

TASTE

BC LIQUORSTORES

STAY FRESH THIS SUMMER

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stay fresh this summer

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from the cover...



MATUA HAWKE'S BAY SAUVIGNON BLANC

New Zealand \$16.49 309575

An expressive white offering notes of tropical and stone fruit framed by hints of citrus. Fresh and clean in the mouth, it finishes with a refreshing acidity.



80



106



114



128

contributors

Offering different perspectives on all aspects of beverage alcohol, each issue of TASTE magazine features a collaboration of informative editorial from a diverse group of beverage industry professionals. Meet the talented writers who have contributed to the 2016 summer issue of TASTE.



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Visit bcliquorstores.com or download our free iPhone or Android app to locate any product sold at BC Liquor Stores and for current pricing information.

TASTE



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OUR SYMBOLS

New Only at BC Liquor Stores Country of Origin BC VQA Wines Sweetness Code Organic BC Craft Beer Ontario VQA Wines Kosher



Provence

'TIS THE FIRST ROSÉ OF SUMMER

Summer doesn't really officially start until your first glass of rosé. There is something magical about the fragrant red-berry fruit aromas, the refreshing subtle flavours and the delicate pink colour glinting through the condensation of a well-chilled glass that insists you kick back, relax and appreciate the glorious weather of the season. For this reason, many people anxiously await BC Liquor Stores' annual June release of the new vintage of Provence rosés: A symbol of summer.

For the five years of the Provence rosé promotion, BC Liquor Stores have seen continuous growth of sales. For some, it is becoming a more highly anticipated event than the Fall Bordeaux Release. The popularity of rosé has moved beyond fad to full-blown trend, extending beyond BC drinkers and fast

becoming a worldwide phenomenon. Consumption of rosé has increased annually for more than 20 years, with a 15 percent increase in the last decade.

More and more pink wine, of varying colour and quality, is being made in every wine region around the world. Almost three billion bottles were produced in 2013. Provence makes about 141 million bottles annually. Yes, that is a lot, but it is less than five percent of world production. Yet, whenever serious wine lovers discuss great rosé, the starting (and often ending) point is Provence. What makes it so special?

Well, the inhabitants of Provence have a lot of experience making rosé. When the Greeks established their first colony in France in Marseille, they brought the vine and made wine. The wines of the day



IAIN PHILIP

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

“With Provence rosé, you can guarantee that it will be delicate, pretty, balanced, elegantly fruity, dry and delicious.”

were pale in colour, because the process of macerating the skins with the juice was not the practice. The wines were not unlike rosés. That was 26 centuries ago, and they have been making pink wine ever since.

This long history has nurtured an understanding of the region's climate and soils, the grape varieties and production techniques best suited for this style of wine. Provence is a region that is dedicated to rosé. It is the only major wine region where rosé is a priority, not an afterthought. Almost 90 percent of Provence's production is rosé.

Not every rosé is made with such purpose. Rosé is an easy wine to make, but a very hard wine to make well. The best are delicate and balanced. This can be difficult to achieve, because the time when the skins are in contact with juice is so limited. The most compelling thing about rosé is its diaphanous delicacy

of colour. The wines of Provence are noted for their paleness. The skins contain the colour, but also the tannins, the aromas and flavours. Too long on the skins, and the wine may be too dark or too tannic. Too short on the skins, and the wine may lack flavour or character. The juice contains all the sugar and acid, so making a wine that balances flavour, alcohol and acid is always a tricky proposition.

Choosing the right grape varieties is a good starting point. In Provence, they use several different grapes and blend the resulting wines to achieve balance. Grenache is prized because it has naturally pale skin, limited tannin, charming red fruit and sweet herb character. But its high alcohol can come across as unbalanced in these dry wines (Provence rosés are always dry). This is where the Cinsault grape variety

comes in to lighten the alcohol and bring more delicacy, as does the unique local grape Tibouren. A little Syrah or Mourvèdre might bring a little more colour and complexity, but too much could throw the tannin out of balance.

As a producer, it is hard to chase fashion in wine. If Pinot Noir suddenly becomes more popular than Merlot, it will take years to replant and produce a new wine. However, any producer who grows red grapes can immediately decide to make rosé to capitalize on its popularity. Unfortunately, not all of those producers will have the right grape varieties or the experience to make good rosé. It can be a minefield out there. Yet, with Provence rosé, you can guarantee that it will be delicate, pretty, balanced, elegantly fruity, dry and delicious.

SLOWLY DISTILLED. SUBLIMELY BEAUTIFUL.

SLOW DISTILLED IN SINGLE BATCHES,
STAR OF BOMBAY'S BLEND OF 12 BOTANICALS
HARMONISE BEAUTIFULLY FOR A BRIGHT,
SMOOTH, DEEPLY CAPTIVATING
AND COMPLEX TASTE EXPERIENCE.



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PROVENCE: 'TIS THE FIRST ROSÉ OF SUMMER



EXCLUSIVE



**PURE MIRABEAU
CÔTES DE
PROVENCE ROSÉ**

France **\$28.49** 546564

A very delicate pale pink colour, raspberries and light cherry flavours with the tiniest touch of rhubarb on the finish give this wine a pithy structure and complexity.



EXCLUSIVE



**BIELER PÈRE ET
FILS CUVÉE SARINE
CÔTEAUX D'AIX-EN-
PROVENCE ROSÉ**

France **\$15.99** 556126

Pretty, pale salmon-coloured with knitted flavours of mineral, dried roses, savoury herbs and wild raspberry notes.



EXCLUSIVE



**LE TROIS CÔTES DE
PROVENCE ROSE**

France **\$22.99** 418996

This rosé is very pale orange-salmon hued with good balance between strawberry fruitiness, floral perfume and a touch of savoury seaside salinity.



**RACINE CÔTES DE
PROVENCE ROSE**

France **\$18.99** 73247

Mostly Cinsault grapes lend an enticing pale salmon colour to this wine with exotic fruit character of lychee, peach and mango and a nice, dry, chalky finish.



EXCLUSIVE



EXCLUSIVE



**DOMAINE SAINT
FERRÉOL LES
VAUNIÈRES
CÔTEAUX EN
PROVENCE ROSÉ**

France **\$16.99** 880096

This vibrant and fairly intense pink-coloured wine has ripe-red plum and dried strawberry notes balanced by tangy currant flavours and juicy acidity.



EXCLUSIVE



**ESTANDON TERRES
DE SAINT-LOUIS
CÔTEAUX VAROIS
EN PROVENCE ROSÉ**

France **\$18.99** 870055

This wine is an impossibly delicate pale pink salmon colour, with Grenache, Cinsault and Syrah providing flavours of red berry, apricot and, lastly, pink grapefruit on the juicy finish.



PROVENCE ROSÉ

Since 2012, BC Liquor Stores have been working with the Provence Wine Council (CIVP) to present a selection of the vintage's new rosés. Each year, the demand and excitement around the promotion has increased, and it has now become an important gateway to the summer season. As soon as the sun comes out, Product Consultants start asking about the Provençal rosés. The rosé submissions are typically evaluated in early January, to make sure the wines arrive in good time for the late spring launch. The new vintage is bottled around that time, so it works well with the producers' schedules. Selection is made to maximize the diversity of the offering in terms of quality and style of wines, their price bands and, in addition, their overall physical presentation. The promotion is a mix of some favourites from previous years and, always, brand new wines to the market. We hope you find the selection exciting!



BARBARA PHILIP MW
Category Manager
BC LIQUOR STORES

RF

HARD CORE

Stone Fruit



PEACH AND BLUEBERRY TRIFLE WITH
BOURBON AND WHIPPED CREAM



TARYN WA

Taryn Wa owes a culinary debt to her mother and grandmother, who infused in her an abiding passion for food. As founder and co-owner of the industry-leading Savoury Chef Foods, Taryn is the creative force behind her company's famously simple-yet-elegant entertaining and catering.

FOR RECIPES, SEE INDEX ON PAGE 137

PAIRS WITH APRICOT AND SHAVED FENNEL SALAD WITH BLUE CHEESE



GRAY MONK MERLOT

BC VQA \$15.99 343111

This Merlot opens with aromas of cherry and plum. In the mouth, juicy flavours of cherry and raspberry are framed by a subtle spicy note.



KUHMANN-PLATZ GEWÜRZTRAMINER

France \$16.49 90241

An aromatic white offering a bouquet of rose petal and lychee. Gently sweet on the palate, it offers notes of tropical fruit and poached pear.



APRICOT AND SHAVED FENNEL SALAD WITH BLUE CHEESE



GRILLED CHICKEN WITH
NECTARINE BARBECUE SAUCE

PAIRS WITH GRILLED CHICKEN WITH
NECTARINE BARBECUE SAUCE



 
**CHARTRON ET
TREBUCHET
POUILLY-FUISSÉ**

France **\$34.99** 264945
The wine offers an amazing purity of fruit, with enticing aromas of citrus supported by a mineral character, toasty notes and hints of roasted nuts.



 
**CONUNDRUM
CALIFORNIA WHITE**

USA **\$24.99** 390831
Aromas of soft peach, sweet honeysuckle and fragrant jasmine fill the senses. Juicy passion fruit, melon and white flower flavours linger on the palate.

PAIRS WITH PEACH AND BLUEBERRY TRIFLE WITH BOURBON AND WHIPPED CREAM



HARVEY'S BRISTOL CREAM

Spain **\$16.49** 215483
This amber-coloured sherry has orange-rind and caramel aromas with flavours of vanilla bean, toasted caramel and toffee. Serve well chilled.



YELLOWTAIL BUBBLES

Australia **\$11.49** 667089
An Aussie sparkler with aromas of vibrant tropical fruit and citrus, which lead to a lively palate that echoes the nose. The finish is off-dry and crisp.



PAIRS WITH BLACK FOREST CUPCAKES WITH KIRSCH CHERRIES



BLACK FOREST CUPCAKES WITH KIRSCH CHERRIES



BAILEYS CHOCOLATE CHERRY IRISH CREAM

Ireland **\$26.49** 729962
Baileys Chocolate Cherry combines luscious chocolate with the bold and seductive flavour of dark cherry to create a cream liqueur that's both tasty and versatile.



CHOCOLATE SHOP WINE

USA **\$18.49** 157545
Enticing aromas of black cherry and dark chocolate are accompanied by a palate of sweet vanilla and creamy mocha that linger delicately on the finish.

Fitting FATHER'S DAY GIFTING

Father's Day is just around the bend, so time to give the lads some love. It's all fine and dandy – in theory – to write your dad a greeting card filled with x's and o's and call it a day. But seriously. Something wrapped up that has your dad written all over it trumps any card. With that task in mind, here's a cheat sheet to help shop for your pop.

COFFEE CONNOISSEUR

Is your dad jovial after his jolt of java? Does he do that telltale heavy sigh after the first sip? Does he drink it for the flavour not just the kick? Does he even brew decaf sometimes just to satiate this craving for this hot bevvy late in the day?

If you answered yes to any of these questions, buy dear old dad a bottle of wine with unmistakable underpinnings of, you guessed it, coffee. Most Amarone offers that nuance in a deliciously ripe, robust style of vino. Besides thrilling his tastebuds, Amarone will warm his heart because it is and always has been a drop poured for special occasions. Amarone is made from partially dried grapes, making it expensive to produce and a real treat to uncork. Impressive stuff all around. Next!

CALIFORNIA DREAMER

Does your dad drink Californian Cabernet like it's going out of style? Does he quickly steer any and all conversations with friends and family toward wine so he can not-so-discreetly segue to a recent bottle he tasted? And before he uncorks a wine, does he get a glowy look on his face and gaze lovingly at the label?

If this is your dad, there's only one right answer to what to get him for Father's Day really. Something good. Something really good. Bottled joy from California that might be a few bucks more than he would spend on himself. Next!

THE GRILL MASTER

Does your dad regard himself as a natural born griller? Does he get a bit territorial around the grill if someone goes near the tongs? Does dad take complete credit for the whole meal when all he's really done is grill the meat?

If any of this rings true, give him a wine that creates a greater-than-the sum situation with his grill marks: Zinfandel. This wine's deep flavours of plum puree and black cherry, often edged with notes

of dried cocoa work gorgeously well with that grilling staple, red meat. He'll love it! Promise. Next!

WORLD TRAVELLER

Does your dad love to travel? Does the idea of stuffing his eyes with the wonder of new lands thrill him? Is his excitement something he shares with friends and family through riveting stories, often on repeat?

If this is your dad, transport him somewhere fabulous through wine because many delicious drops can actually taste of the place from which they hail. Sancerre, for instance, from that medieval hilltop town of France overlooking the Loire Valley tends to always offer stony-salty-grass-tinged notes that cannot help but put you there. Really, what's not to love about that? Next!

THE GOLFER

Does your dad see nothing wrong with donning embarrassingly loud plaid shorts or an achingly 70s-esque argyle sweater at the golf course? Does he find watching golf on television riveting? Is Caddyshack on his list of all-time favourite flicks?



CAROLYN EVANS HAMMOND

Carolyn is a qualified sommelier, two-time bestselling wine book author, and acting president of the Wine Writers' Circle of Canada. Her syndicated wine column appears Saturdays in *The Toronto Star* and elsewhere; and her video blog appears weekly at GoingGlobalTV.com.

“

Here's a cheat sheet to help shop for your pop.

”





John Walker & Sons

BLENDING SCOTCH WHISKY

GET TOGETHER IN STYLE



JOHNNIE WALKER™ AND GINGER

1.5 oz. Johnnie Walker™
2 oz. Ginger ale
Twist of lemon or lime



JOHNNIE WALKER.
KEEP WALKING.®

JOHNNIEWALKER.COM

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PLEASE DRINK RESPONSIBLY.

“ Why bourbon you ask? Because nothing toasts a great day on the fairway like a wee dram of the good stuff. ”

Does he plan vacations around the game?

If this his he, do not, I repeat, do not get him an executive putting set for his office, golf club shaped barbecue tools or the board game, Golf-Opoly (yes, it's a thing) for Father's Day. Skip such sub-par pressies and opt instead for a good bottle of bourbon. Why bourbon you ask? Because nothing toasts a great day on the fairway like a wee dram of the good stuff. And he'll appreciate you knowing that, so write it in the card. Next!

THE INTELLECTUAL

Does your dad constantly amaze you at just how much he knows? Is he consistently cramming new information in his head? Does his curiosity range from culture to politics, music to economics, pop culture to technology making dinners and long evenings together fascinating?

If so, water those moments by giving him a bottle of the pondering person's drink: Scotch. The two of you can sink back together and linger for hours and you'll probably learn tons. A smart choice would be a lighter style well-suited to the season (because details are never lost on him.) Done.



THE COFFEE CONNOISSEUR



AMARONE TEDESCHI

Italy **\$48.99** 110312
An immediate thrill of ripe black and red macerated cherries, espresso, licorice, cassis, earth and olive. This wine has great depth and character.



THE CALIFORNIA DREAMER



BERINGER KNIGHTS VALLEY CABERNET SAUVIGNON

USA **\$42.99** 352583
This saturated Cabernet slowly unfurls with notes of tobacco, cassis, black cherry, anise, coffee and pepper. Well-balanced and long.

THE GRILL MASTER



SEGHESSIO SONOMA ZINFANDEL

USA **\$34.99** 428417
Made from the tiny berries of old vines, this silky-rich, inky red shows raspberry, cherry, dried plum, nutmeg and cocoa.

THE WORLD TRAVELLER



CHATEAU DE SANCERRE

France **\$27.99** 164582
Great delicacy and finesse shine through this crisp, citric, stony jewel. Grapefruit, damp herbs and wet stones lead to a salty finish.



THE INTELLECTUAL



THE GOLFER



BASIL HAYDEN'S 8 YEAR OLD KENTUCKY BOURBON

USA **\$42.99** 106120
Glowing a warm, golden hue, this whiskey swirls with flavours of toffee and dried fruit laced with a hint of mint and pepper.



GLENFARCLAS 17-YEAR-OLD SCOTCH WHISKY

United Kingdom **\$109.99** 134270 700 ml
Light on peat, this sophisticated, subtle pour suggests toffee, baking spices and dried fruit. It is seamless, layered and resonant.



VEGETABLE *Noodles*

CHILLED ZUCCHINI NOODLE
COCONUT-LIME BOWLS



IRENE MCGUINNESS

Irene McGuinness is an award-winning food writer, editor and food stylist based in Vancouver. Her work has appeared in *Alive Magazine*, *Canada Wide Media*, *Ottawa Magazine*, *Chatelaine Magazine* and *Whitecap Books*. She was the script writer for DV Cuisine's *The World Pastry Cup* that aired on the Food Network and won The James Beard Foundation Award for Best Television Food Special. Irene is also a frequent radio and television contributor, preparing recipes for TV chefs and personalities.

FOR RECIPES, SEE INDEX ON PAGE 137

PAIRS WITH SPAGHETTI SQUASH
PAD THAI



**01 GRAY MONK
GEWÜRZTRAMINER**

BC VQA \$14.79 321588

Local and luscious, this Gewürztraminer has aromas of herbal spice, melon and ripe peach. Complex flavours of lychee and tropical fruit linger in the mouth.



**01 BEND IN THE RIVER
RIESLING**

Germany \$11.99 501080

This slightly off-dry Riesling is brimming with sweet fruit flavours, giving way to a lemony tartness. A brisk and lively acidity cleanses the palate.



SPAGHETTI SQUASH PAD THAI

Find your beach.



**Corona
Extra**

330 ml

IMPORTED
BEER

LA
CERVEZA
MAS
FINA

4.6% alc./vol.

BIÈRE
IMPORTÉE

Brassée au Mexique par/Brewed in Mexico by
CERVECERIA MODELO, S. DE R. L. DE C. V.
MEXICO, D. F.

PAIRS WITH CHILLED ZUCCHINI
NOODLE COCONUT-LIME BOWLS



EXCLUSIVE



**FERN WALK
SAUVIGNON BLANC**

BC VQA \$16.99 593624
This Sauvignon Blanc opens with aromas of lemon grass, kiwi and lime. Fresh and clean in the mouth, it displays tropical fruit and citrus flavours.



02

**JOSEF DRATHEN
BEREICH
BERNKASTEL
RIESLING**

Germany \$11.79 220699
Aromas of green apple and wet stone greet the nose. The palate has flavours of honey and baked orchard fruit with a slightly off-dry finish.

PAIRS WITH ANTIPASTO
VEGETABLE NOODLE SALAD



ANTIPASTO VEGETABLE NOODLE SALAD



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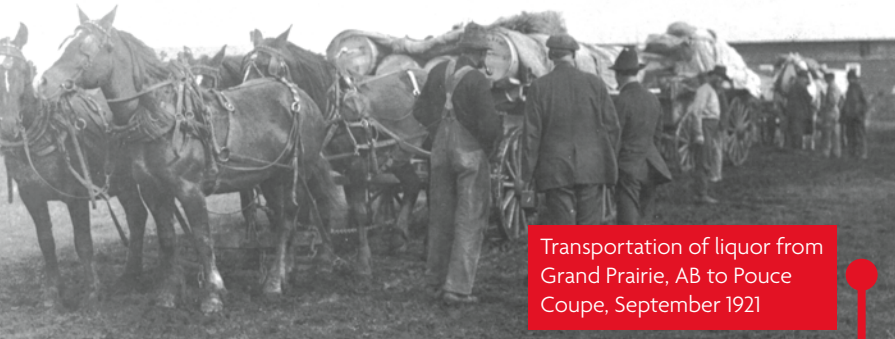
**FOLONARI
VALPOLICELLA**

Italy \$13.49 828
This Italian red exhibits aromas of red cherry with hints of violet. It's light- to medium-bodied with soft tannins and juicy acidity. Enjoy slightly chilled.



**GANTON & LARSEN
PROSPECT WINERY
BIRCH CANOE
PINOT BLANC**

BC VQA \$12.29 100925
This refreshing Pinot Blanc has a nose of vibrant citrus fruit. In the mouth, flavours of ripe peach and tropical fruit linger on the palate.



Transportation of liquor from Grand Prairie, AB to Pouce Coupe, September 1921



Port Alberni Liquor Store, 1928

1914

WWI begins

1917

BC goes dry on Oct. 1

1918

WWI ends

1920

BC votes to repeal Prohibition

1921

The BC Liquor Control Board (LCB) is formed

1929

The Great Depression begins

1933

Prohibition ends in the US

1939

WWII begins

PROHIBITION'S *Legacy*

BC LIQUOR STORES CELEBRATES ITS 95TH ANNIVERSARY WITH A LOOK BACK AT HOW IT ALL STARTED

It was the summer of 1920, and times were dry in British Columbia. Since October 1, 1917, thanks to the Prohibition Act, it had been illegal to sell beverage alcohol except for “medical, sacramental, scientific or manufacturing purposes.” But now, people were thirsty for change – change that would lead to the creation of what we know today as BC Liquor Stores.

It was a different story just a few years earlier.

In the late 19th and early 20th century, BC was known for its hard-drinking ways. The young province was a collection of rough-and-tumble communities where people – mostly men, but also a few women – drank liquor for one reason only: to get drunk, loudly, publically, often violently and as frequently as possible. Bar brawls were a regular occurrence. Jails were filled nightly with drunks, except for Sundays, when the saloons were forced to close. Family life suffered.

There were laws, of course, but everyone pretty much ignored them.

People were getting tired of the damage alcohol was wreaking on society, not just in BC, but right across Canada. Churches, temperance groups and ordinary citizens started pushing governments to “ban the bar.” Numerous petitions and votes were held, and in 1898, in a non-binding national referendum, all provinces except Quebec voted in favour of Prohibition. (The prime minister, Sir Wilfred Laurier, managed to delay implementation until after he was voted out of office.)

Then the First World War began.

By the time Canada’s soldiers headed to the front in 1915, temperance groups were leading huge rallies across the country, demanding the government protect young soldiers from “demon rum” and create a clean, safe, moral country for them to return home to. In September 1916, BC, like

Alberta, Ontario and Manitoba before it, voted in favour of Prohibition. On October 1, 1917, BC turned off the taps. By 1918, Prohibition was part of the War Measures Act, and almost all of Canada was dry.

As it turned out, while Prohibition may have reduced widespread public drunkenness, it created a whole new set of problems.

Illegal stills popped up everywhere, producing hooch of terrible taste and dangerous quality. Gangsters like Emilio “Emperor Pick” Picariello ran bootlegged booze through remote areas such as BC’s Crowsnest Pass, while the protected bays along the West Coast sheltered many a rum-runner. Crime and corruption flourished – even the man responsible for enforcing Prohibition in BC, Walter Findlay, was caught allegedly smuggling in a trainload of rye destined for the still. Ordinary citizens also found ways around the ban, especially through the hundreds of thousands of “prescriptions” written for medicinal alcohol.

There was one benefit to be had from Prohibition, though: the dawning of cocktail culture.

True, cocktails had been around



Quesnel
Liquor Store,
1940



JOANNE SASVARI

Joanne Sasvari is a food, drink and travel writer based in Vancouver. Certified by the Wine and Spirits Education Trust, she has a special expertise in spirits and cocktails, and a passion for all things palatable, from home entertaining to culinary travel. The former editor of *FLAVOURS* magazine and *Weekend Post*, she is also the author of *Paprika: A Spicy Memoir from Hungary* and the 2015 *Frommer's EasyGuide to Vancouver & Victoria*.

RECIPES AND COCKTAIL STYLING BY DAVID WOLOWIDNYK

1945

WWII ends, but men and women must still drink separately in beer parlours

1948

The last dry province, PEI, repeals Prohibition

1954

The first cocktail lounge licence is issued in BC, to the Sylvia Hotel

1962

Canada's first self-serve government retail store opens in Burnaby's Brentwood Mall

1965

There are now 124 BC Liquor Stores in operation

1970

Legal drinking age is reduced to 19

1975

The LCB separates into two branches: the LDB and the LCLB

1979

The first Vancouver International Wine Festival is held



Bargain
hunters line
up at Davie
Street Fire
Sale, 1958



1980

BC Liquor Stores' flagship store at 39th & Cambie opens

1986

Vancouver hosts Expo '86

1989

216 BC Liquor Stores across BC

1990

VQA standard launched for wines made from grapes grown in BC

1995

Debit card payments appear

1999

BC Liquor Stores launches its first website

2000

BC Liquor Stores is an official brand

2001

BC Liquor Stores launches Dry Grad program

INGREDIENTS IN THE MARY PICKFORD COCKTAIL



HAVANA CLUB 3-YEAR-OLD AÑEJO RUM

Cuba \$21.99 222554
With the mixability of a light rum and the depth of an aged one, this Cuban rum features vanilla, pear, caramel and smoky chocolate notes.



LUXARDO MARASCHINO

Italy \$26.99 209403 500 ml
This liqueur is fragrant with spicy, floral and piney notes, and subtle sour-cherry and almond flavours from Marasca cherries and their pits.

THE MARY PICKFORD COCKTAIL

This Prohibition-era cocktail was created for the Canadian-American film star known as "America's Sweetheart" by a bartender at the Hotel Nacional in Cuba during the actress's visit to Cuba in the 1920s.

- 1½ oz (45 ml) white rum
- 1 tsp (5 ml) grenadine
- 1½ oz (45 ml) pineapple juice
- ½ tsp (2 ml) maraschino liqueur

Place ingredients in a cocktail shaker with ice. Shake and strain into a chilled cocktail glass. Garnish with a maraschino cherry, if desired.



since at least 1806, when they were defined by The Balance and Columbian Repository in Hudson, NY, as a "stimulating liquor composed of spirits of any kind, sugar, water and bitters... vulgarly called bittered sling." But cocktails were for the fancy folks in places like New Orleans and San Francisco. Here in the wild west, people drank their liquor straight. Until, that is, the liquor was produced

in bathtubs and backwoods stills and drinkers had to find something to disguise the taste of turpentine in their gin and methanol in their moonshine.

The popularity of mixers such as fruit juice and soda soared, and new cocktails were created, including the Mary Pickford, the French 75 and the Whisky Sour. Unfortunately, just when North America needed them most, the continent's best bartenders



2004

The first Signature Stores are introduced

2006

The first TASTE magazine is published

2010

Vancouver hosts the 2010 Olympic and Paralympic Winter Games

2014

BC Liquor Stores launches coldzone for chilled products

2015

BC Liquor Stores launches new look

2016

The BC Liquor Distribution Branch, which now boasts 198 BC Liquor Stores, celebrates its 95th anniversary!

INGREDIENTS IN FRENCH 75



TANQUERAY NO. TEN GIN

United Kingdom
\$44.99 600163

This super-premium gin is handcrafted and distinctly citrusy, with notes of grapefruit, orange and lime and subtle florals.



01 JAUME SERRA CRISTALINO BRUT

Spain \$12.99 551218

A bright, lively, clean-tasting bubble offering citrus aromas, hints of apple on the palate and a pleasant touch of yeastiness.

FRENCH 75

Reportedly created by legendary barman Harry McElhone at Harry's New York Bar in Paris. The way the story goes, it had such a kick, it felt like being shelled by the famous French 75 mm field gun. Note that some versions replace the gin with cognac.

- 1 oz (30 ml) London dry gin or cognac
- ½ oz (15 ml) lemon juice
- ¼ oz (7 ml) 2:1 simple syrup*
- 3 oz (90 ml) sparkling wine
- lemon zest, for garnish, optional

Combine gin or cognac, lemon juice and simple syrup in a mixing glass with ice. Stir until chilled and strain into a champagne flute. Top with sparkling wine and garnish with lemon zest, if desired.

* To make a 2:1 simple syrup, place 2 cups (500 ml) sugar and 1 cup (250 ml) water in a saucepan over medium-high heat. Cook, stirring frequently, until sugar is fully dissolved. Remove from heat. Place in a sterilized jar and chill. Will keep indefinitely in the refrigerator



BY APPOINTMENT TO HER
MAJESTY THE QUEEN
TANQUERAY GORDON



& COMPANY LIMITED,
LONDON, ENGLAND,
GIN DISTILLERS

NEW WAYS TO TANQUERAY



“ And while we may still enjoy the occasional Prohibition-era cocktail, thankfully, we no longer have to rely on bathtub gin to do so. ”

fled to Europe, not to return until after the United States repealed their version of Prohibition in 1933.

Luckily, British Columbians didn't have to wait that long.

By 1920, the province was fed up with Prohibition, which didn't seem to be working anyway. It made no sense that people who'd survived a world war and a deadly influenza epidemic couldn't enjoy a glass of wine with dinner. Even women, who'd led the call for Prohibition through organizations like the Women's Christian Temperance Union, had a change of heart – and, for the first time, the right to vote. When a referendum on Prohibition was held on July 15, 1920, half the women who cast ballots voted in favour of bringing back alcohol, as long as it was under government control.

As of June 15, 1921, British Columbia became the first province to repeal Prohibition. It was legal for those 21 and older to drink in hotels and private homes, but not in public places. British Columbia also introduced the Liquor Control Board, which opened the first government retail stores. Even

WHISKY SOUR

This classic cocktail dates back to at least the 1870s, and is among the greatest of the family of so-called “sours,” which are not actually sour, but a balance of sweet, strong and citrus. Can be made with or without the egg white, which adds a luscious texture to the drink as well as an appealing foaminess.

2 oz (60 ml) bourbon
 ¾ oz (22 ml) lemon juice

½ oz (15 ml) 2:1 simple syrup*
 1 small egg white (optional)

Place all ingredients in a cocktail shaker with ice and shake vigorously. (If you're using the egg white and you like it extra foamy, shake first without ice to whip up the airiness – this is known as a dry shake – then shake again with ice for chill and dilution.) If you prefer your drink “straight up,” strain into a chilled cocktail glass, or, if preferred, strain over ice into a rock glass.



though consumers had fewer than 100 products to choose from, sales were reported as “brisk.” That first year, the province saw 51 stores open.

Ninety-five years later there are 198 BC Liquor Stores throughout the province, serving more than 36 million retail customers a year. And while we may still enjoy the occasional Prohibition-era cocktail, thankfully, we no longer have to rely on bathtub gin to do so. And that is something we can all drink to.

INGREDIENT IN WHISKY SOUR



BULLEIT BOURBON FRONTIER WHISKEY

USA \$33.99 774273

Thanks to its high rye content, this smooth bourbon is seductively spicy, with notes of maple, oak, vanilla and nutmeg.

SUMMER *Sandwich* GRABS

TURKEY, BRIE AND
PEACH SANDWICHES





NATHAN FONG

Awarded the inaugural IACP/Julia Child Award of Excellence for Food Styling, Nathan is also an internationally published food and travel journalist, and television and radio contributor. His work has appeared in *The Vancouver Sun*, *Cooking Light*, *Men's Health*, *Enroute* and *Westjet* magazines.

FOR RECIPES, SEE INDEX ON PAGE 137

PAIRS WITH GRILLED CHIPOTLE FISH TACOS WITH TROPICAL FRUIT AND AVOCADO SALSA



SUMAC RIDGE PRIVATE RESERVE SAUVIGNON BLANC

BC VQA \$12.99 593087

Tropical aromas emerge from the glass, followed by fresh citrus notes leading into ripe gooseberry with a hint of fresh-cut grass on the finish.



GRILLED CHIPOTLE FISH TACOS WITH TROPICAL FRUIT AND AVOCADO SALSA



ROAD 13 HONEST JOHN'S ROSÉ

BC VQA \$15.99 357327

This local rosé has lifted aromas of fresh strawberries, cranberries and a hint of cinnamon. The palate delivers a cocktail of red-berry and beetroot flavours.



GRILLED RARE BEEF, ROASTED PEPPERS AND FONTINA CHEESE SANDWICHES

PAIRS WITH GRILLED RARE BEEF, ROASTED PEPPERS AND FONTINA CHEESE SANDWICHES



ANTINORI SANTA CRISTINA CHIANTI SUPERIORE

Italy **\$15.49** 130625

Aromas of mature fruit, chocolate and vanilla are the result of oak aging. Its well-balanced flavour and sweet tannins linger on the palate.



KIM CRAWFORD SOUTH ISLAND PINOT NOIR

New Zealand **\$22.49** 867127

This Pinot Noir has bright fruit aromas of crushed berries and hints of oak. The rich palate is brimming with red berry notes and balancing acidity.



PAIRS WITH TURKEY, BRIE AND PEACH SANDWICHES



CARMEN RESERVA VIIGNIER

Chile **\$12.29** 604348
This bright white has aromas of lime, stone fruit, honeysuckle and ginger. The palate reveals notes of peach and nectarine framed by hints of oak spice.



GRILLED CHICKEN AND GREEK SALAD STUFFED PITA SANDWICHES



MISSION HILL FIVE VINEYARDS CHARDONNAY

BC VQA **\$14.29** 518530
This Chardonnay opens with aromas of peach, lemon and jasmine. In the mouth, flavours of green apple, fresh pineapple and lime are wrapped in a creamy texture.



PAIRS WITH GRILLED CHICKEN AND GREEK SALAD STUFFED PITA SANDWICHES



SANTA JULIA PINOT GRIGIO

Argentina **\$10.29** 239301
A Pinot Grigio displaying a bouquet of white flowers with notes of pear and white peach. Fresh in the mouth with good balance and a refreshing acidity.



LURTON LES FUMÉES BLANCHES SAUVIGNON BLANC

France **\$13.99** 472555
Youthful citrus aromas and a hint of tropical fruit greet the nose. In the mouth, flavours of grapefruit and lime mingle with a delicate floral note.



NEW NEW NEW NEW NEW



    **MONSTER VINEYARDS ROSÉ**

BC VQA \$15.99 486969

This fresh rosé is layered with aromas and flavours of strawberry and watermelon. Its quality shines through on the mouth feel with a lingering finish.

  **CÎROC PINEAPPLE**

France \$44.99 430256

Cîroc Pineapple is a grape-based spirit that is infused with a distinctive blend of pineapple and other natural flavours. Great for summer cocktails!

   **BIG HOUSE WINE COMPANY THE BIRDMAN PINOT GRIGIO**

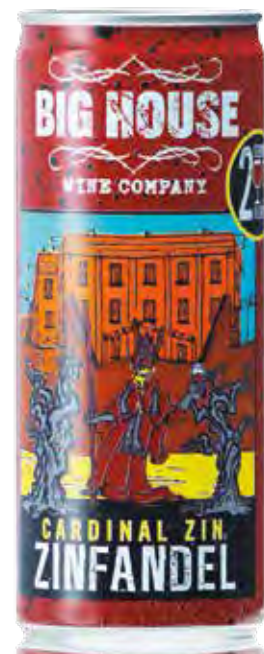
USA \$3.99 657577 250 ml

The Birdman leads with hints of peach and citrus fruit on the nose, moving to flavours of grapefruit and melon and ending with a balanced, quenching finish.

   **BIG HOUSE WINE COMPANY CARDINAL ZIN ZINFANDEL**

USA \$3.99 673442 250 ml

This Zinfandel opens with a nose of smoky plum and black cherry, leading to a medium-bodied palate of ripe berry fruit, dried herb and vanilla.



PERFECT FOR SUMMER!



 **01**  
**CHURCH & STATE
 LOST INHIBITIONS
 WHITE PRUDE**

BC VQA **\$15.99** 468462
 Available in a multitude of cheeky labels, this white wine sports aromas of orchard fruit and a full-bodied palate with hints of citrus, peach and nectarine.

 **00** 
THE NED PINOT GRIS

New Zealand **\$13.99** 854240
 This Kiwi Pinot Gris has notes of ginger, apple and pear on the nose. It's well-structured with enticing tree fruit and tropical fruit flavours.

 **00** 
**YOUNG BRUTE
 THE PRIDE OF
 WRATTONBULLY**

Australia **\$17.99** 530097
 A red blend with a nose of dark, jammy fruit and a touch of toasty oak. In the mouth, layers of chocolate, black cherry and licorice linger.

Sangria! THE PERFECT PARTY PLEASER



“ A properly made sangria is a perfect balance between dry, strong, sweet, refreshing and with just enough kick. ”

The secret to your easiest summer soirée ever? Sangria! Sangria is, quite simply, the coolest cocktail you can serve when the mercury rises. It's practical, a big-batch drink you can make ahead of time so you can spend your time socializing rather than shaking up drinks all night. It looks beautiful in a pretty pitcher or dispenser, either elegant or rustic, filled with winey liquid and colourful chunks of fruit. Best of all, it's just plain delicious.

That's right. Banish any memories you may have of sickly sweet fruit salads. A properly made sangria is a perfect balance between dry, strong, sweet, refreshing and with just enough kick. Plus it offers the unbeatable enjoyment of nibbling on wine-soaked fruit. Aperitif and dessert in a single glass!

Sangria comes to us from the hot, sunny climes of Spain and Portugal. There are, indeed, few pleasures greater than sitting on a patio along Barcelona's Las Ramblas, sipping sangria and watching the world and his dog wander by.

In Spain and Portugal, sangria is traditionally a red wine punch although it can be made with white, sparkling or rosé wines. It evolved from the wine punches enjoyed across Europe for at least the last 2,000 years, going back to the days of ancient Rome, when drinkers would flavour their wine with honey, spices, nuts and fruit.

By the 18th century, the English



WHITE SANGRIA

1 green apple, cored
1 small pineapple, peeled and cored
1 mango, peeled and pitted
1 bottle (750 ml) slightly off-dry Riesling
½ cup (125 ml) pisco

1½ cup (375 ml) orange-flavoured liqueur
2 cups (500 ml) apple juice
½ cup (125 ml) lemon juice, strained
ice cubes
2 cups (500 ml) plain soda water

Chop fruit into bite-sized pieces and place in a three-quart (3 L), non-reactive pitcher. Add all the liquid except for soda water. Stir well, cover and refrigerate overnight so the flavours have a chance to marry*. When ready to serve, pour into large wine glasses, filling each about halfway with liquid and fruit. Add ice and top with soda. Serves 8.

* Sangria should sit overnight or for at least six hours to infuse flavours.



RED SANGRIA

1 red apple, cored
1 pear, cored
1 orange, peeled and seeds removed
1 bottle (750 ml) Rioja wine
½ cup (125 ml) brandy
½ cup (125 ml) orange liqueur

2 cups (500 ml) orange juice,
freshly squeezed and strained
½ cup (125 ml) fresh lemon juice, strained
ice cubes
2 cups (500 ml) plain soda water

Chop fruit into bite-sized pieces and place in a three-quart (3 L), non-reactive pitcher. Add all the liquid except for soda water. Stir well, cover and refrigerate overnight so the flavours have a chance to marry*. When ready to serve, pour into large wine glasses, filling each about halfway with liquid and fruit. Then add ice and top with soda. Serves 8.

* Sangria should sit overnight or for at least six hours to infuse flavours.

and then the North Americans, enjoyed a beverage known as “sangaree,” which, while not exactly sangria, did have similar elements (a base of wine, port, sherry, ale or porter mixed with sugar, water and spices). Sangria itself didn’t make it to these shores until the 1964 World’s Fair in New York. And then it took North America by storm, making it Spain’s most popular export until Julio Iglesias topped the charts.

Traditional sangria is made with red wine, brandy, fruit juice and soda water. North American versions are often overly sweet, replacing the brandy with liqueurs and the soda water with lemon-lime soda or ginger ale.

If you’re planning to make sangria, start with a reasonably good quality wine, but not an expensive one.

In general, avoid reds that are too heavy or too tannic; you want something medium-bodied and somewhat neutral-flavoured or perhaps lightly fruity. Spanish Rioja, made mainly from the Tempranillo grape blended with Grenache or Carignan, is the traditional choice. Look for a Rioja classified as Crianza, which means the wine has been aged in oak for a minimum of one year, or a younger Reserva. Older Riojas – especially the Gran Reservas – can be too tannic, not to mention far too pricey for a punch.

For white and rosé wines, you will want something fruity, but not overwhelmingly so, with pleasant aromatics and some acidity, but no oak – an Albariño or off-

dry Riesling, for example, rather than a California Chardonnay.

Aside from wine, sangria cries out for some sort of spirit to add strength – brandy is traditional, but plenty of other liquors will work, including gin, pisco or vodka. Just avoid really strong flavours, such as peaty scotch, oaky bourbon or smoky mezcal. You will also need a sweetener, which could be sugar, but is better if it's a citrusy liqueur. And then there's the fruit, and the fruit juice. Part of the appeal of sangria is all the chopped up fruit, and for that, apples, pears, some berries and citrus fruits are good choices. Peaches, nectarines and tropical fruits can be delicious, too. Just avoid anything that will get too mushy like, say, bananas.

The key is giving the mixture enough time for all the flavours to mingle, and for the fruit to soak up all those lovely wine notes. Make the sangria the day before you plan to serve it, then keep it in the fridge overnight. Serve it very cold, topped up with soda water. The idea is that it should be refreshingly light and fruity.

It's also a perfect accompaniment to savoury nibbles such as Spanish-style tapas. Serve it with some dry-cured serrano ham, aged Manchego cheese, marcona almonds, green olives and crusty bread. What could be easier, or more delicious?

Go on. Mix up a batch of sangria. Summer is waiting.



ROSÉ SANGRIA

2 peaches, peeled and pit removed
2 nectarines, pits removed
8 strawberries, hulled
1 bottle (750 ml) fragrant rosé wine
½ cup (125 ml) gin

½ cup (125 ml) peach schnapps
2 cups (500 ml) cran-strawberry cocktail
½ cup (125 ml) fresh lemon juice, strained
ice cubes
2 cups (500 ml) plain soda water

Chop fruit into bite-sized pieces and place in a three-quart (3 L), non-reactive pitcher. Add all the liquid except for soda water. Stir well, cover and refrigerate overnight* so the flavours have a chance to marry. When ready to serve, pour into large wine glasses, filling each about halfway with liquid and fruit. Then add ice and top with soda. Serves 8.

* Sangria should sit overnight or for at least six hours to infuse flavours.

GOING FOR Gold!

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WITH OUR
AWARD WINNING
WINES!



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PLEASE ENJOY RESPONSIBLY

SANGRIA! THE PERFECT PARTY PLEASER

Try one of our sangria recipes with these products or create your own. There are endless possibilities with this summertime favourite.

INGREDIENTS IN WHITE SANGRIA



GEHRINGER BROTHERS CLASSIC RIESLING

BC VQA **\$13.29** 171488
Medium-bodied, with delicate peach, honey, citrus and floral notes, this wine has refreshing acidity, making it a terrific food wine, especially with spicy fare.



INGREDIENTS IN RED SANGRIA

EXCLUSIVE



ANTAÑO RIOJA RESERVA

Spain **\$14.99** 414292
A medium-bodied wine that initially bursts with redcurrant and cherry flavours and then darkens to spice, earth and deep plum. Ideal with grilled foods.



INGREDIENTS IN ROSÉ SANGRIA



JOIE FARM ROSÉ

BC VQA **\$18.99** 511469
This versatile, food-friendly rosé is lightly off-dry and bursting with red fruit – cherry, pomegranate, strawberry – and hints of warm spice.



TORRES 5 SOLERA RESERVA BRANDY

Spain **\$28.99** 268805
A rich mouth feel and satisfying nutty, warm spice and dried-fruit flavours (walnuts, figs, raisins) and cinnamon make this a great value.



HENDRICK'S GIN

United Kingdom **\$44.99** 637504
Crisp cucumber and delicate rose petal notes lead the pack of complex botanical flavours in this elegant, dry gin.



CAPEL PREMIUM PISCO

Chile **\$30.99** 317347
Pisco Capel is a pleasantly aromatic spirit with fragrant floral notes and subtle flavours of lime, sweet grape, raspberry and lychee.



COINTREAU

France **\$31.99** 6502
This well-balanced citrus liqueur is bright orange with orange-peel flavours and a hint of sweet spice, including nutmeg and clove.



MCGUINNESS PEACH SCHNAPPS

Canada **\$18.49** 613331
Pure, ripe peach flavours and aromas of sweet summer peaches make this liqueur ideal for summery cocktails and sangria.



DR. DON LIVERMORE

STATURE IN THE RYE

Since obtaining his doctorate in 2012, the Ontario-born Livermore has become the Master Blender at the Hiram Walker Distillery in Windsor, Ont., and is one of only two Master Blenders in the world to hold both a PhD and a master's degree in brewing and distilling.

Now Windsor may not have the same cachet as the Scottish Highlands or the green hills of Kentucky, but it's there, at the largest distillery in North America, that Livermore perfects his blending techniques – using a scientist's mind as well as his creative eye and palate. In fact, Livermore believes that Canadian whisky is one of the most innovative styles in the world today. As he points out, Canadians ferment, distill and mature each grain (mostly rye, but also corn, barley, wheat) separately before blending.

Just as handling individual grape varieties differently gives winemakers flexibility for blending, doing the same with grains lets the whisky blender create a range of flavour profiles, allowing something of a free-for-all in the Canadian whisky industry. (Production rules are stricter for whiskies made in other countries.) So, in the hands of a master whisky blender, the sky's the limit for depth of flavour and complexity of the whiskies crafted. That places Canada among the most creative whisky producers in the world – something Livermore wants people to know, understand and above all, enjoy. He believes Canadian whisky has been underrated.

It hasn't always been that way. By 1900, Canadian whisky outsold its Scottish and Irish competitors, though its history dates back even further, to the Scottish Highland clearances (1750–1850) and the American Revolution of 1776. Immigrants



© J.P. Wiser's/Hiram-Walker Distillery

flooded into this country, many of them arriving purely to learn how to make moonshine. By the 1830s, there were more than 250 registered distillers in Canada. It was the American Civil War that really boosted Canada's whisky-making enterprises. The American north had its whisky supply cut off by the south, and the great Canadian whisky barons, such as J.P. Wiser, Hiram Walker, Henry Corby and Gooderham & Worts, took advantage of that. Everyone thinks it was Prohibition in the US that put Canadian whisky on the map, but it really hindered the industry, according to Livermore, because we simply couldn't sell as much whisky to our number one consumer, the US, as we had in the past.



KASEY WILSON

Kasey Wilson is an award-winning food and travel writer, broadcaster and author. She is editor of *Best Places Vancouver* and her articles have appeared in *National Geographic Traveler*, *Bon Appetit* and *Gastronomica*. Wilson is executive producer and co-host of the “Best of Food and Wine Show” on AM650. The author of 10 non-fiction books on travel and food, Kasey is a member of the judging panel for the World’s 50 Best Restaurants.

“ It’s there [Windsor]... that Livermore perfects his blending techniques – using a scientist’s mind as well as his creative eye and palate. ”

Two of the best innovations to come out of the Canadian whisky industry’s early years were the art of double distillation through two-column stills and mandating aging whisky in the barrel. Canada’s whisky barons, realizing their moonshine competitors were producing an often unpalatable drink, devised the two-column still method to remove the harsh elements produced during distillation. In the late 19th century, most distilleries elsewhere aged their product for just a few weeks (the role of barrels was for transport, not for mellowing flavours). But in 1890, the Canadian producers realized the importance of longer barrel-aging to mellow the whisky’s flavour. Implementing the practice gave them another jump on the competition.

With this rich history in mind, and his modern eye for innovative blending techniques, Livermore believes it’s time for Canadian whisky to again receive proper recognition and to regain the prominent position it once held in the wild world of whisky making.

YOU HAVE A UNIQUE SERIES OF SKILL SETS. WHAT DO YOU CONSIDER YOURSELF TO BE MOST – A MICROBIOLOGIST, AN ENGINEER, A BLENDER, A DISTILLER OR A SCHOLAR?

A blender, as it involves a clear understanding of flavour development

that is brewing (microbiology), distilling and aging.

YOU SPEAK SO MUCH OF THE INNOVATIONS IN CANADIAN WHISKY. CAN YOU ELABORATE ON THAT?

We have the ability, not locked into such traditional methods, to create products with different tastes depending on consumer needs. For example, a project I was proud to be the Master Blender on was J.P. Wiser’s Hopped, which won a Canadian Whisky Award. In this case, we did something unheard of: we dry-hopped the whisky, meaning we added hops at the end of the aging process, creating this somewhat bitter whisky that tastes almost like a stout.

WHAT WOULD BE THE PURPOSE OF DOING THAT?

Whisky has three taste spots it hits on the tongue: salty, sweet and sour. But there’s never been bitter. By dry-hopping, we’ve created a fourth taste sensation, which customers are intrigued with. The reason I believe this bitter profile works so well is that 89 percent of Canadian whisky drinkers also drink beer, so to combine those two flavour profiles has been an interesting process.

WHEN YOU TASTE WHISKY, DO YOU SPIT LIKE WINE CRITICS DO?

Honestly, I can do most of my work with my nose alone. Aromas tell me

what I need to know, but in the end I like to taste the finished product.

I can always tell the wine drinkers at tastings because they swirl their glass. You don’t have to swirl whisky to get the aromatic effects or to release anything. There’s enough alcohol already to carry any of the aromatic notes or subtle flavours, and by swirling, really all you’re going to smell is ethanol.

DO YOU HAVE ANY FAVOURITE RYE WHISKY COCKTAILS?

I’m a big fan of Manhattans. I like them with Corby’s Lot No. 40 whisky or J.P. Wiser’s Double-Still rye. The high rye flavours nicely counteract the sweetness from the vermouth.

WHY CAN’T WE ACHIEVE THE SAME MYTHOLOGICAL STATUS AS, SAY, SOME OF THE SCOTCH WHISKIES?

It really comes down to word of mouth. I did 160 whisky tastings last year and the key, really, is to believe in what you’re doing and the creativity of the product, and then communicate that passion to the consumer. As Canadians with our apologetic sensibilities we haven’t really sung the praises of our own whisky for the last 80 years or more. But I think that’s changing as we win more awards, do more tastings, enter new markets and deliver to people a product they’ve never tasted before.

Crown Royal™

APPLE™

FLAVOURED WHISKY



For the month of June, BC Liquor Stores will feature a selection of highly rated Canadian whiskies. Below is just a sample of what you will find in our stores. Be proudly Canadian and pick up a bottle today!



**LOT NO. 40
SINGLE COPPER POT
STILL WHISKY**

Canada **\$33.99** 3822
Distilled in a single copper pot still, this whisky starts off earthy and woody and becomes full-bodied and complex with a velvety vanilla-oak finish.



**FORTY CREEK
COPPER POT
RESERVE WHISKY**

Canada **\$24.99** 443523
On the nose, this whisky has aromas of caramel, vanilla and spice. The medium-bodied palate reveals bold flavours that mirror the bouquet.



**CANADIAN CLUB
PREMIUM WHISKY**

Canada **\$21.49** 42
Rumored to be a favorite of mobster Al Capone, this whisky has a nose of cereal grain and roasted almond, leading to flavours of oak and spicy vanilla.



EXCLUSIVE



**COLLINGWOOD
TOASTED
MAPLEWOOD
MELLOWED
WHISKY**

Canada **\$31.99** 352351
A sweet nose of vanilla and caramel leads to a palate with gentle grain notes, orange marmalade and cinnamon, all framed by a hint of maple.



**CROWN ROYAL
WHISKY**

Canada **\$24.49** 1487
Created to celebrate a visit from King George VI and Queen Elizabeth in 1939, Crown Royal is full-bodied, smooth and creamy, with hints of oak and vanilla.



**ALBERTA PREMIUM
RYE WHISKY PET**

Canada **\$21.49** 545475
Alberta Premium is a beautiful and complex, 100 percent rye-based whisky that unleashes its grainy punches around the palate in succession. A classic Canadian treasure.



Canada Day BARBECUE



SUMMER ANTIPASTO BOARD



BABYBACK RIBS WITH HOMEMADE BARBECUE SAUCE SERVED WITH CORN, TOMATO AND BASIL SALAD

PAIRS WITH BABYBACK RIBS WITH HOMEMADE BARBECUE SAUCE SERVED WITH CORN, TOMATO AND BASIL SALAD



  
**HESTER CREEK
 SELECTED BARRELS
 CABERNET MERLOT**
 BC VQA **\$16.99** 13920
 This local lovely opens with aromas of plum, dusty chocolate and sagebrush, leading to flavours of lush, dark fruit on the finish.



  
**INNISKILLIN
 OKANAGAN DARK
 HORSE VINEYARD
 MERITAGE**
 BC VQA **\$22.99** 597039
 This red blend exhibits a complex bouquet of ripe cherry, plum and a hint of chocolate layered in with a spicy oak character and smooth tannins.

LADIES & GENTLEMEN

TRICYCLE

New!



AVAILABLE IN TWO GREAT FLAVOURS!



RASPBERRY YOGURT POPS

PAIRS WITH RASPBERRY YOGURT POPS



PARADISE RANCH MERLOT ICEWINE

BC VQA \$27.49 106260 200 ml

This is a beautiful dessert wine displaying generous flavours of sweet cherry, strawberry and cranberry. Indulge further to experience honey and brown sugar notes that will warm the senses.



MIKE'S HARD LEMONADE

Canada \$11.99 474866 6 x 355 ml

Mike's Hard Lemonade is a true Canadian original. Made with all natural flavours and real vodka, Mike's has a smooth and refreshing taste you'll love.

NEW



EASY DRINKING KÖLSCH. LOCAL OKANAGAN HONEY.

Must be legal drinking age.
Please drink responsibly.



PAIRS WITH SUMMER ANTIPASTO BOARD



SUMMERHILL CIPES BRUT

BC VQA \$23.49 314419
This award-winning sparkler opens with aromas of apple, lime, pear, almonds and grapefruit. The palate exhibits crisp acidity, a soft, creamy mousse and a long finish.



GRILLED SALMON SKEWERS WITH CUCUMBER SALSA



GANTON & LARSEN PROSPECT WINERY OGOPOGO'S LAIR PINOT GRIGIO

BC VQA \$13.29 307082
A crisp and lively Pinot Grigio that offers notes of ripe apple and yellow plum with hints of melon. An excellent partner for summer dishes.



PAIRS WITH GRILLED SALMON SKEWERS WITH CUCUMBER SALSA



GRAY MONK ODYSSEY ROSÉ BRUT

BC VQA \$17.39 573469
Crafted in the traditional method, this sparkling wine displays fresh melon and berry flavours followed by a smooth, creamy palate and crisp finish.



MISSION HILL RESERVE PINOT NOIR

BC VQA \$24.49 584581
A Pinot Noir that opens with ripe raspberry and Rainier cherry on the nose, evolving to complex flavours of spice, wild strawberry, and black cherry.



WHAT'S IN YOUR COOLER?





DAENNA VAN MULLIGEN

Daenna Van Mulligen is a Vancouver-based wine journalist, but is typically found in the world's vineyards. She is also a wine judge, accredited sommelier and international speaker. Daenna is publisher of the long-running websites WineDiva.ca and Winescores.ca. She has been published in numerous local and internationally distributed publications and is a regular contributor to *Vines Magazine* and more recently, *Montecristo Magazine*. Follow her @thewinediva.

“Kick back in a lounge chair, soak up the sunshine and dunk another tortilla chip into your salsa fresca.”

With such a bounty of tongue-tingling and bubbly beverages available these days, the question this summer is sure to be, what's in your cooler?

Prepared refreshment beverages have come a long way in recent years. They offer captivating packaging, endless flavour profiles and need zero preparation time – no blender, shaker or muddling required. That means there is more time for you to kick back in a lounge chair, soak up the sunshine and dunk another tortilla chip into your salsa fresca.

AN APPLE A DAY...

The growth of the cider industry has been widely noted. While we think of cider as being primarily a British drink, it was in fact strongly influenced by the Normans (descendants of northern Europeans) who settled in northwestern France. After the Normans conquered England in 1066, cider's popularity quickly spread and took hold. Apple trees planted specifically for its production were a common sight on most farms.

Undoubtedly, cider has long

been a part of British tradition, but its popularity in the New World has only recently exploded. The spectrum of locally made options is equally impressive, and new, less traditional flavours are finding their way into your favourite apple cider. These hybrid offerings include elderflower and ginger, along with cranberry, hops (traditionally used in beer production) and grapefruit, to amp up flavour. There truly is a cider, dry or sweet, for every palate.

TOTALLY TEA

If you're more of an iced tea quaffer, you are also on trend. Snapple, which started in 1972 as a small beverage company in Brooklyn, New York, is now making its trademark tea spiked. Look for the new vodka-infused Snapple Raspcherry and Snapple Fuji Apple options.

TAKE ME TO THE TROPICS

Palm Bay, known for exotic flavours that evoke images of a sun-drenched vacation, sand between your toes and sea breezes, continues to be popular in the adult refreshment category. Their Dragonfruit Watermelon Breeze, Tropical Grapefruit and Key Lime

Cherry Spritz (among others) are fan favourites, but their new Pomegranate Hibiscus promises to be a huge hit.

WHEN IT GETS TOO HOT, CHILL

Some people like salty, some like sweet, others like fire. On the more savoury side, Mott's Clamato has turned up the heat with its sizzling Caesar Extreme, which is blended with spice. Then, if you need to douse the flame, grab an icy can of Jose Cuervo Sparkling Margarita and samba over to the pool.

FREEZE AND SQUEEZE

The beauty of prepared cocktails is their ability to be easily transported to the lake, the cottage or simply from kitchen to patio. The newest pouch formats are quickly becoming the best way to beat the heat – they are soft, freezable packets of slushy goodness, guaranteed to become your preferred indulgence. Look for unique versions from Mike's Hard Lemonade, Palm Bay and Breezer.

RETRO REWIND

Vintage is hot, hot, hot – it's a trend that shows no sign of fading. This is your cue to chill out with some of the coolest libations we've seen in recent years.

Bold New Look



SAME DELICIOUS BREEZER®.

PLEASE DRINK RESPONSIBLY. BREEZER IS A REGISTERED TRADEMARK OF BACARDÍ & COMPANY LIMITED. 5% ALC. BY VOL.

WHAT'S IN YOUR COOLER?

“ Here is just a sampling of the refreshment beverages to look for this summer at your local BC Liquor Store. ”

Hey y'all, Southern Style Hard Iced Tea, made from vodka and black tea, promises to pair well with anything you can throw on the barbecue. American Vintage Peach Tea is a fresh, new addition to their already popular American Vintage Hard Iced Tea, made with lemon and vodka.

GET TO THE ROOT OF THE MATTER

The love of root beer is a lifelong romance. It elicits delicious memories – sloshing out of icy, frosted mugs delivered by carhops to towering floats – with scoops of vanilla ice cream melting into a creamy yet fizzy concoction. Root beer is back and may be this season's biggest craze, especially in malt beverages. Producers are utilizing flavours such as vanilla, sarsaparilla, cane sugar and other tantalizing components to amp up your classic beer into something even more compelling.

Here is just a sampling of the refreshment beverages to look for this summer at your local BC Liquor Store.



BC TREE FRUITS CIDER CO. BROKEN LADDER APPLES AND HOPS
 Canada **\$10.99** 42382 4 x 473 ml
 Made from BC apples, this cider follows a new trend, which beer lovers are sure to embrace. The essence of hops adds new dimension and layers to this dry cider.



SNAPPLE SPIKED RASPCHERRY TEA VODKA
 USA **\$2.79** 83667 458 ml
 Expect the classic Snapple tea character, enhanced by subtle cherry and raspberry flavours. It is spiked with vodka and not overly sweet.



BOXER HARD ROOT BEER
 USA **\$11.99** 773317 6 x 330 ml
 This nostalgic new beverage starts off like a beer and is brewed with barley. Over three months, flavours such as sarsaparilla, cinnamon and vanilla are added. The result is an adult beverage reminiscent of your favourite childhood soda.



REKORDERLIG PASSION FRUIT
 Sweden **\$3.29** 418657 500 ml
 Sweden's well-known pear cider is pleasantly elevated by the essence of passion fruit. It is fragrant and exotic with a clean, crisp palate.



OLD STYLE SIDESHOW GRAPEFRUIT
 Canada **\$11.29** 771535 6 x 355 ml
 This new vodka cooler has a fragrant pink-grapefruit nose and tangy, citric flavour. Plus, its retro under-the-big-top can design makes it a fun new addition to your summer sips.



JOSE CUERVO SPARKLING CLASSIC MARGARITA
 USA **\$8.99** 572701 4 x 355 ml
 If you can't take the blender with you, this lime-flavoured version of the classic is a solid pick. It has a hint of orange from the Triple Sec and a slightly salty character that will impress.



Spirited Desserts

MOJITO
CUPCAKES
SERVED WITH
MOJITO
COCKTAILS



LAWREN MONETA

Chef, food stylist, recipe developer and new mommy Lawren Moneta's culinary passion has taken her all over the world. Now based in Vancouver, she loves exploring the ever-expanding food and wine culture the West Coast has to offer.

FOR RECIPES, SEE INDEX ON PAGE 137

PAIRS WITH PEACH, ROSÉ AND CREAM JELLIES



01

YELLOWGLEN PINK

Australia \$11.49 89268

An Aussie sparkler that opens with aromas of strawberry and citrus, moving to a palate of red field berries balanced by mouth-watering acidity.

INGREDIENT IN BELLINI COCKTAIL



00

BOTTEGA IL VINO DEI POETI PROSECCO BRUT

Italy \$15.99 95711

This Prosecco is fresh and fragrant with notes of apple, pear and citrus. Flavours mirror the nose with a lovely palate-cleansing mousse.



PEACH, ROSÉ AND CREAM JELLIES SERVED WITH BELLINI COCKTAILS



STRAWBERRY MARGARITA CAKE
SERVED WITH
LIME MARGARITA COCKTAIL

PAIRS WITH STRAWBERRY MARGARITA CAKE

INGREDIENT IN LIME MARGARITA COCKTAIL



ALIZÉ BLEU PASSION

France **\$25.49** 214650
Alizé is an indulgent blend of cherry, ginger, exotic juices and passion fruit combined with French cognac and premium French vodka.



**DON JULIO BLANCO
TEQUILA**

Mexico **\$74.99** 77321
Don Julio uses 100 percent Blue Weber Agave, double-distilled and pure, with fresh agave aromas. It has a slight herbal flavour with a touch of citrus.

PAIRS WITH MOJITO CUPCAKES



MISSION HILL RESERVE RIESLING ICEWINE

BC VQA \$54.99 240127 375 ml

This local icewine opens with aromas of apricot and citrus with hints of orange zest and peach. These notes carry through to the sweet yet balanced palate.



INGREDIENT IN MOJITO COCKTAIL



RASPBERRY CAMPARI FROZEN YOGURT CAKE SERVED WITH AMERICANO COCKTAIL

PAIRS WITH RASPBERRY CAMPARI FROZEN YOGURT CAKE

INGREDIENT IN AMERICANO COCKTAIL



BACARDÍ SUPERIOR WHITE RUM

Canada \$22.49 117

Bacardi Superior has a subtle sweet aroma of citrus and vanilla. This lighter-bodied rum makes an excellent addition to summer cocktails.

BC LIQUORSTORES



MOSELLAND ARS VITIS RIESLING

Germany \$14.29 914762

This German Riesling has a bouquet of citrus, apricot and pear. Fresh and lively in the mouth, the sweetness is balanced by generous acidity.

Prices do not include taxes



CAMPARI

Italy \$22.49 277954

Campari is an alcoholic liqueur, considered an aperitif. Made from an infusion of 60 herbs and fruits, it is a mix of bitter, sweet, sour and fruit flavours.

LIVING THE *Mediterranean* LIFESTYLE IN BC





RHYS PENDER

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

RECIPES AND FOOD STYLING BY IRENE MCGUINNESS

“ In British Columbia, we too have the elements to build a culture of fantastic food and wine, and...we can create our own similar lifestyle here at home in BC. ”

If you have ever been to, or dreamed of going to, the privileged shores of the Mediterranean, it is probably the enviable lifestyle of great food, wine, sun and the laid-back richness of culture that has captured your imagination. The Mediterranean is indeed a place of fantastic bounty of all kinds and the lifestyle has been built around great quality products, simply prepared and enjoyed without stress or worry. In British Columbia, we too have the elements to build a culture of fantastic food and wine, and by taking a few lessons from our Mediterranean friends, we can create our own similar lifestyle here at home in BC.

The key to the Mediterranean lifestyle is a combination of great local food and excellent wines, together with a healthy, active lifestyle and taking the time to enjoy these things. It is about caring about the little things and taking a break from busy schedules and the habit of constantly checking phones and emails. In the villages and cities around the Mediterranean, people like to walk more, stop and chat more. They take a leisurely approach to life and make sure they appreciate the bounty of beautiful things and great products that surround them.

Simply prepared dishes from great local ingredients are the key, so getting out to your local farmers' market is step

one. While the weather in BC may not quite be as favourable as the year-round warmth of the Mediterranean, it is certainly good enough that we can be active and outside for most of the year, and our climate allows a breathtaking abundance of food from all over the province. Buy what is at peak season, as it will not only taste the best, but will be the best price too. If you can, why not also plant a garden yourself? Think endless herbs and fresh, fragrant tomatoes. Plunging your hands into the cool earth for potatoes is a great way to spend time outside and also to have incredible food. Don't forget to visit your local butcher or fishmonger too and ask them what is local, fresh and what tastes the best. Then cook these ingredients yourself, simply and allow the quality products to shine through.

Good ingredients prepared simply means you need wines with lots of character that pair well with flavoursome, but not overly fancy, dishes. The best wines will typically be dry, crisp and fresh and more about savoury and zingy flavours than sweet fruit and floral aromatics. Try a warming, complex red from Sicily or Spain's Jumilla region with local lamb either grilled or ground into fantastic lamb burgers. Or maybe a richer Vermentino from southern Italy with

some simply prepared BC shellfish sautéed with garlic butter. Or how about a crisp and refreshing Provencal Rosé with crunchy raw vegetables dipped in *bagna càuda** or the unique juicy and lively Picpoul de Pinet from the Languedoc in Mediterranean France with tangy tahini sauce and fresh veggies. For a BC version, look for wines that are dry, savoury and crisp, and less dominated by oak or overly ripe fruit, to pair well with these foods. If you like to finish your meal with something a little sweet, an off-dry oloroso style sherry is a great choice.

Try one of the Mediterranean-inspired recipes offered here. If you can, eat outside and take the time to enjoy the sights and sounds of nature. Eat and drink slowly, talk with family and friends and leave the television and internet for another day. Maybe take an aperitif while playing a game of boules or bocce in the backyard. After dinner, if it is a nice evening, go for a stroll, or *passaggiata* as the Italians say.

This concept of taking your time is an important part of the Mediterranean lifestyle. While out and about, ideally walking, visiting markets and small

* *Bagna càuda*, a specialty appetizer of Piedmont, Italy, is a buttery, rich blend of garlic, anchovies and sardines, outstanding spread warm on bread, or as a dip for vegetables.



CUMIN AND CORRIANDER
LAMB BURGERS AND GRILLED
WATERMELON SALAD

PAIRS WITH CUMIN AND CORRIANDER LAMB BURGERS
AND GRILLED WATERMELON SALAD

independent butchers, bakers and fishmongers, stop and sit down for a coffee or do as the French do and sit down pre-dinner with friends for an apéro such as a Pastis. While you sit outside in a café, restaurant or your backyard and watch the world go by, pour the ice-cold water into your Pastis and watch it make its cloudy and refreshing transformation. You free your mind, and, as you do so, you might just find that you are now living that fortunate Mediterranean lifestyle right here at home in BC.



**JUAN GILL
MONASTRELL**

Spain **\$23.49** 195859

A rich yet savoury red from 40-year-old Monastrell vines with ripe black fruit, dried herbs and minerals, it is full and lush, yet finishes savoury and dry. Try with grilled red meat.



**FEUDO MACCARI
NERO D'AVOLA
SICILIA**

Italy **\$17.79** 144923

Fresh and bright aromas of blueberry and plum with some pepper, spice and savoury meatiness. It's full-bodied and rich, finishing with dry, savoury, leathery tannins and graphite minerality.

How to live the Mediterranean lifestyle in BC: visit your local farmers' market, slow things down, sit and have your coffee in a café, savour your food and wine and relax with an aperitif.

PAIRS WITH GRILLED AVOCADOS WITH CHICKPEAS AND TAHINI DRESSING

 **00**
ORMARINE
PICPOUL DE PINET
 France **\$15.99** 124834
 A light, crisp and juicy white with grapefruit, apple, pear and peach and fresh minerality on the long finish. Great value and pairs well with shellfish or salad.



 **00**
ARGIOLAS
COSTAMOLINO
VERMENTINO DI
SARDEGNA
 Italy **\$17.99** 457945
 A rich, ripe and honeyed white with sun-warmed tropical fruits, a full and generous body and flavours of grilled peach on the long finish. Try with rich white fish dishes.



GRILLED AVOCADOS WITH CHICKPEAS AND TAHINI DRESSING

FLY BEYOND[®]

LE GRAND FIZZ.

An elegant and refreshing tasting cocktail blending Grey Goose[®] Vodka, St-Germain[®] Elderflower Liqueur, soda water and lime.

GREY GOOSE
WORLD'S BEST TASTING VODKA



ENJOY RESPONSIBLY.

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VODKA 40% ALC./VOL. DISTILLED FROM GRAIN.



HARISSA SEMOLINA
CAKE WITH LABNEH AND
HONEYED GRILLED FIGS

PAIRS WITH HARISSA SEMOLINA CAKE
WITH LABNEH AND HONEYED
GRILLED FIGS



EXCLUSIVE

00 EXCLUSIVE

L'OSTAL CAZES ROSÉ

France **\$14.99** 71191

A crisp, dry, fresh and light rosé with floral notes, citrus, dried herbs, raspberry and strawberry fruit with a hint of pepper. Very refreshing.



03

**GONZALES BYASS
NUTTY SOLERA
OLOROSO SHERRY**

Spain **\$15.99** 35204

Walnuts, orange zest, raisin, caramel, leather, spice and Christmas pudding aromas and flavours with a medium-sweet palate that is full-bodied, intense and rich.

Prosecco

LEADS
THE WAY





DAVID HOPGOOD

David Hopgood's long career in the beverage alcohol industry started in the late 1960s. He spent 36 years with the LDB, the last 20 of which were as Portfolio Manager. He managed almost all of the product categories over that period and travelled extensively to wine regions around the world.

“Prosecco is very versatile. It is light and refreshing, round and supple in the mouth and very easy to like.”

Sparkling wine sales around the world are on the rise, and in BC, sales are up significantly over last year. What is causing wine lovers to come back to bubble? Could it be the delightful character and affordability of Prosecco? Likely so, and the fact that Italian sparkling wine sales are growing by double digits reinforces that idea. Prosecco has now surpassed champagne in global volume sales, topping 400 million bottles sold annually.

Prosecco is very versatile. It is light and refreshing, round and supple in the mouth and very easy to like. With aromas and flavours of flowers, peach and citrus, what's not to enjoy? Many have a touch of sweetness balanced by the high acidity, which makes them very mouth-watering. It is also easy on the pocketbook. Perfect as an aperitif and delicious with light meals, it fits today's lifestyle. Sales have been on a tear for a decade or more, and Prosecco has become a huge “brand,” exported from the Veneto region of northeast Italy to all parts of the globe.

To protect this “brand” and the producers who make it from wine companies outside the region, and even outside Italy, copying this great success story, Italian wine authorities, in 2009, made Prosecco a defined region, thereby by making it illegal for anyone outside the area to label their sparkling wine as

such. As with Burgundy or Chianti, no winery outside the Prosecco region can lawfully label a wine as Prosecco.

There are about 50,000 acres of Prosecco vineyards north of Venice. As with all wine regions, not all the growing areas are equal. The best area for Prosecco includes the hillside vineyards around Valdobbiadene and Conigliano. Wines from these vineyards have been raised to the status of DOCG, Italy's highest designation of wine quality, and will be labelled as Prosecco Superiore DOCG, with the rest labelled as Prosecco DOC. Understandably, you can expect to pay more for higher quality wines from the best area. At the very top of the pyramid are wines from a small 250-acre vineyard called Cartizze, which is farmed, much like the famous Clos de Vougeot in Burgundy, by around 140 growers. Wines from this vineyard are rare, considered the highest quality, and the most expensive.

The grape variety itself is correctly called Prosecco, but to reinforce the fact that it is now an appellation, they have renamed the grape with one of its synonyms, Glera. It is an ancient variety that has been grown since Roman times. The grape provides a good production level, high acidity and not too much personality, which is just what sparkling wine makers want.



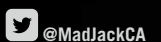
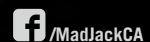
CRISP APPLE TASTE MEETS THE HELL YEAH OF BEER.



Mad Jack Premium Apple Lager is crafted with a crisp apple taste that's light in body with a smooth, clean finish. Refreshingly different, it's so good it's crazy. Available in 12 packs of 355mL cans.



CELEBRATE RESPONSIBLY 5% ALC./VOL. MALT BEVERAGE. MUST BE LEGAL DRINKING AGE. AVAILABLE IN 12x355mL CAN PACKS AT BC LIQUOR STORES NEAR YOU.



PROSECCO LEADS THE WAY

Virtually all Prosecco is produced by the Charmat method, where the second fermentation takes place in large pressurized tanks, with the bottling also taking place under pressure. This is much less expensive than the traditional (champagne) method, in which the second fermentation takes place in the same bottle you purchase from your BC Liquor Store.

In addition to varying degrees of quality and price point, you will find two levels of pressure in Prosecco. Spumante is a fully sparkling wine, like most bubble we see on store shelves. Frizzante indicates semi-sparkling, and many of these bottles do not have the traditional mushroom shaped cork kept in place with a wire cage; an extra-thick cork is sufficient to seal the bottle. One brand uses a handy flip top as a seal.

Another description on the label is important to note: the level of residual sugar in the finished wine. Many Proseccos are labeled extra dry, which indicates there is some sweetness left in the wine. If the wine is labelled brut, it will be dryer on the palate.

You will find a broad assortment of Prosecco in BC Liquor Stores. More than two dozen brands are available, priced from \$13.29 up to to \$34.99 – for Prosecco Superiore from the hillside vineyards of Valdobbiadene. If you have never tasted Prosecco, summer is the perfect time to get acquainted with this delicious bubbly beverage.



ANNA SPINATO ORGANIC PROSECCO BRUT

Italy \$14.99 374769

Floral notes on top of yellow apple and white peach mark this delicious bubble. In the mouth, it is delicate, round and full of citrus-tinged fruit.



MIONETTO VALDOBBIADENE PROSECCO FRIZZANTE

Italy \$19.99 432369

The superior growing region of Valdobbiadene brings extra depth and richness to the melon and pear aromas and flavours of this semi-sparkler.



LAMARCA PROSECCO

Italy \$18.49 321182

Yellow apples under white flowers highlight this slightly off-dry bubble. Perfect with a spinach salad that includes a generous portion of apples.



SANTA MARGHERITA VALDOBBIADENE PROSECCO SUPERIORE BRUT

Italy \$19.99 618546

Glera grapes from the best area contribute to the rich character of this wine with floral, ripe melon, peach and lemon zest. Perfect pairing with cantaloupe wrapped in prosciutto.



VILLA TERESA ORGANIC PROSECCO FRIZZANTE

Italy \$15.99 268714

Clean, fresh and delicate with a light floral note and pear and peach nuances, this semi-sparkling pour comes in two sizes and has the added bonus of a flip-top seal.



VAPORETTO PROSECCO BRUT

Italy \$17.29 99986

This wine has a slightly softer style, with honeyed tree fruit of apple and peach. The juicy acidity keeps everything bright and refreshing.

HOT HOT HOT HOT HOT



APOTHIC CRUSH

USA **\$14.99** 496471

An unusual combo of Petite Sirah and Pinot Noir grapes creates Apothic Crush. Red fruit flavours, caramel and chocolate mingle with a smooth mouth feel.



FONTANAFREDDA SERRALUNGA D'ALBA BAROLO

Italy **\$41.99** 99424

This classic Italian red has a bouquet of vanilla, spices, withered roses and underbrush. It's dry and full-bodied with velvety texture and excellent balance.



HENDRICK'S GIN

United Kingdom **\$44.99** 637504

Hendrick's is a premium gin that has a unique infusion of rose petals and cucumber added to enhance the traditional gin flavours of juniper and citrus.



SIZZLING HOT PRODUCTS JUST IN TIME FOR SUMMER!



CAZADORES TEQUILA BLANCO

Mexico **\$29.49** 773143

Cazadores Blanco is 100 percent Blue Agave and is a smooth, easy-going tequila. The slightly sweet taste and soft finish make it perfect for mixing in cocktails.



QUAILS' GATE ROSÉ

BC VQA **\$16.49** 170316

Wonderfully clean and fresh, this rosé has a nose of red berries and melon. In the mouth, bright flavours of ripe, red field berries linger.



MEZZACORONA PINOT GRIGIO

Italy **\$14.79** 312801

Light and lively, this Pinot Grigio displays notes of green apple, mineral and honeysuckle. The aromas carry through to the palate along with a hint of almond.



GRAPEFRUIT & SEAFOOD *Symphony*



SEAFOOD AND RUBY RED
GRAPEFRUIT SALAD



CÉLINE TURENNE

Céline Turenne has more than 30 years' experience cooking for friends and family. Her travels throughout Canada, Europe and the United States, as well as her passion for reading about and shopping for food, have been influential in keeping her informed about food trends and discovering what people are really eating.

FOR RECIPES, SEE INDEX ON PAGE 137

PAIRS WITH BAKED COCONUT PRAWN WITH GRAPEFRUIT DIPPING SAUCE



01 VQA WINE
RED ROOSTER PINOT BLANC

BC VQA \$12.99 103044

A local white opening with aromas of ripe apples, pears and peaches, leading to flavours of apples, melon and pineapple with a tinge of minerality.



01 VQA WINE
SEE YA LATER RANCH GEWÜRZTRAMINER

BC VQA \$14.99 868067

Fresh and spicy aromas of lychee and rose petal with hints of grapefruit, this Gewürztraminer is bursting with rich, exotic flavours of lychee and ripe melon.



BAKED COCONUT PRAWN WITH HONEYGOLD GRAPEFRUIT SAUCE

MEET OUR MAIN SQUEEZE.

SMIRNOFF™ GRAPEFRUIT FLAVOUR



REALLY RUBY

Smirnoff™ Grapefruit with grapefruit juice and tonic water.



PLEASE ENJOY RESPONSIBLY
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SMIRNOFF™

PAIRS WITH SEAFOOD AND RUBY RED GRAPEFRUIT SALAD



SEE YA LATER RANCH RIESLING

BC VQA \$15.99 579045

This vibrant white displays aromas of lime, hints of tropical fruit and green apples. The palate is bursting with more fresh, green apple, melon and citrus fruits.



PRAWN AND GRAPEFRUIT RAVIOLI WITH PINK GRAPEFRUIT BEURRE BLANC



KONO MARLBOROUGH SAUVIGNON BLANC

New Zealand \$14.99 58032

This wine is bright and tangy, packed with aromas and flavours of apples, grapefruit and gooseberry with Asian pear notes. It is light and refreshing on the palate.



PAIRS WITH PRAWN AND GRAPEFRUIT RAVIOLI WITH PINK GRAPEFRUIT BEURRE BLANC



NEWHARBOR MARLBOROUGH SAUVIGNON BLANC

New Zealand \$15.49 822585

Bright and fresh, this Kiwi quaffer displays vibrant aromas of tropical fruit and grapefruit zest. The aromas carry over to the palate with a crisp acidity.



ROAD 13 HONEST JOHN'S WHITE

BC VQA \$14.99 601070

This wine offers a good mouthful of fruit flavours, some tropical as well as tart tree-fruit notes, finishing with a hint of spice.

Farmer's Apprentice

There is alchemy at work in a tiny room just off Granville Street on Vancouver's West Side. It is a rustic alcove, full of worn, blond wood, schoolroom chairs and found objects. Often there will be rows of pickling jars, shelved high above head, reminding you of another, and simpler era.

This unassuming room sits street level in the South Granville Lofts, known as The Cooper Building. It is a copper-clad structure that is home to one of Canada's most critically acclaimed newish restaurants, Farmer's Apprentice.

Impressive, for what seems to have been a decision made on impulse. Perhaps it's not so surprising after all – once you get to know Chef David Gunawan. He has a wandering spirit and a serene demeanor and, by fate, divine intervention or choosing door number three (we will never know), something brought him to this place at this time.

Gunawan was born in Indonesia, then raised in Singapore and New Zealand. After studying environmental engineering in Indiana, he landed in Chicago, where he worked as a bike courier and tumbled into cooking school. An interesting metamorphosis, which, he admits was more to fill a void than it was a career move.

After a stint in the kitchen at Chicago's Les Nomades, he went west, settling briefly in Seattle. From Seattle it was just a quick hop across the border to Vancouver in 2006. He was impressed with the high standards of our city's restaurants and his addition was our gain.

Between working with Angus An at Gastropod (now Maenam) and David Hawksworth at West, Gunawan was able to gain additional experience in Belgium and Denmark.

In 2013, he eyed the recently vacated spot in The Cooper Building and thought the area needed something. He'd just left another job and the opportunity seemed too good to pass up – it was the right time and the right place.

This was Gunawan's moment. He built a platform that simultaneously allowed him to teach us how to eat well while promoting local farmers – both promoting sustainability. It was a simple case of show, don't just tell, and most of all, practice what you preach.

As a devotee of the farm-to-table movement, Gunawan built a Rolodex of small farmers to supply him with practically



Chef David Gunawan

everything he needed. If they didn't have it, they would grow it for him. "Having better produce allows us to cook at a very high level," he insists. "Simple techniques, high quality and seasonal."

The menu changes daily and Gunawan's chefs prepare a set menu. Although not popular with all guests, a set menu allows the kitchen to orchestrate. It helps with labour costs and cuts down on waste. Sometimes, he gets such small amounts of a favourite ingredient; the only way to work it into the menu is to use it as a seasoning. Additionally, they purchase the whole animal rather than parts, which is also cost effective – savings

“When you open the door to constraint, it opens a whole other world. – David Gunawan”

he can pass onto the customer.

The praise and notoriety earned by Gunawan and his kitchen at Farmer’s Apprentice doesn’t seem to faze him, and he is quick to point out what he’s doing (seasonal and local) is not a trend. “It’s a double-edged sword,” he muses. “I don’t want it to be a fashion – it’s not that it is the newest, hottest thing, but you must execute,” he underlines.

Gunawan is a staunch advocate – if you talk the locavore talk, you had better walk the locavore walk. “There needs to be more of us doing this. It creates an opportunity. When you open the door to constraint, it opens a whole other world.” He is referring to the limit of bounty in off seasons – when local produce is more finite. As an example, to expand the offerings across winter months at Farmer’s Apprentice, he and his team preserve some 1200 pounds of produce – everything from rhubarb and quince to peppers. “It creates versatility,” he says. “It makes chefs stronger. I think, to me, that’s more important than being a good technical chef – it makes you more intuitive.”

Wise words from a man who’s inadvertently become the ambassador of a new generation of chefs and restaurateurs in Vancouver – not through his words, but through his actions.

Farmer’s Apprentice
1535 West 6th Avenue
Vancouver

BC LIQUORSTORES



CHILLED MELON AND
SORREL GAZPACHO



DUCK BREAST WITH RHUBARB

PAIRS WITH DUCK BREAST
WITH RHUBARB



  
**BONTERRA
ORGANIC
CHARDONNAY**

USA \$17.99 342436

This distinctive Chardonnay is taut and tart, tangy and leesy, with notes of green apple, lemons and pears with hints of bright minerality.

  
**CONO SUR
ORGANIC
PINOT NOIR**

Chile \$13.99 77644

An organic Pinot Noir with flavours and aromas of cherries and red berries framed by a toasty oak note.



PAIRS WITH CHILLED MELON AND
SORREL GAZPACHO



  
**FAVO D'ORO
ORGANIC
PINOT GRIGIO**

Italy \$13.99 48322

An organic Pinot Grigio with a nose of ripe pear and orange blossom. Fresh in the mouth, it exhibits notes of ripe orchard and stone fruit.

PAIRS WITH HEIRLOOM LETTUCE SALAD WITH WALNUTS AND BUTTERMILK DRESSING



**MICHEL TORINO
ESTATE CUMA
ORGANIC
TORRONTÉS**

Argentina **\$12.49** 213389
This organic Torrontés has lifted aromas of lime and white blossoms. Clean and crisp in the mouth. Notes of white peach, citrus and jasmine linger on the finish.



**CONO SUR
ORGANIC
SAUVIGNON BLANC**

Chile **\$13.49** 813576
This organic Sauvignon Blanc has aromas of fresh citrus with a note of grassiness. Mouth-watering acidity frames the grapefruit and green-apple flavours.

PAIRS WITH CHILLED MELON AND SORREL GAZPACHO



**SUMMERHILL ALIVE
ORGANIC WHITE**

BC VQA **\$17.99** 22574
Alive white wine is a blend of organically grown aromatic white varieties. It boasts notes of ripe pear, white peach and gooseberry with some minerality.



HEIRLOOM LETTUCE SALAD WITH WALNUTS AND BUTTERMILK DRESSING



SOUTH AFRICA

A FEAST FOR THE SENSES

How often have you traveled somewhere and immersed yourself in the surroundings – the food and the wine, the people and the landscape?

Every region has its own beauty, its own particular charm or uniqueness.

When you delve deeper and travel farther, you realize how individual each place is. The flora and fauna may bear resemblance, the birds seem somewhat familiar, yet they are not – they are part of a particular microcosm.

Wines, for example, which reflect their home, their geography and climate, and people, are said to have a *sense of place*. All of these elements combine and impart certain characteristics, which can influence style, flavour and aroma, among other things. You

will frequently hear wine writers and wine lovers talking about sense of place, because it matters to them. However, it should not intimidate.

One of the most outstanding and completely distinctive wine regions in the world is the Cape Winelands of South Africa. It stands to reason, as the land of the Cape of Good Hope is a remote winemaking outpost at the tip of the African continent. From there, the next stop is Antarctica, and it is about as far from British Columbia as one can travel. The destination is entirely worth the journey.

Historically, wine has been grown on the Cape for more than 350 years, yet most of the industry's growth has taken place in the past decade or so. It is a vast region, roughly 800

kilometres across, stretching from ocean to mountain and into broad plains and valleys. Undoubtedly, we hear most about the regions closest to Cape Town – Paarl, Stellenbosch, Franschhoek and Constantia (the birthplace of winemaking on the Cape). They are well travelled and have spun an outstanding web of food, wine and accommodation, known as *enotourism*.

Other regions you might recall hearing of include: Walker Bay, Robertson and Swartland. Overall, most vineyards are located in the Western Cape – the most common geographical indicator on South African wine labels you'll see here is Wines of Origin Western Cape.

What are important details to know about the Cape Winelands are its raw,



“ One of the most outstanding and completely distinctive wine regions in the world is the Cape winelands of South Africa. ”

natural beauty, its time- and wind-worn mountains and ethereal light. Its native vegetation is a signature. The Western Cape is the smallest and most biodiverse in the world, with 70 percent of its more than 9,600 plant species being indigenous. Equally striking are Cape Town's Table Mountain and the Cape's two oceans. The Indian Ocean and the Atlantic Ocean collide powerfully somewhere between the Cape Point and Cape Agulhas, some 250 kilometres southeast of the point.

The food there is a dynamic combination of its cultural amalgamation – Dutch, French, Indian, Malay and African – all flavours seemingly supported by the Cape's vast array of wines.

For example, South Africa's famous

Pinotage is perfectly suited to its wild game, bobotie (spiced minced meat dish) and boerewors (spiced and grilled sausage). Of course, the traditional South African braai (fire grill or barbecue) will suit a variety of the region's other well-established varieties such as Shiraz (Syrah), Cabernet and Merlot. The Chocolate Block by Boekenhoutskloof is an outstanding example of what the Cape can produce. Made mainly from Syrah and Cabernet Sauvignon, it is spicy and expressive with wonderful complexity and depth. Additionally, Graceland's Cabernet Sauvignon is stylish and concentrated, with purple fruit and baking-spice flavours.

Fish and popular curry dishes fare better with whites. South Africa's most celebrated white variety is Chenin Blanc

(aka Steen), but there is no denying their stunning Sauvignon Blancs and Chardonnays are surging in popularity. Standout Chardonnays in this category include the DeMorgenzon DMZ, a nutty and buttery yet exceedingly fresh version, and the Hamilton Russell Vineyards, which is chic and laden with golden fruits, honeysuckle and spice. For warm summer day sipping, the vibrant Porcupine Ridge Sauvignon Blanc is a delightfully tangy and verdant option.

While you may never have the opportunity to travel to South Africa or fully comprehend the meaning of sense of place, that's okay. Hopefully, the next time you take a sip of a wine from this unparalleled part of the world, you'll remember reading about how truly special it is.

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ONE EXCEPTIONAL NEW PACK



NEXT TIME YOU'RE FACED WITH INDECISION, REACH FOR STRONGBOW'S NEW VARIETY PACK. IT FEATURES: GINGER'S SUBTLE AROMAS, ELDERFLOWER'S BLOOMING FLORAL NOTES, GOLD'S CRISP APPLE MEDLEY, AND BRITISH DRY'S WELL BALANCED FINISH. ENJOY ALL FOUR OVER ICE TO FIND YOUR PERFECT PATIO PAIRING.

Must be legal drinking age. Please enjoy Strongbow Apple Ciders responsibly.



“ Undoubtedly, we hear most about the regions closest to Cape Town – Paarl, Stellenbosch, Franschhoek and Constantia (the birthplace of winemaking on the Cape). ”



**JAM JAR
SWEET SHIRAZ**

South Africa **\$15.99** 392845
True to its name, this supple yet fresh red offers cherry jam, mocha, sweet spices and vanilla. Pop it in the fridge for a slight chill and pour away.



**GLEN CARLOU
GRAND CLASSIQUE**

South Africa **\$22.49** 153882
This is a succulent and substantial Cabernet Sauvignon-dominant blend. It boasts dried fruit, mocha and toffee flavours and shows impressive balance and length.



**NEDERBURG
SAUVIGNON BLANC**

South Africa **\$11.49** 382713
A tangy and mouth-watering white with gooseberry, lime and coriander flavours underscored by passion fruit. It's perfect served with goat's cheese, fish or summer salads.



**TWO OCEANS
SAUVIGNON BLANC**

South Africa **\$8.99** 340380
Lemon, passion fruit and gooseberry abound in this tangy white. It is rounded out with fresh herbal notes and is entirely satisfying.



**SPIER
CHENIN BLANC**

South Africa **\$12.49** 659037
Expect vibrant aromas of pink grapefruit, honey and stone fruits, which are dutifully supported by a brisk yet creamy palate and a lengthy and mouth-watering finish.



**STELLAR ORGANICS
RESERVE CABERNET
SAUVIGNON
PINOTAGE**

South Africa **\$14.49** 77883
Here's a solid everyday red with strawberry jam, licorice and clove aromas, which roll into a savoury and spicy palate. You'll want to fire up the barbecue with this one.

Aloha Hawaii!

BANANA COLADA,
PASSION COCONUT FIZZLE
AND LEI ALOHA COCKTAILS
(RECIPES ON PAGE 85)



AHI TUNA POKE CONE

KALUA CHAR SUI PULLED PORK
SLIDERS WITH PINEAPPLE
CHUTNEY AND TROPICAL SLAW



PAIRS WITH KALUA CHAR SUI PULLED
PORK SLIDERS WITH PINEAPPLE
CHUTNEY AND TROPICAL SLAW



 **BEN MARCO
MALBEC**

Argentina **\$23.99** 355321
This Malbec opens with
aromas of blackberry,
kirsch, licorice and spice.
It is dense and juicy with
flavours of dark fruit and
chocolatey oak notes.

 **00** 
**CEDARCREEK
PINOT NOIR**

BC VQA **\$22.99** 567412
CedarCreek Pinot Noir
is medium-bodied yet
soft with notes of ripe
cherry and plum framed
by hints of spice and
earth and a juicy finish.



PAIRS WITH PANKO, COCONUT AND
MACADAMIA NUT-CRUSTED MAHI
MAHI WITH PASSION FRUIT SAUCE



PANKO, COCONUT
AND MACADAMIA
NUT-CRUSTED MAHI
MAHI WITH PASSION
FRUIT SAUCE



 **00**
**SANTA ANA
RESERVE
TORRONTÉS**

Argentina **\$12.99** 814996
Pronounced aromas of
white flowers, roses and
citrus lead to a fresh,
crisp, smooth palate with
hints of peach and a
balanced, lingering finish.

BC LIQUORSTORES

PAIRS WITH AHI TUNA POKE CONE



00
LES FLEURS DU MAL ROSE

France **\$13.49** 360073
Overflowing with aromas and flavours of strawberry, blackberry and sweet honey, this medium-bodied wine offers a rich and well-balanced taste experience.

00
WILLIAM FÈVRE PETIT CHABLIS

France **\$25.49** 811232
Expect a fresh bouquet and flavours of citrus and pineapple. This Chablis is light and lively with fruity, floral and mineral notes.



PAIRS WITH PANKO, COCONUT AND MACADAMIA NUT-CRUSTED MAHI MAHI WITH PASSION FRUIT SAUCE



HAUPIA WITH WHITE CHOCOLATE AND TOASTED COCONUT

PAIRS WITH HAUPIA WITH WHITE CHOCOLATE AND TOASTED COCONUT



00
M. CHAPOUTIER BILA-HAUT BLANC

France **\$14.99** 175042
Made from three lesser-known grape varieties, namely Grenache Blanc, Grenache Gris and Macabeu, this crisp citrus blend shows dried-peach and apricot notes.



07 **VQA**
WHISTLER LATE HARVEST CHARDONNAY

BC VQA **\$18.49** 197244 375 ml
A late harvest lovely with a nose of apple pie, honey and lemon zest. The palate is opulent and full with flavours of apple, apricot and honey.



00
CHAMDEVILLE BLANC DE BLANCS BRUT

France **\$13.29** 187740
Opening with a nose of apple, pear and a hint of toasted almond, this French bubble displays flavours of brioche, citrus and pear.

Captain Morgan™

SUMMER COCKTAILS HAVE A NEW CAPTAIN



CAPTAIN'S BREEZE
Captain Morgan™ Pineapple
with pineapple juice &
cranberry juice



LEI ALOHA

2 oz (60 ml) Bombay Sapphire gin
 ½ oz (15 ml) hibiscus syrup
 ½ oz (15 ml) orgeat or almond syrup*
 1 oz (30 ml) fresh lime juice
 2 drops orange flower water*
 ice cubes
 a tropical flower, for garnish (optional)

Combine all ingredients in a cocktail shaker. Shake vigorously, strain and pour drink into a chilled glass such as a coupe. Garnish with a tropical flower, if desired. Serve immediately.

* Orgeat and orange flower water are available at specialty grocers



BANANA COLADA

2 oz (60 ml) Gosling's Black Seal rum
 2 oz (60 ml) cream of coconut
 1 oz (30 ml) fresh lemon juice, strained
 ½ ripe banana, peeled
 ¼ ripe pineapple, peeled and cubed
 ½ cup (125 ml) ice cubes
 slice of banana and pineapple, for garnish

Combine ingredients in a heavy duty blender and whirl until smooth and creamy. Pour into a chilled glass such as a Hurricane glass. Serve immediately.



PASSION COCONUT FIZZLE

PINEAPPLE COCONUT FOAM

6¾ oz (200 ml) full-fat coconut milk
 10 oz (300 ml) pineapple juice, strained
 ½ oz (15 ml) lemon juice, strained
 ¼ cup (60 ml) granulated sugar

PASSION FIZZLE

1 oz (30 ml) Bacardí Maestro white rum
 1 oz (30 ml) passion fruit purée
 ½ oz (15 ml) simple syrup**
 ice cubes
 ½ cup (125 ml) crushed ice
 2 oz (60 ml) plain soda water

To make Pineapple Coconut Foam, combine coconut milk, pineapple and lemon juice and sugar in a bowl. Stir until sugar is completely dissolved. Transfer to a 2 cup (500 ml) whipping cream dispenser and charge with one No. 2 charge. Chill dispenser until very cold, about 15–30 minutes. Shake well and dispense when needed. When ready to serve, combine rum, purée, syrup and ice cubes in a cocktail shaker. Shake vigorously, strain and pour over crushed ice in a Collins glass. Top with soda and a piping of Pineapple Coconut Foam. Serve immediately.

**See 2:1 simple syrup recipe on page 23



BOMBAY SAPPHIRE LONDON DRY GIN

United Kingdom **\$24.99** 316844
 The complex and refined taste of Bombay is created using a vapour infusion of botanicals such as orris root, orange peel, angelica and grains of paradise.



GOSLING'S BLACK SEAL RUM

Bermuda **\$30.49** 367672
 Gosling's Black Seal is a complex and unusual spirit with a rich, intricate flavour. It is well-balanced, with nuances of butterscotch and vanilla with caramel notes.



BACARDÍ MAESTRO RUM

USA **\$23.99** 643247
 Bacardí Maestro is a blend of rums that are double-aged, resulting in an aromatic rum with fruity, floral and vanilla notes and hints of oak and almond.

Light & Lovely REDS

With the warmer weather, cravings for a powerful Cabernet Sauvignon or a rich and heady Shiraz may be curbed. Instead, your palate likely desires something more refreshing, and even chilled. What do you do when red is your colour of choice? It's not necessary to switch allegiances. Chalk up your change in taste to summer fever, a minor condition that is easily treated by drinking a lighter style of red.

The lightness of a wine is directly related to its body, which is described as the wine's weight in the mouth. The range from light-bodied to full-bodied is analogous to the difference between skim milk and cream. The amount of alcohol contributes to weight, so a wine with 14.5 percent alcohol is heftier than one with 12 percent. And let's face it, when the sun is blazing, higher alcohol has less appeal.

When seeking daintier gems, cool-climate regions are a good place to start. Places like Germany, Northern France, New Zealand and Chile's

Casablanca, Leyda and Limarí Valleys offer plenty of choices. Wines from these areas also demonstrate crisp, vibrant acidity, which is an added bonus and crucial for slaking a thirst.

Beyond the influence of climate, certain grapes are predisposed to a slighter frame. With its higher acidity and lower tannin, Pinot Noir is the poster child for light reds. This variety actually prefers cooler climates. In Burgundy and Germany, the expression is leaner, earthier and more restrained, while in moderate areas of California and New Zealand's Central Otago, the fruit quotient (and alcohol) are amped up. Nevertheless, these latter examples will still be infinitely lighter than say a Malbec or Zinfandel.

Similarly structured, the Gamay grape graces the French region of Beaujolais. Arguably the most quintessential summer red, Beaujolais exudes the succulent red berries of the season, and usually clocks in at less than 13 percent. For the finest, but still delightfully light alcohol,

expressions, look for wines labeled Beaujolais-Villages as well as the specific crus of Morgon, Moulin-à-Vent, Fleurie and Brouilly.

Both Pinot Noir and Gamay are so versatile at the dinner table and ideal for summer fare. They work with everything from salmon and tuna to chicken and pork; all barbecue-friendly proteins.

When red meat hits the grill, you might demand a wine with slightly more grip. Cabernet Franc from the Loire Valley in France is the ideal solution. The appellations of Chinon, Saumur-Champigny and Bourgueil all feature this grape, and while the tannins may be firm, these wines remain light on their feet. With crunchy fruit and bright acidity, they're best enjoyed with food, particularly when steak or burgers are on the menu.

In the realm of food-friendly reds, Italy scores huge points. Moreover, plenty fall nimbly into the light summer-sipping category. The lithesome Corvina variety dominates



MICHAELA MORRIS

Michaela Morris is a wine writer, educator, presenter and certified Italian Wine Expert through Vinality International Academy. She holds the Wine & Spirit Education Trust (WSET) Diploma and is a local instructor for the program. Besides making regular radio and television appearances, Michaela is also the wine columnist for *WestEnder* and contributes to *EAT* and *Quench* magazines. Follow her on Twitter & Instagram @MichaelaWine.

“ Chalk up your change in taste to summer fever, a minor condition that is easily treated by drinking a lighter style of red. ”



SAMUEL ADAMS®



SETTING
STANDARDS
SINCE 1984

FOR THE
LOVE *of* BEER

LIGHT & LOVELY **REDS**

the blend in the wines of Valpolicella and Bardolino. The most beautifully simple iterations of these enchant with red cherries lifted by fragrant herbs and an appealing juiciness. Both will cheer up a cold pasta salad. The Lambrusco family of grapes makes unique and delicious sparkling reds that are dry to off-dry with modest alcohol. Lambrusco di Sorbara is the lightest of the bunch, with appetite-stimulating acidity that encourages snacking on cold cuts and cheese. Even the sultry southern island of Sicily proposes wines of less girth. The local Frappato grape bursts with fresh raspberries, strawberries and dried flowers. It gains a bit of weight when blended with fuller-bodied Nero d'Avola in the DOCG of Cerasuolo di Vittoria, but it would never be described as heavy. It's also a satiating match with grilled sausages.

Whichever red you decide to lighten up with, serving temperature is a key consideration. The lightest are enjoyable at 13° C. The cooler temperature will increase the refreshment factor while focusing the aromas and flavours, so they are razor-sharp and pure. Forty-five minutes or so in the fridge will chill the bottle down. For even quicker results, stick the wine on ice for 20 minutes. If you find it too cold, remember, it won't take long to warm up. Chances are you'll be pleasantly surprised by how quaffable and thirst quenching the wine has become.

Yes, even red wine can cool you down.



OYSTER BAY MARLBOROUGH PINOT NOIR

New Zealand **\$20.99** 111302
Outgoing and expressive aromas of black cherry and ripe herbs lead to fleshy yet fresh, sleek fruit on the palate. Summer in a glass!



JOSEPH DROUHIN CÔTE DE BEAUNE

France **\$49.99** 232298
Intriguing hints of earth and clove add complexity to redcurrant and pomegranate fruit. It is sophisticated and elegant with fine, mouth-caressing tannins.



MONTE DEL FRA BARDOLINO

Italy **\$16.99** 283648
Bright and cheerful, this delightful Bardolino is bursting with juicy raspberry and spiced Asian plum. A snap of black pepper makes it all the livelier.



CASOLARI LAMBRUSCO DI SORBARA

Italy **\$14.99** 276105
Tangy balsam notes meet crunchy rhubarb and cranberry. Made from Lambrusco di Sorbara, this frothy red sports a modest 11 percent alcohol, perfect for a summer sipper.



LOUIS JADOT COMBE AUX JACQUES BEAUJOLAIS VILLAGES

France **\$21.99** 469924
A beautiful and pure expression of the Gamay grape, Jadot Beaujolais-Villages offers strawberry, cherry and mineral notes along with a silky texture and a lingering finish.



JUDEKA CERASUOLO DI VITTORIA

Italy **\$26.49** 749085
This gorgeous Sicilian gem brings together the characterful Nero d'Avola and fragrantly floral Frappato grapes. It is medium-bodied yet still light on its feet.

MAKE A MEAL *Salads*

GRILLED STEAK AND
PEACH SALAD





SWEET AND SPICY LOBSTER NOODLE SALAD



CARROT, CUCUMBER AND JICIMA SALAD WITH SMOKY GRILLED LAMB



WINES WORTH SHARING

Wines of Chile
The natural choice

FOODS
FROM

Chile

SOURCE OF LIFE

MAKE-A-MEAL **SALADS**

PAIRS WITH CARROT, CUCUMBER AND JICIMA SALAD WITH SMOKY GRILLED LAMB





 **00**
CONCHA Y TORO CASILLERO DEL DIABLO CARMENERE
 Chile **\$11.99** 153270
 This Chilean red displays aromas of plum, chocolate and a hint of coffee. The palate reveals flavourful notes of dark plum and ripe blackberry.



 **00**
INCEPTION DEEP LAYERED RED
 South Africa **\$11.99** 548354
 Inception opens with aromas of ripe dark fruit and spice. In the mouth, ripe berry flavours lead to a finish with a hint of mocha.

 **00**
PAUL MAS VIOGNIER
 France **\$12.49** 151100
 This Viognier has a bouquet of peach and blossom with a hint of jasmine. Full in the mouth, it has flavours of ripe peach and nectarine.



 **01** 
MISSION HILL RESERVE CHARDONNAY
 BC VQA **\$20.49** 18812
 A local Chardonnay with notes of pear, pineapple and vanilla greeting the nose. The palate echoes the nose, finishing with a hint of hazelnut.



PAIRS WITH SWEET AND SPICY LOBSTER NOODLE SALAD

PAIRS WITH GRILLED STEAK AND PEACH SALAD



 **00**
TRIBUNAL
 USA **\$18.99** 170951
 Tribunal is a rich red blend with aromas of berries and chocolate. The palate reveals flavours of ripe, dark fruit and a hint of chocolate-covered cherries.



 **00** 
HESTER CREEK CHARACTER RED
 BC VQA **\$17.99** 158311
 This local red blend has notes of ripe, black fruit, coffee and spice on the nose and palate. Smooth tannins and nice acidity balance the fruit.

BAR



MATT VAN DINTHER NOMAD

*“Before anything else, preparation is the key to success.”
~Alexander Graham Bell*

Matt van Dinter is a fine example of Bell’s irrefutable words, as are his business partners at Nomad. It’s an interesting amalgamation of talents at this popular Main Street eatery. Having two chefs, Ryan Reed and Scott Swanson, in the kitchen, along with two front-of-house guys (each with bartending on his curriculum vitae) under the same roof could be a recipe for disaster, but it seems to work. All four are BC men whose jobs and friendships fortuitously overlapped prior to the concept of Nomad.

Matt van Dinter grew up in Victoria. The 28-year-old started working in restaurants at age 14, first as a dishwasher and then a cook. He moved to the front of the house while at Canoe, in Victoria, then tended bar at the famous Bengal Lounge – the Empress’ Indian-inspired and leather-swathed institution.

In 2011, the Savoy Hotel was the next stop for van Dinter, who spent roughly two years in London. It was an eye-opening time for him, the bar culture being so established – unlike back home.

A fellow Canadian bartender, with whom he had crossed paths in London, passed on a job opportunity for van Dinter upon his return to Vancouver in mid-2013. While that didn’t pan out, a gig at the Fairmont Hotel Vancouver introduced him to Taylor Burnham, the first of his future business partners. While working behind the wood at the Distillery, the Diamond and Wildebeest, he and



Burnham collaborated on opening their own place. As the business idea morphed, the additional two young yet equally entrepreneurial chefs, Reed and Swanson, were assembled.

Nothing is ever as simple as it seems – financial support for the foursome seemed unattainable, despite the considerable effort Sauder Business School graduate Burnham put into their business plan. Eventually, through preparation and perseverance, funding was found and in 2014, Nomad was a go.

The concept, a concentrated effort on seasonally sourced Pacific Northwest cuisine, sustainable business practices and as much made-in-house product as possible.

Owning a business has given van Dinter maturity beyond his years. “You start thinking about it [bartending] as more than

“ Helping other businesses and supporting the community is so important in this industry. – Matt van Dinther ”

just a job. At the end of the day, we're trying to make a guest experience – it's more that you're trying to support your life.” He thinks back to the long, endless hours of the first months after opening, “You don't get time off when you first open. You're here so often, that you see your guests more than your friends – they become your new friends.”

Those new friends obviously agree wholeheartedly – they voted him Vancouver's Best Bartender in the Georgia Strait's 2016 Golden Plate Awards.

He's adamant about Nomad being part of the neighborhood, “Helping other businesses and supporting the community is so important in this industry.”

While he's successfully competed and won cocktail tournaments in his career, they are few and far between these days. Being a business owner, he's not as involved in Vancouver's bar scene as he would like, “I'd love to give back to a community that has supported me, visiting their bars, bouncing ideas off them – checking in and just being there for people. It's a hard job – physically and emotionally taxing.”

From the outside looking in, it might seem like luck or talent, but van Dinther's success is built firmly on a platform of dedication.

Nomad Restaurant
3950 Main Street
Vancouver



ROYAL MANDATE

granulated sugar
1 lemon slice
3 tbsp (45 ml) Havana Club 7 rum
1½ tsp (7 ml) Crème de Cassis
1½ tsp (7 ml) Fernet Branca

4 tsp (20 ml) lemon juice
2 tsp (10 ml) honey syrup*
ice cubes
orange zest, for garnish

Run a cut lemon along one half of the rim of a glass. Dip in sugar to coat half the rim. Combine remaining ingredients except for orange zest in a cocktail shaker. Shake vigorously and strain into tall sugar-rimmed glass. Garnish and serve immediately.

* To make honey syrup combine 2½ cups (590 ml) honey and 1½ cups (400 ml) hot water in a glass container large enough to hold contents. Stir until dissolved. Can be refrigerated for up to 6 weeks.

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Get inspired at victoriagin.com.

INGREDIENTS IN FOOLISH PLEASURE
FROM PAGE 99



**BUFFALO TRACE
KENTUCKY
BOURBON**

USA **\$38.99** 605063

This premium bourbon offers rich flavours of toffee, oak, sweet vanilla and honey. It finishes with a pleasant smokiness on the palate.



PERNOD

France **\$27.99** 6049

Pernod is a versatile, anise-flavoured spirit that has been used in cocktails and cuisine for more than 200 years. It has a long, licorice-like finish.

INGREDIENT IN FLORIDA WATER



**LOT NO. 40 SINGLE
COPPER POT STILL
WHISKY**

Canada **\$33.99** 3822

This whisky has aromas of oak, spiced vanilla and toffee with a hint of orange zest. Bold, oaky flavours are complemented by hints of vanilla and caramel.



FLORIDA WATER

1 egg white
¼ cup (60ml) Lot No. 40 whisky
2 tbsp (30 ml) lemon juice
4 tsp (20 ml) charred orange and clove syrup*

1 tsp (5 ml) unpasteurized apple cider vinegar
ice cubes
pinch espresso powder

Place egg white in a cocktail shaker and shake vigorously until foamy. Add remaining ingredients except espresso powder. Shake vigorously and strain into a chilled white wine glass. Top with a pinch of espresso powder and serve immediately.

* To make charred orange and clove syrup, cut oranges in half and barbecue until golden. Muddle grilled oranges in a large container to release the juices. Strain into a 4 cup (1 L) glass container and add 4 cups (1 L) 60/40 sugar water after straining. Stir in 10 cloves, cover and refrigerate for 24 hours. Strain again and refrigerate. Can be stored in the refrigerator up to 1 month.



MADE WITH
CANADIAN
CIDER
♦ **CUT WITH** ♦
VODKA

PLEASE ENJOY RESPONSIBLY. OUTCIDER™ IS A TRADEMARK.

INGREDIENTS IN ROYAL MANDATE
FROM PAGE 95



**HAVANA CLUB
7-YEAR-OLD RUM**

Cuba **\$30.49** 53140
Havana Club 7-Year-Old rum offers outstanding flavours of cocoa, vanilla, cedar, sweet tobacco, chestnut and lush tropical fruit. The finish is intense yet smooth.



**L'HÉRITIER-GUYOT
CRÈME DE CASSIS
DE DIJON**

France **\$33.99** 132241
Ripe and aromatic, with generous fruity flavours of blackcurrants, this versatile liqueur works well in a number of cocktails, including the Kir Royale.



**FERNET-BRANCA
BITTERS**

Italy **\$27.49** 674119 500 ml
Fernet Branca is a bitter made from a secret recipe passed down from father to son. It is flavoured with some 40 roots, herbs and spices.



FOOLISH PLEASURE

8 to 10 fresh mint leaves
2 tbsp + 2 tsp (40 ml) Buffalo Trace bourbon
2 tsp (10 ml) pernod
2 tbsp (30 ml) lime juice

4 tsp (20 ml) orgeat or almond syrup
ice cubes
plains soda water

Gently slap mint leaves between your palms to bruise and release the essential mint oils. Place in large glass. Add bourbon, pernod, lime juice and orgeat. Add ice and fill glass with soda. Stir with a swizzle stick and serve immediately.



Fantastic FLATBREADS

POTATO FLATBREAD WITH CARAMELIZED
ONIONS, PANCETTA AND FONTINA CHEESE

PAIRS WITH PRIMAVERA FLATBREAD WITH GARLIC HERB CRUST



DANZANTE PINOT GRIGIO

Italy **\$12.99** 534214
Fresh and fruity, this Pinot Grigio displays aromas of tropical fruit with a delicate floral note. The palate shows subtle citrus, mineral and herb notes.



GABBIANO CHIANTI

Italy **\$13.29** 25155
An inviting Chianti showing bright berry notes with a hint of flowers and mineral. Flavours of cherry and raspberry with a note of olive linger in the mouth.



PRIMAVERA
FLATBREAD WITH
GARLIC HERB CRUST



DESSERT FLATBREAD WITH LEMON-HONEY MASCARPONE CHEESE, BERRIES AND CHOCOLATE

PAIRS WITH DESSERT FLATBREAD WITH LEMON-HONEY MASCARPONE CHEESE, BERRIES AND CHOCOLATE



 **RUSSO LIMONCELLO**

Italy **\$30.99** 471623 700 ml
 Crafted using macerated lemons, rind and all, gives this liqueur a generous aroma and a zesty, round finish. Delicious chilled before or after dinner.



 **03 MOËT & CHANDON NECTAR IMPÉRIAL**

France **\$68.99** 509695
 This elegant champagne has a rich bouquet of exotic and stone fruit with a hint of vanilla. The voluptuous palate mirrors the nose, finishing with a grapefruit note.

PAIRS WITH GLUTEN-FREE FLATBREAD WITH ORANGE-HOISIN AND CHINESE BARBECUED PORK



BREE RIESLING

Germany **\$13.49** 210807
This Riesling opens with a nose of wet stone, apple and spice leading to flavours of honeyed apricot, pear and citrus and a lingering pink-grapefruit finish.



QUAILS' GATE GEWÜRZTRAMINER

BC VQA **\$15.99** 585745
An aromatic white with a bouquet of exotic spices, lychee and guava. The slightly off-dry palate has flavours of ginger, guava and other tropical fruit.



PAIRS WITH POTATO FLATBREAD WITH CARAMELIZED ONIONS, PANCETTA AND FONTINA CHEESE



GLUTEN-FREE FLATBREAD WITH ORANGE-HOISIN AND CHINESE BARBECUED PORK



DOMAINE HOUCHART PROVENCE ROSÉ

France **\$17.49** 252338
Fresh and aromatic, this rosé has a bouquet of brambly red berries on the nose. The palate is dry and complex with a hint of dried blueberry.



PRODUTTORI DEL BARBARESCO BARBARESCO

Italy **\$41.99** 289512
This Italian red has a bouquet of flowers, dried spices, cherry and raspberry. The elegant palate has notes of red and black cherries framed by sweet tobacco.

EXCLUSIVES



CASA SANTOS LIMA CONFIDENTIAL RESERVA

Portugal **\$15.99** 380766

This aromatic red has a nose of ripe wild berries, moving to a structured palate of blackberry and dried cherry, with a spicy note on the finish.



HARDY'S THE RIDDLE SHIRAZ CABERNET

Australia **\$10.99** 896936

This Aussie red displays notes of bramble berries combined with a layer of savoury spice from the Shiraz. The Cabernet adds blackcurrant notes and rich tannins.



MOTT'S CLAMATO CAESAR LIME

USA **\$2.99** 848630 458 ml

This convenient pre-mixed Caesar has all the flavours you have come to love from Mott's Caesar with the addition of a refreshing citrus note.

HAND-PICKED BY OUR EXPERTS AND **ONLY** AVAILABLE AT BC LIQUOR STORES



CEDARCREEK THE SENATOR WHITE

BC VQA **\$18.99** 873844

CedarCreek the Senator White is a blend of Sauvignon Blanc and Chardonnay. The distinct and fruit-driven palate offers good length of flavour and freshness.



YALUMBA CHRISTOBEL'S MOSCATO

Australia **\$15.99** 75838

A fragrant Australian white displaying a generous bouquet of white rose and lychee. Vibrant tropical fruit flavours are balanced by a subtle spritz.



SPUD POTATO VODKA

Poland **\$24.99** 830505

Spud is made using recipes that date back to 8th century Poland. This signature potato vodka has subtle notes of vanilla and a creamy, velvety mouth feel.



TAN LINES & GRILL MARKS

It's time to slap the salmon, burgers or slab of ribs on the grill and put a little fire in your life. But, once you've perfected your grill marks, which wine does those strapping stripes justice?

We shine a spotlight on four ragingly on-point wine styles bent on standing up to these very special marks of summer. Pinotage, Pinot Noir, Cabernet Sauvignon and Zinfandel are all such perfect wines for grilling, and for good reason.

Pinotage, the flagship grape variety of South Africa, with all its inky red-black depth, is all about darkness. That darkness can be expressed in ways that call to mind black licorice, black coffee, or even smoky, black rubber (in a good way), all underpinning succulent berry fruit. So you can understand how these nuances would complement the caramelized flavours that infuse grill marks. Gorgeous!

Pinot Noir, the wine that's lighter

and crisper than many styles of red, is the perfect weight for lighter grilled fare, particularly salmon and chicken. The tinned strawberry, cranberry, beetroot flavours characteristic of this variety complement more gently flavoured foods without overpowering them. Yet the red fruit still matches grill marks perfectly.

And then there is that classic grilling wine, Cabernet Sauvignon. The most-planted red variety on the planet, with a lush, crushed-velvet texture, inherent complexity and core of cassis is a no-brainer for grilled meats of all sorts, but hits it out of the park with simply seasoned steak. Obvious, but never a miss, so needs a mention.

Next there's Zinfandel, California's flagship grape variety. Juicier than Cabernet Sauvignon, fuller-bodied than Pinot Noir, and more fruit-forward than Pinotage, this sassy blast of berries pairs very well with that coveted deep sear,

lifting the char flavours and brightening each singingly singed bite. Lovely stuff. Those who like it like it a lot.

Of course, you wouldn't want to pour any of these big reds with lighter foods, because they could obliterate more delicate dishes. Also, steer clear of these classic styles if you're using a lot of chili in your sauce or marinade, because the heat of the spice can bring the wine's alcohol to the fore, making it taste a bit hot and soupy. Not a good thing when you need refreshment.

Of course, barbecue isn't all about burgers, salmon and ribs anymore, so this issue showcases some terrific recipes you'll be inspired to try. Here are some pointers on pours for these three sassies.

Grilled chicken wraps are light, healthy and seasonally spot-on. But the gentle flavour of juicy poultry, seasoned with salty Asian flavours and wrapped with fresh greens, calls for a restrained, simple wash of cool with either hints

“ We shine a spotlight on four ragingly on-point wine styles bent on standing up to these very special marks of summer. ”





GRILLED CHICKEN
LETTUCE WRAPS

of sea salt and citrus (if it's a white) or bright summer berries (if it's red). A bottle of Sauvignon Blanc, Viognier or Barbera would work very well.

Grilled lobster tails are magic with a majestic, full-bodied, wooded Chardonnay. The wine's hallmark notes of lemon, cream and either vanilla or hazelnut (depending on whether the wine is aged in American or French oak) complement every element in this dish without upstaging it. Fabulous. Sterling specimens from California, Australia and France line shelves. Champagne (or even a champagne look-alike) with its hallmark crisp-apple and dry-biscuit notes shot through with delicate but persistent bubbles, works very well. Really, what's not to love about lobster and champagne?

The grilled rib eye with a sizzling recipe needs a lighter-bodied style of red such as Cabernet Franc, Pinot Noir or Beaujolais. All of these wines tend to teem with clean, summer fruit notes that lend a certain levity to the dish and balance the spice. What's more, these styles of red can be chilled down a few degrees. Very on-point this time of year.

And for dessert? Instead of finishing the evening with high-maintenance coffee and a big, fluffy dessert, go stylishly simple. Serve a bottle of chilled sweet wine solo or with a scoop of good quality vanilla ice cream. No better nightcap. And the golden glow of Hungarian Tokaji Aszu, Canadian icewine or late harvest, or even Sauternes goes gorgeously well with tan lines.



GRILLED STEAK WITH GRILLED SUMMER VEGETABLES

PAIRS WITH GRILLED STEAK WITH GRILLED SUMMER VEGETABLES



 **RUFFINO CHIANTI**
 Italy \$13.99 1743
 A cool wash of ripe cherries and plum laced with violet and black earth that is medium-bodied and quenching. Perfect for the patio.



 **MIRASSOU PINOT NOIR**
 USA \$13.29 366880
 Clean, fresh and delicious flavours of raspberry and strawberries lead to an earthy beet undertow in this outstanding value wine. A real gem.

Please enjoy responsibly.



HAVE SOMETHING

TO LOOK
FORWARD TO

on steak night

OTHER THAN
just the

Steak.



We've got a wine for that.

JACKSON-TRIGGS RESERVE VQA
Award winning wines crafted with grapes reserved from
select vineyards across the Okanagan Valley.



PAIRS WITH GRILLED LOBSTER TAIL WITH ISRAELI COUSCOUS



LA CREMA SONOMA COAST CHARDONNAY

USA \$27.99 366948

This creamy-rich style of Chardonnay is swirling with flavours of crème brûlée, lemon custard, honeydew melon and buttered toast.



GRILLED LOBSTER TAIL WITH ISRAELI COUSCOUS



MUMM NAPA BRUT PRESTIGE

USA \$23.99 265678

This is a terrific champagne look-alike from Mumm's California property. Delicate bubbles thread flavours reminiscent of delicious homemade apple pie.



PAIRS WITH GRILLED CHICKEN LETTUCE WRAP



BATASIO BARBERA D'ALBA

Italy \$15.79 311555

Bright red berries lead to nuances of warm wood, violet and white pepper. An elegant, lighter-bodied red that complements grilled chicken.



YALUMBA Y SERIES VIOGNIER

Australia \$17.99 624502

This Aussie is a silky, full-bodied white shot through with balancing acidity. Expect aromatic notes of peach, pear, nectarine and apricot. Lovely stuff.

SAVOUR THE TASTES OF SUMMER.



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CONSULTANT'S CHOICE

our experts share their favourites



"I strive to create a remarkable beverage experience for my customers by matching their taste preferences with my expansive product knowledge. By sharing my passion with others, I aim to ensure that my clientele will return to continue their discovery of how food and beverages are best savoured in harmony."

DAISY TANEJA

WSET Level III, WSET Advanced
Westshore Signature Store, Victoria



CIROC COCONUT

France **\$44.99** 833962
This ultra-premium spirit is grape-based and gluten-free. Infused with tropical fruits and coconut flavours, it will make a magical addition to delicious summer cocktails.



MONTE DEL FRA CA DEL MAGRO CUSTOZA SUPERIORE

Italy **\$19.99** 216077
This magnificent white blend is made from Garganega, Malvasia and other varieties. It delivers floral, stone fruit and citrus notes that caress your taste buds.



"Hearing about customers' wine preferences and what's happening in their kitchens makes for fun pairing. Each day is a pleasure when I can share my love of food and wine!"

KATHRYN MCAREE

WSET Level 2 Intermediate
Westshore Signature Store, Victoria



VICTORIA DISTILLERS VICTORIA GIN

Canada **\$44.99** 645085
Victoria Gin's slick new bottle and label complements the beautiful, bright flavours of juniper, citrus and smooth spices. Perfect for cocktails or summertime G & T.



PATA NEGRA RIOJA RESERVA

Spain **\$19.99** 613752
Grenache and Graciano blended with Tempranillo provide gorgeous finesse with rich cherry and plum flavours. Perfect with pork tenderloin on the grill, roast beef, or even paella.



"Finding the right product for the right occasion for our customers is always a pleasurable challenge. That those same customers come back time and time again because we got it right is a wonderful reward. What a great job this is!"

DON MOONEY

WSET Level III, WSET Advanced
Park Royal Signature Store, Vancouver



QUAILS' GATE CHARDONNAY

BC VQA **\$20.49** 377770
Expressive notes of melon and white peach jump from the glass. This Chardonnay is beautifully balanced, fresh, crisp and bright, with pear and hints of shortbread.



DESCHUTES MIRROR POND ALE

USA **\$15.79** 592642 6 x 355 ml
Deschutes has a way of incorporating the citrus and pine influence of Cascade hops with sweet malts to deliver a refreshing, easy-to-drink pale ale.

Product Consultants are available at the 22 Signature BC Liquor Stores and three BC Liquor Stores (Dunbar, Caulfeild and Peninsula Village) across the province to assist with your shopping and to provide you with in-depth information on the world of beverage alcohol. Trained by the Wine and Spirits Education Trust (WSET), they're extremely knowledgeable about wine, spirits and beer as well as what is available in our stores. From tips on what to serve or how to store that bottle of wine, they're available to help you!

the cocktail menu

Welcome! Have a seat and peruse our Cocktail Menu, featuring tequila, with original recipes from **Bar Star Matt van Dinther**. Our suggestion: recreate these fabulous libations at home, add friends and enjoy!



FLORES' DANCE

3 orange slices
2 oz (60 ml) El Jimador Reposado tequila
½ oz (15 ml) Alvear Fino sherry
2 tbsp (30 ml) lime juice, freshly squeezed

4 tsp (20 ml) orgeat or almond syrup
2 dashes Angostura Aromatic Bitters
ice cubes
Merlot, for garnish

In a shaker, muddle 3 orange slices. Add all remaining ingredients except for Merlot. Shake vigorously. Fine strain into a chilled cocktail coupe. Layer a little Merlot on top. Serve immediately.

TEQUILA



ALVEAR FINO SHERRY

Spain **\$17.99** 112771

Opening with a nose of fresh-baked bread and salted almonds, Alvear Fino is clean and crisp, with tangy, nutty flavours and a touch of salinity.



EL JIMADOR REPOSADO TEQUILA

Mexico **\$25.49** 460360

This tequila “rests” for two months in handmade white oak casks. It displays a rich combination of spice, fruit, wood, vanilla and subtle toasted nuts.



GREEN CHARTREUSE

France **\$38.99** 37333 375 ml

Used all over the world in cocktails, Green Chartreuse is a powerful and complex liqueur with distinctive notes of herbs, anise, mint and more.



LILLET

France **\$16.49** 32631

This versatile fortified aromatic wine is produced from a blend of macerated liqueurs steeped in secret botanicals to create a harmonious balance of bitter and sweet.



HERRADURA REPOSADO TEQUILA

Mexico **\$64.99** 452615

An elegant and expressive tequila with a nose of pepper and butterscotch. Rich, smoky flavours of cooked agave mingle on the juicy, caramel-tinged finish.



JIMADOR'S SPADE

2 oz (60 ml) Herradura Reposado tequila
½ oz (15 ml) Lillet
¼ oz (5 ml) Green Chartreuse
1 tsp (5 ml) vanilla syrup

2 dashes Bitter Truth Creole Bitters
2 dashes Angostura Aromatic Bitters
ice cubes
lemon coin, for garnish

Combine all ingredients except for lemon coin in a cocktail shaker. Shake vigorously and strain into chilled martini glass. Express a lemon coin on top to garnish. Serve immediately.

HORNITOS



HORNITOS®

REDEFINING THE TEQUILA EXPERIENCE

CHECK OUT THE HORNITOS LINE UP. With its unique fresh-pressed process, Hornitos® delivers a smooth, fresh tasting tequila.

#NotJustAnyTequila



**EL JIMADOR
SILVER TEQUILA**

Mexico \$26.99 460378

This blanco tequila offers a nose of sweet citrus with subtle cooked agave notes. Smooth and softly textured, it finishes with a hint of white pepper.



MARTINI BIANCO

Italy \$11.49 9779 1L

Martini Bianco uses a unique wine base made from varieties such as Trebbiano, which is then infused with the extracts of select aromatic flowers and herbs.



BAYSIDE BLITZ

1½ oz (45 ml) El Jimador Blanco tequila
 ½ oz (15 ml) Martini Bianco vermouth
 2 tbsp (30 ml) lime juice, freshly squeezed
 2½ tsp (12 ml) agave syrup
 2 slices jalapeño pepper

1 tbsp (15 ml) cucumber juice or
 4 slices cucumber
 ice cubes
 English cucumber shaved slices, unpeeled
 chilled ginger beer

Combine tequila, vermouth, lime juice, syrup, jalapeño, cucumber juice and ice cubes in a cocktail shaker. Shake vigorously and strain into chilled Collins glass. Top up with chilled ginger beer and garnish with cucumber slices around inside of glass. Serve immediately.

Swoonworthy WEDDING WINES

It's time to pop the question on every bride's and groom's mind. That one detail that matters more than the colour of the bouquet, the precision of the final fitting, and the style of the groom's shoes (to a point).

WHAT WINE TO POUR AT THE WEDDING?

Why is this such an important question? Because the wine will touch the lips of nearly every guest at the reception, not once, but multiple times. And these moments make weddings memorable for those who attend.

The point is, summer weddings (which are arguably the best kind) need elegant reds, whites, rosés and sparklers to lubricate the day. They don't need to be expensive. But they do need to be dashingly delicious with the finesse worthy of the wedding itself.

With that in mind, set the day to Vivaldi, Mendelssohn and Handel with the following styles popped open with the swift twist of a corkscrew (or suave twist of the wrist).

THE RECEPTION

Immediately following the ceremony, many couples opt for a reception with

light fare to *amuse bouches*. Itty-bitty tartlets, smoked salmon pinwheels, pâté piped prettily on puffed pastry – that sort of thing. So you need light, delicate wines to match. A red, a white and so seasonally appropriate – rosé

All three selections should be light in body and alcohol. The white should be restrained, hinting at apple or citrus notes – and definitely unoaked. The red should be gently fruited and crisp. And the rosé should be ripe and fresh, with or without a gentle kiss of sweetness.

Whites that work well include Pinot Grigio, unoaked Chardonnay or Vinho Verde. Reds might veer to Cabernet Franc, Beaujolais, or Pinot Noir. And for the pink? Rosés from Provence, Sicily and even Spain can work well, as can White Zinfandel from California.

Our Product Consultants are always happy to gush about your wedding wines with you, so feel free to ask them for more suggestions than you'll find in these pages.

THE DINNER

For the dinner, you need only a red and a white – but definitely both.

For the white, you want something

that goes beautifully with food. Such culinary styles include Côtes du Rhône or Muscadet from France, Verdicchio from Italy or Albariño from Portugal. These Old World wines are restrained rather than fruit-forward, which is ideal.

For reds, Cabernet Sauvignon is a classic crowd pleaser that pairs easily with a broad range of dishes. And the crushed-velvet texture and hallmark flavours of cassis lend a certain nobility to any meal, which you want for this occasion. Since almost every wine region in the world is making it, the competitive market ensures great-value offerings are always on shelves. All good there.

Pouring these whites and reds give you the latitude to serve just about anything for dinner. Your bases are covered, and guests will be content.

DESSERT

These days, many brides and grooms are opting for a dessert buffet, rather than just a traditional wedding cake. This contemporary take on the final course can include cake pops, parfait, pavlova or even jars of sweets – so guests can graze and nibble whimsically. The

“ The point is, summer weddings (which are arguably the best kind) need elegant reds, whites, rosés and sparklers to lubricate the day. ”

obvious question is, what does one pour with this new-fangled finale to the feast?

While bubbly remains de rigueur, bona fide French champagne can be a bit pricy. Besides, most champagne available in Canada tastes too dry to work well with sugary sweets. So a better choice would be a slightly off-dry Crémant de Bourgogne, the sparkling wine from France made in the champagne style (meaning it underwent a second fermentation in bottle for optimal delicacy and complexity). It's not only an elegant pairing, Crémant de Bourgogne tends to be far less expensive than champagne. White is classic, but brides who want to be on-trend, might choose a rosé Crémant de Bourgogne. Either one will create that sparkling finish.

There, now that you've got a handle on the wine selection, you can turn your attention to the blooms, the who-to-seat-with-whom question and honeymoon planning. Fun stuff.



RAISE A GLASS TO OUR **100th Birthday.**

The Babich family has been making wine in New Zealand since 1916. Join us as we celebrate the stories that have shaped our family's 100 years of innovation, achievement and winemaking excellence.

Available at BC Liquor Stores

Marlborough Wine of the Year
Trophy winner at the China Wines & Spirits Awards Best Value 2016.

Babich
100 YEARS 
100 STORIES



Swoonworthy WEDDING DESSERTS





Wedding Planning



To help with the planning of your special day, **BC Liquor Stores** offers the following guidelines for beverage alcohol purchasing. Once you are ready to purchase your products, one of our knowledgeable and friendly **Product Consultants** is available to help you make your selections in store.

HOW MUCH DO I NEED?

Here are some buying guidelines you may find useful. These are purchasing guidelines only. You can adapt the amounts (percentages) per category to suit your guests' and your product preferences.

This table is based on four drinks per person during a three hour event. Beer is calculated based on cases of 12 bottles/cans. Wine is calculated based on 750 ml bottles or 6 x 4 oz glasses. Spirits are calculated based on 750 ml bottles or 24 drinks.

guests	beer (50%)	wine (30%)	spirits (20%)
12	2	2	1
25	4	3	1
50	9	10	2
100	16	20	3
150	25	30	5
200	33	40	7
250	42	50	8
300	50	60	10

RESPONSIBLE HOSTING

MOCKTAILS – BEYOND THE SHIRLEY TEMPLE!

Mocktails are simply cocktails without the alcohol, and are intended to add to the enjoyment of guests who are not drinking alcohol.

DE-ALCOHOLIZED PRODUCTS

A de-alcoholized product is one in which alcohol has been removed, resulting in a beverage alcohol content that is less than or equal to 0.5 percent alcohol by volume. Please refer to BC Liquor Stores' website at bcliquorstores.com for a list of de-alcoholized products that are available.

A SAFE RIDE HOME

Part of responsible hosting is ensuring that your guests plan ahead for a safe ride home. There are a number of ways you can help your guests get home safely from your event, including encouraging some guests to volunteer as designated drivers; providing plenty of non-alcoholic beverages and some food throughout the event; arranging for "just-in-case" accommodations at a nearby hotel; and booking ahead with taxi companies so that they are available when your wedding ends.

WINE CHILLING GUIDE

Sparkling Wines	8°C	2.5 hours in the fridge or 25 minutes in ice water
White Wines	10°C	2 hours in the fridge or 20 minutes in ice water
Rosé Wines	12°C	1.5 hours in the fridge or 15 minutes in ice water
Red Wines	14°C–18°C	Yes, even reds! Reds are intended to be served at "cellar temperature" (18°) and lighter reds like Pinot Noir even cooler 30 minutes – 1 hour in the fridge or 5–10 minutes in ice water

NEED A SPECIAL OCCASION LICENCE?

You can now apply for a Special Occasion Licence online at solo.bclddb.com. It's convenient and simple!

SWOONWORTHY WEDDING WINES

RECEPTION WHITE:
LIGHT AND FRUITY



**LA VIEILLE FERME
LUBERON**

France **\$12.49** 298505
Crisp, clean, elegant and fresh with gentle notes of white flowers and citrus. This wine shows impeccable balance, and persistent quality. A great value wedding white!

RECEPTION ROSÉ:
A KISS OF SWEETNESS PLEASE



**ANGOVE NINE
VINES GRENACHE
SHIRAZ ROSÉ**

Australia **\$14.49** 767384
Immediately captivating, this wine offers a quick hit of sweet strawberry, raspberry, cherry goodness that will have you at hello.

RECEPTION RED:
CRISP AND ELEGANT



**GEORGES DUBOEUF
BEAUJOLAIS**

France **\$13.49** 212480
Juicy, super-ripe red summer fruits shot through with mouth-watering acidity makes this wine a refreshing, approachable pour.

DINNER WHITE AND RED:
GASTRONOMIC STYLE



**GABRIEL MEFFRE
SAINT-VINCENT
CÔTES-DU-RHÔNE**

France **\$15.99** 888958
This blend of five grape varieties offers lovely, understated complexity of tree fruits with a soft nuttiness and salinity. Fetching.



**BERINGER
FOUNDERS'
ESTATE CABERNET
SAUVIGNON**

USA **\$15.99** 534263
This juicy swirl of cherry, cassia, chocolate, peppercorn and vanilla notes is held in place by finely grained tannins. Great value.



DESSERT SPARKLING: ELEGANT BUT
LACED WITH A WHISPER OF SUGAR



**LOUIS BOUILLOT
CRÉMANT DE
BOURGOGNE ROSÉ
PERLE D'AURORE**

France **\$23.49** 494856
With delicate flavours of fresh strawberries laced with wet stones and salt, this sparkling wine is both accessible and sophisticated.



**BAILLY LAPIERRE
CRÉMANT DE
BOURGOGNE
RÉSERVE**

France **\$22.79** 657742
This crisp and delicate fizz with gentle tree fruit flavours, shy biscuit notes and fine, persistent bubbles has a finish that lingers for ages.

LOCAL & *Lively*

Summer is the season of liveliness. Certainly, spring brings the thaw, new growth and renewed warm expectations. But it is during summer when everything comes alive, when the sunlight hits peak hours and alfresco dining is in full bloom. This begs the question, why not match the electricity in the air with equally electric bottles of wine?

There are a few different approaches to finding an electrifying, exciting bottle of wine. But first, a word of warning: while there are suggestions, really this isn't about making specific wine picks. Summer is too laid-back for that. Rather, it is an attempt to lay a groundwork of strategies for making the most of the season's lively, often spontaneous, evenings. Fortunately, thanks to both our geography and disposition, many British Columbia wineries produce wines perfectly suited for just such occasions, creating a great lineup of local and lively offerings.

HOW TO FIND A "LIVELY" WINE

Generally, lively wines are characterized by vibrant fruit and higher levels of acidity, traits that tend to amplify freshness in a wine. Similarly, while a dominant oak presence from long

barrel-aging can be great for caressing the taste buds, come summer, this too often comes across as clunky and simply weighs down the palate.

CRISP, AROMATIC WHITES

Considering how warmer months without an "R" naturally call for lighter, more herbivorous fare, during these salad days, crisp, aromatic whites really come to the fore. Grapes such as Sauvignon Blanc, Pinot Gris, Pinot Blanc and Riesling fall into this category, and better yet, a number of local wineries are working these grapes into vibrant blends. For example, Nk' Mip Cellar's evocative Dreamcatcher and Le Vieux Pin's prancing Petit Blanc. These are the go-to lively picks when grilled fish or seafood are on the menu, not to mention sensible options when a glass sipped solo on the patio is the calling.

FRESH REDS

Going with higher-acidity wines in general is a sage move to keep things lively, but it is not just advice for white wine. In fact, the successful red wines of summer also depend on an inherent crispness. Thus Pinot

Noir, Gamay and Cabernet Franc should get regular pouring rotation. Conviction's The Priest Pinot Noir keeps it both lively and fun, thanks to bright, berry fruit and a quirky label, and it will come across even fresher served chilled (pop it into an ice bath for half an hour before serving).

Of course, this is not to say there can't be rich red paired with the grill, but for best results go with a red blend that incorporates acidity and plays down the oak. Calliope's Figure Eight Red, for example, adds zippy Cabernet Franc to Merlot and Cabernet Sauvignon, along with a dollop of peppery Shiraz.

ROSÉ, THE BEST OF BOTH WINE WORLDS

Then again, there is always rosé. It becomes an easy pick when considering how good pink wine provides all the benefits of white wine with the richness of red. That is to say, many rosés meld the acidity and bright fruit found in youthful white wines with the body and texture more common in reds. Call it the best of both wine worlds, and the perfect pairing (served chilled) for summer's alfresco occasions. Luckily, in recent years, more BC wineries have turned their attention towards crafting



JAMES NEVISON

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his column "The Wine Guy" appears each Thursday. James is the co-author of seven best-selling books on wine in Canada including *Had a Glass: Top 100 Wines for 2015 Under \$20*. Follow his wine musings @hadaglass.

“ Generally, lively wines are characterized by vibrant fruit and higher levels of acidity, traits that tend to amplify freshness in a wine. ”





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BC LIQUOR STORES

QUICK TIPS FOR FINDING LIVELY, SUMMER-SAVVY WINES

- Turn up the fruit and turn down the oak
- Opt for grapes with naturally higher acidity
- Sub-in rosé for red
- When in doubt, go sparkling

rosé, leaving no shortage of options, including Therapy's Pink Freud, a blend of cold-soaked and stainless steel-fermented Merlot and Pinot Noir.

NATURALLY FRESH SPARKLING

Of course, a conversation of lively wines is not complete without discussion of bubbly. Thanks to its bubbles, sparkling wine tends to come across crisp and refreshing, regardless of the season! BC's cooler-climate vineyards are ideal for maintaining higher acidity in grapes, a quality preferred for sparkling wine production, and as the local wine industry expands, more sparkling wine options are becoming available. Or, for a unique sparkling pick, check out Meadow Vista's Bliss Sparkling Cherry Honey Wine. Made from pure honey and Okanagan cherries, this lightly fizzy mead is fresh, fun and epitomizes the modern day, lively wine spirit.



 **00**  **CONVICTION THE PRIEST PINOT NOIR**

BC VQA **\$15.49** 529883
This lighter local Pinot Noir is produced from a compendium of vineyards throughout the Okanagan and Similkameen, and offers bright berry fruit followed by a crisp finish.



 **01** **MEADOW VISTA BLISS SPARKLING HONEY WINE**

Canada **\$15.49** 785915 500 ml
Mead enters the modern era, thanks to Meadow Vista's fizzy Bliss, which pours an enticing electric orange-pink and is made solely from 100 percent pure honey and real fruit.

 **00**  **CALLIOPE FIGURE EIGHT RED**

BC VQA **\$15.99** 175976
A rich red blend with a backbone of acidity thanks to the addition of Cabernet Franc. Notes of tobacco, red cherry and spice linger on the palate.



 **00**  **LE VIEUX PIN PETIT BLANC**

BC VQA **\$18.49** 374538
Another engaging aromatic white blend (dominated by Sauvignon Blanc and Pinot Gris), the punchy Petit Blanc is both vivacious and textural: a real fresh mouthful.



 **01**  **NK'MIP DREAMCATCHER**

BC VQA **\$17.49** 615732
With a name that evokes a magical mid-summer night's reverie, this dreamy white is a vinous swamp mix of aromatic grapes that comes across vibrant yet lush.



 **01**  **THERAPY PINK FREUD**

BC VQA **\$16.99** 442657
This blend of Merlot and Pinot Noir offers red berry, plum, cranberry and cherry flavours, it's perfect paired with fried chicken or tacos.

Southern COMFORTS



FRIED CHICKEN DINNER



CORNBREAD LOAVES WITH HONEY BUTTER



LYNCHBURG LEMONADE

1 part Jack Daniel's Old No. 7
1 part triple sec
1 part sour mix
4 parts lemon-lime soda

Combine and stir. Garnish
with a lemon slice



 **JACK DANIEL'S OLD
NO. 7 TENNESSEE
SOUR MASH
WHISKEY**

USA \$29.49 41384

This iconic American
whiskey has smooth
aromas and flavours
of sweet corn and
spice framed by
notes of smoky oak,
vanilla and caramel.
A cocktail classic!

IT TAKES
ALL KINDS.
WE MAKE
ALL KINDS.



THE ALL-NEW SUMMER MINGLER!



Our brand new Summer Mingler travels light. It's the best way to explore the wide range of quality B.C. brews we've been perfecting since 1984.



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TOBEHERE

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THE SUMMER MINGLER

TWO TIDES[®] INDIA SESSION ALE
BEER 3 x 4.6% alc./vol.

ISLAND LAGER
BEER 3 x 5% alc./vol.

CYPRESS HONEY LAGER
BEER 3 x 4.7% alc./vol.

FALSE CREEK RASP BERRY ALE
BEER 3 x 4.5% alc./vol.

12 x 355ml BEER/CANS

SEASONAL MIX PACK

PAIRINGS FOR FRIED CHICKEN DINNER



LA CHABLISIENNE SAINT BRIS

France **\$18.49** 587238
A cool-climate Sauvignon Blanc that exhibits elegant minerality combined with notes of citrus fruit, smoky herbs, gooseberry and a hint of fresh-cut grass.



BABY POTATO SALAD WITH HERB AND GRAINY MUSTARD DRESSING



CHANDON BRUT CLASSIC

USA **\$24.99** 94946
A traditional method sparkler from California with aromas of citrus, mineral and toast leading to flavours of apple and pear with a hint of lime.



LA VIEILLE FERME ROSÉ

France **\$12.49** 559393
This French rosé displays delicate aromas of raspberry and strawberry. Dry on the palate, it has more red-berry flavours that linger in the mouth.



MASI MASIANCO PINOT GRIGIO VERDUZZO

Italy **\$16.49** 244681
An Italian white offering aromas of citrus, apple and tropical fruit leading to a creamy palate of fresh pear, more tropical fruit and a slight mineral note.



SANDHILL ESTATE CHARDONNAY

BC VQA **\$15.99** 541193
This local Chardonnay displays a nose of citrus and stone fruit with a note of vanilla. The palate is full-bodied, with flavours of apple, peach and pineapple.

SPECIAL EVENTS & TASTINGS

Join us for this fantastic selection of wine seminars and tasting events. Times and dates are accurate as of press time. For updates and last-minute additions, please visit bcliqorstores.com/event. To receive monthly updates and exclusive special announcements please subscribe at bcliqorstores.com/e-news.

- 🍷 WINE
- 🍺 BEER/CIDERS/COOLERS
- 🍸 SPIRITS
- 🍳 COOKING DEMO
- 🔥 MIXED PRODUCTS

JUNE



39TH & CAMBIE

- 🍷 **PROVENCE ROSÉ WINES**
JUNE 4, 2016 (SATURDAY)
1:00 P.M. – 5:00 P.M.

Join us to sample the art of the rosé wines, paired with delicious Provençal-themed canapés. This will also be a chance to learn about Provence, the site of France's oldest vineyards.

- 🍷 **WINES OF SOUTH AFRICA: WELCOME TO OUR WORLD OF DISCOVERY**
JUNE 9, 2016 (THURSDAY)
2:30 P.M. – 6:30 P.M.

Take a trip to the wonderful wine regions of South Africa with a wide variety of South African wines! Experience what this thriving region has to offer and enjoy these wines complemented by South African themed bites.

- 🍷 **ONLY THE BEST FOR DAD**
JUNE 10, 2016 (FRIDAY)
3:00 P.M. – 6:00 P.M.

Celebrate Father's Day with Glenlivet! The Glenlivet Brand Ambassador will host a Father's Day themed event complete with barbecued ribs! Learn how you can create a custom bottle label especially for him.

- 🍷 **THE GLENDRONACH EXPERIENCE WITH BRAND AMBASSADOR J WHELOCK**
JUNE 16, 2016 (THURSDAY)
7:00 P.M. – 9:00 P.M.

Just in time for Father's Day! Join Canadian Brand Ambassador, J. Wheelock, as he guides you through an exclusive tasting of GlenDronach whiskies. Learn about the company's history while tasting through the GlenDronach 12 YO, 18 YO, 21 YO, Cask Strength Batch 4 and an exclusive release from the Batch 13 collection, the 2003 Cask #930 Pedro Ximenez Sherry Puncheon. **Tickets are \$35 and now available for purchase at 39th & Cambie Signature BC Liquor Store.**

- 🍷 **STELLA ARTOIS PRESENTS A FATHER'S DAY CELEBRATION**
JUNE 17, 2016 (FRIDAY)
4:00 P.M. – 8:00 P.M.

Toast all the wonderful dads out there with Stella Artois! Sample this fine beer along with delicious food pairings. This is also your chance to get a special gift for dad engraved on the spot with a custom message with every purchase.

- 🍷 **WHAT'S ALL THE BUZZ WITH OKANAGAN SPRING?**
JUNE 18, 2016 (SATURDAY)
3:30 P.M. – 6:30 P.M.

What's all the buzz with Okanagan Spring's new summer seasonal? They've

taken an authentic German-style Kolsch and added a touch of real Okanagan honey. The result is a crisp, refreshing golden ale perfect for the warm weather and summer food pairings.

- 🍷 **BC LIQUOR STORES NEW & EXCLUSIVES**
JUNE 23, 2016 (THURSDAY)

Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines – only available at BC Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to find out information on the latest and greatest products that will be the perfect accompaniment to your everyday meals or that special occasion. **This event will be at multiple BC Liquor Stores. Please see bcliqorstores.com for details.**



- 🍷 **DISCOVER GREY GOOSE VODKA AND BOMBAY SAPPHIRE**
JUNE 24, 2016 (FRIDAY)
3:00 P.M. – 6:00 P.M.

Discover the complex and refined taste of Grey Goose and Bombay Sapphire. Carefully crafted gin and premium vodka is perfect for blending in exceptional summer cocktails!

ALBERNI & BUTE

**STELLA ARTOIS PRESENTS
A FATHER'S DAY CELEBRATION**
JUNE 16, 2016 (THURSDAY)
3:00 P.M. – 7:00 P.M.

Toast all the wonderful dads out there with Stella Artois! Sample this fine beer along with delicious food pairings. This is also your chance to get a special gift for dad engraved on the spot with a custom message with every purchase.

PARK ROYAL

**PERSONALIZE YOUR FATHER'S DAY
GIFT WITH DEWARS**
JUNE 17, 2016 (FRIDAY)
2:00 P.M. – 5:00 P.M.

This Father's Day elevate your gift to dad with an elegant and personalized wax dipped bottle of Dewars.

LANGLEY SIGNATURE STORE

**STELLA ARTOIS PRESENTS
A FATHER'S DAY CELEBRATION**
JUNE 18, 2016 (SATURDAY)
12:00 P.M. – 4:00 P.M.

Toast all the wonderful dads out there with Stella Artois! Sample this fine beer along with delicious food pairings. This is also your chance to get a special gift for dad engraved on the spot with a custom message with every purchase.

WESTWOOD

**PERSONALIZE YOUR FATHER'S DAY
GIFT WITH DEWARS**
JUNE 18, 2016 (SATURDAY)
2:00 P.M. – 5:00 P.M.

This Father's Day elevate your gift to dad with an elegant and personalized wax dipped bottle of Dewars.

ABBOTSFORD

**PERSONALIZE YOUR FATHER'S DAY
GIFT WITH DEWARS**
JUNE 19, 2016 (SUNDAY)
2:00 P.M. – 5:00 P.M.

This Father's Day elevate your gift to dad with an elegant and personalized wax dipped bottle of Dewars.

JULY

39TH & CAMBIE

CELEBRATE ARGENTINA!
JULY 7, 2016 (THURSDAY)
2:30 P.M. – 6:30 P.M.
JULY 14, 2016 (THURSDAY)
2:30 P.M. – 6:30 P.M.

Eat well, drink better! Come and taste the Wines of Argentina, accompanied by tasty, traditional empanadas.



STRONGBOW INNOVATION
JULY 8 – 9, 2016
(FRIDAY AND SATURDAY)
4:00 P.M. – 7:00 P.M.

Explore a world of flavours with Strongbow Cider. An expert mixologist will walk you through the experience of enjoying classic British Dry Strongbow Cider alongside Strongbow Gold and the delicious new Strongbow Elderflower. Food pairing options will be available.

**GRANVILLE ISLAND BREWING:
MADE FOR MINGLING**
JULY 15, 2016 (FRIDAY)
3:00 P.M. – 7:00 P.M.
JULY 23, 2016 (SATURDAY)
1:00 P.M. – 5:00 P.M.

"It takes all kinds, we make all kinds." Granville Island's Summer Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast-inspired food pairing.

A TASTE OF ITALY WITH FARNESE
JULY 16, 2016 (SATURDAY)
3:00 P.M. – 7:00 P.M.

Taste the difference of the sizzling south of Italy and find out why Farnese is one of the top Italian value brands in BC! Join us for delicious Italian antipasti and wine to pair.

BC LIQUOR STORES NEW & EXCLUSIVES
JULY 21, 2016 (THURSDAY)

Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines – only available at BC Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to find out information on the latest and greatest products that will be the perfect accompaniment to your everyday meals or that special occasion. **This event will be at multiple BC Liquor Stores. Please see bcliqorstores.com for details.**

**BERINGER FOUNDERS ESTATE
GREAT STEAK CHALLENGE**
JULY 22, 2016 (FRIDAY)
3:00 P.M. – 6:00 P.M.

Master the art of wine and steak pairing. Explore Beringer Founder's Estate wines and some favourite steak recipes from past Great Steak Challenge winners.

NOTORIOUSLY GOOD SLEEMAN
JULY 28, 2016 (THURSDAY)
3:30 P.M. – 6:30 P.M.

While you enjoy your samples of Sleeman Original Draught and food pairings, you can find out how to make "your choice" with great opportunity for big prizes along with a ton of other redemption prizes available.

PEMBERTON

**PEMBERTON MUSIC FESTIVAL
WEEKEND TASTING**
JULY 13, 2016 (WEDNESDAY)
3:00 P.M. – 7:00 P.M.
JULY 14, 2016 (THURSDAY)
2:00 P.M. – 6:00 P.M.
JULY 15, 2016 (FRIDAY)
2:00 P.M. – 6:00 P.M.
JULY 16, 2016 (SATURDAY)
2:00 P.M. – 6:00 P.M.

Get ready to leave the world behind for an incomparable 3-day celebration. Molson Canadian wants to make sure you're prepared to survive the Pemberton Music Festival! Join us to sample refreshing Molson Canadian and receive a bonus festival survival kit as a gift with purchase.

WHISTLER VILLAGE

**PEMBERTON MUSIC FESTIVAL
WEEKEND TASTING**
JULY 14, 2016 (THURSDAY)
3:00 P.M. – 7:00 P.M.
JULY 15, 2016 (FRIDAY)
2:00 P.M. – 6:00 P.M.

Get ready to leave the world behind for an incomparable 3-day celebration. Molson Canadian wants to make sure you're prepared to survive the Pemberton Music Festival! Join us to sample refreshing Molson Canadian and receive a bonus festival survival kit as a gift with purchase.

WHISTLER MARKET PLACE

**PEMBERTON MUSIC FESTIVAL
WEEKEND TASTING**
JULY 14, 2016 (THURSDAY)
3:00 P.M. – 7:00 P.M.
JULY 15, 2016 (FRIDAY)
2:00 P.M. – 6:00 P.M.

Get ready to leave the world behind for an incomparable 3-day celebration. Molson Canadian wants to make sure you're prepared to survive the



IT'S SHIVER SEASON

2 $\frac{3}{4}$ cups BAILEYS™ Irish Cream
12 large ice cubes
Mix ingredients in blender
Makes 8 servings



PLEASE ENJOY RESPONSIBLY.
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BAILEYS

SPECIAL EVENTS

Pemberton Music Festival! Join us to sample refreshing Molson Canadian and receive a bonus festival survival kit as a gift with purchase.

LANGLEY SIGNATURE STORE

STRONGBOW INNOVATION

JULY 15 - 16, 2016
(FRIDAY AND SATURDAY)
4:00 P.M. - 7:00 P.M.

Explore a world of flavours with Strongbow Cider. An expert mixologist will walk you through the experience of enjoying classic British Dry Strongbow Cider alongside Strongbow Gold and the delicious new Strongbow Elderflower. Food pairing options will be available.

PARK ROYAL

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

"It takes all kinds, we make all kinds." Granville Island's Summer Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast-inspired food pairing.

LANGLEY

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

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NORTHGATE

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

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WESTWOOD

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

"It takes all kinds, we make all kinds." Granville Island's Summer Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast-inspired food pairing.

MEADOWTOWN

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

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RICHMOND IRONWOOD

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

"It takes all kinds, we make all kinds." Granville Island's Summer Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast-inspired food pairing.

KELOWNA ORCHARD PARK

GRANVILLE ISLAND BREWING:

MADE FOR MINGLING
JULY 22, 2016 (FRIDAY)
3:00 P.M. - 7:00 P.M.

JULY 23, 2016 (SATURDAY)
1:00 P.M. - 5:00 P.M.

"It takes all kinds, we make all kinds." Granville Island's Summer Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast-inspired food pairing.

AUGUST

WINES OF CHILE

AUGUST 12, 2016 (FRIDAY)
4:00 P.M. - 6:00 P.M.
AUGUST 26, 2016 (FRIDAY)
4:00 P.M. - 6:00 P.M.

Join Wines of Chile to learn about organic and sustainable wines from this remarkable wine region while you enjoy a complimentary sample of these great wines.



TASTE VENETO

AUGUST 13, 2016 (SATURDAY)
3:00 P.M. - 7:00 P.M.

Get a taste of Veneto and find out why MASI is one of the top Italian brands in BC! Casual tasting of Italian antipasti to pair.

BC LIQUOR STORES NEW & EXCLUSIVES

AUGUST 18, 2016 (THURSDAY)
Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines - only available at BC Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to find out information on the latest and greatest products that will be the perfect accompaniment to your everyday meals or that special occasion. **This event will be at multiple BC Liquor Stores. Please see bcliquorstores.com for details.**

SPARKLING SUMMER WITH BOMBAY SAPPHIRE & ST GERMAIN

AUGUST 19, 2016 (FRIDAY)
3:00 P.M. - 6:00 P.M.

Elevate your gin and tonic with the delicate addition of St. Germain elderflower liqueur. This twist on a classic is guaranteed to become a favourite.



• True Iced Tea Taste •

TWISTED TEA
Hard Iced Tea

TEA IS BETTER TWISTED

**BE A
LITTLE
TWISTED**



recipeindex

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Hard Core Stone Fruit

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PEACH AND BLUEBERRY TRIFLE WITH BOURBON AND WHIPPED CREAM

CRÈME ANGLAISE

2 cups (500 ml) homogenized milk
 ¼ cup (60 ml) granulated sugar
 6 egg yolks
 1 tsp (5 ml) vanilla extract

TRIFLE

1 cup (250 ml) whipping cream
 ¼ cup (60 ml) granulated sugar
 ¼ cup (60 ml) bourbon, optional
 1 lemon, zest only
 1-inch store-bought vanilla sponge cake, cut into cubes
 2 cups (500 ml) peeled, pitted and sliced peaches
 2 cups (500 ml) fresh blueberries

1 To make Crème Anglaise, in a medium-sized, heavy-bottomed saucepan, scald milk just to boiling point.

2 While milk is heating, combine sugar, egg yolks and vanilla extract in a bowl. Whisk vigorously by hand until smooth.

3 Slowly whisk ¼ of the hot milk into sugar-egg yolk mixture. Then gradually pour warmed egg yolk mixture into remaining hot milk.

4 Return saucepan to stove and cook over medium heat, stirring constantly, until Crème Anglaise is thickened and coats the back of a metal spoon. Do not boil.

5 Place saucepan with Crème Anglaise in a bowl with ice water, and stir until sauce is cooled. Strain sauce into a bowl and press a piece of plastic wrap into the surface. Refrigerate until ready to use. Can be made a day ahead.

6 To make Trifle, in an electric stand mixer fitted with a wire whisk, beat whipping cream in a chilled bowl until soft peaks begin to form. Gradually beat in sugar until medium peaks form. Set aside.

7 Remove Crème Anglaise from refrigerator and stir in bourbon, if using, and lemon zest. Set aside.

8 In a 12 cup (3 L) trifle dish or large bowl, scatter ½ of the sponge cake cubes over bottom of dish. Evenly pour ½ of the Crème Anglaise over top. Then sprinkle with ¼ of the peaches and blueberries and ½ of the whipped cream.

9 Repeat layers in the same order, ending with whipped cream topped with remaining fruit.

10 Refrigerate trifle for at least 2 hours, for flavours to blend. Serve the same day it is made.

Serves 8

PAIRS WITH

Harvey's Bristol Cream

Spain **\$16.49** 215483

Yellowtail Bubbles

Australia **\$11.49** 667089



APRICOT AND SHAVED FENNEL SALAD WITH BLUE CHEESE

APRICOT BASIL DRESSING

4 fresh apricots, pitted and coarsely chopped
 ¼ cup (60 ml) extra-virgin olive oil

RIG UP FOR SUMMER FUN!

INTRODUCING



**REAL
ICED TEA FLAVOUR**



DELIVERED

A blend of real tea, locally crafted and lightly carbonated, making for an easy drinking HARD ICED TEA.

TANKERICEDTEA.COM

Please enjoy responsibly

¼ cup (60 ml) champagne vinegar
2 tbsp (30 ml) liquid honey
5 basil leaves
2 tsp (10 ml) kosher salt
¼ tsp (1 ml) ground black pepper

SALAD

1 cup (250 ml) mixed baby salad greens, washed and spun dry
½ fennel bulb, thinly shaved on a mandolin
2 fresh apricots, pitted and cut into wedges
¼ cup (60 ml) crumbled blue cheese
¼ cup (60 ml) torn basil leaves

1 Combine dressing ingredients in a food processor or blender and purée until smooth. Adjust seasonings to taste. Transfer to a covered container. Can be refrigerated for up to 3 days. Makes 1 cup (250 ml).

2 Combine salad greens and shaved fennel in a large salad bowl. Drizzle with 2 tbsp (30 ml) Apricot Basil Dressing. Gently toss and divide among 4 salad plates.

3 Divide apricot wedges among plates and scatter with crumbled blue cheese and torn basil leaves.

4 Drizzle each plate with an additional 1 tbsp (15 ml) of dressing. Refrigerate remaining dressing for another use. Serve immediately.

Serves 4

PAIRS WITH

Gray Monk Merlot
BC VQA \$15.99 343111

Kuhlmann-Platz Gewürztraminer
France \$16.49 90241



GRILLED CHICKEN WITH NECTARINE BARBECUE SAUCE

NECTARINE BARBECUE SAUCE

½ yellow onion, chopped
1 garlic clove, chopped
1 tbsp (15 ml) vegetable oil
3 nectarines, pitted and chopped
½ cup (125 ml) spiced dark rum
½ cup (125 ml) liquid honey

½ cup (125 ml) tomato paste
¼ cup (60 ml) cider vinegar
2 tsp (10 ml) smoked paprika
4 tsp (20 ml) kosher salt
1 tsp (5 ml) grated nutmeg
½ tsp (2 ml) ground black pepper

BARBECUED CHICKEN

4 chicken drumsticks, with skin on (optional)
4 chicken thighs, with skin on (optional)
2 tbsp (30 ml) olive oil
2 tbsp (30 ml) salt
2 tsp (10 ml) ground black pepper
2 lemons, cut in half
6 thyme sprigs

1 In a heavy-bottomed saucepan, sweat onions and garlic in vegetable oil until soft, about 5 minutes over low-medium heat.

2 Add remaining barbecue sauce ingredients and simmer, uncovered, for 15 to 20 minutes. Stir often. Transfer to a food processor or blender and purée until smooth. Adjust seasoning to taste. Store in a tightly covered container in the refrigerator for up to 1 week. Makes 2½ cups (560 ml).

3 Grease grill and preheat barbecue to medium heat, about 350 F (180 C).

4 In a large bowl, combine chicken, olive oil, salt and pepper. Rub in with your hands to evenly coat.

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5 Place chicken on greased grill and barbecue for about 7 minutes on each side.

6 Generously brush chicken with Nectarine Barbecue Sauce. Continue flipping and basting chicken with sauce until juices run clear when pierced and internal temperature registers 165 F (75 C) on a meat thermometer when inserted into centre of meat, about 10 to 12 minutes more per side.

7 Meanwhile, grill cut side of each lemon half and set aside for garnish.

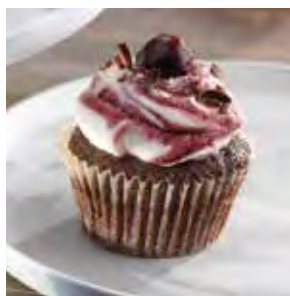
8 To serve, arrange chicken on a heated platter and garnish with grilled lemon and sprigs of thyme.

Serves 4 to 6

PAIRS WITH

Chartron Et Trebuchet Pouilly-Fuissé
France **\$34.99** 264945

Conundrum California White
USA **\$24.99** 390831



BLACK FOREST CUPCAKES WITH KIRSCH CHERRIES

CUPCAKES

2 cups (500 ml) granulated sugar
1 cup (250 ml) all-purpose flour
¾ cup (180 ml) cake and pastry flour
¾ cup (180 ml) unsweetened cocoa
1½ tsp (7 ml) baking powder
1½ tsp (7 ml) baking soda
1 tsp (5 ml) kosher salt
1 cup (250 ml) milk
½ cup (125 ml) melted butter, plus extra for greasing pans
2 whole eggs, whisked
2 tsp (10 ml) kirsch
1 cup (250 ml) boiling water

MARINATED CHERRIES

1 cup (250 ml) fresh cherries, pitted

¼ cup (60 ml) granulated sugar
2 tsp (10 ml) kirsch

CHANTILLY CREAM

1 cup (250 ml) whipping cream
¼ cup (60 ml) granulated sugar
¼ vanilla bean, seeds scraped

1 Preheat oven to 350 F (180 C). Line 2 muffin tins with paper liners or generously grease muffin tins with butter.

2 To make cupcakes, in a large bowl, combine sugar, flours, cocoa, baking powder, baking soda, and salt. Sift together to blend.

3 In a separate bowl, combine milk, melted butter, eggs and kirsch. Whisk until combined.

4 Whisk milk mixture into dry ingredients until no lumps remain. Gradually whisk in boiling water until blended.

5 Ladle equal amounts into prepared muffin tins, each about ¾ full. Bake for 15 to 20 minutes, or until a toothpick inserted in the centre of a cupcake comes out clean. Rotate pans halfway through baking. Once done, remove from oven and thoroughly cool in tins on a rack before removing.

6 While cupcakes are baking, place cherries in a bowl with sugar and kirsch.

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BEER & FOOD PAIRING GUIDE



FRUITY & SMOOTH

RASPBERRY CHEESECAKE

Belgian Moon's orange citrus notes perfectly complement the tartness of raspberries. The creamy body is also a nice balance to the richness of the cheesecake.

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LIGHTER & REFRESHING

CHILI BASIL SHRIMP

Coors Light's subtle fruit tones are a wonderful complement to the freshness of this dish, and the sweetness of the grilled shrimp stands up to the beer's clean hop finish.



BRIGHT & BALANCED

BUFFALO MOZZARELLA, PROSCIUTTO & TOMATO SALAD

The beer's subtle hop notes pair perfectly with the earthy tones of the Italian prosciutto and mozzarella.

(You should have at least 24 cherries.) Stir to evenly blend. Marinate at room temperature for 1 hour or refrigerate overnight.

7 Drain juice from cherries into a small, heavy-bottomed saucepan, reserving cherries. Gently boil juice over medium heat, reducing it to a syrupy consistency, about five to ten minutes. Remove from the heat and set aside to cool.

8 To make Chantilly Cream, in an electric stand mixer fitted with a wire whisk, beat whipping cream in a chilled bowl until soft peaks begin to form. Gradually beat in sugar and vanilla seeds until medium peaks form.

9 Drizzle cooled cherry syrup over whipped cream and gently stir together, creating swirls of cherry syrup in cream.

10 Pipe or dollop cherry cream onto each cupcake and garnish with a reserved, marinated cherry.

Makes 24 cupcakes

PAIRS WITH

Baileys Chocolate Cherry Irish Cream
Ireland **\$26.49** 729962

Chocolate Shop Wine
USA **\$18.49** 157545

Vegetable Noodles

from page 16



CHILLED ZUCCHINI NOODLE COCONUT LIME BOWLS

2 tsp (10 ml) peanut or coconut oil, plus extra if needed
2 garlic cloves, minced
½-in (1.25 cm) piece fresh ginger root, peeled and minced
2 Thai red chilies, halved and seeded, plus extra for garnish
1 cup (250 ml) chicken broth
2 x 14 oz (398 ml) cans coconut milk
2 tbsp (30 ml) lime juice, plus extra if desired
1 tbsp (15 ml) brown or palm sugar
1 tbsp (15 ml) tamari sauce
2 tsp (10 ml) light-coloured miso paste

½ lb (250 g) fresh green or red (or a combination of) asparagus spears, preferably thick stalks
1 green zucchini, about 8-in (20 cm) long
1 small lotus root, peeled
4 large radishes, trimmed
¼ cup (60 ml) micro arugula leaves
¼ cup (60 ml) salted cashews
cilantro sprigs, for garnish

1 Heat oil in a large, heavy saucepan. Add garlic, ginger and chili peppers and sauté for 30 seconds over medium-high heat or until aromatic. Do not let it brown. Add chicken broth to deglaze pan.

2 Stir in coconut milk, lime juice, sugar, tamari sauce and miso paste. Whisk to blend. Gently simmer for 5 minutes to blend flavours. Remove from the heat and bring to room temperature. Refrigerate until chilled.

3 When broth is chilled, trim root ends of asparagus. Using a hand-held vegetable peeler, shave spears into long thin strips. If tips break, simply add to strips. Place in a bowl. Repeat with zucchini using a hand-held peeler or spiralizer and add to asparagus. Thinly shave peeled lotus root crosswise into thin rounds using a mandolin. Thinly slice radishes on mandolin.

4 To serve, place asparagus and zucchini into serving bowls. Tuck a couple slices



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lotus root alongside. Pour chilled broth over top. Arrange radishes in centre and sprinkle with arugula and cashews. Garnish with cilantro and serve chilled.

Serves 4

PAIRS WITH

Fern Walk Sauvignon Blanc
BC VQA \$16.99 593624

Josef Drathen Bereich Bernkastel Riesling
Germany \$11.79 220699



SPAGHETTI SQUASH PAD THAI

SAUCE

2 tbsp (30 ml) freshly squeezed lime juice
2 tbsp (30 ml) seasoned rice vinegar
1 tbsp (15 ml) smooth almond butter
1 tbsp (15 ml) fish sauce or tamari soy sauce
2 tsp (10 ml) sesame oil
2 tsp (10 ml) liquid honey
½ tsp (2 ml) crushed dried chillies,
plus extra if desired
chicken broth, optional
salt and freshly ground black pepper, to taste

PAD THAI

1 medium-sized spaghetti squash
2 tsp (10 ml) unsalted butter
2 eggs, whisked
1 tbsp (15 ml) grape seed oil
2 garlic cloves, smashed and minced
1 tbsp (15 ml) peeled and grated fresh ginger
1 red bell pepper, cored and cut into thin julienne strips
1 cup (250 ml) shelled edamame beans
½ lb (250 g) black tiger prawns, peeled, deveined, tail on (optional)
1 cup (250 ml) very thinly shaved red cabbage
4 whole green onions, julienned
¼ cup (50 ml) chopped unsalted peanuts, roasted
cilantro sprigs, for garnish

1 In a small bowl, combine all sauce ingredients. Whisk to blend. Add a little chicken broth or water, if needed, for a thinner consistency. Add salt and pepper to taste. Set aside.

2 Cut squash in half and scrape out seeds. Place squash, cut-side down, in a microwave-safe dish and fill with 1-in (2.5 cm) water. Microwave uncovered on

high for about 10 minutes, or until squash is soft when pressed. Depending on the size of your microwave, you may need to cook ½ a squash at a time. Remove squash and set aside until cool enough to handle. Then scrape out strands into a large bowl using a fork. Set aside.

3 Heat butter in a very large frying pan or wok with deep sides. Add eggs and scramble over medium heat just until cooked. Remove to a separate dish and set aside.

4 Clean pan and add oil. Add garlic and ginger and gently sauté for 1 minute over medium heat. Add red pepper, edamame beans and prawns, if using, and stir-fry over medium-high heat for another minute or two, or just until prawns are turning opaque. Fold in spaghetti squash and drizzle with sauce. Toss over medium heat for a minute or two until warmed. Fold in red cabbage, green onions and scrambled egg. Transfer to a heated serving bowl or platter. Sprinkle with peanuts and garnish with cilantro.

Serves 6 to 8

PAIRS WITH

Gray Monk Gewürztraminer
BC VQA \$14.79 321588

Bend In The River Riesling
Germany \$11.99 501080



ANTIPASTO VEGETABLE NOODLE SALAD

2 thick carrots, trimmed and peeled
2 zucchini, about 8-in (20 cm) long, trimmed
1 small fennel bulb, trimmed, reserve the fronds
½ small red onion, peeled
1 cup (250 ml) halved, small heirloom cherry tomatoes
1 yellow bell pepper, seeded and cut into thin julienne strips
1 tbsp + 3 tbsp (60 ml) extra-virgin olive oil, divided
2 slices prosciutto
1 tbsp (15 ml) lemon juice
1 small smashed and minced garlic
2 tsp (10 ml) minced fresh oregano
salt and freshly ground black pepper, to taste
pinch of sugar, optional
½ cup (125 ml) small, green, pitted olives
2 tbsp (30 ml) pine nuts, toasted

3 tbsp (45 ml) finely grated Parmesan
2 tbsp (30 ml) slivered fresh basil leaves

1 Using a hand-held vegetable peeler, or a vegetable spiralizer, shave carrots and zucchini into long thin strips or spiralized curls and place in a large bowl. Very finely dice any remaining vegetable cores and add to bowl.

2 Thinly slice fennel and red onion using a mandolin, separate into rings and add to vegetables along with cherry tomatoes and julienne strips of yellow pepper.

3 Heat 1 tbsp (15 ml) oil in large frying pan. As soon as it almost begins to smoke, add prosciutto and gently fry over medium heat until crispy. Transfer to a paper towel-lined plate to drain. When cool enough to handle, crumble into bite-sized pieces.

4 In a small bowl, combine remaining 3 tbsp (45 ml) oil, lemon juice and garlic. Whisk together to blend. Whisk in minced oregano until blended. Add salt and pepper to taste. Add sugar, if desired.

5 When ready to serve salad, give olive oil dressing a quick whisk and drizzle over vegetables. Gently toss to evenly coat. Note: Do not toss salad with dressing until immediately before serving, or salad will water out. Divide among serving plates and scatter with olives, pine nuts, Parmesan and basil. Place a couple of pieces prosciutto on top and serve.

Serves 6

PAIRS WITH

Folonari Valpolicella
Italy \$13.49 828

**Ganton & Larsen Prospect Winery
Birch Canoe Pinot Blanc**
BC VQA \$12.29 100925

SUMMER SANDWICH GRABS

from page 26



TURKEY, BRIE AND PEACH SANDWICHES

PEACH MUSTARD CHUTNEY

2 large, ripe peaches

1 tbsp (15 ml) olive oil
 1 medium-sized shallot, finely chopped
 1 garlic clove, finely chopped
 2 tbsp (30 ml) brown sugar
 1 tsp (5 ml) apple cider vinegar
 ½ tsp (2 ml) salt
 2 tbsp (30 ml) water
 2 tbsp (30 ml) Dijon mustard
 2 tbsp (30 ml) whole grain mustard
 1 tbsp (15 ml) finely chopped fresh chives
 1 tsp (5 ml) chopped fresh thyme leaves
 freshly ground black pepper, to taste

TURKEY, BRIE AND PEACH SANDWICHES

1 cup (250 ml) mayonnaise
 1 small garlic clove, finely minced
 1 tsp (5 ml) chili powder
 3 tbsp (45 ml) sriracha sauce
 2 to 3 large slightly under-ripe peaches or nectarines, cut into thick slices
 4 ciabatta rolls
 ¾ lb (340 g) turkey breast slices
 12 slices Brie cheese
 2 cups (500 ml) arugula

1 To make Peach Mustard Chutney, bring a saucepan of water to a boil. Lightly score an X with a paring knife on the bottom of each peach. Blanch in boiling water just until skin begins to peel back at the cut, about 30 seconds.

Transfer to an ice bath and cool. Peel and coarsely chop flesh, discarding stone.

2 Heat olive oil over medium heat. Add shallot and garlic and sauté until soft. Add chopped peaches, brown sugar, vinegar, salt and water. Bring to a boil, then simmer, stirring occasionally, until peaches are soft and mixture thickens slightly, 5 to 8 minutes. Transfer to food processor and pulse until chunky (do not purée). Transfer to a bowl and let cool.

3 Mix in mustards, chives, thyme and season with salt and pepper. Cover and refrigerate overnight to infuse flavours before using.

4 To make Turkey, Brie and Peach Sandwiches, preheat oven to 375 F (190 C). In a mixing bowl, whisk together mayonnaise, garlic, chili powder and sriracha sauce. Cover and refrigerate for 30 minutes. Add peach slices to a preheated medium-heat grill and cook until grill marked, about 1 minute, then turn over and grill another minute.

5 Slice ciabatta rolls, spread bottom with a good dollop of peach mustard chutney, top with turkey slices, grilled peaches and Brie cheese. Place sandwiches, open-faced, onto a foil-lined baking sheet and place in preheated oven for 10 minutes or

until cheese is melted. Top with arugula and dollops of mayonnaise mixture. Close sandwiches and serve immediately.

Serves 4

PAIRS WITH

Carmen Reserva Viognier
 Chile \$12.29 604348

Mission Hill Five Vineyards Chardonnay
 BC VQA \$14.29 518530



GRILLED CHIPOTLE FISH TACOS WITH TROPICAL FRUIT AND AVOCADO SALSA

TROPICAL FRUIT AND AVOCADO SALSA
 1 cup (250 ml) finely diced pineapple

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1 cup (250 ml) finely diced mango or papaya
 2 avocados, pitted, peeled and cut into small dice
 ¼ cup (60 ml) finely chopped red onion
 ½ cup (125 ml) chopped cilantro, divided
 1 serrano or jalapeño chili pepper, seeded and finely minced
 2 tbsp (30 ml) lime juice

FISH TACOS

salt and freshly ground pepper, to taste
 ¼ cup (60 ml) canola oil
 1 lime, zest and juice
 1 chipotle chili in adobe sauce, finely chopped
 1 garlic clove, finely minced
 1 lb (500 g) white flaky fish fillet such as halibut, snapper or mahi mahi
 8 flour tortillas
 shredded green cabbage, thinly sliced red onion, chopped green onions, chopped cilantro, sour cream and hot sauce, for garnish

1 To make Tropical Fruit and Avocado Salsa, in a mixing bowl, combine pineapple, mango or papaya, avocado, red onion, ¼ cup (60 ml) cilantro, serrano or jalapeño chili pepper and lime juice. Gently toss and season with salt and pepper. Cover and refrigerate until ready to serve.

2 To make Fish Tacos, grease grill and preheat barbecue to medium-high. In a small bowl, whisk together canola oil, lime zest and juice, chili, garlic and remaining cilantro. Place fish in a medium-sized dish and pour marinade over fish. Marinate 15 to 20 minutes.

3 Transfer fish to hot grill, flesh-side down. Barbecue for 3 minutes, then turn over for another 2 minutes, or until cooked. Remove and let rest, 5 minutes. Remove skin and flake fish into large pieces.

4 Grill tortillas for 20 to 30 seconds to warm. Divide flaked fish among the tortillas and top with the garnish ingredients and Tropical Fruit and Avocado Salsa. Serve immediately.

Serves 8

PAIRS WITH

Sumac Ridge Private Reserve Sauvignon Blanc
 BC VQA \$12.99 593087

Road 13 Honest John's Rosé
 BC VQA \$15.99 357327



GRILLED RARE BEEF, ROASTED PEPPERS AND FONTINA CHEESE SANDWICHES

2 whole heads garlic
 2 tbsp (30 ml) olive oil
 2 sprigs thyme leaves
 1 cup (250 ml) mayonnaise
 1 tbsp (15 ml) lemon juice
 1 tsp (5 ml) Dijon mustard
 salt and freshly ground black pepper, to taste
 8 slices fontina cheese, divided
 roasted peppers, canned, drained, or see recipe below
 ¾ lb (340 g) rare deli roast beef, thinly sliced
 8 thick slices French bread or country-style loaf
 olive oil

1 Preheat oven to 400 F (200 C).

2 Cut top off the heads to expose garlic cloves. Place on a piece of aluminum foil and drizzle lightly with olive oil. Sprinkle with thyme leaves. Wrap up tightly with foil, and roast in oven for 35 to 45 minutes. Remove from oven and allow to cool. Squeeze soft pulp from skins into a food processor.

3 Add mayonnaise, lemon juice and Dijon mustard. Season with salt and pepper. Pulse until well combined. Transfer to a bowl, cover with plastic wrap and refrigerate for at least an hour to allow flavours to develop.

4 To assemble, spread garlic mayonnaise onto a slice of bread. Cover with a slice of fontina cheese and arrange some roasted peppers (recipe to follow) on top. Add 3 to 4 slices of roast beef and another slice of fontina. Spread garlic mayonnaise on another slice of bread and place face down on sandwich. Press down firmly.

5 Repeat process with remaining ingredients. Heat a grill pan over medium heat and brush tops of sandwiches lightly with olive oil. Arrange sandwiches in preheated grill pan and weigh them down with a sandwich press or foil covered brick. Cook until cheese has melted and the bread is lightly toasted, 1½ to 2 minutes. Cut each sandwich in half and serve immediately.

Serves 4

ROASTED RED PEPPERS

4 large red bell peppers
 2 tbsp (30 ml) olive oil

1 Preheat oven to 500 F (260 C).

2 Line a baking sheet with heavy aluminum foil. Place whole peppers on lined baking sheet. Roast in oven 30 to 40 minutes, or until the skins are completely wrinkled and peppers are charred, turning them once during roasting. Remove from oven and immediately cover tightly with another sheet of foil. Set aside for 30 minutes, or until peppers are cool enough to handle.

3 Remove stem from each pepper and cut peppers in half. Remove seeds and skin, and place skinned peppers in a small bowl. Pour olive oil over and toss. Cover with plastic wrap and refrigerate up to 2 weeks.

PAIRS WITH

Antinori Santa Cristina Chianti Superiore
 Italy \$15.49 130625

Kim Crawford South Island Pinot Noir
 New Zealand \$22.49 867127



GRILLED CHICKEN AND GREEK SALAD-STUFFED PITA SANDWICHES

3 tbsp (45 ml) extra-virgin olive oil, divided
 2 tbsp (30 ml) lemon juice, divided
 1 tsp (5 ml) dried oregano flakes, divided
 salt and freshly ground black pepper, to taste
 2 boneless, skinless chicken breasts
 1 tbsp (15 ml) red wine vinegar
 1½ cups (375 ml) chopped seeded plum tomatoes or cherry tomatoes, halved
 1 cup (250 ml) English cucumber, about ½-in (1.25 cm) diced
 1 cup (250 ml) red bell pepper, seeded, cut into ½-in (1.25 cm) diced
 ⅔ cup (150 ml) coarsely chopped red onion
 ¼ cup (60 ml) coarsely chopped, pitted kalamata olives
 ½ cup (125 ml) coarsely chopped flat-leaf parsley
 1 cup (250 ml) crumbled feta cheese
 1 cup (250 ml) shredded iceberg lettuce
 4 x 8-in (20 cm) diameter pita, halved

1 For marinade, in a small bowl whisk together 1 tbsp (15 ml) olive oil, 1 tbsp (15 ml) lemon juice and ½ tsp (2 ml) oregano flakes. Season with salt and pepper. Place chicken breasts in a bowl and drizzle with marinade. Cover and refrigerate for an hour, turning halfway to completely marinate the chicken.

2 Grease and preheat barbecue grill to 350 F (180 C). Grill marinated chicken for 6 to 8 minutes. Flip, and cook another 6 to 8 minutes longer or until chicken reads 165 F (75 C) when a meat thermometer is inserted. Remove from grill and set aside until cool enough to handle. Cut into ½-in (1.25 cm) dice and fully cool.

3 In a small bowl, whisk together remaining olive oil, lemon juice, oregano and red wine vinegar. Season with salt and pepper.

4 In a large bowl, combine diced, cooled chicken and remaining ingredients except for lettuce. Add dressing and toss to coat. Cover and chill for up to an hour.

5 Place a small amount of shredded lettuce on the bottom of each pita half. Using a slotted spoon, transfer chicken salad to pita halves and serve immediately.

Serves 4

PAIRS WITH

Santa Julia Pinot Grigio
Argentina **\$10.29** 239301

Lurton Les Fumées Blanches Sauvignon Blanc
France **\$13.99** 472555

Canada Day Barbecue

from page 42



SUMMER ANTIPASTO BOARD

1 small green zucchini, thickly sliced on the bias

1 tbsp (30 ml) olive oil
salt and pepper, to taste
1 small wheel brie cheese
1 small log goat's cheese
10 slices prosciutto

2 fresh apricots, halved and pitted
½ cup (125 ml) mixed olives
¼ cup (60 ml) liquid honey
¼ cup (60 ml) grainy mustard
¼ cup (60 ml) cornichons or small dill pickles
1 baguette, sliced

1 Grease grill and preheat barbecue to 350 F (180 C). Toss zucchini with olive oil, salt and pepper. Arrange in a single layer on barbecue grill or place in a grill basket. Grill zucchini over medium heat for about 2 minutes per side. Remove and cool.

2 Arrange all ingredients on a large platter or wooden board, placing olives, honey, mustard and pickles in small individual bowls.

Serves 6 to 8

PAIRS WITH

Summerhill Cipes Brut
BC VQA **\$23.49** 314419

Ganton & Larsen Prospect Winery
Ogopogo's Lair Pinot Grigio
BC VQA **\$13.29** 307082

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BABY BACK RIBS WITH HOMEMADE BARBECUE SAUCE

BARBECUE SAUCE

2 tsp (10 ml) kosher salt
 ½ tsp (2 ml) ground pepper
 1 tbsp (15 ml) smoked paprika
 1 tsp (5 ml) dry mustard
 ¼ cup (60 ml) brown sugar
 1 small yellow onion, chopped
 2 garlic cloves, chopped
 2 tbsp (30 ml) Worcestershire sauce
 ½ cup (125 ml) apple cider vinegar
 ½ cup (125 ml) ketchup

RIBS

3 x 2 lbs (1 kg) racks baby back ribs
 1 tbsp (15 ml) vegetable oil
 1 tbsp (15 ml) kosher salt
 1 tsp (5 ml) ground black pepper

- Combine Barbecue Sauce ingredients in a medium-sized, heavy-bottomed saucepan. Stir and bring to a boil, cover and reduce heat, simmer for 30 minutes, stirring often. Remove from heat and cool slightly. Transfer to food processor or blender and purée until smooth. Place in a sealed container and refrigerate until ready to use. Can be refrigerated for 1 week.
- To make Ribs, preheat oven to 300 F (150 C). Remove silverskin from underside of ribs and trim off any excess fat. Rub ribs with vegetable oil, salt and pepper, and wrap in a single layer of foil. Bake for 1 hour.
- About 15 minutes before the end of baking, grease grill and preheat barbecue to 350 F (180 C).
- Remove ribs from foil package and generously baste with Barbecue Sauce. Place on greased grill and reduce heat to 300 F (150 C). Barbecue ribs over low heat, constantly basting with Barbecue Sauce. Flip ribs several times during grilling until they are sticky and caramelized with sauce. Remove to a cutting board. Cut ribs between the bones into pieces and serve.

Serves 6

CORN, TOMATO AND BASIL SALAD

4 heirloom tomatoes, sliced
 ½ cup (125 ml) halved cherry tomatoes
 1 corn cob, husked and blanched
 ¼ cup (60 ml) extra-virgin olive oil

2 tbsp (30 ml) champagne vinegar
 kosher or maldon flaked salt and pepper, to taste
 1 tbsp (15 ml) finely chopped fresh chives
 6 small basil leaves

- Arrange sliced heirloom tomatoes on a large platter. Scatter with cherry tomatoes.
- With a sharp paring knife, scrape kernels from cooked corn cob and scatter kernels over tomatoes.
- Drizzle olive oil and vinegar over salad. Season with salt and pepper. Garnish with chives and basil leaves. Serve immediately.

Serves 6

PAIRS WITH

Hester Creek Selected Barrels Cabernet Merlot
 BC VQA \$16.99 13920
Inniskillin Okanagan Dark Horse Vineyard Meritage
 BC VQA \$22.99 597039



RASPBERRY YOGURT POPS

3 cups (750 ml) fresh raspberries
 ½ cup (125 ml) granulated sugar
 1 tsp (5 ml) lemon juice
 pinch of kosher salt
 2 cups (500 ml) plain Greek yogurt
 ¾ cup (175 ml) milk
 ½ cup (125 ml) liquid honey
 1 tsp (5 ml) lemon zest
 10 popsicle sticks

- Mix raspberries, sugar, lemon juice and salt in a medium-sized, heavy-bottomed saucepan. Bring to a gentle boil over high heat, stirring occasionally. Reduce heat to medium and cook, uncovered, for 5 minutes.
- Strain juice from saucepan into a small saucepan, reserving raspberry pulp. Cook juice over medium heat, stirring constantly, until reduced to a syrupy consistency, about 10 to 15 minutes. Once reduced, add to berry pulp and stir together to blend. Bring to room temperature and refrigerate until cold.
- In a mixing bowl, combine yogurt, milk, honey and lemon zest and stir until combined. Spoon yogurt mixture and berry pulp in alternate layers into ice pop moulds. Insert sticks and freeze until firm, about 3 hours or preferably overnight.

Makes 10 ice pops

PAIRS WITH

Paradise Ranch Merlot Icewine
 BC VQA \$27.49 106260 200 ml
Mike's Hard Lemonade
 Canada \$11.99 474866 6 x 355 ml



GRILLED SALMON SKEWERS WITH CUCUMBER SALSA

CUCUMBER SALSA

1 tbsp (15 ml) extra-virgin olive oil
 2 tsp (10 ml) lemon juice
 ½ shallot, finely chopped
 1 tsp (5 ml) fresh dill, chopped
 ½ tsp (2 ml) kosher salt
 fresh ground black pepper, to taste
 ½ unpeeled English cucumber, chopped

GRILLED SALMON SKEWERS

8 bamboo skewers
 2 lbs (1 kg) sockeye or spring salmon fillet, pin bones and skin removed
 3 tbsp (45 ml) extra-virgin olive oil
 kosher salt and pepper to taste
 3 radishes, thinly sliced, for garnish

- To make Cucumber Salsa, in a large bowl combine olive oil, lemon juice, shallot, dill, salt and pepper. Whisk to blend. Stir in cucumber.
- Soak skewers in warm water for 10–30 minutes.
- Cut salmon into 2-in (5 cm) cubes and thread 2 to 3 cubes onto each pre-soaked skewer. Brush with olive oil and season with salt and pepper. Refrigerate skewers until ready to cook.
- Grease grill and preheat barbecue to 350 F (180 C). Barbecue salmon just until cooked, approximately 2 minutes per side for medium rare.
- Remove and serve with Cucumber Salsa, garnish with radish.

Serves 4

PAIRS WITH

Gray Monk Odyssey Rosé Brut
 BC VQA \$17.39 573469
Mission Hill Reserve Pinot Noir
 BC VQA \$24.49 584581

Spirited Desserts

from page 52



MOJITO CUPCAKES

CUPCAKES

½ cup (125 ml) whole milk
½ cup + 2 tbsp (125 ml + 30 ml) packed fresh mint leaves, divided, plus extra for garnish
1½ cups (375 ml) all-purpose flour
1½ tsp (7 ml) baking powder
¼ tsp (1 ml) salt
½ cup (125 ml) unsalted butter, at room temperature
1 cup + 1 tbsp (265 ml) granulated sugar, divided
2 large eggs
2 limes, zested and juiced, plus extra lime slices for garnish

4 oz (125 ml) white rum, divided
½ tsp (2 ml) vanilla extract
thin lime wedges and fresh mint, for garnish

RUM BUTTERCREAM

5 large egg whites
1¼ cups (310 ml) granulated sugar
¼ cup (60 ml) lightly packed brown sugar
2 cups (500 ml) unsalted butter, diced and softened
¼ tsp (1 ml) salt
½ cup (125 ml) white rum

1 In a small saucepan, stir together milk and ½ cup (125 ml) mint leaves over medium heat. Warm until steaming, remove from heat, cover and let steep for 30 minutes. Strain through a fine-meshed sieve into a small bowl, pressing on mint leaves to extract flavoured milk. Discard mint and set milk aside to cool.

2 Preheat oven to 325 F (170 C). Line 2 standard-sized muffin tins with paper liners and set aside.

3 In a medium-sized bowl, whisk together flour, baking powder and salt.

4 In bowl of a stand mixer fitted with paddle attachment, beat together butter and 1 cup (250 ml) sugar on medium-high speed until smooth, about 4 minutes. Add eggs, one at a time, mixing to combine after each.

Beat in lime zest and juice, rum and vanilla extract until thoroughly incorporated. Add flour mixture in three batches, alternating with flavoured milk in two batches. Mix just until incorporated. Using a rubber spatula, give batter one last stir. Divide batter evenly among prepared muffin cups. Bake, rotating pans after 12 minutes, until cakes spring back when touched and a wooden skewer inserted only has a few moist crumbs attached, about 25 minutes total.

5 While cupcakes bake, combine remaining 2 oz (60 ml) rum, 2 tbsp (30 ml) mint and 1 tbsp (15 ml) sugar in a small saucepan and warm over medium heat until sugar has melted and mixture is just warm, about 8 minutes. Remove pan from heat, cover and let steep.

6 Carefully remove cooked cupcakes from muffin tins and allow to cool on a wire rack for 8 minutes. Brush tops of cupcakes with infused rum syrup and allow to cool completely.

7 While cupcakes cool, make Rum Buttercream. In a medium-sized saucepan, bring about 1-in (2.5 cm) of water to a simmer over medium heat. Whisk together egg whites and sugars in large bowl and place over simmering water, making sure bowl does not touch surface of simmering water. Bring mixture to 160 F (71 C) while

Rosé

with an
Asian Twist

SUSHI, MAKI AND CALIFORNIA ROLLS

serve 4

200g sushi rice
4 tbsp rice vinegar
8 raw prawns
100g raw salmon fillet
1 packet of nori (20g, some 10 sheets)
50g crab sticks
1 cucumber
2 tbsp toasted sesame seeds
Wasabi
Soy sauce (preferably Japanese soy sauce rather than Chinese)
Pickled ginger

■ Wash the **RICE** in copious quantities of water, then place in a saucepan with 30 cl cold salted water. Bring to the boil, cover, then lower the heat and simmer for 15 min. Turn the heat off and allow to rest for 10 min. Remove the rice from the pan and lay it out on a work surface in order to allow it to cool quickly. Sprinkle with rice vinegar. Leave to one side until cool. ■ **TO PREPARE THE PRAWN SUSHI:** Clean and peel the prawns, retaining the tails. Flatten them. Form an oblong of rice, add a dab of wasabi then top with the prawn. ■ **TO PREPARE THE SALMON SUSHI:** Cut the salmon into strips. Lay a sheet of nori on a bamboo sushi mat, then spread a layer of rice on top, then a row of salmon strips along the edge. Roll up tightly using the mat to form the rolls. Remove from the mat and slice into maki rolls. ■ **TO PREPARE THE CRABSTICK AND CUCUMBER CALIFORNIA ROLLS:** Clean the cucumber and cut into batons. Spread a layer of rice on a bamboo sushi mat, then a row of cucumber batons and a row of crabsticks along the edge. Roll up tightly using the mat to form the rolls. Remove from the mat and roll in the toasted sesame seeds then slice into rolls. ■ **SERVE** immediately, accompanied by pickled ginger and soy sauce for dipping.



whisking constantly. Transfer mixture to bowl of a stand mixer fitted with whisk attachment and beat on medium-high speed until mixture has cooled, doubled in volume and forms stiff peaks, about 10 to 12 minutes. Add butter, about 1 tbsp (15 ml) at a time, mixing to incorporate after each addition until smooth. Stir in salt and rum until well combined. Transfer buttercream to a piping bag fitted with a large star tip.

8 Frost cupcakes and garnish with a lime wedge and few fresh mint leaves, if desired.

Makes 12 cupcakes



MOJITO

20 fresh mint leaves
1 lime, cut into 4 wedges, divided
white sugar, to taste
2 cups (500 ml) ice cubes
4 oz (125 g) white rum
1 cup (250 ml) club soda

1 Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the flavours. Add 2 more lime wedges and sugar, muddle again. Do not strain the mixture.

2 Fill glass almost to the top with ice. Pour rum over ice, and top with club soda. Stir, taste, add more sugar if desired. Garnish with remaining lime wedge.

Serves 2

PAIRS WITH

Mission Hill Reserve Riesling Icewine
BC VQA **\$54.99** 240127 375 ml

Bacardí Superior White Rum
Canada **\$22.49** 117



PEACH, ROSÉ AND CREAM JELLIES

CREAM LAYER

½ cup (75 ml) cold water
1 envelope (28 g) unflavoured powdered gelatin
¼ cup (175 ml) whipping cream
½ cup (125 ml) whole milk
½ cup (125 ml) granulated sugar
1 vanilla bean, split in half and seeds scraped out
½ cup (125 ml) Greek style plain yogurt

PEACH AND ROSÉ LAYER

1½ cups (375 ml) rosé wine, divided
1 envelope (28 g) unflavoured powdered gelatin
½ cup (125 ml) water
½ cup (125 ml) granulated sugar
½ tsp (7 ml) lime juice
1 large peach, finely diced
¼ cup (60 ml) whipping cream, whipped, for garnish
thin slivers of peach wedges, for garnish

1 For Cream Layer, place water in a small bowl and sprinkle with gelatin. Let stand for 5 minutes.

2 In a small saucepan, combine whipping cream, milk and sugar over medium-high heat. Whisking constantly, bring to a boil before reducing to a simmer and whisking in vanilla bean seeds and gelatin. Continue whisking until gelatin has dissolved. Remove from heat and let sit for 15 to 20 minutes, stirring occasionally, before whisking in yogurt until mixture is smooth and creamy. Set aside and allow to cool to room temperature, stirring occasionally.

3 Drape a standard muffin tin with a tea towel and press into six muffin cups. This will help steady the glasses so they don't shift when pouring the Cream Layer base into each glass. Place 6 x 6 oz (175 ml) serving glasses at an angle into each muffin cup making sure they are all resting at a similar angle. Using a funnel, carefully pour about ½ cup (75 ml) cream mixture into each glass. Gently transfer muffin tin to refrigerator and allow cream to set completely, about 2 hours.

4 Meanwhile, prepare Peach and Rosé Layer. In a small bowl, place ½ cup (125 ml) wine and sprinkle with gelatin. Let stand for 5 minutes.

5 In a small saucepan, heat water and sugar over medium-high heat, stirring constantly until sugar has dissolved. Allow mixture to come to a boil and reduce to ½ cup (125 ml). Remove from heat and stir in gelatin mixture until dissolved. Stir in lime juice, remaining wine and diced peaches. Let sit at room temperature, stirring occasionally, until completely cooled to room temperature, but not set.

6 Remove muffin tin from refrigerator and transfer glasses so they are sitting upright on a baking tray. Carefully divide wine mixture among glasses over cream layer, standing glasses upright. Return tray to refrigerator and allow layers to set for at least 6 hours.

7 To serve, garnish top of each jelly with a dollop of whipped cream and a couple thin wedges of a peach. Enjoy while chilled.

Serves 6



PEACH BELLINI

2 oz (60 g) peach nectar concentrate¹
1 oz (30 g) peach schnapps
1 tsp (5 ml) lemon juice
3 oz (90 g) chilled Prosecco

1 Mix everything, except Prosecco, together in a chilled flute glass. Top with champagne and stir.

Serves 2

PAIRS WITH

Yellowglen Pink
Australia **\$11.49** 89268

Bottega Il Vino Dei Poeti Prosecco Brut
Italy **\$15.99** 95711

¹ Peach nectar concentrate can be found in local grocery stores



STRAWBERRY MARGARITA CAKE

CAKE

1¼ cups (425 ml) cake and pastry flour
 1½ tsp (7 ml) baking powder
 ½ tsp (2 ml) baking soda
 ½ tsp (2 ml) salt
 1 cup (250 ml) granulated sugar
 1 lime, zest only, finely grated
 ¼ cup (60 ml) unsalted butter, at room temperature
 2 large eggs
 ¼ cup (60 ml) vegetable oil
 1 tsp (5 ml) vanilla extract
 ¼ cup (60 ml) milk
 ½ cup (75 ml) freshly squeezed lime juice
 2 oz + 1 oz (60 ml + 30 ml) white tequila, divided

1 ½ oz (45 ml) orange-flavoured liqueur, such as Triple Sec or Grand Marnier, divided
 ⅓ cup (75 ml) seedless strawberry jam

COCONUT WHIPPED TOPPING

2 x 14 oz (398 ml) cans full-fat coconut milk, chilled in refrigerator overnight
 3 tbsp (45 ml) icing sugar
 1 tsp (5 ml) vanilla extract
 1 lime, thinly sliced into rounds, for garnish
 1½ cup (375 ml) fresh strawberries, for garnish

1 Preheat oven to 350 F (180 C). Lightly grease a 10-in (25 cm) spring-form pan and set aside.

2 In a medium-sized bowl, whisk together flour, baking powder, baking soda and salt. Set aside.

3 In bowl of a stand mixer fitted with paddle attachment, mix together sugar and lime zest until blended and very fragrant, about 1 minute. Beat in butter until mixture becomes light and fluffy, about 3 minutes. Add eggs, one at a time, beating well after each addition. Then beat in oil and vanilla. Gradually add reserved dry ingredients to wet ingredients and stir together until just incorporated. Gradually incorporate milk into batter before adding lime juice, 2 oz (60 ml) tequila, and 1 oz (30 ml) orange liqueur. Mix until batter is uniform and smooth.

4 Transfer batter to prepared pan and bake until a toothpick inserted into the centre comes out clean, about 35 to 40 minutes.

5 While cake is baking, whisk together remaining 1 oz (30 ml) tequila, ½ oz (15 ml) orange liqueur and strawberry jam.

6 When cake is done, remove from oven and place on a rack. Using a skewer or fork, pierce several dozen holes into the top of cake. Slowly pour strawberry mixture evenly over top of cake, allowing it to absorb as you go. Cool cake in spring-form pan to room temperature.

7 While cake is cooling, make Coconut Whipped Topping. Without shaking, take chilled cans of coconut milk and open them carefully. Pour out as much liquid as possible into a small bowl or container, reserving coconut cream. Save coconut liquid for another use. Place thick, white coconut cream into a large bowl and beat for 1 minute using a hand beater, or in bowl of stand mixer fitted with whisk attachment. Add sugar and continue whipping coconut cream on high until it has increased in volume and forms soft peaks, about 5 to 7 minutes. Beat in vanilla and refrigerate Coconut Whipped Topping for 10 minutes before using.



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8 Once cake is completely cooled, remove from spring-form pan and carefully transfer to a serving platter. Spread top of cake with Coconut Whipped Topping and decorate with lime slices and fresh strawberries. Serve immediately or refrigerate cake up to 6 hours. Then let sit at room temperature for 30 minutes before serving.

Serves 10



LIME MARGARITA

2 cups (500 ml) ice cubes, divided
1 can (12 oz) frozen limeade concentrate
4 oz (125 g) tequila
2 oz (60 g) Cointreau
Margarita or kosher salt, for rims
lime slices, for garnish

1 Working in 2 batches, place 1 cup (250 ml) ice cubes in a blender. Add limeade, tequila and Cointreau. Blend at highest speed until drink is almost smooth. Pour into a pitcher and repeat with remaining ingredients.

2 To salt the margarita glasses, pour a single layer of salt on a salad plate. Moisten each glass rim with lime then dip each rim in the salt. Pour margarita mixture into each glass, garnish with lime. Serve immediately.

Serves 2

PAIRS WITH

Don Julio Blanco Tequila
Mexico **\$74.99** 77321

Alizé Bleu Passion
France **\$25.49** 214650



RASPBERRY CAMPARI FROZEN YOGURT CAKE

RASPBERRY CAMPARI FROZEN YOGURT FILLING

3¾ cups (925 ml) fresh or thawed frozen raspberries
3 cups (750 ml) full fat plain yogurt
1½ cups (375 ml) granulated sugar
2 oz (60 ml) Campari
1 tsp (5 ml) orange zest
1½ tbsp (22 ml) orange juice
¼ tsp (1 ml) salt

CRUST

¾ cup (175 ml) vanilla wafer crumbs
½ cup (125 ml) unsalted butter, melted

WHITE CHOCOLATE CRUNCH TOPPING

¾ cup (175 ml) chopped white chocolate,
about 5 ½ oz (125-150 g)
2 tsp (10 ml) vegetable shortening
1 cup (250 ml) corn flakes
1 cup (250 ml) puffed rice cereal
1 cup (250 ml) raspberries, for garnish
white chocolate curls, for garnish

1 To make frozen yogurt, combine raspberries, yogurt, sugar and Campari in a blender and purée on high speed until smooth. Pour through a fine-meshed sieve into a large mixing bowl, pressing on purée with a ladle or rubber spatula to strain out raspberry seeds. Stir in orange zest, juice and salt. Chill in refrigerator at least 3 hours.

2 Meanwhile, line a 12 x 4 x 3-in (30 x 10 x 8 cm) loaf pan with plastic wrap allowing for at least 2-in (5 cm) of overhang on all sides.

3 To make Crust, stir together wafer crumbs and butter until well combined. Set aside.

4 Transfer chilled raspberry yogurt mixture to ice cream machine and churn according to manufacturer's instructions.

Transfer frozen mixture to prepared pan, smooth the top and freeze for 1 hour. Press crust crumbs evenly over top of frozen yogurt and fold over plastic wrap overhang to cover and seal. Freeze until frozen yogurt is firm, at least 5 hours, preferably overnight.

5 Meanwhile, make topping. Line a large baking sheet with parchment paper and set aside. Place chocolate and shortening in a medium-sized, heat-proof bowl. Warm 1-in (2.5 cm) of water in a medium-sized saucepan and bring to a simmer over medium heat. Rest heat-proof bowl on lip of saucepan and, stirring constantly with a rubber spatula, completely melt chocolate and shortening.

6 Remove bowl from heat and stir in corn flakes and puffed rice cereal until evenly coated with chocolate mixture. Spread coated cereal onto paper-lined baking sheet and refrigerate until chocolate has hardened, about 1 hour. Once firm, break coated cereal into bite-sized pieces and set aside or refrigerate until ready to use.

7 To serve, unmould frozen yogurt cake onto a serving platter and peel off plastic. Garnish with white chocolate crunch topping, whole raspberries and white chocolate curls. Slice and serve frozen.

Serves 8 to 10



AMERICANO COCKTAIL

3 oz (90 g) Campari
3 oz (90 g) Vermouth
club soda
orange twist, for garnish

1 Pour the Campari and vermouth into a rocks or highball glass filled with ice. Add a splash of club soda and garnish with an orange twist.

Serves 2

PAIRS WITH

Moselland Ars Vitis Riesling
Germany \$14.29 914762

Campari
Italy \$22.49 277954



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Living the Mediterranean Lifestyle in BC

from page 58



CUMIN AND CORIANDER LAMB BURGERS

LAMB BURGERS

½ tsp (2 ml) each, cumin seeds and whole coriander
1 large garlic clove, smashed and minced
1 lemon, zest only
½ tsp (2 ml) each, salt and freshly ground black pepper
1 lb (500 g) lean ground lamb
4 large brioche buns, halved
2 branches cherry tomatoes on the vine
8 leaves bibb (or butter) lettuce
2 roasted red peppers, peeled and cut into quarters¹

CREAMY YOGURT SAUCE

½ cup (125 ml) thick, plain Greek yogurt
1/3 cup (75 ml) very finely diced, unpeeled English cucumber
2 tbsp (30 ml) mayonnaise
½ tsp (2 ml) ground cumin
¼ tsp (1 ml) salt
freshly ground black pepper, to taste

1 Combine cumin and coriander in a small, dry frying pan. Heat over medium, shake pan occasionally, until seeds begin to toast and lightly smoke, about 2 minutes. Transfer to a mortar and pestle and grind to a powder. Place in a large bowl with garlic, lemon zest, salt and pepper. Add ground lamb and work in seasonings using your hands until evenly mixed. Shape meat into 4 even-sized patties about 4-in x ¾-in (10 cm x 1 cm). Refrigerate while preparing remaining ingredients, for flavours to blend.

2 To make sauce, combine and stir together all ingredients in a small bowl. Cover and refrigerate.

3 Grease barbecue grill and preheat to about 375 F (190 C). Grill patties over direct medium heat with lid closed until cooked to medium doneness, about 7 to 9

¹ Roasted red peppers can be purchased in jars. Simply drain and pat dry.

minutes, turning once. Lamb should register about 160 F (70 C) on a meat thermometer inserted in the centre of patties.

4 During last minute of grilling, toast brioche buns cut-side down and cherry tomatoes on the side until slightly blistered.

5 To serve, line each bun with 2 lettuce leaves. Top with lamb burger, a couple pieces of roasted red pepper and a generous dollop of Creamy Yogurt Sauce. Serve with roasted cherry tomatoes and Grilled Watermelon Salad (recipe to follow) on the side.

Serves 4

GRILLED WATERMELON SALAD

1 small watermelon
¼ cup (60 ml) extra-virgin olive oil
2 tbsp (30 ml) lime juice
¼ tsp (1 ml) sea salt
¼ tsp (1 ml) cayenne pepper
½ cup (125 ml) crumbled Bulgarian feta²
¼ cup (60 ml) chopped pitted Kalamata olives
1 tbsp (15 ml) liquid honey
2 tbsp (30 ml) small mint leaves

1 Preheat barbecue to 375 F (190 C). Cut unpeeled watermelon into quarters. Cut flesh into thick slices. Brush with oil and place on preheated grill. Grill until marked and just warmed through, but not mushy. Remove to a plate to cool. When cool enough to handle, cut off rinds and discard. Cut watermelon into bite-sized chunks and place in a large serving bowl.

2 Drizzle with lime juice and lightly sprinkle with salt and cayenne. Scatter with crumbled feta and chopped olives. Drizzle with honey and sprinkle with mint leaves. Serve immediately.

Serves 4

PAIRS WITH

Juan Gill Monastrell
Spain **\$23.49** 195859

Feudo Maccari Nero D'Avola Sicilia
Italy **\$17.79** 144923

² Bulgarian feta is found in Persian grocery stores. It tends to be creamier than regular cow's feta, and is a lovely complement to the watermelon salad. Regular feta can be substituted. Simply reduce the salt.



GRILLED AVOCADO WITH CHICKPEAS AND TAHINI DRESSING

TAHINI DRESSING

¼ cup (60 ml) sesame tahini
¼ cup (60 ml) extra-virgin olive oil
2 tbsp (30 ml) each, tamari soy sauce and fresh lemon juice
2 tbsp (30 ml) water, plus extra, if needed
1 garlic clove, smashed and minced
1 tsp (5 ml) peeled and grated ginger root
freshly ground black pepper, to taste

STUFFED AVOCADOS

1 x 14 oz (398 ml) can chickpeas
2 tbsp + 1 tbsp (45 ml) grape seed oil
½ tsp (2 ml) smoked paprika
salt and pepper, to taste
½ cup (125 ml) very finely diced unpeeled English cucumber
½ cup (125 ml) quartered cherry tomatoes
3 avocados
1 tbsp (15 ml) extra-virgin olive oil

1 Place all Tahini Dressing ingredients in a small blender and whirl until smooth and creamy. Add a little more water, if needed to make it pourable. Transfer to a squeeze tube and refrigerate until ready to use. Can be refrigerated for several days.

2 Preheat barbecue to about 375 F (190 C). Rinse and drain chickpeas, pat dry with paper toweling. Slip off any papery skins, if desired. Transfer chickpeas to a bowl and toss with grape seed oil. Dust with smoked paprika, salt and pepper. Place in a grill basket or on a small baking tray, spreading out to an even thickness. Grill for about 15 minutes, stirring often, until chickpeas are golden and lightly crisped. Remove and transfer to a bowl to cool.

3 When chickpeas are cooled, gently toss together with finely diced cucumber and tomatoes in a bowl. Set aside. Can be made ahead and refrigerated.

4 Cut avocados in half and remove pits. Brush with extra-virgin olive oil. Place cut-side down on grill and cook until nice grill marks form, about 2 minutes.

5 To serve, place avocados cut-side up on a serving platter. Spoon chickpea mixture into cavities of each avocado.

Give Tahini Dressing a quick shake and drizzle sauce over top of avocados and chickpeas. Serve immediately.

Serves 6

PAIRS WITH

Ormarine Picpoul De Pinet
France \$15.99 124834

Argiolas Costamolino Vermentino Di Sardegna
Italy \$17.99 457945



HARISSA SEMOLINA CAKE WITH LABNEH AND HONEYED GRILLED FIGS

CAKE

1 + 2 tbsp (15 + 30 ml) sesame tahini,
divided

3 cups (750 ml) semolina flour
1 tsp (5 ml) baking powder
3/4 cup (175 ml) unsalted butter,
at room temperature
1 cup (250 ml) granulated sugar
3 eggs
1 orange, zest and juice
½ cup (125 ml) Marcona almonds
½ cup (75 ml) finely chopped pistachios,
lightly toasted, for garnish
fresh figs, for garnish

SUGAR SYRUP

1½ cups (375 ml) water
1¼ cups (310 ml) granulated sugar
2 tbsp (30 ml) lemon juice
1 tsp (5 ml) rose water, if desired

1 Preheat oven to 350 F (180 C). Brush a 9-in (23 cm) spring-form pan with 1 tsp (15 ml) tahini and set aside.

2 To make Cake, stir flour and baking powder together in a small bowl. Combine butter and sugar in bowl of an electric stand mixer fitted with a paddle attachment. Cream until light and fluffy. Gradually beat in eggs, one at a time, and remaining 2 tbsp (30 ml) tahini, orange zest and juice until blended.

3 Stir in flour mixture, using a wooden spoon or a spatula, until blended. Mixture will be like a soft, moist cookie dough. Transfer to prepared baking dish. Lightly

wet fingertips, then press mixture into pan. Smooth the surface. Using a pastry scraper or a knife, cut diagonal lines across the top about 1/8-in (.25 cm) deep, creating a diamond pattern. Lightly press an almond into the centre of each diamond.

4 Bake cake in centre of preheated oven for 30 to 40 minutes, or until puffed and golden and the sides are golden brown. When done, remove pan from oven and cool on a rack.

5 To make Sugar Syrup, combine water, sugar and lemon juice in a heavy saucepan. Stir together and bring to a boil. Reduce heat and simmer for 20 minutes or until it reduces by a third. Remove from heat and stir in rose water, if using. Set aside to fully cool.

6 When cake has cooled, pierce all over top several times with a skewer or fork. Drizzle with cooled sugar syrup. Let syrup settle in. Dust with toasted pistachio crumbs. Cut cake into diagonal pieces following the lines. Remove sides of springform pan and gently remove pieces of cake with a small spatula. Serve with spoons of freshly made Labneh with Honeyed Grilled Figs and Sumac (recipe to follow). Can be made ahead, covered and refrigerated for up to several days.

Serves 10

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LABNEH WITH HONEYED GRILLED FIGS AND SUMAC

2 cups (500 ml) full fat plain Greek yogurt
generous pinch of salt
10 fresh, firm figs
2 tsp (10 ml) grape seed oil
¼ cup (60 ml) dark liquid honey, such as buckwheat
2 tbsp (30 ml) toasted chopped pistachios
pinches of sumac powder
fresh mint, for garnish

1 Line a non-reactive strainer with a few layers of cheesecloth. Place strainer over a deep bowl, deep enough for strained liquid. Transfer yogurt to strainer and fold in edges of cheesecloth over yogurt. Refrigerate for 8 to 12 hours.

2 Remove Labneh from cloth and transfer to a bowl. Yogurt will be very thick. Discard liquid whey or refrigerate and use within a few days in baking recipes. Refrigerate Labneh until ready to serve.

3 Preheat barbecue on medium-low. Cut figs in half and brush all over with grape seed oil. Place, cut-side down, on barbecue and grill for a couple minutes, or just until light grill marks appear. Flip figs and drizzle each with a couple dots of honey. Continue to barbecue for a minute longer, or just until hot.

4 To serve, place a couple spoonfuls of Labneh into a serving dish with a couple halved figs on top, drizzle with honey. Sprinkle with a pinch of sumac powder and garnish with mint. Serve with squares of Harissa Semolina Cake.

Serves 8 to 10

PAIRS WITH

L'Ostal Cazes Rosé
France **\$14.99** 71191

Gonzales Byass Nutty Solera Oloroso Sherry
Spain **\$15.99** 35204

Grapefruit and Seafood Symphony

from page 68



SEAFOOD AND RUBY RED GRAPEFRUIT SALAD

DRESSING

1 cup (250 ml) good-quality mayonnaise
2 tbsp (30 ml) capers, chopped
2 tbsp (30 ml) chopped cornichons or sour gherkins
1 tbsp (15 ml) finely chopped fresh chives
1 tbsp (15 ml) finely chopped fresh parsley
salt and freshly ground black pepper, to taste

SALAD

2 x1 lb (500 g) lobsters, cooked
4 oz (125 g) sea scallops, hinge muscle removed
4 oz (125 g) spot prawns, tail-on, peeled and deveined
1 lemon, juice only
1 tbsp (15 ml) olive oil
pinch of salt
pinch of fresh chopped chives
2 large, ruby red grapefruits
1 oz (30 ml) cognac
1 tsp (5 ml) Ponzu Sauce, optional
salt and freshly ground black pepper, to taste

1 To make Dressing, in a small bowl combine mayonnaise, capers, cornichons or sour gherkins and herbs. Stir to blend. Add salt and pepper, to taste. Cover and refrigerate until ready to use.

2 Remove meat from lobsters reserving claw meat for garnish. Cut meat into bite-sized pieces and refrigerate.

3 In a bowl mix scallops, prawns, lemon juice, oil, salt and chives. Marinate at room temperature for about 15 minutes.

4 Cut 2 grapefruits in half and remove the flesh. Reserve the 4 empty halves for serving. Remove the white pith from grapefruit segments then cut flesh into small pieces. Segment remaining grapefruit and reserve.

5 In a large bowl combine marinated scallops and prawns, lobster meat, grapefruit pieces and dressing. Add cognac and Ponzu Sauce, if using. Taste and season with salt and pepper as needed.

6 Fill emptied grapefruit halves with seafood mixture and place on a plate or a bowl filled with crushed ice. Garnish with a few reserved grapefruit segments and lobster claws. Sprinkle with fresh herbs and serve.

Serves 4

PAIRS WITH

See Ya Later Ranch Riesling
BC VQA **\$15.99** 579045

Kono Marlborough Sauvignon Blanc
New Zealand **\$14.99** 58032



BAKED COCONUT PRAWNS WITH GRAPEFRUIT DIPPING SAUCE

DIPPING SAUCE

2 tsp (10 ml) curry powder
pinch crushed red pepper flakes
2 tbsp (30 ml) liquid honey
4 tsp (20 ml) rice vinegar
2 Honeygold grapefruit, juice only

COCONUT PRAWNS

½ cup (125 ml) unsweetened flaked coconut
⅓ cup (90 ml) panko breadcrumbs
2 tbsp (30 ml) all-purpose flour
2 tbsp (30 ml) cornstarch
salt and freshly ground black pepper, to taste
2 large egg whites
1 lb (500 g) large prawns, tail-on, peeled and deveined
shiso leaves for garnish, optional

1 Preheat oven to 450 F (220 C). Line a baking sheet with parchment paper or silicon mat and set aside.

2 To make Dipping Sauce, in a small saucepan, toast curry powder and red pepper flakes over medium heat until fragrant, about 1 minute. Add honey, vinegar and grapefruit juice. Bring to simmer, stirring occasionally, until sauce is heated through, about 1 to 2 minutes. Remove from heat and set aside to cool.

3 To make Coconut Prawns, in a shallow bowl combine coconut, panko, flour, cornstarch, salt and freshly ground black pepper. Stir to blend.

4 In a medium-sized bowl, beat egg whites until slightly frothy. Add prawns to egg whites and toss to coat. Take each prawn from the egg whites, letting excess drip off, then coat in the coconut/panko mixture, pressing to adhere. Place prawns on baking sheet in a single layer.

5 Bake prawns in preheated oven for 8 to 10 minutes or until golden on the outside and opaque in the centre.

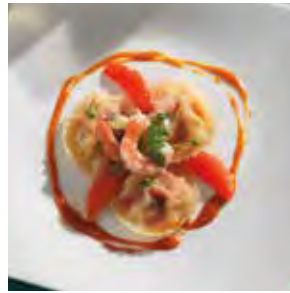
6 Place prawns on serving platter with Dipping Sauce. Garnish with Shiso leaves. Serve hot or at room temperature

Serves 4 to 6

PAIRS WITH

Red Rooster Pinot Blanc
BC VQA **\$12.99** 103044

See Ya Later Ranch Gewürztraminer
BC VQA **\$14.99** 868067



PRAWN AND GRAPEFRUIT RAVIOLI WITH PINK GRAPEFRUIT BEURRE BLANC

PRAWN AND GRAPEFRUIT RAVIOLI

3 tbsp (45 ml) unsalted butter
1 tbsp (15 ml) minced shallots
1 lb (500 g) shelled and deveined small prawns
1 garlic clove, minced
pinch of red pepper flakes
2 tbsp (15 ml) chopped fresh basil, divided
2 oz (60 ml) dry white vermouth
2 to 3 tbsp (30 to 45 ml) cornmeal
1 tbsp (15 ml) salt
1 pink grapefruit, segmented, for garnish
1 package of wonton wrappers (40-50 wonton wrappers)

GRAPEFRUIT BEURRE BLANC

½ cup (125 ml) fresh grapefruit juice
1 tbsp (15 ml) dry white vermouth
¾ cup (180 ml) cold unsalted butter, cut into 12 pieces
salt and freshly ground white pepper, to taste

1 Melt butter over medium-high heat in a large frying pan. Add shallots and cook until soft and translucent, about 3 minutes. Add prawns and cook for 2 minutes stirring occasionally. Reserve a few prawns for garnish.

2 Add garlic, red pepper flakes and 1 tbsp (15 ml) basil and cook for about 1 minute or until fragrant, stirring occasionally. Add vermouth and cook for about 4 minutes or until reduced by half.

3 Remove prawns from pan and set aside. If still too much liquid, cook until reduced to a glaze. Pour over prawns and refrigerate until ready to use.

4 Line a baking sheet with parchment paper and sprinkle evenly with cornmeal.

5 To make ravioli, take one wonton wrapper and set on a dry cutting board. Add 1 tbsp (15 ml) prawn filling. Using a pastry brush, lightly brush water all around exposed dough, add a second wonton wrapper on top and press to remove air and seal. Using a ravioli cutter, cut the

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desired shape and place ravioli on baking sheet. Repeat procedure until all the filling is used. Cover ravioli with a dry cloth and cook, or freeze until ready to use.

6 To make Grapefruit Beurre Blanc, combine grapefruit juice and vermouth in small, heavy non-reactive saucepan. Bring to a low boil and cook until liquid is reduced to about 1 tbsp (15 ml). Remove pan from heat and using a whisk, beat in 1 piece of butter, then a second piece.

7 Return pan to a very low heat and whisk in remaining butter, one piece at a time. Remove from heat and whisk in salt and pepper to taste. Cover and keep warm while preparing ravioli.

8 Fill a large saucepan with water and bring to a boil. Add 1 tbsp (15 ml) salt and ravioli. Cook ravioli for about 3 minutes, or until it floats. Remove with a slotted spoon, drain well and transfer to serving plates or a platter.

9 Pour beurre blanc around and over the ravioli, and garnish with reserved prawns, grapefruit segments and remaining chopped basil.

Makes 20 raviolis

PAIRS WITH

Newharbor Marlborough Sauvignon Blanc
New Zealand **\$15.49** 822585

Road 13 Honest John's White
BC VQA **\$14.99** 601070

Farmer's Apprentice

from page 72



CHILLED MELON AND SORREL GAZPACHO

- 1 yellow onion, unpeeled
- 2 garlic cloves, unpeeled
- 1 tsp (5 ml) olive oil
- 1 English cucumber, peeled, seeded and chopped
- 1 lb (500 g) melon, such as a Korean melon¹, peeled, seeded and cubed
- 2 yellow tomato, peeled and seeded

¹ Substitute for Galia or Honeydew melon, but they tend to be quite sweet and will lend a different flavour to the gazpacho.

- 7½ tbsp (112 ml) extra-virgin olive oil, such as Castela Notti²
- 5 tbsp (80 ml) sherry vinegar
- ¾ cup (150 ml) verjus, or any Portuguese Vinjo Verde
- fresh mint or sorrel leaves, for garnish

1 Preheat oven to 350 F (180 C). Place the unpeeled onion and the unpeeled garlic cloves in a small baking dish, rub with olive oil. Cover and bake for 15 minutes. Return onion to oven and continue roasting, covered, for another 15 minutes or until the onion is soft

2 Remove onion and, when cool enough to handle, coarsely chop and add to garlic in blender along with cucumber, melon, tomato, extra-virgin olive oil, vinegar and verjus. Blend until smooth and lump free.

3 Press through a fine-meshed sieve for a smooth consistency, if you wish. Refrigerate until chilled. Serve in chilled soup bowls and garnish with mint or sorrel.

Serves 4 to 6

PAIRS WITH

Favo D'oro Organic Pinot Grigio
Italy **\$13.99** 48322

Summerhill Alive Organic White
BC VQA **\$17.99** 22574



DUCK BREAST WITH RHUBARB

RICH DUCK SAUCE

- 1 whole duck carcass
- 4 tsp (20 ml) unsalted butter
- 2 tsp (10 ml) olive oil
- 2 tbsp (30 ml) chopped button mushrooms
- ½ yellow onion, finely diced
- ½ celery stalk, finely diced
- ½ small carrot, peeled and finely diced
- 2 juniper berries
- 1 orange, zest only
- 2 tsp (10 ml) brandy
- 3 tbsp + 1 tsp (50 ml) port
- 4 cups (1 L) brown chicken stock
- 1 sprig fresh thyme
- 2 tbsp (30 ml) whipping cream

² Castela Notti is a fruity and fresh extra-virgin olive oil with a slightly bitter finish.

DUCK BREAST WITH VEGETABLES AND RHUBARB

- ¼ cup (60 ml) granulated sugar
- ⅓ cup (90 ml) water
- 2 stalks rhubarb, cut into 2-in (5 cm) pieces
- 2 small red beets, peeled
- 3 carrots, peeled and cut in half, lengthwise
- 2 tsp (10 ml) unsalted butter
- 1 duck breast, boned, skin on
- seasonal herbs, for garnish

1 To make Rich Duck Sauce, chop duck carcass into small pieces. Place in a large, heavy saucepan with butter and fry over medium heat, stirring often, until golden brown, about 10 minutes. Add oil, mushrooms, onion, celery, carrot, juniper berries, orange zest, brandy and port and bring to a boil. Reduce heat to medium and simmer uncovered, until reduced by half.

2 Add chicken stock and thyme sprig and bring to a boil. Reduce heat to medium and simmer for 30 minutes. Strain sauce and return to saucepan. Continue to simmer, uncovered, until sauce is at desired thickness, or coats the back of a spoon. Stir in cream and remove from heat. Strain with a fine mesh and cover to keep warm.

3 To make Duck Breast with Vegetables and Rhubarb, combine sugar and water in a small saucepan. Bring to a boil and stir until sugar is dissolved. Remove from the heat and stir in rhubarb. Set aside and steep for 10 minutes in a low oven set at 200 F (93 C). Then strain rhubarb and reduce the sugar water until syrup. Pour the syrup over rhubarb and set aside.

4 Preheat oven to 350 F (180 C). Place beets in a small roasting pan, cover and bake for 20–30 minutes. On a separate roasting sheet, rub carrots with butter and bake for 7 minutes.

5 Meanwhile, place duck breast fat-side down in a cold, dry, ovenproof frying pan. Sear duck skin over medium heat for 6 to 8 minutes or until skin is golden brown. Drain off rendered fat and save for another use, if desired. Turn breast and sear other side for 30 seconds. Turn breast fat side down again and place pan in preheated oven. Roast for 6 to 8 minutes or until breast is medium rare. Remove from pan and let rest for 5 minutes before serving.

6 To serve, thinly slice duck breast. Place a couple slices on a heated serving plate alongside a couple wedges of roasted beets, a couple pieces roasted carrot and a generous spoon of poached rhubarb. Drizzle with a generous ladle of Rich Duck Sauce and garnish with seasonal herbs.

Serves 4

PAIRS WITH

Bonterra Organic Chardonnay

USA **\$17.99** 342436

Cono Sur Organic Pinot Noir

Chile **\$13.99** 77644



HEIRLOOM LETTUCE SALAD WITH WALNUTS AND BUTTERMILK DRESSING

BUTTERMILK DRESSING

¼ cup (60 ml) buttermilk

2 tsp (10 ml) olive oil

1 tsp (5 ml) plain yogurt

1 lime, juice only

pinch of salt

sprigs of fresh mint or tarragon, chopped,
for garnish

LETTUCE SALAD

2 heads lettuce, such as butter or Boston, or a mixture of heirloom greens

2 tbsp (30 g) walnut halves, soaked overnight in water to remove
bitterness, and drained

- 1 In a small bowl, combine dressing ingredients, except for mint or tarragon. Whisk together until blended. Set aside.
- 2 Wash and spin-dry lettuce greens and tear into bite-sized pieces. Place in a large bowl and drizzle with dressing. Gently toss and divide among serving plates. Sprinkle with walnuts and garnish with chopped herbs.

Serves 4

PAIRS WITH

Michel Torino Estate Cuma Organic Torrontés

Argentina **\$12.49** 213389

Cono Sur Organic Sauvignon Blanc

Chile **\$13.49** 813576

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ALOHA HAWAII!

from page 80



AHI TUNA POKE CONE

MISO SESAME CONES

¼ cup (60 ml) butter
½ cup (125 ml) corn syrup
1 tbsp (15 ml) miso paste
½ tbsp (7 ml) sesame oil
1 pinch each, salt and black pepper
¼ cup (60 ml) all-purpose flour, sifted
½ tbsp (7 ml) ground ginger
¼ cup (60 ml) black, white or mixed sesame seeds

AHI TUNA POKE

¼ cup (60 ml) Japanese shoyu
½ tbsp (7 ml) sambal oelek
1 tsp (5 ml) wasabi
1 tsp (5 ml) sesame oil
2 garlic cloves, finely minced
1½-in (4 cm) piece ginger root, peeled and finely minced
3 green onions, thinly sliced
½ medium white or sweet onion, peeled and finely diced
1 lb (500 ml) ahi tuna, cut into ¼ -in (0.5 cm) dice
2 tbsp (30 ml) chopped dry-roasted macadamia nuts, optional
caviar, tobiko or masago, for garnish, optional, available at Asian supermarkets

- 1 Preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.
- 2 Melt butter and corn syrup in a medium-sized saucepan over medium heat, stirring until mixed together. Do not boil. Remove from heat and whisk in miso paste and sesame oil. While stirring continuously, add flour and mix until smooth. Stir in ginger and sesame seeds.

3 Drop in 1 tbsp (15 ml) portions on prepared baking sheet, spacing about 2 or 3-in (5 to 8 cm) apart, as they will spread. Bake 10 minutes, then remove from oven and cool slightly until firm enough to flip over, about 2 minutes. Bake one more minute.

4 Remove from oven, cool slightly until firm enough to handle and form into small cones while warm. If they start to get too hard to shape, return to oven to soften a bit. Once shaped, set on a rack to cool.

5 In a bowl, combine shoyu, sambal oelek, wasabi, sesame oil, garlic, ginger root, green onions and white onion. Add the ahi tuna and toss until well combined. Cover and refrigerate for an hour. To serve, fill cones with poke mixture and garnish with caviar, tobiko or masago.

Serves 12 (about 2 small cones per person)

PAIRS WITH

Les Fleurs Du Mal Rosé
France **\$13.49** 360073

William Fèvre Petit Chablis
France **\$25.49** 81123



KALUA CHAR SUI PULLED PORK SLIDERS WITH PINEAPPLE CHUTNEY AND TROPICAL SLAW

PINEAPPLE CHUTNEY

1 tbsp (15 ml) canola oil
 1 red onion, finely chopped
 ½ tbsp (7 ml) mustard seeds
 ½ tbsp (7 ml) black onion seeds (nigella)
 ½ tsp (2 ml) turmeric
 1 small pineapple, peeled, cored and cut into ½-in (1.25 cm) dice, OR 2 x 14 oz (398 ml) cans diced pineapple, well drained
 ½ tsp (7 ml) salt
 1 red Thai chili, seeded and minced
 1-in (2.5 cm) piece ginger root, finely chopped
 ½ cup (75 ml) light brown sugar
 ½ cup (125 ml) cider vinegar

KALUA CHAR SUI PULLED PORK

¼ cup (60 ml) hoisin sauce
 ¼ cup (125 ml) pineapple juice
 3 tbsp (45 ml) soy sauce
 2 tbsp (30 ml) liquid honey
 1 tsp (5 ml) sesame oil
 1 tbsp (15 ml) finely minced ginger root
 ½ tbsp (7 ml) finely minced garlic
 1 tbsp (15 ml) Liquid Smoke hickory flavour, optional
 1 tbsp (15 ml) sambal oelek or Sriracha Sauce
 ½ tsp (2 ml) Chinese five spice powder
 3 lbs (1½ kg) pork shoulder or butt

TROPICAL SLAW

2 cups (500 ml) finely chopped red cabbage
 ½ red bell pepper, finely diced
 3 tbsp (45 ml) finely chopped red onion
 1 rib celery, finely diced
 2 green onions, finely sliced
 ¼ cup (60 ml) chopped cilantro
 ½ cup (125 ml) ¼-in (0.5 cm) finely diced mango
 ½ cup (125 ml) ¼-in (0.5 cm) finely diced pineapple
 3 tbsp (45 ml) mayonnaise
 1 tbsp (15 ml) cider vinegar
 1 tbsp (15 ml) pineapple juice
 1 tsp (5 ml) Dijon mustard
 salt and pepper
 18 soft dinner rolls

1 To make Pineapple Chutney, heat canola oil in a medium-sized saucepan over medium heat. Add red onion,

mustard seeds, onion seeds and turmeric. Cook a couple minutes until fragrant then add pineapple, salt, Thai chili, ginger, brown sugar and cider vinegar.

2 Bring to a boil, reduce heat and simmer, with lid ajar, for 30 to 45 minutes or until dark golden and thick. Pour into a sterilized jar and allow to cool before covering. Refrigerate.

3 For pulled pork, mix hoisin sauce, pineapple juice, soy sauce, honey, sesame oil, ginger root, garlic, liquid smoke, sambal oelek and five spice together. Place pork in a slow cooker. Pour half the marinade over top, reserving remaining marinade. Cover and cook on high for 6 to 8 hours or until meat is tender and can be shredded with a fork.

4 Alternatively, place pork on a large double sheet of foil. Pour half the marinade on top. Fold and wrap well, sealing completely. Bake in a preheated 350 F (180 C) oven for 4 to 5 hours, or until meat is tender and can be pulled apart with a fork.

5 Remove pork from slow cooker, trim excess fat and shred pork. Mix in remaining marinade sauce and any excess juices from the slow cooker. Keep warm.

6 To make Tropical Slaw, in a large bowl, combine chopped red cabbage, red pepper, red onion, celery, green onion, cilantro, mango and pineapple.

7 In a small bowl, mix mayonnaise with cider vinegar, pineapple juice and Dijon. Season with salt and pepper, to taste. Add to slaw and toss until well mixed. Chill for 15 minutes.

8 To serve, split the dinner rolls. Add a dollop of Pineapple Chutney and a portion of the shredded kalua pork. Top with a generous portion of slaw. Add bun top.

Makes about 18 pulled pork sliders and 2 cups (500 ml) Pineapple Chutney

CASSAVA CHIPS

2 lbs (1 kg) cassava
 2 tbsp (30 ml) granulated sugar
 1 tsp (5 ml) salt
 3 tbsp (45 ml) canola oil

1 Trim ends from cassava and then cut it in half. Make a shallow cut in the skin and gradually work the knife under it to remove the skin.

2 Cut cassava into long, narrow, thin strips, about ½-in (1.25 cm) thick. Rinse and place in a deep saucepan along with sugar and salt. Fill with enough water just to cover cassava.

3 Preheat oven to 425 F (220 C). Line a baking sheet with foil and set aside. Bring cassava to a boil and cook on medium heat until fork tender. Do not overcook. Drain and allow to cool.

4 Place cassava in a large bowl and toss with canola oil until well coated. Spread in a single layer onto foil-lined baking sheet. Bake in preheated oven for 20 to 25 minutes or until slightly brown, turning once halfway. For extra crispy chips, these can be deep fried in a deep fryer in canola oil at 400 F (200 C) until golden and crisp.

Serves 4 to 6

PAIRS WITH

Ben Marco Malbec
 Argentina **\$23.99** 355321

CedarCreek Pinot Noir
 BC VQA **\$22.99** 567412



PANKO, COCONUT AND MACADAMIA NUT CRUSTED MAHI MAHI WITH PASSION FRUIT SAUCE

PASSION FRUIT SAUCE

⅔ cup (175 ml) frozen passion fruit pulp, thawed, or pulp from 3 to 4 fresh ripe passion fruits
 1 tbsp (15 ml) lime juice
 ¼ cup (60 ml) cider vinegar
 2 tbsp (30 ml) granulated sugar
 1 garlic clove, finely chopped
 1 tsp (5 ml) finely minced ginger root

CRUSTED MAHI MAHI

6 x 5 oz (150 g) mahi mahi fillets (or substitute halibut, snapper or other flaky fish)
 1 cup (250 ml) pineapple juice
 1 cup (250 ml) all-purpose flour
 3 large eggs, beaten
 ½ cup (125 ml) Japanese-style panko bread crumbs
 ⅓ cup (75 ml) unsweetened shredded coconut
 ¼ cup (60 ml) finely chopped macadamia nuts
 ½ tsp (2 ml) salt
 ¼ tsp (1 ml) black pepper
 ¼ tsp (1 ml) paprika
 2 tbsp (30 ml) canola oil, plus extra

1 If using fresh passion fruit, cut each in half and scrape pulp into a microwave-safe bowl. Heat for 30 seconds. Strain pulp through a fine-meshed sieve, pressing with a spoon to extract all the pulp and juice from the seeds. Discard seeds and reserve juice.

2 Place pulp, lime juice, cider vinegar, sugar, garlic and ginger in a medium-sized

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saucepan. Bring to a boil over medium heat. Simmer for about 5 minutes or until sauce reduces and thickens. Remove and set aside.

3 Place fish fillets in a heavy re-sealable plastic bag along with pineapple juice. Prepare three bowls for coating fish fillets, one with flour, one with beaten eggs and one with a mixture of panko, coconut, macadamia nuts, salt, pepper and paprika.

4 Remove fish from pineapple juice and coat each fillet in flour on all sides. Then coat well in eggs. Then transfer and dip into the panko/coconut/nut mixture until thoroughly coated all over.

5 Heat a non-stick frying pan over medium-high heat. Add 2 tbsp (30 ml) canola oil. Fry 2 to 3 minutes on each side or until crisp and golden brown, and fish is flaky. Remove and repeat with remaining breaded fish, adding extra oil as needed.

6 Serve fish immediately, topped with spoonfuls of Passion Fruit Sauce.

Serves 6

PAIRS WITH

Santa Ana Reserve Torrontés
Argentina \$12.99 814996

M. Chapoutier Bila-Haut Blanc
France \$14.99 175042



HAUPIA WITH WHITE CHOCOLATE AND TOASTED COCONUT

6 tbsp (90 ml) granulated sugar
8 tbsp (125 ml) arrowroot starch or cornstarch
¾ cup (75 ml) water
1 x 13 oz (375 ml) full-fat coconut milk
(do not use low-fat variety)
½ tsp (2 ml) vanilla extract

¼ cup (125 ml) white chocolate, chopped, optional
toasted, sweetened, shredded coconut, for garnish

1 Combine sugar, cornstarch and water in a medium-sized saucepan and whisk to blend. Add coconut milk and vanilla and stir to mix well. Heat on medium-low, stirring often, until thickened, about 10 to 15 minutes. Mixture should be thick enough to pull away from the sides of pan.

2 Lightly grease an 8-in (2 L) square pan with cooking spray or vegetable oil. Pour mixture into pan and cover with plastic wrap. Refrigerate until firm and chilled, at least 8 hours or overnight. Slice into 2-in (5 cm) squares.

3 Melt white chocolate in a microwave-safe dish in the microwave and drizzle over top of squares. Garnish each square with toasted coconut. Can be stored in a tightly covered container in the refrigerator for up to a week.

Makes 16 squares

PAIRS WITH

Whistler Late Harvest Chardonnay
BC VQA \$18.49 197244 375 ml

Chamdeville Blanc De Blancs brut
France \$13.29 187740

Make-a-Meal Salads

from page 90



SWEET AND SPICY LOBSTER NOODLE SALAD

DRESSING

¼ cup (60 ml) grape seed oil
4 large garlic cloves, thinly sliced
2 large shallots, thinly sliced
salt, to taste

1 fresh long Thai chili
3 tbsp (45 ml) Asian fish sauce
3 tbsp (45 ml) lime juice
2 tbsp (30 ml) clover honey, plus extra
1 tsp (5 ml) sambal oelek
¼ tsp (1 ml) toasted sesame oil

LOBSTER SALAD

8 small cooked lobster tails
4 oz (125 g) vermicelli rice noodles
1 unpeeled English cucumber, thinly sliced into rounds
3 radishes, thinly sliced into rounds
2 naval oranges, peeled and sliced into segments
3 cups (750 ml) mixture of Asian baby greens
1 large Hass avocado, peeled, pitted and cut into chunks
2 tbsp (30 ml) chopped, roasted, salted peanuts
2 tbsp (30 ml) fresh mint leaves
2 tbsp (30 ml) fresh cilantro leaves

1 To make Dressing, in a small frying pan heat grape seed oil over medium-low heat, add garlic, shallots and a pinch of salt. Cook, stirring occasionally, until garlic and shallots are golden, about 7 minutes. Transfer to a medium-sized bowl. Stir in chili, fish sauce, lime juice, honey, sambal oelek and sesame oil. Season dressing to taste with additional salt and honey. Set aside.

2 Using scissors, cut along underside of lobster tail shells and remove meat. Remove

and discard dark vein from each piece of tail meat. Reserve shells for another use. Slice 4 lobster tails into 1-in (2.5 cm) pieces and leave remaining 4 whole.

3 In a medium-sized heat-proof bowl, cover rice noodles with boiling water and let stand until pliable and tender, about 10 minutes. Drain noodles thoroughly and place in a large bowl. Add dressing and toss to coat, allowing noodles to marinate in dressing for 10 minutes. Add cut lobster, cucumber slices, radishes, orange segments and baby greens. Gently toss together until well combined. Transfer to a serving plate and garnish with remaining whole lobster tails, avocado, peanuts, mint and cilantro. Serve immediately.

Serves 4

PAIRS WITH

Paul Mas Viognier
France \$12.49 151100

Mission Hill Reserve Chardonnay
BC VQA \$20.49 18812



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GRILLED STEAK AND PEACH SALAD

SALAD

2 lbs (1 kg) flank steak
 ½ cup (125 ml) olive oil, divided
 2 shallots, thinly sliced into rounds
 salt and ground black pepper, to taste
 2 firm, ripe peaches, pitted and cut into wedges
 4 cups (1 L) mixed baby greens
 4 cups (1 L) chopped romaine
 1 tbsp (15 ml) fresh tarragon leaves, chopped
 ½ cup (75 ml) roasted cashews, for garnish
 ½ cup (75 ml) crumbled blue cheese, for garnish

HERB DRESSING

2 tbsp (30 ml) lime juice
 ¼ cup (60 ml) olive oil
 1 jalapeno pepper, seeded and chopped
 1 tbsp (15 ml) clover honey
 2 garlic cloves, minced
 ½ cup (75 ml) finely chopped basil leaves
 2 tbsp (30 ml) finely chopped mint leaves
 salt to taste

- 1 Preheat barbecue grill to medium-high. Allow flank steak to sit at room temperature while grill preheats.
- 2 Heat ¼ cup (60 ml) oil in a large frying pan over medium heat. Working in batches, add a small handful of shallot rings to hot oil, stirring constantly. Fry until golden brown, about 1 to 2 minutes. Remove crispy shallots with a slotted spoon and transfer to a paper towel-lined plate. Season immediately with a pinch of salt and allow to cool. Repeat with remaining shallot rings.
- 3 Brush steak with 2 tbsp (30 ml) oil and season generously with salt and pepper. Grill for 10 to 15 minutes for medium rare, flipping halfway through cooking time, or until desired doneness is achieved. Transfer to a cutting board and allow to rest for 10 minutes. Brush peach wedges with remaining 2 tbsp (30 ml) oil and grill until warm and grill marked, about 2 minutes on each side. Take care, as peaches can burn easily if grill is too hot. Transfer to a plate and set aside.
- 4 To make Herb Dressing, in a medium-sized bowl whisk together all dressing ingredients. Season to taste with salt and set aside at room temperature for 20 minutes.
- 5 To serve, toss together baby greens,

romaine and tarragon and place on a large serving platter. Slice steak crosswise against the grain into ¼-in (0.5 cm) slices and place in bowl with dressing. Once all steak has been sliced and bathed in dressing, remove steak slices from dressing and drape over salad greens. Top with grilled peaches, cashews, crispy shallots and crumbled blue cheese. Serve remaining dressing alongside salad, so diners can dress salad as desired. Serve immediately.

Serves 4

PAIRS WITH

Tribunal
 USA \$18.99 170951

Hester Creek Character Red
 BC VQA \$17.99 158311



CARROT, CUCUMBER AND JICAMA SALAD WITH SMOKY GRILLED LAMB

2 lbs (1 kg) well-trimmed boneless leg of lamb, cut into 3 equal pieces
 2 tbsp + ¼ cup (90 ml) olive oil, divided
 1 tbsp (15 ml) ground cumin, divided
 salt and pepper, to taste
 3 tbsp (45 ml) rice wine vinegar
 1 tsp (5 ml) liquid clover honey
 ¼ tsp (1 ml) dry mustard powder
 4 cups (1 L) roughly chopped romaine lettuce
 2 large carrots, peeled and cut into long julienne curls with a spiralizer
 1 unpeeled English cucumber, cut into ribbons with a vegetable peeler
 2 cups (500 ml) peeled and diced jicama
 2 cups (500 ml) cooked chickpeas
 ¾ cup (175 ml) pitted green olives, cut in half
 2 tbsp (30 ml) finely chopped fresh chives
 ½ cup (75 ml) fresh cilantro leaves

- 1 Preheat barbecue grill to medium-high.
- 2 Rub lamb with 2 tbsp (30 ml) oil and season with 2 tsp (10 ml) cumin, salt and pepper. Let sit at room temperature for 10 to 15 minutes.
- 3 Meanwhile, in a medium-sized bowl, whisk together remaining 1 tsp (5 ml) cumin, vinegar, honey and mustard powder. Slowly incorporate remaining ¼ cup (60 ml) oil until dressing is well combined. Season to taste with salt and pepper. Set aside.

4 Grill lamb, turning frequently, for 25 to 30 minutes, or until nicely charred and an instant-read thermometer inserted into thickest part registers 135 F (57 C) for medium-rare. Transfer lamb to a carving board to rest for 10 minutes.

5. In a large bowl toss together romaine, carrots, cucumber, jicama, chickpeas and olives. Drizzle with dressing and toss again to coat salad. Transfer salad to a platter. Thinly slice lamb and arrange overlapping slices on salad. Garnish with chives and cilantro before serving.

Serves 4

PAIRS WITH

Concha Y Toro Casillero Del Diablo Carmenere
 Chile \$11.99 153270

Inception Deep Layered Red
 South Africa \$11.99 548354

FANTASTIC FLATBREADS

from page 100



POTATO FLATBREAD WITH CARAMELIZED ONIONS, PANCETTA AND FONTINA CHEESE

3 tbsp (45 ml) butter
 2 large cooking onions, peeled and thinly sliced
 ¼ tsp (1 ml) granulated sugar
 salt and freshly ground pepper, to taste
 1 cup (250 ml) thinly sliced new potatoes
 4 tbsp (60 ml) olive oil, plus extra for brushing bread
 2½ cups (625 ml) all-purpose flour
 1 x 7 g package instant or quick-rise yeast
 2 tbsp (30 ml) chopped fresh rosemary, divided
 ¼ cup (60 ml) finely chopped, pitted dried olives
 ½ tsp (2 ml) granulated sugar
 ¾ tsp (4 ml) salt
 1 cup (250 ml) very warm water, about 130 F (50 C)
 2 cups (500 ml) shredded fontina cheese
 6 slices pancetta, ⅛-in (0.25 cm) sliced, cooked until crisp, and crumbled
 ½ cup (125 ml) crumbled feta cheese
 1 tbsp (15 ml) fresh thyme leaves

1 To make caramelized onions, melt butter in large frying pan over medium heat. Add onions and sugar and toss to coat. Slowly cook onions, stirring occasionally, for 15 to 20 minutes or until they start to turn colour. Turn heat up to medium-high and stir constantly until they begin to brown, about 10 more minutes. Season with salt and pepper. Set aside to cool.

2 Preheat oven to 400 F (200 C). Line a baking sheet with parchment paper or foil. In a bowl, toss potatoes with 2 tbsp (30 ml) olive oil and season with salt and pepper. Lay in a single layer on the baking sheet. Place in oven and bake, turning slices over once, until potatoes just begin to brown, about 10 to 12 minutes. Remove from heat and cool.

3 In a large mixing bowl, add 2 cups (500 ml) flour, yeast, 1 tbsp (15 ml) of the rosemary, chopped dried olives, sugar and salt. Gradually stir the warm water and 2 tbsp (30 ml) olive oil into the flour mixture with a wooden spoon. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 5 to 10 minutes. Cover and let rest on floured surface 10 minutes. Alternatively, this can be done in an electric mixer with a dough hook attachment.

4 Preheat barbecue to 450 F (230 C).

5 Roll or press dough into a 12- or 16-in (30 to 40 cm) circle. Spray lightly or brush with vegetable oil spray or olive oil and allow dough to sit 10 minutes while barbecue preheats.

6 When barbecue is hot, place flatbread dough, oiled-side down, on grill and cook, covered, 3 to 7 minutes or until underside has grill marks, is lightly browned and the top has started to bubble. Watching to make sure temperature is not too high, as all barbecues are different.

7 Spray top with vegetable oil spray or brush with olive oil, flip flatbread over and grill other side 3 to 4 minutes until very lightly browned. Remove flatbread dough from barbecue and transfer to a large wooden board or platter. Lightly brush perimeter of the dough with olive oil. Sprinkle about two-thirds of the shredded fontina over dough. Layer evenly with cooked potato slices, caramelized onions and crumbled pancetta. Sprinkle with feta, remaining fontina and rosemary.

8 Return flatbread to barbecue, reduce heat to medium and cook another 3 to 5 minutes, or until cheeses have melted. Remove from grill and sprinkle with thyme. Let cool slightly before slicing and serving. Drizzle with Chili Oil (recipe to follow).

Serves 4

CHILI OIL

1½ tbsp (22 ml) crushed red pepper flakes
2 cups (500 ml) olive oil

1 Heat a small, heavy-bottomed saucepan over medium heat. Add chilies and dry-roast until fragrant. Add olive oil and reduce heat to low. Cook for about 5 to 8 minutes, or until oil is fragrant and has turned a light red hue. Remove from heat. Cool to room temperature, about 2 hours. Transfer oil and chilies to a sterilized bottle. Refrigerate up to a month.

Makes 2 cups (500 ml)

PAIRS WITH

Domaine Houchart Provence Rosé
France **\$17.49** 252338

Produttori Del Barbaresco Barbaresco
Italy **\$41.99** 289512



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PRIMAVERA FLATBREAD WITH GARLIC HERB CRUST

CRUST

2½ cups (625 ml) all-purpose flour
1 x 7 g package instant or quick-rise yeast
1 tsp (5 ml) dried basil
1 tsp (5 ml) dried oregano
½ tsp (2 ml) dried rosemary
1 garlic clove, finely minced
½ tsp (2 ml) granulated sugar
¾ tsp (4 ml) salt
1 cup (250 ml) warm water, about 130 F (50 C)
2 tbsp (30 ml) olive oil, divided
vegetable oil spray or olive oil for brushing pizza crust

TOPPINGS

1 tbsp (15 ml) olive oil
3 garlic cloves, thinly sliced
½ red onion, thinly sliced
1 red or yellow bell pepper, cored, seeded and cut into ½-in (1.25 cm) dice
1 small zucchini, thinly sliced
1 cup (250 ml) sliced fresh mushrooms
1 cup (250 ml) quartered, canned artichoke hearts, drained
1 tsp (5 ml) dried oregano
2 cups (500 ml) Marinara Sauce
1 cup (250 ml) shredded Italian cheese mixture or mozzarella cheese
6 to 8 cherry tomatoes, halved
4 oz (120 g) goat's cheese, crumbled
6 to 8 fresh basil leaves
½ tsp (2 ml) crushed red pepper flakes

1 In a large mixing bowl, add 2 cups (500 ml) flour, yeast, basil, oregano, rosemary, garlic, sugar and salt. Gradually stir the warm water and 2 tbsp (30 ml) olive oil into the flour mixture with a wooden spoon. Stir in enough of remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 5 to 10 minutes. Cover and let rest on floured surface 10 minutes. Alternatively, this can be done in an electric mixer with a dough hook attachment.

2 Preheat barbecue to 450 F (230 C).

3 Roll or press dough into a 12 or 16-in (30 to 40 cm) circle. Spray lightly or brush with vegetable oil spray or olive oil and allow dough to sit 10 minutes while the grill preheats.

4 To prepare toppings, heat 1 tbsp (15 ml) olive oil in a large frying pan over medium-high heat. When hot, add garlic slices, red onion, bell pepper, zucchini, mushrooms and artichoke hearts. Sauté for 2 minutes and add oregano. Remove from the heat and set aside.

5 When grill is hot, place flatbread dough, oiled-side down, on grill and cook, covered, 3 to 7 minutes or until underside has grill marks is lightly browned, and the top has started to bubble. Watch to make sure temperature is not too high, as all barbecues are different.

6 Spray top with vegetable oil spray or brush with olive oil and flip flatbread over. Grill other side 3 to 4 minutes until lightly browned. Remove flatbread dough from grill and transfer to a large wooden board or platter. Spread with Marinara Sauce (recipe to follow), cheese and sautéed vegetables. Top with cherry tomatoes,

goat's cheese and basil leaves, then sprinkle with crushed red pepper flakes. Return flatbread to grill, reduce heat to medium and cook another 3 to 5 minutes, or until cheeses have melted. Remove to a cutting board and cool slightly before slicing and serving. Serve with Herb, Garlic and Chili-Infused Oil (recipe to follow).

Serves 4

MARINARA SAUCE

¼ cup (60 ml) olive oil
8 garlic cloves, finely sliced
1 x 28 oz (796 ml) can whole tomatoes with juice
½ tsp (2 ml) crushed red pepper flakes
1 tsp (5 ml) kosher salt
¼ tsp (1 ml) dried oregano
1 large fresh basil sprig
salt and freshly ground black pepper, to taste

1 Heat a large, deep frying pan over medium heat. When hot, add garlic. When sizzling and fragrant, add canned tomatoes. Add 1 cup (250 ml) water to the can to rinse any excess juices and pour into tomato mixture.

2 Using a wooden spoon crush tomatoes as much as possible. Add red pepper flakes, salt and oregano. Stir to mix well. Place basil sprig on top and let mixture slowly cook with lid ajar.

3 Reduce heat to low and simmer until sauce thickens, about 15 minutes. Season to taste. Remove basil and transfer sauce to a bowl to cool. Cover and refrigerate.

HERB, GARLIC AND CHILI INFUSED OIL

½ bunch fresh parsley
½ cup (125 ml) packed fresh basil
½ bunch fresh thyme sprigs
½ cup (125 ml) packed fresh oregano sprigs
½ orange, zest only
1 whole dried arbol chile or a hot red dried cayenne pepper
1 tsp (5 ml) whole black peppercorns
2 garlic cloves, smashed
2 cups (500 ml) canola oil
½ cup (125 ml) extra-virgin olive oil

1 In a 4-cup (1 L) sterilized Mason jar, place all ingredients except for garlic. Pour canola oil, olive oil and garlic cloves into a saucepan and heat to 200 F (95 C).

2 When garlic starts to colour, remove and add to Mason jar. Carefully pour hot oil into jar and cover with a kitchen towel. Let stand at room temperature overnight. Strain through a cheesecloth into another sterilized jar. Cover and refrigerate. Can be refrigerated for several weeks.

Makes 4 cups (1 L)

PAIRS WITH

Danzante Pinot Grigio
Italy **\$12.99** 534214

Gabbiano Chianti
Italy **\$13.29** 25155



DESSERT FLATBREAD WITH LEMON-HONEY MASCARPONE CHEESE, BERRIES AND CHOCOLATE

2½ cups (625 ml) all-purpose flour
1 x 7 g package instant or quick-rise yeast
3 tbsp (45 ml) granulated sugar
½ tsp (2 ml) salt
1 cup (250 ml) warm water, about 130 F (50 C)
olive oil, for brushing
2 cups (500 ml) mascarpone cheese
3 tbsp (45 ml) liquid honey
1 lemon, zest and juice
2 nectarines, pitted, cut into thick wedges and grilled
2 plums, pitted, cut into wedges and grilled
1 cup (250 ml) raspberries
1 cup (250 ml) blueberries
1 cup (250 ml) blackberries
½ cup (125 ml) chopped dark chocolate or chocolate chips
icing sugar and chopped mint leaves, for garnish

1 In a large mixing bowl add 2 cups (500 ml) flour, yeast, sugar, and salt. Gradually stir in warm water and 2 tbsp (30 ml) olive to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 5 to 10 minutes. Add more flour if needed. Cover and let rest on floured surface 10 minutes. Alternatively, this can be done in an electric mixer with a dough hook attachment.

2 Brush barbecue grill with olive oil and preheat to 450 F (230 C)

3 Roll or press dough into a 12- or 14-in (30 to 35 cm) circle. Or divide dough into 4 small flatbreads and roll out. Spray lightly or brush surface with vegetable oil spray or olive oil and allow dough to rest 10 minutes while barbecue preheats. Place flatbread on the grill, oiled-side down. Cover grill and bake 3 to 7 minutes or until grill marks appear on the underside and it turns golden brown and the top starts to bubble. Brush

top of flatbread with olive oil and flip over. Grill until golden brown and dough is just firm, about another 2 minutes. Transfer to a baking sheet pan. Close barbecue.

4 In a mixing bowl, combine mascarpone, honey, zest and juice. Spread over pizza and scatter with grilled fruit and berries. Top with chopped chocolate. Transfer sheet pan with flatbread back to the barbecue. Close cover and barbecue, just until chocolate is melted and fruit is warm, about 2 minutes. Dust with icing sugar and garnish with chopped mint before serving.

Serves 4

PAIRS WITH

Russo Limoncello
Italy **\$30.99** 471623 700 ml

Moët & Chandon Nectar ImpÉrial
France **\$68.99** 509695



GLUTEN-FREE FLATBREAD WITH ORANGE-HOISIN AND CHINESE BARBECUED PORK

1¼ cups (425 ml) Gluten-Free Flour Blend (such as Next-Jen or Robin Hood)
1 x 7 g package instant or quick rise yeast
1 tsp (5 ml) salt
1 tsp (5 ml) granulated sugar
1 tsp (5 ml) xanthan gum (available at health food or specialty stores)
1 tsp (5 ml) garlic powder (optional)
1¼ cups (290 ml) warm homogenized milk (105-120 F (40 to 45 C))
2 tbsp (30 ml) olive oil, plus extra
¼ cup (60 ml) hoisin sauce
1 tbsp (15 ml) orange zest
2 tbsp (30 ml) orange juice
1½ cups (375 ml) shredded Monterey Jack cheese
½ medium-sized red onion, thinly sliced
¼ lb (125 g) Chinese barbecued pork, thinly sliced
small handful cilantro, coarsely chopped
crushed red pepper flakes, optional

1 Preheat barbecue to 450 F (230 C).

2 Line a baking sheet with parchment paper and lightly dust with some gluten-free flour.

3 Whisk together flour, yeast, salt, sugar, xanthan gum and garlic powder, if using,



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in large bowl of an electric mixer. In a measuring cup, mix together warm milk and olive oil. With mixer on low speed, slowly drizzle in milk mixture. Using a dough hook, beat on medium-high speed for 4 to 5 minutes. If too sticky, add a little more gluten-free flour.

4 Place dough onto prepared dusted parchment paper-lined baking sheet. Cover with another piece of parchment paper and roll out until about $\frac{3}{8}$ -in (.1 cm) thick. Transfer dough to a floured flatbread baking sheet. Once grill is 450 F (230 C), brush the grill using a pad of paper towels soaked in olive oil. Slide the flatbread onto greased grill. Close cover and bake for 2 minutes, or until there are grill marks on underside of flatbread and the top has started to bubble.

5 Remove flatbread from grill with tongs and flip onto pan so the grill marks are facing up.

6 In a small mixing bowl, combine hoisin sauce, orange zest and juice. Brush top surface of crust with hoisin mixture and sprinkle with half the cheese. Scatter top with red onion and barbecued pork slices, then finish with remaining cheese. Return pan with flatbread to barbecue.

7 Close barbecue and bake flatbread for 2 to 3 minutes, or until pizza is browned underneath and cheese is bubbling. Remove and allow to rest 5 minutes. Garnish with cilantro and crushed red pepper flakes.

Serves 4

PAIRS WITH

Bree Riesling
Germany **\$13.49** 210807

Quails' Gate Gewürztraminer
BC VQA **\$15.99** 585745

Tan Lines and Grill Marks

from page 108



GRILLED CHICKEN LETTUCE WRAPS

- ½ cup (125 ml) low-sodium soy sauce
- ½ cup (125 ml) teriyaki sauce
- 2 tbsp (30 ml) sweet soy sauce, such as Kecap Manis
- 2 tbsp (30 ml) olive oil
- ¼ tsp (1 ml) sesame oil
- 1 tsp (5 ml) peeled, grated fresh ginger root
- 1 tsp (5 ml) red pepper flakes
- 2 garlic cloves, minced
- 8 boneless, skinless chicken thighs
- 1 head iceberg, bibb lettuce, leaves separated
- 2 tbsp (30 ml) sesame seeds, toasted

3 green onions, thinly sliced on the bias
assorted julienned vegetables, such as
cucumbers, carrots, red peppers, celery, and
bean sprouts

1 In a shallow glass container large enough
to fit chicken thighs in one layer, combine
soy sauce, teriyaki sauce, sweet soy sauce,
olive oil, sesame oil, ginger root, red pepper
flakes and garlic. Add chicken and marinate
for at least 4 to 8 hours in the refrigerator.

2 Grease barbecue grill and
preheat to medium-high.

3 Remove chicken from marinade
(keep marinade aside) and place on hot
grill. Cook until golden brown, about 5
to 6 minutes, flip chicken and continue
cooking for 5 to 6 minutes until internal
temperature of chicken reads 165 F (75 C).

4 Pour saved marinade into a saucepan
and bring to boil for 5 minutes. Set aside.

5 Remove chicken from grill and
place on a cutting board. Slice thinly and
transfer to a platter. To serve, using tongs,
place some chicken on a lettuce leaf and
top with julienned vegetables. Garnish
with sesame seeds and green onions
and drizzle with cooked marinade.

Serves 4 to 6

PAIRS WITH

Batasiolo Barbera d'Alba
Italy **\$15.79** 311555

Yalumba Y Series Viognier
Australia **\$17.99** 624502



GRILLED STEAK WITH GRILLED SUMMER VEGETABLES

SPICE RUB

1 tbsp (15 ml) cocoa powder
1 tsp (5 ml) each, red pepper flakes, crushed
cumin seeds, crushed Grains of Paradise¹,
dry mustard
½ tsp (2 ml) allspice
4 steaks, ¾ to 1 in (2 to 2.5 cm) thick

HARISSA SAUCE

2 red bell peppers, halved
1 poblano or serrano pepper

2 garlic cloves, crushed
1 tsp (5 ml) cumin seeds, toasted
½ cup (75 ml) extra-virgin olive oil
2 tsp (10 ml) cocoa powder
2 tsp (10 ml) balsamic vinegar
2 tsp (10 ml) brown sugar

GRILLED SUMMER VEGETABLES

3 large green and/or yellow zucchini,
trimmed and cut into ¼-in (0.5 cm)
thick slices
1 large red onion, cut into ½-in (1cm)
thick slices
24 small potatoes, halved
2 red, orange and/or yellow bell peppers,
cored and seeded and cut into large chunks
4 Portobello mushrooms, stem and gills
removed and cut into large chunks
3 ears of corn, husks removed and cut in
half, if large
2 tbsp (30 ml) olive oil, more as needed
1 bunch fresh rosemary
¼ cup (60 ml) chopped flat leaf parsley

1 To make Spice Rub, combine all
ingredients in a large bowl. Stir to blend
and set aside. Pat dry steaks and apply
Spice Rub to both sides to coat. Cover
and refrigerate, for at least 1 hour.

2 To make Harissa Sauce, preheat oven
to 400 F (200 C). Place red peppers and
poblano or serrano pepper, skin-side up,
on a baking sheet. Roast for 20 minutes
or until skin is charred and blistered.
Place in a bowl and cover with plastic
wrap. Let stand for 10 minutes. Peel,
then discard skin, seeds and core.

3 Place roasted peppers and remaining
Harissa ingredients in a food processor
and pulse until puréed. Transfer mixture
to a small saucepan and bring to a boil.
Reduce heat and simmer for 3 to 5
minutes or until thickened. Remove from
heat and season with salt and pepper.

4 Meanwhile, grease barbecue
and preheat to medium-high.

5 To prepare vegetables, place all
vegetables into a large bowl. Pour
oil over top and toss to coat. Season
with salt and pepper, to taste.

6 Place vegetables in a single layer on grill
or in a grill basket; close lid and grill over
medium-high heat for 10 to 12 minutes
or until tender and cooked to desired
doneness. While roasting, brush oil over
vegetables using rosemary. Using tongs,
remove from grill and place on a serving
platter or board and sprinkle with parsley.

7 Add seasoned steaks to the grill
and cook for 3 to 4 minutes per side for
medium-rare, or longer for medium
doneness. Transfer to a warm plate to
rest for 2 minutes. Serve steaks with
Harissa Sauce and grilled vegetables.

Serves 4

PAIRS WITH

Ruffino Chianti
Italy **\$13.99** 1743

Mirrasou Pinot Noir
USA **\$13.29** 366880



GRILLED LOBSTER TAIL WITH ISRAELI COUSCOUS

ISRAELI COUSCOUS

1 tbsp (15 ml) olive oil
1 small yellow onion, finely chopped
1 garlic clove, minced
2½ cups (625 ml) water or chicken stock
2 cups (500 ml) Israeli couscous
1 tsp (5 ml) kosher salt
½ cup (125 ml) each, finely chopped fresh
parsley and chives
½ cup (125 ml) grape tomatoes, quartered

LOBSTER

½ cup (125 ml) butter, at room temperature
½ tsp (2 ml) red pepper flakes
1 Thai chili, seeded and finely chopped
1 small green jalapeño pepper, seeded and
finely chopped
1 tsp (5 ml) minced garlic
1 tbsp (15 ml) chopped fresh chives
1 tsp (5 ml) grated lime zest
2 tbsp (30 ml) lime juice
4 frozen² or fresh lobster tails
1 tbsp (15 ml) olive oil
fresh chives, for garnish
limes, for garnish

1 To make couscous, heat oil in a
medium-sized saucepan. Cook onion and
garlic until soft. Add water or stock and
bring to a boil. Stir in couscous and salt.
Return to a boil. Cover saucepan with
lid, remove from heat and let rest for 10
minutes for couscous to absorb stock and
become fluffy and tender. Add herbs and
tomatoes and stir in to combine. Set aside.

2 Preheat barbecue to medium.

3 In a small bowl, combine butter, red
pepper flakes, Thai chili, jalapeño, garlic
and chives. In a separate small bowl,
combine lime zest and juice. Set aside.

² If using frozen lobster tails, defrost overnight in the
refrigerator and do not refreeze if unused.

¹ Grains of Paradise can be found in specialty gourmet food shops.



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4 Using kitchen shears, cut through the shells of the lobster tails just to the end of the shell. With a knife, split meat along the shell cut-line, being careful not to slice all the way through the lobster. Open the lobster like a book and brush both sides lightly with olive oil.

5 Place lobster on grill, meat-side-down, for about 5 minutes. Turn tails over and brush butter mixture onto meat. Grill for another 5 minutes or until lobster meat is an opaque white colour and the shell is red all over, adding more butter as needed.

6 Remove from grill, loosen meat from shell and place on a serving platter. Drizzle with lime juice mixture, sprinkle with chives and serve with Israeli Couscous. Garnish with lime wedges.

Serves 4

PAIRS WITH

La Crema Sonoma Coast Chardonnay
USA \$27.99 366948

Mumm Napa Brut Prestige
USA \$23.99 265678

Swoonworthy Wedding Desserts

from page 121



CAKE POP WEDDING CAKE

CAKE TIERS

2½ lbs (1.125 kg) vanilla fondant, divided¹
icing sugar, for rolling
1 round Styrofoam cake dummy,
5 x 4-in (13 x 10 cm)¹
1 round Styrofoam cake dummy,
7 x 4-in (18 x 10 cm)¹
1 round Styrofoam cake dummy,

¹Fondant, Styrofoam cake dummies and gel are found in cake decorating shops and specialty stores.

9 x 4-in (23 x 10 cm)¹
½ cup (125 ml) clear gel¹
1 x 12-in (30 cm) foil-covered cake holder

CAKE POPS

1 cup (250 ml) unsalted butter, divided,
plus extra for rolling
4 x 250 g bags white regular-sized
marshmallows, divided
1 tsp (5 ml) vanilla extract, divided
16 cups (4 L) crisp rice cereal, divided
8 cups (2 L) crisp rice cereal, ground into
fine crumbs in a food processor, divided
10 x 3-in (25 x 8 cm) square Styrofoam
cake dummy¹
5 lbs (2.25 kg) white chocolate melting
wafers, divided
½ cup (125 ml) orange chocolate wafers
¼ cup (60 ml) lemon chocolate wafers
175 sturdy 3-in (8 cm) toothpicks
fresh flowers, for garnish

1 Take ¼ of the fondant and gently knead with your hands to make it pliable. Roll out on a countertop, lightly dusted with icing sugar, into a round large enough to wrap top and sides of 5-in (13 cm) Styrofoam round. Brush top edge and bottom sides of Styrofoam with some of the gel to hold fondant in place when applied. Gently lay fondant over top and lightly press top

and sides to Styrofoam being careful not to tear it. Trim off the excess. Set aside.

2 Taking half of the remaining fondant, repeat as above, rolling fondant into a round large enough to cover the 7-in (18 cm) Styrofoam round. Set aside.

3 Knead remaining fondant and repeat as above, rolling into a round large enough to fully cover the 9-in (23 cm) Styrofoam round. Place on a 12-in (30 cm) foil-covered round cake holder. Brush a little gel on top of 9-in (23 cm) and 7-in (18 cm) rounds and stack cakes together creating a 3-tiered cake. Cover and store in a cool, but non-humid room until ready to apply Cake Pops. Can be made ahead and stored for a couple of days.

4 Each Cake Pop is 1½-in (3 m) in diameter. For the bottom tier you will need about 72 cake pops; for the middle tier about 54 cake pops; and for the small tier you will need about 45 cake pops. Each tier will hold 3 rows of cake pops.

5 Make Cake Pop mixture in two batches. Melt ½ cup (125 ml) butter in a very large saucepan. Stir in two 250 g bags of marshmallows and cook, stirring continually over medium heat, until melted. Remove from heat and stir in half the vanilla and 8 cups (2 L) rice cereal. Stir together using a large wooden spoon until blended.

Sprinkle with 4 cups (1 L) ground rice cereal and stir in until evenly distributed.

6 Lightly grease palms with extra melted butter. Roll mixture into 1½-in (3 cm) balls and place in a foil pan. When all mixture has been rolled into balls, cover and place in freezer. Repeat process, making second batch of Cake Pops from remaining ingredients. Cover and freeze until ready to coat with chocolate. You should have a total of 171 Cake Pops. They can be made ahead and frozen for a couple of weeks.

7 To coat Cake Pops, clear a space in your freezer for the Styrofoam square. Place a bowl over a saucepan with water. Bring water to a boil then reduce to simmer. Make sure bottom of bowl doesn't touch the water. Add 2½ cups (625 ml) white chocolate wafers and stir until melted. Stir in orange chocolate wafers, adding just enough to achieve desired peach colour.

8 Take some Cake Pops from the freezer. Poke with a toothpick and dip into melted chocolate to fully coat. Hold over bowl until it ceases to drip. Dip 24 balls in peach-coloured chocolate and press toothpicks into Styrofoam square. Place in freezer to firm, about 5 minutes.

9 Repeat dipping Pops with a second coating of chocolate to make them smooth.

Freeze until they are firm enough to press toothpicks into Cake Tiers without smudging chocolate. Press the first 24 peach-coloured chocolate dipped Cake Pops evenly around the very bottom of the largest fondant-covered tier. Repeat with another row of 24 Cake Pops, adding more white chocolate to the bowl, lightening the colour of the rows as you build. Continue double-dipping Cake Pops, freezing and pressing into cake tiers. As you near the top of the second tier, gradually add some yellow chocolate wafers to the melted chocolate.

10 When cake is fully assembled, lightly drape in plastic wrap and store at room temperature overnight. To display and serve, transfer to a cake platter and garnish with fresh flowers.

Makes about 171 cake pops

PAIRS WITH

Louis Bouillot Crémant de Bourgogne Rosé Perle D'Aurore
France **\$23.49** 494856

Bailly Lapierre Crémant de Bourgogne Réserve
France **\$22.79** 657742



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PIÑA COLADA PARFAITS

1 x 14 oz (398 ml) full-fat coconut milk, refrigerated overnight
 ½ cup (125 ml) icing sugar
 ½ tsp (2 ml) vanilla extract
 ½ cup (125 ml) whipping cream
 3 cups (750 ml) pineapple chunks, drained and very finely diced
 2 tbsp (30 ml) coconut-flavoured rum, optional
 ¼ cup (175 ml) coarsely chopped macadamia nuts, toasted

- 1 Remove can of coconut milk from refrigerator, being careful not to tip or jostle contents. Scrape out top layer of thickened cream into a large, chilled mixing bowl. Refrigerate remaining liquid for use in another recipe. With an electric mixer, beat cream for 1 minute until smooth. Gradually beat in icing sugar and vanilla until smooth and creamy. Set aside.
- 2 Place whipping cream in another chilled mixing bowl. With cleaned and chilled beaters, whip until cream is fluffy and soft peaks form. Add to coconut cream and gently fold together until evenly mixed. Transfer to a piping bag filled with a 1A piping tip.
- 3 Place finely diced pineapple in a bowl and stir in rum, if using.
- 4 To assemble, line up 8 x 6 oz (175 ml) glasses. Place about 2 tbsp (30 ml) pineapple in the bottom of each glass. Pipe each with about 3 tbsp (45 ml) whipped coconut cream and add another layer of pineapple. Sprinkle with a tbsp (15 ml) chopped macadamia nuts. Pipe with another layer of cream and a layer of pineapple ending with cream. Dust with a few more chopped macadamias. Refrigerate until ready to serve. Best served the same day.

Serves 8

PAIRS WITH

**Louis Bouillot Crémant de Bourgogne
Rosé Perle D'Aurore**
France \$23.49 494856

Bailly Lapierre Crémant de Bourgogne Réserve
France \$22.79 657742



STRAWBERRY SHORTCAKE PARFAITS

1 cup (250 ml) whipping cream
 ¼ cup + 2 tbsp (60 ml + 30 ml) berry sugar, divided
 ½ cup (125 ml) full fat plain Greek yogurt
 1 lemon, zest only
 4 cups (1 L) fresh strawberries, hulled and quartered
 1 tbsp (15 ml) Chambord raspberry liqueur, optional
 ¼ tsp (1 ml) cinnamon
 8 shortbread cookies, crushed
 8 small perfect strawberries, for garnish

1 Place whipping cream in a large chilled mixing bowl. With an electric mixer, whip cream until soft peaks form. Gradually beat in ¼ cup (60 ml) sugar until firm peaks form. Fold in yogurt and lemon zest. Transfer to a piping bag filled with a 1A piping tip and refrigerate while preparing strawberries.

2 Place half the strawberries in a large bowl. Crush with a fork or a pastry blender until mashed. Add remaining 2 tbsp (30 ml) sugar, liqueur and cinnamon and stir in to blend. Very finely dice remaining strawberries and fold into mashed berries.

3 To assemble, line up 8 x 6 oz (175 ml) glasses. Place a crushed shortbread cookie in the bottom of each glass reserving a few crumbs for garnish. Pipe about 2 tbsp (30 ml) cream on top of shortbread crumbs followed by a layer of crushed strawberry mixture. Repeat with another layer of cream and strawberries and ending with piped cream. Dust with shortbread crumbs and garnish with a berry. Refrigerate until ready to serve. Best served the same day.

Serves 8

PAIRS WITH

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AVOCADO LIME PARFAITS

2 cups (500 ml) whipping cream
 ¼ cup (175 ml) sweetened condensed milk, chilled, divided
 5 tbsp (75 ml) berry sugar, divided
 1 tsp (5 ml) vanilla extract
 2 large, ripe Haas avocados
 1 tbsp (15 ml) lime zest
 3 tbsp (45 ml) lime juice
 1 lime, cut into wedges, for garnish

1 Place whipping cream in a large, chilled mixing bowl. With an electric mixer, whip cream until soft peaks form. Gradually beat in ½ cup (125 ml) chilled condensed milk until firm peaks form. Beat in 2 tbsp (30 ml) sugar and vanilla and transfer to a piping bag filled with a 1A piping tip. Refrigerate while preparing avocado purée.

2 Peel avocados and remove the pits. Coarsely chop and place in a blender or food processor along with ¼ cup (60 ml) remaining sweetened condensed milk and sugar. Pulse until blended, scraping down sides of bowl with a spatula. Add lime zest, reserving a little for garnish, and lime juice. Continue to pulse until very smooth. Transfer to a piping bag filled with a 1A piping tip.

3 To assemble, line up 8 x 6 oz (175 ml) glasses. Pipe about 3 tbsp (45 ml) avocado purée into the bottom of each glass. Pipe a layer of whipped cream on top of avocado making sure to evenly cover avocado to prevent it from discolouring. Add another layer of avocado and top with a thick layer of cream. Garnish with a little lime zest and a wedge of lime. Refrigerate until ready to serve. Best served the same day.

Serves 8

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MINI PAVLOVAS

MERINGUE

8 large egg whites, at room temperature¹
 1 pinch salt
 2 cups (500 ml) berry sugar
 1 tsp (5 ml) vanilla extract
 4 tsp (22 ml) tapioca starch or cornstarch
 2 tsp (10 ml) white vinegar
 orange, red and yellow soft gel paste food colouring²

TOPPINGS

2 large oranges, zest and 2 tbsp (30 ml) juice only
 pulp from 3 to 4 passion fruits
 ½ cup (125 ml) very finely diced strawberries
 2 tbsp (30 ml) berry sugar

1 Preheat oven to 350 F (180 C). Line 2 baking sheets with parchment paper. Draw 18 circles on paper measuring 2½-in (6 cm) in diameter.

2 Place egg whites and salt in an electric stand mixer fitted with a whisk attachment. Whisk at medium speed until they begin to hold firm but soft peaks. Gradually beat in sugar, 1 tbsp (15 ml) at a time, continuing to beat at medium speed until all the sugar is added and the mixture is thick and glossy, about 5 minutes. Beat in vanilla. Sprinkle tapioca starch over top along with vinegar and fold in to combine.

3 Fit a piping bag with a large star tip. Using a food-safe paint brush, paint 2 or 3 vertical lines of orange soft gel paste on the inside of the piping bag. Spoon 1/3 of the pavlova meringue into prepared piping bag. Pipe meringue inside 6 of the circles drawn on parchment paper. Make a slight indent in the centre of each using the back of a spoon.

4 Use clean piping bags each time, repeat procedure using red soft gel paste and then yellow soft gel paste.

5 Reduce oven temperature to 300F (150 C). Place meringues in oven for 30 minutes, rotating sheets halfway through baking. After 30 minutes, turn off oven and leave them in for another 30

¹ For the fluffiest meringues with the most volume, avoid using very fresh eggs.

² Available in cake decorating shops and specialty stores. Do not substitute with the supermarket store-bought food colouring as that will cause the pavlovas to water out.

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Daenna Van Mulligen / WineDiva.ca

minutes. Remove from oven and cool. Can be stored in a tightly covered container at room temperature overnight, if desired.

6 To serve, top orange-swirled meringues with equal amounts of orange zest and a tsp (5 ml) of orange juice. For yellow swirled meringues, ladle a generous spoonful of passion fruit pulp over centres. And for the strawberry swirled meringues, combine finely diced strawberries with sugar in a small bowl and muddle together to dissolve sugar. Ladle a generous spoonful into the centres.

Serves 18

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Southern Comforts

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BUTTERMILK, ORANGE, AND ROSEMARY FRIED CHICKEN

- 1 cup (250 ml) buttermilk
- 1½ tsp (7 ml) cayenne pepper, divided
- 2 tsp (10 ml) smoked paprika
- 4 garlic cloves, crushed
- ½ yellow onion, sliced
- 2 sprigs rosemary, leaves removed from stem and minced
- 1 orange, zest only
- 3 tbsp (45 ml) kosher salt, divided
- 1 tbsp + 2 tsp (25 ml) black pepper, divided
- 6 chicken drumsticks, skin on
- 6 chicken thighs, skin on
- canola oil, for frying
- 1 cup (250 ml) all-purpose flour
- ½ cup (125 ml) cornstarch

1 In a large bowl, combine buttermilk, 1 tsp (5 ml) cayenne, smoked paprika, garlic, onion, rosemary, orange zest, 2 tbsp (30 ml) salt, 1 tbsp (15 ml) black pepper and chicken. Transfer to a large Ziploc bag and refrigerate to marinate overnight, or up to 2 days.

2 Remove chicken from marinade and drain well. Discard bag contents. Let chicken rest at room temperature for 1 hour before frying.

3 Heat a deep fryer, or a large pot filled halfway with oil, to 350 F (180 C).

4 In a large bowl, combine flour, cornstarch, remaining salt, black pepper, and cayenne.

5 Dredge a piece of chicken in the flour mixture until completely coated. Dust off excess and gently place in the hot oil. Repeat with a couple more pieces of chicken. Do not add too many pieces

of coated chicken at a time, or the oil temperature will reduce and cause chicken to absorb too much oil during cooking.

6 Fry chicken in batches, 15 to 20 minutes each, turning occasionally with a slotted spoon. Remove chicken and pierce to the bone. Chicken is done when juices run clear when pierced and internal temperature reads 165 F (75 C).

7 Remove chicken to a cooling rack to drain. Chicken can be eaten immediately, or cooled and refrigerated in a covered container and eaten cold at a picnic.

Serves 6 to 8

QUICK BREAD AND BUTTER PICKLES

1 cup (250 ml) white wine vinegar

½ cup (125 ml) granulated sugar

1½ tsp (22 ml) pickling spices

1 tsp (15 ml) kosher salt

2 garlic cloves, crushed

1 cup (250 ml) sliced, unpeeled mini cucumbers

1 In a medium-sized saucepan, bring vinegar, sugar, pickling spices and salt to a boil. Stir and simmer until sugar has dissolved. Remove from heat and cool to room temperature.

2 Place garlic and cucumbers in a 2-cup sterilized Mason jar with a tight-fitting lid. Pour cooled pickling liquid over top and gently stir to remove any air bubbles. Tightly seal with lid.

3 Refrigerate overnight before serving. Can be refrigerated for up to 2 weeks.

Makes 1 cup (250 ml)

HOMEMADE HOT SAUCE¹

5 Thai chili peppers, stems removed.

2 jalapeño peppers, stems removed

4 serrano pepper, stems removed

1 habañero pepper, stem removed

2 yellow bell peppers, cored

2 ripe beefsteak tomatoes, quartered

1 yellow onion, peeled and quartered

3 garlic cloves, peeled

1 cup (250 ml) olive oil

1 tsp (15 ml) kosher salt

1 tsp (5 ml) granulated sugar

1 Place peppers, tomatoes, onion and garlic in a large, heavy-bottomed saucepan. Stir in olive oil gently to combine. Bring

¹Chili pepper amounts and types can be adjusted according to how spicy you would like this sauce. The habañero makes this quite spicy.

to a low simmer over medium heat. Then reduce heat to simmer and gently cook for about 1 hour or until vegetables are soft.

2 Cool mixture slightly, then pour into a blender along with salt and sugar. Purée until smooth. Transfer to a 2-cup (500 ml) sterilized Mason jar with a tight-fitting lid. Cool completely before tightly sealing with lid.

3 Hot Sauce can be stored in the refrigerator for up to two weeks.

Makes 2 cups (500 ml)

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CORNBREAD LOAVES WITH HONEY BUTTER

CORNBREAD

1½ cups (375 ml) buttermilk
 ¼ cup (175 ml) unsalted butter, melted
 3 eggs
 1¼ cups (310 ml) granulated sugar
 1¾ cups (425 ml) medium-ground yellow cornmeal
 ¾ tsp (4 ml) baking soda
 ¾ tsp (4 ml) kosher salt
 1½ cups (375 ml) all-purpose flour
 12 fresh thyme sprigs

HONEY BUTTER

½ cup (125 ml) unsalted butter, softened
 3 tbsp (15 ml) liquid honey
 1 tsp (5 ml) kosher salt

- 1 Preheat oven to 350 F (180 C). Lightly grease twelve 4 x 2-in (10 x 5 cm) mini loaf pans. Alternatively use a couple of muffin pans with paper liners. Set aside.
- 2 In a large bowl, combine buttermilk, butter and eggs. Whisk to blend.
- 3 In a separate large bowl, sift dry ingredients, except thyme sprigs, until evenly blended. Add wet ingredients to dry ingredients and mix just until combined. Some remaining lumps are fine.
- 4 Divide batter evenly among prepared loaf pans and top each with a sprig of thyme. Bake for 20 to 25 minutes or until a toothpick inserted in the centre comes out clean. Cool in pans on a rack.
- 5 To make Honey Butter, mix butter, honey and salt in a small bowl until well combined. Cover and refrigerate until ready to serve. Can be refrigerated for a couple of days. Serve on warm cornbread. Can be refrigerated up to one week.

Makes 12 mini loaves or 24 muffins and
 ⅔ cup (150 ml) Honey Butter



BABY POTATO SALAD WITH HERB AND GRAINY MUSTARD DRESSING

1 lb (500 g) baby potatoes, unpeeled
 1 lemon, zest and juice
 ½ cup (125 ml) extra-virgin olive oil
 2 tbsp (30 ml) grainy mustard

2 tsp (10 ml) kosher salt, plus extra
 ¼ tsp (1 ml) ground black pepper
 ½ cup (125 ml) roughly chopped fresh herbs, such as chervil, dill, parsley, and chives

1 Place potatoes in a medium-sized saucepan with just enough water to cover. Generously season water with salt. Bring to a gentle boil. Reduce heat to simmer and cook, with lid ajar, until fork-tender, about 5 to 8 minutes. Drain potatoes and cut in half while still warm. Place in a large bowl.

2 Whisk remaining ingredients in a small bowl and add to warm potatoes. Gently toss together to evenly coat. Serve at room temperature.

Serves 4 to 6



CABBAGE AND CARROT SLAW

½ head green cabbage, thinly sliced
 ½ head red cabbage, thinly sliced
 2 carrots, peeled and julienned
 ¼ cup (60 ml) chopped parsley
 4 green onions, thinly sliced
 3 tbsp (45 ml) cider vinegar
 2 tbsp (30 ml) mayonnaise
 2 tsp (10 ml) kosher salt
 ¼ tsp (1 ml) ground black pepper
 1 pinch granulated sugar

1 Combine all ingredients in a large bowl. Gently toss together to blend. Cover and refrigerate for 1 hour before serving. Best served the same day it is made.

Serves 4 to 6

PAIRS WITH FRIED CHICKEN DINNER

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