 F (180 C). Let beef sit at room temperature for at least 1 hour before cooking. While beef sits, prepare Root Vegetables in Honey and Balsamic Vinegar (recipe follows).

When beef is ready, rub with olive oil and season with pepper. Sear in hot cast iron (or oven proof) pan on one side 5 minutes then flip and place in oven. Roast for 45 to 60 minutes or until thermometer reads 145 F (63 C) for medium rare. Remove from oven and let rest on cutting board, loosely covered with foil for 15 to 20 minutes. Slice, garnish with salt and serve with:

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## ROOT VEGETABLES IN HONEY AND BALSAMIC VINEGAR

- 1 bunch baby carrots, cleaned peeled and cut lengthwise
- 1 bunch baby beets, cleaned and quartered
- 4 turnips, cleaned peeled and cut lengthwise
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) balsamic vinegar
- 1 tbsp (15 ml) honey
- salt and pepper to taste

Preheat oven to 350 F (180 C). Toss vegetables with oil, vinegar and honey. Arrange on a baking tray and roast for 45 minutes turning once. Season with salt and pepper and serve.

### PAIRS WITH

BELLE GLOS MEIOMI PINOT NOIR  
USA **\$26.99** 278937

RINGBOLT CABERNET SAUVIGNON  
Australia **\$21.99** 606624



## RAINBOW CARROT SALAD

### Serves 4

- 3 medium carrots (1 yellow, 1 orange, 1 red)  
peeled and made into long, thin strips with a vegetable peeler
- 2 tbsp (30 ml) fresh mint, chopped
- ¼ cup (50 ml) fresh Italian parsley
- ¼ cup (50 ml) olive oil
- 1 lemon, juiced
- pinch coriander
- salt and pepper to taste
- 2 cups (500 ml) baby spinach or mixed greens

Place carrot strips into a large mixing bowl. Add all other ingredients, toss together and serve.

### PAIRS WITH

BABICH EAST COAST PINOT NOIR  
New Zealand **\$18.99** 790675

QUINTAY CLAVA SAUVIGNON BLANC  
Chile **\$12.99** 386383



### CHERIMOYA, MANGO AND BANANA FROZEN YOGURT

**Serves 4**

- 3 large ripe bananas, peeled, cut into 1-in (2.5 cm) chunks
  - 1 large ripe mango, peeled, pitted, cut into 1-in (2.5 cm) chunks
  - 1 large cherimoya, peeled, seeds removed, cut into chunks
  - 1 cup (250 ml) low-fat vanilla yogurt
- mango or pineapple for garnish, as desired

Place banana, mango and cherimoya chunks in resealable plastic bags and freeze for 4 to 5 hours, until solid.

Before serving, place frozen fruit into food processor with yogurt. Process for a few minutes, stirring frequently (make sure machine is off while stirring) until thick and smooth. Mixture will be creamy like soft ice cream.

Serve immediately into chilled glasses, or for a harder texture, place into an airtight container and freeze until desired consistency. Garnish with fresh mango or pineapple slices.

**PAIRS WITH**

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### LYCHEE AND LONGAN THAI BARBECUE DUCK CURRY WITH LEMONGRASS-INFUSED COCONUT RICE

**Serves 4**

- 1 ½ tbsp (21 ml) canola oil
- 3 tbsp (45 ml) Thai red curry paste
- 1 medium onion, cut into 1-in (2.5 cm) pieces
- 1 Asian eggplant, cut into 1-in (2.5 cm) pieces
- 2 ½ cups (625 ml) coconut milk
- 1 whole Chinese barbecue duck† deboned (optional), cut into large chunks

† available at Chinese barbecue stores

- ½ cup (125 ml) water
  - 12 cherry tomatoes
  - 16 lychees, peeled and pitted
  - 16 longans, peeled
  - 4 fresh kaffir lime leaves, julienned
  - 1 tsp (5 ml) brown sugar
  - ½ tsp (2 ml) salt
  - 2 tbsp (30 ml) fish sauce
- Thai basil and cilantro sprigs, for garnish  
serve with coconut rice (recipe follows)

Heat oil in large saucepan over medium-high heat. Add red curry paste and sauté until fragrant, about 1 to 2 minutes. Add onion and eggplant and sauté for 1 minute. Mix in ¾ cups (175 ml) of coconut milk, stir to blend. Add duck pieces and stir to mix. Add remaining coconut milk, water, tomatoes, lychees, longans, kaffir lime leaves, sugar, salt and fish sauce.

Bring to boil over lower heat and simmer for 10 minutes or until eggplant has softened. Remove from heat and serve.

Garnish with Thai basil and cilantro and serve with Lemongrass-Infused Coconut Rice (recipe follows).

### LEMONGRASS-INFUSED COCONUT RICE

**Serves 4**

- 2 cups (500 ml) jasmine rice
- 3 thick stalks lemongrass (optional)
- 1 ½ cups (375 ml) water
- 1 cup (250 ml) coconut milk
- 1 tsp (5 ml) kosher salt
- 1 pandan leaf, cut into 2-in (5 cm) lengths, or 2 to 3 drops almond extract (optional)

Place rice in medium saucepan, fill halfway with cold water and rinse until water becomes clear. Drain well. Tie lemongrass into knots and add to rice along with 1 ½ cups (375 ml) water, coconut milk and salt, making sure lemongrass is submerged into rice.

Bring rice to boil over high heat, stirring with large spoon. Allow to boil for 15 seconds, add pandan leaves if using, then cover tightly and reduce heat to low, cooking for 15 minutes (do not lift lid). Remove from heat and allow to steam, covered, for another 10 minutes. Remove pandan and lemongrass. Fluff rice, then cover and let sit for 5 minutes. If using almond extract, stir in just before removing rice from heat.

**PAIRS WITH**

PASCUAL TOSO MALBEC  
Argentina **\$13.99** 129163

BALTHASAR RESS RIESLING  
Germany **\$17.99** 250506

## Exotic and Unusual Fruit from page 64



### PRAWNS AND SCALLOPS WITH DRAGON FRUIT AND RAMBUTAN

Serves 6

1	large dragon fruit
18	snow peas, trimmed, rinsed
1	carrot, peeled, julienned into ¼-in x 3-in (0.5 cm x 7 cm) thick
1 tbsp (15 ml)	canola oil
1 tbsp (15 ml)	fresh ginger, minced
2	garlic cloves, finely chopped
8	large scallops, cut into ½-in (1 cm) coins
16	medium prawns, peeled, divined
½ tsp (2 ml)	salt
1 tsp (5 ml)	sugar
1 tbsp (15 ml)	light soy sauce
3 tbsp (45 ml)	chicken stock
1 tsp (5 ml)	cornstarch mixed with 2 tbsp (30 ml) cold chicken broth

8	fresh rambutan, peeled, seeded and halved
2	green onions, trimmed, cut into 1-in (2.5 cm) pieces
½ tsp (2 ml)	sesame oil

Rinse dragon fruit, dry, cut in half lengthwise. With melon baller, scoop out fruit, careful to leave shells intact. Cut balls in half if too large, set aside both shells and balls.

In small saucepan of salted boiling water, blanch snow peas and carrots until crisp and tender, about 30 seconds.

Heat canola oil in large wok over high heat. When hot, add ginger and garlic and sauté for 10 seconds. Add seafood and stir-fry for 2 minutes or until scallops and shrimp are opaque. Add salt, sugar, light soy sauce, chicken stock and toss lightly to mix. Add cornstarch mixture, dragon fruit balls, rambutan, green onions, sesame oil and stir-fry until sauce thickens and glazes stir-fry, about 1 minute. Divide and transfer stir-fry into reserved dragon fruit shells and serve.

#### PAIRS WITH

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# SUMMER REFRESHMENT



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Exotic and Unusual Fruit from page 64



**SPICY SWEET AND SOUR CHICKEN WITH MANGO, LYCHEE AND STARFRUIT**

**Serves 4 as part of a multi-course meal**

- 1 lb (500 g) skinless, boneless chicken breast, cut into ¼-in (0.5 cm) slices
- 1 tsp (5 ml) ginger, finely minced
- 2 garlic cloves, finely minced
- 1 tsp (5 ml) dark soy sauce
- 1 ½ tbsp (21 ml) light soy sauce
- 1 tsp (5 ml) rice wine or dry sherry
- 4 tsp (20 ml) cornstarch
- ½ tsp (2 ml) sugar
- ¼ tsp (1 ml) white pepper
- ¼ cup (50 ml) chicken broth
- ¼ cup (50 ml) unsweetened pineapple juice
- 1 tbsp (15 ml) brown sugar
- 1 tsp (5 ml) chili paste
- 1 tsp (5 ml) sesame oil
- 2 ½ tbsp (36 ml) rice vinegar
- 3 tbsp (45 ml) ketchup
- 2 tbsp (30 ml) canola oil
- ½ medium onion, cut into 1-in (2.5 cm) dice
- 1 medium green pepper, cut into 1-in (2.5 cm) dice
- 1 medium red pepper, cut into 1-in (2.5 cm) dice
- 2 green onions, cut into 1-in (2.5 cm) pieces
- 1 mango, peeled, pitted and cut into 1-in (2.5 cm) pieces
- 12 large lychees, peeled and pitted
- 1 starfruit, cut into ¼-in (0.5 cm) slices

In medium bowl mix chicken, ginger, garlic, dark soy sauce, 2 tsp (10 ml) of light soy sauce, rice wine or sherry, 2 tsp (10 ml) of cornstarch, sugar and white pepper. Set aside.

In small bowl mix chicken broth, pineapple juice, brown sugar, chili paste, sesame oil, rice vinegar, ketchup, and remaining light soy sauce and cornstarch. Set aside.

Heat large flat bottom non-stick wok or skillet over high heat. Test heat by sprinkling some water onto wok; it should bounce and evaporate within seconds. Add 1 tbsp (15 ml) of canola oil and swirl to coat bottom of wok. Carefully arrange marinated chicken in bottom of wok and cook undisturbed for 30 to 45 seconds or until chicken starts to brown. Using a metal spatula, stir-fry for another minute or until chicken is browned all over but not cooked completely. Transfer to warm plate.

Add remaining canola oil to wok and heat until high. Add onion, peppers and green onions and stir-fry for 1 minute. Add liquid sauce mixture, chicken, mango, lychees and starfruit, and stir-fry until sauce thickens and chicken is cooked through, about 1 to 2 minutes.

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Beachside Forno from page 76

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Chile **\$27.99** 317347



**SALT SPRING ISLAND MUSSELS WITH SMOKED TOMATO BROTH**

Serves 4

**SMOKED TOMATO BROTH**

1 tsp (5 ml) olive oil  
¼ cup (50 ml) onion, diced  
¼ cup (50 ml) fennel, diced  
1 tsp (5 ml) garlic, chopped

1 tbsp (15 ml) smoked paprika  
2 cups (500 ml) canned peeled tomatoes

Heat olive oil in medium-large saucepan. Add onion and fennel and sauté until soft. Add garlic and sauté about ½ minute more. Add smoked paprika and stir to combine. Add canned tomatoes and simmer until flavours combine, about 10 minutes. Set aside and reserve.

**MUSSELS**

1 tbsp (15 ml) olive oil  
2 shallots, sliced  
1 large garlic clove, finely sliced  
2 lb (1 kg) Salt Spring Island mussels  
½ cup (125 ml) dry white wine

Add olive oil to medium-heated pan. Add shallots and garlic and sauté until soft, about 1 minute. Add mussels and continue to sauté for 1 minute. Add white wine to pan to deglaze. Add reserved Smoked Tomato Broth and quickly bring to boil. Let simmer until all mussels have opened, only a few minutes. Discard any shells that have not opened. Serve with grilled focaccia or ciabatta.

**PAIRS WITH**

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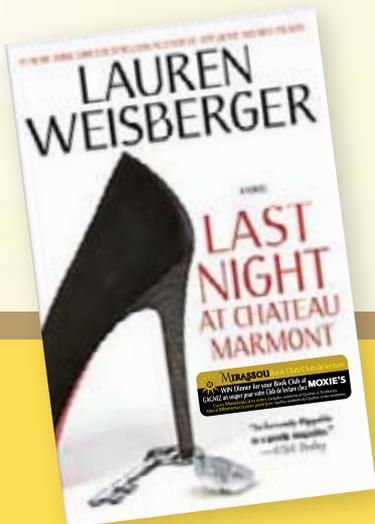
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*Stefan Tobler*  
BREWMASTER STEFAN TOBLER



**LEMON RICOTTA DOUGHNUTS WITH CHOCOLATE DIPPING SAUCE**

Makes 24 small donuts

- 1 ½ cups (375 ml) liquid honey, to coat doughnuts
- ricotta cheese
- 1 lemon, zest only
- 1 tbsp
- + 1 tsp (20 ml) baking powder
- 1 ½ cup (375 ml) all-purpose flour
- ½ cup (75 ml) sugar
- 2 eggs
- ½ tsp (2 ml) vanilla extract
- canola oil, to fill a large pot

Prepare a separate dish with a thin layer of honey and put aside. Add remaining ingredients to large bowl and mix thoroughly. Allow batter to refrigerate, covered, for 1 hour. While batter is chilling, prepare Chocolate Dipping Sauce (recipe follows).

Once batter is chilled, heat large, deep pot of canola oil to 300 F (150 C). use a small metal ice cream scoop to carefully scoop 2 tbsp (30 ml) batter into prepared boiling pot, 6 to 8 small doughnuts at a time. Leave doughnuts in

oil for about 4 minutes, until golden in colour. Using a slotted spoon, retrieve doughnuts from hot oil and place on honeyed tray. Swirl doughnuts to coat. Arrange on separate serving plates (3 per person) and serve with prepared Chocolate Dipping Sauce (recipe follows).

**CHOCOLATE DIPPING SAUCE**

- ½ cup (125 ml) whipping cream
- ½ cup (125 ml) quality chocolate, finely chopped

Bring whipping cream to soft boil over medium heat. Then add finely chopped chocolate. Stir with a spatula until combined. Drizzle some over arranged doughnuts and serve balance on the side.

**PAIRS WITH**

- GEHRINGER LATE HARVEST RIESLING  
BCVQA **\$17.99** 624429 375 ml
- SKYY VODKA  
USA **\$24.75** 410415

## Beachside Forno from page 76



### SEARED ALBACORE TUNA TATAKI WITH DAIKON AND CHILI PONZU

#### Serves 4

1 lb (500 g)	West Coast albacore tuna filet, cut into 1-in x 3-in x ¼-in (2.5 cm x 7 cm x 0.5 cm) pieces
1 tsp (5 ml)	salt
1 tbsp (15 ml)	sesame oil
¼ cup (50 ml)	black sesame seeds
¼ cup (50 ml)	white sesame seeds
	daikon, shredded, for garnish
	pickled ginger, for garnish (optional)
	green onions, for garnish (optional)
6 tbsp (90 ml)	Chili Ponzu Dipping Sauce (recipe follows)

Lightly sprinkle salt over tuna filet. With oven tongs, hold filet over gas flame or electric plate to sear tuna lightly or enough to just colour tuna. Alternatively, place tuna on hot, greased, non-stick pan and sear on all sides, about 30 seconds each side. Immerse filet into ice cold water bath. Remove and dry well. Arrange plate with mixture of black and white sesame seeds. Coat tuna in sesame oil, roll in sesame seeds, slice and arrange tuna slices onto shredded daikon and serve with Chili Ponzu Dipping Sauce (recipe follows). Garnish with pickled ginger and minced green onions.

#### CHILI PONZU DIPPING SAUCE

2	lemons, juice only
2	garlic cloves, finely minced
	light shoyu‡, equal amount to lemon juice
2 tbsp (30 ml)	dry sake
1 tbsp (15 ml)	mirin§
2 tbsp (30 ml)	daikon, finely minced
½ tsp (2 ml)	Japanese red chili pepper
½ tsp (2 ml)	ginger, finely minced

In small mixing bowl, mix lemon juice, garlic, shoyu, sake, mirin, daikon, chili peppers and ginger.

#### PAIRS WITH

DR LOOSEN RIESLING  
Germany **\$17.99** 599274

DOMAINE DU CLOS DU BOURG SAUVIGNON DU TOURAINE  
France **\$15.99** 370205

‡ Japanese soy sauce

§ Japanese rice wine

## Go Coconuts! from page 84



### GRILLED SALMON WITH THAI-STYLE COCONUT GREEN BEANS

#### Serves 4

6 tbsp (90 ml)	unsweetened shredded coconut
3 tbsp (45 ml)	vegetable oil
1	shallot, finely diced
1	minced garlic clove
1-in (2.5 cm)	fresh ginger, finely minced
¾ lb (340 g)	green beans, trimmed and cut on the bias in half
½	bird's eye chili, finely sliced
3	kaffir lime leaves
14 oz (398 ml)	can coconut milk
4 - 6 oz (4 - 180 g)	pieces of wild salmon, skin on, pin bones removed¶ salt and ground black pepper, to taste

Heat small frying pan over medium-high heat to toast coconut. Stir frequently, until golden and fragrant, about 5 minutes. Watch carefully as coconut will burn easily. Once toasted, transfer coconut to plate and set aside.

Preheat grill.

Heat large frying pan, warm 1 tbsp (15 ml) oil over medium-high heat. Add in shallot, garlic, ginger and pinch of salt and sauté until soft and fragrant, about 1 minute. Stir in green beans, birds eye chili, kaffir lime leaf, and coconut milk. Reduce heat to simmer, cover, and cook slowly until beans are tender, 8 to 10 minutes.

While beans are simmering, brush salmon with remaining 2 tbsp (30 ml) oil and season with salt and black pepper. Lightly oil grill rack and place salmon, skin side down, on grill over medium-high heat. Cook salmon, turning once, until opaque throughout, about 4 minutes per side.

Once green beans are cooked, discard kaffir lime leaves and adjust seasoning with salt and black pepper.

To serve, divide green beans among serving plates along with their cooking liquid, sprinkle with toasted coconut and top with barbecue salmon. Basmati rice and a lime wedge would make lovely accompaniments to round out the meal.

#### PAIRS WITH

CONCHA Y TORO CASILLERO DEL DIABLO CHARDONNAY  
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QUAILS' GATE PINOT NOIR  
BC VQA **\$24.99** 585760

¶ You can ask your fish monger to do this.

## HOW TO CRACK A TOUGH COCONUT

**Step 1:** Preheat oven to 400 F (200 C).

**Step 2:** Drain the coconut water out of the coconut. To do this take a small pointed object, such as a paring knife, screwdriver or a metal skewer, and find the coconut's soft eye. Two of the coconut eyes will be solid, but one will give easily to slight pressure. Create a hole in this eye and, by shaking the coconut, drain the coconut water out into a bowl. Taste the coconut water. It should taste sweet. If it is at all oily or bitter, the coconut is old and will not taste good.

**Step 3:** Bake coconut in preheated oven until the shell starts to crack, about 15 to 20 minutes.

**Step 4:** Wrap coconut in a clean kitchen towel.

**Step 5:** Using a hammer, give the coconut a few hard hits. This should break open the coconut. Remove from towel and let cool slightly.

**Step 6:** Remove the shell from the coconut meat. Often the coconut meat releases easily from the shell. However, if it seems to be stuck, use a spoon to pry the coconut meat away from the shell.

**Step 7:** If there is any brown skin left on the coconut meat, use a vegetable peeler and peel it off. You are now left with coconut meat ready to use in your favourite recipe.



Go Coconuts! from page 84



### COCONUT RICE PUDDING SPRING ROLLS

Serves 5 (2 spring rolls per person)

#### RASPBERRY SAUCE

3 cups (750 ml) fresh raspberries  
¼ cup (75 ml) granulated sugar  
1 tbsp (15 ml) lemon juice

In small pot stir together all ingredients over medium heat. Cook until raspberries start to release their juices and break down, about 5 minutes. Taste, if too tart add more sugar and cook, stirring constantly, until dissolved. Place sauce in blender and purée until smooth. Strain sauce through a fine mesh sieve, discard solids and refrigerate until ready to use. Raspberry sauce can be stored in airtight container and refrigerated up to 4 days.

#### SPRING ROLLS

½ cup (125 ml) arborio rice

2-14 oz (498 ml) cans light coconut milk  
¾ cup (150 ml) granulated sugar  
½ vanilla bean, split lengthwise  
2-in (5 cm) lemongrass  
¼ tsp (1 ml) ground ginger  
pinch salt  
¼ cup (75 ml) dried apricots, diced  
1 cup (250 ml) fresh grated coconut or unsweetened shredded coconut  
10 phyllo pastry sheets  
¾ cup (175 ml) unsalted butter, melted and cooled  
1 container pistachio ice cream (optional)  
fresh raspberries, for garnish (optional)

In pot stir together rice, coconut milk, sugar, vanilla bean, lemongrass and ginger and salt over medium-high heat. Bring to boil then reduce to simmer. Cover pot and cook, stirring occasionally, until rice is tender and pudding has thickened slightly, about 30 minutes. Transfer rice pudding to bowl, discard vanilla bean and lemongrass, and stir in apricots. Cover and refrigerate until cold, about 1 hour.

Meanwhile, preheat oven to 350 F (180 C).

Place ¾ cup (175 ml) grated coconut on parchment-lined baking sheet and bake, stirring once, until golden, 5 to 8 minutes. Set aside to cool.

Gently unroll phyllo sheets and place flat on kitchen towel or sheet of waxed paper. Cover with a damp kitchen towel to prevent drying out as you work.

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Go Coconuts! from page 84

Lay one sheet of phyllo pastry, long side facing you, on a dry, flat surface. Brush evenly with light coating of melted butter and fold in half lengthwise. Brush phyllo lightly again with melted butter and sprinkle with 1 tbsp (15 ml) of toasted coconut. Spoon 3 tbsp (45 ml) of the rice pudding along the middle of the side closest to you. Gently start to roll up dough around rice pudding, fold in sides over filling and continue to roll up dough to encase filling. Transfer spring roll, seam side down, to another parchment-lined baking sheet and top with little more butter. Repeat process with remaining phyllo. Sprinkle with remaining non-toasted coconut and bake until golden brown and rice pudding has warmed through, 15 to 20 minutes. Let cool slightly before serving with premade Raspberry Sauce.

Serve with a scoop of pistachio ice cream and fresh raspberries if desired.

**PAIRS WITH**

MALIBU COCONUT RUM  
Canada **\$19.95** 477836

QUADY ELYSIUM BLACK MUSCAT  
USA **\$15.99** 198697 375 ml



**ALMOND WAFFLES WITH COCONUT CRÈME ANGLAISE**

Serves 4

**COCONUT CRÈME ANGLAISE**

1-14 oz (398 ml) can coconut milk  
½ cup (125 ml) 35% cream  
½ cup (125 ml) granulated sugar  
4 egg yolks

In pot stir together coconut milk, cream and ¼ cup (50 ml) sugar and bring to boil over medium heat.

Meanwhile, whisk egg yolks with remaining ¼ cup (50 ml) sugar in bowl until mixture becomes thick and pale. While whisking continuously, slowly pour hot coconut milk mixture into whipped egg yolks until well-incorporated.

Pour mixture back into pot and cook gently over low heat, stirring constantly with wooden spoon, until custard thickens enough to coat back of spoon. Immediately take pot off heat and strain through fine mesh sieve into bowl.

Allow to cool in refrigerator, stirring occasionally. Cover and refrigerate until ready to use. Can be stored in airtight container and refrigerated up to 4 days.

**MARINATED ORANGES**

½ cup (125 ml) ribbons of fresh coconut or dried ribbon coconut  
4 oranges, peeled and cut into segments  
1 tbsp (15 ml) Cointreau

Place coconut on a parchment-lined baking sheet and bake, stirring once, until golden, 5 to 8 minutes. Set aside to cool on baking sheet.

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Go Coconuts! from page 84

Place orange segments in a bowl and stir in Cointreau. Let marinate at room temperature while making waffles.

#### WAFFLES

1 cup (250 ml)	natural almonds, sliced
1 cup (250 ml)	all-purpose flour
2 tbsp (30 ml)	cornstarch
½ tsp (2 ml)	baking soda
½ tsp (2 ml)	salt
½ cup (75 ml)	vegetable oil
2	large eggs, separated
½ cup (125 ml)	buttermilk
½ cup (125 ml)	2% milk
½ tsp (2 ml)	vanilla extract

Preheat oven to 350 F (180 C).

Place sliced almonds on parchment-lined baking sheet and bake, stirring occasionally, until golden and fragrant, 5 to 8 minutes. Let almonds cool on baking sheet before grinding ½ cup (125 ml) in food processor to a fine powder. Be careful not to over-process or almond meal will turn into almond butter.

Preheat waffle iron according to the manufacturer's instructions.

In large bowl whisk together almond meal, remaining ½ cup (125 ml) toasted sliced almonds, flour, cornstarch, baking soda, and salt. In another bowl whisk together oil, egg yolks, buttermilk, milk and vanilla extract. Add

wet ingredients to dry ingredients and stir together until just blended. Do not over-mix or waffles will be tough.

Beat egg whites in electric mixer bowl until stiff peaks form, about 2 minutes. Gently fold into batter.

Cook in waffle maker according to manufacture's instructions. Waffles may be kept warm in 225 F (110 C) oven while waiting for all waffles to be cooked.

To assemble, divide waffles among serving plates, top with Marinated Oranges and a sprinkle of toasted coconut ribbons. Serve Coconut Crème Anglaise along side for guests to help themselves.

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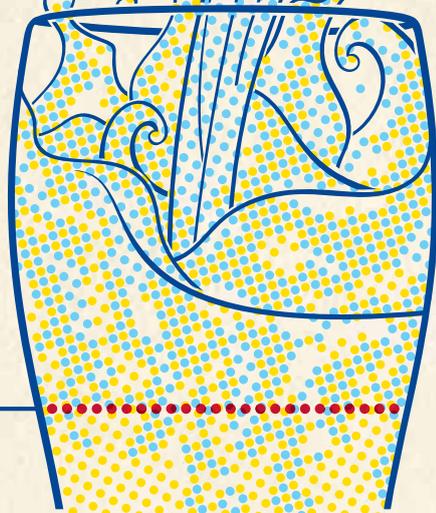
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**COCONUT CHICKEN IN LETTUCE CUPS**

**Serves 4**

- 2-in (5 cm) piece fresh lemongrass stalk, inner white part only
- 1 tbsp (15 ml) coconut oil or vegetable oil
- 2 shallots, finely sliced
- 2 garlic cloves, finely sliced
- 2 tbsp (30 ml) yellow curry paste
- 1 cup (250 ml) coconut milk
- 1 lb (16 oz) boneless, skinless chicken breasts, cut into ¼-in (0.5 cm) cubes
- salt and freshly ground black pepper, to taste
- coconut, freshly grated or unsweetened shredded
- ½ cup (125 ml) coconut
- ¼ cup (50 ml) cilantro leaves
- 8 butter lettuce leaves, washed and dried
- 2 green onions, thinly sliced
- ½ cup (75 ml) peanuts, roasted and unsalted, roughly chopped
- 1 bird's eye chili, thinly sliced (optional)
- 1 lime, cut into wedges

Bruise lemongrass by hitting it with dull side of a knife, then mince very finely.

In large sauté pan or wok heat coconut oil over medium-high heat. Add shallots and garlic and sauté until fragrant, about 1 minute. Add lemongrass, curry paste and coconut milk and cook for 2 minutes to allow flavours to meld. Add chicken, reduce heat to simmer and cook until chicken is tender and sauce has thickened, 6 to 8 minutes. If sauce is getting too thick add a little water to thin it out. Remove sauté pan from heat, season to taste with salt and black pepper, and stir in fresh coconut and cilantro.

To serve, divide chicken mixture among butter lettuce leaves and sprinkle with green onion, peanuts and sliced chili (if using). Serve with lime wedges.

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Cherry-Picked from page 94



### CHERRY CLAFOUTIS

Serves 6

2	eggs, large
1	egg yolk, large
1/3 cup (75 ml)	all-purpose flour
3/4 cup (175 ml)	crème fraîche
3/4 cup (175 ml)	whole milk
1/2 cup (125 ml)	sugar
1 tbsp (30 ml)	kirsh
1/2 tsp (2 ml)	salt
1 lb (500 g)	cherries, whole
	icing sugar for dusting

Preheat oven to 375 F (190 C).

Butter a 9-in (23 cm) baking dish and coat with granulated sugar, shaking off excess sugar. Whisk together eggs, yolk and flour, then whisk in crème

fraiche, milk, sugar, kirsh and salt. Arrange cherries evenly on baking dish then strain batter over cherries. Bake until set in centre and edges start to turn brown, 35 to 40 minutes. Let cool slightly, dust with icing sugar and serve.

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### CHERRY AND CHOCOLATE SEMIFREDDO

Serves 6

8	egg yolks
1/2 cup	
+ 1/4 cup (175 ml)	sugar

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9

OF 9

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†Must be of legal drinking age. TM/MC InBev NV/SA

## Cherry-Picked from page 94

¼ tsp (1 ml)	salt
¼ cup (50 ml)	kirsch
½ lb (175 g)	cherries, chopped
¼ cup (50 ml)	chocolate chunks
1 cup (250 ml)	whipping cream

Line a 9-in x 5-in x 3-in (23 cm x 12 cm x 8 cm) metal loaf pan with plastic wrap. Set up a double boiler and whisk together egg yolks, ½ cup (100 ml) sugar, salt and kirsch until thick and creamy. Remove from heat and chill bowl over ice or ice water. Beat cream with remaining ¼ cup (50 ml) sugar until firm peaks form and add cherries and chocolate. Gently fold whipped cream mixture into egg yolk mixture and place into loaf pan. Freeze overnight. When ready to serve, use an ice cream scoop, or turn upside down, tap to remove, slice and serve.

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BCVQA **\$39.99** 609974 375 ml

MARTINI ASTI

Italy **\$13.99** 1875



### CHERRY PISTACHIO COBBLER

#### Serves 6

1 lb (500 g)	cherries, pits removed
½	lime, juiced
¾ cup (175 ml)	sugar
1	egg yolk
3 tbsp (45 ml)	butter milk
½ cup (125 ml)	self-raising flour
1 tsp (5 ml)	baking powder
3 tbsp (45 ml)	butter, diced
¼ cup (50 ml)	pistachios

Preheat oven to 350 F (180 C). Mix ½ cup (125 ml) sugar with cherries and lime juice in base of greased 9-in (23 cm) pie dish. In a bowl, beat yolk with buttermilk. In another bowl, sift together flour, baking powder and remaining ¼ cup (50 ml) sugar, then sand\*\* in butter and, with fingers, combine with wet ingredients. Drop golf ball sized pieces over fruit, leaving spaces between. Top with pistachios and 2 pinches of sugar and bake 25 minutes. Serve with whipped cream or ice cream.

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Germany **\$14.49** 410191

ERRAZURIZ LATE HARVEST SAUVIGNON BLANC

Chile **\$14.99** 427054 375 ml

\*\*using fingertips, rub butter with flour mixture to create coarse breadcrumb-like texture

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## GRILLED DUCK BREAST WITH CHERRY PORT SAUCE

### Serves 4

- 4 duck breasts, skin on
- 3 sprigs fresh thyme
- salt and pepper

Preheat oven to 375 F (190 C). Score skin of duck breasts every inch on diagonal and rub with thyme leaves, salt and pepper (top and bottom and rub into scored skin). Over medium heat (in oven-proof, non-reactive pan) place duck, skin side down, in pan. Discard excess fat. Skin should turn golden brown in 4 to 5 minutes. Flip duck in pan (skin side up) and finish in oven 8 to 10 minutes. Let rest 5 minutes before serving. In meantime discard excess fat from pan and put back on medium heat to make Cherry Port Sauce (recipe follows).

### CHERRY PORT SAUCE

- ¾ lb (340 g) cherries
- 1 cup (250 ml) port
- 2 tbsp (30 ml) balsamic vinegar
- ¼ tsp (1 ml) fennel seeds
- 3 pieces whole star anise
- ½ stick cinnamon
- 2 tbsp (30 ml) butter

Add cherries, port and balsamic vinegar to pan, stirring crispy bits off bottom of pan into sauce. Add star anise, fennel seeds and cinnamon. After 3 to 4 minutes sauce should reduce and start to thicken, whisk in butter and remove from heat.

To serve, slice breasts on the diagonal and serve with Cherry Port Sauce.

### PAIRS WITH

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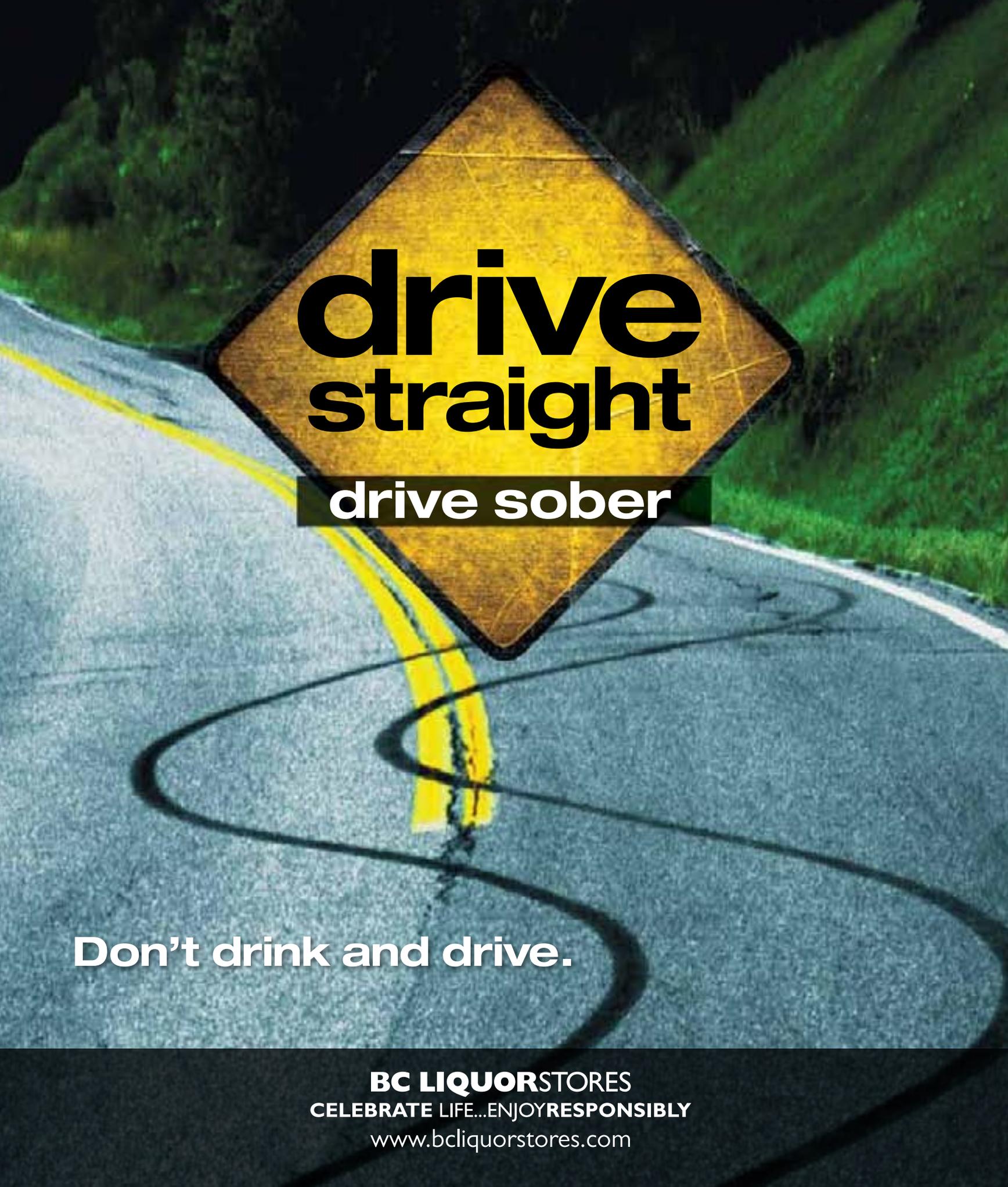
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**SPICY GARLIC SHRIMP SKEWERS AND GRILLED FRUIT KEBABS WITH JICAMA SLAW**

**Serves 6**

**SPICY GARLIC SHRIMP SKEWERS**

- |                |   |
|----------------|---|
| 2 lbs (1 kg)   | large shrimp, in shell                            |
| ¼ cup (50 ml)  | olive oil   |
| 1 tsp (5 ml)   | garlic powder                                     |
| 1 ½ tsp (7 ml) | ground cumin                                      |
| 1 tsp (5 ml)   | cayenne or chili flakes, or more to taste         |
| 1 ½ tsp (7 ml) | hot chili sauce (e.g. Sriracha), or more to taste |
| 1 tsp (5 ml)   | coarse salt, or to taste                          |
| 1 tsp (5 ml)   | freshly ground black pepper                       |
| 1 tsp (5 ml)   | dried oregano                                     |
| 1 tsp (5 ml)   | dried thyme                                       |
| ½ cup (75 ml)  | lime juice  |

- |               |  |
|---------------|--|
| ¼ cup (75 ml) | orange juice                                     |
| ¼ cup (50 ml) | fresh cilantro or mint, chopped                  |
| 2             | green onions, finely chopped                     |
| 1 pkg         | 8 or 10-in (20 or 25 cm) bamboo or metal skewers |

If using bamboo skewers, soak in hot water for half an hour. Save some for Grilled Fruit Kebabs (recipe follows).

If serving with Jicama Slaw (recipe follows) you might want to prepare this before making skewers.

Rinse shrimp under cold water, drain then dry with paper towels. Place in large mixing bowl.

Whisk together remaining ingredients and pour onto shrimp and toss to marinate well. Cover and refrigerate for 45 minutes. Skewer shrimp, removing excess marinade, positioning them facing same way to ensure even grilling. Use two single skewers to keep shrimp from slipping or rotating during grilling. Cook over medium-high heat, 2 to 3 minutes each side until firm and opaque.

**GRILLED FRUIT KEBABS**

- |                |   |
|----------------|---|
| 3 tbsp (45 ml) | honey   |
| 1 tsp (5 ml)   | Dijon mustard   |
| ½ tsp (2 ml)   | chopped rosemary  |
| ½              | pineapple, quartered lengthwise, cored and peeled, cut into ½-in (1 cm) slices          |
| 3              | medium nectarines or peaches, slightly unripe or firm, stone removed, cut into quarters |

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## Skewers and Sides from page 104

- 3 medium, slightly unripe pears, cored,  
cut into 2-in (5 cm) chunks
- 4 plums, slightly unripe, stone removed, quartered  
bamboo or metal skewers

Mix together honey, mustard and rosemary in small saucepan and heat over low heat until liquefied.

Skewer fruit alternately onto skewers. Grill on medium-hot grill, until fruit is warm and has grill marks, about 2 to 3 minutes each side. Brush with honey mixture.

Serve skewers with Jicama Slaw (recipe follows).

### JICAMA SLAW

- 1 small jicama, peeled and finely julienned
- ¼ head red cabbage, cored and finely shredded
- ¼ head green cabbage, cored and finely shredded
- 2 carrots, peeled and finely julienned
- 1 large red pepper, cored and finely sliced
- ½ red onion, finely sliced
- ¼ cup (50 ml) olive oil
- ¼ cup (50 ml) rice wine vinegar
- 2½ tbsp (36 ml) lime juice
- 2 tbsp (30 ml) maple syrup or honey
- ¾ tsp (4 ml) salt

- ¾ tsp (4 ml) freshly ground black pepper
- ½ tsp (2 ml) chili powder
- ½ tsp (2 ml) red chili flakes
- ¼ cup (50 ml) cilantro, coarsely chopped
- 3 tbsp (45 ml) mint, finely chopped
- 1 large gala or fuji apple, peeled, cored and finely julienned

Toss together vegetables in mixing bowl, cover and refrigerate at least an hour or up to 1 day. Whisk together olive oil, rice wine vinegar, lime juice, maple syrup or honey, salt, pepper, chili powder and chili flakes. Pour over slaw mixture, add cilantro, mint and apple (optional). Toss well to mix. Let sit at least 10 to 15 minutes, tossing 2 to 3 times to marinate. Garnish with more cilantro and mint sprigs.

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### MONGOLIAN KEBABS WITH DAIKON SALAD

**Serves 4 as an appetizer**

1 lb (500 g) boneless lamb leg or shoulder

Cut lamb into 2-in x 1-in x ¼-in (5 cm x 2.5 cm 0.5 cm) pieces, leaving a bit of fat. Add lamb to Marinade (recipe follows).

#### MARINADE

1	medium onion, coarsely chopped
2 tbsp (30 ml)	canola oil
¼ cup (50 ml)	pomegranate juice
1 tsp (5 ml)	salt
1 tsp (5 ml)	freshly ground black pepper
1 tbsp (15 ml)	garlic, minced
¾ tsp (4 ml)	cayenne
1 tsp (5 ml)	cumin seeds, toasted, crushed
8	skewers, bamboo or metal, 8 or 10-in (20 or 25 cm)

If using bamboo skewers, soak in hot water for half an hour.

Preheat grill. Process onion in food processor until a paste and transfer to mixing bowl then add remaining ingredients.

Add lamb and mix with Marinade. Cover and let marinate in refrigerator for 2 hours.

Divide meat and thread onto skewers. Place on hot, oiled grill about 4 to 5-in (10 to 12 cm) from coals or flame. Grill about 2 minutes, then turn, cooking for about 5 to 7 minutes more, turning occasionally for even colour. Serve with Garlic Herb Grilled Pita Bread (recipe follows) and Daikon and Salad (recipe follows).

#### DAIKON SALAD

1 lb (500 g)	ripe tomatoes, cut into ½-in (1 cm) dice
½	English cucumber, cut into ¼-in (0.5 cm) dice
½ lb (250 g)	daikon radish, peeled, or red radishes, cut into ¼-in (0.5 cm) dice
3 tbsp (45 ml)	green onions, finely chopped
½ cup (75 ml)	mix of dill, cilantro, flat leaf parsley and mint, chopped, packed
2 tsp (10 ml)	sea salt, or to taste
	freshly ground black pepper, to taste
½ tsp (2 ml)	cayenne (optional)

Add ingredients together in bowl and toss to mix. Serve immediately with kebabs as a garnish.

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### MOROCCAN SPICED MEAT SKEWERS SERVED WITH LEMON TABBLOULEH

**Serves 4 (makes 12 meatballs)**

1 lb (500 g)	ground lamb
1	medium onion, finely chopped
1	large egg
2 tbsp (30 ml)	matzo meal or fine bread crumbs
1 tsp (5 ml)	salt
¼ tsp (1 ml)	freshly ground black pepper
1 tsp (5 ml)	ras el hanout††
½ tsp (2 ml)	cinnamon
½ tsp (2 ml)	cumin
2 tbsp (30 ml)	mint, chopped
2 tbsp (30 ml)	cilantro, chopped

Preheat grill to medium-high heat.

In large bowl, combine ingredients and mix well. Set aside 1 hour, refrigerated, to blend.

Using a heaping tablespoon, form mixture into meatballs about the size of a golf ball and push onto metal skewers, 3 to 4 on each. Moistening your hands with water will help mould meat mixture. Flatten each ball slightly so they will lay flat on grill. Place skewers on preheated well-greased grill. Cook for 5 minutes each side, or until desired doneness.

Serve with Garlic Herb Grilled Pita Bread and Preserved Lemon Tabbouleh (recipe follows).

#### GARLIC HERB GRILLED PITA BREAD

5 tbsp (75 ml)	extra-virgin olive oil
2	garlic cloves, smashed
2 tbsp (30 ml)	oregano, finely chopped or 2 tsp (10 ml) dried
½ tsp (2 ml)	rosemary, finely chopped
6 pieces	pita bread, pocketless, 6-in to 8-in (15 cm to 20 cm)
	kosher salt, to taste

Add garlic to olive oil and heat over medium heat. Cook garlic until pale golden, about 3 to 4 minutes. Remove from heat and discard garlic. Stir in oregano and rosemary.

Preheat grill to medium high heat. Oil grill rack. Add pitas, covered only if using a gas barbecue, turning once until grill marks appear, about 2 minutes. Transfer to cutting board and brush both sides with infused oil. Cut into wedges and sprinkle with kosher salt. Serve warm with kebabs.

†† Moroccan spice blend. If unavailable in your area, substitute by mixing together equal amounts of ground ginger, ground cumin and ground coriander.



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Asian Salads from page 110

**PRESERVED LEMON TABBOULEH**

**Serves 4 as a side salad**

- ½ cup (125 ml) fine bulgur wheat
- ¾ cup (175 ml) boiling water
- 1 tsp (5 ml) salt
- 1 Anaheim chili pepper, roasted, peeled and seeded
- 3 lemons
- ½ cup (125 ml) flat leaf parsley, minced
- 2 garlic cloves, minced
- ½ small red onion, finely chopped
- ¾ tsp (4 ml) salt
- 1 tsp (5 ml) ground cumin
- 1 ½ tbsp (21 ml) fresh lemon juice
- 3 tbsp (45 ml) olive oil
- 2 tsp (10 ml) finely diced preserved lemon

Place bulgur wheat into medium-sized heatproof bowl and add boiling water and salt. Stir, then allow to sit at room temperature for 20 to 30 minutes or until wheat has softened.

Finely dice chili pepper and set aside.

Remove zest of 2 lemons with lemon peeler, being careful not to include pith. Bring small pot of water to boil and blanch lemon zest for 2 minutes. Drain, cool and finely chop.

Add all ingredients to bulgur wheat and toss well.

Cut remaining lemon into wedges and serve as a garnish. Serve at room temperature.

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Australia **\$14.99** 575902



**GLASS NOODLE SALAD WITH DUNGENESS CRAB AND JAPANESE VINAIGRETTE**

**Serves 4**

- 1 pkg rice vermicelli or yam noodles
- 1 English cucumber
- 1 large mango, peeled, pitted and cut into julienne
- 8 oz (250 g) cooked crabmeat
- 1 small red onion, finely sliced in rings
- 8 whole dungeness crab leg meat (optional, for garnish)
- 2 shiso leaves<sup>‡‡</sup>, chopped into strips

Bring small saucepan of water to boiling point and add noodles. Cook according to package instructions or until al dente. Remove and immerse into ice water bath, drain and set aside.

<sup>‡‡</sup> sometimes called Japanese basil, available at Asian supermarkets

## Asian Salads from page 110

Peel cucumber into long strips by ½-in (1 cm) thick. Do not use seeded part of cucumber. Set aside.

### JAPANESE VINAIGRETTE

2	lemons, juice only
pinch	salt
1 tbsp (15 ml)	sake
2 tbsp (30 ml)	sugar
3 tbsp (45 ml)	extra-virgin olive oil

Whisk together lemon juice, salt, sake, sugar and olive oil. Set aside.

### MISO MUSTARD DRESSING

¼ cup (50 ml)	white saikyu or shiro miso <sup>§§</sup>
2 tbsp (30 ml)	prepared Japanese mustard OR dry English mustard mixed according to package directions with 1 tbsp (15 ml) water)
2 tbsp (30 ml)	rice vinegar
¼ cup (50 ml)	grapeseed oil

Mix together miso, mustard, rice vinegar and grapeseed oil. Set aside.

To assemble, divide and place cucumber strips in a circle on serving plates. Add drained rice noodles and mango to middle of cucumber. Top with cooked crabmeat. Drizzle crabmeat, noodles and mango with Japanese Vinaigrette. Garnish with crab legs (optional) and drizzle with Miso Mustard Dressing. Garnish with shiso leaves.

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### ASIAN COLESLAW WITH QUINOA, PEANUTS AND SHRIMP

#### Serves 4

¾ cup (150 ml)	water
½	lemon, juice and zest only
½ tsp (2 ml)	salt
½ cup (125 ml)	quinoa
1 bunch	bok choy, trimmed and washed
1 bunch	choy sum, trimmed and washed
¼	Napa or Chinese cabbage, rinsed and drained
1	red pepper, cut into fine ⅛-in (0.25 cm) thick julienne
1	large carrot, peeled and shredded
1	medium red onion, cut in half, peeled and finely sliced
½ bunch	Vietnamese or regular mint, thin julienned
½ cup (125 ml)	cilantro, coarsely chopped
½ cup (125 ml)	Thai basil, thin julienned
½ cup (75 ml)	dry roasted peanuts, coarsely chopped (optional)

§§ available at Asian supermarkets

2 tbsp (30 ml)	rice vinegar
3 tbsp (45 ml)	lime juice, freshly squeezed
2 tbsp (30 ml)	Vietnamese fish sauce (optional)
1 tsp (5 ml)	Asian chili paste (optional)
1 tbsp (15 ml)	tamarind paste
2 tbsp (30 ml)	honey
3 tbsp (45 ml)	vegetable or peanut oil
1 lb (500 g)	peeled shrimp (optional)

In small saucepan, add water, lemon juice, zest, salt and quinoa and bring to boil over medium-high heat. Cover, reduce heat to low and cook for 30 minutes. Remove from heat and let sit for 5 minutes. Fluff and set aside to cool.

Cut bok choy, choy sum and Napa cabbage into ½-in (1 cm) julienne strips. Place into large mixing bowl and add red pepper, carrot, red onion, mint, cilantro, basil and cooled quinoa.

In small mixing bowl, whisk together peanuts, rice vinegar, lime juice, fish sauce, chili paste, tamarind paste, honey and peanut oil. Add shrimp and toss well.

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### ISRAELI COUS COUS SALAD

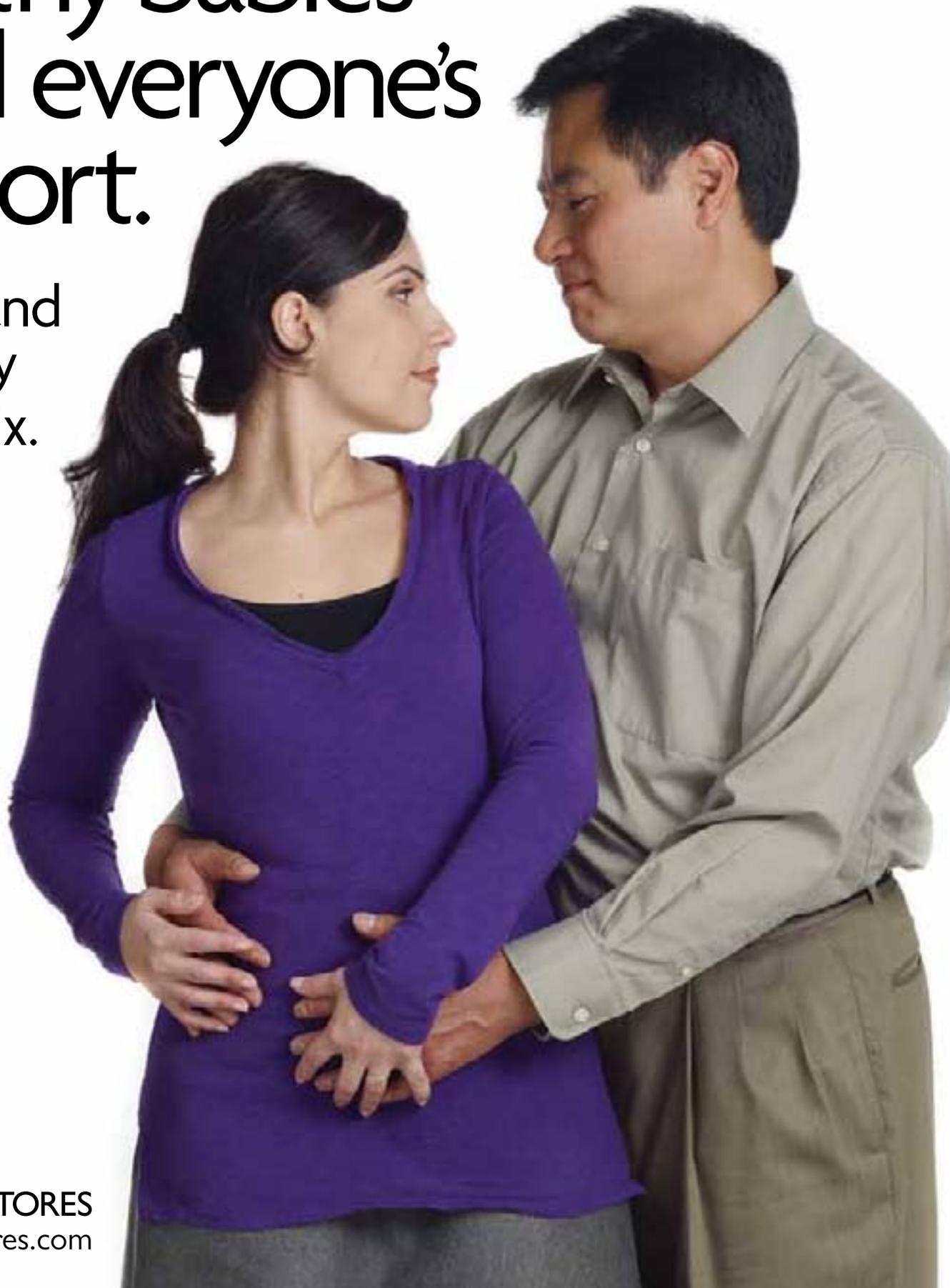
#### Serves 6

2 tbsp (30 ml)	canola oil
2 cups (500 ml)	Israeli cous cous
3 cups (750 ml)	boiling water mixed with 1 tsp (5 ml) salt
2	garlic cloves, minced
½ cup (75 ml)	lemon juice
2 tbsp (30 ml)	ground sumac (or use small amount more lemon juice)
½ cup (125 ml)	extra-virgin olive oil
2 tsp (10 ml)	honey
½	English cucumber, cut into ½-in (1 cm) dice
3	Roma tomatoes, seeded and cut into ½-in (1 cm) dice
½ cup (125 ml)	dried apricots, coarsely chopped
½ cup (125 ml)	currants or raisins
½ cup (125 ml)	flat leaf parsley or cilantro, finely chopped
½ cup (125 ml)	mint, finely chopped
3	green onions, finely chopped
6	radishes, thinly sliced
½ cup (125 ml)	roasted pistachios or cashews, coarsely chopped

Heat canola oil in large saucepan over medium heat. Add Israeli cous cous and stir until toasted and golden brown. Carefully add salted boiling water and boil until cous cous is al dente, about 5 to 6 minutes. Remove and drain,

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don't mix.



## Summer Pasta from page 114

rinse in cold water and drain again. Allow to cool and place into large mixing bowl.

In small bowl whisk together garlic, lemon juice, sumac, olive oil and honey to make vinaigrette. Set aside.

Add remaining ingredients to cous cous and toss well with vinaigrette.

### PAIRS WITH

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### ORECCHIETTE WITH CLAMS, LEMON, ZUCCHINI AND CHILI

#### Serves 4

½ lb (250 g)	orecchiette pasta (uncooked)
2 tbsp (30 ml)	olive oil
2 tbsp (30 ml)	butter
1 cup (250 ml)	cherry tomatoes
1	small zucchini, grated
2	cipollini onions, diced
2	garlic cloves
1 tsp (5 ml)	dried chili flakes
1 ½ lb (750 g)	fresh clams
1 cup (250 ml)	white wine
¼ cup (50 ml)	Italian parsley, chopped
1	lemon, juice and zest
	Parmesan cheese, freshly grated, to garnish

Cook pasta according to instructions on package.

In sauté pan, add olive oil and butter. Add cherry tomatoes, zucchini, onion, garlic and chili. Sauté and season with salt, pepper and lemon zest. Sauté for 4 to 5 minutes. Add 3 tbsp (45 ml) of pasta water to tomato mixture.

Strain pasta, put aside. Add clams and white wine to emptied pot. Cover and cook on high heat for around 5 minutes until all clams are open.

Meanwhile, add pasta to tomato mixture and toss and sauté 1 to 2 minutes. Then, add chopped parsley, lemon juice and cooked clams with broth. Sauté 1 to 2 minutes. Season with salt and pepper to taste, sprinkle with Parmesan.

### PAIRS WITH

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Austria **\$16.99** 326231



### ORZO PASTA SALAD WITH PROSCIUTTO

#### Serves 4

¾ lb (340 g)	orzo pasta (uncooked)
¼ cup (50 ml)	peas (fresh or frozen)
1 cup (250 ml)	cherry tomatoes (halved)
¼ cup (50 ml)	olives, pitted, halved
100 g (3.5 oz)	prosciutto cotto ham, cooked, diced
1	lemon, juice and zest
¼ cup (50 ml)	olive oil
¼ cup (50 ml)	fresh basil, chopped
¼ cup (50 ml)	fresh mint, chopped
	salt and pepper to taste
¼ cup (50 ml)	feta cheese
	fresh fennel fronds as garnish

Bring water to boil in large pot. Add orzo and cook according to package directions. Strain and cool pasta.

In large mixing bowl, add peas, tomatoes, olives and prosciutto. Stir in olive oil and lemon. Add basil, mint, and crumbled feta, salt and pepper. Toss well, garnish with fresh fennel fronds and serve.

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### GNOCCHI WITH BROWNED BUTTER AND CRISPY SAGE

**Serves 4**

- 1 ½ lb (750 g) gnocchi (uncooked)
- ¼ cup (50 ml) butter
- 7 fresh sage leaves
- 1 lemon, juiced

Bring water to boil in large pot. Add gnocchi and cook for 3 to 4 minutes until they float. Strain. In a sauté pan, melt butter. Add gnocchi and toss. Add sage leaves. Cook on medium-high heat until gnocchi are slightly brown and sage leaves are crispy. Add lemon juice at end when butter is nicely browned.

Serve and enjoy.

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### FUSILLI LUNGHI BUCATI WITH HEIRLOOM TOMATOES AND DUCK CONFIT

**Serves 4**

- ¾ lb (340 g) fusilli lunghi bucati pasta, or your favourite pasta
- 6 ripe heirloom tomatoes
- 3 sprigs fresh basil
- ½ lb (250 g) duck confit
- 4 tbsp (60 ml) extra-virgin olive oil
- 4 tbsp (60 ml) Parmesan cheese, freshly grated
- salt and pepper to taste

Cook pasta according to package instructions. Drain. Make small "x" on bottoms of tomatoes and blanch for 60 seconds in boiling pasta water. Remove and place in cold water. Peel off skins and coarsely chop tomatoes. Add tomatoes to saucepan. Over medium heat add half olive oil to tomatoes as well as basil (leaves and stems). Season sauce and let simmer 10 to 15 minutes, stirring occasionally. Tomatoes should breakdown into sauce, but still have small chunks. Add pasta and shreds of duck and toss, cooking another 2 to 3 minutes. Remove basil and discard. Serve with freshly grated Parmesan and drizzle with remaining olive oil.

**PAIRS WITH**

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