

# TASTE

BC LIQUORSTORES



## LAZY DAYS OF SUMMER

### OKANAGAN WINE TOUR

Take a trip through beautiful BC wine country 4

### BARBECUE WINES

Perfect pairings for summer celebrations 14

### GARDEN TO GLASS COCKTAILS

Get inspired with fresh garden ingredients 104

### MODERN TAPAS

Delicious small plates 112

OVER 50 RECIPES AND  
**16 RECIPE CARDS** INSIDE



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# lazy days of summer

## contents

### OKANAGAN WINE TOUR. . . . . 4

Discover the Okanagan Valley with James Nevison.

### WEST COAST MARKET FEAST . . . . . 10

Get inspired by your local farmers' market and get cooking!

### SUMMER CELEBRATIONS AND BARBECUE WINES . . . . . 14

Enjoy the best parts of summer with perfect pairings for your grill.

### TRY SOMETHING NEW . . . . . 19

### LET'S SALSA! . . . . . 20

Versatile, easy to prepare and great on its own or with meat, salsa is a summer favourite.

### GET FRESH . . . . . 25

Discover the hot new refreshment beverages of the season.

### EVERYTHING IS COMING UP ROSÉ . . . . . 26

A guide to the signature wine of Provence.

### QUICK AND SMART SUMMER DISHES. . . . . 30

Simple and easy means less time in a hot summer kitchen!

### CELEBRITY PROFILE . . . . . 34

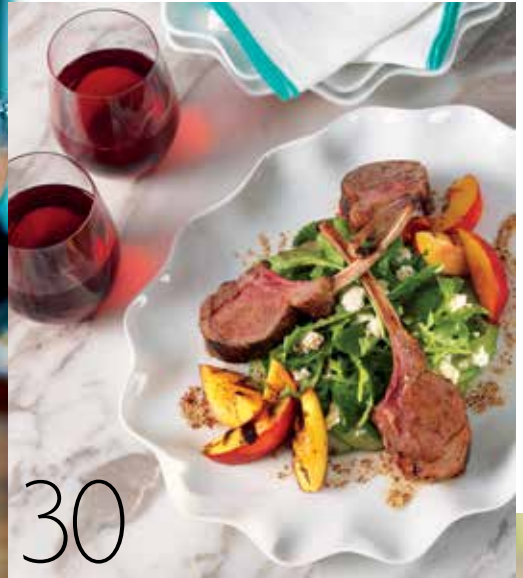
Dan Aykroyd talks about Crystal Head Vodka, his love of wine and his backyard grilling techniques.

### NUIT BLANCHE . . . . . 36

White wines are perfect to chill with, to temper the heat of a summer's evening.

### PINEAPPLE: SUMMER'S GOLD . . . . . 40

Take a trip to the tropics without leaving your kitchen!



### BAR STAR . . . . . 46

Matt Cooke from Tableau Bar Bistro shares his French-inspired cocktails.

### HOT BUYS . . . . . 51

### AGRODOLCE . . . . . 52

Italy's version of sweet and sour.

### PICTURE PERFECT WINE REGIONS. . . . . 56

In the first of a two-part series, we travel from McLaren Vale, Australia to Veneto, Italy to Cape Winelands, South Africa.

### THE COCKTAIL MENU . . . . . 60

Featuring delicious vodka cocktails by Bar Star Matt Cooke.

# contents

## **PARTY PLATTERS: APPETIZERS FROM THE GRILL . . . . . 62**

What better way to celebrate summer than with food prepared on the grill.

## **FLAVOURS OF SUMMER . . . . . 69**

## **SUMMER SIPPERS . . . . . 70**

Session beers are lower in alcohol and perfect for summer sipping.

## **LAVENDER . . . . . 74**

Sweet, citrusy lavender makes a wonderful addition to your kitchen spice drawer.

## **GIN AND ITS KIN . . . . . 78**

From gin to absinthe to modern flavoured spirits.

## **GRILLED TO PERFECTION. . . . . 82**

Ready to start up your barbecue? Here are some recipes to experiment with this summer.

## **CACTUS CLUB CAFE. . . . . 86**

Chef Rob Feenie and the crowning glory of the Cactus Club Cafe at Coal Harbour.

## **CONSULTANT'S CHOICE. . . . . 93**

Our experts share their favourites.

## **BLUEBERRIES . . . . . 94**

Nature's blue gems shine in sweet and savoury dishes.

## **REFRESHING REDS . . . . . 100**

Carolyn Evans Hammond helps choose the perfect reds for summer.

## **GARDEN TO GLASS COCKTAILS. . . . . 104**

Amazing garden-fresh ingredients.

## **MODERN TAPAS . . . . . 112**

Delicious small plates.

## **OPEN A BOTTLE OF COOL . . . . . 116**

Sauvignon Blanc continues to gain popularity and is the perfect summer refreshment.

## **DRESS IT UP WITH SAVOURY YOGURT . . . . . 120**

Yogurt can add a fresh spin to many savoury warm-weather dishes.

## **WOMEN IN WINE . . . . . 124**

Women are not only playing but winning at what used to be very much a male game in wine regions all over the world.

## **INSIDER PICKS. . . . . 129**

Our Portfolio Managers share their summer selections.

## **SUMMER SQUASH SALADS . . . . . 130**

From vibrant yellow zucchini to succulent pattypan and quirky crooknecks, summer squash stars in these salads.

## **ASK AN EXPERT . . . . . 134**

## **VERY SPECIAL EVENTS. . . . . 136**

## **RECIPE INDEX . . . . . 138**

from the cover..



### **GREY GOOSE VODKA**

France \$49.99 547661

Made from the finest wheat and the purest spring water, this elegant premium vodka has been filtered over Champagne limestone to achieve ultra crispness. Distilled five times, it has a touch of citrus and almond on the nose and palate together with a creamy mouth feel.



104



112



94



# contributors

Offering different perspectives on all aspects of beverage alcohol, each issue of TASTE magazine features a collaboration of informative editorial from a diverse group of beverage industry professionals. Meet the talented writers who have contributed to the 2014 summer issue of TASTE.



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# TASTE



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**OUR SYMBOLS** Country of Origin BC VQA Wines Sweetness Code Organic BC Craft Beer Ontario VQA Wines Kosher

# OKANAGAN WINE TOUR

It's touring time. Admittedly, there is never a bad time to travel through wine country. However, summer seems to offer a particularly pleasant wine touring experience. The sun shines more predictably, the evenings embrace with welcoming warmth, encouraging adventure, and the grapevines lurch heavy with glorious green foliage.

By now, it's no secret that the Okanagan Valley offers an amazing wine country travel experience that doesn't require a passport. However, travellers are now noticing just how manifold the Okanagan Valley is, and how exciting it is to purposefully explore the valley's unique, smaller sub-regions. From the sandy deserts of the far-flung south Okanagan to the suburban reaches of Lake Country, myriad mesoclimates make for sundry styles of wine – all represented by a diverse crop of British Columbian wineries. And while nothing compares to firsthand experience, until the open road becomes a reality, here is a ready-made tour for the armchair oenophile featuring special summer-savvy picks from wineries throughout the Okanagan Valley.

Since arrival in the Okanagan is

most likely via the Coquihalla Highway or Kelowna International Airport, it makes sense to start in the north. Lake Country winds its way north from BC's third largest city, and is home to numerous picturesque lakeside vineyards and wineries, including Arrowleaf Cellars in Winfield. Pick up a bottle of their Pinot Noir for later, or order a glass and alight on one of the many picnic tables to contemplate the sweeping vistas of Okanagan Lake.

From here, it's not far south on Highway 97 and Lakeshore Road to East Kelowna, the home of Summerhill Pyramid Winery. One of the valley's larger wineries, Summerhill offers a wide array of wines, not to mention one of BC's premier sparkling wine programs. Summerhill also offers a tempting patio complete with full restaurant service at Sunset Organic Bistro, making it a great option for fueling up hungry wine tasters.

Cross the William R. Bennett Bridge into Westbank, and Highway 97 soon heads back into the hills. Not too far along lies Summerland, a picturesque town replete with a compact old town. Thornhaven Estate Winery is hidden a little further off the beaten Summerland

track, but it's certainly worth exploring the back roads to find this southwestern Santa Fe-styled gem. Sample their award-winning Gewürztraminer under the gaze of Giant's Head Mountain, then hit the highway south a few kilometres to Penticton.

This major hub serves as a crossroads back to the eastern lakefront. A left turn leads north to the town of Naramata, a more-or-less 15-kilometre jaunt that passes by a disproportionate share of wineries. This includes Red Rooster Winery; tucked just off Naramata Bench Road it offers the requisite gorgeous lake views along with a variegated wine lineup. Of course, point the GPS south from the eastern Penticton roundabout and you'll soon hit a completely different wine country, the Skaha Bluffs. This is the picturesque home of Blasted Church Vineyards, which overlooks Skaha Lake like a keen real estate speculator. Just remember, the swimming pool may look inviting, but only the tasting room is open to the public.

The town of Okanagan Falls is situated at the southern end of Skaha Lake, and in these parts it's wise to either carry a map or closely heed the





**JAMES NEVISON**

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his column "The Wine Guy" appears each Thursday. James is the co-author of seven best-selling books on wine in Canada including *Had a Glass: Top 100 Wines for 2014 Under \$20*. Follow his wine musings @hadaglass.

“ From the sandy deserts of the far-flung south Okanagan to the suburban reaches of Lake Country, myriad mesoclimates make for sundry styles of wine – all represented by a diverse crop of British Columbian wineries. ”



Quails' Gate Estate Winery, West Kelowna



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Sun Rock Vineyard, Osoyoos

roadside signs beaconing the area's abundant wineries folded into the valley's nooks and cracks. Wild Goose Vineyards and Winery is one that is certainly worth sleuthing out. Long one of the area's low-key operations, Wild Goose has achieved big-time accolades and now boasts a new tasting room to further showcase their bottled wares.

Lots more to explore in Okanagan Falls, but the pull of the sun and sand is too strong, so its onward to Oliver, the proclaimed Wine Capital of Canada – and points beyond. The landscape is decidedly different this far south, more low-lying sagebrush and grapevines. The famed Black Sage Road winds its way east of Highway 97 through the Black Sage Bench. This is the home of a number of notable wineries, such as Stoneboat Vineyards, named to honour

the flat sledges that were put hard to work clearing river rocks from the area. See the stones, smell the soil and then taste through the range of wines that bear the unique flavours of this place.

After all this touring, it's time to seek refuge in a tasting room down the road. Crossing back to the westside hills leads to the Golden Mile Bench and Road 13 Vineyards. With invigorating views across the valley, their Executive Tasting Lounge offers a great setting for sampling the winery's extensive lineup.

By now, it's likely that both the fond tasting memories and the bottled souvenirs are piling up, so really the options are few. Either extend the stay and retrace your path north to continue this Okanagan tour, or take one long, last, sideways glance at all this beauty and head for home.

## TOP 5 SUMMER WINE TOURING TIPS ✓

- ✓ Pack a cooler stocked with ice. Summer temperatures can reach serious peaks in the Okanagan, which is most detrimental for any wine bottles left sweltering in the sunshine.
- ✓ Keep a slow pace. Don't overload the palate with too many winery stops; better to savour three to five tasting rooms a day than race to cover them all (or better yet, extend your stay).
- ✓ Don't forget the playlist. A road trip is not complete without proper tunes, and no, there is nothing wrong with including a little wine-themed selection, from Red, Red Wine to Iron and Wine, from the Isley Brothers to Ginuwine.
- ✓ Ask questions. The best way to learn about wine is to inquire, and there's no better way to get to know a winery and their philosophy towards wine than by asking questions at the source.
- ✓ Designate a driver. If you're touring in a private vehicle, it goes without saying that utilizing a designated driver marks the true path to enjoyable and responsible wine touring.

CHILLACIOUS



*Bodaciously smooth*



For an Okanagan wine tour without leaving home, try these excellent wines available at your local BC Liquor Stores.



**SUMMERHILL EHRENFELSER**

BC VQA \$19.95 440016

A vinifera cross of Riesling and Silvaner, Ehrenfelser offers all the aromatics without the bracing acidity. Summerhill's Ehrenfelser is a great introduction to this charismatic grape, bursting out of the glass with smile-inducing apricot and tropical aromas.



**WILD GOOSE PINOT GRIS**

BC VQA \$18.00 536227

Pinot Gris thrives in the Okanagan Valley; in fact it is the most-planted white grape variety in BC. Wild Goose Vineyards continues to win accolades for their rich, full-bodied style that exudes ripe orchard fruit and works well with creamy pasta dishes or baked salmon.



**RED ROOSTER CABERNET MERLOT**

BC VQA \$18.99 45906

Predominantly Cabernet Franc with Merlot, Cabernet Sauvignon and Malbec playing supporting roles, this gutsy blend saw 14 months in older American and French oak. The result is a robust red redolent with blackberry and wood spice that craves to be poured alongside grilled lamb.



**STONEBOAT CHORUS**

BC VQA \$17.90 194167

Billed as Stoneboat's "original vines blend," Chorus is a hodgepodge of quirky Germanic grapes mixed with international cultivars that manages to sing with fun aromas, juicy fruit notes and a balanced, off-dry finish.



**THORNHAVEN GEWÜRZTRAMINER**

BC VQA \$17.90 731661

There's nothing shy about Gewürztraminer, and year-in-and-out, Thornhaven's bottling stays true to exuberant form. Expect outsized aromatics of peach and rose petal balanced by a rich, honeyed texture and a lick of spice.



**ROAD 13 HONEST JOHN'S ROSÉ**

BC VQA \$16.99 357327

Made from "Merlot and Gamay with a splash of Viognier," this bold rosé pours a vibrant pink and tastes rich and voluptuous with berry fruit. A true barbecue wine – bring on the char!



**BLASTED CHURCH HATFIELD'S FUSE**

BC VQA \$17.99 734475

A fun name, a fun label, and a fun wine. It all comes together in Blasted Church's perennial crowd-pleasing Hatfield's Fuse, an ever-evolving cornucopia of a white blend that promises lots of tropical fruit and a fresh finish. Pair with a patio.



**ARROWLEAF PINOT NOIR**

BC VQA \$18.95 844100

Lake Country fruit lends this Pinot Noir the classic style of berry fruit and earthy bramble imbued with toasty oak and vanilla, thanks to nine months aging in large French oak puncheon barrels. It's a food-versatile style, good to go with roast chicken, pizza or duxelles.



# WEST COAST MARKET FEAST



CRAB BOIL AND  
GRILLED CORN SALAD



There is no better way to refresh your summer recipe repertoire than by gathering inspiration from your local farmers' market. This time of year, farmers' markets are overflowing with fresh vegetables, fruits, berries and seafood. Buying local and seasonal ensures that you will be cooking with the freshest and most nutrient-dense ingredients, since most are harvested no more than 24 hours before appearing at the market stalls. So don't delay! Grab a reusable tote bag and spend an afternoon strolling your local farmers' market. Your evening meal is sure to be better for it.

PAIRS WITH PEPERONATA WITH BURRATA CHEESE AND FRESH OLIVE BAGUETTE



00

**KIM CRAWFORD PINOT GRIS MARLBOROUGH**

New Zealand \$19.99 150144

Catering to the Sauvignon Blanc consumer, Kim Crawford Pinot Gris opens with aromas of pear, green apple and lemon. Dry on the palate, this medium-bodied wine has fresh acidity that makes the mouth water. Ideal with appetizers and seafood.



00

VQA WINE

**NK'MIP PINOT BLANC**

BC VQA \$15.99 626432

Showing lively flavours of white peach and apple, this fresh white wine is dry in style. On the palate, it is medium-bodied with a nice finish. Excellent paired with salads.



PEPERONATA WITH BURRATA CHEESE AND FRESH OLIVE BAGUETTE





PEACH AND RASPBERRY SLAB PIE WITH BOURBON BROWN SUGAR ICE CREAM

PAIRS WITH CRAB BOIL



 **00**  
**SONOMA-CUTRER RUSSIAN RIVER RANCHES CHARDONNAY**  
 USA **\$27.99** 359505  
 This Sonoma Chardonnay has aromas of mango, lemon, apple, nut and butter with hints of pineapple. The palate is dry and medium-bodied with balanced acidity and floral and vanilla flavours that last through the finish. Great wine with seafood and cream-based sauces.



 **00**  
**SANTA CAROLINA PINOT NOIR RESERVA**  
 Chile **\$14.99** 494799  
 This wine offers a nose of fresh red cherry, strawberry and a hint of red currant. Mild, with silky textured tannins on the palate, this refreshing wine is great with Asian cuisine as well as seafood.



 **00**  
**SANTA ANA TORRONTÉS RESERVE**  
 Argentina **\$12.99** 814996  
 Torrontés, an aromatic varietal similar to Riesling in terms of intensity, has flavours of floral, rose, citrus and apple. Dry and crisp on the palate, this medium-bodied white wine is a perfect aperitif and a great partner for seafood.



 **00**  
**LUCKY STAR PINOT NOIR**  
 USA **\$17.99** 625095  
 Fresh on the nose, this youthful wine has aromas of red cherry, raspberry, spice and vanilla. On the palate, it is dry and medium-bodied with soft-textured tannins. Try it with salads and grilled fish or chicken.

PAIRS WITH GRILLED CORN SALAD

PAIRS WITH PEACH AND RASPBERRY SLAB PIE WITH BOURBON BROWN SUGAR ICE CREAM



 **01**  
**BAILLY LAPIERRE CRÉMANT DE BOURGOGNE RÉSERVE BRUT**  
 France **\$25.99** 657742  
 The four grapes in this blend – Pinot Noir, Chardonnay, Gamay and Aligoté – are the backbone of this traditional-method sparkling wine. Offering flavours of green apple, pear and a hint of toast, this crémant is dry, medium-bodied and has a creamy mousse with good persistence.



 **10**  
**DOMAINE PINNACLE ICE CIDER**  
 Canada **\$29.99** 7674 375 ml  
 Excellent on its own, with spicy dishes or even with desserts, this ice cider is made from a blend of six varieties of apples. Complex and rich on the palate, it has flavours of crushed fresh apples, spice, cinnamon and honey balanced by tangy acidity. Serve this treat chilled.



# SUMMER CELEBRATIONS & BARBECUE WINES

Canadians are a patient lot, putting up with seemingly endless winters. Eventually, the sun's warmth breaks through the chill, jackets and sweaters are peeled off to reveal sun-starved skin and everything springs to life, with Mother Nature's help. Summer provides some great excuses to head outdoors, open some good bottles of wine, fire up the grill and celebrate the season with family and friends. But which wines go best with these summer celebrations?

Perhaps the best part of summer is cooking an amazing meal on the grill in the summer sun, and then eating it outdoors with special people. The aromas of grilling food, sounds of nature and the promise of long daylight hours have a soothing, relaxing effect, allowing us to forget the stresses of life. It is in this gleeful state, while gradually flipping food on the grill or setting an outdoor table for an alfresco meal, that is the perfect time to crack open a bottle of dry rosé. The crisp, fresh acidity, light floral and red fruit

notes and often citrusy and dried herbal flavours seem to reflect the season itself. Still or bubbly, either will do perfectly.

When the food starts to come off the barbecue, we start to think of wine pairings to match all the delicious, slightly charred flavours that accompany grilling. The warm weather calls for a wine that is lighter, but with enough flavour to stand up to the strong flavours of grilling. Red wines with good acidity and lots of flavour are perfect, and certain varieties can have a meaty and gamey rusticity that seems to complement similar flavours in the food. These wines work equally well with anything barbecued – the flavours from grilling make them suitable for carnivores and vegetarians alike. Red wines from Italy; Beaujolais, Rhône and Chinon wines from France; Pinot Noir and Syrah from Canada and Rioja from Spain are all safe bets for matching a wide range of foods as well as later, when the evening sun finally dips behind the horizon.

The first good excuse of the season

for a food and wine get together is Father's Day. Close to the longest day of the year, and with temperatures getting warmer as summer approaches, it is the perfect time to cook meat over fire and share some rustic and flavoursome red wines. If you are lucky enough to have a big yard, a traditional-style South American *asado* is the ultimate Father's Day treat. Burn some wood, make some coals and enjoy some hearty red wine with some quality Canadian beef and lamb. Few things are better! There are plenty of great Malbec wines from Argentina that pair perfectly with traditional charcoal-grilled foods from that country or elsewhere. For a hearty Malbec, pick something from Mendoza. For a wine with a little more finesse and elegance, try something from the higher-altitude Uco Valley sub-region.

For Canada Day, a few weeks later, the days will still be nice and long and the weather should be more reliable. The kids will be out of school and big gatherings of family and friends are in order. There should be a couple of



**RHYS PENDER**

Rhys Pender became Canada's youngest Master of Wine in 2010. He is a wine educator, consultant, judge and freelance writer through his company Wine Plus+ and his website [www.rhyspender.com](http://www.rhyspender.com). He is a regular contributor to *Montecristo* and *Savour*. In 2008 Rhys was named one of the "Top 40 Foodies Under 40 in Western Canada" by *Western Living* magazine.

“ Perhaps the best part of summer is cooking an amazing meal on the grill in the summer sun, and then eating it outdoors with special people. ”





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|                   |                   |                           |
|-------------------|-------------------|---------------------------|
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| Saturday, July 5  | 2:00 pm – 5:00 pm | 39 <sup>th</sup> & Cambie |
| Sunday, July 6    | 2:00 pm – 5:00 pm | 39 <sup>th</sup> & Cambie |
| Friday, July 18   | 4:00 pm – 7:00 pm | Alberni & Bute            |
| Saturday, July 19 | 2:00 pm – 5:00 pm | 39 <sup>th</sup> & Cambie |

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## SUMMER CELEBRATIONS AND BARBECUE WINES

months of sunshine ahead and perhaps a bit of holiday time, all good reasons to celebrate. The holiday has only been named Canada Day since 1982 (it was formerly Dominion Day), and it was not long after this that Canada's wine industry started gaining momentum. It makes sense then to celebrate Canada Day with some good Canadian wine, maybe even a few choices from across Canada. Riesling, Chardonnay, Pinot Noir and Cabernet Franc from Ontario can all be excellent. The same varieties plus Syrah and red blends excel in British Columbia.

When BC Day hits the first Monday of August, we are all in full summer mode and can start to enjoy some of the bounty being harvested from the province's gardens and farms. The hottest time of the year, this is a great opportunity for unrestrained outdoor dining long into the evening and a chance to celebrate great British Columbia food and wine.

Labour Day on the first Monday of September may feel a little melancholy, as it signals the last long weekend of the summer, but that's all the more reason to celebrate the warm weather! Local produce, including tomatoes, corn, stone fruits and most vegetables, will be in perfect ripeness. Raid the garden or the farmers' market, open a couple of special bottles, sit back and make a toast to the wonderful food and wine that BC can produce.

Cheers to a wonderful summer!



  **HESTER CREEK CHARACTER RED BLEND**

BC VQA \$19.95 158311  
This is a modern-style BC red blend of Merlot, Syrah, Malbec and Petit Verdot. Look for lots of ripe black and red fruit with plums, mixed berries, vanillin oak and some meat and leather notes in the background. This wine has good flavour intensity and length with balanced, ripe tannins.



  **VIÑA COBOS FELINO MALBEC**

Argentina \$19.99 334789  
This Malbec is inky purple in colour and equally deep and ripe in flavour. The nose offers damson plum, black cherry and violet with pepper and charred meat. The palate is full-bodied with ripe tannins and rich, black-fruit flavours. This classic has a rustic spiciness that typifies Malbec blends with ripe blackberry, meat, pepper and black plum. This wine begs for meat charred over charcoal in the traditional Argentinian *asado* style.



**M. CHAPOUTIER BELLERUCHE CÔTES-DU-RHÔNE**

France \$21.99 476846  
A juicy Rhône blend, this wine has lots of bright red berry, strawberry and raspberry aromas with a touch of chocolate in the background. The palate is full-bodied with pepper, spice and leather notes adding a layer of complexity to the blackberry, dried raspberry and strawberry notes. It finishes with savoury, drying, leathery tannins that would match well with grilled quail or lamb sausages.



**INNISKILLIN DISCOVERY SERIES ZINFANDEL**

BC VQA \$25.99 584433  
There is not a lot of Zinfandel made in Canada, but this one is a success. The nose shows crushed, mixed red berry and floral violet notes with meat, pepper and paprika in the background. The palate has crisp acidity and firm but ripe tannins with spice, pepper and brambly berry fruit, blueberry, some leather and meaty, gamey notes. Great served with rich, tomato-based sauces.



  **MISSION HILL PINOT NOIR RESERVE**

BC VQA \$26.99 584581  
The Reserve Pinot Noir from Mission Hill has steadily been increasing in quality for years. Very classy, with intense aromas of black cherry, strawberry, earth, smoked meat and game. The palate is silky and textured with nicely balanced crisp, fresh acidity. It is packed with red berry flavours, ripe raspberry and intense minerality with light tannins. Forest floor and lemon zest flavours add complexity and linger on the long finish.



  **MARQUÉS DE CÁCERES ROSADO RIOJA**

Spain \$16.99 361188  
This is a versatile dry rosé that will pair with just about any food or occasion. The nose has savoury dried herbs, orange zest, tobacco, strawberry and spice. The palate is dry with balanced acidity and flavours of strawberry, plum, earth, rhubarb, leather and minerality. Pairs well with summer picnic fare.



# EXPERIENCE THE JOURNEY



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Please enjoy responsibly.



# NEW

These new selections are perfect for summer entertaining and experimenting with tried and true cocktail recipes. Or try your hand at creating your very own signature cocktails. The island rum from the Caribbean brings a bit of spice to this version that is calorie-reduced while still maintaining the original rum and coconut flavour with the addition of vanilla and spices. A very special treat from the Marnier-Lapostolle Group is Raspberry Peach Grand Marnier. The colour and aroma will charm you and your first sip will have you asking for more. Cîroc Coconut is a coconut-infused flavoured vodka from France with a bit of vanilla that is sure to please your guests as you entertain this summer.



#### MALIBU ISLAND SPICED

Canada \$24.95 884098

This low-calorie spiced rum is definitely the first of its kind. Not only does it pack just 70 calories per serving, it's just bursting with vanilla, spice and rich coconut flavours. Sweet, with integrated alcohol, this full-bodied rum is excellent on its own, but it would also partner happily with cola.



#### GRAND MARNIER RASPBERRY PEACH

France \$46.97 630657

Naturally infused with whole raspberries and peaches, then blended with cognac and orange essence, this tropical liqueur screams summer. A beautiful rosé in colour, with enticing aromas, this treat can be enjoyed neat, chilled or on the rocks.



#### CÎROC COCONUT

France \$47.99 833962

Distilled entirely from grapes, then infused with coconut, this flavoured vodka smacks of fresh coconut with just a touch of vanilla. With round texture and balanced body, it will mix well with pineapple juice for a perfect Piña Colada.



# LET'S *Salsa!*



GRAPEFRUIT SALSA WITH  
GRILLED CHICKEN BREAST

Versatile, easy to prepare and great on its own or with meat, salsa is a summer favourite. *Salsa* is the Spanish word for sauce and traditionally refers to tomato-based sauces. As you will discover with our recipes, salsas can also be created with many different combinations of fruits and herbs and can be eaten with poultry, game, seafood or on their own with pita bread. A pita bread recipe is included that's very simple to make and adds a fresh alternative to the store-bought variety. Combine your favourite ingredients, discover your inner baker and let's salsa!



CHERRY SALSA AND DUCK TACOS IN HOMEMADE PITA SHELLS





AVOCADO AND MANGO SALSA WITH GRILLED SALMON

PAIRS WITH AVOCADO AND MANGO SALSA WITH GRILLED SALMON

PAIRS WITH CHERRY SALSA AND DUCK TACOS IN HOMEMADE PITA SHELLS



**SUMMERHILL CIPES BRUT**

BC VQA \$26.95 314419

This traditional-method sparkling wine is made from a trio of Riesling, Chardonnay and Pinot Blanc. Aged for 18 months on the lees, it offers aromas of pear, apple, toast, almond and citrus with a hint of peach. Dry and medium-bodied on the palate, it has a crisp mouth feel and a creamy, long-lasting mousse.



**PARKER STATION CENTRAL COAST PINOT NOIR**

USA \$21.99 794420

Showing enticing flavours of red cherry, dark plum, spice and hints of oak, this Pinot Noir is a very food-friendly wine. Mild on the palate with fresh acidity and soft-textured tannins, it's great with salad and seafood.



**MISSION HILL FIVE VINEYARDS PINOT NOIR**

BC VQA \$18.99 118844

This juicy Okanagan Pinot Noir presents aromas of black cherry, raspberry and baking spice. Medium-bodied on the palate, this dry-style wine has silky textured tannins and good balance. A great choice to pair with duck and game birds.

PAIRS WITH GRAPEFRUIT SALSA WITH GRILLED CHICKEN BREAST



**PEZOULES SAUVIGNON BLANC ASSYRTIKO**

Greece **\$12.95** 790519

This refreshing, medium-bodied blend of Sauvignon Blanc and Greece's indigenous white grape Assyrtiko has flavours of lemon, peach and grapefruit. Enjoy with antipasto or tapas.



CORN SALSA WITH GRILLED FLANK STEAK



**BATASIOLO BARBERA D'ALBA**

Italy **\$17.99** 311555

Italy's third most-planted red grape varietal, this Barbera from the Alba area of the Piedmont region has youthful notes of raspberry, sour cherry and spice. Dry on the palate with light, powdery-textured tannins, its juicy acidity makes it very food friendly. Serve slightly chilled with salad, cheese or pasta dishes.



PAIRS WITH CHERRY SALSA AND DUCK TACOS IN HOMEMADE PITA SHELLS



**CASTIGLIONE DEL BOSCO ROSSO DI MONTALCINO**

Italy **\$26.99** 628974

Made from 100 percent Sangiovese grapes, this juicy, fresh Rosso has characteristics of red cherry, raspberry, licorice and toast. Medium-bodied and dry on the palate, it has mouth-watering acidity and integrated tannins that complement many foods.

PAIRS WITH CORN SALSA WITH GRILLED FLANK STEAK



**MCPHERSON THE DISH RED BLEND**

Australia **\$15.99** 536540

A trio blend of Shiraz, Grenache and Mourvèdre, this wine displays flavours of black cherry and candy with spice notes. Mild and refreshing with round-textured tannins, it's a must-have at the grill.



**BERINGER KNIGHTS VALLEY CABERNET SAUVIGNON**

USA **\$39.99** 352583

Like a fruit cup, this wine is packed with blackcurrant, spice, toast, oak and sweet tobacco leaf. On the palate, round-textured tannins coat the mouth, balanced by just the right amount of acidity. Its full body, complexity and richness suggest the wine can be enjoyed now as well as cellaring for a few years.



# FOUNDRY™

## GOLDEN CIDER

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# THE CIDER OF SUMMER.

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AND EVERY OTHER SEASON.

A premium imported cider crafted in the traditional UK style. Made from crisp cider apples to deliver an authentic refreshing taste.

4 x 500 mL Cans



# Get Fresh

## HOT NEW REFRESHMENT BEVERAGES

This sip-worthy selection of new Refreshment Beverages was chosen by Kim Giesbecht, Portfolio Manager for the Refreshment Beverage and Beer category at BC Liquor Stores. These new offerings include a thirst-quenching group of ciders from Denmark and the USA, along with a lime-based malt beverage, a jasmine and peach flavoured refresher from Monsoon, and from Twisted Tea there is a new half tea and half hard lemonade blend. There is plenty to choose from in this year's crop of refreshers so try them all and get fresh this summer.



### BUD LIME LIME-A-RITA

USA \$23.69 8193 12 x 236 ml

Bud Lime Lime-A-Rita has the delicious taste of a margarita. This 6 percent alcohol, flavoured malt blend is perfect for any occasion. Just pop, pour over ice and enjoy!



### MONSOON JASMINE PEACH BLOOM

Canada \$9.99 861179 6 x 355 ml

A ripe, juicy peach flavour and the aroma of fresh jasmine will make you think you are on a tropical vacation. A new summer favourite in an eye-catching can.



### WOODCHUCK HARD AMBER CIDER

USA \$10.99 89599 6 x 355 ml

Made from real apples, never woodchucks, Woodchuck Hard Amber Cider is a traditional cider from Vermont. Medium-sweet, crisp, refreshing and expertly crafted, it will appeal to a wide range of palates.



### SOMERSBY BLACKBERRY CIDER

Denmark \$11.99 766774 4 x 500 ml

With a mild, natural taste of fresh blackberries and a fresh, crisp-apple finish, this great-tasting blend is perfect to enjoy on the patio with friends. Serve it over ice with Cajun chicken or a fresh summer salad.



### ANGRY ORCHARD HARD CIDER

USA \$12.49 879049 6 x 355 ml

This crisp and refreshing cider offers sweet apple notes with subtle dryness on the finish. A hint of Fuji apple adds a light layer of complexity. It's the top brand in the United States and a great package!



### TWISTED TEA HALF & HALF

USA \$25.99 210906 12 x 355 ml

Half tea, half lemonade, all twisted flavour, delivering an incredibly smooth and refreshing drinking experience for any occasion. Be a little Twisted! This could be the new hit for 2014.







EVERYTHING IS COMING UP

# ROSE

## IN PROVENCE

When we think of Provence, we imagine warm sunshine (3,000 hours a year), endless beaches, hearty bistro food and, of course, the delicious pink wines produced there. St. Tropez, Cannes and Nice are famous towns of the Côte d'Azur, the French Riviera, and all these places conjure up pleasant thoughts of cafés by the Mediterranean, where people relax while sipping on a refreshing glass of rosé made in the hills just north of these seaside towns.

One of the first resort areas of the world, Provence has long produced wine. The Greeks founded Marseille around 600 BC and Provence was the first Roman Empire province outside of Italy. If the Greeks didn't plant vines, the Romans surely did, as it was they who spread vines and winemaking throughout western Europe. In the past, holidaymakers



#### DAVID HOPGOOD

David Hopgood's long career in the beverage alcohol industry started in the late 1960s. He spent 36 years with the LDB, the last 20 of which were as Portfolio Manager. He managed almost all of the product categories over that period and travelled extensively to wine regions around the world. He is currently running a consulting business and teaching wine courses for UBC Continuing Studies.

“ St. Tropez, Cannes and Nice...conjure up pleasant thoughts of cafés by the Mediterranean, where people relax while sipping on a refreshing glass of rosé made in the hills just north of these seaside towns. ”

drank up Provence's production of rosé wine. The quality then was not what it is today, as significant investment has been made in the vineyards and in the production facilities. Today, Provence rosé is considered to be the very best pink wine produced in the world.

The region has attracted high profile people interested only in producing the best quality. Bordeaux-born Sacha Lichine, whose father Alexis wrote Alexis Lichine's *Encyclopedia of Wine*, set up Château d'Esclans. One of his wines, *Whispering Angel*, is a benchmark for rosé and is widely distributed. Hollywood's famous couple Angelina Jolie and Brad Pitt purchased Château Miraval and, in cooperation with the Perrin family of Château Beaucastel, produced a 2012 Provence rosé that placed in *Wine Spectator's* Top 100 Wines in 2013. Both will be back in select BC Liquor stores during the summer of 2014.

So why is Provence rosé the very best pink wine? This is the largest wine region in the world specializing

in rosé, which makes up 85 percent of its wine production. In most other wine growing areas, rosé can be an afterthought, made by bleeding off some of the juice during fermentation in order to increase the quality of the red. Sometimes, it is a blend of red and white, a method outlawed in Provence. In many places it is sweet and simple. In Provence, they use their best vineyards, planting grape varieties suited to the production of rosé and farm accordingly. It is their number one priority.

Five important grapes are grown for rosé, all of which are black. Grenache brings weight and structure and delightful red cherry notes. It loves the heat, so it fits perfectly in this hot growing area. Cinsault, Italian in origin, also loves heat and is drought-resistant. It brings perfume, fruit, freshness and a delicate pink colour. Mourvèdre is heat-loving, has dark, thick skin and brings structure and depth to the blend. Syrah, the famous black grape of the northern Rhône, brings colour and aroma. Tibouren, not well known in

North America, can add delightful scents and delicacy to the wine.

The winemaking process is similar to that used for making white wine. After picking, the grapes are rushed to the winery and chilled to avoid oxidation, pressed lightly, then left for a short period to take on their beautiful, delicate, pale pink colour. (The colour comes from the grape skins, as the juice of wine grapes is clear.) Fermentation is cool, in order to preserve the aroma and freshness. Blending the different varieties takes place to produce the best possible result. They are then bottled and ready for shipping.

The 2013 vintage started to arrive in BC in April for distribution to BC Liquor Stores. A June promotion in select stores will highlight 14 different Provence rosés. One of them, the delicious *L'Amphore de Provence*, will be in magnum. This will be the largest assortment ever for BC wine lovers. In addition, there will be the *Whispering Angel* and Château Miraval mentioned above, *Domaine*



A glass of rosé wine is the central focus, resting on a wooden surface. A vibrant blue diagonal stripe cuts across the scene. The background is a soft-focus view of the ocean. The text 'Provence, ROSE' is prominently displayed at the top, with 'Provence,' in a white script font and 'ROSE' in a large, bold, white sans-serif font.

*Provence,*  
**ROSE**

wine for the art of living

vins de  
provence  
FRANCE

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

Houchar, the most widely distributed Provence rosé in BC, and a few cases from Domaines Ott, one of the most expensive and rarest from the region. This is a wide selection that will satisfy the growing market (up 44 percent last year) for these delightful wines.

Provence rosé has a wonderful personality. The colour is a joy, a delicate pale pink. The aroma is fresh, full of ripe, red fruits with hints of the vegetation that grows wild in the region – pine trees, lavender, thyme, rosemary, etc. In the mouth it is dry and fruity with fresh, juicy acidity that lends minerality to the taste. It always shows restraint, superb balance and character.

It might be the most versatile wine in the world, especially with Provençal dishes that feature garlic and olive oil. It is a delightful match for virtually any food. Even better, it is delicious on its own. A chilled glass of Provence rosé on a sunny patio is a delight and, given that the French drink more rosé than white, it must be delicious the rest of the year as well. It has been said many times that “women and smart men drink rosé” and the smartest of these drink Provence rosé.

The following six wines can be found during the June promotion at select BC Liquor Stores\*. They have a delicate pink colour that is a joy to behold; all are dry and superbly balanced, all are very elegant, gentle and charming! Enjoy them served at a temperature of 50 to 54 F (10 to 12 C).

\* The Provence Rosé promotion will be in select BC Liquor Stores from June 2<sup>nd</sup> to 30<sup>th</sup>. Please see our website at [bcliquorstores.com](http://bcliquorstores.com) for availability and a list of participating stores.

Due to limited availability, please see [bcliquorstores.com](http://bcliquorstores.com) for product details.



**CHÂTEAU BEAULIEU COTEAUX D'AIX EN PROVENCE ROSÉ**

France **\$19.99** 48074  
Aromas of ripe, red cherries with a touch of cream and hints of lavender greet the nose. This delicate, slender beauty is dry and light-bodied with lots of red fruit and depth of flavour.



**CHÂTEAU DE BRIGUE PROVENCE ROSÉ**

France **\$19.99** 645028  
This 50/50 blend of Syrah and Cinsault opens with aromas of strawberries and cream with a touch of spice. The palate has richness and generosity, full of red fruit with a soft, round, juicy finish.



**CHÂTEAU LA MASCARONNE QUAT'SAISONS CÔTES DE PROVENCE ROSÉ**

France **\$24.95** 67314  
You can smell the sweetness of ripe cherries along with minerality and hints of garrigue. This wine is dry and round with generous fruit – cherries galore, which carry into the delicious finish.



**CHÂTEAU ROUTAS COTEAUX VAROIS EN PROVENCE ROSÉ**

France **\$21.99** 794214  
This 45/35/20 blend of Cinsault, Grenache and Syrah Routas smells like a bowl of ripe strawberries smothered in whipping cream. In the mouth, there is great depth of flavour and richness that flows into the dry, crisp finish.



**CHÂTEAU L'ARNAUDE CUVÉE NUIT BLANCHE PROVENCE ROSÉ**

France **\$27.99** 466540  
A delicate, restrained aroma draws you in with the depth of red fruit. The palate is full of ripe, red cherries with a touch of spice. This delight is round and generous with full, rich flavour. It's complex with fruit, spice, mineral and garrigue notes, all leading to a long, tapering finish.



**CHÂTEAU SAINTE ROSELINE CUVÉE PRIEURE CÔTES DE PROVENCE ROSÉ**

France **\$34.99** 664763  
Made from Syrah and Mourvèdre, this rosé has a WOW factor. Depth and ripeness of fruit show in the aroma, as well as a floral hint and lavender from the garrigue. Rich, ripe, complex and focused, the wine has power and concentration in the mouth and a long, fruit-filled finish. A serious rosé!



# QUICK & SMART *Summer* DISHES



PRAWN GAZPACHO

Simple and easy means less time in a summer kitchen! Garden freshness comes in a vibrant gazpacho, the popular cold tomato-based vegetable soup that originated in southern Spain, perfect served as an appetizer or as a showcase soup, garnished with fresh prawns. Aromatic spices transform simple grilled chicken breasts into a Moroccan-style dish garnished with grilled ripe nectarines, while a cool salad is heated up with marinated lamb loin slices and a refreshing Mediterranean salad of baby arugula, mint and sumac, the popular lemon-scented Middle Eastern spice.



SPICED LAMB AND NECTARINE SALAD

PAIRS WITH SPICED LAMB AND NECTARINE SALAD



**PETER LEHMANN LAYERS  
RED BAROSSA**

Australia \$18.99 200261

A unique-to-Australia blend of Shiraz, Tempranillo, Mourvèdre and Grenache, this food-friendly, medium-bodied wine shows flavours of black cherry, red plum, white pepper and spice. It has soft-textured tannins, thanks to time spent maturing in both French and American oak.



**RICASSOLI BROLIO  
CHIANTI CLASSICO**

Italy \$28.99 3962

This blend of mainly Sangiovese, balanced by Merlot and a touch of Cabernet Sauvignon, has characteristics of blackberry, red plum sauce, cola, vanilla and oak. Round and soft on the palate, it is medium- to full-bodied with fine-grained tannins.



Canada's hidden Gem.



2013 SAN FRANCISCO WORLD SPIRITS GOLD MEDAL WINNER



Pure. Simple. 

PAIRS WITH PRAWN GAZPACHO



**FETZER QUARTZ WHITE BLEND**

USA \$14.99 626465

This refreshing five-varietal blend of Chardonnay, Riesling, Gewürztraminer, Pinot Grigio and Muscat is filled with aromas of peach, melon, orange and spice that last from start to finish. A food-friendly, crisp white, it is especially good with spicy dishes.



MOROCCAN-SPICED CHICKEN WITH PEACHES AND OLIVES SERVED WITH ROASTED BABY POTATOES



**RIO MADRE RIOJA**

Spain \$16.99 887323

Graciano, a richly coloured black grape, has long been used as part of the blend for wines in Spain. Recognized for its quality, this single-varietal red has flavours of blackberry, cherry jam and perfume. Medium- to full-bodied, it is tangy on the palate and has round-textured tannins.



PAIRS WITH MOROCCAN-SPICED CHICKEN WITH PEACHES AND OLIVES SERVED WITH ROASTED BABY POTATOES



**LOUIS JADOT COMBE AUX JACQUES BEAUJOLAIS-VILLAGES**

France \$19.99 469924

This 100 percent Gamay Beaujolais has aromas of red and black cherry, spice and a touch of strawberry. The palate is medium-bodied with a crisp mouth feel along with powdery textured tannins. Excellent with poultry.



**SILENI CELLAR SELECTION SAUVIGNON BLANC**

New Zealand \$16.99 160325

Think gooseberry, lime and green apple – this white wine offers welcoming flavours of tropical fruit. Dry and fresh on the palate, this medium-bodied wine is best served chilled and pairs well with seafood and poultry.







**KASEY WILSON**

Kasey Wilson is an award-winning food and travel writer, broadcaster and author. She is editor of *Best Places Vancouver* and her articles have appeared in *National Geographic Traveler*, *Bon Appetit* and *Gastronomica*. Wilson is executive producer and co-host of the "Best of Food and Wine Show" on AM650. The author of ten non-fiction books on travel and food, Kasey is a member of the judging panel for the World's 50 Best Restaurants.

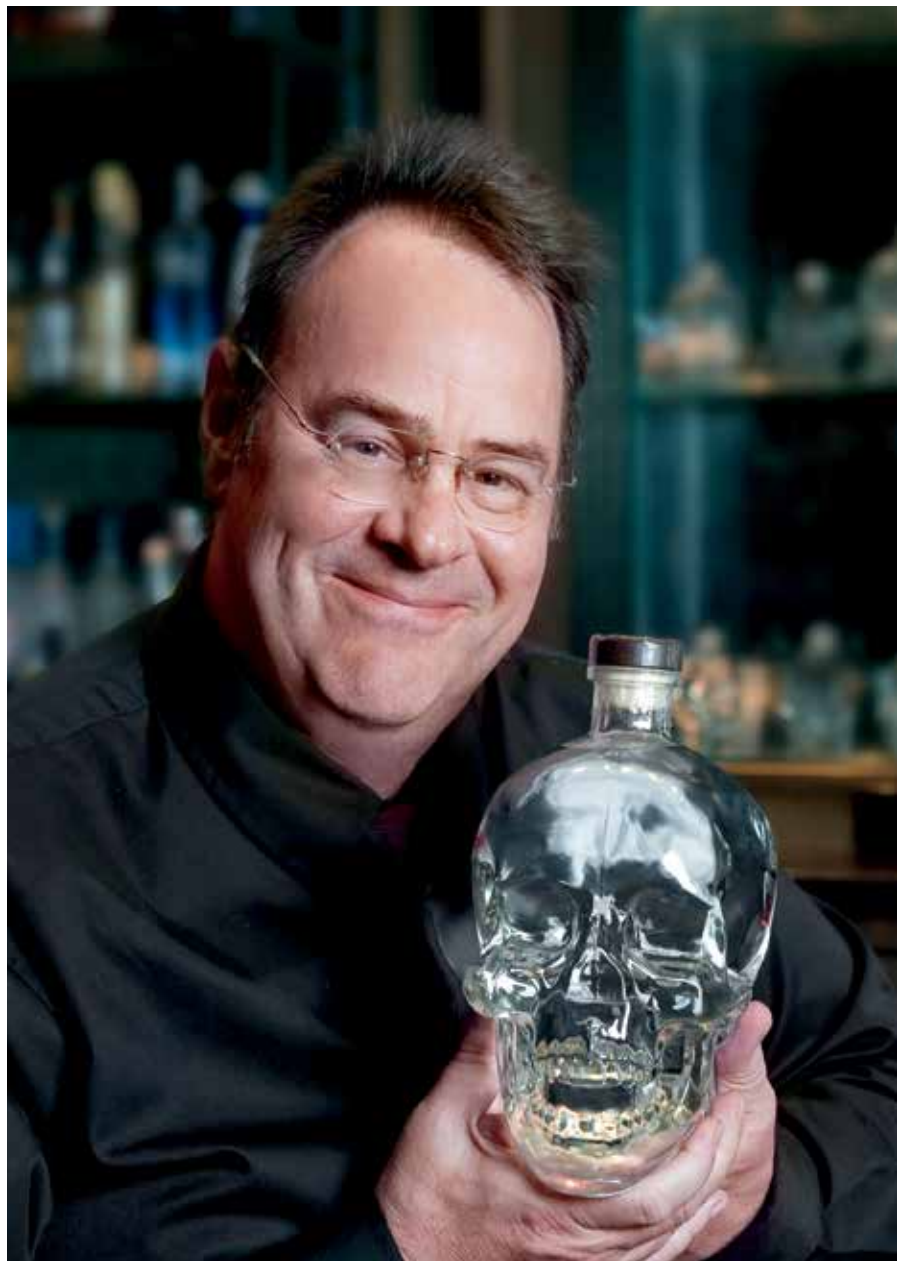
# DAN AYKROYD

## FROM BLUES BROTHER TO GHOSTBUSTER TO CRYSTAL HEAD VODKA CREATOR

**D**an Aykroyd is a guy who needs no introduction. You'd have to travel to the furthest reaches of the universe to find a creature that hasn't seen his work, either on *Saturday Night Live* or any of the movies that have been ingrained into the public's pop culture consciousness. But what you may not know about him is that he's a food guy, a wine guy and co-founder and part owner of Crystal Head Vodka, an additive-free vodka made in Newfoundland that comes in a striking, skull-shaped, clear glass bottle. I spoke with Mr. Aykroyd about his vodka, his love of wine and his backyard grilling techniques.

**I USUALLY INTERVIEW CHEFS OR FOOD PEOPLE, SO A SHOW-BIZ STAR IS A NEW EXPERIENCE FOR ME. ARE YOU MUCH OF A COOK?**

Well, I make a mean piece of toast. Actually, grilling is my specialty. I do a great swordfish that I marinate in a whole bunch of stuff overnight and then put it together with a papaya, avocado and mango salsa. I also do a simple T-bone, lamb chops and a nice tuna steak. Our property in Massachusetts was designed by the famed landscape architect Hideo Sasaki and has a hibachi built right into the side of the house in the chimney. It's really amazing. And of course I love to grill



when I'm at my cottage in Ontario. And might I say, any of your delicious BC wines would pair nicely with these dishes.

**WHAT'S THE INSPIRATION BEHIND THE CRYSTAL SKULL BOTTLE?**

Well, I've always been intrigued by spiritual and mystical things, and the legend of the 13 crystal skulls that have been found around the world from Tibet to the American southwest and dated 5,000 to 35,000 years old has always fascinated me.

“ For me the crystal skull symbolizes positive thinking, spirituality in spirit form and a way to bring past and present together and create an example for the future. ”

I felt a bottle in this shape would reflect the purity, quality and uniqueness of our product. I wanted to create an additive-free vodka that I'd be happy to serve to my guests. For me the crystal skull symbolizes positive thinking, spirituality in spirit form and a way to bring past and present together and create an example for the future.

**IT'S AN INTRIGUING DISTILLATION PROCESS. CAN YOU TELL ME A BIT ABOUT IT?**

We start with pure glacial water from Newfoundland and we marry that with peaches and cream corn from Chatham, Ontario. We distill the vodka seven times, three of which involve filtering over Herkimer diamonds, which are semi-precious quartz crystals found in only three places in the world. As well as being ascribed healing properties, these diamonds give our vodka its smooth flavour.

**DO YOU HAVE A FAVOURITE COCKTAIL MIXED WITH YOUR VODKA?**

Well, a classic martini is a good place to start. I always like the idea of a classic Long Island bar car drink like executives used to drink at 11 a.m. heading in to New York to go to work. It's a Mad Men kind of thing. I also like it with a splash of Perrier, lychee liqueur and pineapple juice that I call the China Head. If you go to the

website ([crystalheadvodka.com](http://crystalheadvodka.com)), there are some excellent cocktail recipes.

**HOW ABOUT FOOD PAIRINGS?**

I believe it goes great straight up or on the rocks with Jewish, Russian and even Mediterranean food too. Freeze it a bit, add a twist of lemon and have it with chopped liver, gefilte fish, caviar and blinis, smoked meat, even falafels and hummus. Sunday morning brunch doesn't get better than reading the paper with some lox, bagels and a shot of Crystal Head. After 11 o'clock of course.

**BESIDES YOUR INTEREST IN VODKA AND TEQUILA, BECAUSE I KNOW YOU HAVE DISTRIBUTOR RIGHTS TO PATRON TEQUILA IN CANADA, I ALSO KNOW YOU'RE AN AVID WINE GUY. DO YOU LIKE OLD WORLD WINES AS MUCH AS THE NORTH AMERICAN OFFERINGS?**

Absolutely. I always love to get my hands on Château Margaux [he rattled off a long list of Bordeaux wines] and Corton-Charlemagne whites. I was educated by the great guitarist Steve Cropper while shooting The Blues Brothers, and he corrupted my tongue forever.

**WHAT DO YOU THINK OF MY IDEA OF A TV SHOW ABOUT WINE HOARDERS?**

Ha! You'd have a hard time with me because my cellar is always empty. When I'm in Ontario in the summer, I'll go to the LCBO, spend a few

thousand dollars but by fall it's all gone. I live on the lake and one of my best friends is Kirk Muller, the hockey player. He brings along a few of his hockey buddies and these guys eat two T-bones each and drink all my wine.

**CRYSTAL HEAD IS ALSO THE OFFICIAL VODKA OF THE ROLLING STONES 50<sup>TH</sup> ANNIVERSARY TOUR. HOW DID THAT COME ABOUT?**

We're very proud of that. We put together a special commemorative package and presented it to them complete with a special display case and a two-CD compilation picked by Mick Jagger himself, and things took off from there.

**ANY DIFFERENCES BETWEEN THE LIQUOR BUSINESS AND SHOW BUSINESS?**

In the end, it's all about building relationships. Whether it's with one of the greatest rock bands in the world or bartenders or the British Columbia Liquor Distribution Branch. It's about having a passion for your product and your art, bringing that to the consumer and knowing that they will appreciate the quality as much as we do. Although, I must say, some of the relationships and friends I've made in the liquor business are far more enduring and long-lasting than in show business. Like a great wine, these friendships age well.





# NUIT BLANCHE

Paper lanterns, as delicate as a dragonfly's wing, glow and sway gently from the brush of a warm summer breeze. The air is pleasantly sultry and carries a bouquet of summer blossoms and freshly mown grass. Draped linen, once crisp, softens in the balmy night as laughter surrounds and glasses clink.

It is a perfect finale for another splendid sunshine-filled day.

White wines – fragrant, juicy and thirst quenching – are perfect to chill with, to temper the heat of a summer's evening.

Perhaps the most wonderful thing about wine is its ability to transcend age, socio-economic status and culture. It is best shared. Friends are made, tales are told and moments are enhanced when we bond over a bottle of wine. There is, after all, a story in every bottle.

Sometimes the story is that of the winemaker, the vineyard or its place of origin. Other times it is your



#### DAENNA VAN MULLIGEN

Daenna Van Mulligen is a Vancouver-based wine journalist, international wine judge, accredited sommelier, speaker and the publisher of *winediva.ca* and *winescores.ca*. She is a regular contributor to *Vines Magazine*, can be heard weekly on Tasting Room Radio (heard on stations throughout BC and Alberta) and has been published in numerous local and internationally distributed publications.

White wines – fragrant, juicy and thirst quenching – are perfect to chill with, to temper the heat of a summer’s evening.



own story – the first time you tasted that particular wine, the people you shared it with, or, if you’re lucky, reliving a visit to its birthplace.

Each bottle is special, whether because of its origin or simply because on this night, you and your friends have created memories that will follow you well into the future.

#### WHITE NIGHT

*Nuit Blanche* simply translated means “white night.” You may have heard of these all-night festivals, hosted around the globe, or participated in a pop-up dinner, quickly organized in a special, secret location in your own city.

Why wait for an invitation when you can create your own *nuit blanche*? Gather a handful of friends under the stars, on your patio or lawn. Ask everyone to dress in white or neutral colours and to bring a bottle of white wine to fit the theme. Set the scene with soft lighting and serve simple

platters of excellent quality bread, cheese and charcuterie alongside olives and a selection of grilled vegetables and dips. An Italian Pinot Grigio, Spanish Albariño or Verdejo or a Portuguese Vinho Verde are all sure bets.

#### A MOVEABLE FEAST

Who doesn’t love a picnic – especially one by candlelight? It’s a veritable moving feast. Traditional alfresco fare, such as creamy potato salad, will pair with a drier-style German Riesling. If roast chicken is an absolute must, then a buttery Chardonnay has what it takes to get the job done. An Italian Verdicchio will happily share the spotlight with a pasta salad of freshly made pesto tossed with penne or fusilli.

Less common, but equally tantalizing, are fresh Vietnamese salad rolls. Raw veggies, lettuce and often shrimp are rolled into paper-thin rice sheets. Served with a sweet and spicy dipping sauce, these super

cylindrical snacks call for an off-dry Muscat or Gewürztraminer.

The perfect cutlery-free picnic food might just be a gourmet sandwich. Sandwiches are no longer exclusively lunchtime fare; a crusty baguette spread with creamy goat’s cheese and stuffed with grilled asparagus will sing with your favourite Sauvignon Blanc. A Mediterranean ciabatta of green-olive tapenade, marinated artichokes, basil and supple mozzarella will also pair well.

#### WHITE WEDDING

More and more, couples are opting for less fuss and planning their weddings to be as stress-free as possible. An intimate summer wedding, held as the sun sinks low toward the horizon, is perfect for your own *nuit blanche* nuptials. To celebrate, few wines are more romantic than champagne – specifically blanc de blancs. *Blanc de blancs* means “white from whites.” It refers to a white wine made from white grapes and, in

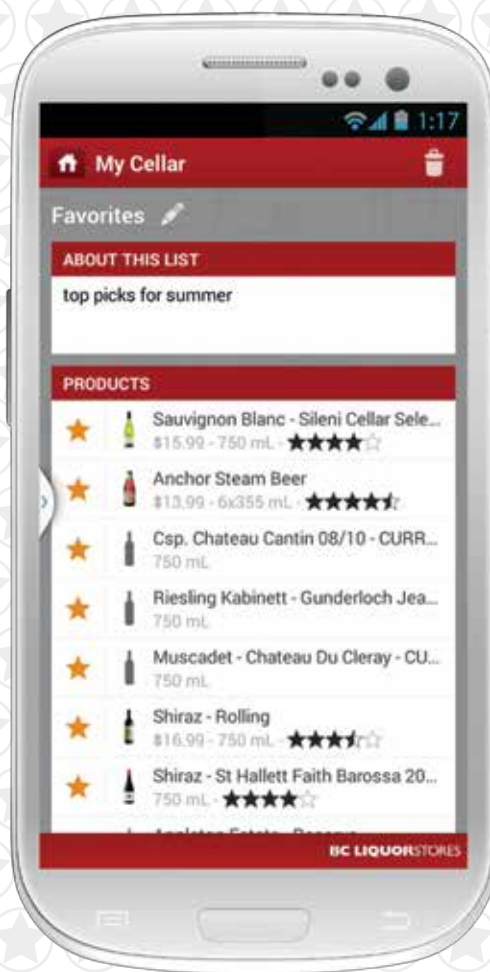
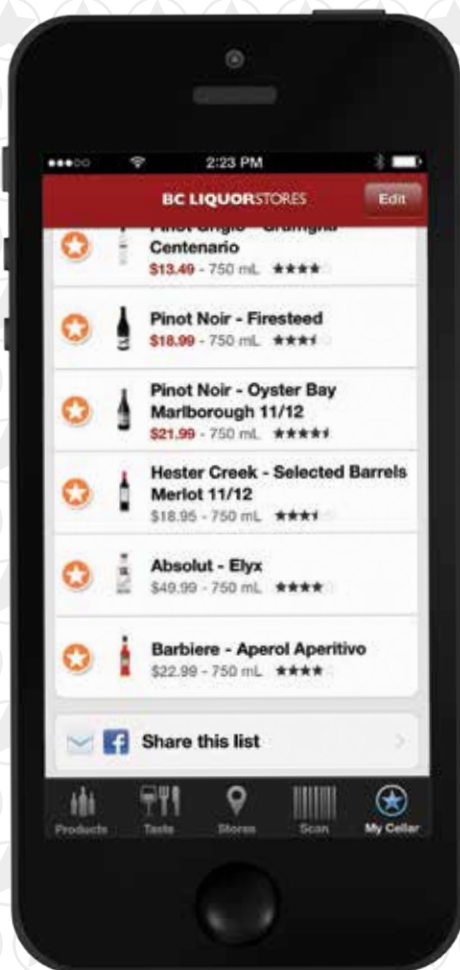


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# MY CELLAR



## BC LIQUOR STORES



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## NUIT BLANCHE

sparkling wine terms, that means Chardonnay.

Less expensive, also made from white grapes and in a similar method to champagne, is cava. Traditional Spanish varieties Macabeo, Parellada and Xarel-lo dominate white cavas. These sparkling gems offer incredible value without sacrificing complexity, which means your guests can toast the night away.

Wine options for an evening reception are endless, although much depends on the dishes being served. To simplify things, try pouring a white blend. Multi-varietal white blends are by no means new, but they are trending upward. The famous French region of Bordeaux has long been known for its Sauvignon Blanc and Sémillon blends. Similarly, southern France offers charming, food-friendly compilations, which may include a number of varieties such as Grenache Blanc, Viognier, Roussanne and Marsanne.

The New World (outside of Europe) has jumped on the bandwagon and is mixing it up by creating white blends of everything from Chardonnay to Gewürztraminer and Chenin Blanc to Muscat. Lean toward a drier style with main courses and appetizers, which generally suits white meats, seafood, salads and starters. The sweeter blends work well with spicy dishes or light, fruity desserts.

Write your own narrative and create your personal  *NUIT BLANCHE*.



### CHAMDEVILLE BLANC DE BLANCS BRUT

France \$14.99 187740

This affordable bubbly has a nose of roasted apples, lanolin and wild honey with citrus and a hint of caramel. It has an attractive mousse with dominant flavours of citrus rounded out with stewed fruit, herbs and toasted nuts. It will partner well with white meats or rich canapés.



### M. CHAPOUTIER BILA-HAUT CÔTES DU ROUSSILLON BLANC

France \$17.99 175042

Made from Grenache Blanc, Grenache Gris and Macabeu, this south of France beauty leads with lemon followed by guava, pear, honey, wildflowers and mineral. It has a charming, lively character and tangy grapefruit, honey and white pepper flavours. This racy wine has very good texture and complexity.



### CHÂTEAU ST. JEAN CHARDONNAY

USA \$20.99 421644

Expect toasted hazelnuts, oak spice, browned butter and orange-peel aromas atop pineapple. It has a creamy weight and texture with spiced caramel, citrus and nutty flavours followed by a long, zesty finish. This is a wine for buttery cornbread, roasted chicken, creamy pastas or smoked cheeses.



### TINHORN CREEK OLDFIELD SERIES 2BENCH WHITE

BC VQA \$22.99 307157

This potent blend of Chardonnay, Sauvignon Blanc, Sémillon, Viognier and Muscat seduces with lychee, peach, ginger jam, grapefruit and roses. It has a lovely texture and an appealing weight with wonderful concentration. It will make a great partner for Asian or Latin-style dishes, mild seafood curry or grilled tuna.



### ANNA DE CODORNÍU CAVA

Spain \$16.99 156075

This attractive, all-white bottle houses a wonderful amalgamation of orchard and tropical fruits, floral, toasted brioche and citrus. It boasts a crisp palate with an agreeable mousse and is rounded out with citrus flavours. Delicate and refreshing, it will partner well with shellfish, starters and sushi.



### EL PETIT BONHOMME BLANCO

Spain \$14.99 79046

Made from Verdejo, this crisp white offers lovely mineral, delicate floral, stone fruit and pineapple aromas. The palate is mouth-watering; with great concentration and a satisfyingly rich texture. A good partner for picnics with salads, fresh seafood or olives, bread and cheese.



# Pineapple

SUMMER'S  
GOLD

GRILLED PINEAPPLE WITH  
TEQUILA LIME GLAZE



Take a trip to the tropics without leaving your kitchen! Pineapple, with its unmistakable golden hue and sweet-tart flavour, shines in an array of desserts and savoury dishes. When choosing a pineapple, take note that, once harvested, pineapples do not continue to ripen. This means that all pineapples in the grocery store are as ripe as they will ever be. Also important to know is that the difference in colour between pineapples is mostly based on where they were grown. Therefore, a green one can be just as sweet as a golden brown one. Take inspiration from the following recipes and enjoy the tongue-tingling taste of tropical pineapple.



HALIBUT WITH SPICY PINEAPPLE BROTH AND PINEAPPLE CUCUMBER RELISH





PINEAPPLE UPSIDE DOWN CAKE WITH COCONUT LIME ICE CREAM AND PINEAPPLE CHIPS





PINEAPPLE, GIN AND TARRAGON PORK TENDERLOIN WITH GRILLED GREEN VEGETABLES

PAIRS WITH PINEAPPLE, GIN AND TARRAGON PORK TENDERLOIN WITH GRILLED GREEN VEGETABLES



**DOMINIO DE PUNCTUM VIENTO ALISEO LA MANCHA VIOGNIER ORGANIC**

Spain \$13.99 768861  
This Spanish 100 percent Viognier has youthful, fruity aromas of lemon, pepper and floral. Showing good acidity with nice balance on the palate, this medium-bodied, dry-style wine is perfect with fish and Asian dishes.



**NIK'MIP PINOT NOIR**  
BC VQA \$21.99 626424

Aged in French oak, this Pinot Noir displays youthful aromas of black cherry and red plum with hints of spice. On the palate, it is dry and medium-bodied with soft tannins. The refreshing acidity makes it a versatile, food-friendly wine, as well as a treat on its own.



---

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PAIRS WITH PINEAPPLE UPSIDE DOWN CAKE WITH COCONUT LIME ICE CREAM AND PINEAPPLE CHIPS



 **02**  
**ST. URBANS-HOF RIESLING**

Germany **\$22.99** 597997  
This Riesling from Mosel, Germany's most-recognized wine region, offers intense floral aromas as well as apple, apricot, zest and spicy notes. The palate is off-dry and is balanced by racy acidity. Medium-bodied with a good length, it is excellent with spicy dishes as well as desserts.



 **02**  
**YELLOW TAIL PINK BUBBLES ROSÉ**

Australia **\$13.99** 785469  
Displaying fresh and youthful aromas of red cherry, strawberry and a hint of spice, this rosé has a creamy mousse with good persistence. Off-dry on the palate, it is medium-bodied with a tangy acidity. This spritzy wine makes the mouth water and pairs well with tapas.



 **00**   
**BROKEN SHADOW WEATHERLANE WHITE**

BC VQA **\$15.99** 271742  
Fresh and vibrant, this unique Okanagan blend is predominantly Chardonnay, balanced by Viognier and Sémillon. Offering flavours of melon, floral and a touch of mango, this medium-bodied wine is balanced and zesty.



 **00**  
**ESCORIHUELA 1884 EXTRA BRUT**

Argentina **\$20.99** 917476  
This traditional-method sparkling wine is a blend of Chardonnay and Pinot Noir. The nose offers aromas of pear, green apple and citrus with a touch of toast. The palate is dry and medium-bodied with a good persistence of bubbles. The fresh acidity makes it a friendly match for salad, seafood and lightly spiced dishes.

PAIRS WITH HALIBUT WITH SPICY PINEAPPLE BROTH AND PINEAPPLE CUCUMBER RELISH

PAIRS WITH GRILLED PINEAPPLE WITH TEQUILA LIME GLAZE



 **03**  
**FETZER VALLEY GEWÜRZTRAMINER**

USA **\$14.99** 350843  
With youthful scents of floral, rosebud and lychee, this off-dry Gewürztraminer is medium-bodied with a round mouth feel. A touch of spice character lingers through the finish, which makes it a good match for fresh fruit and Asian cuisine.



 **04**  
**SANTELI KINDZMARAU LI SEMI SWEET RED WINE**

Georgia **\$17.87** 63701  
This modern wine from Georgia is made from 100 percent Saperavi, a distinctive and indigenous grape varietal. Showing intense aromas of black cherry, blackcurrant and blackberry, it is intense and delicate on the palate with a touch of sweetness balanced by round tannins and crisp acidity. Enjoy as an aperitif or with desserts.



# BAR



RIVIERA  
CRUSH



## MATT COOKE TABLEAU BAR BISTRO

**M**att Cooke really likes his new office. He happily traded in his old desk, its paperwork and computer screen for one a bit shinier and a lot longer with a superior view. “I love my job,” he says, “Eight hours here flies by, eight hours in an office...not so much.”

Cooke, who grew up on Vancouver Island, received his Bachelor of Applied Science in Environmental and Chemical Engineering degree from the University of Waterloo in 2006. At university, he dabbled in hobby bartending and took some basic courses to fuel his new interest.

Upon returning to British Columbia, Cooke worked for several years as a project and logistics coordinator in Fort McMurray before he and his fiancé decided to shake things up. Their decision resulted in a move to Europe, specifically to Edinburgh, Scotland in the United Kingdom. Cooke and his fiancé both took jobs at a traditional British pub called Milne’s Bar of Rose Street. His roll as bartender allowed him to gain significant knowledge of scotch and beer. “I fell in love with it [bartending],” he admits. On days off, the couple took mini-vacations to Spain, France and Scandinavia.

It was the bar education in Edinburgh that was a major contributor to his follow-up job at Vancouver’s new Rogue Kitchen & Wetbar on West Broadway. Although Rogue is known for its beer selection, Cooke worked closely with Kevin Brownlee (TASTE Magazine’s Bar Star, winter 2012) and together they would play with ingredients to create special cocktails for interested patrons.

“Competitions help build the community. I get to meet other bartenders and get inspired by their ideas.”

Getting involved in the Canadian Professional Bartender's Association (CPBA) introduced Cooke to the city's best talent and gave him the confidence to step into the odd cocktail competition. "Competitions help build the community. I get to meet other bartenders and get inspired by their ideas."

Cooke is extremely grateful for the opportunity he has been given. He knows being selected as a bartender at Tableau Bar Bistro in early 2013 gave his career a considerable boost. The bar team works together, building their repertoire of cocktails – some classics and some in-house infusions, which change seasonally. Summer for Cooke translates into campfire flavours, such as watermelon, pineapple, as well as fresh ingredients like herbs and citrus. He's excited about using licorice-flavoured Ricard and the historic herbal-toned Chartreuse at this time of year. Both liqueurs are well suited to a French bistro like Tableau.

Cooke's background in chemical engineering plays a significant roll in his new career. "I enjoy the chemistry of how flavours work together."

Despite it being a hotel bar, Cooke notes that it's more of a neighbourhood place, which inspires him everyday.



AULD ALLIANCE





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“We have a great clientele,” he says. “Tableau has a fantastic food and wine program and we like to promote local wines and distillers as well – it’s French food with a local twist. Working here has made me a better bartender.”

His exposure to locally produced spirits has opened yet another door. On his days off, he works with Odd Society Distillers, a small-batch craft distillery in East Vancouver, as brand ambassador and cocktail creator for their aptly named East Van Vodka.

Cooke’s commitment to his craft is commendable – there is no doubt you’ll be hearing more about him in the years to come.

## AULD ALLIANCE

|         |          |                              |
|---------|----------|------------------------------|
| 2 cups  | (500 ml) | peaty scotch whisky          |
| 2 cups  | (500 ml) | Lillet                       |
| 1 cup   | (250 ml) | green Chartreuse             |
| 1½ cups | (375 ml) | fresh lemon juice            |
| 1 cup   | (250 ml) | Ginger Honey*                |
| 6 cups  | (1.5 L)  | soda                         |
| 1       |          | lemon, thinly sliced, to top |

Combine first 6 ingredients in a large pitcher with generous amounts of ice. Gently stir to combine and add lemon wheels. Serve in cocktail glasses.

\* For Ginger Honey: Peel and chop 1 cup (250 ml) fresh ginger. Add to blender and top with warm water. Purée until smooth. In a saucepan combine ginger purée with 3 cups (750 ml) liquid honey and 1 cup (250 ml) water. Simmer for 2 hours or until ginger flavour is strong. Cool liquid and fine-strain out ginger. Bottle and store in refrigerator until ready to use.

## RIVIERA CRUSH

|         |         |                    |
|---------|---------|--------------------|
| 1 oz    | (30 ml) | grappa             |
| ¾ oz    | (22 ml) | Liquore Strega     |
| ¾ oz    | (22 ml) | fresh lime juice   |
| ¾ oz    | (22 ml) | pineapple juice    |
| ½ oz    | (15 ml) | Thyme Syrup*       |
| 1 sprig |         | thyme, for garnish |

Add all ingredients to a cocktail shaker with ice. Shake and fine strain into a chilled cocktail glass. Garnish with a sprig of thyme.

\* For Thyme Syrup: In a saucepan add 1 cup (250 ml) granulated sugar, 1 cup (250 ml) water and a small handful of fresh thyme. Bring to a boil, then reduce heat and simmer for 10 minutes. Cool liquid and remove thyme. Bottle liquid and store in refrigerator until ready to use.

“Tableau has a fantastic food and wine program and we like to promote local wines and distillers....”



## MOHOTANI MASH (ABOVE)

|          |         |   |
|----------|---------|---|
| 1½ oz    | (45 ml) | white rum                                 |
| 2 or 3   |         | fresh mint leaves                         |
| ½ oz     | (15 ml) | pastis                                    |
| 1 oz     | (30 ml) | fresh lime juice                          |
| ½ oz     | (15 ml) | orgeat syrup                              |
| ½ oz     | (15 ml) | grenadine                                 |
| 2 dashes |         | orange bitters                            |
|          |         | fresh mint leaves, for garnish            |
|          |         | orange slices or lime wedges, for garnish |
|          |         | crushed ice                               |

In a tall Collin’s glass add rum and mint leaves. Muddle gently to release mint flavours. Add pastis, lime and orgeat. Top with crushed ice and stir well to chill and dilute. Add more crushed ice to fill glass, then drizzle with grenadine and orange bitters. Garnish lavishly with mint and oranges or limes.





# WHISKY STARTED, MAPLE FINISHED<sup>TM/MC</sup>



THE SMOOTH TASTE OF CROWN ROYAL WITH A HINT OF MAPLE FLAVOUR

# HOT

These best-selling selections offer a variety of wine styles for all of your summer needs. If dinner plans include barbecued meat on the menu, then this Malbec from Argentina is the wine for you. Excellent with grilled meats or mild cheese. From Ruffino, there is a fresh, delightful Pinot Grigio that is a superb match for seafood and salads or pleasant sipping wine as you cool down from the heat of a hot summer day. Cupcake Prosecco, with a just bit of bubble from Italy, is a perfect pairing for tapas on the patio or backyard entertaining. Enjoy!



## LAS MORAS PAZ MALBEC

Argentina \$16.99 35196

Fire up the barbie! This deep-purple wine has flavours of dark plum, roasted coffee and chocolate. Full-bodied with soft-textured tannins, this quality wine is a perfect partner for grilled meats and mild cheeses.



## RUFFINO LUMINA PINOT GRIGIO DELLE VENEZIE

Italy \$13.99 102764

Fresh and enjoyable, this Pinot Grigio is made from grapes grown in the high-profile regions of Veneto and Friuli. Showing flavours of citrus and green apple, this wine is dry in style and is medium-bodied with juicy acidity. Excellent with seafood.



## CUPCAKE PROSECCO

Italy \$17.99 203489

This 100 percent Prosecco sparkler from the Veneto region has fresh aromas of pear and apple with hints of peach. It is dry on the palate with a creamy mousse and crisp acidity. Try serving this refreshing wine with tapas on the patio this summer.



# AGRODOLCE

HALIBUT WITH ROASTED  
VEGETABLES AND LEMON  
AGRODOLCE SAUCE

*Agrodolce* is the Italian version of sweet (*dolce*) and sour (*agro*) and is one of the signature flavours of Sicily and southern Italy. It is created by making a reduction of a sweet ingredient, such as sugar, honey or maple syrup, combined with a sour ingredient, such as vinegar (sherry, balsamic or wine), wine, etc. It is used with meat, seafood and vegetables and can be varied to suit any palate. Sometimes, raisins, currants, pine nuts or capers are added. Lighter in texture than the Asian sweet and sour, it is closer to its French counterpart, the *gastrique*.



SCALLOPS AND CIPOLLINI ONIONS WITH AGRODOLCE SAUCE

PAIRS WITH SCALLOPS AND CIPOLLINI ONIONS WITH AGRODOLCE SAUCE



**RED DIAMOND CHARDONNAY**

USA \$16.99 380204

Made in both French and American oak, this Washington state Chardonnay offers characteristics of pineapple, red apple, vanilla and oak. On the palate, it is medium- to full-bodied and has a creamy mouth feel. Enjoy it with salad, seafood or pork.



**CALONA VINEYARDS ARTIST SERIES PINOT NOIR**

BC VQA \$15.99 432898

This fresh and youthful Pinot Noir offers flavours of red plum, red cherry and spice with a hint of smoke. Dry and medium-bodied on the palate, this juicy red has tangy acidity and soft-textured tannins that make it perfect for sipping.



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PAIRS WITH HALIBUT WITH ROASTED VEGETABLES AND LEMON AGRODOLCE SAUCE



**BABICH SAUVIGNON BLANC MARLBOROUGH**

New Zealand \$19.99 560144

Excellent with seafood, this juicy white wine opens with aromas of passion fruit, gooseberry and lime. Loaded with flavour on the palate and dry in style, it is medium-bodied with mouth-watering acidity that calls for food.



QUAIL AND GRAPES WITH AGRODOLCE SAUCE



**RED ROOSTER PINOT NOIR**

BC VQA \$19.99 628347

Bright ruby in colour, this Pinot Noir offers aromas of red cherry, raspberry and spice with a hint of strawberry. The palate is dry and medium-bodied with soft, balanced tannins and a crisp acidity making it a very food-friendly wine.



PAIRS WITH QUAIL AND GRAPES WITH AGRODOLCE SAUCE



**INNISKILLIN OKANAGAN PINOT NOIR RESERVE**

BC VQA \$18.99 624767

Showing bright flavours of dark cherry, plum, raspberry, spice and oak, this youthful Pinot Noir is ready to drink now. On the palate, it is dry and medium-bodied with refreshing acidity together with silky-textured tannins.



**TAITTINGER BRUT CHAMPAGNE RÉSERVE**

France \$67.99 45773

Made predominantly from Chardonnay and perfected by the addition of Pinot Noir and Pinot Meunier, this champagne has a complex nose of yellow plum, apple, lemon and toast. Dry on the palate and medium-bodied, it has an integrated mousse with long persistence, together with juicy acidity. The flavours last throughout the long length.



“ Here, in a two-part series, is a traveller’s bucket list of six of the world’s more breathtaking wine regions, all ripe for firsthand sipping and exploring. ”

## PART ONE

It is often said that the world’s wine regions are some of the most picturesque places on the planet. Indeed, row-upon-row of glorious grapevines make for marvelous vistas, and there is no shortage of postcard-perfect landscapes to be found in vineyards around the globe. But, with so many wine regions and such little time to explore, where to start? Here, in a two-part series, is a traveller’s bucket list of six of the world’s more breathtaking wine regions, all ripe for firsthand sipping and exploring.

### MCLAREN VALE, AUSTRALIA

An easy 40 km jaunt south from metropolitan Adelaide, McLaren Vale is the seaside sub-region of South Australia that offers an almost embarrassing abundance of natural riches. Sun, sand and wine grapes – who needs anything more? Turns out *vitis vinifera* like the surf as much as people do, with the nearby Gulf St. Vincent providing a cooling influence that adds depth and vibrancy to the grapes that go into the area’s unabashedly intense reds. You will find a few white wines from the region, but

really it’s the reds that steal the spotlight. From Shiraz and Cabernet Sauvignon to Grenache and a smattering of other Mediterranean cultivars, McLaren Vale wines trend toward a seductive ripeness countered by structure and elegance.

With more than 65 producers packed into this relatively small region, wine touring is a breeze that is enabled all the more by a very active local food-producing and cheese-making scene. Really, the recipe for exploring McLaren Vale is simple: hit one of the many farmers’ markets to stock a picnic basket full of artisanal sustenance, head to the myriad tasting rooms to find a perfect bottle to match, and head to the seashore for a picture-perfect backdrop.

### VENETO, ITALY

Admittedly, with the abundance of diverse wine areas throughout Italy, it is pretty well impossible to single out one “must visit” region. But, with apologies to touristic Tuscany and sultry Sicily (to name drop just two!), we arrive at Veneto in the country’s northeastern reaches. Veneto is actually the most productive of Italy’s regulated *Denominazioni di Origine Controllata* (DOC) regions, and while one could break this region further into pockets

of more specialized appellations, taken together they congregate as one rolling-hilled, picture-perfect, romantic wine-scape. This is after all – to appropriate Shakespeare – the land of fair Verona, where we lay our wine scene.

Actually, Verona itself serves as a great base for day trips through Veneto’s various appellations, not to mention the city offers modern-day Romeo and Juliet ample idyllic piazzas for sharing sweet nothings over a glass of Prosecco, Italy’s famous sparkling wine and a regional specialty. From old Verona’s marble-paved narrow streets, it is an easy drive into the vineyards of suave Soave and voluptuous Valpolicella. Take note that many wineries in the region are not immediately accessible to visitors, as tasting rooms have yet to become the norm. Fear not, however, for over the hill and hidden around the next bend, you will encounter many a picturesque tiny town, complete with that perfect small *trattoria* beckoning with *aperitivo* and *antipasti!*

### CAPE WINELANDS, SOUTH AFRICA

In terms of sheer beauty, the Cape Winelands may just top the list. Fanning out from the suburbs of Cape Town, the Winelands actually comprise a number



# PICTURE PERFECT WINE REGIONS



Valdobbiadene, Veneto, Italy



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of distinct South African wine regions. The heartland of the Winelands remains Stellenbosch, the university town and wine centre that is an easy half-hour drive east from Cape Town on the national N1 highway. Continuing east, the vineyards and wineries dotting the hilled backdrop in the Franschhoek Valley are nothing short of majestic. This is the historical home of the Huguenots, who bequeathed the region its French place names. Along with some of South Africa's top wines, Franschhoek is home to a preponderance of fine restaurants and comfortable hotels, making it a great option for the wine traveller who prefers elegance along with their glass of Syrah. Still further afield awaits Robertson, long an important agricultural community of South Africa known as the "Valley of Wine and Roses." Robertson offers expanses of vast vistas filled with near-infinite rows of grapevines, with nature reserves nestled next to working farms.

All roads through the Winelands eventually lead back to Cape Town, but it's worth stopping in cooler-climate, coastal Constantia to taste the region's distinctive Sauvignon Blanc amongst the beautiful old white Dutch Colonial estates. Indeed, Cape Town itself offers a stunning setting for wining and dining; crowned by Table Mountain, it provides the perfect pairing for partaking in South Africa's wines, perhaps a powerful Pinotage or a robust Chardonnay.

Stay tuned for Part 2 in the next issue of TASTE magazine!



 **00**  
**GRACELAND**  
**CABERNET SAUVIGNON**

South Africa **\$29.99** 140970  
"Gracefully powerful" sums up Graceland's Cabernet Sauvignon. This sumptuous red from Stellenbosch intertwines ripe dark fruit with toasty, vanillin oak before finishing with balance and panache. Foodwise, this rich Cab calls out for equally rich pot roast or aged cheese.



 **00**  
**WIRRA WIRRA CHURCH BLOCK**

Australia **\$24.99** 19380  
Named after one of Wirra Wirra's original vineyards located alongside a small mid-19<sup>th</sup> century church, the Church Block is a red blend of near mythical sumptuousness. Crafted from Cabernet Sauvignon, Shiraz and Merlot, the wine unleashes robust dark-fruit aromas before caressing the tongue with succulent blackberry, plum and fine-grained tannins.



**00**  
**THE WILD OLIVE CHENIN BLANC**

South Africa **\$12.99** 205922  
South Africa has long been awash in Chenin Blanc vines, thanks to the local brandy industry's early appreciation of the grape's propensity for generous growth. The upside of this history is a bevy of "old vines" Chenin Blanc, including The Wild Olive, which aims to please a crowd with nuances of citrus and apple leading to a fresh, fruity finish.



**02**  
**RIONDO PROSECCO**

Italy **\$13.99** 814319  
Prosecco's popularity continues to rise across the globe, and bottles like Riondo highlight the reason why. Pop the cork on this Prosecco and you'll be treated to gobs of pear and apple fruit, a delicate fizz and an off-dry finish. It's light, it's fresh, it's a glassful of fun!



 **00**  
**MASI MODELLO DELLE VENEZIE**  
**PINOT GRIGIO**

Italy **\$12.99** 564674  
Vibrant and fruity, this Pinot Grigio hits the high points of summer white, while also featuring an engaging mid-weight texture and good overall balance. This solid value, everyday white works well with a variety of summer meals, from chicken salad to grilled fish.



 **00**  
**PIRRAMIMMA PETIT VERDOT**

Australia **\$29.99** 608216  
It's not everyday you come across a varietal Petit Verdot, a classic grape of Bordeaux. But Pirramimma was the first winery to plant the variety in Australia and they continue to champion Petit Verdot with their massive, ruggedly handsome red that is unabashedly bold, dense and long on the finish.



the  
cocktail  
menu

# VODKA

Welcome! Have a seat, relax and peruse our Cocktail Menu, featuring vodka, with original recipes from Bar Star, Matt Cooke. Recreate these fresh drinks at home, add friends and enjoy!



MODERN HOUND



MARS BOMBER

## MODERN HOUND

This is a fresh take on the Greyhound. No garnish – same as the original. Note: The fresher the juice, the better the drink!

|        |         |                            |
|--------|---------|----------------------------|
| 1½ oz  | (45 ml) | vodka                      |
| 1 oz   | (30 ml) | dry vermouth               |
| 1 oz   | (30 ml) | fresh red grapefruit juice |
| ¼ oz   | (7 ml)  | fresh lemon juice          |
| ½ oz   | (15 ml) | Jasmine Syrup <sup>1</sup> |
| 1 dash |         | rhubarb bitters            |

Combine all ingredients in a cocktail shaker and shake with ice. Fine-strain into a chilled cocktail glass.

<sup>1</sup> For Jasmine Syrup: In a saucepan, combine 1 cup (250 ml) granulated sugar, 1 cup (250 ml) water and 1 tbsp (15 ml) jasmine tea leaves. Bring almost to a boil, stirring to dissolve sugar. Remove from heat and let tea infuse for 10 minutes. Cool liquid and strain out tea. Bottle and refrigerate until ready to use.

## MARS BOMBER

Inspired by the Martin Mars water bombers of Sprout Lake, Vancouver Island, the Mars Bomber cocktail combines fire and water in this social-style drink. Don't dilute, as the watermelon juice is typically watery.

Of equal importance, keep the batch well chilled and serve only small portions at a time, to ensure maximum chill for the imbiber.

|        |          |   |
|--------|----------|---|
| 4 cups | (1 L)    | Chili and Pepper-infused Vodka <sup>2</sup>   |
| 8 cups | (2 L)    | Watermelon Juice <sup>3</sup>                 |
| 2 cups | (500 ml) | agave syrup                                   |
| 1 cup  | (250 ml) | Aperol  |
|        |          | Sugar and Salt Mixture <sup>4</sup> , for rim |

In a pitcher or large empty bottle, combine all ingredients except Sugar and Salt Mixture. Store in refrigerator, without adding any ice, until well chilled. When ready to serve, dip rims from oversized shot glasses into agave syrup then dip rims into Sugar and Salt Mixture. Pour small amounts of Mars Bomber cocktail into prepared shot glasses. Refrigerate remaining mixture to keep chilled.

<sup>2</sup> For Chili and Pepper-Infused Vodka: In a Mason jar, add 3 tbsp (45 ml) black peppercorns, 1 tbsp (15 ml) pink peppercorns, 1 tbsp (15 ml) white peppercorns, 1 tbsp (15 ml) chili flakes, and 3 cups (750 ml) vodka. Allow to infuse for 24 hours then remove peppercorns and chili flakes. Bottle infused vodka.

<sup>3</sup> For Watermelon Juice: Cut up watermelon, removing black seeds and rind. Purée in a food processor or blender and fine-strain. Bottle and refrigerate until ready to use.

<sup>4</sup> For Sugar and Salt Mixture: Combine 1 cup (250 ml) granulated cane sugar with ½ cup (125 ml) sea salt.

## LA PALOMA BLANCHE

Inspired by the exclusive Paloma Beach in the south of France, this cocktail is elegant and simply sophisticated. *La Paloma Blanche*, or “The White Dove” is perfect poolside, on a patio, or at your own exclusive beach.

|       |         |                                 |
|-------|---------|---------------------------------|
| 1½ oz | (45 ml) | pear-flavoured vodka            |
| ¾ oz  | (22 ml) | St. Germain Elderflower liqueur |
| ¾ oz  | (22 ml) | fresh lime juice                |
|       |         | coconut water, to top           |
|       |         | orange twist, for garnish       |

In a shaker, combine vodka, St. Germain and lime and shake with ice. Strain into an ice-filled wine glass and top with 2 to 3 oz (60 to 90 ml) coconut water. Garnish with a large twist of orange zest.



LA PALOMA BLANCHE



# PARTY PLATTERS

APPETIZERS FROM THE GRILL



It's summertime and what better way to have a party than with food cooked outdoors on the barbecue. This summer selection is brought to you from around the world. From Korea, the famed marinated Bulgogi beef, traditionally made with thin-cut short ribs, substituted here with juicy rib-eye steaks, sliced thin and eaten with your hands in a lettuce wrap. Hot and spicy Buffalo wings are served with a twist by turning them into two-bite sliders. From the Caribbean, the feature is spiced, rum-marinated shrimp that could be heated up by adding some minced habanero chili. And finally, it's the season for young, tender artichokes, perfect for an alfresco Italian antipasto!



**BUFFALO AND BLUE CHEESE SLIDERS**

PAIRS WITH BUFFALO AND BLUE CHEESE SLIDERS



**MICHAEL DAVID PETITE PETIT**

USA \$24.99 414946

This predominantly Petite Sirah blend with a touch of Petit Verdot is loaded with black fruits, including blueberry and blackberry, along with dark plum, spice and toast. On the palate, it is full-bodied with ripe-textured tannins, making it a magical partner for rich dishes.



**SANTA RITA SECRET RESERVE RED BLEND**

Chile \$14.99 348870

This Bordeaux-style blend of Cabernet Sauvignon, Merlot, Carmenera and Petite Verdot offers aromas of blackberry, red plum and spice. The addition of Syrah adds peppery character and soft tannins to this medium- to full-bodied wine.





CARIBBEAN GRILLED SHRIMP AND WATERMELON SKEWERS

PAIRS WITH CARIBBEAN GRILLED SHRIMP AND WATERMELON SKEWERS



**RUFFINO ORVIETO CLASSICO**

Italy \$12.99 31062

Made from indigenous grape varietals such as Grechetto and Procanico, this dry-style wine shows flavours of golden apple and citrus with hints of floral. Balanced and crisp on the palate, this wine is excellent with seafood and salad.



**BELLE GLOS MEIOMINI PINOT NOIR**

USA \$26.99 278937

Meiomini, meaning "coast," refers to the climate of the Pacific coastline where the Pinot Noir grape grows. Dark ruby in colour, this wine has aromas of black cherry, blackberry, spice and oak with hints of chocolate. Dry and medium-bodied on the palate with fine-grained tannins, it pairs wonderfully with pork chops or seafood.



GRILLED BABY ARTICHOKE WITH LEMON CAPER SAUCE

PAIRS WITH GRILLED BABY  
ARTICHOKE WITH  
LEMON CAPER SAUCE



 **00**  
**TERRA ANDINA  
SAUVIGNON BLANC**

Chile \$14.49 402644  
Loaded with tropical, zesty fruits, this Sauvignon Blanc displays flavours of grapefruit, lime and white peach. Ready to drink now, it is medium-bodied with juicy acidity. It will work magic with seafood and poultry.



 **01**   
**WAYNE GRETZKY OKANAGAN  
PINOT GRIGIO**

BC VQA \$13.99 5934  
Fragrant, with aromas of fresh melon, apple, pear and floral, this Pinot Grigio is perfect for hot summer days. On the palate, it is medium-bodied and dry in style. The crisp acidity makes it a perfect match for tapas and vegetarian dishes.





# CAESAR TONIGHT?

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KOREAN BARBECUE BEEF LETTUCE WRAPS

PAIRS WITH KOREAN BARBECUE  
BEEF LETTUCE WRAPS



**TOASTED HEAD CHARDONNAY**

USA \$17.99 594341

A blend of predominantly Chardonnay with a touch of Viognier, this oak-fermented and aged wine has flavours of peach, lemon, spice and oak. The palate is dry and medium-bodied with balanced acidity. It pairs well with salad, seafood and poultry.



**SERAFINO MCLAREN VALE SHIRAZ**

Australia \$25.99 93260

From McLaren Vale, which is renowned for its Shiraz, this wine reveals flavours of blackberry, black cherry, licorice, spice and vanilla with hints of dark chocolate. Rich, with some complexity on the palate, it is full-bodied with velvety tannins. Delicious with anything grilled and flavourful red meat dishes.



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100% Canadian Rye Whisky Based

Handcrafted by Master  
Blender Michel Marcil

*Michel Marcil*

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Tasting Panel Magazine,  
Sept. 2012

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# FLAVOURS



Rich in flavour and bursting with taste, these selections will bring a bit of spice to your summer entertaining. This California Zinfandel will become a new favourite with easy summer dinners like pizza and pasta. Oops Carménère from the Valle Central in Chile will bring a bit of spice to your barbecued meats, burgers or lamb. For the spirit-minded, here is a special tequila from Jose Cuervo that is infused with cinnamon, giving Cinge an exotic and unique flavour for your favourite cocktails.



## JOEL GOTT ZINFANDEL

USA \$19.99 67231

Ripe and lush, this California Zinfandel is sourced from famous regions such as Lodi, Sonoma and Mendocino. Showing aromas of blackberry, black cherry, dark plum, spice and vanilla, this full-bodied red has ripe-textured tannins and soft acidity. Keep some on hand to enjoy with comfort foods like pizza and pasta.



## OOPS CARMÉNÈRE

Chile \$14.99 72777

Think plum, blackberry, chocolate and spice. This 100 percent Carménère is ready to drink now. Loaded with dark fruit and fresh herbs on the palate, and with soft-textured tannins, this wine is excellent with barbecued meats and burgers.



## JOSE CUERVO CINGE

Mexico \$30.99 665414

Joining the flavoured-spirit trend, Jose Cuervo Cinge is tequila infused with natural cinnamon. Using the brand's Especial Silver as the base, it's loaded with cinnamon flavour and a hint of fresh herbs from the exotic agave. Have fun creating cocktail recipes with Cinge's unique flavours.



# SUMMER SIPPERS

## WELCOMING SESSION BEERS

The ongoing explosion of interest in craft beer has helped introduce a wide range of exciting styles to more and more people, but in many cases, these beers are big and strong: spicy Belgian saisons (pale ales) and hoppy west coast IPAs often top out at 7 percent or more alcohol by volume (ABV); Baltic porters and strong stouts might reach 8 or even 9 percent ABV, and barley wines and barrel-aged Russian imperial stouts can break into double digits. These strong, full-bodied beers are meant to be savoured slowly – but what about in summer, when you might want to enjoy more than just a glassful under the hot sun?

Thanks to the growing class of “session beers,” it is possible to enjoy some great craft beers without overdoing it while camping, enjoying a backyard barbecue or at the golf course. The term “session beers” is relatively new to the beer market and refers to beers that include a range of lower-alcohol options: traditionally lighter styles such

as pilsners, wheat beers and Kölsch beers, as well as the new India Session Ale (ISA) category, which exhibits the potent hop character of a west coast IPA, but at a much lower alcohol level.

Brewers themselves are often keen on session beers, because they generally have to drink beer as part of their job, so they like the idea of having something they can enjoy without running the risk of overindulging. The India Session Ale style was born out of that specific desire for a hoppy and flavourful beer they themselves could enjoy. Some brewers even call them “lawnmower beers,” as a reference to how they can be enjoyed while doing yard work in the sun.

First on the scene with an ISA in BC was Victoria’s Phillips Brewing with its Bottle Rocket ISA (5 percent ABV), and recently, Central City Brewing (Surrey) launched its own Red Racer ISA (4 percent ABV). The Red Racer ISA, which has an impressive body for such a low-alcohol level, features an outstanding new hop variety called Mosaic, which has been used by only a few BC breweries since it became available in 2012. It is a very aromatic hop, featuring a complex array of tropical fruit, citrus, earthy and pine characteristics. In the Red Racer ISA,

it melds with the malts to produce a refreshing peach iced tea flavour.

Beyond India Session Ale, there are several more traditional beer styles that easily fit in the session category. A recent resurgence of interest in lagers has led to the release of several excellent pilsners by BC craft breweries. Pilsners were first brewed in the 1840s in Plzen, part of the present-day Czech Republic, and were renowned for their light colour, clarity and refreshing crispness – all popular elements in a summer session beer. German-style pilsners, meanwhile, tend to be a little lighter, both in body and colour, more bitter, and cleaner in the finish.

There are several excellent pilsners brewed in BC, including: Hoynes’ Hoyner Pilsner (5.3 percent ABV), which is pretty much exactly what you would taste in the Czech Republic, Tree’s Kelowna Pilsner (4.8 percent ABV), Central City’s Red Racer Pilsner (5 percent ABV), Russell Brewing’s Eastern Promises Czech Pilsner (5 percent ABV) and Steamworks Brewing’s Pilsner (5 percent ABV), which won Best in Show at the BC Beer Awards in both 2011 and 2012.

The Kölsch beer style is a light ale unique to the German city of Köln

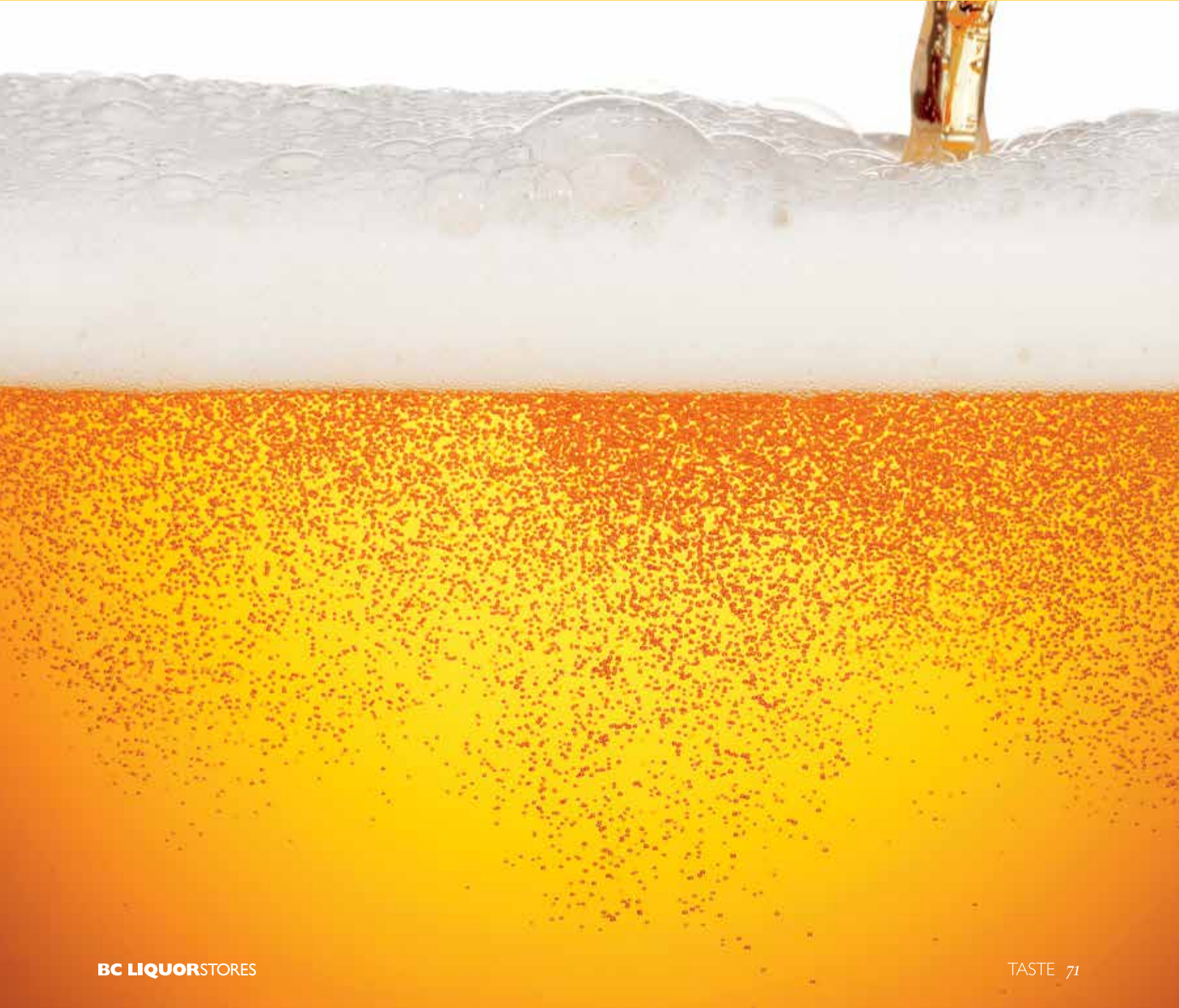


**JOE WIEBE**

Joe Wiebe is the Thirsty Writer. Look for *Craft Beer Revolution*, his guidebook to BC's craft breweries, in bookstores now ([www.craftbeerrevolution.ca](http://www.craftbeerrevolution.ca)). Follow along on Twitter @ThirstyWriter and @CraftBeerRevolu.



“ Thanks to the growing class of “session beers,” it is possible to enjoy some great craft beers without overdoing it while camping, enjoying a backyard barbecue or at the golf course. ”







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## SUMMER SIPPERS

(Cologne). Officially, no breweries outside of that city should use the term Kölsch (as with Champagne), but the few breweries in North America that brew Kölsch beers do not shy away from the name. Style-wise, Kölsch is indeed ale, which is unusual for Germany, where lagers dominate the market, but the beer is still “lagered” (or aged) at cold temperatures after fermentation. Kölsch beers are pale, light-bodied and less bitter than pilsners, with a slightly fruity character. In Köln, the beer is served in a tall, thin 200 ml glass called a *Stange*, and when you finish your glass, the tradition goes that a server will automatically replace it with a full glass unless you cover it with your beer mat. That definitely sounds like a session beer!

Here in BC, only a couple of breweries produce Kölsch beers: Phillips Brewing’s Analogue 78 Kölsch (5 percent ABV) and Mt. Begbie Brewing’s High Country Kölsch (4.5 percent ABV).

Wheat beers are another great session beer option, including German Weissbiers, Belgian Wits and fruit-infused wheat ales. In general, wheat beers are great in the summer because they tend to be lighter-bodied with a refreshing effervescence. Fruity German or spicy Belgian yeasts contribute to their summer session-ability.

Honey ales are one more session style worth exploring. Honey ferments out very thoroughly in beer, so it does not actually taste sweet in the finished product, but it tends to round out and soften bitter characteristics, while adding its own floral character.

Enjoy the summer with these refreshing and enjoyable session-able sippers.



### CENTRAL CITY BREWING RED RACER INDIA SESSION ALE

BC \$19.95 70839 12 x 355 ml

Central City’s brewmaster Gary Lohin calls this the “little brother” to his flagship Red Racer IPA and his Schwarzenegger-like Imperial IPA. At only 4 percent ABV, this beer has a surprisingly sturdy malt body to hold up a complex hop aroma.



### TREE BREWING KELOWNA PILSNER

BC \$1.99 115436 500 ml

This clean, crisp pilsner showcases a prominent grainy/bready character, which is very reflective of the German Pilsner style. It’s a satisfying sipper on a hot summer day in the backyard, at the campground or on your favourite restaurant’s sidewalk patio.



### FERNIE WHAT THE HUCK HUCKLEBERRY WHEAT ALE

BC \$5.25 474379 650 ml

This beer is brewed with huckleberries, which are native to the Rocky Mountains. It is a creamy wheat beer that pours cloudy yellow with a slight pink-purple tinge. It has a mouth-wateringly sweet berry aroma that is reflected with tartness at the end of each refreshing and satisfying sip.



### PARALLEL 49 BREWING SEEDSPITTER WATERMELON WIT

BC \$12.50 235440 6 x 341 ml

This unusual Belgian Wit calls upon the creativity and originality of Head Brewer Graham With’s home brewing background. It’s bursting with melon, citrus and peach flavours atop a spicy backdrop from the Belgian yeast, with a clean, dry finish that is oh so refreshing on a sunny day.



### NELSON BREWING WILD HONEY ORGANIC ALE

BC \$11.50 864991 6 x 355 ml

This beer won first place in the Session Beer category at the 2013 BC Beer Awards last fall. Like all of Nelson’s brews, it is organic – the honey comes from Golden Acres Honey in Three Hills, Alberta. Light and floral with a smooth, well-rounded finish, this is the epitome of a summer sipper.



### MT. BEGBIE HIGH COUNTRY KÖLSCH

BC \$11.75 884858 6 x 355 ml

Revelstoke’s Mt. Begbie is one of only a few breweries in Canada that regularly makes a Kölsch-style beer. Drink this one cold in a tall, skinny glass to emulate the real experience in Köln, Germany. *Prost!*





# Lavender



GRAPEFRUIT SCONES WITH WHITE CHOCOLATE DRIZZLE AND LAVENDER JELLY



LAVENDER JELLY

While often used around the house or as a nuance in perfume, sweet, citrusy lavender also makes a wonderful addition to your kitchen spice drawer. Lavender is a flowering plant belonging to the fragrant mint family. Despite its association with images of rolling fields draped with bright purple lavender flowers throughout Provence, France, lavender is in fact grown all around the world. When sourcing lavender for cooking, ensure it is specifically for culinary use. Though there is no definitive difference between ornamental and culinary lavender, some varieties are better for cooking than others, and the cultivation methods may vary slightly. Read on to discover how to make some tantalizing treats using the unique flavour of lavender.

PAIRS WITH GRAPEFRUIT SCONES WITH WHITE CHOCOLATE DRIZZLE AND LAVENDER JELLY



**SELBACH RIESLING**

Germany **\$17.95** 23242  
 Family-owned since 1660 with some of the best vineyards in the heart of the Mosel region, Selbach Riesling is aromatic with flavours of floral, lemon, green apple, honeydew and hints of white peach. Off-dry and medium-bodied, this wine has enough acidity to pair with spicy cuisines and light desserts.



**WHISTLER SAUVIGNON BLANC ICEWINE**

BC VQA **\$28.90** 813758 200 ml  
 This excellent quality wine, from a grape rarely used for icewine, offers intense flavours of pineapple, honey, ripe peach and apple pie. Its rich mouth feel is balanced by crisp acidity and good length. Serve chilled and enjoy it with desserts.





HONEY LAVENDER ICE CREAM WITH LEMONADE CAKE

PAIRS WITH HONEY LAVENDER ICE CREAM WITH LEMONADE CAKE



**GRAHAM'S LATE BOTTLED VINTAGE PORT**

Portugal **\$25.99** 191239

Offering an excellent alternative to vintage port, this Late Bottle Vintage port displays characteristics of black cherry, licorice and spice with a hint of mint. This medium-bodied wine with a rich and luscious mouth feel has soft, silky tannins and acidity.



**BOTTEGA PETALO IL VINO DELL'AMORE MOSCATO**

Italy **\$17.99** 580993

This sparkling Moscato captures delicate flavours of floral, rose petal, peach and fresh grapes. Medium-sweet on the palate, it is balanced by juicy acidity and creamy bubbles. Lovely with fresh fruit and desserts.





BRÛLÉE CUSTARD TARTS WITH LAVENDER SUMMER FRUIT SALAD



**CHARLES DE CAZANOVE BRUT CHAMPAGNE**

France \$49.99 420315

This classic textbook champagne made from a 50/50 blend of Chardonnay and Pinot Noir displays characteristics of toast, biscuit, green apple and spice. It is medium-bodied with zesty acidity. Its persistent, integrated mousse and long length suggest this wine is ready to drink now, but it would also benefit from five to seven years in the cellar.



**WILLIAMS & HUMBERT DRY SACK SHERRY**

Spain \$16.99 13565

This blended oloroso sherry with just a minute amount of residual sugar offers a nose of nuts, caramel and spices with a hint of dried fruit. Developed and full-bodied, it is rich and balanced on the palate. Enjoy as an aperitif or as a companion to dessert.

PAIRS WITH BRÛLÉE CUSTARD TARTS WITH LAVENDER SUMMER FRUIT SALAD



# GIN AND ITS KIN

## SUMMER'S PERFECT APERITIFS

Perhaps you are relaxing on the veranda with a refreshing gin and tonic after a day of tiger hunting in the heat of colonial India. Or maybe you're on a patio in Arles enjoying a tall, cool absinthe following an afternoon under the Provençal sun capturing the light on canvas. These two rejuvenating and refreshing aperitifs share something in common: both are flavoured spirits and you don't need to travel back in time or halfway around the world to enjoy what just may be the perfect summer sipper.

The beauty of flavoured spirits as an aperitif is they generally start out as a neutral spirit (very pure alcohol at 95 to 96 percent) that has been flavoured with fruits and botanicals (fancy name for stems and seeds, leaves and roots and other plant parts). Flavoured spirits are typically dry. Occasionally they are slightly sweetened, but, if too sweet, they cease to be spirits and rather become liqueurs. Historically, most spirits were flavoured, because rudimentary distilling practices created

spirits that included many impurities, making them harsh and unpleasant to drink. Adding flavour masked those impurities. Today, distillers are able to control the amount of impurities; so many spirits are no longer flavoured. Those that do allow the ingredients to shine through and be the focus.

Gin is far and away the most important of the flavoured spirits. The law demands that gin be flavoured predominantly with juniper, which is what gives the spirit its fresh pungency and pine-like character. But juniper is by no means the only flavour; dozens of other botanicals can be used, and each distiller tends to have its own proprietary recipe. Some common ingredients include coriander seeds, dried citrus peels, orris and angelica roots, but the possibilities are endless. Many are unique, such as cucumber, whole grapefruit or rose, which can result in delicate, pure gins that form great bases for summer cocktails.

How the flavour is added to the spirit is important in determining the quality. There are two main methods: cold-compounding and redistillation. The cold-compounding method, which involves adding flavour essences to neutral spirit, is used for the simplest

and least expensive gins. Premium gins will redistill the botanicals with the neutral spirit, ensuring a far more complex and integrated spirit. Look for "Distilled Gin" on the label. London Dry Gin will always be a distilled gin (but not necessarily from London).

The Dutch were the first to make a juniper-flavoured spirit called Genever or Jenever. Genever often uses at least a portion of *moutwijn*, a lower-strength base spirit. As the *moutwijn* can diminish the aromas of the juniper, Genever is sometimes more subdued than English gin. The English took to the juniper-flavoured spirit after the Dutchman William of Orange became King of England in the late 17<sup>th</sup> century. The first English versions were so harsh that, not only were they flavoured strongly with juniper, they were also sweetened. It wasn't until improvements in distillation, most notably the invention of the continuous still in the early 19<sup>th</sup> century, that we started to see unsweetened or "dry" gins produced.

Spirits predominantly flavoured with anise make up a huge category shared by the countries of the Mediterranean. Raki from Turkey, Ouzo from Greece, along with Pastis and Absinthe from France, are all



**IAIN PHILIP**

Iain Philip is a wine educator, presenter, consultant and judge who specializes in delivering Wine and Spirit Education Trust (WSET) courses. In any given year he will instruct over 300 students. He is co-owner of Barbarian Wine Consulting along with his wife Barbara. [www.barbarianwine.com](http://www.barbarianwine.com)

“ You don't need to travel back in time or halfway around the world to enjoy what just may be the perfect summer sipper. ”





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PRODUIT ET BOTTILLÉ EN GRANDE-BRETAGNE PAR  
TANGQUERAY, SAISONNÉ ET BOTTILLÉ

750 mL

40% alc./vol.

## GIN AND ITS KIN

flavoured with some or all of: star anise, green anise and fennel, as well as an array of other botanicals. All of the spirits share a common characteristic beyond flavour: they all contain anethole, an organic compound found in the essential oils of anise, fennel and some other plants. Anethole is soluble in ethanol but not in water, so when these spirits are diluted with water, they turn cloudy in a dramatic phenomenon known as “louching.” These spirits are meant to be diluted. Often, they are bottled at high strength. Pastis de Marseille is 45 percent alcohol by volume and absinthe is 60 to 70 percent. They are meant to be refreshing aperitifs drunk on warm afternoons, so generous amounts of cool spring water are added to make a tall drink. A typical recipe is five parts water to one part pastis, but whatever the math, the end goal is a drink with approximately the same alcohol content as a glass of wine.

There are many other flavoured spirits around the world, including the Scandinavian specialty Akvavit, which is flavoured with caraway and plays an important role in the midsummer festivities. And of course, there is vodka that began as a flavoured spirit. Vodka was originally flavoured with local botanicals, including birch or bison grass, to hide the coarseness. As the spirit became purer, it became unnecessary to add flavours. We have now come full circle, and vodka is being flavoured with almost every imaginable ingredient.

What is the ideal choice for a summer aperitif, you ask. Try a traditionally flavoured vodka, such as bison grass, or any of the fabulous products listed here.



### BEEFEATER LONDON DRY GIN

United Kingdom \$24.99 570

One of gin's most enduring brands, Beefeater was established in the 19<sup>th</sup> Century. It is one of only a few London dry gins still distilled in London. Classic in its botanical recipe, it delivers a fragrant juniper nose with hints of citrus and a touch of earthy spiciness.



### BOOMSMA YOUNG GENEVER GIN

Netherlands \$29.99 1594

Dutch genever is the original juniper-flavoured spirit and dates back to the 17th century. This example is a jonge (or modern) style that is more delicate in character than the oude or traditional style. If you are looking for an elegant spirit with just hints of juniper, this is the ticket. It's great in a traditional martini.



### RICARD PASTIS DE MARSEILLE 45

France \$29.99 15693

This is the world's most popular anise-flavoured spirit. Ricard is perennially in the top 15 spirit brands in the world. The recipe was created in 1932 after absinthe was banned in France and pastis was born. Typically served at a game of *pétanque* (similar to the Italian game bocce).



### ABSOLUT CITRON

France \$26.25 257238

This lemon-flavoured vodka, from the trendsetting brand that may well have started the current craze for flavoured vodkas was first released in 1988. It is wonderfully pure and zingingly citrus flavoured. What could be more satisfying than an Absolut Citron and tonic on a hot summer's day?



### TANQUERAY RANGPUR

United Kingdom \$29.99 785170

This modern-style gin, introduced in 2006, augments its juniper character with rangpur lime, the unusual citrus fruit that looks like a mandarin orange but tastes like a lime. Incredibly refreshing, it makes a perfect gin and tonic – and you don't have to remember to buy limes.



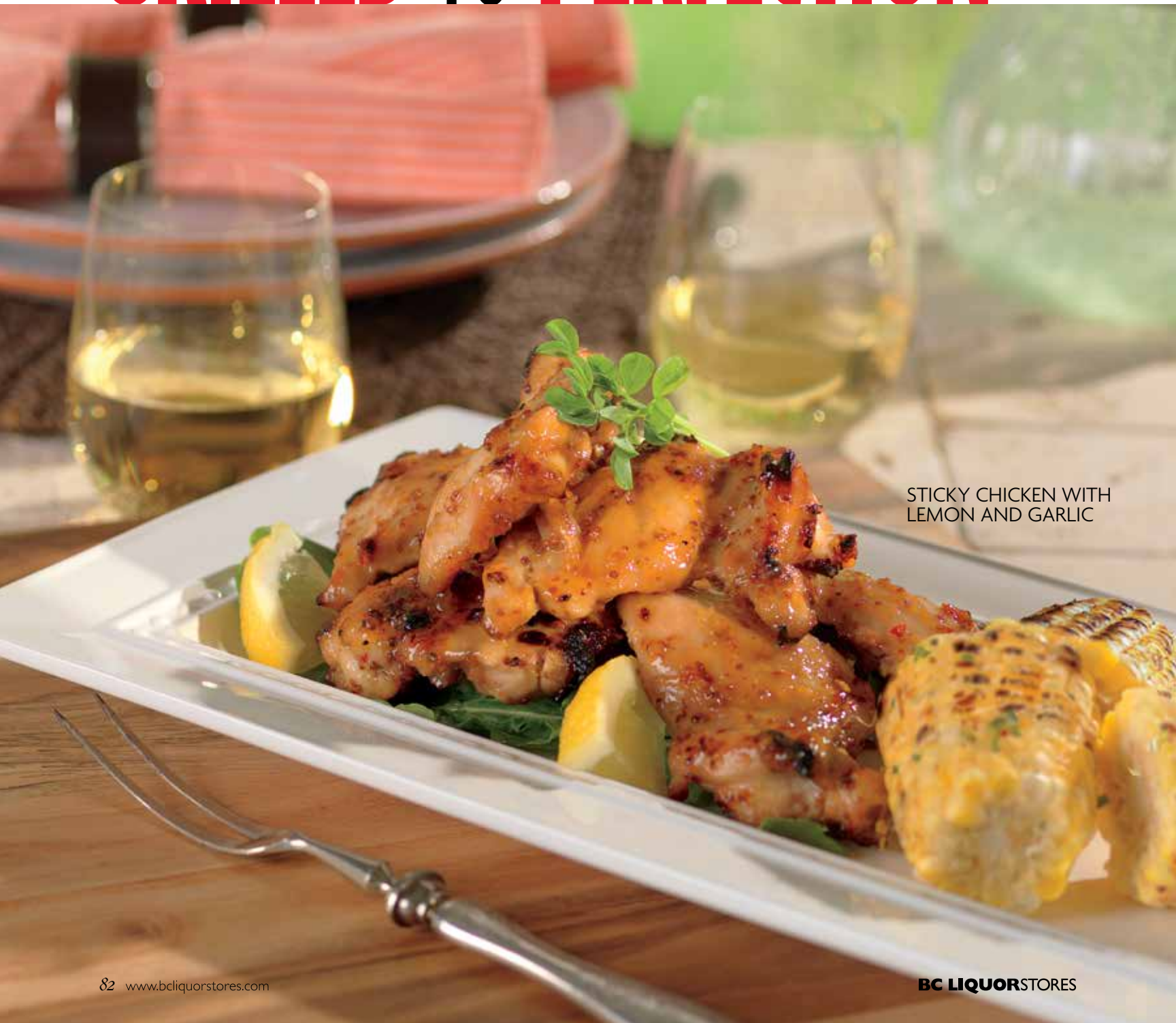
### LA FÉE PARISIENNE ABSINTHE

France \$77.99 830448 700 ml

In 1990, La Fée was the first absinthe to be distilled in France since it was banned in 1914. Its vibrant green colour is perfectly suited to resurrect the 19<sup>th</sup> century tradition of *l'heure verte* (“the green hour”) of the late-afternoon absinthe aperitif. At 68 percent alcohol by volume, be sure to dilute with water, lest you run the risk of accidentally writing some great poetry.



# GRILLED TO PERFECTION



STICKY CHICKEN WITH  
LEMON AND GARLIC

Grilling is a delicious way of preparing food, as it imparts a flavour all its own. Following a few simple rules will ensure success every time. First rule: clean the grates. To achieve best results, heat up the grill and brush the grates (area where you place food) with a wire grill brush. Second rule: using a long pair of tongs, rub the grates with an oil-soaked paper towel until they appear shiny. Third rule: take the food to be grilled out of the refrigerator about 30 minutes before grilling, to remove the chill. Follow these rules and your guests will be coming back for more!



PIÑA COLADA SALMON

PAIRS WITH PIÑA COLADA SALMON



**J. LOHR RIVERSTONE CHARDONNAY**

USA \$22.99 258699

A mainstay grape varietal grown in the Arroyo Seco region of Monterey County, California, this wine shows flavours of apple, lemon, hazelnut, vanilla and oak with a hint of pear. Creamy and dry in style, its medium- to full-bodied mouth feel is balanced by fresh acidity.



**TRIVENTO PINOT NOIR RESERVE**

Argentina \$14.99 252502

This youthful Pinot Noir offers aromas of raspberry, red cherry, spice and oak that continue through to the palate. Balanced and medium-bodied, it has smooth-textured tannins and tangy acidity, making it a great match for fish and pork dishes.





BOURBON BARBECUE RIBS AND GRILLED CORN WITH HERB BUTTER

PAIRS WITH BOURBON BARBECUE RIBS  
AND GRILLED CORN WITH  
HERB BUTTER



**CAYMUS NAPA VALLEY ZINFANDEL**

USA \$45.99 709808

Renowned for its quality Cabernet Sauvignons, Caymus also makes excellent quality Zinfandel. This wine offers rich flavours of black cherry, dark plum sauce, oak, spice and vanilla with a hint of blueberry on the nose and palate. Full-bodied, with ripe-textured tannins and some complexity, it is ready to drink now or can cellar for five to seven years.



**BUFFALO TRACE KENTUCKY  
BOURBON**

USA \$41.99 605063

Made from a mash bill of corn, rye and malted barley and aged in new charred-oak barrels for eight years, this aged whisky has pungent flavours of vanilla, spice, oak, toast, citrus and leather. On the palate, it has a round and complex mouth feel and is full-bodied. The finish just keeps on going.

PAIRS WITH STICKY CHICKEN WITH LEMON AND GARLIC



**THE GRINDER SHIRAZ**

South Africa \$14.99 683813

As the lovely label implies, this wine is packed with aromas of ripe cherry, spice and mocha with a touch of blueberry. Medium- to full-bodied on the palate, this wine has round-textured tannins, low acidity and a leathery aftertaste. Excellent with beef and grilled dishes.



**LOUIS BERNARD CÔTES DU RHÔNE BLANC**

France \$13.99 589432

A blend of Grenache Blanc and Viognier with indigenous French grapes Clairette, Bourboulenc and Roussanne, this wine has youthful flavours of gala apple, citrus and floral. Dry and mild on the palate, it pairs well with salad, seafood and poultry.



LAMB LOLLIPOPS WITH MINT AND TZATZIKI DUO

PAIRS WITH LAMB LOLLIPOPS WITH MINT AND TZATZIKI DUO



**CONCHA Y TORO MARQUES CASA CONCHA CABERNET SAUVIGNON**

Chile \$22.99 337238

Offering generous flavours of blackcurrant, black cherry, cedar, oak and pepper, this youthful wine is ready to drink now. On the palate, it is dry in style and full-bodied with balanced acidity and integrated textured tannins. This Bordeaux-style wine is best served with lamb dishes.



**CANTINA DI NEGRAR AMARONE DELLA VALPOLICELLA CLASSICO**

Italy \$39.99 44784

A trio blend of Corvina, Corvinone and Rondinella, this dark ruby wine is made by the appassimento process, in which grapes are dried on straw mats. Displaying characters of dried fruits, prunes, red cherry and spice with hints of floral, this full-bodied wine is ready to drink now. With its fine-grained tannins and mouth-watering acidity, it's a great partner for meat dishes.



# COAL HARBOUR CACTUS CLUB CAFE



Chef Rob Feenie, Executive Chef, Cactus Restaurants Ltd.

It's hard to believe Cactus Club Cafe recently celebrated their 25<sup>th</sup> anniversary. Those who recall the early days of the original Pemberton Avenue location in North Vancouver will wonder where the time has gone while, at the same time, marvelling at how far Cactus Club has come.

Of the now 25 restaurants in western Canada, Cactus Club Cafe's crowning glory is undoubtedly its year-old Coal Harbour location. The casual fine dining champion pulled out all the stops for their new flagship Vancouver location – from the stylish west coast architecture and sexy interior design to the prized artwork and unparalleled views. It is no wonder that they were recently awarded Best Downtown Restaurant in *Vancouver Magazine*. Incredible as it seems, this stunning new addition to Cactus Restaurants Ltd. seats 500 (300 inside and 200 outside) and offers “sea-to-sky” views and retractable glass walls. Located oceanside at Jack Poole Plaza, the entrance is adjacent to the Olympic Cauldron – a landmark viewed around the globe during the 2010 Winter Games.

According to Chef Rob Feenie, Cactus Club Cafe president and founder Richard Jaffray thinks big. “Richard does everything to plan. It's a team effort – from the service culture to the wine and food culture.” Indeed, bringing celebrity chef, cookbook author and Iron Chef America champion into the fold in 2008 was a brilliant move. Feenie's role as Executive Chef is diverse and his enthusiasm for mentoring the 500 chefs beneath him is as genuine as his respect for Jaffray.

Being a chef has been a lifelong dream. As a teenager he spent a significant amount of time in Europe, where he was exposed to great food. Those experiences led the Burnaby-born Feenie to cooking school at age 18. He attended Vancouver's Dubrulle Culinary Institute and later worked as sous-chef at Vancouver's Le Crocodile and the Rim Rock Cafe in Whistler.

Feenie credits Le Crocodile's owner, Chef Michel Jacob, with much of his success. “He really moulded me into a chef.” Alsatian-born Jacob opened the door for Feenie's stage at the

“Feenie’s knowledge of international cuisine and his love of using fresh, sustainable ingredients translated well to his role in casual fine dining.”



world-renowned Au Crocodile in Strasbourg under Chef Emile Jung, which led to similar work experiences under Chef Charlie Trotter at Trotter’s Restaurant in Chicago and Chef Jean-Georges Vongerichten at Jean-Georges Restaurant in New York.

It was time spent with Charlie Trotter that opened his eyes to the possibilities of fine dining, from a North American perspective. That conviction was the cornerstone of Feenie’s work at the now defunct Lumière, which he opened in 1995.

Feenie’s knowledge of international cuisine and his love of using fresh, sustainable ingredients translated well to his role in casual fine dining. Although making additions to the menu involves months of planning and incredible teamwork, his mantra is the same, “The passion and quality is no different... as a team we have to get it right.”

Feenie is excited about the globally inspired dishes developed for the menu at Coal Harbour. They include: Kobe-style meatball trio with roasted tomato sauce and freshly grated Parmesan;

tuna sushi cone with spicy Ocean Wise Albacore hand rolled in a soy paper wrapper with avocado, pickled ginger and tempura; Sablefish with shiitake mushroom, asparagus, Peking duck broth and fingerling potatoes. Feenie is quick to point out a new ceviche starter, made from Ocean Wise steelhead, sustainably harvested prawns, Thai basil and mint. The “casual favourites” Bengal chicken curry (introduced for the launch of the Coal Harbour location) is now available in every Cactus Club.





SAKE AND MAPLE-MARINATED SABLEFISH WITH A CITRUS AND SOY SAUCE

Although tight-lipped about what's next, Feenie admits he and his team are constantly developing new menu ideas. They don't roll every new menu item out to all locations – often because it's not feasible. The level of difficulty of each dish (and the clientele) must be considered.

While Feenie is based in Vancouver and spends a good deal of time at the Coal Harbour location, he is present at each new restaurant launch. He arrives before opening to train the kitchen staff and remains after, to ensure everything is running smoothly. Consistency is of the utmost importance and will remain so as Cactus Club Cafe continues to spread across Canada.

It seems to be working. People are gobbling up all that Feenie and Cactus Club have to offer. Delicious food, well-thought wine and cocktail lists and great ambience are just the tip of the iceberg.

What's beneath is equally impressive.

Rob Feenie has shared three recipes here from his book *Rob Feenie Cooks at Lumière*, which capture the fresh ingredients and flavours of summer.

*Cactus Club Cafe, Coal Harbour*  
 1085 Canada Place  
 Vancouver, BC  
 604 620 7410



CHILLED CUCUMBER AND WATERMELON SOUP WITH DUNGENESS CRAB

**PAIRS WITH CHILLED CUCUMBER AND WATERMELON SOUP WITH DUNGENESS CRAB**



    
**SANDHILL GAMAY NOIR**

BC VQA \$19.99 627687  
 The signature red grape varietal of the Beaujolais region, this Okanagan Gamay has youthful aromas of red plum and cherry with spice notes. Mild on the palate, this refreshing wine has mouth-watering acidity and silky-textured tannins. It is fantastic with tapas and salads.



    
**RIGAMAROLE ROSÉ**

BC VQA \$14.99 618785  
 Made from a cocktail blend of grape varietals, this rosé has flavours of candied cherry, raspberry and spice with hints of watermelon. Medium-bodied, the dry palate has mouth-watering acidity. Works beautifully with appetizers and seafood.



# RECOMMENDED BY 10 OUT OF 10 TASTE BUDS

or at least that's what we've heard



Please drink responsibly.

SERVE OVER ICE

#SOMERSBYSUMMER



PAIRS WITH SAKE AND  
MAPLE-MARINATED SABLEFISH  
WITH A CITRUS AND SOY SAUCE



**LOUIS LATOUR BOURGOGNE  
PINOT NOIR**

France **\$27.99** 69914

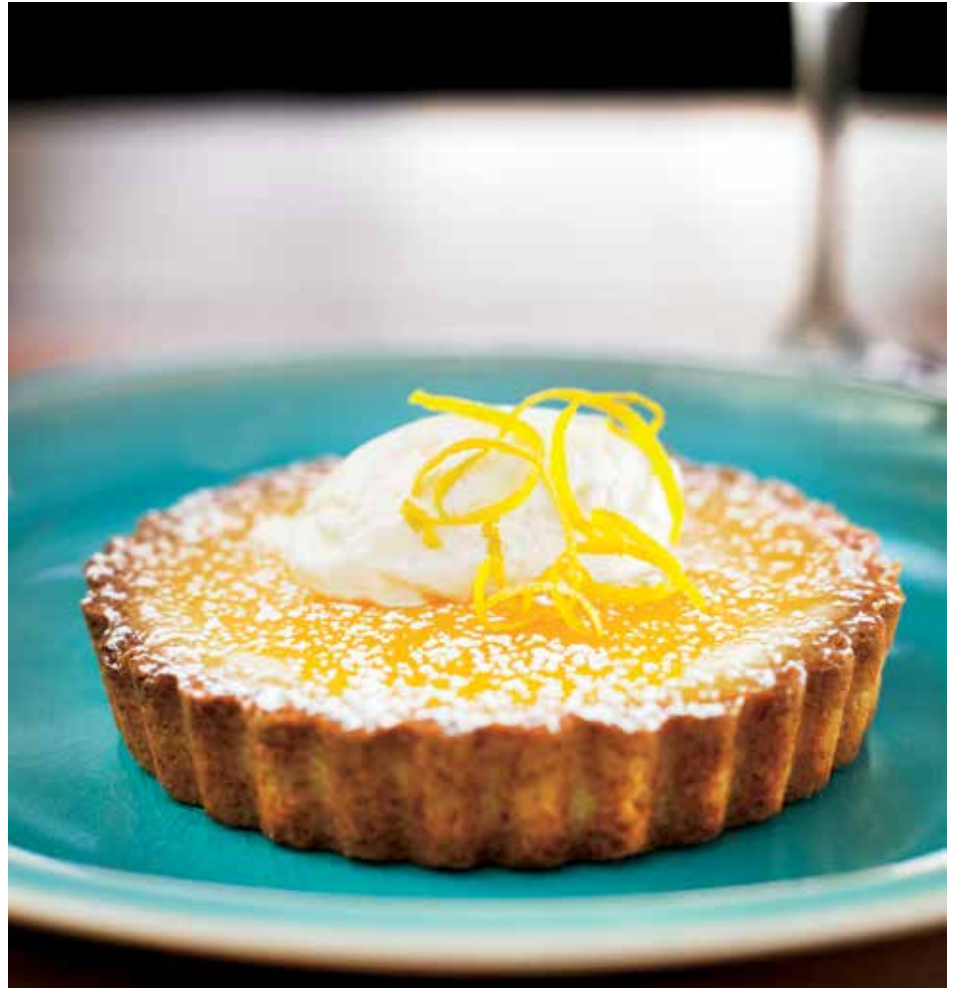
Being able to source grapes from throughout the Burgundy region enables the house of Louis Latour to maintain consistent quality year in and year out. Showing youthful notes of red currant, black cherry and baking spice, this wine is ready to drink now. Medium-bodied with smooth tannins and crisp acidity, this versatile wine makes a great complement to many dishes.



**ALVEAR FINO**

Spain **\$16.99** 112771

Bursting with savoury and seductive aromas, this fortified wine not only works well with mains, but can also be served as an aperitif. Offering flavours of brine and bruised apple with biscuity notes, this medium-bodied wine has great length and is a great go-to wine for long summer nights.



LEMON AND BASIL TART WITH LEMON SORBET

PAIRS WITH LEMON AND BASIL TART  
WITH LEMON SORBET



**SEE YA LATER RANCH RIESLING**

BC VQA **\$15.99** 579045

This zesty Riesling displays characteristics of gala apple, lemon, apricot and lime. It is youthful in development and mild on the palate. The racy acidity makes this wine perfect with seafood and light desserts.



**WHISTLER LATE HARVEST  
CHARDONNAY**

BC VQA **\$19.90** 197244 375 ml

Extra hang time on the vine allows the Chardonnay grape to achieve a higher level of ripeness and more flavour concentration. Showing intense flavours of peach, nectarine, honey, apple and cinnamon, this wine is medium-bodied with a rich, fresh mouth feel.





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# CONSULTANT'S CHOICE

our experts share their favourites



"The passion and energy that I have for my customers gives me the opportunity to show them exceptional choices of wine and spirits. I am excited to see familiar faces when they return for another selection."

**DAISY TANEJA**  
WSET Advanced  
Westshore, Victoria



## WHITEHAVEN SAUVIGNON BLANC MARLBOROUGH

New Zealand \$19.99 300368

Sourced from Mansion House Vineyards in Marlborough. Impressive pure aromas of passion fruit, grapefruit, fresh gooseberries and herbs. The palate has freshness, finely balanced acidity, mineral component, layered with tropical fruits and zesty citrus peel notes lingering on the clean, crisp finish. A perfect summer sipper or match with salads, poultry and shellfish.



## VILLA ANTINORI TOSCANA

Italy \$23.99 104885

World-renowned wine producer Antinori blended the signature Chianti grape Sangiovese with Cabernet Sauvignon, Merlot and Syrah. Expressive aromas of cherry, plum, chocolate and spice. Medium-to-full bodied showing complex flavours of cherries, raspberry and savoury notes. Velvety soft tannins and succulent long length on the finish. Could cellar for a few years or enjoy today with rib-eye steak, Italian sausage lasagna or rack of lamb and roasted vegetables.



"Experiment and enjoy the journey. Most of all, share with others."

**JORDAN HAYES**  
WSET Diploma  
Langley



## LA CHABLISJENNE LA PIERRELEE CHABLIS

France \$27.99 359844

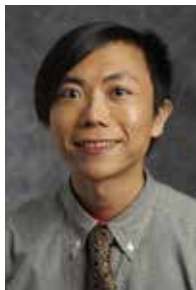
On the nose there is a nicely developed bouquet with lingering aromas of spring flowers and ripe citrus fruits. The first impression on the mouth is a perfect balance of richness and acidity along with that famous flinty minerality, quickly followed by a refreshing combination of juicy limes and white fruits.



## RUSSO LIMONCELLO

Italy \$31.25 471623 700 ml

Verdelli lemons, from the Almafai Coast, known for their intense aromatics, are handpicked and peeled to preserve their fragrance and essential oils. The resulting liqueur is bursting with fresh lemon flavour, thoroughly capturing both the sweet and sour aspects of the fruit. This premium limoncello has amazing versatility, from digestif to champagne cocktails. It also makes a wonderful addition to spirits both white and brown. Pop it in the freezer and give a good shake before use.



"Wine is heart while spirit is passion. These are the core elements that make my adventurous approach to life possible."

**PETER WAN**  
WSET Diploma  
Park Royal, West Vancouver



## MOLLYDOOKER TWO LEFT FEET SHIRAZ CABERNET MERLOT

Australia \$28.99 892125

Definitely exceeding expectations, this heavy fruit-weight trio blend offers aromas of blueberry, blackberry, dark plum, spice, toast and mocha. Full-bodied and dry in style, it is concentrated and has fine-grained tannins on the palate. Balanced with some complexity, this wine has a long finish and pairs well with many meat dishes.



## LOT NO 40 SINGLE COPPER POT STILL

Canada \$39.99 3822

This 100 percent rye, true Canadian whisky delivers amazing flavours of papaya, hard candy, toast, vanilla and orange peel with hints of apple and dried fruit. Dry with integrated alcohol on the palate, this excellent quality whisky has a big, fruity rye taste together with peppery notes that persist throughout the long, smooth finish.

Product Consultants are available at the 22 Signature BC Liquor Stores and three BC Liquor Stores (Dunbar, Caulfeild and Peninsula Village) across the province to assist with your shopping and to provide you with in-depth information on the world of beverage alcohol. Trained by the Wine and Spirits Education Trust (WSET), 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!





# BLUEBERRIES

BLUEBERRY TART WITH LIME CURD

## NATURE'S BLUE GEMS

Nature does not offer many blue foods, the blueberry being a noteworthy exception. Blueberries are versatile, good for you and, above all, delicious. They can be used in sweet and savoury dishes, as shown in these recipes. Blueberries are extensively cultivated in the Lower Mainland and are available from July to early October. They can also be easily frozen to enjoy year round. For a special summertime treat, melt some chocolate (milk or dark), dip blueberries and place on parchment paper until the chocolate is set. Enjoy!



BLUEBERRY AND SPINACH SALAD WITH LEMON HONEY VINAIGRETTE

PAIRS WITH BLUEBERRY AND SPINACH SALAD WITH LEMON HONEY VINAIGRETTE



 **02**  
**G.H. MUMM CARTE CLASSIQUE CHAMPAGNE**

France \$59.99 308064

Showing intense, developing characteristics of toast, spice, ginger, bread, pear and lemon, this is one of the textbook champagnes the region has to offer. Off-dry on the palate, it is balanced by refreshing acidity and displays fine mousse with long persistence that last throughout the long length. Excellent quality.



 **09** 

**QUAILS' GATE FORTIFIED VINTAGE FOCH**

BC VQA \$22.99 638148 375 ml

A unique port-style wine made from the French hybrid varietal Foch (aka Maréchal Foch), it offers aromas of blackberry, dark cherry, dark chocolate and coffee. Full-bodied on the entry, this wine has ripe-textured tannins and a balanced mouth feel. Think rich desserts.



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BLUEBERRY PIZZA WITH HONEYED RICOTTA AND PROSCIUTTO

PAIRS WITH BLUEBERRY PIZZA WITH HONEYED RICOTTA AND PROSCIUTTO



**CRAZY LIFE RIVANER PINOT GRIGIO**

Germany **\$14.99** 766923  
 Youthful and refreshing, this blend of Rivaner and Pinot Grigio offers flavours of lemon, grapefruit and green apple. This medium-bodied dry wine has tangy acidity, making it an awesome partner with sushi and appetizers.



**BLANDY'S DUKE OF CLARENCE RICH MADEIRA**


Portugal **\$28.99** 280982  
 Made from the Tinta Negra Mole grape, this golden brown-coloured wine has a nose of raisin, toffee, honey and nuts. The palate is sweet and medium- to full-bodied with intense acidity. The rich flavour makes it a superb match for soft cheeses and chocolate cakes.





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Please drink responsibly.



That calls for a 

PAIRS WITH BLUEBERRY TART WITH LIME CURD



**FRISK PRICKLY RIESLING**

Australia **\$14.99** 167205

This aromatic and refreshing white wine is the perfect summer garden sipper. Made even more aromatic by the addition of a small amount of Muscat Gordo, it is off-dry and offers flavours of green apple, ripe peach and floral with grapey notes.



GRILLED TERIYAKI PORK CHOPS WITH BLUEBERRY RELISH



**WARRE'S OTIMA 10-YEAR-OLD TAWNY PORT**

Portugal **\$27.99** 565705 500 ml

This 10-year-old tawny port has savoury characteristics of dried raisin, nut and caramel with toffee notes. Rich and full-bodied on the palate, this fortified wine has silky-textured tannins and a luscious mouth feel.



PAIRS WITH GRILLED TERIYAKI PORK CHOPS WITH BLUEBERRY RELISH



**GHOST PINES CALIFORNIA RED**

USA **\$24.99** 33241

Made mostly from grapes harvested from the famous Sonoma county, this wine is predominantly Petite Sirah, with Zinfandel, Cabernet Sauvignon and Petit Verdot as the supporting grapes. Rich, with flavours of blueberry, blackberry compote, spice and toffee notes, this wine is dry and full-bodied with fine-grained tannins on the palate.



**AMALAYA MALBEC BLEND**

Argentina **\$17.99** 168294

With Malbec, Argentina's signature grape, as its backbone, blended with Cabernet Sauvignon and Tannat, this youthful wine has aromas of red plum compote, raspberry, spice and oak. On the palate, it is full-bodied with integrated tannins and just a hint of char note towards the finish.



# REFRESHING REDS

Summertime. And the living is easy. Until it's time to select a red wine. Grab something too big and bold, and you'll end up with a soupy, prune-y, tough-tasting wine just when you're thirsting for refreshment. And that, my friend, can ruin an evening faster than you can say Valpolicella.

In the heat, the right reds have a mean streak of lemon-squirt acidity, lovely svelte body and juicy freshness. And they flash a vintage date that shows they're two years old max. With those features firmly in place, the red can be safely chilled down a few degrees – ratcheting up the refreshment factor even more – and consumed in great, glorious gulps.

Winter will come soon enough and everyone can, and should, go back to swirling and sipping saturated reds, but for now it's time to just drink wine. Zippy wine. Crisp wine. Wines such as Cabernet Franc.

## CABERNET FRANC

Cabernet Franc is the cabriolet of the wine world. It's a top-down, wind-in-

the-hair, shiny pour. All sass and pep.

Tasting much like Cabernet Sauvignon, but paler, lighter and smoother, Cabernet Franc is a bright, cheerful mouthful of raspberry and blackcurrant flavour with maybe a hint of green pepper. It has you at hello.

Cabernet Franc hails from all over the world these days and usually sports its grape variety on the label, except of course when it's from France, which prefers to label by place of origin. French Cabernet Franc is usually called Anjou, Bourgueil, Chinon and Saumur-Champigny – all regions in the Loire Valley. It's spunky juice.

## BEAUJOLAIS

Another French regional wine guaranteed to put a little ease in your summer swag is Beaujolais, made from the Gamay grape. It's not only a quenching little all-purpose quaff, it's also the perfect pour for people who insist on red with fish. Here's why.

Tannins interact with iodine in fish and seafood, making many reds taste metallic. But Beaujolais is

made by carbonic maceration, which produces a fresh, fruity style of wine that's quite low in tannin. Voilà! Without getting too technical, the method ferments the grape bunches internally before being crushed, rather than using harsher press methods.

Beaujolais doesn't tend to age well, but it's certainly blessed with compellingly sweet berry aromas and, as some say, a hint of Hubba Bubba – in a good way.

Italy also has a couple of reds well-suited to the season: Chianti and Valpolicella.

## CHIANTI

Chianti is made from Sangiovese grapes, which taste like tart cherries, giving it a built-in refreshment factor. And it's a good wine to try now because the region is making huge strides in quality improvement. In short, the wine is way better than it was even a decade ago.

Truth be told, Chianti can be a tad more tannic than any of the other summer reds recommended here, but the wine smooths right out with



**CAROLYN EVANS HAMMOND**

Wine critic and London-trained sommelier, Carolyn Evans Hammond is a two-time best-selling wine book author. Her latest book *Good Better Best Wines* soared to bestseller in Canada and the US within weeks of release. She is a member of the UK Circle of Wine Writers and the Vice President of the Wine Writers' Circle of Canada.

“ In the heat, the right reds have a mean streak of lemon-squirt acidity, lovely svelte body and juicy freshness. ”

a bite of protein-rich food, such as a nibble of cheese or piece of prosciutto. And Chianti's natural acidity keeps it clean and palate-cleansing, even when the wine is at the riserva level.

Chianti Riserva means the wine was aged a couple of years before release and will usually have relatively higher alcohol. So, in the context of summer sipping, Chianti Riserva is the wine to pour with that dry-aged, spice-rubbed rib-eye you slap on the grill.

**VALPOLICELLA**

The other Italian red well worth remembering this season is Valpolicella. It's not only deliciously crisp and light but, when you buy from a trusted producer, it can be one of the best-value reds on the planet – all silky with lifted fruit. Much like Chianti, the Valpolicella region in northeastern Italy is undergoing an image restoration led by improved winemaking. That Angelina Jolie and Brad Pitt recently bought a \$40 million villa there probably also isn't bad for the region's image, but that's another story.







90

— Points —

**BEST BUY**

*Wine Enthusiast  
Magazine*  
2014

~

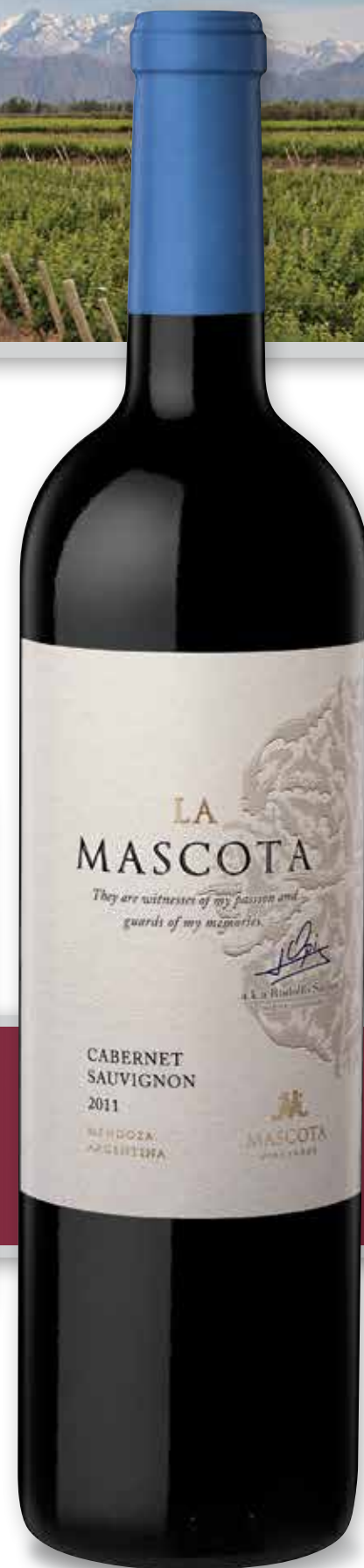
*La Mascota Cabernet Sauvignon displays a deep red colour with hints of violet. Aromas of licorice, cassis and warm raspberry jam. Elegant touch of roasted pepper and chocolate. Full-bodied, complex and very long aftertaste.*

~

**Great New Look  
Same Great Taste**



*[Past]*



*[Present]*

PLEASE ENJOY RESPONSIBLY.

“ Winter will come soon enough...but for now it's time to just drink wine. ”

Based on such local grape varieties as Corvina, Rondinella and Molinara, Valpolicella sings with flavours of black and red cherries edged with spice. And a Valpolicella Ripasso offers all the joy of a regular Valpolicella, but with a bit more body, texture and alcohol from being passed over Amarone grape pomace. Valpolicella Ripasso is the other summer red for that grilled rib-eye.

**PINOT NOIR**

And yes. You are absolutely right. No list of summer reds could possibly be complete without Pinot Noir – all cool and cotton crisp. If any red wine was made for warm weather whistle whetting, it's this little *joie de vivre*, brimming with scents of cranberry, beet, strawberries and crushed violet petals – a splendid seasonal selection. In fact, if Cabernet Franc is a cabriolet, a well-made Pinot Noir is a Porsche 911 GT2 convertible.



**BOUCHARD AÎNÉ & FILS  
BEAUJOLAIS**

France \$15.99 147546

Brimming with clean, nervy flavours of cranberry, wild strawberry and violet, this classic Beaujolais from a trusted maker is sure to please. Delicious!



**BLACK SAGE VINEYARD  
CABERNET FRANC**

BC VQA \$23.99 593038

Classic blackberry and raspberry notes edged with a hint of green bell pepper make this a crowd-pleasing, affable summer red. More than 12 months in American and French oak lends a creaminess that balances the vivacious berry fruit.



**NIPOZZANO CHIANTI  
RÚFINA RISERVA**

Italy \$22.99 107276

This classic bottling from one of the region's most respected producers is a sassy well-made wine that won't let you down. It's stylish, with bright berry and stone-fruit flavours edged with an attractive earthiness and a black olive finish.



**FOLONARI VALPOLICELLA**

Italy \$15.49 828

Gleaming pale ruby, this feisty wine starts with dusty cherry and spice scents before attacking the palate with clean, bright cherry-pepper-plum flavours that taper to a long, savoury finish. Lovely, light-bodied juice.



**FOLONARI VALPOLICELLA  
CLASSICO SUPERIORE RIPASSO**

Italy \$17.99 481838

Though slightly richer than the ordinary Valpolicella, this Ripasso remains sleek and lively as it rips across the tongue with mouth-watering flavours of spiced cherry and plum. A great value drop.



**MIRASSOU PINOT NOIR  
CENTRAL COAST**

USA \$14.99 366880

It's rare to find a seriously delicious Pinot Noir for less than \$15, but here you have it. Clean fruit, beautiful balance and delicate restraint are the hallmarks of this undervalued gem.



# Garden to Glass

COCKTAILS  
FOR SUMMER  
ENTERTAINING

STRAWBERRY FIELDS





**DANIELLE TATARIN**

Danielle works with liquor companies, private and corporate groups to create custom cocktails and menus, as well as hosting seminars and classes on cocktail creation and history. Currently she is General Manager at The Keefer Bar, Vancouver. Accolades include first place at Giffard International Cocktail Competition (France) in 2010, and 2012 *Vancouver Magazine* Bartender of the Year.

The abundance of fresh and local produce on the West Coast makes it easy to get creative with flavours for summer cocktails. Fresh fruits, edible flowers and herbs are easy to grow and find in the Pacific Northwest, making homegrown-ingredient cocktails simple to achieve with a little planning. Blackberry bushes grow almost out of control in some areas, and lilac trees and rose bushes are easy to find. Great ingredients for cocktails include: lavender, thyme, rosemary, pineapple, sage, mint, basil and strawberries. The mild climate year round in the Lower Mainland even makes it possible to grow your own citrus fruit. Look to your garden, streets or local farmers' market for inspiration!



BLACKBERRY BITTER COCKTAIL





## YING TAO (ABOVE)

|        |         |   |
|--------|---------|---|
| 1½ oz  | (45 ml) | Vanilla-Infused Shochu <sup>1</sup>   |
| ½ oz   | (15 ml) | Cherry Luxardo<br>or homemade<br>Cherry-Infused Brandy <sup>2</sup>                                 |
| 1 oz   | (30 ml) | pear nectar   |
| ½ oz   | (15 ml) | fresh lemon juice   |
| 1 dash |         | rhubarb bitters <sup>3</sup><br>pear fan, for garnish<br>Brandied Cherry <sup>2</sup> , for garnish |

Shake all ingredients on ice and strain into cocktail glass. Garnish with a Brandied Cherry and a pear fan.

<sup>1</sup> For Vanilla-Infused Sochu: Split 1 vanilla bean and place in 750 ml of Shochu

<sup>2</sup> For Cherry-Infused Brandy and Brandied Cherries: Steep 2 lb (about 6 cups) of ripe, pitted cherries in 750 ml of brandy for 48 hours (use sterile 1 L Mason jar). Strain out cherry brandy and reserve liquid in original brandy bottle, setting aside ½ cup (125 ml) of cherry brandy in a small container. Pour 2 cups (500 ml) of hot Simple Syrup over brandy-infused cherries in jar, fill to top. To jar add 2 cinnamon sticks, 1 tsp (5 ml) cloves and large zest of 1 orange. Seal jar and boil for 10 minutes. Let cool overnight. Open and pour ½ cup (250 ml) of cherry juice into reserved Cherry-Infused Brandy, then top brandied cherry jar with ½ cup (125 ml) of cherry brandy that was put aside day before. Refrigerate after opening. Use Brandied Cherries as garnish for cocktails.

<sup>3</sup> Found at Modern Bartender or Gourmet Warehouse

## PUNCH IS LUCK (PAGE 109)

|          |         |                                |
|----------|---------|--------------------------------|
| 5        |         | pineapple wedges               |
| ½ oz     | (15 ml) | Local Honey Syrup <sup>1</sup> |
| ½ oz     | (15 ml) | fresh lemon juice              |
| 2 oz     | (60 ml) | amber rum                      |
| 2 dashes |         | cinnamon tincture <sup>2</sup> |

Muddle pineapple with honey and lemon. Add rum and tincture. Shake all ingredients on ice. Double-strain into a cocktail glass. Garnish with spiced pineapple wedge on a skewer.

<sup>1</sup> For Local Honey Syrup: Mix 1 part of your favourite local honey to 1 part water.

<sup>2</sup> For cinnamon tincture: Cover cinnamon sticks with vodka in a glass jar. Let sit for 2 weeks and then strain liquid into a glass bottle with a dasher top.

## BLACKBERRY BITTER COCKTAIL (PAGE 105)

|       |          |                                      |
|-------|----------|--------------------------------------|
| 1 cup | (250 ml) | blackberries, to fill jar            |
| 1 cup | (250 ml) | gin                                  |
| 1 cup | (250 ml) | Campari                              |
|       |          | Martini Bianco                       |
|       |          | orange zest                          |
|       |          | Blackberry Bitter Syrup <sup>1</sup> |

In a large glass jar loosely pack fresh blackberries. Pour enough cocktail ingredients, 1 part of each, over berries to cover them depending on size of jar. Refrigerate for 24 hours. Strain the cocktail out and store in a glass bottle. Transfer blackberries to another, smaller jar and fill jar with Simple Syrup<sup>2</sup> to cover berries. Serve the cocktail over ice and garnish with marinated blackberries and orange zest.

<sup>1</sup> For Blackberry Bitter Syrup: Mix equal part Blackberry Bitter Cocktail with sugar, stir to dissolve.

<sup>2</sup> For Simple Syrup: Mix equal parts sugar and water.

## LILAC SOUR (RIGHT)

|          |         |                                  |
|----------|---------|----------------------------------|
| 2 oz     | (60 ml) | gin                              |
| ¾ oz     | (22 ml) | Lilac Syrup <sup>1</sup>         |
| ¾ oz     | (22 ml) | fresh lemon juice                |
| 2 dashes |         | orange bitters                   |
| 1        |         | egg white, optional <sup>2</sup> |

Shake all ingredients with ice vigorously for 10 to 15 seconds. Strain into a chilled cocktail glass.

<sup>1</sup> For Lilac Syrup: Rinse 3 cups (750 ml) of lilac blossoms gently to remove debris. Remove stems, but don't pick off individual flowers, or you will lose nectar at base of flower. Place lilac blossoms in a glass jar. In a saucepan, bring 2 cups (500 ml) sugar and 2 cups (500 ml) water to a boil, remove from heat. Pour hot syrup over lilac blossoms. Close jar and let sit at room temperature for 24 hours, stirring occasionally. Strain flowers through a cheesecloth and store syrup in glass jar or bottle. Add 1 oz (30 ml) vodka to the syrup to help preserve it. Will keep refrigerated about 2 months.

<sup>2</sup> If using egg white, shake without ice briefly to emulsify, add ice and shake. Fine-strain through a tea strainer.



LILAC SOUR





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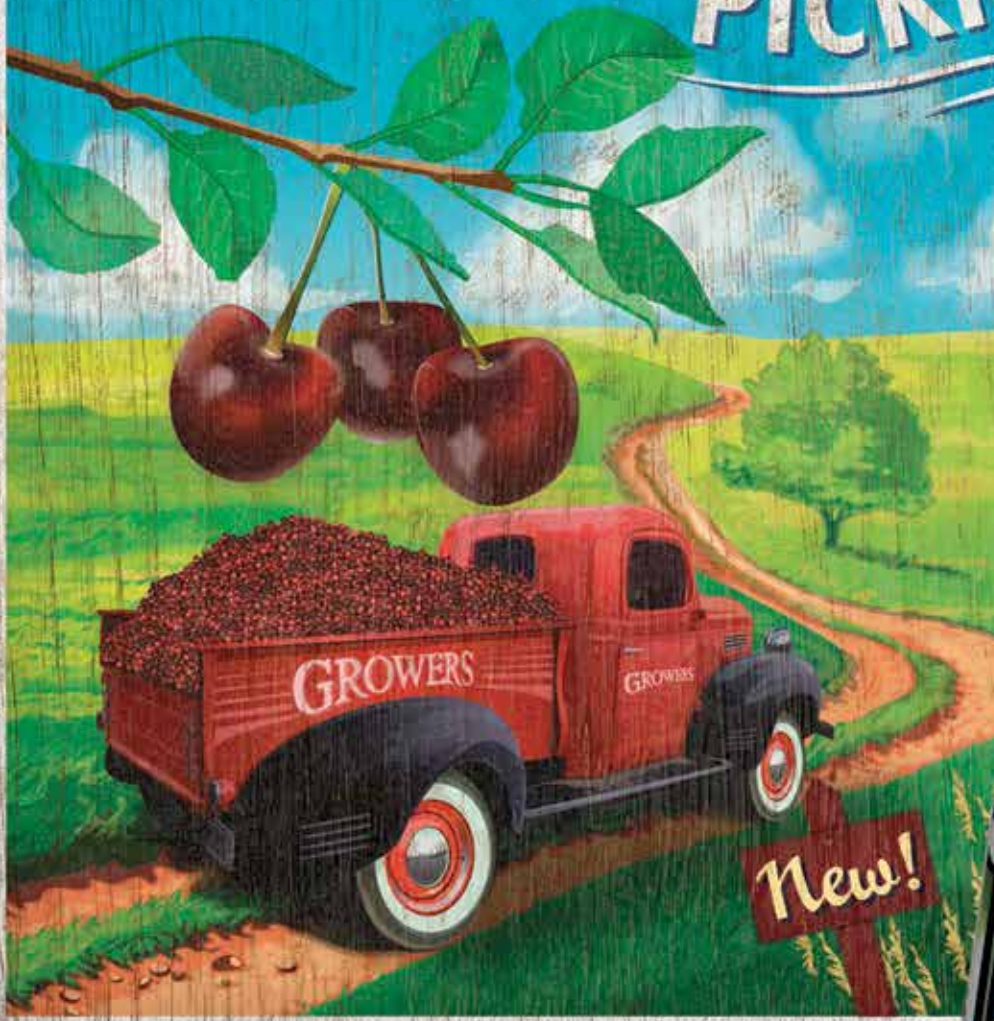


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THE SECRET BEHIND OUR NEW *Tasty* CIDER

# CHERRY

## PICKING



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## STRAWBERRY FIELDS<sup>1</sup> (PAGE 104)

2 oz (60 ml) white rum  
 ½ oz (15 ml) Strawberry Mint Tea Syrup<sup>2</sup>  
 ¾ oz (22 ml) fresh lemon juice  
 soda, to top  
 1 fresh strawberry, sliced  
 fresh mint sprigs, for garnish

Shake first 3 ingredients with ice and strain over ice into a cocktail or Collins glass and top with soda. Garnish with sliced strawberries and mint sprigs.

<sup>1</sup> Recipe is for single portions. If using a dispenser, simply multiply recipe as needed and pour into dispenser. Keep extra garnishes on hand to top freshly poured cocktails.

<sup>2</sup> For Strawberry Mint Tea Syrup: In a saucepan, bring 1 cup (250 ml) water to boil with 1 cup (250 ml) sliced strawberries, then remove from heat. Add 2 tbsp (30 ml) dried mint tea. Let sit for 5 minutes. Strain through a cheesecloth and add equal parts sugar to strawberry mint tea. Stir until dissolved.

## SPICED PEACH COOLER

2 oz (60 ml) Spiced Peach Whisky<sup>1</sup>  
 soda, to top  
 Whisky-Spiced Peaches<sup>1</sup>,  
 for garnish  
 vanilla bean, for garnish

Pour Spiced Peach Whisky over ice in a highball glass and top with soda. Finish with 2 Whisky-Spiced Peaches and a vanilla bean.

<sup>1</sup> For Spiced Peach Whisky: Slice fresh peaches and portion into a glass jar with a cinnamon stick, split vanilla bean and pink peppercorns. Fill jar with enough whisky to cover peaches. Cover and let sit 24 hours before serving. Keep refrigerated. Peaches will absorb the whisky, becoming Whisky-Spiced Peaches, and can be used as garnishes. Enjoy responsibly!



SPICED PEACH COOLER



The Spanish term *tapas* is used to describe a wide variety of canapés, appetizers or snacks to be enjoyed with cocktails to whet the appetite. They can be served hot, cold or at room temperature and are now popular everywhere. Although you'll still find tapas made with traditional ingredients, many tapas bars in Spain are experimenting with international flavours and ingredients. Featured here are a ceviche with a hint of Asian inspiration, a classic chickpea and chorizo combination and baby leeks with a colourful garden vinaigrette to give your gathering a charming beginning.



ASIAN MARINATED TUNA AND SEAFOOD CEVICHE SERVED WITH SHRIMP CHIPS

PAIRS WITH ASIAN MARINATED TUNA AND SEAFOOD CEVICHE SERVED WITH SHRIMP CHIPS



**SUMAC RIDGE STELLER'S JAY BRUT**

BC VQA \$24.99 264879

This traditional-method sparkling wine is made from a trio blend of Pinot Blanc, Pinot Noir and Chardonnay. Dry and medium-bodied, it has mouth-watering acidity and integrated mousse with good persistence. Flavours of toast, green apple and spice linger through the finish.



**OYSTER BAY MARLBOROUGH PINOT NOIR**

New Zealand \$22.99 111302

This Pinot Noir has aromas of red fruits and spice with violet notes thanks to its cool-climate background. On the palate, it is medium-bodied with silky tannins and juicy acidity. Great with seafood and duck dishes.



# MODERN TAPAS

CHICKPEAS WITH  
CHORIZO, GARLIC,  
PINE NUTS AND RAISINS





LEEKS WITH SUMMER VEGETABLE VINAIGRETTE

PAIRS WITH LEEKS WITH  
SUMMER VEGETABLE VINAIGRETTE



**PAUL MAS PAYS D'OC VIOGNIER**

France \$12.99 151100

With attractive aromas of white peach, floral and hints of white pepper on the nose and palate, this wine is dry and medium-bodied on the entry, with a round mouth feel and enough acidity to pair with poultry and pork dishes.



**MARK WEST PINOT NOIR**

USA \$17.99 318667

This super food-friendly Californian Pinot Noir has fresh flavours of red cherry and raspberry with spice notes. Juicy on the entry, it is medium-bodied with silky-textured tannins. Works perfectly with comfort foods like burgers, pizza and lasagna.

PAIRS WITH CHICKPEAS WITH CHORIZO, GARLIC, PINE NUTS AND RAISINS



**FALERNIA CARMENERA RESERVA**

Chile **\$18.99** 456178  
Chile's signature grape varietal, this Carmenera has a textbook nose of cigar, tobacco leaf, dark plum and spice with hints of pepper. Medium- to full-bodied on the palate, this wine has fine-grain textured tannins and fresh acidity. It's great with meaty dishes as well as with dark chocolate.



BLUE CHEESE AND ANCHOVY TARTLETS



**LOUIS LATOUR CHARDONNAY BOURGOGNE**

France **\$24.99** 55533  
Loaded with pronounced aromas of lemon, green apple, passion fruit and notes of spice, the palate is dry and medium-bodied with fresh citrus acidity. A very good wine that is balanced with great length. Pairs well with summer salads and white meats.



PAIRS WITH BLUE CHEESE AND ANCHOVY TARTLETS



**LAS HERMANAS MONASTRELL JUMILLA ORGANIC**

Spain **\$14.99** 459438  
From the appellation of Jumilla in Spain, this 100 percent Monastrell red wine has a developing nose of ripe red fruits and nuts with light, savoury notes. On the palate, it is full-bodied, offering round tannins and a round mouth feel.



**BLACK SAGE VINEYARD PIPE**

BC VQA **\$24.99** 713750 500 ml  
A blend of Cabernet Sauvignon, Merlot and Cabernet Franc, this port-style fortified red is made by adding spirits to arrest fermentation and leave behind residual sugar. With flavours of black cherry, blackberry and hints of dried fruits, it is full and luscious with a pleasantly smooth texture.





# OPEN A BOTTLE OF COOL

## SAUVIGNON BLANC

**G**rowing numbers of people are making Sauvignon Blanc their wine grape of choice. Though popular for a few years now, the grape continues to gain devoted followers. Why does Sauvignon Blanc resonate with consumers? Sauvignon Blanc is recognizable, distinct and consistent, and it delivers on expectations. And what is expected? Freshness, juiciness and lightness of body is expected as well as powerful aromas and flavours of citrus fruit, apple and a distinct green, herbal or vegetal character. Often, there is green-pepper, asparagus or fresh-cut grass character in the wine. In other words, the perfect attributes for a wine to sip on a sunny summer afternoon.

Because of the intensity of the wines, Sauvignon Blanc is called an aromatic variety. As with other aromatic varieties, such as Riesling, Gewürztraminer, Muscat, etc. it is unusual to interfere with Sauvignon Blanc's varietal character by aging it in oak. Also, to ensure Sauvignon Blanc's true character, it is important to consider where it is grown.

“ Sauvignon Blanc is recognizable, distinct and consistent, and it delivers on expectations...the perfect attributes for a wine to sip on a sunny summer afternoon.”

Sauvignon Blanc likes cool temperatures in the vineyard. If it is too hot, the grape loses some of its naturally high acidity, its classic green vegetal notes and its refreshing crispness. The best Sauvignon Blancs are grown in the cooler regions around the world.

The grape's homeland is the Loire Valley of France. The Loire is one of the most northerly and coolest growing regions in France, and several areas provide perfect growing conditions. The appellations of Sancerre and Pouilly-Fumé have been making pure Sauvignon Blancs for hundreds of years and are both known for their racy acidity, focused citrus and apple fruit, green herbaceous notes and distinct minerality. In fact, the Fumé in Pouilly-Fumé refers to the smoky, gunflint minerality that is so often found in the wines. Other delicious Loire Valley Sauvignon Blancs can be found in the appellations of Menetou-Salon and Touraine.

At some point several hundred years ago, Sauvignon Blanc made its way from the Loire to Bordeaux. Here again,

the cool, moderate maritime climate is well suited to the variety and the dry white wines are generally medium bodied and refreshing. In Bordeaux, the white wines are typically a blend of Sémillon and Sauvignon Blanc. Because of the Sémillon, the wines tend to be less aromatic and slightly less acidic than straight Sauvignon Blanc. It is also possible to see some oak aging in Bordeaux whites, particularly from the prestigious appellations of Graves and Pessac-Léognan. Even though the tradition is for blending wines in Bordeaux, the international popularity of Sauvignon Blanc has prompted some Bordeaux producers to make some pure varietal Sauvignon Blanc wines. Light, crisp expressions can be found from the appellations Bordeaux AOC and Entre-deux-Mers AOC.

Even though France has been making great Sauvignon Blanc for centuries, the notoriety of the grape variety is a recent phenomenon. In France, the wines aren't even thought of as Sauvignon Blanc, but rather Sancerre or Bordeaux, etc. Until

about 30 years ago, in the rest of the world, very few people had heard of Sauvignon Blanc and those who had had difficulty pronouncing it. One of the early pioneers of the variety outside France was Robert Mondavi in California. However, in the late 1960s, he found the variety very difficult to sell, so he relabelled his wines Fumé Blanc. Sales took off and many other producers began using the term Fumé Blanc for their Sauvignon Blanc.

It wasn't until New Zealand burst onto the scene in the mid-1980s that Sauvignon Blanc became a recognizable grape name and style around the world. Led by Cloudy Bay's intense fruit-driven wines, the Marlborough region of New Zealand has become synonymous with the grape. The cool maritime climate of the southerly islands of New Zealand is ideally suited to pronounced and refreshing Sauvignon Blanc. The grape has quickly become New Zealand's signature variety, and Marlborough the benchmark region. Indeed, this has happened very quickly. The first vineyards in Marlborough





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“A cool-climate white can refresh you on a warm summer’s day.”

were planted as recently as 1973.

Many exciting Sauvignon Blanc from many regions around the world are found today. It is Chile’s most important white grape variety and, in recent years, the country has planted the variety in cooler regions to maximize its varietal expression. The best examples are from the Casablanca Valley and other areas closer to the ocean, such as Leyda and San Antonio. South Africa is another great source of expressive Sauvignon Blanc, where it is grown in the cooler coastal regions.

Wine is unique and intriguing in its ability to capture the climate where it is grown. Just like a bottle of Languedoc red grown in the hot south of France can warm you up on a cold winter’s day, a cool-climate white can refresh you on a warm summer’s day. Grab a Sauvignon Blanc and open a bottle of cool.



**CHÂTEAU GRAND RENOM BORDEAUX BLANC**

France **\$16.99** 123026  
This 100 percent Sauvignon Blanc (unusual for a Bordeaux) also has just a touch of oak, giving it a little additional depth of flavour. It’s fresh and crisp, with lemon-curd and a hint of grass. Pairs perfectly with roasted chicken and lemon-thyme stuffing.



**PORCUPINE RIDGE SAUVIGNON BLANC**

South Africa **\$12.99** 592881  
With some of the grapes coming from the warmer inland region of Robertson, this wine exhibits nice tropical fruit characters that balance hints of nettle and green fruit notes. It’s very fresh and juicy on the finish. Try it with a soft shell crab po’ boy and coleslaw.



**SANTA RITA RESERVE SAUVIGNON BLANC**

Chile **\$14.99** 275677  
This quintessential Sauvignon Blanc from the acclaimed Casablanca Valley in Chile has perfect balance between fruit intensity and acidity. Great grapefruit citrus flavours and a hint of bell pepper lead to a touch of minerality on a long finish. A Chilean might have this with ceviche.

**TWIN ISLAND MARLBOROUGH SAUVIGNON BLANC**

New Zealand **\$18.99** 534016  
Twin Islands is from Marlborough, the principal region for Sauvignon Blanc, with more plantings than Sancerre, Pouilly-Fumé and Bordeaux combined. This is a classic example of the pungent, fresh New Zealand style. Fresh goats’ cheese salad is the perfect match.



**ROBERT MONDAVI NAPA FUMÉ BLANC**

USA **\$19.99** 221887  
Robert Mondavi created the synonym Fumé Blanc for Sauvignon Blanc. This wine has some oak, but it is not a requirement for all Fumé Blancs. This is an iconic wine that can stand up to slightly richer dishes such as halibut or even veal cheeks.



**CLOUDY BAY MARLBOROUGH SAUVIGNON BLANC**

New Zealand **\$33.95** 304469  
This is the wine that started the craze, 30 years after its first vintage in 1985. Cloudy Bay still leads the way. A leader in defining the Marlborough style, it is powerfully aromatic, clean, crisp and ripe. Combining citrus and tropical fruits such as guava with a hint of green vegetable, this wine goes well with many Thai dishes, particularly ones with some lemon grass.



# DRESS IT UP WITH SAVOURY YOGURT



LAMB BURGER WITH  
RADISH YOGURT CHUTNEY  
SERVED WITH SWEET POTATO WEDGES

The process of fermenting foods is an age-old preservation technique that has recently come back into fashion. While many forms of cultured dairy products have been produced for centuries all over the world, yogurt is by far the most common. With its creamy texture, pleasant tang, prolonged shelf life and myriad health benefits, it's no wonder yogurt has such mass appeal. This summer, think beyond the breakfast bowl and find out how yogurt can add a fresh spin to many of your savoury warm-weather dishes.



FENNEL AND POTATO SALAD WITH HUMMUS YOGURT DRESSING AND SPICY GRILLED SHRIMP

PAIRS WITH FENNEL AND POTATO SALAD WITH HUMMUS YOGURT DRESSING AND SPICY GRILLED SHRIMP



**GIESEN SAUVIGNON BLANC**

New Zealand **\$16.49** 298679

Pungent and fresh, this medium-bodied New Zealand Sauvignon Blanc has aromas and flavours of gooseberry, grapefruit and lime. The palate is dry with mouth-watering acidity, making it a perfect partner for salads and seafood.



**SMOKING LOON VIOGNIER**

USA **\$14.99** 128801

This unoaked white truly showcases the fresh essence of the Viognier grape, with flavours of marmalade, apricot, white pepper and a hint of tropical fruit. Medium- to full-bodied with mild acidity, this wine has a round mouth feel and a good length.



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PAIRS WITH LAMB BURGER WITH RADISH YOGURT CHUTNEY SERVED WITH SWEET POTATO WEDGES



**GLEN CARLOU PAARL GRAND CLASSIQUE**

South Africa \$20.99 153882

Aptly named, this is a classic Bordeaux-style blend of Cabernet Sauvignon, Petit Verdot, Malbec, Merlot and Cabernet Franc. Aromas of blackcurrant, clove, spice and oak flow from nose to palate. It is full-bodied with integrated tannins, making it a perfect partner for most red meats.



**TRUCHARD CABERNET SAUVIGNON**

USA \$29.99 749952

This wine welcomes you with charming characters of toffee, mocha, spice, oak, blackcurrant and toast. On the palate, it is full-bodied with ripe-textured tannins and a satisfying mouth feel. This excellent quality wine is ready to drink now or can age for three to five years.



STEAK SALAD WITH LEMONY GREENS AND GARLICKY YOGURT DRESSING

PAIRS WITH STEAK SALAD WITH LEMONY GREENS AND GARLICKY YOGURT DRESSING



**CUPCAKE CHIANTI**

Italy \$15.99 826693

Made in the sun-soaked region of Chianti, this wine offers flavours of plum, blackberry and black cherry with notes of chocolate. Juicy and medium-bodied on the palate, it has powdery textured tannins, making it an excellent match with savoury dishes.



**ERRAZURIZ CABERNET SAUVIGNON MAX RESERVA**

Chile \$19.99 287805

This classic, full-bodied New World Cabernet Sauvignon from Chile features flavours of blackcurrant, cedar, pepper and wood. A very good quality wine, it has integrated tannins, crisp acidity and nice balance that lasts through the finish.





# WOMEN IN WINE

## A GROWING FORCE

Sabrina Tedeschi, Winemaker,  
Agricola Tedeschi

**I**t's a fact increasingly mentioned in wine circles: Women have more taste buds than men. Does that make them better tasters? Perhaps. In controlled studies, the ratio of female “super-tasters” outnumbers males by two to one.

However, with a few notable exceptions, the role of winemaker has traditionally been held by men. But signs are that's changing fast.

Women are not only playing but winning at what used to be very much a male game in wine regions all over the world. Plus, women are drinking more wine than ever before, so why shouldn't they be making it?

Historically, even until very recently, in many countries women weren't allowed to make wine for any number of reasons, ranging

from religious to social or plain superstition. In some cases, it was considered “bad luck” even to allow women in the cellar, let alone permit them to stomp grapes – heavens!

Head to Chile and you'll find successful women in all kinds of wine industry roles, often in senior positions and sometimes as owners. In Chile (as in Spain), an agricultural



**TIM PAWSEY**

Tim Pawsey is known to *Vancouver Courier* readers for his restaurant reviews and wine picks. He also writes on drinks for the *North Shore News* (with articles often picked up by outlets such as the *Calgary Herald* and the *National Post*) as well as for *WHERE Vancouver* and *Northwest Palate*. He co-edits the *Zagat Survey* for Vancouver and is a director of the BC Hospitality Foundation. Follow him at hiredbelly.com and twitter.com/hiredBelly

“Women are not only playing but winning at what used to be very much a male game in wine regions all over the world.”

degree is a prerequisite for studying enology. The country that elected South America’s first female president (a precedent followed by neighbouring Argentina) has a long and respected tradition of women entering agriculture, and hence enology.

Cecilia Torres Salinas, head winemaker for Viña Santa Rita, is one of Chile’s most experienced winemakers, and a fervent promoter of sustainability. She oversees production of Santa Rita’s immensely successful Medalla Real Cabernet Sauvignon, and has been responsible for making Santa Rita’s flagship wine Casa Real since its inception with the 1989 vintage. Torres has worked with some of the great names of the wine world, including Penfolds and Clos Duval.

To the east, over the Andes in Argentina, the dynamic Susana Balbo has carved out a career in Argentina’s traditionally male-dominated wine culture. After graduating (Summa Cum Laude) in 1981, she became the country’s first certified female winemaker. When she joined Michel Torino in Cafayate, she was the only woman on a sizable staff.

Widely hailed as one of the key players behind establishing Argentina’s wine export market (which was previously almost non-existent),

Balbo has played a pivotal role with several major wineries, including Catena. She went on to establish her own successful Dominio del Plata winery in Luján de Cuyo and has since put her own distinctive style on the map. Balbo’s Crios Torrontés has become one of the world’s best-selling examples of Argentina’s favourite white, while her BenMarco Expresivo is consistently singled out by international judges as one of the best examples of a Malbec-based blend.

At Italy’s Agricola Tedeschi, Sabrina Tedeschi trained as a food technologist before joining the family business. She’s in charge of marketing and handles much of the export portfolio and also works on final blends with her brother and father.

“I don’t make a distinction between men and women in the wine business,” says Tedeschi. “I think the basis for everything is passion and knowledge, as well as practice to grow your expertise.”

Another woman who spends plenty of time travelling to promote her wine, Montreal-born Nathalie Bonhomme is known for her affordable red and white Spanish blends. She’s lived and worked for some 24 years in Spain where, she says “I arrived at the right time and the right place!” In 2011 she teamed up with Bodegas’ Juan Gil in



Sandra Oldfield, Winemaker, Tinhorn Creek photo by Chris Mason Stearns

Jumilla to make El Petit Bonhomme, which she calls her “feel good” wine.

Beringer Vineyards’ Laurie Hook is one of several high profile Californian women in wine. She’s currently working on her 28<sup>th</sup> harvest with Napa’s oldest winery, whose winemaking team she’s headed since 2000. Down-to-earth, no-nonsense and fun-loving Hook is a firm believer that, while her science background serves her well, what counts equally is her instinct and knowledge of the vineyards she works with, gained over almost 30 years.

In BC, one of Canada’s most renowned winemakers, Sandra Oldfield, is also CEO and part owner of Tinhorn Creek. Oldfield has been making wine at Tinhorn since 1995, after graduating from UC Davis. At the time, she says, it was the legendary Zelma

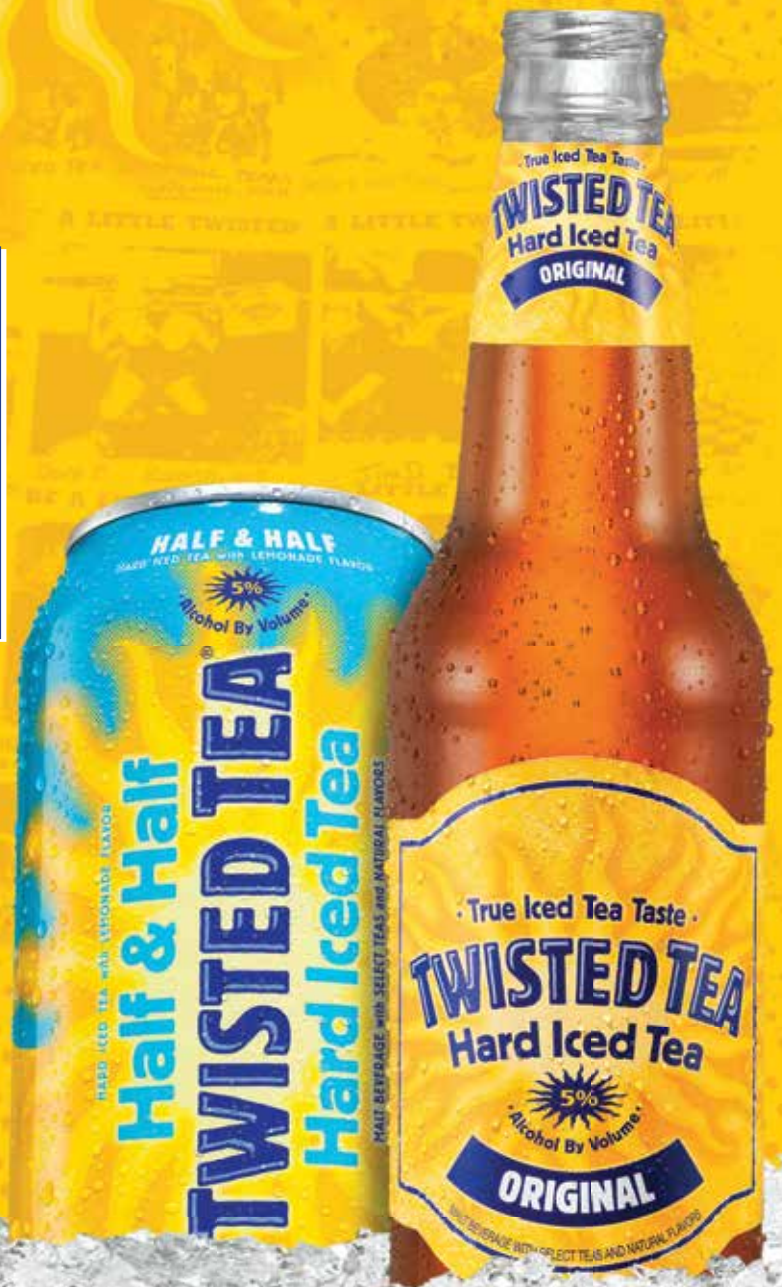


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**BE A LITTLE TWISTED**

MUST BE LEGAL DRINKING AGE. PLEASE ENJOY RESPONSIBLY.



Susana Balbo, Winemaker, Dominio del Plata

Long (then president of Simi) who was her inspiration, living proof that women could chart their own course.

Oldfield (who also holds a marketing degree) says, while things have changed, they maybe haven't yet changed enough. "When I was solely winemaker, I met plenty of women peers," she says. "But now that I'm actually running Tinhorn, I'm back into all-men meetings again!"

Overall, though, modern attitudes do increasingly prevail, and women are proving they can indeed not only make wine as well as men, but also just as ably manage the vineyard, run the cellar, design the labels, execute marketing and more. Case in point: Donatella Cinelli Colombini's award-winning Casato Prime Donne winery in Italy – where there's not a single male on the payroll.



**BERINGER FOUNDER'S ESTATE CHARDONNAY**

USA **\$17.99** 534230

A good-value California Chardonnay with fruit from the central and north coast yields toasty notes up front, followed by an appealing basket of orchard fruit and tropical notes, bright flavours and a clean finish. Think grilled salmon or chicken.



**TEVESCHI AMARONE**

Italy **\$54.99** 110312

Elegant, full-bodied and complex, this wine has layers of plum, cherry and black fruit punctuated by cinnamon and mocha notes and supported by a structured centre and plushness through a lasting finish. Pair with braised short ribs or osso buco.



**SANTA RITA MEDALLA REAL CABERNET SAUVIGNON**

Chile **\$19.99** 275594

Raspberry and cassis on the nose, followed by well-balanced fruit wrapped in juicy acidity, plush tannins and a lingering close. Fire up the barbecue for a New York strip loin or rib-eye and enjoy.



**TINHORN CREEK PINOT GRIS**

BC VQA **\$16.99** 530683

This is a benchmark Okanagan Pinot Gris from a very good vintage. Floral and pear notes up front are followed by honeyed citrus, tropical and pear notes, underpinned by juicy acidity, with good mouth feel and a lengthy finish. Pair with pork tenderloin or fresh halibut with fruit salsa.



**CRIOS TORRONTÉS DE SUSANA BALBO**

Argentina **\$14.99** 769125

A blend of fruit from Cafayate and La Rioja yields upfront floral notes followed by tropical, orange and stone fruit with luscious viscosity and balanced acidity. Match with Waldorf salad, grilled chicken or seared scallops with orange reduction.



**EL PETIT BONHOMME JUMILLA RED BLEND**

Spain **\$14.99** 169383

Nathalie Bonhomme's "feel good" modern blend of Monastrell, Garnacha and Syrah delivers a robust red with black-cherry notes and a touch of anise and oak that goes well with braised dishes or stronger cheeses.



# FOR THE LOVE *of* BEER

## SAMUEL ADAMS presents CHEF TREVOR BIRD

As a brewery, we love food recipes made with beer – especially when prepared and paired with our flagship brew, Samuel Adams Boston Lager. We've partnered with Vancouver Chef Trevor Bird, owner of Fable Restaurant, to create a delicious recipe we can't get enough of. Enjoy!



### Beer Brined Chicken

700 mL water  
1/2 cup white sugar  
1/2 cup kosher salt  
1 handful thyme  
1 jalapeno pepper, roughly sliced into rounds, seeds in  
1 head garlic, roughly chopped  
2 bottles Samuel Adams Boston Lager  
1 whole chicken (6 lbs)  
Kosher salt and black pepper, to season

Makes 2-4 servings

### DIRECTIONS

1. In pot, bring water, sugar and salt to high heat; dissolve sugar and salt
2. Add thyme, jalapeno pepper, and garlic once sugar and salt are dissolved; stir
3. Remove pot from heat, add beer. Allow contents to cool to room temperature. Once cooled, place chicken in pot, cover, place in fridge for 24 hours
4. Remove chicken from pot, pat dry
5. Preheat oven to 500°F and season chicken with salt and pepper. Put chicken in deep pan and cook for approx. 20 minutes or until golden brown
6. Remove chicken from oven, cool oven to 250°F. Once cooled, place chicken in oven, roast for 2-3 hours
7. Remove chicken and allow to rest for approx. 20 minutes.
8. Pull chicken apart, mix with your favourite BBQ sauce to eat



T. Bird



# Insider Picks

To help keep you ahead of the trends, “Insider Picks” gives you an industry professional’s advantage! It’s a sneak-peek showcase of over-delivering, up-and-coming, new and exciting products personally hand-picked by our four Portfolio Managers, each one an expert in wine, spirits, beer or refreshment beverages. To find these (and more) up-to-the-minute Portfolio Manager favourites, visit your nearest BC Liquor Store today and look for these Insider Picks.

## PICKED BY KIM GIESBRECHT PORTFOLIO MANAGER, WINES OF AUSTRALIA AND NEW ZEALAND, BEER AND REFRESHMENT BEVERAGES



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### DEVIL'S LAIR THE HIDDEN CAVE CHARDONNAY

Australia **\$27.99** 93096  
Beautifully balanced and sophisticated, this wine is crafted by a talented winemaker with clarity and precision. Seamlessly integrated nuances of French oak, stone fruits, citrus and almonds offer great value for the money. Perfect for summer fare and BC's fresh seafood.



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### KIM CRAWFORD PANSY! ROSÉ

New Zealand **\$17.99** 142992  
A blend of Malbec and Merlot, this rosé is soft, luscious and brimming with red berry fruits. A lovely pick for sipping on the patio.

## PICKED BY STEPHEN SCHIEDEL

PORTFOLIO MANAGER, WINES OF NORTH AND SOUTH AMERICA



01

### JOIE A NOBLE BLEND

Canada **\$23.90** 882027

A fine example of what BC does best – many interesting grape varieties combine for this flavourful, refreshing and fruity pour. A perfect wine to serve with almost any food or for any occasion.



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### BELLE GLOS PINOT NOIR BLANC

USA **\$26.99** 182733

This perfect summer rosé from the highly successful Belle Glos Pinot Noir brand is just bursting with red berry flavours and youthful zest. Pour a glass and enjoy!

## PICKED BY BARBARA PHILIP

MASTER OF WINE, PORTFOLIO MANAGER, WINES OF EUROPE



01

### DOMAINE MURE RIESLING SIGNATURE

France **\$23.99** 354381

Classic, dry Alsace Riesling to celebrate summertime! Try it with a grilled pork chop with apple sauce and rosemary from the garden.



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### DOMAINE DU CHALET POUILLY POUILLY-FUISSÉ

France **\$36.00** 21907

Chardonnays from Pouilly-Fuissé have never been more exciting. This one has a beautiful balance of creaminess and citrus, making for an excellent match with fresh BC spot prawns.



## PICKED BY ADELE SHAW

PORTFOLIO MANAGER, SPIRITS, WINES OF SOUTH AFRICA, FORTIFIED AND ASIAN WINES



### ABSOLUT HIBISKUS

Sweden **\$26.25** 692442

Made from all natural ingredients, with no added sugar, Absolut Hibiskus is rich, fruity and floral, with intriguing notes of freshly pressed pomegranate and exotic hibiscus. Try it with a splash of soda or in an Absolut Hibiskus Cosmo: just add cranberry juice, triple sec and lime juice with a squeeze of orange peel. A perfect summer cocktail.



### 2 GINGERS BLENDED IRISH BLEND WHISKEY

Ireland **\$31.99** 67538

2 Gingers Whiskey is a blended Irish whiskey that has been twice-distilled and aged for four years, creating a smooth, malty and slightly sweet taste. It is great for sipping or mixing all year. Try their trademarked cocktail the Big Ginger for a refreshing summer drink. Fill a Collins glass with ice, add 2 parts 2 Gingers and top with ginger ale and a wedge of both lemon and lime.







# SUMMER SQUASH *Salads*

Summer squash come in a variety of shapes and colours. Most of us are familiar with the common zucchini, so prolific in the summer vegetable garden, but there's a wonderful variety, ranging from vibrant yellow zucchini to succulent pattypan and quirky crooknecks. Unlike the tough-skinned and hearty winter varieties, summer squash are tender and delicate and are perfect for eating raw, lightly seared and great for the barbecue. A twist on ratatouille, the traditional French Provençal dish, quinoa and grilled summer squash make a great nutritious salad. Ripe, fragrant raspberries and Parmesan are perfect for garnishing batons of tender squash, while spaghetti, lightly grilled squash and heirloom tomatoes make for a refreshing summer dish.



SUMMER SQUASH AND CHERRY TOMATO PASTA SALAD

PAIRS WITH SUMMER SQUASH AND CHERRY TOMATO PASTA SALAD



**THOMAS GOSS  
MCLAREN VALE SHIRAZ**

Australia \$16.99 847749  
McLaren Vale, like the Barossa Valley, is renowned for its Shiraz wines. Thanks to the warm climate where the grapes are grown, this full-bodied wine is bursting with rich flavours of blueberry and raspberry along with spice notes. Ready to drink now, it will shine alongside grilled lamb.



**CEDARCREEK GEWÜRZTRAMINER**

BC VQA \$17.95 240978  
With perfumed flavours of lychee, floral, spiced orange and hints of ginger, this Gewürztraminer is off-dry on the palate. The round texture and oily mouth feel make this wine an excellent partner for Thai cuisine.





SUMMER SQUASH SALAD WITH RASPBERRY VINAIGRETTE

PAIRS WITH SUMMER SQUASH SALAD  
WITH RASPBERRY VINAIGRETTE



**THE WOLFTRAP VIOGNIER  
CHENIN BLANC GRENACHE BLANC**

South Africa \$14.99 856450

Made from a trio of Viognier, Chenin Blanc and Grenache Blanc, this wine has youthful aromas of fresh garden fruit and spice with hints of white flowers. Dry and mild on the palate, its crisp acidity works magically with salads and tapas.



**TOWNSHIP 7 SAUVIGNON BLANC**

BC VQA \$19.99 34355

Packed with tropical flavours of kiwi, passion fruit, white peach and lemon on the nose and palate, this fresh wine is ready to drink now. Dry and medium-bodied, its crisp acidity makes it extremely food-friendly.



GRILLED RATATOUILLE AND QUINOA SALAD

PAIRS WITH GRILLED RATATOUILLE AND QUINOA SALAD



**RAVENSWOOD SONOMA ZINFANDEL OLD VINE**

USA \$22.49 359240

Bold and ripe, this Zinfandel has rich flavours of blueberry compote, blackberry, spice and oak on both the nose and palate. Full-bodied with round-textured tannins and balanced acidity, this wine finishes with a hint of vanilla and oak on the aftertaste.



**TOMMASI ARELE APPASSIMENTO VENETO**

Italy \$24.99 203539

This blend of Corvina, Rondinella, Oseleta and Merlot offers flavours of blackberry, black cherry and dark plum with a touch of fresh herbs. On the palate, it is dry and medium- to full-bodied with juicy acidity and fine-grained tannins. Enjoy with richly flavoured dishes and aged cheeses.





ASK AN

# EXPERT

JAMES NEVISON

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for The Vancouver Province, where his column “The Wine Guy” appears each Thursday. James is the co-author of seven best-selling books on wine in Canada including *Had a Glass: Top 100 Wines for 2014 Under \$20*. Follow his wine musings @hadaglass.

## TEQUILA

Tequila has come a long way from the shot glass. With more Canadians travelling to Mexico, not to mention a rising interest in spirits in general, it makes sense that there is growing enthusiasm for Mexico’s national distillate. As with any complex beverage, tequila has its own unique characteristics and traits, and an understanding of these intricacies certainly helps build appreciation. Here are answers to a few commonly overheard questions concerning tequila.

The words “100% Agave” are written across the labels on many bottles of tequila. What exactly does this mean?

Good eye! Tequila is produced exclusively from *Agave tequilana*, a particular type of blue agave plant that is native to the state of Jalisco in Western Mexico. “100% agave” tequila is just that: it is made from 100 percent blue agave nectar. The other main type of tequila is “mixto” tequila. This is produced from a minimum of 51 percent blue agave, and other sugars and

adjuncts may be added during the fermentation and distillation process. To get this hallowed agave nectar, tequila producers harvest the *piñas*, or hearts, from the agave plants. These *piñas* are then slowly baked and mashed, transforming the agave’s pulpy fibres into succulent, sugary syrup. Of course, more agave means more *piñas*, which leads to more expensive bottles.

Additionally, along with straight tequila, we’re seeing more flavoured tequilas hitting shelves. This is a relatively new category that can add both flair and flavour to cocktails. For example, with a splash of pineapple juice, 1800 Reserva Coconut tequila is a shoo-in for a new twist on a tropical mixed drink.

Why are tequilas different colours?

Again, it depends on the type of tequila in your glass. All tequila starts off clear, but like many a golden-hued beverage, some tequila achieves its colour from the addition of caramel colouring. That said, similar to spirits the world over, top-notch tequila comes by its shade naturally thanks to aging in oak barrels. With this in mind, the main categories of 100 percent agave tequila are as follows:

“As with any complex beverage, tequila has its own unique characteristics and traits, and an understanding of these intricacies certainly helps build appreciation.”

## BLANCO

*Blanco*, or “white,” tequila (at times also called *plata* or “silver”) is bottled shortly after distillation and maintains its transparent colour. Blanco tequila is great as a base for margaritas, and many tequila aficionados prize this type of tequila for the distinct vegetal character transferred from the blue agave plant that often remains in the finished potable.

## REPOSADO

*Reposado*, or “rested,” tequila is aged in oak barrels for at least two months, but no longer than one year, before bottling. The oak barrels are typically huge vats, yet the time in wood tends to impart a light golden colour along with richness and complexity. It also smooths the tequila somewhat, making it equally good as a base for more robust mixed drinks or as a sipping candidate.

## AÑEJO

*Añejo*, or “aged,” tequila sees an even longer stay in small oak barrels, aging for at least one year and up to three (a maturation of more than three years in oak and the tequila is qualified to be labelled *Extra Añejo*). As would be expected, Añejo tequila is even darker in colour, often ranging from caramel to mahogany. It also tends to display more oak influence, such as robust smoky and toasty tones. This type of tequila deserves to be savoured on its own, without being impeded by mixers or watered down by ice.

## What’s the deal with tequila, lime and salt? How should tequila be served?

Ah yes, the classic tequila triumvirate! The combination of tequila, lime and salt melds rich, tart and salty – and is definitely a tough recipe to beat. This is why the margarita is such a classic cocktail. Either blended or served on the rocks, the margarita combines the aforementioned ingredients with the addition of

sweet Triple Sec or other orange liqueur. The result manages to hit a myriad of taste sensations, while providing serious refreshment.

While the margarita has certainly earned its place in the cocktail canon, this in no way legitimizes its quick-fix cousin: the clichéd tequila shot. No amount of salt licking and lime slurping can do justice to quality tequila and, thankfully, the notion that tequila is a spirit simply meant to be “shot” seems to be falling out of fashion.

In fact, lime and salt can detract from the nuanced flavours of quality tequila. For this reason, in Mexico tequila is often taken neat in a slender shot glass affectionately known as a *caballito*, or “little horse.” If any accompaniment is warranted, it is advised to be *sangrita*, which is a refreshing blend of tomato juice jazzed up with citrus and chili. No exact recipe required, just mix up a ratio that meets your taste needs for sweet, sour and spicy. *Sangrita* perfectly cuts through tequila’s bite, providing a complementary one-two sipping affair.

That said, if the thought of consuming tequila straight doesn’t suit your constitution, there are certainly a number of classic cocktails – beyond the margarita – built around tequila. For inspiration, here are two tried-and-tested, simple recipes:

## TEQUILA SOUR

|       |         |                              |
|-------|---------|------------------------------|
| 1½ oz | (45 ml) | tequila (blanco or reposado) |
| ¾ oz  | (22 ml) | fresh lemon juice            |
| ½ oz  | (15 ml) | agave syrup                  |

Pour all ingredients into a mixing glass or cocktail shaker and shake over ice. Strain into a chilled cocktail glass and garnish with a cherry.

## LA PALOMA

|        |         |                         |
|--------|---------|-------------------------|
| 2 oz   | (60 ml) | tequila (reposado)      |
| ½ oz   | (15 ml) | fresh lime juice        |
| 1 dash |         | salt                    |
|        |         | grapefruit soda, to top |

Pour tequila and lime juice into a tall glass. Add a pinch of salt along with a healthy handful of ice, top off with grapefruit soda and mix. Perfect for a leisurely, hot summer’s evening – ideally one enjoyed outdoors.

Thanks 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!



# VERY SPECIAL EVENTS

## JUNE

### JOHNNIE WALKER BLUE LABEL TASTING EXPERIENCE

Calling all Johnnie Walker aficionados! Join us for a custom engraving and tasting event featuring Johnnie Walker Brand Ambassadors. This unique experience will include a tasting of the rare liquid, an education session, and an opportunity to have your bottle of Johnnie Walker Blue engraved on-site.

FRIDAY, JUNE 6 | 4:00 – 8:00 P.M. | PARK ROYAL

FRIDAY, JUNE 13 | 4:00 – 8:00 P.M. | WESTWOOD

SUNDAY, JUNE 15 | 12:00 – 4:00 P.M. | 39<sup>TH</sup> AND CAMBIE

### FLAVOURS OF VENETO

Join us as we capture the “essence of Veneto in a wine glass.” This is a fantastic opportunity to taste Prosecco DOCG, Valpolicella Ripasso, and Amarone wines accompanied by delicious traditional antipasti from the Veneto region.

WEDNESDAY, JUNE 4 | 5:30 – 7:30 P.M. | 39<sup>TH</sup> & CAMBIE

WEDNESDAY, JUNE 4 | 5:00 – 7:00 P.M. | ALBERNI & BUTE

### CRAFT BEER THURSDAY

Join our 39<sup>th</sup> & Cambie Beer Advocates the first Thursday of each month to explore award winning and local craft beers that are new to the BC market! Sip on some craft beer while enjoying gourmet cheese pairings provided by Chef Céline Turenne.

THURSDAY, JUNE 5 | 4:00 – 6:30 P.M.

### BACARDI RUM

Sip on Bacardi Rums in new spring cocktails and let Bacardi help make your springtime entertaining fun and easy! You will have the opportunity to learn what makes Bacardi Superior the most awarded spirit!

FRIDAY, JUNE 6 | 2:00 – 5:00 P.M.



### PROVENCE ROSÉS WINES

Rediscover beautiful Provence Rosé wines while you escape to a land where the views are vividly colourful, the air is fresh and the sun is always shining. Sample a Provençal style *bouchées*, as you sip and savour these delectable Roses.

SATURDAY, JUNE 7 | 2:00 – 6:00 P.M.



### SUMMER PARTY PLATTERS

Planning a festive summertime get together? Join chef Nathan Fong as he demonstrates four incredible dishes designed to bring out your inner chef and make you the star of your summertime soiree. Wine pairings for each recipe will be hand-selected by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and are available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk.

WEDNESDAY, JUNE 11 | 6:00 – 8:00 P.M.

### FATHER'S DAY BOURBON TASTING

Not sure what to get dad? Please join us for a bourbon tasting event with delicious food pairings, just in time for Father's Day! Custom engraving will be done on site to add a perfect personalized touch for that special someone. Engraving will be offered on participating bourbons and scotches.

THURSDAY, JUNE 12 | 5:00 – 8:00 P.M.

### CATCH THE BIG ONE

Join Sobieski as they sample summer cocktails paired with delicious appetizers. You can even have a complimentary caricature done on the spot! You will also have an opportunity to enter to win a weekend get-a-way to Duncanby Lodge.

FRIDAY, JUNE 13 | 4:30 – 6:30 P.M.

### MILLER GARAGE OVERHAUL

Join us and sample Miller Genuine Draft with a perfectly paired appetizer. Learn about a chance to win a complete garage overhaul courtesy of MGD, perfect for the hard worker in all of us.

FRIDAY, JUNE 13 | 2:00 – 6:00 P.M. | LANGLEY

SATURDAY, JUNE 14 | 2:00 – 6:00 P.M. | 39<sup>TH</sup> AND CAMBIE, WESTWOOD

### TAKE A JOURNEY WITH SHACKLETON WHISKY!

Looking for the perfect Father's Day gift? Look no further than Mackinlay's Shackleton Whisky. Visit the Spirits Room to try this historic whisky and learn about the Journey of Sir Ernest Shackleton. As an added bonus, a fabulous book by Neville Peat will be available as a gift with purchase.

SATURDAY, JUNE 14 | 3:00 – 6:00 P.M.

### WINES FOR CANADA DAY

Join our 39<sup>th</sup> & Cambie product consultants as they sample lovely wines with cheese pairings, fit to share at your Canada Day celebration. These hand-picked selections are sure to be a hit as you celebrate our great country's upcoming birthday!

WEDNESDAY, JUNE 18 | 4:00 – 6:30 P.M.

### PINEAPPLE PERFECTION

Join chef Lauren Moneta as she demonstrates how to create four lovely summertime recipes which are perfect for sharing at your own dinner party! Each recipe will be paired with wine selected by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and are available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk.

THURSDAY, JUNE 19 | 6:00 – 8:00 P.M.

### VIVA ITALIA WITH MASI!

In the spirit of the World Cup, viva Italia this June! Come sample from a variety of Italian wines while enjoying Italian meats and cheeses. *Cin Cin!*

SATURDAY, JUNE 21 | 3:00 – 7:00 P.M.

### CELEBRATE NATIONAL ABORIGINAL DAY WITH NK'MIP CELLARS

Join us as we celebrate National Aboriginal Day! Three wines will be sampled and customers will have an opportunity to receive a special gift with purchase.

SATURDAY, JUNE 21 | 12:00 – 4:00 P.M. | PENTICTON PLAZA

SATURDAY, JUNE 21 | 12:00 – 4:00 P.M. | PARK ROYAL

SATURDAY, JUNE 22 | 12:00 – 4:00 P.M. | 39<sup>TH</sup> & CAMBIE

### MOLSON CANADIAN CELEBRATES CANADA DAY

With Canada Day just around the corner, join us for a guided beer tasting of Molson Canadian by two beer professionals as well as a perfectly paired summer barbecue appetizer. An in-store contest will be held and one lucky customer will win a Maple Leaf Muskoka chair.

FRIDAY, JUNE 20 | 2:00 – 6:00 P.M. | LANGLEY

SATURDAY, JUNE 21 | 2:00 – 6:00 P.M. | WESTWOOD

FRIDAY, JUNE 27 | 2:00 – 6:00 P.M. | 39<sup>TH</sup> & CAMBIE

### TO THE SEA

Let us transport you to the seaside for a meal fit for a King or a Queen! Join chef Céline Turenne as she introduces you to three amazing West Coast inspired seafood recipes, followed by a delectable dessert to remember! Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and are available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk.

WEDNESDAY, JUNE 25 | 6:00 – 8:00 P.M.

### EXCLUSIVE RÉMY MARTIN TASTING

Join us for a very special release event for the Louis XIII Jeroboam Cognac. This is an extremely limited production from world-renowned cognac maker Rémy Martin. There will be only one available for purchase in BC Liquor Stores. A private seminar led by the Rémy Martin Brand Ambassador will feature tastings of Rémy Martin X.O. and V.S.O.P. along with Piper-Heidsieck Champagne. Ticket pricing and availability will be announced via our website and 39<sup>th</sup> & Cambie Special Events calendar. Please note that seating is limited for this event.

THURSDAY, JUNE 26 | TBA

Join us for this fantastic selection of cooking demonstrations, wine seminars and tasting events. All events listed below are at the 39<sup>th</sup> & 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 [bcliquorstores.com/event](http://bcliquorstores.com/event). To receive monthly updates and exclusive special announcements send an email to [events@bcliquorstores.com](mailto:events@bcliquorstores.com).

## JULY

### CRAFT BEER THURSDAY

Join our 39<sup>th</sup> & Cambie Beer Advocates the first Thursday of each month to explore award winning and local craft beers that are new to the BC market! Sip on some craft beer while enjoying gourmet cheese pairings provided by Chef Céline Turenne.  
THURSDAY, JULY 3 | 4:00 – 6:30 P.M.

### CELEBRATE KIM CRAWFORD

As 2013 has been hailed as the vintage of a lifetime for Kim Crawford, this is an ideal time to join us for an informal wine tasting with perfectly paired fresh cheeses and breads. Come and experience these fantastic wines and receive a free gift with the purchase of two bottles.  
SATURDAY, JULY 5 | 4:00 – 6:30 P.M. | PARK ROYAL



### COOKING WITH BLUEBERRIES

Join chef Céline Turenne as she introduces you to an amazing spread of savoury and sweet recipes with blueberries as the star ingredient! You'll be inspired to recreate and share these recipes at your next dinner party. Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and will be available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk. See store for details.  
WEDNESDAY, JULY 9 | 6:00 – 8:00 P.M.

### FRENCH WINES

Join our 39<sup>th</sup> & Cambie product consultants as they sample lovely French wines with cheese pairings, fit to share with your fellow wine-lover. These hand-picked selections are sure to bring a smile to your face as you experience all that French wines have to offer.  
THURSDAY, JULY 10 | 4:00 – 6:30 P.M.

### GREY GOOSE

Come sample Grey Goose Vodka along with the Grey Goose flavour line up and find out what makes Grey Goose the World's Greatest Vodka! Team Grey Goose will be on hand to answer any questions you have and share some great cocktail ideas.  
SATURDAY, JULY 12 | 2:00 – 5:00 P.M.

### SPEND HOT SUMMER DAYS CAMPING WITH ICE COLD COORS LIGHT!

Do you love summertime camping? Join us as we celebrate the great outdoors with Coors Light. Customers will have an opportunity to receive a gift with purchase of a Coors Light Search and Rescue T-Shirt. There will also be a contest to enter for a chance to win the Ultimate Camping Package by texting "Rescue" to 25858. Come join in the summer fun!  
FRIDAY, JULY 18 | 2:00 – 6:00 P.M.

### SURVIVE THE PEMBERTON MUSIC FESTIVAL WITH MOLSON CANADIAN

Get ready to leave the world behind for an incomparable three-day celebration of music, art, dancing and entertainment. Molson Canadian wants to make sure you're prepared to survive one epic weekend at Pemberton Music Festival! Join us to sample refreshing Molson Canadian and receive a bonus festival survival kit as a gift with purchase.  
FRIDAY, JULY 18 | 12:00 – 5:00 P.M. | SQUAMISH  
FRIDAY, JULY 18 | 12:00 – 5:00 P.M. | WHISTLER MARKETPLACE  
SATURDAY, JULY 19 | 12:00 – 5:00 P.M. | PEMBERTON  
SATURDAY, JULY 19 | 12:00 – 5:00 P.M. | WHISTLER VILLAGE



### DRESS IT UP!

Join chef Lauren Moneta as she demonstrates how to create four inspired summertime recipes with a savoury yogurt addition to dress it up! Each recipe will be paired with wine pairings provided by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and will be available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk at a date to be announced.  
WEDNESDAY, JULY 23 | 6:00 – 8:00 P.M.

### BOMBAY SAPPHIRE AND ST GERMAIN

Come and sample Bombay Sapphire & St Germain! As you sip your sample and enjoy an appetizer, you will have the opportunity to learn what makes these spirits so unique. Sample Bombay Sapphire East in various easy cocktails and let us help make your entertaining fun and easy!  
FRIDAY, JULY 25 | 2:00 – 5:00 P.M.

### TRY OUR SUMMER BLOCKBUSTERS!

Come and enjoy these classic summer blockbuster of spirits! Alongside a perfectly paired appetizer, you can sample Malibu, Absolut and Wiser's. Make this trio the perfect start to your summer gathering!  
THURSDAY, JULY 31 | 3:00 – 7:00 P.M. | LANGLEY

## AUGUST

### CRAFT BEER THURSDAY

Join our 39<sup>th</sup> & Cambie Beer Advocates the first Thursday of each month to explore award winning and local craft beers that are new to the BC market! Sip on some craft beer while enjoying gourmet cheese pairings provided by Chef Céline Turenne.  
THURSDAY, AUGUST 7 | 4:00 – 6:30 P.M.

### SOUTH AFRICAN BARBECUE WINES

Stop by and sample some great South African wines with a perfectly paired South African treat. The perfect way to get some great ideas for your next barbecue! Come by and give South Africa a try.  
FRIDAY, AUGUST 8 | 2:30 – 6:30 P.M.

### CELEBRATE SQUAMISH MUSIC FESTIVAL WEEKEND!

Come inside and cool off as we celebrate Squamish Music Festival! Join us for a guided beer tasting of refreshing Molson Canadian by a beer professional. Customers will have an opportunity to receive a unique gift with purchase item – a festival survival kit!  
FRIDAY, AUGUST 8 | 12:00 – 5:00 P.M. | WHISTLER, SQUAMISH  
SATURDAY, AUGUST 9 | 12:00 – 5:00 P.M. | WHISTLER, PEMBERTON

### BEER AND BARBECUE WITH PARALLEL 49

Escape the heat and join the Parallel 49 team as they showcase different barbecue and beer pairing ideas. After all, summertime is the perfect time for backyard barbecues and enjoying a cold craft beer. All craft beer samples will be paired with mouth watering barbecue bites. Featured recipes will be available as a takeaway, compliments of Parallel 49.  
SATURDAY, AUGUST 9 | 12:00 – 4:00 P.M.

### SUMMER TAPAS PARTY

Join chef Lauren Moneta as she demonstrates how to create four lovely summertime tapas recipes with a global influence that you're sure to enjoy! Each recipe will be paired with wine pairings provided by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and will be available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk. See store for details.  
WEDNESDAY, AUGUST 13 | 6:00 – 8:00 P.M.

### SUMMER WINES

Join our 39<sup>th</sup> & Cambie product consultants as they sample lovely wines with cheese pairings, fit to share at any of your upcoming get together. These hand-picked selections are sure to bring a smile to anyone's face as you toast the lazy days of August.  
THURSDAY, AUGUST 14 | 4:00 – 6:30 P.M.

### AGRODOLCE SICILY

Let us transport you to the island of Sicily for a meal fit for a King or a Queen! Join chef Céline Turenne as she introduces you to three amazing "Agrodolce" (meaning sweet and sour) Italian recipes, followed by a delectable dessert to remember! Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30** and will be available for purchase at the 39<sup>th</sup> & Cambie Customer Service desk. See store for details.  
WEDNESDAY, AUGUST 27 | 6:00 – 8:00 P.M.





### CRAB BOIL

Serves 6

- 4 x 2½ lb (1.25 kg) each live Dungeness crabs
- 3 tbsp (45 ml) Homemade Seafood Seasoning (make ahead, recipe follows), plus extra lemons, quartered
- 3 fresh bay leaves
- 2 kosher salt
- ¼ cup (50 ml) cipollini onions, peeled
- 1 lb (500 g) new potatoes
- 1½ lbs (750 g) large fennel bulb, trimmed and cut into thick slices
- 1 heads of garlic, halved
- 2 lemon wedges, for garnish
- crusty bread, optional

Fill large stockpot with 32 cups (8 L) water, cover and bring to a boil over high heat. Meanwhile rinse crabs under cool water. Place crabs on baking sheet and freeze for 20 minutes. This helps dull their senses and makes handling easier. Crabs should be well chilled but not frozen. Add Homemade Seafood Seasoning, lemons, bay leaves, salt and onions to boiling water and boil 5 minutes. Add potatoes, fennel and garlic then boil until tender, about 15 minutes. With a large sieve transfer potatoes, onions, fennel and garlic to a large platter and keep warm, covered with foil. Return water to a boil before swiftly lowering crabs head first into stockpot. Cover pot, wait until water returns to a boil then start timer for 18 minutes. Depending on size of crabs, you may need to cook them in 2 batches. Reduce heat to medium, if necessary, to prevent water from boiling over. Transfer cooked crabs to platter with warm vegetables. Sprinkle with additional Seafood Seasoning as desired. Serve immediately with lemon wedges and crusty bread.

### HOMEMADE SEAFOOD SEASONING

Makes ¼ cup (50 ml)

- 2 tbsp (30 ml) celery salt
- ¼ tsp (1 ml) each freshly ground black pepper, sweet paprika, smoked paprika, cayenne pepper or red pepper flakes, dry mustard, ground cinnamon, ground mace, ground allspice, ground cloves, ground ginger, ground coriander

Combine all ingredients and store in a container with a tight-fitting lid. Store in a cool, dark place and use within a couple of months for optimal flavour.

# recipe index

#### WEST COAST MARKET FEAST

- Crab Boil 138
- Grilled Corn Salad 139
- Peperonata with Burrata Cheese and Fresh Olive Baguette 139
- Peach and Raspberry Slab Pie with Bourbon Brown Sugar Ice Cream 140

#### LET'S SALSA

- Grapefruit Salsa with Grilled Chicken Breast 142
- Cherry Salsa and Duck Tacos in Homemade Pita Shells 143
- Avocado and Mango Salsa with Grilled Salmon 144
- Corn Salsa with Grilled Flank Steak 145

#### QUICK AND SMART SUMMER DISHES

- Prawn Gazpacho 146
- Spiced Lamb and Nectarine Salad 146
- Moroccan-Spiced Chicken with Peaches and Olives served with Roasted Baby Potatoes 147

#### PINEAPPLE

- Grilled Pineapple with Tequila Lime Glaze 148
- Halibut with Spicy Pineapple Broth and Pineapple Cucumber Relish 148
- Pineapple Upside Down Cake with Coconut Lime Ice Cream and Pineapple Chips 148
- Pineapple, Gin and Tarragon Pork Tenderloin with Grilled Green Vegetables 150

#### AGRODOLCE

- Halibut with Roasted Vegetables and Lemon Agrodolce Sauce 150
- Scallops and Cipollini Onions with Agrodolce Sauce 151
- Quail and Grapes with Agrodolce Sauce 152

#### PARTY PLATTERS: APPETIZERS FROM THE GRILL

- Buffalo And Blue Cheese Sliders 153
- Caribbean Grilled Shrimp and Watermelon Skewers 153
- Grilled Baby Artichokes with Lemon Caper Sauce 154
- Korean Barbecue Beef Lettuce Wraps 155

#### LAVENDER

- Grapefruit Scones with White Chocolate Drizzle and Lavender Jelly 155
- Brûlée Custard Tarts with Lavender Summer Fruit Salad 157
- Honey Lavender Ice Cream with Lemonade Cake 157

#### GRILLED TO PERFECTION

- Sticky Chicken with Lemon and Garlic 158
- Piña Colada Salmon 159
- Bourbon Barbecue Ribs and Grilled Corn with Herb Butter 160
- Lamb Lollipops with Mint and Tzatziki Duo 162

#### CACTUS CLUB CAFE COAL HARBOUR

- Sake and Maple-Marinated Sablefish with a Citrus and Soy Sauce 163
- Chilled Cucumber and Watermelon Soup with Dungeness Crab 163
- Lemon and Basil Tart with Lemon Sorbet 164

#### BLUEBERRIES

- Blueberry Tart with Lime Curd 165
- Blueberry and Spinach Salad with Lemon Honey Vinaigrette 166
- Blueberry Pizza with Honeyed Ricotta and Prosciutto 167
- Grilled Teriyaki Pork Chops With Blueberry Relish 167

#### MODERN TAPAS

- Asian Marinated Tuna and Seafood Ceviche 167
- Chickpeas with Chorizo, Garlic, Pine Nuts and Raisins 168
- Leeks with Summer Vegetable Vinaigrette 168
- Blue Cheese and Anchovy Tartlets 168

#### DRESS IT UP WITH SAVOURY YOGURT

- Lamb Burger with Radish Yogurt Chutney served with Sweet Potato Wedges 169
- Fennel and Potato Salad with Hummus 172
- Yogurt Dressing and Spicy Grilled Shrimp 172
- Steak Salad with Lemony Greens and Garlicky Yogurt Dressing 173

#### SUMMER SQUASH SALADS

- Summer Squash and Cherry Tomato Pasta Salad 173
- Summer Squash Salad with Raspberry Vinaigrette 174
- Grilled Ratatouille and Quinoa Salad 175

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**GRILLED CORN SALAD**

Serves 6

- 12 ears of corn, shucked
- 3 tbsp (45 ml) extra-virgin olive oil
- ½ lb (250 g) pancetta, diced
- ½ cup (125 ml) water
- 2 tbsp (30 ml) garlic, minced
- 2 small red bell peppers, diced
- 2 tbsp (30 ml) sherry vinegar
- ½ tsp (2 ml) salt
- freshly ground black pepper, to taste
- 2 Roma tomatoes, diced
- 2 tbsp (30 ml) fresh oregano, chopped
- 2 green onions, thinly sliced
- 2 tbsp (30 ml) flat leaf parsley, chopped

Preheat grill. Rub corn with oil to coat. Grill cobs over moderate heat, turning often, until lightly charred and just tender, about 10 minutes. Transfer corn to cutting board and when cool enough to handle, cut kernels from cobs. Place kernels in large bowl. In large sauté pan, combine pancetta and water and bring to a boil over medium-high heat. Reduce heat to medium and simmer until water evaporates, about 4 minutes. Continue frying pancetta, stirring occasionally, until crisp, about 8 minutes. Pour off all but 2 tbsp (30 ml) fat in sauté pan. Stir in garlic and red peppers and cook until garlic is fragrant, about 2 minutes. Stir in corn and vinegar and cook briefly to heat through. Remove from heat and season with salt and pepper. Stir in tomatoes, oregano, green onions and parsley before transferring to serving bowl. Serve immediately.

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**PEPERONATA WITH BURRATA CHEESE AND FRESH OLIVE BAGUETTE**

Serves 6

- ¾ cup (75 ml) extra-virgin olive oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 ml) chili flakes
- 2 large red bell peppers, cored and sliced
- 2 large yellow bell peppers, cored and sliced

- 2 large red onions, peeled and sliced
- 1 tbsp (15 ml) fresh thyme, chopped
- 2 tbsp (30 ml) capers, drained and rinsed
- 3 tbsp (45 ml) white wine vinegar
- 2 tbsp (30 ml) fresh oregano leaves, chopped
- ½ tsp (2 ml) salt, plus extra to taste
- ¼ tsp (1 ml) freshly ground black pepper, plus extra to taste
- fresh basil, for garnish
- 1 burrata cheese or fresh mozzarella cheese
- Olive Baguette, thinly sliced and toasted or grilled (make ahead, recipe follows)

In large frying pan, heat 3 tbsp (45 ml) oil over medium-high heat. Add garlic and chili flakes and stir until aromatic, about 30 seconds. Stir in peppers, onions and thyme before reducing heat to medium. Stir until peppers soften, about 6 minutes. Add capers and remaining oil to pepper mixture and continue to cook another minute. Transfer mixture to bowl. Turn off heat and add vinegar to hot pan. The residual heat should be enough to reduce it by half. Pour vinegar and any loosened bits from bottom of pan over pepper mixture. Stir in oregano, salt and pepper. Cover peperonata and chill in refrigerator for 2 hours, allowing flavours to blend. Bring to room temperature and adjust seasoning with extra salt and pepper before serving. Serve appetizer family style by putting out burrata cheese, slices of Olive Baguette and peperonata for guests to help themselves. Alternatively, spread some burrata cheese onto pieces of baguette before topping with a spoonful of peperonata and arranging on a platter.

**OLIVE BAGUETTES**

Makes 2 long loaves

- 1½ cups (375 ml) water
- ¼ tsp (1 ml) active dry yeast
- 4 cups (1 L) all-purpose flour, about 1 lb (500 g), plus extra
- 1¾ tsp (8 ml) salt
- ½ cup (125 ml) sliced green olives, drained, rinsed and patted dry
- cornmeal, for dusting

In large bowl stir together water and yeast with a wooden spoon. Add flour, salt and olives stirring to form a homogenous sticky dough. Cover and rest at room temperature until doubled in size, about 12 to 18 hours. Line 2 baking trays with parchment paper and sprinkle with cornmeal. Turn dough out onto lightly floured surface and divide into 4 even pieces. Shape 2 pieces dough into long baguettes about 12-in (30 cm) in length and place seam-side down on prepared baking trays before sprinkling liberally with flour. Repeat with remaining dough. Lightly cover baguettes with floured plastic wrap and let rise until almost doubled in size, about 1 to 1½ hours. Meanwhile preheat oven to 550 F (288 C). Place a pie plate on bottom rack in oven and fill it about half full with water. This keeps baking environment moist which ensures a nice crispy crust. Working with 1 tray at a time, with a very sharp knife, cut slits at a 45 degree angle across tops of each baguette at about 2-in (5 cm) intervals. With a spray bottle filled with water, gently mist loaves right before placing in oven. Bake loaves for 5 minutes before lightly misting each loaf again. Repeat after another 5 minutes of baking and rotate pan so loaves bake evenly. After a further 5 to 7 minutes loaves should be golden brown with a crisp crust. Remove from oven and place baguettes on wire rack to cool completely. Bake remaining baguettes in the same manner. Once cool, slice and enjoy.



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...WEST COAST MARKET FEAST FROM PAGE 10

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**PEACH AND RASPBERRY SLAB PIE WITH  
BOURBON BROWN SUGAR ICE CREAM**

Serves 8

|           |          |  |
|-----------|----------|--|
| 1 lb 5 oz | (640 g)  | Vanilla Bean Puff Pastry (make ahead, recipe follows)      |
| 1 tbsp    | (15 ml)  | crystallized ginger, finely chopped                        |
| 1 tbsp    | (15 ml)  | cornstarch   |
| ¼ cup     | (50 ml)  | granulated sugar   |
| 2 cups    | (500 ml) | sliced fresh peaches                                       |
| ¾ cup     | (175 ml) | fresh raspberries, plus extra for garnish                  |
| 1         |          | large egg  |
| 1 tbsp    | (15 ml)  | water  |
|           |          | coarse sugar, for garnish                                  |
|           |          | Bourbon Brown Sugar Ice Cream (make ahead, recipe follows) |
|           |          | fresh raspberries, for garnish, optional                   |

Preheat oven to 400 F (200 C). Line baking tray with parchment paper and set aside. On lightly floured surface, roll out puff pastry into a 12 x 15-in (30 x 38 cm) rectangle. Transfer to prepared baking tray and refrigerate while making filling. In medium-sized bowl stir together ginger, cornstarch and sugar. Add peach slices and berries to sugar mixture and toss gently to coat. In small bowl whisk together egg and water to form an egg wash. Spoon peach filling onto right half of puff pastry spreading it evenly to 1-in (2.5 cm) from edges. Brush some egg wash onto uncovered pastry border. Fold left half of pastry over to enclose filling. Using a fork, seal edges by firmly pressing together. Brush top of pastry with egg wash and sprinkle with coarse sugar. Using a sharp knife, cut 2 slits in pastry to allow steam to escape. Bake until pastry is golden brown and filling is bubbling, about 25 to 30 minutes. Place baking tray on wire rack to cool pie. To serve, cut pie and divide among serving plates. Add a scoop of Bourbon Brown Sugar Ice Cream and garnish with additional raspberries, if desired.

**VANILLA BEAN PUFF PASTRY**

Makes about 1 lb 5 oz (640 g)

|         |          |   |
|---------|----------|---|
| 1 cup   |          |   |
| +2 tbsp | (280 ml) | unsalted butter, at room temperature      |
| 1       |          | vanilla bean, split and seeds scraped out |
| 1¾ cup  | (425 ml) | all-purpose flour                         |
| ½ tsp   | (2 ml)   | fine sea salt                             |
| ½ cup   | (125 ml) | ice cold water, divided                   |

In bowl mix together butter and vanilla bean seeds with a fork. Refrigerate until

well chilled, about 1 hour. Cut into large pieces and keep refrigerated until ready to use. On clean work surface, place flour in a mound. Create a large well in centre of flour and add vanilla butter and salt. With your fingertips, gradually work together butter and salt while drawing flour into mix. Do not over mix. You should still see large pieces of butter covered in flour. Gradually add half the water and gently rake through dough with fingers. Add remaining water and mix with fingers, still taking care not to over mix. Dough will look very shaggy. Form into a ball and wrap in plastic wrap. Refrigerate for 30 minutes. On floured work surface, roll chilled dough into a 16 x 8-in (40 x 20 cm) rectangle. Fold dough into 3, bringing ends into centre like folding a letter forming a 4 x 8-in (10 x 20 cm) rectangle. Give it a quarter turn. Roll dough out again into a 16 x 8-in (40 x 20 cm) rectangle and fold again as before. Wrap dough in plastic wrap and chill for 30 minutes. Repeat rolling, folding and chilling dough, as described above, 2 more times. Puff pastry is now ready to use in your favourite recipes. If not using immediately, wrap dough in plastic wrap and refrigerate for up to 3 days or freeze for up to 4 months.

### BOURBON BROWN SUGAR ICE CREAM

Makes about 4 cups (1 L)

|         |          |                          |
|---------|----------|--------------------------|
| 1½ cups | (375 ml) | whipping cream           |
| ¾ cup   | (175 ml) | dark brown sugar, packed |
| ½ cup   | (125 ml) | homogenized milk         |
| 6       |          | large egg yolks          |
| 3 tbsp  | (45 ml)  | granulated sugar         |
| 1 pinch |          | salt                     |
| 1 pinch |          | nutmeg, freshly grated   |
| 1 tsp   | (5 ml)   | vanilla                  |
| 1 tbsp  | (15 ml)  | bourbon                  |

In large bowl prepare an ice bath with ice and water. Nestle another bowl in ice bath and set aside. In heavy-bottomed saucepan stir together cream, brown sugar and milk over medium heat until sugar has dissolved. Continue heating mixture until it starts to simmer. Meanwhile in large bowl, whisk together yolks and granulated sugar until thick and light in colour. Slowly pour warm milk mixture into egg yolk mixture while whisking constantly. Transfer mixture back to saucepan and cook, stirring constantly with a heat-proof spatula over medium heat. Custard base is ready when it starts to steam and coats the spatula (it will register about 170 F (77 C) on a thermometer). Remove saucepan from heat and strain mixture through a fine meshed strainer into chilled bowl. Stir in salt, nutmeg, vanilla and bourbon. Continue stirring until custard is cool. Remove bowl from ice bath, cover and refrigerate for 4 hours or overnight. Freeze chilled custard in an ice cream maker according to manufacturer's instructions. Transfer to an airtight container, cover and freeze for at least 4 hours before serving. Ice cream will keep frozen for up to 1 week.

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## LET'S SALSA FROM PAGE 20



### GRAPEFRUIT SALSA WITH GRILLED CHICKEN BREAST

Serves 4

- |         |         |  |
|---------|---------|--|
| 1/3 cup | (75 ml) | fresh lime juice, divided  |
| 1/3 cup | (75 ml) | olive oil, divided   |
| 4       |         | skinless, boneless chicken breast halves                             |
|         |         | salt and freshly ground black pepper, to taste                       |
| 2       |         | pink grapefruit  |
| 1       |         | navel orange   |
| 1/4 cup | (50 ml) | red onion, finely chopped  |
| 1/3 cup | (75 ml) | cilantro or flat leaf parsley, finely chopped                        |
| 1       |         | jalapeño pepper, finely diced  |
|         |         | couscous, as side dish if desired, prepared per package instructions |

Reserve 1 tbsp (15 ml) lime juice and olive oil and set aside. In shallow bowl, make marinade by combining remaining lime juice and olive oil. Season chicken with salt and pepper and place in bowl with marinade. Marinate for 30 to 45 minutes in refrigerator. Meanwhile, peel and section grapefruit and orange and cut into 1/2-in (1 cm) pieces. In medium bowl, combine grapefruit, orange, red onion, cilantro or parsley, jalapeño pepper, and reserved olive oil and lime juice. Season with salt and pepper. Preheat grill to medium heat, about 350 F (180 C). Remove chicken from marinade. Place on grill and cook for about 4 to 5 minutes each side, until cooked through. Internal temperature should read about 160 F (70 C). Remove from grill and let stand for 4 to 5 minutes, loosely tented with foil. Serve with prepared grapefruit salsa and couscous, if desired.

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### CHERRY SALSA AND DUCK TACOS IN HOMEMADE PITA SHELLS

Serves 4 to 6

|        |          |  |
|--------|----------|--|
| 1 cup  | (250 ml) | fresh cilantro, coarsely chopped, divided      |
| ½ cup  | (125 ml) | shallots, minced, divided                      |
| 6 tbsp | (90 ml)  | fresh lime juice divided                       |
| 4 tbsp | (60 ml)  | vegetable oil                                  |
| 4      |          | duck legs, trimmed of excess fat               |
| ½ lb   | (250 g)  | fresh cherries, stemmed, pitted, halved        |
| 1      |          | red jalapeño pepper, thinly sliced             |
| 1 tbsp | (15 ml)  | extra-virgin olive oil                         |
|        |          | salt and freshly ground black pepper, to taste |
| 8      |          | Pita Bread (make ahead, recipe follows)        |
|        |          | fresh cilantro, for garnish                    |
|        |          | Cherry Salsa (recipe follows)                  |

Preheat oven to 400 F (200 C). Combine ½ cup (125 ml) chopped cilantro, ¼ cup (50 ml) minced shallots, 4 tbsp (60 ml) lime juice and vegetable oil in a resealable plastic bag. Add duck, seal bag and turn to coat. Marinate at room temperature for 30 minutes, turning occasionally. Meanwhile, to make Cherry Salsa combine remaining ½ cup (125 ml) cilantro, ¼ cup (50 ml) shallots, 2 tbsp (30 ml) lime juice, cherries, jalapeño and olive oil in medium-sized bowl. Season salsa to taste with salt and pepper and set aside to let flavour develop. Remove duck legs from marinade, discard marinade and season duck generously with salt and pepper. Place duck legs skin-side up in small roasting pan and roast for 1 to 1½ hours or until skin is a rich golden brown and meat comes away from bone easily. Transfer legs to plate, loosely tent with foil and let rest 10 minutes. Tear meat off bones and place in bowl. Holding folded pita in one hand, add duck, top with salsa and garnish with fresh cilantro. Serve immediately.

### PITA BREAD

Makes 8 pita

|        |          |                                       |
|--------|----------|---------------------------------------|
| 2 tsp  | (10 ml)  | active dry yeast                      |
| ½ tsp  | (2 ml)   | granulated sugar                      |
| 2¾ cup | (675 ml) | unbleached all-purpose flour, divided |
| 1 tsp  | (5 ml)   | kosher salt                           |
| 2 tbsp | (30 ml)  | olive oil                             |

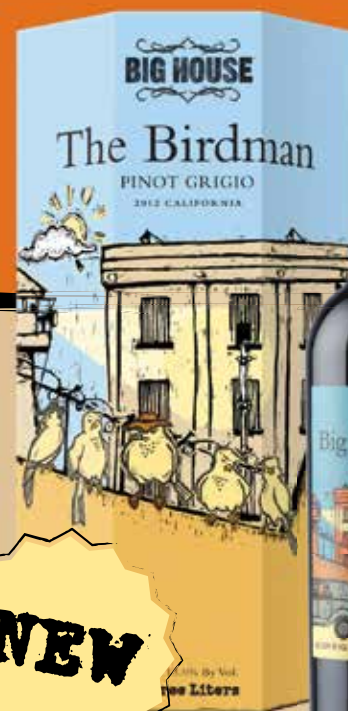
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## ...LET'S SALSA FROM PAGE 20

Pour 1 cup (250 ml) lukewarm water, about 105 to 115 F (41 to 46 C) into large mixing bowl. Add yeast and sugar and stir to dissolve. Add ½ cup (125 ml) flour and whisk together. Place bowl in warm place, uncovered, until mixture is frothy and bubbling, about 15 to 20 minutes. Reserve ½ cup (125 ml) flour for dusting work surface and shaping. Add remaining flour to bowl, along with salt and olive oil. With wooden spoon, stir until mixture forms a shaggy mass. Knead in bowl for 1 minute incorporating any stray bits of dry dough. If too sticky, dust with some reserved flour. Turn dough out onto lightly floured work surface. Knead lightly for 2 minutes, until smooth. Cover dough with a kitchen cloth on work surface and let rest 10 minutes, then knead again for 2 minutes. Dough should be soft and a bit moist. (At this point, dough can be refrigerated in a large, resealable plastic bag for several hours or overnight.) Before proceeding with recipe, bring dough back to room temperature and knead into a ball. Clean mixing bowl, oil lightly and place dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put bowl in a warm place. Leave until dough has doubled in size, about 1 hour. Heat oven to 475 F (240 C). On bottom shelf of oven, place a heavy-duty baking sheet, or pizza stone. Punch down dough and divide into 8 pieces of equal size (use a scale for accuracy). Form each piece into a tight little ball. Place dough balls on lightly floured work surface or silicone mat, cover with a damp (not wet) towel and leave for 10 minutes. Remove 1 ball (keeping others covered) and press into a flat disc. Using a rolling pin, roll into a circle about ⅞-in (0.25 cm) thick. Carefully lift dough circle and place quickly on hot baking sheet or pizza stone. After 1½ to 2 minutes dough should be nicely puffed. Turn over with tongs and bake 45 seconds to 1 minute more. The pita should be pale, slightly golden. Transfer warm pita to a napkin-lined basket and cover so bread stays soft<sup>1</sup>. Repeat with rest of dough balls. Should yield eight 6-in (15 cm) pita.<sup>2</sup>

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### AVOCADO AND MANGO SALSA WITH GRILLED SALMON

Serves 4

|          |          |  |
|----------|----------|--|
| 3 cups   | (750 ml) | Avocado and Mango Salsa (make ahead, recipe follows) |
| 4 x 6 oz | (180 g)  | each salmon fillets, skin on                         |
| 3 tbsp   | (45 ml)  | olive oil, divided                                   |
|          |          | salt and freshly ground black pepper, to taste       |

Preheat grill to medium heat, about 350 F (180 C). Meanwhile prepare Avocado Mango Salsa. Brush each salmon fillet with oil on both sides and season with salt and pepper. Place salmon fillets, flesh-side down on greased grill over medium

<sup>1</sup>Be careful not to burn yourself with the steam escaping from bread.

<sup>2</sup>Storing pita bread: Pita Bread can be stored for up to 1 week in a pantry or bread box and up to 1 month in freezer.



IT'S THE **SUNSHINE**  
THAT MAKES IT  
1000 HOURS IN EVERY DROP

...LET'S SALSA FROM PAGE 20

heat, brush with remaining oil. Close lid and cook, turning once, for about 8 minutes per 1-in (2.5 cm) of thickness to an internal temperature of 125 to 135 F (52 to 57 C) depending on taste. Take salmon off grill and place on a platter. Tent loosely with foil and rest for 5 minutes. Serve with Avocado and Mango Salsa.

#### AVOCADO AND MANGO SALSA

Makes 3 cups (750 ml)

|        |         |   |
|--------|---------|---|
| 1      |         | avocado, halved, pitted, peeled and cut into ½-in (1 cm) dice |
| 2 tbsp | (30 ml) | fresh lime juice  |
| 1      |         | mango, peeled, pitted and cut into ½-in (1 cm) dice           |
| 1      |         | small red onion, finely diced                                 |
| ¼ cup  | (50 ml) | fresh cilantro or flat leaf parsley, finely chopped           |
| 1      |         | jalapeño pepper, finely minced                                |
| 1 tbsp | (15 ml) | extra-virgin olive oil  |
|        |         | salt and freshly ground black pepper, to taste                |

As soon as avocado is cut, combine with lime juice in medium sized bowl and toss to coat. Add all other ingredients and stir. Let stand at room temperature until ready to serve.

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#### CORN SALSA WITH GRILLED FLANK STEAK

Serves 4 to 6

|          |          |  |
|----------|----------|--|
| 3 cups   | (750 ml) | Corn Salsa (make 2 to 4 hours ahead, recipe follows) |
| 1 x 1 lb | (500 g)  | flank steak  |
| 1 tbsp   | (15 ml)  | olive oil  |
|          |          | salt and freshly ground black pepper, to taste       |

Preheat grill to medium heat, about 350 F (180 C). Brush flank steak with oil and season with salt and pepper. Place on greased grill. Cook, turning once until done to your liking. For best results grill to medium rare (130 to 135 F / 54 to 57 C), about 8 to 10 minutes (6 to 8 for rare; 125 to 130 F / 52 to 54 C). Remove from grill, cover loosely with foil and let rest for 5 to 10 minutes. Thinly slice steak across grain and arrange on a platter or individual plates and top with Corn Salsa.

#### CORN SALSA

Makes about 3 cups (750 ml)

|        |          |                                 |
|--------|----------|---------------------------------|
| 2 cups | (500 ml) | cooked corn kernels             |
| ½ cup  | (75 ml)  | red onion, finely chopped       |
| 1      |          | garlic clove, finely chopped    |
| ¼ cup  | (50 ml)  | red bell pepper, finely chopped |
| 3 tbsp | (45 ml)  | fresh cilantro, finely chopped  |

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## QUICK AND SMART SUMMER DISHES FROM PAGE 30

|        |         |  |
|--------|---------|--|
| 2 tbsp | (30 ml) | fresh lime juice                               |
| 1 tbsp | (15 ml) | jalapeño pepper, finely chopped                |
| 1 tbsp | (15 ml) | extra-virgin olive oil                         |
|        |         | salt and freshly ground black pepper, to taste |

Combine all ingredients in a small bowl. Cover and refrigerate for 2 to 4 hours. Remove from refrigerator about 30 minutes before serving.

### PAIRS WITH

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### PRAWN GAZPACHO

Makes 12 shots or 4 as an appetizer

|        |          |  |
|--------|----------|--|
| 12     |          | tiger prawns, deveined, peeled with tails intact |
| ½      |          | small baguette, sliced and crusts removed        |
| 1      |          | egg yolk   |
| 2      |          | garlic cloves, peeled and chopped                |
| ¼ cup  | (50 ml)  | extra-virgin olive oil                           |
| 2 tsp  | (10 ml)  | fresh lemon juice                                |
| 1      |          | white or red onion, peeled and chopped           |
| 1      |          | large red bell pepper, cored, seeded and chopped |
| ½      |          | English cucumber, chopped                        |
| 1      |          | jalapeño pepper, seeded and finely chopped       |
| 1 lb   | (500 g)  | ripe tomatoes, cored and chopped                 |
| 14 oz  | (398 ml) | can tomatoes, chopped, plus juice                |
| 2 tsp  | (10 ml)  | tomato paste                                     |
| ½ cup  | (75 ml)  | cilantro, chopped                                |
| 1 tbsp | (15 ml)  | Worcestershire sauce                             |
| 1 tsp  | (5 ml)   | Tabasco sauce, or to taste                       |
|        |          | salt and freshly ground black pepper             |
|        |          | lime wedges, for garnish                         |

Bring saucepan of salted water to boil. Add prawns and cook 3 to 4 minutes or until cooked through and pink. Drain and plunge into an ice-water bath. Drain and set aside. Tear baguette into chunks and pulse in a food processor to form bread crumbs. Add egg yolk and garlic cloves, then pulse to combine. While motor is running, slowly drizzle in olive oil until emulsified, then add lemon juice. Add remaining ingredients, except for salt and pepper and garnish. Blend until smooth, or slightly chunky if desired. Season to taste. To serve, pour gazpacho into 12 small chilled glasses and top each with a prawn. Alternatively, divide and ladle into 4 chilled soup bowls, then garnish each with 3 prawns and a lime wedge.

### PAIRS WITH

#### **FETZER QUARTZ WHITE BLEND**

USA \$14.99 626465

#### **RIO MADRE RIOJA**

Spain \$16.99 887323



### SPICED LAMB AND NECTARINE SALAD

Serves 4

|        |         |   |
|--------|---------|---|
| 1      |         | garlic clove, minced  |
| 1 tsp  | (5 ml)  | ground cumin  |
| ½ tsp  | (2 ml)  | ground allspice   |
| ½ tsp  | (2 ml)  | ground cayenne  |
| ½ tsp  | (2 ml)  | ground cinnamon   |
| 2 tbsp | (30 ml) | olive oil   |
| 1 lb   | (500 g) | lamb loin, French rack or deboned                               |
| 2 to 3 |         | nectarines, halved and pitted                                   |
| 1      |         | lemon, juice only   |
| 1 tsp  | (5 ml)  | sumac powder  |
| ¼ cup  | (50 ml) | extra-virgin olive oil  |
| 2 tsp  | (10 ml) | liquid honey  |
|        |         | salt and freshly ground black pepper, to taste                  |
| ½      |         | English cucumber, cut lengthwise, thinly sliced into half moons |
| 4 cups | (1 L)   | baby arugula  |
| 1      |         | small white or red onion, thinly sliced                         |
| 1      |         | handful mint leaves, rinsed and dried                           |
| 1      |         | handful flat leaf parsley, rinsed and dried                     |
| ¼ lb   | (125 g) | crumbled feta cheese  |

In mixing bowl add garlic, cumin, allspice, cayenne, cinnamon and olive oil to form a paste. Spread over lamb loins and allow to marinate 30 minutes. Preheat barbecue to medium-high heat and grease grill. Grill lamb loins until desired doneness, about 5 minutes each side for medium-rare. Remove, cover with foil and allow to rest 5 to 8 minutes. Meanwhile add nectarines to grill. To make dressing, whisk together lemon juice, sumac, extra-virgin olive oil and honey. Season with salt and pepper. Place cucumber, arugula, onion, mint and parsley into mixing bowl and drizzle with enough dressing to lightly coat. Toss well and divide among serving plates. Slice lamb loin and place on top of salad and garnish with grilled nectarines and crumbled feta.

### PAIRS WITH

#### **PETER LEHMANN LAYERS RED BAROSSA**

Australia \$18.99 200261

#### **RICASOLI BROLIO CHIANTI CLASSICO**

Italy \$28.99 3962

...**QUICK AND SMART SUMMER DISHES**  
FROM PAGE 30



### MOROCCAN-SPICED CHICKEN WITH PEACHES AND OLIVES SERVED WITH ROASTED BABY POTATOES

Serves 8

|        |          |   |
|--------|----------|---|
| ¼ cup  | (50 ml)  | brown sugar   |
| 1 tbsp | (15 ml)  | ground cumin  |
| ½ tsp  | (2 ml)   | each ground cardamom, ground cinnamon and cayenne pepper    |
| 1 tsp  | (5 ml)   | ginger, finely minced                                       |
| 1 tsp  | (5 ml)   | salt  |
| 8      |          | bone-in chicken breasts (skin on or off)                    |
| ½ cup  | (125 ml) | balsamic vinegar  |
| ¼ cup  | (50 ml)  | peach preserves   |
| ½ cup  | (125 ml) | each chicken stock and orange juice                         |
| ½ cup  | (75 ml)  | pitted kalamata or niçoise olives                           |
| 4      |          | ripe peaches, halved and pitted                             |
|        |          | Stove Top Roasted Baby Potatoes (recipe follows, side dish) |

In a bowl combine sugar, cumin, cardamom, cinnamon, cayenne pepper, ginger and salt and mix well. Pat spice mixture on chicken breasts and allow to rest 15 minutes. Preheat barbecue<sup>1</sup> to medium-high and grease grill. Barbecue chicken, turning once, until meat is no longer pink inside, about 10 to 15 minutes per side. While chicken is cooking, in small saucepan combine balsamic vinegar, peach preserves, chicken stock, orange juice and olives. Bring to boil over medium heat, until thickened. Add peach halves to barbecue<sup>2</sup> and grill on both sides. Serve sauce with chicken and grilled peaches.

#### STOVE TOP ROASTED BABY POTATOES

Serves 8

|        |           |  |
|--------|-----------|--|
| 2½ lbs | (1.25 kg) | baby new nugget potatoes                       |
| ¼ cup  | (50 ml)   | butter   |
| 2 tbsp | (30 ml)   | olive oil                                      |
| 2      |           | heads garlic, separated, skins on              |
|        |           | salt and freshly ground black pepper, to taste |

Rinse and dry potatoes well. Place in heavy saucepan with butter, olive oil and garlic cloves. Tightly cover and heat over medium-low. Cook slowly, shaking pot a few times until desired doneness, about 30 to 40 minutes. Season with salt and pepper. Squeeze garlic from skins and serve with potatoes.

#### PAIRS WITH

**LOUIS JADOT COMBE AUX JACQUES BEAUJOLAIS-VILLAGES**

France \$19.99 469924

**SILENI CELLAR SELECTION SAUVIGNON BLANC**

New Zealand \$16.99 160325

<sup>1</sup> If you do not have a barbecue, preheat oven to 450 F (230 C), arrange chicken in a greased glass-rimmed baking dish, and bake for 25 minutes.

<sup>2</sup> For oven, slice peaches and place around chicken in dish, pour sauce over top. Bake until glaze caramelizes.

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### GRILLED PINEAPPLE WITH TEQUILA LIME GLAZE

Serves 8

- |         |          |  |
|---------|----------|--|
| 1       |          | large, extra sweet pineapple, trimmed and peeled |
| 1½ cups | (375 ml) | icing sugar                                      |
| 2 tbsp  | (30 ml)  | white tequila                                    |
| ¼ tsp   | (1 ml)   | lime zest  |
| 1 tbsp  | (15 ml)  | fresh lime juice                                 |
| 3 tbsp  | (45 ml)  | coconut oil, melted                              |
| 3 tbsp  | (45 ml)  | light brown sugar                                |
|         |          | fresh mint leaves, for garnish                   |

Preheat grill pan or barbecue over medium heat. Submerge 8 wooden skewers in water and let sit for 30 minutes. Meanwhile, in small bowl whisk together icing sugar, tequila, lime zest and lime juice until smooth. Set aside. Cut pineapple lengthwise into 8 pieces and cut out core if desired. Thread each piece onto prepared wooden skewers, brush with coconut oil and sprinkle with brown sugar. Grill pineapple, turning once, until golden and caramelized, about 2 minutes per side. Transfer pineapple to serving platter and drizzle with tequila lime glaze. Garnish with mint and serve.

#### PAIRS WITH

##### FETZER VALLEY GEWÜRZTRAMINER

USA \$14.99 350843

##### SANTELI KINDZMARALI SEMI SWEET RED WINE

Georgia \$17.87 63701



### HALIBUT WITH SPICY PINEAPPLE BROTH AND PINEAPPLE CUCUMBER RELISH

Serves 4

- |          |          |  |
|----------|----------|--|
| 4 x 6 oz | (180 g)  | each skinless halibut fillets                          |
|          |          | salt and freshly ground black pepper, to taste         |
| 1 tbsp   | (15 ml)  | coconut oil or extra-virgin olive oil                  |
| 2        |          | Thai red chili peppers                                 |
| 2 cups   | (500 ml) | pineapple juice  |
| 6        |          | baby bok choy, quartered                               |
|          |          | Pineapple Cucumber Relish (make ahead, recipe follows) |

Preheat oven to 400 F (200 C). Line baking sheet with parchment paper and set aside. Heat coconut oil in large frying pan over medium-high heat. Liberally season halibut fillets with salt and pepper. Add halibut to frying pan and sear for 3 to 4 minutes without flipping. Transfer seared side up to prepared baking sheet and bake to finish cooking for 5 to 6 minutes, or until fish flakes easily when cut with a fork. Slice chili peppers in half lengthwise. Place in saucepan with pineapple juice and a pinch of salt. Bring to a boil over medium-high heat, stirring occasionally. Once at a boil remove saucepan from heat and strain spicy pineapple broth over bok choy in a bowl. The heat from broth should wilt bok choy slightly. To serve, ladle ½ cup (125 ml) pineapple broth into each serving bowl. Divide bok choy among bowls and top with a piece of halibut. Spoon some Pineapple Cucumber Relish over top and serve immediately.

#### PINEAPPLE CUCUMBER RELISH

Makes about 1 cup (250 ml)

- |        |          |   |
|--------|----------|---|
| ½ cup  | (125 ml) | cucumber, seeded and diced                    |
| ½ cup  | (125 ml) | pineapple, diced                              |
| 3 tbsp | (45 ml)  | red bell pepper, diced                        |
| 1 tbsp | (15 ml)  | each fresh chives, mint and cilantro, chopped |
| 1 tbsp | (15 ml)  | fresh lime juice                              |
| ½ tsp  | (2 ml)   | lime zest                                     |
| 1 tsp  | (5 ml)   | bottled Asian fish sauce                      |
|        |          | freshly ground black pepper, to taste         |

In a small bowl, stir together all ingredients and refrigerate until ready to use.

#### PAIRS WITH

##### BROKEN SHADOW WEATHERVANE WHITE

BC VQA \$15.99 271742

##### ESCORIHUELA 1884 EXTRA BRUT

Argentina \$20.99 917476



### PINEAPPLE UPSIDE DOWN CAKE WITH COCONUT LIME ICE CREAM AND PINEAPPLE CHIPS

Serves 10

- |         |          |   |
|---------|----------|---|
| ¼ cup   | (300 ml) | water                                     |
| ¼ cup   | (50 ml)  | white rum                                 |
| 2 tbsp  | (30 ml)  | honey                                     |
| 1 pinch |          | salt, plus extra                          |
| ½ cup   | (125 ml) | granulated sugar                          |
| 1       |          | extra sweet pineapple, trimmed and peeled |
| ¾ cup   | (175 ml) | unsalted butter, at room temperature      |
| 1 cup   | (250 ml) | light brown sugar, packed                 |
| 3       |          | large eggs                                |
| 2 cups  | (500 ml) | all-purpose flour                         |
| 2 tsp   | (10 ml)  | ground ginger                             |
| 1 tsp   | (5 ml)   | ground cinnamon                           |

...PINEAPPLE FROM PAGE 40

|        |          |  |
|--------|----------|--|
| 1 tsp  | (5 ml)   | ground cardamom  |
| 1½ tsp | (7 ml)   | baking powder  |
| ½ tsp  | (2 ml)   | baking soda  |
| 1 cup  | (250 ml) | buttermilk   |
|        |          | Coconut Lime Ice Cream<br>(make ahead, recipe follows) |
|        |          | Pineapple Chips (make ahead, recipe follows)           |

Preheat oven to 350 F (180 C). Butter a 9-in (23 cm) cake pan and line bottom and sides with parchment paper. Set aside. In large saucepan stir together water, rum, honey, salt and sugar. Bring to a simmer over medium heat. Meanwhile cut pineapple lengthwise in half and reserve one half for another use. Cut remaining half lengthwise into 2 pieces and cut away core from each. Slice each piece lengthwise into ¼-in (0.5 cm) strips. Add pineapple to simmering sugar syrup and gently simmer until tender, about 10 minutes. Carefully remove pineapple from syrup and set on a baking tray to cool. Increase heat to high and boil syrup until thickened slightly, about 4 to 6 minutes. Remove from heat and set aside to cool to room temperature. Once cooled, arrange pineapple slices over base of prepared cake pan. Beginning at perimeter of pan make an overlapping ring of pineapple slices with curved side facing out. Make a second ring inside first one, overlapping slices in opposite direction, working toward centre of pan. Pour over half the cooled syrup, reserving remaining syrup for later. In bowl of stand mixer fitted with paddle attachment cream together butter and brown sugar until pale and fluffy, about 5 to 8 minutes. Add eggs one at a time mixing well after each addition. In another bowl, sift together flour, ginger, cinnamon, cardamom, baking powder, baking soda and a pinch of salt. Add flour mixture and buttermilk to butter mixture and mix on low speed just until incorporated. Spoon batter over pineapple in baking pan and smooth top. Bake cake until wooden skewer inserted in centre comes out clean, about 75 to 80 minutes. If cake is getting too dark during baking, loosely drape a piece of aluminum foil over top for last 15 to 20 minutes. Let cake cool for 10 minutes on wire rack before running a knife around cake edge and inverting onto serving plate. Rearrange any pineapple pieces that may have shifted during unmoulding. When ready to serve, warm remaining syrup over medium-high heat and boil for 3 minutes. Pour warm syrup over cake to glaze. Cut slices and divide among serving plates. Garnish each slice with a Pineapple Chip and a scoop of Coconut Lime Ice Cream.

#### COCONUT LIME ICE CREAM

Makes about 8 cups (2 L)

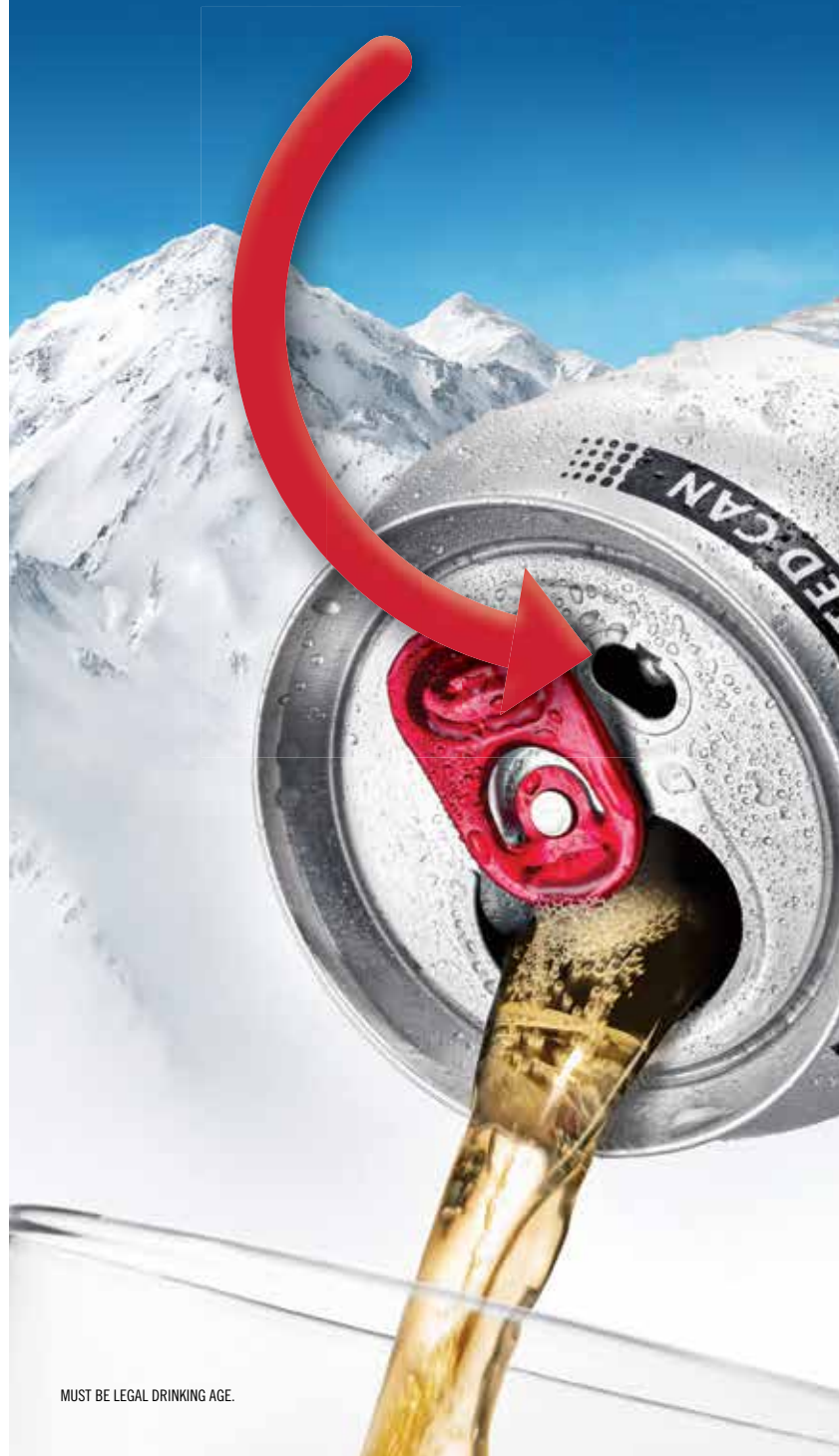
|         |          |                                 |
|---------|----------|---------------------------------|
| 1 cup   | (250 ml) | sweetened shredded coconut      |
| ½ cup   | (125 ml) | whole milk                      |
| 1 cup   | (250 ml) | whipping cream                  |
| 1 pinch |          | salt                            |
| 14 oz   | (398 ml) | can sweetened condensed milk    |
| ½ tsp   | (2 ml)   | lime zest, finely grated        |
| ½ cup   | (125 ml) | fresh lime juice                |
| 4       |          | large egg yolks                 |
| ¼ cup   | (50 ml)  | granulated sugar                |
| 2 tsp   | (10 ml)  | coconut-flavoured rum, optional |

Place coconut in saucepan over medium heat. Toast, stirring frequently, until golden brown, about 4 to 6 minutes. Add milk, cream and salt and bring mixture to a simmer. Remove saucepan from heat, cover and steep for 1 hour. Strain infused milk mixture through a fine mesh strainer into a clean heavy-bottomed saucepan pressing on coconut to extract as much flavour as possible. Discard coconut. Place saucepan over medium heat and bring mixture to a simmer.

BC LIQUORSTORES

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Meanwhile in large bowl prepare an ice bath with ice and water. Nestle another bowl in ice bath. Add condensed milk, lime zest and lime juice. Set aside. In another medium-sized bowl, whisk together yolks and granulated sugar until thick and light in colour. Slowly pour warm milk mixture into egg yolk mixture while whisking constantly. Transfer mixture back to saucepan and cook, stirring constantly with a heatproof spatula over medium heat. Custard base is ready when it starts to steam and coats spatula (will register about 170 F (77 C) on thermometer). Remove saucepan from heat and strain through fine meshed strainer into condensed milk mixture. Add remaining coconut-flavoured rum (if using) and stir until custard is cool. Remove bowl from ice bath, cover and refrigerate for 4 hours or overnight. Freeze chilled custard in an ice cream maker and freeze according to manufacturer's instructions. Serve immediately or transfer to an airtight container, cover and freeze for up to 1 week.

**PINEAPPLE CHIPS**

Makes about 16 chips

½ pineapple, trimmed and peeled

Preheat oven to 200 F (93 C) and place oven racks in top and bottom third of oven. Line 2 baking sheets with reusable non-stick mats or parchment paper. Set aside. With a mandolin slicer or sharp knife, slice pineapple into thin rounds about ¼-in (3 mm) thick. Pat dry with paper towel and place on prepared baking sheets. Bake pineapple rounds for 1 hour before flipping tray position in oven. Continue baking until dried, about another hour. Transfer to wire rack and cool completely. Store in an airtight container for up to 2 days.

**PAIRS WITH**

**ST. URBANS-HOFRIESLING**

Germany \$22.99 597997

**YELLOW TAIL PINK BUBBLES ROSÉ**

Australia \$13.99 785469



**PINEAPPLE, GIN AND TARRAGON PORK TENDERLOIN WITH GRILLED GREEN VEGETABLES**

Serves 8

- 2 pork tenderloin, about 3 lbs (1.5 kg) total salt and freshly ground pepper, to taste
- 1½ cups (375 ml) pineapple, chopped
- 3 small shallots, minced
- 2 garlic cloves, minced
- ½ cup (75 ml) rice wine vinegar
- ¼ cup (50 ml) gin
- ¼ cup (50 ml) granulated sugar
- 2 tbsp (30 ml) light brown sugar
- ¼ cup (50 ml) honey
- 1 cup (250 ml) pineapple juice
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) tomato paste

- 1 tbsp (15 ml) cornstarch
- 2 tbsp (30 ml) fresh tarragon leaves, chopped
- 3 tbsp (45 ml) melted coconut oil or olive oil
- 8 baby bok choy, cut in half lengthwise
- 4 zucchini, sliced into ½-in (1 cm) rounds
- 2 lbs (1 kg) asparagus spears, washed and trimmed

Preheat oven to 400 F (200 C). Trim silver skin from tenderloin before placing on an aluminum foil-lined baking tray. Season with salt and pepper. Set aside while preparing sauce. In a medium saucepan stir together pineapple, shallots, garlic, vinegar, gin, sugars, honey, pineapple juice, soy sauce, tomato paste and cornstarch. Place over medium-high heat and bring to a boil, stirring constantly. Reduce heat to medium and simmer sauce, stirring frequently, until thickened, about 10 to 15 minutes. Remove sauce from heat and stir in tarragon. Brush a third of the sauce over tenderloin before placing in oven and roasting until internal temperature reaches 145 F (63 C), about 18 to 20 minutes. Remove tenderloin from baking tray and rest on cutting board for 10 minutes. Meanwhile preheat grill pan or barbecue over medium heat. In large bowl toss coconut oil with bok choy, zucchini and asparagus with a generous pinch of salt and pepper. Grill vegetables turning frequently, until tender and marked, about 3 to 5 minutes. Transfer to serving platter. To serve, warm sauce gently over medium heat. Slice tenderloin into medallions. Place slices on top of vegetables, overlapping slightly before spooning sauce over top. Serve family style, allowing diners to help themselves. This dish is delicious served with couscous or rice to soak up extra sauce.

**PAIRS WITH**

**DOMINIO DE PUNCTUM VIENTO ALISEO LA MANCHA VIOGNIER ORGANIC**

Spain \$13.99 768861

**NK'MIP PINOT NOIR**

BC VQA \$21.99 626424



**HALIBUT WITH ROASTED VEGETABLES AND LEMON AGRODOLCE SAUCE**

Serves 4

- 4 x 6 oz (180 g) Roasted Vegetables (make ahead, recipe follows) each halibut fillets
- salt and freshly ground black pepper, to taste
- ½ cup (125 ml) fresh lemon juice
- 1 tbsp (15 ml) granulated sugar
- 2 cloves garlic, peeled and cut in half
- 1 tbsp (15 ml) olive oil

Preheat oven to 350 F (180 C). Season halibut on both sides with salt and pepper. Lightly oil a baking dish or cookie sheet and place fish without overlapping. Bake until fish is almost cooked through, about 8 to 10 minutes, depending on thickness. Internal temperature should read 125 to 130 F (52 to 54 C). While halibut is baking, prepare sauce. In a small saucepan, combine lemon juice, sugar, garlic, salt and pepper. Bring to a boil and reduce to a glaze, 3 to 5 minutes. Strain sauce,

whisk in olive oil and set aside. To serve, place prepared Roasted Vegetables on warmed individual serving plates, top with halibut and drizzle with sauce.

#### ROASTED VEGETABLES

- |        |         |  |
|--------|---------|--|
| 6      |         | medium bell peppers (red, orange, yellow), halved and seeded |
| 3      |         | medium tomatoes, halved                                      |
| 1      |         | medium yellow onion, cut into 8 segments                     |
| 3 tbsp | (45 ml) | olive oil  |
|        |         | salt and freshly ground pepper, to taste                     |

Set oven to broil. In a large bowl add vegetables, oil, salt and pepper and toss to coat. Arrange peppers and tomatoes cut-side down on baking sheet and add onions. Roast for 20 to 25 minutes or until skin of peppers and tomatoes is soft and onions are softened and golden. If onions and tomatoes are ready before peppers, remove from baking sheet and reserve. When peppers are ready, place in a bowl and cover with plastic wrap. Leave for a few minutes. Remove from bowl and peel off skin. Cut peppers into strips, put in bowl, add tomatoes and onion and reserve until ready to use.

#### PAIRS WITH

**BABICH SAUVIGNON BLANC MARLBOROUGH**

New Zealand \$19.99 560144

**RED ROOSTER PINOT NOIR**

BC VQA \$19.99 628347



#### SCALLOPS AND CIPOLLINI ONIONS WITH AGRODOLCE SAUCE

Serves 4

- |        |          |   |
|--------|----------|---|
| 1      |          | shallot, minced                                   |
| 4 tbsp | (60 ml)  | brown sugar                                       |
| ½ cup  | (125 ml) | dry white wine                                    |
| ¼ cup  | (50 ml)  | sherry vinegar                                    |
| 2 tbsp | (30 ml)  | olive oil, divided                                |
| 2 tbsp | (30 ml)  | unsalted butter, divided                          |
| 8      |          | small cipollini onions, peeled                    |
| 20     |          | sea scallops, patted dry and hinge muscle removed |
|        |          | salt and freshly ground black pepper, to taste    |

In small saucepan, combine shallot, sugar, wine, vinegar and bring to a boil. Reduce heat to low and simmer until reduced by two thirds, 12 to 15 minutes. Strain sauce into a clean bowl, pressing on shallots to extract all sauce. Taste and adjust flavour by adding more sugar or vinegar. Set aside. Meanwhile, heat 1 tbsp (15 ml) each oil and butter in skillet over medium-high heat. Add onions and cook until golden brown, 8 to 10 minutes. Set aside. Add 1 tbsp each (15 ml) butter and olive oil to skillet and heat over medium-high heat. Add scallops and sear until golden, about 2 to 3 minutes on each side. Season with salt and pepper. Arrange scallops on a plate, place a few cipollini onions in middle and drizzle with sauce.



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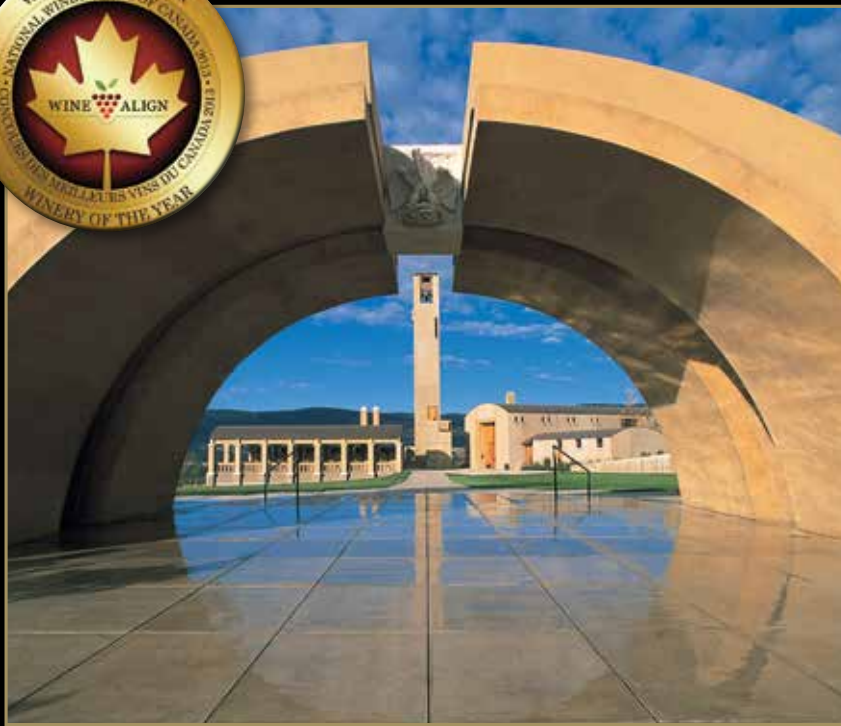
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...**AGRODOLCE** FROM PAGE 52

**PAIRS WITH**  
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**CALONA VINEYARDS ARTIST SERIES PINOT NOIR**  
BC VQA \$15.99 432898



## QUAIL AND GRAPES WITH AGRODOLCE SAUCE

Serves 4

- 4 jumbo quails, bone-in or semi-boneless, rinsed and patted dry
- 4 salt and freshly ground black pepper, to taste
- 4 small sprigs rosemary

- 4 tbsp (60 ml) olive oil
- 4 tbsp (60 ml) unsalted butter
- 1 cup (250 ml) Agrodolce Sauce (make ahead, recipe follows)
- 1 cup (250 ml) red and green seedless grapes
- 2 endives (1 red and 1 green)

Remove quails from refrigerator 30 minutes before starting recipe to bring to room temperature. Preheat oven to 400 F (200 C). Season cavity with salt and pepper and place sprig of rosemary into each quail and tie legs together. Heat oil and butter in a heavy ovenproof sauté pan over medium heat until foam subsides, then brown quails on all sides while basting with liquid from pan, 8 to 10 minutes. Transfer quails to a small roasting pan. Place in oven and roast for 10 to 15 minutes, or until juices run clear. Remove from oven and tent loosely with foil and let rest for 5 to 10 minutes. Add grapes to sauce and heat through over medium-low heat. To serve, place endive leaves on platter, add quails and grapes and spoon sauce over.

### AGRODOLCE SAUCE

Makes about 1½ cups (375 ml)

- ½ cup (125 ml) balsamic vinegar
- 2 garlic cloves, peeled, but left whole
- 1 tbsp (15 ml) maple syrup

## PARTY PLATTERS FROM PAGE 62

|        |          |                                  |
|--------|----------|----------------------------------|
| ½ tbsp | (6 ml)   | fresh rosemary, coarsely chopped |
| 1¼ cup | (300 ml) | chicken stock                    |
| 2 tbsp | (30 ml)  | butter, softened                 |
| 2 tbsp | (30 ml)  | all-purpose flour                |

In saucepan bring vinegar, garlic, maple syrup and rosemary to boil over high heat. Reduce heat to medium-high and cook until reduced by half (3 to 5 minutes). Add chicken stock, bring to a boil and simmer for 20 minutes. Strain sauce, return to saucepan and simmer for 10 more minutes. Mix softened butter with flour until well incorporated. Add 1 tbsp (15 ml) of butter mixture to sauce stirring well to thicken. Add more if thicker consistency is desired.

### PAIRS WITH

#### INNISKILLIN OKANAGAN PINOT NOIR RESERVE

BC VQA \$18.99 624767

#### TAITTINGER BRUT CHAMPAGNE RÉSERVE

France \$67.99 45713



### BUFFALO AND BLUE CHEESE SLIDERS

Makes 12 sliders

|        |          |  |
|--------|----------|--|
| 1 loaf |          | focaccia bread                             |
| 1½ lbs | (750 g)  | ground chicken (mixed white and dark meat) |
| ½      |          | small yellow onion, minced                 |
| 1 tbsp | (15 ml)  | brown sugar                                |
| 1 tbsp | (15 ml)  | paprika                                    |
| ½ tsp  | (2 ml)   | cayenne                                    |
| ½ cup  | (125 ml) | Frank's Red Hot Sauce, divided             |
|        |          | salt and freshly ground black pepper       |
| 1 cup  | (250 ml) | crumbled blue cheese                       |
|        |          | Ranch Slaw (make ahead, recipe follows)    |

Cut focaccia loaf into eight 3-in (7.5 cm) squares, then sliced horizontally. Set aside. In a mixing bowl combine ground chicken, onion, brown sugar, paprika, cayenne, salt and pepper and 2 tbsp (30 ml) Franks Red Hot Sauce. Mix well and using damp hands, divide mixture into 12 equal-sized small patties, about 2 oz (60 g) each.

Heat barbecue grill to medium-high and lightly grease grate. Add patties and cook until done, about 3 minutes on each side. Brush both sides with remaining hot sauce and sprinkle top of patties with crumbled blue cheese to melt slightly. At same time, lightly toast focaccia. Add a patty to bottom of a toasted focaccia, top patty with some Ranch Slaw. Add focaccia top and serve immediately.

### RANCH SLAW

|        |          |                              |
|--------|----------|------------------------------|
| 2 cups | (500 ml) | cabbage, coarsely grated     |
| 1      |          | carrot, finely grated        |
| 2      |          | green onions, finely chopped |
| ½ cup  | (125 ml) | Ranch dressing               |

Combine all ingredients in a mixing bowl and refrigerate until ready to use.

### PAIRS WITH

#### MICHAEL DAVID PETITE PETIT

USA \$24.99 414946

#### SANTA RITA SECRET RESERVE RED BLEND

Chile \$14.99 348870



### CARIBBEAN GRILLED SHRIMP AND WATERMELON SKEWERS

Makes 8 skewers

|        |         |  |
|--------|---------|--|
| 2      |         | garlic cloves, finely minced                             |
| ½ cup  | (75 ml) | dark rum   |
| 3 tbsp | (45 ml) | brown sugar  |
| 1½ tsp | (7 ml)  | cayenne pepper   |
| ½ tsp  | (2 ml)  | freshly ground black pepper                              |
| ¼ tsp  | (1 ml)  | ground allspice  |
| 4 tbsp | (60 ml) | fresh basil, chopped                                     |
| 4 tbsp | (60 ml) | fresh chives, chopped                                    |
| 3 tbsp | (45 ml) | olive oil  |
| 2      |         | limes, juice only  |
| 1 lb   | (500 g) | large shrimp, deveined and shelled                       |
| 16     |         | watermelon cubes, 1½-in to 2-in (3.75 cm to 5 cm) square |

In a mixing bowl combine marinade ingredients from garlic to lime juice and mix until well blended. Add shrimp and toss to coat. Cover and refrigerate for 1 to 2 hours.

Skewer shrimp onto small skewers. Grill on hot, greased barbecue grill about 2 to 3 minutes each side or until pink. At the same time, place skewered watermelon cubes on barbecue and grill until warm. Skewer 1 or 2 grilled prawns onto grilled watermelon cubes and serve. Garnish with Pickled Shallot and Cucumber Relish if desired, recipe follows.

### PICKLED SHALLOT AND CUCUMBER RELISH

|        |          |  |
|--------|----------|--|
| 1      |          | English cucumber, sliced lengthwise then thinly sliced into half moons |
| 3 to 4 |          | shallots, peeled and thinly sliced                                     |
| 2      |          | Thai red chilies, seeded and finely chopped                            |
| ½ cup  | (125 ml) | rice vinegar   |
| ¼ cup  | (50 ml)  | granulated sugar   |
| 1 tbsp | (15 ml)  | salt   |
| ¼ cup  | (50 ml)  | hot water  |

Add cucumber, shallots and chilies to small mixing bowl. In another bowl, mix together rice vinegar, sugar, salt and hot water. Stir until sugar and salt have dissolved. Pour over cucumber mixture. Mix well. Cover and refrigerate overnight.

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**...PARTY PLATTERS FROM PAGE 62**



**GRILLED BABY ARTICHOKE WITH LEMON CAPER SAUCE**

Serves 8

- |        |         |                                      |
|--------|---------|--------------------------------------|
| 1      |         | lemon                                |
| 16     |         | baby artichokes                      |
|        |         | extra-virgin olive oil, for brushing |
|        |         | salt and freshly ground black pepper |
| 1      |         | shallots, minced                     |
| 1      |         | garlic clove, minced                 |
| 1 tsp  | (5 ml)  | Dijon mustard                        |
| 2 tsp  | (10 ml) | liquid honey                         |
| 2 tbsp | (30 ml) | capers, chopped                      |
| 2 tbsp | (30 ml) | fresh lemon juice                    |

- |        |          |                        |
|--------|----------|------------------------|
| 1 tbsp | (15 ml)  | sherry vinegar         |
| 2 tbsp | (30 ml)  | chives, finely chopped |
| ½ cup  | (125 ml) | extra-virgin olive oil |

Fill large bowl with cold water. Cut lemon in half and squeeze juice into water followed by squeezed lemon halves. If desired leave some of stem attached to artichoke. Snap off bottom 3 rows of outer leaves or any drier tough ones. Cut tip from artichoke. Half artichoke lengthwise. Place in lemon water. Repeat with remaining artichokes. Bring large pot of salted water to a boil. Add artichokes and boil until crisp-tender, about 5 minutes. Remove and place into an ice-water bath. Drain well to dry. Heat barbecue to medium heat. Brush artichokes with olive oil and grill until tender and charred in spots, about 5 minutes each side. Transfer to serving platter. Whisk remaining ingredients in bowl and drizzle some over artichokes, reserving extra to serve on side. Serve warm or at room temperature.

**PAIRS WITH**  
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### KOREAN BARBECUE BEEF LETTUCE WRAPS

Serves 8

|        |         |   |
|--------|---------|---|
| 1½ lbs | (750 g) | rib-eye steaks, 1-in (2.5 cm) thick                         |
| ¼ cup  | (50 ml) | soy sauce   |
| ¼ cup  | (50 ml) | rice wine   |
| 1 tbsp | (15 ml) | granulated sugar  |
| 1 tbsp | (15 ml) | garlic, minced  |
| 1 tbsp | (15 ml) | fresh peeled ginger, finely chopped                         |
| 1      |         | green onion, finely chopped                                 |
| ½ tbsp | (7 ml)  | toasted sesame seeds  |
| 1 tsp  | (5 ml)  | sesame oil  |
| 1 tsp  | (5 ml)  | dried red chili flakes                                      |
| 1 tsp  | (5 ml)  | hot chili paste   |
| 1      |         | large head bibb or butter lettuce                           |
|        |         | Pickled Daikon and Carrot Slaw (recipe follows, make ahead) |

Slice steaks with the grain into long strips, about 1½-in (3.75 cm) wide, and place in large bowl. In another bowl, mix together soy sauce, rice wine, sugar, garlic, ginger, green onion, sesame seeds and oil, chili flakes and paste. Pour over beef and mix well to marinate. Cover and refrigerate 2 to 3 hours. Wash and dry lettuce and trim off any large stems. Gently flatten leaves with side of a cleaver or large knife. Arrange on serving dish. Preheat barbecue grill to medium-high and lightly oil grate. Add steaks and cook to desired doneness, about 3 minutes per side for medium-rare. Remove and let rest 3 to 5 minutes. Slice against the grain into thin strips. To serve, divide beef among lettuce cups and garnish with some prepared Pickled Daikon and Carrot Slaw.

### PICKLED DAIKON AND CARROT SLAW

|       |          |  |
|-------|----------|--|
| 2     |          | medium carrots, peeled, about 1 lb (500 g) |
| 1     |          | small daikon, peeled, about 1 lb (500 g)   |
| 1 tsp | (5 ml)   | salt                                       |
| ½ cup | (125 ml) | granulated sugar                           |
| 1 cup | (250 ml) | rice vinegar                               |
| 1 cup | (250 ml) | warm water                                 |
| ¼ cup | (50 ml)  | red onion, finely chopped                  |
| 2     |          | green onions, finely sliced                |
| ¼ cup | (50 ml)  | cilantro, chopped                          |

Finely cut carrots and daikon into thin julienne strips, or use a food processor and shred using large grate attachment. Transfer to large mixing bowl. Whisk together salt, sugar, rice vinegar and warm water in mixing bowl until salt and sugar has dissolved. Pour over shredded vegetables and mix well. Transfer to smaller bowl and cover tightly with plastic wrap. Refrigerate overnight. When ready to serve, strain off excess liquid and toss in chopped red onion, green onion and cilantro and mix well.

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### GRAPEFRUIT SCONES WITH WHITE CHOCOLATE DRIZZLE AND LAVENDER JELLY

Serves 8

|        |          |   |
|--------|----------|---|
| ¼ cup  | (50 ml)  | granulated sugar                                  |
| 1      |          | ruby red grapefruit, zested, peeled and segmented |
| 1½ cup | (375 ml) | all-purpose flour, plus extra for dusting         |
| ½ cup  | (125 ml) | large flake rolled oats                           |
| 1 tsp  | (5 ml)   | baking powder                                     |
| 1 tsp  | (5 ml)   | baking soda                                       |
| ¼ tsp  | (1 ml)   | salt  |
| 6 tbsp | (90 ml)  | cold unsalted butter, cut into cubes              |
| 2 tbsp | (30 ml)  | liquid honey                                      |
| ½ cup  | (125 ml) | plain Greek yogurt                                |
| 2 tbsp | (30 ml)  | milk or buttermilk                                |
| 4 oz   | (125 g)  | white chocolate, chopped                          |
|        |          | Lavender Jelly (make ahead, recipe follows)       |

Preheat oven to 425 F (220 C). Line baking tray with parchment paper and set aside. In small bowl rub together grapefruit zest and granulated sugar. Chop each grapefruit segment into about 1-in (2.5 cm) pieces and set aside. In medium-sized bowl whisk together flour, rolled oats, baking powder, baking soda, salt and 2 tbsp (30 ml) prepared grapefruit sugar. Work butter into dry ingredients with fingers or 2 knives until mixture resembles coarse meal and is dotted with butter pieces no bigger than size of a pea. Add honey, yogurt and grapefruit segments. Toss together with a fork until all dry ingredients are just moistened. Turn dough out onto a lightly floured surface. Form into an 8-in (20 cm) circle, about 1-in (2.5 cm) thick. Using a sharp knife cut dough into 8 wedges. Place on prepared baking sheet. Lightly brush top of scones with milk and generously sprinkle each with remaining 2 tbsp (30 ml) grapefruit sugar. Bake until golden brown, about 13 to 15 minutes. Place baking tray on cooling rack and allow scones to cool tray for 10 minutes. Meanwhile melt white chocolate in double boiler stirring often. Drizzle scones with melted chocolate and let chocolate set for 5 minutes before transferring to a serving plate. Serve scones with Lavender Jelly.

### LAVENDER JELLY<sup>1</sup>

Makes 4 half-pint jars or 4 cups (1 L)

|         |          |                         |
|---------|----------|-------------------------|
| 3½ cups | (875 ml) | water                   |
| ¾ cup   | (175 ml) | dried culinary lavender |

<sup>1</sup>Jelly colour may vary.





  
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## ...LAVENDER FROM PAGE 74

|        |         |                    |
|--------|---------|--------------------|
| 2 tbsp | (30 ml) | white wine vinegar |
| 3 oz   | (90 g)  | liquid pectin      |
| 4 cups | (1 L)   | granulated sugar   |

Wash 4 half-pint (250 ml) canning jars, lids and screw bands in hot soapy water. Rinse well. Place canning rack or a thick kitchen towel in bottom of stock pot and place jars on rack. Fill pot with water and bring to a simmer. Keep jars in simmering water until ready to use. This will sterilize jars and help minimize risk of breakage when filling with hot jelly. Bring a small pot of water just to a simmer and add lids. Do not let water boil as it may warm lids too much making it difficult to obtain a good seal to jars. Place water in a large saucepan over high heat and bring just to a boil. Remove from heat; stir in dried lavender; cover and let steep for 20 minutes. Strain mixture through a fine mesh strainer into a clean, large, heavy-bottomed saucepan. Discard lavender. Stir vinegar and pectin into lavender water. Place saucepan over high heat and bring mixture to a boil. Stir in sugar and allow mixture to return to a rolling boil. Boil for 13 to 15 minutes stirring often. Remove jelly from heat and skim off any foam that has accumulated on surface. Discard foam. Remove jars from boiling water with canning tongs or regular tongs and place on a clean kitchen towel. Keep water simmering. Quickly fill each jar with jelly using a ladle and wide-mouth funnel (if available), leaving at least ½-in (1 cm) headspace from rim of jars. Wipe jar

rims clean with paper towel. Retrieve a warm lid from small pot with tongs and centre on top of each jar. Screw on band until it just stops. If band is secured too tightly, lid will not seal properly during processing. Using tongs, gently submerge filled jars into large pot of simmering water making sure they are covered by at least 1-in (2.5 cm) of water<sup>1</sup>. Cover and bring water to a boil. Once at a boil, start timer for 10 minutes. Remove jars from water bath and set on cooling rack or clean towel. Leave jars to cool undisturbed, for 12 to 24 hours. Check seals to ensure lids do not flex up or down when gently pressed. If a lid does move, store in refrigerator and start to enjoy right away. Store sealed jars in a cool, dry place for up to 1 year.

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<sup>1</sup>Please note that processing time will differ if altitude where you are canning is 1,000 feet above sea level.



### BRÛLÉE CUSTARD TARTS WITH LAVENDER SUMMER FRUIT SALAD

Serves 8

|         |          |   |
|---------|----------|---|
| 1½ cups | (375 ml) | all-purpose flour   |
| ½ cup   | (75 ml)  | icing sugar   |
| ½ cup   | (125 ml) | chilled unsalted butter                                     |
| 4       |          | large egg yolk, divided                                     |
| 2 tbsp  | (30 ml)  | ice cold water  |
| 1¾ cup  | (425 ml) | whipping cream  |
| 1       |          | large egg   |
| 1¾ cup  | (425 ml) | granulated sugar, divided                                   |
| 1       |          | vanilla bean, split and seeds scraped out                   |
|         |          | Lavender Summer Fruit Salad<br>(make ahead, recipe follows) |

In bowl of food processor fitted with steel blade attachment pulse together flour, icing sugar and butter until mixture is sandy in texture. Add 1 egg yolk and water and pulse until dough just comes together. Form into a ball, wrap in plastic wrap and refrigerate for 30 minutes to 1 hour. Preheat oven to 400 F (200 C). Divide chilled pastry into 8 equal portions. Working with 1 ball of dough at a time, roll out on a lightly floured work surface to ¼-in (0.5 cm) thickness. Line a 3-in (8 cm) fluted tart tin with removable base with pastry, pressing into corners. Trim excess pastry from rim and place on baking tray. Repeat with remaining dough. Chill for 20 minutes. Line pastry shells with rounds of parchment paper and fill with pastry weights or dried beans. Bake for 10 minutes. Remove parchment paper and pastry weights before placing back in oven until golden brown, about 6 to 8 minutes. Let pastry shells cool in their tins on baking tray, on wire rack. Reduce oven temperature to 325 F (170 C). In a small saucepan, bring cream to a simmer over medium heat.

Meanwhile in a medium-sized bowl whisk together remaining egg yolks with egg, ¼ cup (50 ml) sugar and vanilla bean seeds. Slowly incorporate warm cream and whisk until well combined. Strain custard through a fine mesh strainer into a large jug before pouring into cooled pastry shells. Bake until custard is just set on edges of tarts but still wobbly in centre, about 15 to 18 minutes. Keeping tarts in their tins, transfer to wire rack to cool completely. Just before ready to serve, unmould tarts from tins. In a medium saucepan, stir together 1½ cups (375 ml) sugar with 1 cup (250 ml) water over medium-high heat. Bring to a boil and continue cooking until mixture becomes amber in colour, about 6 to 8 minutes. Immediately remove caramel from heat and pour a thin layer over each tart. Let caramel harden for 1 minute before transferring tarts to serving plates and spooning some Lavender Summer Fruit Salad over top. Serve immediately.

#### LAVENDER SUMMER FRUIT SALAD

Serves 8

|        |         |              |
|--------|---------|--------------|
| 2 tbsp | (30 ml) | liquid honey |
|--------|---------|--------------|

|         |          |  |
|---------|----------|--|
| ½ cup   | (75 ml)  | water  |
| ¾ tsp   | (3 ml)   | dried culinary lavender                              |
| 1 pinch |          | salt   |
| 1 tbsp  | (15 ml)  | fresh lime juice                                     |
| 2       |          | fresh nectarines, sliced into ½-in (1 cm) wedges     |
| 2       |          | fresh small apricots, sliced into ½-in (1 cm) wedges |
| 1 cup   | (250 ml) | fresh raspberries                                    |
| 1 cup   | (250 ml) | fresh blackberries                                   |
| ¾ cup   | (175 ml) | fresh blueberries                                    |
| 1 tbsp  | (15 ml)  | fresh mint, thinly sliced                            |

In small saucepan stir together honey, water, dried lavender and salt over medium heat. Once it simmers, remove saucepan from heat, cover and set aside until mixture has cooled to room temperature. Strain through a fine mesh strainer into a large bowl. Discard lavender and stir in lime juice. Add nectarines and apricots to honey mixture and toss to coat. Gently stir in berries and mint. Refrigerate salad for 1 hour allowing flavours to blend. Serve over yogurt, vanilla ice cream or with Brûlée Custard Tarts.

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### HONEY LAVENDER ICE CREAM WITH LEMONADE CAKE

Serves 12

|         |          |  |
|---------|----------|--|
| ½ cup   | (125 ml) | clover honey   |
| ¼ cup   | (50 ml)  | dried culinary lavender, divided                           |
| 1½ cups | (375 ml) | whipping cream   |
| 1½ cups | (375 ml) | whole milk   |
| 1 pinch |          | salt   |
| 5       |          | large egg yolks  |
| 3 tbsp  | (45 ml)  | granulated sugar   |
|         |          | Lemonade Cake, to serve with ice cream<br>(recipe follows) |

In small saucepan stir together honey and 2 tbsp (30 ml) lavender over medium heat. When honey is warm remove from heat, cover and set aside to steep for 1 hour. Strain infused honey through a fine mesh strainer pressing on lavender to extract as much flavour as possible. Discard lavender. In large bowl prepare an ice bath with ice and water. Nestle another bowl in ice bath. Add whipping cream and lavender honey to bowl. Set aside. In heavy-bottomed saucepan stir together milk and salt over medium heat until simmering. Meanwhile in large bowl, whisk together yolks and granulated sugar until thick and light in colour. Slowly pour warm milk mixture into egg yolk mixture while whisking constantly. Transfer mixture back to saucepan and cook, stirring constantly



with a heatproof spatula over medium heat. Custard base is ready when it starts to steam and coats spatula (it will register about 170 F (77 C) on a thermometer). Remove saucepan from heat and strain through a fine meshed strainer into cream and honey. Add remaining 2 tbsp (30 ml) lavender and stir until custard is cool. Remove bowl from ice bath, cover and refrigerate for 4 hours or overnight. Strain custard, discarding lavender flowers, before freezing chilled custard in an ice cream maker and freeze according to manufacturer's instructions. Serve immediately or transfer to an airtight container, cover and freeze for up to 1 week. Serve with Lemonade Cake, recipe follows.

**LEMONADE CAKE**

- 1¼ cup (300 ml) unsalted butter, plus extra
- ¾ cup (150 ml) granulated sugar
- 1 lemon, zest only
- ¼ cup (50 ml) lemon juice
- 4 large eggs
- 4 large egg whites
- 4 cups (1 L) all-purpose flour
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) baking soda
- 1 tsp (5 ml) salt
- 2½ cups (625 ml) buttermilk
- Creamy Lemon Filling (make ahead, recipe follows)
- Lemon Cream Cheese Frosting (make ahead, recipe follows)
- Candied Lemon Slices (make ahead, recipe follows)

Preheat oven to 350 F (180 C). Butter two 9-in (23 cm) cake pans and line each bottom with a round of parchment paper. Set aside. In bowl of stand mixer fitted with paddle attachment cream together butter, sugar and lemon zest until light and fluffy, about 4 minutes. Stir in lemon juice before adding eggs and egg whites 1 at a time, mixing well after each. In medium bowl sift together flour, baking powder, baking soda and salt. Add dry ingredients to wet ingredients in 3 additions alternating with buttermilk, and mixing well after each addition. Divide batter among prepared pans and bake until a wooden skewer inserted comes out clean, about 35 to 40 minutes. Let cakes cool in pans for 10 minutes before running a knife around edge of pans to loosen cakes. Unmould onto wire rack and cool to room temperature. Peel away parchment paper and cut each cake in half horizontally. To assemble, place 1 cake layer cut side up, on a serving platter. Spread with a third of the Creamy Lemon Filling and top with second layer of cake. Repeat with remaining cake and filling ending with a layer of cake. Frost top and sides of cake with a thin layer of Lemon Cream Cheese Frosting and chill cake in refrigerator for 1 hour. Finish frosting cake with remaining frosting and decorate with Candied Lemon Slices. To serve, slice cake and divide among serving plates. Top with a scoop of Honey Lavender Ice Cream and enjoy.

**CREAMY LEMON CURD FILLING**

Makes 2½ cups (625 ml)

- 1½ cups (375 ml) granulated sugar
- 3 tbsp (45 ml) lemon zest, finely grated
- 1 cup (250 ml) lemon juice
- 6 large eggs
- 6 large egg yolks
- 1½ cups (375 ml) unsalted butter, divided

In medium-sized saucepan whisk together sugar, lemon zest, lemon juice, eggs

and egg yolks over medium heat until sugar has dissolved. Add 1 cup (250 ml) butter and stirring constantly, cook over medium heat until mixture is thick enough to coat back of a spoon, about 4 to 6 minutes. Do not boil or mixture will curdle. Strain lemon curd into bowl and stir in remaining ½ cup (125 ml) butter. Cover with plastic wrap, pressing wrap into surface of curd to prevent skin from forming. Cool to room temperature. Refrigerate until ready to use.

**LEMON CREAM CHEESE FROSTING**

Makes 3 cups (750 ml)

- 8 oz (250 g) cream cheese, at room temperature
- ½ cup (125 ml) unsalted butter cut into chunks, at room temperature
- 2 tsp (10 ml) lemon zest
- ½ tsp (2 ml) vanilla
- ¼ cup (50 ml) light brown sugar, packed
- 3½ cups (875 ml) icing sugar, sifted

In bowl of stand mixer fitted with paddle attachment beat together cream cheese, butter, lemon zest, vanilla and brown sugar until smooth and sugar has dissolved, about 2 minutes. Gradually add icing sugar and continue beating until frosting is fluffy. If not using right away, cover with plastic wrap, pressing wrap into surface of frosting to prevent skin from forming.

**CANDIED LEMON SLICES**

Makes 15 slices

- 2 cups (500 ml) granulated sugar
- 2 cups (500 ml) water
- 2 large lemons, cut into ¼-in (0.5 cm) thick slices

Line baking sheet with parchment paper and set aside. In medium-sized saucepan bring sugar and water to a simmer over medium heat, stirring occasionally. Add lemon slices, place a round of parchment paper on top of lemons, and reduce heat to medium-low. Simmer, turning lemon slices occasionally, until pith is tender and translucent, about 40 minutes. Remove lemon slices from syrup and arrange in single layer on prepared baking sheet and set aside. Lemon syrup can be saved and used in other recipes or again when candying more lemons or other citrus fruits.

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**STICKY CHICKEN WITH LEMON AND GARLIC**

Serves 4

- 1 lemon, juice and zest
- 2 large garlic cloves, grated
- 4 tbsp (60 ml) maple syrup

...GRILLED TO PERFECTION FROM PAGE 82

|         |         |  |
|---------|---------|--|
| 2 tbsp  | (30 ml) | old-fashioned grainy mustard           |
| 1 tsp   | (5 ml)  | red pepper flakes                      |
| ½ cup   | (75 ml) | olive oil                              |
| 8 to 12 |         | chicken thighs (boneless and skinless) |

Combine first 6 ingredients in resealable plastic bag or non-reactive shallow container and stir well to combine. Add chicken, remove air from bag (if using) and seal. Refrigerate for at least 2 hours. Heat grill to 350 F (180 C). Remove chicken from marinade and place on oiled grill and barbecue, 5 to 6 minutes for large thighs or 4 to 5 for medium and small thighs. Turn and continue to cook until well-marked on both sides and cooked through, 5 to 6 minutes longer for larger thighs and 4 to 5 for small ones or until internal temperature reaches 165 F (74 C) on a meat thermometer. Meanwhile, pour marinade into small saucepan and bring to a boil over high heat. Reduce heat and boil until reduced to a glaze, about 5 minutes. Brush over chicken or pour over chicken once cooked. Transfer chicken to a serving dish. Let rest 4 to 5 minutes. Serve hot, warm or at room temperature.

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#### PIÑA COLADA SALMON

Serves 4

|        |         |  |
|--------|---------|--|
| 1¼ lb  | (625 g) | skinless salmon fillets, cut into 1 in (2.5 cm) cubes (cut in thickest part of fillet) |
| 2 tbsp | (30 ml) | fresh lime juice   |
| 1 tbsp | (15 ml) | olive oil  |
|        |         | Coconut Relish (recipe follows)  |
|        |         | Grilled Pineapple (recipe follows)   |

Combine salmon, lime juice, and oil in a bowl. Cover and refrigerate for 30 minutes. If using wooden skewers, soak in cold water while salmon is marinating. Make Coconut Relish and Grilled Pineapple. Spray grill grate with oil and heat to 400 F (200 C). Thread salmon onto skewers. Cook skewers for 2 to 3 minutes on each side or until cooked to your liking. Serve with Grilled Pineapple and Coconut Relish on a bed of greens, if desired.

#### COCONUT RELISH

|        |          |   |
|--------|----------|---|
| 3 tbsp | (45 ml)  | fresh lime juice  |
| 2 tsp  | (10 ml)  | brown sugar   |
| 1 tsp  | (5 ml)   | fresh ginger, peeled and grated                             |
| 1 tbsp | (15 ml)  | olive oil   |
| ½ cup  | (125 ml) | dry coconut ribbons, soaked in ½ cup (125 ml) coconut water |

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...GRILLED TO PERFECTION FROM PAGE 82

1 tbsp (15 ml) cilantro, chopped  
1 tsp (5 ml) green chile, finely chopped

Combine all ingredients in small bowl and stir until thoroughly combined. Set aside.

### GRILLED PINEAPPLE

1 ripe pineapple  
½ cup (125 ml) melted unsalted butter  
1 tsp (5 ml) lime zest, grated

Preheat grill to 400 F (200 C). Cut top and bottom off pineapple. Stand on flat end. With sharp knife, cut off skin. Remove eyes from pineapple, core and cut into 8 slender wedges. Trim core off each pineapple wedge. Combine butter and lime zest and brush each wedge. Grill pineapple wedges until browned and sizzling, 5 to 8 minutes per side. Cut into large chunks and transfer to serving platter.

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### BOURBON BARBECUE RIBS AND GRILLED CORN WITH HERB BUTTER

Serves 4 to 6

3 racks pork baby back ribs, about 4 to 5 lbs (2 to 2.25 kg)  
2 tbsp (30 ml) brown sugar  
1 tbsp (15 ml) chili powder  
2 tsp (10 ml) salt  
1 tsp (5 ml) freshly ground black pepper  
1 tsp (5 ml) dry mustard  
½ tsp (2 ml) onion powder  
2 cups (500 ml) Bourbon Barbecue Sauce (make ahead, recipe follows)  
Grilled Corn (make ahead, recipe follows)

Trim excess fat from ribs. Remove thin membrane from underside (back of ribs) and discard. To prepare dry rub, in a small bowl combine sugar, chili powder, salt, pepper, dry mustard and onion powder. Place ribs on a baking sheet and sprinkle generously with dry rub, rubbing meat well on both sides. Cover and refrigerate for at least 2 hours or overnight. Preheat grill to 350 F (180 C). Wrap ribs in heavy duty aluminum foil. Place on grate and cook for about 1½ to 2 hours or until meat is tender. Remove ribs and oil grate. Unwrap ribs and grill for about 4 to 5 minutes per side, basting generously with Bourbon Barbecue Sauce.

### BOURBON BARBECUE SAUCE

Makes 2 cups (500 g)

2 tbsp (30 ml) oil  
½ cup (125 ml) onion, finely chopped  
2 large garlic cloves, grated

|          |          |  |
|----------|----------|--|
| 2 tbsp   | (30 ml)  | bourbon  |
| ½ cup    | (125 ml) | ketchup  |
| ¼ cup    | (50 ml)  | chili sauce                                    |
| ¾ cup    | (175 ml) | apple jelly                                    |
| ¼ cup    | (50 ml)  | apple cider vinegar                            |
| 2 tbsp   | (30 ml)  | brown sugar                                    |
| 1 tbsp   | (15 ml)  | dry mustard                                    |
| ½ tsp    | (2 ml)   | hot smoked paprika                             |
| 1 tbsp   | (15 ml)  | Worcestershire sauce                           |
| 3 dashes |          | Tabasco sauce                                  |
|          |          | salt and freshly ground black pepper, to taste |

In saucepan, heat oil over medium-low heat; sweat onion and garlic, stirring occasionally until softened, about 5 minutes. Add all other sauce ingredients and bring to a boil. Reduce heat and simmer until reduced to 1 cup (250 ml), about 30 minutes. Add mixture to a blender or food processor and purée until smooth. Make ahead, cool, refrigerate in airtight container for up to 2 weeks.

#### GRILLED CORN WITH HERB BUTTER

|   |  |
|---|--|
| 8 | ears of corn, with husk                        |
|   | salt and freshly ground black pepper, to taste |
|   | Herb Butter (make ahead, recipe follows)       |

Heat grill to medium, 350 F (180 C). Pull outer husks down ears to base. Strip

away silk from each ear of corn. Fold husks back into place and place ears of corn in large bowl of cold water with 1 tbsp (15 ml) salt for 20 minutes. Remove corn from water and shake off excess. Place corn on grill. Close lid and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife. Remove husks and eat corn on the cob or remove shave kernels into serving bowl. Serve with Herb Butter.

#### HERB BUTTER

|       |          |  |
|-------|----------|--|
| 1 cup | (250 ml) | unsalted butter, at room temperature             |
| ¼ cup | (50 ml)  | fresh herbs (basil, chives or tarragon), chopped |
| 1 tsp | (5 ml)   | kosher salt                                      |
| 1 tsp | (5 ml)   | red pepper flakes                                |

Combine ingredients in food processor and process until smooth. With spatula, scrape butter from food processor and either place in a butter mould or place on piece of parchment paper and shape into log. Can be refrigerated for 1 week or frozen for up to 3 months.

#### PAIRS WITH

**CAYMUS NAPA VALLEY ZINFANDEL**  
USA \$45.99 709808

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...GRILLED TO PERFECTION FROM PAGE 82



### LAMB LOLLIPOPS WITH MINT AND TZATZIKI DUO

Serves 4

- 8 lamb chops, about 1-in (2.5 cm) thick
- 2 tbsp (30 ml) olive oil
- salt and freshly ground black pepper, to taste
- Tzatziki (make ahead, recipe follows)
- Fresh Mint Sauce (make ahead, recipe follows)

Preheat barbecue grill to 400 F (200 C). Rub both sides of lamb chops with olive oil and season with salt and pepper. Place chops on grill and cook for 3 to 4 minutes each side for rare, internal temperature should be 130 to 135 F (54 to 57 C). Add another minute per side for medium-rare with an internal

temperature of 135 to 140 F (57 to 60 C). Remove chops to a warmed platter and serve immediately with Tzatziki and Fresh Mint Sauce.

#### TZATZIKI

- 2 cups (500 ml) plain Greek yogurt
- ½ cup (125 ml) English cucumber, peeled, seeded and grated
- 1 tsp (5 ml) salt
- 2 garlic cloves, grated
- 2 tsp (10 ml) fresh lemon juice
- 2 tsp (10 ml) fresh dill, chopped
- salt and freshly ground black pepper, to taste

Set a very fine mesh sieve or colander-lined with coffee filter or several layers of cheesecloth over bowl. Add yogurt and drain at room temperature for at least 2 hours or covered, in refrigerator for up to 24 hours. Toss cucumber and salt together in colander and let stand to drain for 30 minutes. Press excess water out of cucumber, rinse quickly and blot dry. Combine yogurt, cucumber and garlic in medium bowl along with lemon juice, dill and salt and pepper. Cover and refrigerate until ready to serve.

#### FRESH MINT SAUCE

- 1 cup (250 ml) fresh mint
- 1 cup (250 ml) fresh parsley

1 to 2 garlic cloves, peeled  
 1 tsp (5 ml) red pepper flakes  
 ½ cup (125 ml) olive oil (for a more liquid consistency, add oil to taste)  
 salt and freshly ground black pepper, to taste

Combine all ingredients in blender or food processor and process until smooth. Taste and adjust seasonings. Cover and refrigerate until ready to serve.

**PAIRS WITH**

**CONCHA Y TORO CABERNET SAUVIGNON**

Chile \$22.99 337238

**CANTINA DI NEGRAR AMARONE DELLA VALPOLICELLA CLASSICO**

Italy \$39.99 44784



**SAKE AND MAPLE-MARINATED SABLEFISH WITH A CITRUS AND SOY SAUCE**

Serves 4

¾ cup (175 ml) fresh orange juice  
 ¼ cup (50 ml) fresh grapefruit juice  
 2 tbsp (30 ml) fresh lime juice  
 1 cup (250 ml) sake  
 ½ cup (75 ml) pure maple syrup  
 4 x 5 oz (140 g) each sablefish, skin on and scaled  
 ¼ tsp (1 ml) soy sauce  
 2 tbsp (30 ml) chicken stock  
 3 tbsp (45 ml) unsalted butter  
 1 orange, cut in segments, for garnish  
 1 grapefruit or lemon, cut in segments, for garnish  
 2 tbsp (30 ml) green onions, finely julienned, for garnish  
 2 tbsp (30 ml) red radishes, finely julienned, for garnish  
 1 tsp (5 ml) Lemon Oil (make ahead, recipe follows)

In a saucepan combine citrus juices and simmer gently over medium heat until reduced by half, stirring occasionally. Refrigerate until needed. Bring sake to a boil and stir in maple syrup. Let cool. Place sablefish fillets in stainless steel, glass, or ceramic deep dish or small pan. Cover with cooled sake-maple syrup mixture and marinate for 24 hours in refrigerator. Preheat oven to 375 F (190 C). Remove fish from marinade and pat dry. Discard marinade. Line a large baking sheet with parchment paper. Place fish skin-side up and bake in oven for 10 minutes. To finish citrus and soy sauce, in a small pot combine reduced citrus juice, soy sauce and chicken stock and bring to a gentle boil. Stir in butter until blended. Taste for seasoning. If sauce is too tart, add a little more butter. To assemble, divide orange, grapefruit and lemon segments among 4 plates. Spoon sauce over fruit segments; place sablefish on top, skin-side up. Garnish with green onions, radishes and prepared Lemon Oil. Serve immediately.

**LEMON OIL**

Makes 2 cups (500 ml)

3 large lemons, washed  
 2 cups (500 ml) grape seed oil

Remove peel from lemons and cut into thin julienne strips. Refrigerate lemons for another use. Combine oil and zest in heavy saucepan. Bring to a simmer over medium-low heat. Simmer for 2 minutes, remove from heat and allow to cool. Place in an airtight container and refrigerate overnight. Strain through cheesecloth-lined sieve. Can be refrigerated for up to 2 months in an airtight container.

**PAIRS WITH**

**LOUIS LATOUR BOURGOGNE PINOT NOIR**

France \$27.99 69914

**ALVEAR FINO**

Spain \$16.99 112771



**CHILLED CUCUMBER AND WATERMELON SOUP WITH DUNGENESS CRAB**

Serves 4

2 large field cucumbers, peeled and seeded  
 1 tsp (5 ml) sea salt  
 1½ cups (375 ml) watermelon, peeled and cubed  
 1½-in (3.5 cm) piece English cucumber, peeled and seeded (reserved)  
 1 slice cantaloupe, thin, peeled and seeded  
 ¼ avocado (optional)  
 ¼ cup (50 ml) watermelon, peeled, seeded and diced (reserved)  
 ½ cup (125 ml) Dungeness crabmeat or meat from 8 crab legs  
 4 tsp (20 ml) fresh dill, chopped  
 1 tsp (5 ml) lemon juice  
 4 tsp (20 ml) Dill Oil, for garnish (make ahead, recipe follows)  
 freshly grated white pepper

Chill 4 soup bowls for at least 10 minutes – it is very important that bowls be ice cold, to bring out the vibrancy and flavour of soup. Use either a juicer or strainer to make field cucumber and watermelon waters. If using a juicer, juice field cucumbers and add salt. Clean juicer and juice 1½ cups (375 ml) cubed watermelon and place into a separate container. Refrigerate both containers. After 10 minutes, any impurities will float to top and can be removed. Alternatively, if using a strainer, cut field cucumber into chunks and purée until smooth in food processor or blender. Add salt. Transfer purée to a cheesecloth-lined strainer set over bowl. Press purée with back of a spoon to release juice. Discard remaining purée. Place 1½ cups cubed watermelon in clean cheesecloth-lined strainer and press out juice into separate bowl. Discard remaining purée.



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## ...CACTUS CLUB CAFE FROM PAGE 86

Store both juices in separate containers, cover and refrigerate. Remove any impurities that float to top. To assemble, cut English cucumber, cantaloupe and avocado into ¼-in (0.5 cm) dice. Combine with diced watermelon and divide among 4 bowls. Add evenly divided crabmeat to centre of bowls and sprinkle with fresh dill. In a mixing bowl mix chilled watermelon water, cucumber water and lemon juice. Taste for seasonings. You might need a little salt and more lemon juice. Gently pour mixture over diced ingredients in bowl. Drizzle with Dill Oil and sprinkle with freshly cracked white pepper.

### DILL OIL

Makes 1 cup (250 ml)

|        |          |                   |
|--------|----------|-------------------|
| 1 cup  | (250 ml) | flat leaf parsley |
| 2 cups | (500 ml) | fresh dill        |
| 1 cup  | (250 ml) | grape seed oil    |

Make sure the herbs are extremely fresh. Blanch herbs briefly in boiling water. Shock in ice water to preserve colour. Dry thoroughly. Purée in blender. Add oil and incorporate. Refrigerate overnight in stainless steel or glass bowl. Strain next day through a cheesecloth-lined sieve. Herb oils can be refrigerated for up to 2 months in an airtight container.

**PAIRS WITH**  
**SANDHILL GAMAY NOIR**  
BC VQA \$19.99 627687

**RIGAMAROLE ROSÉ**  
BC VQA \$14.99 618785



## LEMON AND BASIL TART WITH LEMON SORBET

Serves 4

### CITRUS SHORTBREAD CRUST

|         |          |                                      |
|---------|----------|--------------------------------------|
| ½ lb    | (250 g)  | unsalted butter, at room temperature |
| ½ cup   | (125 ml) | fine berry sugar                     |
| 1½ cups | (375 ml) | all-purpose flour                    |

- 1 pinch salt
- ½ lemon, zest only
- ½ lime, zest only
- ½ orange, zest only

To prepare crust preheat oven to 300 to 325 F (150 to 160 C). Cream butter using heavy-duty electric mixer with paddle attachment. Gradually add sugar until combined. Slowly add flour, salt and zests, and mix at medium-high until combined. Scrape dough from sides of bowl to form a ball. Roll dough out to ⅛-in (0.25 cm) thickness. Line four 3-in (7.5 cm) tart tins with dough, or line an 8-in (20 cm) springform pan. Dough should come up sides at least 1-in (2.5 cm). Pierce dough all over with a fork. Blind bake 8 to 10 minutes (longer for a larger pan). There should be little or no colour. Cool on rack. Remove tart shells from tins. Make Lemon Basil Filling.

**LEMON BASIL FILLING**

- ¼ lb (125 g) unsalted butter, about ½ cup (125 ml)
- ¼ cup (50 ml) whipping cream
- 2 eggs
- 2 egg yolks
- ¾ cup (175 ml) fresh lemon juice, strained
- ¾ cup (175 ml) granulated sugar
- ½ cup (125 ml) fresh basil leaves, packed
- icing sugar, for garnish
- Lemon Sorbet, for garnish (make ahead, recipe follows)

Heat butter and cream in double boiler over boiling water. In separate bowl, beat eggs and egg yolks together just enough to blend. Temper eggs with small amount of warm cream mixture and add eggs to remaining cream mixture. Heat bowl over boiling water, whisking constantly, until lukewarm. Whisk in lemon juice and granulated sugar. Stir in basil. Continue cooking, whisking every few minutes so mixture does not curdle. Cook until mixture reaches a custard-like consistency, 180 F (90 C), about 15 to 20 minutes. Remove from heat and strain through a fine-mesh sieve into a clean bowl and cool for 10 minutes. Preheat oven to 250 F (120 C). Place tart shells on baking sheet and fill with custard. Bake until custard sets, about 10 minutes. Remove from oven and allow to cool before handling. To serve, place tarts or tart slices on individual plates, dust with icing sugar and garnish with a scoop of Lemon Sorbet.

**LEMON SORBET**

Makes 1½ cups (375 ml)

- ½ cup (125 ml) fresh lemon juice
- ¾ cup (175 ml) simple syrup<sup>1</sup>
- ½ cup (125 ml) whole milk

Mix lemon juice and ½ cup (125 ml) simple syrup. Taste for sweetness and add more syrup if too tart. Stir in milk and freeze in an ice cream maker according to manufacturer's instructions.

**PAIRS WITH**

**SEE YA LATER RANCH RIESLING**

BC VQA \$15.99 579045

**WHISTLER LATE HARVEST CHARDONNAY**

BC VQA \$19.90 197244 375 ml

<sup>1</sup>Equal parts sugar and water



**BLUEBERRY TART WITH LIME CURD**

Serves 6 to 8

- ¼ cup (300 ml) all-purpose flour, cold
- ½ cup (75 ml) granulated sugar, cold
- ¼ tsp (1 ml) salt
- ¼ lb (125 g) unsalted butter, cold and cut into ½-in (1 cm) cubes
- 1 large egg yolk, cold
- 2 cups (500 ml) Lime Curd (recipe follows)
- 3 cups (750 ml) fresh blueberries, rinsed and dried

Position rack in centre of oven and preheat to 400 F (200 C). Butter and flour a 9-in (23 cm), 2-piece square tart pan. Combine flour, sugar and salt in bowl of food processor and process for 10 seconds. Add butter and pulse until mixture resembles coarse crumbs. Combine egg yolk with 1 tbsp (15 ml) cold water, add to food processor and process until dough comes together. Pour crumbly dough onto plastic wrap and form into a square. Wrap tightly and refrigerate at least 1 hour. Take dough from refrigerator and roll onto floured surface to ⅛-in (0.25 cm) thickness, moving dough so it does not stick and flouring as needed. Roll dough onto rolling pin and unroll over prepared tart pan. Fit around edges and roll over pan with rolling pin to trim edges. Thoroughly prick bottom with fork and refrigerate for 30 minutes. Remove tart from refrigerator and line with parchment paper. Fill pie with pie weights. Bake for 15 minutes then remove parchment and weights and bake for 10 to 15 minutes until golden. Set aside and cool completely before adding lime filling. Preheat oven to 325 F (170 C). Prepare Lime Curd then pour onto cooled tart shell. Bake in centre of oven until filling is just set and no longer shiny, 10 to 12 minutes. Cool to room temperature and serve, or refrigerate and serve within 24 hours. When ready to serve, add blueberries and unmould tart onto a platter.

**LIME CURD**

Makes approximately 2 cups (500 ml)

- ¾ cup (175 ml) each granulated sugar and strained fresh lime juice
- 2 large eggs
- 4 large egg yolks
- 1 pinch salt
- 6 tbsp (90 ml) unsalted butter, cut into 6 pieces

In heatproof bowl, whisk together sugar, lime juice, eggs, egg yolks and salt. Place over saucepan of simmering water. Cook, whisking constantly until thick enough to coat back of spoon, about 8 to 10 minutes. Temperature will be about 170 F (77 C). Remove from heat and whisk in butter until melted. Cover with plastic wrap touching curd and refrigerate until ready to use.

**PAIRS WITH**

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Australia \$14.99 167205

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*Stephen Johnson*

...**BLUEBERRIES** FROM PAGE 94



**BLUEBERRY AND SPINACH SALAD  
WITH LEMON HONEY VINAIGRETTE**

Serves 4

- |        |          |  |
|--------|----------|--|
| 4 cups | (1 L)    | baby spinach leaves                                  |
| 1 cup  | (250 ml) | fresh blueberries                                    |
| 1 cup  | (250 ml) | goat's cheese, crumbled                              |
| ½ cup  | (125 ml) | walnuts, lightly toasted                             |
|        |          | Lemon Honey Vinaigrette (make ahead, recipe follows) |
|        |          | salt and freshly ground black pepper, to taste       |

In large bowl, combine spinach, blueberries, cheese and walnuts. Drizzle

with vinaigrette and toss to combine. Season with salt and pepper to taste. Serve immediately.

**LEMON HONEY VINAIGRETTE**

Makes about ¾ cup (175 ml)

- |        |         |  |
|--------|---------|--|
| 1 tbsp | (15 ml) | fresh lemon juice                              |
| 3 tbsp | (45 ml) | honey  |
| 2 tbsp | (30 ml) | white wine vinegar                             |
| 3 tbsp | (45 ml) | Dijon mustard                                  |
| 1 tbsp | (15 ml) | shallots, minced                               |
| 3 tbsp | (45 ml) | extra-virgin olive oil                         |
|        |         | salt and freshly ground black pepper, to taste |

In mixing bowl, combine lemon juice, honey, vinegar, mustard and shallots. Whisk in olive oil gradually until well emulsified. Season to taste with salt and pepper.

**PAIRS WITH**

**G.H. MUMM CARTE CLASSIQUE CHAMPAGNE**

France \$59.99 308064

**QUAILS' GATE FORTIFIED VINTAGE FOCH**

BC VQA \$22.99 638148 375 ml



### BLUEBERRY PIZZA WITH HONEYED RICOTTA AND PROSCIUTTO

Serves 4 as an appetizer

|           |          |  |
|-----------|----------|--|
| 1 x 14 oz | (398 g)  | package frozen puff pastry, thawed           |
| 1         |          | egg yolk                                     |
| 6 to 8    |          | cured ham slices (eg. prosciutto or serrano) |
| ½ cup     | (125 ml) | ricotta or goat's cheese                     |
| 1 cup     | (250 ml) | fresh blueberries, divided                   |
|           |          | freshly ground black pepper, to taste        |
| 1 cup     | (250 ml) | arugula                                      |
| 1 tsp     | (5 ml)   | honey  |

Preheat oven to 400 F (200 C). Line baking sheet with silicon mat or parchment paper and set aside. To prepare pizza, place puff pastry on a clean, lightly floured surface and roll to form a 6 x 16-in (15 x 40 cm) rectangle (or size you desire). Transfer pastry to prepared baking sheet and prick holes over surface, leaving a ½-in (1 cm) border untouched. Refrigerate for 30 minutes. In a small bowl, mix egg yolk with 1 tsp (5 ml) cold water and lightly brush edges of dough. Arrange ham, cheese and half the blueberries over pastry leaving a ½-in (1 cm) clearance all around. Season with pepper. Place in oven and bake until edges are golden, about 20 minutes. Remove from oven, set on serving platter. Scatter with arugula, remaining blueberries and drizzle with honey. Serve immediately.

#### PAIRS WITH

##### CRAZY LIFE RIVANER PINOT GRIGIO

Germany \$14.99 766923

##### BLANDY'S DUKE OF CLARENCE RICH MADEIRA

Portugal \$28.99 280982



### GRILLED TERIYAKI PORK CHOPS WITH BLUEBERRY RELISH

Serves 4

|        |         |  |
|--------|---------|--|
| 4      |         | boneless pork chops, trimmed of excess fat |
| 3 tbsp | (45 ml) | soy sauce                                  |
| 2 tbsp | (30 ml) | dry sherry                                 |
| 2      |         | garlic cloves, grated                      |
| 1 tsp  | (5 ml)  | brown sugar                                |
| ¼ tsp  | (1 ml)  | red pepper flakes                          |
| 1 tbsp | (15 ml) | olive oil                                  |
|        |         | Blueberry Relish (recipe follows)          |
|        |         | Classic Coleslaw (recipe follows)          |

To marinate, place pork chops in large resealable plastic bag. In a small bowl whisk soy sauce, sherry, garlic, brown sugar, red pepper flakes and oil. Add marinade to bag, seal and turn to coat. Marinate in refrigerator for at least 2 hours or overnight. Preheat grill or grill pan to high and grease grill. Remove pork chops from marinade and discard marinade. Grill chops 4 to 8 minutes per side (depending on thickness) until internal temperature reads 145 F (63 C) on a meat thermometer. Let rest for 5 minutes before plating. While pork is cooking and resting, prepare Blueberry Relish and Classic Coleslaw.

#### BLUEBERRY RELISH

|        |          |  |
|--------|----------|--|
| 1 cup  | (250 ml) | fresh blueberries, coarsely chopped            |
| 1      |          | shallot, minced                                |
| 1 tsp  | (5 ml)   | red pepper flakes                              |
| 1 tbsp | (15 ml)  | flat leaf parsley, chopped                     |
| 1 tbsp | (15 ml)  | fresh lemon juice                              |
| 1 tsp  | (5 ml)   | fresh ginger, minced                           |
|        |          | salt and freshly ground black pepper, to taste |

In a small bowl, combine blueberries, shallot, red pepper flakes, parsley, lemon juice, ginger and salt and pepper. Stir to combine and leave at room temperature until pork chops are ready.

#### CLASSIC COLESLAW

|        |          |   |
|--------|----------|---|
| ½      |          | green cabbage head, cored, quartered and shredded |
| ½      |          | red cabbage head, cored, quartered and shredded   |
| ½ lb   | (250 g)  | carrots, shredded                                 |
| ½ tbsp | (6 ml)   | kosher salt                                       |
| ½ cup  | (125 ml) | mayonnaise  |
| 2 tbsp | (30 ml)  | apple cider vinegar                               |
| 1 tbsp | (15 ml)  | granulated sugar                                  |
|        |          | salt and freshly ground black pepper, to taste    |

Combine cabbages, carrots and salt in large bowl and toss to coat. In small bowl, stir together mayonnaise, vinegar and sugar. Pour over salad and fold together until well combined. Taste and adjust seasoning. Note: Do not prepare too far in advance or red cabbage will "bleed" its colour onto green cabbage and into dressing.

#### PAIRS WITH

##### GHOST PINES CALIFORNIA RED

USA \$24.99 33241

##### AMALAYA MALBEC BLEND

Argentina \$17.99 168294



### ASIAN MARINATED TUNA AND SEAFOOD CEVICHE

Serves 8 as tapas

|      |         |  |
|------|---------|--|
| 1 lb | (500 g) | local albacore tuna, rinsed, dried and cut into ½-in (1 cm) dice |
| ½ lb | (250 g) | fresh baby scallops, side muscle removed                         |



|        |          |   |
|--------|----------|---|
| ½ lb   | (250 g)  | small shrimp, shelled, deveined             |
| 1 cup  | (250 ml) | fresh lemon juice                           |
| ¼ cup  | (50 ml)  | bottled Asian fish sauce                    |
| 2      |          | limes, juice only                           |
| 1 tbsp | (15 ml)  | pickled ginger, finely chopped              |
| ½ tsp  | (2 ml)   | wasabi                                      |
| 1 to 2 |          | hot Thai chilies, seeded and finely chopped |
| 4 tbsp | (60 ml)  | green onions, finely chopped                |
| 4 tbsp | (60 ml)  | cilantro, finely chopped                    |
| 2 tbsp | (30 ml)  | sesame oil                                  |
|        |          | lime wedges, for garnish                    |

In a mixing bowl combine tuna, scallops and shrimp. Add lemon juice and toss well to marinate. Cover and refrigerate for a couple hours or until “cooked” and translucent, stirring occasionally to mix. When ready, drain off lemon juice and any accumulated liquid. Add remaining ingredients and mix well. Cover and refrigerate for another 1 to 2 hours. Garnish with lime wedges and serve with tortilla or fried shrimp chips.

**PAIRS WITH**  
**SUMAC RIDGE STELLER'S JAY BRUT**  
 BC VQA \$24.99 264879

**OYSTER BAY MARLBOROUGH PINOT NOIR**  
 New Zealand \$22.99 111302



### CHICKPEAS WITH CHORIZO, GARLIC, PINE NUTS AND RAISINS

Serves 8

|           |          |   |
|-----------|----------|---|
| 2 tbsp    | (30 ml)  | olive oil   |
| 1         |          | large onion, thinly sliced                                    |
| 2         |          | garlic cloves, finely chopped                                 |
| 2         |          | fresh chorizo sausages, sliced or casings opened and crumbled |
| ¼ cup     | (50 ml)  | golden raisins, soaked in hot water for 15 minutes, drained   |
| 2 x 14 oz | (398 ml) | cans chickpeas, drained                                       |
| ¼ cup     | (50 ml)  | toasted pine nuts   |
| ¼ cup     | (50 ml)  | dry sherry  |
|           |          | salt and freshly ground black pepper                          |
|           |          | extra-virgin olive oil, to drizzle                            |
|           |          | flat leaf parsley, chopped, for garnish                       |

Heat olive oil in large saucepan over medium heat. Add onion and sauté until translucent. Add garlic and chorizo. Cook until chorizo is brown all over, then add raisins, chickpeas, pine nuts and sherry. Cover and cook until heated through and chickpeas have softened slightly, or until desired texture. Season and transfer to serving platter. Drizzle with extra-virgin olive oil and garnish with parsley.

**PAIRS WITH**  
**FALERNIA CARMENERE RESERVA**  
 Chile \$18.99 456178

**LOUIS LATOUR CHARDONNAY BOURGOGNE**  
 France \$24.99 55533



### LEEKS WITH SUMMER VEGETABLE VINAIGRETTE

Serves 8

|        |          |   |
|--------|----------|---|
| 16     |          | slim leeks, white part only                       |
| 2 tbsp | (30 ml)  | olive oil   |
| 2      |          | shallots, finely chopped                          |
| 1      |          | garlic clove, minced                              |
| 1      |          | small red bell pepper, finely chopped             |
| 1      |          | small green bell pepper, finely chopped           |
| ¼ cup  | (50 ml)  | gherkins, finely chopped                          |
| ¼ cup  | (50 ml)  | capers, rinsed, drained and finely chopped        |
| 2      |          | small tomatoes, seeded and finely chopped         |
| ½ cup  | (125 ml) | extra-virgin olive oil                            |
| 2 tbsp | (30 ml)  | sherry vinegar                                    |
|        |          | salt and freshly ground pepper                    |
| 1      |          | bunch watercress, rinsed and drained, for garnish |

At least an hour before serving, cook leeks in salted boiling water for about 10 minutes or until tender. Remove and plunge into an ice-water bath. Drain well and cut leeks lengthwise. In large mixing bowl whisk together remaining ingredients. Season to taste. Just before serving, place a bed of watercress on serving platter and stack leeks on top. Drizzle with vegetable vinaigrette, reserving some for serving on side.

**PAIRS WITH**  
**PAUL MAS PAYS D'OC VIOGNIER**  
 France \$12.99 151100

**MARK WEST PINOT NOIR**  
 USA \$17.99 318667



### BLUE CHEESE AND ANCHOVY TARTLETS

Makes 10 to 12

|        |         |   |
|--------|---------|---|
| 2 tbsp | (30 ml) | olive oil                                       |
| 4 cups | (1 L)   | red onions, thinly sliced (about 2 to 3 onions) |

**DRESS IT UP WITH SAVOURY YOGURT**  
FROM PAGE 120

- 1 tbsp (15 ml) brown sugar
- 2 tbsp (30 ml) balsamic vinegar
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) freshly ground black pepper
- 8 oz (250 g) frozen puff pastry, thawed
- 4 to 6 anchovy fillets, drained and sliced lengthwise
- 4 oz (120 g) crumbled blue cheese

Heat olive oil in large deep pan over medium-high heat. Add onions and cook for about 10 minutes or until soft and starting to brown. Add sugar, vinegar, salt and pepper. Reduce heat and cook gently, uncovered for 20 to 25 minutes or until caramelized. Remove from heat and cool. On lightly floured surface roll out pastry to a large rectangle, about ⅛-in (3 mm) thick. Cut pastry into 3 x 6-in (8 x 15 cm) pieces and transfer onto a parchment paper-lined baking sheet, leaving space between each piece. Prick pastry with a fork. Spread onions over pastry pieces, add an anchovy piece and dot with crumbled cheese. These can now be refrigerated until ready to bake. Bake in preheated 400 F (200 C) oven for 12 to 15 minutes or until cheese has melted and pastry is crispy. Remove from oven and cool for 5 minutes before serving.

**PAIRS WITH**

**LAS HERMANAS MONASTRELL JUMILLA ORGANIC**

Spain \$14.99 459438

**BLACK SAGE VINEYARD PIPE**

BC VQA \$24.99 713750 500 ml



**LAMB BURGER WITH RADISH YOGURT CHUTNEY**  
**SERVED WITH SWEET POTATO WEDGES**

Serves 4

- 1 tbsp (15 ml) extra-virgin olive oil, plus extra
- 2 red onions, divided
- ½ tsp (2 ml) salt
- 1 pinch red pepper flakes
- 2 garlic cloves, minced
- 1½ lbs (750 g) ground lamb
- 1 tbsp (15 ml) fresh oregano, chopped
- 3 tbsp (45 ml) fresh dill, chopped
- 1 tsp (5 ml) lemon zest
- Radish Yogurt Chutney (recipe follows)
- 2 tomatoes, sliced

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## ...DRESS IT UP WITH SAVOURY YOGURT FROM PAGE 120

- 2 cups (500 ml) baby spinach
- Sweet Potato Wedges (recipe follows)
- Burger Buns (make ahead, recipe follows)

Preheat oil in large frying pan over medium heat. Meanwhile dice 1 red onion. Add to pan and sauté for 4 to 5 minutes. Add salt, red pepper flakes and garlic and continue to cook stirring frequently, until onion is soft, about 4 minutes. Transfer onion mixture to large bowl and let cool to room temperature. Once cool, mix in lamb, oregano, dill and lemon zest, until well combined. Divide mixture into 4 equal portions and shape into patties about 1-in (2.5 cm) thick. Place burgers on a plate, cover with plastic wrap and refrigerate for 30 minutes. Meanwhile make Radish Yogurt Chutney and Sweet Potato Wedges. Preheat grill pan or barbecue over medium heat. Brush patties with some extra oil and sprinkle with extra salt. Grill patties, flipping once, until cooked through, about 4 to 5 minutes per side. Let lamb patties rest for 4 to 5 minutes before assembling burgers. While patties are resting, slice remaining onion into thin rings and place in bowl of ice water for 5 minutes. This will help mellow its sharp taste. Drain, pat dry and set aside. To serve, cut 4 prepared Burger Buns in half. Top bottom half of buns with some spinach, lamb patty, tomato slices, red onion slices and some Radish Yogurt Chutney. Cap with top half of buns and serve right away with Sweet Potato Wedges alongside.

## BURGER BUNS

Makes 8 buns

- |              |          |   |
|--------------|----------|---|
| 1 cup+1 tbsp | (265 ml) | warm water, divided                                 |
| 3 tbsp       | (45 ml)  | warm milk   |
| 1 tbsp       | (15 ml)  | granulated sugar                                    |
| 2 tsp        | (10 ml)  | active dry yeast                                    |
| 3 cups       | (750 ml) | bread flour   |
| 1/3 cup      | (75 ml)  | all-purpose flour                                   |
| 1 1/2 tsp    | (7 ml)   | salt  |
| 2            |          | large eggs, divided                                 |
| 3 tbsp       | (45 ml)  | unsalted butter, at room temperature                |
|              |          | black and white sesame seeds, for garnish, optional |

In large bowl, stir together 1 cup (250 ml) water, milk, sugar and yeast. Let stand allowing yeast to bloom, about 8 minutes. If mixture does not become frothy like the head on a beer, yeast may be inactive and you will need to repeat this step with new yeast. In bowl of stand mixer fitted with paddle attachment combine flours and salt. Add yeast mixture, 1 egg and butter and beat together on low speed until a soft dough forms, about 5 minutes. Cover bowl with a clean kitchen towel and set aside letting dough rise in a warm place until it doubles in size, about 1 to 2 hours. Tip dough out onto floured work surface and divide into 8 equal

**...DRESS IT UP WITH SAVOURY YOGURT**  
FROM PAGE 120

pieces. Roll each into a bun and place, seam side down, on parchment-lined baking tray. Cover buns loosely with floured plastic wrap and let rise in warm place until slightly risen and puffy, about 45 to 1 hours. Meanwhile preheat oven to 400 F (200 C). Place a 9 x 13-in (3.5 L) baking pan or casserole dish on bottom rack and fill about half full with water. This keeps baking environment moist which ensures a lovely crust. In small bowl whisk together remaining 1 tbsp (15 ml) water and egg. Brush rested buns with egg wash and sprinkle with sesame seeds (if using) before placing in oven. Bake until golden brown, about 15 to 20 minutes. Transfer buns to wire rack to cool completely before eating.

**RADISH YOGURT CHUTNEY**

- ½ tsp (2 ml) cumin seeds
- 5 large red radishes
- ¼ English cucumber
- ½ cup (125 ml) Greek yogurt
- 1 tbsp (15 ml) fresh mint, finely chopped
- ½ jalapeño pepper, seeded and diced

Place cumin seeds in frying pan over medium heat and toast until fragrant, about 2 minutes. Transfer to medium-sized bowl to cool. Grate radishes and cucumber. Using your hands, or place in a cheesecloth, squeeze mixture to remove excess liquid. Add to bowl containing cumin along with yogurt, mint and jalapeño. Mix until well incorporated and refrigerate until ready to serve.

**SWEET POTATO WEDGES**

Serves 4

- 3 medium sweet potatoes, scrubbed but not peeled
- ¼ cup (50 ml) coconut oil, melted
- 1 garlic clove, minced
- ½ tsp (2 ml) sea salt
- ¼ tsp (1 ml) sweet paprika
- 1 pinch chili powder, optional
- 3 tbsp (45 ml) fresh dill, chopped

Cut sweet potatoes in half lengthwise, then cut each half lengthwise into 4 or 5 wedges. Place wedges in large bowl, cover with water and about 2 cups (500 ml) of ice. Set wedges aside for 30 minutes. Meanwhile preheat oven to 450 F (230 C). Place cooling rack on baking tray and set aside. Remove wedges from water and pat dry in a clean kitchen towel. Place wedges in dry bowl and toss with melted coconut oil, garlic, salt, paprika and chili powder until well coated. Lay wedges on top of cooling rack in single layer. Transfer baking tray to oven and bake wedges until browned around edges and cooked through, about 30 to 35 minutes. Let wedges cool for 5 minutes before tossing in serving bowl with fresh dill. Serve as part of a meal or as a snack.

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...DRESS IT UP WITH SAVOURY YOGURT FROM PAGE 120

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## FENNEL AND POTATO SALAD WITH HUMMUS YOGURT DRESSING AND SPICY GRILLED SHRIMP

Serves 4

|        |          |                                   |
|--------|----------|-----------------------------------|
| 19 oz  | (540 ml) | can chickpeas, drained and rinsed |
| 1      |          | garlic clove, minced              |
| 3 tbsp | (45 ml)  | extra-virgin olive oil            |

|        |          |   |
|--------|----------|---|
| ¼ cup  | (50 ml)  | tahini  |
| 2 tbsp | (30 ml)  | lemon juice                                       |
| 1 tbsp | (15 ml)  | water   |
| ½ tsp  | (2 ml)   | kosher salt, plus extra                           |
| 2 lbs  | (1 kg)   | red and yellow nugget potatoes                    |
| 1 cup  | (250 ml) | plain yogurt                                      |
| ¾ cup  | (175 ml) | celery, diced                                     |
| ¼ cup  | (50 ml)  | dill pickles, diced                               |
| ¼ cup  | (50 ml)  | flat leaf parsley, chopped                        |
| 3      |          | green onions, thinly sliced                       |
| 4 or 5 |          | radishes, trimmed and thinly sliced               |
| ½      |          | large fennel bulb, cored and cut into thin slices |
|        |          | salt and freshly ground black pepper, to taste    |
|        |          | Spicy Grilled Shrimp (recipe follows)             |

For hummus, in food processor fitted with the steel blade attachment combine first 7 ingredients until a smooth purée forms. Scrape down sides of bowl as needed. Place potatoes in large pot and cover with cold water. Place over high heat and bring to a boil. Reduce heat to simmer and cook potatoes until a knife inserted meets little resistance, about 15 minutes. Cut potatoes into halves or quarters and set aside. In large bowl stir together ½ cup (75 ml) hummus<sup>1</sup>,

<sup>1</sup>Extra hummus can be used with crudité, as a sauce for grilled meat or stirred into soups or vinaigrettes.

## SUMMER SQUASH SALADS FROM PAGE 130

yogurt, celery, pickles, parsley and green onions. Fold in radishes, potatoes and fennel. Season to taste with salt and pepper. Let salad sit for 20 minutes to allow flavours to blend. Meanwhile, make Spicy Grilled Shrimp.

### SPICY GRILLED SHRIMP

Serves 4

|        |          |                                    |
|--------|----------|------------------------------------|
| ½ cup  | (125 ml) | extra-virgin olive oil             |
| 1      |          | lemon, zest and juice              |
| 1 tsp  | (5 ml)   | salt                               |
| 2 tsp  | (10 ml)  | dried basil                        |
| 1 tsp  | (5 ml)   | dried oregano                      |
| ¼ cup  | (50 ml)  | flat leaf parsley, finely chopped  |
| 2 tbsp | (30 ml)  | cilantro, finely chopped, optional |
| 2      |          | garlic cloves, minced              |
| ½ tsp  | (2 ml)   | smoked paprika                     |
| 1 tbsp | (15 ml)  | chili powder                       |
| 16     |          | large shrimp tails, unpeeled       |

In large bowl whisk together olive oil, lemon zest and juice, salt, basil, oregano, parsley, cilantro (if using), garlic, paprika and chili powder. Set marinade aside while preparing shrimp. Using scissors or knife, cut down backs of shrimp, leaving shells intact. Remove “vein” and rinse shrimp under cold running water. Place shrimp in marinade, toss to coat well and refrigerate for a minimum of 4 hours or up to overnight. About 30 minutes before grilling, submerge 4 wooden skewers in water and soak. Preheat grill pan or barbecue and grease grate. Skewer shrimp onto 4 wooden skewers. Grill shrimp over high heat, turning once, until pink, about 3 to 4 minutes total. Transfer to serving platter and serve immediately on their own or alongside prepared Fennel and Potato Salad.

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### STEAK SALAD WITH LEMONY GREENS AND GARLICKY YOGURT DRESSING

Serves 4

|        |          |   |
|--------|----------|---|
| 2      |          | New York strip steaks, each 1-in (2.5 cm) thick |
| 3 tbsp | (45 ml)  | extra-virgin olive oil, divided                 |
|        |          | salt and freshly ground black pepper, to taste  |
| 1 tbsp | (15 ml)  | unsalted butter, melted                         |
| 1 tbsp | (15 ml)  | fresh oregano, chopped                          |
| 1 cup  | (250 ml) | plain yogurt                                    |
| 2      |          | garlic cloves, minced                           |
| ½ tsp  | (2 ml)   | lemon zest                                      |
| 1 tbsp | (15 ml)  | fresh lemon juice                               |

|         |          |  |
|---------|----------|--|
| 8 cups  | (2 L)    | mixed salad greens   |
| 1½ cups | (375 ml) | snap peas or greens beans, blanched, trimmed and cut into thirds |
| ½       |          | English cucumber, chopped  |
| 1 cup   | (250 ml) | cherry tomatoes, halved  |

Approximately 45 minutes before grilling steaks, remove from refrigerator and bring to room temperature. Preheat grill pan or barbecue over high heat. Rub steaks with 2 tbsp (30 ml) oil and season liberally with salt and pepper. Grill steaks over high heat for 4 minutes before turning over. Grill for another 4 minutes, or until steaks are done to liking. Meanwhile, in small bowl stir together butter and oregano. Remove steaks from grill, brush with oregano butter and allow them to rest for 5 to 8 minutes. In small bowl whisk together remaining 1 tbsp (15 ml) oil with yogurt, garlic, lemon zest and lemon juice. Season to taste with salt and set aside. To serve, divide salad greens, green beans, cucumber and tomatoes among serving plates. Cut steaks across grain into strips and lay over salad. Drizzle with yogurt dressing and garnish with extra pepper.

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### SUMMER SQUASH AND CHERRY TOMATO PASTA SALAD

Serves 4

|        |          |   |
|--------|----------|---|
| 1      |          | small zucchini, cut into thinly sliced rounds             |
| 1      |          | small yellow summer squash, cut into thinly sliced rounds |
| 1      |          | garlic clove, minced                                      |
| ½ cup  | (125 ml) | extra-virgin olive oil, divided                           |
| 1 tsp  | (5 ml)   | red chili flakes  |
| 1 tbsp | (15 ml)  | fresh thyme or oregano leaves or both, chopped            |
|        |          | freshly ground black pepper, to taste                     |
| 1 lb   | (500 g)  | spaghettini or preferred pasta                            |
| 2 cups | (500 ml) | heirloom cherry tomatoes, rinsed and halved               |
| ½      |          | red onion, finely diced                                   |
| 2      |          | green onions, finely chopped                              |
| 1      |          | handful fresh basil leaves, coarsely chopped              |
| ¾ cup  | (175 ml) | crumbled feta cheese                                      |

Preheat oven to 400 F (200 C). Bring large pot of salted water to boil over high heat. In large mixing bowl add zucchini, squash, garlic, half the olive oil, chili flakes and herbs. Toss well and season with black pepper. Place onto an aluminum foil-lined baking sheet and roast for 10 to 12 minutes, or until squash is tender and caramelized. Transfer to large serving bowl along with any accumulated juices. Cook pasta according to package instructions until desired doneness, 8 to 9 minutes or until al dente. Rinse under cold water and drain well. Transfer pasta to vegetables along with cherry tomatoes, red



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**...SUMMER SQUASH SALADS FROM PAGE 130**

onion, green onion, chopped basil and feta cheese. Season to taste. Drizzle with remaining olive oil and toss well to mix. Let sit for at least 15 minutes for flavours to blend. Serve warm or at room temperature.

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**SUMMER SQUASH SALAD WITH RASPBERRY VINAIGRETTE**

Serves 6 to 8

6 to 8  
2

fresh raspberries  
shallots, peeled and minced

|        |          |   |
|--------|----------|---|
| ¼ cup  | (50 ml)  | raspberry vinegar                                     |
| 2 tbsp | (30 ml)  | honey   |
| ½ cup  | (125 ml) | extra-virgin olive oil                                |
|        |          | salt and freshly ground black pepper, to taste        |
| 1 lb   | (500 g)  | summer squash (yellow, zucchini, pattypan or mixture) |
| 3 cups | (750 ml) | baby spinach, loosely packed                          |
| 3 cups | (750 ml) | baby arugula, loosely packed                          |
| ½ cup  | (125 ml) | chives, chopped, cut into ½-in (1.25 cm) lengths      |
| 2 tbsp | (30 ml)  | capers, rinsed well                                   |
| ¼ cup  | (50 ml)  | Parmesan Reggiano, finely grated, plus curls          |

In small mixing bowl mash raspberries with back of a tablespoon until almost a purée. Whisk in shallots, raspberry vinegar, honey and olive oil. Season to taste. Slice squash into fine julienne strips, about ¼-in x 3-in (1 cm x 8 cm) lengths. Place in large mixing bowl and add about half the vinaigrette. Toss well. Add remaining ingredients and add just enough vinaigrette to lightly coat leaves. Season to taste. Serve on chilled serving plates and garnish with Parmesan curls.

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### GRILLED RATATOUILLE AND QUINOA SALAD

Serves 6

|        |          |  |
|--------|----------|--|
| 1 cup  | (250 ml) | red or white quinoa                                    |
| 2 cups | (500 ml) | chicken or vegetable stock                             |
| ½ lb   | (250 g)  | zucchini   |
| ½ lb   | (250 g)  | yellow summer squash or large pattypan                 |
| 4      |          | long Asian eggplants                                   |
| 2      |          | red bell peppers, stemmed, seeded, cut to thick slices |
| ¼ cup  | (50 ml)  | sherry vinegar   |
| ½ cup  | (75 ml)  | shallots, finely minced                                |
| 2 tsp  | (10 ml)  | garlic, minced   |
| 1 tsp  | (5 ml)   | salt, or to taste                                      |
| ½ tsp  | (2 ml)   | liquid honey, or to taste                              |
| ¼ tsp  | (1 ml)   | dried thyme  |

|       |          |                                       |
|-------|----------|---------------------------------------|
| ¼ tsp | (1 ml)   | dried oregano                         |
|       |          | freshly ground black pepper, to taste |
| ½ cup | (125 ml) | olive oil, divided                    |
| ½     |          | red onion, diced                      |

Place quinoa into fine-meshed strainer and rinse and swish under cold water for a couple minutes. Drain well. Transfer to small stock pot along with chicken or vegetable stock. Bring to a rolling boil, cover, then reduce heat to lowest temperature and allow to cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove lid and fluff with fork. Allow to cool. Trim tops and ends of squash and eggplant. Slice lengthwise into ¼-in (0.5 cm) thick slices and transfer to mixing bowl with red pepper slices. In mixing bowl whisk together sherry vinegar, shallots, garlic, salt, honey, dried herbs and half the olive oil. Season with salt and pepper to taste. Set aside. Drizzle remaining half of olive oil over sliced vegetables and toss well, adding a bit more oil if necessary. Add vegetables to hot preheated barbecue and grill on both sides for a few minutes until just tender. As they are ready, transfer to a large mixing bowl. When done, add quinoa and drizzle with vinaigrette. Toss well and set aside for 30 minutes for flavours to blend before serving.

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