

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

BC LIQUORSTORES

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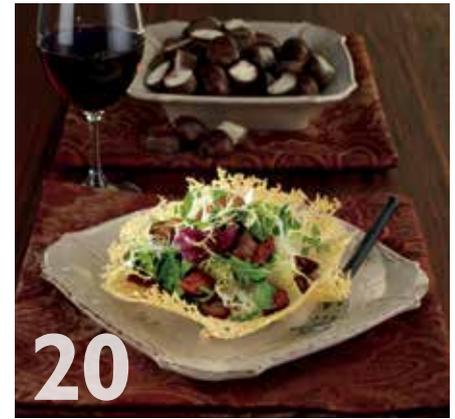
# TASTE

BC LIQUORSTORES®



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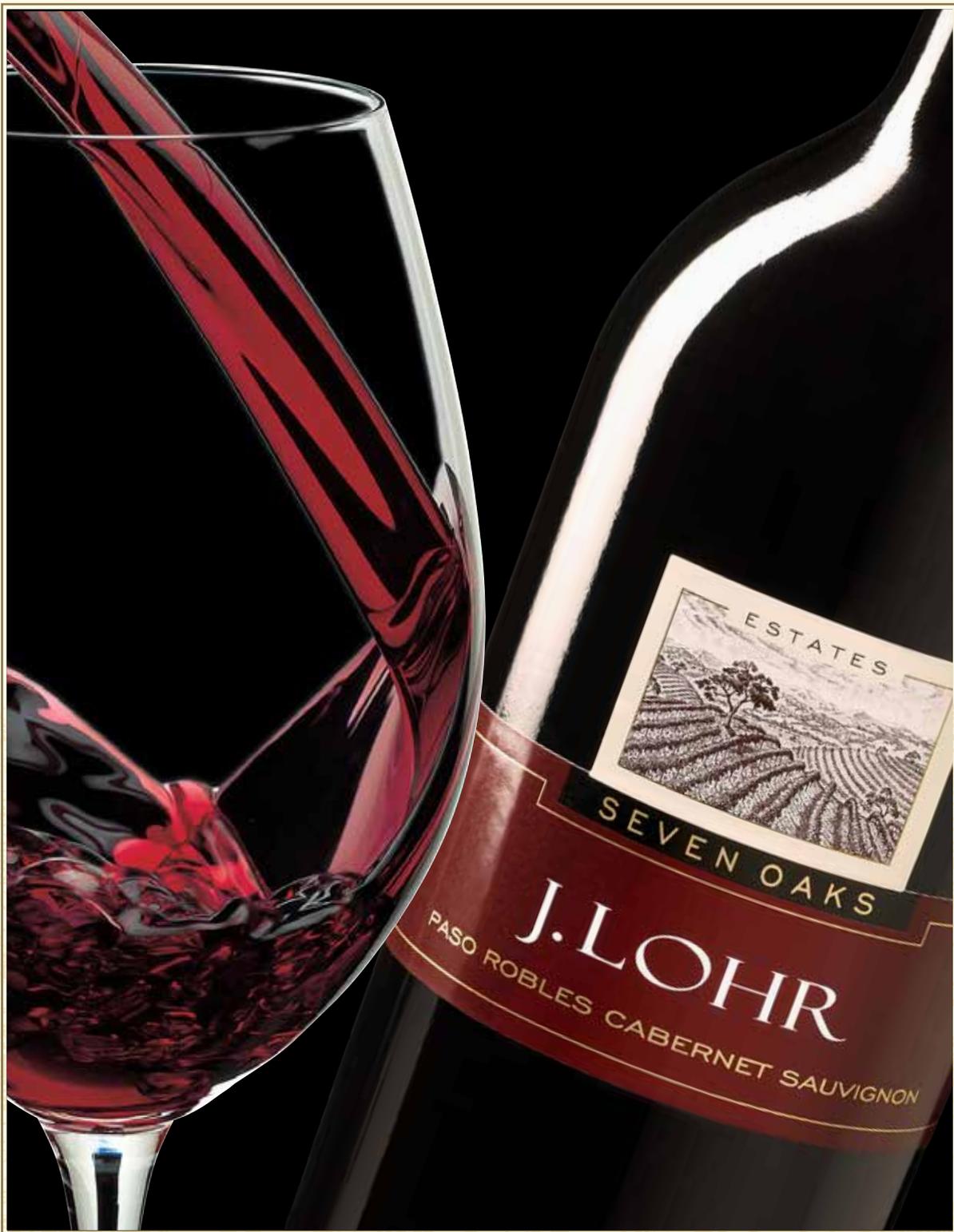
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Ontario VQA Wines



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# WINTER WHITES

White wine is not similar to white pants. There's no rule stating bottles of *blanc* need to stay in the cellar after Labour Day. Wine guides do not espouse the uncouthness of serving Pinot Grigio in a month ending in "er." Of course, the ebb of the seasons does impact the flow of wine in our glass. The warm nights and lighter meals of summer seem tailor-made for crisp and refreshing whites, while the doldrums of December and shades of constant grey in January seemingly require a glass of warming red.

But, while it's natural to reach for red wines during winter, please don't overlook the virtue of winter whites! Whether *après-ski* or served with a stew, white wines are fashionable all year round – especially when you consider a few cold-weather pairing tips.

A move to richer wines makes sense. As we start layering on clothing for warmth, we may as well layer on aromas and flavours in white selections. This can be as simple as swapping Pinot Gris for Pinot Grigio.

True, it's the same grape, but the *gris* suffix typically means a more textured, richer style. Light and crisp Pinot Grigio is great for piazzas and patios, but indoor imbibing can benefit with a heftier Pinot Gris. Many Pinot Gris wines from British Columbia fit this classification, along with those from Oregon, Alsace and New Zealand and they'll go great atop the hearth.

Chardonnay is another white wine that really shines in winter. We're not talking about easygoing, unoaked Chardonnay. "Unwooded" Chardonnay knows no allegiance to any season. Winter calls for boldness, for rich and creamy, for a little oak in our wine while the wood crackles in the fireplace. This doesn't mean the wine should be as buttery as a bucket

of popcorn, nor as unstructured as a summer suit. Oak barrels add a pleasurable complexity and depth when used well during fermentation and aging and Chardonnay takes particularly well to oak. Examples abound from all over the wine world, from California Chardonnays that offer their sunshine in a bottle to balanced Chards from Chile and Argentina. Just remember that Chardonnay's full flavour really shines when the wine is served cool, not super cold. Remove the bottle from the fridge half-an-hour to an hour before serving and, if the bottle gets too warm while sipping fireside, simply chill it in a snowbank!

For those who remain ABC (Anything But Chardonnay), there is a myriad of other white wine options. Viognier, for example, typically offers full-bodied sipping married with engaging aromatics, just the thing to wake up the senses.

Similarly, seek out oily Côtes du Rhône *blanc* as another exotically rich option, which combines the aforementioned Viognier with Marsanne and Roussane into a veritable "suncation" in a bottle. Chenin Blanc

is another great cold weather pick. Rich examples from the Loire Valley and South Africa will embrace the tongue like a favourite old sweater and they also make fine crockpot companions.

Of course, too much of anything is a recipe for dullness, and there's certainly no harm in tossing a "curve" bottle into winter wine rotation. A lively white such as Verdicchio Classico or Grüner Veltliner can perk up a hibernating palate without coming across as overly upfront. Lively white wines that eschew overt acidity also tend to go fantastically with soul-soothing casseroles or a soul-satisfying cheese fondue.

Winter is also a wonderful time to bring out sweeter wines. Cold weather calls for leisurely meals and fortified and dessert

WHETHER APRÈS-SKI OR SERVED WITH A STEW,  
WHITE WINES ARE FASHIONABLE ALL YEAR  
ROUND – ESPECIALLY WHEN YOU CONSIDER  
A FEW COLD-WEATHER PAIRING TIPS



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## Winter Whites

LIVELY WHITE WINES THAT ESCHEW OVERT ACIDITY ALSO TEND TO GO FANTASTICALLY WITH SOUL-SOOTHING CASSEROLES OR A SOUL-SATISFYING CHEESE FONDUE

wines are perfect after-dinner treats. For example, Late Harvest Kerner and Riesling icewines stand as dessert on their own (or they can ably partner with a cheese plate or poached pears).

Finally, it may go without saying that sparkling wine is appropriate to serve year round. However, for the sake of completeness, it's worth mentioning again. Of course, New Year's Eve and the accompanying holiday season account for the majority of sparkling wine sales, but this year, why not stay festive well into the New Year by popping bottles of bubbly through winter's darkest days? Sparkling wine goes great with all types of comfort food, from takeout pizza to roast chicken. Plus, don't overlook the restorative qualities of a sparkling wine cocktail. A classic French 76 (champagne, gin, lemon juice and simple syrup) or a classic Mimosa cocktail (sparkling wine and orange juice) make a dreary day much brighter.

Really, when it comes to wine, winter is colour-blind. White, red, rosé, sparkling and fortified – anything goes. So don't pour exclusively reds this winter, give white wines their time to shine and they'll warm both your heart and taste buds.



**WITHER HILLS PINOT GRIS**  
New Zealand **\$18.99** 23820  
Pinot Gris covers the whole wine spectrum, from crisp quaffing Pinot Grigio to oily, unctuous Pinot Gris. Wither Hills' Pinot Gris hits on the luscious side, its ripe pear fruit and off-dry finish screaming to be paired with roast chicken or creamy cheese.



**YALUMBA Y SERIES VIOGNIER**  
Australia **\$17.99** 624502  
Vibrant and lush all at once, punchy, yet textured and elegant to end, Yalumba's Y Series Viognier is a golden white that will light up any winter meal.



**LA CREMA SONOMA CHARDONNAY**

USA **\$27.99** 366948  
This white opens with bright aromas of citrus, yellow apple, hints of butterscotch and subtle floral and oak notes. The palate adds flavours of yellow plum, lemon curd and citrus fruits. Lingering spice and well-balanced acidity create a lovely vibrancy in this winter white.



**FAZI BATTAGLIA VERDICCHIO CLASSICO**

Italy **\$14.99** 24422  
When the grey days call for a pick-me-up, uncork a bottle of Fazi Battaglia. This classic (and Classico) Verdicchio, sold in an amphora-inspired bottle, comes across more savoury than fruity, and packs a crispness that will chase away any rain-induced blues.



**TAYLOR FLADGATE FINE WHITE PORT**  
Portugal **\$21.99** 164129  
Fully matured in oak so it is smooth and ready to drink, Taylor Fladgate's Fine White Port is made exclusively from white grapes. Serve it chilled with toasted almonds or hazelnuts for a creative aperitif.



**BAILLY LAPIERRE CRÉMANT DE BOURGOGNE RÉSERVE BRUT**  
France **\$24.99** 657742  
Don't call it champagne, but this sparkling wine from Burgundy is made following the renowned *Méthode Champenoise*. A blend of Pinot Noir, Chardonnay and Aligoté, it's robust, refreshing, and pairs remarkably with seafood.

# WRAPPED UP

FOR THE HOLIDAYS

TOFFEE-CHOCOLATE  
APPLE STRUDELS

We all love prettily wrapped presents for the surprise they hold inside. The same goes with these special dishes, wrapped up for the holiday season. Tender asparagus wrapped in cheese-infused phyllo makes a lovely holiday appetizer or side dish. Our festive puff pastry Wellingtons, traditionally made with beef, are instead stuffed with delicate salmon topped with a confit of onions, leeks and mushrooms. There's chicken stuffed with Mediterranean flavours and wrapped with Italian prosciutto, and a finish of a phyllo "strudel" filled with spiced apples, currants and toffee bits, perfect for celebrating!

PAIRS WITH TOFFEE-CHOCOLATE APPLE STRUDELS



PÈRE MAGLOIRE FINE CALVADOS

France \$49.99 163436

This eau-de-vie is a light amber yellow and originates from a single distillation of ciders produced from selected apples of Normandy. A well-developed fresh apple aroma reflects the distinct fruity flavour on the palate. Drink straight, on ice, in cocktails or as a digestive.



GEHRINGER BROTHERS MINUS 9 EHRENFELSER ICEWINE

BC VQA \$49.99 551739 375 ml

This icewine is light amber in colour and very rich in weight, body and texture. Aromas and flavours of ripe peaches, nectarines and apricots combine with a lively acidity to complement fruit desserts.



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Wrapped Up for the Holidays



SALMON WELLINGTON

PAIRS WITH SALMON WELLINGTON



**CEDARCREEK PINOT NOIR**  
BC VQA **\$24.90** 567412  
This Pinot Noir is full of bright raspberry and cherry fruit flavours and hints of toasty oak that jump out of the glass. Cherry, plum and cloves on the palate along with velvety tannins make it the ideal pairing for Pacific salmon.



**MÖRESON MISS MOLLY HOITY TOITY CHENIN BLANC**  
South Africa **\$14.99** 505578  
This straw-coloured white has aromas of honey, cantaloupe, guava and a dried herbal note. The slightly off-dry palate is lush with flavours of passion fruit, pineapple, banana, dried herbs and lime rind.



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Wrapped Up for the Holidays

WE ALL LOVE PRETTILY WRAPPED PRESENTS FOR THE SURPRISE THEY HOLD INSIDE. THE SAME GOES WITH THESE SPECIAL DISHES, WRAPPED UP FOR THE HOLIDAY SEASON

PAIRS WITH MEDITERRANEAN PROSCIUTTO-WRAPPED CHICKEN



**FRESCOBALDI NIPOZZANO CHIANTI RÚFINA RISERVA**  
Italy **\$22.99** 107276

This Chianti is filled with aromas of ripe red berry with hints of spice and toasty vanilla. Black plum, cherry and a touch of tobacco appear mid-palate while the well-balanced finish is clean and fresh.



ASPARAGUS AND CHEESE PHYLLO STICKS

PAIRS WITH ASPARAGUS AND CHEESE PHYLLO STICKS



**SANDHILL PINOT BLANC**  
BC VQA **\$16.99** 541185

This is an aromatic, refreshing, zesty white with notes of melon and Bosc pear on the nose. It is medium-bodied with rich flavours of ripe tree fruits, a nice minerality and moderate acidity.



**MASI MASIANCO PINOT GRIGIO AND VERDUZZO**  
Italy **\$17.99** 244681

This blend of Pinot Grigio and Verduzzo grapes is a pale yellow colour with aromas of ripe tropical fruit and flowers. The creamy, rich mouth is full of ripe pear, tropical fruit and mineral flavours that lead to a refreshing finish.



**SANTA RITA RESERVA SAUVIGNON BLANC**  
Chile **\$13.99** 275677

This crisp white from the Casablanca Valley is pale straw in colour with green highlights. Bursting with aromas of grapefruit, citrus and dried apricots, it shows flavours of stone fruit, tangerines and ripe melon.



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# NEW THESE JUST IN!



## ANNA SPINATO ORGANIC PROSECCO

Italy **\$14.99** 374769

This bubble is pale yellow in colour, with aromas of delicate white flowers and a fruity bouquet. Golden apples, baked pear and citrus flavours please the palate. It is fresh, crisp, effervescent and well-balanced and a great match with appetizers, salads, light pastas, fresh oysters and seafood.



## SUMMERHILL ALIVE ORGANIC RED

BC VQA **\$24.95** 225748

This blend of Marechal Foch, Merlot and Cabernet Sauvignon is a deep ruby in colour with red and black fruit, plums, redcurrant and some spice and vanilla on the nose. It's a round red with soft tannins and flavours of black fruit, red cherry, dark plum, redcurrant and vanilla spice on the mid-palate.



## 14 HANDS HOT TO TROT RED

USA **\$15.99** 252718

Predominantly Merlot, Syrah and Cabernet Sauvignon with hints of Mourvèdre and other select red varieties, this wine offers aromas of dark berries, cherries and currants. A plush framework of soft tannins supports the red and dark fruit flavours that give way to subtle notes of baking spice and mocha on the finish.

# CRUSHING ON CALIFORNIA



CHARDONNAY HAS REGAINED ITS CHART-TOPPING POSITION. AT PRESENT, IT IS THE MOST PLANTED (ALMOST 100,000 ACRES UP AND DOWN THE COAST), BOTTLED AND ENJOYED VARIETAL IN CALIFORNIA, AND CONTINUES TO BE THE NUMBER ONE CHOICE OF WINE DRINKERS IN THE WORLD

Anyone who has visited California wine country knows how spectacular it and its wines are. The state's storied wine regions are as glorious, romantic and enticing as their names – Napa, Sonoma, Monterey, Russian River, Mendocino, Paso Robles, Alexander Valley, Carneros, Rutherford and St. Helena, to name a few. They're inspiring and reflect the French, Italian and Spanish settlers and their descendants who brought winemaking to new levels. What wine fan hasn't succumbed to the siren call of its Chardonnays, Cabernet Sauvignons, Merlots and Pinot Noirs over the years, as California winemaking styles ebbed and flowed?

California has a long winemaking history, beginning in the mid-1700s when Spanish missionaries made simple wine for ceremonial purposes. Fast forward a couple of centuries and winemaking was flourishing, thanks in part to pioneer winemaking families such as Martini, Gallo, Wente, Foppiano, Seghesio and Sebastiani.

Wine styles went through phases. In the 1940s and '50s, the trend was towards elegance and lushness and most were aged in American oak barrels. The 1960s and '70s saw the wines enter an opulent stage. At the 1976 Judgment of Paris, pedigreed French white Burgundies were tasted blind against a handful of California wines that took the top four of five places, sending shockwaves throughout the wine world. In the 1980s, powerhouse brands turned out oceans of technically correct, formulaic Chardonnays and Cabernet Sauvignons. Pleasing perhaps, but boring too. These wines were all about sweet, ripe fruit, high alcohol and plenty of oak. Cult wines such as Screaming Eagle, Caymus and Opus One emerged and, to this day, some continue to command stratospheric prices from those on their waiting lists.

The 1990s heralded fruit-bomb reds and extravagant whites, wines that were brash, hedonistic and all about immediate pleasure. They were critical successes, thanks to the

likes of Robert Parker and others who thirsted for big, bold, heavily oaked wines. Many winemakers weren't on board with this trend and continued to make restrained, compelling, often elegant, European-style wines that were grounded in tradition.

Today, many California wineries use sustainable and green practices in the vineyards and wineries and growing numbers are being certified organic and biodynamic. The wines also have more acidity, making them fresh and pleasurable to drink. Oak is carefully handled and many wines spend no time in barrels, as winemakers opt to make their white wines in temperature-controlled, neutral, stainless steel tanks to better retain varietal flavours and aromas. Alcohol levels are decreasing and most wines are ready to be enjoyed shortly after bottling. California wines are interesting, nuanced and evocative. Wine drinkers are taking notice.

A few decades ago, Chardonnay and Cabernet Sauvignon were the dominant grapes in California, and the more things change, the more they stay the same. Chardonnay's resurgence in popularity is clear. Chardonnay has regained its chart-topping position. At present, it is the most planted (almost 100,000 acres up and down the coast), bottled and drunk varietal in the state, and continues to be the number one choice of wine drinkers in the world. Among the reds, California Pinot Noir is making major inroads on Cabernet Sauvignon as leader of the pack and Merlot – kicked to the curb by the movie *Sideways* – is on the comeback trail, while Zinfandel continues to hold sway with many wine admirers.

There's a style of California Chardonnay (oaked or unoaked) that appeals to every palate and pocketbook and there's nothing uniform or clone-like about them except perhaps the original Wente Chardonnay vines clone from which much of California's Chardonnay is derived. (In 1936, Wente Vineyards – established in 1883 – was the first California winery to produce a wine labeled as Chardonnay.

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REGIONAL THEME



It evolved from Chardonnay cuttings imported around 1912 from the vine nursery at the University of Montpellier in France. Today many of California's top Chardonnay vineyards are planted with the Wenté clone.)

California has a remarkable diversity of soils and climates influenced by Pacific Ocean currents, the Coastal mountains and the Central Valley that give the wines a sense of place, delivering a wide-ranging spectrum of stylishly distinctive Chardonnays.

Whether you like your Chardonnay crisp and bright like Mer Soleil Silver or Kendall-Jackson Avant, (both ideal for sipping as an aperitif) or lush, creamy, rich and food-friendly, such as Sonoma Cutrer and Rodney Strong, you'll find plenty of drinking pleasure. As Robert Mondavi famously said, "Drink what you like and like what you drink."

*If you're looking for a crash course on California wines in general and Chardonnay in particular, check out the **Vancouver International Wine Festival**, February 27 to March 3, 2013 at the Vancouver Convention Centre. California is the theme region and you'll find 64 California wineries in attendance and clustered together. You can bet that many of them will be pouring Chardonnay, the Festival's featured grape varietal. There's never been a better time sip, savour and explore. Check the website at [www.vanwinefest.ca](http://www.vanwinefest.ca) for California- and Chardonnay-focused events, Tasting Room tickets and more.*



**WENTE MORNING FOG CHARDONNAY**

USA **\$18.99** 175430

Wenté grows its grapes in the fog-cooled Livermore Valley, which delivers crisp, natural acidity. Balanced and approachable with notes of apples, pears, pineapples, spice and gentle buttery oak, this wine is delicious with rosemary-garlic grilled chicken and pork chops.



**ROBERT MONDAVI PRIVATE SELECTION CHARDONNAY**

USA **\$13.99** 379180

This Chardonnay from the cool Central Coast region has a bouquet of lemons, limes and tropical fruit. Generous acidity, minerality and sweet restrained oak ground the concentrated fruit in the mouth. Round and creamy, it finishes smooth and long. Enjoy with popcorn or step it up with roast chicken or fettuccini Alfredo.



**BONTERRA ORGANIC CHARDONNAY**

USA **\$18.99** 342436

From one of California's most respected organic winemakers, this distinctive Chardonnay is taut and tart, tangy and leesy, with notes of green apple, lemons and pears with hints of bright minerality. Refreshing as an aperitif, it pairs well with scallops, Dungeness crab and apple pie.



**MUMM NAPA BRUT PRESTIGE**

USA **\$22.99** 265678

Sourced from over 50 vineyards, Mumm Napa Brut Prestige is made with Pinot Noir and Chardonnay and a little Pinot Meunier. It's a pale peach in colour and creamy with flavours of peach, melon and citrus. Drink solo or with everything from French toast to oysters and chicken.



**LAYER CAKE CABERNET SAUVIGNON**

USA **\$24.99** 139741

This vibrant Cabernet Sauvignon over-delivers for its price and has been called "the ultimate in affordable luxury." A well-structured wine, redolent with cassis, blackberries, spice, mocha and cedar, it is supple with a long and lingering finish. Enjoy with rib eye or a bison burger.



**BELLE GLOS MEIOMI PINOT NOIR**

USA **\$24.99** 278937

This supple, ink-coloured Pinot Noir tastes of sweet dark cherries, blackberries, chocolate and spicy oak. Layered and velvety, it's ready to drink and food-friendly. Think pork chops or salmon.

# CHESTNUTS



WARM CHESTNUT,  
CHORIZO AND  
BITTER GREEN SALAD

# ROASTING BAKING & BOILING

The traditional seasonal image of crackling chestnuts roasting on an open fire is magical, but this versatile nut really sings when incorporated into seasonal dishes. When choosing a fresh chestnut, look for those that are heavy for their size with a shell that is hard, shiny and unblemished. Highly perishable, fresh chestnuts should be kept in the refrigerator and be cooked and eaten within a week. Once cooked and peeled, chestnuts have a texture similar to a baked potato with a sweet and nutty flavour that is sure to be a hit on your holiday table this year.



CHESTNUT AND CARROT RAVIOLI

## PAIRS WITH CHESTNUT AND CARROT RAVIOLI



**GROONER**  
**GRÜNER VELTLINER**

Austria **\$16.99** 326231

This aromatic white is a food style wine with nice minerality, spice and lees on the nose with hints of smoke and lime citrus. The entry on the palate is round and fresh and is followed with a hint of viscosity and sweetness in the mouth. Mineral, grassy and green apple flavours lead to a crisp finish.



**SILENI SAUVIGNON BLANC**  
New Zealand **\$15.99** 160325

This Sauvignon Blanc has ripe tropical and gooseberry fruit flavours with a zingy finish and impeccable balance. It is plump and medium-bodied with orange and lime sherbet and tropical fruit on the palate.

NEW



# WHISKY STARTED, MAPLE FINISHED



INTRODUCING *Crown Royal* MAPLE FINISHED

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



Chestnuts: Roasting, Baking and Boiling

COOKED CHESTNUTS HAVE A TEXTURE SIMILAR TO A BAKED POTATO WITH A SWEET AND NUTTY FLAVOUR THAT IS SURE TO BE A HIT ON YOUR HOLIDAY TABLE THIS YEAR

PAIRS WITH WARM CHESTNUT, CHORIZO AND BITTER GREEN SALAD



**00**  
**VIÑA KOYLE RESERVA SYRAH**  
 Chile **\$16.99** 748228  
 Intense ruby red in colour, this elegant red has aromas and flavours of dried herbs, earth, cassis and espresso. Clean fruit on the palate, fine tannins and mild pepper spice lead into a long finish.



CHESTNUT, BLUE CHEESE AND CAULIFLOWER TART

PAIRS WITH CHESTNUT, BLUE CHEESE AND CAULIFLOWER TART



**00**  
**MAPEMA**  
**MALBEC & TEMPRANILLO**  
 Argentina **\$14.99** 683953  
 This deep purple-coloured wine is a blend of equal parts Malbec and Tempranillo with aromas of ripe red and black fruits and notes of vanilla and chocolate. These flavours are repeated on the palate which is well-balanced with good length and intensity of tannins.



**00**  
**LAS PERDICES**  
**CABERNET SAUVIGNON**  
 Argentina **\$15.99** 695676  
 This wine has an intense ruby colour and classic Cabernet varietal characters. The nose has cherry aromas with subtle pepper notes and nuances of soft oak. It's a well-balanced and velvety wine with sour cherry and cassis flavours in the mouth.



**01**  
**CALONA ARTIST SERIES**  
**SOVEREIGN OPAL**  
 BC VQA **\$14.99** 364265  
 This aromatic white is clear and bright with delicate aromas of blossoms, pear, apricot, yellow plum and marzipan. The palate is soft and juicy with mandarin orange, pink grapefruit and honeydew melon flavours. Bartlett pear and tangerine notes linger on the finish.

# KIM CRAWFORD



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match



**GOLD MEDAL**  
NEW ZEALAND INTERNATIONAL  
WINE SHOW 2011

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Please drink responsibly

# HOT WINTER'S MOST WANTED



## EL PETIT BONHOMME

Spain **\$14.99** 169383

This blend of Monastrell, Garnacha and Syrah is a deep and dark ruby colour with red fruits and a hint of toasted oak on the nose. It is full-bodied with rich, plummy black fruit flavours complemented by soft rounded tannins and a hint of spice.



## RAVENSWOOD LODI OLD VINES ZINFANDEL

USA **\$22.99** 599381  
This robust and spicy red features aromas of black cherry, raspberry, blueberry, cocoa and a splinter of oak. It has fruit flavours of ripe raspberry, cherry and boysenberry leading to soft tannins and a mouth-watering finish, making it ideal for lasagna, grilled pepper steak or stew.



## THE NED SAUVIGNON BLANC

New Zealand **\$15.99** 16964

Pale straw with a light green hue, this crisp white shows vibrant aromas of lime zest, lemongrass and passion fruit with underlying base notes of mineral and fresh herbs. A lively flavour combination of passion fruit and green apple is drawn across the palate by a pristine mineral acidity. Try it with seasonal shellfish tossed with fettuccine and fresh herb butter.



# A BITTERSWEET FINISH

## HERBAL & SPICE LIQUEURS MAKE A COMEBACK

Chances are that somewhere in the back of your liquor cabinet there's a dusty old bottle of Galliano or Bénédictine, Drambuie or Chartreuse, bought long ago for a dinner party and forgotten ever since.

Well, it's time to bring that bottle out of the shadows. Thanks to the revival of classic cocktails, old-school herbal liqueurs are once again fashionable.

These bittersweet elixirs are complex and versatile drinks that taste of honey and heather, cinnamon and vanilla, saffron, anise, hyssop, mint, ginger and all manner of leafy and twiggy things. They are a perfect way to end a meal. They add a subtle herbal note to mixed drinks.

Many herbal liqueurs were originally created as medicinal beverages and, in fact, back in the 16th century, that's just how they were marketed. At the House of Bols museum outside Amsterdam, which has artifacts dating to 1575, one can find relics of centuries-old liqueurs that were prescribed by the apothecary Lucas Bols for homesick brides, lovesick swains and seasick sailors.

## THANKS TO THE REVIVAL OF CLASSIC COCKTAILS, OLD-SCHOOL HERBAL LIQUEURS ARE ONCE AGAIN FASHIONABLE

For centuries, all over Europe, well-fed diners have settled their digestions by knocking back shots of drinks with names like Fernet Branca, Strega, Unicum, Kümmel, Amaro, Jägermeister, Galliano, Bénédictine and Becherovka. The farther west, the sweeter the liqueur, like Scotland's honeyed heather-and-whisky Drambuie; the farther east, the darker and more bitter, until you reach Hungary, where locals swear by Zwack's Unicum, a concoction of more than 40 herbs brewed into an almost undrinkably potent potion.

But herbal liqueurs can also be subtle and delicate. Think of the fragrant floral notes of St-Germain, an artisanal liqueur made from elderflower blossoms freshly picked in the French Alps. It is a pleasant sipper on its own, but it has also become so popular in cocktails like the Gold Standard at Vancouver's Hawksworth Restaurant that it has been nicknamed "bartender's ketchup."

Herbal liqueurs can have one strong note – such as the hot cinnamon

flavour of Goldschläger or the spicy hit of Giffard's Ginger of the Indies – or they can offer a whole bouquet of botanical flavours. They can be almost syrupy in texture, like Jägermeister, or light and dry, like absinthe, and the alcohol levels can range from as low as 20 percent to as high as 72 (though most are in the 25 to 40 percent range).

The history of many of these liqueurs and bitters can be traced back to old monastic traditions that involved production of all sorts of alcoholic beverages, including wine, beer, cider and, above all, medicinal bitters and liqueurs. For instance, Carthusian monks near Grenoble, France, have been making the luscious Chartreuse, a liqueur based on the extracts of 130 different botanicals, since the 1740s. But perhaps the most famous is DOM Bénédictine, the base for its popular modern cousin, B&B (Bénédictine and Brandy).

Back around 1510 in Normandy, a Bénédictine monk and alchemist named Dom Bernardo Vincelli

gathered 27 local herbs and distilled them into a sweet, gently spicy liqueur that not only tasted good, but was said to have valuable health benefits. He kept the recipe secret, but jotted it down in a notebook that was passed on to his successors until it was lost when the abbey was destroyed during the French Revolution.

Then, as the story goes, around 1863 a wealthy French wine merchant named Alexandre Le Grand discovered that alchemical notebook among his family's artifacts and hired a chemist to recreate the recipe. But, since no one outside the company has ever seen that notebook, whether the story is actually true is the subject of much cynical speculation.

The story of Bénédictine may be unique, but that sense of mystery is one of the few things that connect almost all the herbal liqueurs. Often they are made by small, family-run companies from secret recipes that are closely guarded by a tiny handful of people permitted to know their details.

Captain Morgan

# VARIETY IS THE SPICE OF LIFE



— INTRODUCING —  
**CAPTAIN MORGAN BLACK SPICED RUM AND  
CAPTAIN MORGAN SILVER SPICED RUM**

## A Bittersweet Finish

THESE BITTERSWEET ELIXIRS ARE COMPLEX AND VERSATILE DRINKS THAT TASTE OF HONEY AND HEATHER, CINNAMON AND VANILLA, SAFFRON, ANISE, HYSSOP, MINT, GINGER AND ALL MANNER OF LEAFY AND TWIGGY THINGS

What isn't a mystery though is why these liqueurs are making a comeback.

Credit the classic cocktail movement. Over the past decade or so, bartenders around the world have been rediscovering the great old cocktails and, with them, the liqueurs that made them unique. Herbal liqueurs add a whole range of creative tools for both professional bartenders and experimental hosts and hostesses.

But, perhaps more importantly, now that we're doing so much more of our entertaining at home, bitters, liqueurs and digestifs of all sorts are making a return as after-dinner drinks.

Sweet, sophisticated and satisfying, they are the perfect sipper to enjoy as the conversation lingers into the night.



### D.O.M. BÉNÉDICTINE

France **\$39.99** 24174  
This liqueur is sweet and luscious, with all the complexity you'd expect from using 27 different herbs. Expect soft spices such as clove, licorice, cardamom and vanilla, as well as flavours of prunes, oranges and honey and a lovely long finish. Essential for classic cocktails and ideal on its own as a finish to a festive meal.



### GALLIANO

France **\$19.99** 508168 375 ml  
Best known for its role in the classic Harvey Wallbanger cocktail, this vibrant yellow liqueur is also perfectly enjoyable on its own. The recipe comprises 40 different botanicals, predominantly vanilla and anise, for a medium-bodied liqueur with flavours of vanilla bean, candied orange peel, peppery herbs and a long, smooth finish.



### OKANAGAN SPIRITS TABOO ABSINTHE

Canada **\$55.00** 828665 375 ml  
An herbal spirit rather than a liqueur, this delicate and complex sipper is made according to a historic European recipe. Its fruit spirit base plays nicely with the traditional ingredients of wormwood, anise, hyssop, lemon balm and fennel, with the flavour of anise predominating. Try it in cocktails or diluted with water and sugar.



### DRAMBUIE

United Kingdom **\$39.99** 1867  
Bonnie Prince Charlie's favourite whisky liqueur is the perfect warmer on a cold day. A blend of aged malt whiskies, heather honey and secret recipe of herbs and spices, it is a sweet, honeyed liqueur with a hint of spices such as nutmeg, saffron and anise. It is very mellow and easy to drink.



### JÄGERMEISTER

Germany **\$33.99** 117101  
Germany's best-selling spirit is both a bitter and a liqueur and also something of a mystery. It is a secret blend of 56 fruits, roots and herbs with a slightly syrupy texture and sweet, medicinal and spicy flavours including licorice and cinnamon. It is best enjoyed ice cold.



### GOLDSCHLÄGER CINNAMON SCHNAPPS

Switzerland **\$29.49** 343145  
Based on the Goldwasser produced as far back as 1598 in Germany, this is a strong cinnamon-flavoured schnapps that is notable for containing flakes of real 24 karat gold. The flavour is reminiscent of red hot cinnamon candies, with a spicy burn on the finish. Best served ice cold in clear glasses to show off the pretty gold flakes.

# IRRESISTIBLY SWEET & SALTY



PEANUT, PRETZEL  
AND CARAMEL  
BROWNIE BARS

During the holiday season we crave taste memories from our past. Two of the strongest, and seemingly opposite tastes are sweet and salty. Today innovative chefs and home cooks no longer necessarily assign sweet ingredients to the dessert table and salty to savoury dishes. Combining these two tastes has become a popular trend emerging from kitchens around the world with delightful results. Whether in pastries, cookies or cakes, a hint of saltiness harmonizing with sweetness creates a duet that many find hard to resist. Take inspiration from the following recipes and get ready to start a new holiday food tradition.



PINE NUT, OLIVE OIL AND CHERRY COOKIES

PAIRS WITH PINE NUT, OLIVE OIL AND CHERRY COOKIES



**CROFT ORIGINAL PALE CREAM SHERRY**  
Spain **\$17.99** 73452

This pale cream sherry combines the dryness of quality fino sherry with the richness of a cream sherry. It is pale yellow in colour with a nutty, dried sweet fruit palate and a smooth finish.



**CHÂTEAU DES CHARMES VIDAL ICEWINE**

Ontario **\$25.99** 565861 200 ml  
A pale straw colour; this classic varietal icewine has a nose of honey, apricot and flowers in full bloom. The palate is mouth coating with sweet grape flavours and a balancing acidity.



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AUSTRALIA ITALY CALIFORNIA ARGENTINA SPAIN

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Irresistibly Sweet and Salty

FOR RECIPE INDEX, PLEASE SEE PAGE 149



AZTEC CHOCOLATE BARK

PAIRS WITH AZTEC CHOCOLATE BARK



**GRAHAM'S SIX GRAPES RESERVE PORT**

Portugal **\$25.99** 208405

This port has rich aromas of ripe plums, cherries and dark chocolate. It is full-bodied with rich, dark fruits on the palate complemented by dark chocolate notes. Six Grapes is bottled relatively young in order to retain the freshness and vigour of a young vintage port.



**BACARDI OAKHEART SPICED RUM**

USA **\$25.99** 773622

Brilliant amber gold in colour, this spiced rum shows aromas of vanilla bean, dried fruit, dates and raisins that are accented by baking spices. The palate is creamy with flavours of maple syrup, vanilla, nutmeg and cinnamon, with a bit of spicy heat, orange peel, cinnamon and clove on the finish.



POP



ART

PLEASE ENJOY  
RESPONSIBLY

Handcrafted using the French Méthode Classique,  
there's a little artistry in every bottle.

Wonderfully vivacious.



Irresistibly Sweet and Salty

TODAY INNOVATIVE CHEFS AND HOME COOKS NO LONGER NECESSARILY ASSIGN SWEET INGREDIENTS TO THE DESSERT TABLE AND SALTY TO SAVOURY DISHES

PAIRS WITH PEANUT, PRETZEL AND CARAMEL BROWNIE BARS



GONZALES BYASS OLOROSO NUTTY SOLERA SHERRY

Spain **\$16.99** 35204

This medium-dry sherry is amber in colour with a copper hue. Aromas and flavours of orange, roasted almonds, spice and burnt toffee are balanced by moderate acidity and sweetness.



PEANUT, BACON, BOURBON AND CHOCOLATE COOKIES

PAIRS WITH PEANUT, BACON, BOURBON AND CHOCOLATE COOKIES



TAYLOR FLADGATE 10-YEAR-OLD TAWNY PORT  
Portugal **\$38.49** 121749

Deep, red brick in colour, this tawny has aromas of ripe berry fruit, nuts and subtle notes of chocolate, butterscotch and fine oak. It's smooth on the palate which is full of ripe fig and cherry flavours persisting on the long and spicy finish.



NOB CREEK 9-YEAR-OLD SMALL BATCH BOURBON  
USA **\$45.95** 326009

This bourbon is a deep amber colour with orange highlights. Burnt sugar and maple syrup dominate the nose, with additional hints of raisin, flint and fresh oak. Maple syrup and caramel flavours lead in the palate, then spice takes over with notes of cinnamon, clove and licorice. It has a dry, lingering oak finish with sweet and herbal notes.

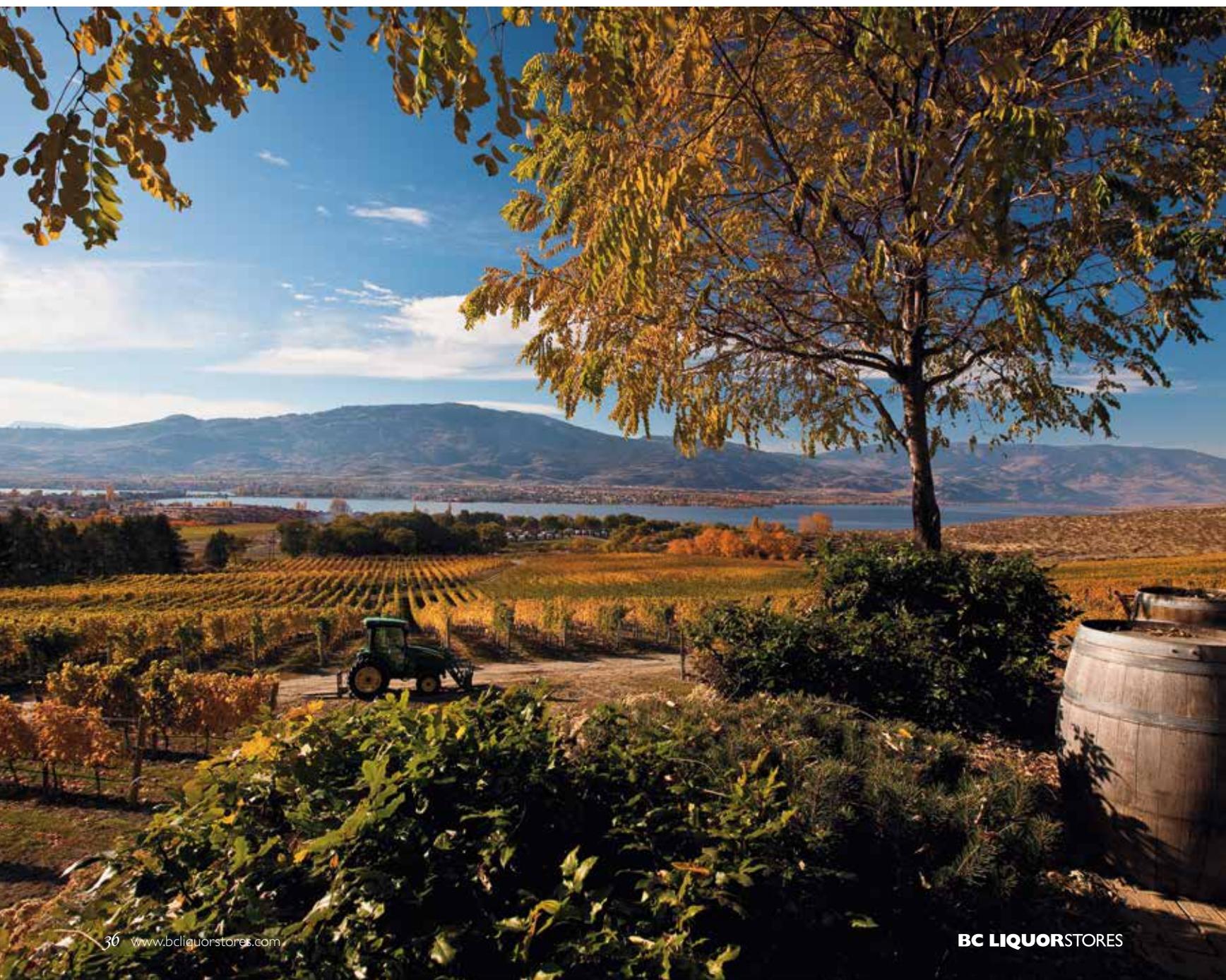


CHOCOLAT ROUGE SWEET RED WINE  
USA **\$14.99** 240929

Chocolat Rouge is not a dessert wine, but instead has creamy chocolate flavours balanced by fine red wine characters. This creates an impression of a red wine tasting like a chocolate covered cherry.

BC VINEYARD PROFILE

# NK'MIP CELLARS



First things first, the name – it’s pronounced “in-ka-meep” and it means “bottomland.” To understand the reference requires going back thousands of years, since Nk’Mip is from the Nsyilxcen language, itself pronounced “skeltchen” and commonly known as Okanagan, the language used by the Okanagan Nation.

The linguistics obviously point to a unique history and background. In fact, Nk’Mip Cellars is the first aboriginal-owned and operated winery in North America. An initiative of the Osoyoos Indian Band, Nk’Mip Cellars is located at the southern end of their land surrounding Osoyoos (and technically speaking it’s “O-soo-yuss,” there’s no “soy” in Osoyoos!), a parcel more than 32,000 acres in size and encompassing some of the largest remaining tracts of desert in Canada.

Fast forward to 1968 and the Osoyoos Indian Band became one of the Okanagan Valley’s pioneering grape growers when they first planted grapes in their Nk’Mip Vineyards around Oliver. Today, Nk’Mip Vineyards is one of largest grape-growing operations in the southern Okanagan, consisting of more than 300 acres of vitis vinifera vines ranging from Chardonnay to Cabernet Sauvignon, Pinot Blanc to Syrah.

After decades of selling grapes to other wineries, in 2002 the band opened Nk’Mip Cellars and started producing their own wines. The modern winery was built with quality in mind, incorporating gravity flow for manually moving wine from the crush pad to the red and white fermentation rooms, as well as barrel rooms for oak aging. Nk’Mip Cellars can produce 18,000 cases of wine annually, which currently breaks down into approximately 60 percent red and 40 percent white.

Randy Picton has been the winemaker at Nk’Mip Cellars since the winery opened and he explains that the smaller size of the operation keeps his job interesting: “You get an opportunity

IT’S PRONOUNCED “IN-KA-MEEP” AND IT MEANS “BOTTOMLAND.” TO UNDERSTAND THE REFERENCE REQUIRES GOING BACK THOUSANDS OF YEARS, SINCE NK’MIP IS FROM THE NSYILXCEN LANGUAGE, ITSELF PRONOUNCED “SKELTCHEN” AND COMMONLY KNOWN AS OKANAGAN, THE LANGUAGE USED BY THE OKANAGAN NATION



Randy Picton, winemaker, Nk’Mip Cellars

to do everything, from putting on rubber boots during harvest to wearing a suit and tie and representing the finished product at various events throughout the year.” Of course, Picton admits that another aspect that keeps things exciting is the

fact that “every year is a new challenge and you’re only as good as your last Chardonnay.” In this regard, Nk’Mip Cellars has proven consistently good. Since opening, the winery has won an impressive array of accolades for their wines, both in Canada and in international wine competitions.

Picton credits this success to attention to detail in Nk’Mip’s vineyards, citing Pinot Noir as a particularly challenging grape he likes to work with. “We have four separate blocks at Nk’Mip Vineyards in Oliver that are ideal for Pinot Noir production, but it needs to be managed properly,” he explains. “Our vineyard manager Sam Baptiste and his sister Char do a great job to ensure shoot numbers, exposure, crop levels and watering regimes are just right, and we need to carry this attention to detail all the way through the winemaking process.”

Nk’Mip Cellars produces a broad range of whites, reds

2012 WINE ACCESS CANADIAN WINE AWARDS #1 British Columbia Winery

THE  
LAND. THE  
LEGEND.  
THE  
WINE.



**NK'MIP**  
{ INKAMEEP }  
CELLARS

DISCOVER THE LEGACY  
OF OUR LAND  
IN EVERY GLASS

PLEASE ENJOY RESPONSIBLY

## BC Vineyard Profile: NK'MIP Cellars

and icewine. Their Pinot Blanc is often highlighted as a prime example of the grape in BC. Along with the regular line-up of wines, they also produce the Q<sup>W</sup>AM Q<sup>W</sup>MT line. Pronounced “kw-em kw-empt” (or simply Q2 for short!), Q<sup>W</sup>AM Q<sup>W</sup>MT means “achieving excellence” and designates Nk'Mip's reserve tier of wines. These wines are hand-selected and typically spend longer time in oak.

The winery is actually part of a larger venture incorporating an executive nine-hole golf course, resort and spa. The development also includes the Nk'Mip Desert Cultural Centre, an interpretive learning centre that aims to promote respect and understanding of the living culture of the Okanagan people, while conserving Canada's only desert. Highlighting this long-term vision, Nk'Mip Cellars has joined the newly formed BC Sustainable Winegrowing Program. So far, Nk'Mip Cellars has completed the first stage of the program, which, Picton allows, is the easy part. He explains the winery is determined to “make improvements in each area of the Sustainable Winegrowing Program on an annual basis,” including waste reduction and water usage.

It's this blend of history, innovation and stewardship that contributes to Nk'Mip Cellars' uniqueness, as the winery continues to pursue its ambitious path. Asked about their future plans, Picton mentions the planned release of a new series of Winemaker's wines, the winery's first rosé scheduled to be released next summer and a new label for Q<sup>W</sup>AM Q<sup>W</sup>MT arriving in late 2013.

Until then, get to know Nk'Mip Cellars through the following wines.



### NK'MIP CHARDONNAY

BC VQA **\$16.99** 626408

Partial aging in French oak barrels lends this Chardonnay a robust yet fresh overall feel. It's fruity with a smooth finish and goes great with pasta in cream sauce.



### NK'MIP MERLOT

BC VQA **\$19.99** 626416

Big and bold, with ripe, dark fruits of plum and blackcurrant that intermezzo between clove and tobacco spice until a rich, toasty finish.



### NK'MIP PINOT BLANC

BC VQA **\$15.99** 626432

A great introduction to BC VQA Pinot Blanc's potential, this lively wine shines with green apple and peach blossom before finishing light and crisp. Pair with fresh oysters for a delicious winter treat.



### NK'MIP RIESLING

BC VQA **\$17.99** 138297

Citrus and apple bedeck this fruit-forward Riesling that goes down easy and features lip-smacking acidity. Bring on the roast pork or even fried chicken, this is one food-friendly white.



### NK'MIP PINOT NOIR

BC VQA **\$19.99** 626424

More velvet than iron fist, this approachable Pinot Noir is redolent with silky black cherry and blackberry with a soft, inviting finish. Food-wise, consider partners like duck and lamb.



### NK'MIP Q<sup>W</sup>AM Q<sup>W</sup>MT CHARDONNAY

BC VQA **\$25.00** 86405

Q<sup>W</sup>AM Q<sup>W</sup>MT designates Nk'Mip's reserve-tier wines. The Q<sup>W</sup>AM Q<sup>W</sup>MT Chardonnay is like a comforting wool blanket for the taste buds, enveloping with ripe pear and a creamy texture before a long, lingering, conclusion.



*The Original*

# COFFEE LIQUOR

**DELICIOSO**

*Kahlúa Espresso Martini* | 1 ½ oz. KAHLÚA® | 1 oz. ABSOLUT® vodka | 1 oz. fresh brewed espresso

Please enjoy our products responsibly.

# FLAVOURS OF WINTER



## STOLICHNAYA RAZBERI VODKA

Russia **\$26.49** 530766

Stoli Razberi opens with an intense nose of raspberry jam, boiled sweets and hot, berry fruit infusions. The palate has raspberry ripple creaminess balanced by the sweet spice of rye and wheat grain vodka, lifted by crisp citrus notes. It finishes with hints of pepper and wild raspberry. Try it straight up or with fresh lemonade.



## CATENA ZAPATA MALBEC

Argentina **\$21.99** 478727

This Malbec is a dark violet colour with deep black tones. On the nose ripe plum and chocolate flavours lead to a core of blackcurrant and cassis, a slight earthy tone and notes of spicy black pepper on the palate. It exhibits excellent structure and length.



## BAILEYS BISCOTTI IRISH CREAM

Ireland **\$27.99** 487132

This smooth and delicious liqueur blends the original Irish cream liqueur with the sweet essence of Italian double-baked biscotti biscuits. Try it on the rocks or mix with coffee and dip some biscotti in.

# DELICIOUS DINNER

FOR A BRAND NEW YEAR



SABAYON WITH  
FRESH BERRIES

**R**ing in the New Year with friends and family by preparing this sumptuous dinner. With a little planning, you can be toasting with your friends while dinner prepares itself. Here's how:

## 2 DAYS BEFORE

Prepare the Potato Pavé up to the point of browning. Cook the duck and refrigerate until ready to assemble the salad. Prepare the salad dressing.

## DAY BEFORE

Wash the berries and salad greens, prepare salad vegetables and place in separate plastic containers in the refrigerator. Break the egg yolks for the Sabayon in a bowl, cover and refrigerate. Measure sugar and Marsala and place next to the stove ready to be used.

## DAY OF

Prepare the dry rub for the lamb. Sear the lamb, let cool, put the rub on the lamb, wrap loosely and place in the refrigerator. Cook your vegetables and reserve; re-heat at dinnertime. Brown the potatoes and reserve.

## JUST BEFORE DINNER

Assemble salad. Pre-heat the oven and roast the lamb. Place potatoes on a cookie sheet and place in oven to reheat. Prepare Sabayon.

Enjoy and Happy New Year!



POTATO PAVÉ

## PAIRS WITH POTATO PAVÉ



**J.P. CHENET RESERVE CHARDONNAY**  
France **\$12.99** 490896  
This French Chardonnay is golden yellow in colour with a fresh bouquet of acacia flowers, fresh almond, butter and vanilla. Smooth and full on the palate with flavours of tropical fruit, citrus and buttery notes, it finishes with a pleasant woody note.



**RED GUITAR OLD VINE TEMPRANILLO GARNACHA**  
Spain **\$13.99** 120360  
This Tempranillo and Garnacha red blend is quite aromatic with a bright fruit character. The mouth is concentrated with flavours of fresh raspberry and blackberry, all balanced by soft tannins and mild acidity.



HERB-CRUSTED RACK OF LAMB

PAIRS WITH HERB-CRUSTED RACK OF LAMB



**CHÂTEAU ROQUETAILLADE LA GRANGE**

France **\$25.99** 193102  
 This full-bodied Bordeaux wine is a vivid red in colour with a refined bouquet of cooked red berries, pepper, leather and spice. On the palate, the silky tannins highlight the cherry, blackberry, nutmeg and licorice notes complemented by grilled meat flavours.



**SANTA RITA MEDALLA REAL CABERNET SAUVIGNON**

Chile **\$22.99** 275594  
 This wine shows a deep ruby colour with a complex aroma of ripe red and black fruits mingled with leather and spice. The smooth and concentrated palate of meat and dark fruit is balanced by vanilla, toasty oak notes and supple tannins.

Delicious Dinner for a Brand New Year

WITH A LITTLE PLANNING,  
YOU CAN BE TOASTING  
WITH YOUR FRIENDS WHILE  
DINNER PREPARES ITSELF.

PAIRS WITH SABAYON  
WITH FRESH BERRIES



CARLO PELLIGRINO  
MARSALA

Italy **\$18.99** 265439

This fortified wine is an intense amber colour and exhibits fig, hazelnut, plum and vanilla characteristics both on the nose and in the palate. Having spent over one year in oak barrels gives this dessert wine a fine and delicate mouth feel.



CRISPY DUCK SALAD

PAIRS WITH CRISPY DUCK SALAD



DOW'S 10-YEAR-OLD  
TAWNY PORT  
Portugal **\$38.99** 989319

This medium-bodied tawny is amber golden in colour with baked apricot, dried mango and tart cherry aromas and flavours. It is soft and rich on the palate with almond overtones from prolonged cask aging. It is best when lightly chilled.



GEHRINGER BROTHERS  
PRIVATE RESERVE RIESLING  
BC VQA **\$14.99** 347492

This aromatic white has aromas of peach, honey, apple and kiwi. In the slightly sweet mouth, flavours of stone fruit, ripe apple and a light citrus note are balanced by pronounced acidity to yield a flavour profile with excellent weight and body.



MOËT & CHANDON  
BRUT IMPÉRIAL  
France **\$65.00** 453084

This bubbly is straw-gold in colour with apple, mineral, lemon-lime and pear aromas on the nose. The dry, elegant mousse in the mouth leads with flavours of apple, citrus, brioche and light oak followed by a crisp and refreshing finish.



# SIGNATURE SELECTIONS

THE 12  
TOP PICKS  
OF  
CHRISTMAS



Our “Signature Selections” feature showcases some of the rarer, harder-to-find treasures available across British Columbia only at Signature BC Liquor Stores, which are larger stores with a wider choice of wines and spirits. Each of the 21 Signature BC Liquor Stores offers you the expertise of a trained Product Consultant who is more than happy to advise, suggest and explain. If there is not a Signature BC Liquor Store near you, please remember that all of the products highlighted here can be quickly and easily transferred to your nearest BC Liquor Store.

In honour of the holidays, we present “The 12 Top Picks of Christmas,” three special products chosen by each of our four Portfolio Managers. Their personal endorsement of these exceptional wines and spirits guarantees that they will be showstoppers this holiday season, whether given or received!

**BARBARA PHILIP, MW**  
**PORTFOLIO MANAGER, WINES OF EUROPE**



**MUSELLA AMARONE**

Italy **\$59.99** 62232

To make this special wine, Corvina, Corvinone, Rondinella and Oseleta grapes are dried in a well-ventilated loft. The grapes lose 35 percent of their weight and become very concentrated in flavours and sugars. They are then fermented to dryness, making a full-bodied, ripe and complex Amarone. The Musella is an ideal wine to warm your guests on a cold night. Try with Gorgonzola cheese.

*“Apart from its sheer deliciousness, I am a fan of the Musella Amarone because it is a family company with two generations working in the vineyard and winery.”*



**BERONIA GRAN RESERVA RIOJA**

Spain **\$39.99** 200782

This Gran Reserva spends 24 months aging in French and American oak barrels and has the spice and vanilla notes to show for it. It is a classically made Rioja that is made for enjoyment upon release rather than long aging in the cellar. This would be a gorgeous match with slow cooked meats, aged cheese or savoury stew.

*“Many BC Liquor Stores customers will know the popular Beronia Rioja Reserva, which is why I thought the even more special Gran Reserva to be a perfect holiday buy.”*



**CHÂTEAU DE LA GARDINE**  
**CHÂTEAUNEUF DU PAPE**

France **\$84.99** 770263

This exotic, floral and spicy white Châteauneuf du Pape is a rare and exciting wine. Like most Southern Rhône wines, this is a blend, and contains Roussanne, Bourboulenc and Clairette. The mouth feel is rich with a long finish of dried pear and apple flavours. Delicious now, it will age nicely for five to eight years in bottle. It is perfect with roast chicken or turkey.

*“Châteauneuf de Pape is known for its rich, warm reds, so when I came across this gorgeous and rare white, it piqued my interest.”*





## KIM GIESBRECHT, PORTFOLIO MANAGER, WINES OF AUSTRALIA AND NEW ZEALAND



### GRANT BURGE THE HOLY TRINITY GSM

Australia **\$39.99** 19166

The Holy Trinity is a Grenache, Shiraz and Mourvèdre blend sourced from old vines and five different vineyards. The wine receives no new oak so the pedigree of fruit is on display and offers vibrant raspberry, rose petal and orange peel aromas with nuances of spice box and underbrush. Full-bodied and richly fruited in the mouth, it has a medium to firm level of velvety tannins, crisp acid and a long spicy finish. Enjoy it now or keep for a few years.

*“This red blend is a renowned favourite – an Australian take on a French Châteauneuf de Pape at a great price point.”*



### BAROSSA VALLEY ESTATE EBENEZER SHIRAZ 2007

Australia **\$39.99** 528349

Sourced from old vines in the northern region of the Barossa Valley, this wine has received numerous accolades. The wine has fantastic richness and generosity. A perfumed nose of ripe plums is supported by sweet spices and vanilla, followed by dark chocolate and ripe, dark fruit flavours. Enjoyable now or cellar up to five years.

*“Ebenezer is a perennial favourite and a classic example of Aussie Shiraz. With its large following, unblemished track record and a bit of bottle age, it fits right in with seasonal celebrations.”*



### KUMEU RIVER ESTATE CHARDONNAY 2008

New Zealand **\$35.00** 117820

This winery's specialty is Chardonnay and it shows in the quality and consistent awards they receive. This Chardonnay is a wonderful balance between crisp, steely notes of citrus, pear and green apple and complex flavour nuances on a smooth texture, with floral, lime peel and tobacco details. The finish just goes on and on.

*“I selected this as it is one of the finest examples of New Zealand Chardonnay. It's a great Chardonnay experience and makes for excellent gifting.”*

## Signature Selections

### STEPHEN SCHIEDEL, PORTFOLIO MANAGER, NORTH AND SOUTH AMERICAN WINES



#### DON MELCHOR CABERNET SAUVIGNON 2008

Argentina **\$85.99** 315176

Named for the Concha Y Toro winery founder, Don Melchor, this has become Chile's best known icon wine since 1987. Flavours of currants, red fruit, cedar, tobacco and oak nuances give way to a powerful yet inviting palate of ripe fruit and tannins. While approachable now the track record suggests it can cellar up to 10 years or more.

*"This is a thoroughbred expression of Chilean Cabernet Sauvignon, sourced from the renowned Puente Alto Valley."*



#### BERINGER KNIGHTS VALLEY CABERNET SAUVIGNON 2009

USA **\$44.99** 352583

Rich flavours of black fruits and cassis mingle with sweet tobacco hints, spice and barrel flavours in a very concentrated silky package. Firm but rich tannins keep this Cabernet Sauvignon on track to be approachable now or to improve for a few years in the cellar. Best food matches are lamb, game or vegetarian dishes.

*"I chose this as it is a textbook example of a California Cabernet Sauvignon."*



#### PAINTED ROCK MERLOT 2009

BC VQA **\$39.95** 512319

From the east side of the Skaha Lake, south of Penticton, hails this new BC winery star. This wine shows both the power and elegance of Merlot. Tightly wound over a core of ripe fruit, oak structure and impressive textures, there are flavours of blackcurrant, cocoa and anise to enjoy. Ultimately, the wine is notable for its essence, signaling a wine of great pedigree.

*"This BC VQA wine is a tour-de-force to be appreciated now and over the next five to seven years. It's something special."*



OSOYOOS LAROSE

LE GRAND VIN

2008

VIN ROUGE

CABERLOT 60%  
CABERNET SAUVIGNON 25%  
CABERNET FRANC 7%

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MEET  
INNOVATION.**

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## Signature Selections

### ADELE SHAW, PORTFOLIO MANAGER, SPIRITS AND SPARKLING WINES



#### BRUICHLADDICH THE ORGANIC

United Kingdom **\$77.99** 114793

This is an elegant, composed and stylish young spirit that showcases the finesse of organically grown barley. It opens on a light almond note with a twist of candied lemon. The aromatics of toasted barley, floral and fruit notes with a hint of lemon honey intermingle beautifully. A touch of toffee sweetness is imparted from American oak cask aging and as the spirit opens, hints of papaya, melon and kiwi come through. The result is an incredibly fresh spirit giving an unforgettable palate experience.

*“This lighter-style whisky featuring hints of pear, citrus and vanilla on the palate. This would be a perfect aperitif served straight or on the rocks.”*



#### PATRÓN CITRÓNGE EXTRA FINE ORANGE LIQUEUR

Mexico **\$29.99** 117291

Patrón Citrónge is a premium reserve, extra fine orange liqueur with brilliant, vibrant flavours. Produced in the highlands of Jalisco, this liqueur's captivating flavour is derived from organic oranges grown in Jamaica and small bittersweet oranges from the island of Haiti. It tingles as it washes over the palate, filling the mouth with delectably spicy and zesty citrus flavours. Its medium finish is warm and delicious.

*“This is a great, intensely fresh orange liqueur, indispensable for brightening any holiday party.”*



#### GLENFIDDICH 15-YEAR-OLD SOLERA VAT

United Kingdom **\$67.99** 530345

The richly layered Glenfiddich 15-Year-Old single malt Scotch whisky is innovatively matured in three types of oak cask: sherry, bourbon and new oak, before being married in a unique, handcrafted Oregon pine Solera vat. Year on year, this Solera vat is never emptied but is always kept at least half full creating a deliciously harmonious and intense whisky.

*“This is a great single malt, that will appeal to a large audience. The delicate honey and vanilla notes carry through on the palate and create a very balanced and approachable whisky. Try with some decadent dark chocolate.”*

**BC LIQUORSTORES**



# ROBBIE BURNS DAY

AN ULTIMATE  
SCOTTISH  
CELEBRATION

CRISPY  
WALNUT  
OATCAKES

Every January 25, Scots the world over, and those who are Scottish-at-heart for the day, celebrate the birthday of Scotland's favourite son, poet Robert Burns. The highlight of the occasion is the Burns Supper, which includes the requisite haggis, a reading of Burns' *To a Haggis* (see sidebar on page 55) and toasts aplenty accompanied by generous drams of Scotch whisky throughout.

But first a little history about Scotland's best-loved poet and songwriter Robert Burns, who was born in Alloway, Ayrshire, Scotland in 1759 and died at 37 in 1796. Burns, part of a poor farming family, is best known for hundreds of memorable poems and songs including *To a Mouse*, *Auld Lang Syne*, *A Red, Red Rose* and *To a Haggis* whose, well-loved words are recited by thirsty, kilted hordes and regular folk on Robbie Burns Day.

Burns began writing at age 15, mostly about his favourite subjects – Scotch whisky and women. Farming (with his six brothers and sisters) and poetry didn't provide much of an income and he worked for a time as a "gauger" or exciseman for Scotland's Customs and Excise seeking out illicit stills. He continued writing poems and songs all the while and, when he died, 10,000 people attended the popular bard's funeral. It wasn't until after his death that he became Scotland's favourite son.

The format for a traditional Robbie Burns Supper includes a formal and usually moderately raucous dinner complete with kilted gents, tartan bedecked ladies, a requisite bagpiper, haggis and more.

It begins with the host's welcome to the guests. Once seated at table, the Selkirk Grace, which many attribute to Burns, is recited:

The Selkirk Grace

*Some hae meat and canna eat,  
And some wad eat that want it;  
But we hae meat, and we can eat,  
And sae let the Lord be thankit.*

Supper starts with soup, traditionally Cock-a-Leekie (chicken and leeks), though Scotch broth and potato soup are popular too. Then it's on to the main event: the entrance of the haggis, which Burns calls "*Great chieftain o' the pudding-race!*" (The haggis, likened by some to a plump sausage, is a sheep's stomach filled with offal – organ meats,

including heart, lungs, liver and more – bunged together with oatmeal and plenty of spices, then boiled or steamed).

The haggis is borne aloft by the proud cook and piped to the head table by a kilted bagpiper. It's set before the host, who launches into a highly spirited recitation of Burns' *To a Haggis* (see sidebar). When he reaches the first line of the third verse, "*His knife see rustic Labour dight*," he seizes a dagger and when speaking "*An' cut you up wi' ready sleight*" dramatically plunges it into the glistening haggis, slicing it from stem to stern, and spilling the



COCK-A-LEEKIE SOUP



Please enjoy responsibly.



*We've got a wine for that.*



HAGGIS FRITTERS

innards. This is usually “the moment” of the dinner, although some would argue that the accompanying whisky toast is the highlight. The haggis is historically served with *neeps* and *tatties* (mashed turnips and mashed potatoes), then it’s on to dessert – perhaps a Topsy Laird (whisky trifle) and oatcakes with cheese, accompanied by tots of whisky.

Near the end of the meal, various guests may launch into entertaining anecdotes about Burns. Next, a gentleman gives the traditional, lighthearted “Toast to the Lassies,”

one of whom returns the honour with a “Toast to the Laddies.” More toasts, recitations of Burns’ poetry and singing of his songs, and sometimes dancing, follow. At the end of the evening, at the host’s bidding, a guest gives thanks. Everyone then rises, joins hands, and sings a loud and enthusiastic rendition of *Auld Lang Syne* before heading homeward.

Instead of the full-on formal Burns Day supper, many celebrants opt for simpler affairs, which of course include poetry and song, haggis and whisky.

## To A Haggis

*All hail your honest rounded face,  
Great chieftain of the pudding race;  
Above them all you take your place,  
Beef, tripe, or lamb:  
You’re worthy of a grace  
As long as my arm.  
The groaning trencher there you fill,  
Your sides are like a distant hill  
Your pin would help to mend a mill,  
In time of need,  
While through your pores the dew’s distil,  
Like amber bead.  
His knife the rustic goodman wipes,  
To cut you through with all his might,  
Revealing your gushing entrails bright,  
Like any ditch;  
And then, what a glorious sight,  
Warm, welcome, rich.  
Then plate for plate they stretch and strive,  
Devil take the hindmost, on they drive,  
Till all the bloated stomachs by and by,  
Are tight as drums.  
The rustic goodman with a sigh,  
His thanks he hums.  
Let them that o’er his French ragout,  
Or hotchpotch fit only for a sow,  
Or fricassee that’ll make you spew,  
And with no wonder;  
Look down with sneering scornful view,  
On such a dinner.  
Poor devil, see him eat his trash,  
As feckless as a withered rush,  
His spindly legs and good whip-lash,  
His little feet  
Through floods or over fields to dash,  
O how unfit.  
But, mark the rustic, haggis-fed;  
The trembling earth resounds his tread,  
Grasp in his ample hands a flail  
He’ll make it whistle,  
Stout legs and arms that never fail,  
Proud as the thistle.  
You powers that make mankind your care,  
And dish them out their bill of fare.  
Old Scotland wants no stinking ware,  
That slops in dishes;  
But if you grant her grateful prayer,  
Give her a haggis.*

– ROBERT BURNS, 1759–1796

# BLACK SAGE VINEYARD

CHOOSE BOLDLY



Please Enjoy Responsibly.



## Robbie Burns Day

FOR RECIPE INDEX, PLEASE SEE PAGE 149

THE HIGHLIGHT OF THE OCCASION IS THE BURNS SUPPER, WHICH INCLUDES THE REQUISITE HAGGIS, A READING OF BURNS' *TO A HAGGIS* AND TOASTS APLENTY, ACCOMPANIED BY GENEROUS DRAMS OF SCOTCH WHISKY THROUGHOUT

Pubs and restaurants – Scottish-themed and not – get onboard with various Burns-tinged, whisky-fuelled affairs.

Vancouverites have the option of taking part in a unique colourful cross-cultural mash-up, Gung Haggis Fat Choy ([www.gunghaggis.com](http://www.gunghaggis.com)), that joins Robbie Burns Day and Chinese New Year into a rollicking evening of food – think haggis lettuce wraps, haggis wontons, traditional haggis and more, plus bagpipes and other live music, Scotch and kilts. Toddish McWong (also known as Todd Wong) created this multicultural affair in 1993 at Simon Fraser University. The first annual public dinner was held in Vancouver in 1999, in Seattle in 2007, and it has recently gained a foothold in Scotland.

If you'd prefer to gather the clan and host your own Burns Supper at home, we have suggestions for Scotches and recipes in this issue.



### ROBERT BURNS SINGLE MALT WHISKY

Scotland **\$59.99** 190116  
The Arran Distillery is the only whisky company worldwide permitted to use Burns' name, image and signature. This pale gold single malt is smooth, gentle, slightly sweet and spicy with notes of pears, toffee and vanilla. It is an ideal entry into the world of single malts and perfect as an aperitif.



### CHIVAS BROTHERS 21-YEAR-OLD ROYAL SALUTE

Scotland **\$149.99** 56440  
Launched as a tribute to honour Queen Elizabeth's Coronation in 1953, this refined, complex blend of grain and malt whiskies is aged for 21 years. Medium amber in colour and finely structured, with satiny notes of dried fruit, nuts, spices and leather, it's an elegant luxurious sipper.



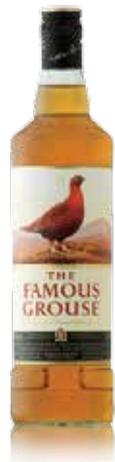
### CARDHU 12-YEAR-OLD

Scotland **\$74.98** 42788  
Made since 1824, the 12-year-old Cardhu (Gaelic for black rock) is an accessible, light and bright single malt. It is fragrant with heather, honeyed vanilla, fruit and smoke. Smooth, and well-balanced with nutty, sweet malty flavours, it finishes mildly spicy and warm. Enjoy neat, with water or on the rocks.



### THE BALVENIE 12-YEAR-OLD DOUBLEWOOD

Scotland **\$79.99** 387316  
This smooth-drinking, approachable single malt is aged for 12 years in American bourbon casks with some of the whisky spending a further nine months in Sherry butts then married for further aging. The Doublewood is complex with malted barley, vanilla, honey and dried fruit, a peppery kick and slight peatiness.



### THE FAMOUS GROUSE

Scotland **\$27.99** 52050  
Allegedly Scotland's favourite and best-selling blended whisky, Famous Grouse, named for Scotland's iconic red grouse, contains The Macallan and Highland Park scotches. Light and easy-drinking, The Famous Grouse is pleasantly peaty and malty with toffee, mild spice, flowers, apples and citrus. Mix or enjoy neat.



### LAPHROAIG 10-YEAR-OLD ISLAY

Scotland **\$83.99** 135210  
This aromatic single malt from the remote Isle of Islay is one of Scotland's most characterful and recognizable. Burnished amber in colour, it has plenty of smoky peat and salt aromas. Full-bodied, sweet, briny and bitter with smoke and iodine, Laphroaig finishes long, smoky and sweet. Sip and savour.



# RED BLENDS

**B**efore the introduction of wines from the New World in the 1970s, virtually all wines sold in British Columbia were from Europe and most of them were blended, such as champagne, Bordeaux, Chianti and Soave – all big-selling and all blends. The Germans provided delicious single-varietal Riesling, but the majority of the volume coming from that country was blended wines sold under brand names such as Blue Nun, Golden Oktober, or the many different offerings from Liebfäumlch. There were wines fashioned from one variety available during this era (Burgundy and Barolo, for example) but, unless you were really in the know, you could not tell that from the label.

Then came the New World wines from California, which were mostly single-varietal wines – Cabernet Sauvignon, Merlot, Zinfandel and Chardonnay, to name a few. They were delicious, showcasing the warmth and sunshine of the Californian vineyards with richness, ample fruit, a soft, ripe character and were clearly labelled with the grape used to make them. In comparison,

European wines were difficult to understand, because they were labelled only with the region where the grapes were grown. One needed reference books to learn which grapes were allowed for making Bordeaux, Burgundy or Châteauneuf-du-Pape. There was no hint of grape varieties on the label of European wines for buyers to read.

So, after our American cousins changed the game and offered delicious and easy-to-understand wines, the Australians came knocking. BC consumers couldn't get enough of what they had to offer – blockbuster reds made from Syrah, which they called Shiraz, minty, fat Cabernet Sauvignons, much different in style from the famous Bordeaux wines of the Médoc, and rich, buttery and lemony Chardonnays. After the Australians, Chile came along offering a ton of high-value varietal wine, then Argentina followed with their juicy Malbecs and, of course, through the 1990s, BC wines began to get serious and attain world-class quality.

The Europeans had some serious competition from the New World with wines that were much

MANY BC WINERIES CONSIDER A BLEND TO BE THEIR BEST (AND MOST EXPENSIVE) WINE. LOOK FOR THE WORD “MERITAGE” ON BC LABELS, WHICH DENOTES A BLEND OF THE CLASSIC BORDEAUX VARIETIES. IN THIS CASE THE SUM CAN BE BETTER THAN THE PARTS.

easier for consumers to understand and, as consumers became more knowledgeable about the character of different grape varieties, the Europeans responded to this challenge with inexpensive varietal wines from the warm regions bordering the Mediterranean. However, in the traditional regions such as Bordeaux, the rules about permitted grape varieties have remained consistent with the past. Centuries of trial and error have proved which grapes produce the best wines in these regions and now a style, a taste profile, a wine character has developed that the wine authorities continue to protect.

The original reason for creating wines with a blend of grapes comes down to basics and centres on farming. There is a saying “don’t put all your eggs in one basket” and that is a practice

that growers, especially in marginal climates, followed. For example, grape growers in Bordeaux, which has a very unpredictable maritime climate, were allowed six varieties of grape in their vineyards – Merlot, the most widely planted, Cabernet Sauvignon, the most famous, Cabernet Franc, Cab Sauv’s baby brother, Petit Verdot, Malbec (immensely popular today due to the great reds of Argentina) and the now rarely planted Carmenere.

Each of these grapes delivers different aromas and flavours but, perhaps more importantly, each thrives in different growing conditions and ripens at different times. Bordeaux wine makers learned when to plant mostly Merlot rather than later-ripening Cabernet. In a poor year, Cabernet might reach insufficient ripeness to make acceptable wine. In such a year, a

winemaker might lean more heavily on earlier-ripening Merlot in their blend. Planting a variety of grapes spread out the risk for growers, enabling them to make drinkable wine regardless of what Mother Nature sent their way.

Aside from the basic farming issue, there is also an important point about the style the winemaker wants to produce. A wine made from a blend of grapes may be better than a wine made from just one variety. A look at some of the top BC reds will attest to this. Many BC wineries consider a blend to be their best (and most expensive) wine. Look for the word “Meritage” on BC labels, which denotes a blend of the classic Bordeaux varieties. In this case the sum can be better than the parts.

The trend towards experimenting with blends came about as the New World realized that wines made from

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*goes to.....*



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## Red Blends

THE ORIGINAL REASON FOR CREATING WINES WITH A BLEND OF GRAPES COMES DOWN TO BASICS AND CENTRES ON FARMING. THERE IS A SAYING "DON'T PUT ALL YOUR EGGS IN ONE BASKET" AND THAT IS A PRACTICE THAT GROWERS, ESPECIALLY IN MARGINAL CLIMATES, FOLLOWED.

a variety of grapes can be excellent, and wineries are now delivering an increasing number of delicious blends to wine drinkers. Now, as 2012 comes to a close, blends are again very much in style, with both New World and Old World producers. Any combination of grapes can be found in New World wines, whereas in Europe, there are still far more rules to be followed.

Here are a few wines to try that will demonstrate how delicious blends can be.



### MONTSANT BESLLUM

Spain **\$18.99** 874651  
A 50/50 blend of very low-yielding old Carignan and Garnacha vines grown in Cataluña, a bit south of Barcelona and 15 km from the Mediterranean. Aging in French oak has given this full-bodied red a toasty vanilla note that frames the ripe, lush red and black fruit in the mouth. Very smooth and rich, it would be a great partner to grilled red meats.



### PÉTALES D'OSOYOOS

BC VQA **\$25.00** 343103  
Perhaps the most Bordeaux-like of any of BC's many blends (Merlot, Cabernet Sauvignon, Cabernet Franc, Malbec and Petit Verdot), this wine boasts very good depth of red and black fruit on the nose with notes of raspberry, spice, chocolate and vanilla with a slight mineral edge. This is a nicely restrained wine that shows a seamless balance of fruit, acidity and tannin.



### PERRIN CÔTES DU RHÔNE RÉSERVE

France **\$17.99** 363457  
This Southern Rhône blend is based on Grenache with Syrah and Mourvèdre to add colour, tannin and black fruit. It smells and tastes like a bowl of ripe, black cherries with a sprinkling of freshly ground black pepper. Light-bodied with a wonderful creamy, full richness in the mouth, try it with roast chicken.



### LA DOMELIÈRE RASTEAU

France **\$19.99** 645655  
This wine from one of the best villages of the Côtes du Rhône is made from 40-year-old vines. Grenache gives bright, fresh, dark red fruit, Syrah gives darker colour, black fruit and spice while Mourvèdre adds depth and length to the palate. Silky with lovely freshness, there is a hint of anise mixed in with the red and black fruit.



### SEE YA LATER RANCH PING

BC VQA **\$27.99** 220145  
Merlot, Cabernet Sauvignon and Cabernet Franc make up this blend from the south Okanagan. A dusty, earthy note accents the ripeness of sweet black fruit on the nose. The palate is full, soft and round with enough acidity to give a juicy, mouth-watering character and sweet tannins give texture on the finish. Beef or lamb would be my choice for a dinner match.



### CEDARCREEK MERLOT CABERNET

BC VQA **\$19.90** 163303  
This blend has a fairly pronounced aroma of ripe black fruit with a touch of vanilla. The wine is dry with fresh acidity that pushes the tangy black cherry and black raspberry flavours. A bit of oak spice and ripe chewy tannins add interest and mouth feel to this delicious and juicy Bordeaux-style blend.

BAR  STAR

# KEVIN BROWNLEE

AT ROGUE KITCHEN & WETBAR



It's generally easy to pick out someone who was born in the Canadian prairies. Prairie folk exude warmth, which probably has to do with humble beginnings and cold winters. Kevin Brownlee was born in Winnipeg and that's where he first worked behind a bar – at the popular Muddy Waters Smokehouse in the heart of The Forks. Like most in the industry, Brownlee went through a number of hospitality positions, from expeditor to server, before he was given the opportunity to concoct his liquid creations for thirsty patrons. “You need to know all aspects of a restaurant,” Brownlee acknowledges.

In December 2005, with only \$400 in his pocket, he arrived in Vancouver. His first job was at the downtown Earls Paramount, where he spent two years as a server. In late 2008 and early 2009, Brownlee did a stint behind the bar at Centotre, a casual, upscale Italian restaurant in Edinburgh. It was during his time in Scotland that his appreciation and knowledge of rare, single-cask Scotch grew.

Brownlee's strong desire to nurture people is reflected not only in his bartending, but also in his other job, working with special needs children.

“I want to build personal relationships with people,” he says “I want to get to know them and know what they want.” He loves the stories behind classic cocktails and admits that one reason he got into bartending was because, “I wanted to be a storyteller.”

Brownlee spent some time behind the bar at Coast Restaurant before joining Rogue Kitchen & Wetbar in Gastown in 2010. He jumped at the opportunity to help open the new West Broadway location (which happens to be in his neighborhood) this past July. He enjoys working with the team at Rogue and his knowledge of craft beer (a Rogue

“I WANT TO BUILD PERSONAL RELATIONSHIPS WITH PEOPLE,  
I WANT TO GET TO KNOW THEM AND KNOW WHAT THEY WANT.” – KEVIN BROWNLEE



### ISLAY SNOWFLAKE

2 oz (60 ml) Polish vodka  
½ oz (15 ml) Galliano (can substitute any anise or licorice flavoured liqueur)  
¼ oz Ardbeg single malt whiskey (Islay malt whiskey specifically)

Combine all ingredients in a mixing glass with ice and stir until chilled.  
Strain into a chilled martini glass. Garnish with a star anise.



### PRAIRIE WHISTLE

3 dashes chocolate bitters  
2½ oz (75 ml) Canadian whisky  
3 oz (90 ml) dry champagne  
2 bar spoons Pernod  
brandied cherries<sup>1</sup> and orange slice for garnish

In a glass add bitters, whisky and ice, top with champagne and stir. Place the brandied cherries and orange slice into the glass, then layer on Pernod.

<sup>1</sup> Brandied cherries are available at most European delis.

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HE LOVES THE STORIES BEHIND CLASSIC COCKTAILS AND ADMITS THAT ONE REASON HE GOT INTO BARTENDING WAS BECAUSE, "I WANTED TO BE A STORYTELLER."

specialty) and pairing beer with food has benefited from the affiliation. "We have 30 beers on tap," he declares.

Although he modestly admits to still being somewhat *green* when it comes to the art of the cocktail, he's taking strides to better educate himself. "In the past couple of years, I've realized what a huge food and cocktail culture Vancouver has."

He recently joined the Canadian Professional Bartenders Association (CPBA) and is excited to work with the incredibly talented Vancouver members. "I want to learn from Vancouver's most inspiring [bartenders]," he says.

Brownlee also enjoys hosting themed parties, just so he can design new cocktails for his friends. Among his favourite creations right now are syrups. He's working with lavender, pumpkin and honey and he also makes his own dry apple cider.

His favourite spirits are dark – whisky, scotch, bourbon and (as a good prairie lad should) rye whisky. If you happen to catch him behind the bar at Rogue and ask him what his preferred cocktail is, Brownlee with undoubtedly state, "An Old Fashioned. It's the most complete cocktail, when made right."



### ST. LUKE'S LOVE SONG

2 to 6		brandied cherries (plus extra for garnish)
½ oz	(15 ml)	Lavender Syrup (recipes follow)
dash		Angostura bitters
1½ oz	(45 ml)	bourbon
½ oz	(15 ml)	Triple Sec
		orange peel for garnish

In a mixing glass muddle brandied cherries with Lavender Syrup and bitters. Strain liquid mix into a rocks glass. Add bourbon, triple sec and ice and stir. Garnish with an orange peel and brandied cherry.

#### LAVENDER SYRUP

½ cup	(125 ml)	water
1 tbsp	(15 ml)	lavender flowers
¼ cup	(50 ml)	sugar
½ cup	(125 ml)	liquid honey

Add water and lavender to a shallow pan and bring to boil. Once boiling, lower to a simmer and add sugar and honey, stirring for 5 minutes on low heat. Remove from heat and chill overnight. Strain using a cheesecloth and store in an airtight container for up to 10 days.

# CHAMPIONS DRINK RESPONSIBLY

“I try to beat  
everyone at tennis,  
not at drinking.”



**RAFAEL NADAL**  
TENNIS GRAND SLAM CHAMPION



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# RUM COCKTAILS



## APPLE DULCE DE LECHE (LEFT)

1½ oz (45 ml) spiced rum  
 1 oz (30 ml) Caramel-infused Vodka (recipe follows)  
 ½ oz (15 ml) fresh lemon juice  
 2 oz (60 ml) apple cider  
 3 bar spoons Cabernet Sauvignon  
 cane sugar and cinnamon for rim  
 an orange slice with cloves in it

To serve cold, combine all ingredients, add ice and stir until chilled. To serve warm, add 2 oz (60 ml) of boiling water and stir. Rim a glass with simple syrup (equal parts water and sugar) and garnish with a mix of cane sugar and cinnamon. Strain into a glass, finish with orange slice.

## CARAMEL-INFUSED VODKA

Boil water and place a 10 oz (300 ml) can of condensed milk into water. Boil for 3 hours, adding water when necessary. Set aside ½ bottle of vodka and add 5 oz (150 ml) of the can of caramel to the remaining vodka. Top infused vodka with reserved pure vodka and store for 3 days in fridge. After three days, strain the infused vodka into an empty bottle using a coffee filter.

## CALABAZA NOG (ABOVE)

1 egg (or use 2 oz (60 ml) of eggnog)  
 ¾ oz (22 ml) Spiced Pumpkin Syrup (recipe follows)  
 1¾ oz (52 ml) aged rum  
 ¾ oz (22 ml) Baileys  
 dash bitters  
 nutmeg and cinnamon stick, for garnish

Combine egg, syrup, rum and Baileys into a shaker, dry shake vigorously. Add a scoop of ice, shake again. Double strain into a glass, add bitters and some freshly shaven nutmeg.

## SPICED PUMPKIN SYRUP

1 cup (250 ml) brown sugar  
 1 cup (250 ml) water  
 ½ cup (125 ml) pumpkin purée  
 1 tbsp (15 ml) each of ginger, allspice, nutmeg, cinnamon  
 1 vanilla pod

Combine all ingredients (apart from vanilla) over medium heat, until slightly thickened. Remove from heat, place vanilla bean into syrup and chill overnight. Strain through cheesecloth and store in a covered container, in fridge, up to one week.

## MAPLE MORNING (TOP)

2 dashes orange bitters  
 ¾ oz (22 ml) maple syrup  
 2 oz (60 ml) dark rum  
 1 oz (30 ml) fresh lime juice  
 brandied cherries and lemon peel, for garnish

Combine all ingredients, shake and strain over ice into a rocks glass. Garnish with lemon peel and brandied cherries.

# SIMPLY CHIC CANAPÉS



ENDIVE LEAVES  
STUFFED WITH  
CAPONATA  
AND CHEESE

Tis the entertaining season and rather than planning a full-fledged meal with plate service why not consider an appetizer party where everyone can graze? Lots of little tastes are fun to prepare and are a great way to add flavour to a party. Eye appeal is important as is including an appetizer or two for guests who are vegetarian or have food sensitivities. We've developed a lovely spread of five different appetizers for your next festive gathering. Endive Leaves with Caponata for your veggie friends, Spicy Samosas for the truly hungry, salmon and ricotta-stuffed Zucchini Collars for those who prefer light and luscious, Mini Crab Parcels for the seafood fan and last, a sure-to-please, one-bite appie of grapes surrounded by goat's cheese and wrapped in nuts and herbs!



LENTIL AND CHICKPEA SAMOSAS



ALL DRESSED UP ZUCCHINI COLLARS

PAIRS WITH ALL DRESSED UP ZUCCHINI COLLARS



**CARMEN RESERVA VIOGNIER**

Chile **\$13.99** 604348

This bright white has aromas of lime, stone fruits, honeysuckle, mixed spice and ginger.

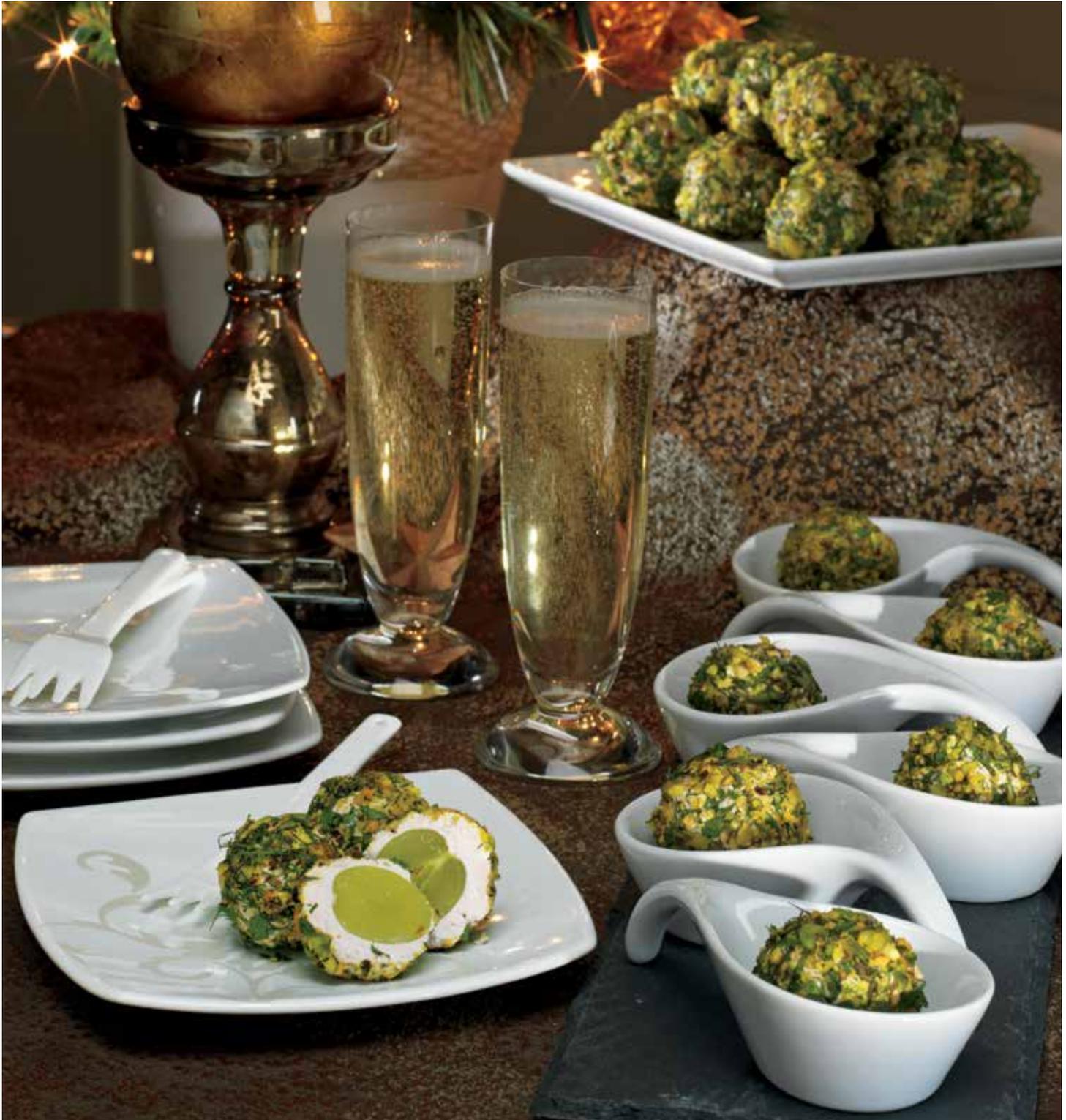
Caramel, ginger and plenty of citrus and oak spice flavours lead to a dry, tart finish.



**OYSTER BAY MARLBOROUGH CHARDONNAY**

New Zealand **\$17.99** 326728

This fragrant Chardonnay exhibits aromas of zesty citrus and stone fruit, balanced with subtle oak. Juicy white peach, green apple and a lemon creaminess all combine to yield a refreshing wine that lingers in the mouth.



HERBED GOAT'S CHEESE AND GRAPE BITES



MINI CRAB PARCELS

PAIRS WITH ENDIVE LEAVES STUFFED WITH CAPONATA AND CHEESE



**MARQUÉS DE CÁCERES RIOJA ROSADO**

Spain **\$16.99** 361188

This is a dry rosé with very fresh aromas of strawberries and rhubarb, sweet spice and a vibrant grapefruit and orange peel core. There is a touch of sweetness on the entry that is balanced by bright acidity. It offers tart, red fruit flavours and has sufficient weight to pair with any appetizer.



**BONTERRA ORGANIC ZINFANDEL**

USA **\$19.99** 69013

This full-bodied red has aromas of blueberry, black stone fruit and black pepper. Polished tannins and flavours of red berries, vanilla, black pepper and toasty oak lead to an elegant and balanced finish. The small amount of Petite Sirah blended in adds complexity to this wine.



**LORON & FILS BOURGOGNE BLANC MONTVALLON CHARDONNAY**

France **\$17.99** 525733

This full-bodied and well-balanced white is light-coloured with golden hints. It is floral and fruity with aromas of acacia and hawthorn with a round and creamy mouth feel and light, zippy, tropical fruit flavours.



**CHÂTEAU DE SANCERRE**

France **\$28.97** 164582

This Sauvignon Blanc is a pale straw colour with green highlights. The nose is classic with pronounced herbal notes and fresh citrus. Subtle fruit flavours and crisp acidity are balanced by a nice mineral undertone.



PAIRS WITH MINI CRAB PARCELS

PAIRS WITH HERBED GOAT'S CHEESE AND GRAPE BITES



**VEUVE DE VERNAY BLANC DE BLANCS BRUT**

France **\$13.99** 209023

Pale straw in colour, this easy-drinking bubble is fresh, fruity and floral on the nose. The palate shows apple and pear fruit flavours complemented by smooth velvety bubbles. This wine is perfect served as an aperitif or with soft cheeses.



**CHARTRON LA FLEUR BORDEAUX SAUVIGNON BLANC**

France **\$13.99** 626341

This elegant Sauvignon Blanc displays a pale straw colour and delightful aromatics with hints of garrigue. The palate is mouth-watering and creamy with citrus and smoky mineral flavours, leading to a bright finish in the mouth.

# PERFECT PAIRINGS **AT-A-GLANCE** PAIRINGS FOR EVERY HOLIDAY MEAL

It's the eleventh hour! You've donned your holiday togs, the candles are lit, the house is full of company, dinner's almost on the table and you've forgotten the wine! Relax. We have a quick and easy solution with a selection of twelve over-delivering bottles specifically chosen to match four popular holiday mainstays. White, red or pink, they're guaranteed to perfectly complement your family-famous turkey, lamb, ham or seafood repast. It's our pleasure to assist you in taking your meal to the ultimate level with a minimum of stress and strain. Best wishes for a happy and healthy holiday season.

## PAIRS WITH **TURKEY**



### **CUPCAKE CHARDONNAY**

USA **\$14.99** 143776

A delightful Chardonnay at an incredible price with fruit salad flavours of peach, pear and apple in your glass.



### **TRIBUNAL RED BLEND**

USA **\$19.99** 170951

Packed with blackberry, blueberry, plum and dark cherry, this is a very fruit forward wine. The wine is dry in style, medium bodied, and has ripe tannins.



### **SUMAC RIDGE PRIVATE RESERVE GEWÜZTRAMINER**

BC VQA **\$12.99** 142893

This balanced beauty shows wonderful aromas of lychee, spice and grapefruit with citrus and grapefruit on the palate and a lengthy finish with hints of spice.

## PAIRS WITH LAMB



### J. LOHR CABERNET SAUVIGNON

USA **\$21.99** 313825

This silky-smooth Cabernet Sauvignon is ripe and round with black fruit and oaky vanilla aromas. On the palate, expect rich flavours of dark ripe fruits and milk chocolate.



### ESCORIHUELA 1884 RESERVA MALBEC

Argentina **\$16.99** 770925

From the high altitude vineyards at the foot of the Andes, this rich Malbec has a deep reddish purple colour and aromas of ripe black fruit and red plum. Smooth and concentrated tannins in the mouth result in a long and firm finish with minor hints of oak.



### MISSION HILL FIVE VINEYARDS CABERNET-MERLOT

BC VQA **\$16.99** 257816

This spicy, fruit forward red shows plum, currant and dark cherry aromas, laced with subtle notes of sage and lavender. It is medium bodied with flavours of dark and red fruits, juicy acidity, and subtle flavours of spice, vanilla and a touch of oak notes.

## PAIRS WITH HAM



### ROAD 13

#### HONEST JOHN'S ROSÉ

BC VQA **\$15.99** 357327

This rosé is full of purpose and is a dry-styled rosé offering strawberry notes, spicy hints and fruit freshness to enjoy.



### MASI CAMPOFIORIN RIPASSO

Italy **\$18.99** 155051

This medium-bodied, ruby-hued wine is deep, dark and down-to-earth. Jammy raisin, spicy black cherry, cedar and toasty vanilla dominate the palate and the finish is round and harmonious.



### BLASTED CHURCH HATFIELD'S FUSE

BC VQA **\$17.99** 734475

This golden-straw coloured aromatic blend of nine varietals has mouthfilling stone fruit flavours with lychee and pineapple. Crisp lime and zesty pink grapefruit round out a palate that has a long, lingering finish.



## PAIRS WITH SEAFOOD



### OYSTER BAY SAUVIGNON BLANC

New Zealand **\$17.99** 316570

This wine has a concentration of passion fruit and tropical fruit flavours with a perfumed bouquet and refined elegance. The medium-weight fruit palate is balanced by nice, crisp acidity.



### QUAILS' GATE CHASSELAS-PINOT BLANC-PINOT GRIS

BC VQA **\$18.99** 585737

This delicious combination of grapes adds up to a wonderfully fresh, grapey palate with crisp acidity. This aromatic wine exudes fresh fruit salad in a glass.



### SANTA MARGHERITA PINOT GRIGIO VALDADIGE

Italy **\$18.99** 106450

This white wine has a straw yellow colour and aromas and flavours of Golden Delicious apples and citrus fruit. The palate is clean and bone-dry with a refreshing aftertaste.

# HOW TO SERVE FINE FRENCH FIZZ

**C**hampagne always has the potential to create quite a stir, but it all can go pear-shaped quite quickly. Open it recklessly, pour it wrong, or drink it with something unflattering and the experience hovers somewhere between ho-hum and cringe-worthy.

So here's what to do.

First, make sure the bottle hasn't been shaken, dropped, or carried in the handbag of a sashaying woman for a few blocks just beforehand. Then, either refrigerate it for a few hours, or plunge it into a bath of half water and half ice for a while ahead of time to avoid foaming and spillage. A bottle popped – cork flying, fizz spraying, mouth frothing – is never a good look; it's the vinous equivalent of a ball cap with a tux.

Next, take the chilled bottle and place it on a flat surface. Remove the foil and wire cage, place your palm flat on the cork, grasping it firmly, and use the other hand to turn the bottle. That's right: the bottle – not the cork. As you do so, release pressure from the cork until it is expelled with a gentle pffft sound. A pffft, rather than a pop, is spot on!

Here's a piece of trivia: Although champagne corks look like giant mushrooms when they're extracted, they're actually cylinder-shaped when they're inserted. They return to their original shape when soaked in water.

Next, slowly pour the champagne into flutes to about the half-way point. The other half of the glass captures aromas, which account for most of the pleasure. Olfactory glands are far more sensitive than taste buds and each tiny bubble releases inimitable aromas of rolled pastry, cooked apple and maybe a note of warm almond

or gentle violet. You'll want to leave space for that.

The wine's complexity comes from the fact that champagne must, by law, be aged for at least three years in bottle before release. Better houses exceed this limit and, of course, bona fide champagne can only be made within the region with the same name in France, centered on the towns of Reims and Epernay.

Now, if you've properly chilled, opened and poured your bubbly, you can stop right there. Maybe put on a little music. You're done. Let the fête begin.

Or you can take it up a notch by dimming the lights and serving things to amuse the bouche. But again, beware.

Far from unflappable, champagne is rather a delicate thing, quick to hide its charms in the brash company of gloppy dips, spicy meats or ripe cheeses. As for sweets, they wreck its balance altogether – making it taste like battery acid. Better skip the fruit tray.

A simple bowl of salted potato chips, popcorn or poached prawns works far better, as does smoked salmon, caviar on toast or oysters in the half shell.

No need to stop at finger food though. Champagne actually makes a fabulous dinner wine, as long as you keep the flavours understated. Richer textures also work well to offset the drink's tight seam of acidity.

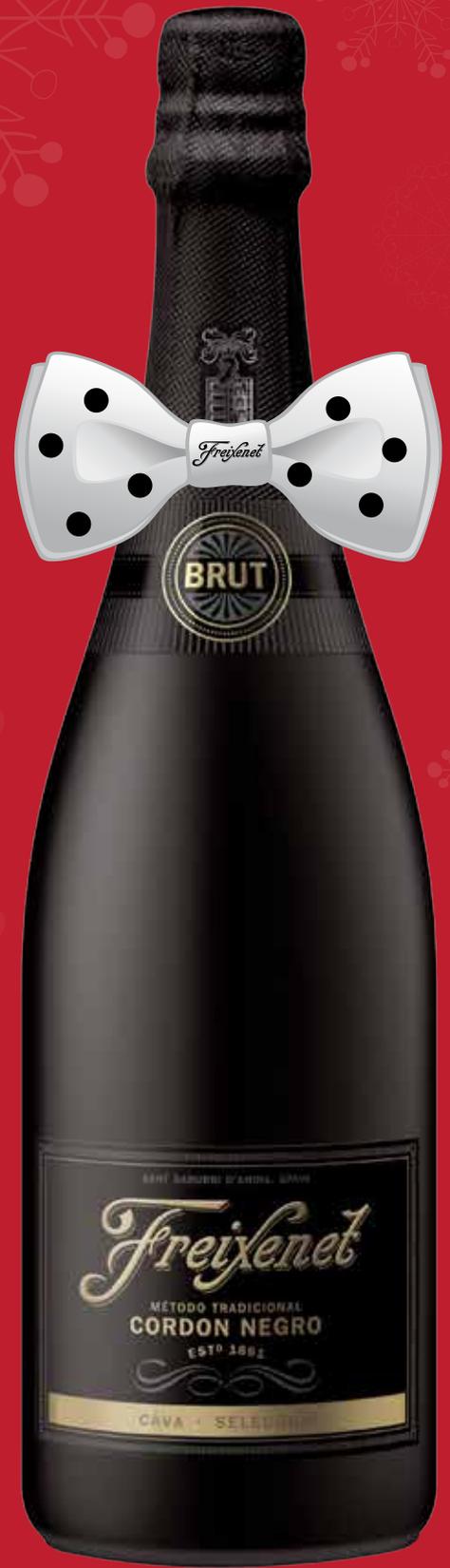
For starters, serve a plate of seared and sea-salted scallops, sautéed mushrooms and quail eggs on brioche, or warm gougères – those lovely French cheese puffs made from savoury choux pastry mixed with Gruyère cheese.

For the main, pan-fried chicken with a simple cream sauce, deep-fried halibut and French fries, or a platter of sashimi



*Freixenet*

DRESS IT UP THIS  
HOLIDAY SEASON.



Please enjoy responsibly.

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## How to Serve Fine French Fizz

OPEN IT RECKLESSLY, POUR IT WRONG, OR DRINK IT WITH SOMETHING UNFLATTERING AND THE EXPERIENCE HOVERS SOMEWHERE BETWEEN HO-HUM AND CRINGE-WORTHY.

would all be stellar choices. Poached lobster or crab can be sublime too.

Of course, drier styles go best with food. Generally, if a label has the word *brut* on it, the champagne will actually taste dry. Bottles labeled *extra sec* or *sec* are actually off-dry, while those labeled *demi-sec* are sweet. *Doux* Champagne is quite sweet, but not cloying, because champagne always has enough acidity – or tartness – to preserve that feeling of freshness on the palate.

When it comes to holiday entertaining champagne is a gem. It doesn't tire the palate, soil the carpet or disappoint the tough-to-please. It's also poured in civilized three or four ounce servings and goes as well with jazz or classical as it does with a bossa nova, Spanish guitar or your favourite Christmas carols.

What's more, it's a tasteful, last-minute, one-size-fits-all gift. Beats a sweater hands down – why warm the torso when you can warm the soul?

Time to stash some in the fridge, *non?*



### LOUIS ROEDERER BRUT PREMIER

France **\$63.99** 268771  
Reminiscent of tarte tatin – French caramelized apple flan – except bone dry, seriously crisp and layered with barely-there notes of almond, lemon, wet stones and warm bread. This bubbly is a true crowd-pleaser for all special occasions.



### PERRIER-JOUËT GRAND BRUT

France **\$61.99** 50278  
This fresh and lively champagne tingles with notes of bright citrus and Granny Smith apple, but quickly evolves in the mouth to reveal notes of warm bread and creamy lemon curd. The finish is persistent.



### VEUVE CLICQUOT BRUT

France **\$69.99** 563338  
Biscuity flavours underpin notes of crisp apple, white flowers and wet stones. Fine bubbles bead up to leave a gentle mousse on the surface. The length of this sparkle is truly resounding.



### POL ROGER BRUT CUVÉE RÉSERVE

France **\$65.99** 51953  
Expansive flavours of brioche and nut, as well as stone fruit and a certain mushroom character make this bubbly quite fetching and savoury. This wine is broad and muscular while maintaining its elegance.



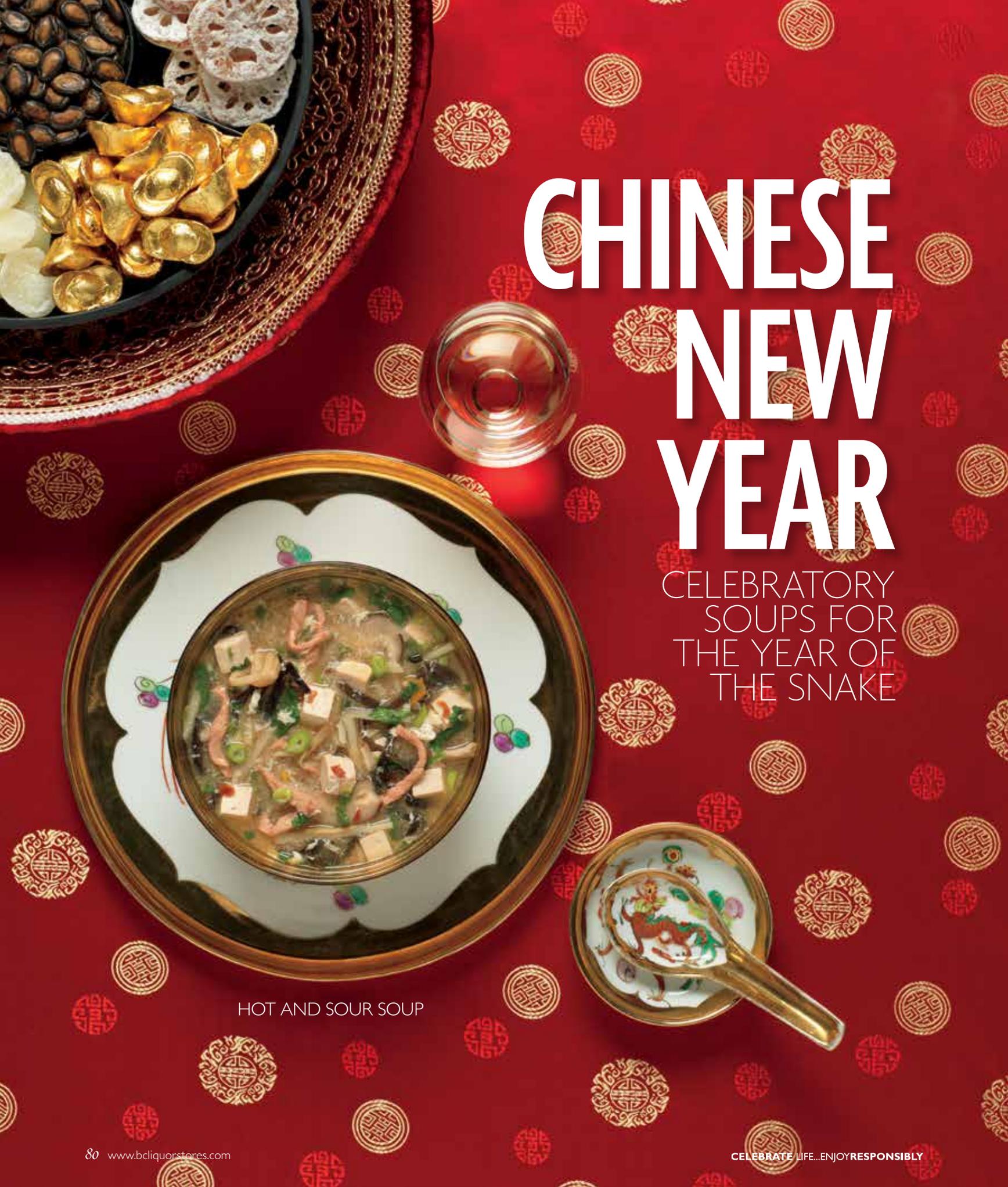
### CHARLES HEIDSIECK BRUT RÉSERVE

France **\$64.99** 31286  
A slight floral note reminiscent of violet and lilac lingers somewhere on the nose of this sparkler. This is a stylish, invigorating sparkling wine brimming with lively flavours of apricot, melon, lime and fresh pastries.



### KRUG GRANDE CUVÉE

France **\$255.00** 349688  
This top-drawer choice tastes like fine white Burgundy with bubbles. While the aromas toy with cooked apple, creamy lemon custard, buttered toast and vanilla, the attack on the palate is a harmonious melody of complexity, elegance and power. There's flavours of apple, coconut, toasted brioche, creamy vanilla and wet stones anchored by tantalizing acidity. It exudes charm in a bottle.



# CHINESE NEW YEAR

CELEBRATORY  
SOUPS FOR  
THE YEAR OF  
THE SNAKE

HOT AND SOUR SOUP

The Chinese new year lunar calendar marks 2013 as the Year of the Snake. No matter what symbolic animal the year brings, it's always a festive time for large gatherings. And no holiday meal is complete without a soup course. Here are three comforting and celebratory soups. First, there is a steaming Winter Melon and Seafood Soup, heady with shrimp, scallops and fresh crabmeat in a ginger-infused broth. Next, try the ever-popular Hot and Sour Soup, here mildly spiced and accented with Chinese mushrooms. Our version of West Lake Soup, named after the beautiful lake in Hangshou, China is rich and thick with tofu and cilantro. We've replaced the traditional beef with an elegant egg swirl of Dungeness crab. Best wishes for a happy and prosperous New Year!

PAIRS WITH HOT AND SOUR SOUP



**FETZER VALLEY  
GEWÜRZTRAMINER**

USA **\$13.99** 350843

Classic scents of lychee and rosebud lead to an off-dry palate with balancing acidity in this medium-bodied Gewürztraminer. Flavours in this wine include lychee, peach, white cherry and spice.



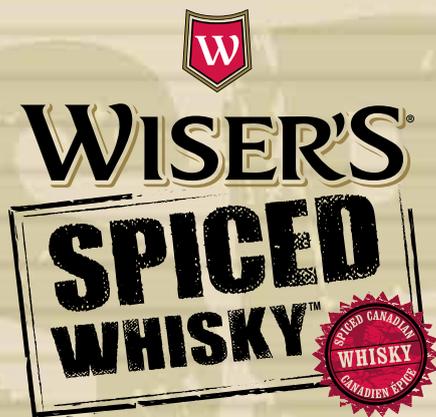
**ST. HUBERTUS DRY RIESLING**

BC VQA **\$15.75** 345009

This aromatic white has a nose of pear, apple blossom, lemon, lime and peach. The palate is fruity but just off-dry and balanced by crisp acidity. The apple, melon, mineral and cinnamon notes linger on a long finish.



WINTER MELON AND SEAFOOD SOUP



**NEW**

**THE  
UNCOMPROMISING  
TASTE OF WISER'S®  
WITH A HINT OF SPICE**

Pour 1½ oz. Wiser's® Spiced Whisky  
in a glass over ice. Top with cola or  
ginger ale. Add your favourite garnish.



For more information, please find us on

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Please enjoy our products responsibly.

NO HOLIDAY MEAL IS COMPLETE WITHOUT A SOUP COURSE. HERE ARE THREE COMFORTING AND CELEBRATORY SOUPS.

PAIRS WITH WINTER MELON AND SEAFOOD SOUP



**VILLA TERESA ORGANIC FRIZZANTE ROSÉ**  
Italy **\$16.97** 826875

This organic, pale salmon coloured rosé is bright and floral, with sweet berry and perfumed spice aromas. There are sweet cherry, cream flavours and candied citrus peel flavours in the mouth and a spritzy finish.



WEST LAKE SOUP WITH CRABMEAT

PAIRS WITH WEST LAKE SOUP WITH CRABMEAT



**WHITEHAVEN SAUVIGNON BLANC**  
New Zealand **\$19.99** 300368

This bright wine has whitecurrant, nettle, and gooseberry aromas with a grapefruit core and some jalapeño notes. The palate has fresh gooseberry and tropical fruit flavours with a long, clean finish.



**THE DREAMING TREE CRUSH RED**  
USA **\$17.99** 239384

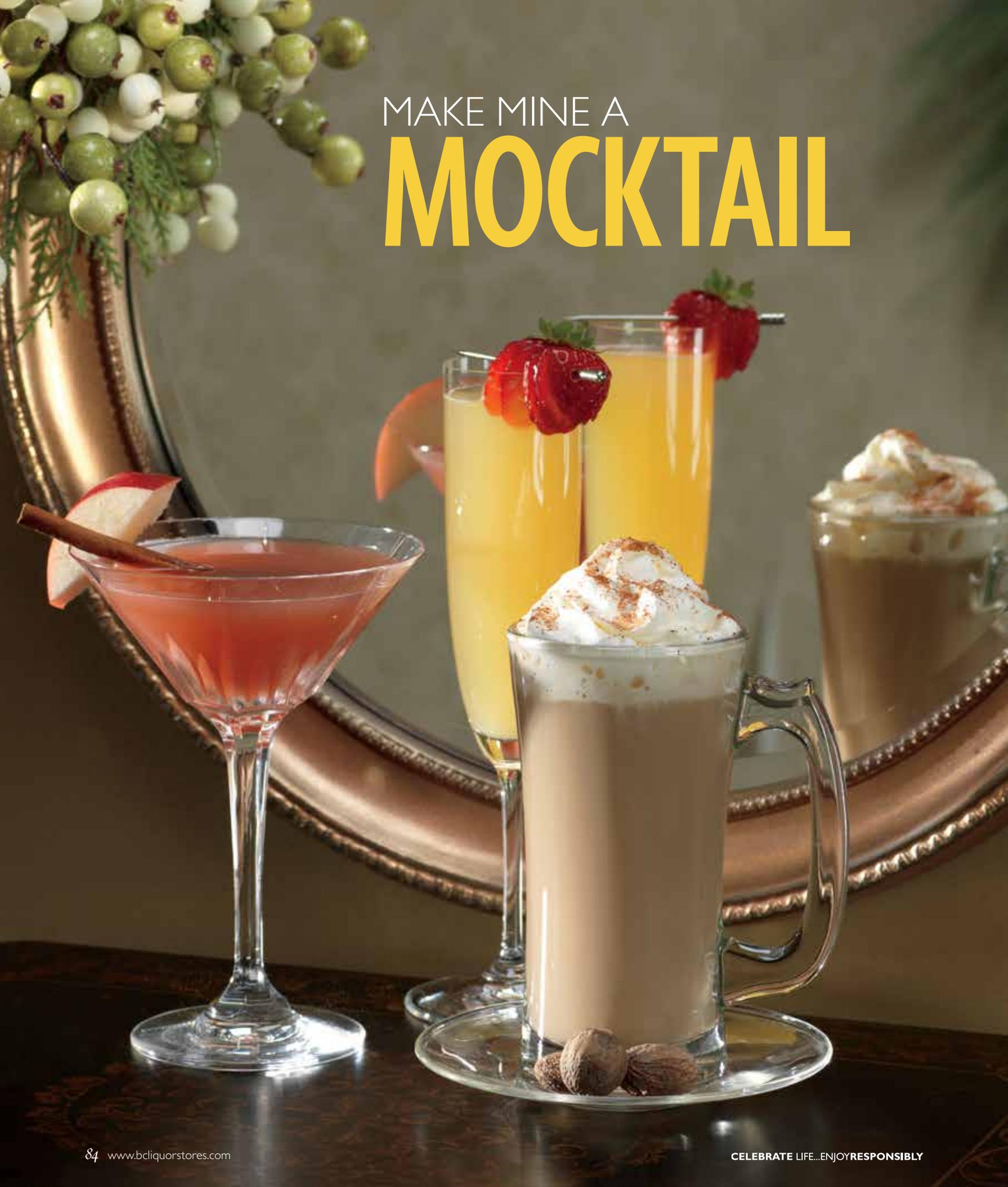
This blend of the North Coast's best varieties, Merlot and Zinfandel, is a deep red colour and features a smoky, berry note. The mouth is full of red fruit jam and a touch of bramble for good structure and length.



**MISSION HILL FIVE VINEYARDS SAUVIGNON BLANC**  
BC VQA **\$14.99** 118893

This grassy, citrus-infused white fills the mouth with green apple and gooseberry flavours and finishes with a zingy twist of lemon peel. The palate is fresh and crisp with a nice, clean citrus finish.

MAKE MINE A  
**MOCKTAIL**



# TIPS FOR THE RESPONSIBLE HOST

The holiday season is a time of celebration and reflection. It doesn't matter which tradition you follow, you can guarantee that we will all be celebrating with family, friends and loved ones. As you plan for these festive gatherings this year, please remember that in addition to making sure your guests have a great time, you are also in charge of ensuring that they drink responsibly and get home safe. A little planning ahead allows both you and your company to relax and enjoy the moment, without worrying about the end of the night.

You are also responsible for your own safety. If you are the invitee, take a moment to discuss your options before you attend an event. If you plan to have an alcoholic beverage, leave your vehicle at home and take transit, taxi or appoint a designated driver. Remember, there is no "safe" limit when it comes to driving. Even if you plan to have just one drink, it is a good idea to leave your car at home.

Here are some handy party planning tips to make sure that you, your friends and family all have a safe and happy holiday season!

## KEEP A CLEAR HEAD

As a host, consider drinking minimally or not at all. A clear head will enable you to assess and deal with any difficult situations that may arise.

You will also be in a position at the end of the evening to offer rides to guests who should not be driving.

## SERVE SNACKS

If you're not serving a sit-down dinner, be sure to have an assortment of appetizers and snacks on hand.

High-starch and high-protein foods like cheese, meat and crackers are a good choice. Be careful with overly sweet, salty or greasy offerings as these can make your guests thirsty.

## MAKE IT A MOCKTAIL

Have plenty of water, pop, tea, coffee and other non-alcoholic beverages readily available for the designated drivers, expectant mothers and other guests who may choose not to partake. Visit your local BC Liquor Store for a selection of de-alcoholized wine and beer, or check out this issue's seasonal Mocktails for some spectacular and tasty non-alcoholic drink alternatives.

## MEASURE UP

It's always a good idea to measure drinks rather than free-pouring. Mix and serve a signature cocktail yourself or appoint a trustworthy bartender. Avoid serving doubles or shooters and remember it's not necessary to immediately refill your guests' glasses when empty.

## LAST CALL

Stop serving alcohol about an hour before the party ends. This is a good time to bring out coffee and dessert, but remember that only time, not caffeine, will diminish the effects of alcohol. It's up to you to make sure your guests aren't served to the point of intoxication.

## GET HOME SAFE

You have a responsibility to ensure your guests get home safely. Be prepared to arrange rides with designated drivers, call a taxi or car service, hand out transit tickets or drive your guests home yourself (if you haven't been drinking). Inviting guests to stay overnight is also an option. Have supplies on hand (toothbrushes, toothpaste and other toiletries) for those who take you up on it.

Whatever your plan is for being a great guest or responsible host, the important point is to have one!

## APPLE-POM MOCKTINI

2 oz (60 ml) orange juice  
2 oz (60 ml) non-alcoholic apple cider  
splash pomegranate juice  
ice  
apple slice and cinnamon stick, for garnish

Pour apple cider and orange juice into a cocktail shaker with ice. Shake, then strain into a martini glass. Top with splash of pomegranate juice. Garnish with apple slice and cinnamon stick.

## CHAMPAGNE COMME-IL-FAUX

2 cups (500 ml) ginger ale  
1 cup (250 ml) white grape juice  
¾ cup (175 ml) pineapple juice  
ice  
strawberry, for garnish

Pour white grape juice and pineapple juice into a pitcher half-full of ice. Top with ginger ale, strain into champagne flute. Garnish with sliced strawberry.

## MOCHA EGGNOG LATTE

1 oz (30 ml) chocolate syrup  
1 oz (30 ml) brewed espresso  
5 oz (140 ml) eggnog, steamed  
whipped cream, to top  
nutmeg, for garnish

Combine syrup and espresso in a mug with a handle. Fill mug with steamed eggnog and top with whipped cream. Sprinkle with nutmeg.

# PINK CHAMPAGNE

VALENTINE SWEETS



PINK CHAMPAGNE  
LAYER CAKE WITH  
POMEGRANATE  
MOUSSE

Ahh... Valentine's Day. The one day a year dedicated to all things pink and heart-shaped. We embrace the occasion by featuring another traditional Valentine's Day treat – champagne! Before you pour a glass and raise a toast to your special someone, splash some of the sparkling into these sweet recipes, each made light and luscious with a touch of bubbly. Whether you choose champagne sorbet, champagne many-layer cake or champagne *fraisiers* (or all three) it will be a February 14<sup>th</sup> to remember.



PINK CHAMPAGNE FRAISIERS

PAIRS WITH  
PINK CHAMPAGNE *FRAISIERS*



**MOËT & CHANDON  
ROSÉ IMPÉRIAL**

France **\$75.00** 482026

This rosé is a clear, medium-pink in colour with fine bubbles. Red berry fruit and underlying biscuit notes predominate on the nose. The mouth is dry with rich berry fruit on a long finish.



**YELLOW TAIL BUBBLES ROSÉ**

Australia **\$13.99** 785469

Made from blending red and white wines, this bubbly has a pink hue and an appealing bouquet of wild strawberry, red cherry and sweet spice. Red grape flavours predominate with red cherry, sweet spice and tropical fruits at the forefront. Simple, fresh and spritzy.



# Let me be your latin lover.



**Introducing Naked Grape Malbec**, Argentina's favourite varietal and a bold new addition to our collection. With the smooth flavours of plum and blackberry, your taste buds will say "Hola!" Try our complete line-up of unoaked wines and join us on [f](#)

**IT TAKES CONFIDENCE TO GO UNOAKED**

Please enjoy responsibly.

Pink Champagne Valentine Sweets

BEFORE YOU POUR A GLASS AND RAISE A TOAST TO YOUR SPECIAL SOMEONE, SPLASH SOME OF THE SPARKLING INTO THESE SWEET RECIPES, EACH MADE LIGHT AND LUSCIOUS WITH A TOUCH OF BUBBLY

PAIRS WITH PINK CHAMPAGNE LAYER CAKE WITH POMEGRANATE MOUSSE



VEUVE CLICQUOT DEMI-SEC

France **\$73.95** 301721

This off-dry rosé is marked by fresh peach, nectarine and orange blossom aromas. In the mouth it has a nice balance of fruit and sweetness, retaining plenty of fresh, fruity acid structure. It's like a sparkling Vouvray but with texture and depth, nothing sugary here.



PEAR SORBET WITH PINK CHAMPAGNE

PAIRS WITH PEAR SORBET WITH PINK CHAMPAGNE



ROYAL DE NEUVILLE PÉTILLANT ROSÉ

France **\$14.99** 81661

This is a light-bodied, salmon-coloured rosé with fine bubbles. It is very fruity on the nose with spiced strawberry and citrus aromas. The palate is off-dry with a refreshing acidity that complements the red cherry and fresh strawberry fruit flavours.



VEUVE CLICQUOT ROSÉ

France **\$82.95** 945261

Bright salmon pink in colour, this wine has raspberry, wild strawberry and cherry predominating on the nose, followed by a touch of dried fruits and pastry. With red berry and citrus flavours, this bubbly is dry but with balanced acidity a mousse of fine bubbles.



FREIXENET CORDON ROSADO BRUT

Spain **\$13.97** 352369

Salmon-pink in colour, this rosé has wild strawberry, watermelon, cracked pepper and smoky aromas. The palate is full of ripe cherry, stone fruit and red berry flavours with a body that is exceptionally smooth and satiny. It is fresh, crisp and dry with a long and satisfying finish.



# SMIRNOFF® MULE THIS HOLIDAY?

SMIRNOFF + GINGER ALE + LIME

MIXING MADE  
EASY

## SMIRNOFF® MULE

1 ½ oz SMIRNOFF NO.21 Vodka  
4 oz Ginger ale  
Fresh lime juice

Combine the SMIRNOFF NO.21 Vodka,  
ginger ale and fresh lime juice  
in a shaker with ice, shake well.

Strain into an ice filled tall glass.

Garnish with a lime wedge.



f SMIRNOFFCANADA

# CONSULTANT'S CHOICE

## OUR EXPERTS SHARE THEIR FAVOURITES

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



**Peggy Padden**  
Product Consultant  
WSET Advanced

Penticton Plaza  
Signature Store  
Penticton

*"Show up with a sense of humour every day! Sharing a few laughs with customers and co-workers makes the shopping experience more fun."*



### VALLE LAS ACEQUIAS MENDOZA MALBEC OAK

Argentina **\$21.99** 466722  
Consistently good vintages have yielded another full-bodied Malbec, redolent in ripe, black cherries and spice, with soft, supple tannins on a long, smooth finish. It could easily cellar for a couple of years, but is best served up this holiday season with family and friends.



### IRISH MIST LIQUEUR

Ireland **\$34.99** 20768  
This liqueur is a blend of Irish Whiskey and honey and spice, with notes of vanilla, cinnamon and cocoa threading through the glass. A classic winter warmer that's sure to please either on the rocks or try a splash of it in coffee to put a new twist on an Irish Coffee. *Sláinte!*



**Daisy Taneja**  
Product Consultant  
WSET Advanced

Westshore  
Signature Store  
Langford

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



### VINCENT VAN GOGH ESPRESSO VODKA

Netherlands **\$42.99** 421131  
Vincent Van Gogh Espresso tastes and smells like fresh espresso coffee. Elegant and sophisticated, it is hand-crafted and double-infused with Columbian coffee beans, complemented by delicate hints of cocoa on the silky, smooth finish. Drink on the rocks or create a delicious cocktail.



### LES HALOS DE JUPITER CÔTES DU RHÔNE

France **\$23.99** 254995  
This red is a delicious blend of Grenache, Syrah and Mourvèdre with aromas and flavours of dark juicy fruits, herbs, spice and light minerality. The palate has a plush, full texture, integrated tannins and an earthy, plummy and prune long-lasting finish. Pair with lamb, roasted meats and gamey cuisines. Enjoy now or cellar three to five years.



**Carl Gilsean**  
Product Consultant  
WSET Advanced

Meadowtown  
Signature Store  
Pitt Meadows

*"I love my job, but what makes it special is YOU... our customers."*



### DE BORTOLI EMERI PINK MOSCATO

Australia **\$16.99** 588392  
Aromas of strawberry and iced tea lead to a velvety smooth palate with a gentle fizz, followed by flavours of honey, peach, cherry, melon and candied citrus peel. A glass of this off-dry bubbly is a great complement to brunch or to welcome in the New Year.



### BUFFALO TRACE KENTUCKY BOURBON

USA **\$39.99** 605063  
Warm, pleasant and complex, this premium bourbon offers rich flavours of toffee, oak, sweet vanilla and honey. It has a nice smokiness on the palate and a lingering licorice note on the finish. Try it neat, on the rocks or in your favourite bourbon cocktail.



# THE DEVELOPING BC FOOD & WINE CULTURE

While cars line up at fast food chains and crowds robotically shop for their favourite mass-marketed goods, you might think the world is programmed by the big brands. Fear not, there is a powerful movement simmering in the food and wine industry.

Behind the vast marketing budgets, flashy advertising and colourful building facades of big business chains and brands, something is happening right here in British Columbia that will forever change the food and wine culture in our province. A small but growing group of people who care about their health, their local farming community, their own and their family's future and what tastes good have created a very real and very exciting change for BC from a food and wine backwater to a place the world is taking notice of. BC is developing a very impressive and very real food and wine culture.

A food and wine culture doesn't happen overnight, but, with the right combination of great farming sites, climate and passionate chefs and winemakers, the amazing ingredients are turned into something ready for our plates, glasses and souls. With all this abundance, an exciting culture is inevitable. In BC, pieces of the food and wine puzzle are falling into place.

Many regions, and sometimes entire

countries, have renowned food and wine cultures that people drool over in everything from vacation brochures to cookbooks, magazines and television shows. Over the centuries, pockets of Europe in particular have honed the combination of ingredients, wines, dishes, passionate people and pairings into complete art forms. It is not just some brilliant individual taking a piece of chicken from the supermarket and turning it into a fascinating masterpiece, but rather a group effort that spans an entire food system from farm to table. This system stretches from a region's terroir through farmers' passion and persistence, supportive (rather than hindering) governing laws and restrictions, a collective care for the land and its future inhabitants and the dedication of certain individuals to promoting and taking a product to market. If the product is good, consumers will welcome it with enthusiasm.

Many of us are familiar with the *Appellation Contrôlée* system of France and similar versions throughout the rest of Europe, but not everyone is aware that these protective and quality-promoting systems have helped preserve not only the names of great wines but also many of the

world's most interesting, unique and important foods and ingredients. In an age of international consumerism, unique products need to be respected and protected to avoid our taste buds falling into a state of bland apathy from tasteless, mass produced, chemically enhanced food. Chain restaurants typically buy the cheapest, most uniform-looking food from the cheapest farms in the world. In small restaurants, the chef often has a close relationship with the food system of the region in which they live and can often buy the best and tastiest ingredients direct from

THE EXCITEMENT IN BC HAS REALLY COME FROM DISCOVERING A NEW RESPECT FOR THINGS AT WHICH THE PROVINCE HAS LONG EXCELLED

the farmer. In Canada, we don't have the luxury of a long culinary history with systems to protect and promote regional specialties, so it comes down to impassioned people to make it happen.

BC has seen exciting strides towards a burgeoning food and wine culture in recent years and it has not been a simple, prairie-straight road. The province has always been a melting pot of many international cultures and differing Canadian mentalities, something that adds plenty of diversity

but little direction. While diversity of food cultures helps create regional excitement, it takes a long time for it to develop into something that could be labelled "BC food and wine culture."

The excitement in BC has really come from discovering a new respect for things at which the province has long excelled. British Columbians are just starting to pound their chests with pride and realize that they live in a potential food and wine mecca. A number of regional specialty foods and ingredients are starting to emerge and, with more than 200 wineries, this bounty is propelling BC to a deeper and richer food and wine culture. Ingredients such as spot prawns, Osoyoos Lake sockeye salmon, Dungeness crab, Georgia Straight oysters, Okanagan and Similkameen Valley fruits and vegetables and Chilliwack corn are starting to gain the respect they deserve. And these make up just part of the list of things at which BC excels!

It is not just that people have suddenly awoken to find a net full of spot prawns on their doorstep, but rather that passionate individuals have seen something special that BC produces and have fought to claim it as unique to BC, share it with fellow British Columbians and help build the respect it deserves.

The international fast food chains

NEW  
BISCOTTI FLAVOUR  
BB



— Inspired by the Traditional Double-Baked Italian Biscuit —



THERE IS A STRONG PRIDE DEVELOPING IN BOTH BC WINE AND THE PROVINCE'S GREAT EDIBLE INGREDIENTS

are not exactly closing their doors, left abandoned while Vancouverites eschew the drive-through to rush to a locavore lifestyle, but changes are most certainly in the works. There is a strong pride developing in both BC wine and the province's great edible ingredients. When combined, they can rival any place in the world.

With passionate individuals in place, catching, farming, raising and hunting top-quality ingredients, it is easy to see why so many top chefs are attracted to BC. Who would not want to work with the great ocean and fresh water ingredients, the wild game, fruits and vegetables and every other unique food that grows in the diverse climates of BC and pair them with delicious wines grown nearby? All the pieces of the puzzle are here in BC. All it will take now is some time and continuing commitment to complete the beautiful picture that will be BC food and wine culture.



**CEDARCREEK MERLOT**  
BC VQA \$19.90 408666

Merlot is the most planted grape in British Columbia and this version should be great with any cut of BC-raised beef. The nose has aromas of ripe plums, raspberry, violet and hints of blueberry and licorice. The palate is dry and it has a medium body with crisp acidity, medium tannins and flavours of paprika, spice and dried sage along with black cherry and berry fruit.



**MISSION HILL FAMILY ESTATE RESERVE SHIRAZ**  
BC VQA \$22.99 761569

Shiraz from Okanagan and Similkameen Valley soils is quickly becoming a hit. This wine is a deep purple colour with intense aromas of toasty oak, damson plum, blueberry and some meaty, gamy notes making it a perfect pairing with BC wild game meat. The palate is full with medium acidity, ripe tannins, flavours of blueberry, plum, blackberry and lots of chocolate, coffee and vanillin oak.



**PELLER ESTATES PRIVATE RESERVE DRY RIESLING**  
BC VQA \$15.99 186049

A crisp BC Riesling is often the perfect match with local BC trout or practically any seafood. This very affordable wine has intense aromas of lemon sherbet, apple and peach with a slight hint of petrol, a typical and intriguing nuance of the Riesling grape. The palate shows intense flavours of Granny Smith apple, nectarine, lemon and pear and is dry with refreshing acidity and minerality on a long finish.



**SEE YA LATER RANCH PINOT NOIR**  
BC VQA \$20.00 75267

This Pinot has intense aromas of earth and sweet vegetal notes combined with cherry, strawberry, raspberry, pepper and burlap. The palate is medium in body with soft, light tannins and flavours of dried cherry, leather, peppermint, ripe strawberry and some charred meat on the finish. Its juiciness makes it a great pairing with grilled fresh-caught BC salmon, poultry and game birds.



**STAG'S HOLLOW THE HERITAGE BLOCK**  
BC VQA \$24.99 115972

Cabernet and Merlot blends from the Okanagan tend to combine both ripe fruitiness and spicy and dried sage notes. This example has aromas of ripe, dark fruits such as blueberry, plum, cassis and spice, smoke and chocolate liqueur notes with dried herb undertones. The palate has crisp acidity, firm tannins and red and black fruit intensity lingering on a long finish.



**TINHORN CREEK PINOT NOIR**  
BC VQA \$19.99 530709

The ripeness of this vintage shows through with intense ripe cherry, strawberry, floral, orange zest, clove and pepper aromas. The palate is medium in body, acidity and tannin with a silky texture and plenty of bright, ripe berry fruit such as raspberry, cherry and strawberry with a touch of vanillin oak. This would pair well with grilled BC quail or squab.

# CIN CIN

## RAISE A GLASS TO INSPIRED TRADITIONAL ITALIAN CUISINE



CinCin Executive Chef Andrew Richardson

Above the bustle of Vancouver's most famous shopping street is a tempting oasis. It's been home to one of Vancouver's most significant restaurants, CinCin (pronounced chin-chin, a famed Italian toast), for more than 20 years.

The room, split in two by a lengthy bar, glows under soft lighting. Warm decor in ochre, sage and sienna, the marble bar and tiled floors are a nod to the alluring Italian region of Tuscany. The alfresco terrace overlooking Robson Street is a haven for diners in warmer months. At the back, an open kitchen is where Chef Andrew Richardson creates his mouth-watering menus. It's a beehive of activity, yet it manages to fade into the backdrop, never detracting from the room's ambience.

Chef Richardson, a native of Newcastle, England, believes that his experiences and the places where he's worked have led him directly to this point – cooking traditional Italian food at CinCin. His notable career began in Newcastle as Sous Chef for the Michelin-starred 21 Queen Street before becoming Head Chef at its sister restaurant, Brasserie 21. In 1991, he arrived in Vancouver for the opening of the highly acclaimed Cioppino's, where he bore the title of Executive Sous Chef. Next, Richardson moved to West, CinCin's younger sibling, where he worked with Chef David Hawksworth. Chef Richardson continued to expand his repertoire with stints at the French Laundry, Sooke Harbour House, as Executive Chef at Araxi, in Whistler and Blink, in Calgary.

Since assuming his role at CinCin earlier this year, Chef Richardson has simplified the menu, "Less is often more," he states, "I want to let the freshest seasonal produce shine."

There's a traditional flow to the menu, which begins with an enticing selection of *antipasti*. Next, the *primi* (first courses) focus on daily, handmade pasta and include gnocchi, ravioli and risotto. The *secondi* (second courses) are the heartiest, offering favourites such as osso bucco, beef tenderloin and seafood from the *griglia* (grill) and *forno* (wood-fire oven).

by Daenna Van Mulligen

“The wood-fire oven is the heart and soul of the kitchen,” Richardson explains. The *forno* is also the canvas for Pizza Chef, Tomas Vangelista to create his thin-crust, Roman-style pizzas. Having recently moved to Vancouver from Northern Italy, Vangelista is the key to constructing the, “almost cracker-thin” pizzas – an alternative to the chewier, Neapolitan-style common in Vancouver.

Richardson embraces the annual mushroom and truffle menu for which CinCin is famous. Each November, this nearly hedonistic menu revolves around the venerable truffle alongside wild matsutaki and cauliflower mushrooms. This year, he featured dishes such as beef carpaccio with Boschetto (shaved truffle cheese), a risotto of wild mushrooms with the option to step it up with white or black truffle and handmade ricotta gnocchi with shaved truffle.

If you're thirsty, Wine Director Dave Marchand will certainly be able to assist. CinCin's comprehensive list contains more than 800 unique and iconic labels. As expected, there's a concerted focus on Italy, with a growing contribution of wines from British Columbia.

If you're looking for refuge during a long day of retail therapy, want to relax at the bar and enjoy a simple pizza or are seeking an exceptional dining experience, CinCin is open for lunch on weekdays and dinner each night.

*CinCin*  
1154 Robson Street  
Vancouver, BC  
604-688-7338  
[www.cincin.net](http://www.cincin.net)



SQUASH AGNOLOTTI WITH PECORINO



PEPOSO SERVED WITH POTATO GNOCCHI



TIRAMISU, BY PASTRY CHEF CHRISTOPHE BONZON



SHARE  
THE SPIRIT



GREY GOOSE  
VODKA  
DISTILLED AND BOTTLED  
IN  
FRANCE  
IMPORTED 750 ML



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GREY GOOSE AND THE GREY GOOSE DEVICE ARE REGISTERED TRADEMARKS. VODKA - 40% ALC. BY VOL.



PAIRS WITH SQUASH AGNOLOTTI WITH PECORINO



**CEDARCREEK CHARDONNAY**  
BC VQA \$17.90 237974

This golden straw-coloured, aromatic white has a nose of almonds, pineapple and a hint of oak. Flavours of baked apples and ripe melon are balanced by nice acidity and buttery nuances.



**ROCCA DELLE MACIE CHIANTI CLASSICO**

Italy \$19.99 308510

This classic blend of Sangiovese, Merlot and Canaiolo is a ruby-red colour with an intense nose of cherry, wild berries, violets and a hint of oak barrel. Savoury and full-bodied on the palate, this wine shows persistence of the bouquet and great length in the finish.



**VILLA ANTINORI TOSCANA**  
Italy \$26.99 104885

This blend of Sangiovese, Cabernet Sauvignon, Merlot and Syrah is ruby red with a complex nose of spices, mint, chocolate and notes of ripe cherries. On the palate it is round with supple and velvety tannins complementing the fruit and savoury flavours.



**DA VINCI CHIANTI**  
Italy \$17.99 684720

This easy-drinking Chianti is clear, ruby red in colour with aromas of ripe plums, cherries and fresh, red fruit accented by peppery notes. It is a well-balanced and medium weight wine with flavours of ripe plums, cherries and spicy, red fruit.



PAIRS WITH PEPOSO SERVED WITH POTATO GNOCCHI

PAIRS WITH TIRAMISU



**TAYLOR FLADGATE 20-YEAR-OLD TAWNY PORT**  
Portugal \$69.99 149047

An intense amber colour; this opulent tawny has a nose of complex spicy, jammy and nutty aromas with hints of orange flower and fine oak coming from aging in casks. The palate is nutty and spicy and has a long, mellow finish of toffee, vanilla and orange rind.



**SUMAC RIDGE PIPE**  
BC VQA \$24.99 713750

This oloroso port-style dessert wine exhibits aromas of chocolate, flowers, plum and dark berry. The palate is sweet and intense, with flavours of ripe cherry and blackberry with hints of fig, spice, vanilla and hazelnuts.



CANDIED GINGER,  
CRANBERRY AND  
WHITE CHOCOLATE  
SHORTBREAD

by Nathan Fong

# A NEW FLAKE ON SHORTBREAD



DARK CHOCOLATE AND  
MOCHA SHORTBREAD

This legendary Scottish biscuit is made from three simple ingredients, flour, sugar and butter. There are numerous styles: classically baked in a decorative mould, a round cut into wedges or the more contemporary, lighter “whipped” variety. Whatever its shape, shortbread, with its rich, flaky character, remains a holiday favourite. Here are four contemporary variations. For coffee lovers we present a show-stopping coffee bean-shaped Cappuccino Shortbread or a marbled mocha shortbread drizzled with dark chocolate. For a sweeter touch, try the buttery finger-style Toffee Crunch Shortbread and for true holiday flavour nothing beats shortbread studded with candied ginger, dried cranberries and white chocolate.



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A New Flake on Shortbread



TOFFEE CRUNCH SHORTBREAD

PAIRS WITH TOFFEE CRUNCH SHORTBREAD



**BAILEYS CARAMEL IRISH CREAM**

Ireland **\$28.99** 146621

This version of Baileys liqueur is made from a perfect blend of Irish cream, Irish whiskey, caramel flavour and the finest spirits. Best served over ice, poured over ice cream or to liven up specialty coffee.



**PHILLIPS BUTTER RIPPLE SCHNAPPS**

USA **\$21.45** 888412

Delightful aromas of praline and butterscotch lead to a palate that is smooth and creamy with flavours of nuts and caramel. This schnapps has a rich, butterscotch taste but is not too sweet. Try it on ice, over ice cream or with these special shortbread cookies.



PAIRS WITH DARK CHOCOLATE AND MOCHA SHORTBREAD



**CABOT TRAIL MAPLE CREAM**

Canada **\$29.99** 584524

Cabot Trail is a cream liqueur made with pure Grade A Canadian maple syrup, fresh cream and rum. An authentically Canadian product, Cabot Trail has a distinctive natural maple syrup taste and aroma. It may be enjoyed on ice, in cocktails or mixed with coffee.



# ALL NEW LOOK. SAME SMOOTH TASTE.



OFFERING AWARD WINNING WHISKY SINCE 1858



2012 INTERNATIONAL WINE AND SPIRITS COMPETITION SILVER MEDAL  
*Canadian Club Premium, Canadian Club Reserve & Canadian Club Classic*

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*Canadian Club Premium*



2012 SAN FRANCISCO WORLD SPIRITS COMPETITION SILVER MEDAL  
*Canadian Club Classic*



A New Flake on Shortbread

PAIRS WITH DARK CHOCOLATE AND MOCHA SHORTBREAD



**QUADY ELYSIUM  
BLACK MUSCAT**

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

PAIRS WITH CANDIED GINGER, CRANBERRY AND WHITE CHOCOLATE SHORTBREAD



**SPICEBOX SPICED WHISKY**

Canada **\$25.99** 169987  
Inspired by the story of a Prohibition-era Canadian bootlegger who sold whisky in wooden barrels stamped with the word "spices," this small-batch blend of rye whisky is infused with nutmeg, cinnamon, cloves and vanilla. Great for enjoying on the rocks or mixed with cola or ginger ale.



CAPPUCCINO SHORTBREAD

PAIRS WITH CAPPUCCINO SHORTBREAD



**SOHO LYCHEE LIQUEUR**

France **\$25.49** 532234  
Clear and colourless, this exotic liqueur has an intense floral and lychee nose which is followed in the mouth by sweet lychee and melon flavours. Try in fancy mixed drinks, a vodka-based martini or over fruit salad.



**TIA MARIA**

United Kingdom **\$25.45** 630913  
This rich liqueur is an exotic infusion of natural vanilla and the finest roasted coffee, complemented with a touch of Jamaican rum. Rich copper and golden amber tones blend with an enticing caramel nose to make it an ideal mixer, or enjoy over ice with dessert.



**BAILEYS WITH A  
HINT OF COFFEE**

Ireland **\$28.99** 460485  
Serving up all the smooth taste of original Baileys, this Irish Cream variation is blended with the rich, roasted flavour of coffee. It is best served over ice or in your favourite specialty coffee with dessert.



David Gunawan, Executive Chef, Wildebeest



# CELEBRITY CHEF

## DAVID GUNAWAN AT WILDEBEEST



**P**repare yourself for the marriage of beauty and the beast or, in this case, the seasonally focused Wildebeest and a terrific cook, David Gunawan, who creates beautiful plates, including some from beastly parts. The wildebeest, a member of the antelope family, is named for its menacing appearance, but the reality is quite the opposite. In fact, this creature is an easy food source for the many predators that roam the African savannah. It seems only fitting for a new Gastown eatery with a nose-to-tail cooking philosophy (where no part of the animal is left uneaten) to take its name from this seemingly intimidating animal that feeds so many. This contemporary eatery, owned by restaurant entrepreneurs James Iranzad and Josh Pape, is housed in a refurbished 19<sup>th</sup> century building, where the adventurous and passionate Gunawan cooks some deliriously enjoyable meals. Born in Singapore, he relocated to the US at age 17, where his restless spirit led him through many experiences, including working with some of the best in classical French cooking and new wave, cutting-edge Nordic-Scandinavian cuisine. After stopovers in Spain, he finally ended up in Vancouver at West restaurant and then Gastropod. Gunawan is part of the new breed of young Vancouver chefs; classically trained with a European pedigree, who uses that knowledge to break through the boundaries of the familiar and comfortable dining scene. At Wildebeest, he has proven himself to be one of this city's brightest culinary talents.

**You have a bachelor's degree in civil engineering from Purdue University but you opted out of that and became a chef. How did that happen?**

Becoming an engineer wasn't something I actually wanted to do. It was more of a parental obligation and family pressure. I

went straight into a kitchen right after university and didn't even attempt to use my degree. I was born in Singapore and came up through the British educational system. You didn't have time to ask yourself what it was you really wanted to do. It was just a heavy form of inertia, where you were carried forward by the system. When I arrived in the US at 17, it was eye-opening. There was this sense of freedom and independence that American kids had at their fingertips. For me, this was life changing. But I guess you could say cooking has always been a big part of my close-knit family. As a boy, I grew up cooking with my grandmother. As for engineering, I think that type of analytical thinking has helped me in the kitchen.

**Did you have a mentor as you were coming up through the cooking world?**

I moved around a lot in the early part of my career, so I'm not sure I had one specific mentor but two people do come to mind. In Chicago, I worked at Les Nomades, a classic French restaurant under the direction of the great chef, Chris Nugent. He exposed me to a new level of professionalism, the discipline and dedication it takes to become a chef, what to strive for, and to understand that this business really is a *business*. Second, I worked with Angus An at Gastropod — he now helms the amazing Maenam Thai restaurant on 4<sup>th</sup> Avenue. Angus led me in a more playful and creative direction in cooking and taught me to break some boundaries.

**People were surprised when you left West restaurant. For some, that would be the pinnacle of working in a Vancouver kitchen. Why did you leave?**

Well, West is an iconic restaurant and

David Hawksworth taught me a lot. I'm grateful for all the opportunities West provided for me. But I felt I'd reached a plateau and had to set out on my own to find my voice and my culinary identity.

**So you took a sabbatical and went to Europe?**

I went to Belgium first and worked at the Michelin-starred In De Wulf restaurant with chef Kobe Desramaults. Then I spent some time working at the Nordic Food Lab, which was founded by Noma chef Rene Redzepi and gastronomic entrepreneur, Claus Meyer. These two people are truly changing our perspective of cooking and ingredient sourcing.

**Now that you've made the move from the South Granville scene to Gastown, how are you finding the change?**

I believe Gastown is a good environment for the change in food thinking. The area attracts people with open minds and restaurants like Wildebeest and L'Abattoir are leading the way. We feel more courageous, more adventurous and the new restaurants being established in Gastown are breaking away from the norms. I think Vancouver is still attached culturally to an Old World mentality. In Gastown, we feel we can break some boundaries.

**Is nose-to-tail cooking the concept behind Wildebeest?**

We don't think of it as a concept. It's really about sustainability and the sense you should use every part of the animal. Instead of just using the prime cut, why not the whole animal? For us, it's actually a kind of respect, even a reverence for the animal. I know, for example, where the pig I use was raised and what it ate and how it was treated and all of that

translates into the food. I'm proud to say we use every part of an animal.

**You have strong relationships with local urban farms like SOLEfood Farm. What do you look for in purveyors before using their products?**

Most important are integrity, sincerity and quality.

**What's your favourite recipe that highlights local ingredients?**

It's our heirloom radishes with honey yogurt, beet sorbet and crunchy bits (made with dehydrated malt, hazelnuts and beer). In season, we add watermelon radishes, a daikon relative. They're pale green and pink on the outside; inside, it's a beautiful fuchsia colour.

**Is there any place in the world you would love to travel to for the food?**

I like where the Old World meets the New World and young, creative minds are using old techniques and new technology. Mexico is getting a lot of buzz these days, as is Brazil. I like a restaurant where you know what season it is by what appears on your plate. I really loved San Sebastian in Spain. Spaniards embrace food culture 24 hours a day. Where our form of entertainment is TV, they like to go out, eat, drink and socialize until the wee hours of the morning.

**On that note, do you have a go-to wine that you prefer with food?**

I'm not really a wine guy, but I do like a good rosé. I concentrate on the cooking and I'll drink whatever is put in front of me and find pleasure in it. At the same time, I feel I can match any food to wine. I think you want the food to match the wine, not the wine matching the food. The wine is what it is, it's not going to change but the food can.

# GREEN CHRISTMAS

**C**hristmas is about gathering with friends and family to celebrate but how do you do it without a personal carbon footprint the size of a Sasquatch's? It's a time of giving, so why not give the ultimate gift to Mother Nature herself, by creating an earth-friendly holiday? Here are some sustainable tips for enjoying the holiday season and saving the planet.

## FOOD

Make your festivities greener by buying local and supporting small suppliers. Track down an organic turkey raised in your area. If possible, shop for fruits and vegetables piled (without packaging) in bins at farmer's markets. Purchase liquid refreshments in larger formats to generate less waste. Avoid paper and plastic plates when entertaining.

## WINE NOT?

Get the party going with organic wines, lightweight bottles, Tetra Paks or cask wines. Packaging in heavy bottles is now being rethought, because they're expensive to ship, don't fit many wine racks and they take up valuable space in wine coolers. Look for bottles that advertise lighter weight glass on their labels or neck tags. Boxed or cask wines may conjure images of '80s California hot tub parties fuelled by oaky Chardonnay, but they have an airtight plastic container that packs the equivalent of several bottles in one box and makes a fine wine-preserving alternative to glass. Many wines now arrive in Tetra Paks, a layered packaging material that is much lighter than glass and is recyclable too.

Lift a glass of organic wine. Organic means it's made naturally with no chemicals in a biologically sustainable way. It won't be long before organic wines become the industry standard. It's just the right thing to do for the vines and also,

many winemakers believe natural grape growing methods produce better wine. Organic and biodynamic (a step up from organic) wines are now being made all around the globe, from Canada and Europe to the southern hemisphere.

The Cipes family owns Summerhill Pyramid Winery, British Columbia's first Demeter-certified<sup>1</sup> biodynamic vineyard. They recently released their Summerhill Alive White that is a certified organic blend of Pinot Gris, Gewürztraminer and Riesling and there's an added bonus that one dollar from every bottle sold will benefit the David Suzuki Foundation. If you're vegetarian or vegan, pick up a bottle of the Yalumba's Organic Shiraz from South Australia. It's certified organic and fermented with wild yeasts. Argentina and Chile are joining in – Ranacer Punta's Final Malbec has made a commitment to carbon neutral global shipping and Carmen, Chile's oldest wine brand, uses lightweight bottles for their Reserva Sauvignon Blanc. The grapes for Cono Sur Chardonnay, grown organically in the San Antonio Valley, are picked by hand. Italy's Ciao Organic Sangiovese is one of the most inexpensive reds for an organic wine, and it's distributed in environmentally friendly, recyclable one-litre Tetra Paks.

## CARDS AND WRAP

Go green and save money and trees with holiday e-cards. If you prefer sending cards the traditional way, then choose ones made from recycled paper or those that support a charity, such as UNICEF.

To eco-wrap gifts, use fabric, maps of wine regions, last year's food calendar, takeout menus, leftover wallpaper, children's drawings or interesting pages pulled from a magazine or an outdated coffee table tome. If you do buy wrapping paper, look for 100 percent recyclable or unbleached paper that's high quality, devoid of glitter or metallic ink and was manufactured in Canada. Finally, there's the gift tag. Cut up last year's Christmas cards and turn them into gift tags. Or label a gingerbread cookie or a salt-dough ornament and watch the tag move directly from the present to the tree.

## DECORATIONS

Forget store-bought and keep the green going with personalized ornaments for your tree. With a hole punch and a bit of ribbon or raffia, the fronts of last year's Christmas cards can be turned into decorations for your tree. Hang cookie cutters for cutting

<sup>1</sup> The Demeter Biodynamic Trade Association, known as the DBTA, is a membership organization for Demeter Certified Biodynamic farms, vineyards, wineries, dairies, food processors, traders and distributors.





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[ yellow tail ]<sup>®</sup>

colour in your life

# Green Christmas

edge ornaments. Hang doilies for a snowflake look. Decorate the tree with family snapshots. Make a popcorn and fresh cranberry chain for an eco-friendly garland, or combine dried apples and dried oranges for one that's beautifully fragrant. Bake a few batches of Christmas cookies and, while they're still warm, pierce a hole for ribbon or raffia to slide through and hang on the tree. For a new cookie ritual, invite family and friends to raid the tree. Replace on a regular basis.

For mantelpiece decorations, go for a hike and grab some pine cones, chestnuts, dried leaves and branches that have fallen off the pine trees and have fun coming up with your own arrangement.

For a festive table centerpiece, instead of flowers, how about the following ideas:

- Fill a large, stemmed glass bowl with unshelled walnuts, pecans and kumquats.
- Pile colourful pomegranates and unshelled walnuts in a red lacquer or porcelain bowl.
- Use your devilled egg plate to create another attractive centerpiece by placing mandarin oranges on their sides in each indentation. Pile a few more oranges on top and decorate with holly or Christmas greenery.
- For an easy but striking centerpiece, take the tissues that envelop mandarin oranges and spread them flat. On a glass plate, place an orange on top of each tissue and arrange in a pyramid. This is an easy but striking centerpiece.
- For instant candleholders, recycle green wine and/or glass water bottles. Use eco-friendly beeswax or soy candles – they biodegrade and are smoke free. (Paraffin ones are made from petroleum residue.)

As Kermit the Frog lamented, "It's Not Easy Being Green," but being green is actually a lot easier than you think.



## CARMEN RESERVA SAUVIGNON BLANC

Chile **\$12.99** 415604

Aromas of gooseberry and lime dominate the nose of this refreshing white, while aromas of green pepper and asparagus add complexity and depth. This wine has a long finish that is clean and persistent. Enjoy it as an aperitif and with any kind of seafood, especially oysters, shrimp and fish, as well as white meats and salads.



## RENACER PUNTO FINAL MALBEC

Argentina **\$15.99** 455980

Dark berry and leather aromas lead to a big mouthful of black cherries, cranberries, jammy blackberry and blueberry. There are layers of earthy spices, vanilla, cocoa and a touch of toasted oak in a soft and lightly tannic palate with spice box and chocolate on the finish. A classic Argentinian Malbec screaming out for grilled sausages and red meats.



## YALUMBA ORGANIC SHIRAZ

Australia **\$16.99** 563015

Sourced from three organically certified vineyards and then fermented with wild yeast naturally present on the grapes in the vineyard, this wine is bursting with aromas and flavours of plum, red cherry and mulberry. It is an excellent wine to complement organic grilled vegetables and meats.



## SUMMERHILL ALIVE ORGANIC WHITE

BC VQA **\$19.95** 22574

This is an aromatic blend of Pinot Gris, Gewürztraminer and Riesling resulting in a bright and light dry wine with notes of ripe pear, white peach, minerality and gooseberry. It pairs great with seafood, halibut, grilled chicken, pasta in white sauce and fruit and cheese platters.



## CIAO ORGANIC SANGIOVESE TETRA PAK

Italy **\$14.99** 340711

Lively ruby red in colour, this easy-drinking red has a nose of red and black fruits with a spicy edge. The palate is soft and fresh with licorice, milk chocolate and sweet fruit undertones and some grippy tannin in the finish. This would be great with antipasto, cheese platters and pastas with red sauce.



## CONO SUR ORGANIC CHARDONNAY

Chile **\$14.49** 471367

Cono Sur Organic Chardonnay is a golden yellow colour with a refreshing, citrusy nose and light mineral notes. This young wine is fresh with well-balanced tropical fruit notes and citrus acidity. Try it with sole or salmon, vegetable soups or passion fruit desserts.

FROM THE  
WINTER **SEA**



SHRIMP IN  
VERMOUTH  
SAUCE

We often associate fish and seafood with sunny, summer days, but don't be tempted to leave healthful gifts from the ocean out of your winter diet. Prepared in a hearty way, seafood makes a marvellously warming meal on a cold, wet day. Try cooked-just-right shrimp dipped in savoury vermouth-flavoured butter sauce, or a potato and caper-topped creamy fish and seafood pie. Monkfish may have a less-than-appealing exterior, but its flesh is firm and dense with a mild, sweet taste similar to scallops or lobster. Try it matched perfectly with a rich tomato and pepper sauce on a freezing winter night.



FISH PIE WITH RÖSTI CAPER CRUST

PAIRS WITH FISH PIE WITH RÖSTI CAPER CRUST



**KIM CRAWFORD SAUVIGNON BLANC**  
New Zealand **\$20.49** 100594  
This Marlborough white is a pale yellow-green colour with lively aromas of lime, stone fruits and herbs. Its bright complexity and crisp acidity combined with flavours of guava and grapefruit make this an ideal wine for seafood fare.



**CEDARCREEK PINOT GRIS**  
BC VQA **\$17.90** 561175  
A pale yellow with pink tinges in colour, this crisp white smells of peaches and cream. Flavours of peach and hints of melon in the mouth are balanced by a nice acidity and citrus notes from the small amount of Chardonnay added to balance the wine.

PERONI



LA  
DOLCE  
VITA



PERONI  
ITALY

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From the Winter Sea

FOR RECIPE INDEX, PLEASE SEE PAGE 149

PREPARED IN A HEARTY WAY, SEAFOOD MAKES A MARVELLOUSLY WARMING MEAL ON A COLD, WET DAY

PAIRS WITH SHRIMP IN VERMOUTH SAUCE



**SANDHILL HIDDEN TERRACE PINOT GRIS**  
BC VQA **\$18.99** 169060  
This white is a bright, straw yellow colour with fresh aromas of Bartlett pear, ripe apple, white peach and a touch of tropical fruit. It's a medium-bodied wine with refreshing acidity and flavours of green apple, green pear and honeydew melon. Hints of spice linger on the oily and textural finish.



MONKFISH WITH RED PEPPER AND TOMATO SAUCE

PAIRS WITH MONKFISH WITH RED PEPPER AND TOMATO SAUCE



**MARQUÉS DE CÁCERES RIOJA**  
Spain **\$19.99** 345108  
Ruby red in colour with an intense bouquet of blackberry and blueberry, this Rioja has some floral notes and a hint of spice. Made from predominantly Tempranillo grapes, this red is full-bodied with a nice balance of fruit flavours and smooth tannins.



**LA CREMA SONOMA COAST PINOT NOIR**  
USA **\$28.99** 366930  
Aromas of lush cherry and red plum, with hints of black tea and cola characterize the nose of this Pinot Noir. On the palate, flavours are ripe and elegant, centering on red cherry and spice with a touch of earthiness and dark chocolate. A rich, juicy mid-palate and juicy acidity lead to plush tannins on the finish.



**ADOBE RESERVA ORGANIC CHARDONNAY**  
Chile **\$14.99** 97527  
This organic white is clear, bright yellow with refreshing citrus aromas of grapefruit and lime intermingling with subtle tropical fruit and a touch of herbs. It is fresh and juicy, with citrus and tropical fruit notes on the palate along with delicate notes of cashew. It's wine with good persistence and balance and a fruity, enjoyable finish.

PUT SOME  
**MUSTARD**  
ON IT!



WARM TOMATO SOUP  
WITH MUSTARD ICE CREAM

There is more to mustard than the bright yellow condiment seen slathered on a summertime hotdog. Mustard's tart, tangy and sometimes spicy flavour is just as flavourful during the colder months. One of the most widely used condiments in the world, mustard is made from the seed of the mustard plant, the leaves of which are also enjoyed by some. Mustard seeds come in several colours ranging from golden to brown and black. Mustard is so versatile that it enhances everything from vegetables, starches and meats to fish and fruit. Once you start cooking with mustard, don't be surprised if you start reaching for it as often as salt and pepper.



SPICED PEAR FLATBREAD WITH MUSTARD CREAM

PAIRS WITH SPICED PEAR  
FLATBREAD WITH MUSTARD CREAM



**RED ROOSTER RIESLING**  
BC VQA \$16.99 498840

This medium-bodied Riesling is clear and bright with aromas of lemon, lime, grapefruit, green apple, mineral and white flowers. It has a refreshing acidity and minerality that restrains the moderate sweetness, with tangerine, orange, pineapple and green apple flavours on the palate.



**SUMAC RIDGE PRIVATE  
RESERVE UNOAKED  
CHARDONNAY**

BC VQA \$13.99 273128

This unoaked white has a nose of crisp orchard fruit and a soft, vanilla note. It is well balanced with flavours of peach, pear and apple with a creamy butter note lingering on the finish.



# CERVEZA.



 CORONACANADA



Put Some Mustard On It!

FOR RECIPE INDEX, PLEASE SEE PAGE 149



MUSTARD GREEN AND PECAN PESTO PASTA WITH SHRIMP

MUSTARD'S TART, TANGY AND SOMETIMES SPICY FLAVOUR IS JUST AS FLAVOURFUL DURING THE COLDER MONTHS

PAIRS WITH MUSTARD GREEN AND PECAN PESTO PASTA WITH SHRIMP



**BATASIOLO BARBERA D'ALBA**

Italy **\$16.99** 311555

This deep, ruby-coloured wine has a pronounced nose of blueberry and raspberry with hints of earthiness. It is medium-bodied with flavours of cooked, dark fruits and has fine tannins to give it a crisp and lively finish.



**CALITERRA TRIBUTO SAUVIGNON BLANC**

Chile **\$17.99** 140038

This crisp white is greenish-yellow in colour with subtle aromas of asparagus, lemon peel and mandarin orange with light mineral and vegetal notes. The palate reflects the fresh fruit, herb and mineral notes which give it good volume and a long, crisp finish.





ORIGINALLY CRAFTED  
FOR THE HOLIDAYS





Put Some Mustard On It!

ONCE YOU START COOKING WITH MUSTARD, DON'T BE SURPRISED IF YOU START REACHING FOR IT AS OFTEN AS SALT AND PEPPER

PAIRS WITH WARM TOMATO SOUP WITH MUSTARD ICE CREAM



**SANTA CRISTINA  
CHIANTI SUPERIORE**

Italy **\$19.45** 130625

This Chianti is a ruby red colour with purple highlights and aromas of red cherries and a light scent of vanilla from the oak aging. On the palate it is full of soft and velvety tannins with an aftertaste of ripe, red fruits.



TEMPURA GREEN BEANS WITH SWEET AND SOUR MUSTARD

PAIRS WITH TEMPURA GREEN BEANS WITH SWEET AND SOUR MUSTARD



**WHITE BEAR  
SAUVIGNON BLANC**  
BC VQA **\$13.99** 23812

The nose of this fresh white is floral and herbal with notes of stone fruit and lemon drops. On the palate expect tastes of honey, fresh melon and a hint of citrus.



**GIESEN SAUVIGNON BLANC**

New Zealand **\$16.99** 298679

Pale yellow in colour with green hues, this wine's aroma is of fresh tropical fruit, lemongrass and fresh herbs. It has good fruit weight on the palate with flavours of gooseberry and citrus fruits. A surrounding juicy, pure acidity gives it a zesty exuberance and a fresh dry finish.



**UNDURRAGA SIBARISA  
RESERVA PINOT NOIR**  
Chile **\$13.99** 761205

This Pinot Noir is ruby red in colour with aromas of fresh red berries and a touch of earth and spice. Rich, ripe, red fruit flavours on the palate are balanced by the earthy notes that lead to a smooth, silky texture.



**Rickard's White**  
*Camembert*



**Heineken**  
*Havarti*



**Rickard's Dark**  
*Asiago*



**Rickard's Blonde**  
*Aged Cheddar*



**Corona Extra**  
*Ricotta*



## BEER & CHEESE PARTY

Surprise your guests with a refreshing take on a traditional cocktail occasion and invite them over for a Beer & Cheese party. These two natural partners have been served together since the dawn of civilization and for good reason. Beer and cheese share so many flavours in common that matching up tastes is fun and easy. Below you'll find some delicious pairing suggestions to take the guesswork out of beer and cheese.



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Canadian Cheddar



**Coors Light**  
Provolone



**Rickard's Red**  
Champfleury

t h e b e e r h o s t . c a

THE  
**LIME** IN  
WINTER

BUTTERMILK LIME  
PANNACOTTA

Citrus fruits are at their best during the winter months. Noted for fresh, zesty fragrance and nutritious juice, citrus is essential for vitamin C, especially useful during cold and flu season. Out of all the citrus family, the lime is one of the most popular, delicious in both sweet and savoury dishes. Key limes, used here in our caramelized banana tarts, are smaller and juicier than their most readily available counterparts, Tahitian limes. Lime and coconut is a classic tropical pairing, here combined in a rich and spicy chicken curry. And to prove the worldwide popularity of the lime, we end with an smooth and sweetly tart Italian lime and buttermilk pannacotta.



LIME AND COCONUT CHICKEN CURRY

PAIRS WITH LIME AND COCONUT CHICKEN CURRY



**CALONA ARTIST SERIES UNOAKED CHARDONNAY**

BC VQA **\$13.49** 364323

This medium-bodied white is straw yellow in colour with aromas of ripe apple, blossoms, stone fruit, pear and a touch of tropical fruit. It is slightly rich and soft on the palate with flavours of red apple and pineapple. Refreshing notes of lime, orange and green apple develop on the finish.



**OYSTER BAY SPARKLING CUVÉE ROSÉ**

New Zealand **\$22.99** 772079

The zesty Chardonnay fruit brings finesse and the fragrant rich Pinot Noir brings soft, red berry fruit characters to this sparkling wine. Its lively bubbles occur from natural secondary fermentation, which brings to life the delightful and refreshing character of this rosé.





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The Lime in Winter

OUT OF ALL THE CITRUS FAMILY, THE LIME IS ONE OF THE MOST POPULAR, DELICIOUS IN BOTH SWEET AND SAVOURY DISHES.

PAIRS WITH BUTTERMILK LIME PANNACOTTA



**MARTINI ASTI**

Italy **\$12.99** 1875  
Delightful bubbles in this dessert wine release aromas of peach, apple, melon and grapefruit to fill your senses. Fruity and fun with a lovely sweetness, it's ideal served with desserts this holiday season.



KEY LIME AND CARAMELIZED BANANA TARTS

PAIRS WITH KEY LIME AND CARAMELIZED BANANA TARTS



**GANTON & LARSEN PROSPECT ICEWINE**

BC VQA **\$39.99** 609974 375 ml  
Floral and spice aromas highlight notes of apricot, tangerine and guava in this dessert wine. It displays bright, fresh fruit flavours on the palate and a refreshing crispness from the nice acidity.



**INNISKILLIN OKANAGAN RIESLING ICEWINE**

BC VQA **\$29.99** 598946 200 ml  
Golden yellow in colour, this icewine is intense with fruit aromas of apricot, peach and tropical fruits. Its rich palate is overflowing with sweet nectar flavours and is balanced with a crisp acidity.



**DR. LOOSEN SPARKLING RIESLING**

Germany **\$18.99** 158501  
This clean sparkling wine exhibits fresh lively fruit aromas and flavours of apples and citrus which are layered with ginger and honey notes. It has a nice acidity and a refreshing kiss of sweetness. It makes a great companion to holiday desserts.

# SPANISH WINES AND THE TAPAS TRADITION



IN SPAIN, *HOW ONE EATS* IS JUST AS SIGNIFICANT AS *WHAT ONE EATS*. IN SOME WAYS, TAPAS (SMALL BITES OF SAVOURY FOOD) DEFINE NOT ONLY THE COUNTRY'S CUISINE, BUT ITS CULTURE.

Spain, the world's third largest wine producer, has recently become one of the hottest categories in the British Columbia market. BC wine drinkers are discovering the accessibility, diversity and drinkability of Spanish wines. Leading the growth are Spain's silky and full-bodied reds – a blend of European sophistication with New World warmth. However, Spain produces every style of wine, each one representing a region and having its own exciting potential for food matching.

In Spain, *how* one eats is just as significant as *what* one eats. In some ways, tapas (small bites of savoury food) define not only the country's cuisine, but its culture. Traditionally, the most popular time to enjoy tapas is post-siesta. During siesta, businesses close and Spaniards avoid the blazing afternoon sun by going inside to nap. They awake a couple of hours later with their stomachs grumbling and a desire to socialize. It's too early for dinner, so tapas bars offer the perfect solution. Normally close together in the commercial area of a neighbourhood, they offer a selection of beer, wine and snacks. One bar might specialize in a particular food, such as house-made chorizo, while another may make the best ham croquette in town. It's typical to go from one establishment to the next, enjoying small sips of wine and meeting friends. The best thing about the tapas experience is the small portion size of both food and drink, so you can try many different combinations in one evening.

Salty snacks, such as Serrano ham or fried fish, are a nice way to begin the tapas journey and are delightful when matched with a light and refreshing wine. There are two traditional aperitifs in Spain: fino sherry and cava. Fino, the fortified white wine from Andalusia, is the ultimate partner for foods like anchovies or the deep fried fish of the southwest. Because the briny, herbal and almond flavours of

fino are so unique, the wine is a little surprising at first. Its piquant flavour and bone-dry palate quickly grow on you, especially when enjoyed as an accompaniment to savoury appetizers. Spain's sparkling wine, cava, is one of the best values in the wine world. Like champagne, it is made with a second fermentation in the bottle to create and trap carbon dioxide. Unlike champagne, a zesty bottle of cava will cost between 13 and 20 dollars. A toasty glass of Spanish bubble is a lovely way to greet friends at your home and pairs well with easy-to-serve tapas like nuts or even potato chips!

While Spain's white table wines are not well known outside of the country, they are staples in the tapas bars. This is especially true for Rueda, a white wine based on either Verdejo or Sauvignon Blanc grapes. These wines have bold citrus fruit, sweet herbs and mineral notes that make them quenching with sausage and grilled pepper sandwiches (*bocadillos*). One of the most special whites comes from the Atlantic-influenced climate of Galicia in northwest Spain. The Albariño wines of Rías Baixas are peachy, crisp and match perfectly with octopus salad or other cold seafood.

Right now, it's the warm and spicy reds from Spain that are exciting BC consumers. The country's signature grape variety is Tempranillo, with flavours that include red fruits like cherry and wild strawberry preserves. The wines typically have medium acidity and soft tannins, making them silky on the palate and easy to drink. Great Tempranillo wines spend time developing in barrels made from either French or American oak. Barrel aging integrates the tannins and brings vanilla, clove and toasty complexity to the wines. The most well-known region for Tempranillo is Rioja but there are top quality examples from Ribera del Duero, Toro and beyond. All

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## Spanish Wines

are stellar matches to more substantial tapas such as braised beef cheeks. From the south of Spain, look for dark and meaty wines made from Montastrell grapes. The density of the wines from Jumilla, Yecla and Almansa are undeniably appealing and will balance the rich flavours of *paella* beautifully.

Oloroso sherries make some of the most surprising food partners. Like fino, oloroso is a white wine from Andalucia that has grape spirit added to it to increase the alcohol content. However, that's where the similarities end. Oloroso sherries are aged in barrels, where they are allowed to oxidize and turn brown. They take on flavours of baking spice, dried fruit and caramel. Though you may think a wine with those flavours would be sweet, many olorosos are actually dry and make shockingly good partners to dishes such as beef consomme and oxtail stew. A sweet oloroso balances off the rich flavours of Spain's national cheese, Manchego.

The essence of tapas culture isn't about complex food and wine, but simplicity, conviviality and refreshing combinations. Traditional Spanish snacks like anchovies, serrano ham and Marcona almonds are fairly easy to source and many others are simple to make. All you have to do is add a selection of Spanish wines and some good friends, and you can bring the tapas tradition to British Columbia this winter.



**REAL DE ARAGON CAVA**  
Spain **\$13.99** 694844  
Buttered toast and lemon cream notes on the nose of this bubbly give way to ripe apples and citrus on the palate. This is a refreshing aperitif that would match well with breaded oysters.



**GONZALEZ BYASS TIO PEPE PALOMINO FINO SHERRY**  
Spain **\$20.99** 242669  
The nose of this sherry is pungent with blanched almonds, seaweed and lemon zest. Its quenching sensation in the mouth will liven the palate. Try with grilled sardines and lemon.



**ANTANO RIOJA**  
Spain **\$12.99** 72223  
This great value Rioja has all the strawberry and cherry notes of Tempranillo with the vanilla spiciness of oak aging. Small bites of grilled beef with red pepper would make a great match.



**LAYA ALMANSA**  
Spain **\$13.99** 189902  
Flavours in this Garnacha-Montastrell blend are bold and ripe. This is a great wine to warm you up on a winter's eve and even better when paired with chorizo.



**JUAN GIL JUMILLA**  
Spain **\$24.99** 195859  
Made entirely from Monastrell, this luxurious wine is full of dark fruit and ripe tannins. Forty-year-old vines bring concentration and structure to the wine, making it a good partner for lamb kebabs.



**WILLIAMS & HUMBERT DRY SACK SHERRY**  
Spain **\$15.99** 13565  
The nose of this dark sherry is powerful with caramel, roasted nuts and baking spices. The slightly sweet palate would marry beautifully with a piece of 6-month-old Manchego cheese and dried figs.

# THE LIGHTER SIDE



ZUCCHINI "NOODLES"  
WITH TOMATO PESTO  
AND ARCTIC CHAR

Cold weather cooking tends to emphasize rich and hearty dishes. However, after a long holiday season of rich foods, we can be ready for lighter fare that is still warm and comforting. Cozy up any frosty night with a bowl of soulful Mussel, Cod and Salmon Stew. For those of us who have a crush on carbs, appease the craving by preparing zucchini “noodles” with a luscious sun-dried tomato pesto topped with a delicate Arctic char fillet. Spaghetti squash cooks into long strands that also resemble pasta and topped with a piquant herb sauce and mini turkey meatballs, they are a wonderful take on a comfort food classic. Enjoy the chilly season with lighter, but still satisfying, winter meals.



MUSSEL, COD AND SALMON STEW

PAIRS WITH MUSSEL, COD AND SALMON STEW



01

MOUNT FISHTAIL SAUVIGNON BLANC  
New Zealand **\$14.99** 843615

This wine has a pale, straw-green colour while the nose shows classic characters of gooseberry, passion fruit and lychee. The palate shows tropical and citrus notes mingling with some intense peppery minerality and crisp acidity.



00

JACOB'S CREEK BRUT CUVÉE CHARDONNAY PINOT NOIR  
Australia **\$13.99** 562991

This sparkling wine is refreshingly light with enticing, fruity aromas and a generous, nutty, creamy palate. It pairs well with fish and salad dishes.



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The Lighter Side

AFTER A LONG HOLIDAY SEASON OF RICH FOODS, WE CAN BE READY FOR LIGHTER FARE THAT IS STILL WARM AND COMFORTING.

PAIRS WITH SPAGHETTI SQUASH WITH MINI TURKEY MEATBALLS



**GUNDERLOCH FRITZ'S RIESLING**

Germany **\$17.99** 320135  
Made in a drier style, this Riesling shows citrus, honey and floral notes, coupled with a great backbone of zippy acidity. The mouth is quite fruity with a refreshing sweetness.



SPAGHETTI SQUASH WITH MINI TURKEY MEATBALLS

PAIRS WITH ZUCCHINI "NOODLES" WITH TOMATO PESTO AND ARCTIC CHAR



**SEE YA LATER RANCH PINOT NOIR**  
BC VQA **\$20.00** 75267

This medium-bodied red shows aromas of black cherries and light oak. The palate has flavours of strawberry and cherry, followed by a rich, creamy mouth feel and long, full finish.



**MICHEL TORINO CUMA ORGANIC TORRONTÉS**  
Argentina **\$13.99** 213389

This crisp white wine is bright green-yellow with a gold sparkle. The nose is of rose petals with hints of jasmine and orange peel. The palate is incredibly fresh and floral with soft acidity and the notes of fresh peach that are typical of the Torrontés grape.



**OYSTER BAY PINOT NOIR**  
New Zealand **\$22.99** 111302

Oyster Bay Marlborough is an elegant, cool-climate Pinot Noir at its best. Floral and cherry, with juicy, black plum and violet nuances carried by a lingering texture, this pairs well with salmon or duck.



# A RAINBOW OF RICE

Rice comes in a beautiful range of colours, flavours and textures and from countries all over the world. After corn, it is the world's second highest grain in production and feeds the most cultures with essential nutrients. Cross-cultural influences have lent themselves beautifully to the wide range of recipes using rice. In our feature, travel with rice to the east, west, north and south. Experience a delicious risotto from Italy; a spicy rice dish from Jamaica; a sweet indigo black rice dessert from Thailand and a flavourful paella from Spain. Each recipe is quite different – yet each highlighting one of the world's most precious and varied grains.



HOPPIN' JAMAICAN RICE AND BEANS

CROSS-CULTURAL INFLUENCES HAVE LENT THEMSELVES BEAUTIFULLY TO THE WIDE RANGE OF RECIPES USING RICE.

PAIRS WITH HOPPIN' JAMAICAN RICE AND BEANS



**GRAY MONK RIESLING**

BC VQA **\$16.99** 321604

This aromatic white is lemon gold in colour with a nose of tropical fruits and a squeeze of fresh lime. It is lively and fresh on the palate with flavours of green apples and limes leading to a clean and tangy finish.



**SEVEN DEADLY ZINS**

LODI ZINFANDEL

USA **\$24.99** 337402

This wine red is a deep ruby-purple colour with notes of ripe, red berries, pepper and spice on the nose. The small amounts of Petite Sirah and Petite Verdot blended in add complexity to this full-bodied red.





SQUASH RISOTTO

PAIRS WITH SQUASH RISOTTO



**SONOMA-CUTRER  
RUSSIAN RIVER RANCHES  
CHARDONNAY**

USA **\$24.99** 359505

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



**MOILLARD HUGUES  
LE JUSTE VIOGNIER**

France **\$13.99** 639757

This fruity, medium-bodied white has light spice, floral and lychee aromas. Flavours of ripe pear and apple with a hint of citrus on the palate yield a rich mouth feel followed by a crisp finish.



A Rainbow of Rice

FOR RECIPE INDEX, PLEASE SEE PAGE 149



SWEET BLACK RICE PUDDING

RICE COMES IN A BEAUTIFUL RANGE OF COLOURS, FLAVOURS AND TEXTURES AND FROM COUNTRIES ALL OVER THE WORLD.

PAIRS WITH SWEET BLACK RICE PUDDING



**SEE YA LATER RANCH HUNNY LATE HARVEST RIESLING**

BC VQA **\$24.99** 448654 375 ml

This delicious dessert wine displays excellent balance between sweetness and acidity. It is fresh and lively with aromas and flavours of apricot, citrus, pear, fig and a hint of sweet apple on the finish.



**GEKKEIKAN JAPANESE PLUM WINE**

Japan **\$17.99** 46763

Amber yellow in colour, this fruit wine has aromas of sweet dried fruit, butter and toffee. The natural sweet plum flavour is complemented by toffee notes and just a hint of tartness to balance the palate.



# OUR HOLIDAY PARTIES GO BACK 150 YEARS. YOURS STARTS TONIGHT.



TOGETHER

Follow our story  /Bacardi

PLEASE DRINK RESPONSIBLY. © 2012. BACARDÍ, THE BAT DEVICE AND OAKHEART ARE REGISTERED TRADEMARKS OF BACARDÍ & COMPANY LIMITED. SUPERIOR, GOLD AND BLACK RUMS - 40% ALC. BY VOL. OAKHEART RUM WITH NATURAL FLAVOURS & SPICES - 35% ALC. BY VOL.

A Rainbow of Rice



PAIRS WITH COLOURFUL VEGETABLE PAELLA

PAIRS WITH COLOURFUL  
VEGETABLE PAELLA



**LA VIEILLE FERME  
VENTOUX ROSÉ**

France **\$12.99** 559393

This rosé is a salmon pink colour with aromas of white flowers, cherries and fruit drops. The mouth is dry but fruity, with floral notes and hints of aniseed and brown sugar.



**TRIDENTE TEMPRANILLO**

Spain **\$24.99** 189852

This wine is cherry red and purple in colour with aromas of toasty oak, chocolate, spice and ripe black fruits. On the palate there is a significant presence of ripe fruit with notes of roasted coffee and cocoa. Hints of vanilla and nice soft tannins on the finish come from the generous oak aging.



## ASK AN **EXPERT** JAMES CLUER, MASTER OF WINE

From his base in Vancouver, James operates 14 WSET professional wine schools in Canada and the US, runs popular luxury wine tours and operates a home delivery wine club. He is also a consultant to major airlines, cruise lines and hotel groups in the Middle East and North America.

**Q** Are some people natural-born *supertasters*, or can you train yourself to become a professional wine taster?

**A** The short answer is that, in most cases, you can train yourself to become a good wine taster. It just takes lots of practice and, most importantly, someone to explain what to look for and how to look for it.

The speed of your progress will depend, at least in part, on your natural-born ability as a taster. It is shocking just how differently we taste – for example, women are generally considered to be superior tasters over men. Also, it is generally accepted by sensory scientists that the population can be broken up into 25 percent *supertasters*, 50 percent *medium tasters* and 25 percent *non-tasters*.

The 25 percent *non-taster* statistic sends most people running to the bathroom mirror to inspect their taste buds, known in scientific circles as *fungiform papillae*. However, it's hard to count the roughly 10,000 taste buds in the average person's mouth.

The real test to determine which category you fall into is based on your sensitivity to bitterness. Scientists use a compound called PROP to rate your response. At one extreme, some people find

it tastes unpleasantly bitter (the *supertasters*). At the other extreme, some people don't notice the bitter taste at all. In sensory science, there is much talk about thresholds, because people differ widely in their ability to notice something.

It's no surprise that professional wine tasters usually fall into the *supertaster* or *medium taster* category. So if, in fact, you turn out to be a *non-taster*, then it might be a challenge to train yourself to become an accomplished wine taster.

So how can you find out? You could certainly speak to your doctor and see if you can get tested. Unfortunately, some people actually suffer from a complete loss of smell, known as anosmia. It is less common for people to have a taste disorder, but it also exists. The Monell Chemical Senses Center in Philadelphia leads the research in the science of smell and taste, and will perform testing on individuals too.

All being well, most people fall into the category of *medium tasters*. This means that you can confidently get on with your plan to become the next Robert Parker, or at least feel somewhat confident when charming your date with a few words of wisdom about the wine you ordered.

But beware of a few pitfalls. Firstly, the older you get, the less

IN MOST CASES, YOU CAN TRAIN YOURSELF TO BECOME A GOOD WINE TASTER. IT JUST TAKES LOTS OF PRACTICE AND, MOST IMPORTANTLY, SOMEONE TO EXPLAIN WHAT TO LOOK FOR AND HOW TO LOOK FOR IT.

sensitive you become to certain tastes and smells. So the ideal age to start your wine tasting education is straight out of college. Another important tip is do your practicing before lunch – around 11 am, when the senses are heightened. Tasting wine late at night after spicy Thai takeout is not ideal.

Also, bear in mind that you don't taste well if you are tired or stressed out. One of the most respected tasters in history, Emile Peynaud, said that your physical health has a significant impact on your ability to taste. So if you are out of shape and hauling on cigars, you are not exactly primed to progress at full speed.

Therefore, if you're fighting fit, well rested and in a Zen-like state, you can begin your training to become a good wine taster. For the average wine drinker, the best way to progress is to buy a few different grape varieties, or regions, and try them all side-by-side. Comparative tasting is always the most instructive, and it's even better if you can do it blind. You can also experiment by blind tasting fruits and vegetables and smelling flowers and spices.

If you are attempting a more serious challenge, such as a wine tasting exam, you might find yourself sitting down to 12 wines before lunch followed by another 12 after lunch. It's a full time job. But then again, some people do to review and select wines for magazines, major newspapers, hotels, restaurants and retail stores for a living.

Now that you have trained yourself to be a good wine taster, your job is to stay relevant to your audience. The issue here is that your customers, or readers, are usually not as well versed as you are about wine, and you run the risk of alienating

them if you don't speak their language.

Some wine tasters write in-depth reviews about tannin textures, various styles of acidity, and give a laundry list of flavour descriptors. This can perplex the reader, who then simply looks at the point score. That number is so much easier to understand.

The ultimate skill is to use your knowledge to buy wines for others that they will like, even if sometimes you might not like the wine very much yourself. A good taster can understand how others taste and can predict what they will like. They can also describe wines in a language that the targeted consumer for that particular wine will relate to and find helpful. And to do that, you simply need to train yourself. *Supertaster* ability is not required.

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

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

Watch for answers in upcoming issues of TASTE!

# VERY SPECIAL EVENTS

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

## DECEMBER

FRIDAY, DECEMBER 7 | 4:00 – 7:00 P.M.  
FLEETWOOD SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 8 | 2:00 – 5:00 P.M.  
NORTHGATE SIGNATURE BC LIQUOR STORE  
FRIDAY, DECEMBER 14 | 4:00 – 7:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
SUNDAY, DECEMBER 16 | 2:00 – 5:00 P.M.  
NORDEL CROSSING SIGNATURE BC LIQUOR STORE

### CHIVAS REGAL TASTINGS

Enjoy samples of Chivas Regal 12- and 18-Year-Old with delicious food pairings. Customers will receive a set of premium branded Chivas glasses with each purchase.

WEDNESDAY, DECEMBER 5 | 2:00 – 6:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
FRIDAY, DECEMBER 7 | 3:00 – 7:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 8 | 2:00 – 6:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE  
SUNDAY, DECEMBER 9 | 1:00 – 5:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
FRIDAY, DECEMBER 14 | 3:00 – 7:00 P.M.  
NORDEL CROSSING SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 15 | 2:00 – 6:00 P.M.  
NORDEL CROSSING SIGNATURE BC LIQUOR STORE  
SUNDAY, DECEMBER 16 | 1:00 – 5:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
FRIDAY, DECEMBER 21 | 3:00 – 7:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 22 | 2:00 – 6:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE

### JOSE CUERVO CUSTOM LABEL MAKING EVENTS

Join us for an exclusive Jose Cuervo custom label making experience. A unique opportunity to take a photograph and place it on a bottle of Jose Cuervo Tequila! A perfect gift for someone special.



THURSDAY, DECEMBER 6 | 4:00 – 6:30 P.M.  
**CHRISTMAS GIFT-GIVING**

Join our 39<sup>th</sup> & Cambie Product Consultants for a taste of their all-time favourite wines – perfect for gift-giving! Choose any of the six wines to purchase and you will receive complimentary gift wrapping.

FRIDAY, DECEMBER 7 | 3:00 – 7:00 P.M.  
**WINTER WINES AND FOOD**

Join us at 39<sup>th</sup> & Cambie and taste a variety of delicious wine with complimentary food pairings provided by Cactus Club.

SATURDAY, DECEMBER 8 | 1:00 – 5:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
FRIDAY, DECEMBER 14 | 3:00 – 7:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 15 | 1:00 – 5:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE

FRIDAY, DECEMBER 21 | 3:00 – 7:00 P.M.  
FORT STREET SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 22 | 1:00 – 5:00 P.M.  
HIGHGATE SIGNATURE BC LIQUOR STORE  
**ABSOLUT ELYX VODKA**

Taste and enjoy samples of Signature ABSOLUT Elyx cocktail prepared by the ABSOLUT Brand Ambassador. Customers attending event will receive a complimentary bottle engraving with the purchase of ABSOLUT Elyx.

WEDNESDAY, DECEMBER 12 | 6:00 – 8:00 P.M.

### SWEET AND SALTY BAKING DEMONSTRATION

Join Chef Lawren Moneta as she demonstrates how to create the most amazing sweet and salty baked treats, perfect for Christmas entertaining. Guests will learn how to make brownie bars with peanuts, pretzels

and caramel, pine nut olive oil and cherry cookies, chocolate peanut bacon and bourbon cookies and Aztec chocolate bark! All of these tasty recipes will be paired with wine chosen by our Product Consultants. Tickets are \$20 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

THURSDAY, DECEMBER 13 | 6:00 – 8:00 P.M.

### HOUSEWINE:

#### TOP 10 WINES FOR CHRISTMAS

Join House Wine's Michaela Morris and Michelle Bouffard for a sit down tasting of their top recommended wines for Christmas gift giving and get-togethers! Choose any of the featured wines to purchase and you will receive complimentary gift wrapping. Tickets are \$15 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

FRIDAY, DECEMBER 14 | 2:00 – 6:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE

SATURDAY, DECEMBER 15 | 1:00 – 5:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE

### CELEBRATE THE HOLIDAYS WITH J. LOHR & SKULL WINES

Join us for a festive wine tasting and food pairing. Enjoy samples of BC's top selling wine, J. Lohr and the unique Skulls wine.

SATURDAY, DECEMBER 15 | 2:00 – 5:00 P.M.  
**GREY GOOSE & BOMBAY SAPPHIRE**

Sample Grey Goose and Bombay Sapphire cocktails mixed by the World's Most Imaginative Bartender, David Wolowidnyk! Guests will learn what truly makes Grey Goose and Bombay Sapphire unique, and acquire some holiday mixology knowledge.

SATURDAY, DECEMBER 15 | 1:00 – 5:00 P.M.  
QUALICUM BC LIQUOR STORE

SATURDAY, DECEMBER 15 | 1:00 – 5:00 P.M.  
WALNUT GROVE BC LIQUOR STORE

SATURDAY, DECEMBER 15 | 1:00 – 5:00 P.M.  
CEDAR HILL BC LIQUOR STORE

SATURDAY, DECEMBER 22 | 1:00 – 5:00 P.M.  
ALDERGROVE BC LIQUOR STORE

### HOLIDAY ENTERTAINING?

#### WE'VE GOT A WINE FOR THAT!

Jackson-Triggs Wines, Canada's Most Awarded Winery, will be featured at four special in-store events served with cheese pairings. Stop by to sample Jackson-Triggs Proprietors' Selection wines – perfect for your holiday entertaining – and receive a special gift with purchase (while supplies last – details in store on day of event).

TUESDAY, DECEMBER 18 | 2:00 – 5:00 P.M.  
**MAKE CHRISTMAS MUSIC WITH [YELLOW TAIL]**

Join [yellow tail] for a tasting of wines for Christmas. Get in the spirit of giving with Christmas songs, singing carols and playing music with our wine orchestra!

THURSDAY, DECEMBER 20 | 3:00 – 7:00 P.M.  
**MISSION HILL FAMILY ESTATE – GREAT FLIGHTS ARE MEANT TO BE SHARED**

Mission Hill Family Estate Reserve Wines invite you to be swept away to Mission Hill Family Estate. Enjoy perfectly paired handcrafted appetizers from Executive Chef Matt Batey and wines from Canada's winery of the year.

FRIDAY, DECEMBER 21 | 2:00 – 6:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE

SUNDAY, DECEMBER 23 | 1:00 – 5:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE  
**JOHNNIE WALKER BLUE LABEL ENGRAVING & TASTING EXPERIENCE**

Join us for an exclusive Johnnie Walker Blue Label tasting experience. A unique opportunity for specially made engraving of your bottle with our compliments.

SATURDAY, DECEMBER 22 | 2:00 – 6:00 P.M.  
**SPARKLE & ICE**

Enjoy live music and decadent appetizers as you enjoy samples of sparkling and ice wine from Sumac Ridge. See Ya Later Ranch and Nk'Mip.

SUNDAY, DECEMBER 23 | 1:00 – 4:00 P.M.  
**BACARDI RUMS**

Sample Bacardi Superior holiday cocktails and learn what makes Bacardi Unique and the how-to of holiday cocktails! Guests can also sample and get instructions on how to make the famous Bacardi rum cake!

THURSDAY, DECEMBER 27 | 3:00 – 7:00 P.M.  
**CHEERS TO LIFE WITH HENKELL!**

Come cheers to life with Henkell! Enjoy complimentary samples of Henkell Trocken and Henkell Rosé while enjoying freshly prepared sushi!

FRIDAY, DECEMBER 28 | 4:00 – 6:30 P.M.  
**ADD A LITTLE SPARKLE DURING THE HOLIDAYS WITH CODORNIÚ**

Join us in a tasting of sparkling Spanish cava paired with cheese from Les Amis Du Fromage. Perfect for the Holidays.

FRIDAY, DECEMBER 28 | 4:00 – 7:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE  
**CELEBRATE THE NEW YEAR WITH [YELLOW TAIL]**

New Year's calls for sparkling and [yellow tail] has a special tasting with BUBBLES. Enjoy great wines for toasting the New Year and receive complimentary party favours to ring the New Year in right.

SATURDAY, DECEMBER 29 | 12:00 – 4:00 P.M.  
**HAPPY NEW YEAR WITH J. LOHR WINES**

Celebrate the New Year with BC's top selling wine, J. Lohr. Enjoy samples of this delicious wine along with sparkling cava as you nibble on gourmet food pairings.

SATURDAY, DECEMBER 29 | 2:00 – 5:00 P.M.  
FORT STREET SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 29 | 2:00 – 5:00 P.M.  
ORCHARD PARK SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 29 | 2:00 – 5:00 P.M.  
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE  
SATURDAY, DECEMBER 29 | 2:00 – 5:00 P.M.  
PARK ROYAL SIGNATURE BC LIQUOR STORE  
**HAPPY NEW YEAR WITH SEGURA VIUDAS**

The beauty is in the bottle! Segura Viudas has long been the choice of quality cava, offering great taste and exceptional value to wine drinkers. Taste for yourself and learn some easy cava food pairing tips.

SUNDAY, DECEMBER 30 | 1:00 – 5:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
**BARCELONA FLAVOUR, VANCOUVER STYLE. CELEBRATE NEW YEAR'S EVE WITH SEGURA VIUDAS**

Ring in your New Year with BC's #1 cava, Segura Viudas. New ideas to make a memorable New Year's Eve with a traditional favourite.

## JANUARY



WEDNESDAY, JANUARY 16 | 6:00 – 8:00 P.M.  
**THE LIME IN WINTER**

Join Chef Nathan Fong as he demonstrates how to "zest" up your winter dishes by using lime! Nathan will create buttermilk lime pannacotta, lime and coconut chicken curry and key lime and caramelized banana tarts! Each dish will be paired with wine chosen by our Product Consultants. Tickets are \$25 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

THURSDAY, JANUARY 17 | 4:00 – 6:00 P.M.  
**LOUIS BERNARD – VALUE BRAND OF THE YEAR 2012**

Taste wines from the awarded Value brand of the year 2012, Louis Bernard! From the renowned region of Côtes du Rhône, join us for an informal tasting of wines from Louis Bernard with classic French cheese pairings.



FRIDAY, JANUARY 18 | 3:00 – 6:00 P.M.  
**COCKTAILS REDESIGNED**

Re-imagine tradition. Join us for a contemporary take on classic cocktails featuring Finlandia and Southern Comfort paired with delicious small bites.

FRIDAY, JANUARY 18 | 3:00 – 7:00 P.M.  
FLEETWOOD SIGNATURE BC LIQUOR STORE  
SATURDAY, JANUARY 19 | 2:00 – 6:00 P.M.  
NORDEL CROSSING SIGNATURE BC LIQUOR STORE  
**MGD GRIDIRON**

Catch all the football playoff action with MGD, an extraordinarily smooth beer with a striking and distinctive illuminating aura that is just perfect for the "Big Game".

WEDNESDAY, JANUARY 23 | 6:00 – 8:00 P.M.  
**THE LIGHTER SIDE OF COOKING**

Join Chef Lauren Moneta for a taste of "the lighter side" as she features ridiculously delicious but healthy recipes from the winter issue of TASTE magazine. Each dish will be paired with wine chosen by our Product Consultants. Tickets are \$25 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

THURSDAY, JANUARY 24 | 4:00 – 6:30 P.M.  
**GET READY TO CELEBRATE ROBBIE BURNS DAY!**

Join our 39<sup>th</sup> & Cambie Product Consultants for special scotch tasting as they get ready to celebrate Robbie Burns Day! Enjoy Scottish music along with complimentary Scottish-inspired appetizers.

## FEBRUARY

FRIDAY, FEBRUARY 1 | 3:00 – 7:00 P.M.  
MISSION BC LIQUOR STORE  
FRIDAY, FEBRUARY 1 | 3:00 – 7:00 P.M.  
WESTWOOD SIGNATURE BC LIQUOR STORE

SATURDAY, FEBRUARY 2 | 2:00 – 6:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
SATURDAY, FEBRUARY 2 | 2:00 – 6:00 P.M.  
LANGLEY SIGNATURE BC LIQUOR STORE  
**MGD GRIDIRON**

Catch all the football playoff action with MGD, an extraordinarily smooth beer with a striking and distinctive illuminating aura that is just perfect for the "Big Game". A Pacific Institute of Culinary Arts Chef will be on-site at 39<sup>th</sup> & Cambie only, preparing delectable football inspired snacks.

WEDNESDAY, FEBRUARY 6 | 6:00 – 8:00 P.M.  
**CELEBRATE THE YEAR OF THE SNAKE!**

Come and enjoy traditional Chinese New Year foods and cultures with Chef Nathan Fong! Nathan will demonstrate how to create a Chinese New Year's feast while our Product Consultants pair each dish with a juicy wine. Tickets are \$25 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

THURSDAY, FEBRUARY 7 | 4:00 – 6:30 P.M.  
**SPARKLING WINES FOR YOUR VALENTINE**

Join our 39<sup>th</sup> & Cambie Product Consultants for a tasting and food pairing of romantic & delicious sparkling wine perfect for your special someone on Valentine's Day.

FRIDAY, FEBRUARY 8 | 3:00 – 6:00 P.M.  
**CELEBRATE CHINESE NEW YEAR WITH THE NED**

Enjoy traditional desserts with the highly awarded New Zealand Winery of the Year 2012. Open your senses and join us at Cambie Kitchen.

SATURDAY, FEBRUARY 9 | 12:00 – 4:00 P.M.  
39<sup>TH</sup> & CAMBIE SIGNATURE BC LIQUOR STORE  
SATURDAY, FEBRUARY 9 | 12:00 – 4:00 P.M.  
RICHMOND BRIGHOUSE SIGNATURE BC LIQUOR STORE  
SATURDAY, FEBRUARY 9 | 12:00 – 4:00 P.M.  
RICHMOND IRONWOOD SIGNATURE BC LIQUOR STORE  
**CHINESE NEW YEAR: THE YEAR OF THE SNAKE**

Join us as we celebrate Chinese New Year! Enjoy samples of premium spirits and champagne paired with authentic Chinese cuisine. Don't miss out on an exciting performance by the Vancouver Chinese Lion Dance Team! Please visit our website for performance times.

WEDNESDAY, FEBRUARY 13 | 6:00 – 8:00 P.M.  
**PINK CHAMPAGNE VALENTINES SWEETS**

Treat your loved one this Valentine's Day by making them delicious gourmet sweets paired with champagne! Join Chef Céline Turenne as she demonstrates how to create pear sorbet with pink champagne, pink champagne layer cake with pomegranate mousse, pink champagne fraiseiers and more! Best part of all, each recipe will be paired with champagne chosen by our Product Consultants. Tickets are \$25 and available to purchase at the 39<sup>th</sup> & Cambie Customer Service desk. Seating is limited.

*All events are free of charge and located at 39<sup>th</sup> & Cambie Signature BC Liquor Store except where noted. Details are accurate as of press time but are subject to change. For the most up-to-date information, please visit our website at [www.bcliquorstores.com/event](http://www.bcliquorstores.com/event).*

# EXQUISITE HANDCRAFTED WHISKIES FROM FORTY CREEK. WINNING THE WORLD OVER.



## Forty Creek Barrel Select

Gold Medal. Rating: 90 points (Exceptional)  
2012 International Review of Spirits Award

- Gold Medal, Beverage Testing Institute, 2012
- Gold Medal, Beverage Testing Institute, 2011
- Gold Medal, Beverage Testing Institute, 2010
- Gold Medal, International Whisky Competition, 2010

## Forty Creek Double Barrel Reserve

Gold Medal. Rating: 91 points (Exceptional)  
2012 International Review of Spirits Award

- Gold Medal, Beverage Testing Institute, 2012
- Best of Show, International Whisky Competition, 2012
- Gold Medal, Beverage Testing Institute, 2011
- Gold Medal, Beverage Testing Institute, 2010
- Gold Medal, Malt Advocate Magazine, 2010
- 90 Outstanding / Distinctive  
Malt Advocate Magazine, 2010



JOHN K. HALL, WHISKY MAKER



### TOFFEE-CHOCOLATE APPLE STRUDELS

Serves 8

- ¼ cup (50 ml) brown sugar
- 1 tsp (5 ml) cinnamon
- ¼ tsp (1 ml) nutmeg
- 4 Granny Smith apples, peeled, cored, cut into ½-in (1 cm) dice
- ½ cup (125 ml) dried currants
- 8 phyllo sheets, 12 x 16-in (30 x 40 cm) each
- ½ cup (75 ml) butter, melted
- ¼ cup (50 ml) dark chocolate chips\*
- ¼ cup (50 ml) butterscotch chips\*
- 2 tbsp (30 ml) sugar

Preheat oven to 375 F (190 C). In a bowl, mix together brown sugar, cinnamon, nutmeg, apples and currants. Set aside. Place a sheet of phyllo on a clean work

surface and lightly brush with butter. Place another sheet on top and cut in half making two 8 x 12-in (20 x 30 cm) rectangles. Divide filling and place a portion on bottom of short end of the phyllo, about 3-in (8 cm) from bottom edge and allowing 1-in (2.5 cm) space on each side. Sprinkle a tablespoon of chopped Skor bar or chocolate butterscotch mixture on top of apple mixture. Brush bottom, sides and top edge of phyllo with melted butter. Roll up bottom edge over apples, fold in each side inwards and roll up into tight packages. Place seam-side down onto a parchment paper-lined baking sheet. Brush top lightly with butter and sprinkle with sugar. Bake for 30 minutes or until golden brown and crisp. Remove and allow to cool slightly before serving. Garnish with warm Brandied Toffee Sauce (recipe follows) and whipped cream.

#### BRANDIED TOFFEE SAUCE

- ¾ cup (175 ml) dark brown sugar
- ½ cup (125 ml) butter
- ½ cup (125 ml) whipping cream (plus extra, to whip and top strudels)
- 3 tbsp (45 ml) brandy

In a heavy saucepan, heat sugar, butter and whipping cream over medium-low heat. Stir until sugar is dissolved and sauce is bubbling. Remove from heat and stir in brandy.

#### PAIRS WITH

**PÈRE MAGLOIRE CALVADOS**

France **\$49.99** I63436

**GEHRINGER BROTHERS MINUS 9 EHRENFELSER ICEWINE**

BC VQA **\$49.99** 551739

\* Can substitute flavoured chips with ½ cup (125 ml) Skor bits, chopped

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Wrapped Up for the Holidays  
from page 8 continued



### MEDITERRANEAN PROSCIUTTO-WRAPPED CHICKEN

**Serves 4**

¼ cup	(50 ml)	feta cheese, crumbled
3 tbsp	(45 ml)	kalamata olives, finely chopped
½ tsp	(2 ml)	dried oregano
3 tbsp	(45 ml)	sun-dried tomato paste
4		fresh basil leaves, finely chopped
4		thick chicken breasts, boneless, skinless
8		large, thin slices of prosciutto
2 tbsp	(30 ml)	olive oil

Preheat oven to 425 F (220 C). In a bowl, mix together feta cheese, olives, oregano, tomato paste and basil leaves. Set aside. Oil a small baking dish. Cut along thickest side of each chicken breast to make a pocket in centre, being careful not to slice all the way through. Place 2 tbsp (30 ml) of feta filling deeply into pockets. Close breasts and wrap each with 2 slices of prosciutto placing in baking dish, seam-side down, to keep in place while baking. Bake for about 20 minutes or until chicken is cooked through.

**PAIRS WITH**

**FRESCOBALDI NIPOZZANO CHIANTI RÚFINA RISERVA**  
Italy **\$22.99** 107276

**SANDHILL PINOT BLANC**  
BC VQA **\$16.99** 541185



### SALMON WELLINGTON

**Serves 4**

6 tbsp	(90 ml)	butter
1		leek, washed, dried and thinly sliced
1		small red onion, finely sliced
1 tbsp	(15 ml)	dried tarragon
¼ cup	(50 ml)	dry white wine
1½ cups	(375 ml)	mushrooms, coarsely chopped
		sea salt and pepper, to taste
18 oz	(560 g)	pkg puff pastry dough (2 sheets), thawed
		flour, for dusting surface
4 – 6 oz	(180 g)	skinless salmon fillets, ¾ -in (2 cm) thick
1		large egg, beaten with 2 tsp (10 ml) water (egg wash)

Preheat oven to 425 F (220 C). Heat 2 skillets over medium heat. Divide butter

and place each half into skillet. When butter starts to bubble, add leek, red onion and tarragon in 1 skillet and sauté until mixture is soft, about 10 minutes. Add white wine and bring to a boil, allowing liquid to evaporate. Season with salt and pepper. In other skillet, add chopped mushrooms and sauté until soft, allowing all liquid to cook off. If needed, drain sautéed mushrooms in a paper towel-lined sieve to remove excess liquid. In a bowl, mix together mushrooms and leek mixture and allow to cool completely. Roll out each pastry sheet on a lightly dusted work surface to a 12-in (30 cm) square. Cut each square in half, forming two 12 x 6-in (30 x 15 cm) rectangles from each pastry sheet. Dry salmon fillets well. Divide leek and mushroom mixture and place a portion over the middle of the pastry in the shape of the salmon fillet. Place the salmon fillet top side down over the leek and mushroom mixture. Brush edges with the egg wash and fold the ends of the pastry over the salmon. Fold the sides of the pastry over, enclosing the fillets. Seal edges of pastry on the sides. Place pastry parcels seam side down on a parchment paper-lined baking sheet. Brush with egg wash. Bake until golden brown, about 20 minutes. Remove from oven and let stand 10 minutes. Cut each pastry in half or serve whole on warm serving plates.

**PAIRS WITH**

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South Africa **\$14.99** 505578



### ASPARAGUS AND CHEESE PHYLLO STICKS

**Makes 36**

3 oz	(90 ml)	Gruyère cheese
¼ cup	(50 ml)	Parmesan cheese, freshly grated
12 sheets		phyllo dough, thawed (12 x 16-in/ 30 x 40 cm each)
1 cup	(250 ml)	melted butter
36		thick asparagus spears, trimmed to 6-in (15 cm) long

Preheat oven to 375 F (180 C). In a bowl, combine cheeses. Set aside. Working with 2 phyllo sheets at a time (covering remaining phyllo with wet paper towels to prevent drying), brush one sheet lightly with butter, covering whole surface and laying other sheet on top. Cut lengthwise into thirds to form 3 long (4 x 16-in/10 x 40 cm) rectangles. Then cut in half to form four 4 x 8-in (10 x 20 cm) rectangles. Lightly butter tops. Sprinkle a teaspoon of cheese mixture along middle of each phyllo strip, allowing a 1-in (2.5 cm) space from each side. Place an asparagus spear on top of cheese and roll up phyllo dough, jelly-roll fashion, in fairly tight rolls. Repeat with other phyllo sheet and asparagus. Arrange rolls on parchment paper-lined baking sheet and lightly brush with butter. Bake for 12 minutes or until rolls are golden brown and crisp. Serve warm or at room temperature.

**PAIRS WITH**

**MASI MASIANO PINOT GRIGIO AND VERDUZZO**  
Italy **\$17.99** 244681

**SANTA RITA RESERVA SAUVIGNON BLANC**  
Chile **\$13.99** 275677

Chestnuts: Roasting, Baking and Boiling  
from page 20



### WARM CHESTNUT, CHORIZO AND BITTER GREEN SALAD

Serves 4

#### PARMESAN BOWL

¾ cup (175 ml) Parmesan cheese, finely grated

Preheat oven to 400 F (200 C). Line 2 baking sheets with parchment paper or silicon baking sheets. Sprinkle 3 tbsp (45 ml) of cheese into a rough 7-in (18 cm) circle. Repeat with remaining cheese, leaving at least 1-in (2.5 cm) between each circle. Bake until cheese is melted and lacy, about 2 minutes. Meanwhile, turn 4 small bowls upside-down and lightly oil. Let cheese circles cool 3 to 5 seconds then, with an offset spatula, transfer circles so they drape over each bowl. Let cool 2 minutes then remove and let cool completely on a wire rack.

#### SALAD

1 tsp (5 ml) extra-virgin olive oil

8 oz (250 g) dried chorizo, cut into thin half moons  
½ cup (125 ml) roasted chestnuts, peeled and chopped  
3 tbsp (45 ml) sherry vinegar or red wine vinegar  
2 cups (500 ml) baby arugula, washed and dried  
1 cup (250 ml) frisée, trimmed, washed and dried  
2 Belgian endives, trimmed, chopped, washed and dried  
½ head radicchio, trimmed, torn, washed and dried  
2 tsp fresh chives, chopped, for garnish

In large frying pan over medium heat, heat olive oil. Add chorizo and cook, stirring frequently, until fat is rendered and sausage starts to caramelize and crisp, about 4 minutes. Add chestnuts and cook, stirring, another 2 minutes. Remove frying pan from heat and stir in sherry vinegar. To serve, place one Parmesan bowl on each serving plate. Toss together arugula, frisée, endives and radicchio in large bowl. Add warm chorizo mixture and toss. Divide salad among Parmesan bowls and garnish with a sprinkle of chives. Serve immediately.

#### PAIRS WITH

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DISCOVER YOUR DARK SIDE

Chestnuts: Roasting, Baking and Boiling  
from page 20 continued



### CHESTNUT AND CARROT RAVIOLI

Serves 4

#### CARROT PASTA

4 medium carrots, peeled and cut into 1-in (2.5 cm) pieces  
4 large egg yolks  
1 tsp (5 ml) salt  
2½ cups (625 ml) all-purpose flour  
semolina flour, for dusting

Steam carrots until tender, about 10 minutes. Remove from steamer and let cool slightly. Purée carrots in a food processor, turning off to scrape down sides as needed, until a paste forms. Use ½ cup (125 ml) carrot purée and reserve rest for another use. Add salt and egg yolks and pulse to combine. Add flour and pulse until dough just starts to come together. Turn dough out onto a well-floured work surface and knead until smooth, about 1 minute. Wrap dough with plastic wrap and let rest at room temperature for 2 hours. Meanwhile, make Ravioli Filling (recipe follows).

#### RAVIOLI FILLING

½ lb (250 g) chestnuts  
½ cup (125 ml) ricotta cheese  
½ cup (125 ml) Parmesan cheese, finely grated  
¼ tsp (1 ml) ground nutmeg  
salt and pepper, to taste

Preheat oven to 450 F (230 C). Cut an "X" in flat side of each chestnut with a sharp paring knife and spread chestnuts on a baking sheet. Roast, stirring every 5 minutes, until cut shell starts to peel away from chestnut, about 15 minutes. When cool enough to handle, peel off shells. It is best to peel chestnuts when still warm, as shell will stick as they cool. If this happens, return tray to oven for a few minutes. Place peeled chestnuts in a food processor and process to a fine crumb consistency. Add ricotta, Parmesan and nutmeg and pulse until mixture is combined. Season to taste with salt and pepper. Set aside.

#### TO FINISH

egg wash (1 egg mixed with 1 tbsp/15 ml water)  
vegetable oil, for frying  
16 sage leaves  
¼ cup (50 ml) unsalted butter

Divide prepared dough into 4 pieces. Wrap 3 pieces in plastic wrap and set aside. Roll out dough into a narrow rectangle ½-in (1 cm) thick. Set pasta machine on widest setting and feed dough through rollers. Fold lengthwise into thirds and rotate 90 degrees. Repeat rolling, folding and rotating 3 more times, to increase dough's elasticity. If dough gets sticky, dust with more flour. Narrow setting 1 notch and pass dough through twice. Continue passing dough twice through ever-finer settings until it is very thin, about setting 5 or 6. Dust dough with flour and lay flat on counter. Place 1 tsp (5 ml) mounds of Ravioli Filling along 1 side of dough leaving about ½-in (1 cm) between each mound. Brush egg wash around each mound of filling. Fold dough over mounds and press between each mound, to secure filling and expel any air bubbles. Cut

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between each mound to create ravioli. Trim into desired shape. Place on a baking sheet that has been well-dusted with semolina flour and repeat with remaining dough and filling. Pasta can be prepared up to this point, dusted with semolina, covered well with plastic wrap and stored in refrigerator overnight or freezer for up to 1 month. In a frying pan warm ½-in (1 cm) oil over medium heat. Line a plate with paper towel. When oil is hot, carefully add sage leaves a few at a time. Leaves should sizzle immediately. Fry until crisp, turning after 15 seconds, until they stop sizzling, about 30 seconds. Transfer to paper towel-lined plate to drain. Repeat with remaining sage. When ready to serve, bring a large pot of salted water to a boil. Add pasta and cook until they float, about 2 to 3 minutes. Meanwhile, in a large frying pan, melt butter over medium heat. Cook, stirring frequently, until butter starts to turn golden brown and has a nutty aroma, about 3 minutes. Using a slotted spoon, remove pasta from water and place in frying pan. Baste with brown butter and divide among serving plates. Garnish with a few leaves of fried sage. Serve immediately.

**PAIRS WITH**

GROONER GRÜNER VELTLINER  
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SILENI SAUVIGNON BLANC  
New Zealand **\$15.99** 160325



**CHESTNUT, BLUE CHEESE AND CAULIFLOWER TART**

**Serves 6**

**CRUST**

- ¾ cup (175 ml) buckwheat flour
- ¾ cup (175 ml) all-purpose flour
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) dried thyme
- 6 tbsp (90 ml) cold, unsalted butter, cut into cubes
- 1 large egg yolk
- 2 tbsp (30 ml) water

Add flours, salt and thyme to bowl of a food processor fitted with blade attachment. Pulse until well-combined. Add butter and pulse until mixture has a sandy texture with some butter pieces the size of small peas. Add egg yolk and water. Pulse 4 or 5 times until dough forms when a little is pressed together in the palm of your hand. If dough is dry and does not come together, add extra tbsp (15 ml) of water. Turn dough out onto a clean work surface. Form into a ball, wrap in plastic wrap and refrigerate for 1 hour. Preheat oven to 400 F (200 C). Lightly grease a 13.5 x 4.5-in (34 cm x 11 cm) rectangular tart pan with a removable bottom. Using large hole on a box grater, grate dough over tart pan. Press dough evenly into tart pan. Prick bottom of dough with a fork and line pastry with a piece of parchment paper. Weigh down parchment with pie weights. Freeze for 10 minutes. Bake for 10 to 12 minutes, until edges just begin to turn golden. Remove parchment and weights and continue to bake for another 8 to 10 minutes, until bottom crust starts to look dry and slightly golden. Cool tart shell completely in tart pan on a wire rack.

**FILLING**

- 1 small head of cauliflower, cut into bite-sized florets

- ½ tsp (2 ml) salt
- 1 tbsp (15 ml) olive oil
- 1 small red onion, cut into slices
- 2 garlic cloves, minced
- 2 tbsp (30 ml) unsalted butter
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) whole milk
- ½ cup (125 ml) crumbled Stilton or roquefort blue cheese
- ½ cup (125 ml) roasted chestnuts, peeled and chopped

Preheat oven to 350 F (180 C). Steam cauliflower until just tender, about 3 to 5 minutes. Season with salt and set aside. In a frying pan, heat oil over medium heat. Add onion and cook, stirring occasionally, until onions are translucent and starting to caramelize, about 8 minutes. Add garlic and continue to cook another 3 minutes. Remove from heat and stir in cauliflower. In a medium saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute. Gradually whisk in milk and cook while whisking, until mixture has thickened and reaches a simmer. Add ¼ cup (50 ml) cheese and whisk until melted. Remove from heat and stir in cauliflower and onion mixture and ¼ cup (50 ml) chestnuts. Tip mixture into cooled tart shell, spreading evenly. Sprinkle remaining ¼ cup (50 ml) of chestnuts and cheese over top. Place tart on a rimmed baking sheet lined with foil and bake until filling is bubbling, about 35 to 40 minutes. Let tart cool in tart pan on a wire rack for 15 minutes before unmoulding onto a serving platter. Serve warm.

**PAIRS WITH**

LAS PERDICES CABERNET SAUVIGNON  
Argentina **\$15.99** 695676

CALONA ARTIST SERIES SOVEREIGN OPAL  
BC VQA **\$14.99** 364265



**PEANUT, PRETZEL AND CARAMEL BROWNIE BARS**

**Makes 16 bars**

- 7 oz (220 g) dark chocolate, chopped
- ¾ cup + 1½ tbsp (171 ml) unsalted butter, chopped, divided
- 1 tsp (5 ml) instant espresso
- 2 cups (500 ml) granulated sugar, divided
- ¾ cup (150 ml) light brown sugar, packed
- 4 large eggs
- 1 tsp (5 ml) vanilla extract
- ¾ cup (175 ml) all-purpose flour
- 4 tsp (20 ml) natural cocoa powder
- ½ tsp (2 ml) salt
- 1 cup (250 ml) unsalted peanuts
- ½ cup (75 ml) water
- 2 tbsp (30 ml) liquid honey
- 3 tbsp (45 ml) whipping cream
- 1 cup (250 ml) mini pretzels

Preheat oven to 350 F (180 C). Line a 9 x 9-in (23 x 23 cm) baking pan with parchment paper, leaving a 1-in (2.5 cm) overhang on all sides. In a large



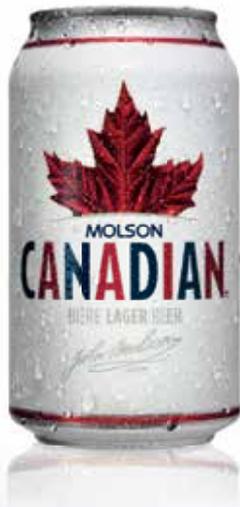
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Please Celebrate Responsibly

## Irresistibly Sweet and Salty from page 30 continued

heat-proof bowl, melt chocolate,  $\frac{2}{3}$  cup (150 ml) butter and espresso over a saucepan of simmering water. Stir occasionally, until chocolate and butter are melted and mixture is smooth. Turn off heat. With bowl still over water stir in  $\frac{2}{3}$  cup (150 ml) granulated sugar and brown sugar until well incorporated. Remove bowl from saucepan and set aside, allowing mixture to cool to room temperature. Add eggs one at a time, stirring with a wooden spoon until just incorporated before adding the next. Stir in vanilla with last egg. In another bowl, whisk together flour, cocoa powder and salt. Sift flour mixture over chocolate mixture and stir until flour mixture is just incorporated. Pour batter into prepared pan and smooth top with a spatula. Bake until a wooden skewer inserted comes out mostly clean, about 30 minutes, rotating pan halfway through cooking time. Let brownies cool completely in pan on a wire rack. Meanwhile, spread peanuts in a single layer over a baking sheet. Bake, stirring occasionally, until golden and fragrant, about 6 minutes. Set aside. In a large heavy-bottomed saucepan, heat remaining  $1\frac{1}{2}$  cup (325 ml) sugar and water over medium heat, stirring occasionally until sugar dissolves. Increase heat to medium high and boil, without stirring, until mixture starts to turn amber in spots. Swirl saucepan and continue to cook until evenly deep amber in colour. Stir in honey, bring back to a boil and cook another minute. Remove caramel from heat and stir in remaining  $1\frac{1}{2}$  tbsp (21 ml) butter and cream. Be careful, as mixture will bubble up vigorously. Return to heat and stir until smooth. Stir in peanuts and pretzels, then pour over cooled brownies. Chill in refrigerator until cool, about 30 minutes.

To serve, remove brownies from pan using the parchment paper. Peel away paper and cut into bars.

### PAIRS WITH

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### PINE NUT, OLIVE OIL AND CHERRY COOKIES

#### Makes 3 dozen

$\frac{1}{4}$ cup	(50 ml)	pine nuts, plus extra for decorating cookies
$\frac{1}{4}$ cup	(50 ml)	dried cherries, chopped
$2\frac{1}{4}$ cups	(550 ml)	all-purpose flour
1 tsp	(5 ml)	baking soda
$\frac{1}{2}$ tsp	(2 ml)	ground ginger
pinch		ground nutmeg
$\frac{1}{4}$ tsp	(1 ml)	salt
$\frac{1}{2}$ cup	(125 ml)	unsalted butter, at room temperature
1 cup	(250 ml)	granulated sugar, plus extra for sprinkling
3 tbsp	(45 ml)	extra-virgin olive oil
2 tbsp	(30 ml)	whipping cream
1		large egg

Preheat oven to 350 F (180 C). Spread pine nuts over a baking sheet in a single layer. Bake, stirring occasionally, until golden and fragrant, about 5 minutes. Set aside to cool to room temperature. Pulse pine nuts and cherries in a food

CELEBRATE LIFE...ENJOY RESPONSIBLY

Irresistibly Sweet and Salty from page 30 continued

processor fitted with blade attachment until coarsely ground. In a bowl whisk together 2 cups (500 ml) flour, baking soda, ginger, nutmeg and salt. In bowl of a stand mixer fitted with paddle attachment, cream together butter, sugar and oil at medium speed for 5 minutes. Stir in pine nut mixture. Add flour mixture and stir together until just incorporated. Add cream and egg, and mix until combined. Stir in remaining ¼ cup (50 ml) flour. Roll 2 tsp (10 ml) of dough into a ball and place on a parchment-lined baking sheet 2-in (5 cm) apart and flatten slightly. Decorate each one with a few pine nuts and a sprinkling of sugar. Bake until edges are golden, about 10 to 12 minutes, rotating pan halfway through cooking time. Let cool on baking trays for 10 minutes before transferring to a wire rack to cool completely. Cookies can be stored in an airtight container at room temperature for 3 days.

**PAIRS WITH**

CROFT ORIGINAL FINE PALE CREAM SHERRY  
Spain **\$17.99** 73452

CHÂTEAU DES CHARMES VIDAL ICEWINE  
Canada **\$25.99** 565861



**AZTEC CHOCOLATE BARK**

**Makes 12 shards**

- |        |         |                                      |
|--------|---------|--------------------------------------|
| 7 oz   | (220 g) | dark chocolate                       |
| ¼ tsp  | (1 ml)  | ground cinnamon                      |
| pinch  |         | ancho chili powder                   |
| 2 tbsp | (30 ml) | candied orange peel, finely chopped  |
| 2 tbsp | (30 ml) | raw pumpkin seeds                    |
| 2 tbsp | (30 ml) | natural sliced almonds, toasted      |
| 2 tbsp | (30 ml) | cocoa nibs                           |
|        |         | fleur de sel, for garnish (optional) |

Line baking sheet with parchment paper and place in refrigerator. Place chocolate in heatproof bowl and melt over saucepan of simmering water, stirring occasionally. When chocolate is smooth, remove from heat and stir in cinnamon and chili powder. Retrieve chilled baking sheet and pour chocolate into center of parchment. Spread into a rectangle measuring roughly 5 x 8-in (12 x 20 cm). Sprinkle candied orange, pumpkin seeds, almonds and cocoa nibs over chocolate and press down gently to set into chocolate. Finish with a sprinkle of fleur de sel, if using, before returning to refrigerator to set for 10 minutes. Break into 12 pieces and serve.

**PAIRS WITH**

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# BAREFOOT WINE

## MOSCATO

**DELICIOUSLY SWEET  
WITH TASTES OF**

**JUICY PEACH &  
RIPE APRICOT.**

- 250ml** Barefoot Moscato
- Chilled soda water
- 2 tbsp** chopped mint leaves
- 1 tbsp** lime juice
- 1 tsp** granulated sugar
- Crushed ice
- 2** Peach slices

BAREFOOT MOSCATO  
**PEACH  
MOJI-TOE**

In a small pitcher, mix mint leaves, lime juice and sugar. Fill 2 tall glasses with crushed ice; pour mint mixture over ice and add Barefoot Moscato wine. Top glasses with soda water and two Peach slices. **Serves 2.**



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Irresistibly Sweet and Salty from page 30 continued



### PEANUT, BACON, BOURBON AND CHOCOLATE COOKIES

**Makes 2 dozen**

- |                  |                                      |
|------------------|--------------------------------------|
| 9 strips         | bacon                                |
| 1½ cups (375 ml) | all-purpose flour                    |
| 1 tsp (5 ml)     | baking soda                          |
| ½ cup (125 ml)   | unsalted butter, at room temperature |
| ½ cup (125 ml)   | granulated sugar                     |
| ½ cup (125 ml)   | light brown sugar, lightly packed    |
| ¼ cup (50 ml)    | smooth, natural peanut butter        |
| ¼ tsp (1 ml)     | salt                                 |
| 1                | large egg                            |
| 1 tsp (5 ml)     | bourbon or vanilla extract           |
| ½ cup (75 ml)    | dark chocolate, chopped              |

In a large frying pan, cook bacon over medium heat until crisp, turning occasionally and working in batches so as to not overcrowd pan, about 10 to 15 minutes total. Transfer bacon to a paper towel-lined plate and reserve bacon fat. Reserve ¼ of bacon for garnish. Let cool slightly then chop coarsely. Preheat oven to 350 F (180 C). Sift together flour and baking powder into a bowl and set aside. In bowl of a stand mixer fitted with paddle attachment, cream together butter and sugars at medium speed for about 5 minutes. Stir in peanut butter, salt, egg, bourbon, reserved bacon and 2 tbsp (30 ml) of reserved bacon fat until well-incorporated. Add flour mixture and stir until just incorporated. Form 1 tbsp (15 ml) of dough into a ball and place on a parchment-lined baking sheet. Repeat with remaining dough. Flatten each ball slightly with palm of your hand. Bake until just starting to brown around edges, about 10 minutes, rotating pan half way through cooking time. Let cool for 2 minutes on baking pan before transferring to a wire rack to cool completely. To finish, melt chocolate in a heatproof bowl over a saucepan of simmering water, stirring occasionally. Make sure bottom of bowl does not touch water. When chocolate is smooth, remove from heat. Place a piece of parchment paper under wire rack holding cookies. Garnish immediately with remaining bacon. With a fork, drizzle chocolate over cookies. Allow chocolate to set at room temperature, about 1 hour. Transfer to a serving plate and enjoy.

#### PAIRS WITH

KNOB CREEK 9-YEAR-OLD SMALL BATCH BOURBON  
USA \$45.95 326009

CHOCOLAT ROUGE SWEET RED WINE  
USA \$14.99 240929

Delicious Dinner for a Brand New Year  
from page 42



### SABAYON WITH FRESH BERRIES

#### Serves 4

- |        |          |   |
|--------|----------|---|
| ½ cup  | (125 ml) | superfine sugar (granulated sugar ground in a food processor) |
| 3 tbsp | (45 ml)  | grenadine syrup   |
| 4 cups | (1 L)    | fresh berries, as preferred                                   |
| 6      |          | large egg yolks   |
| ½ cup  | (85 ml)  | granulated sugar (or more to taste)                           |
| ½ cup  | (125 ml) | Marsala wine (or more to taste)                               |

To make sugar rim, pour grenadine syrup in a saucer and superfine sugar in another. Dip glass rim into syrup and then into sugar. Reserve. Divide berries between glasses. In top part of a double boiler (or a stainless steel bowl over a saucepan), mix eggs and granulated sugar together and cook over gently simmering water. Whisk constantly until pale yellow. Gradually add Marsala and keep whisking until mixture has at least doubled in volume and thickened to the consistency of lightly whipped cream. Remove from heat and whisk for another minute. Pour over berries and serve. Note: Sabayon can be served warm, cold or poured over berries and broiled until golden.

#### PAIRS WITH

CARLO PELLEGRINO MARSALA  
Italy **\$18.99** 265439

DOW'S 10-YEAR-OLD TAWNY PORT  
Portugal **\$38.99** 989319



### POTATO PAVÉ

#### Serves 6

- |        |          |   |
|--------|----------|---|
| 3 lbs  | (1.5 kg) | russet potatoes   |
| 1 cup  | (250 ml) | heavy cream   |
| 2 tsp  | (10 ml)  | salt, plus more for seasoning   |
| 1 tsp  | (5 ml)   | pepper, plus more for seasoning   |
| 6 tbsp | (90 ml)  | unsalted butter (2 tbsp/30 ml, softened, 4 tbsp/60 ml cut into ¼-in/0.5 cm cubes) |
|        |          | canola oil or butter  |

Preheat oven to 350 F (180 C). Peel potatoes, trim ends and cut sides to create 3 flat sides. Place in a bowl filled with cold water, to prevent potatoes from turning brown. In a large bowl, season cream with salt and pepper. Working 1 potato at a time, dry well and thinly slice, using long flat side, with a long mandolin positioned directly over bowl of cream. Repeat with all potatoes.

**BC LIQUORSTORES**



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## Delicious Dinner for a Brand New Year from page 42 continued

Brush a 10 x 5 x 2¼-in (25 x 12 x 7 cm) loaf pan with softened butter. Line pan with parchment paper, leaving an overhang on all sides, which will completely cover the pan when folded over. Brush parchment paper with softened butter. One by one, take slices from cream, letting excess cream run off. Trim slices to form a solid, even layer in bottom of pan. Repeat process to form a second layer. Add cubes of butter, then season with salt and pepper. Continue layering potatoes and adding butter and seasoning after every 2 layers until pan is filled, finishing with a buttered layer. Fold sides of parchment paper over potatoes. Cover pan tightly with aluminum foil and transfer to oven. Bake until potatoes are completely tender with no resistance when pierced with tip of a knife, about 1½ hours. Remove from oven and let cool for 15 minutes. Place second pan over first and weigh down with heavy cans. Let potatoes cool to room temperature. Remove weights and tightly wrap pan. Refrigerate for at least 6 hours or up to 2 days. To serve, run a knife or spatula between parchment paper and pan to release. Using parchment paper overhang, carefully lift pavé out of pan or invert onto a cutting board. Trim sides of pavé and cut into 12 equal pieces. Let stand at room temperature for 30 minutes. Heat a large skillet over medium-high heat. Add enough canola oil or butter to coat. When hot, add potatoes, and brown on all sides. Do not overcrowd pan. Carefully lift potatoes from pan and set on a paper towel, to remove excess fat. Serve immediately or reserve and reheat in oven at serving time.

### PAIRS WITH

J.P. CHENET RESERVE CHARDONNAY  
France **\$12.99** 490896

RED GUITAR OLD VINE TEMPRANILLO GARNACHA  
Spain **\$13.99** 120360



### HERB CRUSTED RACK OF LAMB

#### Serves 4

2 x 6 ribs racks of lamb, trimmed and cleaned (ask your butcher)  
2 tbsp (30 ml) olive oil  
salt and pepper, to taste

Preheat oven to 375 F (190 C). Prepare Herb Crust (recipe follows). Score fat on outside of racks in a crisscross pattern. Heat oil in a skillet over medium-high heat, season the lamb, place in pan and cook quickly to seal and brown the surface. Remove from the pan and set aside. Firmly press a layer of the Herb Crust onto the fat side of racks, leaving bones, sides and bottom clean. Place crusted racks in roasting pan leaning against one another and roast in oven 20 to 25 minutes to an internal temperature of 130 to 140 F (54 to 60 C) for rare or 140 to 150 F (60 to 65 C) for medium rare. Remove from oven and let stand for about 5 to 10 minutes. Cut ribs and serve 3 per person.

#### HERB CRUST

½ cup (125 ml) fresh bread crumbs  
4 large garlic cloves, finely chopped  
½ cup (75 ml) fresh parsley, finely chopped  
1 tbsp (15 ml) fresh thyme leaves, finely chopped  
1 tbsp (15 ml) fresh mint leaves, finely chopped  
1 tbsp (15 ml) lemon zest, finely chopped

½ cup (75 ml) salt and pepper, to taste  
unsalted butter, softened

In a bowl mix together bread crumbs, chopped garlic, herbs and lemon. Season and mix in softened butter to form a paste.

### PAIRS WITH

CHÂTEAU ROQUETAILLADE LA GRANGE  
France **\$25.99** 193102

SANTA RITA MEDALLA REAL CABERNET SAUVIGNON  
Chile **\$22.99** 275594



### CRISPY DUCK SALAD

#### Serves 4

2 duck breasts  
2 cups (500 ml) mixed baby greens  
2 scallions, sliced on an angle  
¼ cup (50 ml) frozen green peas, thawed  
20 snow peas, blanched  
2 oranges, peeled and segmented  
1 tsp (5 ml) sesame seeds

Preheat oven to 350 F (180 C). Score fat and skin on duck breasts on the diagonal. Place duck breast skin side down in a large cold skillet. Turn heat to medium and cook breasts 5 to 8 minutes, turning once skin crisps and most fat is rendered. Pour out excess fat. Place skillet in oven and cook another 9 to 12 minutes. Meat should be pink at centre – rare to medium rare. Let duck cool to room temperature and slice. Serve 4 to 6 ounces per person for an appetizer portion.

#### VINAIGRETTE

1 tsp (5 ml) sesame oil  
2 tbsp (30 ml) rice wine vinegar  
2 tsp (30 ml) honey  
3 tbsp (45 ml) fresh orange juice  
1½ tsp (7 ml) soy sauce  
½ cup (125 ml) vegetable oil  
salt and pepper, to taste

In a medium bowl, combine all ingredients. Add oil in a slow stream while whisking. Adjust seasonings to taste. Arrange greens, vegetables and orange segments on individual plates. Add duck and drizzle with vinaigrette, sprinkle with sesame seeds and serve immediately.

### PAIRS WITH

GEHRINGER BROTHERS PRIVATE RESERVE RIESLING  
BC VQA **\$14.99** 347492

MOËT & CHANDON BRUT IMPÉRIAL  
France **\$65.00** 453084



### CRISPY WALNUT OATCAKES

Makes 32 cakes

- |         |          |                                      |
|---------|----------|--------------------------------------|
| ¼ tsp   | (1 ml)   | baking powder                        |
| ¼ cup   | (50 ml)  | milk                                 |
| ¾ cup   | (175 ml) | unsalted butter, at room temperature |
| ½ cup   | (75 ml)  | fine granulated sugar*               |
| 1½ cups | (300 ml) | quick-cooking oatmeal                |
| ½ cup   | (125 ml) | whole wheat flour                    |
| ½ cup   | (75 ml)  | walnuts, finely minced               |
| ¼ tsp   | (1 ml)   | salt                                 |

Preheat oven to 350 F (180 C). Line baking sheet with parchment paper and set aside. In a mixing bowl, combine butter and sugar. Beat with electric mixer until creamy. In a small bowl, dissolve baking powder in milk and add to butter mixture along with oatmeal, whole wheat flour and walnuts. Stir together with

\* Whirl granulated sugar in a food processor until a fine powder.

a wooden spoon to make stiff dough. Roll out dough on a lightly floured surface to about ½-in (1 cm) thick. Using a cookie cutter, cut into 2-in (5 cm) circles and place on prepared baking sheet ½-in (1 cm) apart. Bake in oven for 12 to 15 minutes or until pale golden. Remove from oven and rest on baking sheet for a couple of minutes before transferring to a cookie rack to cool completely. Gather up remaining scraps of dough and repeat rolling, cutting and baking. Store baked oatcakes in a tightly covered container at room temperature up to a few days. Serve with Stilton and creamy cheeses.



### COCK-A-LEEKIE SOUP

Makes 4 L

- |         |        |   |
|---------|--------|---|
| 4 lb    | (2 kg) | whole chicken                                 |
| 12 cups | (3 L)  | chicken or vegetable stock                    |
| 4       |        | slices double-smoked bacon                    |
| 5       |        | leeks, trimmed and washed                     |
| 3       |        | whole celery stalks, coarsely chopped, leaves |



- 2 reserved
- 2 large carrots, scrubbed and coarsely chopped
- 2 medium-size parsnips, scrubbed and coarsely chopped
- 3 stems each of fresh parsley and thyme
- 2 bay leaves
- ½ cup (125 ml) long grain rice, rinsed and drained
- ½ cup (125 ml) pot barley, rinsed and drained
- 1½ tsp (7 ml) hot curry powder
- 12 pitted prunes, optional
- salt and pepper, to taste
- ½ cup (125 ml) fresh parsley, minced
- 2 cups (500 ml) toasted sourdough croutons, seasoned

Cut chicken into thighs, breasts, wings and back. Remove as much skin as you can and discard. Place chicken in a very large stock pot with bacon. Coarsely cut up 3 of the 5 leeks and add along with celery, carrots, parsnips, parsley, thyme and bay leaves. Bring to a boil and skim off any scum. Reduce heat and cover with lid ajar. Simmer gently for 2 hours, adding more water if necessary. Remove chicken pieces to a large bowl and set aside until cool enough to handle. Once cooled, remove meat from bones and coarsely chop, discarding bones. Refrigerate meat, covered. Strain chicken stock into another large stock pot and refrigerate, discarding strained bacon and vegetables. Once stock has chilled, preferably overnight, remove firmed fat layer and discard. To make final soup, add rice to stock and bring to a boil. Cover with lid ajar and simmer for 15 minutes. Slice remaining 2 leeks and add to simmering stock along with barley and curry powder. Bring to a boil. Reduce heat. Cover with lid ajar and simmer for another 15 minutes, to cook leeks and barley. Add 2 cups (500 g) of chopped, cooked chicken, reserving any extra chicken and freeze for another meal. Add pitted prunes, if using. Simmer gently until chicken is piping hot and prunes are plumped. Taste, add salt and pepper to taste. Ladle into bowls and serve with minced parsley and sourdough croutons.



### HAGGIS FRITTERS

Makes 16

- 2 tbsp (30 ml) canola oil
- 3 onions, peeled and thinly sliced, about 3 cups (750 ml)
- 1 large garlic clove, minced
- 10 oz (300 g) cooked haggis (2 cups/500 ml crumbled)
- ¼ cup (50 ml) fresh parsley, minced
- 1 small hot red chili pepper, seeded and finely minced\*
- 2¼ cup (550 ml) all-purpose flour
- 1½ cups (375 ml) warm water
- salt and pepper
- canola oil for frying

Heat oil in a frying pan over medium heat. Add onion and garlic and sauté until soft and golden, about 10 minutes. Stir in garlic and continue to sauté for another minute, just to soften. Turn into a medium-size bowl. Remove cooked haggis from casing and add to onions along with parsley and chili pepper.

\* Take care when chopping hot red peppers. Gloves are recommended.

Gently fold together. In a separate bowl, combine flour and warm water. Stir together until it is smooth and consistency of a thick, sticky pancake batter. Fold haggis mixture into flour batter, mixing thoroughly. Set aside. Heat a frying pan generously coated with oil over medium heat. Using a large spoon, place several fritters in pan, making sure they don't touch when lightly smoothed out. Cook until golden on both sides and cooked through, about 2 to 3 minutes. Remove and drain on paper towels. Season lightly with salt and pepper. Fritters are best served immediately, but can also be made ahead and refrigerated. Warm in the oven or a microwave before serving. Serve with Sweet Apricot Orange Dipping Sauce (recipe follows).

### SWEET APRICOT ORANGE DIPPING SAUCE

- 1 cup (250 ml) apricot preserves
- ¼ cup (50 ml) fresh orange juice
- 3 tbsp (45 ml) whisky
- 1 tbsp (15 ml) Dijon mustard

In a small pan, combine preserves, orange juice and mustard. Stir to blend. Add whisky and simmer briefly. Remove from heat and carefully light with a match to burn off alcohol.



### ENDIVE LEAVES STUFFED WITH CAPONATA

Makes 3 cups (750 ml) of filling

- ½ eggplant, unpeeled, about ¾ lb (340 g)
- sea salt
- 2 tbsp (30 ml) olive oil
- 1 small onion, finely diced
- 1 stalk celery, finely diced
- 2 large garlic cloves, finely minced
- ½ yellow bell pepper, seeded and finely diced
- 1 tbsp (15 ml) red wine vinegar
- ¼ cup (50 ml) pitted kalamata olives, chopped
- 1 tsp (5 ml) granulated sugar
- ½ tsp (2 ml) crushed dried red peppers
- 1 ripe tomato, seeded and very finely diced
- 2 tbsp (30 ml) capers, rinsed and drained
- pepper
- ¼ cup (50 ml) each, fresh basil and parsley, finely chopped
- 10 whole heads Belgian endive, white or red or a combination
- 4 oz (125 g) plain goat's cheese, crumbled or blue cheese
- ½ cup (125 ml) pine nuts or finely chopped walnuts, toasted

Finely dice unpeeled eggplant into ¼-in (0.5 cm) cubes. To release some of the bitter juices, toss with a little salt and place in a sieve. Top with a plate just small enough to fit snugly inside sieve. Place a weight on top, such as a 28 oz (796 ml) tin of tomatoes. Set in sink to drain for 30 minutes. Remove plate. Rinse eggplant with cold running water and transfer to a cloth-lined baking sheet. Blot dry with a clean kitchen cloth or paper towel. Heat oil in large, heavy saucepan. Add eggplant, onion, celery and garlic. Sauté until mixture is soft and pale golden, about 15 minutes. Add pepper, vinegar, olives, sugar, crushed peppers, tomato and capers. Cover and simmer for a couple of minutes, to

Simply Chic Canapés from page 68 continued

blend flavours. Add salt and pepper to taste. Caponata can be made to this point, covered and refrigerated for 1 to 2 days. To assemble, fold basil and parsley into caponata. Set aside. Wipe endive clean. Thinly slice a piece from the stem end and separate endive into leaves. Place a scant tablespoon of caponata filling into each leaf and arrange on a serving platter. Place a little crumbled cheese and toasted nuts on top of each leaf. Serve at room temperature.

**PAIRS WITH**

MARQUÉS DE CÁCERES RIOJA ROSADO

Spain **\$16.99** 361188

BONTERRA ORGANIC ZINFANDEL

USA **\$19.99** 69013



LENTIL AND CHICKPEA SAMOSAS

Makes 30

**DOUGH**

- 3 cups (750 ml) all-purpose flour
- ½ tsp (2 ml) each of cumin seeds and sea salt
- ½ cup (75 ml) canola oil
- ¾ cup (150 ml) water, room temperature

Combine flour, seeds and salt in a food processor. Whirl briefly to blend. Add canola oil and whirl until it begins to clump. Add water, a little at a time, and whirl until a ball forms. You may need to adjust water amount depending on humidity of your kitchen. Add a little less water to start, adding more as needed. Dough should be pliable and hold together for rolling out. Remove and roll dough into an 8-in (20 cm) log. Wrap in plastic wrap and let rest for 15 minutes or refrigerate overnight if you wish, but bring to room temperature before rolling.

**FILLING**

- ½ cup (125 ml) dried red lentils
- 1 tbsp (15 ml) coconut oil
- 1 tsp (5 ml) each, black mustard seeds and cumin seeds
- ½ small onion, finely minced
- 2 tsp (10 ml) ginger, peeled and grated
- 1 small garlic clove, minced
- 2 tsp (10 ml) each, turmeric and ground cumin
- ½ tsp (2 ml) each, sea salt and granulated sugar
- pinch cayenne pepper
- ½ -14 oz (398 ml) canned chickpeas, drained
- ½ cup (75 ml) cilantro, coarsely chopped

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## Simply Chic Canapés from page 68 continued

- 1 hot red chili pepper, seeded and finely minced, optional\*
- 1 small potato, peeled and finely diced
- 1 carrot, peeled and finely diced

Rinse lentils and discard any discoloured ones. Place in a small saucepan and cover with water. Bring to a boil and reduce heat to simmer, leaving lid slightly ajar, until lentils are very soft, about 12 minutes. Meanwhile, heat coconut oil in a frying pan. Add seeds and sauté just until they begin to pop, then quickly add onion, ginger, garlic and seasonings and sauté for about 3 minutes. Transfer to a bowl and stir in chickpeas, cilantro and red pepper. When lentils are tender, thoroughly drain off excess liquid. Add to seasoned onion mixture. Transfer to a large bowl and refrigerate until cooled. In a pot of boiling, salted water, cook potatoes and carrots together just until tender, about 10 minutes. Drain and cool. Then add to cooled lentils and gently fold together to blend. Cool. Cover and refrigerate if making ahead. Can be refrigerated for up to a day. To assemble, cut prepared dough into 15 pieces. Roll each into a ball and flatten slightly. Keep pieces you are not working with covered with plastic wrap. On a lightly floured surface, roll 1 flattened piece of dough into a 6-in (15 cm) round. Turn dough frequently, to achieve uniform thickness. Cut rolled circle in half. Pick up one semi-circle piece of dough and moisten half the straight edge with water. Form cone shape by overlapping cut edges by ¼-in (0.5 cm). Fill cone with a heaping tablespoon of lentil mixture. Moisten top inside edges of pastry and pinch tightly to seal. Crimp with a fork, if necessary. Uncooked samosas can be refrigerated, tightly wrapped, for up to a day. Simply place on a well-oiled baking sheet and cover with plastic wrap that has also been well oiled and refrigerate up to a day. To cook, heat oil in a deep frying pan to 375 F (190 C). Fry samosas, a few at a time, until golden on both sides, about 20 to 30 seconds per side. Drain on paper towel and serve warm. Samosas are best served fresh, but can be made ahead. Refrigerate in a container up to 24 hours, or freeze on a tray and then transfer to an airtight container and freeze up to 2 weeks. Reheat in a 350 F (180 C) oven.

### PAIRS WITH

INNISKILLIN OKANAGAN RESERVE PINOT GRIGIO  
BC VQA \$15.99 80044

SEGURA VIUDAS BRUT RESERVA CAVA  
Spain \$15.99 158493



### ALL DRESSED UP ZUCCHINI COLLARS

#### Makes 24

- 4 zucchini (9-in/23 cm each)
- 1 tbsp (15 ml) olive oil
- ½ (300 ml) tub ricotta cheese
- ½ (125 g) tub spreadable plain cream cheese
- ¼ cup (50 ml) Parmesan cheese, freshly grated
- 1 small garlic clove, crushed
- 1 tbsp (15 ml) fresh dill, finely minced
- ½ lemon, zest only, finely grated
- salt and black pepper, to taste

\* Take care when chopping hot red peppers. Gloves are recommended.

- pinch cayenne pepper
- 2 (100 g) pkg thinly sliced, cold smoked salmon
- fresh dill sprigs for garnish

Trim ends from unpeeled zucchini. Using a cheese slicer or mandolin, shave zucchini lengthwise into thin slices. You should have about 8 or 10 slices per zucchini. Discard outer slices. Heat oil in frying pan. Add slices of zucchini a few at a time, in a single layer and gently sauté just until pale golden and soft enough to roll, about 1 to 2 minutes. Add more oil if needed. Using a spatula, remove zucchini, placing in a single layer on a paper towel-lined baking sheet. Set aside to cool. In a bowl, combine ricotta, cream cheese, Parmesan, garlic, dill and lemon. Stir with a fork until blended. Add salt, pepper and cayenne to taste. Taking one zucchini slice at a time, using a thin metal spatula, gently spread 2 to 3 tsp (10 to 15 ml) cheese mixture over entire length of zucchini. Cut smoked salmon into thin strips and place 1 thin piece on top. Roll up zucchini slice and place cut side down in a lined metal baking tin, such as a 9-in (23 cm) square pan. Repeat steps with remaining zucchini and cheese, tucking each one into pan in a single layer. Cover and refrigerate to firm. To serve, arrange collars in a single layer on a serving platter. Garnish with a sprig of dill tucked into each collar.

### PAIRS WITH

CARMEN RESERVA VIOGNIER  
Chile \$13.99 604348

OYSTER BAY MARLBOROUGH CHARDONNAY  
New Zealand \$17.99 326728



### HERBED GOAT'S CHEESE AND GRAPE BITES

#### Makes 24 to 30 Bites

- 1 (300 g) pkg plain goat's cheese
- 4 oz (125 g) plain cream cheese, softened
- 3 tbsp (45 ml) port
- salt and pepper, to taste
- 1 large cluster seedless grapes, green or red
- ¾ cup (175 ml) mixture of very finely minced fresh herbs: parsley, dill and basil
- ½ cup (125 ml) pistachios, toasted and crushed

In a large bowl, combine goat's cheese, cream cheese and port and stir with fork until smooth. Add salt and pepper to taste. Cover and refrigerate until chilled. Line your palm with a piece of plastic wrap. Using other hand, scoop out a tablespoon of cheese mixture and place in palm of plastic-lined hand. Press a grape in middle of cheese mixture and use plastic wrap to evenly coat cheese around grape, forming a small ball. Place on a plate and repeat with remaining cheese and grapes. In a large shallow bowl, stir minced fresh herbs and ground nuts together. Roll each cheese grape in mixture to evenly coat. Place in a single layer in a metal pan or a baking sheet. Cover and refrigerate until ready to serve. To serve, arrange on a platter or in serving spoons.

### PAIRS WITH

VEUVE DU VERNAY BRUT  
France \$13.99 209023

CHARTRON LA FLEUR SAUVIGNON BLANC  
France \$13.99 626341

Chinese New Year from page 80



### MINI CRAB PARCELS

Makes 24

¼ cup	(50 ml)	mayonnaise
½		red bell pepper, seeded and finely minced
1		hot red chili pepper, seeded and very finely minced*
1		small garlic clove, very finely minced
1		lime, finely grated zest and juice
2 tbsp	(30 ml)	minced fresh cilantro
2 tbsp	(30 ml)	fresh Italian parsley, minced
2 – 4 oz	(120 g)	canned drained crabmeat
		salt and pepper
		round rice paper for wraps
		fresh chives

In a bowl, combine mayonnaise, bell pepper, chili pepper, garlic, zest and juice from lime, cilantro and parsley. Gently stir to blend. Add crab and gently fold in just until mixed. Set aside. Heat a large pot of water just until warm. Slide one sheet of rice paper into warm water until pliable, about 30 seconds to a minute. Make sure it doesn't fold over. Using your fingers, gently remove and place on a moist cutting board. Wraps are very fragile and easily tear. Using a very sharp knife, cut circle in half. Trim each half into a square, discarding extra pieces. Place a scant tablespoon of crab filling onto centre of each square. Fold in ends and roll up each square to form a parcel. Place a few chives into warm water to soften, then tie a chive around each parcel. Place on a serving platter. Cover with plastic wrap and refrigerate until ready to serve. Can be refrigerated up to one day.

#### PAIRS WITH

CHÂTEAU DE SANCERRE  
France \$28.97 164582

LORON & FILS BOURGOGNE BLANC MONTVALLON CHARDONNAY  
France \$17.99 525733



### HOT AND SOUR SOUP

Serves 6

4		dried Chinese mushrooms
12		small, dried cloud ear mushrooms
12		dried lily buds
5 cups	(1¼ L)	chicken stock
2 tsp	(10 ml)	finely minced ginger

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- 2 garlic cloves, finely minced
- 2 tsp (10 ml) red pepper flakes
- ½ cup (125 ml) canned bamboo shoots, cut into 1/8-in wide julienne
- ¼ cup (50 ml) Chinese red vinegar
- 1 tbsp (15 ml) light soy sauce
- 1½ tsp (7 ml) sugar
- ½ tsp (2 ml) sea salt
- 4 oz (125 g) pork loin, finely julienned
- 2 tbsp (30 ml) cornstarch mixed with 3 tbsp (45 ml) water
- 2 large eggs, lightly beaten
- 1 square firm tofu, cut into ½-in (1 cm) cubes
- 1 tbsp (15 ml) sesame oil
- ½ tsp (2 ml) ground white pepper
- 2 tsp (10 ml) chili oil (optional)
- 2 green onions, finely sliced
- 3 tbsp (45 ml) cilantro leaves, coarsely chopped

In a large mixing bowl, add Chinese mushrooms, dried cloud ear mushrooms and lily buds and cover with boiling water. Soak until all are soft, about 30 minutes. Cut off the tough stems from the mushrooms, squeeze out the excess water and thinly slice the caps. Cut off any tough pieces from the cloud ears and slice into fine julienne. Remove the lily buds, cut off the tough ends, cut in half crosswise, then tear each half lengthwise into 2 or 3 shreds. In a large stockpot, bring chicken stock, ginger and garlic to a boil over high heat. Add the mushrooms, cloud ear, lily buds, bamboo shoots and red pepper flakes and allow the stock to return to a boil. Reduce heat to medium and simmer for 10 minutes. In a small bowl, mix together the red vinegar, soy sauce, sugar and salt. Increase heat to high, then add the seasoning mixture, the pork and the cornstarch mixture. When the soup starts to thicken and comes to a boil, reduce to a simmer and stir in the beaten egg and tofu. Remove from heat and stir in sesame oil, white pepper and chili oil. Serve in warm soup bowls garnished with chopped green onions and cilantro.

**PAIRS WITH**  
**FETZER VALLEY GEWÜRZTRAMINER**  
 USA \$13.99 350843

**ST. HUBERTUS DRY RIESLING**  
 BC VQA \$15.75 345009



### WINTER MELON AND SEAFOOD SOUP

**Serves 6**

- 6 dried Chinese mushrooms
- 2 lbs (1 kg) winter melon
- 10 cups (2.5 L) chicken broth
- 1 tbsp (15 ml) ginger, finely minced
- 1 small carrot, peeled and finely diced
- ½ lb (250 g) raw shrimp, cut into ½-in (1 cm) pieces or cooked, hand-peeled shrimp
- ½ lb (150 g) fresh scallops, cut into ½-in (1 cm) dice
- ½ cup (125 ml) frozen peas
- ½ lb (150 g) fresh Dungeness crabmeat

- 2 egg whites, slightly beaten
- ¼ tsp (1 ml) white pepper
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) light soy sauce
- cilantro or green onions, chopped, for garnish

Soak mushrooms in hot water until softened, about 20 minutes. Drain. Discard woody stems and cut into ¼-in (0.5 cm) dice. Cut off melon rind and discard. Remove any seeds and stringy fibres. Cut melon into ¾-in (2 cm) cubes. In large soup pot, bring chicken broth, minced ginger and carrots to a boil. Add mushrooms, winter melon, shrimp, scallops and peas. Cover and cook until winter melon is tender, about 5 minutes. Reduce heat and, just before serving, stir in crabmeat, egg whites, white pepper, sesame oil and soy sauce.

**PAIRS WITH**  
**VILLA TERESA ROSÉ ORGANIC VENETO VINO FRIZZANTE**  
 Italy \$16.97 826875

**WHITEHAVEN SAUVIGNON BLANC**  
 New Zealand \$19.99 300368



### WEST LAKE SOUP WITH CRABMEAT

**Serves 4**

- 6 cups (1.5 L) chicken broth
- 3 thin slices ginger, finely minced
- 2 tbsp (30 ml) cornstarch
- ¼ tsp (1 ml) white pepper
- pinch sugar
- 1 tbsp (15 ml) light soy sauce
- 1 – 12 oz (350 g) pkg medium firm tofu, cut into ½-in (1 cm) cubes
- 2 egg whites, lightly beaten
- ½ lb (75 ml) fresh crabmeat
- 1 cup (250 ml) cilantro, washed and coarsely chopped
- 4 green onions, finely chopped
- ½ tsp (2 ml) white pepper
- 1 tsp (5 ml) sesame oil
- salt, to taste

In a saucepan, bring chicken broth and minced ginger to a boil over medium-high heat. Reduce heat to low and simmer for 15 minutes, covered. Meanwhile, mix cornstarch, pepper, sugar, soy sauce and ½ cup (75ml) cold water in a small bowl. Bring the soup to a boil and add tofu. Add cornstarch mixture to soup, stirring well and, at the same time, stirring in the beaten egg whites and crabmeat. Bring to a gentle boil until soup is thick. Just before serving, stir in cilantro and green onions. Season with pepper, sesame oil and salt.

**PAIRS WITH**  
**THE DREAMING TREE CRUSH RED**  
 USA \$17.99 239384

**MISSION HILL FIVE VINEYARDS SAUVIGNON BLANC**  
 BC VQA \$14.99 118893



### PINK CHAMPAGNE LAYER CAKE WITH POMEGRANATE MOUSSE

Serves 8

#### SIMPLE SYRUP

1 cup (250 ml) water  
1 cup (250 ml) sugar

In a small saucepan, simmer sugar and water over medium heat until sugar has completely dissolved and liquid has thickened slightly. Pour into a bowl or small pitcher and chill in refrigerator until cold, at least an hour.

#### CAKE

2¾ cup (675 ml) all-purpose flour  
3 tsp (15 ml) baking powder  
1 tsp (5 ml) salt

¾ cup (150 ml) butter, at room temperature  
1½ cups (375 ml) white sugar  
¾ cup (175 ml) pink champagne  
6 egg whites, at room temperature  
1 cup (250 ml) simple syrup (equal parts water and sugar)  
8 oz (250 g) pomegranate seeds, fresh or frozen, for garnish

Preheat oven to 350 F (180 C). Butter two 8-in (20 cm) round cake pans. In a large bowl, cream together butter and sugar until very light and fluffy. Sift flour, baking powder and salt together, then blend ⅓ of dry ingredients into creamed mixture, alternating with champagne. Repeat twice more until all dry ingredients and champagne are blended. In a large clean bowl, beat egg whites until stiff peaks form. Mix ⅓ of whites into batter to lighten it, then fold in remaining egg whites. Pour into prepared pans. Bake for 20 to 25 minutes or until a tooth pick inserted into cake come out clean. Remove from oven and let cakes stand for 5 minutes. Remove from pans to a cooling rack. Once cooled, cut each cake into 3 layers using a long bread knife and brush each layer with simple syrup. Save pomegranate seeds for assembly.

#### MOUSSE

4 cups (1 L) pomegranate juice  
4 cups (1 L) whipping cream, chilled

In a large saucepan, bring juice to a boil. Lower heat and simmer until reduced to 1 cup (250 ml). Whip cream until soft peaks form and slowly add ¾ cup (175 ml) pomegranate juice reduction while whipping. Whip until stiff peaks



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## Pink Champagne Valentine Sweets from page 86 continued

form and reduction is well incorporated. To assemble, place 1 cake layer on a cake plate and top with 1 cup (250 ml) of mousse. Add next cake layer and top with another cup (250 ml) of mousse. Continue until all layers have been used. Finish by icing with remaining mousse and cover top of cake with pomegranate seeds. Refrigerate for at least 1 hour before serving.

### PAIRS WITH

**ROYAL DE NEUVILLE PÉTILLANT ROSÉ**

France **\$14.99** 81661

**VEUVE CLICQUOT DEMI-SEC**

France **\$73.95** 301721



### PINK CHAMPAGNE FRAISIERS

Serves 6

#### STRAWBERRY COULIS

2 lbs (1 kg) fresh strawberries (reserve 10 to 12 for garnish)  
½ cup (75 ml) pink champagne

Rinse strawberries and remove stems. Place in blender and process until puréed. Strain through a sieve into a medium bowl and stir in champagne. Reserve for Cake and Mousse recipes.

#### CAKE

¼ cup (300 ml) cake flour  
¼ cup (50 ml) sugar  
1½ tsp (7 ml) baking powder  
¼ tsp (1 ml) salt  
¼ cup (50 ml) vegetable oil  
2 egg yolks  
½ cup (125 ml) Strawberry Coulis  
3 egg whites  
¼ cup (50 ml) sugar

Preheat oven to 350 F (180 C). Line baking sheet (12 x 16-in/30 x 40 cm) with a silicone mat or parchment paper. Sift together cake flour, baking powder and salt. Mix with ¼ cup sugar. In a separate bowl, whisk together oil, egg yolks and Strawberry Coulis. Add dry ingredients to wet ingredients and mix until well-incorporated. Place egg whites in a clean, dry bowl and whip. Once whites become foamy, gradually add ¼ cup (50 ml) sugar. Continue beating, until stiff peaks form. Fold into cake mixture in 3 additions. Pour batter onto prepared baking sheet and spread a thin, even layer using a large offset metal spatula. Place baking sheet in oven and bake for 6 minutes, rotate pan and bake for another 5 minutes until edges just begin to turn golden and cake has risen and is soft and springy to the touch. Remove from oven and run a knife around edges of sheet pan to loosen cake. Carefully remove cake from sheet pan and cool completely on a wire rack.

#### STRAWBERRY MOUSSE

8 tbsp (120 ml) water  
1 tbsp (15 ml) gelatin  
¾ cup (150 ml) Strawberry Coulis, chilled  
1 cup (250 ml) whipping cream, chilled

½ cup (125 ml) superfine sugar (granulated sugar, blended)

Sprinkle gelatin over 4 tbsp (60 ml) of cold water and let sit for 5 minutes until softened. In a medium bowl, microwave Strawberry Coulis to boiling. Stir in bloomed gelatin, whisking to completely dissolve. Keep whisking until cooled to room temperature. Whip cream and sugar to soft peaks. Fold cream into gelatin mixture in 3 additions. To assemble, using small metal cake rings, cut cake into desired shape and arrange on a parchment-covered cookie sheet. Place a piece of cake at bottom of each ring, layer with thinly sliced strawberries and add 2 to 3 tbsp (30 to 45 ml) Strawberry Mousse. Level top with a small spoon. Refrigerate for at least 3 hours. Near serving time, remove cakes from refrigerator. Using the tip of a knife, scrape around tops of mousse to detach it from metal ring. Rinse a towel under hot water, wring it, wrap around each ring for a few seconds and then push cake to top. The mousse and cake should come out easily. If not, wrap the towel a little longer. Add sliced strawberries on top along with a strawberry cut into a fan – make small cuts from the tip of the strawberry towards the attached stem, then press lightly on the strawberry to fan it. Prepare Glaze (recipe follows) and glaze strawberries. Refrigerate until ready to serve.

#### GLAZE

1 envelope commercial clear glaze\*  
2 tbsp (30 ml) sugar  
1 cup (250 ml) water

In a saucepan, mix clear glaze with sugar. Stir in cold water. Bring to a boil; let boil over medium heat for 1 minute. Cool for 1 minute, then spoon glaze evenly over strawberries.

### PAIRS WITH

**MOËT & CHANDON ROSÉ IMPÉRIAL**

France **\$75.00** 482026

**YELLOW TAIL BUBBLES**

Australia **\$13.99** 785469



### PEAR SORBET WITH PINK CHAMPAGNE

Serves 4

1 cup (250 ml) pink champagne  
3 tbsp (45 ml) lemon juice  
2 lbs (1 kg) pears (about 4 large), peeled, cored and quartered  
1 cup (250 ml) sugar  
1 cup (250 ml) water

Pour champagne into a small saucepan and bring to a boil. Reduce heat and simmer until reduced to ¼ cup (50 ml) and reserve. Note: depending on champagne used, colour of sorbet will vary from rosy peach to pink. Fill a large bowl with cold water, add 1 tbsp (15 ml) lemon juice and set aside. Add pears to bowl to prevent from browning. In a medium saucepan, combine water and sugar and stir. Bring to a boil, then reduce heat and simmer for 3 minutes. Add pears and simmer for 5 minutes (unless they are very ripe, then simmer for 1 or 2 minutes). Remove from heat and add lemon juice. Pour into a food processor

\* Dr. Oetker brand clear glaze is found in most grocery stores.

CinCin from page 96

and purée, then push mixture through a sieve into a bowl. Add champagne reduction, stir and let cool completely. Once cooled, refrigerate for 4 hours, then transfer to bowl of an ice cream maker. Churn for about 30 minutes until thick and fluffy. Transfer to an airtight container and freeze for at least 2 hours before serving. Serve garnished with Tuile Hearts (recipe follows), if desired.

#### TUILE HEARTS

Makes 50

½ cup (125 ml) butter, softened  
½ cup (125 ml) superfine sugar (granulated sugar blended)  
5 large egg whites  
vanilla extract  
½ cup (125 ml) plain flour

Heat oven to 400 F (200 C). In a mixing bowl, cream butter. Add sugar and beat until mixture is pale and fluffy. Beat in egg whites, a little at a time, add a few drops of vanilla extract, then fold in flour. With a small round tip (#3 or #6), pipe outline of a heart onto baking sheets covered with a silicon mat or parchment paper, and fill most of the inside. Mixture will spread as it bakes, so inside should not be filled completely. Space them well apart, so they will have room to spread. Bake for about 10 minutes or until they are pale gold in the centre and darker at edges. Cool tuiles on a wire rack then, store in an airtight metal container until ready to use.

#### PAIRS WITH

VEUVE CLICQUOT ROSÉ

France \$82.95 945261

FREIXENET CORDON ROSADO

Spain \$13.97 352369



#### SQUASH AGNOLOTTI WITH PECORINO

Serves 8

#### SQUASH FILLING

2 lbs (1 kg) squash or pumpkin  
1 tbsp (15 ml) olive oil  
sea salt and pepper, to taste  
⅞ cup (25 ml) butter  
½ large red onion, finely chopped  
1 garlic clove, finely chopped  
½ pinch dried chili flakes  
½ bunch fresh marjoram  
¼ whole nutmeg, freshly grated  
1 cup (250 ml) mascarpone cheese  
⅞ cup (75 ml) Parmesan, freshly grated

Preheat oven to 350 F (180 C). Cut squash into 1-in (2.5 cm) wedges, remove seeds and place on baking tray. Brush with olive oil and season with salt and pepper. Bake until soft (30-40 min). When cool enough to handle, scrape flesh from skin and reserve in a bowl. Heat butter in a heavy-based pan and fry onion until soft. Add garlic, nutmeg, marjoram and chili flakes – cook to

BC LIQUORSTORES



RÉMY MARTIN

allow flavours to blend (about 20 minutes). Add squash, mix thoroughly and allow to cool completely. When cold, stir in mascarpone and Parmesan. Adjust seasoning to taste.

#### PASTA DOUGH

1 cup (250 ml) flour  
 ¼ cup (50 ml) egg yolk  
 2 eggs  
 ½ tsp (2 ml) olive oil  
 pinch salt

Using a blender, combine the flour and salt. In a separate bowl, whisk together whole egg, egg yolk and olive oil. While blender is running, slowly add egg mixture to flour. When “bread crumb” texture is formed, turn dough onto a work surface and knead until it becomes silky and smooth, no less than 10 minutes. Roll dough into a ball, wrap in cling film and refrigerate for 1 hour. After cooling, allow dough to come to room temperature, about 30 minutes. Using either a pasta machine or a rolling pin, roll out the pasta thin enough to be able to read a newspaper when placed on the other side (very thin!). Lay pasta on a lightly floured flat surface. Place about 1 tsp (5 ml) on the pasta dough close to the nearest edge and continue at 1½-in (3.5 cm) intervals. Moisten the dough with water then fold the closest edge to the furthest edge and seal closed. Cut the agnolotti into squares.

#### TO FINISH

¼ cup (50 g) hazelnuts, toasted, peeled and crushed  
 Pecorino cheese, to taste  
 12 sage leaves, finely chopped  
 ¾ cup (175 ml) butter  
 1 tbsp (15 ml) lemon juice  
 olive oil, to coat

Bring a pan of salted water to a boil and cook agnolotti for 5 minutes. Meanwhile, put a small saucepan on the stove to warm. When saucepan is warm, remove from heat and add butter. Swirl butter until it turns brown. Remove from heat, add lemon juice and pinch of salt. Remove agnolotti from water, drain and coat with olive oil. Place agnolotti into serving bowl and drizzle completely with brown butter. Sprinkle with sage, followed by hazelnuts. Grate pecorino on top and serve.

#### PAIRS WITH

**CEDARCREEK CHARDONNAY**  
 BC VQA \$17.99 237974

**ROCCA DELLE MACIE CHIANTI CLASSICO**  
 Italy \$19.99 308510



#### PEPOSO SERVED WITH POTATO GNOCCHI

Serves 8

10 lb (5 kg) certified Angus beef, bone-in short rib of beef, 2-in (480 ml) extra virgin olive oil  
 5 onions, finely diced  
 15 garlic cloves

6 tbsp (90 g) coarsely ground black pepper  
 5 bay leaves  
 6 cups (1.5 L) red wine  
 6 (5 kg) 28 oz cans tomatoes, chopped

#### BEEF PREPARATION

Preheat the oven to 300 F (150 C). Season meat with sea salt and freshly ground black pepper. In a large, hot, oven-proof pan with lid, brown meat on all sides and set aside. In same pan, add onion and garlic and cook for 10 minutes or until softened. Add black pepper and bay leaf and cook for 1 minute more. Add meat, red wine and tomatoes. Bring to a boil, turn down to a simmer, place lid on pan and cook in the oven for 2 hours or until very tender and falling away from the bone. Remove from oven.

#### POTATO GNOCCHI PREPARATION

4 large Yukon Gold potatoes  
 1 whole egg  
 1 egg yolk  
 All-purpose flour equal quantity to pressed potatoes  
 Salt, to taste

Peel potatoes, place in a pot with pinch of salt, bring to a boil then turn down to a gentle simmer. Cook potatoes until they can be easily pierced with the point of a knife. Drain in a colander then return to pot on low heat and cook until potatoes turn white. Press potatoes through a fine sieve. Whisk together whole egg and egg yolk, then add to pressed potato. Mix vigorously until smooth. Add flour and gently fold together. Bring a pot of salted water to a boil. Roll potato mixture into cigar shapes ½-in (1 cm) thick by 12-in (30 cm) long. Cut potato into ¾-in (2 cm) lengths. Immediately add to water and cook at a hard boil until gnocchi float on the surface. Remove to a serving plate. Spoon beef and braising liquid next to gnocchi and serve.

#### PAIRS WITH

**VILLA ANTINORI TOSCANA**  
 Italy \$26.99 104885

**DA VINCI CHIANTI**  
 Italy \$17.99 684720



#### TIRAMISU

Serves 8

#### TIRAMISU MOUSSE

1¼ cup (300 g) Mascarpone cheese  
 1½ sheets gelatin (soaked in water)  
 1¼ cup (125 g) icing sugar  
 1 shot espresso, brewed  
 1¼ cup (140 g) whipped cream  
 2 eggs  
 ladyfingers (recipe follows)

In a saucepan, mix espresso and icing sugar on low heat until sugar is dissolved. Place mascarpone in mixer and beat at low speed while gradually adding the

CinCin from page 96 continued

espresso mixture. Strain the soaked gelatin sheets and melt in a pot to 105 F (40 C) (use a candy thermometer) with a little bit of the whipped cream. Whisk in the rest of the whipped cream and the mascarpone-espresso mixture then slowly whisk in the melted gelatin. The mousse should be fluffy and smooth. Let it rest for 3 hours in the fridge.

#### LADYFINGERS

½ cup (50 g) sugar  
1½ oz (65 g) white chocolate  
¾ cup (75 g) all-purpose flour

Leave your eggs at room temperature for 2 hours, then whisk them with the sugar in a small mixer on medium to high speed. In the meantime, melt chocolate to 115 F (45 C) and sift the flour to avoid lumps. When your eggs are pale and fluffy, slowly add in the melted chocolate. Once combined, immediately incorporate the flour with a wooden spatula. Spread the mixture on a baking tray with a thickness of 1/2-in (1 cm) and bake in the oven at 350 F (180 C), for approximately 9 minutes or when golden.

#### MASCARPONE GEL

½ +  
½ cup (150 g) Mascarpone cheese  
½ cup (125 ml) water  
¼ cup (50 g) sugar  
½ tsp (1.5 g) agar-agar\*

\* agar-agar is a gelling agent available at specialty baking stores

Bring water and sugar to a boil, then add in agar-agar and let simmer for 4 minutes. Pour mixture into a small pan and let set in fridge for an hour. Cut into cubes and blend with mascarpone on high speed until smooth.

#### ESPRESSO GEL

¾ cup (150 g) espresso, brewed  
¼ cup (50 g) water  
¼ cup (40 g) sugar  
⅓ cup (10 g) Kahlua liqueur  
¼ tsp (1.5 g) agar-agar

Bring espresso, water and sugar to a boil. Add the agar-agar and let simmer for 4 minutes. Mix in the Kahlua and pour into small pan. Let it set in the fridge for an hour. Cut in cubes and blend smooth on high speed.

#### TO ASSEMBLE AND FINISH

10 shots espresso  
rum, to taste  
Cinzano, to taste  
sugar, to taste  
cocoa powder, sprinkle  
4 thin dark chocolate wafers for each tiramisu

#### TO FINISH

Cut your ladyfingers in 2-in (5 cm) squares. Add rum, Kahlua, Cinzano and sugar to taste to espresso. Soak Ladyfingers in espresso mixture. Using a



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## A New Flake on Shortbread from page 102

pip bag and nozzle, pipe the mousse on top of ladyfingers. Sprinkle mousse with cocoa powder. On a plate, place 2 tsp (12 g) of mascarpone gel and 1 tsp (6 g) of espresso gel and spread thinly across plate with a small offset spatula. Transfer the tiramisu to the decorated plate. Cover the sides with thin chocolate wafers in an overlapping square.

### PAIRS WITH

**TAYLOR FLADGATE 20-YEAR-OLD TAWNY PORT**

Portugal **\$69.99** 149047

**SUMAC RIDGE PIPE**

BC VQA **\$24.99** 713750



### CANDIED GINGER, CRANBERRY AND WHITE CHOCOLATE SHORTBREAD

Makes 4 dozen

2 cups	(500 ml)	all-purpose flour
1½ tsp	(7 ml)	ground cardamom (optional)
½ cup	(75 ml)	cornstarch
½ tsp	(2 ml)	salt
1 cup	(250 ml)	unsalted butter, at room temperature
¾ cup	(175 ml)	icing sugar
½ cup	(125 ml)	candied ginger, coarsely chopped
½ cup	(125 ml)	dried cranberries
½ cup	(125 ml)	white chocolate chips

Preheat oven to 325 F (170 C). Line a 9 x 13-in (23 x 33 cm) baking pan with parchment paper so that it overhangs the ends, for easier removal. In a large bowl, sift together flour, cardamom, cornstarch and salt. In a separate bowl, beat butter until fluffy and gradually mix in icing sugar until well combined. Gradually mix in flour mixture. Stir in candied ginger, cranberries and white chocolate chips. Press firmly into the parchment paper-lined pan and, using a metal spatula, smooth out the top of the dough. Using a fork, prick all over the dough and bake in the centre of the oven for 45 minutes. Remove from oven and prick again all over, allowing any trapped air to escape, and bake for another 20 minutes, or until the edges are light golden brown. The centre should be firm to the touch. Bake in the centre of the oven 40 to 50 minutes, or until golden brown around the edges. Place the pan on a cooling rack for 5 minutes, then run a sharp paring knife around the outside of the dough to loosen it from the pan. While the dough is still warm, divide lengthwise into thirds and cut evenly down the length of the dough. Cut through the dough crossways ¾-in (2 cm) wide, making finger-shaped shortbread, wiping the knife on a clean towel after every cut. Allow the shortbread fingers to cool thoroughly in the pan, then recut and transfer the shortbread to an airtight container. Garnish with powdered sugar.

### PAIRS WITH

**SPICEBOX SPICED WHISKY**

Canada **\$25.99** 169987

**SOHO LYCHEE LIQUEUR**

France **\$25.49** 532234



### DARK CHOCOLATE AND MOCHA SHORTBREAD

Makes 2 dozen 2-in (5 cm) shortbread

1 tbsp	(15 ml)	espresso powder
½ tsp	(2 ml)	water
1 cup	(250 ml)	all-purpose flour
½ cup	(75 ml)	cornstarch
½ tsp	(2 ml)	salt
½ lb	(150 g)	unsalted butter, at room temperature
½ cup	(80 ml)	fine or berry sugar
4 oz	(125 g)	dark chocolate

In a small bowl, mix together espresso powder and water to form a thick paste. Set aside. In a bowl, mix together flour, cornstarch and salt. Using an electric mixer, beat butter until fluffy and gradually add in sugar. Slowly add in half of flour mixture, incorporating well before adding remaining half. Transfer dough to a clean work surface and gently knead in espresso paste, working in just enough to distribute evenly into a marbled effect throughout the dough. Flatten dough into a round disc and wrap tightly in plastic wrap. Chill in refrigerator 20 to 30 minutes, or until firm enough to roll. Preheat oven to 325 F (170 C). Roll out on a clean work surface to about ¼-in (0.5 cm) thick. Cut into 2-in (5 cm) circles and transfer to a parchment paper-lined baking sheet. Chill baking sheet for 15 to 20 minutes. Prick shortbread a couple times with a fork and bake for 15 to 20 minutes or until firm to touch. Cool shortbread on baking sheet for 10 minutes then transfer to cooling rack. Melt chocolate in a non-reactive bowl over barely simmering water, or microwave on medium-high power for 1 minute. Stir frequently and remove the bowl from heat or microwave when chocolate is nearly melted. Stir to melt completely. Using a fork dipped into the chocolate, drizzle chocolate over shortbread, swirling to make a circular design. Allow cookies to set completely before storing between layers of waxed paper in airtight containers.

### PAIRS WITH

**CABOT TRAIL MAPLE CREAM LIQUEUR**

Canada **\$29.99** 584524

**QUADY ELYSIUM BLACK MUSCAT**

USA **\$15.99** 198697



### TOFFEE CRUNCH SHORTBREAD

Makes 4 dozen

2¾ cups	(675 ml)	all-purpose flour
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A New Flake on Shortbread  
from page 102 continued

¾ cup (150 ml) cornstarch  
 ½ tsp (2 ml) salt  
 ¾ lb (340 g) unsalted butter, softened  
 ½ cup (75 ml) berry sugar  
 ½ cup (75 ml) tightly packed light brown sugar  
 1½ cups (375 ml) English toffee baking bits\*

Preheat oven to 325 F (170 C). Butter the bottom and sides of a 9 x 13-in (23 x 33 cm) baking pan and line bottom and sides with parchment paper, leaving an overhang on ends to make removal easier. Sift together flour, cornstarch and salt in a bowl and set aside. Beat the butter with an electric mixer until light and fluffy. Gradually add in the sugars and beat until well mixed. Slowly beat in the flour mixture ½ cup (125 ml) at a time, making sure all is incorporated before adding the next ½-cup. If too thick you may have to knead in the last amount of flour mixture, making sure your hands don't warm up the dough. Knead in the toffee bits until well mixed. Press firmly into the parchment paper-lined pan and, using a metal spatula, smooth out the top of the dough. Using a fork, prick all over the dough and bake in the centre of the oven for 30 minutes. Remove from oven and prick again all over, allowing any trapped air to escape, and bake for another 20 minutes, or until edges are light golden brown. The centre should be firm to the touch. Place pan on a cooling rack for 5 minutes, then run a sharp paring knife around the outside of the dough to loosen it from the pan. While dough is still warm, divide lengthwise into thirds and cut evenly down the length of the dough. Cut through the dough crossways ¾-in (2 cm)

\* Can use crumbled pieces of a Skor bar

wide, making finger-shaped shortbread, wiping the knife on a clean towel after every cut. Allow the shortbread fingers to cool thoroughly in the pan, then recut and transfer the shortbread to an airtight container.

**PAIRS WITH**  
**BAILEYS CARAMEL IRISH CREAM**  
 Ireland **\$28.99** 146621

**PHILLIPS BUTTER RIPPLE SCHNAPPS**  
 USA **\$21.45** 888412



**CAPPUCCINO SHORTBREAD**

Makes 6 dozen

3 tbsp (45 ml) ground instant coffee  
 2 cups (500 ml) unsalted butter, softened  
 1 cup (250 ml) sugar



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From the Winter Sea from page 114

1 tsp (5 ml) vanilla extract  
 3½ cups (875 ml) all-purpose flour  
 ½ cup (125 ml) cornstarch  
 8 oz (250 g) dark chocolate, finely chopped

Preheat oven to 325 F (170 C). In a small bowl, crush instant coffee with a spoon or with a mortar and pestle until a fine powder. In mixing bowl, whip butter until fluffy and gradually add coffee powder and sugar. Mix thoroughly and add vanilla extract. Mix together flour and cornstarch. Gradually beat in flour mixture, half cup at a time, making sure flour is incorporated before adding more. Take heaping tablespoon of dough and roll between palms to form oval ball. If dough is too soft, allow to chill until firm enough to roll. Place onto parchment paper-lined baking sheet, spacing about 1-in (2.5 cm) apart. With a knife blade, press lightly down centre of each oval lengthwise, to make an indentation so it resembles a large coffee bean. Bake for 10 to 12 minutes or until shortbread is firm to touch. Remove from oven and cool before transferring onto cooling rack. While shortbread is cooling, melt half the chocolate in a non-reactive bowl set over a pan of low-simmering water. Stir frequently and remove bowl from heat when chocolate is almost melted. Stir to melt completely. Dip cooled coffee bean-shaped shortbread halfway into warm chocolate one at a time and set onto a parchment paper-lined baking sheet. Allow chocolate to set completely before storing the shortbread. Stack between layers of waxed paper in an air-tight container.

**PAIRS WITH**

**TIA MARIA**

United Kingdom **\$25.45** 630913

**BAILEYS WITH A HINT OF COFFEE**

Ireland **\$28.99** 460485



**SHRIMP IN VERMOUTH SAUCE**

**Serves 4**

1 tbsp (15 ml) unsalted butter  
 1 tbsp (15 ml) olive oil  
 4 large garlic cloves, finely minced  
 1 tsp (5 ml) red pepper flakes, or more to taste  
 1 lb (500 g) large shrimp, peeled, deveined with tail on  
 1 lemon, juice only  
 2 tbsp (30 ml) dry vermouth  
 3 tbsp (45 ml) cold butter, cut into ½-in (1 cm) cubes  
 sea salt and black pepper, to taste  
 1 tbsp (15 ml) fresh parsley, chopped

In a sauté pan, over medium heat, heat butter until foam subsides. Add garlic and red pepper flakes and sauté for 1 minute. Add shrimp and lemon juice and stir well. Cook shrimp until they turn pink and begin to curl, about 2 minutes. Remove shrimp to a warm plate and reserve. Add vermouth to pan and bring to a boil. Remove pan from heat and whisk in cold butter. When all butter is melted and sauce is thick, taste and adjust seasonings. Pour over shrimp, sprinkle with parsley and serve immediately. Serve with bread to mop up extra sauce.

**PAIRS WITH**

**SANDHILL HIDDEN TERRACE PINOT GRIS**

BC VQA **\$18.99** 169060

**MARQUÉS DE CÁCERES RIOJA**

Spain **\$19.99** 345108



**FISH PIE WITH RÖSTI CAPER CRUST**

**Serves 4**

2 lbs (1 kg) large russet potatoes  
 ½ cup (125 ml) dry vermouth  
 2 cups (500 ml) fish stock  
 1 bay leaf  
 1½ lb (750 g) halibut or other white fish  
 ½ lb (250 g) scallops  
 ¼ lb (125 g) raw medium sized shrimps, peeled and deveined  
 4 tbsp (60 ml) butter  
 4 tbsp (60 ml) all-purpose flour  
 1 tbsp (15 ml) fresh parsley, finely chopped  
 1 tbsp (15 ml) fresh dill, finely chopped  
 salt and pepper, to taste  
 1 tbsp (15 ml) capers, drained rinsed and dried  
 2 tbsp (30 ml) butter, melted

Preheat oven to 425 F (220 C) and position a rack in middle position. Butter an 8 x 10-in (20 x 25 cm) baking dish. Rinse and scrub potatoes, leaving skins on. Place in saucepan with enough boiling salted water to cover and cook for 10 to 12 minutes covered. Drain water and reserve. Heat vermouth and stock in a medium saucepan, add bay leaf. Add fish, scallops and shrimps and poach gently for 5 minutes - should be slightly undercooked. Remove fish to a plate, using a slotted spoon. Strain remaining liquid through a sieve into a bowl. Reserve. In same saucepan, melt butter, whisk in flour and gently cook for 2 minutes. Then, gradually whisk in strained fish stock little by little. When smooth, turn heat to low and cook for 5 minutes. Remove from heat and add parsley and dill. Taste and adjust seasoning as needed. Reserve. To make the rösti, peel prepared potatoes and coarsely grate into a medium bowl, making long shreds. Add capers and melted butter and lightly toss to coat. Divide fish into large chunks and add to cooled sauce along with scallops and shrimps and any juices accumulated in the plate. Stir gently to combine. Pour into buttered baking dish and. Sprinkle potato mixture on top, spreading it out as evenly as possible, not pressing it down too firmly. Bake for 35 to 40 minutes until top is lightly browned.

**PAIRS WITH**

**KIM CRAWFORD SAUVIGNON BLANC**

New Zealand **\$20.49** 100594

**CEDARCREEK PINOT GRIS**

BC VQA **\$17.90** 561175

From the Winter Sea from page 114 continued



### MONKFISH WITH RED PEPPER AND TOMATO SAUCE

Serves 4

#### RED PEPPER TOMATO SAUCE

- |   |      |          |   |
|---|------|----------|---|
| 1 | tbsp | (15 ml)  | olive oil                               |
| 2 |      |          | medium red peppers, de-seeded and diced |
| 2 | cups | (500 ml) | small tomatoes, halved                  |
| 1 |      |          | large garlic clove, peeled              |
| 3 |      |          | anchovy fillets, finely chopped         |
| 1 | tbsp | (15 ml)  | balsamic vinegar                        |
|   |      |          | salt and pepper, to taste               |

Heat oil in medium sauté pan. When hot, add pepper and stir until toasted and brown at edges. Add tomatoes, garlic and anchovies. Stir to combine, cover, lower heat to minimum and cook, stirring occasionally, for 25 minutes or until

peppers are soft. Transfer to a bowl, stir in balsamic vinegar, adjust seasoning to taste. Note: sauce can be made ahead and refrigerate for up to a week.

#### MONKFISH

- |    |      |         |                         |
|----|------|---------|-------------------------|
| 2  | lb   | (1 kg)  | monkfish fillets        |
| 1½ | tbsp | (21 ml) | whole black peppercorns |
| 4  | tbsp | (60 ml) | olive oil               |

Cut fillets into small rounds, about 1-in (2.5 cm) thick. Crush peppercorns coarsely with a mortar and pestle and coat fish on both sides. In a frying pan, heat oil until very hot. Carefully fry fish in 2 batches for about 2 to 3 minutes on each side, until nicely browned. Serve immediately with Red Pepper Tomato Sauce.

#### PAIRS WITH

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### WARM TOMATO SOUP WITH MUSTARD ICE CREAM

**Serves 6**

28 oz	(796 ml)	canned whole Roma tomatoes
¼ cup	(50 ml)	olive oil, divided
1 tbsp	(15 ml)	fresh thyme leaves
4		garlic cloves, unpeeled
		salt, to taste
1		medium carrot, diced
1		medium onion, diced
4 cups	(1 L)	vegetable stock
		Mustard Ice Cream (recipe follows, make ahead)
2 tbsp	(30 ml)	chives, chopped, for garnish

Preheat oven to 375 F (190 C). Drain tomatoes, reserving juices. Cut tomatoes in half and place in a bowl. Toss with 2 tbsp (30 ml) olive oil, thyme, garlic and a pinch of salt. Tip into a roasting pan and bake until tomatoes have lightly caramelized, about 40 to 45 minutes. Meanwhile, heat remaining 2 tbsp (30 ml) oil in a saucepan over medium heat. Add carrots, onions and a pinch of salt and cook, stirring often, until onions are translucent, about 5 minutes. Stir in stock and reserved tomato juices. Squeeze garlic from its papery shell and add to soup along with remaining contents of roasting pan. Increase heat to high and bring soup to a boil. Reduce heat to a simmer and cook, stirring occasionally, until carrots are very tender, about 20 minutes. Remove soup from heat and, with a blender, purée soup until smooth. Strain soup, if desired, for an extra silky texture. When ready to serve, warm soup gently in a saucepan over medium heat. Ladle into warm serving bowls and garnish with a small scoop of Mustard Ice Cream and a sprinkling of chives or chervil. Serve immediately.

#### MUSTARD ICE CREAM

**Makes 4 cups (1 L)**

2 cups	(500 ml)	whipping cream
1 cup	(250 ml)	whole milk
2 tsp	(10 ml)	kosher salt
4		large egg yolks
1 cup	(250 ml)	granulated sugar
2 tbsp	(30 ml)	Dijon mustard
2 tbsp	(30 ml)	grainy mustard

In a large bowl, prepare an ice bath with ice and water. Nest another bowl in the ice bath and place a fine mesh strainer over the bowl. Set aside. In a heavy-bottomed saucepan, heat cream, milk and salt over medium heat. Cook, stirring occasionally, until steaming but not boiling. Meanwhile, in a large bowl, whisk together yolks and sugar until thick and light in colour. Slowly pour hot cream mixture into egg yolk mixture while constantly whisking. Transfer mixture back to saucepan and cook over medium heat, stirring constantly with a heatproof spatula. Custard base is ready when it starts to steam and coats the spatula (it will register about 170 F (77 C) on a thermometer). Remove saucepan from heat and immediately strain into bowl over ice bath. Stir in mustards and let cool, stirring occasionally to speed up the process. Remove bowl from ice bath, cover and refrigerate for 4 hours or overnight. Freeze chilled custard in an ice cream maker according to manufacturer's instructions. Serve immediately or transfer to an airtight container, cover and freeze for up to one week.

#### PAIRS WITH

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### SPICED PEAR FLATBREAD WITH MUSTARD CREAM

**Serves 10**

1¼ cup	(300 ml)	warm water
½ tsp	(2 ml)	granulated sugar
2¼ tsp	(11 ml)	active dry yeast
1½ cups	(375 ml)	spelt flour
1½ cups	(375 ml)	unbleached all-purpose flour, plus extra
2 tsp	(10 ml)	salt
½ cup	(125 ml)	toasted walnut halves, chopped
¼ cup	(50 ml)	extra-virgin olive oil, divided, plus extra
2		red pears, cut into ¼-in (0.5 cm) slices
¼ tsp	(1 ml)	Chinese five spice
¼ tsp	(1 ml)	hot smoked paprika
1 cup	(250 ml)	baby arugula
		Mustard Cream (recipe follows)

In a small bowl, combine water, sugar and yeast and set aside 5 minutes, allowing yeast to bloom. (If mixture does not become frothy like the head on a beer, the yeast may be inactive and you will need to repeat this step with a fresh pack of yeast.) In a large bowl, whisk together flours, salt and walnuts. Make a well and add yeast mixture and 2 tbsp (30 ml) oil. Stir together with a wooden spoon. Generously dust a clean work surface with all-purpose flour and turn dough out of bowl. Knead dough until soft and elastic, about 8 minutes, adding more flour as needed. Clean bowl and grease it with some olive oil. Place dough in bowl and turn to coat with oil. Cover with plastic wrap and set in a warm spot to rise slowly for 1½ to 2 hours, dough should be doubled in size. Lightly brush a baking sheet with olive oil, then turn out dough directly onto sheet. With your fingertips, poke and stretch dough into an 8 x 16-in (20 x 40 cm) oval. Brush with remaining 2 tbsp (30 ml) olive oil, cover with a towel and leave to rise for 1 hour. Meanwhile, preheat oven to 400 F (200 C). Top dough with pears and sprinkle with Chinese five spice and paprika. Bake focaccia until golden brown, about 20 to 25 minutes. While baking, make Mustard Cream (recipe follows). Remove from pan and allow to cool slightly on a wire rack. Top with arugula and a drizzle of Mustard Cream. Slice and serve.

#### MUSTARD CREAM

**Makes ½ cup (250 ml)**

½ cup	(75 ml)	crème fraîche or sour cream
1½ tbsp	(22 ml)	Dijon mustard
3 tbsp	(45 ml)	grainy mustard
½ tsp	(2 ml)	honey
1 tbsp	(15 ml)	orange juice
		salt and pepper, to taste

Whisk together all ingredients in a bowl. Season to taste with salt and pepper.

Put Some Mustard On It! from page 118 continued

**PAIRS WITH**

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**SUMAC RIDGE PRIVATE RESERVE UNOAKED CHARDONNAY**  
BC VQA \$13.99 273128



**MUSTARD GREEN AND PECAN PESTO PASTA WITH SHRIMP**

**Serves 4**

¾ cup (175 ml) extra-virgin olive oil  
6 garlic cloves  
½ cup (75 ml) pecans  
½ cup (75 ml) Parmesan cheese, grated, plus extra for garnish  
4 cups (1 L) packed, roughly chopped mustard greens, stalks discarded  
salt and pepper, to taste

¾ lb (340 g) linguini noodles  
2 tbsp (30 ml) unsalted butter  
1 lb. (500 g) medium shrimp, peeled and deveined  
2 cups (500 ml) cherry tomatoes, cut in half  
¼ tsp (1 ml) chili flakes (optional)

In a saucepan, cook olive oil and garlic over medium heat, stirring occasionally and watching carefully, until garlic starts to turn golden brown, about 5 minutes. Transfer oil and garlic to a heatproof bowl and let cool to room temperature. In bowl of a food processor fitted with blade attachment, add oil and garlic, pecans, Parmesan and mustard greens. Pulse until well chopped. Add 2 tbsp (30 ml) water and continue to process until smooth. Season to taste with salt and pepper. Bring a large pot of salted water to a boil. Add linguini and cook according to package directions. While pasta is cooking, melt butter in a large sauté pan over medium-high heat. Add shrimp, tomatoes and chili flakes and sauté, stirring frequently, until shrimp is pink, about 4 minutes. Stir in warm linguini noodles. Remove pan from heat and stir in pesto to taste. Divide among serving plates and garnish with extra Parmesan cheese, if desired. Serve immediately.

**PAIRS WITH**

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**CALITERRA TRIBUTO SAUVIGNON BLANC**  
Chile \$17.99 140038





### TEMPURA GREEN BEANS WITH SWEET AND SOUR MUSTARD

Serves 4

#### SWEET AND SOUR MUSTARD

1/4 cup	(300 ml)	Dijon mustard
1/2 tsp	(2 ml)	dry mustard
1/2 cup	(125 ml)	liquid honey
2 tsp	(10 ml)	Tabasco sauce
1/4 tsp	(1 ml)	chili flakes
2 tbsp	(30 ml)	soy sauce

In a small saucepan over medium heat, stir together Dijon, dry mustard, honey, Tabasco, chili flakes and soy sauce. Bring to a simmer, stirring often, then transfer to a bowl. Set aside to cool.

#### TEMPURA GREEN BEANS

		grape seed or peanut oil, enough for frying
		Tempura Mix*
1 lb	(500 g)	green beans, trimmed
		sea salt, to taste

In a deep fryer, heat oil to 350 F (180 C). Alternatively, heat oil in a deep pot and take temperature readings using a deep-fry thermometer or a candy thermometer. Line a baking sheet with paper towel. In a bowl, make Tempura Mix according to package directions. Mix does not need to be completely smooth, a few lumps are fine. Working in small batches, dip beans in batter, letting excess drip off. Carefully lower beans into hot oil and cook, stirring occasionally, until batter is light golden brown, about 3 minutes. Remove from oil with a slotted spoon and transfer to paper towel-lined sheet. Season lightly with salt. Repeat with remaining beans. Serve beans with Sweet and Sour Mustard.

#### PAIRS WITH

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### BUTTERMILK LIME PANNACOTTA

Serves 6

3/4 cup	(175 ml)	water
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\* Tempura Mix is sold at Asian supermarkets.

1 tsp	(5 ml)	gelatin
3 tbsp	(45 ml)	sugar
2		limes, zest and juice only

Lightly oil six 6 oz (180 ml) ramekins with vegetable oil or vegetable oil spray. Add the water to a small saucepan and sprinkle gelatin over surface. Without stirring, set aside to soften. Add sugar and heat over medium heat, stirring, until sugar dissolves. Remove from heat and stir in lime juice. When cool, and before it starts to set, spoon 2 tbsp (30ml) into bottom of each ramekin, set on a baking sheet or tray. Transfer to refrigerator to set gelatin base.

1/4 cup	(50 ml)	water
1 tbsp	(15 ml)	gelatin
1 1/2 cups	(375 ml)	whipping cream
1/3 cup	(75 ml)	sugar
2		limes, zest only
pinch		salt
2 1/2 cups	(625 ml)	buttermilk
1 cup	(250 ml)	shredded coconut

Put the water in a small bowl and sprinkle gelatin over surface. Set aside without stirring and allow gelatin to soften. In a saucepan, mix whipping cream, sugar, zest and salt. Heat over medium heat until scalding, stirring occasionally to dissolve sugar and to infuse the lime zest. Lower heat and simmer 2 minutes. Remove from heat and carefully strain hot mixture into a bowl to remove lime zest. Stir in gelatin mixture until well melted. Cool to lukewarm. Stir in buttermilk and mix thoroughly. Let stand a bit longer, stirring the sides and bottom with a rubber spatula to prevent mixture from setting around edges. When cool to the touch and mixture starts to thicken, divide among prepared ramekins. Cover with plastic wrap and chill for at least 4 hours. To toast coconut, preheat oven to 300 F (150 C). Spread coconut in a thin layer on a parchment paper-lined baking sheet and bake for about 15 minutes, stirring every 5 minutes, or until coconut is evenly golden brown. Remove from oven and cool. To serve, slide a sharp paring knife around edges of each pannacotta to loosen it from the ramekin. Top it with a serving plate or bowl and invert. Lift the ramekin slowly at an angle, to let the pannacotta slide and settle onto the plate. Garnish with toasted coconut and serve immediately.

#### PAIRS WITH

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##### GANTON & LARSEN PROSPECT THE LOST BARS ICEWINE

BC VQA **\$39.99** 609974



### LIME AND COCONUT CHICKEN CURRY

Serves 6

2 tbsp	(30 ml)	canola oil
1 tbsp	(15 ml)	ginger, minced
2		garlic cloves, minced
2		fresh stalks of lemon grass, outer leaves removed, trimmed and cut into 1/2-in (1 cm) pieces
4 tbsp	(60 ml)	curry paste

The Lime in Winter from page 126 continued

1		large onion, cut into 1-in (2.5 cm) pieces
2 lbs	(1 kg)	boneless, skinless chicken thighs, cut into 2-in (5 cm) pieces
14 oz	(398 ml)	canned coconut milk
½ cup	(125 ml)	chicken stock
2 medium		potatoes, cut into 1-in (2.5 cm) dice
4		Kaffir lime leaves
2		limes, zest and juice only
2		medium tomatoes, cut into chunks or 1 basket cherry tomatoes
½ cup	(125 ml)	shredded coconut
2 tbsp	(30 ml)	fish sauce
2 tbsp	(30 ml)	palm sugar
handful		Thai basil and cilantro, coarsely chopped

In a large Dutch oven or casserole, heat oil over medium-high heat. Add minced ginger, garlic and lemon grass and sauté until fragrant, about 15 seconds. Add curry paste and sauté for about 1 minute. Add onion and sauté until it becomes translucent and starts to soften. Add chicken and mix well, to coat with the curry. Add coconut milk, chicken stock, potatoes, Kaffir lime leaves, lime zest and juice. Stir well and bring to a boil. Cover and reduce heat to medium-low, simmering for 15 minutes. Stir in tomatoes and simmer for another 15 minutes or until chicken is tender. While curry is cooking, toast coconut. Preheat oven to 300 F (150 C). Spread coconut in a thin layer on a parchment paper-lined baking sheet and bake for about 15 minutes, stirring every 5 minutes, or until coconut is evenly golden brown. Remove from oven and cool. When chicken and potatoes are cooked, stir in fish sauce, palm sugar

and add half of the toasted coconut. Season to taste, adding more fish sauce, lime juice, minced chilies or palm sugar. It should be an even balance of salty, spicy, sour and sweet. Stir in chopped basil and cilantro to taste. Garnish with remaining toasted coconut and serve with steamed rice.

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OYSTER BAY SPARKLING CUVÉE ROSÉ  
New Zealand \$22.99 772079



**KEY LIME AND CARAMELIZED BANANA TARTS**

**Makes 6**

1½ cups	(375 ml)	graham cracker crumbs
2 tbsp	(30 ml)	sugar

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The Lime in Winter from page 126 continued

½ tsp	(2 ml)	ground cinnamon
½ tsp	(2 ml)	ground nutmeg
6 tbsp	(90 ml)	unsalted butter, melted
14 oz	(420 ml)	canned sweetened condensed milk
¾ cup	(175 ml)	fresh key lime juice (about 6 limes)
4		egg yolks, large
pinch		salt

Preheat oven to 350 F (170 C). In mixing bowl, combine crumbs, sugar, cinnamon and nutmeg. Add melted butter and mix well to combine. Divide mixture among six 4-in (10 cm) tart shells (with removable bases) press along bottom and sides with fingers or spoon. Place tart pans on baking sheet and bake for 10 minutes. Let cool to room temperature. Meanwhile, combine condensed milk, lime juice, yolks and salt. Whisk until smooth. Divide and pour into cooled crusts, leaving about ¼-in (0.5 cm) at top. Return to oven and bake until filling sets around edges but slightly loose in centre, about 20 minutes. Allow to cool completely.

#### CARAMELIZED BANANAS

1 cup	(250 ml)	light brown sugar, tightly packed
1		lime, juice and finely grated zest
½ cup	(75 ml)	dark rum
¼ cup	(50 ml)	unsalted butter, at room temperature
3		medium bananas, slightly underripe

Combine brown sugar, lime zest and juice, and rum in saucepan. Stir constantly over low heat until sugar melts and dissolves. Increase heat to medium, bring syrup to a boil, then reduce to a simmer. Simmer for 30 seconds, then whisk in butter gradually. When completely whisked in, remove from heat. Cut bananas into ½-in (0.5 cm) thick slices. Return syrup back to heat and add banana slices. Carefully move bananas around in syrup with a spoon or spatula to coat. Gently remove slices from syrup and arrange on top of cooled tarts. Transfer remaining syrup to a small container and set aside to cool. Refrigerate tarts for 2 hours, serve with whipped cream and reserved syrup.

#### PAIRS WITH

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BC VQA **\$29.99** 598946 200 ml

**DR. LOOSEN SPARKLING RIESLING**  
Germany **\$18.99** 158501



### ZUCCHINI "NOODLES" WITH TOMATO PESTO AND ARCTIC CHAR

**Serves 6**

½ cup	(75 ml)	raw almonds
2 tbsp	(30 ml)	hemp seeds
2 cups	(500 ml)	fresh basil leaves, packed, divided, plus extra for garnish
1½ cups	(500 ml)	sun-dried tomatoes, chopped
2		garlic cloves, chopped
2 tbsp	(30 ml)	nutritional yeast
1 tbsp	(15 ml)	lemon juice
¾ cup	(175 ml)	extra-virgin olive oil, plus extra salt and pepper, to taste
1½ lbs	(750 g)	Arctic char fillets, cut into 6 pieces
3		medium zucchini
1 cup	(250 ml)	kelp noodles, optional

1 cup	(250 ml)	cherry tomatoes, cut in half or quarters
½ cup	(75 ml)	kalamata olives, pitted and chopped

Preheat oven to 375 F (190 C). To make tomato pesto, place almonds in bowl of a food processor and pulse until sandy. Add hemp seeds, basil, sun-dried tomatoes, garlic, nutritional yeast, lemon juice and oil. Blend until smooth and season to taste with additional salt and pepper. Set aside. Place Arctic char skin-side down on parchment-lined baking sheet, brush with olive oil and season with salt and pepper. Bake until flesh flakes easily, about 8 to 10 minutes. Cut zucchini into long, thin strands, using a Spirooli slicer, mandoline or a knife, to resemble spaghetti and place in a large bowl. Toss with kelp noodles, if using. Stir in pesto, to taste. Any leftover pesto can be frozen for another use. Stir in cherry tomatoes and olives. Divide among serving plates. Top "noodles" with an Arctic char fillet, garnish with torn basil, if desired and serve.

#### PAIRS WITH

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## A Rainbow of Rice from page 138



### MUSSEL, COD AND SALMON STEW

#### Serves 4

4 cups	(1 L)	fish stock
2 lbs	(1 kg)	mussels, scrubbed and de-bearded
1 tsp	(5 ml)	curry powder
28 oz	(796 ml)	canned diced tomatoes
1		leek, white and light green part only, diced or thinly sliced
1 lb	(500 g)	green beans, trimmed and cut into 1-in (2.5 cm) lengths
1 cup	(250 ml)	cooked (or canned) chickpeas, drained and rinsed
10 oz	(300 g)	cod, skinned and cut into ½-in (1 cm) cubes
7 oz	(220 g)	barbecued smoked salmon, flaked into bite-size pieces
		salt and pepper, to taste
2 tbsp	(30 ml)	parsley, chopped, for garnish

In large pot, over high heat, bring fish stock to boil. Add mussels, cover, reduce heat to medium and cook until all mussels have opened, about 4 minutes. Strain stock into large saucepan, reserving mussels. Discard any unopened mussels. Place saucepan containing stock over medium heat and bring to a simmer. Add curry powder, tomatoes, leeks, green beans and chickpeas. Simmer until beans are tender, about 5 minutes. Gently place fish on top of stew, turn off heat, cover and cook until cod is opaque throughout, about 3 minutes. Gently stir in reserved mussels. Ladle stew into warmed soup bowls and garnish with chopped parsley.

#### PAIRS WITH

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New Zealand **\$14.99** 843615



### SPAGHETTI SQUASH WITH MINI TURKEY MEATBALLS

#### Serves 6

3 lb	(1.5 kg)	spaghetti squash
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Preheat oven to 400 F (200 C). Halve and seed squash. Place, cut side down, on foil-lined and lightly olive oil-greased baking sheet. Bake until flesh is easily pierced with a fork or knife, about 1 hour. Meanwhile, make Herb Sauce and Mini Turkey Meatballs (Recipe follows). Alternatively, microwave on high, flesh side up and covered with plastic wrap, for about 14 minutes. Note: If you choose this quicker method, make meatballs and sauce ahead of time.

#### HERB SAUCE

2 cups	(500 ml)	fresh parsley, leaves and tender stems only
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2 cups	(500 ml)	fresh cilantro, leaves and tender stems only
2 tbsp	(30 ml)	fresh oregano leaves
2		green onions, trimmed and chopped
2		garlic cloves, minced
2 tbsp	(30 ml)	lemon juice
½ cup	(125 ml)	extra-virgin olive oil
2 tbsp	(30 ml)	sherry vinegar or red wine vinegar
½ tsp	(2 ml)	chili flakes
		salt and pepper, to taste
		Mini Turkey Meatballs (recipe follows)
		Parmesan cheese, for garnish

Add ingredients to bowl of a blender or food processor and blend until well combined, but not completely smooth. Season to taste with salt and pepper. Transfer to a bowl. Sauce can be made up to 2 hours ahead and kept, covered, at room temperature. Reserve for meatball recipe below.

#### MINI TURKEY MEATBALLS

1 cup	(250 ml)	canned kidney beans, drained and rinsed well
½ cup	(125 ml)	Herb Sauce (recipe above)
1 tbsp	(15 ml)	Dijon mustard
2		large eggs
¾ cup	(175 ml)	quinoa flakes
1 lb	(500 g)	lean ground turkey leg
1 tsp	(5 ml)	salt
¼ tsp	(1 ml)	freshly ground black pepper
		vegetable oil
½ cup	(125 ml)	vegetable stock or chicken stock

Preheat oven to 400 F (200 C).

In a large bowl, purée beans with a hand blender until smooth. Stir in sauce, mustard, egg, quinoa flakes, turkey, salt and pepper until well combined. Roll 1 tbsp (15 ml) of mixture between your hands to form a ball. Set meatball on baking sheet and repeat with remaining turkey mixture. Should make approximately 32 meatballs. In a frying pan, warm a thin layer of oil over medium heat. Fry meatballs in batches, turning occasionally, until golden brown on all sides. Transfer to a large baking dish. Pour stock over meatballs, cover baking dish with aluminum foil and bake meatballs until cooked through, about 15 to 20 minutes. To finish, when warm enough to handle, using fork, gently scrape cooked strands from prepared squash into a large serving bowl. Toss spaghetti squash with warm meatballs and remaining sauce to taste. Garnish with a sprinkling of Parmesan cheese, if desired and serve family style.

#### PAIRS WITH

GUNDERLOCH FRITZ'S RIESLING  
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BC VQA **\$20.00** 75267



### HOPPIN' JAMAICAN RICE AND BEANS

#### Serves 4

2 tbsp	(30 ml)	coconut oil
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A Rainbow of Rice from page 138 continued

1		large onion, diced
4		large garlic cloves, minced
2 cups	(500 ml)	jasmine rice, thoroughly rinsed and drained
1 tsp	(5 ml)	fresh ginger, peeled and grated
1 tsp	(5 ml)	salt
14 oz	(398 ml)	canned coconut milk
1¼ cups	(425 ml)	chicken or vegetable stock
¼ cup	(50 ml)	light brown sugar or cane sugar
1 tsp	(5 ml)	ground allspice
¼ tsp	(1 ml)	ground nutmeg
2		cinnamon sticks
2		Scotch Bonnet or habanero peppers*
14 oz	(398 ml)	canned black beans, rinsed and drained
3		green onions, including tops, diagonally sliced
1		large red pepper, seeded and cut into strips
1		lime, juice only
		green onion curls, for garnish

Preheat oven to 375 F (190 C). In a large heavy, ovenproof saucepan with a tight-fitting lid, heat oil. Add onion and sauté over medium heat until soft and pale golden. Stir in garlic and rice and continue to sauté for 1 more minute. Add salt and ginger, then remove from heat. Bring coconut milk, stock, sugar, allspice, nutmeg and cinnamon sticks to a boil. Pour over rice and stir to blend. Remove stems from peppers and cut peppers in half. Scrape out seeds and add to rice. Cover tightly and bake in centre of oven for 25 minutes. Remove from oven and gently fold in beans and green onions. Add salt and pepper to taste. Scatter red pepper strips over top. Cover tightly and return to oven for 5 more minutes, or until peppers are hot. Drizzle with lime juice. Garnish with green onion curls.

**PAIRS WITH**

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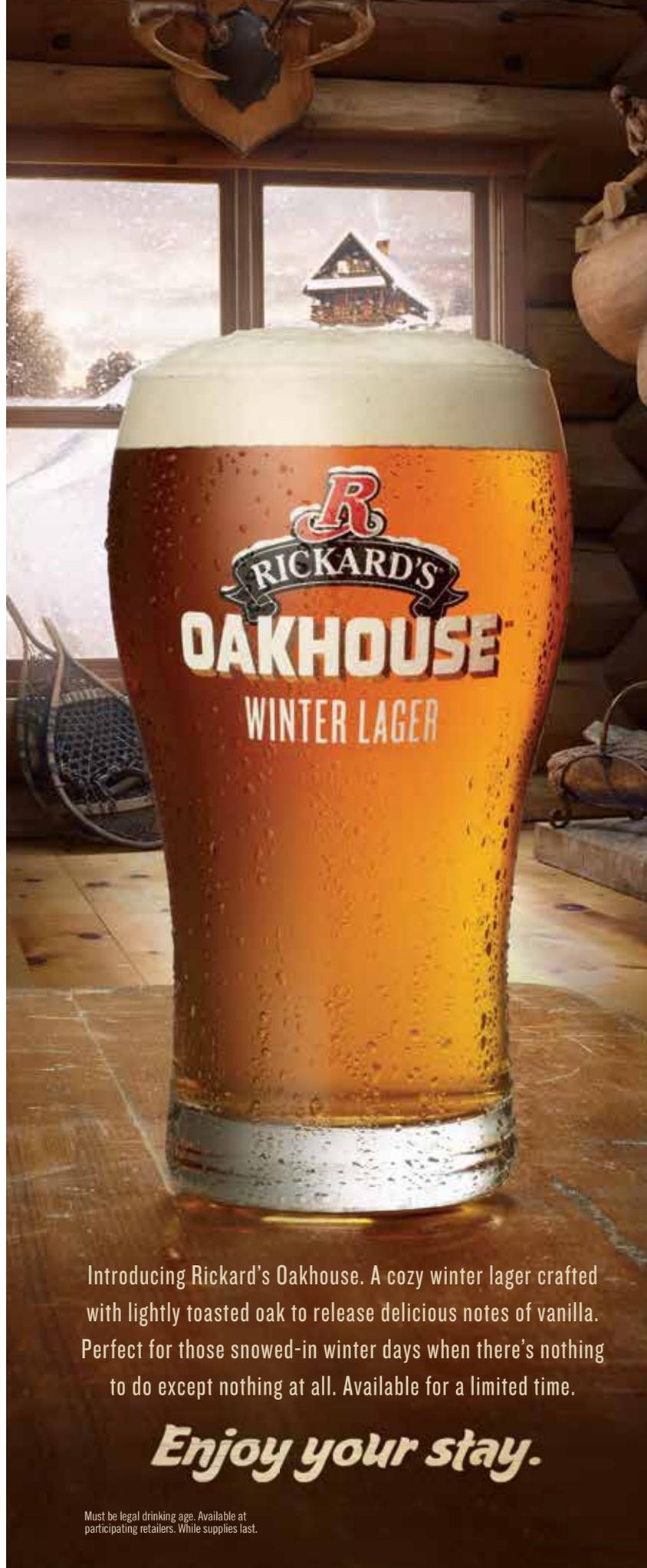


**SQUASH RISOTTO**

**Serves 4**

6 cups	(1.5 L)	chicken stock
2 tbsp	(30 ml)	olive oil
2		small leeks, washed, trimmed and thinly sliced (about 2 cups/500 ml)
2		garlic cloves, minced
1½ cups	(375 ml)	carnaroli or arborio rice
1 cup	(250 ml)	white wine
1		small butternut squash, peeled and diced into ½-in (1 cm) cubes
1 cup	(250 ml)	shelled edamame beans
¼ cup	(50 ml)	fresh Parmesan, finely grated
		salt and pepper, to taste

\* Take care when handling peppers. Gloves are recommended.



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**MARISCO** VINEYARDS NEW ZEALAND WINERY OF THE YEAR {I.W.S.C 2011 LONDON}



A Rainbow of Rice from page 138 continued

- 2 tbsp (30 ml) fresh basil leaves, thinly sliced
- 2 tbsp (30 ml) pine nuts, toasted
- generous shavings of fresh Parmesan for garnish

In a saucepan, bring chicken stock to a simmer, then cover to keep warm. In a large heavy saucepan, heat oil over medium heat. Add leeks and garlic and sauté until slightly soft. Add rice and turn up heat. Keep stirring as it begins to lightly fry – it should start to turn slightly translucent. Add wine and keep stirring. As soon as it has cooked into rice, after about 1 minute, add a ladleful of heated stock. Reduce heat to simmer, so rice grains do not cook on the outside. When stock is fully absorbed, add another ladle of stock. When half of the total stock has been added, add 1 cup (250 ml) diced squash and the edamame beans to rice. Reserve any remaining squash for another use. Continue to stir in remaining stock, a ladle at a time, until rice is creamy, but still firm to the bite and squash is tender. You may not need all the stock. Remove from heat and add grated Parmesan. Stir well. Add salt and pepper to taste. Cover pan and let rest for 2 minutes. Stack several basil leaves on top of one another and tightly roll up. Cut crosswise into very thin shreds. Scatter over risotto with pine nuts and shavings of Parmesan on top and serve immediately.

**PAIRS WITH**  
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**SWEET BLACK RICE PUDDING**

Makes 4 cups (1 L)

- 1 cup (250 ml) black rice
- 1 cup (250 ml) long grain Thai sticky rice\*
- 2 - 14 oz (398 ml) canned coconut milk
- ½ cup (125 ml) raw coconut crystals\*\*
- ¼ tsp (1 ml) sea salt
- peaches, kiwi and star fruit, sliced
- large flaked coconut, toasted

Place black and Thai sticky rice in a large container and cover with 3-in (8 cm)

\* Sushi rice can be substituted for Thai rice.

\*\* Raw coconut crystals can be found in specialty food shops. Can substitute with cane sugar.

A Rainbow of Rice from page 138 continued

of cold water. Soak for 8 to 24 hours. Drain and place in a fine-meshed strainer lined with cheesecloth. Place in a double boiler or over a large pot of boiling water. Make sure the rice is not touching the boiling water. Cover and steam over boiling water or until rice is shiny and tender to the bite, but still has a little crunch, about 35 minutes. Meanwhile, place coconut milk, sugar and salt in a small saucepan. Stir over medium-high heat just until sugar is dissolved. Cover and reduce heat to very low. Stir occasionally. When rice is fully cooked, transfer to a large bowl and break up grains with a fork. Immediately pour  $\frac{2}{3}$  the warm coconut milk over top and fold in to thoroughly mix. Set remaining milk aside. Cover rice with a clean kitchen towel and set aside at room temperature for 30 minutes to 3 hours to soften rice. To serve, spoon into little dessert bowls. Pour a little remaining coconut milk over top. Garnish with sliced fruit and toasted coconut. Best served the day it is made.

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**COLOURFUL VEGETABLE PABELLA**

**Serves 6**

- |                     |          |  |
|---------------------|----------|--|
| 3 tbsp              | (45 ml)  | olive oil                                      |
| $\frac{1}{2}$       |          | sweet onion, diced                             |
| 1                   |          | red bell pepper, seeded and cut into strips    |
| 1                   |          | yellow bell pepper, seeded and cut into strips |
| 2                   |          | small fennel bulbs, thinly sliced              |
| 2                   |          | large garlic cloves, finely minced             |
| $1\frac{1}{2}$ cups | (375 ml) | long grain red rice, rinsed and drained        |
| 2                   |          | fresh bay leaves                               |
| 1 tsp               | (5 ml)   | each salt, turmeric and saffron threads        |
| $\frac{1}{2}$ tsp   | (2 ml)   | smoked paprika                                 |
| $\frac{1}{3}$ cup   | (75 ml)  | sweet, white wine                              |
| 3 cups              | (750 ml) | boiling vegetable stock                        |
| 1 cup               | (250 ml) | shelled edamame, lima or fava beans            |

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## A Rainbow of Rice from page 138 continued

1½ cups	(375 ml)	cherry tomatoes, halved
1	(250 ml)	jar grilled artichokes, drained and halved
½ cup	(125 ml)	pitted kalamata olives
2 tsp	(10 ml)	sherry vinegar
		Italian parsley, minced

In a large paella pan or large deep frying pan, heat 2 tbsp (30 ml) oil. Add onion and sauté just until soft and clear. Do not brown. Remove onions to a small bowl and set aside. Add a little more oil to pan. Add peppers and fennel and continue to sauté over medium heat until fennel is pale golden. Stir in garlic and cook for another minute. Return onions to pan along with rice, bay leaves and seasonings. Stir over medium heat for a minute or until aromatic. Add wine and deglaze pan. Stir in boiling stock. Return to a boil. Reduce heat and simmer, uncovered, until most liquid is absorbed into rice, about 20 to 25 minutes. Do not stir. Gently fold in edamame beans. Scatter tomatoes, artichokes and olives over top. Cover tightly and let rest for 10 minutes to slightly warm vegetable toppings. Drizzle with sherry vinegar and minced parsley.

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