

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

BC LIQUORSTORES



## SUMMER SIZZLE

### SUMMER IN THREE COURSES

A fresh and inspiring summer feast 8

### INSIDER PICKS

Our portfolio managers give you the inside scoop 48

### MADE IN BC: BUY LOCAL

Discover the bounty of BC in wine, beer and spirits 76

### DESSERTS FROM THE GRILL

Barbecue beyond the steak 90

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

# TWO OF YOUR FAVOURITES, ENJOYED AS ONE.

PAIR UP CORONA EXTRA WITH A SHOT OF SAUZA® SILVER TEQUILA  
AND ENJOY A NEW TWIST ON A MARGARITA.

## THE BULLDOG

Ingredients: Corona Extra & 1oz Sauza Tequila Silver  
1oz lime juice & 1oz orange syrup

Instructions: In a blender, combine 1 cup of ice, Sauza Tequila Silver,  
lime juice, and orange syrup. Blend and pour into a  
margarita glass. Add Corona Extra using the Bulldog clip.  
Garnish with a lime wedge.



# TASTE

BC LIQUORSTORES



112

## 4 LIGHT WINES ARE THE NEW BLACK

Exciting whites, pale reds, delicate sparklers and restrained rosés

## 8 SUMMER IN THREE COURSES

A spontaneous summer soiree

## 12 SANDHILL'S SINGLE VINEYARDS

Capturing Okanagan terroir

## 16 JUST PEACHY!

A celebration of sunny summer fruit

## 20 WINES OF ITALY

Diversity in a glass

## 24 ALFRESCO ITALIAN LUNCH

Mangia, mangia!

## 29 NEW

Just arrived!

## 30 CELEBRITY PROFILE

Margrit Mondavi, Queen of the Napa Valley

## 32 GIN

The ultimate summer spirit

## 36 LIGHT SUMMER MAINS

Scrumptious mid-summer main courses

## 41 HOT

Summer's most wanted

## 42 WET, WILD, WONDERFUL WATERMELON

Summer without watermelon? Unthinkable!

## 48 INSIDER PICKS

Our Portfolio Managers give you the inside scoop

## 50 BEER

The secret ingredient

## 54 THE COCKTAIL MENU

The latest concoctions for cocktail connoisseurs

## 56 SOUTH AFRICA'S SHINING VARIETIES

Stunning beauty in land and wine

## 61 FLAVOURS

A taste of summer

## 62 L'ABATTOIR

Edgy French cuisine

## 68 CELEBRATING PROVENCE

The *joie de vivre* of Southern France

## 72 BAR STAR

Hawksworth's Cooper Tardivel

## 76 MADE IN BC — BUY LOCAL

The provenance of our beautiful Province

## 81 CONSULTANT'S CHOICE

Our experts share their favourites

## 82 LEAVE THE HEAT OUTSIDE

Delicious ways to stay cool

## 86 EASY ECO-FRIENDLY WINES

Clean and green wines

## 90 DESSERTS FROM THE GRILL

Barbecue beyond steak

## 94 THE NEW FACE OF AUSTRALIAN WINE

Smashing stereotypes

## 98 SPICED SALADS OF INDIA

Spicing it up can cool you down

## 102 THE RYE REVIVAL

Canadian whisky's renaissance

## 106 PLUM PERFECT!

One of summer's sweetest gifts



90

## 112 AVOCADO

The most luscious fruit

## 118 SUN, FUN AND SIPS

Wine selections especially for the summer season

## 122 ASK AN EXPERT

## 124 VERY SPECIAL EVENTS

## 127 RECIPE INDEX



16



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Quadruple-distilled and triple-filtered, this vodka has a clean and delicate aromas of citrus and spice on the nose. The palate is medium-bodied with a smooth and round mouth feel, making it ideal on its own or in a refreshing gimlet or martini.



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# LIGHT WINES ARE THE NEW BLACK

**B**ig, heavy wines can overpower most foods – especially in the summertime. Fish? Forget it. Poached prawns? No way. A goat’s cheese salad, pasta with some herbs, grilled chicken? Uh-uh.

Yet the vast majority of table wines made today are full-bodied with alcohol levels tipping toward 14 percent – or even up to 16 percent.

Global warming and a demand for fleshy, fruit-stuffed wine have fueled this trend for decades. But the pendulum has swung.

Today, connoisseurs, collectors and critics alike talk in hushed tones about their secret passion for light wines. They want exciting whites that sprint across the palate like a thing possessed, pale reds with clean strokes of acidity, delicate sparklers and restrained rosés. And chances are many others feel the same way.

Light-bodied wines are without

TODAY, CONNOISSEURS, COLLECTORS AND CRITICS ALIKE TALK IN HUSHED TONES ABOUT THEIR SECRET PASSION FOR LIGHT WINES. THEY WANT EXCITING WHITES THAT SPRINT ACROSS THE PALATE LIKE A THING POSSESSED, PALE REDS WITH CLEAN STROKES OF ACIDITY, DELICATE SPARKLERS AND RESTRAINED ROSÉS.

a doubt the new black. They go with almost anything you care to pair with them, suit every occasion, don't demand the spotlight and always seem to improve a moment – almost imperceptibly.

So why are they so hard to find these days? Even most white wines seem to start at about 13 percent alcohol. How did that come to be?

It's an open secret in the trade that richly fruited wines tend to perform best at professional tastings, their fleshy lushness holding much appeal in the sip-and-spit test. And, since high scores sell bottles, producers have found ways to make riper, fuller-bodied wines. This trend had its heyday in the 90s, but continues today to some degree. This means lighter wines are often under sung and can offer great value.

After all, blockbusters arguably aren't the most pleasurable to drink – especially in the summer, when it's all about refreshment. There's a big difference between quaffing an 11 percent wine, and one with 15 percent alcohol. Rich wines can tire the palate after a glass or two, and they obliterate all but the most flavourful foods.

To learn the weight of a wine, look at the alcohol content. Less than about 12.5 percent alcohol is light wine territory, 12.5 to 13.5 percent means medium-bodied and anything higher is full-bodied. Body in wine refers to its weight

in the mouth, and is comparable to milk – light is to skim as whole is to full.

And the lightest wines always hail from cooler climates or microclimates. Germany, Canada and northern France are usually good places to start when scouting lighter bottles. And of course, certain grape varieties are naturally leaner than others.

Here's a clutch of go-to light wines. Grab your corkscrew.

### CAVA

By law, this Spanish sparkling wine must be between 10.8 and 12.8 percent alcohol, so it's almost always light. Cava is made the same way as champagne, so it can be quite delicate. But, since it's made from the Spanish grape varieties, Macabeo, Parellada and Xarel-lo – rather than Chardonnay, Pinot Noir and Pinot Meunier which comprise champagne – cava tastes relatively earthy. It's also less pricey than the fine French fizz.

### RIESLING

This variety tastes of lime. It can suggest lime oil, lime sorbet and lime zest, but always lime, sometimes overlaid with hints of kerosene (a scent associated with maturing Riesling), minerals and steel. And it can range from bone dry to lusciously sweet without losing its tell-tale tartness.

### PINOT GRIGIO

While wine snobs scorn this variety for

being too neutral, some bottlings deliver clean, elegant, honest refreshment with gentle lemon-lime flavours underpinned by a floral-stony character. The lightest versions always seem to come from Italy, where Italians have been drinking it for years with fish from the waters off the eastern seaboard.

### MUSCAT

This wine grape goes by many different names and styles. When it's vinified dry in Southern Italy, it is called Zibibbo. When it's fragrant, sweet and golden from southern France, it is called Beauges-de-Venise. When it's off-dry and sparkling from north-west Italy, it is called Moscato d'Asti. But regardless of style, Muscat is light and refreshing with zippy flavours of ripe grapes and tangerine, often nuanced with cantaloupe and musk. It's best drunk young and well-chilled.

### PINOT NOIR

Pinot Noir tastes of cranberries, violet and canned strawberries, developing much depth and complexity with time in bottle. The classic stuff is relatively light, smooth and crisp, with considerable finesse – especially when it hails from its heartland of Burgundy, France. But watch the alcohol levels when it's made elsewhere. Heavier versions of Pinot Noir that taste almost as rich as Syrah are cropping up fast.

# Discover Award-Winning Kim Crawford Sauvignon Blanc



Because there are those who find comfort  
in the ordinary and then there are those  
who thirst for so much more.



**UNDO ORDINARY**

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Please enjoy our wines responsibly.





## Light Wines are the New Black

LIGHT-BODIED WINES ARE WITHOUT A DOUBT THE NEW BLACK. THEY GO WITH ALMOST ANYTHING YOU CARE TO PAIR WITH THEM, SUIT EVERY OCCASION, DON'T DEMAND THE SPOTLIGHT AND ALWAYS SEEM TO IMPROVE A MOMENT – ALMOST IMPERCEPTIBLY.



### DUBOEUF FUN BEAUJOLAIS

France **\$13.99** 128488  
Expect a fresh blast of clean berry fruit – a strawberry, raspberry and black grape mash-up. It's quaffable, light, versatile refreshment. Delightfully fun stuff on its own or with just about anything you care to pair with it!

12.2 percent alcohol



### FOLONARI PINOT GRIGIO DELLE VENEZIE

Italy **\$15.49** 229542  
Pinot Grigio is sometimes described as being overly neutral, but not this one. It races across the tongue all cool and crisp, leaving fresh flavours of lemon, lime and wet stones in its wake, along with a compelling floral nuance. This Italian wine is a natural match to seafood.

11.5 percent alcohol

### GAMAY

Gamay is the grape used to make Beaujolais in France, and the charm of this variety lies in its easy drinking quality. It's a pale, tart red with pronounced flavours of fresh berry fruit. When well made, it's one of the most affable wines on the planet. But it's always best consumed within a year or two of bottling.

### CABERNET FRANC

Particularly well-suited to cooler climates, this fragrant red shows notes of mixed berries edged with pencil shavings and a hint of herbaceousness. DNA testing shows Cabernet Sauvignon is actually a crossing between Cabernet Franc and Sauvignon Blanc, so no wonder Cabernet Franc shares some qualities with its red offspring – although it's markedly more delicate. An excellent summer pour!



### RUFFINO ORVIETO CLASSICO

Italy **\$12.99** 31062  
This bottle of liquid joy starts with fresh flavours of apple, lemon and white flowers before revealing a faint sprinkle of white pepper followed by a fresh Bartlett pear finish. Light-bodied and drinks like a dream with smoked salmon.

12 percent alcohol



### CODORNÍU CLASSICO BRUT

Spain **\$14.99** 503490  
If you're going to buy cava, this is the one to choose. It's light and lemony with compelling warm biscuity notes, floral allusions and cooked apple flavours – shot through with tiny bubbles.

11.5 percent alcohol



### THE BISHOP OF RIESLING

Germany **\$12.99** 36111  
This off-dry German thriller teems with sweet stone fruit and tart lime, before finishing with a swift stroke of palate-cleansing acidity. Pair this light-bodied Riesling with spicy Cajun prawns.

11 percent alcohol



### CEDARCREEK PROPRIETOR'S WHITE

BC VQA **\$14.95** 214130  
A fabulously aromatic blend of Gewürztraminer, Chardonnay, Pinot Gris, Riesling, Ehrenfelser and Viognier attacks with full-on flavours of juicy peach, tangerine, mixed citrus fruit and pear. A light treat at a great price.

11 percent alcohol

# SUMMER

IN  
THREE  
COURSES



SMOKED TROUT NAPOLEONS

The urge to host dinner parties with friends is synonymous with the long summer nights finally upon us. Here are three casual, yet elegant recipes for that spontaneous summer soiree. Start with an appetizer that can be prepared ahead and put together in a flash for your guests – a caramelized fennel, mushroom and Gruyère napoleon with smoked trout. And of course it's not summer unless there's a barbecue involved. Grill up a wonderfully marinated skirt steak garnished with a stone fruit, tomato and feta salad. Top off the dinner trio with a traditional British dessert, a berry pudding served with a zesty lemon mascarpone cream. Cheers to the host!



GRILLED CUMIN AND CHILI SKIRT STEAK WITH SUMMER SALAD

PAIRS WITH GRILLED CUMIN AND CHILI SKIRT STEAK WITH SUMMER SALAD



**MARQUÉS DE RISCAL**  
**RIOJA RESERVA**

Spain **\$28.99** 214817  
In Spain, “reserva” means a wine has aged for at least three years in cask and bottle. Made from Tempranillo vines over 15 years old, this red wine has flavours of ripe dark berries, spice, toast and oak with a full-bodied palate together with balanced acidity and integrated tannins, it’s a treat on its own and pairs well with red meat.



**EVANS & TATE**  
**MARGARET RIVER METRICUP**  
**ROAD CHARDONNAY**

Australia **\$19.99** 379149  
From a renowned winemaking region in Western Australia, this Margaret River Chardonnay has medium intensity of white peach, citrus, melon and a touch of oak and toast. Balanced and medium in body, it has enough flavour and body to pair with dishes like grilled prawns and veal.



INTRODUCING

**GREY GOOSE**  
*Cherry Noir*



DISCOVER GREY GOOSE CHERRY NOIR.

GREY GOOSE Cherry Noir has been expertly crafted with rare hand-picked black cherries from France, creating a distinct balance of freshness and natural cherry essence in every pour.



Summer in Three Courses

PAIRS WITH SMOKED TROUT  
NAPOLEONS



**PPAFFENHEIM PINOT GRIS**

France **\$18.99** 616144  
An important wine co-operative and a powerhouse in the Alsace region of France, Pfaffenheim is responsible for making many quality wines in the region. With aromas of apricot, melon and citrus, this dry, medium-bodied white wine is nice to sip on its own or with most seafood and salads.



OLD-FASHIONED BERRY PUDDING



**THE PEOPLE'S PINOT NOIR**

New Zealand **\$17.99** 744318  
Similar to great wine regions such as Burgundy and California, New Zealand is also home to many excellent quality Pinot Noirs. This refreshing red wine has characteristics of black and red cherry, spices and a touch of cocoa. Medium-bodied and dry on the palate, it complements salads, poultry and stews.



PAIRS WITH OLD-FASHIONED  
BERRY PUDDING



**ASTROLABE MARLBOROUGH SAUVIGNON BLANC**

New Zealand **\$23.95** 138503  
Showing intense flavours of passion fruit, gooseberry, lime and grapefruit, this medium-bodied dry white wine is refreshing and has a long length. Great with dishes from summer salads and seafood to poultry and even dessert!



**CHERRY POINT COWICHAN BLACKBERRY DESSERT WINE**

Canada **\$20.00** 149336 375 ml  
Made from the luscious wild blackberries that are grown in the estuary of the Cowichan River, this dessert wine made in BC's backyard is a fabulous delight with an intense concentration of blackberry flavour that is balanced by refreshing acidity. A sweet treat with rich desserts.





Howard Soon, Senior Winemaker

# SANDHILL'S SINGLE VINEYARD WINES

When Sandhill was launched in 1999, they made one very important and profound decision – to make only single-vineyard wines. At the time, this was revolutionary and this bold move helped pave the way for others to follow. Now, practically any serious BC wine worth its stripes is sourced from a single vineyard and increasingly, the talk is not about magic in the cellar, but the magic of the combination of dirt and climate and the grapes grown on it – a vineyard's terroir. Today, Sandhill continues to shape the single-vineyard trail, and winemaker Howard Soon and his close-knit team of winemakers and growers are not only launching new vineyard sites, but also looking deeper and deeper into what makes each site special.

Soon admits he was a little skeptical of the importance of terroir when the project first began. Since then he has become not just a believer, but one of its biggest proponents. That belief has come from experience. "It is amazing to see how the vineyards have the same flavour character in all years, hot or cool," says

Soon. "Just like in the Old World, the best vineyards still show their quality in the lesser vintages."

The importance of these sites in the production of good wine is now instilled in Soon's winemaking. "I'm working on having more presence in vineyard," says Soon. "You have to see the footsteps of the grower and winemaker in the vineyard to understand the vineyard." It takes time to learn the quirks of each vineyard. Some of the Sandhill sites are new and the winemakers are only beginning to learn which characteristics are unique to each of them. Hidden Terrace Vineyard near Oliver has now produced a couple of vintages of Pinot Gris, and Vanessa Vineyard in Cawston in the Similkameen Valley has produced two vintages of a Cabernet-Merlot blend. Soon is excited about the Similkameen region. "The Vanessa and Rocky Ridge Vineyards that we work with are exciting for me, because the terroir is definitely different from Sandhill Estate and Hidden Terrace Vineyards in the South Okanagan," says Soon.

For the other Sandhill vineyard

sites – Sandhill Estate, King Family, Phantom Creek and Osprey Ridge – with many years of winemaking experience, the goal now is to develop an even greater understanding of the terroir. In-depth studies have been done on all six vineyards to look at the details of the terroir, from soils through climate, aspect and exposure, to the impact these elements have on the actual taste of the wine. "We are trying to understand these vineyards at a deeper and deeper level," says Soon.

The style of winemaking has evolved as Soon's belief in terroir has strengthened. With more respect for the site, he wants the vineyard rather than the winemaking to shine. "I try to intervene as minimally as possible with winemaking techniques to let the site show through," says Soon.

One of the keys to understanding the vineyards is a strong relationship with the vineyard managers. Soon has been lucky to work for decades with Dick Cleave and Robert Goltz, and the trio have an enviable level of experience as well as mutual respect. "I have full

by Rhys Pender

THE TALK IS NOT ABOUT MAGIC IN THE CELLAR, BUT THE MAGIC OF THE COMBINATION OF DIRT AND CLIMATE AND THE GRAPES GROWN ON IT – A VINEYARD'S TERROIR.

trust in the managers and how we work together to grow the best grapes to make the best wines,” says Soon.

The benefit of such a close relationship between vineyard and winery is the ability to understand and identify the best blocks within the vineyards. These blocks can be kept separate, allowing for the best wines to be singled out, rather like a self-proclaimed Premier Cru. So far, this has resulted in two Single Block Sandhill wines, the B-11 Chardonnay and C-8 Merlot. Sandhill was recently rewarded for their efforts, with the 2011 Block B11 Chardonnay taking a Gold Medal at the prestigious Chardonnay du Monde competition.

The future challenge for Sandhill is to prepare for the next generation of winemakers and grape growers. Eventually, Soon, Cleave and Goltz will have to retire, and they are adamant that the relationships continue. Stephanie Leinemann has worked closely with Soon for years to make all the Sandhill

Right: Sandhill Estate Vineyard



# NOT SURPRISINGLY, SINGLE-VINEYARD WINES ALSO PAIR WELL WITH GOLD MEDALS.



## SANDHILL WINS GOLD & SILVER

*Chardonnay Du Monde, France*

*Competing against the world's best chardonnays, Sandhill received top honours for the third year in a row at the Chardonnay Du Monde. The Small Lots Chardonnay 2011 won gold and the 2011 Chardonnay won a silver medal. These exceptional wines truly embody the Sandhill single-vineyard philosophy.*

*For our latest vintage releases and exclusive offers, go to [sandhillwines.ca](http://sandhillwines.ca)*

**SANDHILL**  
BC VQA OKANAGAN VALLEY





## Sandhill's Single Vineyard Wines

"I TRY TO INTERVENE AS MINIMALLY AS POSSIBLE WITH WINEMAKING TECHNIQUES TO LET THE SITE SHOW THROUGH!"

— HOWARD SOON

wines and she knows the vineyards intimately. In the vineyard, Goltz has been able to keep the succession in the family. His son, Nathan Goltz, is already managing Sandhill Estate and Osprey Ridge in the Okanagan and Vanessa and Rocky Ridge vineyards in the Similkameen. It sounds as if the Sandhill dynasty is in good hands.

"The overall goal is to capture more of the presence of the vineyard in the wine," says Soon. "We now know the terroir; we know it is good and consistent. The question is how to share that information and explain it to the public." Soon and his vineyard partners have succeeded in establishing a single-vineyard focus for top BC wines. Sandhill wines reflect the unique terroir of each site and the next generation seems well-groomed to take over and keep sending the message — that these vineyards are special.



### SANDHILL SYRAH

BC VQA \$21.99 98541

This cool-vintage Syrah combines blackberry, blueberry, mixed brambly berries and black pepper with bacon, vanilla and clove. The palate is very South Okanagan with dried sage notes combined with violet, blackberry and dried raspberry notes. With its dry, savoury, peppery finish, it's a natural with lamb shanks braised in spiced red wine.



### SANDHILL PINOT GRIS

BC VQA \$18.99 169060

From Sandhill's new Hidden Terrace vineyard this Pinot Gris shows riper aromas of baked apple, nectarine, spiced pear, grapefruit and preserved lemon. The palate has lush texture balanced by refreshing acidity. Honeydew, peach and apple combine with flavours of mandarin and ruby grapefruit zest. Pair with crab and pomelo salad.



### SANDHILL PINOT BLANC

BC VQA \$16.99 541185

Sandhill Pinot Blanc has subtle aromas of lemon, green apple, apple peel, nectarine, pear and grapefruit zest. It's on the palate that this wine is at its best with racy acidity and flavours of lemon, minerality, pineapple and apple with a hint of buttery softness. Try with sautéed scallops in lemon brown butter.



### SANDHILL GAMAY NOIR

BC VQA \$19.99 627687

Served slightly chilled, Gamay is perfect with anything grilled. This example has lots of blueberry, raspberry, plum and cherry with cinnamon, vanilla and a touch of burlap. The palate is light and juicy with a bit of creamy oak before brambly berry, ginger, licorice and cherry notes kick in. Try with pancetta-wrapped grilled quail.



### SANDHILL CHARDONNAY

BC VQA \$17.99 541193

A crisp, fresh Chardonnay, this Sandhill white has aromas of cantaloupe, peach, lemon sherbet and pineapple with subtle oak, hazelnut and lees. The palate is zingy with lemon verbena, mineral, nectarine and grapefruit flavours. It has a touch of nut and butter from oak and a citrus-driven finish. Great with crab and ricotta ravioli with lemon-butter sauce.



### SANDHILL CABERNET MERLOT

BC VQA \$19.99 168641

This is a single-vineyard wine from the Similkameen Valley — full of sweet plum, black cherry, raspberry and black fruit aromas. The palate is full and intensely flavoured with dried strawberry, blueberry and raspberry, fine grainy tannins and an elegant mid-palate. The ripe, cooked berry flavours linger on a long finish. Perfect with richly sauced braised short ribs.

# JUST PEACHY!

PEACH AND  
AMARETTI  
CHEESECAKES

Peaches and cream is a combination everyone knows. But peaches and lemon, raspberry or caramel are little known and deserve as much attention! The soft-coloured flesh of ripe peaches is a great contrast to more vibrantly coloured fruits and the mild flavour of peaches provides a perfect partner to more pronounced ones. Peaches can be eaten whole, with the fuzz tickling your tongue, or incorporated into dishes to create amazing desserts. Go ahead and poach, bake, sauté and grill, you will be amazed at the peachy flavours you can create!

PAIRS WITH PEACH TRIFLE



**SULA DINDORI RESERVE VIOGNIER**

India **\$18.49** 487561

Sula Vineyards is quickly establishing a reputation for quality wines made in India and is catching the attention of international wine consumers. This white shows a medium intensity of ripe apricot, apple and a hint of pepper and lychee. With a touch of sweetness and medium body, it makes a great aperitif or enjoy with seafood.



**MARTINI PROSECCO FRIZZANTE**

Italy **\$14.99** 639310

Dry and refreshing, this 100 percent Prosecco is made using grapes grown in the famous Friuli and Veneto region. On the nose, it shows aromas of lemon, apple and a touch of toast. Its refreshing acidity and gentle fizz make this wine perfect for the patio and it pairs well with salad or sashimi.



PEACH TRIFLE

NEW



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PAIRS WITH PEACH AND AMARETTI CHEESECAKES



**BATASIOLO  
MOSCATO D'ASTI**

Italy **\$19.99** 288449

Fragrant and lightly sweet with a slight fizz, this Moscato is made in the Piemonte region. The nose is intensely floral with peach, orange peel and apricot. On the palate it is medium-dry and refreshing. It's extremely food-friendly, adding zip to everything from fresh and dried fruits to salads and desserts.



COINTREAU-MARINATED SAUTÉED PEACHES WITH CARAMEL SAUCE



**SEGURA VIUDAS BRUT ROSÉ**

Spain **\$16.99** 5835

The traditional *méthode champenoise* used in creating this rosé results in a sparkling wine with great mousse persistence. Showing youthful aromas of red cherry, cranberry and a hint of strawberry on the nose, it has crisp acidity and a fine mousse mouth feel. Excellent with tapas or as a palate-freshener with dessert.

PAIRS WITH COINTREAU-MARINATED SAUTÉED PEACHES WITH CARAMEL SAUCE



**MOSELLAND PIESPORTER  
MICHELBERG RIESLING  
KABINETT**

Germany **\$13.99** 288670

Germany has always been known for white wine making and is especially famous for Riesling. This off-dry example has a medium intensity of green apple, floral, lime and notes of honey. The sweetness is balanced by refreshing acidity that works well with fruit-glazed pork chops or peach desserts.



**CHÂTEAU STE MICHELLE  
RIESLING**

USA **\$16.99** 232512

Medium-bodied with vibrant acidity, this Washington State Riesling is intense with peach, floral, lime and apple flavours. It is refreshing on the palate and is a pleasure with a variety of food, such as seared scallops, poached pear and even vanilla custard.





# WINES OF ITALY

## DIVERSITY IN A GLASS

If one of the most interesting aspects of the wine world is its diversity, then Italy is surely the most fascinating of producing countries. Italian wines come in an incredible range of flavours and styles that naturally harmonize with the country's regional cuisines. Nowhere are food and wine more central to everyday life, and understanding the wines of Italy makes it possible to better appreciate the country's culture. One way to start the journey is to explore some of Italy's wine grapes. While there are hundreds of varieties that make up the patchwork of Italian vineyards, a few have emerged as true classics over the years and play key roles in export markets including British Columbia. They have been joined in recent years by a handful of other, lesser-known varieties that add to the assortment of stylish Italian wines.

Italy is an established category in the Province, and BC consumers show a high level of sophistication when selecting wines. No doubt, interest is stimulated by a love for Italian cuisine and its great affinity for the regional wines.

ITALIAN WINES COME IN AN INCREDIBLE RANGE OF FLAVOURS AND STYLES THAT NATURALLY HARMONIZE WITH THE COUNTRY'S REGIONAL CUISINES. NOWHERE ARE FOOD AND WINE MORE CENTRAL TO EVERYDAY LIFE, AND UNDERSTANDING THE WINES OF ITALY MAKES IT POSSIBLE TO BETTER APPRECIATE THE COUNTRY'S CULTURE.

Over the years, we've become comfortable with wines made from Italy's major wine grapes, including Sangiovese, Nebbiolo, Corvina, Pinot Grigio and Moscato, even if we don't always recognize the varieties themselves. For example, Sangiovese, Italy's most widely planted grape variety and Tuscany's calling card, is better recognized by the famous wine it produces, Chianti. Chianti is characterized by red berry fruit, light floral tones and juicy acidity. As Brunello di Montalcino, Sangiovese is bolder, riper and more tannic, with the ability to age several years. Nebbiolo is the other great red classic grape, grown predominantly in Piedmont, where it makes the exotic, rose petal-scented classics of Barolo and Barbaresco. Corvina is the backbone of the famous Valpolicella and Amarone wines, lending sour cherry-stone bitterness and refreshing red berry acidity. For Amarone, the grapes are partially dried before fermentation, concentrating Corvina's distinct nature. The popular white varieties, Pinot Grigio and Moscato, need little introduction, as the grape name usually appears on the label. Their light, fruity natures make them easy drinking *aperitivo* wines.

While there is every sign that

consumers' love for the Italian classics will continue to grow, we are starting to see delicious examples made from lesser-known grapes. Investment, expertise and curiosity on the part of Italian producers have revived some ancient and regional varieties, expanding the selection of great wines. Quality is improving rapidly, particularly in the South, where lack of resources kept wine styles rooted in the past until quite recently. There are incredible wines from varieties such as Aglianico (making the bold wines of Taurasi in Campania) and Nero d'Avola, the violet-scented, black fruit signature of Sicily. In Sardinia, Cannonau (also known as Grenache) is producing some spicy, rich reds and in Puglia, Italy's heel, Primitivo is making generous, plummy wines representative of the warm climate. Many BC wine drinkers will already be familiar with Primitivo's cousin Zinfandel from California. The two are both clones of the same variety. Temperature control has enabled some of the white varieties to shine as well. Look for aromatic wines such as Falanghina, Fiano and Greco di Tufo. Distinct and exciting grapes are not limited to the southern regions. In Piedmont, the Ruchè variety makes lovely, perfumed

wines and Barbera is known for its delightful juiciness. In the spirit of "what is old is new again," Lambrusco is also starting to make a comeback. It produces darkly coloured bubbly wines that have savoury, balsamic flavours and exist entirely to complement the prosciutto and Reggiano Parmigiano of Emilia Romagna.

Grapes have been selected, cultivated and fermented specifically to go with Italy's cuisine. In fact, Italians think of wine as a food group, without which no dinner table is complete. Climate and tradition influence the style of cuisine in each region, making every visit to Italy (even if it is just in your dining room) a glorious adventure. In the north, where mountains and proximity to Germanic nations influence the table, the diet is centred around meat and dairy. Even the pasta is often stuffed with cheese or meat. Risotto is a signature dish of the north and often appears as an intermediary course in the meal. In Piedmont, wild mushroom risotto is a beautiful match with the black pepper – and truffle – scented Nebbiolos. Farther south, olive oil replaces the dairy, and the cuisine becomes a celebration of the



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AND SEEK OUT THE MORE  
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ARE READY FOR A NEW  
CULINARY ADVENTURE!

garden. Think of a crispy bruschetta or olive tapenade crostini with a light Chianti. In Tuscany, the famous *bistecca alla Fiorentina* (rare porterhouse steak from the grill) is ideal with a bolder Chianti Classico. Southern Italy is focused on seafood and vegetarian dishes, particularly involving tomato and eggplant. A spicy Nero d'Avola with spaghetti in tomatoes and eggplant is a simple, but heavenly, match.

Because food and wine are such important parts of the Italian culture, eating and drinking Italian-style can give us some insight into the history, lifestyle and character of the people. Grape varieties are one step in understanding the splendid diversity of Italian wine, giving us a feel for regional tastes and food pairings. Enjoy the classics and seek out the more unique wines when you are ready for a new culinary adventure!



**FONTANAFREDDA  
BRICOTONDO  
BARBERA PIEMONTE**

Italy **\$17.99** 898718

This juicy Barbera starts off with red fruit and savoury tar aromas before giving way to a refreshing palate with soft tannins. It would be perfect with a pasta course such as ravioli in butter sage sauce.



**RICASOLI BROLIO  
CHIANTI CLASSICO**

Italy **\$27.99** 3962

The 80 percent Sangiovese backbone is backed up by Merlot and Cabernet Sauvignon in this complex Chianti Classico. Toast, ripe plum and licorice aromas give way to balanced acidity and ripe tannins on the palate. Try it with a grilled rib steak sprinkled with coarse salt and Tuscan olive oil.



**OGIO PRIMITIVO PUGLIA**

Italy **\$12.99** 137026

This Primitivo packs a lot of powerful fruit for its price. Ripe red and black fruit aromas on the nose give way to flavours of blueberry and purple flowers on the palate. It has a warm spiciness on the finish and would be an excellent partner for a Puglian specialty like pizza with potato and cherry tomatoes.



**RICOSSA BARBARESCO**

Italy **\$19.95** 929406

Anise, black pepper and dried berry aromas on the nose of this Nebbiolo immediately make you think of Italy. On the palate, there is an earthy minerality with juicy cherries and chocolate-flavoured tannins. Try with slow-cooked beef ribs.



**ZEBBO PELLEGRINO  
MOSCATO**

Italy **\$12.99** 89789

Spritzly and light on the tongue, this sweet Moscato has aromas of creamsicle, peach and candied ginger. Try it for brunch alongside French toast with strawberry compote.



**CASOLARI LAMBRUSCO  
DI SORBARA FRIZZANTE**

Italy **\$14.99** 276105

This purple bubbly is a great way to greet guests at your next dinner party. It's dry, juicy and has aromas of boysenberry and red cherry. Serve it with a simple appetizer like balsamic-drizzled chunks of Parmigiano Reggiano.

# *alfresco*

ITALIAN LUNCH

RUSTIC GRILLED PIZZAS

In Italy, one of the undisputed food capitals of the world, the act of eating is all about pleasure. Mealtime is an event to be savoured and shared. This summer, follow their lead and enjoy a long, relaxed lunch alfresco with friends. Keep in mind that Italian food is so much more than spaghetti pomodoro or pizza margherita. Dishes are inspired by season and region of origin. A dish that may be considered a specialty in one city may be unheard of elsewhere in the country. Talk about the ultimate locavore diet! Often made with only a handful of seasonal ingredients, true Italian dishes rely on the freshest produce and best quality ingredients cooked simply. So, take inspiration from the following menu, open a bottle of Chianti and mangia, mangia!



SUMMER SHRIMP AND ORZO

PAIRS WITH SUMMER SHRIMP AND ORZO



**PFaffenHEIM  
GewürzTRAMINER**  
France **\$19.99** 612119  
One of Alsace's eight "noble" varietals, Gewürztraminer is now an internationally popular grape with a large following. This wine comes with flavours of lychee, rose, lemon and honey. Medium-bodied with a creamy mouth feel, it pairs superbly with clam chowder or shrimp cocktail.



**PISSE-DRU NOÉMIE VERNAUX  
BEAUJOLAIS**  
France **\$17.99** 2881  
Made from 100 percent Gamay grapes, this Beaujolais has characteristics of red cherry, raspberry candy and a hint of banana. On the palate, the zesty acidity is balanced by softly textured tannins and a light body. It's ready to drink now and so enjoyable with steamed or grilled seafood or poultry.



STRAWBERRY BALSAMIC SORBET

PAIRS WITH STRAWBERRY  
BALSAMIC SORBET



**CUPCAKE PROSECCO**

Italy **\$17.99** 203489

Made from the Prosecco grape in the Veneto region, this sparkling wine has fresh aromas of pear, apple and hints of peach. It's dry on the palate with a creamy mousse accented by crisp acidity. A very refreshing wine to serve with sweet French pastry or fruit desserts.



**PATRÓN XO CAFÉ**

Mexico **\$49.95** 339002

A blend of premium Patrón Silver tequila with natural coffee essence, this flavoured spirit has intense flavours of fresh coffee, vanilla and chocolate on the nose. It is medium sweet, full-bodied and smooth. Concentrated and rich, it is great in cocktails or splashed in after-dinner coffee.

Alfresco Italian Lunch

PAIRS WITH RUSTIC GRILLED PIZZAS



**TRIVENTO GOLDEN RESERVE LUJAN DE CUYO MALBEC**  
 Argentina **\$22.95** 1669  
 Dark ruby in colour, this Malbec has flavours of plum, black cherry, oak and hints of spice. The palate is full with medium intensity of dark fruits and integrated tannins. Pairs to perfection with sautéed vegetables, barbecued beef and tomato-based dishes.



SEARED TUNA SALAD



**HESTER CREEK SELECTED BARRELS MERLOT**

BC VQA **\$18.95** 677195  
 Aged in specially selected barrels, this Merlot displays aromas of plum, black cherry, oak and hints of toffee. The palate is full with smooth-textured tannins, balanced acidity and medium length. Goes well with comfort food like bison burgers or Peking duck pizza.



PAIRS WITH SEARED TUNA SALAD



**JACKSON TRIGGS SILVER SERIES VIOGNIER**

BC VQA **\$12.99** 593129  
 Subtle and elegant, the nose of this Viognier has medium intensity of tropical fruits, white pepper and hints of floral aromas. The palate is dry and medium-bodied with a round mouth feel. The balanced acidity makes it a great pairing with salad or seafood.



**STONELEIGH SAUVIGNON BLANC**

New Zealand **\$17.99** 293043  
 The Sauvignon Blanc grape has become almost synonymous with New Zealand. Stoneleigh's example shows why with a nose of passion fruit, grapefruit, lime and fresh herbaceous notes. On the palate, it's dry and medium-bodied with mouth-watering acidity that is very food-friendly. Savour it with white meats, salads or seafood.



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# NEW THESE JUST IN!



**SKINNY GIRL MOJITO**  
USA **\$14.99** 573071

Adding to the Skinnygirl lineup, this low-calorie mojito combines Cruzan light rum with a touch of citrus and mint. Garnish with fresh lime and mint leaf and you have an easy, refreshing and “skinny” cocktail for summertime sipping.



**GREY GOOSE CHERRY NOIR**

France **\$49.99** 774430  
With aromas of ripe black cherry and luscious red fruits, Grey Goose’s new flavoured vodka is crisp and smooth with integrated alcohol on the palate. Black fruits, cinnamon, and vanilla continue to linger through the long finish. Try it on the rocks or add rosé bubbly, simple syrup and chocolate bitters to create a posh Couronne Royale cocktail.



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**QUE GUAPO MALBEC BONARDA SYRAH**  
Argentina **\$15.99** 785154

A blend of Mablec, Syrah and Argentina’s second-most planted grape, Bonarda, this wine has medium intensity of plum, black cherry, mocha and hints of pepper aroma. The palate is medium-bodied with ripe, textured tannins and balanced acidity. It’s ready to drink now and pairs well with barbecued tenderloin or grilled sausages.



# CELEBRITY PROFILE

MARGRIT MONDAVI,  
QUEEN OF THE  
NAPA VALLEY

Everybody loves a fairytale romance, not to mention a strong, enduring love story. But how many can imagine such a scenario beginning with a simple roast chicken? Margrit Mondavi carries the iconic name of the California wine world, but it was her skill in the kitchen that launched the charmed life of an equally charming woman.

In the 1960s, the Swiss-raised Margrit became the first female tour guide in the Napa Valley, first at the Charles Krug Winery, and then at the new and groundbreaking Robert Mondavi Winery, where she toured international winemakers through the first California winery since Prohibition to use all new equipment. Tastings were offered on-site, but unfortunately, the food that accompanied them left much to be desired. So Margrit stepped in by offering to roast some chickens for “Mr. Mondavi,” as she knew Robert at the time, to serve the visitors. Those

roasted chickens found their way into the hearts and minds of guests and of Robert Mondavi too, who would stop in the kitchen for leftovers and a chat with Margrit. Romance blossomed, and she eventually became his wife. Along with that role came prominence in adding cultural and culinary direction to the formative years of the California wine boom, and in putting the Napa Valley on the world wine map as a “must” place to visit.

Her humble beginnings helped lay the groundwork for such a role. She was born to parents with bohemian leanings and grew up in the Swiss canton of Ticano, overlooking Lake Maggiore, with the mountains rising behind. She remembers her father as a real gourmet who loved her mother’s cooking as well as his wine, some of which he would make himself, with the family helping out.

Her influence at her husband’s winery wasn’t limited to the kitchen – Margrit was also a driving force behind

its cultural aspirations. She established a gallery for artists to show their work, and launched the Mondavi Summer Jazz Festival and the Winter Classical Concert Series. Not content with just those successes, she also founded the Great Chefs of Europe and America cooking programs at the Mondavi Winery, bringing renowned figures such as Julia Child and Paul Bocuse to teach the courses. Her boundless enthusiasm, love for people, life and travel, renowned philanthropic endeavours and dedication to the arts have made her the veritable cultural ambassador of the Napa Valley and a legend of the California wine world. Today, spry at 88, she retains her position as the vice-president of cultural affairs at the Robert Mondavi Winery.

**How did it feel to be the first female tour guide at the Charles Krug Winery back in 1960?**

It was very much a man’s world in the Napa Valley back in those days. I’d show up in the morning and the other winery



workers would be there, the winemakers especially, and they'd ignore me. They'd think, "Hmph, what does this woman know about wine and what makes her think she can compete with us?" It was a struggle back then, but I showed them that my knowledge and taste buds were every bit as good as theirs.

**What was it like when you moved to the Mondavi Winery?**

It was far more welcoming and Robert was such a generous person, both with his employees and other winemakers of the region. If you needed something Robert had no compunctions about helping you out, whether it was money or winemaking equipment or glasses for a tasting. And the winery itself, with its Spanish Colonial architecture and beautiful stainless steel tanks, attracted vintners from all over the world. I had the wonderful job of showing them all around.

**And your roast chicken became quite famous?**

Ah, yes. Well, at the time, with all these customers and guests visiting the winery, Robert wanted food to be offered with the tastings. Unfortunately, they'd get their supplies from this little grocery store down the way that really didn't have good products. One day, I said, "Mr. Mondavi, would you like me to roast a chicken?" And I did and I started bringing in fine cheeses and cured meats and breads. And so the winery took on a whole new personality. Ironically, that little grocery store has now become a Dean & DeLuca.

**Speaking of the winery's personality, there were other changes to the winery, thanks to your efforts. Any favourite moments or events?**

I loved the concert series. To be able

to bring in Ella Fitzgerald, Herbie Mann, Harry Belafonte and Tony Bennett to put on shows was amazing. And of course, as a painter myself, it was wonderful that I was able to bring in such great painters as Richard Diebenkorn and Wayne Thiebaud, amazing California painters that would later become my friends, to show their works at the winery. Of course this was all after Bob and I were married and I'd say to him, "Bob, I have a wonderful idea," and he'd say, "Don't tell me, just do it." He trusted me implicitly.

**Is that how the Great Chefs cooking program came about?**

Yes, and it was a great success. It started with two young men, Michael James and Billy Cross, who had a little cooking school at High Tree Farm. They were going broke and they approached me for help. I went to Bob and, well, he simply took on the whole project and the Great Chefs program was born. It cost Bob a lot of money, but he didn't care about that. For Bob it was just about the passion of life. He never let money stand in the way of his dreams. We brought in the best chefs in the world – Paul Bocuse and Julia Child – and I still believe it to be one of the Mondavi Winery's crowning achievements.

**On the subject of achievements, the Mondavi Winery's philanthropic work is well known. Do any of these stand out?**

Bob and I were extremely proud to fund and establish the Robert Mondavi Institute for Wine and Food Science and the Robert and Margrit Mondavi Center for the Performing Arts at the University of California at Davis. As well, holding benefits to help the Napa

Valley Symphony and restore and keep the Napa Valley Opera House alive and still is very dear to our hearts.

**How has the Napa Valley changed since the early days when you folks were pretty much pioneers in the California wine culture?**

There's just so much more of everything these days. I can't even begin to imagine visiting all the wineries that populate the Napa Valley now. It's amazing when you think that, back in the early days, an acre of land cost \$1,000 to \$2,000. Now it's about \$350,000 an acre. And it's big business. When we were starting out, and for the next 27 years, we never did any advertising for the Mondavi Winery, whether it was the wine or the cultural events. It was all word of mouth. I think that kind of thing would be unheard of these days.

**You have travelled the world, met so many friends including great winemakers and chefs, dined at some of the finest restaurants and led such an amazing life. Any regrets?**

You know, I don't have any regrets, but I do wish that Bob and I could have got away by ourselves more often. We were always so busy working. I used to wish that we could go back to my little hometown in Switzerland, rent an apartment overlooking the lake and just be alone with each other and relax. Nevertheless, our love of life and passion for food, wine and travel with friends led us on some amazing journeys and I think the Mondavi legacy has left a huge imprint on the world of wine today.

# GIN

THE  
ULTIMATE  
SUMMER  
SPIRIT



## AU COURANT GIN FANS SEEK OUT NEW PREMIUM, INGREDIENT-DRIVEN GINS, LOCALLY DISTILLED GINS AND BOTANICAL-RICH GINS WITH DISTINCT FLAVOUR PROFILES.

Everything old is new again. This saying certainly applies to gin, one of the world's favourite spirits. It's one that some think has lost its lustre, deeming it fusty, old-fashioned and favoured by oldsters. For many, gin has never ever been out of the limelight – or our glasses. Best of all, there's never been more choice.

Gin has retained its loyal imbibers, the traditionalists who prize the familiar gins that have been on shelves for eons, such as Gilbey's, Gordon's, Beefeater and Tanqueray. *Au courant* gin fans seek out new premium, ingredient-driven gins, locally distilled gins and botanical-rich gins with distinct flavour profiles. It's these stylish spirits that are attracting plenty of younger, new-to-gin drinkers.

The gin world began modernizing when Bombay Sapphire came on scene in 1987, Tanqueray 10 in 2000 and Beefeater 24 in 2009. Since then, new gins continue to roll out, with no end in sight.

We have forward-thinking bartenders to thank for driving both gin's revolution and evolution. They claim that, unlike most vodkas, which add little to the taste of a drink, gin brings diverse flavours and personality to cocktails. It's a viewpoint that has resonated with consumers too: gin has been the trending

spirit for the last couple of years and it shows no sign of waning. There are several styles of gin:

### LONDON DRY GIN

London Dry Gin, originally made in London as early as the 1600s, is the most common gin style. It can be and is made almost everywhere.

### OLD TOM GIN

Old Tom Gin is a sweeter style that reached its height of popularity in the 18<sup>th</sup> and 19<sup>th</sup> centuries. It is still distilled in small quantities in the United Kingdom.

### PLYMOUTH GIN

Plymouth Gin is made only in Plymouth, England, using local Dartmoor water.

### GENEVER

Genever, the forerunner of today's London Dry gin, is the original Dutch style of gin also known as Jenever, Geneva and Hollands. Less pure than London gin, it sometimes tastes of the rye, barley or corn from which the base spirit is made. It is made in two styles – *oude* (old) and *jonge* (young). The terms refer to distilling styles not age.

Gin has stepped out and beyond the traditional taste profiles. Gin producers are exploring and crafting new premium, small-batch, artisanal and locavore gins, many with pronounced botanical flavours.

Every gin is different, and each distiller creates his or her own mix of botanicals using citrus, flowers, bark, spices and more. All employ juniper berries, which gives gin its distinctive aroma and flavour. The other usual botanicals include coriander seeds, angelica root, orange and lemon peel, orris root, licorice, almond, cassia bark, cinnamon, cubeb berries and grains of paradise. Most quality gins include between eight and 20 different botanicals, but the sky's the limit when it comes to the wide array that can be used.

Distillers are flavouring their gins with a fascinating array of ingredients. Locavore-themed gins are becoming the norm. Bruichladdich made in Islay, Scotland and best known for its stellar whiskies, has made distinctive a gin called The Botanist using 31 aromatics. Nine are classics, including juniper and citrus, and 22 are wild, Islay native botanicals that include bog myrtle leaves, Lady's Bedstraw, elderberry, gorse, common heather and tansy. The Okanagan's Urban Distillers takes pride in making its Spirit Bear Gin (the spirit base is distilled from locally grown grains) with local hop flowers, lavender and Okanagan apples in its mix. Victoria Gin, a small batch, artisanal gin made on Vancouver Island, uses many of the traditional botanicals – mostly wild-gathered and organic – and adds rose petals and a "secret" ingredient, sarsaparilla.

In the last decade or so, some established brands have launched newly formulated premium gins complete with beautifully designed packaging.



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## Gin: The Ultimate Summer Spirit

Other newbies have fast established firm followings. Hendrick's adds rose petal and cucumber essences to the spirit after it's been distilled, which diminishes the traditional juniper aroma. In addition to juniper and coriander, Tanqueray No.10's distinctive nose has citrus notes from the whole grapefruit, limes and oranges used instead of the traditional dried citrus peel.

Classic cocktails such as the Martini, Gimlet, Tom Collins, Old Fashioned, Aviation, French 75, Ramos Gin Fizz, Gibson and the Negroni remain perennial favourites. Modern bartenders are adapting and evolving these iconic drinks using the newest gins, fresh local ingredients, and adding flavour kicks with locally made bitters. More, they're playing off gin's unique flavours to create stylish new cocktails.

Gin isn't on the comeback trail – it never went away, but it is attracting newcomers, sip by sip.



### BEEFEATER LONDON DRY GIN

United Kingdom **\$23.99** 570  
Beefeater gin is made from an original 1876 family recipe that includes nine traditional botanicals. It won gold medals at the 2012 International Spirits Challenge and the International Wine & Spirits Competition. It's a classic, easy-drinking, crisp, balanced gin, tasting of juniper, citrus and spice. It makes a gin and tonic shine!



### JUNIPER GREEN LONDON DRY ORGANIC GIN

United Kingdom **\$39.99** 617068  
Certified organic London Dry Gin is made with only organic ingredients including grain spirits, juniper, coriander, angelica root and savory. It has aromas of juniper, spice and licorice. Round and clean and with some sweetness on the finish, it makes a memorable cocktail.



### PIMM'S NO. 1 CUP

United Kingdom **\$24.99** 282277  
Oyster bar owner James Pimm created Pimm's in 1859 and only this gin-based spirit's "secret six" know its recipe of liqueurs, fruit juices, herbs and spices. Pimm's is slightly bitter and tastes of liqueurs, citrus and herbs. Drink on the rocks, mixed with sparkling wine, or in a world-famous Pimm's cocktail.



### BERRY BROS & RUDD NO. 3 LONDON DRY GIN

Netherlands **\$44.95** 156737  
This crystal clear, top shelf London Dry Gin is new to Berry & Rudd, England's oldest wine and spirit merchant. Made from juniper, sweet orange peel, angelica root, coriander, cardamom seeds and grapefruit peel, it's fragrant, smooth, elegant and beautifully balanced. Sip chilled or enjoy in a dry martini.



## SUMMER GIN PUNCH

- 3 lemons (rind only, pith removed)
- ¾ cup (175 ml) sugar
- ¾ cup (175 ml) fresh lemon juice
- 26 oz (750 ml) gin
- ½ cup (125 ml) Cointreau or Benedictine
- 4 cups (1L) soda water, chilled

Peel long strips of pith-free skin from lemons. Muddle in a bowl with sugar and steep for 2 to 3 hours. Add 175 ml (¾ cup) of fresh-squeezed lemon juice and stir until sugar is dissolved. Pour into large pitcher or punch bowl. Add gin of your choice and Cointreau or Benedictine. Fill pitcher or bowl with ice and add soda water.



### BOOMSMA JONGE GENEVER GIN

Netherlands **\$29.99** 1594  
Originating in Holland, genever is a light, subtle, juniper-based spirit that is the forerunner of today's gin. Softer and sweeter than London dry-style gins, Boomsma genever is smooth and bright with hints of juniper, citrus and coriander and a not-so-shy finish. Enjoy chilled neat, in a classic martini or in a gin and tonic.



### URBAN DISTILLERIES SPIRIT BEAR OKANAGAN GIN

Canada **\$45.00** 157198  
This local gin is distilled from premium malted wheat and barley and a dozen botanicals, including juniper, coriander seed, ginger root, lemon and orange peel, cinnamon, angelica root, hop flowers, lavender and apples. Top notes of lavender, citrus, apple and juniper produce an aromatically unique gin.

# LIGHT SUMMER MAINS

Nothing can be more tiring than cleaning up after a meal, especially in the summer when cleaning up in a hot kitchen cuts into precious patio relaxing time! Here are four light main dishes that will keep your saucepan mess to a minimum, so that you can keep your cool.

SPAGHETTINI WITH  
GRILLED ALBACORE TUNA



FOR RECIPE INDEX,  
PLEASE SEE PAGE 127

Enjoy fresh seafood tossed with “noodles” of zucchini and asparagus, or a play on the traditional salad Niçoise with local grilled albacore tuna garnishing spaghetti mixed with heirloom tomatoes and French beans. Try a comforting Summer Torta with sautéed mushrooms and summer squash baked in delicate cheese custard or a rustic panzanella bread salad topped with grilled lamb loin. With meals like these, dishes will be no sweat!



TOASTED PANZANELLA SALAD WITH SLICED LAMB

PAIRS WITH TOASTED  
PANZANELLA SALAD  
WITH SLICED LAMB



**RICOSSA BARBERA D'ASTI**  
Italy **\$15.99** 457135

A very versatile red wine for food pairing, this wine has aromas of red plum, red cherry and a hint of candied flavour on the nose. The palate is dry and medium-bodied with a mouth-watering finish. The soft and silky tannins make it excellent with meat-based dishes and seasoned cheeses.



**THE SHOW GARNACHA**  
Spain **\$18.99** 597526

Garnacha, the Spanish name for the grape known in France as Grenache, makes bold, good wines. The Show has an intense nose with flavours of spice, black cherry, blackberry, mocha and a touch of oak. Its soft tannins and is full-bodied with a long length on the palate – ideal with paella or lamb.



ZUCCHINI AND ASPARAGUS RIBBONS WITH SEAFOOD

PAIRS WITH ZUCCHINI AND ASPARAGUS RIBBONS WITH SEAFOOD



**THREE WINDS VIOGNIER**

France **\$12.99** 154609

With enticing aromas of apricot, flowers and hints of white pepper and peach, this crisp, dry white wine is great on its own. Medium-bodied on the palate with mild fruit intensity and a round mouth feel, it's also the perfect accessory to seafood salad and poultry.



**INNISKILLIN DISCOVERY SERIES CHENIN BLANC**

BC VQA **\$16.99** 273573

A grape varietal that thrives in cool climates such as the Loire Valley in France, this BC Chenin Blanc shows a wonderful nose of lemon, honey and a hint of dried fruit. The palate is dry and medium-bodied with crisp acidity and a touch of tropical fruit flavour on the finish.



Light Summer Mains

PAIRS WITH SPAGHETTINI WITH GRILLED ALBACORE TUNA



**FAVELEY PAULÉE BOURGOGNE PINOT NOIR**

France **\$21.99** 142448

Made from 100 percent Pinot Noir, this wine from Bourgogne offers aromas of red cherry, raspberry, spice and hints of white pepper. The palate is dry and medium-bodied with finely grained tannins and crisp acidity. Pair this versatile Pinot Noir with anything from seafood and antipasto to duck confit.



**STEFANO FARINA LA GINESTRA CHIANTI**

Italy **\$19.99** 698308

Created from 90 percent Sangiovese and 10 percent Canaiolo, this Chianti has aromas of red cherry, blackberry, spice and hints of earthiness. The palate is dry and medium-bodied with integrated tannins and just the right acidity. Pairs flawlessly with grilled seafood, veal or squab.



PAIRS WITH SUMMER TORTA



SUMMER TORTA



**QUINTA DO CRASTO DOURO RED**

Portugal **\$20.00** 499764

A traditional wine from Douro made from Tinta Barroca, Tinta Roriz (Tempranillo), Touriga Franca and Touriga Nacional, this Douro red is unoaked and has aromas of ripe red cherry, blackberry and a touch of licorice. The palate is dry and medium-bodied with integrated tannins and balanced acidity. Chicken empanadas make a perfect pair!



**CASAS DEL BOSQUE RESERVA SAUVIGNON BLANC**

Chile **\$16.97** 740878

The Casablanca Valley is one of the coolest growing regions in Chile and is mainly known for superb Sauvignon Blancs. This fine example is intense on the nose with aromas of lime, white peach, green melon and a hints of ginger. The palate is dry and medium-bodied with bright acidity. Pairs wonderfully with seafood, salad and pastry.

Please enjoy responsibly.

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# HOT SUMMER'S MOST WANTED



**VILLA TERESA ORGANIC PROSECCO VINO FRIZZANTE**  
Italy **\$17.97** 268714

Organically produced, this Prosecco has a nose of citrusy lemon, green apple and pear. It has medium body complemented by soft and creamy bubbles. The refreshing acidity and fruit intensity make it a great wine on the patio. Very enjoyable with steamed seafood.



**THE GRINDER PINOTAGE**

South Africa **\$14.98** 883991

Pinotage is a South African specialty. This one from the warm Paarl region has flavours of black cherry, plum and a savoury meaty note. The palate is medium-bodied with soft tannins and balanced acidity. As the name implies, The Grinder has a pleasant whiff of coffee aroma in the finish. Excellent with grilled red meats.



**GRAY MONK PINOT GRIS**  
BC VQA **\$17.99** 118638

The Heiss family's juicy Pinot Gris is aged in stainless steel with no malolactic fermentation to retain maximum freshness. It has a nice intensity of apple, grapefruit and melon aroma on the nose with a medium-bodied palate and balanced acidity. Shines with creamy pasta dishes and sushi!



WET,  
WILD,  
WONDERFUL

# WATERMELON

It wouldn't be summer without watermelon! Thirst quenching, refreshing, luscious and delicious watermelon. Although often enjoyed on its own, it can also be combined with other ingredients to create complex flavours that complement its sweetness. Be bold with seasonings, as watermelon reveals itself with a little saltiness. Think of this summer fruit for your appetizers, mains and desserts as well as a traditional treat on a hot day!



WATERMELON CUPS WITH CUCUMBER FETA SALAD

PAIRS WITH WATERMELON CUPS  
WITH CUCUMBER FETA SALAD



**MCMANIS VIIGNIER**

USA **\$19.95** 207779

Abundant with tropical fruit flavours, this Viognier has concentrated aromas of peach, pear and notes of papaya and white pepper. The palate is dry and medium-bodied with a mouth coating and round mouth feel. A very good quality wine with a long length.



**LOUIS BOUILLOT  
CRÉMANT DE BOURGOGNE  
BRUT ROSÉ**

France **\$26.99** 494856

Made from 80 percent Pinot Noir and 20 percent Gamay, this traditional method sparkling rosé has flavours of raspberry, red cherry, redcurrant and a touch of toast. The palate is slightly off-dry and medium-bodied with persistent mousse. A very good quality, balanced wine with a creamy texture that lingers through the finish.



WATERMELON AND TEQUILA GELÉES

PAIRS WITH WATERMELON  
AND TEQUILA GELÉES



**CHANDON BRUT CLASSIC**

USA **\$25.99** 94946

Owned by the famous Moët & Chandon champagne house in France, this Californian sparkling wine has undergone a traditional sparkling winemaking method and offers a nose of apple, pear, spice and hints of nut and toast. The palate is dry and medium-bodied with a creamy and persistent mousse that last through the refreshing finish.



**KING ESTATE SIGNATURE PINOT GRIS**

USA **\$24.99** 419671

Done in stainless steel and aged for 5 months on the lees, this wine has aromas of green apple, white peach, lemon and a hint of spice and pineapple. The palate is dry and medium-bodied with a crisp mouth feel. It's balanced and has a long length, a perfect match for salads and seafood of all sorts.



LAYERED WATERMELON SALAD

# One Sip & You're There

Discover the crisp, tropical fruit flavours of New Zealand  
in a **NEW vibrant, modern look**



Please Enjoy Responsibly.





Wet, Wild, Wonderful Watermelon

PAIRS WITH LAYERED WATERMELON SALAD



**ESCORIHUELA 1884 EXTRA BRUT**

Argentina **\$19.99** 917476  
A blend of Chardonnay and Pinot Noir, this is a "traditional method" sparkling. The nose offers aromas of pear, green apple, citrus and 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.



WATERMELON SALAD WITH GRILLED CHICKEN



**NOLLEN NOTORIOUS ROOSTER RIESLING**

Germany **\$13.98** 426536  
This great wine from Germany offers flavours of green apple, lemon and hints of pear and flowers on the nose. The palate is off-dry and light-bodied, balanced by tangy acidity. Great on its own and with seafood and spicy dishes.



PAIRS WITH WATERMELON SALAD WITH GRILLED CHICKEN



**ST. URBANS-HOF RIESLING**

Germany **\$18.99** 597997  
Crafted in Mosel, Germany's most recognized wine region, this Riesling has strong floral aromas with green apple, lemon, apricot and a hint of a smoky note. The palate is off-dry and is balanced by tangy acidity. Mild in texture with a good length it's capable of taking the heat from spicy dishes but also pairs well with fruit salads.




**RED ROOSTER GEWÜRZTRAMINER**

BC VQA **\$16.99** 498832  
Like a fruit cup in a glass, this wine has powerful aromas of rose petal, tangerine, apple and pear. It is off-dry and medium-bodied with an appealing viscous texture on the palate. A fine companion for seafood salad or tandoori chicken!




# 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 of them 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 the Insider Picks display.



## Insider Picks



**Barbara Philip**  
Master of Wine,  
Portfolio Manager,  
Wines of Europe



**ANTONIO CAMILLO  
CILIEGIOLE**

Italy **\$22.95** 500744

The grape variety, Ciliegiole, is named after the Italian word for cherry and you can see why in this wine. Crunchy red fruits make it a great partner for Margherita pizza.



**MARABINO  
NOTO NERO D'AVOLA**

Italy **\$26.99** 815449

An Italian sommelier introduced me to this wine last year and I was struck by its lushness and beautiful floral tones. The Noto region is known for some of the best Nero d'Avola in Sicily.



**Insider Picks**



**Kim Giesbrecht**  
Portfolio Manager, Wines of Australia and New Zealand, Beer and Refreshment Beverages



**PEWSEY VALE EDEN VALLEY RIESLING**

Australia **\$23.99** 617126  
Pewsey Vale is one of Australia's finest single-vineyard sites dedicated to consistent, high quality Riesling. It's classic, dry, appealing and versatile, perfect for the patio or with BC seafood and also very age-worthy.



**THE HEDONIST SHIRAZ MCLAREN VALE**

Australia **\$27.99** 96339  
Just as the name states, this Shiraz will provide much enjoyment and pleasure. Full, fleshy and polished, this is a limited buy and the perfect red for Shiraz fanciers or any backyard barbecue!




**CEDARCREEK GEWÜRZTRAMINER**

BC VQA **\$17.95** 240978  
This is Gewürztraminer varietal aroma, flavour and texture as it should be. Very concentrated and palate-coating, it is magic with summer menus, Pacific Rim cuisine or pork chops basted in honey mustard and ginger.




**ROBERT MONDAVI FUMÉ BLANC**


USA **\$19.99** 221887  
Robert Mondavi was the originator of this California Fumé Blanc style and it is perhaps even more relevant to today's menus and lifestyles. Delicious and fresh-tasting, it has hints of lemon and apple along with some herbal complexity. A superb value!


**Insider Picks**



**Stephen Schiedel**  
Portfolio Manager, Wines of North and South America



**Insider Picks**



**Adele Shaw**  
Portfolio Manager, Spirits, Wines of South Africa, Fortified and Asian Wines



**CAPTAIN MORGAN SILVER SPICED RUM**

Canada **\$26.48** 788224  
This silver rum has soft vanilla notes and subtle hints of exotic spices and is a lighter and drier style than Captain Morgan original. It's perfect for adding a unique touch of spice to tried-and-true summer cocktails such as a mojito.



**HORNITOS PLATA SAUZA**

Mexico **\$32.99** 65185  
This is a 100 percent agave tequila that over-delivers in quality for the price. The flavours are fresh with hints of citrus and floral notes. Sip it straight or add to your favourite margarita recipe.

# BEER THE SECRET INGREDIENT



BEER-BATTERED  
OYSTER TEMPURA  
WITH TOMATO  
CHILI SAUCE

In summer, nothing compares to unwinding with an ice-cold beer on a hot, sun-drenched afternoon. While beer's earthy flavours are known to complement cold weather dishes such as braises, soups and stews, beer is equally at home when used in warm weather cooking. Much like wine, it's best to cook and bake with a beer that you enjoy drinking on its own. Let the following recipes serve as inspiration. Fire up the grill and pull your secret ingredient out of the fridge!



CHERRY BEER UPSIDE-DOWN CAKE

PAIRS WITH CHERRY BEER  
UPSIDE-DOWN CAKE



**CHALMER'S  
CHOCOLATE TAWNY**

Australia **\$22.95** 31369  
This fortified wine is made by blending Australian tawny port with dark chocolate. The nose offers aromas of black cherry, cocoa, plum and cinnamon. The palate is sweet, medium- to full-bodied and with its softly textured tannins, is a delicious dessert on its own.



**LIEFMANS FRUITESSE**

Belgium **\$10.00** 21774 4 x 250 ml  
Liefmans Fruitesse is a fresh beer blend, matured on cherries for 18 months, then blended with natural juices of cherry, bilberry, elderberry, strawberry and raspberry. The result is a pleasantly sweet and fruity sip with a soft foamy head.

**NEW!**

# DISCOVER ALEXANDER KEITH'S HOP SERIES



**MADE TO SHARE**

\*TM/MC Keith's Brewery.

Beer: The Secret Ingredient

PAIRS WITH BEER-BATTERED OYSTER TEMPURA WITH TOMATO CHILI SAUCE



**MIONETTO IL MOSCATO FRIZZANTE**

Italy **\$17.99** 73932

From the Veneto region of Italy, this sparkling Moscato has aromas of flowers, peach and lemon. On the palate its sweetness is balanced by mouth-watering acidity and a softly textured mousse. Pairs perfectly with its own regional cuisine such as risotto, polenta, seafood or on the sweet side, tiramisu.



BEER-MARINATED SALMON STEAK WITH ORANGE TAMARIND SAUCE



**PARALLEL 49 LORD OF THE HOP INDIA PALE ALE**

BC **\$5.50** 176214 650 ml

Brewed in the heart of East Vancouver, Parallel 49's Lord of the Hops is an IPA with aromas of lemon and grapefruit along with floral and piney notes. Balanced, with a long hoppy length, it's dry, refreshing and medium-bodied with a creamy textured mousse.



PAIRS WITH BEER-MARINATED SALMON STEAK WITH ORANGE TAMARIND SAUCE



**CLEAN SLATE RIESLING**

Germany **\$14.95** 160127

Clean Slate refers to the famous slate soil found in Germany's Mosel region where Riesling vines grow so well. This example of the varietal has floral aromas along with ripe peach, orange and citrus notes. The palate is medium-dry, balanced by racy acidity. Pair with seafood, salsa or Thai cuisine.



**KRONENBOURG 1664 BLANC**

France **\$13.99** 157495 6 x 330 ml

Made with a high proportion of wheat, this beer is pale gold in colour and opaque in appearance. The nose reveals aromas of orange peel, lemon, spice and notes of coriander. Its off-dry and light-bodied palate, crisp acidity and creamy mousse makes this wheat-style beer extremely food-friendly.



# THE COCKTAIL MENU



SUNRISE SOUR



SOMETHING RED

Welcome! Have a seat, relax and peruse our Cocktail Menu. This summer we are featuring a superb seasonal sipper – gin – with original recipes from this issue's Bar Star, Cooper Tardivel. Recreate these “gin-tastic” drinks at home, add friends and enjoy!



## SUNRISE SOUR

1½ oz	(45 ml)	gin
½ oz	(15 ml)	Strega liqueur
2 tsp	(10 ml)	Giffard rose syrup*
1 oz	(30 ml)	fresh lemon juice
1		egg white
6 drops		Bittered Sling Moondog bitters**

Shake all ingredients in a shaker and strain over ice in an old-fashioned glass. Garnish with a grapefruit twist.

## SOMETHING RED

1½ oz	(45 ml)	gin
½ oz	(15 ml)	brandy
½ tsp	(2 ml)	Pernod
1 oz	(30 ml)	lemon juice
1 tsp	(5 ml)	Giffard strawberry syrup*

Shake all ingredients in a shaker and double strain into a chilled cocktail glass. Garnish with a strawberry.

## DRY TAI

1 oz	(30 ml)	gin
½ oz	(15 ml)	Campari
½ oz	(15 ml)	Giffard Ginger of the Indies
2 tsp	(10 ml)	Giffard orgeat syrup*
1 oz	(30 ml)	lime juice
4 drops		Bob's ginger bitters**

Shake all ingredients in a shaker and double strain into a chilled cocktail glass. Garnish with an orange twist.

\* Available at Gourmet Warehouse

\*\* Available at Modern Bartender in Vancouver or other bartending specialty stores



DRY TAI



# SOUTH AFRICA'S SHINING VARIETIES

It's a land of stunning beauty, time-worn terrain and an often-turbulent history. It is a nation where two great oceans, the Atlantic and the Indian, meet.

Although considered a New World wine region, viticulture and winemaking have been part of South African culture for more than 350 years. In 1652, settlers from the Dutch East India Company arrived to establish a refreshment and trading station to break up the long excursions from Europe around the southern Cape to India and the East.

The first grapevines appeared on the Cape in 1655 and early documents refer to the varieties of Steen (Chenin Blanc) and Groendruif (Semillon) as being the first planted. The following year, additional Chenin Blanc, as well as Muscadell cuttings, arrived from Europe. It is believed the very first Cape wines were made from these two varieties.

It was in the 1680s, when French Huguenots settled on the Cape, that South Africa's wine culture

## ALTHOUGH CONSIDERED A NEW WORLD WINE REGION, VITICULTURE AND WINEMAKING HAVE BEEN PART OF SOUTH AFRICAN CULTURE FOR MORE THAN 350 YEARS.

began to thrive. Few of the original European settlers knew enough about winemaking to produce decent wine. It was not until the 1800s, when those with a solid knowledge of viniculture and viticulture arrived, that quality began to greatly improve.

Although the history of wine in South Africa is lengthy and the story engaging, it's where wine is now that's truly relevant. Luckily, the most appealing and diverse variety, Chenin Blanc, continues to thrive three centuries later. Although its numbers have decreased in the past few decades, Chenin Blanc remains the most widely cultivated variety in South Africa. It's found in very few places on earth and is a grape that South Africa can proudly hang its hat upon. Chenin Blanc can be crisp, delicate and floral or, when highlighted with oak, richer, tropical and buttery. While the unoaked style still dominates this category, many producers are focusing their efforts on concentrated and sumptuous versions

made from old bush vines. There seems to be a welcome renaissance of interest in this aristocratic grape.

Also making its resurgence in South Africa is Sauvignon Blanc – possibly due to its popularity worldwide. First planted extensively in the 1800s, the numbers have leapt impressively to ten percent of the country's entire vineyard plantings. This verdant and zesty variety shines in a number of maritime regions, including Bot River, Cape Agulhas (the most southerly winemaking region on the Cape), Cape Point and Constantia, Elgin and Walker Bay.

While it may lack the same dramatic Cape history as Chenin Blanc, Cabernet Sauvignon is one of the red varieties staking a claim. Cabernet Sauvignon now encompasses 12 percent of South African vineyards. Regions close to Cape Town, such as Paarl, Franschhoek, Durbanville and Stellenbosch, fare exceedingly well with this noble grape. Here, Cabernet is spicy, chocolatey and full-bodied

with a specific savoury character that bears the stamp of its terroir. Cabernet Sauvignon is commonly found bottled as a single varietal, but is often blended with other traditional Bordeaux varieties such as Cabernet Franc and Merlot to make South Africa's most iconic and cellar-worthy reds.

Shiraz arrived on the Cape long before most other varieties, but it was not widely planted. That too has changed. In the past two decades Shiraz has grown from a mere one percent to ten percent of overall plantings. Regions such as Bot River, southeast of Cape Town, the more northerly Tulbagh, Lower Orange and Swartland, as well as Robertson, offer shining examples. The well-known districts of Paarl, Franschhoek and Stellenbosch are seeing great success with Shiraz too. Like Cabernet Sauvignon, Shiraz produces a distinct savouriness in South Africa. It is smoky, spicy and fragrant with a deep purple hue.

A look at the wines of the Western

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## South Africa's Shining Varieties

FOR RECIPE INDEX, PLEASE SEE PAGE 127

ALTHOUGH THE HISTORY OF WINE IN SOUTH AFRICA IS LENGTHY AND THE STORY ENGAGING, IT'S WHERE WINE IS NOW THAT'S TRULY RELEVANT.

Cape would not be complete without a nod to Pinotage. South Africa's own variety (a cross between Pinot Noir and Cinsault developed in 1925 at Stellenbosch University) has fought to be accepted. Critics who have been distracted by poor quality versions, which tend to release the smell of burning rubber, have long disparaged it. However, with better understanding of this variety and by utilizing specific winemaking techniques and better vineyard management practices, the quality of Pinotage continues to improve. So much so, the variety has increased from two to seven percent of vineyard occupation since 1990. Supporters involved with South Africa's Pinotage Association have found the best examples come from old bush vines on soils with good water retention, planted on medium-deep slopes. Wind or sea breezes help keep vine diseases at bay. Those grown in cooler locations offer fruity berry and cherry notes while warmer regions tend toward banana and plum tones. Whatever the region of origin it is Pinotage's deeper toasted spice, dark chocolate and roasted coffee characters that have converted many to this truly South African grape.



### GRACELAND CABERNET SAUVIGNON

South Africa **\$29.99** I40970  
Graceland Cabernet Sauvignon is a fantastic wine that entices with aromas of cassis, rich vanilla, black cherries, pepper, graphite, leather and tobacco. It shows impressive concentration and texture with a liqueur-like intensity of plum, cassis, roasted coffee beans and dark chocolate. Ripe and persistent!



### SIX HATS SHIRAZ

South Africa **\$12.99** 20255  
The classic savoury South African notes of this Shiraz are layered with roasted spice, black fruit, maraschino cherry and toasted oak. Hints of black pepper complement the chalky tannins, along with plenty of juicy red fruit and dark espresso flavours in the finish. It's a wonderful weekday red suited to spaghetti Bolognese or grilled vegetable ratatouille.



### BELLINGHAM THE BERNARD SERIES CHENIN BLANC

South Africa **\$24.99** 897710  
Here's an opulent wine to pair with smoked cheeses, creamy pasta or roast chicken. The signature South African variety features guava and pineapple, pink grapefruit and honey flavours atop fresh herbs, butter and toasted spices. Expect impressive concentration and bright acidity with a powerful, lengthy finish.



### SAXENBURG GUINEA FOWL RED

South Africa **\$18.99** 316992  
A consistent blend of Merlot, Cabernet Sauvignon and Shiraz, this savoury red leads with peppery spice, plum and blackcurrant, followed by bittersweet chocolate, vanilla and smoked meaty notes. It boasts a satisfying freshness and a long spicy finish. Game meats or pepper steak will partner wonderfully.



### FLAT ROOF MANOR PINOT GRIGIO

South Africa **\$12.99** 90936  
You'll find not only great value but also a mouth-watering freshness in this fragrant white. Expect apple and melon aromas along with zesty citrus and marzipan. It's creamy and tart with hints of spiced toffee and will pair well with white meats, almond-crusted fish or appetizers.



### PORCUPINE RIDGE SYRAH

South Africa **\$16.99** 592873  
This is a succulent red with briary berry and smoked aromas wrapped in peppery spices. It has a fantastic balance and it's lively yet earthy with a mélange of floral, leather, berry and spiced flavours. Perfect with grilled meats.

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# FLAVOURS OF SUMMER



## THREE OLIVES S'MORES

United Kingdom **\$25.99** 501262

A new and exciting offering from Three Olives, S'Mores flavoured vodka tastes just like the traditional campfire treats, with rich chocolate, marshmallow and graham cracker flavours. Try adding it to your next martini for a truly unique cocktail.



## PINNACLE RED LIQUORICE

France **\$23.75** 506972

Pinnacle Red Licorice combines French vodka with the memorable taste of red licorice. This one-of-a-kind flavoured vodka is extremely versatile. Try it with lemon-lime soda, cranberry juice and triple sec for an exceptionally refreshing cocktail.



06

## JAM JAR SWEET SHIRAZ

South Africa **\$14.99** 392845

This sweet red wine from South Africa is a true original with aromas of blueberry and blackberry and hints of chocolate notes. It is medium-bodied with sweetness balanced by refreshing acidity. Serve it slightly chilled as an aperitif, or pair it with the last course to really make your dessert shine.

# L'ABATTOIR



L'Abattoir Chef and Co-Owner Lee Cooper

## EDGY FRENCH CUISINE

“It’s edgy and sexy and a little bit rock and roll.” Lee Cooper, chef and co-owner of L’Abattoir in Gastown, dishes on his restaurant’s name. “A lot of people don’t know what it means, but it’s French – it sounds feminine and a bit gangster.” The restaurant’s name, L’Abattoir, is a nod to the historic neighborhood’s former meatpacking district.

Cooper describes his cuisine as French, for lack of a better explanation – and it’s not as meat-focused as the name would suggest. He uses local and seasonal products to determine his menu, which changes often, sometimes by the day, depending on what comes through the door.

Having worked in establishments from fast food to fine dining, Cooper wanted a place that was casual and fun, not uptight. A place where people could come to eat frequently, not just for a rare dining experience.

The Carrall Street location is in the heart of Gassy Jack’s stomping grounds. It’s one of a number of edgy, casual restaurants and gastropubs in a neighborhood widely regarded as Vancouver’s hot spot. The space is a combination of raw brick and glass, hardwood and smartly situated industrial polish. “We wanted a place where people could eat well and drink well.”

Cooper grew up in Nanaimo, where his father owned A&W franchises. “He would take me to work with him when I was young and it was my high school job,” he recalls. Later he attended cooking school in Nanaimo before working for his uncle and mentor, Bernard Casavant in Whistler, where he settled in for a couple of years. Following that, Cooper worked for Rod Butters, chef and owner of RauDZ in Kelowna at his previous restaurant, Fresco and with Michael Allemeier at Mission Hill Estate Winery. A stint at Heston Blumenthal’s three-Michelin-starred restaurant, The Fat Duck in Berkshire,



CHEF LEE COOPER USES LOCAL AND SEASONAL PRODUCTS TO DETERMINE HIS MENU, WHICH CHANGES OFTEN, SOMETIMES BY THE DAY.

England added to his resumé before he returned home to join Scott Jaeger at The Pear Tree in Burnaby.

Cooper was also part of Chef Jean-Georges opening team at Market in Vancouver's Shangri-La Hotel. It was while he was cooking at Market that the idea for L'Abattoir began to form with fellow employee and front of house man Paul Grundberg. It took a couple of years for them to set their plan in motion, followed by four months of construction once they found a home. "We started with two brick walls and nothing else," says Cooper, referring to the room around him. Grundberg and Cooper, along with third partner Nin Rai, hired a designer and set out to complete their concept.

It was a place where Cooper could draw from his previous jobs while expressing himself. "Each kitchen is different, each experience unique. You add to your bag of tricks and eventually you have your own thing. It's also important to experience things you don't like," he adds. "It had to be a whole package. We had to deliver everywhere, from kitchen and the front of house to the cocktails and the wine list." Cooper lets his team



STEAK TARTARE ON GRILLED BREAD



SALT-BAKED WHOLE STEELHEAD



CHAMPAGNE SABAYON WITH HOMEMADE GRANOLA AND PRESERVED BERRIES

do what they do best. He knows his focus is the food and he doesn't feel the need to advertise the fact that he uses fresh, local ingredients. "You should automatically be doing that if you care about the best product. We practice it but we don't preach it. We get supplies from nine or 10 different local farmers." Cooper obviously enjoys the ever-changing menu, although he admits the very popular Dungeness crab with chickpea toast and the Steak Diane with charred onions and potato fondant remain steadfast.

In the three years that L'Abattoir has been up and running, they've also garnered an impressive following in Shaun Layton's domain, the bar. It's rare to find an empty stool on weekends when Layton is in the house creating his famous cocktails. He is another talented piece of the L'Abattoir pie.

Despite the local and international recognition L'Abattoir has obtained, they have no intention on resting on their laurels. "It's non-stop in this business," Cooper points out. "If you start to coast, people take liberties. You need to push your staff and your staff pushes back. If you don't care, they won't. You have to create a culture of excellence and you must lead by example."

*L'Abattoir*  
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COMPARES  
TO HAVANA





PAIRS WITH STEAK TARTARE ON GRILLED BREAD



**FOLONARI RIPASSO VALPOLICELLA CLASSICO SUPERIORE**

Italy **\$16.99** 481838  
An intense ruby colour, this fresh, fruit-forward, medium-bodied wine is made in the heart of the Valpolicella region using the ripasso technique. Expect dominant aromas of cherry and cocoa with hints of sweet spice. The substantial tannins are balanced by a refreshing acidity.



**COLUMBIA CREST GRAND ESTATES MERLOT**

USA **\$17.99** 263418  
Made from 100 percent Merlot, which has become a Washington State signature grape, Columbia Crest offers flavours of blackberry, plum, spice, oak and cocoa. The palate is dry and medium-bodied with integrated tannins and juicy acidity. Good quality with a touch of oak through the nice length.



**RODNEY STRONG CHARDONNAY**

USA **\$22.99** 226936  
A classic California grape varietal, this Chardonnay has aromas of white peach, apple, lemon, spice and oak on the nose. The palate is dry and medium- to full-bodied with a creamy texture. This is a lovely, balanced wine finishing with a subtle note of vanilla in the background.



**ROSEMOUNT TRAMINER RIESLING**

Australia **\$13.99** 244301  
Fragrant with floral aromas complemented by peach, apricot and citrus notes, this wine is a blend of two highly aromatic grapes. The palate is off-dry and medium-bodied with zesty acidity. The slightly unctuous texture makes it a good match for dishes with a touch of spice.



PAIRS WITH SALT-BAKED WHOLE STEELHEAD

PAIRS WITH CHAMPAGNE SABAYON WITH HOMEMADE GRANOLA AND PRESERVED BERRIES



**SEGURA VIUDAS HEREDAD BRUT RESERVA**

Spain **\$33.99** 94912  
Macabeo and Parellada grapes are used to make this traditional cava. The nose shows flavours of citrus, biscuit, toast and hints of honey which reflects 30 months spent aging on the lees. The palate is balanced and medium-bodied with persistent, creamy bubbles. It's an excellent sparkling with a long length.



**GEHRINGER BROTHERS RIESLING ICEWINE SIGNATURE**

BC VQA **\$49.99** 504860 375 ml  
Made under stringent standards of production, this British Columbia Riesling icewine has intense flavours of peach, honey, flowers, spice, apricot and candied apple. Its medium body and unctuous texture make it a unbeatable partner for almost any dessert.



CELEBRATING  
PROVENCE

IF A TRIP TO PROVENCE ISN'T IN THE CARDS, YOU CAN EASILY RECREATE THE PROVENCE STATE OF MIND FOR YOUR NEXT BACKYARD PARTY.

## BRING THE FLAVOURS, AROMAS AND JOIE DE VIVRE OF SOUTHERN FRANCE TO YOUR BACKYARD

**I**n Provence, life is meant to be savoured, especially in summertime. Think blue skies and yellow sunflowers, the scent of lavender on the breeze, a simple meal of garden-fresh vegetables, a glass of crisply fruity rosé, good friends and conversations that last long into the warm summer night.

If a trip to Provence isn't in the cards, you can easily recreate the Provence state of mind for your next backyard party.

### THE FOOD

The region that stretches from the Rhône River to the Italian border may technically be part of France – and has been, for five centuries or so – but for most of history, it was a separate country. It has a distinctive personality and a relaxed, informal lifestyle that, in

many ways, seems as much Italian as it does French.

That's also true of the cuisine. Forget the complicated gastronomic extravagance of the north; Provençal cuisine is all about honest flavours from the sea and the soil, prepared simply and well. After all, when the climate is as hot as it is in Provence – where summer temperatures tend to hover in the 30s – one craves foods that are light and easy to prepare.

When you plan your own Provençal party, start with fresh garden veggies – sweet radishes, artichoke leaves, tiny boiled potatoes and crisp green beans – served with one of the traditional country-style dips. These are hearty, pungent and bursting with bold flavours: the garlicky mayonnaise called aioli, the olive paste called tapenade or anchoïade, a briny blend of anchovies, garlic, olive oil and vinegar.

Fresh summer veggies also play a starring role in traditional Niçoise salad (lettuce, beans, boiled potatoes, olives, hard-boiled eggs and seared tuna), or soupe au pistou (vegetable soup dotted with basil purée).

Beyond the garden, the sea also contributes greatly to the cuisine. Anchovies and sardines are popular, but so are sweet, tender fish grilled over an open flame and, famously, the saffron-scented seafood stew from Marseille called bouillabaisse.

Lamb is also a favourite, delicious

when grilled or slow-roasted over fire. Stuff it with garlic, rosemary, thyme and lavender and you'll evoke the true essence of the south, found in its famous *herbes de Provence* blend of herbs.

Add some dry-cured sausages and hard cheeses, fresh fruit and country-style bread and you have a rustic feast fit for a king.

### THE DRINK

Provence is wine country. In summer, everyone drinks rosé, which is usually light, crisp, chilled and refreshingly fruity. Few white wines are produced in the region, but the reds are legendary, especially those from the Southern Rhône Valley.

Most wines produced in the south are blends featuring the ripe red fruit of Grenache along with smaller quantities of spicy, dark Syrah and other grapes, such as Mourvèdre, Cinsault and Carignan. They often have a subtly floral, herbal aroma that comes from “garrigue,” the aromatic scrub that sprawls over the rocky slopes and infuses everything with the scent of juniper, rosemary, thyme, lavender and sage.

The regional wines range from the darkly rich blends of Châteauneuf-du-Pape to the elegant wines from crus such as Gigondas and Vacqueyras to the affordable and food-friendly wines from Côtes du Rhône, so perfect for parties. They pair beautifully with bold flavours like lamb, grilled sausages, hearty

NEW



Sorbet without  
the spoon.

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RASPBERRY POMEGRANATE | MANGO PASSION FRUIT  
50 calories per 1oz. serving.

\*Light: 25% less calories than leading dessert-inspired flavoured vodka beverages.







## Celebrating Provence

seafood dishes and savoury herbs – just what you’re likely to serve at your Provençal party.

### THE “JE NE SAIS QUOI”

Although a good start, food and drink alone do not a party make. Also important is the decor, the ambience, the company you keep and the *bonhomie* of the event.

Decorating for a Provence-style party can go one of two ways: bold, colourful and rustic, or pale country-house neutrals. If you opt for the former, set out sturdy dishes, brightly patterned linens and pitchers of flowers in cheerful hues of yellow, red and blue. If you prefer the second, think unbleached linen, unfinished wood, twinkling chandeliers, flickering white candles and simple, white ceramic dishes. In either case, serve everything family style to keep the mood casual and relaxed.

Add to the ambience by mixing a few French songs into your playlist – Edith Piaf, of course, but also Yves Montand, Charles Trenet, Charles Aznavour, Françoise Hardy and the sexy bubblegum hits of “ye-ye” music, such as Brigitte Bardot’s “Moi Je Joue” or Jessica Paré’s “Zou Bisou Bisou.”

And then there is that subtle, indefinable *je-ne-sais-quoi* of Provence, the pleasure of dining and the even greater pleasure of good conversation that elevates the simple to the sublime, the everyday to the extraordinary. It’s all about the *joie de vivre*, the joy not just of living, but living well.

As Peter Mayle, author of *A Year in Provence*, once said, “Why not make a daily pleasure out of a daily necessity?” Why not indeed?



### DELAS SAINT ESPRIT CÔTES DU RHÔNE

France **\$18.99** 915470

Unlike most southern Rhône wines, this blend predominantly features Syrah, rather than Grenache, for a medium-bodied, earthy wine with black raspberry and black cherry notes and hints of Provençal herbs, licorice and black pepper.



### LOUIS BERNARD CÔTES DU RHÔNE

France **\$14.99** 581645

This wine of exceptional value is perfect for a summer backyard barbecue. It has lush cherry, plum and blackcurrant notes, sweet spices and a whiff of savoury herbs. Easy drinking and so food-friendly!



### OGIER HERITAGES CÔTES DU RHÔNE

France **\$17.95** 535849

Known for its high-end Châteauneuf-du-Pape, Ogier also produces this good value, Grenache-based blend for everyday. Expect a soft, round, medium-bodied and juicy wine with notes of raspberry, plum, tobacco leaf and espresso.



### LOUIS BERNARD CÔTES DU RHÔNE VILLAGES

France **\$15.99** 391458

The term “Villages” on the label means the wine is a level above the regional appellation, so you can expect an exceptional value that’s just a notch above the average. It’s a fleshy, full-bodied wine with aromas of spicy strawberry jam, a palate of plum, blackberry and cocoa.



### PIERRE HENRI MOREL SIGNARGUES CÔTES DU RHÔNE VILLAGES

France **\$19.99** 193730

Stylish and elegant, this Rhône red has an unusual but pleasantly herbal and vegetal nose with dark plum, black cherry, peppery spice and a whiff of smokiness on the palate.



### CHAPOUTIER BELLERUCHE CÔTES DU RHÔNE

France **\$19.99** 476846

The Chapoutier family has been producing wines in the Rhône since 1808, so it’s clear they know what they’re doing. This is no exception: a soft, easy-drinking wine with rich dark fruit, earthy mineral and sweet spice.

# BAR★STAR

# COOPER TARDIVEL

HAWKSWORTH COCKTAIL BAR



Cooper Tardivel, Head Bartender, Hawksworth Cocktail Bar

“There can be a lot of ego in this industry,” Cooper Tardivel says, referring to a new wave of bartenders who seek the spotlight. “We should be in the background. Making drinks is the best part of a bartender’s job. Making people feel comfortable, taking care of the bar and understanding food and wine – cocktails are a small portion of what we do.”

Tardivel uses his vast experience and knowledge well. He’s straightforward and leaves no doubt he would be in complete control of any bar he’s behind.

Currently, it’s the two-year-old uber-sexy and award-winning Hawksworth Cocktail Bar in the historic Rosewood Hotel Georgia. Tardivel leads a team of three bartenders he considers equals. “If you believe you can achieve success with one person, you’ll never achieve it. We have four people [working] behind this bar; we don’t do anything unless it’s 100 percent unanimous.”

Tardivel’s life in the service industry began in his hometown of Halifax, Nova Scotia. Like many university students, his first job was behind a bar. “It was a rite of passage,” he explains. He moved up quickly and gained experience at several bars in the city.

After graduation from Dalhousie University with a Bachelor of Arts Degree, the travel bug bit and he found himself in Mexico, on the Isla Mujeres mixing drinks for thirsty vacationers. Having to deal with a mix of international languages offered a valuable lesson. “It taught me that bartending and service is a truly universal language,” says Tardivel.

His next destination was Australia. As often happens with backpackers, Tardivel ran out of money, so he joined hundreds of other young hopefuls for a call out at Sydney’s largest nightclub, Rogues. Not only did he land himself a coveted job, but also a new adventure in an extremely busy bar scene.

by Daenna Van Mulligen

“IF YOU BELIEVE YOU CAN ACHIEVE SUCCESS WITH ONE PERSON, YOU’LL NEVER ACHIEVE IT. WE HAVE FOUR PEOPLE [WORKING] BEHIND THIS BAR; WE DON’T DO ANYTHING UNLESS IT’S 100 PERCENT UNANIMOUS.”



### NIGHT MOVES

1 oz (30 ml) anejo Rum  
¾ oz (22 ml) white Port  
½ oz (15 ml) Averna Amaro Siciliano liqueur  
4 dashes Angostura bitters

Stir all ingredients over ice and strain into a chilled cocktail glass. Garnish with a black or sour cherry.



### CANE ROYALE

1¼ oz (37 ml) Cachaça 61  
2 tsp (10 ml) Pineau des Charentes  
8 drops Bittered Sling Extracts  
Cascade Celery\*  
brut sparkling wine, to top

Stir all ingredients over ice and strain into a champagne flute. Top with brut and a lime twist.

\* Available at Modern Bartender

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## Bar Star, Cooper Tardivel

“You had to be on point all the time, it was crazy busy. After that, I knew I could be comfortable in any [bar] situation.”

Returning to Halifax, Tardivel longed for a full-service destination – a nightclub, pub and restaurant with good food. Several years later, it happened and he helped launch a new concept called Mosaic which was equal parts supper club, tapas bar, pub and cocktail bar. Mosaic gained international recognition, but sadly, was ahead of its time and closed its doors several years later. “I served the first drink and the last.”

A month later, Tardivel was in Vancouver taking on a new challenge – the opening of the highly anticipated Hawksworth. His enjoyment comes from the mix of clientele. “This is a hotel. We get all types, including those who’ve never had a cocktail, and a simple one can wow them. When aficionados come in, we can blow their minds.”

These days, Tardivel and his team are working on new projects. He’s keen on an ever-changing beer list for those who love to experiment. He’ll also soon roll out a series of barrel-aged cocktails housed in specially stamped Hawksworth bottles. Finally, a new cocktail menu, which he explains is more than just a list. It will be a menu laid out by spirit rather than by cocktail. It will contain classic and modern cocktails and 56 new bottles will be added to the bar. “When launched,” Tardivel says, “It will be one of the best spirit bars in the country.”

“THIS IS A HOTEL. WE GET ALL TYPES, INCLUDING THOSE WHO’VE NEVER HAD A COCKTAIL, AND A SIMPLE ONE CAN WOW THEM. WHEN AFICIONADOS COME IN, WE CAN BLOW THEIR MINDS.”



### UNUSUAL SUSPECTS

1 oz	(30 ml)	reposado Tequila
1 oz	(30 ml)	cognac
1 tsp	(5 ml)	grappa
3 dashes		lavender bitters
1 oz	(30 ml)	grapefruit juice
1 tsp	(5 ml)	Giffard agave syrup*

Shake all ingredients in a shaker and double strain into a chilled cocktail glass.

\* Available at Gourmet Warehouse and other specialty food stores.



PART OF THE CHARM OF BUYING LOCAL IS THE SATISFACTION THAT COMES FROM SUPPORTING PEOPLE AND BUSINESSES THAT POUR THEIR ALL INTO CREATING A PRODUCT REFLECTIVE OF WHERE IT IS FROM.

“Think global, buy local” is a phrase heard with increasing frequency in this interactive, connected world. There’s no denying the well-intentioned sentiment contained therein; it makes both economic and patriotic sense to support local producers. What’s more, there is the singular concept these four words speak to: provenance.

Perhaps not exactly a word that rolls off the tongue, but provenance arguably supersedes local and global. It is both and yet none of the above. Really, it is the sense of place that makes tasting any product exciting – be it produce, seafood, or poultry; beer, wine or spirits.

Fortunately for British Columbia consumers, provenance has come of age. From locally sourced wine grapes to homegrown hops, not to mention a provincial bounty of starchy vegetables and orchard fruit ripe for distillation, BC producers are providing great reasons to buy local.

The huge growth of the BC wine industry is by now well known. Twenty years ago, the number of local wineries could pretty much be counted on both hands. Today, that number is

well over 200, and the amount of land dedicated to growing wine grapes has grown tenfold. Truly a remarkable proliferation, though of course, on the global scale our province’s production is modest in comparison. But this relative smallness deserves to be embraced. Part of the charm of buying local is the satisfaction that comes from supporting people and businesses that pour their all into creating a product reflective of where it is from.

This amazing development in BC’s wine industry has created a diverse selection of BC wine on our shelves. Using everything from holdover hearty hybrid grapes like Marechal Foch and Baco Noir, to world-travelling grapes such as Riesling and Pinot Blanc, local grape growers and winemakers are working to infuse a sense of place – a BC spin so to speak – into wine bottles.

More recently, there has been an increase in local spirits. Though their ranks are still small, distilleries have been opening around the province at a pace not seen since Prohibition. However, the product produced in these stalwart stills has certainly evolved since those drier days. Today, the focus is on

craft spirits; the drive of local artisan distillers is quality over quantity. The focus is also on utilizing local produce, and distillers are harvesting everything from potatoes to hemp, cherries and pear, and transforming them through their small-batch stills.

The end result is a growing, spirited collection of vodkas, gins, liqueurs and eaux-de-vie showing local flair and flavour. Local whisky too is starting to appear, testament to the youth and determination of the BC spirits industry. Legally a spirit can’t be called whisky until it has aged three years in barrel, a lifetime for small spirit producers and aficionados alike!

Need further motivation to buy local? Then consider the case – or more appropriately, a case – of BC craft beer. Local beer is undergoing a renaissance, as evidenced by the healthy annual double-digit growth in craft beer sales, not to mention the beer buzz in general. BC beer drinkers are showing great support for local beers brewed with care and new craft breweries are opening in the province at a remarkable rate. (A point on terminology: “craft brewery” has supplanted “microbrewery” as the



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Made in BC, Buy Local

PART OF THE CHARM OF BUYING LOCAL IS THE SATISFACTION THAT COMES FROM SUPPORTING PEOPLE AND BUSINESSES THAT POUR THEIR ALL INTO CREATING A PRODUCT REFLECTIVE OF WHERE IT IS FROM.

term of choice and, although the two are often still used interchangeably, they are not one and the same. While limited in scale and production like a microbrewery, “craft” also connotes a dedication to traditional, natural ingredients.)

Really, this romance represents a fitting full-circle development, the province returning to its sudsy roots to reclaim a local beer culture steeped in the historic logger-fueled lagers and ales long ago produced by breweries along Vancouver’s Brewery Creek and a Fraser Valley skyline once spattered with hop vines. These days, the hop legacy lives on through a burgeoning crop of bold and creative brews, with the selection of hoppy Northwest ales, soothing porters, and refreshing lagers – to name just a few – seemingly expanding every day.

In short, to whichever potable your palate leans, the option of buying a local version is better than ever. See for yourself by sourcing out “Made in BC” on the shelves of BC Liquor Stores.



**SCHRAMM ORGANIC VODKA**

BC VQA **\$39.28** 261990  
Pemberton, BC is known for growing delicious potatoes. And potatoes are known for being a great base in delightful vodka. So the logical conclusion is this organic vodka, a top shelf spirit produced using five varieties of Pemberton-grown organic potatoes. It’s amazingly rich and smooth, with natural sweetness and a clean finish.



**McLOUGHLIN & STEELE WHISKY**

BC **\$44.25** 772814  
Blended and bottled in the Okanagan Valley, McLoughlin and Steele is reminiscent of frontier rye whisky with its characteristic bold and spicy kick. Light in colour with mellow, toasty oak and vanilla aromas, it finishes dry yet smooth – adding up to a tasty local addition to Canadian Rye.



**ROAD 13 HONEST JOHN'S WHITE**

BC VQA **\$16.96** 601070  
Located on the Golden Mile Bench in the southern Okanagan Valley, Road 13 is about pride of provenance in every bottle. So much so that their motto is: “it’s all about the dirt.” Road 13’s Honest John’s White is a perennial great-value summer sipper – a fresh and fruity white blend ready to enjoy on any patio.



**SUMMERHILL BACO NOIR**

BC VQA **\$24.95** 719716  
Like most hybrid wine grapes, Baco Noir has lost ground to fashionable global cultivars such as Pinot Noir and Merlot. However, not long ago hearty hybrid grapes were *de rigueur* in BC vineyards and Kelowna’s Summerhill keeps the history alive with their inky purple Baco Noir. Redolent of smoke and oak, cedar and plum compote, this is a bold red to pair with hearty fare from the grill.



**PARALLEL 49 HOPARAZZI INDIA PALE LAGER**

BC **\$12.50** 235432 6 x 341 ml  
Nestled near the working waters of Burrard Inlet in East Vancouver’s industrial heart, Parallel 49 Brewing Company opened their doors in 2012 to immediate rave reviews. Inspired by West Coast India Pale Ales, Hoparazzi shows lots of citrusy hop aromas and flavours with evident bitterness yet maintains the crisp, summer-quenching sensibilities of a lager.



**FERNIE WHAT THE HUCK HUCKLEBERRY WHEAT ALE**

BC **\$5.10** 474379 650 ml  
Fernie Brewing Company takes full advantage of BC’s fruity bounty by blending huckleberries into their What the Huck Wheat Ale. Berry fruit shows in both aroma and taste, but it’s not overt and is complemented by toasted malt and tart finish. This is an easygoing summer beer.



4% ABV

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# CONSULTANT'S CHOICE

## OUR EXPERTS SHARE THEIR FAVOURITES

Product Consultants are available at the 22 Signature BC Liquor Stores 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, 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!



**Peter Wan**  
Product Consultant

WSET Advanced  
Park Royal  
Signature BC Liquor Store  
West Vancouver, BC

*"What a great industry to be part of for people who love wine and spirits. I enjoy the interaction and exchange of knowledge with customers on new finds."*



**EAGLE RARE 10-YEAR-OLD SINGLE BARREL BOURBON**  
USA **\$59.99** 807982

Aged in new charred oak barrels for no less than 10 years, this bourbon has complex aromas of orange peel, honey, toffee, toast, vanilla and oak. The palate is dry with alcohol well-integrated in the full body. This excellent quality bourbon shows rich and concentrated flavours that linger in the long finish.



**GLAETZER WALLACE BAROSSA SHIRAZ GRENACHE**  
Australia **\$32.99** 486258

With grape growing history dating back to the 19<sup>th</sup> century, the Glaetzer family is a pivotal part of the Barossa Valley. Their Shiraz Grenache blend has flavours of dark cherry, plum, blackberry and a hint of pepper. It's full-bodied with fruit intensity on the palate and integrated tannins. Ready to drink now or cellar for three to five years.



**Daisy Taneja**  
Product Consultant

WSET Advanced  
Westshore Victoria  
Signature BC Liquor Store  
Victoria, BC

*"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."*



**MONTE ANTICO TOSCANA**  
Italy **\$16.99** 587113

This is a robust Super Tuscan blend of Sangiovese, Merlot and Cabernet Sauvignon. Ruby red in colour, it displays aromas of black cherry, plum, licorice and floral notes. Expect flavours of ripe red fruits, vanilla and herbal notes, excellent balance of acidity, refined tannins and smooth pleasing finish. A great match for summer barbecues or pasta dishes. A good quality wine at reasonable price!



**CAPEL PREMIUM PISCO**  
Chile **\$29.99** 317347

Capel Pisco is a delicious, satin-textured natural brandy from Chile. Distilled from Muscat, Pedro Giménez and Torontel grapes and spring water, it is triple filtered to produce appealing aromas of fruit, spice and herbs and an elegant finish. It's the legendary sweet brandy famous for making cocktails with Latin flair such as the pisco sour and pisco. Deliciously different!



**Cynthia Gray**  
Product Consultant

WSET Advanced  
39<sup>th</sup> & Cambie  
Signature BC Liquor Store  
Vancouver, BC

*"Sharing with my customers the hidden gems revealed within the ever-changing world of wine and spirits is the most rewarding and enjoyable part of my job."*



**BROKER'S PREMIUM LONDON DRY GIN**  
United Kingdom **\$27.99** 359125

This premium, classic, small batch gin is made from a 200-year-old recipe as old as the distillery itself. It's made using a traditional copper pot still and blended with spring water from the site of the distillery. This smooth and delicious spirit has a long list of well-earned awards. A must for gin fans at cocktail time on the patio. Enjoy!



**FONTODI CHIANTI CLASSICO**  
Italy **\$33.99** 533315

This delicious Chianti offers aromas of licorice, oak, dried cherry and enticing floral hints. The palate is nicely balanced with a wonderful purity of flavours that include raspberry, cherry and anise with nuances of earth and a long finish. This wine is especially enjoyable with pasta and chicken dishes, but versatile with other foods including beans, grilled meat, veggies and antipasto. A must-try!

# LEAVE THE HEAT OUTSIDE

SANGRIA GRANITA WITH  
CHILLED SPIKED FRUIT

In the height of summer, when the warm air lingers well into the evening, the last thing you want to do is turn up the heat in the kitchen. Stay cool by preparing a meal that uses fresh, delicious ingredients to best advantage. Start with an elegant, cold cantaloupe soup that will surely impress any discerning diner. A citrus-dressed salmon ceviche is a fun and simple way to eat summer seafood. Cap off your evening with a sangria granita with spirit-spiked fruit and I guarantee that you and your guests will remain refreshed through the steamiest of heat waves.



SALMON CEVICHE

PAIRS WITH SALMON CEVICHE



**CHÂTEAU STE MICHELLE  
CHARDONNAY**

USA **\$21.99** 232439

Fresh and soft, this Chardonnay has flavour characteristics of apple, lemon, spice, oak and hints of vanilla. The palate is dry and medium-bodied with good flavour intensity balanced by zesty acidity. Pairs well with scallops, salmon and crab.



**VERAMONTE RESERVA  
SAUVIGNON BLANC**

Chile **\$13.99** 602649

Crisp and delicate, this Chilean Sauvignon Blanc has aromas of gooseberry, lime and fruit on the nose. The palate is dry and medium-bodied together with a balanced amount of acidity. This refreshing wine is great with seafood and tapas.

**NEW**

# *Deliciously delivered for summer.*

*With a taste as refreshing as a dive in the lake  
and as lively as a patio party, Rickard's Shandy is  
crafted by combining our delightfully crisp lager  
with just the right amount of classic lemonade.  
Just make sure to serve ice-cold with great weather  
and even better friends. And remember, it's only  
here for summer. So don't let it pass you by.*



*Delightfully*  
**CRISP LAGER**



*Classic*  
**LEMONADE**



Leave the Heat Outside

PAIRS WITH COOL CANTALOUPE SOUP WITH CRAB SALAD GARNISH



**STONELEIGH PINOT GRIGIO**

New Zealand **\$16.99** 502054

This fresh, crisp and clean Pinot Grigio has aromas of fresh pear, apple, lemon and a hint of spice on the nose. The palate is dry and medium-bodied with medium fruit intensity that lingers through the finish. Scrumptious with salad and seafood.



COOL CANTALOUPE SOUP WITH CRAB SALAD GARNISH



**CASTANO HECULA YECLA MONASTRELL**

Spain **\$15.97** 583690

Monastrell, also known as Mourvèdre, is a thick-skinned black grape varietal that produces wine with savoury character. The nose is intense with blackberry, blueberry, black pepper, oak and hints of cloves. The palate is dry, medium- to full-bodied with smooth tannins and a persistent finish.



PAIRS WITH SANGRIA GRANITA WITH CHILLED SPIKED FRUIT



**WHISTLER LATE HARVEST CHARDONNAY**

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

Extra hang time on the vine allows the Chardonnay grape not just to achieve a higher level of ripeness, but also more flavour concentration. Showing intense flavours of peach, nectarine, honey, apple and cinnamon, this late harvest sweetie has medium to full-body combined with a rich and fresh mouth feel.



**TOSCHI FRAGOLI STRAWBERRY**

Italy **\$25.99** 663641 500 ml

Unique and delicious, this strawberry liqueur features a generous amount of whole wild strawberries in the bottle. The nose is intense and packed with aromas of strawberry, raspberry and a touch of spice. Sweet and refreshing with a medium body on the palate, it's a natural in cocktails and shines with desserts.

# EASY ECO-FRIENDLY WINES

**A**re you an environmentally concerned consumer? How's your carbon "bottle-print?"

These days it's easier than ever to pick up a wine that's sustainable, possibly organically grown and likely more responsibly packaged.

A few years ago, UK Wine Authority Jancis Robinson added a new abbreviation to her tasting lexicon: NHB, as in "Naughty Heavy Bottle!" However, there was a serious side to her cheeky approach. True, some wines are judged more by the bottle's weight than by quality of its contents. But, more importantly, Robinson was adding her voice to a growing chorus encouraging the industry to reduce wine's carbon footprint.

Many regions have made great strides, reducing packaging, trimming shipping weights and introducing certification programs. Whether you're looking for organically grown grapes, carbon neutral production or environmentally friendly

packaging, there's no shortage of choice at every price level.

## CHILE AT THE FORE

The Chileans were among the first to come up with a much lighter bottle, trimming weights in some cases by up to 30 percent. Chile was also early out of the gate with its approach to sustainable viticulture, taking a leadership role in biodynamic farming.

The country's natural ocean and mountain barriers not only define it, but also help keep it disease-free. Chile's Accredited Sustainable Wine of Chile seal is granted based on practices from vineyard to winery activity and community responsibility. Many big names are at the fore, including Caliterra, Cono Sur and Viña Emiliana – whose biodynamic vineyard and all-organic program is still a trendsetter.

Says biodynamic pioneer Alvaro Espinoza – who oversees Emiliana's seven farms (in Casablanca, Cachapoal, Maipo, Colchagua and

Bio-Bio valleys), "We did it as much to protect the people who work in the vineyards as for the wine."

Cono Sur, the world's first carbon neutral winery, was also an early adopter of programs, such as introducing geese into the vineyard to control destructive pests like the vine-destroying "burrito," a type of weevil, and encouraging workers to use bicycles instead of motorized transport.

## A CAPE SUCCESS STORY

Chile's southern hemisphere neighbours are also no slouches. South Africa's sustainability program now adopted by more than 90 percent of Cape wineries, is among the most comprehensive anywhere. Its Integrity and Sustainability Certified seal combines proof of origin with best sustainability practices. The South Africans also looked at their bottles and introduced a 350 gram alternative – one of the lightest anywhere – which delivers substantial weight savings.



by Tim Pawsey

WHETHER YOU'RE LOOKING FOR ORGANICALLY GROWN GRAPES, CARBON NEUTRAL PRODUCTION OR ENVIRONMENTALLY FRIENDLY PACKAGING, THERE'S NO SHORTAGE OF CHOICE AT EVERY PRICE LEVEL.

Equally impressive is the Biodiversity and Wine Initiative (BWI). The stunningly beautiful Cape Floral Kingdom (CFK), a World Heritage Site, is home to 95 percent of the country's wineries, which are working aggressively to protect its remarkable flora and fauna. For every hectare under vine, an additional hectare of natural vegetation is committed to conservation – although the numbers show that wineries have protected considerably more than that.

### A “CLEAN AND GREEN” LAND

New Zealanders have been sustainable advocates since the early 1990s, when they established Sustainable Wine Growing New Zealand (SWNZ). Winegrowers were quick to walk the country's “clean and green” talk and today some 97 percent of production is sustainable in some form or another.

The organic movement is also gaining strength, with some regions, such as Central Otago pledging to





## LIVE DELICIOUSLY

*Discover our decadent  
collection of Cupcake wines.*





## Easy, Eco-Friendly Wines

become 100 percent organic. And, even though the Kiwis' program is entirely voluntary, there are some pretty serious incentives. For example, all wines entered into wine competitions, or selected for tastings held around the world under the auspices of New Zealand Wine Growers, must meet sustainable standards.

Says New Zealand Winegrowers Science and Innovations Manager Philip Manson, "When we talk about terroir, we're really addressing the broader notion of terroir that includes not just the land, but the people around it. And that means we produce wine with integrity of place and also integrity of practice."

"There's a genuine understanding in New Zealand that the broader issues around sustainability are important, both nationally and internationally. It's a sincere appreciation that we need to do the right thing by the land we're producing from."

### BC: ON THE HORIZON

Here in BC, while no formal certification program exists so far, the BC Wine Grape Council has embarked on the early stages of developing a best practices Sustainable Winegrowing Program, which encourages wineries to conduct their own self-assessments. Sustainable pioneers to-date include Tinhorn Creek, BC's first carbon neutral winery, and certified organic and biodynamic Summerhill Pyramid Winery.



#### VILLA MARIA PRIVATE BIN SAUVIGNON BLANC

New Zealand **\$18.99** 342360  
This value-driven expression of New Zealand's flagship variety yields zesty citrus and apple notes with a classic touch of gooseberry that cries out for West Coast seafood or just good summer sipping.



#### EXCELSIOR CABERNET SAUVIGNON

South Africa **\$14.99** 183970  
Excelsior Cabernet Sauvignon offers lifted red and black fruit on the nose with plummy notes followed by black cherry and anise. Oak and spicy hints lead to a plush close. A great value.



#### GRAHAM BECK THE GAME RESERVE CABERNET SAUVIGNON

South Africa **\$19.99** 40428  
Well-balanced ripe fruit with good structure yields bright cassis and red berry notes. An appealing savoury streak with measured oak and a lengthy end is all wrapped up in packaging as tasteful as the wine. Pair with something red and barbecued.



#### EMILIANA ADOBE RESERVA SYRAH ORGANIC

Chile **\$14.99** 5801  
Emiliana's organic line offers some of the best value in the market. This black fruit-coloured wine sports cherry and spice on the nose followed by a plush palate with easy tannins, good length and spice before a persistent close.



#### UNDURRAGA SIBARIS RESERVA CARMÉNÈRE

Chile **\$15.99** 114314  
This Chilean stalwart offers good varietal definition with smoky and herbal notes up front wrapped in structured acidity and solid tannins. It features a broad palate through the close and is ideal with grilled meats and pasta.



#### SUMMERHILL ALIVE ORGANIC WHITE

BC VQA **\$19.95** 22574  
Summerhill certified organic blend is 87 percent Pinot Gris, 10 percent Gewürztraminer and 3 percent Riesling and is 100 percent stainless steel fermented. It's a light, dry white, with stonefruit and pear notes and a touch of minerality. Pairs well with summer patios and seafood.

# DESSERTS FROM THE **GRILL**

PLANKED BRIE  
WITH STRAWBERRIES  
AND SAUTERNES



Barbecues aren't just for your mains! After the meat and vegetables are done, turn your grill into an outdoor dessert-maker using the summer bounty of fruit paired with cakes or cheeses. Grilling intensifies fruit flavour and deepens colours, with the added smoky component that just screams, "summer!" One caveat: be sure to clean your grill thoroughly before you start dessert. That wonderful grilled meat flavour won't pair well with a sweetly delicate barbecued dessert.



GRILLED MANGO BLOSSOMS WITH KIWI PURÉE

PAIRS WITH GRILLED MANGO BLOSSOMS WITH KIWI PURÉE



**YELLOW TAIL BUBBLES**

Australia **\$13.99** 667089  
Yellow Tail Bubbles is a crisp sparkling wine with flavours of lemon, lime and a touch of ginger on the nose. The palate is off-dry and medium-bodied with tangy acidity. Pair it to perfection with seafood, fruit salad or dessert.



**PAMA POMEGRANATE**

USA **\$39.99** 835736  
Made with natural pomegranate juice and blended with vodka and a touch of tequila, Pama is deeply aromatic and offers intense and tangy pomegranate flavour on the palate. Serve it alone, on ice or add to sparkling wine for a Pomegranate Kir Royale.

**NEW**

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---

**THE CIDER OF  
SUMMER.**

---

**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





Desserts from the Grill

PAIRS WITH PLANKED BRIE WITH STRAWBERRIES AND SAUTERNES



**BLANDY'S DUKE OF CLARENCE MADEIRA**

Portugal **\$27.49** 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.



GRILLED LEMON POUND CAKE WITH MIXED BERRIES



**FRATELLI FICI MARSALA SUPERIORE DRY**

Italy **\$18.99** 111047  
This Sicilian fortified wine is made with the Catarratto grape using the solera aging method. The nose offers nutty, caramel and a hint of dried fruit aromas. The palate is medium sweet and medium-bodied with nuances of oak thanks to the two years of cask aging. Serve it at room temperature or slightly chilled as an aperitif.



PAIRS WITH GRILLED LEMON POUND CAKE WITH MIXED BERRIES



**AMARULA**

South Africa **\$25.95** 342246  
Made from the fruit of the exotic amarula tree this cream liqueur goes through a process of winemaking before it is distilled and blended with fresh dairy cream. The nose and palate is intense with aromas of passion fruit, caramel and butterscotch making it a delicious addition to after-dinner coffee!



**LUXARDO LIMONCELLO**

Italy **\$27.99** 591644  
Intense lemon yellow in colour, this traditional Italian liqueur has the lush, full aroma of freshly picked lemons. The palate is refreshing with a round mouth feel. In Italy, it is traditionally served very chilled as an *aperitivo*, but it also shines with ice cream and fruity desserts.





# THE NEW FACE OF Australian Wine

Nothing earns worldwide awareness and recognition like success. Australian wine hit the world like a tidal wave starting in the mid-1980s and both production and exports soared for 20 years. Wine drinkers loved Aussie wine. A side effect of the success and familiarity, however, was a stereotyping of Australian wine and the image that the country only produced rich, fruity, inexpensive red wine. There is more to Australian wine than you think.

It is true that Australia was able to meet the world's thirsty demand for inexpensive, characterful red wines, and it did it more consistently and effectively than any other country. As the large, irrigated regions in central South Australia, Victoria and New South Wales pumped out huge yields to make well-priced wines, the flood of Shiraz buried a diverse Australian wine story built on a history that can be traced back to the 1800s.

Now, other countries have eaten into Australia's export market share,



AS PRODUCTION OF INEXPENSIVE BRANDED WINE SLOWLY FALLS, THE REAL AUSTRALIA IS STARTING TO RE-EMERGE FROM THE FLOOD'S AFTERMATH AND THE DIVERSE, QUALITY SIDE OF AUSTRALIAN WINE IS ONCE AGAIN GETTING ATTENTION.

as consumers have moved away from weighty Aussie Shiraz, and the skyrocketing Australian dollar has driven up prices. The perceived result is that the public face of Australian wine is changing again. In reality, however, it is not really changing at all. As production of inexpensive branded wine slowly falls, the real Australia is starting to re-emerge from the flood's aftermath and the diverse, quality side of Australian wine is once again getting attention.

Looking at the global sales figures and painting all of Australia with the same brush, things look pessimistic. Digging deeper, the story is actually much more positive. While sales of cheaper, bulk wines drop, the quality wines from smaller distinct regions in the higher price points are actually growing in many markets around the world. Many consumers who were stuck with the old stereotype of Aussie wine are starting to realize there is a lot more happening in Australia than they thought. Mark Davidson, Education Director for Wine Australia

spends his time travelling the world delivering this exact message. "What I am seeing is a resurgence of interest based on discovery of different styles and regions. Restrained, cooler-climate wines have made people pause and reassess their preconceived ideas about the Australian wine landscape. Tremendous diversity exists; it's a matter of access and exposure."

One of the most exciting and significant changes is a refocusing on the cool-climate regions of Australia. Despite the stereotype of a hot Australia, many of the regions are quite cool, with temperatures moderated by altitude or cooling coastal influences. As consumers seem to have got past their need for 15 to 16 percent alcohol wines, the most interesting and complex wines are now those from the rediscovered cooler Geographical Indications (GIs), Australia's version of defined wine regions. Shiraz, Chardonnay and Cabernet Sauvignon are increasingly becoming the focus in these cool regions and are producing elegant, complex

and restrained wines, unrecognizable from the high oak and alcohol varieties so many people have pigeonholed as Australian wine. Central and coastal Victoria, coastal and higher-altitude South Australia, southern Western Australia, the Canberra Region and Tasmania are leading the charge. Cool-climate wines like traditional method bubbly and elegant Pinot Noir are showing a different side of Australia.

It is not only cooler climates that are making people rethink the typecast of Australian wine; the styles are also changing. Winemakers are harvesting earlier and experimenting with old school techniques such as wild yeasts and lees, using far less oak and generally bottling lighter, fresher and ultimately more drinkable wines. Of the varietals, none has changed more than Chardonnay. Modern Australian Chardonnay is crisp, fresh and mineral-driven, with subtle flavours of lees and nutty notes from aging in older oak barrels. Shiraz is often lower in alcohol and retains the varietal peppery notes,

# bring Australia home

There's an Australian wine to suit every occasion. Whether it's for a long-awaited date night, an impromptu barbecue with friends, to unwind after a long day at work or just to savour a quiet moment on the deck – whatever you're doing, bring Australia home.

## A<sup>+</sup> AUSTRALIAN WINE

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Sample Australian wines on any of these dates in **June and July:**

Saturday, June 29...39th and Cambie, 2:00pm – 5:00pm  
Sunday, June 30...39th and Cambie, 2:00pm – 5:00pm  
Saturday, July 6...39th and Cambie, 2:00pm – 5:00pm  
Friday, July 12...Alberni and Bute, 4:00pm – 7:00pm  
Sunday, July 14...39th and Cambie, 2:00pm – 5:00pm  
Friday, July 19...Alberni and Bute, 4:00pm – 7:00pm  
Saturday, July 20...39th and Cambie, 2:00pm – 5:00pm  
Sunday, July 21...39th and Cambie, 2:00pm – 5:00pm  
Friday, July 26...Alberni and Bute, 4:00pm – 7:00pm

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McLaren Vale, South Australia



## The New Face of Australian Wine

IT'S TIME TO FORGET THE PRECONCEPTIONS, GRAB A FEW BOTTLES AND DISCOVER THE NEW FACE OF AUSTRALIAN WINE.

and the best Cabernet Sauvignons have intriguing eucalyptus to add a layer of complexity to the blackcurrant fruit.

Classics are also starting to re-emerge. The steely, crisp and long-lived Clare and Eden Valley Riesling, complex and ageworthy Hunter Semillon and old vines Grenache are once again being seen as benchmark wines of the world. It isn't all about rediscovery, there is innovation happening too. Diverse grape varieties are being planted, particularly focusing on the classic varieties from Spain and Italy, showing Australia's adventurous side.

The wine world is always changing and, for Australian wine, there is a bright side to what at first glance looks a little gloomy. The true face of Australian wine, one with history, diversity and quality, is once again emerging and chipping away at its lacklustre stereotype. It's time to forget the preconceptions, grab a few bottles and discover the new face of Australian wine.



### BANROCK STATION SPARKLING SHIRAZ

Australia **\$14.99** 575902

Banrock Station sparkling Shiraz is just like a full-bodied Shiraz with the addition of bubbles and just a hint of sweetness. It has intense flavours of blackberry, chocolate-covered cherry, black pepper, raspberry, clove and orange zest. If you haven't tasted one of these before, chill well and serve with a mixed grill this summer.



### BLEASDALE SECOND INNINGS LANGHORN CREEK MALBEC

Australia **\$15.99** 532424

Showing the experimentation taking place in Australia, this Malbec rivals many of the best of Argentina with its intense brambly berry, spice, plum, violet, charred meat and leather notes with just a whiff of trademark eucalyptus. The palate nicely balances red and black berries with savoury paprika and spiced cocoa.



### CHAPOUTIER TOURNON MATHILDA SHIRAZ

Australia **\$21.99** 179325

Victoria is gaining repute for fantastic cool-climate Shiraz. The Tournon is packed with intense aromas of blackberry, plum, blueberry and complex smoke, licorice, black pepper and game meat. The palate is intense with paprika and pepper combined with dried raspberry, black cherry and chili notes on an elegant, medium-bodied frame. A perfect match with roast leg of lamb.



### 19 CRIMES SHIRAZ DURIF

Australia **\$19.99** 200717

Northern Victoria's intense Durif grape is blended with Shiraz, resulting in a wine with aromas of blackberry, Christmas cake and stewed plums along with raw meat, baking spice, chipotle, cinnamon and dried herbs. The palate is full and rich yet high in tannin and acidity making for a mouthful of prune plum, blueberry, espresso, dried raspberry, dark chocolate and subtle pencil lead notes. Try it with steak with a peppercorn sauce.



### WAKEFIELD CLARE VALLEY CABERNET SAUVIGNON

Australia **\$22.99** 16188

Clare Valley, better known for Riesling, has also succeeded with Cabernet Sauvignon. This one shows ripe black fruit – blackberry, cassis and black cherry, with eucalyptus, dried herbs, butter pastry and pepper. The palate is warming with eucalyptus and clove to balance the dried raspberry and cassis. Try it paired with grilled steak with black olive butter.



### YERING STATION LITTLE YERING PINOT NOIR

Australia **\$15.95** 616110

This wine shows the important cool-climate side of Australian wine. It's a juicy, fresh and light Pinot Noir with abundant cherry, strawberry, vanilla, meat and earth notes. The intense flavours, lightness, crisp refreshing acidity and complex savoury dried herb notes make it a great wine with tomato-based dishes, grilled quail or light meat creations.

# SPICED SALADS OF INDIA



SPICED MUNG BEAN SPROUT SALAD

Light salads tend to be more popular in summer when temperatures rise, but in India a spicier salad can be part of a multi-course meal year round! In fact, a spiced salad can actually help keep you cool by kick-starting your body's natural temperature-regulating system. Unlike many western-style summer salads that are dressed with a traditional oil and vinegar lime juice enhanced with rich Indian spices are the major flavour components of an Indian salad. Here are three flavourful India-inspired examples to warm you up (and cool you down) at the sunniest time of year.



POHA SALAD

PAIRS WITH POHA SALAD



**IRONSTONE  
OBSESSION SYMPHONY**

USA **\$16.99** 355784

Symphony is a white grape produced by crossing Grenache Gris and Muscat, and in this wine shows intense floral characteristics, along with peach and tropical fruit notes. It is off-dry and makes a taste buds sing when paired with summer salads and spicy, salty dishes such as creamy cajun chicken pasta.



**RED RACER INDIA PALE ALE**

BC **\$13.40** 456517 6 x 355 ml

Red Racer is brewed in the heart of Central City in Surrey, British Columbia. Their IPA is amber with a tinge of orange colour and has aromas of hops, pine and hints of grapefruit. The palate is medium to full-bodied with a peppery finish. Pour into a chilled glass and enjoy!





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Spiced Salads of India

PAIRS WITH SPICED MUNG BEAN SPROUT SALAD



**OYSTER BAY PINOT GRIGIO**

New Zealand **\$17.99** 26567  
Oyster Bay Pinot Grigio is ripe on the nose with aromas of pear, lemon, apple and a hint of apricot. The palate is dry and medium-bodied with zesty acidity. This refreshing wine pairs well with patios and seafood salad.



**KINGFISHER PREMIUM LAGER**

USA **\$13.99** 17566 6 x 355 ml  
This lager is pale gold in colour and has aromas of light hops, grain and malted cereal on the nose. The palate is light and refreshing with a creamy texture and persistent mousse. A "can't miss" match for Asian-spiced cuisine.



SHREDDED CHICKEN AND MANGO SALAD WITH MASALA DRESSING

PAIRS WITH SHREDDED CHICKEN AND MANGO SALAD WITH MASALA DRESSING



**DUCK POND PINOT NOIR**

USA **\$29.99** 427872  
Known by Pinot Noir lovers for making quality wines, the Willamette Valley is Oregon's best-known district. The nose offers scents of black and red cherry, spice, toffee and a hint of cola. On the palate it is dry and medium-bodied with good fruit intensity and soft tannins. Pair with earthy mushroom and poultry dishes.



**HOWE SOUND SUPER JUPITER GRAPEFRUIT IPA**

BC **\$8.50** 294249 1L  
Brewed with real grapefruit and dried grapefruit peel, this IPA is intense with aromas of grapefruit, citrus, tangerine and hops on the nose. The palate is dry and medium-bodied with a touch more hops on the finish. It's a unique West Coast IPA that is perfect with curries and other spicy fare.



# THE RYE REVIVAL

## CANADIAN WHISKY'S RENAISSANCE

**W**hat comes to mind when you hear the word “rye?” Chances are, if you grew up in Canada, it’s whisky. And not the sort you sip neat or on the rocks like Scotch, but rather the kind you mix with ginger ale or cola. Although more Canadian whisky is sold in North America than any other style of whisky, it suffered an image problem for a long time, especially at home in Canada. Here it was viewed as a drink for the masses, certainly not in the same class as Scotch or even bourbon.

But, thanks to the efforts of some talented distillers and the nostalgia generated by shows like *Mad Men*, where Don Draper’s drink of choice is Canadian Club, rye is undergoing a renaissance here in Canada. Whisky connoisseurs from around the world have already taken notice, and many previously stubborn Scotch and bourbon drinkers are giving rye a second chance – with very positive results.

### **WHAT’S IN A NAME?**

More than 200 years ago, early Canadian distillers – many of whom were flour millers, who used leftover wheat to make whisky – began adding small amounts of rye grain to give their wheat-based spirits a spicier flavour. Customers loved it and started asking for “rye whisky,” which evolved into plain old “rye,” the term we use now.



WHISKY CONNOISSEURS FROM AROUND THE WORLD HAVE ALREADY TAKEN NOTICE, AND MANY PREVIOUSLY STUBBORN SCOTCH AND BOURBON DRINKERS ARE GIVING RYE A SECOND CHANCE – WITH VERY POSITIVE RESULTS.

Despite the name, you might be surprised to learn that there is no actual requirement for rye to be used in the production of Canadian whisky. In fact, most rye produced in Canada is predominantly corn-based, with some other grains in the mix, rye included.

As Davin de Kergommeaux, author of *Canadian Whisky: The Portable Expert* (McClelland & Stewart, 2012), explained from his home in Ottawa, “It is made from a number of different grains that are each mashed and distilled separately and then brought together in a blend.”

By law, Canadian whisky must be aged in barrels for at least three years and this barrel aging, more than the quantity of rye used in the grain bill, is how Canadian distillers really make their whiskies stand out.

American distillers have their own category called “American straight rye,” which must use a minimum of 51 percent rye in the mash (the mix of grains that are cooked and then fermented before being distilled). However, the same regulations require that only new, charred oak barrels can be used in the aging process (as with bourbon), and that, according to de Kergommeaux, makes a big difference.

“Most of the flavour comes out of the oak, so if they put in less than 51 percent rye, you’re not even going to taste the grain, because the barrel just overrides everything. In Canada, we use used barrels, so the flavours of the grain come through even when they’re in smaller quantities.”

Regardless of these regulations, most Canadian whisky makers do indeed use rye and some, such as Alberta

Distillers, use 100 percent rye in many of their products. They are also using unique aging techniques, adding other flavouring agents and marketing their products in interesting new ways to help raise the profile of the style.

#### **FORTY CREEK’S RYE-VANGELIST, JOHN HALL**

When I asked Davin de Kergommeaux if we are undergoing a rye revival in Canada right now, he said, “We turned the corner 10 years ago. We just didn’t realize it. That was when John Hall started coming out with those absolutely wonderful Forty Creek whiskies.”

Many, myself included, point to Forty Creek when asked what turned them on to Canadian rye. Produced at the Kittling Ridge Distillery in the Niagara Peninsula town of Grimsby, just below Toronto in the heart of Ontario’s wine country, Forty Creek is a huge success story.

Founder John Hall started out as a winemaker in 1970, but in 1992 he decided to shift gears and started making whisky. He took his time learning the craft, and finally released his first whisky in 2003, using a blend of six- to 10-year old spirits.

Hall puts an extraordinary amount of effort into even his standard brand, Forty Creek Barrel Reserve. Unlike other distilleries, he ages the base spirits (rye, barley and corn) separately in barrels for several years before blending them and then aging the result again. Finally, he finishes the whisky in sherry barrels, which gives it a silky smooth finish.

Since 2003, Hall has gone on to release several other whiskies under the Forty Creek banner, including the

The Original

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### BE A LITTLE TWISTED

MUST BE LEGAL DRINKING AGE. PLEASE ENJOY RESPONSIBLY.

BY LAW, CANADIAN WHISKY MUST BE AGED IN BARRELS FOR AT LEAST THREE YEARS, AND THIS BARREL AGING, MORE THAN THE QUANTITY OF RYE USED IN THE GRAIN BILL, IS HOW CANADIAN DISTILLERS REALLY MAKE THEIR WHISKIES STAND OUT.

Double Barrel Reserve that is aged in American bourbon barrels, Confederation Oak Reserve, aged in special barrels made from Canadian white oak and Port Wood Reserve, which is aged in port barrels.

John Hall has won numerous awards for his whiskies around the world. He has also done a great job of promoting Forty Creek, which has helped increase the profile of Canadian whisky both here in Canada and abroad. Following his lead, established distilleries have started to introduce new product lines that showcase richer, bolder flavours.

Alberta Premium Dark Horse is a great example, as are Hiram Walker's Lot No. 40 and Highwood's Century Reserve 15/25.

But the most decidedly Canadian rye whisky on the market has to be Collingwood from Canadian Mist. The unusual bottle is more reminiscent of cologne than whisky, but what really makes it unique is the maple barrel staves used in the aging process.



**ALBERTA PREMIUM DARK HORSE**

Canada **\$28.99** 544213  
Its rich butterscotch-caramel nose introduces robust flavours of burnt sugar, bourbony vanilla and oak that fade into sour-sweet dark fruits and berries. Unlike the regular Alberta Premium, Dark Horse includes a small amount of aged corn whisky giving slight bourbon notes, and a tiny bit of sherry to bring out the fruity notes of the rye.



**COLLINGWOOD TOASTED MAPLEWOOD MELLOWED**

Canada **\$34.99** 352351  
At the end of its unique process, Collingwood is aged in huge wooden vats with charred maple barrel staves. The whisky does not draw maple flavours from the wood, but rather soaks cherry-like flavours out. The result is a great sipper: fruity, with a sweet, woody aftertaste.



**FORTY CREEK DOUBLE BARREL RESERVE**

Canada **\$59.99** 228973  
While the regular Forty Creek Barrel Reserve is finished in used sherry casks, this one is put into used bourbon barrels. As a result, the flavour has more vanilla and is oaky almost to the point of nuttiness. Bourbon fans will definitely find this whisky enticing. There is nothing harsh here. The finish is mellow and smooth.



**CROWN ROYAL BLACK**

Canada **\$32.99** 641175  
The aroma is subtle with some enticing vanilla, floral and fruity scents. In the mouth it has Crown Royal's trademark creaminess along with a rich molasses flavour that evokes rum and an oaky, bourbon finish.



**WISER'S SMALL BATCH**

Canada **\$32.99** 337451  
One of Canada's oldest names in distilling, Wiser's is a well-established brand of Canadian whisky. Small Batch is aimed at those who like fuller, spicier flavours. The nose shows intense aromas of oak and vanilla together with a touch of honey and caramel. The round mouth feel lingers through the full body and the long length.



**CENTURY RESERVE LOT 15/25 CUSTOM BLEND**

Canada **\$29.99** 458711  
Typically, Canadian whisky is aged for three years but Century Reserve is a blend of batches of corn, rye and wheat whiskies that have aged in Tennessee bourbon white oak barrels for 15 to 25 years. It's fantastic – sweet with a mellow rye flavour that has been tempered by the long aging, and a smooth, very oaky finish.



# PLUM PERFECT!

The plum is one of summer's sweetest gifts and worth seeking out at the local farmer's market. With a short season, these summer treasures are delicious eaten out of hand, but also shine in many sweet and savoury dishes. While most of us are familiar with the dark red or purple skinned plums, there are many other varieties, including damson, greengage, Mirabelle and Victoria, which range in both colour and taste. No matter which variety you choose, make sure to look for plums that are plump, even in colour and free from bruises, blemishes or soft spots. With juicy plums on hand, a great summer dish is never far way.



PAIRS WITH BISON  
WITH CRISPY RICE CAKES  
AND SHISO-PLUM COMPOTE



**TAKARA PLUM WINE**

USA **\$17.99** 50195

Plum wine, or *umeshu* in Japanese, is made by steeping green plums in a traditional distilled spirit called *shochu*. Takara's version is sweet and rich with natural plum flavours balanced by tangy acidity. Concentrated and of medium weight, it is delicious served chilled with spicy dishes or desserts.



**MITOLO JESTER  
MCLAREN VALE SHIRAZ**

Australia **\$24.99** 86124

Considered by many as making Australia's best example of Rhône-style reds, McLaren Vale is also known for making great Shiraz. The Jester has aromas of blackberry, plum, spice, mocha and hints of licorice. The palate is dry and medium-bodied with balanced ripe tannins. Excellent with grilled beef wrapped in pancetta.



BISON WITH CRISPY RICE CAKES AND SHISO-PLUM COMPOTE

# HERE'S TO THE NEW ICE AGE.

## REFRESHED TASTE

Savour the moments that  
make Canadian summers  
memorable with a taste  
that's now less sweet  
and more refreshing.



PREMIUM VODKA BEVERAGE  
BOISSON DE VODKA DE QUALITÉ SUPÉRIEURE

REFRESHING CITRUS TASTE  
GOÛT RAFFRAÎCHISSANT DE CITRON

330 mL • 5% alc./vol.

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CARAMELIZED PLUM AND GRILLED HALOUMI SALAD

PAIRS WITH CARAMELIZED PLUM AND GRILLED HALOUMI SALAD



**LOUIS LATOUR**  
**CHARDONNAY BOURGOGNE**  
 France \$21.99 55533

Loaded with pronounced aromas of lemon, green apple, passionfruit and notes of pepper. 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.



**CA DEL MAGRO**  
**MONTE DEL FRA SUPERIORE**  
**CUSTOZA BIANCO**  
 Italy \$20.00 216077

Created with the Garganega grape blended with 5 other white grape varietals, Ca Del Magro has a floral nose with ripe apple, lemon and exotic fruit aromas. The palate is dry and medium-bodied with a tangy, long finish. Try it with sashimi, game meat or salad.



A VISIT TO THE OKANAGAN  
HAS NEVER BEEN THIS EASY.

SERIOUSLY GOOD CIDER.







PLUM SALSA WITH GLAZED SABLEFISH

PAIRS WITH PLUM SALSA  
WITH GLAZED SABLEFISH



**KIM CRAWFORD  
EAST COAST UNOAKED  
CHARDONNAY**

New Zealand **\$19.99** I95172  
This unoaked Chardonnay offers aromas of melon, lemon and a hint of pineapple and butterscotch. The palate is dry and medium-bodied with a zesty acidity. It has a round mouth feel and long length. Ready to drink now or cellar for three to five years.



**TOASTED HEAD  
CHARDONNAY**  
USA **\$17.99** 594341

A blend of predominately Chardonnay and 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 great acidity. Pairs well with salad, seafood and poultry.



# AVOCADO

THE MOST LUSCIOUS FRUIT

Did you know that an avocado is actually a fruit? If not then maybe it's time to rethink them completely! Everyone knows that avocados make a delicious accompaniment to savoury dishes, but they also make a terrific dessert. Combining the richness of avocados with chocolate, coconut or cream provides a new taste experience. Traditional savoury pairings such as shrimp and avocados can be reinvented to please the eyes as well as the palate.

PAIRS WITH AVOCADO AND SHRIMP SALAD



**RED ROOSTER PINOT NOIR**  
 BC VQA **\$19.99** 628347  
 Bright ruby in colour, this Pinot Noir offers aromas of red cherry, raspberry, spice and 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.



**JAFFELIN**  
**BOURGOGNE ALIGOTÉ**  
 France **\$19.99** 53868  
 Made in Burgundy, better known for Chardonnay, from 100 percent Aligoté grapes, this delicious white has a subtle floral nose with lemon and apple notes. The palate is dry and medium-bodied with mouth-watering acidity. A fine companion for seafood salad.



AVOCADO AND SHRIMP SALAD

Captain Morgan

TAKE HOME  
A LEGEND



LIVE LIKE THE  
CAPTAIN



CAPTAINMORGANCANADA



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Avocado, the Most Luscious Fruit



AVOCADO DESSERT TRIO

PAIRS WITH AVOCADO  
DESSERT TRIO



**RIGAMAROLE WHITE**  
BC VQA **\$14.99** 845552  
A blend dominated by Riesling and Gewürztraminer, this aromatic white wine has flavours of lemon, ripe apple, pear and hints of apricot. The palate is dry and light-to medium-bodied with balanced acidity. It's a versatile food-friendly wine with a touch of spice on the finish.



**MONKEY BAY PINOT GRIGIO**  
New Zealand **\$14.99** 926022  
Named after a bay on the coast of Marlborough, Monkey Bay Pinot Grigio shows lively aromas of ripe pear, citrus and stone fruit. The palate is dry and medium-bodied with crisp acidity. The round texture makes it a great complement to summer dishes and light desserts.



# WATER SAFETY



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*The Lifeguarding Experts*

National Drowning Prevention Week,  
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AVOCADO CHOCOLATE MOUSSE

PAIRS WITH AVOCADO  
CHOCOLATE MOUSSE



**ROILAND**  
**CHOCOLATE BOX SHIRAZ**

Australia **\$24.99** 470641  
With the use of both French and American oak barrels, this wine offers a generous amount of milk chocolate, blackberry, vanilla and spice. The palate is dry and full-bodied with integrated ripe tannins. Balanced and concentrated, Chocolate Box Shiraz is ready to drink now but can age for three to five years.



**CHÂTEAU DERESZLA**  
**TOKAJI ASZÚ 5 PUTTONYOS**

Hungary **\$47.95** 285643 500 ml  
This very complex sweet-style wine has intense flavours of apricot, quince, honey, pineapple, oak, vanilla and spice. The luscious palate is mouth coating and medium- to full-bodied. The refreshing acidity keeps it balanced and crisp making it outstanding with desserts.

# SUN & FUN SIPS



It's summertime and the living is easy. Or at least it should be. And the wine in our glasses should reflect as much. Summer is not the season of restraint. We can hibernate in winter and transition during spring and fall. Summer is about fun. It's about sun and *alfresco* dining and, when it comes to wine selection, it's all about providing the former while pairing with the latter! Here then is your summer sipping wine list.

It's fair to say that bubbly is a wine for all seasons. There's a sparkling wine for each month of the year. But months without an "r" are particularly suited to Prosecco. The Italian sparkler is tailor-made for piazza benches and swimming pool deck chairs, whether it's served with peach purée *à la* Bellini, or simply poured neat. Prosecco is just fun. It's fun to say, the first syllable rolling off the tongue before the



## SUMMER IS ABOUT FUN. IT'S ABOUT SUN AND ALFRESCO DINING AND, WHEN IT COMES TO WINE SELECTION, IT'S ALL ABOUT PROVIDING THE FORMER WHILE PAIRING WITH THE LATTER!

third ends in staccato. Plus it's fun to sip. Many Proseccos show a touch of sweetness, which ups the crowd-pleasing prowess, while the exuberant fizz tickles cheeks. Really, Prosecco is the Speedo of sparkling wine; there's nothing to hide and nothing extraneous in this easygoing wine.

But there's no need to start at sparkling wine. The long nights of summer are occasion for a classic aperitif and Fino Sherry screams summer. A finger or two of Fino served alongside toasted almonds as the guests arrive and the grill heats up is a surefire way to mark a memorable summer meal. Heck, Fino even makes for a marvelous ingredient in a marinade, so get creative and get cooking with your wine!

Speaking of extroverted wine, there's no forgetting Sauvignon Blanc. Is there a wine that pairs better with

bocce ball? Or with grilled seafood for that matter? The grape's characteristic bracing intensity and pungent aromas offer a one-two punch for the palate. There's nothing shy about Sauvignon Blanc, which seems quite suited to the swagger and summer dresses of the hottest months. Just be sure to keep the ice bucket at the ready so you can maintain a constant chill for maximum refreshment.

Of course, white is not the only wine shade for summer; rosé makes a strong case for quintessential summer wine. However, in the spirit of carefree living let's not add pretension to our pink wine. Not that the dog days of summer demand boozier, blushier shades of White Zinfandel, but rosé does not need to intone an orchestral crescendo of complicated flavours and aromas. Consider it an ode to

summer that offers a fun, casual, and colourfully captivating backdrop to sunsets filled with good food and good conversation – preferably served from tumblers. What's more, it must be said that rosé tends to be a remarkable partner with barbecued meats.

This brings us to the protein quotient, an important consideration given the preponderance of grilling come summertime and reason enough to invoke the final wine shade for savvy summer sipping. While a crisp white may prove the perfect foil poured alongside fatty grilled meats, others will not be content without red wine gracing their glasses.

For them, a fruity and fresh red such as Zweigelt can offer the perfect compromise. It has the serious, regal colour of red wine complemented with the fresh, fun personality of a white.

**RESPECT  
YOURSELF  
BE YOURSELF  
KNOW YOUR  
LIMITS**



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THERE'S A SUMMER SIPPER IN EVERY SHADE READY TO PAIR WITH THE HOTTEST SEASON OF THE YEAR.

In short, it will take to grilled meats and roast poultry alike, providing a food-pairing versatility and all-around wine sensibility that bodes well for any month of the year.

That said, some occasions – regardless of season – demand the seriousness of a rich, red wine. In this case, reach for a *rouge* that eschews overt oak or overbearing fruit for an overall balance that makes easy pouring come dinner time.

Really, with so many options there's no excuse not to go bold with the wine selection this summer. There's a summer sipper in every shade ready to pair with the hottest season of the year.



**PERGOLO PROSECCO EXTRA DRY**

Italy **\$14.99** 591933  
Summer meal planning is as easy as the three P's: patio, Prosecco and patties. Pergolo's fun, fresh and citrusy Extra Dry goes easy with lingering summer evenings and turkey or portabello mushroom burgers off the grill.



**GLEN CARLOU GRAND CLASSIQUE**

South Africa **\$20.99** I53882  
All the classic red Bordeaux grapes (Cabernet Sauvignon, Petit Verdot, Malbec, Merlot and Cabernet Franc) show up in Glen Carlou's Grand Classique. It's a smoky, dense red that finishes with panache and plushness that would be great paired up with a campfire.



**MATUA VALLEY HAWKE'S BAY SAUVIGNON BLANC**

New Zealand **\$16.97** 309575  
New Zealand Sauvignon Blanc is the original in-your-face wine. There's nothing introverted about this white's pungent tropical fruit and sweet lime notes nor its zesty, zippy finish. Pair solo on the back deck or with grilled calamari.



**ZVY-GELT ZWEIGELT**

Austria **\$16.99** 53595  
The Zweigelt grape is a crossing of cooler climate-loving St. Laurent and Blaufränkisch grapes developed in Austria. It tends to have a freshness and exotic elegance that creates a fantastic contrast to fatty grilled meats. The bold-labelled Zvy-Gelt oozes velvety cherry and engaging spice melded with an elegant structure. An under-appreciated barbecue red.



**ALVEAR FINO**

Spain **\$13.49** I12771  
Summer's long nights mark fine occasions for an aperitif, and fortunately enough, Fino makes for a fine pre-meal tipple. The driest of the Sherry styles, laser-like Fino can scare uninitiated tastebuds, but after a few sips the nutty, almost briny Alvear Fino will have your mouth watering.



**RIGAMAROLE ROSÉ**

BC VQA **\$14.99** 618785  
When in doubt serve rosé with summer meals! It's versatile, it's fun, and – with a bottle like Rigamarole Rosé – it's easy on the pocketbook. For maximum enjoyment this gregarious, unoaked blend of mostly Merlot, Cabernet Franc and Shiraz simply requires an ice bucket and group of friends.



# ASK AN EXPERT

## ANTHONY GISMONDI

Anthony Gismondi, wine critic, broadcaster and writer, is currently in his 24th year as a wine columnist at the *Vancouver Sun*. He is the co-host of AM 650s radio show “The Best of Food and Wine.” In his spare time he is the “Canada” section editor for Hugh Johnson’s *Pocket Wine Book* and writes a regular wine column in Vancouver’s urban hip *Montecristo* and Whistler’s *Pique Newsmagazine*. Follow Anthony on Twitter @TheSpitter or on his website [www.gismondionwine.com](http://www.gismondionwine.com).

### **Q** How much information can you really get about a wine from its label?

**A** A great detective, à la Sherlock Holmes, uses everything he or she has at their disposal to solve a mystery. It’s the kind of mindset that would help you deduce all the information a wine label has to offer. How much information is that you ask? Well, quite a lot actually. In fact, if you know where to look and how to interpret the clues, a label will tell you a great deal about the juice inside the bottle.

Labels have become a major focus of marketers over the last decade. Some reveal a wealth of information about the wine, while others use technical innovations, such as QR codes, to send you online to videos and websites to learn more about the bottle in your hand.

From hugely informative to completely dumbed down, there is an ever-varying selection of wine bottle labels. Your job is to sidestep the marketing, if you can, and learn how to interpret the front and back label in order to grab the information you need to make an informed buying

decision. That said, let’s look at the information most likely to help you when you are looking at any wine label, especially when it appears on a bottle less familiar to you.

### **WHO MADE IT**

There is no underestimating that knowing something about the producer can be extremely useful when buying wine. It doesn’t mean an unknown grower/producer should be shunned, but all things being equal, say price and vintage, it is often safer to choose a bottle from a known leader in the region. So, if you can pick up a bottle of Côtes du Rhône red from Famille Perrin or M. Chapoutier versus an unknown grower, the choice is obvious. In Burgundy if your choice is Faiveley or Drouhin versus another unknown shipper well, you get the picture. Reputations count over time.

### **WHEN WAS IT MADE**

I’m a bit of a vintage fiend when I’m spending more than \$15 or \$20 a bottle, and it doesn’t take much to learn a bit

about current vintages. For instance, 2010 was an excellent vintage in Australia, better than '08 or '09 and '11 and '12, so given the choice, take the 2010 red when you are shopping. In the Rhône, 2011 was good, but 2009 and 2010 were outstanding. Again all things equal, you would choose the '09 or '10 before the '11. Locally in the Okanagan, 2012 will be a much better year than either '09, '10 or '11.

What does it mean when there is no vintage on the label? Usually the wine is a blend of years and this is done to improve weaker vintages. As for the date itself, the vintage will tell you how old or how young a wine is, giving you more keys about to what to expect when you pour the wine.

### **VARIETAL/BLEND**

It never hurts to know which grapes are in the bottle. If it's a varietal wine, the mystery is easily solved, because the grape variety is almost always printed on the label. But did you know a great deal of varietal wine contains more than one single grape? Adding 10 percent Syrah or Merlot to Cabernet Sauvignon can really change the style. Carefully checking the front and back labels for additional mentions about other grapes in the blend will help you better ascertain what you are buying.

### **APPELLATION /CLASSIFICATION**

You will need more specific knowledge of appellations or classified wines if you want to know what is inside the bottle of European wines, but, with a little reading and a bit of memory, much can be revealed. In Italy, DOCG Barolo means it is made with the Nebbiolo grape. AOC Burgundy means Pinot Noir or Chardonnay, while the D.O. Rioja could mean any combination of Tempranillo, Garnacha, Mazuelo and Graciano. On another level, many sites or vineyards are classified. Terms like Grand Cru, Premier Cru, Gran Reserva and more are all clues to a wines pedigree and worth. It takes a lifetime to embrace this information, but knowing the classification means knowing the wine. It's all on the label.

### **TASTE**

Consumers says taste descriptors help the most when purchasing wine, so be sure to read that back label and look for any clues to what the style of the wine may be based on the verbiage. Among the plethora of words and sentences, look for information about grapes: were they organically grown or perhaps biodynamic? What about the fermentation (in wood, or stainless steel, or concrete)? How long is it aged, again in wood or tank, how much new wood is used? Is it better with seafood or steak, appetizers or dessert? These are all valuable clues as to what is inside the bottle.

### **ALCOHOL**

All wine labels display an alcohol level that on its own isn't that useful. Wines with 13.5 percent alcohol and higher can often be characterized by slightly glossier textures and as having a slightly sweeter palate or at least the sensation of being smoother and softer and richer. The lower the level of alcohol the more refreshing and light the wine can be, as in eight percent Mosel Riesling. At the other end of the scale, a 15.5 percent Amador county Zinfandel can overpower your palate quickly without food.

### **CORKS/SCREW CAPS/HEAVY BOTTLES**

It's no longer easy to interpret a wine's quality by the use of cork, thanks to the widespread use of screw caps. On the other hand, the old adage that screw cap wines are cheap no longer holds any weight. I take my cues from the wine. If it's young, fresh and light in style, be it red, white or rosé, a screw cap might signal an enlightened producer. Corks on expensive wines signal serious intentions, but screw caps on expensive wines means that producer is not afraid to make changes he or she thinks are good for the wine. Bottle weight is, unfortunately, still being used by too many producers to indicate: "this is highly regarded wine." Either way a "heavy" bottle can be used as a signal that this is one of the producer's best efforts or you may want to eschew the bottle for ignoring what is best for the environment. Light bottles on the other hand no longer mean cheap wine, but more likely an environmentally conscious producer.

I feel as if I have only scratched the surface of suggesting how one might decipher a wine label. As you have read, there is a mountain of information available on most every wine label. They say you can't judge a book by its cover, but you may be able to figure out what's inside a bottle of wine by studying the label with just a little more attention. As Holmes would say: It's elementary.

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

Watch for answers in upcoming issues of TASTE!

# VERY SPECIAL EVENTS

Join us for this fantastic selection of wine, cocktail and beer 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 [www.bcliquorstores.com/event](http://www.bcliquorstores.com/event). To receive monthly updates and exclusive special announcements send an email to [events@bcliquorstores.com](mailto:events@bcliquorstores.com).

## JUNE

### INTRODUCING NEW MOLSON CANADIAN WHEAT

Enjoy a sample of our new premium unfiltered wheat lager made with specially selected, soft white spring wheat grown in Canada. Receive a bonus branded Molson glass when you purchase a 6 pack of Molson Canadian Wheat.  
SATURDAY, JUNE 8 | 2:00 – 6:00 P.M. | PENTICTON PLAZA  
SATURDAY, JUNE 15 | 2:00 – 6:00 P.M. | ALBERNI & BUTE



### RICKARD'S SHANDY – SUMMER SEASONAL

Rickard's Shandy (crisp lager and lemonade) – delivered specifically for summer! Rickard's Shandy is the perfect blend of lager and lemonade and is made with all-natural ingredients that are sure to delight and refresh your senses. Join us to sample this great new Rickard's seasonal.  
FRIDAY, JUNE 7 | 3:00 – 7:00 P.M. | ALBERNI & BUTE  
SATURDAY, JUNE 8 | 2:00 – 6:00 P.M. | LANGLEY  
FRIDAY, JUNE 14 | 3:00 – 7:00 P.M. | WESTWOOD  
SATURDAY, JUNE 15 | 2:00 – 6:00 P.M. | PENINSULA VILLAGE  
SATURDAY, JUNE 22 | 2:00 – 6:00 P.M. | 39<sup>TH</sup> & CAMBIE  
SATURDAY, JUNE 22 | 2:00 – 6:00 P.M. | KELOWNA ORCHARD PARK  
FRIDAY, JUNE 28 | 3:00 – 7:00 P.M. | COMMERCIAL DRIVE  
FRIDAY, JUNE 28 | 3:00 – 7:00 P.M. | KAMLOOPS  
SATURDAY, JUNE 29 | 2:00 – 6:00 P.M. | WESTSHORE

### JOHNNIE WALKER BLUE LABEL TASTING EXPERIENCE

Join us for an exclusive Johnnie Walker Blue Label tasting and custom engraving experience. A unique opportunity for specially made engraving of your bottle with our compliments.  
FRIDAY, JUNE 7 | 4:00 – 8:00 P.M. | PARK ROYAL  
SATURDAY, JUNE 8 | 2:00 – 6:00 P.M. | NORDEL CROSSING  
FRIDAY, JUNE 14 | 4:00 – 8:00 P.M. | ALBERNI & BUTE  
SATURDAY, JUNE 15 | 2:00 – 6:00 P.M. | RICHMOND BRIGHOUSE

### CHIVAS REGAL ART OF HOSTING

Taste and enjoy samples of Chivas Regal 12-Year-Old and 18-Year-Old with complimentary appetizers. Receive a free set of premium Chivas Regal glasses with each purchase.  
THURSDAY, JUNE 6 | 4:00 – 7:00 P.M. | NORDEL CROSSING  
FRIDAY, JUNE 7 | 4:00 – 7:00 P.M. | RICHMOND BRIGHOUSE  
SATURDAY, JUNE 8 | 2:00 – 5:00 P.M. | ALBERNI & BUTE  
THURSDAY, JUNE 13 | 4:00 – 7:00 P.M. | FLEETWOOD  
FRIDAY, JUNE 14 | 4:00 – 7:00 P.M. | ABBOTSFORD  
SATURDAY, JUNE 15 | 4:00 – 7:00 P.M. | LANGLEY

### LEAVE YOUR HAT ON

Sample some enticing and savoury appetizers together with the vibrant and world famous Broker's Gin. Voted best gin in the world five years in a row. Receive a free bottle signing from the owner of Broker's Gin, Martin Dawson!  
THURSDAY, JUNE 6 | 4:00 – 6:00 P.M. | ALBERNI & BUTE  
SATURDAY, JUNE 8 | 4:00 – 6:00 P.M. | 39<sup>TH</sup> & CAMBIE

### STEAM INSPIRED SAMPLER

Get steam inspired! Steamworks Brewing Company is brewing up a storm with a steam-inspired beer and food tasting. Join chef Cory Chapman of Rogue Kitchen & Wetbar and Head Brewer Caolan Vaughan for a pairing event featuring their award winning Pilsner and Pale Ale as well special releases Saison and Frambozen.  
FRIDAY, JUNE 7 | 4:00 – 7:00 P.M. | 39<sup>TH</sup> & CAMBIE



### ALFRESCO ITALIAN LUNCH – COOKING DEMONSTRATION

Escape to Italy with chef Lawren Moneta's delicious menu featuring seared tuna salad, shrimp and orzo salad, rustic pizzas and strawberry balsamic sorbet. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.  
WEDNESDAY, JUNE 12 | 6:00 – 8:00 P.M.

### PERFECT PAIRINGS FOR FATHER'S DAY!

Father's Day is fast approaching and nothing says "I love you" like a nice bottle of wine! Join our 39<sup>th</sup> & Cambie Product Consultants to sample a variety of wine with delicious food pairings. Purchase any one of the wines and receive a free gift wrapping!  
THURSDAY, JUNE 13 | 4:00 – 6:30 P.M.

### FLAVOURS OF ITALY

Discover the flavours of Italy! Sample and enjoy a selection of the newest listings and best-selling Italian wines paired with authentic Italian delicacies.  
FRIDAY, JUNE 14 | 3:00 – 5:00 P.M.

### MILLER HARLEY GARAGE OVERHAUL

Enjoy MGD, an extraordinary smooth beer with a striking and distinctive illuminating aura that is just perfect for any season. Try this beer together with the ultimate inspired "man cave" snacks prepared by the Pacific Institute of Culinary Arts.  
SATURDAY, JUNE 15 | 1:00 – 5:00 P.M.

### SUMMER SIPPING WITH MONKEY BAY

Monkey Bay wines are just like New Zealand itself - clean, fresh and approachable. Join us to experience New Zealand in a glass and receive a free gift with the purchase of two Monkey Bay wines. (While supplies last)  
SATURDAY, JUNE 15 | 2:00 - 6:00 P.M. | FORT STREET & PARK ROYAL



### SCALLOPS: SO SHELLFISH – COOKING DEMONSTRATION

Scallops might be called the sea's fast food. They are ready in minutes, require little preparation and can be served in so many different ways, all of them delicious! Join chef Celine Turenne as she introduces you to three fabulous recipes all paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Service desk. Seating is limited.  
WEDNESDAY, JUNE 19 | 6:00 - 8:00 P.M.

### SUMMER IN A GLASS

Discover a selection of white, rosé and red wines that are perfect for summer. Enjoy the wines with French cuisine provided by Le Gavroche Restaurant.  
FRIDAY, JUNE 21 | 2:00 - 6:00 P.M.

### BACARDI RUMS

Come and sample Bacardi Superior & Oakheart rum along with warm and savoury appetizers. Guests will have the opportunity to learn what makes Bacardi Superior the most awarded spirit.  
FRIDAY, JUNE 28 | 2:00 - 5:00 P.M.

### MOLSON CANADIAN CELEBRATES CANADA DAY AT LANGLEY SIGNATURE BC LIQUOR STORE!

I AM Canadian! Celebrate Canada Day loud and proud with Molson Canadian. Shoppers will be greeted by a team in red and white and delighted with appetizers that pair perfectly with the refreshing taste of Molson Canadian. Receive a complimentary cowboy boot mug as a gift with purchase!  
FRIDAY, JUNE 28 | 2:00 - 6:00 P.M. | LANGLEY

### CORONA EXTRA UNCHARTED TERRITORY

Experience some of the most uncharted destinations on earth. Discover the lands of Madagascar, Chile and Vietnam by sampling the scenes, sounds and flavours of these regions.  
FRIDAY, JUNE 28 | 3:00 - 7:00 P.M. | ALBERNI & BUTE

### WINE AUSTRALIA

Australian wines and summer go hand in hand so don't miss your chance to find a new barbecue or patio wine!  
SATURDAY, JUNE 29 | 2:00 - 5:00 P.M.  
SUNDAY, JUNE 30 | 2:00 - 5:00 P.M.

## JULY

### CORONA EXTRA UNCHARTED TERRITORY

Experience some of the most uncharted destinations on earth. Discover the lands of Madagascar, Chile and Vietnam by sampling the scenes, sounds, and flavours of these regions.  
FRIDAY, JULY 5 | 3:00 - 7:00 P.M. | COLLINGWOOD  
SATURDAY, JULY 6 | 2:00 - 6:00 P.M. | LANGLEY  
FRIDAY, JULY 12 | 3:00 - 7:00 P.M. | FLEETWOOD  
FRIDAY, JULY 12 | 3:00 - 7:00 P.M. | WESTVIEW  
SATURDAY, JULY 13 | 2:00 - 6:00 P.M. | WESTWOOD  
FRIDAY, JULY 19 | 3:00 - 7:00 P.M. | PENINSULA VILLAGE  
FRIDAY, JULY 19 | 3:00 - 7:00 P.M. | NORDEL CROSSING  
THURSDAY, JULY 25 | 3:00 - 7:00 P.M. | 39<sup>TH</sup> & CAMBIE

### WINES FOR THE GRILL

Complement your grilled meats and vegetables with a selection of juicy and bold wines chosen by our 39<sup>th</sup> & Cambie Product Consultants. Enjoy samples of the wine paired with delicious grilled appetizers.  
THURSDAY, JULY 4 | 4:00 - 6:30 P.M.

### BOMBAY SAPPHIRE

Come and sample Bombay Sapphire with complimentary appetizers. Discover what makes Bombay Sapphire the #1 premium gin in BC!  
FRIDAY, JULY 5 | 2:00 - 5:00 P.M.



### WINE AUSTRALIA

Australian wines and summer go hand in hand so don't miss your chance to find a new barbecue or patio wine!  
SATURDAY, JULY 6 | 2:00 - 5:00 P.M. | 39<sup>TH</sup> & CAMBIE  
FRIDAY, JULY 12 | 4:00 - 7:00 P.M. | ALBERNI & BUTE  
SUNDAY, JULY 14 | 2:00 - 5:00 P.M. | 39<sup>TH</sup> & CAMBIE  
FRIDAY, JULY 19 | 4:00 - 7:00 P.M. | ALBERNI & BUTE  
SATURDAY, JULY 20 | 12:00 - 5:00 P.M. | 39<sup>TH</sup> & CAMBIE  
SUNDAY, JULY 21 | 12:00 - 5:00 P.M. | 39<sup>TH</sup> & CAMBIE  
FRIDAY, JULY 26 | 4:00 - 7:00 P.M. | ALBERNI & BUTE



### SUMMER IN FOUR COURSES COOKING DEMONSTRATION

Capture the essence of summer in four creative dishes! Join chef Nathan Fong as he teaches you how to create the ultimate summer menu. Each dish will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Service desk. Seating is limited.  
TUESDAY, JULY 9 | 6:00 - 8:00 P.M.

### JACK DANIEL'S BARBECUE EVENT

Jack Daniel's Brand Ambassadors will serve warm barbecue-style appetizers to pair with samplings of Jack Daniel's family of whiskeys. Enjoy these delicious samples as you listen to a live harmonica player.  
FRIDAY, JULY 12 | 4:00 - 7:00 P.M.

### ZIN-TASTIC! ZIN + RIBS = A LIP SMACKING COMBINATION!

Come and sample three fantastic Zinfandels from Twisted, Gnarly Head & Brazil paired with savoury barbecue meats.  
SATURDAY, JULY 13 | 3:00 - 6:00 P.M.

### AUSSIE BARBIE – COOKING DEMONSTRATION

Join chef Lauren Moneta as she teaches you how to create the ultimate Aussie-style barbecue! Enjoy creative barbecue dishes paired with the best of Australian wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.  
WEDNESDAY, JULY 17 | 6:00 - 8:00 P.M.

### “KEEP COOL!”– ENJOY CHILLED PINOT NOIR WITH CONO SUR VINEYARDS

This summer keep cool and enjoy chilled Pinot Noir! Serving a Cono Sur Pinot Noir chilled creates a lighter, fresher, fruitier flavour allowing the wine to be the perfect accompaniment for barbecues with friends.  
THURSDAY, JULY 18 | 3:00 - 6:00 P.M.

### THE SPIRIT OF SUMMER

Get in the spirit of summer! Join us in a complimentary tasting of our newly released summer spirits. Sample the unique and limited products with light and refreshing appetizers.  
FRIDAY, JULY 19 | 4:00 - 7:00 P.M.

# VERY SPECIAL EVENTS



## WONDERFUL WATERMELONS COOKING DEMONSTRATION

Reinvent the watermelon with chef Céline Turenne as she introduces you to new and exciting recipes that will freshen up your summer dishes! Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Customer Service desk.  
WEDNESDAY, JULY 24 | 6:00 – 8:00 P.M.

## COORS LIGHT MOUNTAIN SURVIVAL

Can you survive the mountain? Coors Light wants to put you to the test. Sample some delicious beer and food pairings and learn more about the Coors Light Mountain Survival program, where you could win a grand prize trip for you and two friends to the 2013 Spartan Race at Sun Peaks Resort. The only question you will need to ask yourself is, are you going to make it here first?  
FRIDAY, JULY 26 | 4:00 – 8:00 P.M.

## CARIBBEAN REMIXED

Enjoy samples of Malibu coconut cocktails with mouth-watering appetizers. Each guest will receive a free Malibu lip balm.  
SATURDAY, JULY 27 | 2:00 – 5:00 P.M.

## AUGUST

### INDULGE IN BC VQA WINES

Join our 39<sup>th</sup> & Cambie Product Consultants for a tasting of BC VQA's top wines for summer. Enjoy samples of their favourites as you nibble on savoury small bites.  
THURSDAY, AUGUST 1 | 4:00 – 6:30 P.M.

### ROCK OUT WITH MOLSON CANADIAN LIVE

Summer's here so turn the music up! Join us as we celebrate the long weekend with Molson Canadian LIVE. Enjoy delicious appies that pair perfectly with the refreshing taste of Molson Canadian and enter to win an iPod® tower speaker. If that's not already music to your ears, shoppers will receive a complimentary pair of sunglasses as a gift with purchase!  
THURSDAY, AUGUST 1 | 3:00 – 7:00 P.M. | WESTWOOD  
FRIDAY, AUGUST 2 | 2:00 – 6:00 P.M. | LANGLEY  
FRIDAY, AUGUST 23 | 2:00 – 6:00 P.M. | 39<sup>TH</sup> & CAMBIE



### MODERN SOUTH AFRICA

Modern South Africa – their wines are magical, natural and exceptional. Come by and give South Africa a try.  
FRIDAY, AUGUST 2 | 2:30 – 6:30 P.M.

### HEINEKEN MUSIC – ZOUKOUT

Music, Heineken and food, do you need anything more? Join us to experience all of the above and to learn about how you could win a trip for 2, to the 3 Day ZoukOut Dance Music Festival in Singapore. The only thing you need to remember is your dancing shoes!  
SATURDAY, AUGUST 3 | 3:00 – 7:00 P.M.

### GOLDEN CUISINE OF CALIFORNIA COOKING DEMONSTRATION

Discover the golden cuisine of California! Join chef Nathan Fong as he focuses on the importance of “farm to table” with four dishes utilizing seasonal Californian ingredients. Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Service desk. Seating is limited.  
TUESDAY, AUGUST 13 | 6:00 – 8:00 P.M.

### THE SECRET INGREDIENT: BEER COOKING DEMONSTRATION

The secret is out! Join chef Lawren Moneta for some outrageously delicious beer-infused recipes. Learn how to create beer-battered oyster tempura, beer marinated salmon steak with an orange tamarind sauce, cherry beer upside-down cake and more! Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Service desk. Seating is limited.  
WEDNESDAY, AUGUST 14 | 6:00 – 8:00 P.M.

### SWIRL WITH SANDHILL “THE ART OF SINGLE VINEYARD WINES”

This event is a great opportunity to taste highly coveted Sandhill Wines and learn about “Single Vineyard” designated wines. The evening will also engage your palate with delicious food from one of Sandhill's culinary partners.  
FRIDAY, AUGUST 16 | 4:00 – 6:30 P.M.

### ABSOLUT VODKA: EASY DRINKS

Enjoy samples of signature Absolut cocktails with delectable small bites as you learn about the easy drinks cocktail spinner and the bottle glorifier – free with each purchase of Absolut!  
SATURDAY, AUGUST 17 | 2:00 – 5:00 P.M.

### AVOCADO: THE MOST LUSCIOUS FRUIT COOKING DEMONSTRATION

Join chef Céline Turenne and discover how to revamp your favourite luscious fruit into four inspiring dishes! Each recipe will be paired with wine chosen by our 39<sup>th</sup> & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39<sup>th</sup> & Cambie Service desk. Seating is limited.  
WEDNESDAY, AUGUST 21 | 6:00 – 8:00 P.M.

### CARIBBEAN REMIXED

Enjoy samples of Malibu coconut cocktails with mouth-watering appetizers. Each guest will receive a free Malibu lip balm.  
FRIDAY, AUGUST 30 | 3:00 – 7:00 P.M.

*All events are free of charge and located at 39<sup>th</sup> & Cambie Signature BC Liquor Store except where noted. Details are accurate as of press time but are subject to change. For the most up-to-date information, please visit or contact 39<sup>th</sup> & Cambie Signature BC Liquor Store at 5555 Cambie Street, Vancouver (604-660-9463).*



## Summer in Three Courses from page 8



### SMOKED TROUT NAPOLEONS

Serves 6

1 lb	(500 g)	package frozen puff pastry sheets, thawed
1 tbsp	(15 ml)	olive oil
1 tbsp	(15 ml)	butter
2		shallots, finely chopped
½ lb	(250 g)	mushrooms, sliced
1		medium fennel bulb, thinly sliced, reserving fronds
½ cup	(125 ml)	whipping cream
1 cup	(250 ml)	Gruyère, grated
½ lb	(250 g)	smoked trout fillets, skinned, deboned, broken into small pieces
		salt and freshly ground pepper, to taste
		crème fraîche and chives, for garnish

Preheat oven to 400 F (200 C). Lightly flour surface and carefully place thawed pastry sheet onto surface. Cut into twelve 5 x 3-in (12 x 8 cm) rectangles and transfer onto a parchment paper-lined baking sheet. Pierce dough with a fork and cover pastry with another sheet of parchment paper. Place a similar sized baking sheet over parchment. Bake in oven for 16 to 18 minutes. Remove

top baking sheet and parchment and bake for another 5 minutes, or until pastry is golden brown. Remove from oven and allow to cool. Heat a medium saucepan over medium-high heat. Add the olive oil, butter and shallots. Sauté until shallots are translucent, then add mushrooms. Sauté until mixture starts to brown, then add sliced fennel. Slowly cook until fennel softens and starts to caramelize, stirring occasionally, about 10 to 15 minutes. Add whipping cream, cooking until most moisture has evaporated, stirring occasionally until it becomes thick and creamy. Season with salt and pepper. Remove from heat and allow to cool. Set aside. Reduce oven heat to 350 F (180 C). To assemble, take one pastry rectangle and carefully spread about 2 tbsp (30 ml) of caramelized fennel mixture over surface. Add about 1 oz (30 g) of smoked trout on top of fennel, then sprinkle a heaping tablespoon of grated Gruyère on top. Place onto a parchment paper-lined baking sheet. Repeat with 5 other pastry rectangles. Heat in oven for about 5 minutes, or until cheese is melted. Remove from oven and top with a pastry rectangle. Garnish with crème fraîche and reserved fennel fronds.

**PAIRS WITH**  
**PFAFFENHEIM PINOT GRIS**  
 France \$18.99 616144

**THE PEOPLE'S PINOT NOIR**  
 New Zealand \$17.99 744318

# recipe index

#### SUMMER IN THREE COURSES

Smoked Trout Napoleons	127
Grilled Cumin and Chili Skirt Steak with Summer Salad	128
Old-Fashioned Berry Pudding	129

#### JUST PEACHY!

Peach and Amaretti Cheesecakes	130
Cointreau-Marinated Sautéed Peaches with Caramel Sauce	131
Peach Trifle	131

#### ALFRESCO ITALIAN LUNCH

Rustic Grilled Pizzas	132
Strawberry Balsamic Sorbet	133
Summer Shrimp and Orzo	133
Seared Tuna Salad	134

#### LIGHT SUMMER MAINS

Spaghettini with Grilled Albacore Tuna	135
Toasted Panzanella Salad with Sliced Lamb	136
Zucchini and Asparagus Ribbons with Seafood	137
Summer Torta	138

#### WET, WILD, WONDERFUL WATERMELON

Watermelon Cups with Cucumber Feta Salad	139
Watermelon and Tequila Gelées	139
Layered Watermelon Salad	140
Watermelon Salad with Grilled Chicken	141

#### BEER, THE SECRET INGREDIENT

Beer-Battered Oyster Tempura with Tomato Chili Sauce	142
Cherry Beer Upside-Down Cake	143
Beer-Marinated Salmon Steak with Orange Tamarind Sauce	144

#### L'ABATTOIR

Steak Tartare on Grilled Bread	144
Salt-Baked Whole Steelhead	144
Champagne Sabayon with Homemade Granola and Preserved Berries	145

#### LEAVE THE HEAT OUTSIDE

Sangria Granita with Chilled Spiked Fruit	146
Salmon Ceviche	147
Cool Cantaloupe Soup with Crab Salad Garnish	148

#### DESSERTS FROM THE GRILL

Planked Brie with Strawberries and Sauternes	149
Grilled Mango Blossoms with Kiwi Purée	150
Grilled Lemon Pound Cake with Mixed Berries	151

#### SPICED SALADS OF INDIA

Spiced Mung Bean Sprout Salad	152
Poha Salad	153
Shredded Chicken and Mango Salad with Masala Dressing	154

#### PLUM PERFECT!

Bison with Crispy Rice Cakes and Shiso-Plum Compote	154
Caramelized Plum and Grilled Haloumi Salad	156
Plum Salsa with Glazed Sablefish	157

#### AVOCADO, THE LUSCIOUS FRUIT

Avocado Chocolate Mousse	157
Avocado and Shrimp Salad	158
Avocado Dessert Trio	159



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Summer in Three Courses from page 8 continued



## GRILLED CUMIN AND CHILI SKIRT STEAK WITH SUMMER SALAD

Serves 6

2 tsp	(10 ml)	cumin seeds
1 tbsp	(15 ml)	chili powder
2		garlic cloves, unpeeled
1		jalapeño pepper
1 tsp	(5 ml)	coarsely ground black pepper
2 tbsp	(30 ml)	thyme leaves, finely chopped
1 tsp	(5 ml)	sea salt
2 tbsp	(30 ml)	olive oil
1		large orange, zest only
3 lbs	(1.5 kg)	skirt or hanger steak

olive oil, for grilling  
Summer Salad (recipe follows)

In a small dry skillet, heat cumin seeds and chili powder over medium-low heat until fragrant and cumin seeds start to toast. Remove and set aside to cool. Heat a small dry skillet over medium-high heat and add the jalapeño and garlic cloves. Dry roast until the jalapeño and garlic skins start to blister and darken, making sure they blister all around. Remove and place into a plastic bag. Allow to sweat for 10 minutes, then remove as much jalapeño skin as possible. Peel the garlic. In a small blender or grinder, place cooled cumin seeds, chili powder, garlic, jalapeño pepper, black pepper, thyme, salt, olive oil and orange zest and process until combined and a coarse paste forms. Place steaks in a medium bowl and rub marinade all over. Cover and set aside at room temperature for 1 hour. Meanwhile, prepare the Summer Salad (recipe follows). Preheat a barbecue on high heat and rub grill with olive oil. Put steaks on grill and barbecue for 5 to 7 minutes depending on desired doneness, turning over halfway. Remove from barbecue and set aside in a warm place to rest, 5 minutes before slicing. Serve with the prepared salad.

### SUMMER SALAD

2	each, ripe nectarines, peaches and plums
4	ripe Roma tomatoes
1	basket, yellow cherry tomatoes, halved
1	ripe avocado, peeled, pitted and sliced into thin wedges

Summer in Three Courses from page 8 continued

- 1/4 lb (150 g) feta cheese
- 1/4 cup (50 ml) red onions, finely chopped
- 1/4 cup (50 ml) mint leaves, thinly sliced
- 1/4 cup (50 ml) sherry vinegar
- 1/4 cup (50 ml) extra-virgin olive oil
- 1 tsp (5 ml) honey
- 2 tsp (10 ml) sumac spice\*

Cut the stone fruit and Roma tomatoes into thin wedges then place together with the cherry tomatoes, avocado, feta cheese, red onion and mint. In a small bowl whisk together the vinegar, olive oil, honey and sumac. Pour dressing over the salad and toss lightly to combine. Serve with the grilled beef.

**PAIRS WITH**

**MARQUÉS DE RISCAL RIOJA RESERVA**  
Spain \$28.99 214817

**EVANS & TATE MARGARET RIVER METRICUP ROAD CHARDONNAY**  
Australia \$19.99 379149



**OLD-FASHIONED BERRY PUDDING**

**Serves 6**

- 3 lbs (1.5 kg) mixed fresh or frozen berries
- 1 cup (250 ml) berry sugar, or a little more if berries are tart
- 12 to 16 slices day-old white sandwich bread, crusts cut off
- Lemon Mascarpone Cream (make just before serving, recipe follows)

In a non-reactive, heavy saucepan, slowly bring berries and sugar to a boil, stirring to dissolve sugar and crush berries slightly. Taste and add more sugar, if required. It should not be too sweet. Once it boils, remove from heat to cool. Set aside. Line six 1-cup (250 ml) moulds (or alternatively, a 6-cup (1.5 L) mould) with plastic wrap, using enough so it hangs over sides. Line the bottoms and sides with bread slices, making sure there are no gaps. (Best to slightly overlap slices on sides.) Strain 1 cup (250 ml) of the juice from the berries through a fine

\* available in Middle Eastern markets and specialty food stores



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Just Peachy! from page 16

mesh sieve. Cover and refrigerate until ready to serve. Pour remaining berries and juice into the bread-lined bowls, then cover with a layer of bread slices, trimming if necessary to fit the top. Top each with a plate small enough to press down on bread. It should not rest on the edge of the bowl. Fold the hanging plastic wrap over the plate, then weigh the plate down with more plates the same size on top, or use a large tin. Refrigerate overnight. Remove weights from the puddings, bring the hanging plastic out to the sides and turn puddings out onto rimmed dessert dishes that will catch any juices. Drizzle reserved berry juice evenly over puddings and serve with prepared Lemon Mascarpone Cream.

#### LEMON MASCARPONE CREAM

¾ cup	(150 ml)	mascarpone cream
2 tsp	(10 ml)	lemon zest
2 tbsp	(30 ml)	fresh lemon juice
1 cup	(250 ml)	whipping cream
3 tbsp	(45 ml)	icing sugar
1 tsp	(5 ml)	pure vanilla extract

In a bowl, mix mascarpone, zest and lemon juice until well-blended. Beat whipping cream with icing sugar and vanilla extract until stiff, then fold gently into mascarpone mixture until well blended.

#### PAIRS WITH

##### ASTROLABE SAUVIGNON BLANC

New Zealand \$23.95 138503

##### CHERRY POINT COWICHAN BLACKBERRY DESSERT WINE

Canada \$20.00 149336 375 ml



#### PEACH AND AMARETTI CHEESECAKES

Makes 4 x 4-in (10 cm) cakes

#### CRUST

1 cup	(250 ml)	finely crushed amaretti cookies
3 tbsp	(45 ml)	melted butter
2 tbsp	(30 ml)	brown sugar
2 tbsp	(30 ml)	all-purpose flour

Preheat oven to 350 F (180 C). In a medium bowl, mix cookie crumbs, butter, brown sugar and flour. Divide equally among 4 x 4-in (10 cm) springform pans, pressing into bottoms. Wrap each springform with foil to avoid any liquid entering cheesecake. Place on a baking sheet and bake for 10 minutes. Remove from oven and let cool completely. Meanwhile, make Filling (recipe follows).

#### FILLING

½ lb	(250 g)	cream cheese, room temperature
½ lb	(250 g)	mascarpone cheese, room temperature
½ cup	(125 ml)	sugar
2		eggs
3		peaches, peeled, pitted and puréed

Lower oven temperature to 325 F (160 C). In a bowl, combine cream cheese, mascarpone and sugar and beat with hand mixer until creamy. Beat in eggs one at a time and mix until smooth. Add puréed peaches and stir to

## Just Peachy! from page 16 continued

combine. Divide evenly, spooning cream cheese filling on top of cooled crust. Place cheesecakes in a large, shallow container and add 1-in (2.5 cm) of hot water around cakes. Bake for 50 to 60 minutes, then turn off oven, leaving cheesecakes inside with door slightly ajar for 1 hour. Refrigerate for at least 2 hours or overnight before serving. Assemble Garnish as preferred.

### GARNISH

3 peaches, peeled and thinly sliced

To serve, run a knife along inside of springform pans to loosen, then remove cakes onto serving plates. Decorate with thin slices of peeled peaches, arranged in a flower pattern.

### PAIRS WITH

**BATASIOLO MOSCATO D'ASTI**

Italy **\$19.99** 288449

**SEGURA VIUDAS BRUT ROSÉ**

Spain **\$16.99** 5835



### COINTREAU-MARINATED SAUTÉED PEACHES WITH CARAMEL SAUCE

**Serves 4**

1 cup	(250 ml)	Caramel Sauce (make ahead, recipe follows)
3 oz	(90 ml)	Cointreau
2 tbsp	(30 ml)	brown sugar
1		peach, peeled and thickly sliced
4		peaches, peeled and halved
3 tbsp	(45 ml)	unsalted butter
1 cup	(250 ml)	whipped cream
		fresh raspberries and mint leaves, for garnish

In a bowl, combine Cointreau and brown sugar. Add peaches and let macerate for at least 1 hour, stirring occasionally. In a medium sauté pan, melt butter over medium-high heat. Remove peaches from marinade and add to pan. Sauté until golden on all sides. Divide peaches equally among bowls or dessert glasses, add Caramel Sauce, top with whipped cream and garnish with fresh raspberries and mint leaves.

### CARAMEL SAUCE

½ cup	(125 ml)	water
1 cup	(250 ml)	sugar
1 cup	(250 ml)	heavy cream
1 tbsp	(15 ml)	pure vanilla extract
1 pinch		salt

In a medium saucepan, combine water and sugar over medium-high heat. Bring mixture to a boil and heat for another 7 to 8 minutes without stirring (occasionally swirling if sugar crystals form), until syrup turns a deep amber colour. Remove from heat, carefully add ½ cup (125 ml) cream and whisk until smooth. Return to heat, add remaining ½ cup (125 ml) cream, vanilla and salt and keep whisking until smooth. Let cool to room temperature before serving.

### PAIRS WITH

**MOSELLAND PIESPORTER MICHELSBERG RIESLING KABINETT**

Germany **\$13.99** 288670

**BC LIQUORSTORES**

### CHÂTEAU STE. MICHELLE RIESLING

USA **\$16.99** 232512



### PEACH TRIFLE

**Serves 4**

2 cups	(500 ml)	Raspberry Coulis (make ahead, recipe follows)
12		Ladyfingers (make ahead, recipe follows)
2 cups	(500 ml)	Lemon Custard (make ahead, recipe follows)
2		peaches, peeled and sliced

Spoon ¼ cup (50 ml) Raspberry Coulis onto the middle of each dessert plate. Place 3 Ladyfingers (or as preferred) in a triangular pattern. Add ½ cup (125 ml) Lemon Custard and peach slices, then top with Raspberry Coulis.

### LADYFINGERS

**Makes 24**

3		large eggs, room temperature and separated
½ cup	(125 ml)	extra fine sugar
½ tsp	(2 ml)	pure vanilla extract
¾ cup	(150 ml)	all-purpose flour
		icing sugar

Preheat oven to 325 F (160 C). Whip egg whites until soft peaks form. Add sugar and whip until firm. Fold in vanilla extract, then egg yolks. Sift in flour over mixture, incorporating it as you go. Line 2 baking sheets with parchment paper or silicone mat. Fill piping bag fitted with ¼-in (1.5 cm) plain tip. Pipe 4-in (10 cm) by 1-in (2.5 cm) cookies, evenly spread out over 2 sheets and dust with icing sugar. Bake for 15 to 20 minutes until lightly golden. Remove from oven and move parchment paper/silicone mat to a cooling rack and cool completely. Store in an airtight container until ready to use.

### LEMON CURD

**Makes 2 cups (500 ml)**

3		large eggs
½ cup	(75 ml)	sugar
1		lemon, zest only, finely grated
½ cup	(125 ml)	fresh lemon juice, strained
6 tbsp	(90 ml)	unsalted butter, cut into small pieces
½ tsp	(2 ml)	pure vanilla extract

In a medium saucepan, whisk eggs, sugar and lemon zest until light in colour. Add lemon juice and butter and cook over medium heat, whisking constantly, until butter is melted. Keep whisking until mixture thickens, then simmer gently for a few seconds. Pour into a fine mesh strainer set over a bowl. Stir in vanilla. Cover with plastic wrap touching curd to avoid a skin forming. Refrigerate to thicken, about 1 hour.

### RASPBERRY COULIS

**Makes 2 Cups (500 ml)**

4 cups	(500 ml)	raspberry
4 tbsp	(30 ml)	sugar

In the jar of a blender, combine raspberries and sugar and process until all berries are puréed – coulis can be strained through a fine mesh strainer or seeds left in. Refrigerate until ready to use.

**PAIRS WITH**

**SULA DINDORI VIOGNIER**

India **\$18.49** 487561

**MARTINI PROSECCO FRIZZANTE**

Italy **\$14.99** 639310



**RUSTIC GRILLED PIZZAS**

**Makes 8**

- |         |          |  |
|---------|----------|--|
| 1½ cups | (375 ml) | warm water   |
| 1½ tsp  | (7 ml)   | honey  |
| 1 tbsp  | (15 ml)  | active dry yeast   |
| 1 tbsp  | (15 ml)  | extra-virgin olive oil, plus extra                         |
| ¾ cup   | (800 ml) | all-purpose flour, plus extra                              |
| 1½ tsp  | (7 ml)   | salt   |
| 8 oz    | (250 g)  | buffalo mozzarella, torn into pieces                       |
| 3 oz    | (90 g)   | prosciutto, cut into strips                                |
| 8 oz    | (250 g)  | asparagus, trimmed and cut into thin strips using a peeler |
| 2       |          | green onions, thinly sliced                                |

In a large bowl, stir together water, honey and yeast. Set aside for 5 minutes, allowing yeast to bloom. (If mixture does not become frothy like the head on a beer, the yeast may be inactive and you will need to repeat this step with a new pack of yeast.) With a wooden spoon, stir in oil, then stir in flour and salt. Turn out dough onto a lightly floured surface and knead until satiny and firm, about 5 minutes. Place dough in a clean, lightly oiled bowl and turn to coat. Cover bowl with plastic wrap or a clean kitchen towel and set aside in a warm corner of the kitchen to rise until almost doubled in size, about 1 hour. Punch down dough, cover bowl and let rise again, about 30 minutes. Set one side of a barbecue to medium-high and lightly oil grill. Turn dough out onto a lightly floured surface and divide into 6 equal pieces, about 4 oz (125 g) each. Cover dough with a towel and let rest for 20 minutes. Working with one piece of dough at a time, dust work surface with flour and roll or stretch dough out into a 10-in (24 cm) long oval. Brush one side lightly with olive oil. Place dough, oiled side down, onto grill directly over heat. Brush top of dough with oil, and cook until underside has browned and bubbles appear on top, about 1 to 2 minutes. Flip dough and cook until other side has lightly browned, about 1 minute. Move dough to cooler side of barbecue and top with some of the cheese, prosciutto and asparagus. Cover grill and cook pizza until toppings are warm and cheese is bubbling and melted, about 2 to 4 minutes. Remove pizza to a cutting board, drizzle with extra olive oil and garnish with a sprinkle of green onion before cutting into wedges. Repeat process with remaining dough.

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Alfresco Italian Lunch from page 24 continued



### STRAWBERRY BALSAMIC SORBET

Serves 6

3 lbs (1.5 kg) fresh strawberries, rinsed and hulled, divided  
¾ cup granulated sugar, divided  
+2 tsp (185 ml) vanilla bean paste or ¼ vanilla bean, split and seeds scraped out  
½ tsp (2 ml) fresh lemon juice  
2 tsp (10 ml) balsamic vinegar, plus extra to drizzle  
2 tsp (30 ml) salt  
1 pinch kirsch or Disaronno liqueur  
1 tbsp (15 ml) amaretti cookies, for garnish (optional)  
small basil leaves, for garnish (optional)

Slice 2 lbs (1 kg) strawberries and place in a large bowl. Stir in ¾ cup (175 ml) sugar and vanilla until well incorporated. Cover bowl with plastic wrap and set aside at room temperature for 1 hour, stirring occasionally. Place strawberries along with their liquid into a blender with lemon juice, balsamic vinegar and a pinch of salt. Blend until smooth and strain mixture through a sieve, discarding seeds. Refrigerate strawberry mixture until cold, about 2 hours or overnight. Freeze in an ice cream maker according to manufacturer's instructions. Sorbet can be made up to 3 days ahead and stored in an airtight container in the freezer until ready to use. Slice remaining 1 lb (500 g) of strawberries and, in a bowl, toss with remaining 2 tsp (10 ml) sugar and kirsch or Disaronno. Set aside to macerate, stirring occasionally, about 1 hour. When ready to serve, divide macerated strawberries among serving bowls. Top with a scoop or two of strawberry balsamic sorbet. Garnish with crushed amaretti cookies, a few basil leaves and an extra drizzle of balsamic, if desired.

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### SUMMER SHRIMP AND ORZO

Serves 6

2 cups (500 ml) green beans, trimmed and cut into 1-in (2.5 cm) pieces  
¼ cup (300 ml) orzo pasta, uncooked  
¾ cup (150 ml) packed fresh dill, plus extra for garnish

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## Alfresco Italian Lunch from page 24 continued

- ½ cup (125 ml) olive oil
- 2 tbsp (30 ml) white balsamic vinegar
- 3 tbsp (45 ml) fresh lemon juice
- salt and freshly ground pepper
- 2 cups (500 ml) grape tomatoes, halved
- 1½ cups (375 ml) English cucumber, seeded, quartered and sliced
- 2 cups (500 ml) fresh corn kernels, cooked
- 24 cooked shrimp, size 16/20, shelled and deveined

Bring a large pot of salted water to a boil over high heat. Add cut green beans to pot and boil until crisp-tender, about 3 minutes. Using a slotted spoon, transfer beans to a bowl of ice water to cool. Once cooled, drain and set aside. Add orzo to same boiling water used to cook beans and cook according to package directions. Drain and rinse. In a blender or food processor, blend dill, olive oil, vinegar and lemon juice until almost smooth, creating a dill pesto. In a large bowl, toss together beans, orzo, tomatoes, cucumber, corn and shrimp. Stir in prepared dill pesto and refrigerate, allowing flavours to meld for 30 minutes. To serve, transfer to serving bowl and garnish with extra dill, if desired.

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## SEARED TUNA SALAD

### Serves 4

- 1½ tbsp (21 ml) salt, plus extra
- ½ tsp (2 ml) freshly ground pepper, plus extra
- 1 tbsp (15 ml) dried oregano
- 1 tbsp (15 ml) lemon zest
- 2 x 8 oz (250 g) sashimi grade tuna loin
- 3 tbsp (45 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- ¼ cup (50 ml) extra-virgin olive oil
- 1 small fennel bulb, trimmed and cored
- 1 medium zucchini
- 1 cup (250 ml) white beans, cooked



Light Summer Mains from page 36

- ¼ cup (75 ml) black or green olives, pitted and sliced
- 1 cup (250 ml) arugula leaves, washed and well dried
- 1 cup (250 ml) baby spinach leaves, washed and well dried
- ½ cup (125 ml) frisée lettuce

On a large plate, stir together salt, pepper, oregano and lemon zest. Set aside. Pat tuna dry with paper towel. Working with one tuna loin at a time, roll in dried oregano mixture to coat thoroughly. Preheat a frying pan or cast iron skillet over medium-high heat. Place tuna in skillet and cook for 20 to 30 seconds on all sides. Remove from pan to a clean plate, then refrigerate for 10 minutes. Meanwhile, in a small bowl, whisk together lemon juice, mustard and olive oil. Season with salt and pepper to taste. Using an adjustable blade slicer or a sharp knife, slice fennel very thin. Slice zucchini into thin coins. Place fennel, zucchini and beans in a large bowl and drizzle with half the dressing. Toss and let stand for 5 minutes. Toss in olives, arugula, spinach and frisée. Season salad with salt and pepper to taste. To serve, arrange salad on a platter. Thinly slice tuna and place over salad. Drizzle with remaining dressing and serve.

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**SPAGHETTINI WITH GRILLED ALBACORE TUNA**

**Serves 4**

- 2 garlic cloves
- 6 anchovies
- 4 tbsp (60 ml) extra-virgin olive oil
- 3 large heirloom tomatoes, cut into wedges
- 2 tbsp (30 ml) basil, coarsely chopped
- 1 lb (500 g) fresh local albacore tuna fillet, 1-in (2.5 cm) thick
- salt and freshly ground black pepper
- 1 lb (500 g) spaghetti
- ½ lb (250 g) French green beans, trimmed
- 2 large handfuls arugula leaves, rinsed and dried
- pecorino cheese, grated, for garnish

In a large bowl, mash the garlic, a little salt and anchovies to a paste. Mix in 3 tbsp (45 ml) of the olive oil to combine, add tomatoes and basil and mix well. Brush tuna fillet with remaining olive oil and season with salt and pepper. Place on a hot grill and cook one minute each side for rare or until desired doneness. Remove from grill and allow to rest. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions. About 3 minutes before the pasta is ready, add green beans to pasta water. Drain both in a strainer, then add to tomato mixture along with arugula. Toss well to combine and wilt the arugula. Divide and place into heated serving bowls. Slice tuna and place on top of pasta. Garnish with pecorino.

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Light Summer Mains from page 36 continued

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**TOASTED PANZANELLA SALAD WITH SLICED LAMB**

**Serves 4**

- 2 garlic cloves, finely chopped
- ¼ cup extra-virgin olive oil, separated
- +2 tbsp (80 ml) loaf, day-old ciabatta bread, cut into 1-in (2.5 cm) cubes
- 1 salt and freshly ground black pepper.

- 5 large ripe tomatoes
- 2 tbsp (30 ml) red wine vinegar
- 4 boneless lamb leg steaks or 2 loins
- ½ cup (125 ml) basil leaves, torn
- ½ cup (125 ml) mint leaves, torn
- 6 anchovies, cut into julienne

Preheat oven to 400 F (200 C). In a large bowl, mix garlic and ¼ cup (50 ml) of the olive oil. Add the ciabatta and toss well to combine. Arrange on a parchment paper-lined baking sheet in a single layer and season with salt. Bake for 20 minutes or until golden, turning cubes over halfway through baking. Meanwhile, cut tomatoes in half and squeeze to remove seeds and juice. Strain juices through a sieve into a mixing bowl. Add the vinegar and 1 tbsp (15 ml) olive oil and set aside. Cut or tear the tomato flesh into smaller pieces and place in another bowl. Coat the lamb with the remaining olive oil and season. Heat a skillet over medium-high heat and add lamb. Sear 3 to 4 minutes each side, or cook until desired doneness. Remove and set aside to rest, 5 minutes. Arrange the toasted bread in a large salad bowl. Stir the tomato juice mixture, drizzle over and mix well to coat bread. Add tomato pieces, basil, mint and anchovies to bowl and toss to combine, then arrange sliced lamb on top.

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Light Summer Mains from page 36 continued



### ZUCCHINI AND ASPARAGUS RIBBONS WITH SEAFOOD

Serves 4

- |        |         |   |
|--------|---------|---|
| 1½ lbs | (750 g) | thick asparagus   |
| 2      |         | small, thin zucchini                                    |
| 2 tbsp | (30 ml) | olive oil   |
| 1 tbsp | (15 ml) | butter  |
| 1      |         | shallot, finely chopped                                 |
| 2      |         | garlic cloves, finely minced                            |
| ½ lb   | (250 g) | scallops, rinsed, dried and halved crosswise into coins |
| ½ lb   | (250 g) | medium prawns, peeled and deveined                      |
| ¼ cup  | (50 ml) | dry white wine  |
| 1      |         | orange, zest and juice only                             |
| 1 tbsp | (15 ml) | fresh thyme leaves, chopped                             |
|        |         | salt and freshly ground black pepper, to taste          |

Snap off woody bottoms of asparagus and discard. Cut off tips and set aside. Using a vegetable peeler, gently peel asparagus stalks and zucchini into long thin strips. Set aside. Heat a large skillet over medium-high heat. Add olive oil and butter. When hot, add shallots and garlic and cook until softened and translucent. Add scallops and prawns and cook until prawns start to turn pink. Add wine, orange zest, orange juice, vegetable ribbons and asparagus tips. Cover and cook until seafood is just cooked and ribbons are al dente. Add thyme leaves and season. Serve immediately.

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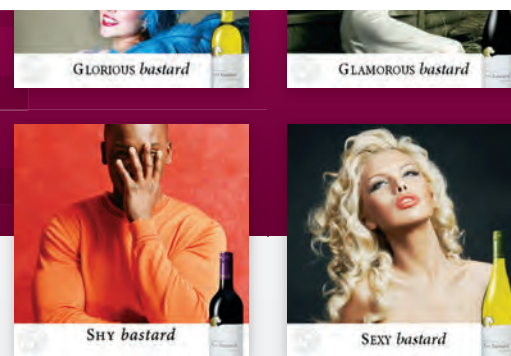
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Light Summer Mains from page 36 continued



### SUMMER TORTA

#### Serves 8

3 tbsp	(45 ml)	olive oil
½		onion, coarsely chopped
½ lb	(250 g)	mushrooms, sliced
1		yellow zucchini, cut into ¼-in (0.5 cm) slices
2		medium zucchini, cut into ¼-in (0.5 cm) slices
1		red pepper, cut into ¼-in (0.5 cm) juliennes
1		yellow pepper, cut into ¼-in (0.5 cm) juliennes
½ lb	(250 g)	mascarpone cheese, at room temperature
6		large eggs
½ cup	(125 ml)	half and half cream
2		garlic cloves, finely chopped
¼ cup	(50 ml)	flat leaf parsley, chopped
¼ cup	(50 ml)	fresh basil, chopped
		salt and freshly ground black pepper, to taste
2 cups	(500 ml)	shredded Swiss or Gruyère cheese
½ cup	(125 ml)	Parmesan or pecorino cheese, grated

Preheat oven to 350 F (180 C). Oil bottom and sides of a 9-in (23 cm) springform pan with some olive oil. Line bottom with parchment paper and brush with olive oil. Wrap outside of the pan with foil. In a large skillet, heat 2 tbsp (30 ml) olive oil over medium heat. Add onions and sauté until translucent. Add mushrooms and sauté until golden. Drain off any excess moisture and set aside. Add remaining 1 tbsp (15 ml) to the skillet. When hot, add zucchini and peppers and sauté just until tender, about 8 minutes. Set aside. When cool, in a large mixing bowl, mix together mushrooms, zucchini and peppers. In another mixing bowl, beat mascarpone cheese until smooth and beat in eggs until combined. Add cream, chopped herbs and season with salt and pepper. Fold in cheeses and mix well. Pour onto vegetables and fold in until well combined. Transfer mixture to prepared pan and spread evenly. Set the pan on a baking sheet and bake in the middle of oven for 1½ hours or until top is golden brown and puffed and centre does not jiggle in the middle when shaken. Remove from oven and allow to cool in the pan, about 15 minutes. Run a knife around the edges to loosen the torta from the pan. Remove springform. Serve warm or at room temperature with a side salad.

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Wet, Wild, Wonderful Watermelon from page 42



### WATERMELON CUPS WITH CUCUMBER FETA SALAD

Makes 16 small cups

½		English cucumber, cut into ¼-in (0.5 cm) cubes
1 tbsp	(15 ml)	dill, finely chopped
8 oz	(250 g)	feta cheese, cut into ¼-in (0.5 cm) cubes
1 tbsp	(15 ml)	extra-virgin olive oil
1 tbsp	(15 ml)	fresh lemon juice
½ tsp	(2 ml)	finishing salt, such as fleur de sel
1		small seedless watermelon

In a medium bowl, combine cucumber, dill, feta, olive oil, lemon juice and salt. Set aside for 30 minutes. Meanwhile, peel watermelon and cut into 1½-in (3.5 cm) thick slices. Then cut each slice into 1½-in (3.5 cm) cubes. Using a melon baller, scoop out the middle of each cube. Fill each cube with prepared salad and serve immediately.

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### WATERMELON AND TEQUILA GELÉES

Serves 8

12		gelatin sheets or 2 envelopes of gelatin powder
1		small seedless watermelon, peeled and cubed
6 tbsp	(90 ml)	granulated sugar, extra fine
4 tbsp	(60 ml)	white tequila
1 tbsp	(15 ml)	fresh lime juice
		smaller cubes of watermelon and fresh mint, for garnish

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Wet, Wild, Wonderful Watermelon  
from page 42 continued

Refrigerate 8 x ½ cup (125 ml) glasses or cups. Set aside 2 watermelon cubes to further dice for garnish, then, using a juicer or blender, blend remaining watermelon to yield 4 cups of watermelon juice – juice must be made just before use or it will separate. Strain through a fine mesh strainer. If using gelatin sheets: Place sheets in cold water and soak for 5 minutes. Squeeze out water and place sheets in small saucepan with 1 cup (250 ml) of watermelon juice. Cook over low heat until gelatin has melted (100 F / 38 C). If using gelatin powder: Pour 1 cup (250 ml) of watermelon juice into a small saucepan and sprinkle gelatin over. Let sit at least 10 minutes, then cook over low heat until gelatin dissolves (about 100 F / 38 C). In a large measuring cup, combine remaining juice, sugar, tequila and lime juice and add to gelatin mixture. Stir to combine and pour into 8 chilled glasses. Refrigerate for several hours until set. Garnish with diced watermelon cubes and mint leaves.

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**LAYERED WATERMELON SALAD**

**Serves 4**

2		small mangoes, peeled and cut into chunks
1		small seedless watermelon
½ lb	(250 g)	fresh mozzarella (fior de latte or burrata) or plain goat's cheese
1 tbsp	(15 ml)	balsamic vinegar, gold grade
1 tbsp	(15 ml)	basil, finely chopped, for garnish
1 pinch		finishing salt (fleur de sel) freshly ground black pepper, to taste

In a blender, process mango chunks until smooth. Pour into a small bowl and set aside. Peel watermelon and cut into ½-in (1 cm) slices. Using a 2-in (5 cm) cookie cutter, cut 12 watermelon rounds and set aside. Slice cheese into 12 thin (¼-in - 0.5 cm) slices and set aside. To serve, spoon mango coulis over bottom of each plate, layer 3 slices each of watermelon and cheese. Drizzle balsamic vinegar on both sides of plate, add basil and season, to taste.

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Wet, Wild, Wonderful Watermelon  
from page 42 continued



### WATERMELON SALAD WITH GRILLED CHICKEN

#### Serves 4

- 4 chicken breasts  
salt and freshly ground pepper  
Watermelon Salad (recipe follows)  
1/3 cup (75 ml) Blue Cheese Sauce (optional, recipe follows)

Preheat grill to 400 F (200 C). Season chicken on both sides with salt and pepper and set on grill. Close lid and grill for 5 minutes, then rotate breasts 45 degrees to create grill marks. Close lid and grill for an additional 5 minutes. Flip chicken, lower heat to 325 F (160 C) and cook for 10 minutes or until internal temperature has reached 145 F (60 C). Remove from grill, set on a plate and loosely cover with foil. Let stand for 10 minutes. Meanwhile, prepare Watermelon Salad, Vinaigrette and Blue Cheese Sauce, if using (recipes follow). To serve, cut prepared chicken breasts, fan on plate and drizzle with Blue Cheese Sauce, if using. Add salad to plate and serve immediately.

#### WATERMELON SALAD

- 1 small seedless watermelon, peeled and cubed  
3/4 cup (175 ml) green pistachios, shelled  
1/2 cup (125 ml) blue cheese, cut into small pieces  
1/2 red onion, finely chopped

In a large bowl, combine all ingredients. Set aside and make Vinaigrette.

#### VINAIGRETTE

- 4 tbsp (60 ml) fresh lime juice  
1 tbsp (15 ml) fresh lemon juice  
3/4 cup (175 ml) extra-virgin olive oil  
1 tsp (5 ml) honey  
salt and freshly ground pepper, to taste

In a small bowl, combine lime and lemon juices. Add oil in a stream while whisking. Whisk in honey. Taste and season with salt and pepper. Drizzle vinaigrette over salad and toss to coat. Make Blue Cheese Sauce, if using.

#### BLUE CHEESE SAUCE

- 1/3 cup (75 ml) blue cheese, coarsely chopped  
1 tbsp (15 ml) whipping cream

In a microwave-safe bowl, microwave cheese on high until melted, about 30 seconds to 1 minute. Add cream and whisk until creamy. Drizzle over chicken while still hot.

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Beer, the Secret Ingredient from page 50



### BEER-BATTERED OYSTER TEMPURA WITH TOMATO CHILI SAUCE

Serves 4

		Tomato Chili Sauce (make ahead, recipe follows)
		canola oil, for deep frying
½ cup	(125 ml)	pastry flour
¼ cup	(50 ml)	cornstarch
1 tsp	(5 ml)	baking powder
1 cup	(250 ml)	cold IPA beer
12		oysters, shucked
		salt, for seasoning

In a deep fryer, heat oil to 350 F (180 C). Alternatively, heat oil in a deep pot and take temperature readings using a deep-fry thermometer or a candy

thermometer. Line a baking sheet with paper towel. In a medium bowl, stir together flour, cornstarch and baking powder with a fork. Slowly pour in beer, whisking with fork. Don't worry about making mix completely smooth, a few remaining lumps are good. Working in batches, dip oysters in batter, letting excess drip off. Carefully lower oysters into hot oil and cook, stirring occasionally, until batter is light golden brown, about 2 minutes. Remove from oil with a slotted spoon and transfer to paper towel-lined sheet. Season lightly with salt. Repeat with remaining oysters. Serve oysters with Tomato Chili Sauce on the side for dipping.

#### TOMATO CHILI SAUCE

¾ lb	(340 g)	ripe tomatoes, cored and cut in half
¼ tsp	(1 ml)	red chili flakes, or more as preferred
2		garlic cloves, minced
2 tsp	(10 ml)	ginger, grated
½ cup	(75 ml)	granulated sugar
½ tsp	(2 ml)	salt
1 tbsp	(15 ml)	red wine vinegar

In a food processor, pulse tomatoes until coarsely chopped. In a medium saucepan, bring tomatoes, chili flakes, garlic, ginger, sugar, salt and red wine vinegar to a boil over medium heat, stirring often. Reduce heat to low and simmer, stirring occasionally, until mixture has thickened (about 15 to 20 minutes). Cool and transfer to an airtight container. Sauce can be refrigerated for up to one week.



Beer, the Secret Ingredient from page 50 continued

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**CHERRY BEER UPSIDE-DOWN CAKE**

**Serves 8**

¼ cup	(50 ml)	unsalted butter, divided, plus extra for pan
½ cup	(75 ml)	light brown sugar
2 cups	(500 ml)	fresh cherries, pitted, halved
1 cup	(250 ml)	pastry flour
¼ tsp	(1 ml)	salt
1 tsp	(5 ml)	baking powder
½ cup	(125 ml)	porter or fruit beer
2		large eggs

1 cup	(250 ml)	granulated sugar
¼		vanilla bean, split and seeds scraped out
		chocolate curls or shards, for garnish

Preheat oven to 350 F (180 C). Butter and flour an 8-in (20 cm) round cake pan or a large brioche pan. In a small saucepan, whisk together 3 tbsp (45 ml) butter and brown sugar over medium heat. Once smooth, about 2 minutes, spread mixture over bottom of prepared pan. Arrange cherries in a single layer over caramel. Set aside. In a medium bowl, whisk together flour, salt and baking powder. In a saucepan, bring beer to a simmer over medium heat. Remove from heat and stir in remaining 1 tbsp (15 ml) butter. Let cool to room temperature. Meanwhile, in bowl of an electric mixer fitted with whisk attachment, combine eggs with granulated sugar on medium speed until thick and pale. Whisk in vanilla seeds. Using a spatula, fold flour mixture into egg mixture. Add cooled beer and stir to combine. Pour batter over cherries and spread evenly with spatula. Bake cake until golden brown and wooden skewer inserted in the centre of cake comes out clean, about 50 to 55 minutes. Allow cake to cool on a wire rack for 20 minutes before running a knife around the edge and inverting onto serving plate. Set aside and let cool to room temperature. Garnish cake with chocolate curls. To serve, cut cake and divide among serving plates. Top with a dollop of whipped cream, if desired.

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### BEER-MARINATED SALMON STEAK WITH ORANGE TAMARIND SAUCE

**Serves 4**

4 x 7 oz	(220 g)	salmon steaks, about 1-in (2.5 cm) thick
1 cup	(250 ml)	pilsner beer
1 tsp	(5 ml)	Dijon mustard
2 tbsp	(30 ml)	honey
1 tbsp	(15 ml)	shallots, finely diced
½ cup	(125 ml)	olive oil
		salt and freshly ground black pepper
		Orange Tamarind Sauce (recipe follows)

Prepare salmon steaks by removing and discarding any pin bones with tweezers and trimming away the back bone with a sharp paring knife. Trim one of the stomach flaps so that it is missing about 2-in (5 cm) of skin. Roll the skinless section up into the hollow of the cavity and wrap the other side around the outside to create a salmon round. Secure salmon by tying with kitchen twine. Do not tie too tightly, or fish will not cook evenly. Refrigerate until ready to use. Salmon can be prepared, covered and refrigerated up to one day ahead. In a saucepan, bring beer, mustard and honey to a simmer over medium heat. Pour into a bowl and whisk in shallots. While whisking constantly, slowly add olive oil, as if making a vinaigrette. Let marinade cool to room temperature. In a shallow dish, arrange salmon in a single layer and pour marinade over top. Cover and refrigerate for 30 minutes. Flip salmon pieces over and refrigerate another 30 minutes. Meanwhile, make Orange Tamarind Sauce (recipe follows). Preheat grill to medium-high heat. Remove salmon from marinade and let sit at room temperature for 15 minutes. Discard marinade. Season salmon with salt and pepper before grilling to medium rare, about 3 minutes per side, or until desired doneness. Remove to a platter. When ready to serve, reheat Orange Tamarind Sauce over medium heat. Once warm, remove from heat and whisk in remaining 2 tbsp (30 ml) butter from sauce recipe. Season to taste with salt and pepper. To serve, place a piece of salmon on each plate along with your favourite seasonal vegetables. Drizzle some sauce over salmon and serve remaining sauce on the side for diners to help themselves.

#### ORANGE TAMARIND SAUCE

2½ cups	(625 ml)	vegetable stock
4 tbsp	(60 ml)	unsalted butter, divided
1 cup	(250 ml)	fresh orange juice
2 tbsp	(30 ml)	tamarind concentrate
¼ cup	(50 ml)	orange marmalade
2 tsp	(10 ml)	ginger, grated

In a saucepan, combine stock, 2 tbsp (30 ml) butter (reserve remaining butter to add just before serving), juice, tamarind concentrate, orange marmalade and ginger. Bring to a boil over medium-high heat and cook, stirring occasionally, until reduced to 1 cup (250 ml) and sauce coats back of spoon, about 25 minutes. Reserve until ready to serve with salmon.\*

\* If making sauce on its own: remove from heat and whisk in remaining 2 tbsp (30 ml) butter. Season to taste with salt and pepper.

#### PAIRS WITH

**CLEAN SLATE RIESLING**

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**KRONENBOURG 1664 BLANC**

France **\$13.99** 157495 6 x 330 ml



### STEAK TARTARE ON GRILLED BREAD

**Serves 6**

1		beef tenderloin
1		loaf sourdough bread
3 tbsp	(45 ml)	extra-virgin olive oil
2		shallots, peeled and finely minced
1		garlic clove, peeled and ground into a paste
3 tbsp	(45 ml)	grainy Dijon mustard
2 tbsp	(30 ml)	ketchup
1		lemon, zest only
1		small Thai chili, finely minced
1 tbsp	(15 ml)	capers, roughly chopped
2 tbsp	(30 ml)	cornichons, roughly chopped
¼ cup	(50 ml)	Italian parsley, roughly chopped
		salt and freshly ground pepper, to taste
		bunch watercress, washed, for garnish
		Parmesan cheese, freshly grated, for garnish

Preheat barbecue or grill pan. Cut bread into 1-in (2.5 cm) thick slices, brush with olive oil and set aside. Chop beef into very small pieces or coarsely grind. In a large mixing bowl, thoroughly combine beef with remaining ingredients, except for garnishes, and season to taste with salt and pepper. Grill bread on prepared barbecue or grill pan until nicely toasted on both sides. To serve, arrange tartare on toast and top with watercress and freshly grated Parmesan.

#### PAIRS WITH

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**COLUMBIA CREST GRAND ESTATES MERLOT**

USA **\$17.99** 263418



### SALT-BAKED WHOLE STEELHEAD

**Serves 6**

1 x 3 lb	(1.5 kg)	whole steelhead, gutted and scaled fins removed
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L'Abattoir from page 62 continued

		extra-virgin olive oil
2		egg whites
¼ cup	(50 ml)	water
6 cups		sea salt
1		lemon, sliced
1		bunch dill
1		head fennel, thinly sliced
1		onion, thinly sliced
1 tsp	(5 ml)	pepper, coarsely ground
		lemon wedges, for garnish

Preheat oven to 450 F (230 C). Line a baking sheet, large enough to hold fish, with parchment paper. In a large mixing bowl, whisk eggs, water and salt until well combined. Rub fish with olive oil. Season or stuff cavity with lemons, dill, fennel, onions and pepper. Spread a layer of salt mix on the baking sheet and place stuffed fish on the salt. Coat fish with remaining salt mix, ensuring entire fish is completely covered and sealed. Bake in oven for 25 minutes, then remove and allow to rest 10 minutes before serving. To serve, break open crust and gently remove fillets from fish. Serve with lemon wedges and a drizzle of good olive oil.

#### PAIRS WITH

RODNEY STRONG CHARDONNAY  
USA \$22.99 226936

ROSEMOUNT TRAMINER RIESLING  
Australia \$13.99 244301



#### CHAMPAGNE SABAYON WITH HOMEMADE GRANOLA AND PRESERVED BERRIES\*

Serves 6

#### BERRIES PRESERVED IN RUM

2 lbs	(1 kg)	mixed berries
2 lbs	(1 kg)	sugar
1		bottle of dark rum, to cover

In a large, sealable container, combine berries and sugar and pour in rum just to cover. Keep container sealed. Leave at room temperature for 1 month stirring each day. After 1 month it will be ready and will keep indefinitely.

#### HOMEMADE GRANOLA

1 cup	(200 g)	rolled oats
½ cup	(100 g)	brown sugar
½ cup	(75 g)	flour
¼ cup	(65 g)	soft butter
1 tsp	(5 g)	salt
2 tsp	(10 ml)	canola oil
6 tbsp	(90 ml)	honey

Preheat oven to 350 F (180 C). In an ovenproof pan, place oats, flour, brown sugar and butter and rub together to mix. In a small saucepan, heat honey and

\* Note: for preserved berries allow 1 month to prepare.

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Leave the Heat Outside from page 82

oil over low heat, to loosen, then pour over dry mix. Mix well to break up any big chunks. Bake in oven 15 to 20 mins, stirring occasionally to ensure even browning. Once cooked, cool and break up any large pieces.

**SABAYON**

- 1 cup (250 ml) champagne or sparkling wine
- ½ cup (100 g) sugar
- 3 egg yolks
- 2 whole eggs

In a stainless steel bowl, combine all ingredients and mix well. Over a simmering pot of water, whisk egg mixture until light and fluffy, about 5 to 7 minutes. To assemble, spoon preserved berries and some of the juice into 6 serving glasses. Sprinkle granola on top of berries and spoon Sabayon over granola.

**PAIRS WITH**

SEGURA VIUDAS HEREDAD BRUT RESERVE  
Spain \$33.99 94912

GEHRINGER BROTHERS RIESLING ICEWINE  
Canada \$49.99 504860 375 ml



**SANGRIA GRANITA WITH CHILLED SPIKED FRUIT\***

**Serves 6**

- 1 (750 ml) bottle fruity red wine (such as Beaujolais)
- ¼ cup
- +½ cup (175 ml) Cointreau, divided
- ¼ cup (50 ml) water
- ½ cup
- +2 tbsp (155 ml) granulated sugar, divided
- 1 cinnamon stick
- 1 star anise, whole
- 3 cloves, whole
- ¼ cup (50 ml) orange juice

\* Start preparation one day ahead to allow for overnight freezing

Leave the Heat Outside from page 82 continued

- ¼ cup (50 ml) fresh lemon juice  
2 peaches, nectarines or plums, pitted and sliced  
1 cup (250 ml) fresh mango or pineapple, peeled and cut into chunks  
1 cup (250 ml) honeydew melon, peeled, seeded and scooped into balls  
1½ cups (375 ml) strawberries, hulled and cut into halves or quarters  
lemon verbena or mint leaves, for garnish

In a large saucepan, stir together wine, ¼ cup (50 ml) Cointreau, water, ½ cup (125 ml) sugar, cinnamon, star anise, cloves, orange and lemon juice. Bring to a simmer over medium heat, stirring occasionally, until sugar has dissolved. Remove from heat and let sit, covered, for 10 minutes. Strain into a shallow 8-in (20 cm) square baking pan and freeze mixture overnight. Using a fork, scrape granita vigorously to form icy flakes. Place in freezer until ready to use. In a bowl, stir together remaining ½ cup (125 ml) Cointreau, 2 tbsp (30 ml) sugar, peaches, mango, melon and strawberries until well combined. Place in freezer for at least 1 hour, allowing fruit to absorb liquid and chill. To serve, divide chilled fruit among serving bowls. Scrape granita again into large flakes with a fork and scoop on top of fruit. Garnish with lemon verbena or mint leaves, if desired, and serve immediately.

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**TOSCHI FRAGOLI STRAWBERRY**

Italy **\$25.99** 663641



**SALMON CEVICHE**

**Serves 4**

- 1 lb (500 g) wild salmon, skinned and pin bones removed  
1 tsp (5 ml) lime zest  
½ cup (75 ml) fresh lime juice  
½ cup (75 ml) fresh lemon juice  
½ cup (75 ml) fresh orange juice  
3 tbsp (45 ml) extra-virgin olive oil  
½ red onion, diced  
1 tomato, diced  
¼ cup (50 ml) fresh corn kernels  
1 avocado, diced  
¼ cup (50 ml) cilantro, chopped  
1 jalapeño, seeded and finely diced  
1 tsp (5 ml) honey



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- 1 SHOT OF BRANDY
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- 1 LEMON, IN WEDGES
- 1 TABLESPOON OF SUGAR

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Leave the Heat Outside from page 82 continued

¼ tsp (1 ml) cumin powder  
salt and freshly ground pepper, to taste  
plantain chips or corn chips, for garnish

In a large, non-reactive bowl, stir together salmon with lime zest and citrus juices. Cover and let marinate in refrigerator for at least 3 hours. Salmon will have the look and texture of cooked fish. Drain and discard liquid. In a bowl, gently stir together marinated fish, oil, red onion, tomato, corn, avocado, cilantro, jalapeño, honey and cumin until well combined. Season with salt and pepper. To serve, divide among serving plates or glass bowls and serve with plantain or corn chips.

**PAIRS WITH**

CHÂTEAU STE. MICHELLE CHARDONNAY  
USA \$21.99 232439

VERAMONTE RESERVA SAUVIGNON BLANC  
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**COOL CANTALOUPE SOUP  
WITH CRAB SALAD GARNISH**

**Serves 4**

1		large cantaloupe, halved, seeded, peeled and cut into chunks
¼ cup	(50 ml)	plain yogurt
		salt, to taste
6 oz	(180 g)	cooked crab leg meat, picked over for shells
½		shallot, finely diced
½		Granny Smith apple, peeled and finely diced
¼		English cucumber, seeded and finely diced
1 tbsp	(15 ml)	chives, chopped
1 tbsp	(15 ml)	whole-grain mustard

## Desserts from the Grill from page 90

1 tbsp (15 ml) mayonnaise  
 ½ lime, juice only  
 freshly ground pepper, to taste  
 micro greens, for garnish

In the bowl of a blender add cantaloupe chunks along with yogurt and a pinch of salt. Blend until very smooth. If too thick, thin with cold water. Transfer to bowl or pitcher and chill while preparing crab garnish. In a medium bowl, chunk crabmeat. Stir in diced shallot, apple, cucumber and chives. Stir in mustard and just enough mayonnaise to bind mixture together. Season to taste with lime juice, salt and pepper. When ready to serve, place a large dollop of crab mixture in centre of chilled soup bowls (use plastic wrap to mould meat into a neat mound). Pour melon soup around crab and garnish with micro greens, if desired.

### PAIRS WITH

**STONELEIGH PINOT GRIGIO**

New Zealand **\$16.99** 502054

**CASTAÑO HÉCULA YECLA MONASTRELL**

Spain **\$15.97** 583690



### PLANKED BRIE WITH STRAWBERRIES AND SAUTERNES

#### Serves 4

½ cup (125 ml) Sauternes Syrup (make ahead, recipe follows)  
 1 cedar plank  
 2 cups (500 ml) fresh strawberries, quartered  
 2 tbsp (30 ml) slivered almonds  
 ½ tsp (2 ml) freshly ground black pepper  
 1½-in (2.5 cm) wheel brie cheese  
 crackers, for serving, as preferred

Soak cedar plank in cold water for 2 hours. Preheat grill to 350 F (180 C). In a small bowl, combine strawberries and slivered almonds and season with pepper. Remove plank from water. Place brie on plank and top with strawberry mixture. Place plank on grill and close lid. Cook for 10 to 15 minutes, until cheese is golden brown and slightly puffy, topping is hot and almonds are light

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Desserts from the Grill from page 90 continued

golden brown. Remove plank from grill and allow to cool for a few minutes. Drizzle with prepared syrup and serve immediately with fresh crackers.

**SAUTERNES SYRUP**

½ cup (125 ml) Sauternes wine  
¼ cup (50 ml) sugar

In a small saucepan, combine wine and sugar over medium heat. Stir until sugar has dissolved. Cook until syrup reaches 230 F (110 C). Boil for 1 minute, remove from heat and pour into a heat-resistant container. Let cool to room temperature.

**PAIRS WITH**

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Italy **\$18.99** 111047



**GRILLED MANGO BLOSSOMS WITH KIWY PURÉE**

**Serves 4**

5 ripe kiwis, peeled  
4 ripe mangoes  
2 tbsp (30 ml) butter, room temperature

Preheat grill to 350 F (180 C). Place 4 kiwis in a blender and process until smooth. Transfer purée to a small container and refrigerate until ready to use. Slice remaining kiwis for garnish. Halve each mango lengthwise on either (flat) side of seed. Score mango halves, cutting into a cross hatch pattern going down to the skin but careful not to go through it. Butter each mango on scored side and grill, cut-side down, on rack for 2 minutes or until slightly brown around edges with grill marks showing. Rotate 90 degrees and grill additional 1 to 2 minutes. Carefully bend back peel of each mango half, pushing the inside up and out until mango cubes pop up and mango is inside out. To serve, spoon prepared kiwi purée onto each plate and place mangoes on top. Garnish with kiwi slices.

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USA **\$39.99** 835736

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Desserts from the Grill from page 90 continued



### GRILLED LEMON POUND CAKE WITH MIXED BERRIES

**Serves 4**

4 x ½-in	(1.25 cm)	Lemon Pound Cake slices (make ahead, recipe follows)
½ lb	(750 g)	assorted berries (strawberries, blueberries, raspberries, blackberries)
1 tsp	(5 ml)	lemon zest
1 tbsp	(15 ml)	fresh lemon juice
4 tbsp	(60 ml)	sugar
1 tsp	(5 ml)	cornstarch
8 tsp	(40 ml)	unsalted butter, softened, divided
4 x 12-in	(30 cm)	heavy-duty aluminum foil pieces
		vanilla ice cream, for serving

Preheat grill to 350 F (175 C). In a medium bowl, combine berries with lemon zest, lemon juice, sugar and cornstarch. Spoon 1 tsp (5 ml) butter onto centre of each sheet of foil and top with berries. Bring 2 sides of foil up over fruit and fold to form a seam across top. Fold remaining 2 sides to completely seal packs. Grill fruit packs over medium heat until berries start to sizzle, about 10 minutes. Spread remaining 4 tsp (20 ml) butter over Lemon Pound Cake and grill on both sides until grill marks are visible, about 1 minute. Transfer to plates. Open fruit packs and pour berries and juices over pound cake. Serve with a dollop of vanilla ice cream.

### LEMON POUND CAKE

3		large eggs, at room temperature
3 tbsp	(45 ml)	milk, at room temperature
½ tsp	(7 ml)	vanilla
½ cups	(375 ml)	sifted cake flour
¾ cup	(175 ml)	sugar
1 tbsp	(15 ml)	lemon zest, grated
¾ tsp	(3 ml)	baking powder
¼ tsp	(1 ml)	salt
¾ lb	(340 g)	unsalted butter, at room temperature
		Lemon Glaze (recipe follows)

Preheat oven to 350 F (180 C). Line bottom of an 8½ x 4½-in (1.5 L) loaf pan with parchment paper. In a medium bowl, whisk together eggs, milk and vanilla. In a large bowl, mix all dry ingredients together with a hand mixer on low speed until combined. Add half of egg mixture along with butter and continue to mix on low speed until dry ingredients are moistened. Scrape sides of bowl. Increase speed to high and beat 1 minute. Scrape sides of bowl. Gradually add remaining egg mixture in 2 batches, beating after each addition to incorporate ingredients. Pour batter into prepared pan and spread evenly. Bake for 30 minutes, then cover loosely with buttered foil, to prevent over-browning. Return to oven and continue to bake until a toothpick inserted into centre comes out clean, about 30 more minutes. Meanwhile, make Lemon Glaze (recipe follows). Remove cake from oven and immediately place pan on cooling rack, then poke cake all over with a wooden skewer. Brush with half of glaze and let cool in pan for 10 minutes. Invert onto a greased rack and peel off parchment paper. Poke bottom with skewer and brush with some of the glaze. Invert again to right-side-up and brush remaining glaze on sides. Let cool on rack. Wrap well and store for at least 24 hours.

### LEMON GLAZE

¼ cup	(50 ml)	fresh lemon juice, strained
6 tbsp	(90 ml)	sugar

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## Spiced Salads of India from page 98

In a small saucepan, combine lemon juice and sugar and stir over medium heat until sugar is dissolved. Pour into a small container and let cool.

### PAIRS WITH

#### AMARULA

South Africa **\$25.95** 342246

#### LUXARDO LIMONCELLO

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### SPICED MUNG BEAN SPROUT SALAD

Serves 4

¼ lb (125 g) green mung bean sprouts  
½ small red onion, finely chopped

2 tomatoes, seeded, cut into ¼-in (0.5 cm) dice  
½ green bell pepper, seeded, cut into ¼-in (0.5 cm) dice  
1 crisp, firm apple, cored and cut into ¼-in (0.5 cm) dice  
½ English cucumber, cut into ¼-in (0.5 cm) dice  
1 tbsp (15 ml) fresh lime juice  
½ tsp (2 ml) garam masala  
1 tbsp (15 ml) extra-virgin olive oil  
¼ tsp (1 ml) white pepper  
cilantro sprigs, for garnish

In a mixing bowl combine all ingredients, cover and chill for 30 minutes. Serve in a chilled serving dish and garnish with cilantro sprigs. Serve with naan, chapati or other Indian bread.

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Spiced Salads of India from page 98 continued



**POHA SALAD**

**Serves 4**

- 2 cups (500 ml) poha (flattened rice)\*
- 2 tbsp (30 ml) canola oil
- 1 tsp (5 ml) black mustard seeds
- 3 green cardamom pods
- 4 curry leaves
- 1 tsp (5 ml) ginger, finely minced
- 1 green chili, seeded and finely chopped
- 1 tsp (5 ml) turmeric
- ½ tsp (2 ml) cayenne powder
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) fresh lime juice

\* Available at Indian Specialty Stores

- 1 tsp (5 ml) sugar
- ½ cup (125 ml) cilantro, chopped, plus extra sprigs for garnish
- 1 tomato, seeded and cut into ½-in (1 cm) dice
- ½ cup (125 ml) cashews, roasted, coarsely chopped
- ½ cup (75 ml) red onion, finely chopped
- 4 papadums, per package instructions

Wash poha and rinse well with cold water. Drain water and set aside poha for 15 minutes. In a large wok, heat oil over medium-high heat. Add mustard and cardamom. When they start to sputter, add curry leaves, ginger and green chili. Sauté until fragrant, about a minute, then add the well-drained poha. Mix well and add turmeric, cayenne, salt, lime juice and sugar. Mix well. Transfer to a large mixing bowl. Allow to cool slightly, then mix in cilantro, tomato, cashews and red onion. Garnish with cilantro sprigs and serve with crispy papadums.

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Plum Perfect! from page 106



**SHREDDED CHICKEN AND MANGO SALAD WITH MASALA DRESSING**

**Serves 4**

½ cup	(125 ml)	canola oil
¼ cup	(50 ml)	white wine vinegar
1 tbsp	(15 ml)	Dijon mustard
1 tsp	(5 ml)	garam masala
½ tsp	(2 ml)	cayenne powder
		salt and freshly ground black pepper, to taste
2 tsp	(10 ml)	Asian chili oil
2		garlic cloves
½ cup	(125 ml)	mango chutney
2 cups	(500 ml)	roasted chicken, shredded
2		celery stalks, thinly sliced
1		small red onion, halved and thinly sliced
½ cup	(125 ml)	cilantro leaves, chopped
½ cup	(125 ml)	mint leaves, chopped
½ cup	(125 ml)	roasted cashews, coarsely chopped
1		mango, peeled, pitted and cut into ½-in (1 cm) dice
4 cups	(1 L)	romaine or iceberg lettuce, shredded
4		papadums, per package instructions

For dressing, in a blender or food processor, add oil, white wine vinegar, mustard, garam masala, cayenne pepper, chili oil, garlic and mango chutney. Process until well blended and season to taste. In a large mixing bowl, add shredded chicken, celery, red onion, cilantro, mint, cashews and mango. Add dressing and lightly toss. Divide shredded lettuce onto 4 chilled serving plates. Top each with chicken mixture. Serve immediately papadums.

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**BISON WITH CRISPY RICE CAKES AND SHISO-PLUM COMPOTE**

**Serves 4**

		Crispy Rice Cakes (make ahead about 5 hours, recipe follows)
1¼ lb	(625 g)	bison tenderloin, centre cut
		Shiso-Plum Compote (recipe follows)
1 tbsp	(15 ml)	olive oil
		freshly ground black pepper

**CELEBRATE LIFE...ENJOY RESPONSIBLY**

Plum Perfect! from page 106 continued

Preheat grill over medium-high heat. Let bison tenderloin sit at room temperature while preparing Shiso-Plum Compote (recipe follows). Rub tenderloin with oil and season liberally with salt and pepper. Grill tenderloin, turning occasionally, until medium rare, about 15 to 20 minutes, or until a thermometer inserted into the centre registers 125 F (52 C). Let meat rest for 10 minutes before slicing. To serve, place a Crispy Rice Cake (recipe follows) on each serving plate. Top with a couple of slices of bison and spoon some of the Shiso-Plum Compote over top. Serve alongside a simple green salad, if desired.

#### CRISPY RICE CAKES

Makes 5 cakes

1 cup (250 ml) Thai sticky rice  
½ tsp (2 ml) salt  
canola oil, for frying

In a medium bowl rinse rice well and cover by 3-in (8 cm) with cold water. Soak rice for 2 hours. Fill a medium saucepan with water 3-in (8 cm) from the top. Bring to a boil and reduce to a strong simmer. Place a metal splatter guard overtop of saucepan. Drain rice and mound no more than 3-in (7.5 cm) in centre of splatter guard. Cover with a metal bowl and allow rice to steam, stirring once, until fully cooked, about 10 minutes. Transfer cooked rice into a bowl and stir in salt. Let cool to room temperature. Preheat oven to 170 F (80 C). On a parchment-lined baking sheet, place a 3½-in (9 cm) round ring mould or cookie cutter. Press ½ cup (75 ml) rice into ring mould. Smooth top of rice with back of a damp spoon. Continue making rice patties until all the rice is used up. Bake rice cakes, turning occasionally, until almost dry and not much

moisture remains, about 5 hours. Let cool to room temperature. Preheat oil in a deep fryer to 300 F (150 C). Working with 2 rice cakes at a time, gently lower them into fryer. Cook, flipping often, until rice kernels have puffed up and cakes are lightly brown and crisp, about 1 minute. Transfer to a paper towel-lined baking tray to drain. Continue to cook remaining rice cakes.

#### SHISO-PLUM COMPOTE

2 tbsp (30 ml) unsalted butter  
1 lb (500 g) red plums, pitted and cut into 16 wedges  
(about 4 plums)  
½ cup (125 ml) dry red wine  
2 tbsp (30 ml) coconut sugar  
1 pinch salt  
3 shiso leaves, finely sliced

In a large frying pan melt butter over medium heat. Add plums and turn heat up to medium high. Cook, stirring occasionally, until plums are lightly caramelized, about 4 minutes. Add wine, sugar and a pinch of salt and bring to a boil. Reduce heat to a simmer, cover and cook until sauce has thickened and plums are soft, about 4 minutes. Remove compote from heat and stir in shiso leaves. Serve with bison and Crispy Rice Cakes.

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Plum Perfect! from page 106 continued



## CARAMELIZED PLUM AND GRILLED HALOUMI SALAD

Serves 4

2 tbsp		
+1 tsp	(35 ml)	honey, divided
2		plums, halved and cut into 8 wedges
1 tbsp	(15 ml)	rice vinegar
1 tsp	(5 ml)	Dijon mustard
2 tbsp	(30 ml)	fresh lemon juice, divided
2 tbsp	(30 ml)	extra-virgin olive oil, plus extra
3 tbsp	(45 ml)	fresh chives, chopped, divided
		salt and freshly ground black pepper
½ lb	(250 g)	Haloumi cheese, cut into four ½-in (1 cm) thick slices
5 cups		mixed garden greens (arugula, spinach, etc)

1½ tsp	(7 ml)	fresh oregano, chopped
2 tbsp	(30 ml)	fresh, small basil leaves

In a large frying pan, cook 2 tbsp (30 ml) honey over medium-high heat, swirling pan occasionally, until slightly darker in colour, about 1 minute. Add plums and cook, stirring occasionally, until they start to caramelize, about 5 to 6 minutes. Transfer plums to a plate. For dressing, in a bowl, whisk together rice vinegar with remaining 1 tsp (5 ml) honey, Dijon mustard and 1 tbsp (15 ml) lemon juice. Slowly whisk in oil until emulsified. Stir in 2 tbsp (30 ml) chives and season dressing to taste with salt and pepper. Preheat grill to medium-high heat, or alternatively, preheat a grill pan over medium-high heat. Drizzle both sides of cheese slices with some extra oil and season with salt and pepper. Grill, about 1 minute per side, or until grill marks appear. Transfer to a plate and drizzle with remaining 1 tbsp (15 ml) lemon juice, some extra olive oil and sprinkle with oregano. Cut each slice on the diagonal to create triangles. In a large bowl, toss mixed greens with 2 tbsp (30 ml) of dressing. Mound salad on individual serving plates or on a big platter. Top with plums and cheese. Drizzle salad with remaining dressing and garnish with basil and 1 tbsp (15 ml) chives. Serve immediately.

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Avocado, the Most Luscious Fruit from page 112



### PLUM SALSA WITH GLAZED SABLEFISH

**Serves 4**

4		dried plums
2 tbsp	(30 ml)	soy sauce
2 tbsp		
+2 tsp	(40 ml)	plum vinegar ( <i>umeboshi</i> vinegar®) or rice vinegar, divided
1 tbsp	(15 ml)	fresh orange juice
¼ tsp	(1 ml)	toasted sesame oil
1 tsp	(5 ml)	ginger, freshly grated
4 x 6 oz	(180 g)	sablefish fillets
		salt and freshly ground pepper, to taste
2 tsp	(10 ml)	vegetable oil or light olive oil
4		ripe red plums, pitted and thinly sliced into wedges
½ cup	(125 ml)	English cucumber, diced
2		green onions, trimmed and thinly sliced
¼ cup	(50 ml)	orange bell pepper, diced
3 tbsp	(45 ml)	cilantro leaves

Preheat oven to 350 F (180 C). In a blender, combine plums, soy sauce, 2 tbsp (30 ml) vinegar, orange juice, sesame oil and ginger until smooth. Place sablefish fillets in a baking dish large enough to hold them in one layer. Season fish with salt and pepper before pouring glaze over. Refrigerate for 20 minutes. Bake fish, brushing with glaze accumulating in bottom of baking dish half way through cooking time, until fish just starts to flake apart, about 12 to 15 minutes.

While fish cooks, prepare the plum salsa. In a bowl, whisk together remaining 2 tsp (10 ml) vinegar and oil with a pinch of salt and pepper. Add red plums, cucumber, green onions, bell pepper, cilantro and toss to combine. Adjust seasoning with salt and pepper to taste and let sit at room temperature for 10 minutes. To serve, divide sablefish among serving plates. Top with plum salsa and serve alongside your favourite seasonal vegetables, if desired.

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### AVOCADO CHOCOLATE MOUSSE

**Serves 4**

½ cup	(125 ml)	bittersweet chocolate, coarsely chopped
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Avocado, the Most Luscious Fruit  
from page 112 continued

1/3 cup	(75 ml)	coconut milk cream (skim from top of unstirred coconut milk can)
4		small, ripe avocados, coarsely chopped
1/2 cup	(125 ml)	cocoa powder
1 tbsp	(15 ml)	pure vanilla extract
1/2 cup	(125 ml)	agave syrup
1/4 tsp	(1 ml)	chili powder
1 pinch		salt
		raspberries and fresh mint, for garnish

In a heatproof bowl, over a bowl filled with hot water, melt chocolate then add coconut milk. Stir until smooth, allowing to cool slightly. In the jar of a blender, add remaining ingredients (except garnishes) and cooled chocolate mixture. Process until completely smooth, scraping sides of jar as needed. Spoon or pipe into serving cups or glasses. Refrigerate for at least 3 hours before serving.

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AVOCADO AND SHRIMP SALAD

**Serves 4**

20		large shrimp, shell on
2 tsp	(10 ml)	kosher salt, for boiling water
2 tbsp	(30 ml)	fresh lemon juice
3		large avocados (not overly ripe)
3 tbsp	(45 ml)	avocado oil
1 tbsp	(15 ml)	sesame oil
1 tbsp	(15 ml)	white wine vinegar
4 tbsp	(60 ml)	micro greens such as radish or pea shoots, for garnish
2 slices		avocado, cut into small cubes, for garnish
1 tsp	(5 ml)	toasted sesame seeds, for garnish
		salt and freshly ground black pepper, to taste

In a pot of boiling salted water, boil shrimp for 3 minutes. Remove shells, leaving tails on. Refrigerate until ready to use. Place lemon juice on a large plate. Peel and seed avocado. Using a mandolin or sharp knife, slice avocados thinly, 1/4-in (0.5 cm). As you go, place slices on plate with lemon juice, turning once to cover. In a small bowl, whisk avocado oil, sesame oil and vinegar, season with salt and pepper. Set dressing aside. To serve, place a slice of avocado in the middle of each serving plate. Add 2 shrimp on top, repeat once and finish with a smaller slice of avocado topped with one shrimp and micro greens. Pour prepared dressing over salad and garnish with small cubes of avocado and sesame seeds.

**PAIRS WITH**

RED ROOSTER PINOT NOIR  
BC VQA \$19.99 628347

JAFFELIN BOURGOGNE ALIGOTÉ  
France \$19.99 53868



Avocado, the Most Luscious Fruit  
from page 112 continued



### AVOCADO DESSERT TRIO

Serves 8

- 1 Avocado Coconut Mousse Terrine (make ahead, recipe follows)
- 16 Coconut Macaroons (make ahead, recipe follows)
- 8 Candied Avocado slices (make ahead, recipe follows)
- 8 Avocado Smoothies (make ahead, recipe follows)

To serve, slice Avocado Coconut Mousse Terrine into 8 equal portions and place immediately on individual serving platters. Add 2 Coconut Macaroons topped with sliced Candied Avocado to the platter. Add chilled smoothies and serve immediately.

#### AVOCADO MOUSSE TERRINE

- 2 sheets gelatin or 1 tsp (5 ml) powdered gelatin bloomed in 1 tbsp (15 ml) water

- 3 tbsp (45 ml) fresh lime juice
  - 2 large ripe avocados, peeled and pitted
  - 5 oz (140 ml) sweetened condensed milk
  - 4 tbsp (60 ml) heavy (whipping) cream
  - 1 tsp (5 ml) fresh lime juice, to coat
- Coconut Mousse (recipe follows)

Line an 8-in (20 cm) terrine mould with plastic wrap. If using gelatin sheets, bloom in cold water for 5 minutes, then squeeze out excess water. In a small saucepan, place bloomed gelatin (sheets or powder) with the lime juice and cook over low heat until gelatin melts (about 100 F/38 C). In a blender, combine avocados, condensed milk and heavy cream and purée until smooth. Add completely dissolved gelatin to avocado mousse mixture and blend. Pour mousse into lined terrine mould and smooth out using a spatula. Brush fresh lime juice over mousse and cover with plastic wrap. Freeze for 6 hours. Meanwhile, make Coconut Mousse.

#### COCONUT MOUSSE

- 2 sheets gelatin, bloomed or 1 tsp powdered gelatin bloomed in 1 tbsp (15 ml) water
- 3 tbsp (45 ml) sweetened condensed milk
- 4 tbsp (60 ml) heavy cream
- ½ cup (125 ml) coconut milk

Bloom gelatin sheets in cold water for 5 minutes, squeeze out excess water. Place bloomed gelatin (sheets or powder) in a small saucepan with condensed milk. Cook over low heat until gelatin melts (about 100 F/38 C). Whip heavy

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## Avocado, the Most Luscious Fruit from page 112 continued

cream to soft peaks. Fold whipped cream into coconut milk. Fold in dissolved gelatin. Pour Coconut Mousse over set Avocado Mousse and smooth out using a spatula. Cover with plastic wrap and freeze for at least another 6 hours.

### COCONUT MACAROON

4		large egg whites, at room temperature
¼ cup	(50 ml)	sugar
1 tsp	(5 ml)	vanilla
¼ tsp	(1 ml)	salt
2½ cups	(625 ml)	unsweetened, packaged shredded coconut (medium-sized shreds)
½ cup	(125 ml)	sugar (if needed)

Preheat oven to 325 F (160 C). In a medium mixing bowl, whisk eggs until stiff, but not dry, gradually adding ¼ cup (50 ml) sugar and vanilla. In a separate bowl, whisk together salt, coconut and ½ cup (125 ml) sugar (if using) until well combined. Fold coconut mixture gently into beaten egg whites, a little at a time, until all mixture is incorporated. Wrap bowl in plastic wrap and refrigerate for about 30 minutes. Drop rounded tablespoonful of mixture onto a parchment- or silicon pad-lined baking sheet, making sure to leave 1-in (2.5 cm) between each mound. Bake in preheated oven for 20 to 25 minutes, or until golden. Remove from oven and cool for 2 minutes, then carefully remove macaroons and set on cooling rack. Serve with prepared Candied Avocado (recipe follows).

### CANDIED AVOCADO

½		avocado, peeled and seeded
1 tbsp	(15 ml)	fresh lime juice
3½ oz	(105 g)	granulated sugar

Preheat oven to 170 F (80 C). Line a baking sheet with parchment paper or silicone mat. Slice avocado into 8 thin slices. Dip each slice into lime juice and then into sugar and lay on prepared cookie sheet. Place sheet in oven and dehydrate for 2 hours or until slightly stiff. Cool on rack. To serve, slice, finely chop or leave whole.

### AVOCADO SMOOTHIE

2 cups	(500 ml)	homogenized milk
4 tbsp	(60 ml)	coconut cream (skim from top of unstirred coconut milk can) or heavy cream
½ tsp	(2 ml)	vanilla bean paste
1 tbsp	(15 ml)	fresh lime juice
½		ripe avocado, coarsely chopped

In a blender jar, combine all ingredients and process until very smooth. Chill until ready to use, at least 1 hour. To serve, pour into small shot glasses and garnish with thinly sliced lime.

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