

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

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KIM CRAWFORD

Sauvignon Blanc
Marlborough
2013

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spring is here

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from the cover...



KIM CRAWFORD SAUVIGNON BLANC MARLBOROUGH

New Zealand \$19.99 100594

The perfect wine to welcome spring, this Sauvignon Blanc offers lively aromas of gooseberry, stone fruits and lime. The palate is dry and medium-bodied with crisp acidity, and the lingering grapefruit flavour suggests it would match well with fresh garden greens and herb-marinated poultry.



94



112



66

contributors

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



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MASTER OF WINE/BC LIQUOR
STORES PORTFOLIO MANAGER



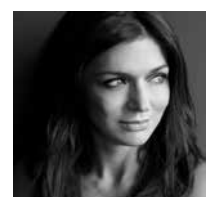
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OUR SYMBOLS Country of Origin BC VQA Wines Sweetness Code Organic BC Craft Beer Ontario VQA Wines Kosher

SPRING FORWARD

We don't need a calendar to tell us when spring has arrived. The scents in the air, the longer days and emergence of vibrant, green foliage and delicate blossoms herald its arrival. There is a sense of expectation when we spring forward; it is a time of new beginnings holding great promise.

Freshness becomes us. The food we harvest, the dishes we create and the wine we drink are a reflection of the season. Hale and hearty may have suited us in the cooler months, but spring has us ravenous for energetic and gregarious alternatives.

Crisp is a term wine writers often use to describe bottles offering brightness, tanginess and, in general, pronounced acidity. Acidity is ever important in wine – arguably its lifeblood. Wines lacking acidity become flabby and lifeless, difficult to drink, forgettable and certainly not age-worthy. As life begins anew in the spring, we crave wines that express a similar *joie de vivre*.

The snappy, spry Sauvignon Blanc with its *green* aromas (often described as herbaceous or grassy) fits the bill. Rounded out with zesty citrus and typically tropical notes, Sauvignon

Blanc (often referred to as Savvy by Kiwis) is spring in a glass. Expect zeal in every bottle, whether it's from New Zealand, France, California, Chile or the Okanagan Valley. In addition, Sauvignon Blanc sings with creamy, fresh goat's cheese and asparagus – spring's most well-loved vegetable.

There is a Riesling for every palate. Dry styles are nervy, taut with racy acidity and typical traits of marmalade, green apples, mineral and flowers. Sweeter styles boast honeyed tones with luscious stone fruits. Riesling holds its ground against complex Asian flavours and spicy dishes. It is also a romantic wine and therefore undeniably appropriate to serve to guests at spring weddings.

Albeit less commonly recognized, Chenin Blanc oozes spring appeal. Most currently available options hail from South Africa, the Okanagan Valley and the Loire Valley in France. Stylistically, Chenin Blanc can be capricious, presenting sweeter, creamy fruit and earthy characters or zippy citrus highlighted by floral notes in more linear versions. Those aged in oak can be redolent with richer honeyed and caramel layers.

Pinot Gris' popularity may have cooled somewhat, but don't dismiss its continuing international appeal and capacity to swing seamlessly from sipping wine to food partner. Lighter, leaning toward citrus and mineral, with more restraint than those earthy and rich Alsatian offerings, Northern Italy's Pinot Grigios clamour for appetizers, fish and cheese. Those from British Columbia are often a pleasing combination of both, presenting bright fruit and floral notes held in check by a creamy weight and texture. Alternatively, the Okanagan Valley's delicious Pinot Blancs are notoriously pretty wines, which burst forth with juicy fruit and mouth-watering acidity.

Some lesser-known but noteworthy alternatives are Portugal's effervescent and delicate Vinho Verde wines. Ideal for starters, creamy cheeses and seafood, they are not only fresh, but also extremely well priced. Similarly, Italy's classic and generally straightforward Trebbiano variety offers good value in an everyday dinner white.

Gaining momentum and a loyal following, Argentina's perfumed Torrontés variety offers bouquets of flowers and tropical citrus – it dares



DAENNA VAN MULLIGEN

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

“Hale and hearty may have suited us in the cooler months, but spring has us ravenous for energetic and gregarious alternatives.”





Segura Viudas

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SPRING FORWARD

you to refrain from burying your nose in the glass again and again. It has verve and energy – hitting a home run with seafood with lemon, vinaigrettes, avocado salads and mild cheeses.

With a nudge and a wink, Viognier begs not to be dismissed, thanks to its statuesque and often voluptuous demeanor. Its overtly floral, honey and ripe fruit tendencies and spicy character can easily run the gamut from flashy to flirtatious enchantress. The key is to pinpoint the style you appreciate most.

There is a global trend toward Chardonnay made with restraint; a demand for less oak and more focus. That doesn't mean oak is out; there are still diehard fans of the buttery and tropical versions. For those who prefer a chic and focused Chardonnay, look to the Old World – Chablis. These premium-priced Burgundian Chardonnays offer a steely character with lively citrus, mineral and hazelnut qualities that are unique to the region.

Pour pink for a slam dunk. Pay heed as rosé wines begin to roll out and multiply on the shelves – they are perfectly suited to weddings, dinners or simply quaffing. Pink can be a splendid amalgamation of mouth-watering acidity underscored with enough structure to stand up to savoury meats and rich fish dishes. With or without bubbles, rosé is a winner.

Light-bodied reds should not be overlooked – particularly Pinot Noir and Gamay. Although both are classic to Burgundy in France, we have access to Pinot Noirs from around the world and a fine selection of delicious Gamays from Beaujolais and British Columbia. These wines offer the perfect transition from the deep reds of winter. It's time to embrace fresh and welcome spring!



   **ANNA SPINATO PROSECCO ORGANIC**
Italy **\$14.95** 374769

Perfectly dressed for spring, this organic Prosecco has pretty notes of rose petals and acacia, with sweet aromas of creamed honey, fresh pears, apricots and yellow apples. It is delicate with a spritzy bubble and plenty of juicy fruit flavours.



  **THREE WINDS VIOGNIER**
France **\$13.99** 154609

From the South of France, this fragrant Viognier offers stone fruits, lime, ginger biscuit, beeswax and tangerine aromas. Expect attractive freshness with spice and honey atop a savoury core.



QUAILS' GATE CHENIN BLANC
BC VQA **\$18.99** 391854

This is a consistently delicious white with beautiful notes of guava, pear and melon, honey and citrus blossoms. It is mouth-watering and boasts a clean palate dominated by zesty citrus and smoky and mineral flavours. It has great character and very good length.



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

This delightful white blend of Pinot Grigio and the regional Verduzzo grape offers lemon grass, crisp apples and pears, bananas and spring blossoms with hints of cold cream on the nose. It is tangy and crisp with flavours of pomelo citrus and white fruits layered with almond.



  **LOUIS JADOT BOURGOGNE PINOT NOIR COUVENT DES JACOBINS**
France **\$27.99** 341875

Bask in the pretty aromas of sweet cherry, vibrant raspberry, violets, cedar and forest floor this Old World Pinot Noir offers. It is silky and juicy with tart red-fruit flavours, cigar box and fine spice on the finish.



  **KIM CRAWFORD PINOT NOIR**
New Zealand **\$23.99** 867127

Here is a Pinot Noir that will please most palates. Expect sweet black cherry, black raspberry and spice atop an earthy core. It has ripe fruit, a supple texture and freshness galore. A wine to pair with salmon, spring risotto or lamb.

START STEAMING

STEAMED
MEDITERRANEAN
CHICKEN WITH
HERBED
COUSCOUS





SCALLOPS ON THE HALF SHELL WITH GINGER DRESSING

Want to heat things up in the kitchen this spring? Then start steaming! This moist-heat cooking method utilizes steam heat to gently cook foods. Unlike other equally healthy methods like boiling and simmering, steaming requires no agitation, allowing delicate foods such as seafood or fish to cook to moist and tender perfection every time. Also, without the need to submerge foods in liquid, steaming avoids the loss of nutrients that may leach out during the cooking process. With almost no special equipment needed, why not take inspiration from these recipes and start getting steamed up today?



WINE-STEAMED LOBSTER TAILS AND DIPPING DUO

PAIRS WITH WINE-STEAMED LOBSTER TAILS AND DIPPING DUO

PAIRS WITH STEAMED MEDITERRANEAN CHICKEN



JOSEPH DROUHIN CÔTE DE BEAUNE

France \$39.96 232298

This 100 percent Pinot Noir, sourced from hilltop vineyards overlooking the town of Beaune, has flavours of red currant, red cherry, spice and oak. On the palate, it is dry and medium-bodied, balanced by juicy acidity and chewy textured tannins. This rather complex wine is ready to drink now, but could improve with five to seven years of aging.



CAKEBREAD CELLARS SAUVIGNON BLANC

USA \$46.99 191429

Aged for a short time in neutral French oak, this Sauvignon Blanc opens with aromas of ripe fruits, including kiwi, honeydew melon and passion fruit along with hints of vanilla. Showing some complexity on the palate, it is medium-bodied with good concentration and a long finish. Perfect with seafood and pasta dishes.



CHATEAU STE MICHELLE RIESLING

USA \$16.99 232512

Aromatic, medium-bodied with fresh acidity, this Washington State Riesling is intense with floral, green apple, peach and lime flavours. Refreshing on the palate, it will pair nicely with many foods, from salad to seafood and poultry.

PAIRS WITH SCALLOPS ON THE HALF SHELL WITH GINGER DRESSING



CEDARCREEK PINOT GRIS

BC VQA \$17.92 561175

Fermented in stainless steel and with partial use of wild yeast, this Pinot Gris has elegant aromas of pear, apple and lemon. Dry on the palate, it is medium-bodied with crisp acidity and a round mouth feel that calls for seafood.



STEAMED BUNS WITH BRAISED PORK BELLY



KENDALL-JACKSON AVANT CHARDONNAY

USA \$18.95 325936

Loaded with flavour characteristics of apple, light toast, floral and hints of pineapple, this Chardonnay is an excellent food wine. Dry and medium- to full-bodied with a rich mouth feel, the fresh acidity ensures a nice balance through to the finish.



PAIRS WITH STEAMED BUNS WITH BRAISED PORK BELLY

PAIRS WITH STEAMED MEDITERRANEAN CHICKEN



FONTODI CHIANTI CLASSICO

Italy \$34.99 533315

This delicious Chianti, made primarily from the red Sangiovese grape, is brimming with both red and black fruits. Loaded with spice, licorice, dried cherry and hints of floral notes as well as raspberry and earth, this balanced wine, with its fine-grained tannins, will pair especially well with poultry and grilled meats.



PFÄFFENHEIM PINOT GRIS

France \$18.99 616144

Pfaffenheim, an important cooperative and a powerhouse in the Alsace region of France, has created a Pinot Gris with flavours of melon, citrus and hints of apricot. Dry and medium-bodied with a wonderfully round mouth feel, this white wine is great on its own as well as with most seafood and salads.



SANDHILL SYRAH

BC VQA \$21.99 98541

Aged in both American and French oak barrels, this Okanagan Syrah has aromas of blackberry, black cherry, dark plum, white pepper and vanilla. Dry and medium- to full-bodied on the palate, with ripe-textured tannins, this wine has hints of chocolate in the finish.

VINOUS ATHLETES

TALES OF A WINE JUDGE

Wine judges don't get much sympathy. Complaints of the sacrifice of having to taste 100 or sometimes 200 wines in a day, and get paid for it, fall on deaf ears. To most people, judging wine sounds like a dream job, but it is not as easy or as pleasurable as it might seem. A wine judge has to become a kind of vinous athlete, honing and training the palate to survive the assault of acid, tannin and alcohol, while ensuring every wine is assessed fairly and is given a chance to shine.

When new wine judges are first thrown into the deep end of a tasting competition, they usually have the same realization. First, they are amazed at how seasoned judges can effectively taste so many wines in a day and still give an accurate assessment of quality. Second, they are exhausted by the process. Third, they realize that wine judging certainly isn't the romantic dream they thought it would be. Often, in spite of loving the experience, they don't want to judge again, ever!

Typically, a competition will have a number of judges, often with specialized knowledge of the wines they are judging. Judges are then organized into panels, with one judge usually





RHYS PENDER

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

“ A wine judge has to become a kind of vinous athlete, honing and training the palate to survive the assault of acid, tannin and alcohol, while ensuring every wine is assessed fairly and is given a chance to shine.”

appointed as the panel captain or leader. In the back room, usually days or weeks before the actual judging takes place, competition organizers flight wines into the groups in which they will be presented, blind, to the judges. Flighting is usually done on a theme such as grape variety, region or price. The wines are then delivered in numbered, pre-poured glasses to the judges, who then taste the wines and produce an assessment of quality. Flights usually consist of 12 or 15 wines and many competitions switch back and forth between red and white, to keep the palate fresh. However, it varies by competition. One memorable flight was 60 Zinfandels, a very arduous experience. The palate is kept fresh with water and bread (and in one memorable example, slices of perfectly seared rare beef and celery sticks). Depending on how the results are presented, wines are given a point score, a medal or simply a yes or no as to whether or not they will proceed to the next round.

Judges taste the wines individually and then, in most cases, discuss their conclusions with the rest of the panel before the results are submitted. The discussion acts as a safety net, allowing judges to make a case for particular wines if they think another judge may

have missed an element of quality. It is always about finding the best wines.

How do judges decide what is a good wine? The first thing in judging is that you have to remove your own personal bias and opinion and come up with a definitive way to assess quality. The key elements are balance, intensity, length of flavour and complexity, elements that can appear in any wine be it sweet, dry, red, white, pink, sparkling or fortified. Wines perceived to be faulty are also given a second chance, with a fresh bottle opened and re-assessed to eliminate issues of bottle variation and cork taint.

Once judges have agreed on the result for a wine, the backroom staff compiles the data. In some cases, one tasting is all a wine gets. In others, the initial rounds of tasting are to isolate the better wines, which are then brought back for re-tasting, often by a larger panel. With each successive round, the tension increases and the passion of the judges comes through. As their names will be associated with the results, the judges take their work very seriously.

A number of different styles of wine competitions and approaches to judging wine exist. Some competitions are much more diligent than others, with checks

and balances along the way to make sure every wine gets a chance to shine. Others are more willy-nilly, seemingly throwing around medals with little semblance of process. Competitions can range in size from a few dozen wines to thousands, and may be global or focused on a specific theme. The Decanter World Wine Awards in 2012 had more than 14,000 international entries and over 200 judges, while the Canadian Wine Awards (which were reinvented as the Wine Align Nationals in 2013) attracted well over 1,000 wines, all grown and produced in Canada. Other competitions may have only a few wines from one small, specific region.

Different competitions also have different levels of marketing clout. Wineries enter competitions with the hope of winning an award and then use the competition's prestige to help promote their winning wines. Other producers enter competitions as a kind of benchmark against their competitors or to get feedback as a kind of annual report card on how well they are doing. Because of the differing diligence of the various competitions, some awards carry more weight than others.

Judging wine is a discipline that seasoned judges take very seriously and

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The Y Series

www.yalumba.com



undertake with a lot of passion. They take pride in the wines they select and endeavour to give every wine equal and fair treatment. As a consumer, you can follow a competition's results, buy the winning wines and see if you agree with the judges. Like following a wine writer's reviews, if you find a competition in which you trust the results, you will have a great resource for buying wine. You may still not have much sympathy for those complaints of having to taste hundreds of wines a day, but at least you can reap the rewards.



FALERNIA SYRAH RESERVA

Chile **\$18.99** 147819

Intense aromas of ripe black fruit combine with floral notes and some savoury, smoky meatiness. The palate is rich and full, balanced with refreshing acidity. Blackberry and blueberry flavours lead to dried herbs and smoke with a long finish. Perfect with anything char-grilled. WineAlign World Wine Awards winner.



WHITEHAVEN MARLBOROUGH PINOT NOIR

New Zealand **\$23.99** 161703

A juicy and fresh nose with cherry, red berry, clove and some sweet vegetal notes leads to a soft, silky palate with light tannins and a fresh elegance. Look for flavours of tart and juicy red fruits, orange zest and complex baking spices. Perfect with grilled quail with a savoury berry reduction. WineAlign World Wine Awards winner.

SPITTING ETIQUETTE

When judging wine, spitting is essential! Without spitting, tasting ability degenerates quickly. In fact, you can experience the full flavour of a wine just by swirling it across your taste buds. While seemingly impolite, spitting is quite accepted and expected in the wine business. How to spit like a pro though? How to guide a laser-like stream of wine into a distant spit bucket without losing a drop? The key is practice, and the best place to practice is at home, in the bathroom with water, until you are ready to spit with the best of them. If you are not launching long-distance wine mouthfuls into a bucket, but using an individual spittoon, the key is to use an opaque vessel – nobody wants to see your spit – and spitting in a quick, clean, rather than dribbling, drooling manner. Practice makes perfect.



GRAY MONK RIESLING

BC VQA **\$14.99** 321604

A serious and well-priced Riesling, the nose is intense with lots of lime and lemon citrus, green apple and some emerging baking spice notes. The palate is off-dry, balanced with impressive acidity, brimming with intense flavours of racy lime, mineral and green tree fruits that linger on the palate. Enjoy with grilled prawns with salsa verde. WineAlign World Wine Awards winner.



OGIER HERITAGES CÔTES DU RHÔNE

France **\$17.99** 535849

A subtle nose opens up to reveal cherry, red berry, candy floss, spice and earth notes. The palate is full with the soft richness typical of Grenache and lots of complex, peppery, earthy, spice and meaty notes from the Syrah and Mourvèdre. Pair with grilled lamb, rosemary and red-wine sausages. WineAlign World Wine Awards winner.



RUFFINO CHIANTI

Italy **\$15.99** 1743

This is a fresh, juicy and savoury Chianti. The nose has sweet strawberry and cherry notes with a slight earthy hint. The palate is all tart, red cherry fruit with lots of savoury dried herbal notes and some grippy, meaty tannins. Perfect for Spaghetti Bolognese or homemade lasagne. *Vancouver Magazine's* 2014 100 Best Buys winner.



CHARLES HEIDSIECK BRUT RÉSERVE

France **\$69.99** 31286

Fine, persistent bubbles and intense aromas combine peach, apple and citrus notes with lots of lees-aged characters of toast, nut, caramel and vegemite. The palate shows the champagne elegance with crisp acidity, a fine creamy texture and flavours of lemon, green apple, nectarine and chalky minerality that persists through a very long finish. Savour with gougères or deep-fried fish pieces served with a squeeze of lemon. Decanter World Wine Awards Gold-Medal winner.



THANK GOODNESS FOR GUINNESS



There's more to St. Patrick's Day than leprechauns and shamrocks. Guinness beer has been synonymous with the Irish, and especially the day they celebrate their patron saint, since its inception in 1759. The most popular Guinness ale worldwide is their Draught. This dark stout is characterized by its slightly burnt flavour, developed from roasted unmalted barley, as well as its thick, creamy head. Guinness Draught, with its hints of caramel sweetness, coffee tones and dry-roasted bitterness, is an ideal ingredient for use in many dishes, from savoury to sweet. So, make it a lucky day with these special Guinness recipes – and don't forget to wear green!

CHOCOLATE GUINNESS
CHEESECAKE BROWNIES
WITH PRETZEL CRUST

PAIRS WITH GUINNESS-MARINATED STEAK SANDWICHES



 **00**
**CANNONBALL
 CABERNET SAUVIGNON**

USA \$26.99 115212

Heartwarming and bold, this flavour-packed California Cabernet Sauvignon offers blackcurrant, spice, oak, mocha and hints of coconut. Full-bodied and robust, this delicious pour is balanced, with smooth, ripe-textured tannins and a long, chocolatey finish. Ready to drink now, it could also bene^{fit} fit from four to six years in the cellar.



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**LA CREMA SONOMA COAST
 PINOT NOIR**

USA \$27.97 366930

La Crema Pinot Noir, from the cool vineyards of the Sonoma coast – similar in climate to the famous Burgundy region – offers flavours of dark plum, black cherry, spice and oak with hints of tea leaf. Balanced, with mouth-watering freshness on the palate, this medium-bodied wine has silky textured tannins, making it a versatile match for a wide range of cuisine.



GUINNESS-MARINATED STEAK SANDWICHES



When will you celebrate?



ST. PATRICK'S WEEKEND

14-17 MARCH 2014

Find your celebration at StPatricksWeekend.ca

PAIRS WITH CHOCOLATE
GUINNESS CHEESECAKE BROWNIES
WITH PRETZEL CRUST



**CRIOILLO CHOCOLATE
SEA SALTED CARAMEL**

Canada **\$19.99** 512012 375 ml

Made from the Criollo bean, the jewel of cocoa beans, this chocolate, sea-salted, caramel liqueur is rich and concentrated, with intense flavours of caramel, toffee, chocolate and butterscotch. Luscious and savoury on the palate, the long finish suggests its excellent quality. It will delight served over ice or with ice cream.



10

**TAYLOR FLADGATE
FINE WHITE PORT**

Portugal **\$21.99** 164129

Rested in oak vats to promote flavour development, this white port is made from a blend dominated by the Arinto white grape. Mellow and medium-dry on the palate, this crisp white port is best served chilled with desserts or toasted nuts.



GUINNESS, LEEK AND MUSHROOM STEAK PIES

PAIRS WITH GUINNESS, LEEK AND
MUSHROOM STEAK PIES



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**THE NED MARISCO PINOT NOIR
MARLBOROUGH**

New Zealand **\$20.99** 617530

From one of the three New Zealand winemaking areas renowned for high quality Pinot Noir, this Marlborough wine has lifted flavour intensity resulting from time spent aging in small French oak barrels. Showing aromas of spice, red cherry, raspberry and oak, this medium-bodied wine has silky tannins, making it a good match for a variety of foods, from duck and seafood to veal.



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**MITOLO JESTER SHIRAZ
MCLAREN VALE**

Australia **\$24.99** 86124

McLaren Vale, along with the Barossa Valley, is recognized for producing superb-quality Shiraz and Rhône-style reds. The Jester Shiraz has flavours of black cherry, plum, spice and mocha with hints of licorice. The palate is dry and medium-bodied with balanced ripe-textured tannins. It's an excellent match for grilled beef wrapped in pancetta.

Wonderfully Unexpected

Freixenet

Barcelona since 1861



NEW

New for spring is a selection of two red wines and a whisky from Tennessee. The Tail Spin Shiraz, hailing from South Australia, is a perfect pairing for spring lamb or for those who can't wait to fire up the barbecue. The other red featured is a Cabernet Sauvignon from California that, like its name Carnivor implies, will match well with meat dishes and hearty, heavy sauces. George Dickel Tennessee Whisky No. 12 is made from the original recipe dating back to the early 1900s and is a true Tennessee Whisky. A perfect warmer for a cool spring evening, may be enjoyed neat or with a dash of water.



TAIL SPIN SHIRAZ LANGHORNE CREEK

Australia \$15.99 69658

From one of South Australia's foremost wine regions, this Shiraz from Langhorne Creek is packed with flavours of plum, black cherry, spice, coffee and vanilla. Rich on the palate with balanced acidity and fine-grained textured tannins, this wine is fantastic with barbecued ribs and spring lamb.



GEORGE DICKEL TENNESSEE WHISKY NO.12

USA \$33.99 774976

Made from a predominantly corn mash bill, perfected by the addition of a little rye and a touch of malted barley, this Tennessee whisky has enticing flavours of vanilla, toast and smoke with hints of butter. Rich and warming on the palate with a long finish, drink it neat or with a dash of water.



CARNIVOR CABERNET SAUVIGNON

USA \$17.99 884122

With aromas of black cherry, coffee, toast and oak, this dry and relatively full-bodied Cabernet Sauvignon has fresh acidity and ripe-textured tannins on the palate. It pairs well with a variety of meat dishes and heavy sauces.

THE
LOIRE VALLEY

IT'S COOL TO
BE COOL





CAROLYN EVANS HAMMOND

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

“Where’s the original hotbed of cool climate wines? The Loire Valley – greatly appreciated locally and in Paris, but largely underrated outside France...”

Rich, creamy whites and big, bold reds have wooed wine lovers since the ‘80s. But now it’s all about acidity. Elegance. Finesse.

Those elements come from grapes grown in cool climates. And where’s the original hotbed of cool climate wines? The Loire Valley – greatly appreciated locally and in Paris, but largely underrated outside France aside from the famous wines of Sancerre and Pouilly-Fumé.

The Loire has been making crisp reds and unwooded whites for about 2,000 years. Now the world is scrambling to reproduce these wine styles elsewhere.

California producers can’t get close enough to the coast – to expose vines to those cool ocean breezes. Argentinean and Chilean winemakers are all about high-altitude vineyards to sustain the chill factor. And Australia continually seeks out cool microclimates for plantings. Bottom line: It’s definitely cool to be cool.

But Loire wines are labelled by their appellation – or wine region – which can be confusing, because the grape variety rarely appears on the label. With a staggering 87 appellations in the Loire – each governed by

different winemaking rules – there’s a lot to know. So many consumers just skip over the region altogether in favour of less-confusing ones that feature varietal labelling. After all, about 80 percent of a wine’s flavour comes from its grape variety.

But wines of the Loire can be incredibly satisfying – refreshing, food-friendly, restrained and great value. And spring is the perfect time to switch from creamy whites and chewy reds to crisper, lighter selections.

To set you off in the right direction, here’s a crash course in five of the most fetching wines from the Loire.

MUSCADET

Muscadet, always made from the Melon de Bourgogne grape, is quite neutral, light and citrusy. Winemakers in the region like the fact that Melon de Bourgogne vines produce generous amounts of fruit easily from hardy, cold-resistant vines. Wine drinkers appreciate the resulting wine’s affinity for food – especially fish and seafood. It’s not fancy, but it’s consistent, economical and a great go-to number.

For a bottle with a bit more character, look for a Muscadet-Sèvre et Maine – a small appellation within

the region that often uses the “*sur lie*” method. *Sur lie* means the winemaker leaves the wine on its lees – or spent yeast – after fermentation, to impart more flavour – usually a nuttiness and warm, fresh, bread-like notes.

SANCERRE AND POUILLY-FUMÉ

Sancerre and Pouilly-Fumé are the most highly regarded wine regions in the Loire. The wines, which go by the names Sancerre and Pouilly-Fumé, are both made from Sauvignon Blanc. The expression of this grape tends to be elegant and complex, with restrained citrus flavours reminiscent of grapefruit as well as a stony – sometimes smoky – minerality.

The characteristic flavours of these wines come from the soils. The Sancerre region is rich in Kimmeridgian clay, which is the same soil type found in Chablis that produces similarly mineral whites from Chardonnay. And the flinty soils of Pouilly-Fumé tend to make smokier wines, which is where the name Pouilly-Fumé is thought to come from – fumé being French for smoked.

Although subtle differences exist between the soils of Sancerre and Pouilly, the two wines can be virtually indistinguishable. What

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**Cognac and
Pineau des Charentes**



Rhône Valley

Champagne

THE LOIRE VALLEY IT'S COOL TO BE COOL

differentiates Sancerre from Pouilly-Fumé most are the producers, who control how the grapes are grown and how the wine is vinified.

TOURAINÉ

Touraine is one of the few regions in the Loire where varietal labelling is permitted. The area, mainly known for its Sauvignon Blanc-based whites, offers attractive, economical wines that will appeal to the Pinot Grigio-loving set. Wines simply labelled Touraine Sauvignon can be lovely, classic wines that are light and lively. Look for bottles from a trusted producer such as Remy Pannier and you are unlikely to be disappointed.

VOUVRAY

One of the appellations within the broader Touraine region is Vouvray, which is a wine revered by critics and aficionados alike for its range, ability to age well, complexity and delicacy. Vouvray is pretty much always pure Chenin Blanc, but can be dry or sweet, still, semi-sparkling or sparkling.

Chenin Blanc from Vouvray is often a richly flavoured wine resonating with floral and honeysuckle notes anchored by a tight seam of acidity that balances any sweetness. And when botrytis affects the vineyards – a noble rot that shrivels the grapes and concentrates sugars – the wines of Vouvray take on a gorgeous marmalade-like character.

Becoming acquainted with the wines of Vouvray – and indeed many of the wines of the Loire region in general – is well worth the effort.

Due to limited availability, see bcliquorstores.com for product details.



 **00**
**CHÂTEAU DE LA GRAVELLE
MUSCADET-SÈVRE ET MAINE**

France **\$17.99** 411066
Made in the *sur lie* style, this Muscadet is made for sharing a big pot of steamed mussels, poached prawns or steamed Dungeness crab! Classic lemon freshness laced with lovely hazelnut and honeysuckle notes. Great value.



 **00**
**LOBSTER AND SHRIMP
MUSCADET-SÈVRE ET MAINE**

France **\$13.99** 282780
As the label suggests, this is an easy seafood companion – clean and elegant, delicate and light, and edged with flavours of lemon-lime-grapefruit. Pure refreshment.



 **00** 
**DOMAINE FOUASSIER SANCERRE
LES ROMAINS ORGANIC**

France **\$29.98** 495648
Complex and sophisticated, this is everything you'd expect from a fine Sancerre and more – resonating subtly with flavours and aromas of gooseberry, damp herbs, wet stones, ripe grapefruit and flint. A long, lean and stylish pour.



 **00**
CHÂTEAU DE SANCERRE

France **\$28.99** 164582
Shining pale gold in the glass, this lively Sauvignon Blanc is shot through with tight flavours of grapefruit, lemon and apple as well as wet stones, damp herbs and an attractive salinity. A full-bodied and articulate expression of the Loire Valley.



 **02**
CHÂTEAU GAURELLE VOUVRAY

France **\$25.97** 309567
Off-dry but shot through with balancing acidity, this fine example of Vouvray has considerable weight and generosity. It offers up a rich, almost creamy attack of honeysuckle, pear, stone fruit and baking spices.



 **00**
**JOSEPH MELLOT DE TRONSEC
POUILLY-FUMÉ**

France **\$29.96** 882175
A tightly wound, mineral, polished wine that's dry and restrained, but undeniably rich in extract. Aromas of lemon tart lead to a clean attack of flint, orange zest, lemon, pineapple and roasted almond that lingers for ages on the finish.

RHUBARB

rhubarb



A sure sign of spring is the appearance of ruby stalks of rhubarb. This tart stalk is a popular favourite for pies and compotes, but can also be a great accompaniment for savoury dishes! Commonly labelled a fruit, rhubarb is actually considered a vegetable, and has been used by the Chinese for medicinal purposes for thousands of years. One of the oldest-known vegetables, dating from the Greek period, rhubarb was introduced to North America in the early 1800s. It is now found cultivated as well as growing wild throughout North America.



ORANGE RICOTTA BLINTZES WITH ROASTED RHUBARB

PAIRS WITH ORANGE RICOTTA BLINTZES WITH ROASTED RHUBARB



LA CHABLISIENNE SAINT BRIS SAUVIGNON

France **\$18.99** 587238

A rarity in the Chablis region, the Saint Bris appellation produces refreshing and cool-climate white wines from the famous Sauvignon Blanc grape. Showing welcoming aromas of citrus peel, gooseberry and lemon with a hint of green apple, it is an excellent food wine. Elegant and crisp on the palate, this wine is ready to drink now and best with salads and light dishes.



BERENTZEN APPLE LIQUOR

Germany **\$25.95** 323055

Attractive ripe Gala apple aromas fill the nose and lead to a mouthful of fresh apple fruit on the palate. This schnapps is slightly sweet, but very refreshing. Serve alone, with ice, in cocktails or with dry sparkling wines.



ROASTED MAPLE-GLAZED RHUBARB WITH SALMON AND ARUGULA



SEARED SEA BASS AND SPICED RHUBARB SAUCE SERVED WITH WILD RICE PILAF

PAIRS WITH SEARED SEA BASS AND SPICED RHUBARB SAUCE



SEE YA LATER RANCH PINOT NOIR
BC VQA \$19.99 75267

Loaded with inviting fresh fruits including cherry, raspberry and strawberry with hints of spice, this Pinot Noir pairs perfectly with salmon and poultry. The palate is medium in body with soft-textured tannins and a nice silky finish.



CHATEAU STE MICHELLE COLUMBIA VALLEY CHARDONNAY
USA \$21.99 232439

Juicy and gentle, this Washington State Chardonnay has flavours of apple, lemon, spice and vanilla with hints of oak. On the palate, it is dry and medium-bodied with good flavour intensity balanced by zesty acidity. It pairs exceptionally well with seafood such as sashimi, crab and scallops.



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WHY WAIT

PAIRS WITH ROASTED MAPLE-GLAZED RHUBARB WITH SALMON AND ARUGULA



VILLA MARIA PRIVATE BIN SAUVIGNON BLANC

New Zealand \$18.99 342360

This fresh Sauvignon Blanc has intense aromas of passion fruit, gooseberry, lemon and melon. Dry on the palate with tangy acidity and medium-bodied, this wine calls for grilled vegetables and seafood, as well as sausages.



FROZEN RHUBARB, STRAWBERRY AND GINGER MOUSSE



HAHN PINOT NOIR

USA \$21.99 831099

This Pinot Noir shows flavours of black cherry, red plum and spice. Dry and medium-bodied, the fruit intensity is balanced by mouth-watering acidity and soft-textured tannins. Hahn is German for rooster, so think poultry for food pairings, or try it with fancy seafood dishes such as prosciutto-wrapped halibut.



PAIRS WITH FROZEN RHUBARB, STRAWBERRY AND GINGER MOUSSE



PAMA POMEGRANATE

USA \$36.94 835736

Made from natural pomegranate juice blended with premium vodka and a touch of exotic tequila, Pama is deeply aromatic and offers intense and tangy pomegranate flavour on the palate. Serve it alone, chilled, or add to a dry sparkling wine for a Pomegranate Kir Royale.



GEHRINGER SIGNATURE RIESLING ICEWINE

BC VQA \$49.99 504860 375 ml

Made according to strict production standards, this Riesling icewine is concentrated and shows pronounced profiles of floral, honey, maple, peach, spice and candied apple. Juicy and lusciously sweet on the palate, this medium-bodied and superb intensity wine is an unbeatable partner for desserts and spicy dishes.



VERSATILE VODKA

Ever popular and endlessly versatile, vodka is one of the world's most in demand spirits. It's the second largest seller by volume, and globally recognized Smirnoff Vodka is one of the biggest spirit brands on the planet. In Canada, vodka makes up the largest segment of spirit sales (almost 30 percent), and it continues to be the go-to base in many cocktails.

New brands, small batch and artisanal vodkas and an ever-increasing array of mind-boggling flavoured vodkas keep aficionados close while drawing plenty of newbies to the fold.

Sporting attention-grabbing bottles and labels, new products are going head-to-head with established luxury and premium vodkas, which, in spite of the newcomers, aren't losing any ground and show no sign of slowing. Vodka makers are keen to stake out new territory and command niche markets with brands and flavours from far and near. And there are forays into lifestyle



JUDITH LANE

Judith Lane is a Vancouver-based wine and spirits writer. In addition to *TASTE Magazine* her work appears in the *Vancouver Sun's* "The Grapevine" blog, *Gayot.com*, *Montecristo*, *NUVO*, and the *Georgia Straight*. She is a long-standing wine competition judge, and enjoys judging wine and food pairing events, and cocktail competitions. Follow Judith on Twitter @lanestar.

“ New brands, small batch and artisanal vodkas and an ever-increasing array of mind-boggling flavoured vodkas keep aficionados close while drawing plenty of newbies to the fold. ”

spirits such as Skinny Girl vodka, whose hook is a “low calorie count.”

There are tried and true reasons for vodka's popularity, not the least that it's considered to be among the purest forms of alcohol. Clear and odourless, vodka is a highly adaptable spirit and can blend seamlessly with almost anything, although there are some distinctive tasting brands that are not completely neutral. They are purposely distilled fewer times, which leaves more flavour. These are ideal for sipping neat or in a vodka martini, where their essences shine through. Often, these are top-shelf vodkas such as Grey Goose, Tito's Handmade, Ketel One and Absolut Elyx (Canada was the first country to carry it after its launch in Sweden), to name a few. Sip solo at room temperature and taste the differences. Neutral vodkas – distilled up to six times – are ideal in cocktails, where they enhance and complement the taste of the drink's ingredients, showing them at their best. Old World vodkas like Eristoff

(French-made from a two century old Russian family recipe) and the aptly named Wodka from Poland are ideally mixable. (Wodka is Polish for vodka.)

It's said that vodka originated in Russia or Eastern Europe (the debate continues) sometime between the 9th and 12th centuries (that's debatable too) and initially was made for medicinal purposes. Today, it is made almost everywhere from a vast array of base ingredients, including potatoes, barley, wheat, rye, corn, sugar cane, honey, whey, barley, rice and oats. Vodka is relatively quick and easy to produce and, unlike whiskey and wine, needs no aging.

Among the increasing numbers of top-shelf newcomers, some worth a look include Kealy's Moonshine, in a slender, elegant cut glass bottle, the artistically etched Absolut Elyx and the rustic-looking Tito's Handmade Vodka. Several established vodkas have garnered attention from the moment they were launched, among them Crystal Head,

in an eye-catching glass skull bottle.

Others have had a much-needed makeover, including bestselling Smirnoff. Check out the latest looks from Russian Standard, Iceberg, Banff Ice and Finlandia. Some brands trot out special limited editions like Absolut Vancouver in 2010 (partial proceeds from sales were donated to Vancouver's art community), and Belvedere's cranberry red bottle is a holiday tradition.

New producers have made successful inroads with niche products such as vodkas from our frosty north. Newfoundland- and Labrador-based Iceberg Vodka is made with water from Canadian Arctic icebergs and Yukon Shine's Yukon Winter Vodka is produced in Whitehorse from Yukon Gold potatoes and filtered through charcoal and genuine Yukon gold. Closer to home, Urban Distilleries' Spirit Bear vodkas originate in the Okanagan. Small-batch, artisan craft distillers represent another rapidly

Canada's hidden Gem.



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VERSATILE VODKA

growing category worth watching. Long Table Texada Small Batch vodka is made in Vancouver's very own Yaletown and newbie, Kealy's Moonshine is an Abbotsford, BC-owned brand and made in France.

Flavoured vodkas are a constantly evolving category. Since the world's first flavoured vodka was launched, the assortment of flavourings has grown swiftly. Today's lineup is a riotous mix of tastes with something to suit every palate, including Van Gogh Double Espresso vodka, Grey Goose's Cherry Noir, L'Orange and La Poire (pear) and Pinnacle Whipped Cream. Other major players include Absolut, Smirnoff and Stolichnaya with flavours that cover all the bases from mango-passion fruit sorbet, raspberry-pomegranate, salted caramel, blueberry, citrus, green apple and mandarin orange to vanilla, raspberry and peach.

One that stands out from the crowd is Poland's Zubrowka Bison Grass, quite possibly the original and oldest flavoured vodka. It gets its unique taste and pale green colour from a stalk of wild, bison grass in every bottle.

Flavoured vodkas can be enjoyed chilled neat, or in cocktails where they come into their own.

Vodka's versatility is clear. With a world of ever-growing choices there's sure to be a vodka for every palate.



TITO'S HANDMADE VODKA

USA \$35.99 65011

A corn-based, small-batch vodka from Austin, Texas, Tito's is made in an old-fashioned pot still, distilled six times and charcoal filtered producing a smooth, balanced vodka. Aromas of sweet corn, white pepper and tobacco and a slightly oily mouth feel with char and sweetness, lead to a sleek finish.



THREE OLIVES VODKA

United Kingdom \$25.99 107466

Handcrafted from English wheat, this small-batch British vodka has whiffs of white pepper on the nose, a satiny mouth feel and cream-soda-like sweetness with a gentle, peppery finish. Enjoy Three Olives in cocktails or a London Martini (shake three parts vodka with ice, strain and garnish with three olives).



KEALY'S MOONSHINE VODKA

France \$39.95 866350

This platinum award-winning (for taste and packaging) vodka is crafted to be the ultimate mixing vodka. Distilled in France from premium wheat, Kealy's diamond dust filtration delivers purity and smoothness, resulting in a polished premium vodka that allows the flavours in drinks to shine.



ICEBERG VODKA

Canada \$24.75 400754

Made in Newfoundland with water from 12,000-year-old Arctic icebergs and Ontario sweet corn, Iceberg's cold-activated label features a maple leaf that turns red when chilled. Slightly buttery, it boasts a soft mouth feel, sweet corn and citrus zest, and finishes with a gentle bite. Enjoy in mixed drinks.



GREY GOOSE LA POIRE

France \$46.99 772301

A wheat vodka from the Cognac region of France, La Poire is made with distillate and essential oils from Anjou pears, creating a naturally flavoured vodka. Aromas of intensely ripe pears lead to a soft palate accented with lemon zest followed by a crisp, delicate pear finish. Enjoy in premium cocktails.



GREY GOOSE CHERRY NOIR

France \$46.99 774430

Launched in 2012, Grey Goose Cherry Noir is made with ripe black cherries from France's Basque region. Enticing aromas of cherries waft from the glass followed by mouthfilling black cherries, vanilla and wisps of sweet spices and peppercorns. Refreshingly dry and balanced, it's an ideal base for cocktails.

COOKING WITH VODKA

MANGO AND VODKA
MOUSSE CAKE



Vodka is not only an ideal alcohol for mixed drinks, it also shines as a starring component in many flavourful dishes. Blended with fruits, it elevates their flavours to a new level. That is why many vodkas now offer fruit-flavoured versions of the original product. Experiment with different flavours and food combinations or marinate your own fruits to further explore vodka's unique qualities.



CITRUS AND VODKA GRAVLAX



COCONUT LEMON VODKA CAKES

PAIRS WITH COCONUT LEMON VODKA CAKES



SEE YA LATER RANCH LATE HARVEST RIESLING HUNNY

BC VQA \$22.99 448654 375 ml

The next best thing to icewines, late harvest wines are made from grapes that receive extra hang time, not just for sugar accumulation, but also to increase flavour intensity. Delicious and balanced, this wine is rich with floral notes and flavours of honeycomb, apricot, lemon and ripe apple.



ALVEAR MEDIUM DRY

Spain \$15.46 112789

Combining the best of both worlds – the qualities of both Fino and Oloroso sherries – this Amontillado sherry offers flavours of apple, dried fruits, nut and brine with a savoury character. Medium-dry on the palate, this medium- to full-bodied sherry will pair well with a variety of desserts.



PANTHER CREEK WILLAMETTE VALLEY PINOT NOIR

USA \$49.97 236224

From the famous Willamette Valley in Oregon, renowned for producing excellent quality Pinot Noir, this wine offers flavours of cola, black cherry, spice and oak. It is medium-bodied with silky textured tannins, juicy acidity and a flavour intensity that lingers throughout the long finish. This wine will also improve with five to seven years of aging.

PAIRS WITH MANGO
AND VODKA MOUSSE CAKE



AMARULA

South Africa \$25.95 342246

Produced from the fruit of the unique amarula tree, this cream liqueur goes through a special process of production similar to winemaking before it is distilled and blended with fresh dairy cream. The nose and palate are intense with aromas of passion fruit, caramel and butterscotch, making it a perfect match for dessert or added to coffee.



SPOT PRAWN FETTUCCINE WITH VODKA AND TOMATO CREAM



TWIN ISLANDS MARLBOROUGH SAUVIGNON BLANC

New Zealand \$16.99 534016

Tropical on the nose and palate, this medium-bodied white wine shows flavours of passion fruit, citrus peel and grapefruit. Mouth-watering and balanced, it is fantastic with tapas and fresh fruit.



PAIRS WITH SPOT PRAWN FETTUCCINE WITH VODKA AND TOMATO CREAM

PAIRS WITH CITRUS AND
VODKA GRAVLAX



LA CREMA SONOMA COAST CHARDONNAY

USA \$26.97 366948

Vibrant and welcoming, this rich Chardonnay has aromas of butterscotch, toast, oak, spice and lemon curd. Medium- to full-bodied on the palate, the well-balanced acidity is coupled with a nutty mouth feel.



GUNDERLOCH FRITZS RIESLING

Germany \$17.99 320135

Grown in a small and unique vineyard famous for its mineral-rich, red-slate soil, this wine is very aromatic with flavours of flowers, ripe apple, nectarine and lime. On the palate, its residual sugar is balanced by tangy acidity, leaving a refreshing mouth feel.



MASI VALPOLICELLA CLASSICO BONACOSTA

Italy \$16.99 285585

This easy-drinking Italian red has inviting fresh fruit aromas of cherry and raspberry. Dry and tangy, it's medium-bodied with soft-textured tannins, making it a great match for comfort foods such as pizza and pasta. Try serving slightly chilled!

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HOT

This collection of a few of our hottest sellers will brighten up your spring time entertaining! Oyster Bay Pinot Grigio is a delightful white wine that hails from Marlborough in New Zealand and will pair well with your lighter spring meals such as seafood and salads. Blends from all over the world are some of the most sought after wines in BC and Insomnia California red is one of the winners. It's a perfect match for almost any meat dish. Hornitos Reposado is robust and very popular for mixing in your favourite tequila cocktail or can be enjoyed neat with just the right amount of oak and agave flavour. Enjoy!



INSOMNIA CALIFORNIA RED

USA \$15.99 676478

Dry and bold, this red blend shows flavours of blackberry, black cherry and oak with hints of blackcurrant. The ripe tannin texture is balanced by a rich mouth feel, making this wine a perfect match for meat dishes.



OYSTER BAY PINOT GRIGIO

New Zealand \$19.99 26567

Showing flavour characteristics of lemon, pear and apple, this dry-style white is excellent with seafood and salads. On the palate, it has medium body and a round mouth feel, with flavours of fresh apple that linger on the finish.



HORNITOS REPOSADO

Mexico \$33.99 143040

Pale gold in colour, this reposado, or short-rested, tequila has the right balance of oak and agave flavour. Medium-bodied on the palate, with integrated alcohol, this tequila has a relatively long length showing hints of vanilla and spice. Enjoy it neat or mixed in your favourite margarita.



Dave Carson, Winemaker

SEE YA LATER RANCH

Looking at the See Ya Later Ranch wine label, with its halo-wearing angel-dog, you get the impression that this is a fun, new wine brand, dreamt up by a clever marketing team. While the brand is certainly clever, See Ya Later Ranch actually has much deeper roots, and a fantastic story to go along with the consistently solid wines. A major from Montreal, a war, a real-estate dealer, a bunch of dogs, Harry McWatters, Constellation Brands and a cruel but succinct note have somehow come together to make See Ya Later Ranch what it is today.

This unlikely cast of characters and events started in 1885, when Hugh Fraser was born in Montreal, later to become a Canadian army major in World War I. Lucky and unlucky at the same time, he survived, despite spending two years as a prisoner of war. Perhaps this is what gave him the lease of life to launch into what was reportedly a Gatsby-esque lifestyle at the property he purchased around 1919-21 high on the hill overlooking Okanagan Falls. If he fell in love with the property, set as it is in a beautiful yet remote location on the west side of the Okanagan Valley, it wasn't for everyone, and certainly not his English bride. Not long after arriving to join the major at the boondock property, she left with only a very brief note, reportedly reading simply: "Gone back to London, see ya later."

The winery didn't start using the name See Ya Later until

2003 and, in the time between, much happened at the property. Major Fraser spent more than 45 years there, surrounded by four-legged friends, planting its first vines in 1961. Quite a dog lover he must have been, a dozen of them were buried in a special dog cemetery on the property, each dog with its own headstone and hence today's dog theme. If you visit the winery, you can still visit the dog cemetery. Fraser retired in 1966 and died four years later. The family sold the property after a few years, first to a foreign buyer. Then Albert LeComte, a real-estate dealer and perhaps the first of many Saskatchewan-ites to follow the lure of the BC wine industry, purchased the property in 1983, opening LeComte Estate Winery three years later.

The grapes in the 21-acre vineyard LeComte purchased were a hodgepodge mix of varieties, none of which were known as great-quality wine grapes. It needed to be upgraded and LeComte had the foresight to plant the cool, high-altitude, north-facing site with Gewürztraminer, a grape that has proved to be a top-quality match for the location.

The next phase for the winery was its purchase by a partnership led by wine industry legend Harry McWatters in 1995. McWatters already owned Sumac Ridge, and the Gewürztraminer in the LeComte vineyard was the perfect means to expand his successful Sumac Ridge Gewürztraminer label. The name was changed to Hawthorne Mountain Vineyards, after the Hawthorne brothers, who had homesteaded the property in 1902. In 2000, McWatters sold both Sumac Ridge and Hawthorne Mountain to Vincor, which subsequently became part of the world giant wine conglomerate Constellation Brands. The vineyard is now 170 acres in size, largely planted to Gewürztraminer. The tasting room was renovated in 2002 and, over the years, different degrees of food and picnic service have utilized the stunning view across the valley. Dogs, not surprisingly, are welcome. There is even a

BY RHYS PENDER

“ A major from Montreal, a war, a real-estate dealer, a bunch of dogs, Harry McWatters, Constellation Brands and a cruel but succinct note have somehow come together to make See Ya Later Ranch what it is today.”



photos by Tim Kelly of BrandFX

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SEE YA LATER RANCH

Barking Lot to look after their needs.

The See Ya Later Ranch name was originally used for the higher-end wines of the portfolio before Hawthorne was dropped altogether and the halo-clad angel-dogs took over in 2003. That same year, Okanaganite Dave Carson, the long-time assistant winemaker at Sumac Ridge, became See Ya Later Ranch winemaker, a job he still holds today. The wines are known for both consistent quality and good value. The portfolio is partly named after the four-legged friends that are resting in Major Fraser's dog cemetery. Ping is a blend of Merlot, Cabernet Sauvignon and Cabernet Franc, Rover is Shiraz with a splash of Viognier, Jimmy My Pal is a blend of Chardonnay and Pinot Gris, Nelly is a Rosé, Hunny is a late harvest Riesling while Belle is an aromatic blend of Viognier and Gewürztraminer. There is also a Pinot Noir, Gewürztraminer, Pinot Gris, Chardonnay, Riesling and a delicious bubbly.

Whether or not you are a dog lover, See Ya Later Ranch is worth a visit, both for its view and its highly enjoyable wine. There is also a good selection available at BC Liquor Stores, many of which are perfect for the warming spring weather or, better still, for refreshing sips while chasing your pooch around the backyard.



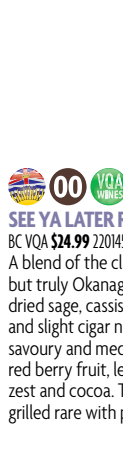
 **00** 
SEE YA LATER RANCH CHARDONNAY
 BC VQA \$17.99 75366

Classic Chardonnay aromas with peach, apple and lemon along with some hazelnut, lees, vanilla and caramel. For a cool vintage and just 12.5 percent alcohol, it is surprisingly full-bodied and nicely combines various stone fruit with oak, nut and some buttery notes with a nice refreshing lemony acidity on the finish. Try this with rich white fish, crumbed and fried with a homemade tartar sauce.



 **01** 
SEE YA LATER RANCH SYLL BRUT
 BC VQA \$22.99 75648

Affordable and top quality bubbly made in the traditional method. The intense nose shows lots of toast, caramel, nuts and yeast from three years' aging on the lees, matching nicely with the citrus, peach and cantaloupe melon aromas. The palate is crisp and refreshing with McIntosh apple, lemon, ruby grapefruit zest and clove notes lingering on the palate to support the lees-y richness. Try with anything bite sized and deep-fried.



 **00** 
SEE YA LATER RANCH PING
 BC VQA \$24.99 220145

A blend of the classic Bordeaux varieties, but truly Okanagan with its aromas of dried sage, cassis, lavender, plum, earth and slight cigar notes. The palate is dry, savoury and medium-bodied with mixed red berry fruit, leather, mint, orange zest and cocoa. Try with BC beef T-bone grilled rare with parsley and garlic butter.



 **00** 
SEE YA LATER RANCH JIMMY MY PAL
 BC VQA \$15.99 433268

A blend of Pinot Gris and Chardonnay showing a pinkish tinge of colour from Pinot Gris' bronze skins. The nose has round and soft, honeydew melon, pear and peach aromas. The slightly off-dry palate, balancing acidity and nectarine, baking spice, grapefruit and honey, should please everyone in the crowd. Try with pork roast with baked apples or a rich white-fish curry.



 **00** 
SEE YA LATER RANCH ROVER
 BC VQA \$21.99 580209

Syrah with a hint of Viognier to add some floral lift to the blueberry and blackberry richness of this formidable grape. Damson plum, violet and black pepper on the nose and then smooth tannins and mixed brambly berry fruit on the palate combine for a juicy yet concentrated wine with just a hint of spice and leather adding to the complex finish. Pair this with beef braised with lots of black pepper, garlic and red wine.



 **01** 
SEE YA LATER RANCH BELLE
 BC VQA \$16.99 796334

A largely Viognier based blend, with 15 percent Pinot Gris, the cool 2011 vintage shows subtle hints of floral aromatics along with lots of apple and pear tree fruits and a little pineapple and peach in the background. The palate is medium-bodied and refreshing with flowers, citrus and nectarine. Try this with a good Pad Thai or a citrus prawn salad.

BAR



COPENHAGEN
SOUR



JUSTIN TAYLOR YEW SEAFOOD + BAR

A copy of *Mr. Boston: Official Bartender's Guide* was enough to convince Justin Taylor that working behind a bar was his calling.

Written in the 1930s, the famous “Bible of Booze,” was given to him at the age of 14 by the owner of a restaurant where he worked as a dishwasher. Taylor caught the bug earlier than most, but it took a while for the industry to catch up to his vision of it.

Born in Toronto, Taylor moved between Owen Sound and Ottawa in his early days (slinging pints) until the lure of the slopes led him to Vancouver in the late 1990s. He talked his way into a job as a barback at the notorious Drake Hotel – working long hours, determined to learn the trade. He had made head bartender by age 21, but working in the Drake’s tough scene finally took its toll, and Taylor headed back east.

His next stop was at York University, training students working at the The Underground, the university’s bar. He admits to making a lot of shooters.

Stints at finer dining establishments offered Taylor the opportunity to learn more about wine. One such venue was the legendary (now defunct) Italian restaurant, Centro. Taylor recalls Centro’s impressive bar. The expansive selection at his fingertips was an oasis for a young bartender thirsty for

“Everything told me I needed to apply for this job. The hotel bartender is an ambassador. People come here from all over the world, and I wanted to talk to them.”

knowledge. “That’s where I really began working with cocktails,” he says, “I had almost every spirit and liqueur to play with.” He began delving into the array of rare and unfamiliar elixirs.

Yet, the timing was still wrong. The day of the cocktail menu and interest in classic cocktails had still not arrived. Although able to make specialized cocktails for interested guests, restaurants still had no desire to expand cocktail lists. “I began to question if bartending was what I should really do.” It was also very difficult to gather information on the products he was trying to learn more about – he referenced endless books, but it was complicated. “Now,” he laughs, “you can google everything.”

Big changes occurred with the birth of Taylor’s son. His wife wanted to move back to her home on the west coast near her family. It was upon returning to Vancouver in 2007 that he saw an ad. Four Seasons Hotel Vancouver was looking for staff for its highly anticipated YEW seafood + bar. It was compelling, “Everything told me I needed to apply for this job. The hotel bartender is an ambassador. People come here from all over the world, and I wanted to talk to them.”

Seven years later, he is still behind the bar at YEW. He admits he’s learned a lot in that time, including how to balance his list and make better



MISTA MIYAGI

INTRODUCING JAMESON SELECT RESERVE

www.jamesonwhiskey.com

MATURED IN
FLAME CHARRED
Black Barrels

For a rich, smooth taste



Please enjoy our products responsibly.

JAMESON® Irish Whiskey. 40% Alc./Vol. (80 Proof). Product of Ireland. ©2014 Imported by John Jameson Import Company, Purchase, NY. WWW.JAMESONWHISKEY.COM

“ Taylor is happy to talk to guests about the cocktails aging in five-liter American oak barrels high above the bar or to share some of his award-winning creations. ”

cocktails. His confidence was boosted in 2011, when he placed second in Vancouver at the Giffard Iron Bar Competition and third in France.

Taylor is happy to talk to guests about the cocktails aging in five-litre American oak barrels high above the bar or to share some of his award-winning creations.

The new lounge menu is more succinct – guests can delve into the details using one of the 45 iPads YEW provides. In addition, Taylor and Executive Chef Ned Bell have created a new food and cocktail pairing menu, which promises to intrigue.

MISTA MIYAGI

1½ oz (45 ml) akvavit
 1½ oz (45 ml) genever gin
 ½ oz (15 ml) sherry
 ½ tsp (4 ml) white balsamic vinegar
 3 dashes Bittered Sling's Lem-Marrakech bitters

In a mixing glass, stir ingredients with ice. Strain into 2 small chilled cocktail glasses. Serve alongside freshly shucked Royal Miyagi Oysters, fresh lemon and grated horseradish.

COPENHAGEN SOUR

2 oz (60 ml) akvavit
 ½ oz (15 ml) St. Germain Elderflower
 ½ oz (15 ml) Galliano
 ½ oz (15 ml) fresh lime juice
 ½ oz (15 ml) fresh lemon juice
 2 dashes Peychaud's bitters
 ¾ oz (22 ml) egg whites

Add all ingredients to a cocktail shaker and dry shake. Add ice and shake hard again. Fine-strain cocktail into chilled cocktail glass and garnish with a few drops of Peychaud's bitters. Use a cocktail pick to make a fancy design with the bitters.



STEELHEAD

1 oz (30 ml) Cucumber-Infused Gin*
 ½ oz (15 ml) Dill Sugar**
 ½ oz (15 ml) fresh lemon juice
 3 dashes Bittered Sling's Lem-Marrakech bitters
 champagne, to top

Stir ingredients with ice in a mixing glass so as to not over-agitate the citrus and sugar. Pour liquid into a chilled champagne flute lined with cucumber. Top off cocktail with champagne and enjoy with a few bagel chips topped with smoked salmon and crème fraîche.

* For Cucumber-Infused Gin: In a Mason Jar add 1 bottle (750 ml) of gin and slices of ½ a cucumber. Seal tightly and store in fridge for 3 days. Remove cucumber and return liquid to original bottle.

** For Dill Sugar: In a saucepan add 1 cup (250 ml) cane sugar, 2 cups (250 ml) water and a handful of fresh dill. Bring to a boil, then reduce to a simmer for 10 mins. Cool liquid and remove dill. Bottle liquid and store in fridge until ready to use.

EASTER *dinner*



ROAST LEG OF LAMB WITH
ROSEMARY, GARLIC AND MUSTARD
SERVED WITH FRESH MINT SAUCE

If your Easter plans this year involve entertaining a large gathering of friends and/or family, we invite you to try a modern twist on a classic Easter meal. While today Easter is considered a religious holiday, in ancient times it marked a pagan celebration. Many of the foods and dishes we eat at Easter echo those prepared during this early festival to honour Estre, the goddess of spring and fertility. Eggs and lamb are both symbols of new life, and are commonly used in various ways for Easter celebrations around the world. No matter how you celebrate, these Easter recipes are sure to generate praise around your table.

PAIRS WITH SALMON CAKES WITH LEMON YOGURT SAUCE



LOUIS ROEDERER BRUT PREMIER

France \$67.99 268771

This excellent quality champagne is balanced in every aspect, from flavour intensity, acidity and alcohol to the finish. Aromas of green apple, lemon, toast and almond with hints of biscuit greet the nose. Dry in style with an integrated mousse and long persistence, it's great for special occasions or served with gourmet food.



FUCHSIA CALIFORNIA WHITE

USA \$15.95 30320

This delicious and refreshing white is a blend of Gewürztraminer and Riesling grapes. It's extremely versatile, showing flavours of floral, citrus, apple and lychee that leave the palate with a fresh mouth feel.



SALMON CAKES WITH LEMON YOGURT SAUCE



POPPY SEED AND CHÈVRE CHEESECAKES WITH RHUBARB, RASPBERRY COMPOTE

PAIRS WITH POPPY SEED
AND CHÈVRE CHEESECAKES
WITH RHUBARB,
RASPBERRY COMPOTE



**FLORIO MARSALA SUPERIORE
DOLCE VECCHIOFLORIO**

Italy \$18.95 18945

Lusciously sweet, this trio blend of indigenous varietals Catarratto, Inzolia and Grillo is deep amber in colour and has flavours of dried fruits and spice. Balanced with some complexity on the palate, this medium-bodied wine is excellent for serving after dinner or with desserts.



LUXARDO LIMONCELLO

Italy \$27.99 591644

Bright lemon in colour, this traditional Italian liqueur is filled with aromas of freshly picked lemon and citrus peel. Off-dry on the palate, it is mouth-watering with hints of bitterness as well as a round mouth feel. Serve chilled as an aperitif, over ice cream or add to a dry sparkling wine.

PAIRS WITH ROAST LEG OF LAMB WITH ROSEMARY, GARLIC AND MUSTARD



CHÂTEAU DE LA GRANDE GARDIOLE CHATEAUNEUF-DU-PAPE

France \$34.99 694307

Fabulous with red meat and game dishes, this trio blend of Grenache, Syrah and Mourvèdre has flavours of red cherry, meat and spice with hints of fresh herbs. Dry and rich on the palate, this red has integrated tannins and a warm mouth feel. The good length suggests this wine could improve with five to seven years of aging.



KOYLE SYRAH RESERVA

Chile \$17.99 748228

Along with Camenere and Cabernet Sauvignon, Syrah is a hot varietal in Chile. This wine has aromas of blackberry, oak and spice with hints of coffee both on the nose and palate. Dry and medium-to full-bodied, it has ripe-textured tannins and balanced acidity. Ready to drink now, it could also benefit from three to five years in the cellar.



TOMATO AND FETA-STUFFED ZUCCHINI

PAIRS WITH TOMATO AND FETA-STUFFED ZUCCHINI



MER SOLEIL SILVER UNOAKED CHARDONNAY

USA \$28.99 143784

This Chardonnay is uniquely packaged in a ceramic bottle resembling the cement tank used during the production process. Unoaked and with characteristics of white peach, citrus peel and lemon with hints of honey, it is dry and medium-bodied with a long, citrusy finish.



LAMARCA PROSECCO

Italy \$17.99 321182

Refreshing with a youthful flavour intensity of white peach, apple and hints of floral, this Prosecco is great with cheese or tomato dishes. Dry and medium-bodied on the palate, this juicy sparkler has a creamy texture and good persistence.

*Perfectly placed
in the
South Okanagan.*



*P*erfectly placed on rich South Okanagan farmland, Tinhorn Creek overlooks the old gold mining creek that is the winery's namesake. We are environmental stewards of 150 acres of vineyards: "Diamondback" on the Black Sage Bench, and "Tinhorn Creek" on the Golden Mile Bench. Both provide us with the fruit to craft the superb, terroir driven wine that we're known for. Our top tier Oldfield Series represents the finest of each vintage.



TINHORN CREEK

NATURALLY SOUTH OKANAGAN

tinhorn.com

CONSULTANT'S CHOICE

our experts share their favourites



"It's easy to give great customer service when you love what you do."

WENDY WALKER
Product Consultant
WSET Advanced
39th & Cambie, Vancouver



FONSECA BIN NO. 27 RESERVE

Portugal \$24.99 271585

This youthful port is full of flavour. It's intensely rich and smooth, with blackberry, cassis, cherry and rich plum notes. Smooth and velvety, the hint of baking spice only adds to this luscious port. The soft and silky tannins will make you want more.



MATUA SAUVIGNON BLANC HAWKE'S BAY

New Zealand \$16.99 309575

This award-winning wine is classic Sauvignon Blanc, with delicate stone fruits, gooseberry and just a hint of lime leaf. It's fresh and mouth-watering with tropical and citrus notes. The well-balanced acidity gives this yummy wine great length.



"Food and wine bring everyone together. I'm fortunate to be a part of it."

KITT JOHNSON
Product Consultant
WSET Advanced
Park Royal, West Vancouver



MONTE DEL FRÀ CÀ DEL MAGRO CUSTOZA SUPERIORE BIANCO

Italy \$19.95 216077

The Garganega grape dominates this aromatic, dry, white blend, offering juicy flavours of wild flower, apple and exotic fruit. Pair this versatile wine with your favourite shellfish, creamy pasta dishes, quiche or roasted chicken.



CHARTRON ET TRÉBUCHET POUILLY-FUISSÉ

France \$29.99 264945

This Chardonnay is a real palate pleaser. With flavours of lemon, pear, almond and a hint of butter backed by a crispy mineral finish, it's a perfect match for fresh oysters.



"There is nothing more precious and fulfilling to me than matching my customers with a beverage that complements their unique tastes. My reward is when they come back for more."

SHAFIQ CONTRACTOR
Product Consultant
WSET Advanced
Richmond Brighthouse, Richmond



GLENMORANGIE 12-YEAR-OLD NECTAR D'OR SAUTERNES CASK FINISH

Scotland \$93.95 169581

Golden honey-coloured with aromas of lime, orange, coconut and exotic spice, this Scotch has a rich, fruity taste. Flavours of honey, ginger, nutmeg and toasted almond gives it a creamy, warm character. The finish is sweet, spicy and white chocolate-focused. It will pair well with a variety of foods, including creamy appetizers, tuna skewers, butter-seared scallops, risotto, watercress, candied grapefruit, apple pie and custard.



SEGHESSIO SONOMA ZINFANDEL

USA \$34.99 428417

This 2011 vintage is a beautifully balanced, ripe cherry-coloured wine with aromas of black and red fruits, hints of oak spice and sweet herbal tones. On the palate, the spicy blackberry and raspberry fruit, combined with hints of chocolate and cassis come together in a well-structured core with ripe tannins. Its focused, powerful tone and long, firm, juicy finish leaves your mouth watering and yearning for your next sip. Pairs well with a variety of dishes ranging from meats, spicy Szechuan and tomato-based sauces. Great value for this very fine wine.

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



KASEY WILSON

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

THOMAS PERRIN

Much like the famed Châteauneuf-du-Pape wines they make, the Perrin family has a long and fabled history in France's Rhône valley. The saga began in 1909 with the purchase of the Château de Beaucastel estate by Pierre Tramier, who later handed it over to his son-in-law Pierre Perrin. From there, it went to his son Jacques Perrin, who in 1956 took the visionary step of introducing organic farming and viticulture to the property. Today, it is Jean-Pierre and his brother François who carry on the tradition, along with their family members.

There's a saying in the business that the first generation creates the winery, the second generation builds it up, and the third sells it off. But that's far from the case for the Perrin family. The Perrins now produce more than half a million cases a year of their own wines, while also building their négociant arm, Famille Perrin and La Vieille Ferme, into well-known brands offering quality wines from the region at an affordable price.

Thomas, the youngest of the three sons, studied business in Paris before joining the family enterprise, making him the perfect candidate for assuring the success of the wine in export markets. But, like all the Perrin family, he maintains a hands-on approach in all aspects of production. By combining traditional values with an ecologically sound philosophy, the Perrins have now given their history-laden wines a strong foothold in the 21st century.



YOUR FAMILY HAS BEEN IN THE WINEMAKING BUSINESS IN THE RHÔNE VALLEY SINCE 1909 AND OWNS THE HISTORIC CHÂTEAU DE BEUCASTEL IN CHÂTEAUNEUF-DU-PAPE. WHAT DO YOU BELIEVE SETS THE REGION APART, AND YOUR FAMILY WITHIN IT?

First, there is the history of the region, where Romans planted the first vines 2,000 years ago. That history includes the popes, who moved from Italy to the southern Rhône in the 13th century and built a summer residence close to Avignon called the Châteauneuf du Pape – the new castle of the Pope.

The second factor is the unique terroir, shaped by the harsh winds of the Mistral, 300 days of sun and vines that push their way down through galets (rolling stones). This is also a wine region where only blends are made. We do



“ The most important thing for us is that we do not work for ourselves, but for the family...we know how strong we can be, having seven people from the family working for the different vineyards. ”

not have a single-grape appellation as they have in the Northern Rhône Valley (Syrah) or in Burgundy (Pinot Noir). I love the magic of the blend: every year we have to make do with what nature gives us and every year it seems that we start at the beginning.

Finally, what's really important to us is being family-owned since 1909 and the decisions made by the previous generations.

THE WINES OF CHÂTEAUNEUF-DU-PAPE ARE PERMITTED TO USE GRAPES OF 13 VARIETALS (EIGHT RED AND FIVE WHITE), BUT CHÂTEAU DE BEAUCASTEL IS ONE OF THE FEW ESTATES TO GROW ALL 13. HOW WOULD YOU DESCRIBE THE WINEMAKING AND BLENDING?

Each grape brings something to the blend. Sometimes it is only salt or pepper, but all of them are important. It's also important to cultivate each grape separately, harvest them separately (they mature at different times) and so vinify them separately. We also deal with differences in maturity between young vines and old vines of the same grape. After vinification, we have hundreds of different wines and we select what are the most representative of the terroir and the vintage. This is the magic of blending.

HOW SOON CAN YOU DRINK CHÂTEAU DE BEAUCASTEL AND HOW LONG CAN IT AGE?

When young, Beaucastel shows expression of red fruit, power and

silkeness that can be easy to drink. When aged, the expression is more one of the soil: black truffles, gamey and earthy. These wines can be drunk either young or kept 10 to 20 years, depending on the specific conditions of the vintage.

HOW DID YOU CONNECT WITH BRAD PITT AND ANGELINA JOLIE TO PRODUCE THE PERRIN CHÂTEAU MIRAVAL ROSÉ FROM THEIR ESTATE?

We met through mutual friends. Pitt and Jolie were looking for solutions for the vineyard they purchased in 2008. They spoke to many winemakers from the area and also from the United States. We thought Miraval had a unique terroir for winemaking: it is a valley of 1,200 acres. We were convinced of the potential of making great wines in this place, not just a wine produced by well-known personalities.

The result? The first vintage of Miraval Rosé was part of the Wine Spectator's Top 100 this year and the first rosé to be included in their Top 100. (Look for it in your local BC Liquor Store this June!)

YOU ALSO HAVE A JOINT VENTURE IN CALIFORNIA PRODUCING ORGANIC WINE IN THE LAS TABLAS DISTRICT OF PASO ROBLES. HOW DID THAT COME ABOUT?

It started in 1980 with our friend and former wine importer in the United States Robert Haas. We were looking for a place in California to make Châteauneuf-du-Pape style

wines. We bought 120 acres located 10 kilometres from the ocean, with hot sunny days and not a lot of rain. The only thing we did not find in this area was the galets. We brought cuttings from Beaucastel and started the replanting in 1990. The wines are interesting, known for their quality by most wine lovers. The methods are similar to those used for Châteauneuf-du-Pape wines, but with different expressions of the grape due to terroir.

THERE ARE MANY MEMBERS OF YOUR FAMILY INVOLVED IN RUNNING THE BUSINESS. HOW DO YOU MANAGE TO BALANCE ALL THOSE PEOPLE AND PERSONALITIES?

We're all involved in the harvest and blending, and each of us has different backgrounds to manage different things (sales, marketing, communication, winemaking, etc.). The most important thing for us is that we do not work for ourselves, but for the family. That is a very strong feeling, and we know how strong we can be, having seven people from the family working for the different vineyards.

photo this page: Les Tourelles house all photos by Serge Chapuis

MEDITERRANEAN

Salads



SHAVED FENNEL SALAD

The Mediterranean, which is surrounded by many countries with rich, long culinary traditions, is unique worldwide for the diversity of its ingredients, both land and sea. With such variety, creating salads just requires inspiration and appetite. Let your eyes and palate guide you in an exploration of the many possibilities this region has to offer. Combine fruits and vegetables with light, flavourful dressings, add seafood or fish and you will have a healthy, flavourful and delectable taste experience. Dare to experiment with new and intriguing combinations.

PAIRS WITH CUCUMBER AND HERB SALAD WITH BUTTERMILK DRESSING



PIPER-HEIDSIECK BRUT

France \$64.99 462432

Pinot Noir dominates the blend, delivering flavours of fresh apple, citrus, spice and toast with a hint of grapefruit on both nose and palate. Juicy and fresh on the palate, with persistent bubbles and a medium body, this is an excellent quality champagne.



JAFFELIN BOURGOGNE ALIGOTÉ

France \$20.99 53868

Burgundy's "other" white varietal, Aligoté is a great alternative for Pinot Grigio and Sauvignon Blanc lovers. Dry and racy, this medium-bodied wine has flavours of lemon and floral hints. It pairs well with sashimi and salads, or can be mixed with blackcurrant liqueur to make a Kir.



CUCUMBER AND HERB SALAD WITH BUTTERMILK DRESSING



ESPAÑA

Spain. More than 90 grape varieties. Nurtured by the sun.
Uncork one of our wines, uncork the Spanish sunlight and enjoy
the expertise of our wine makers.

PAIRS WITH SHAVED FENNEL SALAD



ASTROLABE MARLBOROUGH SAUVIGNON BLANC

New Zealand \$23.99 138503

Showing intense flavours of passion fruit, gooseberry, lime and grapefruit, this medium-bodied dry white wine is refreshing and has long length. Great with dishes ranging from summer salads and seafood to poultry and desserts.



CONUNDRUM CALIFORNIA WHITE

USA \$24.99 390831

This unique blend of Chardonnay, Sauvignon Blanc, Muscat Blanc, Semillon and Viognier is fragrant with aromas of honey, jasmine, melon, peach and lemonade. Dry on the palate, medium-bodied and balanced, it has a round texture and a long finish.



SEARED AHI TUNA AND WARM TOMATO SALAD

PAIRS WITH SEARED AHI TUNA AND WARM TOMATO SALAD



OYSTER BAY SPARKLING CUVÉE BRUT

New Zealand \$24.99 916346

Made from grapes grown in the cooler part of New Zealand, this sparkling Chardonnay opens with elegant aromas of green apple and lemon with toasty notes. Dry and racy on the medium palate, the creamy mousse has nice persistence that lasts throughout the finish.



EDNA VALLEY VINEYARD PARAGON CHARDONNAY

USA \$19.99 81430

California's Edna Valley is famous for its Chardonnay with attractive flavours of pear, quince, ripe apple, spice and hints of pineapple. On the palate, it is dry, medium-bodied and has a zesty acidity that is balanced with a good amount of fruit intensity lasting through the finish.

MEDITERRANEAN MAGIC

The sunny shores of Spain, France, Italy and Greece and the islands – Corsica, Sardinia, Sicily and Crete – are home to vineyards that produce seriously intriguing wines made mainly from indigenous grapes. They’re shaped by the Mediterranean climate, which produces an abundance of some of the best wines on the planet.

Wines from these coastal regions boast a freshness that Jancis Robinson refers to as a “quintessentially marine Mediterranean quality.” The wines have a lightness and brightness that comes both from the grapes’ slow ripening on warm summer days, when the temperature rarely rises above 29 degrees Celsius, and the all-important cooling sea breezes.

Anyone who has travelled to these areas has tasted these vibrant wines that originate mere kilometres from the sun-drenched, briny Mediterranean Sea. Imagine countless hours relaxing in seaside tavernas in Greece, Spain, the south of France, or on wind-swept Mallorca, Corsica, Sicily, Sardinia and Crete, sipping local wines and eating olives, amazing bread and cheeses, and just-caught

seafood. Sign on for a Mediterranean sailing excursion and you’ll find plenty of spectacular ports of call.

Spain is dotted with scenic harbours brimming with culture, food and impressive wines. Coastal Malaga in the Andalucía wine region is rife with family-run seaside eateries serving fresh-caught fish and somewhat sweet wines. Midway along Spain’s coast, the city of Alicante is surrounded by the vineyards of Murcia and Valencia – specifically Jumilla and Yecla, where Tempranillo and Monastrell grapes flourish. Further along, Barcelona in Catalunya is adjacent to Penedès and Priorat, both flourishing wine regions. Catalunya’s prominent grape varieties include Garnacha, Cariñena, Monastrell, and Tempranillo reds, and Macabeo, Xarello-lo and Parellada whites. Penedès is the heart of cava sparkling wine production, where organic Pares Balta and the popular Freixenet and Codorníu labels originate. The regions turn out many excellent, well-priced reds, such as Penedès Torres Gran Coronas Reserva, Catalunya Torres Corona Reserva and Yecla Castaño Hécula Monastrell.

Just off the coast of Spain lie the

Balearic Islands, known as the “holiday islands.” Among them, Mallorca has a small, thriving wine industry. Local wine laws require that red wines such as Falanis Muac (available in some BC Liquor Stores) must contain a set amount of the Manto Negro grape.

France’s Languedoc-Roussillon and Provence regions produce serious quantities of wine, most of which were once bulk wines. The tide has turned, and high-quality, memorable wines ranging from sparkling, rosés and flinty, fruity whites to juicy, flavour-driven reds are the order of the day. Make a stop at Banyuls-sur-Mer, Marseille, or Nice and explore the local wines and cuisine.

Languedoc-Roussillon’s traditional red grapes – Carignan, Grenache, Cinsault and Syrah – are increasingly sharing ground with Cabernet and Merlot. Reds dominate, but Viognier, Picpoul, Grenache Blanc and, to some extent, Chardonnay and Sauvignon Blanc, are worth seeking out. Provence is famous for thirst-quenching, food-friendly rosés and lively reds made from Grenache, Cinsault, Carignan, Mourvèdre and Syrah. Whites are

“The wines have a lightness and brightness that comes both from the grapes’ slow ripening on warm summer days...and the all-important cooling sea breezes.”

less widespread, but Ugni Blanc and Semillon are notable. Some labels to look for include Chapoutier, Paul Mas, Domaine Gayda and Domaine Houchart Côtes de Provence Rosé.

Corsica, called “the beautiful island” by the ancient Greeks, is just beginning to produce interesting wines, although it has been growing grapes for centuries, initially under the Italians, who ruled until the French wrested it from them in 1769. Few wines are exported. More accessible are the wines of Italy’s Mediterranean coast and its islands – Sardinia, Sicily and Pantellaria. Highly influenced by their seaside settings, they are among the country’s most sought-after wines.

The prime west coast wine regions of Piedmont, Tuscany and Campania are flourishing. Piedmont is renowned for distinctive grapes, including Nebbiolo, Barbaresco, Barbera, Dolcetto, Moscato, Arneis and Cortese and, increasingly, Chardonnay. Tuscany harbours Sangiovese as its prized red, while Vernaccia and Trebbiano grapes make graceful whites. Bolgheri, on the Tuscan coast, produces highly regarded Cabernet Sauvignon and Cabernet



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Franc. Campania's top white wines are made from Falanghina, Greco and Fiano, and Aglianico is its best red. Tie up in Genoa, Cinque Terre, Piombino or Salerno and taste away.

Heart-stoppingly beautiful rocky Sardinia is home to Carignano and Cannonau red grapes and white Vermentino. Neighbouring Sicily is known for its mineral-laced whites from Etna's volcanic soils, plus indigenous Grillo, Catarratto, Inzolia and Zibibbo. Also Nero d'Avola red grapes and, of late, classic French varieties. Both islands are studded with picturesque ports.

Our last port of call is Greece*, a sunny destination beloved by many travellers. Crete and the volcanic island of Santorini have it all – history, culture, sun, food and wine. Happily, modern Greek wines are nothing like their oxidized, sweet and sometimes resinous forebears. Thanks to worldly young winemakers, the wines, mostly made from indigenous grape varieties (Agiorgitiko, Assyrtiko, Kretikos, Moschofilero and Xinomavro), are bright, crisp and characterful. If you want to try wines from any of these coastal regions, simply search by region or grape varietal at bcliquorstores.com or pick up a Product Guide in stores.

If cruising the Med isn't in your immediate future, the wines can transport you there. You'll need a water view, sunshine or a warm evening, some nibbles, and a bottle of Mediterranean wine. Magic. *Salud, santé, cin cin and yamas!*

* Greek wines? There aren't many clues on labels – occasionally a grape variety, or an island, so jump in and explore.



ORMARINE PICPOUL DE PINET

France **\$14.99** 124834

You can almost smell the sea when you crack the cap on this refreshing, mineral-laced wine made from Languedoc's ancient Picpoul grape, one of the region's few whites. It's crisp, bone-dry and juicy, with notes of lemon, grapefruit and flowers and a lip-smacking long finish. It's an ideal sunny-day sipper and perfect with chilled crab, prawns, mussels or oysters.



ARGIOLAS COSTERA CANNONAU DI SARDEGNA

Italy **\$24.99** 457911

Sardinia's Cannonau grape is mainland Italy's Grenache and Spain's Garnacha. There is a little Carignano (Carignan) and Bovale Sardo added in, resulting in a gently tannic, dry red wine. Aromas of spice, raspberries and black cherries with savoury meaty notes are accented with pepper and licorice. This well-structured, balanced red pairs nicely with grilled beef or lamb.



BATASIOLO BAROLO

Italy **\$38.99** 178541

Made from the Nebbiolo grape, this dry, elegant, balanced Barolo delivers enticing aromas of sweet red fruit, spice, tar, barnyard and pepper. Flavours of dark plums and spice are anchored with supple, silky tannins. An austere, polished finish will bring you back for more. Enjoy with grilled pork or beef and sip long into the evening with shards of Parmigiano Reggiano.



VOGA QUATTRO SICILIA

Italy **\$12.99** 115550

Cool packaging showcases a juicy, smooth Sicilian red blend of Merlot, Cabernet Sauvignon, Shiraz and Pinot Noir. Fragrant with ripe black cherries, cassis and spice, supple tannins accent black fruit and spice in the mouth leading to a medium-long finish. Barbecued chicken, burgers, pasta and pizza are happy matches.



HÉCULA MONASTRELL

Spain **\$15.99** 583690

A smart buy and an excellent introduction to Spain's Monastrell grape, this full-bodied juicy red has floral, blackberry, cranberry and spicy aromatics, with rich jammy fruit, peppery spice, herbs and smooth tannins leading to a medium, spicy finish. Pair with grilled sausage, barbecued beef or meaty red-sauced pasta.



TORRES VIÑA ESMERALDA

Spain **\$14.99** 165316

Hailing from Spain's Catalan region, this vibrant blend of 85 percent Muscat and 15 percent Gewürztraminer is beautifully fragrant, with tropical fruit and florals, grapefruit, melon and pears with hints of minerals on the crisp palate culminating in a medium finish. Enjoy solo or with sushi, grilled halibut or prawns.

LIGHT AS AIR

THE
SAVOURY
SIDE OF
MERINGUES

CHILLED PEA SOUP WITH
TARRAGON FLOATING ISLANDS

Great glossy swoops of cloud-like meringues are an impressive addition to any dessert table, but why stop there? Meringues, whether soft and billowy or crisp and crunchy, can also add flair and sophistication to savoury dishes. Meringues fall into three categories: French, Italian and Swiss. French meringue, the simplest form, is made by whisking together egg whites and sugar. Italian meringue is prepared by slowly pouring hot, melted sugar over beaten egg whites, resulting in a firmer texture. For Swiss meringue, egg whites and sugar are whisked over a warm water bath. So get cracking, grab a whisk and experiment with the savoury side of meringues.



POPPY SEED MACARONS AND SMOKED SALMON CANAPÉS

PAIRS WITH POPPY SEED MACARONS AND SMOKED SALMON CANAPÉS



PELLEGRINO ZEBBO MOSCATO

Italy \$12.99 89789

Aromatic and slightly fizzy, this still white wine has aromas of floral, peach and creamsicle. The acidity is balanced by just the right amount of residual sugar, making this refreshing wine a fabulous partner for desserts.



WILLIAMS & HUMBERT DRY SACK

Spain \$16.99 13565

An oloroso-style sherry with a touch of residual sugar, it has characteristics of prunes, salted nuts, caramel and spice. Full-bodied, this balanced fortified wine makes a great aperitif, or enjoy it with tapas and savoury dishes.



ROASTED TOMATO GAZPACHO WITH OLIVE MERINGUE CRISPS

PAIRS WITH ROASTED TOMATO GAZPACHO WITH OLIVE MERINGUE CRISPS



HENKELL DRY SEC RIESLING

Germany \$16.99 671131
Off-dry and perfumed, this sparkling white has flavours of spring flowers, toast and green apple. Medium-bodied with tangy acidity together with a creamy mousse, it is a very versatile wine that can be matched with a variety of food from appetizers and salads to main courses.



CLOUDY BAY MARLBOROUGH SAUVIGNON BLANC

New Zealand \$33.95 304469
A textbook New Zealand winery, Cloudy Bay has been producing benchmark Sauvignon Blancs that are well-recognized for quality. This youthful wine has flavours of citrus peel, lime and grapefruit with hints of lemon grass and nectarine. Dry and medium-bodied on the palate, this balanced and juicy white wine is ready to drink now.

PAIRS WITH CHILLED PEA SOUP WITH TARRAGON FLOATING ISLANDS



YALUMBA Y SERIES VIOGNIER

Australia **\$17.99** 624502

Aromatic and dry, this Viognier has aromas of apricot and white pepper with hints of pineapple and papaya. On the palate, it is medium-bodied and rich with a round mouth feel that makes it a great match for vegetarian dishes.



BEEF SALAD WITH CHORIZO MERINGUE CROUTONS



MUMM NAPA BRUT PRESTIGE

USA **\$25.99** 265678

Owned by the famous G. H. Mumm champagne house in France, this sparkling wine is made in California's Napa Valley using the same traditional method. This Pinot Noir and Chardonnay blend has flavours of melon, apple, lemon, vanilla and toast on the medium-bodied palate. It has fine mousse with good persistence throughout the finish.



PAIRS WITH BEET SALAD WITH CHORIZO MERINGUE CROUTONS



BELLE GLOS CLARK & TELEPHONE PINOT NOIR

USA **\$43.99** 243956

Concentrated and intense, this Pinot Noir has flavour characteristics of blackberry, black cherry, sweet baking spice, cloves and a touch of nutmeg. Dry with loads of fruit weight on the palate, it is full-bodied with ripe-textured tannins and a hint of blueberry on the long finish. Excellent with savoury dishes and meats.



RED ROOSTER CHARDONNAY

BC VQA **\$16.99** 498824

This good-quality Chardonnay has youthful aromas of lemon, pear and apple with hints of apricot on the nose and palate. Dry and medium-bodied with balanced acidity, it is a great match for seafood and salads.

California in every sip.



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home of Sterling Vintner's Collection.

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FLAVOURS

Our Flavours selections this spring feature wines with citrus fruit and berries to brighten up your palate. Cupcake Sauvignon Blanc made from New Zealand grapes is packed with flavour and perfect with tapas or lighter meals and salads. Just like the name sounds, Jam Jar Sweet Shiraz is loaded with fruit and berries and is a perfect partner for rich cheeses and desserts. From Bardolino in the Veneto region of Italy is an offering that is an easy drinking, fragrant wine that will pair well with light snacks, cold cuts, light meals and fish, particularly fresh water fish.



JAM JAR SWEET SHIRAZ

South Africa \$14.99 392845

This medium-sweet Shiraz from South Africa is loaded with aromas of black fruits such as black cherry and blackberry along with hints of blueberry and dark chocolate. In addition to the fine-grain textured tannins, the sweetness is balanced by juicy acidity, making it an excellent partner for rich cheeses and desserts.



MONTE DEL FRÀ BARDOLINO

Italy \$16.95 283648

The Bardolino appellation in the Veneto region of northeastern Italy makes delicately fruity red wines, mainly from the Corvina and Rondinella grapes. This wine shows fragrant aromas of fresh cherry, strawberry and raspberry with hints of spice. On the palate, this easy drinking wine is dry and has a round mouth feel with soft tannins.



CUPCAKE SAUVIGNON BLANC

New Zealand \$15.99 846766

Refreshing yet balanced, this Sauvignon Blanc is made with grapes from New Zealand's South Island. Dry and packed with flavours of lime, lemon and grapefruit with hints of passion fruit, this wine will really wake up your palate! It will pair beautifully with tapas or salads.

TEQUILA

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



THE SCORPION'S TAIL



BELLA DAMA

THE SCORPION'S TAIL

1 oz	(30 ml)	tequila
1 oz	(15 ml)	Campari
2 oz	(60 ml)	pulp-free grapefruit juice
½ oz	(15 ml)	pulp-free lime juice
½ oz	(15 oz)	Chili and Beet-infused Agave*
3 dashes		Bittered Sling's Kensington Dry bitters
		Chili and Beet-infused Agave Jam, for garnish*

Add all ingredients to a soda siphon or a standard cocktail shaker. Add ice and shake. If using soda siphon, gently shake to infuse bubbles and let rest for 1 minute. It doesn't need carbonation, but it makes the cocktail sparkle. In an Old Fashioned glass, lined with grapefruit peel, add crushed ice. Pour cocktail over crushed ice and garnish with a dollop of Chili and Beet-infused Jam and a lime spiral.

BELLA DAMA

½ oz	(15 ml)	agave nectar
3 slices		fresh ginger
1 pinch		fresh cilantro
2 oz	(60 ml)	tequila
1 oz	(30 ml)	St. Germain Elderflower
1 oz	(30 ml)	fresh lemon juice
3 dashes		Bittered Sling's Denman bitters

In a cocktail shaker muddle agave, ginger and cilantro until well smashed. Add all other ingredients and shake well. Fine-strain liquid into a well-chilled cocktail glass and serve straight up. Garnish with a cilantro leaf.

EBI SUNOMONO

2-in	(5 cm)	piece cucumber, peeled
2 oz	(60 ml)	tequila
¾ oz	(22 ml)	Honey Water**
¼ oz	(7 ml)	rice vinegar
½ oz	(15 ml)	yuzu juice***
¾ oz	(22 ml)	egg whites
1 oz	(30 ml)	cucumber juice
3 dashes		Bittered Sling's Cascade Celery bitters
1 pinch		Nori flakes
1		BC spot prawn, poached

In a cocktail shaker, muddle cucumber. Add remaining liquid ingredients to a cocktail shaker and shake vigorously without ice. Add ice to shaker and continue to shake extremely hard, to fluff egg whites. Pour into a chilled cocktail glass by fine straining the ingredients. Garnish cocktail with a few Nori flakes in the foam. Add a skewered BC Spot Prawn to the rim of the glass.

* For Chili and Beet-infused Agave: In small saucepan over medium heat add 2 tablespoons (30 ml) chili flakes and allow to smoke slightly. Once you can smell them add ½ cup (125 ml) water. Add 1 small peeled and quartered red beet and 1 cup (125 ml) agave nectar. Bring to a boil and reduce to simmer for 10 minutes. Strain chilies and beets and place syrup in fridge to chill. Place remaining solids in a food processor and coarsely chop to make jam. Store in refrigerator and use as a garnish.

** Honey Water is made by diluting equal parts honey to hot water. It helps breakdown the honey in the shaking process. Stir it up and place in fridge to chill.

*** Found in specialty Asian supermarkets.



EBI SUNOMONO

CHANGING WINE STYLES

The wine world can be a pretty peculiar place; it is intimidating, it is diverse and it is complicated.

For those of us who love a nice glass, we work hard to understand just a little piece of the giant puzzle that is wine. To feel you understand, knowing just a few facts helps make wine less intimidating and more enjoyable. We want to learn how a specific grape variety or wine from a particular region will taste, and then use that information when we go into the store and scour the shelves for a nice bottle of wine. However, we need to keep an open mind, because wine styles are constantly changing and it's easy to unfairly stereotype a grape variety or region.

The way wine changes can really challenge our preconceived ideas about a certain grape variety or style of wine. It's important to consider that the style of a wine is not determined by just the grape variety, but by a combination of factors, from the way the grapes are grown right through to when the wine is bottled. Wine producers, as in any business, change and adapt to the times because they need to give consumers what they want if they want to sell their product. There are many winemaking techniques

that can be used to make this happen.

This vision of wine, where the winemaker crafts it to meet a certain taste, goes against that romantic notion that wine is a product of the earth, or of the terroir. The world's greatest wines are still terroir wines, made with modest crops of grapes and guided through fermentation and aging with as little intervention as possible. But the reality is that the vast majority of wine will come from a wide and diverse spread of vineyards and be heavily manipulated by the winemaker, all to try to meet a specific taste profile.

In many cases, the wines fall somewhere in between these two extremes. They come from quality vineyards, but the winemaking style can still have a big influence on taste. These wines often evolve in style, but consumer perceptions are slower to react.

Many wines have undergone such significant changes in style, as to be almost unrecognizable from their stereotype. The stereotypes that Chardonnay is too oaky, Riesling, rosé and sherry are sweet, and sparkling wine is just for celebrations a few times a year are rarely applicable these days. Probably

the most obvious is Chardonnay.

For years, wary consumers wouldn't touch Chardonnay for fear that they would be splintered by excessive new oak. Pick up a quality Chardonnay today and oak will still be there, but it will be well integrated and almost hidden in the background, adding complexity, but not overpowering the rest of the wine's flavours.

Riesling too has suffered from decades of misconception. A plethora of sweet wines in the '70s and '80s has left a couple of generations expecting all wines bearing the Riesling name to be sweet and simple. This belies the amazing quality dry wines from regions such as Alsace, France, Clare and Eden Valleys in Australia, many of the modern German Rieslings as well as many of the best examples from Canada. They are dry, have crisp acidity, are full of flavour and can cellar for decades.

Pink wine, to North Americans at least, always signalled high levels of sweetness, and often, the accompanying headache. Those who have travelled the Mediterranean, however, will be familiar with the bone-dry rosé wines from France and Spain, a style that is now increasingly emulated

“ It’s important to consider that the style of a wine is not determined by just the grape variety, but by a combination of factors, from the way the grapes are grown right through to when the wine is bottled. ”

around the world. Look for the wines labelled 0 on the sweetness scale for these refreshing pink wines.

Sherry is also heavily maligned, with the sweet Harvey’s Bristol Cream that dominates Canadian sherry sales forming the basis of what people think defines all sherry. This oversimplification means many of the most interesting and dry Fino and Oloroso styles – some of the most intriguing wines in the world – are missed.

Sparkling wine’s image is also changing. Consumption is on the increase, as wine drinkers are realizing that bubbly is not only wonderful with food, but is often exceptional value and not something they must save for a few specific holidays or celebrations during the year.

Other changes are very recent. Many of the very popular red wines on the shelves today have some sweetness in the form of added concentrated grape juice, to make them more appealing to sugar-loving customers. Many consumers love big, rich, jammy red wines, and a dollop of sweetness gives that impression. In contrast, another trend has winemakers trying to pick their red grapes earlier, with





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CHANGING WINE STYLES

lower potential alcohol, to avoid making overly jammy wines. They are also trying to maintain higher acidity, so the wines taste fresher, and are using less oak to capture more of the flavour of the grape and less vanilla and coconut from the barrel.

Some countries are also keen to show they have more to offer than just one or two grape varieties and styles of wine. Argentina is demonstrating it is not just about Malbec and is more actively promoting other red varieties, such as Bonarda, Cabernet Sauvignon and Syrah, as well as its signature white grape Torrontés. Chile is also reinventing itself, exploring increasingly cool regions and changing the style of wines to meet changing tastes. The Carmenere grape, that was once thought to be Merlot, is now picked five to six weeks later, meaning it is ripe and balanced and no longer the green, grassy red variety it used to be. Australian wine has also been revolutionized to make fresher, livelier, more drinkable and less big and jammy wines, particularly Shiraz and Chardonnay.

These are just some of the changes that have taken place in the wine world and, while they may challenge some preconceptions, they show how important it is to keep an open mind. There just may be some great wines out there to rediscover!



TIO PEPE FINO PALOMINO GONZALES BYASS

Spain \$21.99 242669

This unique and interesting fino sherry is dry, crisp and refreshing, with intriguing flavours of fresh, yeasty bread, green olive, sea salt and walnuts along with some lemon and green apple. Try it with some toasted nuts and mixed olives, or deep-fried seafood for a great experience.



TRAPICHE EXTRAVANZAZA RED BLEND

Argentina \$16.99 355651

One of the new, sweeter-style red wines, it is probably the best-balanced of the bunch. This blend of Syrah, Bonarda and Malbec has nice blackberry, floral, milk-chocolate and peppery notes with soft tannins, leading to a dry finish.



LA VIEILLE FERME ROSÉ VENTOUX

France \$12.99 559393

This perfect spring wine is a bit shy on the nose, but the light strawberry, raspberry, dried thyme and floral aromas and flavours are sure to get the appetite going. Medium-bodied with just enough acidity to keep it refreshing, it will pair well with just about any food. Chill it well, pack a picnic and head for the great outdoors.



CRIOS TORRONTÉS

Argentina \$14.99 769125

Torrontés is the antithesis of Argentinian Malbec. It is white, crisp and fresh and also very aromatic. The nose shows those beautiful musky, floral aromatics along with peach and pear. The palate is dry with enough acidity to keep it refreshing and flavours of peach skin, pineapple, grapefruit and a touch of clove spice.



EMILIANA NOVAS CARMENERE CABERNET SAUVIGNON ORGANIC

Chile \$17.99 771840

This blend of 80 percent Carmenere shows how Chilean winemakers have evolved to make the most of this tricky variety. The palate shows blackberry, cassis, pepper, charcuterie and clove along with plum and black fruits and firm but ripe tannins. There is just a hint of the varietal dried herb and earth on the long finish.



QUAILS' GATE CHARDONNAY

BC VQA \$19.99 377770

Quails' Gate has not shied away from oak, but is using it in the modern way, to add complexity and texture, not to dominate the flavour. Peach, nectarine and lemon fruit combine with hazelnut and lees, all packaged with a creamy, round texture that is both mouthfilling and refreshing thanks to the vibrant acidity. A very classy example of modern Chardonnay.

FORAGE

SUSTAINABLE DINING



Executive Chef Chris Whittaker

It's an evocative name, Forage. In a city that melds with the landscape, rolls into rainforest and remains green year round, forage is a word appreciated.

That is exactly what Chef Whittaker imagined when he suggested the word “Forest” to the team at the Listel Hotel on Robson Street, as they brainstormed for a name. “We had a bunch of names,” he recalls, “Forest was peaceful. The outdoors has always been part of my life – the forest is a place to forage.”

Farm-to-table dining is catching on all over North America and beyond. Possibly nowhere more than here, where the abundance of fruit, produce and seafood is unmistakable. The west coast mindset is one of freshness and local – seasonal dishes made from regional ingredients are not only becoming ubiquitous, but expected. What makes the menu at Forage even more compelling is it epitomizes Whittaker.

Whittaker grew up in Thunder Bay, Ontario. He worked in rural kitchens that did not have the same access to international products as those in the city. The best option was to source it from nearby or grow it and make it. He learned about preparing and eating seasonal products early in his career, and it stuck.

Starting as a dishwasher, he learned to cook by apprenticing his way up. Eventually, he headed west and landed in ski country, where he gained an education cooking for a formal dining room at The Fairmont Chateau Lake Louise.

He used his spare time wisely, learning from the hotel's bakers, butchers and sauciers rather than hitting the slopes.

The new millennium found Whittaker in Vancouver, first at the Delta Vancouver Suites and then at the Pacific Palisades Hotel on Robson Street – where he became the Executive Chef.

In 2007, Whittaker crossed the street to the Listel Hotel, which was looking to become a more sustainable and environmentally friendly boutique hotel. The upgrades

“ “ We had a bunch of names,” he recalls, “Forest was peaceful. The outdoors has always been part of my life – the forest is a place to forage. ” ”

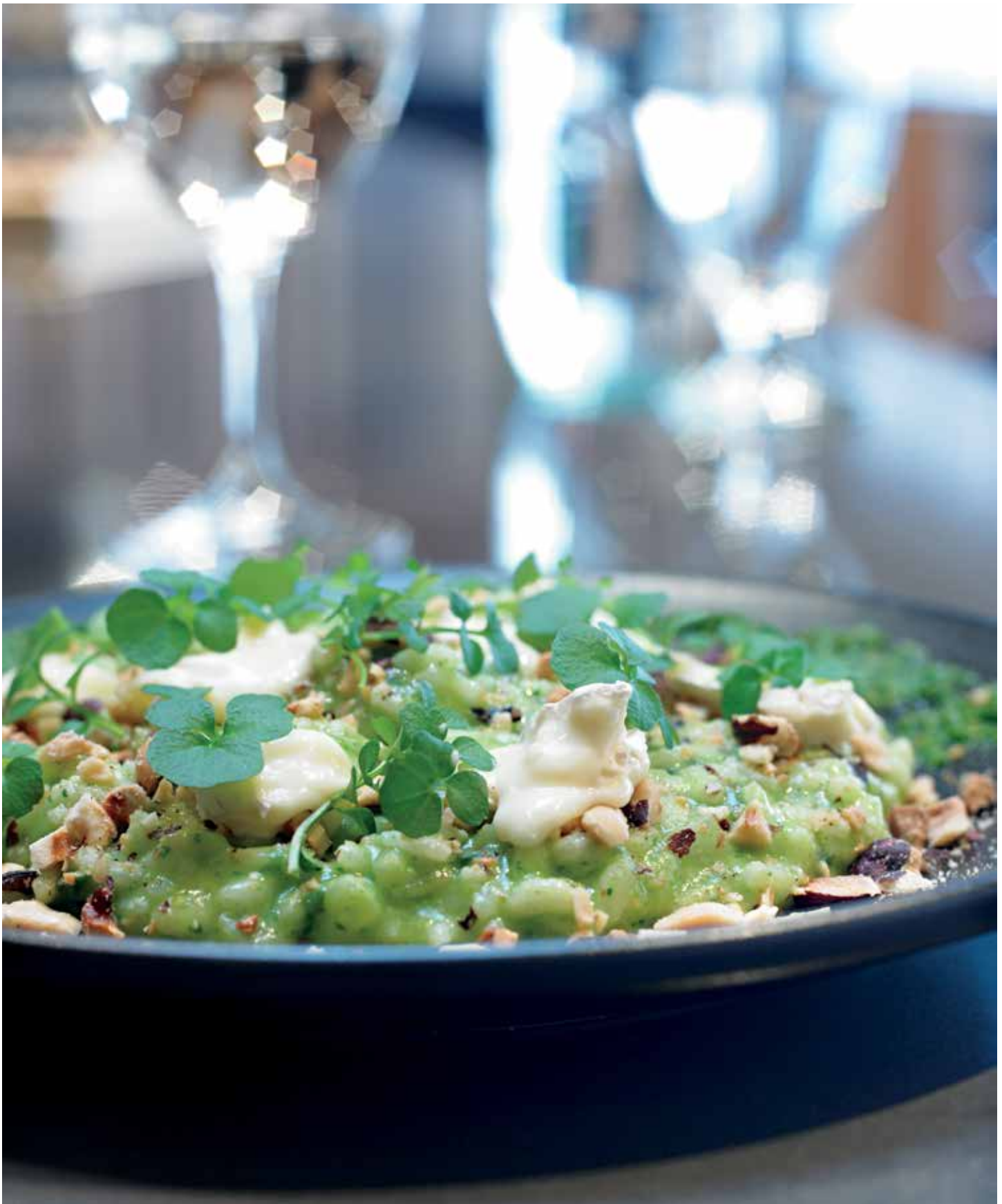


RHUBARB AND STRAWBERRY SHORTCAKES WITH LAVENDER CREAM

included rooftop solar panels (cutting natural gas use by 30 percent annually) and ultimately, zero waste (all organic waste goes to compost and all recyclables are reused). Another long-term goal was to replace the Listel’s outdated restaurant, O’Douls. Whittaker was brought in to take on the challenge of creating a menu in alignment with the hotel’s new agenda. It was a challenge that took several more years of planning to achieve.

With the assistance of BC Hydro, the Green Table Network and LiveSmart BC, a partnership formed and Forage became the poster child for the Next Course project. The objective was to become a greener business, which included reducing energy and waste, while improving operations and utilizing local and sustainable products. It has been realized. With the new LED lighting and energy efficient kitchen, Forage dropped its energy use by 24 percent in its first year.

Whittaker’s job has become easier. He gets to do what he loves in an efficient kitchen. He’s become renowned for his use of seasonal ingredients, his relationships with local farmers and his hands-on approach to cuisine. He preserves, pickles and



STINGING NETTLE AND BRIE RISOTTO WITH ROASTED HAZELNUTS

makes virtually everything from scratch. “It’s not a trend,” Whittaker states, “this is the way cooking is going.”

In the plentiful summer months, Whittaker estimates that 90 percent of his product is local (British Columbia), five percent from Canada and the rest (coffee and spices) international. “In the winter, we need variety, so I give myself latitude,” he says, referring to an impressive 80 percent local.

“I pay a premium for my products, but I’m able to be creative with sharing plates. It benefits both the consumer and small farmers.” Reading his menu makes you feel you’ve stepped into a virtual farmer’s market. It boasts kale and apple chips, popcorn and crackling, foraged mushrooms with Okanagan goat’s cheese and roasted beets with Okanagan pears and pickled walnuts. Heartier fare includes a Rangeland game burger with onion preserves and house-cured bacon, Ocean Wise Qualicum scallops in sunchoke and celeriac purée, and pepper-braised bison cheek with fettuccine and watercress.

After a long winter, Whittaker is eager for the arrival of spring and playing with fresh, green components. “I get excited. I know it’s coming when I see stinging nettles. Next come fiddleheads, young peas, radishes, baby greens...”

His conviction is contagious.

Forage
1300 Robson Street
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MORELS AND PEAS

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FORAGE

PAIRS WITH STINGING NETTLE
AND BRIE RISOTTO
WITH ROASTED HAZELNUTS



LA CHABLISIENNE CHABLIS LA PIERRELÉE

France \$27.99 359844

From the northernmost vineyards of Burgundy, France, the Chablis region produces white wines from a single variety, the Chardonnay grape. Showing aromas of apple, lemon and hints of stone fruit, this wine is dry and medium-bodied. The crisp acidity makes an ideal match with salads and light seafood dishes.



CAMPO VIEJO RIOJA RESERVA

Spain \$19.99 823203

This Tempranillo-based blend spent a total of four years aging in oak and bottle. (Three years is the minimum to be labelled Reserva). Showing flavours of dark plum, black cherry, oak and spice with hints of coconut, this dry and medium-bodied wine has fine-grained tannins and is ready to drink now.



MER SOLEIL CHARDONNAY SANTA LUCIA

USA \$34.99 453142

Part of the Wagner family's wine portfolio, who are behind names such as Caymus and Meiomi, the Mer Soleil Chardonnay is aged in oak and shows flavours of ripe pineapple, peach, citrus and vanilla. Rich and full-bodied, with a creamy mouth feel, this high-quality wine exhibits some complexity and long length.



QUAILS' GATE PINOT NOIR

BC VQA \$24.99 585760

Silky in mouth feel with soft-textured tannins, this Pinot Noir has aromas of red and black cherry, spice and hints of oak. Medium-bodied and refreshing with juicy acidity, this wine is a great match for salmon and grilled veal.



PAIRS WITH SEARED SALMON AND
GNOCCHI WITH FIDDLEHEADS,
MORELS AND PEAS

PAIRS WITH RHUBARB AND
STRAWBERRY SHORTCAKES
WITH LAVENDER CREAM



CHOCOLAT ROUGE

USA \$15.99 240929

A delicious concoction of creamy chocolate and smooth red wine, Chocolat Rouge has generous amounts of cherry and dark chocolate flavours. Off-dry and medium-bodied on the palate with ripe-textured tannins, this wine is excellent on its own or mixed in a pomegranate wine cocktail.



TAYLOR FLADGATE 10-YEAR-OLD TAWNY PORT

Portugal \$39.99 121749

This 10-year-old tawny port shows generous aromas of spice, nut, oak and dried fruits, thanks to extended cask aging. Luscious on the palate, this medium- to full-bodied fortified wine has silky-textured tannins and a fresh mouth feel. Great with strong cheese or desserts.

MULTI-FACETED MALBEC

Malbec is the wine of our times. In less than a decade, Malbec has gone from backbench blending partner to “A-list” cultivar, becoming the red wine darling of the 21st century. Malbec’s contemporary appeal is palpable. The grape skews to producing wines that are robust, deeply red, and evidently fruity – all attractive qualities of the typical modern palate.

There’s no doubt that Malbec’s dark and plush, Latin-esque vibe has helped fuel the passionate interest in the grape. But typecasting does this noble *vinifera* disservice. For, while Malbec is mostly portrayed as a gutsy red, ready to tackle any protein off the grill, there are actually myriad Malbec styles out there waiting for your glass.

There is also significant Malbec history that extends well beyond the internet age. Credit for the current Malbec renaissance certainly lies squarely in the vineyards of Argentina, as this South American country has exposed the majority of the world to the merits of Malbec. However, Malbec is originally from southwest France. In fact, Malbec is not even the

grape’s original name, but rather Cot, which is still typically employed in the grape’s native home of Cahors.

Argentina actually owes France a debt for its success with Malbec. The history goes that a French agronomist named Michael Pouget introduced Malbec to Argentina in the mid-19th century. This was at the behest of then president Domingo Faustino Sarmiento, who was keen to expand his country’s agricultural industry. The subsequent irony is that, while Cot vines thrived in the warm, sunny confines of Argentina, particularly in Mendoza Province, back in France, Malbec vineyards were being decimated by the phylloxera epidemic. The majority of these vineyards in France were later replanted to other grape varieties, while today Malbec has become Argentina’s most widely planted quality wine grape.

History aside, what’s so alluring about Malbec? Well thanks to its gregarious disposition, Malbec is a wine that permits easy enjoyment. However, it is also a wine that rewards further investigation. In other words, there is a Malbec to match most taste buds.

The Malbec-based wines of France, especially those from Cahors, have a reputation for being quite dense, tannic and inky in colour. This predisposition gave rise to the historical reference of the “black wine” of Cahors, and Malbec’s prominence in this corner of France continues to be bolstered by appellation d’origine contrôlée (AOC) regulations that stipulate that Cahors wine must be made from a minimum of 70 percent Malbec (the balance of the blend typically comprises Merlot and Tannat).

This style contrasts to Argentine Malbec, which tends to be juicy and replete with ripe fruit. That said, generalizations are too easy to come by and in actuality, the preponderance of Malbec in Argentina means that its vineyards alone offer a surfeit of multi-faceted Malbec. From supple and fruit-forward to more austere and savoury, Argentine Malbec shows a variety of style and personality.

It’s really a story of latitude and altitude, as Malbec is grown across Argentina in vineyards demarcated 22 to 42 degrees south. From near-



JAMES NEVISON

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

“ Malbec is the wine of our times. In less than a decade, Malbec has gone from backbench blending partner to “A-list” cultivar, becoming the red wine darling of the 21st century. ”

Antarctic Patagonia to mountain valleys in the north – in soil ranging from clay to deep sand – the climatic variation is seriously dramatic. It is also not uncommon to see a vineyard’s elevation proudly discussed regarding bottles of Argentine Malbec. Indeed Argentina has the world’s highest vineyards, with some Malbec vines struggling to ripen in rarefied air stretching to 10,000 feet in Salta Province (and remember, stressed vines tend to be a good thing for wine, as the vine is forced to work harder to produce fruit).

Of course, Malbec’s meteoric rise in popularity has only motivated other wine regions to plant the grape, and Malbec can now be found near and far, from Canada to New Zealand, not to mention California, Chile, Italy and Australia. No doubt, in years to come, Malbec will be emblazoned across wine labels from the far corners of the wine world. Thus there is much to consider mulling over Malbec and, given the array of Malbec now available, there is no better time to get to know the grape in all its incarnations.





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“ There is no better time to get to know the grape in all its incarnations. ”



ACHAIVAL FERRER MALBEC

Argentina **\$28.99** 463687

This is Malbec burlesque – seductive and sensual, yet complicated and just-so elegantly restrained. Voluptuous currant, berry and spice get played off by an herby, savoury underside in this juicy red that finishes bold right through its plush finish.



LUIGI BOSCA MALBEC

Argentina **\$19.95** 418038

With more than 100 years of experience, this family-owned and run Mendoza winery knows a thing or two about making Malbec. Their Reserva offers the definition of supple: it's flush with plum, vanilla and a kiss of oak, while a languid finish rounds things out.

CELEBRATE MALBEC WORLD DAY APRIL 17TH

April 17th is now recognized as Malbec World Day, so pick up a bottle to toast the grape! Now in its fourth year, Malbec World Day was established by Wines of Argentina to commemorate the day Domingo Faustino Sarmiento submitted his proposal to diversify Argentina's wine industry. This initiative eventually led to Malbec's rise as Argentina's most prominent grape, and today the day serves as a great excuse to celebrate Malbec's growing global popularity.



VINA CHELA RESERVE MALBEC ORGANIC

Argentina **\$13.49** 124040

This crowd-friendly Malbec is made from certified organically grown grapes sourced high in the Andean foothills. It offers up ample ripe, dark fruit and toasty oak complemented by an umami-laden savouriness and is ready to be paired with grilled Merguez sausages, either beef or lamb, for a perfect meal.



VISTALBA CORTE C MALBEC CABERNET SAUVIGNON

Argentina **\$19.95** 12070

A bold 80/20 blend of Malbec and Cabernet Sauvignon, Vistalba's Corte C oozes ripe, red fruit in a plush, smooth style that finishes with a kiss of chocolate-covered raisins. This is the type of red wine that screams to be served with rib-eye steaks.



CATENA MALBEC

Argentina **\$22.95** 478727

This 100 percent Malbec is crafted from a blend of grapes picked in four different vineyards, all situated more than 900 metres above sea level in the shadow of Andes Mountains peaks. The bottled result is a synergy of ripe plum, lifted floral aromatics and silky mouth feel.



CHÂTEAU LABRANDE CAHORS MALBEC JEAN LUC BALDES

France **\$19.92** 2162

Heavy on the savoury herbs and toasty oak, this French take on Malbec comes across very dry with a woody, tannic finish. Quite the departure from most Argentine Malbecs, it's still bold, but also restrained, and the perfect partner for rack of lamb or slow-braised meats.



OUR SPRING SELECTIONS

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

**Insider
Picks**

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



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

France **\$26.99** 494856

Delicate aromas, flavours and colour make this crémant a perfect aperitif. It would accent a plate of simple, prepared and chilled prawns beautifully.




L'HOSPITALET DE GAZIN*


France **\$60.00** 355008

We managed to source some more Pomerol from the 2009 vintage and this silky, full-bodied wine is drinking beautifully. The tannins have a cocoa note to them which would pair nicely with braised beef.

* Due to limited availability, see bcliquorstores.com for product details.



Insider Picks



Stephen Schiedel
Portfolio Manager,
Wines of North and
South America




 **00**
**CONO SUR SINGLE VINEYARD
BLOCK 21 VIENTO MAR PINOT NOIR**
Chile **\$19.99** 221028
At the 11th Annual Wines of Chile Awards where I was honoured to be a judge, this wine won approval from an international jury and was awarded Best Pinot Noir of Chile. Very textural and silky, offering red berry and cherry flavours, this is excellent value for the money.




 **00**
**SANTA ANA LA MASCOTA
CABERNET SAUVIGNON**
Argentina **\$17.99** 641688
La Mascota, a vineyard near the Mendoza river, has perfect growing conditions for Cabernet Sauvignon. Savoury, fruit laden, offering the Cabernet Sauvignon currant flavours and all the class, this is an exciting example of Argentina beyond Malbec.

 **00**
**STONELEIGH LATITUDE
SAUVIGNON BLANC
MARLBOROUGH**
New Zealand **\$21.99** 462333
Awaken your taste buds! This wine hails from the 'Golden Mile' of Marlborough and is pungent and full of finesse with tropical fruit flavours and mineral notes.


 **00**
**PARTISAN TRENCHCOAT
GRENACHE SHIRAZ MOURVÈDRE**
Australia **\$19.99** 847772
Rich, dark and savoury, the wine is opulent and glides across the palate. Spicy notes with flavours of blackcurrant, dark fruits and soft acidity provide a firm, lingering finish.




Insider Picks



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



Insider Picks



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



 **00**
TANQUERAY RANGPUR
United Kingdom **\$29.99** 785170
The key to the beautiful flavours of this gin is the addition of the Rangpur limes in the distillation, which enhances the Juniper flavours with zesty sweet citrus. For a refreshing cocktail use Tanqueray Rangpur, a splash of cranberry juice and soda.



 **00**
SPIER SIGNATURE CHENIN BLANC
South Africa **\$13.90** 659037
A delightfully fresh, crisp white wine. No oak was used in the aging of this wine, so the fruit flavours of pear, pineapple and citrus shine in the glass. Refreshing, with a nice long finish. Try with baked sole or herbed chicken.

CAPITAL CRAFT

VICTORIA'S
BREWERIES





JOE WIEBE

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

“ In three decades...four other brewpubs and five microbreweries have opened in BC's capital, making it one of the top craft beer cities in North America. ”

Spinnakers, Canada's first modern-day brewpub, opened on the shore of Victoria's picturesque harbour 30 years ago in 1984, kicking open the door to the craft beer revolution in Canada. In the three decades since then, four other brewpubs and five microbreweries have also opened in BC's capital, making it one of the top craft beer cities in North America.

Paul Hadfield, Spinnakers' original architect, took over as publican a few years after it opened and has remained in charge of the seminal BC microbrewery ever since. One of his daughters, Kala Hadfield, is also part of the brewing team. Anyone interested in craft beer in BC should visit this "cradle of the revolution" at least once.

Among the other brewpubs in Victoria, Moon Under Water, which opened in 2010, bottles its beer for sale in BC Liquor Stores, but the others – Swans Brewery, the Canoe Brewpub and the Four Mile Brewpub, a popular View Royal pub that just added a brewhouse to its facility earlier this year – are all still worth a visit in person. Each has its own unique ambience, but all recognize the

importance of providing great food along with well-made craft beer.

Vancouver Island Brewery is also celebrating its 30th anniversary in 2014, but it actually had a different name when it opened – Island Pacific Brewing – and was originally based outside the city in Central Saanich. The brewery changed its name when it moved into its current location on Government Street in downtown Victoria in 1991, and it has thrived ever since. VIB has built up a loyal following over the decades for its core brands, including the popular Piper's Pale Ale and Hermann's Dark Lager, as well as the famously strong Hermannator Ice Bock, which was named 2013 Beer of the Year at the BC Beer Awards last fall.

Next to open in 1998 was Lighthouse Brewing. It followed VIB's lead by producing a core group of safe beers for the Vancouver Island market that did not change much over the years, but the arrival of Australian brewer Dean McLeod in 2010 marked a change in Lighthouse's direction. McLeod has already brewed 20 different beers in his first three years. Last year, Lighthouse added a top-notch IPA

called Switchback to its core group. Along with the more seasonable Tasman Ale, both of which prominently feature Southern Hemisphere hops. Topping that off was the return of Siren Red Ale, which the brewery now offers in unique-to-BC four-packs of cans.

Perhaps the most remarkable brewing story in Victoria is the Legend of Matt Phillips. After working at other breweries, including Spinnakers, Phillips decided to start up his own brewery in 2001. When the banks and credit unions turned down his loan applications, he maxed out every credit card he could get to buy some used equipment and even slept in the brewery to save on rent. Since then, Phillips Brewing has grown into one of BC's most popular and successful operations, renowned for inventiveness and creativity.

Similarly, Kevin Hearsom and Jason Meyer used to dream about opening their own place while working night shifts together as assistant brewers at Lighthouse Brewing. In 2008, they decided to make it a reality, and the result was Driftwood Brewery, which has quickly grown into one of BC's most exciting craft breweries. Their original

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focus was Belgian-style beer, but once they added Fat Tug IPA to their beer list in 2010, there was no looking back. Driftwood puts out Belgian styles, including some barrel-aged sour beers, but Fat Tug is their biggest seller by far – and many beer lovers consider it the best beer in BC, or even in all of Canada.

Latest to join the Victoria brewing scene in 2011 were the Moon Under Water brewpub and Hoyne Brewing. Sean Hoyne's brewing history in Victoria dates back to 1989, when he became the first brewer at Swans brewpub. He went on to brew at the Canoe brewpub for 14 years before finally opening his own place right next door to Driftwood in the Rock Bay neighbourhood. The nearby Moon Under Water has strong German lagers and wheat beers, thanks to brewer Clay Potter, who fell in love with German brewing techniques while completing his training and internship in Scotland.

The recent explosion of interest in craft beer in Vancouver means that city now has more breweries (12 to Victoria's 10), but the fact that most of Victoria's brewpubs and microbreweries are located within a mile-long loop close to downtown certainly makes it an ideal destination for thirsty travellers. But, if you can't make it over to the capital, you'll find products from Victoria in BC Liquor Stores throughout the province.



PHILLIPS AMNESIAC DOUBLE IPA

BC \$5.50 172163 650 ml
This big and bold IPA is not easily forgotten, with its pungent, hoppy aroma of pine and citrus and prominent flavours of tropical fruits and tangerine. Creamy and surprisingly easy drinking considering its potency (8.5 percent ABV), hopheads should keep their fridges stocked with this one.



HOYNE HOYNER PILSNER

BC \$5.23 208751 650 ml
Sean Hoyne's version of the world's most popular beer style tastes exactly like the ones brewed in Plzen, Czech Republic, where the style was created in 1842 – rich and malty with a spicy hop bitterness and a clean finish. Sip, savour, repeat.



SPINNAKERS INDIA PALE ALE

BC \$5.35 967257 650 ml
More of an English-style IPA than the explosively hoppy west coast IPAs that have come to dominate the craft beer world, this is a well-rounded, full-flavoured pale ale with an assertive but not overpowering hop character. (7.1 percent ABV, 55 IBU)



DRIFTWOOD FARMHAND SAISON

BC \$5.25 528141 650 ml
Driftwood is famous for its incomparable Fat Tug IPA, but when the brewery first opened in 2008, this Saison was its most interesting and unusual beer – and it's still great. Brewed with a partial sour mash and added black pepper, it pairs well with cheese, nuts, meat and roasted vegetables.



LIGHTHOUSE SIREN RED ALE

BC \$8.99 679852 4 x 355 ml
Originally a limited release in 650 ml "bombers," Lighthouse has brought this exceptional beer back year-round in four-packs of cans. It is an amplified version of the traditional Irish red ale style with extra malt and a big addition of west coast hops. Heed the siren's call. (8 percent ABV, 70 IBU)



VANCOUVER ISLAND HERMANN'S DARK LAGER

BC \$12.15 902320 6 x 341 ml
VIB won the 2013 BC Beer of the Year award for its Hermannator Ice Bock and this traditional Bavarian Dunkel is also excellent. Malty and dark, but lighter bodied and not as sweet as its appearance implies, this refined German lager is a sophisticated and tasty brew.

Lamb is a treat any time of the year, but it is in the spring that it is truly appreciated as a delicacy. Although 40 percent of BC lamb is raised in and around Vancouver Island and the lower Fraser Valley, it is also raised in the Thompson Okanagan, Peace and Cariboo regions. Lamb's taste is sometimes very recognizable, such as the lamb from Salt Spring Island, which is highly praised for its unique flavour. Depending on the cut of meat, dry or moist cooking methods are called for. Lean meat requires a quick and dry method, while a more collagen/fat-filled cut will require a low and slow or moist cooking method to get the most delicious results. Discover our local lamb and enjoy!



NAVARIN OF LAMB WITH POTATO GNOCCHI

PAIRS WITH NAVARIN OF LAMB WITH POTATO GNOCCHI



STARBOROUGH SAUVIGNON BLANC

New Zealand \$16.99 230680

Fresh, with zesty aromas of grapefruit, lime, citrus peel and passion fruit, this New Zealand Sauvignon Blanc is a great dinner party starter. It is dry and medium-bodied on the palate, with a juicy acidity that makes it a great match for mild cheese or full-flavoured dishes.



CHÂTEAU LA GORCE MÉDOC

France \$25.91 420232

Dominated by a high proportion of Merlot and Cabernet Sauvignon, this is a classic Cru Bourgeois Médoc from Bordeaux. This youthful wine shows flavours of dark plum and black cherry with hints of blackcurrant and pencil shavings. Medium-bodied and dry on the palate with a smooth texture, it is traditionally paired with lamb.

LOVELY LAMB

LAMB SHANKS WITH
ROSEMARY JUS



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PAIRS WITH LAMB SHANKS WITH ROSEMARY JUS



ANTINORI PÈPPOLI CHIANTI CLASSICO

Italy **\$28.97** 606541

This quality wine from Italy's historical Chianti region shows an abundance of developing flavours of plum, red cherry, spice, espresso and vanilla with hints of leather. It is dry and medium-bodied on the palate with very fine-grained tannins that persist through the long finish.



STUFFED LAMB LOIN SERVED WITH LEMON ASPARAGUS



ROCLAND ESTATE CHOCOLATE BOX SHIRAZ

Australia **\$24.99** 470641

This lovely, excellent quality Australian Shiraz is filled with flavours of blackberry, vanilla, spice and hints of blueberry, thanks to the use of both French and American oak barrels. The palate is dry and full-bodied, with ripe-textured integrated tannins. Balanced and concentrated, it is ready to drink now, but could benefit from three to five years of aging.



PAIRS WITH STUFFED LAMB LOIN SERVED WITH LEMON ASPARAGUS



ERRAZURIZ CARMENERA SINGLE VINEYARD ACONCAGUA

Chile **\$23.99** 139782

Carmenera, a signature red varietal in Chile, makes full-bodied wines and is a power base for Bordeaux-style blends. Showing pronounced aromas of blackberry, red plum, roasted pepper, sweet spice and hints of fresh herbs, this dry and bold wine is ready to drink now, with its ripe-textured tannins.



PIERRE HENRI MOREL CÔTES DU RHÔNE VILLAGES SIGNARGUES

France **\$19.99** 193730

Made mainly from Grenache and Syrah, this red blend is from Signargues, one of the few distinct villages within the Côtes du Rhône Villages appellation. Blackberry, dark cherry, white pepper and hints of fresh herbs fill the nose and continue on to the palate. Dry and medium-bodied, this wine has a very good length together with a spicy finish.



SPRING GREENS

Slowly and surely, almost imperceptibly, the world of wine is shifting, becoming cleaner, greener and more sustainable. Whether spurred on by consumer demand, a duty to our planet and future generations, or simply a better bottom line, winemakers and winery owners are implementing earth-friendlier means of getting grapes to bottles. They're working hard to deliver sustainable wines to those who want to feel good about what they're buying.

Sustainable farming means cultivating crops in a way that will preserve the land for future generations, using green practices that are ecologically sound, economically viable and socially responsible. It is the overriding theme that drives much grape growing and winemaking today and it has crept into all aspects of the industry.

Among today's modern grape growers, there are those who farm organically, others who have adopted biodynamic practices, and some who embrace parts of both. While they may not completely adhere to sustainability's

“ Sustainable farming means cultivating crops in a way that will preserve the land for future generations, using green practices that are ecologically sound, economically viable and socially responsible.”

three pillars, they are on their way.

First and foremost, sustainability starts in the vineyard and echoes the wine-producing world's current mantra, “wine is made in the vineyard,” implying that farming is where it's at. The focus is clearly on the vines. With better grape growing methods – those that are natural (less chemically dependent) and environmentally sustainable – better fruit will result, which also means better wines.

Farming organically means using no chemical fertilizers, insecticides or pesticides and opting for natural remedies. Biodynamic farming takes organic winemaking further, incorporating practices that include treating the vineyard as a closed-circuit ecosystem together with astrological influences and lunar cycles.

Growers who farm sustainably often use solar energy for power, bicycles to get around, and biodiesel fuel in farm machinery operations. They compost and conserve water using a drip irrigation system that delivers water to

the plants' roots instead of overhead sprinkling, and manage wastewater in the vineyards and wineries. The concept extends to packaging too. Using lighter glass, Tetra Paks or PET (plastic) bottles results in lower shipping costs. Using vegetable inks on recycled paper labels is another sustainable initiative.

Sometimes wineries pursue organic or biodynamic certification (what it's called varies from country to country). Others use organic or biodynamic practices or a combination of both without pursuing formal certification. If they are certified, there may be a symbol on the bottle. Others simply tell their story on the back label, and some offer no clues.

We're probably most familiar with what is happening here in BC, where sustainable practices flourish throughout most of the wine industry in both large and small measures.

The climate conditions of the Okanagan and Similkameen Valleys – hot summers, moderate rainfall, low humidity and winds – help

reduce damage and crop losses from insects and disease, meaning little spraying is needed. The poster kids for sustainability are early adopters – Summerhill Pyramid Winery, Tinhorn Creek Vineyards and Nk'Mip Cellars.

Summerhill has been organic (and now Demeter-certified biodynamic) and sustainable since the winery began in 1991. Tinhorn, launched in 1993, is Canada's first carbon neutral (tractors run on bio-diesel fuel) and Salmon-Safe certified winery. As “stewards of the land,” they safeguard native plants and animals, use drip irrigation to conserve water, compost, use locally made, lightweight recycled glass bottles, and invest in their people through education, mentorship, paid sabbaticals and more. Other wineries doing their part include Burrowing Owl, Black Hills, Tantalus Vineyards, Stag's Hollow and Township 7 Vineyards, to name a few.

Wineries in the province have been firmly on the sustainability path since the BC Sustainable Winegrowing Program launched in 2011.

Please enjoy responsibly.



We've got a wine for that.

SPRING GREENS

The program has a concrete set of practices that encompasses everything from ecosystems, soil nutrition and pest management to energy efficiency, waste and wastewater management and social responsibility. Early participants include Nk'Mip Cellars, Tinhorn Creek, and Mission Hill Family Estate.

So who is making sustainable wines and how do you know? Sometimes you'll find information on the label (Chile and South Africa) but no label shouts, "Hey, I'm sustainable."

Learning which countries are environmentally and sustainably aware is a good place to start. In Spain, France, Italy and Germany, a healthy percentage of vineyards are farmed organically, biodynamically and sustainably, although many aren't certified. South African and New Zealand wineries are almost 100 percent sustainable, and a new generation of Australian winemakers has veered away from big commercial production to craft "green" wines. In November 2013, Argentina initiated a Wine and Viticulture Sustainability Protocol, and Chilean wines (43 wineries in Chile – most of those on store shelves – have just been officially certified sustainable) are almost entirely chemical free and are obvious choices. Wines from BC, Ontario, California, Oregon and Washington are increasingly sustainable.

Explore and investigate – there is a wide world of delicious green wine to taste. Remember to do your part and recycle the bottles.



DOMAINE DE L'OLIVETTE CÔTEAUX DE LA CABRERISSE ORGANIC

France **\$15.99** 626242
ECOCERT certified, Château de Caraguilhes has been making wine organically for decades. A blend of Merlot, Syrah and Grenache, this medium-bodied red charms with aromas of plums, cherries and raspberries. Juicy with blackberries, ripe plums, spice and hints of mint, it sings with roast chicken, mushroom risotto and Parmesan cheese.



SUMMERHILL ALIVE WHITE ORGANIC

BC VQA **\$19.95** 22574
Summerhill, the poster winery for all things organic and, of late, biodynamic, has hit pay dirt with Alive. A blend of Pinot Gris, Pinot Blanc, Gewürztraminer, Viognier, Chardonnay and Muscat, it's aromatic and juicy with pears, peaches, green apple and lemon. Enjoy with salads, grilled seafood and chicken.



BONTERRA CHARDONNAY ORGANIC

USA **\$18.99** 342436
Respected organic winemaker Bob Blue hits it out of the park with this fresh, juicy, gently oaked California Chardonnay. Tasting of citrus-brightened apples, pears and toasted almonds, it's creamy and has glints of minerality. Sip solo or pair with Dungeness crab, scallops, Arctic char or grilled pork.



DR. LOOSEN RIESLING

Germany **\$18.99** 599274
Family owned for more than 200 years, the winery farms sustainably and organically. With little intervention in the winery, the resulting wines have grace and depth. Medium-dry, it has lime, fruit and mineral notes, a crisp, off-dry palate with apples, melons and citrus. Pair with Thai dishes, curries and barbecued meats.



MICHEL TORINO CUMA TORRONTÉS ORGANIC

Argentina **\$13.96** 213389
The winery's commitment to sustainability is in its name – Cuma means pure and clean – and pledge of "a pure and clean environment for future generations." Fragrant and zesty, this organic, Torrontés has intense notes of grapefruit, jasmine and nectarines. Enjoy with spicy Asian dishes and grilled fish.



YALUMBA SHIRAZ ORGANIC

Australia **\$16.99** 563015
From a winery committed to sustainability, this vegan-friendly Shiraz is anything but shy. The fruit is savoury, ripe with pepper, ginger and dried herbs and is entwined with plums, dark cherries, licorice and an easy dose of oak. It finishes slightly gamey. Bring on the pizza, barbecue and burgers.

Rather than just a card or flowers, why not celebrate Mother's Day this year with an elegant champagne brunch? When throwing a brunch, try to keep it casual, with a few formal touches to mark the occasion. Dress the table with fine china and some spring flowers, set the tone with music, and serve the food and drinks buffet style. A typical 750 ml bottle of champagne will serve about six people, so make sure you have enough for each person. Our brunch recipes will ensure you have the time to enjoy the company of your guests, while offering a variety of tantalizing dishes that are certain to make Mom feel pampered and loved this Mother's Day.



MOTHER'S DAY *Brunch*



EGGS BENEDICT WITH
ORANGE-GLAZED BACON

FOR RECIPES, SEE INDEX
ON PAGE 138

PAIRS WITH CREAM BISCUITS WITH
PEACH TARRAGON JAM



DR. LOOSEN SPARKLING RIESLING

Germany \$18.99 158501

This youthful German sparkling Riesling has flavours of floral, green apple, lemon and biscuit. The acidity in this mouth-watering wine is balanced by a small amount of residual sugar, making it an excellent aperitif. The lively mousse also suggests it is perfect with spicy dishes.



**NK'MIP CELLARS Q^WAM Q^WMT
RIESLING ICEWINE**

BC VQA \$59.99 988535 375 ml

Concentrated and intense, this Riesling icewine is the result of rigorous viticultural techniques. It shows characteristics of pronounced floral, honey, nectarine, peach and caramelized apple. The luscious palate is balanced with racy acidity that lasts throughout the long length. Rich and complex, this wine is not only a great after-dinner treat, but also works magically with spicy dishes.



PAIRS WITH PINE NUT AND ROASTED
CHERRY TOMATO TART



**PERRIER-JOUËT GRAND BRUT
CHAMPAGNE**

France \$66.99 50278

Perrier Jouët has long been associated with fine champagne, but also for the art nouveau Japanese buttercup engravings featured on its bottles since 1902. The unique bottle echoes a memorable floral sensation. Elegant, with flavours of white peach, citrus peel, green apple, spice and biscuit with hints of nut, this medium-bodied wine has a long, persistent mousse and is dry in style.

CREAM BISCUITS WITH
PEACH TARRAGON JAM

MOTHER'S DAY BRUNCH

PAIRS WITH BASIL AND MINT
VACHERIN WITH FRESH MANGO



RED ROOSTER RIESLING

BC VQA \$16.99 498840

Sourced from Oliver in the Okanagan Valley, this cool-climate Riesling has fragrant flavours of white flower, green apple, lime and grapefruit. Off-dry and mild on the palate, this quality wine is balanced in fruit concentration, alcohol and acidity. Excellent with fresh fruit and dishes with a touch of spice.



BASIL AND MINT VACHERIN
WITH FRESH MANGO



MOËT & CHANDON ROSÉ IMPERIAL CHAMPAGNE

France \$77.95 482026

Pinot Noir dominates this blend, with the addition of Meunier and Chardonnay. This pink champagne has a youthful essence of red cherry, raspberry and biscuit with hints of pepper. Dry and refreshing, its medium-bodied palate features a creamy mousse with long persistence and good length.



PAIRS WITH PINE NUT AND ROASTED
CHERRY TOMATO TART



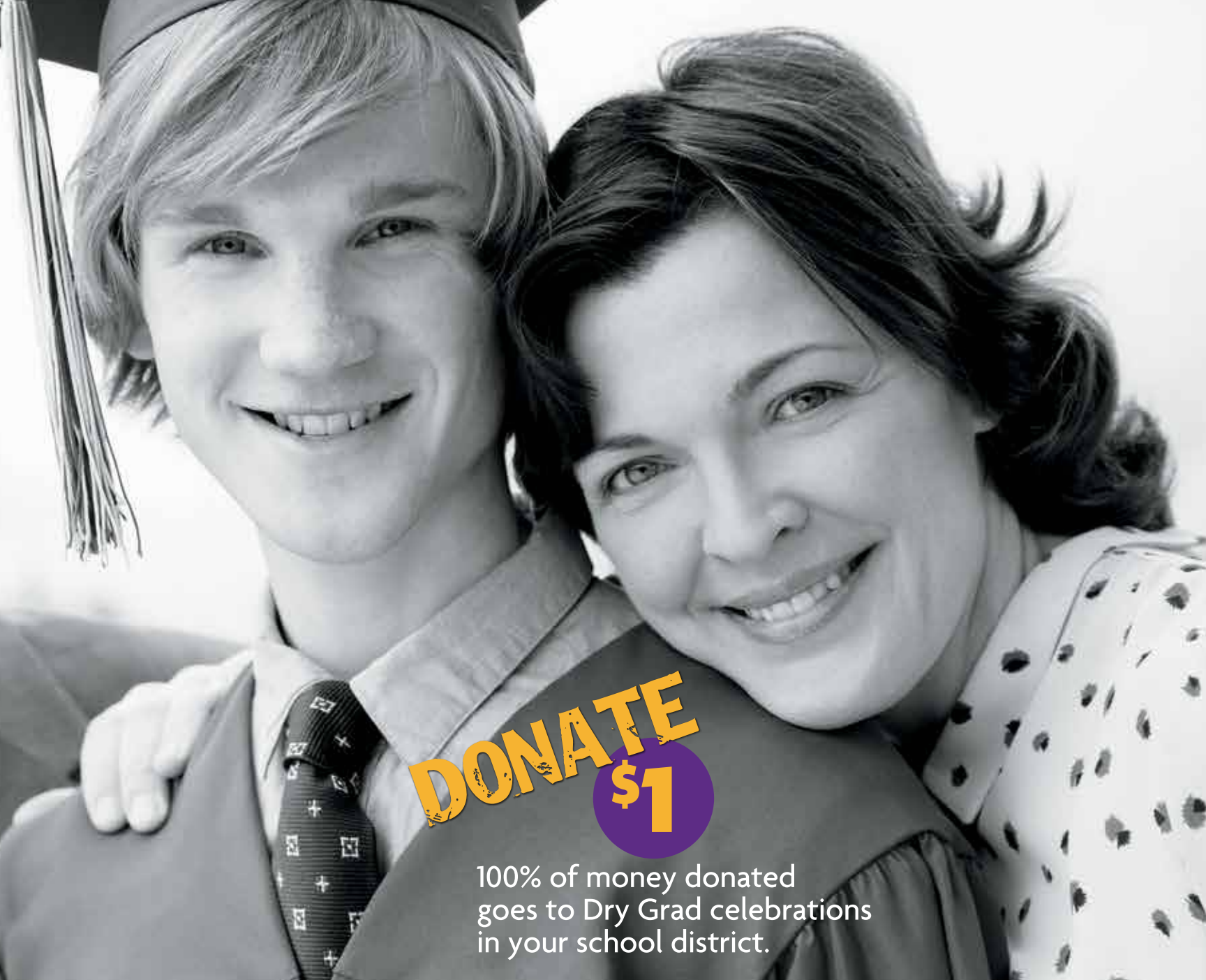
BERONIA RESERVA RIOJA

Spain \$24.99 216770

Aged for three years in a combination of American and French oak and in-bottle before its release, this Tempranillo-dominant blend has developing characteristics of cinnamon, spice, toffee and chocolate with hints of licorice. Medium- to full-bodied and dry in style, it has well-integrated tannins and a long, balanced finish.



PINE NUT AND
ROASTED CHERRY
TOMATO TART



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PAIRS WITH EGGS BENEDICT
WITH ORANGE-GLAZED BACON



**POL ROGER CUVÉE DE RÉSERVE
BRUT CHAMPAGNE**

France \$67.99 \$1953

Crafted from no less than 30 base still wines, the youngest being three years old, this classic champagne is made by a very meticulous production method. Showing attractive developing flavours of mushroom, spice, toast, oak and lemon with hints of licorice, it is dry and medium-bodied. It is outstanding quality with balanced acidity, alcohol and a long, persistent mousse.



ASPARAGUS MIMOSA



**KIM CRAWFORD UNOAKED
CHARDONNAY EAST COAST**

New Zealand \$16.99 \$195172

Kim Crawford unoaked Chardonnay offers aromas of melon, lemon and butterscotch with hints of pineapple. Dry and medium-bodied on the palate, this wine has a crisp mouth feel and a flavour intensity that continues throughout the finish. Enjoy it with an array of food from tapas to mains.



PAIRS WITH ASPARAGUS MIMOSA



**MIONETTO IL
PROSECCO FRIZZANTE**

Italy \$17.99 \$78638

Fresh and fruit-forward, this frizzante Prosecco shows elegant characteristics of pear and citrus with floral hints. On the palate, it is dry and medium-bodied with creamy-textured mousse. This wine leaves the palate with a crisp mouth feel and goes well with almost any food.



**INVIVO SAUVIGNON BLANC
MARLBOROUGH**

New Zealand \$18.95 \$231589

Delicious and intense, this Sauvignon Blanc is loaded with flavours of guava, lime, grapefruit and green apple. Dry and medium-bodied on a palate that is balanced by refreshing acidity, this wine is ready to drink now. It pairs especially well with vegetarian dishes.

PORTUGAL

A SMALL COUNTRY
WITH BIG SURPRISES





BARBARA PHILIP

Barbara Philip, Master of Wine, is the Portfolio Manager responsible for selecting European wines for BC Liquor Stores. Barbara has a long history working as a sommelier and wine educator and, in 2007, became the first Western Canadian to achieve the Master of Wine designation. Barbara also works as a freelance lecturer, radio columnist and wine judge with her company Barbariain Wine Consulting.

“It’s necessary to step away from the concept of varietal wine (most are blends anyway) and focus instead on region to truly appreciate Portugal’s riches.”

Tucked on the west coast of Iberia in a relatively small area (91,984 square kilometres), lies a country waiting to have the breadth of her wines discovered. Portugal is best known for three styles of wine: fortified and sweet port, crisp and low alcohol Vinho Verde and gently bubbly rosé. Surprisingly, these contrasting wines are just a small indication of the rich diversity one can find here. While diversity is certainly a strength, it also presents a challenge for a country trying to tell a simple story of its wines to the world. In effect, it is difficult to market. With dozens of indigenous grapes, Portugal’s wines can be bewildering for a consumer who typically selects based on variety. It’s necessary to step away from the concept of varietal wine (most are blends anyway) and focus instead on region to truly appreciate Portugal’s riches. The many sub-regions or *Denominação de Origem Controladas* (DOCs) that make up the country’s wine mosaic can be grouped into three larger areas defined by their geographical locations and major climatic influences: Atlantic, inland and southern.

In spite of Portugal’s long coastline, we sometimes make the mistake of

lumping the country together with central Spain and thinking of it as hot and dry. In fact, because of the influence of the Atlantic, a significant portion of the country’s wines have the distinct crisp acidity and fresh fruit flavours associated with a cool climate. The quintessential oceanic wine is Vinho Verde. Most Vinho Verde we see is white, with refreshing acidity, light body and often a very slight sparkle. The wine is normally a blend of grape varieties with *Alvarinho* and *Loureiro* considered the highest quality and most expressive. To experience the wine at its best, pair it with fresh seafood and think of the ocean!

South of Vinho Verde is the *Vinho Regional* (VR) of Beiras, producing reds, whites and sparkling with an Atlantic personality. The most interesting DOC in the region is Bairrada, where a distinct grape variety is undergoing a renaissance, thanks to a group of committed winemakers known as *Baga Friends*. Until recently, Baga’s reputation had suffered due to a lack of care in the vineyard. In a maritime climate, where sunshine can be scarce and the fall rains may begin sooner than you’d like them

to, it is important to manage yields carefully, ensuring full ripeness of the grapes. Baga can be mean and lean when underripe, but develops lovely savoury and exotic herbal flavours when mature. Its firm and juicy structure is one of the reasons it is the go-to wine with the region’s speciality, *leitão* or Suckling Pig.

The climate dries out significantly as one travels inland from the north coast and, in less than 100 kilometres, the famous Douro Valley begins. These are some of the most distinct, breathtaking vineyards in the world. Dozens of different grape varieties grow along the schistous terraces, where the sunshine and warm temperatures allow them to reach full and delicious ripeness. This is where port is made. Grapes (most significantly Touriga Nacional, Tinta Roriz and Touriga Franca) are blended together and fermented. Spirit is added partway through the fermentation, which halts the action of the yeasts and results in a wine with high alcohol (20 percent) and high residual sugar. The wine is then aged in wood for a short time if it is to be a ruby style port such as Late Bottled Vintage, Single Quinta or Vintage. If the objective is to make



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PORTUGAL A SMALL COUNTRY WITH BIG SURPRISES

a tawny port, full of nuts and baking spice flavours, the wine will spend much longer oxidizing in barrel, sometimes several years. Some of the most exciting outputs from the Douro in recent times have been the non-fortified wines made from traditional port varieties. Touriga Nacional is also a major player in the inland Dão region, where the granite soils result in wines with more finesse and freshness than those from the Douro. Look for the Dão to emerge as Portugal's next niche fine wine region. An utterly delicious dish to pair with Touriga Nacional blends is "Duck Rice" – shredded duck with rice cooked in its fat and topped with chorizo. Open the Portuguese red, please!

From Lisbon south, the climate is generally warm, making conditions friendly to a wide range of grape varieties. Red wines are the order of the day here and are often made from a blend of Portuguese grapes (e.g. *Castelão*, *Aragonês* and *Trincadeira*) blended with more recognizable names like Syrah. *Tejo* and *Alentejano* are two of the most frequent areas you will see on labels. Wines from these southern regions have the baked notes you'd expect from a warm climate, along with lovely spice, full body and moderate acidity. Stewed partridge or grilled quail goes beautifully with these gentle but rich wines.

For a small country, Portugal boasts an impressive range of wines and some delicious foods to go with them. To share in the excitement of the country's wine, try one from each of the major regions alongside Portuguese-inspired cuisine.



 07

GRAHAM'S 10-YEAR-OLD TAWNY PORT

Portugal \$39.99 206508

Baking spice, raisins and dried cherries dominate the nose of this tawny port, while the palate is pleasantly sweet and the finish is long. Try a savoury pairing such as cave-aged cow's cheese.



 10 

FONSECA TERRA PRIMA RESERVE ORGANIC PORT

Portugal \$29.99 697177

Fonseca is leading the way with this organic port. The nose has ripe black cherry and licorice notes, while the tannins are soft and luxurious. Pair it with either bitter chocolate and walnuts or organic Stilton.

 00

QUINTA DO CRASTO DOURO RESERVA OLD VINES

Portugal \$42.96 489211

Quinta do Crasto is a leader in the non-fortified wines of the Douro Valley. The Old Vines is a blend of several grape varieties, from vines more than 70 years old. Try with roasted beef tenderloin.



 00

CAVALO BRAVO TEJO

Portugal \$12.99 175133

Tejo is an up-and-coming region surrounding Lisbon, featuring blends of unique grape varieties. Try pairing this wine with a beef and barley soup.



 00

PERIQUITA RESERVA SETUBAL

Portugal \$17.99 844076

Full-bodied and ripe, this wine has loads of black fruit and spice notes. The tannins are soft, making it a great match for roasted poultry dishes.



 00

DUAS QUINTAS DOURO

Portugal \$17.99 428649

This is classic Douro wine with flavours that will remind you of port. It has mulberry, licorice and damson plum notes on the nose and a richness on the palate. Try with grilled lamb chops.



PESTO-STUFFED CHICKEN BREASTS

PAIRS WITH PESTO-STUFFED CHICKEN BREASTS



**OYSTER BAY SPARKLING
CUVÉE ROSE**

New Zealand \$24.99 / 772079

This pink sparkling wine is a marriage between the Chardonnay and Pinot Noir grape showing flavours of red cherry, raspberry and hints of toast. Dry on the palate with good lengthy bubbles that are creamy in texture, this juicy medium-bodied wine is great with seafood or chicken salads.



**WENTE MORNING FOG
CHARDONNAY**

USA \$18.99 / 175430

Morning fog refers to the effect on vineyards close to the San Francisco Bay area, where the grapes are sourced. With aromas of lemon cream, white peach, spice, oak and vanilla, this creamy Chardonnay is medium-bodied and balanced by crisp acidity.

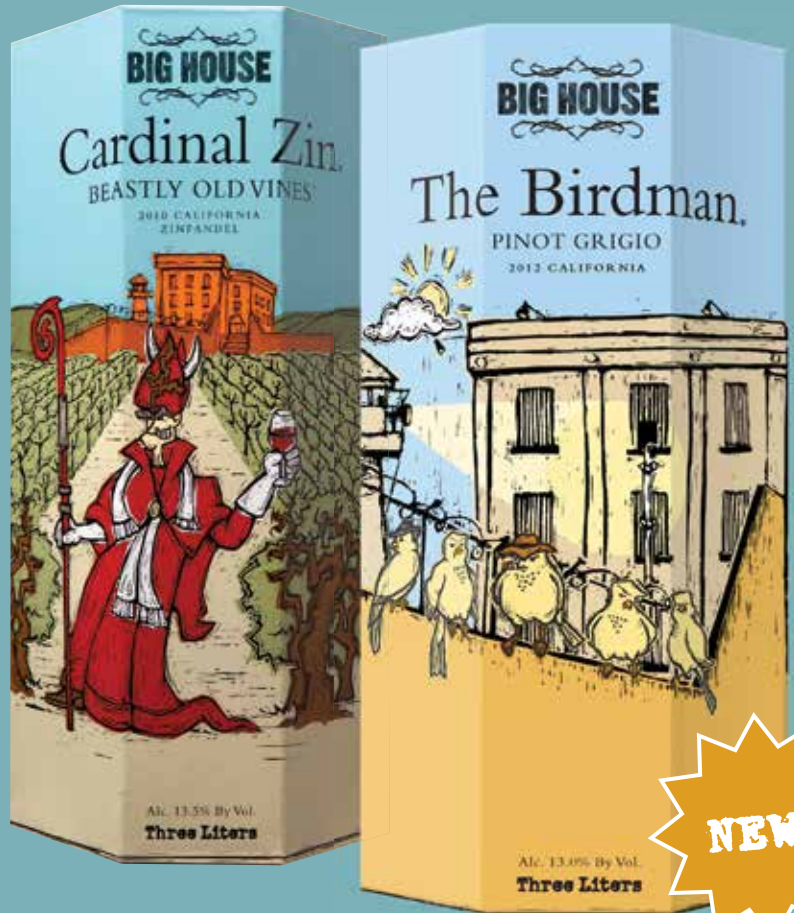
A truly lean white meat, chicken breasts offer the perfect starting point to any meal, but are often overcooked. They should be cooked through, but not overdone, or the meat will be dry. Remove them from heat when the centre registers 150 to 155 F (65 to 68 C) on a meat thermometer. Residual heat will then increase their internal temperature by several more degrees. A resting period is necessary to allow juices to redistribute and create a truly delectable experience. Combining chicken breasts with fresh and flavourful ingredients, and cooking them to the right temperature brings out their juiciness and taste. Do a little experimenting and you'll find that the taste combinations are endless.

SPRING CHICKEN



CHICKEN AND MOREL-FILLED
CHIVE CRÊPES

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2. Camping or at the cottage

3. Festivals or concerts

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PAIRS WITH CHICKEN AND MOREL-FILLED CHIVE CRÊPES



VEUVE CLICQUOT BRUT

France \$69.99 563338

Elegant on the nose with developing aromas of toast, Graham cracker, lemon and hints of green apple, this classic-style champagne is a real crowd pleaser. Dry and medium-bodied, it has racy acidity together with small and long-lasting bubbles that persist throughout the finish.



CLEAN SLATE RIESLING

Germany \$14.99 160127

From to the slate-rich soil of Germany's Mosel region, this Riesling has a fresh and youthful fruit intensity, with flavours of peach, apricot, orange peel and floral. Medium-dry on the palate, this medium-bodied wine is balanced with mouth-watering acidity and good length.



CHICKEN PICCATA

PAIRS WITH CHICKEN PICCATA



SEBASTIANI CHARDONNAY

USA \$20.99 361634

Gala apple, lemon curd, vanilla and spice strike the nose and palate immediately in this youthful wine. It is medium-bodied and dry in style, offering balanced acidity and a round mouth feel. Ready to drink now, it will pair beautifully with poultry, seafood and grilled vegetables.



FAIVELEY BOURGOGNE PINOT NOIR PAULÉE

France \$21.99 142448

This single-varietal Pinot Noir has flavours of red cherry, raspberry and spice with a hint of pepper. Dry and medium-bodied on the palate with chewy tannins, this refreshing wine is very versatile when it comes to food pairing.



SURPRISING, SENSATIONAL SAKE

If ever there was a perfect time for a close up look at sake, it's now. Proof? Japan (and Japanese cuisine, to which sake is integral) joined France in December 2013, as the only two countries to be on UNESCO's Intangible Cultural Heritage list. More, sake is enjoying a serious increase in popularity as it makes its way beyond Japanese restaurants to those in the mainstream. Each year, more sakes are among the Top 100 winners in the annual *Vancouver Magazine* Wine Awards. (Recently awarded sakes include Granville Island's Artisan SakeMaker Osake Junmai and Junmai Genshu, Yoshi No Gawa Goku Jo Ginjo, Sake One Momokawa Pearl Junmai Ginjo Nigori Genshu, Sake One Baby G Junmai Ginjo Genshu and Yoshi No Gawa Umi Blu.)

Sake is made from rice and while not wine, it is often casually referred to as 'rice wine'. Like beer, sake is brewed but the process is far more complex than making beer or fermenting wine. Sake breweries use unique recipes, special sake rice, Koji "mould" (yeast), and specially sourced local water. Part of Japanese culture and tradition for over 2,000 years, sake was originally brewed as a sacred offering to the gods. Today, it is made by more than 1,800 Japanese breweries (*kura*) representing about 1,700 brands and 10,000 different sakes.

“ Part of Japanese culture and tradition for more than 2,000 years, sake was originally brewed as a sacred offering to the gods. Today, it...represents about 1,700 brands and 10,000 different sakes. ”

KINDS OF SAKE

Sake is divided into five major categories: *daiginjo-shu*, *ginjo-shu*, *junmai-shu*, *honjozo-shu*, and *futsu-shu*. It is almost always clear but may be cloudy if it is unpasteurized. Occasionally it is light amber or gold in colour. This indicates full-flavoured or aged sake. The more the rice is milled, the more refined and delicate the sake will be.

DAIGINJO-SHU

Rated the top sake, ultra-premium *daiginjo-shu* is brewed from rice that has the most (50 to 65 percent) of each grain polished away so that between 35 and 50 percent is left. It has a delicate, fragrant, fruity, subtle taste and should be served chilled or at room temperature.

GINJO-SHU

Rice for this premium category has been milled so that no more than 60 percent of the grain remains, and may or may not have some added alcohol. It is mild in flavour, fragrant and shows some complexity. Serve chilled or at room temperature.

JUNMAI-SHU

There are no regulated rice milling requirements for *junmai-shu*, which is made using only rice, water and koji. This sake is full-bodied, slightly acidic and food-friendly. Serve at room temperature or warm.

HONJOZO-SHU

Rice polished by more than 30 percent (70 percent remains). A little alcohol is added during the final fermentation resulting in easy-drinking dry, light and fragrant sake. This is often served warm.

FUTSU-SHU

Often referred to as normal or table sake, it includes all sakes that don't fall into the previous categories. It makes up the bulk (between 70 percent and 75 percent) of all sakes and has no regulated rice milling requirements. Distilled alcohol is added to increase yields. While there are many pedestrian futsushu sakes, there are others that offer flavourful, easy drinking.

There are other varieties of sake like *nigori* (unfiltered, cloudy, slightly sweet) and *nama* (unpasteurized fresh, lively sake). These should be served very cold.

Not to be missed are sparkling sakes like delicate Hakkaisan Junmai Sparkling Nigori (enjoy as an alternative to traditional sparkling wines) and fresh and lightly fruity Sho Chiku Bai Sparkling Sake with just 5 percent alcohol. Fairly rare, *koshu* or vintage sake like Hitosuji Junmai Vintage Sake is aged for three to eight years or more under carefully controlled cool conditions. They may range in colour from pale amber to a deep brown, are full-bodied, complex and rich in taste. Vintage sake should be sipped slowly and savoured.

Worth noting, Vancouver's Granville Island is home to one of Canada's first sake breweries, Artisan SakeMaker, which is now in its eighth year of operation. Sake maker Masa Shiroki imports high-quality sushi rice from Japan to make award-winning junmai sake. In 2013, he began sourcing organic sake rice from the Fraser Valley to make a 100 percent local sake.

TASTING SAKE

The most important thing to look for in sake is balance. It can be delicate, rich, or full-bodied but should never be cloying or aggressive but always in balance. Some of the commonly found flavours in sake are melon, apple, banana, floral notes, herbs, spices, rice, chestnuts, chocolate, grapes, sherry and caramel.

SERVING SAKE

Sake is served in traditional sake cups (*ochoko*), small glasses, wood boxes (*masu*) or in white wine glasses. Lower quality sakes are sometimes heated to mask less pleasant flavours. Occasionally, quality sakes may be gently warmed to release different aromas and flavours, although most are served cool or chilled.

STORING SAKE

Sake, like wine, is best stored in a cool, dry, dark place and should be drunk at its freshest, ideally soon after purchase since it doesn't age. An unfinished bottle will keep a day or two in the fridge.

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SURPRISING, SENSATIONAL SAKE

FOOD PAIRINGS

Because sake is made from rice and has umami flavours, it pairs easily with most cuisines enhancing most flavours while tempering others like overly fishy tastes. Use the same principles as pairing with wine and you're set as long as you stay away from spicy, rich or hot dishes and vinegars. Match umami in sake with umami in food and you'll have a great combination. Think Parmesan cheese, shellfish, most fish, mushrooms, meat, stir-fries, pasta and poultry, including duck and quail.

Naturally free of preservatives and additives, sake is excellent for making wicked cocktails. *Kanpai!*



HAKUTSURU JUNMAI GINJO SAKE

Japan \$9.95 210823 300 ml

Flowery and fragrant, this junmai ginjo sake is silky smooth, and smells and tastes of flowers, rice, mango and honeydew. The finish is light and lingering with florals, melon, and hints of herbs. Enjoy chilled on its own or with slightly salty, soy-finished dishes, sashimi and steamed clams.



HANA LYCHEE FLAVOURED SAKE

USA \$19.47 21295

A premium, California-made flavoured sake with exotic floral, lychee and mango aromas with sweet lychee, florals and vanilla on the palate. It's smooth, mellow and balanced with a sweet, fruity lingering finish, and it's Kosher too. Serve chilled as an aperitif or with spicy food.

EXPLORING SAKE

With an ever-expanding selection of sakes on store shelves, there's never been a better time to delve into it. If you're not sure where to begin, in-store product consultants can guide you. Get together with friends for a sake-tasting party which offers great possibilities to taste a range of sakes. Assign a type of sake to each invitee (they will pick up nuggets of info when they're buying their bottles) and get ready to taste, share and compare. Use white wine glasses to get the most out of the aromatics.

For a wider selection of sake, check out one of these Signature BC Liquor Stores:

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SIGNATURE BC LIQUOR STORE**



SAKE ONE MOMOKAWA PEARL JUNMAI GINJO NIGORI GENSU PREMIUM

USA \$22.99 586958

Pale yellow with lychees, pears and walnut aromas, this creamy, rich, unfiltered Oregon import charms with pears, apples, coconut and honey and has hints of citrus on the finish. Certified organic, it is excellent chilled and is a great match for fish tacos, barbecue and spicy Thai dishes.



HAKUTSURU DRAFT SAKE

Japan \$7.95 468173 300 ml

Aged for a month after brewing, Hakutsuru Draft Sake is light, fresh and smooth with soft melon, vanilla, pear and rice notes followed by a slight rice and melon tang on the dry finish. Enjoy chilled for a deliciously different aperitif or with raw oysters, lobster or pork dumplings.



GEKKEIKAN SAKE

USA \$10.99 145433

Fourteen generations spanning 370 years of sake making in Japan stand behind this brewed-in-the USA sake. Medium-bodied, fresh, fruity, off dry with herbaceous, earthy, lychee and melon notes, this sake can be sipped warm, at room temperature or chilled. Enjoy with tempura, mushroom dumplings, grilled chicken or a Japadog.



ARTISAN SAKEMAKER OSAKE JUNMAI NAMA GENSU*

Canada \$21.87 580183 375 ml

Vancouver's Granville Island is home to one of Canada's first premium, handcrafted sakes. Made with imported Japanese sake rice, it is complex, elegant and dry. Aromas of exotic lychees, Asian pears and papayas lead to a rich, creamy fruity palate and warm, smooth finish. Enjoy chilled, with cheeses, charcuterie, duck and crab.

* Due to limited availability, see bcliquorstores.com for product details.

NORTH TO SOUTH **INDIAN**



MANGO AND
POMEGRANATE SALAD

Renowned for its use of multiple spices in its diverse dishes, Indian cuisine is as vast as this major sub-continent itself and varies from state to state and from north to south. Southern Indian cuisine features more seafood and a larger vegetarian menu. Dishes and curries tend to be made with whole spices and coconut milk, compared to the more complex spice blends and richer use of ghee (clarified butter) and yogurt in the north. The eating of beef is taboo, as cows are sacred in the Hindu culture, as is pork with the Muslim communities, so lamb, chicken, seafood and creative vegetarian dishes are plentiful.



PRAWNS IN COCONUT MILK

PAIRS WITH PRAWNS IN COCONUT MILK



**CHARLES SMITH
KUNG FU GIRL RIESLING**

USA \$19.99 301671

Recognized for its Merlot, Washington State is also known for making quality dry Riesling. This aromatic wine is packed with floral, peach, green apple and lemon. It is medium-bodied and dry on the palate. The zesty acidity is balanced by the fruit intensity through the finish.



**G.H. MUMM
CORDON ROUGE BRUT**

France \$64.99 308056

This champagne's blend has a high proportion of Pinot Noir, to give it body and power, along with Chardonnay and Meunier. Fragrant, with characteristics of apricot, lemon, bread, hints of honey and pineapple, this dry bubbly has a long, persistent mousse with small bubbles. Dry and medium-bodied, it has some complexity and is fantastic with creamy dishes.



GROUND LAMB KEBABS SERVED WITH TOMATO, CUCUMBER AND ONION RELISH

PAIRS WITH CAULIFLOWER WITH CHILIES AND MUSTARD SEEDS



MOSELLAND ARS VITIS RIESLING

Germany \$18.49 914762

Riesling, one of Germany's signature grape varieties, is an aromatic wine that is not necessarily sugary sweet in style. This Riesling has youthful aromas of honey, floral, ripe apple and peach on the nose and palate. Medium-bodied with residual sugar balanced by juicy acidity, this wine is ideal with spicy dishes.



GRAY MONK ROTBERGER

BC VQA \$15.99 321620

Rotberger, a cross created in Germany with Riesling as one of the parent grapes, is a flavourful black varietal. Offering aromas of raspberry, cranberry and spice, this slightly off-dry rosé is lively with zesty acidity and is mild on the palate.



FRONT: CHETTINAD FRIED CHICKEN WITH YOGURT RICE
BACK: CAULIFLOWER WITH CHILIES AND MUSTARD SEEDS AND SPICY POTATOES

PAIRS WITH CHETTINAD FRIED CHICKEN WITH YOGURT RICE



CASAS DEL BOSQUE SAUVIGNON BLANC RESERVA

Chile \$16.99 740878

The Casablanca Valley, known for its cool-climate conditions, is highly recognized for its Sauvignon Blanc. Showing pronounced flavours of grapefruit, gooseberry, lime and green apple, this dry wine is medium-bodied with mouth-watering acidity that makes it a great food partner. Pairs well with seafood and tapas.



CEDARCREEK PINOT NOIR

BC VQA \$24.91 567412

This high-quality Pinot Noir offers youthful flavours of black cherry, raspberry, spice and oak. Showing some complexity on the palate, it is medium-bodied and dry in style with silky textured tannins. Balanced with fresh acidity, Pinot Noir is one of the most food-friendly varieties.

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PAIRS WITH GROUND LAMB KEBABS



TOMMASI RIPASSO VALPOLICELLA

Italy **\$29.99** 566844

Made from the trio of premium red grapes used to make Amarone, namely Corvina, Rondinella and Corvinone, this Ripasso gained extra concentration thanks to the Ripasso Method. Showing ripe red cherry, plum and spice with hints of raisin, this medium- to full-bodied wine has chewy tannins and zesty acidity.



SCHILD ESTATE SHIRAZ BAROSSA

Australia **\$29.96** 871871

This tasty Shiraz from South Australia's world-renowned Barossa Valley is ready to drink now, but will also benefit from five to seven years of aging. Intense with good concentration, this wine has flavours of blackberry, blackcurrant, spice and oak with hints of blueberry both on the nose and palate. Full-bodied with fine-grained tannins, it pairs well with red meats.



DIABOLICA WHITE

BC VQA **\$15.99** 820647

A blend of mainly Pinot Gris, Viognier, Pinot Blanc and Muscat, this white wine is very food friendly. Flavours such as white peach, Gala apple and lemon with a hint of honey greet the nose and palate. Slightly off-dry in style, it is medium-bodied and balanced with mouth-watering acidity. It pairs well with west coast cuisine.



MARTINI ROSÉ

Italy **\$14.49** 772673

Crisp and medium in sweetness, this pink Italian sparkler has flavour characteristics of floral, roses, red cherry and raspberry. Mild and juicy on the palate, it pairs well with comfort foods such as chili and spicy dishes like lamb curry.



PAIRS WITH SPICY POTATOES

PAIRS WITH MANGO AND POMEGRANATE SALAD



MIONETTO TREVISO PROSECCO BRUT

Italy **\$19.99** 86256

This youthful 100 percent Prosecco shows flavours of lemon and green apples with hints of floral both on the nose and palate. Dry and medium-bodied, this sparkler has a creamy textured mousse and balanced acidity. Serve it with tapas or as a base for some great Bellinis.



IRONSTONE OBSESSION SYMPHONY

USA **\$16.99** 355784

Highly aromatic, Symphony is a cross produced at the University of California at Davis with Muscat (or Moscato) as one of the parent varieties. Medium-dry and mild on the palate, this wine offers intense floral aromas followed by tropical and stone fruit notes.

THE RISE OF THE BC BLEND

Blends have long been a mainstay of BC's wine industry. What's changed in recent years, however, is the notion of what should go into an Okanagan blend, and how it goes a long way to represent a winery's philosophy.

Back in the bad old days, before free trade and the pullout that led to today's more quality-driven industry, the best wine was made with the best grapes. The rest were "blended away."

That used to be the norm almost everywhere – and still is in some cases. But times have changed and blends have become emblematic of a winery's personality and the quality for which it strives.

One of the most successful and longest running is Gray Monk Latitude 50 White – a wine born out of necessity, according to Gray Monk co-founder George Heiss senior.

In 1990, when, in wine terms, the Okanagan was still a pup, Gray Monk had a vast lineup of German white wine varieties, many of which had been planted under the groundbreaking Geisenheim project. "Our agents asked if we could make a blend by combining a few, in order to develop

a larger volume wine for them to sell and make it more widely available. The percentage of the varieties used varies by year, but we add different grapes for acidity and sweetness," says Heiss.

The name was chosen to make the point that, at the time, Gray Monk was one of the Okanagan's northernmost wineries. Latitude 50 also happens to run through the vineyards of famed Schloss Johannisberg, overlooking the Rhine. Since then, with the addition of a Latitude 50 red and a rosé, the blend has become a mainstay.

Some BC wineries thrive on blending. One such example is Oliver's Road 13. "The fact we make as many blends here is a real gift," says winemaker JM Bouchard, who says he makes so many wines that "what doesn't work somewhere can often work somewhere else." Road 13 Honest John's White (named for BC's plain-speaking premier of almost a century ago) is another stalwart. Although, says equally candid JM, it actually offers little leeway in terms of varying the make-up. "The bigger ship is always harder to steer," he says. "What I've done in the last couple of years to make the blend more interesting is add in

some Pinot Gris or Gewürztraminer. The Gris adds heartiness and a sense of fullness, and the Gewürz also helps with fleshiness and aromatics."

"Sometimes we'll add 'pressings' from our higher-end wines, although Honest John's already has a fair amount of wine from older vines, considering the price point." Quality is always key, says the winemaker.

"We don't add grapes just because we have them. Sometimes we sell off the juice."

Winemakers will often use different varieties to enhance what might be a relatively unassuming variety, such as Chasselas. It's the major component of Quails' Gate's popular white, with equal parts Pinot Blanc, Pinot Gris and a splash of Gewürztraminer. Winemaker Nikki Callaway suggests big-berried Chasselas itself is not that aromatic or interesting. Sometimes it's even hard to ripen, although this wasn't a problem in 2013.

"This year, the Gewürz lifted it, to give more of that Germanic style it needs, plus it's a little drier," she suggests. "I'd enjoy it with some Asian food – or just as a nice sipper on a hot summer's day," she says.



TIM PAWSEY

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

“ Blends have become emblematic of a winery’s personality and the quality for which it strives. ”





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THE RISE OF THE BC BLEND

What's curious about blends, says Peller Sandhill's Howard Soon, "is that people always want to know what's in them, often before they even taste them."

"That's absolutely the reverse of what the winemaker intended," he says.

"The winemaker wants to make such a good, seamless wine that it needn't be deconstructed. The Bordeaux varieties are meant to dovetail, which means you shouldn't be able to spot where the Cabernet Sauvignon ends and the Merlot starts."

Known for its good value, Soon's Sandhill Cabernet Merlot has become a bestseller, a wine that is indeed a seamless blend. "Getting it into barrel early is key. We put the blend together a year ahead of time and re-barrel it." It makes sense, says Soon. The more time the wine spends in barrel as a blend, the better the final result.

"The best scenario is when you can actually crush the grapes together! This year (2013) was a wonderful year, so we could do that. It all depends on the vintage!" Soon says it really is about what's in the bottle, not what's on the label.

"When you come right down to it," says Soon, "tasting a good blend is similar to when you meet someone for the first time, and you know that you really like them – that you are really going to get along just fine!"

Featured here are six BC blends you'll be pleased to meet.



 **01** 
**GRAY MONK
 LATITUDE FIFTY WHITE**

BC VQA \$13.99 321646

Tropical notes on the nose lead to a ripe, fruity palate of grapefruit and citrus notes with a touch of spice in the end. A crisp, clean sipper that also goes well with a wide variety of dishes, from grilled chicken to pink salmon and salads.



 **00** 

ROAD 13 HONEST JOHN'S WHITE

BC VQA \$16.99 601070

Floral and citrus up front are followed by a juicy palate of tropical melon and citrus with hints of honey and ginger. Try it with Asian tastes such as ginger crab or with shrimp curry and black-pepper papadums.

 **01** 

**QUAILS' GATE CHASSELAS
 PINOT BLANC PINOT GRIS**

BC VQA \$18.99 585737

The winery's most popular wine offers zesty citrus on the nose, followed by more tropical tones, wrapped in good acidity. Look for a drier style in the 2013 vintage. Super with seafood, spicy foods or alone as an excellent sipper.



 **00** 

**SANDHILL VANESSA VINEYARD
 CABERNET MERLOT**

BC VQA \$19.99 168641

This Bordeaux-inspired blend, with a dash of Cabernet Franc, features lifted notes of cedar and black fruit followed by a medium-bodied palate with easy tannins, juicy acidity and good length. Still evolving, it's good value and a great match with grilled meats or strong Cheddar cheese.



 **01** 

BLASTED CHURCH HATFIELD'S FUSE

BC VQA \$17.99 734475

Arguably the blend with the most components (usually nine or so), winemaker Mark Wendenberg juggles everything from Ehrenfelser to Chardonnay Musque. A food-friendly wine that sports tropical, apple and peach on the nose with a textured palate of stone fruit, citrus and grapefruit. Think simple seafood, Waldorf salad or buttered popcorn.



 **00** 

**INNISKILLIN DARK HORSE SINGLE
 VINEYARD MERITAGE OKANAGAN**

BC VQA \$24.99 597039

Long-time winemaker Sandor Mayer fashions one of the Okanagan's classic Bordeaux blends with estate-grown grapes from Oliver's west side. Merlot dominates this well-structured drop, with black cherry notes up front followed by mocha and vanilla with integrated tannins. A shoo-in for roasted prime rib, venison or other game.

HOW TO HOST A WINE TASTING

SPRING ENTERTAINING
WITH A TWIST



“ Before you know it, friends will be reciprocating and you’ll have a legitimate game of wine-tasting tennis going on between homes. Here’s how to serve. ”

Ever consider hosting a wine tasting in your home? It ticks all the boxes for a good time – fun, social, educational, useful and a perfect lead-in to a springtime dinner party. By the time you usher guests into the dining room, hit the playlist and queue the butler/husband/best friend to serve the first course, the happy chatter is in full gear.

A wine tasting is the perfect primer for a dinner party, and pulling one together isn’t that difficult. Just round up a few friends, open several bottles, and let it rip. Well, there’s more to it than that – but not much. And before you know it, friends will be reciprocating and you’ll have a legitimate game of wine-tasting tennis going on between homes. Here’s how to serve.

SELECT THE WINES

There are a couple of ways to structure the tasting – the easiest and most accessible simply showcases different grape varieties. This method is straightforward, and a ready-made flight of wines is offered on page 133.

Or you can choose a selection of wines from the same grape variety and vintage – but from different places – to highlight stylistic differences between grapes grown in various regions. Juxtapose a restrained Sauvignon Blanc, such as a Sancerre or Pouilly-Fumé from the Loire, with one that teems with cat pee and gooseberry

from Marlborough, for example. Then round out the flight with a few bottles in between from elsewhere, such as Canada, the United States or Chile.

Not all varieties swing from austerity to flamboyance like Sauvignon Blanc, but regional differences can still be fascinatingly apparent. Compare earthy, savoury Pinot Noir from Burgundy with more fruit-forward styles from California, Oregon or New Zealand. Taste stony Chardonnay from Chablis with richer versions from warmer climates. With this latter method, a selection of three to six bottles per variety is best. A red flight and a white flight also works well.

SET UP

Once the wines are selected, set up the space. Order the wines you’ll be using, from sparkling to still, driest to sweetest, lightest to fullest, unoaked to oaked. If you’re showing white and red wines, taste the white flight first.

Then, wrap each bottle in foil or brown paper and number them. Veiling the identities of the wines adds intrigue and objectivity. It’s called tasting blind.

And don’t chill bottles regardless of style – all wines are most accurately tasted at room temperature, because lower temperatures mask aromas and flavours. Later in the evening, feel free to plunge the whites into an ice bath.

Next, select a room with good lighting and a large table with chairs. At

each place setting, create a wine placemat by drawing numbered circles on white paper where each wine sample will be. If there are six wines being tasted, draw six numbered circles by tracing the foot of a wine glass. White paper helps tasters accurately assess the colour of the wines.

Place a clean, polished wine glass on each of the circles at each place setting. An ISO (International Standards Organization) tasting glass is the industry standard, and trade tastings often use Riedel stems, but any wine glasses will do, as long as the glass is clear – not coloured – and the rim is smaller than the bowl, to capture aromas. Consider renting good stemware for the event.

Include a deck of blank tasting sheets beside each placemat (sample provided on the following page), along with a pencil, a glass of water and a personal spittoon in the form of a tall opaque cup (think the size of a Starbucks Grande). You can also place water crackers on the table as palate cleansers – water crackers are simply flour and water, so they don’t interfere much with wine flavours.

GO!

To get you started, six wines from different grape varieties are noted here – ordered appropriately for tasting. But feel free to take liberties and substitute your favourite bottles, or tailor it to your guests’ tastes. Have fun with it.

Here’s to spring!

TASTING SHEET

Date: _____

Wine Name: _____

Vintage: _____

Appearance/Colour: _____

Aromas: _____

Flavours: _____

Body: *(weight in the mouth – light, medium or full-bodied)*

Length: *(how long it lingers after the swallow – short, medium, long)*

Score: _____/100

TASTING SHEET

Date: _____

Wine Name: _____

Vintage: _____

Appearance/Colour: _____

Aromas: _____

Flavours: _____

Body: *(weight in the mouth – light, medium or full-bodied)*

Length: *(how long it lingers after the swallow – short, medium, long)*

Score: _____/100

TASTING SHEET

Date: _____

Wine Name: _____

Vintage: _____

Appearance/Colour: _____

Aromas: _____

Flavours: _____

Body: *(weight in the mouth – light, medium or full-bodied)*

Length: *(how long it lingers after the swallow – short, medium, long)*

Score: _____/100

TASTING SHEET

Date: _____

Wine Name: _____

Vintage: _____

Appearance/Colour: _____

Aromas: _____

Flavours: _____

Body: *(weight in the mouth – light, medium or full-bodied)*

Length: *(how long it lingers after the swallow – short, medium, long)*

Score: _____/100



**SEGURA VIUDAS HEREDAD
BRUT RESERVE**

Spain **\$33.99** 94912

Resting on a beautiful pewter base, this classic Cava not only graces a table well, it's drop-dead delicious. Bone-dry and beautifully balanced, with persistent, tiny bubbles threading through compelling flavours of restrained apple, pear, smoked wet stones and toast.



**STONELEIGH PINOT GRIGIO
MARLBOROUGH**

New Zealand **\$16.99** 502054

Delivering a jolt of pure refreshment, this wine zips across the palate like a thing possessed. An intense key lime core is shot through with flavours of cut grass, snow pea and asparagus. Concentrated, quaffable and sure to please.



GEHRINGER RIESLING CLASSIC

BC VQA **\$14.99** 171488

Winning a gold medal at the 2011 All Canadian Wine Championships, this stellar spring white offers up silky stone-fruit flavours laced with white flowers and honeysuckle. Razor acidity balances the off-dry palate, making it a great cocktail alternative or partner to spicy fare.



**DUCK POND PINOT NOIR
WILLAMETTE VALLEY**

USA **\$31.99** 427872

An inviting, fruit-forward red that's all the more appealing for being understated. Clean, articulate strawberry, cranberry and red plum flavours are crisp and juicy. Pure magic with grilled salmon.



CUSUMANO NERO D'AVOLA SICILIA

Italy **\$17.99** 143610

Great for grilling, this full-bodied red is rich with sweet plum, blackberry and cherry flavours anchored by firm but ripe tannins. It's a fruit-forward, inviting red seasoned with black pepper on the finish.



ALAMOS CABERNET SAUVIGNON

Argentina **\$14.99** 467944

Outstanding value! Jovial black and red forest-fruit flavours, warm tobacco and a hint of mint are packed into a tight, velvety-textured wine with considerable length. Versatile and supremely drinkable red.

HOSTING TIPS

- Uncork and pour the wines once guests are seated – not before – so guests can follow the evolution of the wines as they open up over the course of the evening
- Two-ounce samples are best
- Give everyone time to taste the wines independently and jot down their notes. Then, discuss the wines, taking turns sharing thoughts and re-tasting wines together
- Bring the wines to the dinner table afterwards, to try them with food
- Bear in mind that novices and more seasoned tasters blend quite well – especially when bottles are tasted blind



ASK AN

EXPERT

DAVID HOPGOOD

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

WINE SERVING TEMPERATURE

I recently opened a well-rated \$25 bottle of wine. I could not detect a flaw, but it was disappointing and did not offer the quality noted in the reviews. Can you think of a reason why I might not have enjoyed this wine?

The answer to this question might be quite simple. It may not have been the wine that caused your disappointment, but the temperature at which it was served. We tend to drink our white wines at too low a temperature and our red wines at too high a temperature.

The single most important factor in the enjoyment of wine is its temperature, and that factor is entirely in our own hands. Proper glassware will help focus the aroma and flavour,

but temperature is more important. Getting the wine to the best serving temperature costs nothing, but does require a little planning. Wouldn't it be better to open that nice \$25 wine at just the right temperature and have it taste like a \$35 bottle? Is that not, after all, what we are looking for – a bottle that punches above its weight? A bottle that delivers higher quality than what you thought you would get at that price is always what we desire.

The importance of the right serving temperature was reinforced for me last summer. I was lunching at a beautiful restaurant on the Sunshine Coast. The restaurant is quite accomplished and has even won awards for its carefully chosen wine list. I ordered a glass of Gamay from Okanagan Falls and was looking forward to enjoying this refreshing light red with my lunch. The wine arrived and I took a sniff and a sip. It was so warm it almost burned my tongue! It was served at "room temperature," but the room that day was the same temperature as the air, 25 degrees. The wine suffered because of the heat. It seemed alcoholic and dull and lacked the characteristic freshness of Gamay, the grape of Beaujolais. I sent the wine back and instead ordered a rosé.

“ We tend to drink our white wines at too low a temperature and our red wines at too high a temperature. ”

It was not a better wine, but it tasted juicy and fresh because it had been chilled, as the light red wine should have been.

When wine is served too warm, flavour compounds evaporate and disappear. The alcohol can seem elevated and the wine will feel flat and lifeless in the mouth. If it is too cold, the aroma and flavour will be suppressed and the fruit and complexity will be lost. Also, the tannin and possible bitterness of a red wine will be elevated by too much cold, making it unbalanced.

Normal room temperature in our modern homes is about 21 degrees, which is too warm for any wine. When people suggest drinking red wine at room temperature, they are following directions first noted more than a century ago, before central heating. Back then, the dining room was between 15 and 18 degrees, which just happens to be perfect for reds.

So, how does one go about getting the best bang for the buck from every bottle that you open? Everyone has a refrigerator, and chilling the red or white to the correct temperature is simple. Put the red in the fridge 30 minutes to one hour before serving it. You may have to experiment, as the time needed to get it to, say, 16 degrees will be affected by the starting temperature of the wine and the coldness of your fridge. It takes about an hour in my fridge to move the temperature from 21 to 16. The white will need longer, because you want it cooler – about two hours.

There are much quicker ways to chill wine. You can use the freezer, but remember to retrieve the bottle; if left too long, the wine will freeze, expand and then force the cork out. A bucket full of ice water will chill a bottle from 21 to 16 in a few minutes. When I am at home, and in a hurry, I use a wine cooling sleeve, also known as a Rapid Ice Cooler, which numerous stores sell. It is very efficient and works as quickly as ice water. It is a flexible

sleeve that is filled with a liquid that freezes in six hours. Simply slide it over the standard-size bottle and the wine will be chilled in minutes. As a bonus, there is no mess and no water to deal with.

It is better to chill a wine a little more than necessary, as it will warm up over time and you will be able to follow that change as you drink the wine. This is especially true during the summer when temperatures are high.

Here is a guide to the temperatures that will enhance your enjoyment of wine:

WINE TEMPERATURE INDEX

16 – 18 C (61 – 64 F)

Big reds with tannins, Bordeaux, serious Cabernet, Barolo, etc.

15 – 17 C (59 – 63 F)

Red Burgundy and Pinot Noir from other parts of the world

14 – 16 C (57 – 61 F)

Medium-bodied reds, such as Côtes du Rhône, Chianti and Zinfandel, and serious, full-bodied whites such as white Burgundy, rich Chardonnay, etc.

11 – 14 C (52 – 57 F)

Light-bodied reds, such as Beaujolais and Valpolicella, and simple, inexpensive reds

8 – 10 C (46 – 50 F)

Light-bodied whites, such as Pinot Grigio and Sauvignon Blanc, rosés, champagne and fino sherry

4 – 8 C (39 – 46 F)

Most sweet wines and less expensive bubble

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 Watch for answers in upcoming issues of TASTE!

VERY SPECIAL EVENTS

MARCH



CRAFT BEER THURSDAY

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

GET REMARKABLY LUCKY WITH RICKARD'S THIS ST. PATRICK'S DAY

Make this St. Patrick's Day truly remarkable with Rickard's! Join us at select locations and try your luck with an Irish-style red ale, taster pack or Rickard's white. Customers will receive a bonus limited edition St. Patrick's Day green mug with purchase while supplies last!

FRIDAY, MARCH 7 | 3:00 – 7:00 P.M. | KELOWNA ORCHARD PARK

FRIDAY, MARCH 7 | 3:00 – 7:00 P.M. | 39TH & CAMBIE

SATURDAY, MARCH 8 | 2:00 – 6:00 P.M. | WESTSHORE VICTORIA

SATURDAY, MARCH 8 | 2:00 – 6:00 P.M. | PENINSULA VILLAGE

SATURDAY, MARCH 8 | 2:00 – 6:00 P.M. | NICOLA STATION

FRIDAY, MARCH 14 | 3:00 – 7:00 P.M. | LANGLEY SIGNATURE STORE

FRIDAY, MARCH 14 | 3:00 – 7:00 P.M. | WESTWOOD CENTRE

FRIDAY, MARCH 14 | 3:00 – 7:00 P.M. | NORTHGATE

SATURDAY, MARCH 15 | 2:00 – 6:00 P.M. | KAMLOOPS COLUMBIA PLACE

SATURDAY, MARCH 15 | 2:00 – 6:00 P.M. | NORDEL CROSSING

WELCOME TO LANGUEDOC-ROUSSILLON!

Customers are invited to experience Languedoc-Roussillon! Join us as we sample exquisite wine and food pairings, while enjoying a sun-filled interactive event that transports you to the beautiful Mediterranean in an afternoon.

SATURDAY, MARCH 8 | 12:00 – 5:00 P.M.



LIGHT AS AIR SAVOURY MERINGUES

Great glossy swoops of cloud-like meringues are an impressive addition to any dessert table, but why stop there? Meringues, whether soft and billowy or crisp and crunchy, can also add flair and sophistication to savoury dishes. Join Chef Lawren Moneta and discover how to create four outstanding savoury meringue recipes that will have you rethinking this classic dessert. Each recipe will be paired with wine chosen by our 39th & Cambie Product Consultants. **Tickets are \$30** and available to purchase at the 39th & Cambie Customer Service desk.

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

PASCUAL TOSO WITH MEMPHIS BLUES BARBECUE!

Pascual Toso Wines and Memphis Blues invite you to discover why Pascual Toso wines pair so well with barbecued meat. Stop by and tell us your favourite meat and wine pairing!

SATURDAY, MARCH 15 | 3:00 – 7:00 P.M.

SUGAR SHACK

Back by popular demand! Join us in the Cambie Kitchen with Chef Céline Turenne for an unforgettable night of cooking with gourmet Canadian maple syrup! Watch and learn as Céline creates savoury and sweet dishes paired with wine chosen by our own Product Consultants. **Tickets are \$30.** Purchase at the 39th & Cambie Customer Service desk.

WEDNESDAY, MARCH 19 | 6:00 – 8:00 P.M.

THURSDAY, MARCH 27 | 6:00 – 8:00 P.M.

BEAUJOLAIS CHIC

Join us to explore and taste Beaujolais' beautiful wines with gourmet food pairings provided by an on-site chef. Customers will be provided with inspirational food and wine pairing recipes so you can re-create the Beaujolais experience, at home!

SATURDAY, MARCH 22 | 12:00 – 5:00 P.M.

BEER STYLES TRAINING WITH JAMIE MASTIN FEATURING THE BEST OF AMERICAN CRAFT BEER

Learn about craft beer from one of the most acclaimed brewmasters in North America, Jamie Mastin, of New Belgium Brewing. With a focus on American craft beer, learn about classic beer styles with food pairings provided by Daniela Laci, executive chef at the Kooner Hospitality Group. **Tickets are \$10** and available to purchase at the 39th & Cambie Customer Service desk.
WEDNESDAY, MARCH 26 | 6:00 – 8:00 P.M.

APRIL

CRAFT BEER THURSDAY

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

THURSDAY, APRIL 3 | 4:00 – 6:30 P.M.

TASTE LIFE WITH YELLOW TAIL

Sample [yellow tail] wine and enjoy a baked appetizer while having the opportunity to ask about the wines.

FRIDAY, APRIL 11 | 3:00 – 5:00 P.M.

SPRING INTO GREAT TASTE WITH SEE YA LATER RANCH!

See Ya Later Ranch supports sustainable vineyard and land practices! In celebration of Earth Day, SYL Ranch will donate \$1.00 from every bottle sold in the month of April to The Land Conservancy of British Columbia.

SATURDAY, APRIL 12 | 2:00 – 6:00 P.M. | PARK ROYAL

NHL STANLEY CUP FINALS WITH MOLSON CANADIAN & COORS LIGHT

Grab your favourite jersey and join us at select locations to sample refreshing Molson Canadian & Coors Light! Customers will receive a bonus 1 of 20 Stanley Cup t-shirts as gift with purchase while supplies last. Customers will also have an opportunity to enter to win an NHL® Stanley Cup Playoffs Package!

SATURDAY, APRIL 12 | 3:00 – 7:00 P.M. | 39TH & CAMBIE

FRIDAY, APRIL 18 | 3:00 – 7:00 P.M. | LANGLEY

SATURDAY, APRIL 19 | 2:00 – 6:00 P.M. | WESTWOOD

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

EASTER DINNER

If your Easter plans this year involve entertaining a large gathering of friends and/or family, we invite you to try a modern twist on a classic Easter meal. Join chef Lauren Moneta as she introduces you to four inspirational recipes all paired with wine chosen by our 39th & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39th & Cambie Customer Service desk. **WEDNESDAY, APRIL 16 | 6:00 – 8:00 P.M.**



CELEBRATE WINES OF ARGENTINA: MALBEC WORLD DAY

April 17, 2014 will mark the 4th annual Malbec World Day. The day was established by Wines of Argentina to celebrate the country's flagship varietal as well as raise awareness around the globe of the quality and variety of wines produced by Argentina. **THURSDAY, APRIL 17 | 2:30 – 6:30 P.M.**

RODNEY STRONG – SAVE WATER, DRINK WINE

Save water, drink wine! Join us to sample some wine from California's first carbon neutral winery, Rodney Strong Vineyards! \$1.00 from every bottle of Rodney Strong sold will be donated to "The Water Project". **FRIDAY, APRIL 18 | 4:00 – 6:00 P.M.**

A TASTE OF CHICAGO – MILLER STYLE!

Join us at Langley Signature Store for a true taste of Chicago, Miller style. Enjoy samples of extraordinarily smooth MGD paired with savoury classic Chicago-inspired dishes. Customers can enter a contest for a chance to win a trip for 2 to Chicago & Milwaukee! **SATURDAY, APRIL 19 | 2:00 – 6:00 P.M. | LANGLEY**

SANTA MARGHERITA – ONE SIP. ONE CLICK. MAKE A DIFFERENCE.

Learn how your favourite Italian white wine is making a difference and how you can too. Come taste Santa Margherita Pinot Grigio, which is carbon neutral and paired with sustainable bites. **SATURDAY, APRIL 19 | 1:00 – 4:00 P.M.**



SPRING CHICKEN

A truly lean white meat, combining chicken breasts with fresh and flavourful ingredients and cooking them to the right temperature brings out their juiciness and taste. Join chef Céline Turenne as she demonstrates how to create four delicious chicken recipes along with wine pairings provided by our 39th & Cambie Product Consultants. **Tickets are \$30** and are available for purchase at the 39th & Cambie Customer Service desk. **WEDNESDAY, APRIL 23 | 6:00 – 8:00 P.M.**

CHÂTEAU MARGAUX VERTICAL TASTING SEMINAR

24 lucky ticket holders will have the incredibly rare opportunity to sample various vintages of Château Margaux while being educated by Aurelien Valance, Senior VP Commercial Director of Château Margaux. Attending guests will also have the opportunity to purchase back vintages of Château Margaux. Wines will be flown in directly from Château Margaux's cellar for this event – you cannot get a better source for these "collector's gems". Ticket prices to be confirmed for this exclusive event. **TUESDAY, APRIL 29 | 2:00 – 4:00 P.M.**

MAY

CRAFT BEER THURSDAY

Join our 39th & Cambie Beer Advocates every first Thursday of each month to explore award winning and local craft beers that are new to the BC market! Sip on some craft beer while enjoying gourmet cheese pairings provided by Chef Céline Turenne. **THURSDAY, MAY 1 | 4:00 – 6:30 P.M.**

PC TASTING – WINES FOR MOTHER'S DAY

Join our 39th & Cambie product consultants as they sample lovely wines with cheese pairings, fit to share with your Mom. These hand-picked selections are sure to bring a smile to any mom's face as you celebrate the one day a year dedicated to her. **THURSDAY, MAY 8 | 4:00 – 6:30 P.M.**

CELEBRATE BC ART & WINE!

Celebrate BC Art & Wine! Enter to win a private dinner in the Vancouver Art Gallery after dark plus a privately guided tour of Douglas Coupland: everywhere is anywhere is anything is everything. **FRIDAY, MAY 16 | 4:00 – 6:00 P.M.**



CELEBRATE LIKE CHAMPIONS WITH HEINEKEN IN IBIZA!

Do you have soccer fever? Join us as we kick off the count down to the UEFA finals with a guided beer tasting of Heineken paired with Spanish-inspired game time snacks! Customers can enter for their chance to win a custom Heineken foosball table to be given away in-store during the tasting! Customers can also enter for their chance to win a VIP trip to Ibiza to watch the UCL finals. **SATURDAY, MAY 17 | 4:00 – 6:00 P.M.**

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



STEAMED MEDITERRANEAN CHICKEN WITH HERBED COUSCOUS

Serves 4

- 1 tbsp (15 ml) whole grain Dijon mustard
- 2 tbsp (30 ml) fresh lemon juice
- 1 pinch granulated sugar
- salt and pepper, to taste
- ¼ cup + 1 tbsp (65 ml) extra-virgin olive oil
- 4 chicken breast halves, boneless, skinless
- ½ tsp (2 ml) fresh thyme leaves, chopped
- 24 thin asparagus spears, trimmed
- 12 cherry tomatoes, halved
- 20 pitted kalamata olives
- 8 marinated artichoke hearts, halved or quartered
- 8 basil leaves, torn
- ½ cup (125 ml) crumbled feta cheese
- Herbed Couscous (make ahead, recipe follows)

Preheat oven to 350 F (180 C). In small bowl whisk together mustard, lemon juice, and a pinch each of sugar, salt and pepper. Continue to whisk while slowly drizzling in olive oil until dressing is emulsified then set aside. Season chicken breasts on both sides with salt, pepper and thyme. Set aside. Cut 4 pieces parchment paper into 20 to 25-in (50 to 63 cm) pieces. Fold each sheet in half lengthwise, then open and place on clean work surface. To make parcels, divide asparagus among parchment placing them on the left side of fold near crease centered evenly between top and bottom of parchment paper. Place a chicken breast on top of each bed of asparagus. Drizzle with about 1 tbsp (15 ml) dressing. Top chicken breasts with tomatoes, olives, artichokes, basil, and feta. Drizzle each with another 1 tbsp (15 ml) dressing. Working with one parcel at a time, fold right half of one parchment paper over contents and, starting with top right corner, form a half-moon packet making small but tight pleats all the way around to seal completely. Repeat process with remaining packets. Transfer packets to rimmed baking sheets and cook for 25 to 28 minutes. To serve, place packets directly on each of four plates and use kitchen shears to open packets at the table. Serve with Herbed Couscous, if desired.

HERBED COUSCOUS

Serves 6

- 2 cups (500 ml) chicken stock
- 1½ cups (375 ml) couscous
- 2 tbsp (30 ml) extra-virgin olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 tbsp (15 ml) lemon zest, finely grated

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½ cup	(125 ml)	parsley, chopped
3 tbsp	(45 ml)	chives, finely chopped
1 cup	(250 ml)	cooked fresh peas (or frozen peas, thawed)
		salt and pepper, to taste

In a large saucepan, bring stock to boil. Once boiling, turn off heat, but do not move saucepan. Add couscous and cover saucepan with tight-fitting lid. Let stand for 5 minutes or until couscous has absorbed all the stock. Uncover couscous, drizzle oil and lemon juice over top and fluff grains with a fork. Add lemon zest, parsley, chives and peas and stir gently. Season to taste with salt and pepper.

PAIRS WITH

CHATEAU STE MICHELLE RIESLING
USA \$16.99 232512

FONTODI CHIANTI CLASSICO
Italy \$34.99 533315



SCALLOPS ON THE HALF SHELL WITH GINGER DRESSING

Serves 6

6		scallops on the half shell, thawed if frozen
2 oz	(60 g)	cellophane noodles
2-in	(5 cm)	piece fresh ginger, peeled, cut into thin matchsticks
1 tbsp	(15 ml)	Canola or peanut oil
1 tbsp	(15 ml)	fresh lime juice
2 tsp	(10 ml)	soy sauce
1		small fresh red Thai chili, finely chopped
1		garlic clove, minced
1 pinch		salt
2 tsp	(10 ml)	toasted sesame oil
1 tbsp	(15 ml)	fresh cilantro leaves, coarsely chopped, for garnish
1		green onion, trimmed and thinly sliced, for garnish
½		red bell pepper, cut into thin matchsticks, for garnish

Remove scallop meat from shell. Rinse meat thoroughly under cold water. Set aside on plate and refrigerate until ready to use. Scrub scallop shells and place in boiling water. Allow shells to boil for 5 minutes. Drain shells and rinse thoroughly. Place noodles in a large bowl and cover with hot water. Soak until softened, about 5 minutes. Drain and set aside. In a small bowl, combine ginger, Canola oil, lime juice, soy sauce, chili, garlic and salt. Place scallop shells in a large bamboo steamer basket. Top each shell with some of the prepared noodles and then a scallop. Drizzle each scallop with some of the ginger dressing. Cover tightly with steamer lid. Bring about 2-in (5 cm) water to a boil in a wok over medium-high heat. Place steamer basket over boiling water, ensuring bottom slats do not touch water, and steam scallops for 5 minutes or until they turn opaque. Place scallops on serving plates and drizzle with sesame oil. Garnish with cilantro, green onion and red pepper just before serving.

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WINE-STEAMED LOBSTER TAILS AND DIPPING DUO

Serves 4

1 bottle	(750 ml)	white wine
2		garlic cloves, minced
4		lobster tails, split in half
		salt and pepper, to taste
		Lemon Ginger Beurre Blanc (make ahead, recipe follows)
		Tomato Pesto Butter Sauce (make ahead, recipe follows)
		lemon wedges, optional, for garnish

In a wok, bring wine and garlic to boil over medium-high heat. Place steamer basket over boiling water, ensuring bottom slats do not touch wine. Season lobster tails with salt and pepper, place into basket and cover with steamer lid. Reduce heat to medium-low and simmer lobster until opaque and cooked through, about 6 to 12 minutes, depending on size of tails. Transfer warm lobster tails to serving plates and garnish with a couple lemon slices, if using. Serve alongside Lemon Ginger Beurre Blanc and Tomato Pesto Butter Sauce for dipping.

LEMON GINGER BEURRE BLANC

Makes about 1 cup (250 ml)

2 tbsp	(30 ml)	shallots, minced
¼ cup	(50 ml)	Sauvignon Blanc
1 tbsp	(15 ml)	fresh ginger, finely grated
¼ tsp	(1 ml)	lemon zest, finely grated
¼ cup	(50 ml)	fresh lemon juice
¼ tsp	(1 ml)	salt, plus extra
1 cup	(250 ml)	cold unsalted butter, cubed

In small saucepan, bring shallots, wine, ginger, lemon zest, lemon juice and salt to a boil. Reduce liquid to about 2 tbsp (30 ml). Remove from heat and whisk in butter 2 cubes at a time, adding a few new pieces before the previous ones have melted completely. Pour sauce through a fine mesh strainer and season to taste with additional salt. If sauce is too thick, thin by whisking in a teaspoon or two of warm water. Serve immediately or sauce can keep in a warm place for about 30 minutes.

TOMATO PESTO BUTTER SAUCE

Makes about 2 cups (500 ml)

1 cup	(250 ml)	sun-dried tomatoes packed in olive oil, drained
2		garlic cloves, minced

1 cup	(250 ml)	fresh basil leaves
½ cup	(125 ml)	Parmesan, freshly grated
		salt and pepper, to taste
¾ cup	(175 ml)	unsalted butter

In a food processor, blend together sun-dried tomatoes, garlic, basil and Parmesan until a chunky paste forms. Season to taste with salt and pepper. In small saucepan, melt butter over medium heat. When melted and warm, remove from heat and stir in tomato mixture. Serve immediately or sauce may be kept in a warm place for about 30 minutes.

PAIRS WITH
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CAKEBREAD CELLARS SAUVIGNON BLANC NAPA VALLEY

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STEAMED BUNS WITH BRAISED PORK BELLY

Serves 12

2¼ cup	(550 ml)	warm water (about 110 F/43 C)
2 tbsp	(30 ml)	granulated sugar
1 tbsp	(15 ml)	active dry yeast
6 cups	(1.5 L)	all-purpose flour
1 tbsp	(15 ml)	baking powder
1 pinch		kosher salt
2 tbsp	(30 ml)	vegetable shortening or rendered bacon fat, room temperature
		hoisin sauce
		Hot Sauce (make ahead, recipe follows)
		Braised Pork Belly (make ahead, recipe follows)
		Quick Pickles (make ahead, recipe follows)
		radishes, thinly sliced into rounds, for garnish
		green onions, thinly sliced, for garnish

In a medium-sized bowl, stir together warm water, sugar and active dry yeast. Let stand, allowing yeast to bloom, about 8 minutes. If mixture does not become frothy like the head on a beer, yeast may be inactive and you will need to repeat step with a new pack of yeast. In a large bowl, whisk together flour, baking powder and salt. Stir in shortening and yeast mixture with a wooden spoon until a shaggy dough forms. Tip dough out onto a clean work surface and knead until smooth, about 8 to 10 minutes. If dough is dry, add some water, 1 tsp (5 ml) at a time. If dough is wet, dust with extra flour while kneading. Place dough back in large bowl, cover with plastic wrap and allow to rise in a warm spot until tripled in volume, about 2 hours. Meanwhile, cut 24 squares of parchment paper about 2½-in (6 cm) wide. Knead dough again until smooth and elastic. Cut dough in half. Working one half at a time, roll dough into a log about 12-in (30 cm) long. Cut log into 12 pieces and roll each into a bun. Place each bun on a piece of parchment paper. Cut and shape remaining dough.

...START STEAMING FROM PAGE 8

Let buns sit at room temperature for about 15 to 20 minutes. At this point, buns can be placed in a single layer on baking tray and frozen for later use. Bring about 2-in (5 cm) of water to a boil in wok over medium-high heat. Place steamer basket over boiling water, ensuring bottom slats do not touch water. Place several buns in steamer allowing for 2-in (5 cm) between each. Cover with steamer lid and steam for 10 minutes. If steaming buns from frozen, add an extra 3 to 5 minutes. Continue cooking remaining buns in batches. While still warm, split each steamed bun and arrange on serving platter. Spread bottom of buns with a little hoisin sauce and Hot Sauce before topping with thin slices of Pork Belly. Garnish with Quick Pickles, radishes and green onion. Cap with top of bun and enjoy right away.

HOT SAUCE*

Makes about 1½ cups (375 ml)

½ lb	(250 g)	red jalapeños or Fresno chili peppers
1		Thai chili pepper
4		garlic cloves, roughly chopped
1 tsp	(5 ml)	kosher salt
1 cup	(250 ml)	distilled white vinegar
2 tbsp	(30 ml)	natural cane sugar or light brown sugar

Trim and coarsely chop peppers. Place in bowl along with garlic, salt and

* Before beginning please note that this sauce should be prepared in a well-ventilated area and is best prepared at least 1 day in advance.

vinegar. Cover bowl with plastic wrap and refrigerate overnight. The next day, in a medium saucepan over high heat, bring pepper mixture and sugar to a boil then lower heat to simmer. Cook for 5 minutes, stirring once or twice. Remove from heat and set aside to cool to room temperature. Pour mixture into jar of a blender and purée until smooth, about 3 to 5 minutes. Strain sauce, pressing solids through a fine mesh strainer into a clean bowl using a rubber spatula. Refrigerate until slightly thickened, about 3 hours, before serving.

BRAISED PORK BELLY

Serves 6 (or more if used in Steamed Buns)

2 lbs	(1 kg)	pork belly, skin on
		salt and pepper, to taste
1 tbsp	(15 ml)	coconut or olive oil
1		onion, thinly sliced
1 tbsp	(15 ml)	light brown sugar
2 tbsp	(30 ml)	rice vinegar
1½ tbsp	(21 ml)	five-spice powder
1 cup	(250 ml)	IPA beer
1 cup	(250 ml)	chicken or vegetable stock

Preheat oven to 325 F (160 C). Rinse pork belly and pat dry with paper towel. Score skin ¼-in (0.5 cm) deep. Generously season both sides of pork with salt and pepper rubbing seasoning into meat. Heat oil in large, ovenproof frying

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pan over medium heat. Sear pork belly, about 4 minutes each side. Remove from pan and set on a plate. Add onion to pan and cook, stirring frequently, until starting to brown, about 6 minutes. Add sugar, vinegar, five-spice powder, beer and stock and bring to a simmer. Add pork, skin side up, and cover pan tightly with foil. Place in oven and braise until very tender, about 2 to 2½ hours. Remove pork and place skin side up on foil-lined baking tray. Turn oven to broil and return pork to top rack, watching closely as it burns easily. Broil pork until skin is crispy, about 2 minutes. Transfer to cutting board, slice thinly and plate.

QUICK PICKLES

Makes about 3 cups (750 ml)

1 lb	(500 g)	mini or Kirby cucumbers
1		medium white onion, thinly sliced
1tbsp	(15 ml)	kosher salt
1 cup	(250 ml)	cider vinegar
½ cup	(125 ml)	granulated sugar
½ tsp	(2 ml)	yellow mustard seed
½ tsp	(2 ml)	celery seeds
¼ tsp	(1 ml)	coriander seeds
⅛ tsp	(0.5 ml)	ground turmeric
1 sprig		fresh dill

Slice cucumbers crosswise into ¼-in (0.5 cm) rounds and place in colander set over large bowl. Sprinkle slices with onion and salt and toss to combine. Set aside for 1 hour. Discard any liquid collected in bowl. Meanwhile, in a medium saucepan, bring vinegar, sugar, mustard seeds, celery seeds, coriander seeds and turmeric to boil. Reduce heat to low, add drained cucumber mixture and press to submerge in liquid. Cover saucepan and cook until cucumbers have softened and are a deep olive-green colour, about 5 minutes. Transfer mixture into glass or ceramic bowl and stir in dill sprig. Refrigerate uncovered, for at least 2 hours before serving.

PAIRS WITH PFAFFENHEIM PINOT GRIS

France \$18.99 616144

SANDHILL SYRAH

BC VQA \$21.99 98541



CHOCOLATE GUINNESS CHEESECAKE BROWNIES WITH PRETZEL CRUST

Makes twelve 3 x 3-in (8 x 8 cm) squares

2½ cups	(625 ml)	pretzels, finely crushed
¾ cup	(175 ml)	unsalted butter, melted
3 tbsp	(45 ml)	light brown sugar
8 oz	(250 g)	semi-sweet chocolate, finely chopped
¾ cup	(175 ml)	milk chocolate chips
5 tbsp	(75 ml)	unsalted butter
5		large eggs, divided

¼ cup	(300 ml)	granulated sugar, divided
1 bottle	(330 ml)	Guinness
1 cup	(250 ml)	all-purpose flour
¾ cup	(175 ml)	unsweetened cocoa powder
¼ tsp	(1 ml)	sea salt
8 oz	(250 g)	cream cheese, softened
1 tsp	(5 ml)	vanilla
1 tbsp	(15 ml)	Maldon sea salt or fleur de sel

Preheat oven to 375 F (190 C). In a large mixing bowl, add crushed pretzels with ¼ cup (175 ml) melted butter and brown sugar. Mix well. Press mixture into bottom of a parchment paper-lined 9 x 13-in (3.6 L) baking pan. Bake in oven for 8 minutes to set. Remove and cool. In double boiler, melt semi-sweet and milk chocolate with 5 tbsp (75 ml) butter. In large bowl, beat together 4 of the eggs and 1 cup (250 ml) of the granulated sugar. Add Guinness and mix well. Add flour, cocoa powder and salt. Mix until combined. Slowly add in melted chocolate mixture and stir until well blended. Pour over pretzel crust. In a mixing bowl, beat together softened cream cheese and remaining ¼ cup (50 ml) granulated sugar until light and fluffy. Blend in remaining egg and vanilla. Drop dollops of cream cheese mixture over surface of prepared brownie batter and swirl together with the tip of a knife. Sprinkle sea salt or fleur de sel lightly on top. Place in middle of oven and bake for 30 minutes or until top is set and starts to crack. Remove baking pan to a cooling rack and cool completely before cutting into squares.

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GUINNESS-MARINATED STEAK SANDWICHES

Makes 4 sandwiches

2		large red onions
2 lb	(1 kg)	flank steak
2		garlic cloves, finely minced
1 bottle	(330 ml)	Guinness
		olive oil, to brush steak
		sea salt and freshly ground black pepper
5 oz	(140 g)	Boursin cheese, frozen
1 tbsp	(15 ml)	butter
1 tbsp	(15 ml)	olive oil, plus extra to brush buns
1 lb	(500 g)	Portobello mushrooms, stemmed and sliced to ¼-in (0.5 cm)
4		ciabatta buns
		arugula

Cut onions into ½-in (1 cm) thick slices. Thread with a skewer to keep them from falling apart. Pat steak dry with paper towels and place in shallow,

...THANK GOODNESS FOR GUINNESS FROM PAGE 16

non-reactive container. Place skewered onion slices on top of steak. Scatter chopped garlic and pour Guinness over steak. Cover with plastic wrap and marinate in fridge for 1 to 2 hours. Remove steak and onions from marinade, brush lightly with oil and season with salt and pepper. Heat grill over high heat until very hot. Place steak and skewered onions on grill and cook until steak and onions are nicely browned, about 6 to 8 minutes, then flip and continue to cook until the other side is browned and meat is done to your liking (about 5 to 6 minutes for medium-rare). Remove from grill. With a peeler, shave a thin layer of frozen Boursin on top of steak and onions and let rest for 5 to 10 minutes. Meanwhile, heat a skillet over medium-high heat. Add butter and olive oil. When butter starts to foam, add mushrooms and sauté until liquid has evaporated and mushrooms are golden. Slice ciabatta buns in half and lightly brush with olive oil. Place on grill until nicely toasted, about 1 to 2 minutes. Shave some more Boursin and layer on insides of bread. Slice steak into long ¼-in (0.5 cm) slices against the grain. Place a handful of arugula on bottom piece of bread and top with steak, grilled onions, mushrooms and top of ciabatta bun.

PAIRS WITH
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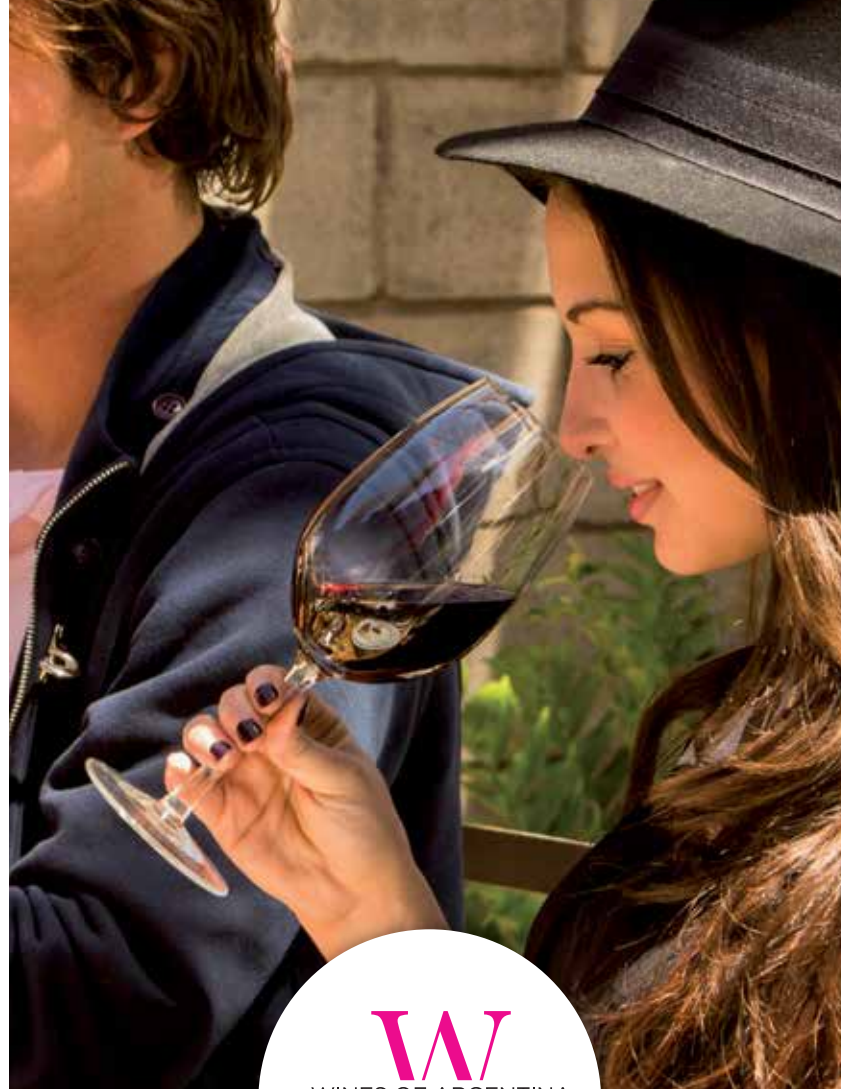
GUINNESS, LEEK AND MUSHROOM STEAK PIE

Serves 4 to 6

1 tbsp	(15 ml)	Canola oil
2 lb	(1 kg)	stewing beef, cut into bite-sized pieces
2		leeks, trimmed and sliced
1		yellow onion, coarsely chopped
2		large carrots, peeled and diced into ½-in (1 cm) pieces
1 lb	(500 g)	button mushrooms, thickly sliced or quartered
¼ lb	(125 g)	bacon, coarsely chopped
1 tsp	(5 ml)	dried thyme
2		garlic cloves, crushed
2 tbsp	(30 ml)	all-purpose flour
1 bottle	(330 ml)	Guinness
2 cups	(500 ml)	beef stock
2 tbsp	(30 ml)	Worcestershire sauce
2 tbsp	(30 ml)	tomato paste
1		bay leaf
1		large handful flat-leaf parsley, chopped
13 oz	(375 g)	package ready-rolled puff pastry, defrosted if frozen
		melted butter or milk, for brushing
		sea salt and freshly ground black pepper

Preheat oven to 325 F (160 C). Heat oil in large, heavy casserole or Dutch oven.

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Add beef and cook, stirring for 2 to 3 minutes until browned. Remove meat from casserole using a slotted spoon and set aside. Add leeks, onion and carrots to casserole, adding a little more oil if necessary. Cook over low heat for 3 minutes or until softened. Add mushrooms, bacon and thyme and cook 2 to 3 minutes longer. Season well with salt and pepper. Add garlic and cook for 1 minute. Return beef to casserole and add flour. Stir to coat meat in flour and cook for 2 to 3 minutes. Pour in Guinness, beef stock, Worcestershire sauce, tomato paste, bay leaf and parsley. Stir to mix, cover with lid and bake in preheated oven for about 1½ hours or until beef is tender. Remove casserole dish from oven and increase oven temperature to 400 F (200 C) Transfer beef mixture to individual baking dishes or one large, deep casserole. Unroll pastry and roll out on lightly floured surface to ¼-in (0.5 cm) thickness. Cut to fit individual dishes or cover large casserole, making sure pie filling is completely covered. Fold over edges and crimp roughly with fingers. Using a sharp knife, starting at top edge, make lengthwise slits on the diagonal in stripes about ¼-in (3 mm) apart all the way across. Brush with melted butter or milk and bake in preheated oven for 25 to 30 minutes, until golden. Serve warm with mashed potatoes.

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ORANGE RICOTTA BLINTZES WITH ROASTED RHUBARB

Serves 8

- 1 tsp (5 ml) Blintz Batter (make ahead, recipe follows)
- melted butter, plus extra to brush
- Orange Ricotta Filling (make ahead, recipe follows)
- Roasted Rhubarb (make ahead, recipe follows)

To prepare blintzes, remove prepared Blintz Batter from refrigerator to warm slightly. Heat a crêpe pan or a small 6-in (15 cm) non-stick pan over medium heat. Add melted butter to lightly coat pan, wiping out excess. This will keep the first blintz from sticking. Lift pan off heat and add 3 tbsp (45 ml) batter. Immediately tilt and turn pan so batter spreads evenly and fully covers the bottom of pan in a thin even layer. Brown the first side for about a minute, then flip over and quickly brown other side. Remove and transfer to a plate. Repeat to make remaining blintzes, stacking them up as you fry. When finished, wrap tightly in plastic wrap. These will keep at room temperature for several hours. To assemble, place blintzes in a single layer on a work surface and spoon about 1½ tbsp (21 ml) ricotta filling in centre of each. Fold top edge down and bottom up so they meet in centre of blintz and cover filling. Fold sides in to make a square. Heat a large non-stick frying pan over medium heat and brush with some melted butter. Add a few blintzes, seam side down, and sauté for a minute, or until golden brown. Turn over and brown other side, about 45 seconds. Repeat with remaining blintzes. To serve, place 2 blintzes on a serving plate and top with a spoonful of prepared Roasted Rhubarb. Garnish with freshly ground black pepper.

BLINTZ BATTER

- 1 cup (250 ml) all-purpose flour
- 1 cup (250 ml) homogenized milk
- 3 large eggs
- 2 tbsp (30 ml) brown butter*
- 1 tbsp (15 ml) granulated sugar
- ½ tsp (2 ml) ground cardamom
- ½ tsp (2 ml) coarsely ground black pepper
- ¼ tsp (1 ml) salt
- 4 tbsp (60 ml) melted butter

To make blintz batter, in the jug of a blender, combine flour, milk, eggs, brown butter, sugar, cardamom, pepper and salt. Process until smooth, about 1 minute. Strain into small bowl, cover and let rest for 30 minutes at room temperature, or cover and refrigerate overnight.

ORANGE RICOTTA FILLING

- ¼ cups (300 ml) fresh ricotta
- ¼ cup (50 ml) plain cream cheese
- 1 large egg
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) Grand Marnier
- zest of 2 oranges (reserve 1 orange to juice for Roasted Rhubarb)
- ¼ tsp (1 ml) salt

In bowl of a food processor, combine ricotta, cream cheese, egg, sugar, Grand Marnier, orange zest and salt. Process until smooth and transfer to an airtight container. Refrigerate until ready to use.

ROASTED RHUBARB

- 1 lb (500 g) fresh rhubarb, rinsed, trimmed of leaves and cut into 3-in x ½-in (8 cm x 1 cm) thick pieces
- ½ cup (125 ml) granulated sugar
- juice from 1 orange
- freshly ground black pepper, for garnish

Preheat oven to 400 F (200 C). In a bowl, toss rhubarb with sugar and orange juice. Spread coated rhubarb over a parchment paper-lined baking sheet and roast until tender, about 20 minutes. Turn rhubarb every 5 minutes and check for doneness after 15 minutes. Rhubarb should be soft enough to eat, yet hold their shape. Lightly sprinkle with more sugar if they are too tart. Set aside until ready to use.

PAIRS WITH

LA CHABLISIENNE SAINT BRIS SAUVIGNON

France \$18.99 587238

BERENTZEN APPLE LIQUOR

Germany \$25.95 323055

* To make brown butter, heat a heavy skillet or small pot over medium heat. Add butter and whisk until melted. Butter will foam up a bit then subside. The butter will slowly brown and will have a slightly nutty aroma. Remove from heat and place on a cool surface to prevent from browning further. Do not allow it to blacken.



ROASTED MAPLE-GLAZED RHUBARB WITH SALMON AND ARUGULA

Serves 4

6		rhubarb stalks, trimmed and sliced into ½-in (1 cm) pieces
3 tbsp	(45 ml)	pure maple syrup
1 tsp	(5 ml)	minced garlic
1 tbsp	(15 ml)	garam masala
1 tsp	(5 ml)	curry powder
4 x 6 oz	(180 g)	each salmon fillets, skin on
4 tbsp	(60 ml)	extra-virgin olive oil
		salt and freshly ground black pepper
4 cups	(1 L)	baby arugula
		juice from ½ a lemon

Heat oven to 400 F (200 C). In mixing bowl, add rhubarb, maple syrup, garlic and half the garam masala. Toss well to mix and spread on a parchment paper-lined baking sheet. Place in oven and bake for 10 to 15 minutes or until soft and still holds shape. Turn every 5 minutes to evenly roast. Remove and keep warm. Increase oven to 425 F (220.C). Line rimmed baking sheet with parchment paper. Place salmon, skin side down, on prepared baking sheet. In a small bowl, mix 2 tbsp (30 ml) olive oil with remaining garam masala and brush salmon. Season with salt and pepper. Roast until salmon is just opaque in centre, about 11 minutes. Toss arugula with remaining olive oil and lemon juice and season with salt and freshly ground pepper. To assemble, divide arugula on serving plates. Add a portion of the salmon and garnish with roasted rhubarb.

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SEARED SEA BASS AND SPICED RHUBARB SAUCE SERVED WITH WILD RICE PILAF

Serves 4

Wild Rice Pilaf (Make ahead, recipe follows)

1 tbsp	(15 ml)	Spiced Rhubarb Sauce (Make ahead, recipe follows)
4 x 6 oz	(180 g)	olive oil
		each sea bass or sablefish fillets
		sea salt and freshly ground black pepper

Heat a large non-stick frying pan over medium-high heat. Add oil. Season fillets with salt and pepper and place in a single layer skin side down in hot pan. Sear until skin is golden brown, about 1 to 2 minutes each side or until desired doneness. To serve, place a seared fillet on a warm serving plate and garnish with prepared Spiced Rhubarb Sauce and serve with Wild Rice Pilaf.

WILD RICE PILAF

Serves 4

1 tbsp	(15 ml)	olive oil
2		garlic cloves, finely chopped
1		large yellow onion, finely chopped
1		large carrot, peeled and finely chopped
2 stalks		celery, finely diced
½		red bell pepper, seeded and fine diced
3½ cups	(875 ml)	chicken or vegetable stock
½ cup	(125 ml)	wild rice
1 cup	(250 ml)	long grain white rice
3 tbsp	(45 ml)	fresh parsley, chopped

Heat olive oil in a large non-stick frying pan over medium heat. Add garlic, onion, carrot, celery and red pepper. Sauté until onions are soft. Add stock and wild rice. Bring to a boil. Cover and reduce heat to low. Cook for 25 minutes. Stir in white rice, cover and cook over low heat for 20 minutes longer or until rice is fluffy. Mix in parsley.

SPICED RHUBARB SAUCE

4 tsp	(20 ml)	black mustard seeds
¼ cup	(300 ml)	fresh orange juice
1 cup	(250 ml)	granulated sugar
½ cup	(75 ml)	water
2 tbsp	(30 ml)	grated orange zest
4 tsp	(20 ml)	coriander seeds
1 tbsp	(15 ml)	cumin seeds
1 tbsp	(15 ml)	fresh ginger, peeled and minced
3 cups	(750 ml)	rhubarb, 2 x ¼-in (0.5 cm) julienne, about ¾ lb (340 g)

In a small, dry frying pan over medium heat, stir mustard seeds until they begin to pop, about 3 minutes. Transfer to small bowl and set aside. In a large saucepan, bring orange juice, sugar, water and orange zest to a boil, stirring until sugar dissolves. Reduce heat to medium; add toasted mustard seeds, coriander seeds, cumin seeds and ginger. Simmer until syrupy, 10 minutes. Add rhubarb and reduce heat to medium-low. Cover and simmer until rhubarb is tender, but intact, about 2 minutes. Remove from heat and set aside until ready to serve.

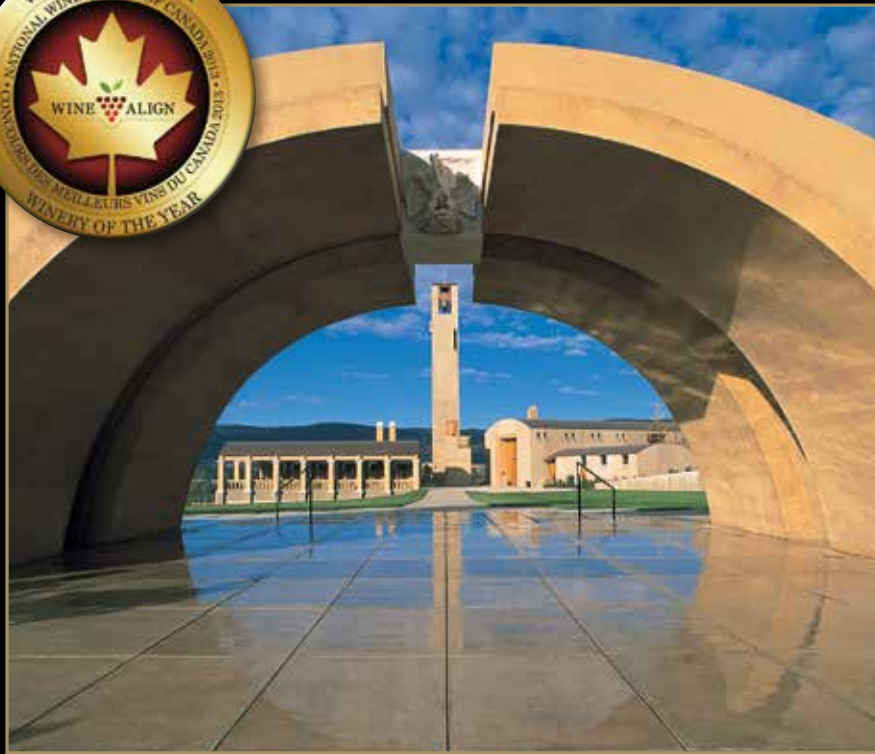
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...RHUBARB RHUBARB FROM PAGE 26



FROZEN RHUBARB, STRAWBERRY AND GINGER MOUSSE

Serves 8

4 cups	(1 L)	fresh rhubarb, trimmed of leaves and cut into ½-in (1 cm) pieces
2 cups	(500 ml)	fresh strawberries, or previously frozen, defrosted
1-in	(2.5 cm)	piece ginger, peeled, finely chopped
¾ cup	(175 ml)	granulated sugar
2 tbsp	(30 ml)	fresh lime juice
½ cup	(75 ml)	pasteurized egg whites
½ cup	(125 ml)	granulated sugar
½ cup	(125 ml)	whipping cream
¼ cup	(50 ml)	candied ginger, finely chopped, for garnish
		Rhubarb Ginger Sauce (make ahead, recipe follows)

In a saucepan, over medium heat, bring rhubarb, strawberries, ginger, sugar and lime juice to a boil. Reduce to medium-low and simmer until rhubarb becomes soft and starts to break up, about 12 minutes. Remove from heat and allow to cool. Transfer to a food processor and process until smooth. Press through a fine sieve set over a large bowl. Refrigerate until cold. In a mixing bowl, beat egg whites with an electric mixer until soft peaks form. Beat in remaining ½ cup (125 ml) sugar, 2 tbsp (30 ml) at a time, until stiff peaks form. Gently fold about ⅓ of meringue using a whisk into rhubarb mixture. Fold in remaining meringue. In another bowl, whip cream until stiff peaks form then fold into rhubarb mixture. Pour into a large, shallow metal cake pan. Freeze until semi-firm, about 4 hours. Line an 8 x 4-in (1.5 L) loaf pan with plastic wrap. Scrape semi-firm mixture into food processor and process until smooth. Transfer to prepared loaf pan or individual moulds, smoothing the top. Cover with plastic wrap and freeze until firm, about 8 hours. Remove mousse from pan, remove plastic wrap and cut with hot knife. Serve with Rhubarb Ginger Sauce, and garnish with candied ginger.

RHUBARB GINGER SAUCE

1 lb	(500 g)	rhubarb, trimmed of leaves, cleaned, cut into ½-in (1 cm) pieces
⅓ cup	(75 ml)	light brown sugar, packed
¼ cup	(50 ml)	candied ginger, finely chopped
2 tbsp	(30 ml)	fresh lemon juice

COOKING WITH VODKA FROM PAGE 36

In a saucepan over medium heat, bring rhubarb, brown sugar, candied ginger and lemon juice to a boil. Then lower heat and simmer until soft, about 12 to 15 minutes. Remove from heat and cool.

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MANGO AND VODKA MOUSSE CAKE

Serves 8 to 10

3		large eggs, at room temperature
½ cup	(125 ml)	granulated sugar, divided
1 tsp	(5 ml)	vanilla
½ cup	(125 ml)	all-purpose flour, sifted
4 tbsp	(60 ml)	unsalted butter, melted
		zest of 1 lime (reserve juice of 1 lime, strained, for mousse)
¼ cup	(50 ml)	vodka
		Mango and Vodka Mousse (recipe follows)
		Mirror Glaze (recipe follows)

Preheat oven to 350 F (180 C). Butter and flour a 9-in (23 cm) springform pan. In bowl of a stand mixer fitted with a whisk attachment, beat eggs and ½ cup (75 ml) sugar on medium speed until ribbon stage, 6 to 8 minutes. Stir in vanilla. Gently fold in flour in 2 additions alternating with melted butter. Fold in lime zest. Pour into prepared pan and bake for 15 minutes, or until a toothpick inserted in centre comes out clean. Cool completely in springform pan. Note: Cake will shrink from sides and settle to bottom of pan. Meanwhile, in a saucepan over medium heat, combine vodka and remaining sugar and cook until sugar has completely dissolved. Remove from heat, let cool completely and brush top of cake with syrup. Prepare Mango and Vodka Mousse and Mirror Glaze.

MANGO AND VODKA MOUSSE

4 cups	(1 L)	frozen mango chunks, defrosted, or 4 large mangoes cut into chunks
		juice of 1 lime, strained
2 tbsp	(30 ml)	gelatin (2 envelopes)
½ cup	(125 ml)	cold vodka
3		large egg whites
¼ cup	(50 ml)	granulated sugar
1 cup	(250 ml)	whipping cream

To prepare purée, place mango chunks in blender and process until smooth. Strain into large bowl and add lime juice. In small saucepan, sprinkle gelatin over vodka and let stand for 5 to 10 minutes. Cook over medium-low heat until gelatin has fully dissolved, stirring if needed. Stir into mango purée and set aside.

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...COOKING WITH VODKA FROM PAGE 36

Pour egg whites into bowl of a stand mixer fitted with a whisk attachment and whip on medium speed until soft peaks form. Add sugar, 1 tbsp (15 ml) at a time, waiting until sugar is dissolved before adding more, about 30 seconds. Once all sugar is added, increase speed to maximum and continue beating until stiff peaks form. In separate bowl, whip cream to medium peaks with a whisk, hand mixer or stand mixer. Gently fold whipped cream into mango purée then fold in egg whites. Pour mousse over previously prepared cake in springform pan, making sure it goes all around cake and top is even and smooth. Leave ½-in (1 cm) rim at top for clearance on springform pan to allow room for Mirror Glaze. Refrigerate for at least 4 hours. Then prepare Mirror Glaze.

MIRROR GLAZE

2 tsp	(10 ml)	gelatin
2 tbsp	(30 ml)	vodka
¼ cup	(175 ml)	mango nectar

After cake has been refrigerated for 4 hours, prepare glaze. In a small bowl sprinkle gelatin over vodka and let sit for 5 minutes. Pour mango nectar into a small saucepan and heat until just below simmer. Stir in gelatin mixture and cook until fully dissolved. Place saucepan over bowl of ice-cold water and stir until glaze is cold to touch. Remove Mango Mousse Cake from refrigerator and spoon glaze over cake. Place back in refrigerator for at least 1 hour for glaze to set, before serving.

When ready to serve, carefully run thin knife around completed cake before removing sides of springform pan. Alternatively, place a hot towel around springform pan for 10 to 20 seconds and then loosen sides. To serve cake, dip a thin long knife into hot water, dry and then cut.

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CITRUS AND VODKA GRAVLAX

Makes 2 lbs (1 kg)

2 lbs	(1 kg)	salmon fillet, skin on, pin bones removed
1 cup	(250 ml)	fresh dill, chopped
½ cup	(125 ml)	kosher salt
½ cup	(125 ml)	granulated sugar
2 tbsps	(30 ml)	freshly ground black pepper
		zest from 1 lemon
2 tbsps	(30 ml)	lemon-flavoured vodka

Place salmon, skin side down on several large pieces of plastic wrap spread over a baking sheet and set aside. Combine remaining ingredients together in medium bowl and mix thoroughly. Spread over salmon, making sure all the flesh is covered. Wrap tightly in plastic wrap. Weight salmon down with another baking sheet and top with about three 1 lb (500 g) cans. Refrigerate salmon for 1 to 2 days. Remove salmon from refrigerator and wipe off curing mixture. Rinse salmon under cold water to completely remove the dill and spices. Using a sharp knife, slice salmon away from the skin, cutting diagonally and making cuts as thin as possible. Serve gravlax with pepper crackers, caperberries and lemon wedges.

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COCONUT LEMON VODKA CAKES

Makes 8

1½ cup	(275 ml)	cake and pastry flour
¾ cup	(175 ml)	granulated sugar
1 tsp	(5 ml)	baking powder
¼ tsp	(1 ml)	kosher salt
5 tbsps	(75 ml)	unsalted butter, at room temperature, cut into 2-in (5 cm) chunks
3		large eggs whites, at room temperature
½ cup	(125 ml)	coconut milk

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...COOKING WITH VODKA FROM PAGE 36

½ cup	(125 ml)	unsweetened fine shredded coconut
1 tsp	(5 ml)	vanilla
1½ cups	(375 ml)	Lemon-Vodka Curd (make ahead, recipe follows)
3 cups	(750 ml)	Lemon Buttercream (make ahead, recipe follows)
2 cups	(500 ml)	sweetened medium shredded coconut

Preheat oven to 350 F (180 C). Butter eight 5 oz (140 ml) ramekins and line bottoms with parchment paper cut into discs. Butter parchment paper and dust with flour, shaking out excess. Place ramekins on baking sheet. Sift flour into bowl of a stand mixer fitted with paddle attachment. Add sugar, baking powder and salt and beat on low speed to combine. Add butter pieces and beat on low speed until mixture is crumbly, about 1 minute. In medium bowl, combine egg whites, coconut milk and ½ cup (125 ml) unsweetened fine shredded coconut and whisk until thoroughly mixed. Stir in vanilla. Add half of mixture to flour and beat on medium-high speed for about 1 minute until combined. Stop mixer, scrape sides of bowl and add remaining coconut milk mixture. Beat until batter is well mixed, light and fluffy, about 30 seconds. Pour batter into prepared ramekins and bake for 20 to 25 minutes, until a toothpick inserted in centre of cakes comes out clean. Let cool for 20 minutes, then run a knife around each cake and remove carefully from ramekins. Set upside down on a cooling rack and allow to cool completely. If a “muffin top” has developed while baking, cut out using a 3-in (7.5 cm) pastry

ring pressed down over the cake. To assemble cakes, slice each cake horizontally into 3 layers. Spread 1 tbsp (15 ml) Lemon-Vodka Curd on each base layer, top with a cake layer and spread another tbsp (15 ml) of curd and top with final layer of cake. Spread Lemon Buttercream over top of cakes and around sides using an offset spatula to level and spread evenly. Decorate sides of cakes with sweetened coconut. Garnish tops with a few coconut shreds.

LEMON-VODKA CURD

Makes about 1½ cups (375 ml)

3		large eggs
½ cup	(75 ml)	granulated sugar
		zest of 1 lemon
½ cup	(125 ml)	fresh lemon juice, strained
1 tbsp	(15 ml)	lemon-flavoured or regular vodka
6 tbsp	(90 ml)	unsalted butter, cut into ½-in (1 cm) pieces

Combine eggs, sugar and lemon zest in a medium saucepan and whisk until light in colour. Add lemon juice, vodka and butter and cook, over medium heat until butter is completely melted. Whisking constantly, cook until mixture thickens and coats the back of a spoon, about 170 F (77 C). Pour into a sieve set over a bowl. Let cool, cover and refrigerate to thicken. Will keep refrigerated for about 1 week. Makes enough for layers and Lemon Buttercream recipe.



...COOKING WITH VODKA FROM PAGE 36

LEMON BUTTERCREAM

Makes about 3 cups (750 ml)

- ¾ cup (175 ml) granulated sugar
- 5 tbsp (75 ml) water
- 2 large eggs
- 1 large egg yolk
- 1½ cups (375 ml) unsalted butter, at room temperature, cut into 1-in (2.5 cm) chunks
- 1 pinch kosher salt
- ½ cup (125 ml) Lemon-Vodka Curd

In small saucepan, stir together sugar and water until dissolved. Over high heat, bring to a boil and cook without stirring until syrup reaches 238 F (114 C) on candy thermometer. Meanwhile, in bowl of stand mixer fitted with whip attachment, beat eggs and yolk on medium speed for 3 to 4 minutes until pale and light. When syrup is ready, remove from heat. On low speed, slowly add syrup into eggs, pouring it down the side of mixing bowl, away from whip attachment. Increase speed to medium and whip for 6 to 8 minutes until mixture turns light and fluffy, pale, and cool to the touch. Turn speed to low and add butter, a few chunks at a time. Increase speed to medium and continue to whip for 4 to 5 minutes. Mixture might break and look curdled at first but beating will make it look smooth and silky. Add lemon curd and beat until completely combined. Use immediately or refrigerate in an airtight container for up to a week. Bring to room temperature before using and if needed, beat with paddle attachment until smooth.

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SPOT PRAWN FETTUCCINE WITH VODKA AND TOMATO CREAM

Serves 6

- 5 cups (1.25 L) Tomato Sauce (make ahead, recipe follows)
- 1 cup (250 ml) vodka
- ½ cup (125 ml) whipping cream, at room temperature (or more to taste)
- 2 lbs (1 kg) fettuccine pasta
- juice from 1 lemon
- 1 lb (500 g) spot prawns, heads removed
- 2 tbsp (30 ml) fresh flat leaf parsley, finely chopped, for garnish

Pour prepared Tomato Sauce into a large saucepan and add vodka. Bring to a boil, lower heat and simmer for 10 minutes or until slightly thickened. Stir in cream and simmer over low heat until heated through. While sauce is simmering, cook pasta as per package instructions. Thoroughly drain and transfer to pan with Tomato Sauce. Toss to coat and set aside. Meanwhile, over

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high heat, bring a large pot of water to a boil and add lemon juice. Place prawns in a large bowl and pour boiling lemon water over to cover. Leave prawns in water for 45 seconds to cook. Remove prawns from water to a separate dish. When cool enough to handle, peel and add to pasta and sauce. Divide among warmed bowls, garnish with parsley and serve immediately.

TOMATO SAUCE

- 2 tbsp (30 ml) olive oil
- 2 garlic cloves, minced
- 1 cup (250 ml) yellow onions, chopped
- 2 tsp (10 ml) dried basil
- 2 x 28 oz (796 ml) cans San Marzano tomatoes
- 2 tbsp (30 ml) tomato paste
- 2 tsp (10 ml) dried oregano
- 2 tsp (10 ml) granulated sugar
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) freshly ground black pepper

Heat oil in large saucepan over medium-low heat. Add garlic, onions and basil and cook, stirring often, until onions begin to soften. Cover and sweat onions until completely soft, about 5 minutes. Meanwhile, pour tomatoes and their juice into a large bowl. Coarsely crush tomatoes using a potato masher. Once onions have softened, add tomato paste. Increase heat to medium and cook, stirring frequently for 1 minute. Add tomatoes, oregano, sugar, salt and pepper. Increase heat to high and bring to a boil, stirring often. Reduce heat and simmer, uncovered, stirring occasionally, for 20 minutes. Pour into blender and process until smooth. Sauce can be refrigerated or frozen until needed.

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ROAST LEG OF LAMB WITH ROSEMARY, GARLIC AND MUSTARD

Serves 8

- 4 garlic cloves
- ½ cup (125 ml) grainy Dijon mustard
- ½ cup (125 ml) fresh parsley, chopped
- ¼ cup (50 ml) extra-virgin olive oil
- ¼ cup (50 ml) dry white wine
- 2 tbsp (30 ml) fresh rosemary, chopped
- 2 tbsp (30 ml) fresh lemon juice
- ½ tsp (2 ml) salt, plus extra
- ½ tsp (2 ml) ground black pepper, plus extra
- 5 lb (2.5 kg) boneless leg of lamb, well-trimmed and butterflied

In a food processor, pulse together garlic, mustard, parsley, olive oil, wine,

rosemary, lemon juice, salt and pepper until a coarse purée forms. Rinse lamb under cold water and pat dry with paper towel. Place lamb, boned-side up, on clean work surface and rub half the garlic paste on top leaving a 1-in (2.5 cm) border around edges. Beginning with short side, snugly roll up lamb, enclosing garlic paste. Tie roast closed with kitchen twine crosswise at 1-in (2.5 cm) intervals and around length. Transfer lamb to roasting pan and rub with remaining garlic paste. Lightly season with extra salt and pepper. Cover with plastic wrap and refrigerate overnight or let stand 1 hour at room temperature. Preheat oven to 450 F (230 C). Place lamb uncovered in oven and roast for 30 minutes. Reduce oven temperature to 350 F (180 C) and continue to roast lamb for another 40 to 50 minutes. Meat should be medium-rare (internal temperature should register 130 F (54 C) on an instant-read thermometer). Transfer lamb to cutting board and tent loosely with foil. Let rest for 30 minutes. Cut away and discard strings from lamb before carving crosswise into thin slices. Overlap slices on a serving platter and garnish with fresh herbs, if desired. Serve with Fresh Mint Sauce.

FRESH MINT SAUCE

Makes about 1 cup (250 ml)

- ¾ cup (175 ml) fresh mint leaves, finely chopped
- 2 tsp (10 ml) granulated sugar
- 3 tbsp (45 ml) white wine vinegar
- ¾ cup (175 ml) extra-virgin olive oil
- 1 pinch salt

In a small bowl whisk together mint, sugar and vinegar until sugar has dissolved. Add oil and salt, whisking until combined. Let sauce sit for 15 minutes to allow flavours to develop before seasoning to taste with additional salt, if needed. Refrigerate until ready to serve.

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SALMON CAKES WITH LEMON YOGURT SAUCE

Serves 8

- 1 lb (500 g) skinless salmon fillet, cut into ½-in (1 cm) dice
- ¼ cup (50 ml) mayonnaise
- 2 tbsp (30 ml) Dijon mustard
- 1 large egg, lightly beaten
- ½ cup (125 ml) saltine crackers, crushed
- ½ tsp (2 ml) ground coriander
- ¼ tsp (1 ml) cayenne pepper
- 1 tsp (5 ml) lemon zest
- ½ cup (125 ml) fresh peas, cooked or frozen peas, thawed

...EASTER DINNER FROM PAGE 50

1½ tbsp (21 ml) vegetable oil
1½ tbsp (21 ml) unsalted butter
Lemon Yogurt Sauce (make ahead, recipe follows)

In a large bowl stir together salmon, mayonnaise, mustard, egg, saltines, coriander, cayenne, lemon zest and peas until combined. Form mixture into 16 patties, each about ¾-in (2 cm) thick. If mixture is too dry to form into patties, add more mayonnaise, 1 tbsp (15 ml) at a time until mixture holds together. Place on tray or plate and refrigerate for 20 minutes. Heat oil and butter together in large frying pan over medium heat. Cook salmon cakes, turning once, until golden brown, crisp and cooked through, about 3 to 5 minutes. To serve, place salmon cakes on serving plates. Top with a dollop of Lemon Yogurt Sauce and serve alongside a simple salad, if desired.

LEMON YOGURT SAUCE

Makes about ¾ cup (175 ml) sauce

¾ cup (175 ml) plain, whole milk yogurt
½ tsp (2 ml) lemon zest
1 tsp (5 ml) fresh lemon juice
¼ tsp (1 ml) salt
1 pinch pepper
1 tbsp (15 ml) fresh chives, chopped
1½ tsp (7 ml) fresh dill, chopped

In a medium bowl stir together all ingredients until well combined. Refrigerate until ready to serve.

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POPPY SEED AND CHÈVRE CHEESECAKES WITH RHUBARB AND RASPBERRY COMPOTE

Serves 8

2 tbsp (30 ml) grape seed oil
½ cup (75 ml) granulated sugar, plus extra for coating ramekins



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...EASTER DINNER FROM PAGE 50

8 oz	(250 g)	plain cream cheese, at room temperature
6 oz	(180 g)	fresh goat's cheese, at room temperature
2 tsp	(10 ml)	finely grated orange zest
1 tsp	(5 ml)	fresh orange juice
1 tsp	(5 ml)	vanilla
¼ tsp	(1 ml)	salt
1 cup	(250 ml)	sour cream
3		large eggs
1 tbsp	(15 ml)	poppy seeds
		Rhubarb and Raspberry Compote (make ahead, recipe follows)
		Graham Crumble (make ahead, recipe follows)

Preheat oven to 325 F (170 C). Lightly oil inside of eight 4 oz (120 ml) ramekins with grape seed oil and coat with sugar, tapping out excess. Place sugared ramekins in roasting pan just large enough to fit them all. Bring a full kettle of water to a boil. In bowl of a stand mixer fitted with paddle attachment beat ½ cup (75 ml) sugar and cheeses together until smooth. Stir in orange zest and juice, vanilla, salt and sour cream until combined. One at a time beat in eggs, waiting until each is fully incorporated before adding next. Stir in poppy seeds before evenly dividing mixture among ramekins. Place roasting pan in oven and carefully pour enough hot water into pan to reach halfway up sides of ramekins. Bake cheesecakes until just set but centres still a bit wobbly, about 20 to 25 minutes. Remove roasting pan from oven and let cheesecakes cool in water bath for 1 hour. Remove ramekins from water, dry and refrigerate until chilled, about 4 hours. Cheesecakes can be made up to this point, covered with plastic wrap and refrigerated for up to 24 hours. When ready to serve, dip a small, thin knife into hot water and wipe dry. Run knife around cheesecakes and invert onto serving plates. Garnish with a spoonful of prepared Rhubarb and Raspberry Compote and a sprinkling of Graham Crumble.

RHUBARB AND RASPBERRY COMPOTE

Makes about 3 cups (750 ml)

1 lb	(500 g)	fresh rhubarb, trimmed and cut into ½-in (1 cm) dice
½ cup	(125 ml)	granulated sugar
1		vanilla bean, split in half
¼ tsp	(1 ml)	salt
1 tsp	(5 ml)	finely grated orange zest
1 tbsp	(15 ml)	Cointreau
2 cups	(500 ml)	fresh raspberries

In a medium saucepan, stir together rhubarb, sugar, vanilla and salt. Set aside for 20 minutes. Place the saucepan over medium heat and stir in orange zest and Cointreau. Bring mixture to a simmer and cook, stirring occasionally, until rhubarb is tender and compote has slightly thickened, about 15 to 20 minutes. Stir in raspberries. Pour compote into bowl and let cool. Discard vanilla bean before serving. Compote can be stored covered and refrigerated for up to 2 days.

GRAHAM CRUMBLE

Makes about 1 cup (250 ml)

1 cup	(250 ml)	graham cracker crumbs
1 tsp	(5 ml)	all-purpose flour
¼ cup	(50 ml)	granulated sugar
2 tbsp	(30 ml)	light brown sugar

...EASTER DINNER FROM PAGE 50

- | | | |
|---------|----------|------------------------------------|
| 1 pinch | | salt |
| 1/8 tsp | (0.5 ml) | ground ginger |
| 1/4 tsp | (1 ml) | ground cinnamon |
| 1/4 cup | (50 ml) | unsalted butter, melted and cooled |
| 1/2 tsp | (2 ml) | vanilla |

Preheat oven to 325 F (170 C). Line baking sheet with parchment paper. In a bowl, stir together graham cracker crumbs, flour, sugars, salt, ginger and cinnamon. Stir in butter and vanilla until well combined and crumbly. Scatter crumble onto prepared baking sheet and freeze for 15 minutes. Bake crumble until fragrant and brown, about 15 to 18 minutes. Let cool completely on tray before crumbling into an airtight container. Crumble can be made up to 1 day ahead.

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TOMATO AND FETA-STUFFED ZUCCHINI

Serves 8

- | | | |
|------------|----------|------------------------------------|
| 4 | | medium zucchinis |
| 1 tbs | (15 ml) | extra-virgin olive oil, plus extra |
| 1 | | medium yellow onion, finely diced |
| 1 1/2 cups | (375 ml) | crumbled feta cheese |
| 2 cups | (500 ml) | grape or cherry tomatoes, halved |
| 1 pinch | | dried oregano |
| 1/2 tsp | (2 ml) | fresh chives, chopped |
| 1 tsp | (5 ml) | fresh flat leaf parsley, chopped |
| | | salt and pepper, to taste |

Preheat oven to 450 F (230 C). Cut zucchini in half, lengthwise. With a teaspoon measure, scoop out centres of each zucchini half. Roughly chop zucchini flesh

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MEDITERRANEAN SALADS FROM PAGE 58

and set aside. Arrange zucchini cut side down on an oiled baking sheet. Bake for 8 minutes, remove from oven, turn zucchini cut side up and set aside. In large frying pan heat oil over medium heat. Add onion and sauté until translucent, about 3 to 5 minutes. Stir in reserved chopped zucchini and cook, stirring frequently, another 5 minutes. Remove from heat and let cool slightly before stirring in feta, tomatoes, oregano, chives and parsley. Season filling mixture to taste with salt and pepper before spooning into hollowed-out zucchinis. Return stuffed zucchinis to oven and bake until tops are lightly browned and filling is warmed through, about 15 to 20 minutes. Transfer stuffed zucchini to platter while still warm and serve immediately.

PAIRS WITH

MER SOLEIL SILVER UNOAKED CHARDONNAY

USA \$28.99 143784

LAMARCA PROSECCO

Italy \$17.99 321182



SHAVED FENNEL SALAD

Serves 4

2		large fennel bulbs
3 tbsp	(45 ml)	fresh lemon juice
½ tsp	(2 ml)	kosher salt
2		seedless oranges, such as Navel
½ cup	(125 ml)	sliced almonds, lightly toasted, divided
¼ cup	(50 ml)	fresh mint leaves, minced, divided
2 tbsp	(30 ml)	extra-virgin olive oil, divided
		coarsely ground black pepper, to taste

Remove stalks and rough outer layer from fennel bulbs. Cut bulbs in half lengthwise and core. Using a mandoline, shave fennel, crosswise, starting with top side. In medium-sized bowl, toss fennel with lemon juice and salt and let sit for 10 minutes. Meanwhile, peel oranges and remove segments. Once done, squeeze orange core over a small bowl to get orange juice and add 1 tbsp (15 ml) of juice to fennel. Add half each of the sliced almonds, orange segments and mint and toss to combine. Add 1 tbsp (15 ml) olive oil and toss to coat. Transfer to a platter. Scatter remaining almonds, orange segments and mint overtop. Finish with a drizzle of olive oil and ground black pepper.

PAIRS WITH

ASTROLABE MARLBOROUGH SAUVIGNON BLANC

New Zealand \$23.99 138503

CONUNDRUM CALIFORNIA WHITE

USA \$24.99 390831



CUCUMBER AND HERB SALAD WITH BUTTERMILK DRESSING

Serves 4 (as starter or side)

2		English cucumbers, thinly sliced into rounds
4 oz	(125 g)	crumbled feta cheese
2 tbsp	(30 ml)	fresh mint, finely chopped, divided
2 tbsp	(30 ml)	fresh dill, finely chopped, divided
2 tbsp	(30 ml)	fresh flat leaf parsley, finely chopped, divided
2 tbsp	(30 ml)	fresh chives, finely chopped, divided
		Buttermilk Dressing, to taste
		(make ahead, recipe follows)

Place sliced cucumber in a circular pattern on a round serving platter. Sprinkle with half of the mint, dill, parsley and chive. Add crumbled feta cheese and drizzle with dressing.

BUTTERMILK DRESSING

½ cup	(125 ml)	buttermilk, well shaken
½ cup	(125 ml)	no fat plain Greek yogurt
3 tbsp	(45 ml)	fresh lemon juice, to taste
3 tbsp	(45 ml)	extra-virgin olive oil
¼ tsp	(1 ml)	sea salt
1 pinch		freshly ground pepper

In small bowl, whisk together yogurt and buttermilk until smooth. Stir in lemon juice, oil, salt and pepper until well combined. Cover and refrigerate for an hour. When ready to serve, add remaining fresh herbs from salad recipe, taste and adjust seasonings as needed.

PAIRS WITH

PIPER-HEIDSIECK BRUT

France \$64.99 462432

JAFFELIN BOURGOGNE ALIGOTÉ

France \$20.99 53868



SEARED AHI TUNA AND WARM TOMATO SALAD

Serves 4

4 x 6 oz	(180 g)	each skinless ahi tuna steaks
2 tbsp	(30 ml)	olive oil, divided

1 tsp	(5 ml)	sea salt
¼ tsp	(1 ml)	freshly ground black pepper
2		large garlic cloves, minced
4 cups	(1 L)	red, yellow and green cherry tomatoes (halved, if large)
½ cup	(125 ml)	pitted black olives
2 tbsp	(30 ml)	fresh basil, chopped
½ tbsp	(7 ml)	fresh lemon juice

Brush tuna on both sides with olive oil and season with salt and pepper. Heat a large frying pan over medium-high heat. Arrange tuna in pan in a single layer and cook, turning once, until desired doneness (2 to 3 minutes for medium-rare). Transfer tuna to a large plate.

Reduce heat to medium and add remaining oil to pan. Add garlic and cook for 30 seconds, until fragrant. Add tomatoes, olives, basil, and salt and pepper, to taste. Cook until warmed through and tomatoes are just softened, about 2 minutes. Remove pan from heat and gently stir in lemon juice. Cut each tuna steak into ¼-in (0.5 cm) slices, transfer portions to serving plates and arrange with warm tomato salad. Serve immediately.

PAIRS WITH
OYSTER BAY SPARKLING CUVÉE BRUT
New Zealand \$24.99 916346

EDNA VALLEY VINEYARD PARAGON CHARDONNAY
USA \$19.99 81430



CHILLED PEA SOUP WITH TARRAGON FLOATING ISLANDS

Serves 6

1 tbsp	(15 ml)	extra-virgin olive oil
2		celery stalks, sliced
1		medium yellow onion, sliced
1		leek, white and light green parts only, sliced
1		garlic clove, minced
5 cups	(1.25 L)	chicken stock
1 sprig		fresh rosemary
		salt, to taste
½ lb	(250 g)	sugar snap peas, trimmed and chopped
½ lb	(250 g)	snow peas, trimmed and chopped
2 cups	(500 ml)	fresh or frozen green peas
¼ cup	(50 ml)	flat leaf parsley
½ cup	(125 ml)	pea shoots, plus extra for garnish
		Tarragon Floating Islands (recipe follows)
		freshly ground black pepper, optional, for garnish

In a large pot, warm olive oil over medium heat. Add celery, onion, leek and garlic, and cook, stirring occasionally, until softened but not browned, about 7 minutes. Add stock, rosemary and pinch of salt. Bring soup to a simmer and

cook until vegetables are very tender, about 15 minutes. Discard rosemary. Using slotted spoon, scoop vegetables into blender. Meanwhile, bring a medium-sized saucepan of salted water to a boil. Add sugar snap peas and snow peas and cook for 2 minutes. Add green peas, parsley and pea shoots and cook just until heated through, about 30 seconds to 1 minute. Drain and add pea mixture to blender containing vegetables. Purée until smooth, adding a few tablespoons of stock to loosen mixture. In a large bowl prepare an ice bath with ice and water. Nestle a smaller bowl on top of ice bath and pour in purée and remaining stock, stirring to combine. Allow soup to cool over ice bath then refrigerate until chilled, about 2 hours. Meanwhile, make Tarragon Floating Islands. When ready to serve, ladle chilled soup into serving bowls. Place a Tarragon Floating Island on top of each soup and garnish with a few pea shoots and some freshly ground pepper, if desired. Enjoy right away.

TARRAGON FLOATING ISLANDS

Makes 6 floating islands

2		large egg whites
1½ tbsp	(21 ml)	clear corn syrup
1½ tbsp	(21 ml)	fresh tarragon, chopped
1½ tsp	(7 ml)	fresh chives, chopped
1 pinch		each salt and pepper
3 tbsp	(45 ml)	warm water

Line a tray with parchment paper. Bring a medium-sized saucepan of water to a bare simmer. In a bowl whip egg whites with hand mixer until foamy. Pour in corn syrup and continue to whip until stiff peaks form. Add tarragon, chives and pinch of salt and pepper. Whisk for 5 seconds to incorporate. Using 2 spoons, form egg white mixture into ovals no bigger than a small egg. Gently place each carefully on simmering water and allow to cook, turning once, for 2 minutes per side. With slotted spoon, gently transfer them to paper-lined tray. Repeat with remaining meringue. Serve immediately.

PAIRS WITH
YALUMBA Y SERIES VIOGNIER
Australia \$17.99 624502

MUMM NAPA BRUT PRESTIGE
USA \$25.99 265678



POPPY SEED MACARONS AND SMOKED SALMON CANAPÉS

Makes about 45 canapés

12 oz	(340 g)	plain cream cheese, at room temperature
1 tbsp	(15 ml)	horseradish
2 tbsp	(30 ml)	chives, finely chopped
		Poppy Seed Macarons (make ahead, recipe follows)
1 lb	(500 g)	smoked salmon, thinly sliced
		micro greens, for garnish

In a medium bowl, stir together cream cheese, horseradish and chives until

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...LIGHT AS AIR FROM PAGE 66

well combined. To assemble canapés, place prepared Poppy Seed Macarons, flat side up on a serving tray. Top each with a smear of prepared cream cheese mixture and some smoked salmon. Garnish with micro greens, if desired. Serve immediately.

POPPY SEED MACARONS

Makes about 45

1 cup	(250 ml)	icing sugar
¾ cup	(175 ml)	ground almonds
¼ cup	(50 ml)	egg whites* or carton egg whites
⅛ tsp	(0.5 ml)	cream of tartar
¼ cup	(50 ml)	superfine sugar**
1 tbsp	(15 ml)	poppy seeds

Line 2 large baking sheets with parchment paper. In food processor fitted with blade attachment, pulse together icing sugar and ground almonds for about 1 minute. Sift mixture twice into bowl, discarding any particles too big to pass through sieve. In bowl of a stand mixer fitted with whisk attachment, whisk egg whites until foamy. Whisk in cream of tartar. Gradually add superfine sugar while continuing to whisk at medium speed. Meringue is ready when stiff peaks just form, about 4 to 5 minutes. Sift half the almond mixture over meringue mixture. Fold together with rubber spatula until just incorporated. Sprinkle poppy seeds over batter before sifting remaining almond mixture over meringue. Fold, lifting from the bottom, up around the sides and towards the middle, until batter just falls off spatula in a continuous stream. This is an important step in making macarons. If over-mixed, macarons will not bake properly. Transfer to a pastry bag fitted with ¼-in (0.5 cm) plain, round pastry tip. "Glue" parchment paper to baking sheets with some macaron mixture. Pipe uniform rounds, about 1-in (2.5 cm) in diameter, spacing them 1½-in (3.5 cm) apart. (Cookies will spread slightly.) Holding baking sheet firmly, tap it on the table a few times. Leave macarons out, uncovered, at room temperature until they form a thin, smooth crust that doesn't stick to your finger when touched lightly, about 1½ hours. This drying time might be longer depending on humidity in the air. Meanwhile, preheat oven to 310 F (154 C). Bake macarons 8 to 12 minutes, rotating pans halfway through cooking time. Macarons are ready when they develop a frilly bottom and a crisp crust. Let cool on tray for 5 minutes before removing to finish cooling completely on a wire rack. Macaron shells may be stored in an airtight container in freezer for up to 3 months.

PAIRS WITH

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WILLIAMS & HUMBERT DRY SACK

Spain \$16.99 13565

* If using fresh egg whites, place in glass bowl or plastic container and refrigerate for 2 days before using.

** If you cannot find superfine sugar, pulse granulated sugar in a food processor until finely ground.



ROASTED TOMATO GAZPACHO WITH OLIVE MERINGUE CRISPS

Serves 4

2 lbs	(1 kg)	vine-ripened tomatoes, halved
2		garlic cloves, unpeeled
1 tbsp	(15 ml)	extra-virgin olive oil, plus extra salt and pepper, to taste
½ cup	(75 ml)	roasted red peppers, chopped
⅓		English cucumber, peeled and chopped
1		small jalapeño, seeded and chopped
1 cup	(250 ml)	water
1 tbsp	(15 ml)	sherry vinegar or red wine vinegar
		micro greens or fresh herbs, for garnish
		Olive Meringue Crisps (make ahead, recipe follows)

Preheat oven to 400 F (200 C). Place tomatoes on rimmed baking tray along with garlic cloves. Drizzle with olive oil and season with a good pinch of salt and some pepper. Place in oven and roast until tomatoes are slightly caramelized, about 40 minutes. Set aside to cool. Squeeze garlic from skins into blender. Add tomatoes, red pepper, cucumber, jalapeño and water. Blend until almost smooth. Pour gazpacho into mixing bowl and stir in sherry vinegar. Refrigerate about 2 hours. Just before serving, taste gazpacho and season to taste with salt and pepper. Ladle gazpacho into serving bowls. Garnish with micro greens or chopped fresh herbs and serve with Olive Meringue Crisps for guest to crumble over soup.

OLIVE MERINGUE CRISPS

2		large egg whites
⅛ tsp	(0.5 ml)	cream of tartar
1 pinch		salt
½ cup	(125 ml)	granulated sugar
¼ cup	(50 ml)	freeze-dried black olives, crushed

Preheat oven to 225 F (110 C). Line baking tray with parchment paper and set aside. In bowl of a stand mixer fitted with whisk attachment, whip egg whites, cream of tartar and pinch of salt at medium speed until soft peaks form, about 3 minutes. With mixer running, add sugar, 1 tablespoon at a time, waiting until each is fully incorporated before adding more. Continue mixing until egg whites are glossy and hold stiff peaks, about 4 minutes. Fold in crushed olives. Transfer meringue to piping bag fitted with a ½-in (1 cm) round tip. Pipe long, zigzag lines of meringue crosswise along baking tray. Bake meringues for about 1 hour. Turn off oven, prop oven door open with a wooden spoon, and let meringues cool completely, about 2 hours. Meringues should feel dry and lift easily off parchment paper. Use right away or store in an airtight container at room temperature for 1 day.

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 Germany \$16.99 671131

CLOUDY BAY MARLBOROUGH SAUVIGNON BLANC
 New Zealand \$33.95 304469



BEEF SALAD WITH CHORIZO MERINGUE CROUTONS

Serves 4

4		medium red beets*
4		medium yellow beets*
4 tsp + 6 tbsp	(110 ml)	extra-virgin olive oil, divided
2 cups	(500 ml)	sugar snap peas, trimmed
2 tbsp	(30 ml)	champagne vinegar or white wine vinegar
1 tsp	(5 ml)	Dijon mustard
		salt and pepper, to taste
1 tbsp	(15 ml)	chives, finely chopped
4		radishes, thinly sliced into rounds
25		kalamata olives, pitted
3		oranges, segmented
2 cups	(500 ml)	pea shoots, trimmed
		micro greens, optional
		Chorizo Meringue Croutons
		(make ahead, recipe follows)

Preheat oven to 400 F (200 C). Wash beets and trim tops to within 1-in (2.5 cm) of beet. Reserve beet tops for another use. Lay 2 beets on a sheet of tin foil, drizzle with 1 tsp (5 ml) oil and 1 tbsp (15 ml) water. Wrap tightly and repeat with remaining beets. Place in roasting pan and roast beets until a fork or skewer can easily slide into middle of beet, about 50 to 60 minutes. When cool enough to handle, rub skins off beets using a paper towel. If skins don't easily peel away, beet likely needs more baking time. Slice each beet into 1-in (2.5 cm) cubes and set aside. Meanwhile, bring medium saucepan of water to a boil over high heat. Blanch sugar snap peas until bright green and crisp tender, about 1 to 2 minutes. Drain and plunge into cold water to stop beans from over cooking. Drain and pat dry. Set aside. In a small bowl whisk together vinegar, mustard and pinch of salt and pepper. Slowly whisk in remaining 6 tbsp (90 ml) oil until dressing is emulsified. Stir in chives and season to taste with additional salt and pepper. When ready to plate, arrange beets on serving plates. Top with snap peas, radishes, olives, oranges, pea shoots and micro greens (if using). Drizzle with vinaigrette and garnish with Chorizo Meringue Croutons. Serve right away.

CHORIZO MERINGUE CROUTONS

Serves 8

4-in	(10 cm)	piece dry-cured chorizo sausage, paper casing discarded
3		large egg whites
⅛ tsp	(0.5 ml)	cream of tartar
1 pinch		salt
¼ cup + 2 tbsp	(80 ml)	granulated sugar
1 tsp	(5 ml)	cornstarch

* Best to use gloves when handling beets as colour may stain hands.



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Preheat oven to 275 F (140 C). Line baking tray with parchment paper and set aside. Cut chorizo into thin slices. Place in food processor and pulse until finely chopped. Should yield about ½ cup (125 ml) of chorizo. In bowl of a stand mixer fitted with whisk attachment, whip egg whites, cream of tartar and salt on medium speed until soft peaks form, about 3 minutes. Meanwhile, in a small bowl whisk together sugar and cornstarch. With mixer running, add sugar mixture to egg whites 1 tablespoon (15 ml) at a time, waiting until each is fully incorporated before adding more. Continue mixing until egg whites are glossy and hold stiff peaks, about 4 minutes. Gently fold in crumbled chorizo. Spread meringue evenly over prepared baking tray, about ½-in (1 cm) thick. Bake meringue until light brown on top, dry but spongy, about 60 to 75 minutes. Remove from oven and let cool to room temperature on pan. Meringue should feel dry and lift easily off parchment paper. Break into shards and use right away, or store in an airtight container at room temperature for 1 day.

PAIRS WITH

BELLE GLOS CLARK & TELEPHONE PINOT NOIR
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RED ROOSTER CHARDONNAY
BC VQA \$16.99 498824



RHUBARB AND STRAWBERRY SHORTCAKES WITH LAVENDER CREAM

Serves 4 to 6

3½ cups	(875 ml)	all-purpose flour
½ cup	(125 ml)	granulated sugar
1 tsp	(5 ml)	salt
1 tsp	(5 ml)	baking powder
1 cup	(250 ml)	cold butter, cut into ½-in (1 cm) dice
½ cup	(125 ml)	milk
2		eggs, divided
		Strawberry and Rhubarb Sauce (make ahead, recipe follows)
		Lavender Cream (make ahead, recipe follows)

Preheat oven to 350 F (180 C). To make shortcakes, combine dry ingredients in a large bowl. Stir to blend. Add diced butter and cut in to dry mixture using a pastry cutter just until coarsely crumbled. In a separate bowl, whisk together milk and 1 egg, then gently fold into dry mixture. Do not over mix. The batter does not need to be fully incorporated and smooth. It should look crumbly and just come together. Gently roll dough out on a lightly floured surface to ¾-in (2 cm) thick. Cut into 2-in (5 cm) squares or circles, whatever shape you wish. Gather up remaining bits of dough and repeat. In a small bowl, whisk remaining egg and lightly brush tops of shortcakes. Place shortcakes on a baking sheet lined with parchment paper and bake for 20 to 25 minutes. Serve warm with Strawberry and Rhubarb Sauce and Lavender Cream.

STRAWBERRY AND RHUBARB SAUCE

- 6 stalks fresh rhubarb, about 1 lb (500 g), cut into ½-in (1 cm) slices
- ¾ cup (175 ml) granulated sugar
- 1 tsp (5 ml) vanilla paste (or regular vanilla)
- 1 cinnamon stick
- ¼ tsp (1 ml) ground cardamom
- ¼ tsp (1 ml) fresh ginger, peeled and minced
- ½ cup (75 ml) cranberry juice
- 1 cup (250 ml) fresh strawberries, hulled and halved (or if large, quartered)

In a heavy-bottomed saucepan over medium heat bring all ingredients, except strawberries, to a boil. Then reduce heat to simmer until rhubarb is almost tender but still has shape. Add strawberries and continue to cook for 10 to 12 minutes or until soft. Remove and set aside to cool.

LAVENDER CREAM

- 1 cup (250 ml) whipping cream
- 1 tbs (15 ml) dried lavender
- 3 tbs (45 ml) granulated sugar

In a small saucepan, combine cream and lavender and gently simmer for a couple of minutes. Remove from heat and refrigerate until cold. Strain cream and place in a chilled bowl. Add sugar and whisk together until soft peaks form.

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TAYLOR FLADGATE 10-YEAR-OLD TAWNY PORT
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STINGING NETTLE AND BRIE RISOTTO WITH ROASTED HAZELNUTS

Serves 4

- 4 to 5 cups (1 to 1.25 L) vegetable stock
- 3 tbs (45 ml) olive oil
- 1 large onion, finely chopped

- 2 garlic cloves, finely chopped
- 14 oz (398 ml) organic Carnaroli rice
- ½ cup (125 ml) white wine
- sea salt and freshly ground black pepper
- 4 oz (125 g) Brie cheese
- ¼ cup (50 ml) Stinging Nettle Purée (make ahead, recipe follows)
- ¼ cup (50 ml) roasted BC hazelnuts, crushed, for garnish

Heat stock in a large saucepan. Remove from heat and set aside. In separate heavy-bottomed saucepan heat olive oil, then add onion and garlic. Sauté very slowly, for 15 minutes, until soft but not golden. Stir in rice and turn up heat to medium. Rice will begin to lightly fry. Stir for a minute or until rice becomes translucent. Add wine and continue to stir until wine has cooked into rice. Add first ladle of prepared hot vegetable stock and a good pinch of salt. Turn down heat to simmer so rice doesn't cook too quickly on outside. Keep adding full ladles of stock, stirring constantly, allowing each ladleful to be absorbed before adding the next. This will take around 15 minutes. Carry on, adding just enough stock until rice is soft but with a slight bite. Remove from heat and add half the Brie and Stinging Nettle Purée. Stir well. Place a lid on pan and allow to sit for 2 minutes. Garnish with pieces of remaining Brie and the roasted hazelnuts.

STINGING NETTLE PURÉE

- 1 lb (500 g) stinging nettles, washed*
- 1 garlic clove, chopped
- ⅛ cup (25 ml) olive oil

Using protective gloves, place washed stinging nettles into boiling water for 1 minute. Drain and quickly cool. Place in a blender with garlic and olive oil and purée for 1 minute. Set aside until ready to make risotto.

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SEARED SALMON AND GNOCCHI WITH FIDDLEHEADS, MORELS AND PEAS

Serves 4

- 3 medium-sized Kennebec potatoes
- 1 tbs (15 ml) fresh chives, minced
- 1 tbs (15 ml) fresh flat leaf parsley, minced
- 1 tsp (5 ml) fresh tarragon, minced
- 1 tsp (5 ml) fresh thyme
- 1 pinch nutmeg
- 1 tsp (5 ml) salt

* Be sure to use protective gloves when handling stinging nettles, as they can hurt or irritate unprotected skin.

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...FORAGE FROM PAGE 78

½ tsp	(2 ml)	black pepper
3		large egg yolks
¾ cup	(175 ml)	all-purpose flour, plus extra, for dusting
2 tbsp	(30 ml)	clarified butter or ghee*
2 tbsp	(30 ml)	raw pancetta, diced
¼ cup	(50 ml)	fresh fiddleheads, cleaned and blanched
¼ cup	(50 ml)	fresh spring English peas
¼ cup	(50 ml)	morel mushrooms
		juice from ½ a lemon
4 x 6 oz	(180 g)	each salmon fillets, skin on (recipe follows)
2 tbsp	(30 ml)	grape seed oil
		salt and freshly ground black pepper
		Parmesan, freshly grated, for garnish

Preheat oven to 400 F (200 C). Place unpeeled potatoes on a baking sheet and bake for 40 minutes or until tender when pierced. Briefly cool and remove skins. Press potatoes through a potato ricer, tamis, or mesh strainer to get very fine mashed potatoes. Set aside to fully cool. To make dough, in a large bowl, combine fresh, minced herbs and seasonings. Stir in potatoes, fold in yolks and sprinkle with flour and work in with hands. Dough should still be slightly wet but not sticky. If sticky, add a little more flour. Lightly dust a flat surface with flour. Divide dough into 4 portions. To make gnocchi, roll each portion of dough into a log, ½-in (1 cm) in diameter. Using a pastry scraper or knife, cut each log crosswise into 1-in (2.5 cm) pieces. Bring a large pot of salted water to a full rolling boil. Add gnocchi and cook for 1 minute or until they begin to float. Using a slotted spoon, transfer gnocchi to a large bowl and toss with half the clarified butter to prevent gnocchi from sticking together. In a large, heavy frying pan over medium-high heat, add remaining clarified butter. Add gnocchi and pancetta. Gnocchi can be crowded in pan but each piece must touch bottom of pan. Flip gnocchi occasionally to lightly brown on all sides. Add fiddleheads, peas and morels and cook until vegetables are heated through. Total cooking time should be no more than 7 minutes. Drizzle lemon juice over top to stop butter from browning. Meanwhile, prepare salmon. Heat grape seed oil in a heavy frying pan over medium-high heat. Season salmon fillets with salt and pepper on flesh side. Place flesh side down in hot pan and sear for 1 minute. Flip fillets and continue to cook another minute or until desired doneness. To serve, divide gnocchi mixture among 4 heated plates and top with Parmesan. Serve alongside seared salmon.

PAIRS WITH

MER SOLEIL CHARDONNAY SANTA LUCIA

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QUAILS' GATE PINOT NOIR

BC VQA \$24.99 585760

* Available at Asian markets

BC LIQUORSTORES



NAVARIN OF LAMB WITH POTATO GNOCCHI

Serves 8

2 tbsp	(30 ml)	olive oil
3 lbs	(750 g)	lamb shoulder, trimmed of excess fat and cut into 1½-in (4 cm) cubes
		salt and freshly ground black pepper
1		medium carrot, chopped
1 stalk		celery, chopped
1		yellow onion, chopped
2		garlic cloves, crushed
2 tbsp	(30 ml)	all-purpose flour
1 tbsp	(15 ml)	tomato paste
1 cup	(250 ml)	red wine
3 cups	(750 ml)	beef or chicken broth or water
4 sprigs		fresh thyme
16		baby carrots (or 4 large carrots peeled, cut into 2-in (5-cm) pieces)
3 tbsp	(45 ml)	unsalted butter
2 tsp	(10 ml)	granulated sugar
1 cup	(250 ml)	water
40		pearl onions, peeled
		Potato Gnocchi (make ahead, recipe follows)
		flat-leaf parsley, finely chopped, for garnish

Preheat oven to 350 F (180 C). Heat oil in large Dutch oven or casserole over medium-high heat. Season lamb with salt and pepper. Working in batches, add lamb cubes and cook until browned on all sides, 8 to 10 minutes. Do not crowd pan. Transfer lamb to a plate and set aside. Add chopped carrot, celery and yellow onion and cook, stirring occasionally until vegetables are soft and brown, about 10 minutes. Add garlic, flour and tomato paste and cook, stirring often, until tomato paste begins to brown, about 2 minutes. Stir in wine, broth or water, thyme and reserved lamb. Cover, bring to a boil, and transfer to oven. Cook until lamb is tender, about 50 to 60 minutes. Using slotted spoon, transfer lamb to plate and cover with foil to keep warm. Strain sauce into a saucepan. Discard solids. Bring liquid to a boil over medium-high heat, skimming surface occasionally. Cook until reduced to 2 cups (500 ml), about 20 minutes. Set sauce aside. Meanwhile, heat large frying pan over medium-high heat and add baby carrots, butter, sugar, and 1 cup (250 ml) of water. Partially cover and cook for 10 minutes. Add salt to taste. Add pearl onions, partially cover and continue cooking until liquid has evaporated and vegetables are golden brown, about 3 minutes. Add vegetables to sauce, along with lamb and cook until heated through, about 2 minutes. Divide between bowls, add prepared Potato Gnocchi and garnish with parsley.

POTATO GNOCCHI

Makes about 30 pieces

2		large baking potatoes
1		large egg
1		large egg yolk
2 tsp	(10 ml)	olive oil
		salt and freshly ground black pepper, to taste
¼ tsp	(1 ml)	freshly grated nutmeg
¾ cup	(175 ml)	all-purpose flour, plus extra for surface
1 tbsp	(15 ml)	unsalted butter, for sautéing

Preheat oven to 400 F (200 C). Scrub potatoes and prick with a fork. Bake directly on oven rack until easily pierced with a fork, about 1 hour, depending on size of potatoes. While potatoes are still hot, cut lengthwise and scoop out pulp. Process through a potato ricer into a large bowl and let cool to room temperature. Gather cooled potatoes into a shallow mound and form a well in centre. In a small bowl, beat egg and egg yolk, then place into well. Add olive oil, salt and pepper, and nutmeg. Add flour around outer edge of mound. Using your hands, gradually incorporate all ingredients into potatoes to form a smooth and elastic dough. Form dough into a short, thick log. Bring a large pot of liberally salted water to a boil, lower heat and simmer. Lightly flour work surface. Cut thick log into quarters. Roll each quarter of dough into a long ½-in (1 cm) diameter log. Cut into ¾-in (2 cm) pieces. Roll each piece against the tines of a fork while pressing a small indent on opposite side with your finger. At this time, gnocchi can be covered and refrigerated for a few days, or wrapped tightly and frozen for 1 month. When ready to serve, drop gnocchi into simmering water and cook until they float, about 2 minutes. Then transfer to a sauté pan, add butter and sauté until golden brown. Serve hot with Navarin of Lamb.

PAIRS WITH

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LAMB SHANKS WITH ROSEMARY JUS

Serves 8

8		French-trimmed lamb shanks*
		salt and freshly ground black pepper
6 tbsp	(90 ml)	olive oil, divided
3		medium carrots, peeled and coarsely chopped
3 stalks		celery, coarsely chopped
1		yellow onion, peeled and coarsely chopped
3		garlic cloves, peeled
1½ tbsp	(21 ml)	tomato paste

* French-trimmed means upper end of bone is trimmed slightly short and scraped while shank meat itself has been trimmed of excess fat, membrane and sinew.

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...LOVELY LAMB FROM PAGE 94

- | | | |
|----------|----------|--|
| 1 bottle | (750 ml) | red wine |
| 2 | | bay leaves |
| 8 sprigs | | rosemary, divided |
| 10 | | black peppercorns |
| 2 cups | (500 ml) | chicken stock |
| 40 | | fiddleheads, browned scales removed, rinsed well |
| 4 cups | (1 L) | White Bean Purée (recipe follows) |

Preheat oven to 300 F (150 C). Season lamb with salt and pepper. Heat ¼ cup (50 ml) olive oil in large casserole or Dutch oven. Working in batches, sear lamb shanks over medium heat, turning often, until well browned on all sides, about 12 minutes. Transfer to platter and reserve. Pour off any fat from casserole and add remaining 2 tbsp (30 ml) olive oil. Add carrots, celery, garlic and onion and cook over medium heat until vegetables start to brown, about 8 minutes. Stir in tomato paste and cook for 1 minute. Add wine, scraping browned bits from bottom. Stir in bay leaves, 4 rosemary sprigs and peppercorns. Return shanks to casserole and add stock. Bring to a boil, cover and transfer to oven. Braise for about 3 hours, or until meat is very tender. Transfer shanks to a plate and keep warm. Strain remaining sauce into a large saucepan, pressing on vegetables to extract as much liquid as possible. Discard solids. Let jus stand for 10 minutes and skim any excess fat that rises to surface. Bring to boil over medium-high heat until reduced by ⅓, about 25 minutes. Taste and adjust seasonings. While

jus is reducing, prepare fiddleheads and White Bean Purée (recipe follows). Bring a pot of salted water to a boil. Add fiddleheads and boil for 10 minutes. Drain and set aside. To serve, add ½ cup (125 ml) of White Bean Purée in centre of each plate. Add lamb shanks, fiddleheads and pour rosemary jus around purée. Garnish with sprinkling of remaining rosemary and serve immediately.

WHITE BEAN PURÉE

- | | | |
|-----------|----------|--|
| 1 tbsp | (15 ml) | olive oil |
| 2 | | garlic cloves, peeled and minced |
| 2 x 14 oz | (398 ml) | cans cannellini beans |
| 2 cups | (500 ml) | chicken stock |
| 1 tsp | (5 ml) | white wine vinegar |
| | | salt and freshly ground black pepper, to taste |

Heat olive oil in a medium-sized saucepan, over medium heat. Add garlic and cook for 30 seconds, until fragrant. Add beans and chicken stock and cook until heated through. Transfer mixture to a food processor or blender and purée to desired consistency.

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ROCLAND ESTATE CHOCOLATE BOX SHIRAZ

Australia \$24.99 470641

...LOVELY LAMB FROM PAGE 94



STUFFED LAMB LOIN SERVED WITH LEMON ASPARAGUS

Serves 4

2 tbsp	(30 ml)	olive oil, divided
¼ cup	(50 ml)	yellow onion, finely chopped
3		garlic cloves, minced
4 oz	(125 g)	baby spinach, trimmed
½ tsp	(2 ml)	kosher salt
½ tsp	(2 ml)	freshly ground black pepper
2 tbsp	(30 ml)	sun-dried tomatoes packed in oil, drained and finely chopped
4 oz	(125 g)	goat's cheese, at room temperature
2 x 1 lb	(500 g)	each lamb loin
		Lemon Asparagus (recipe follows)

Preheat oven to 400 F (200 C). In medium frying pan heat 1 tbsp (15 ml) olive oil. Add onion and garlic and cook over medium heat until soft, about 3 minutes. Add spinach, salt and pepper and cook for 2 to 3 minutes until spinach is wilted. Let cool to room temperature. In a small bowl, combine sun-dried tomatoes with goat's cheese and set aside. Butterfly loins, slicing halfway through loins down centre lengthwise. Place between 2 sheets of plastic wrap and pound lightly to an even thickness. Cover meat with spinach, then cover spinach with goat's cheese mixture. Roll and tie with string every 1-in (2.5 cm). Pat lamb dry. Brush lightly with olive oil, and season both sides with salt and pepper. Heat a deep, ovenproof frying pan over high heat. Add lamb and brown on all sides, about 3 minutes. Place pan in oven and roast until a meat thermometer inserted in middle registers 125 F (52 C) for rare or 130 F (54 C) for medium-rare, about 25 minutes. Meanwhile, prepare Lemon Asparagus. When lamb has finished roasting, remove from oven, cover loosely with aluminum foil and let stand for 5 to 10 minutes. Remove strings from lamb loins and cut into ¾-in (2 cm) to 1-in (2.5 cm) thick medallions. Serve with Lemon Asparagus or seasonal vegetables.

LEMON ASPARAGUS

2 lbs	(1 kg)	fresh asparagus, trimmed
1 tbsp	(15 ml)	olive oil
1 tsp	(5 ml)	sea salt
		juice and zest of 1 lemon

Spread asparagus on a baking sheet. Drizzle with oil, sprinkle with salt and lemon zest and roast in 400 F (200 C) oven while lamb is resting, about 10 to 15 minutes. Remove from oven and drizzle lemon juice over asparagus.

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BC LIQUORSTORES



EGGS BENEDICT WITH ORANGE-GLAZED BACON

Serves 6

6		Cream Biscuits* (make ahead)
2 cups	(500 ml)	mixed spring greens
		Orange-Glazed Bacon (make ahead, recipe follows)
12		poached eggs
		Quick Hollandaise Sauce (make ahead, recipe follows)
1 tbsp	(15 ml)	chives, finely chopped, for garnish
		freshly ground black pepper, for garnish

Split each biscuit in half and lightly toast, if desired. Place 2 biscuit halves on each serving plate and top with some mixed greens, a slice of Orange-Glazed Bacon and a poached egg. Ladle some Quick Hollandaise Sauce over each egg and garnish with chopped chives and a grind of freshly ground black pepper. Serve immediately.

ORANGE-GLAZED BACON

Serves 6

2		Navel oranges
1½ tbsp	(21 ml)	light brown sugar
1 tsp	(5 ml)	Dijon mustard
12 slices		thick-cut bacon, about ¾ lb (340 g)

Preheat oven to 400 F (200 C). Line baking tray with tin foil and set aside. Finely zest 1 orange and juice and add to a small saucepan. Stir in brown sugar and mustard and set over medium heat, stirring occasionally, until glaze is just thick enough to coat the back of a spoon, about 6 to 8 minutes. Lay bacon in single layer on foil-lined tray. Brush bacon with glaze and bake for 10 minutes. Flip bacon, brush with more glaze and continue to bake another 10 to 15 minutes, or until bacon is cooked to your liking. Brush bacon with remaining glaze and transfer to parchment-lined plate to cool slightly before serving.

QUICK HOLLANDAISE SAUCE

Makes about 1½ cups (375 ml)

1¼ cup	(300 ml)	unsalted butter
2		large egg yolks
2 tbsp	(30 ml)	fresh lemon juice, plus extra
1 pinch		each cayenne pepper, turmeric (optional) and salt

Fill blender jug with very hot water and set aside. In a small saucepan over medium heat, melt butter until foaming. Remove pan from heat. Drain blender jug and dry well. Blend together egg yolks, lemon juice, cayenne pepper and turmeric (if using) until just combined. With blender running, remove lid insert and slowly pour hot butter into blender in a very thin stream. Discard any solids left in bottom of saucepan. Blend hollandaise until creamy. Season to taste with salt and extra lemon juice, if desired. If sauce is too thick, add a few teaspoons

* Recipe follows in next section

of hot water to thin. Hollandaise is best if used immediately but can sit for about 30 minutes over hot water in a bain-marie or thermos.

PAIRS WITH

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CREAM BISCUITS** WITH PEACH TARRAGON JAM

Makes 8 biscuits

1 cup	(250 ml)	pastry flour, plus extra
1 cup	(250 ml)	all-purpose flour
1 tbsp	(15 ml)	baking powder
½ tsp	(5 ml)	salt
1½ cups	(375 ml)	whipping cream, chilled, divided
3 tbsp	(45 ml)	unsalted butter, melted
		Peach Tarragon Jam (make ahead, recipe follows)

Preheat oven to 425 F (220 C). Line baking sheet with parchment paper. Into a large bowl, sift flours, baking powder and salt. With rubber spatula fold 1¼ cup (300 ml) cream into dry ingredients. Dough should be soft and slightly sticky. If not, fold in remaining cream, 1 tbsp (15 ml) at a time. Turn dough out onto floured work surface and pat into ¾-in (2 cm) thickness. Using a 2½-in (6 cm) round cookie cutter, punch rounds out of dough. Gather up scraps, press into ¾-in (2 cm) thickness and continue cutting out rounds until dough is used up. Place biscuits on prepared baking sheet and brush generously with melted butter. Bake until puffed and golden brown, about 12 to 15 minutes, rotating baking sheet halfway through baking. Serve warm with Peach Tarragon Jam.

PEACH TARRAGON JAM

Makes approximately four ½-pint (250 ml) jars of jam

2½ lb	(1.25 kg)	frozen peach slices
2½ cups	(625 ml)	granulated sugar
2 tbsp	(30 ml)	fresh lemon juice
1		Granny Smith apple, peeled, cored and diced
2 tbsp	(30 ml)	fresh tarragon leaves, roughly chopped

In a large glass or ceramic bowl, combine peaches and sugar and stir to mix. Cover and allow mixture to marinate overnight in refrigerator. The next day, wash four ½-pint (250 ml) canning jars, lids and screw bands in hot soapy water. Rinse well. Place canning rack, or a thick kitchen towel, in bottom of stockpot and place jars on top. Fill pot with water and bring to a simmer. Keep jars in simmering water until ready to use. This will sterilize jars and help minimize risk of breakage when filling. Bring a small pot of water just to a simmer and add lids. Do not let water boil, as it may warm lids too much making it difficult to obtain a good seal to jars. Place 5 small plates in freezer to use for testing jam.

** Use for Eggs Benedict recipe.

Pour peach mixture along with lemon juice and diced apple into a large, heavy pot set over medium-high heat. Stirring constantly, bring mixture to a boil while skimming off any foam that has accumulated on surface. Reduce heat to a strong simmer and cook jam, stirring often, until temperature on an instant read thermometer reaches 220 F (104 C). Test jam is ready by dropping about 1 tsp (5 ml) onto a frozen plate. Let set 15 seconds and run a finger through jam. It should wrinkle slightly and have a thick consistency. If jam is not set, return to pot and continue cooking for another 1 to 2 minutes before testing again. When jam is set, turn off heat, leaving pot on heat source, and stir in tarragon. Let jam stand for 2 minutes before removing pot from stovetop and skimming off any remaining foam. Remove jars from boiling water with canning tongs or regular tongs and place on a clean kitchen towel. Keep water simmering. Fill each jar using a ladle and wide-mouth funnel (if available), leaving at least ½-in (1 cm) headspace from rim of jars. Wipe jar rims clean with paper towel. Using tongs, retrieve a warm lid from small pot and centre on top of each jar. Screw on band until it just stops. If band is secured too tightly, lid will not seal properly during processing. Using tongs, gently submerge filled jars into a large pot of simmering water, making sure they are covered by at least 1-in (2.5 cm) water. Cover pot and bring water to a boil. Once at a boil, start timer for 10 minutes. Remove jars from water bath and set on a cooling rack or clean towel. Leave jars to cool, undisturbed, for 12 to 24 hours. Check seal to ensure that the lid does not flex up or down when gently pressed. If lid does move, store in refrigerator and start to enjoy right away. Store sealed jam in a cool, dry place for up to 1 year.

PAIRS WITH
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BASIL AND MINT VACHERIN WITH FRESH MANGO

Serves 6

- | | | |
|--------|----------|---|
| 1 cup | (250 ml) | whipping cream, chilled |
| 1 tbsp | (15 ml) | icing sugar |
| ½ tsp | (2 ml) | lime zest |
| | | Basil-Mint Ice Cream (make ahead, recipe follows) |
| | | Lime Meringue (make ahead, recipe follows) |

SMOOTHACIOUS?

Bodaciously smooth



- 2 fresh mangos, peeled and diced
 basil leaves, for garnish
 mint leaves, for garnish

In medium bowl, beat whipping cream with sugar until soft peaks form. Whisk in lime zest until incorporated. Keep chilled until ready to serve, but no longer than 2 hours. To assemble Vacherins, place a Lime Meringue on each serving plate. Top with a generous scoop of Basil Mint Ice Cream and top with another meringue disk. Garnish with a dollop of whipped cream, a generous sprinkling of diced mango and a few small basil and mint leaves, if desired. Serve immediately.

BASIL-MINT ICE CREAM*

Makes about 4 cups (1 L)

- | | | |
|---------|----------|---------------------------|
| 2 cups | (500 ml) | whipping cream |
| 1 cup | (250 ml) | whole milk |
| ¼ tsp | (1 ml) | salt |
| 1 | | vanilla bean, cut in half |
| 6 | | large egg yolks |
| 1 cup | (250 ml) | granulated sugar, divided |
| ¼ cup | (50 ml) | water |
| 3 tbsps | (45 ml) | fresh basil leaves |
| 2 tbsps | (30 ml) | fresh mint leaves |

In a large bowl prepare an ice bath with ice and water. Nestle a smaller bowl in ice bath, add 1 cup (250 ml) of the whipping cream and place a fine mesh strainer over bowl. Set aside. In a heavy-bottomed saucepan, heat milk, salt and remaining 1 cup (250 ml) cream over medium heat. Cook, stirring occasionally, until steaming but not boiling. Scrape seeds from vanilla bean and add to warm milk mixture along with pod. Remove saucepan from heat, cover and let steep for 30 minutes. Meanwhile, in large bowl, whisk together yolks and ¾ cup (175 ml) sugar until thick and light in colour. Remove vanilla bean pod and slowly pour steeped warm milk mixture into egg yolk mixture while whisking constantly. Transfer mixture back to saucepan and cook, stirring constantly with a heatproof spatula over medium heat. Custard base is ready when it starts to steam and coats the spatula (will register about 170 F (77 C) on thermometer). Remove saucepan from heat and strain through sieve over cream. Stir until cool. Remove bowl from ice bath, cover and refrigerate for 4 hours or overnight. In a small saucepan, combine remaining ¼ cup (50 ml) sugar and water and bring to a boil. Add herbs and blanch, just until wilted, about 30 seconds. Transfer mixture to a blender and purée until smooth. Let purée cool while churning ice cream in ice cream maker. Freeze chilled custard in an ice cream maker according to manufacturer's instructions. When just about done chilling, drizzle herb purée into ice cream maker and let incorporate in for 1 minute. Serve immediately or transfer to an airtight container, cover and freeze for up to 1 week.

LIME MERINGUE

Makes about 16 meringue disks

- | | | |
|---------|----------|--|
| 1½ cups | (375 ml) | icing sugar |
| 4 | | large egg whites at room temperature, about ½ cup (125 ml) |
| 2 tsp | (10 ml) | freshly grated lime zest |

Preheat oven to 200 F (95 C). Line 2 baking sheets with parchment paper and set aside. In bowl of a stand mixer, whisk together icing sugar and egg whites until well combined. Place bowl over a pot of simmering water and whisk until mixture is warm, about 4 minutes. Remove bowl from heat, place on

stand mixer fitted with whisk attachment and whip until cool and firm peaks form, about 5 minutes. Whisk in lime zest. Spoon lime meringue into pastry bag fitted with a ½-in (1 cm) round tip and pipe circles onto parchment paper, starting at the centre and working your way out. Each disk should be about 3-in (8 cm) in diameter. Bake meringues for about 1½ to 2 hours, or until firm and dry. Turn off oven and let meringues cool completely in oven, about 2 hours. Meringues should feel dry and lift easily off parchment paper. Use right away or store in an airtight container at room temperature for up to 4 days.

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PINE NUT AND ROASTED CHERRY TOMATO TART

Serves 6

- | | | |
|---------|----------|--|
| ½ lb | (250 g) | puff pastry, thawed |
| 1 tsp | (5 ml) | extra-virgin olive oil |
| 2 cups | (500 ml) | cherry tomatoes |
| ½ tsp | (2 ml) | salt, divided |
| 1 tsp | (5 ml) | granulated sugar |
| 3 | | garlic cloves, minced |
| 20 | | pitted Niçoise olives |
| 1 tsp | (5 ml) | fresh oregano leaves, chopped |
| 6 oz | (180 g) | goat's cheese |
| 1 | | large egg |
| 1 tsp | (5 ml) | fresh chives, chopped |
| 1 tsp | (5 ml) | lemon zest |
| ¼ tsp | (1 ml) | ground black pepper |
| 2 tbsps | (30 ml) | pine nuts, toasted, for garnish |
| | | Parmesan cheese, freshly shaved, for garnish |
| | | baby arugula or micro greens, for garnish |

Roll out puff pastry into a 16 x 6-in (40 x 15 cm) rectangle. Fit pastry into a 14 x 4-in (35 x 10 cm) tart pan with removable sides. Cover with plastic wrap and refrigerate until cold, about 1 hour. Preheat oven to 400 F (200 C). Poke tart shell all over with a fork before baking for 10 minutes. Place on wire rack to cool while making filling. Reduce oven temperature to 350 F (180 C). Warm oil in frying pan over medium heat. Add cherry tomatoes, sprinkle with ¼ tsp (1 ml) salt and sauté for 2 minutes. Stir in sugar and garlic and continue to cook for another minute. Add olives and oregano and stir to incorporate. Remove frying pan from heat and set aside. In a bowl, stir together goat's cheese, egg, chives, lemon zest, remaining ¼ tsp (1 ml) salt and pepper. Spread cheese mixture over bottom of baked tart shell and top with tomato mixture. Bake tart until pastry is golden brown and filling is warmed through, about 25 to 30 minutes. Let tart cool for 2 minutes before unmoulding and setting on a serving plate. When ready to serve, garnish with a shower of toasted pine nuts, some shaved Parmesan cheese and baby arugula before slicing.

* Please note, an ice cream maker is needed for this recipe.

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ASPARAGUS MIMOSA

Serves 6

- 2 tbsp (30 ml) white wine vinegar
- ½ tsp (2 ml) Dijon mustard
- ¼ tsp (1 ml) salt, plus extra
- 1 pinch pepper, plus extra
- ¼ cup (50 ml) extra-virgin olive oil
- ¼ cup (50 ml) grape seed oil

- 2 tbsp (30 ml) shallots, minced
- 1 tbsp (15 ml) parsley, chopped
- 2 lbs (1 kg) asparagus, woody ends trimmed away
- 1½ tbsp (21 ml) capers, rinsed
- 3 radishes, thinly sliced
- 2 hard-boiled eggs, finely chopped
- 1 tbsp (15 ml) chives, chopped
- piment d'Espelette chili powder*, optional, for garnish

In a medium bowl, whisk together vinegar, mustard, salt and pepper. Gradually whisk in oils until vinaigrette emulsifies and thickens slightly. Whisk in shallots and parsley. Season to taste with additional salt and pepper. Bring a large pot of salted water to boil over high heat. Add asparagus and cook until bright green and just tender, about 3 minutes. Drain, transfer to large bowl and toss with half the vinaigrette. Arrange asparagus on a serving platter. Just before serving, top with capers and radishes. Drizzle with remaining dressing and garnish dish with egg, chives and a generous pinch or 2 of chili powder.

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* Can substitute regular chili powder

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SPRING CHICKEN FROM PAGE 112



PESTO-STUFFED CHICKEN BREASTS

Serves 6

6		large boneless, skinless, chicken breast halves
1 cup	(250 ml)	Pesto Sauce (make ahead, recipe follows)
		salt and freshly ground black pepper
1 tbsp	(15 ml)	unsalted butter
1 tbsp	(15 ml)	olive oil
2 lb	(1 kg)	cherry tomatoes on the vine, to serve

Heat oven to 400 F (200 C). Cut a pocket in each breast by laying it, back side down, on a cutting board. Hold a small, sharp, thin-bladed knife with its flat side parallel to the cutting board. About half way up and mid-way along the thicker side of the breast, carefully make a 1-in (2.5 cm) incision that goes deep into the

breast but not through to the opposite side. Slide knife towards one end of breast to enlarge pocket without widening entry hole. Reverse blade and cut in opposite direction to complete the cavity. Be careful to avoid breaking through surface of breast. Fill each cavity evenly with 2 to 3 tbsp (30 to 45 ml) of Pesto Sauce. Season breasts with salt and pepper. Set a large, heavy frying pan over medium-high heat with butter and olive oil. When fat is hot, cook breasts (in batches if required) top side down until golden, 4 to 5 minutes. Turn chicken breast and cook for 3 minutes more. Transfer to an ovenproof dish large enough to hold all breasts top side up in a single layer without touching. Keep warm under foil while cooking remaining breasts. Bake chicken in oven until a thermometer inserted in middle of breast reads 155 F (68 C), about 8 to 10 minutes (depending on thickness). Let rest for 5 to 10 minutes, cut chicken breasts in half and serve with small roasted tomatoes on the vine. To roast tomatoes, rub with olive oil, season with salt and pepper, place on baking sheet and roast in oven while chicken is resting.

PESTO SAUCE

5 cups	(1.25 L)	fresh basil leaves, tightly packed
1 cup	(250 ml)	Parmesan cheese, grated
$\frac{3}{8}$ cup	(150 ml)	pine nuts
4		garlic cloves, coarsely chopped
$\frac{1}{2}$ cup	(125 ml)	extra-virgin olive oil
		kosher salt and freshly ground black pepper to taste

In food processor or blender, process basil, Parmesan, pine nuts and garlic until coarsely chopped. With motor running, slowly add oil in a thin, steady stream. Taste and season with salt and pepper, to taste. Refrigerate for up to 1 week or freeze for up to 1 month. But, if not using right away, add enough oil to cover pesto so it will not oxidize and discolour.*

PAIRS WITH
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WENTE MORNING FOG CHARDONNAY
USA \$18.99 175430



CHICKEN AND MOREL-FILLED CHIVE CRÊPES

Serves 8

1 oz	(30 g)	dried morels or 5 oz (140 g) fresh morels
2		chicken breast halves
7 tbsps	(105 ml)	butter, divided
3		shallots, divided
¼ tsp	(1 ml)	kosher salt
¼ tsp	(1 ml)	freshly ground black pepper
5 tbsps	(75 ml)	all-purpose flour
3 tbsps	(45 ml)	dry sherry
¼ tsp	(1 ml)	freshly grated nutmeg
		salt and freshly ground pepper, to taste
8		Chive Crêpes (make ahead, recipe follows)
		chives, for garnish

If using dried morels, place in a large bowl and pour 4 cups (1 L) boiling water over them**. Let stand until softened, about 20 minutes. Strain liquid into saucepan. Remove stems and discard. Halve caps lengthwise, if large, and set aside. Add chicken to saucepan (see note about fresh morels), and bring to a simmer over high heat, then reduce heat to barely bubbling. Partially cover with lid and poach until no longer pink inside, about 20 minutes, depending on size of breasts. Transfer chicken to plate and let cool. Cut into bite-sized pieces. Strain poaching liquid through fine sieve. Measure 4 cups (500 ml) and set aside. In a small saucepan, melt 2 tbsps (30 ml) butter over medium heat. Add mushrooms and cook with ½ the shallots until translucent, about 3 minutes, set aside. In saucepan, melt remaining butter over medium heat. Cook remaining shallots, with salt and pepper until softened, about 5 minutes. Sprinkle with flour and cook, whisking constantly, for 1 minute. Whisk in reserved poaching liquid and bring to a boil. Reduce heat and simmer, whisking often, until smooth and thickened, about 5 minutes. Whisk in sherry and nutmeg. Add salt and pepper to taste. Reserve 1 cup (250 ml) sauce to drizzle over Chive Crêpes*** and set aside. Stir chicken and mushrooms in remaining sauce and heat through. Lay warmed Chive Crêpe on each plate. Spoon

* Note: For a thinner pesto to use in other recipes, stir in ¼ cup (50 ml) oil at serving.

** Alternatively, if using fresh morels do not soak them. You will also have to poach the chicken in 2 cups (500 ml) water and 2 cups (500 ml) chicken broth.

*** Depending on mushrooms used and colour of poaching liquid, sauce might be light or dark in colour.

some chicken and mushroom filling down centre of each crêpe and fold sides of crêpes over filling. Garnish with some sauce and fresh chives.

CHIVE CRÊPES

Makes 12

1 cup	(250 ml)	whole milk
1 cup	(250 ml)	all-purpose flour
2		large eggs
6 tbsps	(90 ml)	cold water
3 tbsps	(45 ml)	melted unsalted butter, plus extra for pan
½ tsp	(2 ml)	kosher salt
3 tbsps	(45 ml)	fresh chives, finely chopped

Combine all ingredients, except chives, in blender and process until smooth, about 5 seconds. Transfer to resealable container and refrigerate for 2 hours or up to 2 days. When taking batter from refrigerator, gently stir in chives. Heat an 8-in (20 cm) non-stick frying pan or crêpe pan over medium heat for 3 minutes. Brush pan bottom and sides very lightly with melted butter. Butter should sizzle. Remove pan from heat, tilt pan slightly and pour 2 tbsps (30 ml) batter into pan (or enough to cover bottom). As batter is poured, rotate pan to swirl batter evenly before returning it to heat. Cook until first side is spotty golden brown, about 30 seconds, flip to other side and cook about 30 seconds longer. Transfer crêpe to a cooling rack. Repeat with remaining crêpe batter, brushing pan with butter as needed. If making ahead, layer parchment paper between each crêpe and wrap in plastic wrap. Refrigerate for up to 3 days or double wrap and freeze for up to 1 month. To thaw, place in refrigerator for a day or leave at room temperature for an hour.

PAIRS WITH
VEUVE CLICQUOT BRUT

France \$69.99 563338

CLEAN SLATE RIESLING

Germany \$14.99 160127



CHICKEN PICCATA

Serves 8

½ cup	(125 ml)	all-purpose flour
8		chicken breast halves, boneless, skinless
		salt and freshly ground black pepper
5 tbsps	(75 ml)	butter, divided
3 tbsps	(45 ml)	olive oil, divided
½ cup	(125 ml)	dry white wine or ¼ cup (50 ml) dry vermouth
1¼ cup	(300 ml)	low sodium chicken stock
2		lemons, (1 thinly sliced, 1 for juicing)
3 tbsps	(45 ml)	capers, rinsed and drained
2 tbsps	(30 ml)	flat leaf parsley, finely chopped, for garnish
		spaghetti or spaghettini, cooked per package instructions

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[taste life]



f /yellowtail

Must be legal drinking age. Watch your tail. Drink responsibly.

NORTH TO SOUTH INDIAN FROM PAGE 120

Preheat oven to 200 F (95 C). Place flour in shallow dish. To make chicken cutlets, remove tenderloin (located under chicken breast) and reserve for another use. Placing hand on top of chicken breast, carefully slice breast in half, horizontally. Place cutlets on a sheet of plastic wrap, cover with a second sheet and pound gently to an even thickness of ¼-in (0.5 cm). Pat cutlets dry. Season both sides with salt and pepper and dredge in flour, shaking off excess. In a large frying pan, heat 2 tbsp (30 ml) each of butter and oil. Working in batches, adding more oil and butter as needed, cook chicken 2 minutes, turn and cook a minute longer. As they are done, transfer to an oven safe plate. Tent with aluminum foil and place in warm oven. Add 1 tbsp (15 ml) butter and 1 tbsp (15 ml) oil to frying pan over medium-high heat. When hot, add shallots and sauté until translucent, stirring frequently. Add wine, bring to a boil, scraping pan to loosen browned bits, and cook until liquid has reduced to a glaze. Add broth to pan, bring to a boil and cook until reduced by half, about 8 minutes. Add remaining butter, lemon slices, juice and capers and season with salt and pepper to taste. Remove chicken from oven and add any juices that may have collected to sauce. Place 1 chicken breast on each plate, divide sauce equally and sprinkle with parsley. Serve with spaghetti or spaghettiini.

PAIRS WITH
SEBASTIANI SONOMA CHARDONNAY
USA \$20.99 361634

FAIVELEY BURGOGNE PINOT NOIR PAULÉE
France \$21.99 142448



MANGO AND POMEGRANATE SALAD

Serves 4

1 lb	(500 g)	ripe mango, about 1 large or 2 small
½ lb	(250 g)	green mango, about 1 small
1 tsp	(5 ml)	brown mustard seeds
1 cup	(250 ml)	plain yogurt
1		green hot chili, seeded and finely minced
1 tbsp	(15 ml)	finely shredded unsweetened coconut (optional)
1 tsp	(5 ml)	granulated sugar
½ tsp	(2 ml)	salt
2 tbsp	(30 ml)	Canola oil
1		whole dried red chili

- 1 small shallot, peeled and thinly sliced
- 1 pomegranate, peeled and seeded
- 3 tbsp (45 ml) cilantro, chopped

Peel mangoes and cut flesh into ½-in (1 cm) dice. Transfer ¼ tsp (4 ml) of the mustard seeds into a clean spice grinder. Process until fine. In a mixing bowl, whisk yogurt until smooth and creamy. Add ground mustard seeds, green chili, coconut (if using), sugar and salt. Add diced mangoes and gently toss together. Heat oil in a small frying pan over medium heat. When hot, add remaining mustard seeds. As soon as they pop add red chili. When chili starts to darken, add shallots. Sauté until shallots starts to brown. Transfer to mango mixture and lightly toss. Garnish with pomegranate seeds and chopped cilantro.

PAIRS WITH
MIONETTO TREVISO PROSECCO BRUT
 Italy \$19.99 86256
IRONSTONE OBSESSION SYMPHONY
 USA \$16.99 355784



PRAWNS IN COCONUT MILK

Serves 6

- 2 lbs (1 kg) medium prawns, peeled and deveined, tail on
- 2 tbsp (30 ml) whole coriander seeds
- ¼ tsp (1 ml) fenugreek seeds
- 1 tsp (5 ml) black peppercorns
- 5 tbsp (75 ml) Canola oil
- 1 tbsp (15 ml) black mustard seeds
- 12 fresh curry leaves
- 6 garlic cloves, thinly sliced
- 1 medium yellow onion, halved, then thinly sliced crosswise
- 1 tbsp (15 ml) peeled fresh ginger, finely minced,

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THE CLEAR
BOTTLE WITH A
SHADY PAST.



ORIGINAL
DRAUGHT

...NORTH TO SOUTH INDIAN FROM PAGE 120

1¾ cup	(425 ml)	water
2 tbsp	(30 ml)	paprika
1 tsp	(5 ml)	cayenne
½ tsp	(2 ml)	ground turmeric
1 tsp	(5 ml)	salt, or to taste
3		whole green chilies
1 tbsp	(15 ml)	fresh lime juice
14 oz	(398 ml)	can coconut milk
		fresh cilantro, to garnish

Rinse prawns and dry well. Cover and refrigerate. Heat small frying pan over medium heat. When hot add coriander and fenugreek seeds and peppercorns. Lightly roast about a minute or until fragrant. Remove and transfer to a spice grinder and process until fine. Heat oil in a large frying pan. When hot, add mustard seeds. As soon as they start to pop, add curry leaves. Stir and add garlic and onion. Sauté until they are lightly brown. Add ginger and stir for a few seconds. Add water and remaining spices and ground spice mixture. Bring to a boil. Lower heat to medium-low and simmer for 5 minutes. Add prawns. Cook until they become opaque, then add lime juice and coconut milk and stir until heated through. Garnish with cilantro and serve with Basmati rice.

PAIRS WITH
CHARLES SMITH KUNG FU GIRL RIESLING
USA \$19.99 301671

G.H. MUMM CORDON ROUGE BRUT
France \$64.99 308056



GROUND LAMB KEBABS

Makes 6 to 8 kebabs

2 lbs	(1 kg)	lean ground lamb
2		yellow onions, finely chopped
3		garlic cloves, finely minced
½ cup	(125 ml)	fresh mint leaves, finely chopped

½ cup	(125 ml)	cilantro, finely chopped
1 tbsp	(15 ml)	ginger paste
1 tbsp	(15 ml)	green hot chilies, seeded and finely minced, or green chili paste
1 tbsp	(15 ml)	ground cumin
1 tbsp	(15 ml)	ground coriander
1 tbsp	(15 ml)	paprika
1 tsp	(5 ml)	cayenne
½ tsp	(2 ml)	cinnamon
½ tsp	(2 ml)	ground cardamom
1 tbsp	(15 ml)	sea salt
¼ cup	(50 ml)	Canola oil
		Tomato, Onion and Cucumber Relish (recipe follows)
		Mint Chutney (recipe follows)

In a large bowl add ground lamb, onions, garlic, mint, cilantro, ginger paste, chilies, seasonings and salt. Mix well. Cover and refrigerate for 2 hours. Meanwhile, make Tomato, Cucumber and Onion Relish and Mint Chutney. When lamb has finished chilling, shape handfuls, about 1 cup (250 ml), of mixture to form thick sausages around length of metal skewers, making sure meat is spread to an even thickness. Flatten along length of the sausage kebab. Refrigerate until ready to grill. Preheat grill to high heat. Brush grate well with oil and arrange kebabs on grill. Cook for 10 minutes or until desired doneness, turning as needed to brown evenly. Serve with Tomato, Cucumber and Onion Relish and Mint Chutney.

TOMATO, CUCUMBER AND ONION RELISH

1 cup	(250 ml)	tomatoes, chopped, seeded and cut into ¼-in (0.5 cm) dice
1 cup	(250 ml)	English cucumber, cut into ¼-in (0.5 cm) dice
¼ cup	(50 ml)	red onion, finely chopped
2		green hot chilies, seeded and finely chopped
½ tsp	(2 ml)	salt
¼ tsp	(1 ml)	granulated sugar
3 tbsp	(45 ml)	fresh lime juice
2 tbsp	(30 ml)	cilantro, chopped

In a large bowl, mix together all ingredients and chill for at least 1 hour. Serve with Ground Lamb Kebabs.

MINT CHUTNEY

Makes 1 cup (250 ml)

1 bunch		cilantro
½ cups	(375 ml)	fresh mint leaves
1		serrano or Thai green chili pepper, coarsely chopped
½ tsp	(2 ml)	salt
1 tsp	(5 ml)	granulated sugar
1		medium yellow onion, cut into large chunks
1 tbsp	(15 ml)	tamarind paste or lemon juice
¼ cup	(50 ml)	cold water, or as needed

Add all ingredients to a food processor except for water. Process to a fine paste, adding enough water to make a thick puréed sauce.

PAIRS WITH

TOMMASI RIPASSO VALPOLICELLA

Italy \$29.99 566844

SCHILD ESTATE SHIRAZ BAROSSA

Australia \$29.96 871871



SPICY POTATOES

Serves 4 to 6

3 tbsp	(45 ml)	Canola oil
½ tsp	(2 ml)	brown mustard seeds
½ tsp	(2 ml)	cumin seeds
½ tsp	(2 ml)	dried hot red chili flakes
1 pinch		asafetida
1 lb	(500 g)	Russet potatoes, peeled and cut into 1½-in (3.75 cm) chunks
½ tsp	(2 ml)	cayenne pepper
1 tsp	(5 ml)	ground cumin
1 tsp	(5 ml)	ground coriander
½ tsp	(2 ml)	turmeric
1 tsp	(5 ml)	granulated sugar
2 cups	(500 ml)	frozen peas, defrosted
1 cup	(250 ml)	water
1½ tsp	(7 ml)	salt
3		medium tomatoes, about 1 lb (500 g), optional

Heat oil in saucepan over medium-high heat. When hot, add mustard and cumin seeds, red chili flakes and asafetida. As soon as they start to pop, add potatoes. Stir-fry until potatoes are slightly browned. Add cayenne, cumin, coriander, turmeric and sugar and mix well. Add water and 1 tsp (5 ml) of salt. Bring to a boil, cover, reduce heat to low and cook gently for 5 minutes. Add peas and, if using tomatoes, stir in along with remaining salt. Simmer gently, uncovered for another 5 minutes. Serve with your favourite Indian mains.

PAIRS WITH

DIABOLICA WHITE

BC VQA \$15.99 820647

MARTINI ROSÉ

Italy \$14.49 772673



CHETTINAD FRIED CHICKEN WITH YOGURT RICE

Serves 4

1 x 3 lb	(1.5 kg)	whole chicken
1½ tsp	(7 ml)	salt
½ tsp	(2 ml)	ground turmeric
¼ cup	(50 ml)	Canola oil
1 tsp	(5 ml)	black mustard seeds
1 tsp	(5 ml)	urad dal lentils
1 tsp	(5 ml)	fennel seeds
6		whole dried red chilies
1		medium yellow onion, peeled and chopped
3		garlic cloves, coarsely chopped
		Yogurt Rice (make ahead, recipe follows)

Using a heavy cleaver, cut chicken into small pieces (with bone and skin on). The breast should be split in half then cut into 6 to 8 pieces. Thighs and drumsticks should be cut in half. Mix 1 tsp (5 ml) salt and turmeric in a bowl and rub mixture onto chicken pieces. Set aside for 15 minutes. Mix remaining salt into 3 tbsp (45 ml) water. Set aside. Heat oil in a wok or deep frying pan over medium-high heat. When hot, add mustard seeds. As soon as they start to pop, add urad dal. As soon as dal starts to turn red, add fennel seeds and red chilies. When chilies start to darken, mix in onion and garlic. Sauté mixture until onions start to brown, then add chicken pieces. Stir-fry chicken for about 5 minutes. Start sprinkling a little of the salted water over chicken and keep frying. Fry chicken for about 10 to 13 minutes. Salted water should be used up and chicken should be cooked through and lightly browned. Remove chicken with a slotted spoon and transfer to a warmed serving platter. Serve with Yogurt Rice.

YOGURT RICE

Serves 4

1 cup	(250 ml)	Basmati rice
1 cup	(250 ml)	plain yogurt
1 tsp	(5 ml)	salt
1 tbsp	(15 ml)	Canola oil
1 tsp	(5 ml)	black mustard seeds
¼ tsp	(1 ml)	urad dal lentils
10		fresh curry leaves
2		dried hot red chilies, seeded and finely chopped
2		fresh green chilies, chopped
½-in	(1 cm)	piece ginger, peeled, finely chopped
2 tbsp	(30 ml)	cilantro, chopped

Rinse rice until water is clear. Drain. Place in a bowl and cover with about 2-in (5 cm) cold water and let soak 20 to 30 minutes. Drain well. While rice is soaking, place yogurt and salt in a bowl and whisk until smooth. Bring 12 cups (3 L) water to a rolling boil. Drop in rice, stir and allow water to come to a

boil. Cook, uncovered, at a rolling boil for about 10 minutes or until rice is just cooked and slightly soft. Drain well and place in a mixing bowl. Add yogurt immediately, while rice is hot, and gently mix. Heat oil in a frying pan over medium heat. When hot, add mustard seeds. As soon as they start to pop, add urad dal. When they turn red, add curry leaves and red chilies. When red chilies start to darken, pour contents over rice. Sprinkle green chilies, ginger and cilantro over rice and mix well. Best served at room temperature.

PAIRS WITH

CASAS DEL BOSQUE SAUVIGNON BLANC RESERVA

Chile \$16.99 740878

CEDARCREEK PINOT NOIR

BC VQA \$24.91 567412



CAULIFLOWER WITH CHILIES AND MUSTARD SEEDS

Serves 4 to 6

2 lbs	(1 kg)	cauliflower (about 2 medium)
6 tbsp	(90 ml)	Canola oil
½ tsp	(2 ml)	asafetida
1½ tsp	(7 ml)	black mustard seeds
1 tsp	(5 ml)	urad dal lentils
3		whole dried hot red chilies
7		whole green hot chilies
½ tsp	(2 ml)	turmeric
1 tsp	(5 ml)	salt

Cut cauliflower into small florets, about 1½-in (3.75 cm) pieces. Heat oil in a wok or deep frying pan. When hot, add asafetida. A second later add black mustard seeds. As soon as they start to pop, add urad dal. When dal turns red, add red and green chilies and turmeric. When red chilies start to darken add cauliflower pieces. Stir-fry for 1 minute. Add salt and 1 tbsp (15 ml) water. Stir and cook for 1 minute. Add another tbsp (15 ml) water if it looks dry. Repeat, adding tbsp (15 ml) water, and cook for 4 more minutes. Cover, turn heat to low and cook for about 5 minutes or until cauliflower is tender. Remove lid and cook off any liquid. Transfer to warmed serving bowl and serve with favourite Indian mains.

PAIRS WITH

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