

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

A SPRING TO REMEMBER

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a spring to remember

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from the cover...



STONELEIGH SAUVIGNON BLANC
New Zealand \$14.69 293043

This classic Marlborough Sauvignon Blanc displays crisp notes of tropical fruits with underlying citrus and herbs. It is full-bodied, with great mineral complexity and refreshing acidity, bursting with tropical flavours. Pair with delicate white meat or seafood dishes.



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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 2015 spring issue of TASTE.



CAROLYN EVANS HAMMOND
WINE CRITIC/SOMMELIER



JAMES NEVISON
WINE WRITER



DAVID HOPGOOD
WINE CONSULTANT/WRITER



RHYS PENDER
MASTER OF WINE



KASEY WILSON
FOOD AND TRAVEL WRITER



JOE WIEBE
WINE WRITER



IAIN PHILIP
WINE WRITER & EDUCATOR



TIM PAWSEY
WINE WRITER



DAENNA VAN MULLIGEN
WINE WRITER



MICHAELA MORRIS
WINE WRITER

EDITOR-IN-CHIEF Paulette Parry
EDITOR Lavaughn Larson
ART DIRECTOR Lydia Del Bianco ^{CGD}
MANAGING EDITOR/ART DIRECTOR Susanne Knight
GRAPHIC DESIGNER Lydia Del Bianco ^{CGD}
DIGITAL IMAGE ARTIST Diane Smallwood
PRODUCT CONSULTANT Frank Yao
PHOTOGRAPHY Ken Mayer Studios
 Joe Borrelli Photography
 (pages 62–65, 94–99, 110–113)
FOOD STYLISTS Irene McGuinness
 Lawren Moneta
 Céline Turenne
PRINTER Mitchell Press

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2625 Rupert Street, Vancouver, BC V5M 3T5
 Phone 604 252 3000 | Fax 604 252 3099
taste.magazine@bcliquorstores.com

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SPRING

fever

Spring, that joyous time of year when everything seems possible. It is when darkness eases into light and the cold to warmth. Previously barren foliage buds into pristine, verdant green, creating a backdrop for burgeoning daffodils, crocuses, cherry blossoms and tulips. The pastel colour palette we associate with Easter and spring blossoms jolts us out of our grey haze. And doesn't the sky seem bluer?

It is said, although spring fever is not an actual disease, it can affect us in both physiological and psychological ways. The body's serotonin, which increases due to longer days and more sunshine, eventually boosts not only our energy, but perhaps, our inclination for...amour.

Flavours are also brighter in the spring. Crisp, fresh and green are embraced after the heartier comfort foods of winter. It is completely natural to want to lighten up.

Although, there is always room for weightier reds (barbecuing), creamy whites (corn-on-the-cob season) and other more potent pours (everyone loves a cheese plate), in the sunshine months, wines with

pronounced liveliness are needed to match the current spring in our step.

MOUTH-WATERING WHITES

One variety that springs to mind most often at this time of year is Sauvignon Blanc. Grassy and herbaceous, these notably "green" wines are a perfect foil for seasonal asparagus and fiddlehead ferns as well as farmers' market finds such as nettles and pea shoots. It is an epiphany with its classic (and well-noted) partner – fresh and creamy goat's cheese.

Riesling, the love-it-or-leave-it white, is a chameleon with one accepted factor – great acidity. Depending on its birthplace and the winemaker's fancy, it can range from nervy and austere to peachy, floral and off-dry. The common denominator is its balancing acidity. It makes your mouth water, seek the next sip, cleanse your palate and refresh. Refill and repeat. Riesling truly is spring in a glass.

Additionally, Portugal's Vinho Verde is light, crisp and plays well with our Asian and seafood-inspired West Coast fare, as do Spanish Albariños and the delightful Vermentinos of Sardinia.

MIXING IT UP

The increasingly popular multi-varietal blends open up a new realm of possibilities. Generally, they meld highly perfumed varieties with higher-acid varieties to help rejuvenate the palate and balance sweetness, which is why (in part) they have become so fashionable. The final concoction really isn't important, as long as you like it.

Meanwhile, historical fortified wines such as sherry and vermouth have seen an impressive resurgence behind all the best bars in North America. For good reason – a briny dry fino sherry or herbaceous dry vermouth on ice hits it out of the ballpark when paired with salty bites of olives, nuts, seafood, marinated vegetables or other savoury and herbal snacks. Less dry styles of these fortified gems are equally delicious with stronger cheeses, dried fruits, sweeter roasted red pepper and stir-fry sauces or even slow-roasted meats.

The best part of stocking up on vermouth and sherry is that you'll also have great ingredients to add to your repertoire when you start mixing up some of your own classic cocktails.



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.

“Crisp, fresh and green are embraced after the heartier comfort foods of winter. It is completely natural to want to lighten up.”



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DROP IN, AND SERVE.

SPRING FEVER

SPARKLING SPRING

Every day is a good day for bubbly. The wide range of styles and price points makes sparkling a year-round option. Prosecco, the affordable spumante wine from the Veneto region of Italy, has become a household name. It is delicate, fruity and floral – a perfect fizzy patio quaffer or brunch wine. Similarly popular, the inspiring cavas from Spain offer impressive complexity and unarguable value.

While champagne, the pinnacle of sparklers, is not an everyday option for many, it is an absolute treat to indulge in. Celebrate! After all, it's spring!

Lesser known, and certainly more of a rarity, are sparkling Lambrusco wines. These juicy and bubbly reds, made from the grape of the same name, hail from northern Italy and have a unique rustic character and a slightly tart finish. Pick a drier style, give it a quick chill-down and serve it with Margherita pizza – the pairing will transport you without needing to pull out your passport.

JUICY REDS

Spring doesn't mean you have to give up the reds. Lighter-bodied varieties such as Gamay (especially those from Beaujolais) and Pinot Noir are splendid transitional reds. These particular grapes (among others) have a thinner skin, thus resulting in less tannin and depth of colour. The acidity is allowed to shine in these varieties and the complementary fruit is generally tangy and red. The results are refreshing wines suited to a wide range of foods, from fish and pâté to soft cheeses, duck and white meats.

A PERFECT SIPPER



GUNDERLOCH FRITZ'S RIESLING

Germany \$14.69 320135

Here's a refreshing everyday option with notes of lemon and lime, peach jam, green apples, honey and spring blossoms. Similarly, the palate sings with sweet yet tangy fruit that is balanced by mouth-watering acidity. It is a perfect sipper or accompaniment to spicy chilled noodles, sushi or curries.

PERFECT FOR TRADITIONAL ITALIAN PIZZAS, CHEESES OR ANTIPASTI



CASOLARI LAMBRUSCO DI SORBARA

Italy \$13.99 276105

Made from the indigenous Sorba and Salamino grape varieties, this fresh and fruity ruby-red frizzante offers juicy red berries, maraschino cherry, leather, rose petals, tea leaf and cedar. Lively, sweet, ruby fruit on the palate finishes dry. It's a rustic wine perfect for traditional Italian pizzas, cheeses or antipasti.

SIMPLY DELICIOUS



TORRES VIÑA EMERALDA

Spain \$14.19 165316

A superbly scented wine made from Moscatel and Gewürztraminer. The nose is a bouquet of apricots, orange blossoms, lime and honey. It is tangy and loaded with flavour; a kiss of sweetness is tempered by mouth-watering acidity. It's simply delicious and culminates in a long guava and pineapple finish.



MARTINI DRY SEC

Italy \$11.29 260071

Expect intriguing notes of kaffir lime, violet pastilles, a mélange of herbs and woody undertones with a hint of licorice root. The palate is more of the same with distinct floral, gummy (a.k.a. soap candies) flavours. Serve on ice with equal parts sweet vermouth and an orange twist for a refreshing aperitif.



SILKY AND FRESH ON THE PALATE



JOSEPH DROUHIN CÔTE DE BEAUNE

France \$40.89 232298

A pleasurable Pinot that is redolent in cherry, raspberry, fine spices, cedar, violet and vanilla notes. It is silky and fresh on the palate with a potpourri of flavours alongside blueberry tea and pepper. It is undoubtedly a chic and thoroughly enjoyable wine.



A KISS OF SWEETNESS IS CLEANSSED BY STREAMS OF EAGER BUBBLES.



ANNA SPINATO ROSÉ ORGANIC

Italy \$13.79 623306

Made from Pinot Noir, Raboso and Cabernet, this new organic Prosecco has fun written all over it – from the pink packaging to its ruby-pink hue. It is fruity and floral; expect raspberry, sour cherry, blood orange and rose water tones. A kiss of sweetness is cleansed by streams of eager bubbles.

A wooden honey dipper is shown at the top, dripping a thick stream of golden honey. The honey falls onto a stack of three pieces of honeycomb, which is placed on a clear glass pedestal. The background is a soft, out-of-focus light blue. The text 'sweet sweet honey' is overlaid in a white and purple script font.

*sweet
sweet
honey*

PAIRS WITH HONEY-BROILED SCALLOP SALAD



**TOMMASI LE ROSSE
PINOT GRIGIO**

Italy \$17.39 326488

This white is an example of the richer, more concentrated Pinot Grigio style from northern Italy. Spicy, with charming aromas of tropical fruits and floral nuances, the palate reveals a broad, medium-texture body that leads to a crisp finish. Appetizers, soups and fish will go nicely with this wine.



DEVIL'S ROCK RIESLING

Germany \$11.29 149559

This fantastic food wine's hushed aromas feature light nuances of peach and apple with underlying passion fruit. It comes alive on the palate with plenty of crisp citrus, lemon and grapefruit with a clean acidity that pushes through to the finish. This Riesling will complement rather than overpower your culinary adventures.



HONEY-BROILED
SCALLOP SALAD



HONEY MADELEINES
WITH GOAT'S MILK
YOGURT SORBET

PAIRS WITH HONEYCOMB CANDY AND CRAB SALAD



JAUME SERRA CRISTALINO CAVA BRUT

Spain **\$11.29** 551218
 This is a cava that over-delivers for its price with rich aromas of ginger and ripe stone fruits and hints of herbs on the nose. The entry is juicy and fruity, with focused, crisp acidity and ample fruit flavours. This incredible sparkling wine, with a nutty and smoky edge on the finish, is easy to enjoy.



HAKUTSURU JUNMAI GINJO SAKE

Japan **\$8.69** 210823 300 ml
 This Junmai Ginjo is brewed using Nada's famed heavenly water, the "Miyamizu." Floral and fragrant on the nose, the palate is particularly smooth, making it a great accompaniment to delicate protein dishes such as clams, sashimi and other soy sauce-seasoned fare. Enjoy this sake chilled.



HONEYCOMB CANDY AND CRAB SALAD

PAIRS WITH HONEY MADELEINES WITH GOAT'S MILK YOGURT SORBET



YELLOW TAIL BUBBLES

Australia **\$11.19** 667089
 Here is a wine that offers good value for your dollar. Vibrant aromas of tropical fruits, lime juice and fresh flowers are followed by a delightful palate of creamy fizz with tropical sweetness. This gem receives rave reviews and is an ideal pairing with sunglasses, sun and a sense of humour.



GEHRINGER MINUS 9 EHRENFELSER ICEWINE

BC VQA **\$48.09** 551739 375 ml
 The magic begins for this Ehrenfeller icewine at minus nine degrees Celsius. The grapes are delicately pressed and fermented to deliver pronounced aromas of nectarine, honey and chamomile. The palate is intensive and juicy with plenty of baked potato, lime and apricot.

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WITH HONEY-CHILI
ROASTED SPRING
VEGETABLES

PAIRS WITH CRUSTED PORK CHOPS
WITH HONEY-CHILI ROASTED
SPRING VEGETABLES



**GNARLY HEAD
LODI OLD VINE ZIN**

USA \$15.39 297929

A signature favourite, this Zin offers concentrated notes of vanilla, cherry, cola and ginger on the nose, with a delightful whiff of sweetness that invites a supple entry. On the palate, core flavours of raspberry, wood spice, chocolate and currants are balanced by complex oak toast, leading to a clean finish.



CODORNIU CLASICO BRUT

Spain \$13.99 503490

Made from the indigenous varieties of Xarel-lo, Parellada and Macabeo using the traditional method, this celebrated cava features the iconic aromas of mineral, lees, biscuit, fresh pear and cream. The "moussey" palate offers plenty of citrus and white fruit flavours, with a touch of soft toast on the finish. It's perfect for tapas, Mediterranean cuisine, grilled seafood, or on its own.



QUAILS' GATE

If you value local history, you need look no further than the Stewart family, owners of Quails' Gate Estate Winery in west Kelowna. Deeply embedded in the agricultural life of the Okanagan Valley, their involvement in horticulture goes back to 1908, when Richard John Stewart of County Kildare, Ireland arrived in the valley to join his brother William. At that time, the city of Kelowna was home to less than 1,000 people. It now has a population of close to 200,000. Together, the brothers purchased land and started Stewart Brothers Nurseries, which celebrated its 100th anniversary in 2011.

Richard's son, also named Richard, continued to grow the family business, and in 1956, he purchased the Allison Ranch, a spectacular site on the slopes of Mount Boucherie above Okanagan Lake, where the family planted orchards and grapes. In 1989, one year after the Canada-United States Free Trade Agreement was signed, Dick's son Ben could see the future of grape growing in the Okanagan and, with his wife

Ruth, founded Quails' Gate Winery. The cabin on the property, built by the Allisons in 1873, was lovingly restored and used as a tasting room.

Quails' Gate has a history of hiring winemakers from down under (Australia and New Zealand), the first of which was Jeff Martin, hired in 1994. He was instrumental in establishing the strong character and high quality of their Pinot Noir and Chardonnay wines. He also rescued from obscurity Marechal Foch, a French hybrid grape. It had been over-cropped and the resulting wine was rather thin and green. Jeff could see the potential of these old vines. He paid more attention to the vineyard, lowered the yield and aged the wine in oak barrels, thereby inventing the "Old Vines Foch" that has become a cult wine across Canada, continuing to sell out quickly every year. After helping establish Quails' Gate as a consistent, high-quality producer, Jeff moved on in 1999 to establish his own winery, La Frenz on the Naramata Bench.

A couple of Australian winemakers

later, Ben hired Grant Stanley, a Vancouverite who had been working at Ata Rangi in New Zealand. Grant made six vintages at Ata Rangi, one of the very best Pinot Noir producers in the New World. He then used that experience at Quails' Gate and, in his 10 years as winemaker, is credited with bringing an elegant style to their wines and achieving constant improvement over the whole range. In 2013, Grant moved on to become a partner in 50th Parallel Estate, situated north of Kelowna in Lake Country.

By then, Ben had moved on to a life in the public sphere, and his brother Tony was running the winery. Typical of the Stewart family, he reached out to a winemaker who had already proved her mettle at Mission Hill, just a short drive up the hill from Quails' Gate. Nikki Callaway, a Calgary native who learned her craft in France and South Africa, had already fashioned a few outstanding wines, one of which took the International Trophy, Best in Show for Pinot Noir at Decanter's World



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.

“ Deeply embedded in the agricultural life of the Okanagan Valley, [the Stewart Family's] involvement in horticulture goes back to 1908. ”



It is *all* right here.



25 YEARS	A YEAR OF CELEBRATION
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While our story began in 1956, today we celebrate the 25th harvest at Quails' Gate. The journey that has taken us from grape and tree fruit growers to world-renowned wine producer may have taken 25 years, but we fully understand that great things take time. We also believe that our backyard is possibly the best canvas in the world for making wines that we are excited to share. We are deeply rooted here, we are of this place, and we are proud to call the beautiful Okanagan our home.



QUAILS' GATE

Okanagan Valley

Wine Awards 2013. It beat Pinot Noir in its price range from around the world in this huge wine competition. Judging from the 2013 vintage wines, Nikki's first vintage at Quails' Gate, Tony has chosen a brilliant vintner to take the winery to the next level.

Pinot Noir, the "heartbreak grape," is a strong core of the Quails' Gate lineup, initially planted in 1975. They were the first in BC to get serious about this difficult Burgundian variety and are the largest growers, using many different clones in order to add complexity to the wine. They produce some of the very best versions in Canada year after year. Many pundits think Pinot Noir may be BC's best red grape variety, and Quails' Gate is surely a leader in fashioning outstanding versions. Try their Stewart Family Reserve, if you can find a bottle, and you will be truly impressed. It is tightly allocated, and the demand is much larger than the supply.

None of this happens without foresight, attention to detail, hiring and trusting the best employees and, of course, huge investment. The winery has outgrown the original rustic 1873 cabin used as a tasting room and has built an impressive visitor centre and enhanced production facility, in addition to a first class restaurant. All this situated on a stunning piece of land that would probably be worth far more money in the Stewart's bank account as a giant housing development than for producing wine. This illustrates this family's dedication to farming in the Okanagan, always taking the long view and working towards increasingly higher quality since their beginnings in the early 1900s.



A PERFECT APERITIF



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

BC VQA \$16.59 585737

This blend gets better every year, and the current vintage shows a bright, fresh, ripe character. The aroma is slightly floral and shows honeyed pear fruit, which is echoed on the palate along with a slight mineral note and a touch of spice. It has really good concentration and is simply delicious, a perfect aperitif.



TRY WITH FRESH BC SPOT PRAWNS



QUAILS' GATE CHARDONNAY

BC VQA \$19.19 377770

Always very good, this vintage has a fairly strong nose of ripe, deep orchard fruit, a touch of oak supporting the aroma with spice and vanilla. It is dry and medium-bodied with rich apple and peach notes along with oak influence that enhances the wine. The palate is rich, supple and round, carrying through to a long, spicy finish. Try with fresh BC spot prawns when the season opens in May.

RED MEAT DISHES ARE PERFECT FOR THIS RICH WINE



QUAILS' GATE MERLOT

BC VQA \$21.79 639633

A very powerful nose of ripe cassis, raspberry and black raspberry fruit buttressed with the vanilla and spice of oak aging. Full-bodied and very rich, it is supple and round and the berry and cassis notes persist through the lingering finish. Full-flavoured red meat dishes are perfect for this rich wine.



VERY VERSATILE



QUAILS' GATE PINOT NOIR

BC VQA \$24.39 585760

Pure, ripe varietal character is the hallmark of Quails' Gate Pinot Noir and this is no exception. Full of ripe cherries in the aroma and on the palate, it has a beautiful savoury quality, freshness, great harmony and length. Very versatile, it will pair with either red or white meat dishes, as well as salmon or tuna.



OUTSTANDING AND PROBABLY THEIR BEST EVER EFFORT



QUAILS' GATE DRY RIESLING

BC VQA \$14.79 308312

This wine starts with a beautiful lemon-green colour, showing its cool-climate terroir. The aroma is quite strong, showing lots of floral notes, ripe apple and white strawberry. The palate is very concentrated, full of ripe red-apple fruit, some spice and a round, rich, juicy mouth feel. This Riesling is outstanding and probably their best ever effort with this noble grape. Will pair well with spicy food.

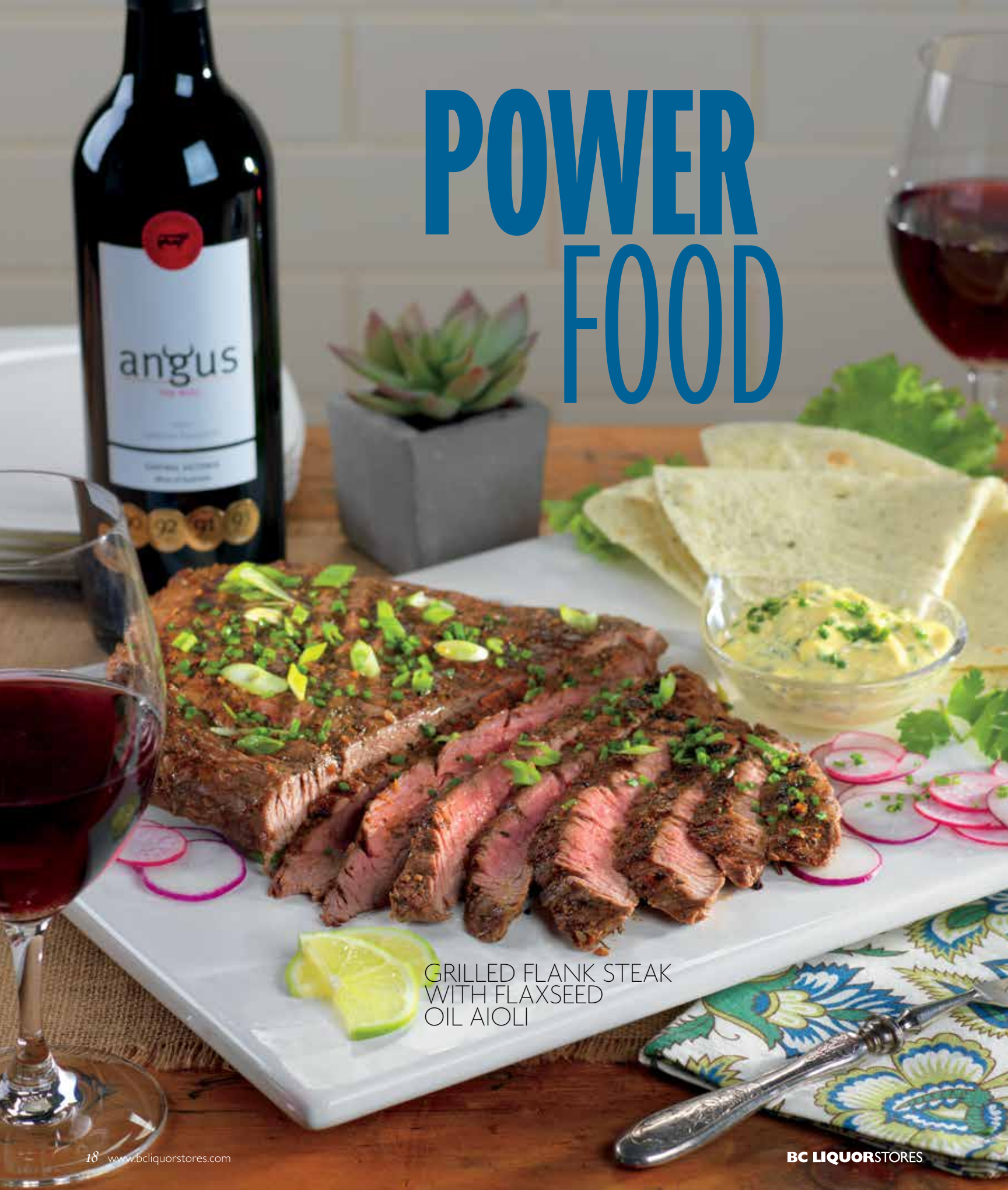


QUAILS' GATE FORTIFIED VINTAGE FOCH

BC VQA \$21.79 638148 375 ml

The nose has ripe black cherry fruit, spicy, nutty notes with a hint of raisins. This port-style wine is medium-bodied, soft and round, and tastes of black fruit, nut and spice with a hint of chocolate in the finish. A good match for strong cheeses, a bowl of raw almonds or walnuts, or chocolate dessert.

POWER FOOD



GRILLED FLANK STEAK
WITH FLAXSEED
OIL AIOLI

PAIRS WITH GRILLED FLANK STEAK
WITH FLAXSEED OIL AIOLI



**COPPOLA BLACK LABEL
CLARET**

USA \$28.99 521021

This Bordeaux-style blend is lush and sophisticated, featuring complex aromas of wild berries, plum and anise. Succulent, with smooth tannin, the entry is concentrated with flavours of currants, cassis, vanilla, spice and rich fruit impressions, each unfolding distinctively on the palate. Pair this wine with your fatty steak!



**ANGUS THE BULL
CABERNET SAUVIGNON**

Australia \$19.19 110510

This masculine, full-bodied red calls for a premium cut of beef! Shots of black fruits, vanillin, smoky oak and violet aromas are reinforced with firm tannin and dark berry flavours. This powerhouse is a match for even the heaviest red meat dishes.



PAIRS WITH ROASTED VEGETABLE
SALAD ON GRILLED ROMAINE HEARTS
WITH WALNUT OIL



ROASTED VEGETABLE
SALAD ON GRILLED
ROMAINE HEARTS
WITH WALNUT OIL



PFAFF GEWÜRZTRAMINER

France \$15.39 612119

The nose offers pronounced notes of spice, tropical fruits and subtle floral notes. A refreshing entry leads to an expressive palate showcasing banana bread, cinnamon, tropical fruit, nuts, honey and spice, all held together with enough acidity in a medium-bodied frame.

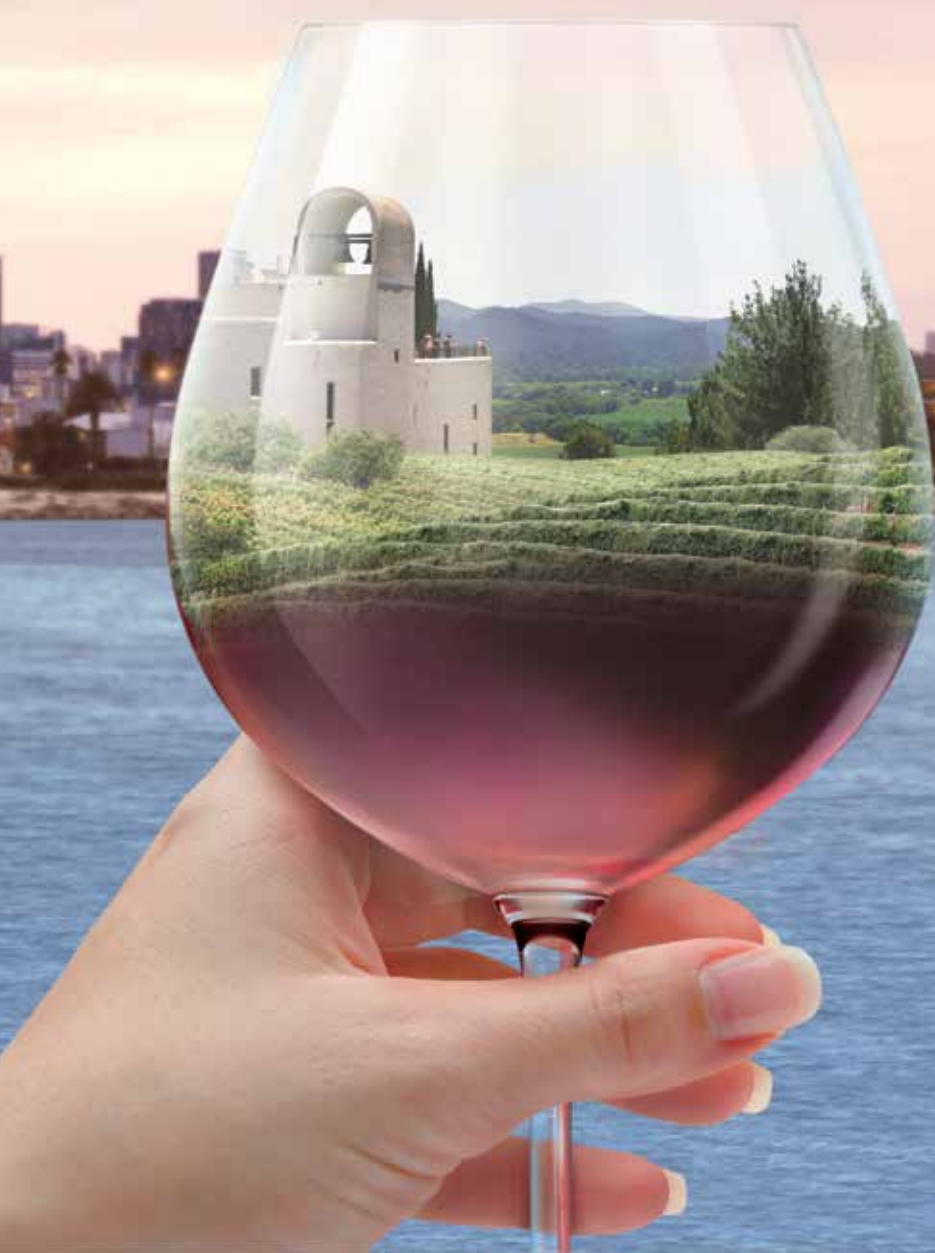


**MOILLARD HUGUES LE JUSTE
VIOGNIER**

France \$13.09 639757

Pleasing notes of mandarin orange, ginger, honey and lemon peel greet the nose. The palate is dry but juicy, expressing grapefruit, melon, spice and ginger flavours that continue onto a smooth finish. This is a good-value Viognier that easily pairs with salads, ethnic cuisines and roast chicken.

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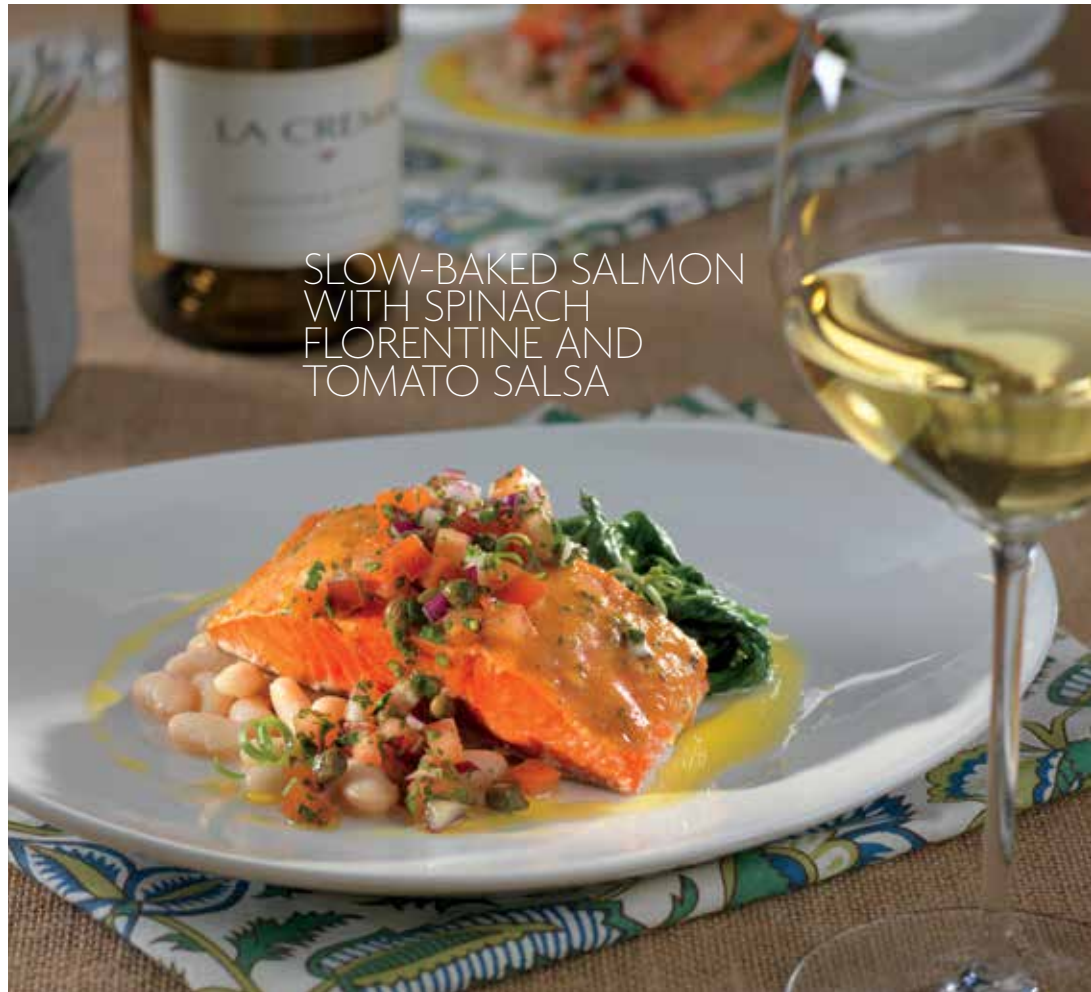
PAIRS WITH NEW NIÇOISE SALAD WITH SARDINES AND TARRAGON DRESSING



BABICH MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$15.39** 560144

Babich is the kind of Sauvignon Blanc that is unique to New Zealand. It opens with a crisp bouquet of passion fruit, succulent tropical fruits, guava and capsicum aromas. The palate is rich with complex flavours of ripe stone fruits, gooseberry and a thrashing acidity. The finish is lightly flinty and perfumed.



SLOW-BAKED SALMON WITH SPINACH FLORENTINE AND TOMATO SALSA



ROAD 13 HONEST JOHN'S ROSÉ

BC VQA **\$14.79** 357327

The 2013 rosé is a blend of warmer-climate varieties. It opens with refreshing notes of raspberry, cherry and strawberry jelly. Delicious flavours of fruit compote and red berry fruit are more prominent on the palate, backed by a touch of citrus, spice and mouth-watering acidity. This is a solid pink that will not disappoint.



PAIRS WITH SLOW-BAKED SALMON WITH SPINACH FLORENTINE AND TOMATO SALSA



JC BOISSET BOURGOGNE PINOT NOIR "LES URSULINES"

France **\$20.59** 582411

This pale ruby-red Pinot Noir opens with notes of red fruits, rhubarb, cedar and mint with a touch of spice. The palate is medium-bodied, showing complex flavours of strawberries, tobacco leaf and pepper, leading to a clean finish. The grapes are sourced exclusively from Nuits-Saint-Georges in Burgundy.



LA CREMA SONOMA COAST CHARDONNAY

USA **\$26.59** 366948

This pale gold white reveals layered aromas of melon, honeydew and ripe citrus, with a pleasant hint of butterscotch and earthy notes. The vibrancy, typical of Sonoma Coast Chardonnay, is evident on the palate. Rich and viscous, with Mandarin orange, honey, butterscotch and shortbread. The wine is silky smooth with a warm and balanced finish. Stock up!



COLOUR

THE

OF

WINE



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.

“A wine’s colour adds significantly to its overall enjoyment, and you can learn a lot simply from looking at wine.”

Taste (or flavour) is the most obvious factor when considering wine. Then there are aromas to note; it is quite common to discuss the smells or overall bouquet wafting from a wine. But what about the colour of wine?

Sure, there is white and red wine (plus, let’s not forget about pink!). However, have you ever taken a closer look at the wine in your glass? A quick glance reveals an array of shades, from near transparent to brilliant gold, not to mention pale ruby to neon purple. Indeed a wine’s colour adds significantly to its overall enjoyment, and you can learn a lot simply from looking at wine.

A number of elements determine the colour of a wine. Most notably – and perhaps most obviously – are the grape skins. Pigment from the grape skins effectively dyes the wine, and more or less skin contact with the fermenting grape juice contributes more or less colour to the final wine. (There are also flavour and texture considerations, but those are other discussions altogether). Since the skins from green grapes used to make white wine are typically removed shortly after crushing, little colour is proffered. That said, white wine can also be made from dark-coloured grapes but the juice must be

pressed off the purple grape skins to avoid colouration (champagne is one famous example). It therefore follows that the classic way to make rosé, or pink wine, is to allow limited contact of the crushed grape juice with the grape skins. A leisurely soak of anywhere between six to 36 hours will imbue the wine with an array of sunset hues.

Of course, not all grape skins are created equal, be they green or dark purple, or somewhere in between. For example, Pinot Noir is notoriously thin-skinned, a trait that tends to lend the wine its beguiling ruby tones. On the other side of the red spectrum, Cabernet Sauvignon is known for its tight clusters and thick-skinned grapes, and hence its weighty, dense purple-garnet colour in the glass. Further influencing a grape’s natural tones is geography; climate and growing conditions also influence the development – and colouring potential – of grape skins.

Then there is the man-made influence on a wine’s colour. Along with the interventions for rosé alluded to above, a number of steps during the winemaking process can also significantly impact the final palette. Oak barrels, or the presence of any wood during fermentation and aging, affect not just taste and aroma but also

colour. Chardonnay is a great case study: a bottle of unwooded Chardonnay literally pales in comparison with its golden, oaked counterpart.

Blending is another colourful winemaking factor. If that Pinot Noir in your glass is more ruddy than ruby, it could very well be due to a splash of Petite Sirah added to the mix (or other similarly vibrant tone-endowed cultivar). Less discussed in the winemaking world is the appearance of other additives, such as grape concentrates, that are permitted to be added during winemaking. Though not as romantic as the notion of grapes leisurely turning purple in the sun, it is a surefire way to add a pop of colour to limpid Syrah.

A wine’s age will also impact its colour, which is one of the magical transformations that makes wine such a fun and fascinating potable. Red wines typically lighten over time, first around the edges and then through the core, losing vibrancy and shades of scarlet in gaining reddish-brown, brick overtones. White wines are the reverse. They tend to darken with time, picking up golden hues on their way to wizened shades of hazel.

Speaking of brown, let’s not forget the amber and tawny wines

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Observing the colour of wine not only transmits important information, it adds to overall wine enjoyment.

around, bottles that largely fall in the fortified camp. For example, oloroso sherry owes its distinct amber colour to oxidative aging in wooden barrels. Similarly, tawny port is aged long-term in wood, unlike vintage port, which is purposefully bottled young to preserve its youthful purple colour. Ten, 20, 30 years or more is not uncommon for aging port, during which time the wine works to a decadent mahogany hue.

Therefore, while it is often said that “we eat with our eyes,” the corollary that “we drink with our eyes” arguably also holds. Observing the colour of wine not only transmits important information, it adds to overall wine enjoyment. A wonderful rose-coloured blush can really set the scene when poured at a summer sunset alongside a budding romance, just as a brooding purple-black Syrah will match the mood of a contemplative mid-winter’s night.

Ultimately, it is worth a look to see how wine can engage all the senses.



RUFFINO ORVIETO CLASSICO

Italy \$11.29 31062

This unoaked Orvieto Classico pours bright straw yellow and wafts citrus, floral and apple aromas. Made from a typical Umbrian blend of Grechetto, Procanico, Verdello and Canaiolo Bianco grapes, it is full of characteristic mineral and nutty qualities with finesse on the finish.



SEBASTIANI SONOMA CHARDONNAY

USA \$17.29 361634

Oak barrel fermentation and extended aging lend this exuberant Chardonnay its lush, golden colour and decadent lemon-cream and vanilla notes. It is unabashedly sumptuous, yet decidedly balanced, and is great sipped solo or paired with roast chicken.



LES FLEURS DU MAL ROSÉ

France \$13.29 360073

More salmon orange-red than sunset pink, this easygoing rosé from the mountainous Cévennes region in southern France paints a perfect patio picture thanks to its bright berry fruit and floral undertones that lead to a tart, crisp finish. See stores for availability.



LOUIS JADOT COUVENT DES JACOBINS BOURGOGNE PINOT NOIR

France \$26.09 341875

Thin-skinned Pinot Noir grapes tend to make lighter-coloured red wines, and Jadot's all-Pinot Bourgogne checks in with a classy ruby shade, while offering classic characteristics of berry and forest floor that call out to be matched with mushroom tart or roast pork.



WIRRA WIRRA CHURCH BLOCK MCLAREN VALE

Australia \$21.79 19380

This rich blend of Cabernet Sauvignon, Shiraz and Merlot hits the glass with a splash of deep, dense purple-black. It appears borderline brooding, but is full of bright, ripe dark fruit and vanilla, ending with a powerful, bold finish.



GRAHAM'S 10-YEAR-OLD TAWNY PORT

Portugal \$34.79 206508

While it's wonderful soaking in this aged port's stunning shade of tawny, it's even more enjoyable tasting its opulent fig, characteristic nuttiness and serious concentration. Capped off by a rich and languid finish, Graham's 10-year-old tawny offers an elegant conclusion to a meal.

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MUSTARD AND WINE



SHRIMP-STUFFED
FILLET OF SOLE

PAIRS WITH SHRIMP-STUFFED
FILLET OF SOLE



FAT BASTARD CHARDONNAY

France **\$13.99** 563130
It's not fat but it is full-bodied and rich with a smooth texture. Here's a great Chardonnay with a delicate white floral bouquet and a spicy baked-apple flavour backed by a crisp, refreshing acidity on the palate. Perfect with brie cheese or seafood.



J. LOEHR RIVERSTONE CHARDONNAY

USA **\$19.99** 258699
Pale straw in colour, aromas of ripe pear, melon, brioche and hazelnut greet the nose along with a noticeable bouquet of *sur lie*. The flavours are expressive and prominent, showcasing butterscotch, spice, flint, citrus and ripe fruits on a creamy, silky, full-bodied palate.

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PAIRS WITH MUSSELS IN MUSTARD AND WINE



WITHER HILLS MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$15.39** 493619

This multiple-award winner exudes vibrant characters of citrus, tropical guava, passion fruit and gooseberry. A true Marlborough Sauvignon Blanc, while not excessively fruity. Serve with cheese or seafood platters.



PIPER-HEIDSIECK BRUT

France **\$56.59** 462432

Bright gold in colour with a delicate mousse from an extended maturation, Piper-Heidsieck Brut is one of the world's most celebrated champagnes. The wine features pronounced aromas of rye bread, citrusy fruits and hazelnuts with hints of floral scents. Starfruit, fresh grapes and anise all come together in harmonious balance.



PAIRS WITH SUNCHOKE CONFIT SALAD



SUNCHOKE CONFIT SALAD



CHATEAU GRAND RENOM BORDEAUX BLANC

France **\$12.79** 123026

This 100 percent Bordeaux Sauvignon Blanc is lightly oaked to imbue another layer of complexity, complementing its crisp, vegetal and lemon notes effortlessly. It's a good choice for protein-based salad or with roast chicken.



ST HALLETT'S SEMILLON SAUVIGNON BLANC

Australia **\$11.89** 535963

This white blend is made in a fresh and lively style and is meant to be enjoyed young. Generous aromas of fresh pineapple fruit and fig carry through onto the palate with balanced acidity and medium weight. With a clean and crisp finish, this is an easy-drinking, versatile food wine.

NEW



**TARIMA ORGANIC WINE
ALICANTE MONASTRELL**

Spain **\$13.09** 478792

This organic Monastrell opens with alluring aromas of dark berries and floral notes that continue onto the palate, showing chalky tannin and a mineral lift.



TINTO NEGRO MALBEC

Argentina **\$17.29** 785212

A serious cool-climate Shiraz with a focused, fruit-forward style backed by bracing acidity and gripping tannin. This complex red is ready to drink now.



**URBAN MYTH
THE FORBIDDEN RED**

Australia **\$13.99** 765065

This medium-bodied red is perfect for the grill, offering plenty of red fruits with chewy tannin and a peppery backbone.



“

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”



**RED ROOSTER'S
HEN HOUSE SLY WHITE**

BC VQA \$13.99 772574
A top-value white blend from Red Rooster that offers green fruit and citrus flavours with a smash of acidity and a sweet finish.



**THE DREAMING TREE
EVERYDAY CALIFORNIA WHITE**

USA \$15.69 876284
This white is a translation of California's aromatic varietals, showing a kiss of toffee, tropical fruits and nut spice on a medium- to full-bodied palate.



CROWN ROYAL APPLE

Canada \$26.09 609644
Crown Royal's newest offering displays intense flavour of baked apple, backed by cinnamon, clove and oak. Perfect for cocktails.



TEMPRANILLO

SPAIN'S STAR,
PORTUGAL'S PARTNER





IAIN PHILIP

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

“As far as red grape varieties go, Tempranillo is the King of Spain and the Prince of Portugal.”

As far as red grape varieties go, Tempranillo is the King of Spain and the Prince of Portugal. On the Iberian Peninsula it is treated differently in the two countries. Tempranillo is native to Spain and it plays a starring role in many of the country's most sought after wines, either as a varietal or as the predominant grape in a blended wine. In Portugal, it usually plays a supporting role as a blending partner with a multitude of native Portuguese grapes.

Tempranillo likely originates from La Rioja and Navarra in the north of Spain. Some speculate it may come from Aragón just to the east, but in any case, it is now disseminated throughout many regions and is by far the most widely planted red grape in the country. Although it has been an important variety in Spain for many centuries, it is only since the beginning of this millennium that its prominence has exploded. Between the years 2000 and 2010, Spain increased plantings by 150 percent, making Tempranillo the third most-planted red grape variety worldwide after Cabernet Sauvignon and Merlot. It is presently the world's fastest expanding wine grape variety.

In Rioja, its most famous incarnation, one expects an elegant wine with flavours of red fruits including strawberries and cherries along with spice, leather and sweet oak. The tradition in the region is to age the best wines for a significant period in American Oak, which highlights these characteristics. There is an ascending scale in Spain for designating the aging of wines and their quality. The most youthful are labelled as Joven, the next oldest Crianza, followed by Reserva and finally Gran Reserva. Many consider Rioja Gran Reserva to be the finest of Spanish wine.

There are many other regions, however, that make wonderful wines from Tempranillo, and the styles can range considerably. Where Rioja tends to produce the most elegant expressions, due to the moderate climate, regions along the Duero River further south and west produce wines that tend to be fuller in body and darker in colour. The wines from Ribera del Duero, for example, can be dense with dark fruit flavour and more noticeable tannin. This is due to extreme climate conditions that can be very hot during the day and then relatively cool at

night, which leads to small, thick-skinned, concentrated grapes. These wines are also likely to be made from 100 percent Tempranillo, whereas in Rioja, small amounts of other varieties such as Garnacha, Mazuelo or Graciano are often blended in.

Further downstream along the Duero is the region of Toro, where possibly the deepest and richest Tempranillo wines exist. However, you may not hear the locals referring to the grape as Tempranillo; it has a dizzying array of synonyms. It is called Tinta de Toro in Toro, Tinto Fino or Tinta del Pais in Ribera del Duero, Cencibel in La Mancha, Tinta de Nava in Rueda and Ull de Llebre in Catalunya, to name a few. Fortunately for us, most producers have adopted the common name Tempranillo for wines they sell on the export market. It is also becoming more common to see the grape variety printed on the label, even for regionally defined wines such as Rioja and Ribera del Duero.

Spain accounts for 89 percent of the world's plantings of Tempranillo. Portugal, its neighbour to the west, takes up seven of the remaining 11 percent. Tempranillo is one of the



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RIOJA
ALWAYS VIBRANT

TEMPRANILLO: SPAIN'S STAR AND PORTUGAL'S PARTNER

very few Spanish grape varieties that has taken a foothold in Portugal, which is a country that emphasizes its indigenous varieties. As in Spain, the variety is known by different names depending on where in Portugal it is grown. It would be unusual to actually see the name Tempranillo.

If we follow the Duero River downstream from Toro, it crosses the border into northern Portugal where it becomes known as the Douro. The Douro region is the area famous for growing the grapes for making port. Regulations for the production of port allow for more than four dozen different grape varieties to be included in the blend. Tempranillo, known as Tinta Roriz here, is among the most important, along with native Portuguese varieties that include Touriga Franca, Touriga Nacional and Tinta Barroca. A little further south in the Dão region, it makes its way into the red blends. In the southern Alentejo region it is called Aragonez, hinting at its possible origin.

Whereas in Portugal Tempranillo plays a supporting role, in Spain it is number one. With Spain's increasing popularity (66 percent growth over five years in BC) and the country's emphasis on the variety, expect to see a wave of Tempranillo hitting our shores. Be ready for the next big trend.



PERFECT FOR THE FIRST BARBECUE OF THE SEASON



VIÑAS ELÍAS MORA TINTA DE TORO

Spain \$17.39 119677

This is a wine for those who love New World wines such as Argentine Malbec or Australian Shiraz. Ripe and full-bodied with plush blackberries and a touch of sweet vanilla oak, it's perfect for the first barbecue of the season.



A DELICIOUS, JUICY, FRUIT-FORWARD WINE



CAMPO VIEJO RIOJA TEMPRANILLO

Spain \$14.79 119629

Because it is only aged for four months in barrel, the wine does not qualify for Crianza status (12 months required) and is labelled with Tempranillo front and centre. This is a delicious, juicy, fruit-forward wine that pairs well with ham or paella.



TAYLOR FLADGATE 20-YEAR-OLD TAWNY PORT

Portugal \$62.29 149047

After 20 years of aging, the colour and fresh fruitiness of the grapes used for this wine have evolved into an incredibly complex array of spice, nuts, caramel and coffee. Like all port, it is sweet, and its proportion of Tinta Roriz (Tempranillo) is significant. Serve with hazelnut torte or crème brûlée.



AN ELEGANT SWEET-SPICE CHARACTER



MARQUÉS DE RISCAL RIOJA RESERVA

Spain \$25.99 214817

Marqués de Riscal is a traditional Rioja Bodega. The wine has an elegant sweet-spice character from more than two years aging in American oak barrels and at least one year in bottle. Look for nice red and black fruit on the palate. Delicious with grilled meat or mild cheeses.



CAPITAO RAYEO RESERVA ALENTEJANO

Portugal \$12.19 200915

In the south of Portugal, Tempranillo is known as Aragonez. As with so many Portuguese wines, this is a blend of different varieties, including Trincadeira, Syrah and Aragonez. It is unoaked, so it is free to reveal all its pure fruit and ripe tannin. It will match well with the Portuguese classic: pork and clams.



EXPLODES WITH BLACK FRUIT, PEPPER SPICE AND LICORICE



TORRES CELESTE CRIANZA RIBERA DEL DUERO

Spain \$23.49 384040

The famous Torres family of Penedès in Catalonia has branched out to Ribera del Duero to explore the potential of high-altitude Tempranillo. Deeply coloured and 100 percent Tinto Fino (Tempranillo), the wine explodes with black fruit, pepper spice and licorice.

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SMOKED HAM AND
RICOTTA TART WITH
ZUCCHINI SALAD



PAIRS WITH SPINACH AND RICOTTA GNOCCCHI



**CHÂTEAU DE SANCERRE
SANCERRE**

France \$26.09 164582

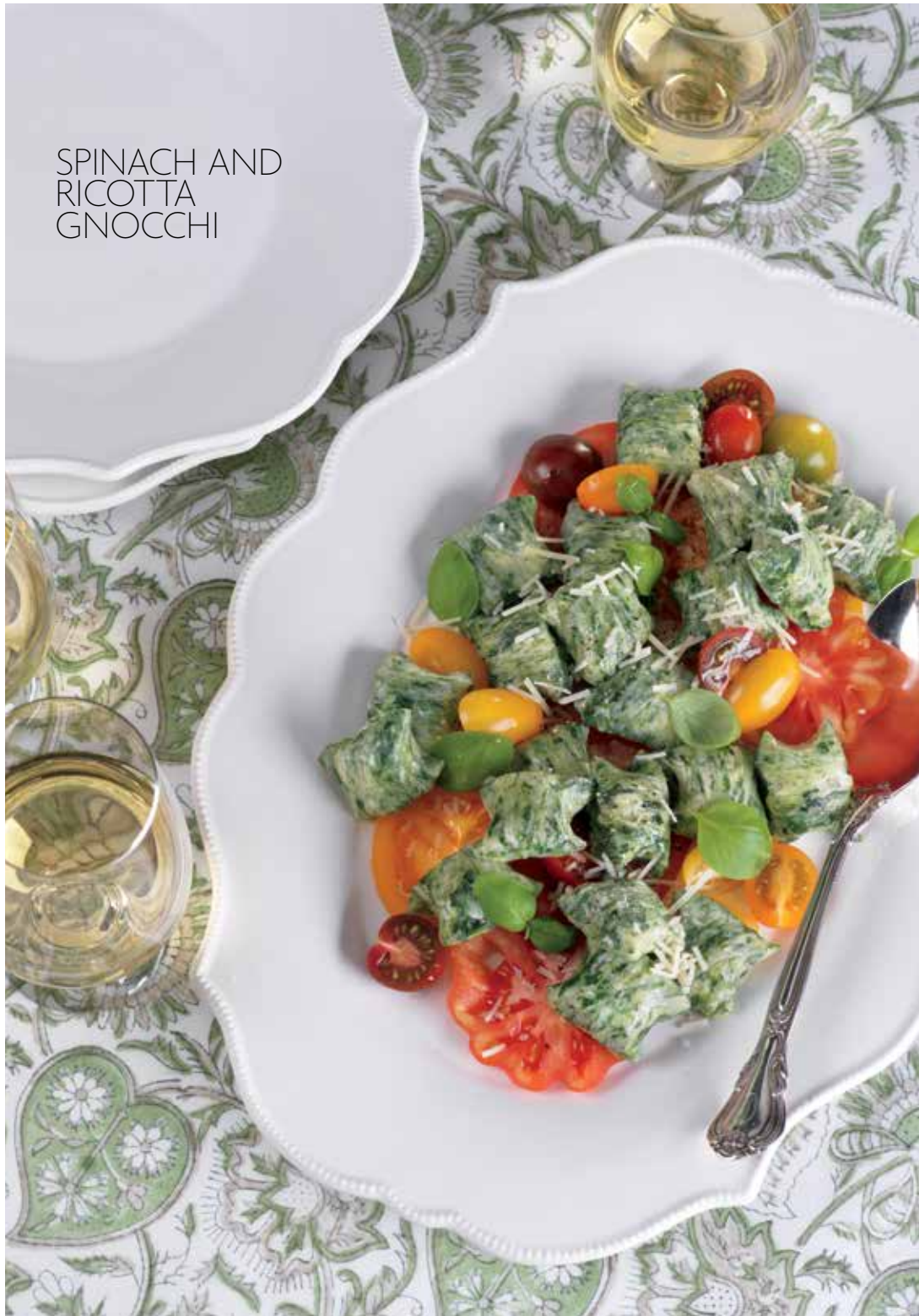
This focused Sancerre benefits from an extended *sur lie* aging to display complex notes of citrus fruit, mineral and boxwood against a floral backdrop. With no malolactic fermentation, the freshness of the Sauvignon Blanc grape is retained. Enjoy with seafood, Parmesan or grilled fish.



**CONO SUR ORGANIC
SAUVIGNON BLANC**

Chile \$12.59 813576

Bright yellow in colour, the wine opens with a mix of passion fruit, mineral and herbal nuances with hints of white flowers and melon. These characters continue onto the palate, with green apple, lemon and minerals persisting through the finish. This is an expressive yet delicate offering by Cono Sur.



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RICOTTA
GNOCCHI

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PAIRS WITH SMOKED HAM AND RICOTTA TART WITH ZUCCHINI SALAD



KRIS PINOT GRIGIO DELLE VENEZIE

Italy \$17.69 151860

Sumptuous fruit aromas, acacia flowers, tangerine, citrus and spice greet the nose. KRIS is refreshing on the palate, revealing lively flavours of marzipan, honey and almonds leading to a lively finish. Pair this energetic wine with salmon sashimi, risotto, quiche, roasted vegetables or grilled fish.

RICOTTA-STUFFED ARTICHOKES



ZONIN VALPOLICELLA RIPASSO SUPERIORE

Italy \$18.49 813790

Ruby-red in colour, the nose shows complex aromas of brandied cherry, Christmas cake, violets and mature plum with dried tobacco and spice in the background. The entry is elegant. It is medium-bodied, with berry jam, tobacco and chocolate on the palate followed by a long, smooth finish. Try with mature cheese or garlic-heavy pasta.



PAIRS WITH RICOTTA-STUFFED ARTICHOKES



YALUMBA ORGANIC CHARDONNAY

Australia \$15.99 698845

Expect aromas of apricot, peach blossom, pineapple and melon on the nose. The palate is full-bodied and well layered with flavours of stone fruits, baking spice, lemon and creamy apple custard, with a long lingering finish. Serve with roast chicken or heavier salads with nuts.



RICOSSA BARBERA D'ASTI

Italy \$11.89 457135

This perfumed red owes its structure and silky texture to a short bottle aging time. Look for pronounced fruits and floral notes and a succulent, full-bodied mouth feel. Pair with stewed meat and seasoned cheeses.

Go green

LIVE ORGANIC

Interest in buying organic has grown exponentially. Statistics highlight that sales of organic food and beverages in British Columbia continue to see double digit growth annually. And, even though BC represents just over 10 percent of Canada's population, the province accounts for more than one-fifth of total organics sales.

Not surprisingly, this keenness for organic extends to wine. Demand for organic wine has spiked correspondingly, which raises an interesting question: What exactly is an "organic" wine?

Truth is, organic classifications vary around the world and, given wine's global provenance, it's hard to pin down one particular definition of what constitutes organic. Better to start with what it is not. Contrary to casual nomenclature, the majority of "organic" wine is not at all organic. Take a closer look at the bottle from which it was poured, and you may find the wine in your glass was made from "organically grown grapes," but is not itself organic.

This is no fine point. As a general rule, following organic farming

principles ensures that no chemical pesticides, herbicides, or synthetic fertilizers are used to grow the grapes. Indeed, for many wine drinkers interested in imbibing organically, this is the main consideration. However, a fully organic wine designation is reserved for wineries that have their winemaking and bottling processes certified organic. This also limits the amount of sulphur and the type of fining agents that can be employed throughout the winemaking process, which certainly may be a consideration. In Canada, only wines that meet these rigorous standards can sport the certified "Canada Organic" logo, ensuring a 100 percent organic wine. Needless to say, the list of qualifying wineries is quite small.

This returns the discussion to wines "made with organically grown grapes," which constitutes the majority of wines displayed in the organic section. As alluded to above, organically grown grapes, represent a very important distinction from conventional agriculture. But it is worth picking up a bottle and turning it around to read the fine print on the back label, because

there are as many organic-certifying organizations around the world as there are countries shipping wines made from organically grown grapes.

For example, a quick scan of organic-minded bottles from Argentina reveals two different certifications on as many bottles. The OIA, or *Organización Internacional Agropecuaria*, has different certification programs according to the wine's final destination. For Canada, wines produced under the OIA program can actually meet Canadian certified organic standards, thereby qualifying for the "Canada Organic" logo. The other bottle carries IFOAM certification (International Federation of Organic Agriculture Movements), which has its own background and accreditation scheme. Is one wine better than the other? From a green-credentials standpoint, it may be hard to compare.

Turn attention to "organic" wines from other countries and you are faced with a whole new slew of acronyms. Many bottles from France carry the AB logo, or *Agriculture Biologique*, which only certifies the grapes and ensures that they have been grown





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SO FAR**

GO GREEN: LIVE ORGANIC

without the use of chemical fertilizers or synthetic pesticides. Then there's CCOF (California Certified Organic Farmers), ECOCERT and OTCO (Oregon Tilth Certified Organic).

All this goes to say there's more to organic wine than a simple stamp of approval, which makes sense, really. Careful and considered farming in the vineyard (and processing in the winery) warrants conscientious deliberation on the consumer's side. It's worth exploring not just where a wine comes from, but also who produces it, in order to appropriately assess a winery's commitment to organic agriculture and winemaking.

This is all the more important considering that many organic vineyards exist without official recognition. For millennia, organic farming was the status quo, and indeed wineries with established vineyards that are farmed organically may be content to continue without any pomp or fanfare. After all, the effort – not to mention the cost – required to gain regulatory-approved organic status is significant. These are the old school organic vineyards, content to let quality convey the grape's particular provenance.

However, in this day and age, information is relatively easy to acquire. An online search, or scan of an app, more often than not reveals a winery website, review, or even community of like-minded enthusiasts able to provide clarity regarding a wine's organic and sustainable credentials. In short, a little investment in learning more about the wine in your glass provides significant insight, and should help heighten your overall enjoyment. This is all the more important if you have made the decision to consume, or imbibe, organic.



**AN EASYGOING,
ENJOYABLE RED**



**LAS HERMANAS ORGANIC
JUMILLA MONASTRELL**

Spain **\$11.29** 459438

After an initial swoosh of fine plum and baked earth, Las Hermanas Monastrell adeptly manages to meld its fruit, floral tones and savoury flavours into an easygoing, enjoyable red that just happens to be made from organically grown grapes.



**ROBUST
CHARDONNAY,
WITH APPLE AND
CITRUS FRUIT**



**BONTERRA ORGANIC
CHARDONNAY**

USA **\$14.49** 342436

Mendocino fruit is featured in this lean but robust Chardonnay, with apple and citrus fruit complemented by a light oak kiss. Certified by the CCOF (California Certified Organic Farmers), it's an everyday partner ready to pair with baked salmon or roast chicken.



**SUMMERHILL ALIVE
ORGANIC WHITE WINE**

BC VQA **\$17.39** 22574

This certified organic wine (it carries the "Canada Organic" label) from Kelowna is a versatile blend of Pinot Gris, Pinot Blanc and Chardonnay (with a smattering of aromatics in the mix) that features invigorating acidity grafted to notes of citrus and fruit cocktail that finishes off-dry. An extended maceration time gives this vintage its distinctive pink colour.



YALUMBA ORGANIC SHIRAZ

Australia **\$15.99** 563015

Extroverted aromas of plum and anise earmark this engaging Shiraz that is crafted from fruit grown in family-owned, organically farmed vineyards. The ripe profile segues to toasty oak and a tart finish with a hit of ground peppercorn.



**CHAPTOUIER BILA-HAUT
CÔTES DU ROUSSILLON BLANC**

France **\$15.99** 175042

An intriguing wine from the sunny and stony Côtes du Roussillon, the Bila-Haut Blanc blends Grenache Blanc, Grenache Gris and Macabeo together in a lively white that folds citrus fruit with herbal nuances of honeysuckle, as well as an almost smoky note.



**A FULL-ON
FLAVOUR
EXPLOSION**



**EMILIANA ADOBE RESERVA
ORGANIC SYRAH**

Chile **\$11.29** 5801

A 100 percent Syrah from Chile's Rapel Valley, partially aged in French oak barrels, Emiliana's robust red is a full-on flavour explosion of ripe red fruit and mouthfilling juiciness. Also, it is certified by Switzerland's IMO for both organic agriculture and social responsibility.

La Cocina



CRISP, WHITE
SANGRIA



CHORIZO,
CALAMARI AND
ORZO PASTA SALAD

THE SPANISH KITCHEN

PAIRS WITH CHICKPEA BALLS WITH CATALAN ROMESCO SAUCE



BATASIOLO BARBERA D'ALBA

Italy \$15.69 311555
 Ruby-red with violet hues, this Barbera has a persistent bouquet of raspberry and blueberry with hints of vegetal and earthy notes. The palate is medium-bodied with good acidity and fine tannin to support the succulent dark fruits. Well balanced and crisp, enjoy this wine with barbecues, pizza and grilled chicken.



MILCAMPOS VIÑAS VIEJAS TEMPRANILLO RIBERA DEL DUERO

Spain \$15.69 602656
 Generous ripe berry fruits, floral nuances, spice, earth and leather characters unveil after some time in the decanter. On the palate, there is mouth-watering acidity and gripping tannin that integrate well with the coffee, chocolate and earth flavours. Enjoy this delightful Ribera del Duero well decanted!



CHICKPEA BALLS WITH CATALAN ROMESCO SAUCE

TAKING MALBEC TO NEW HEIGHTS

Toast to world peace:

**PAZ [Peace]
Malbec**

Celebrate the environment
and all its wonder:

**CUMA
Organic Malbec**

Reminiscence about
soul and passion

**DON DAVID
Malbec**



DON DAVID
MALBEC / 2012 / 2014

WINEENTHUSIAST
MAGAZINE



**MALBEC
WORLD
DAY**

April 17th, 2015

Please enjoy responsibly.



CHOCOLATE-CINNAMON FLANS

PAIRS WITH CHOCOLATE-CINNAMON FLANS



KWV CLASSIC CAPE TAWNY

South Africa \$11.29 17434

This full-flavoured tawny explodes with dried fruit, toasted hazelnuts, marzipan and toffee flavours on a well-balanced palate. Extended aging allows the silky texture and caramel character to develop. This is a hedonistic treat at a jaw-dropping price!



GONZALEZ BYASS NUTTY SOLERA MEDIUM SHERRY

Spain \$15.69 35204

This creamy treat will appeal to many, with alluring caramel, oak spice, orange and dried fig flavours all wrapped in a distinctly nutty coat. Nutty Solera carries just enough sweetness to complement tapas, smoked fare and desserts, while elegantly dry and restrained to show mineral and yeasty notes.

IT'S A DRINK.

AND A SNACK.

The Smirnoff® Caesar.

WHAT'S INSIDE:

- 1.5 oz SMIRNOFF®
- 4 oz Mott's® Clamato*
- .5 oz Worcestershire Sauce
- .25 oz TABASCO® Sauce
- Pinch salt + pepper
- + celery salt (as desired)
- Lemon or lime slice

HOW TO MIX IT:

Pour all your ingredients over cubed ice in a highball glass and stir really well. Sip and enjoy.



the bar.com

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* TABASCO® is a registered trademark for sauces and other goods and services;
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#THISISHAPPENING

SPICY CHICKEN SKEWERS WITH COOL CUCUMBER YOGURT

PAIRS WITH SPICY CHICKEN SKEWERS WITH COOL CUCUMBER YOGURT



LA TARASQUE OLD VINE GRENACHE

France \$16.69 826586

La Tarasque is crafted to be a "Tuesday Wine," showing elegant aromas of berry bramble, tobacco leaf, fresh fruit and baking spice. The expressive palate is supple and well balanced, with flavours of blackberry, blood orange, anise, clove, cigar box and a touch of pepper spice that lingers through the finish. Pair with sausage, roasted eggplant and goat's cheese.



BRECA OLD VINES GARNACHA

Spain \$21.79 672253

Sourced from 100 percent old Garnacha vines planted between 1925 and 1945, Breca is simply a remarkable red at a great price. Intense blackberry, truffle, cherry-cola, lavender, wet rocks and star anise characters catch the palate by surprise. Inky, focused and full-bodied, Breca is terroir in a glass, stock up!



PAIRS WITH CHORIZO, CALAMARI AND ORZO PASTA SALAD



MARQUÉS DE CÁCERES RIOJA CRIANZA

Spain \$17.39 345108

This food-friendly wine offers an intense bouquet of blackberry, plum, earth and toast. In the mouth, the mild tannin works harmoniously with flavours of licorice and smoke to deliver a mellow, but full-bodied palate. Pair this with cured meats, chorizo and roasted meats.



EL PETIT BONHOMME RUEDA VERDEJO

Spain \$12.09 79046

Rich gold in colour, the nose boasts beautiful aromas of apple blossom, nectarine and a mix of vegetal and nutty notes. The palate is floral and elegant, combining melon, minerals and crisp acidity. Try this versatile food-friendly wine with seafood, pasta and salad.

HOT HOT HOT HOT HOT



**MASI MASIANCO
PINOT GRIGIO & VERDUZZO
DELLE VENEZIE**

Italy **\$16.49** 244681

A blend of Pinot Grigio and Verduzzo grapes deliver a creamy, rich palate full of mineral and tropical fruits.



OYSTER BAY PINOT GRIGIO

New Zealand **\$15.39** 26567

A refreshing and elegant Pinot Grigio with mouth-watering acidity and flavours of lime, grapefruit and cantaloupe.



**JACK DANIEL'S
TENNESSEE HONEY**

USA **\$28.69** 185959

The palate is creamy and smooth, laced with flavours of honeycomb, toasted nuts and molasses, leading to a long, rounded finish. Enjoy over ice.



“ These products are so hot, they are flying off our shelves. Pick one up and see what all the fuss is about! ”



TANQUERAY LONDON DRY GIN

United Kingdom **\$23.49** 2691

Tanqueray is one of the world's most celebrated gins, known for its balanced and juniper-focused flavour. An ideal choice for a gin and tonic.



DIABOLICA RED

BC VQA **\$13.89** 71142

This fruit-expressive red is big, yet approachable, bursting with red plum, dark berries and smoke. Pair with mushroom burgers, pizza or devil's food cake.



OOPS CARMENERE

Chile **\$13.09** 72777

There is enough structure in this good-value red to pair with lamb and grilled meats. Expect blackberries, peppers, currants and soft tannin.





RIESLING ON THE RISE

Is Riesling really on the rise, finally? Everyone from sommeliers to wine geeks has been talking about the “Riesling Revolution” for years. But truth is, it hasn’t really happened. That is, until now. Although, even that’s not strictly true.

Way back in the 19th century, Riesling was the wine of choice in Britain’s “proper circles.” The variety was made popular in great part by Queen Victoria’s German-born husband Prince Albert. After the couple visited Hochheim in the Rheingau in 1845, Riesling (which the Brits promptly nicknamed “Hock”) quickly became fashionable on London’s tables. Then, just as now, what the royals were drinking was all that mattered.

Riesling’s fortunes soared so much that, by century’s end, “Hock” was priced right up there with “Claret” (Bordeaux), champagne and Burgundy. It’s also a name that stuck: we still refer to the slender, narrow necked bottles reserved for Riesling as “Hock bottles,”

**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

“Few, if any other, grapes are produced in as wide a range of styles, or can deliver such fruit, structure and vibrant acidity.”

which are now used everywhere.

Riesling's popularity may have waxed and waned over the years. But here's really why the “noble grape” is making a comeback. First and foremost, chefs love it. (So do serious home cooks). Often as not, Riesling is the variety of choice with wine-savvy chefs, and with good reason. Few, if any other, grapes are produced in as wide a range of styles, or can deliver such fruit, structure and vibrant acidity.

Perhaps most important is that core acidity, which really emphasizes a wine's juiciness and helps fire up the tastebuds – one very good reason for Riesling's popularity as an aperitif. Overall, whatever its style, Riesling is incredibly food friendly. Whether you choose to match it with oysters, onions or oranges, chances are there's a Riesling close by that will work with just about any recipe a chef cares to make. Also appealing is that Riesling is rarely oaked and is often lower in alcohol.

The days of cheap, sweet, white

table wines are long gone; people are discovering that Riesling – which for years had to fight that bad rep – is more fruit-driven than actually sweet. That is except when it's meant to be, as in late harvest or icewine styles. Increasingly, producers are noting on the label whether what's in the bottle is dry or off-dry. When in doubt, just look for Dry Riesling (or “Trocken” in German). Or check the store product marker, which indicates the sweetness level on a scale of 1 to 10.

Dry Riesling – especially if it has a streak of minerality – works wonderfully with fresh-shucked oysters on the half shell. Or pair it with simply prepared seafood (especially lightly cooked white fish such as sole and cod, with just a squeeze of lemon and butter), as well as with sushi or with goat's cheeses such as Boursin.

Craving some barbecue? You'll want something that will pick up on the smoke in those back ribs, sport some weight in the mouth, but also offer some

freshness to cut through the fat. Just for once, why not forget about red wine? Instead, pour a glass of Kabinett with just a hint of sweetness, such as Selbach's Mosel. Riesling with pork? It's a natural.

With blue cheese, spicy Mexican plates or even fiery Indian curries, pair sweeter, or late-picked Auslese Riesling (sweetness 3 to 5). You'll be surprised how the Riesling not only stands up to the heat, but also how it interacts with the dish. Riesling and spices such as Szechuan pepper can be a true revelation.

Matching with spicier plates, especially some Asian specialties, is a challenge to which Riesling is all too happy to rise, especially with off-dry, fruitier styles. Sweet, sour, spicy and salty are all good bets for off-dry Riesling, which can truly shine when paired with the likes of pad Thai or spicy jelly fish.

Matching with a typical multi-course Chinese meal isn't always straightforward, but Riesling can



Enjoy the Serendipity

Where German Wines meet Asian Cuisine

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“ Once the sole domain of Germany (and Alsace), you can now find good Riesling from all over the world ”

work with myriad flavours; it's often by far the best solution, able to wander easily between mild and spicy. And it's even more fun when it shows up with bubbles. Looking for a crowd-pleaser that doubles as a welcome wine that's also very food friendly? Dr. Loosen's 100 percent sparkling off-dry Riesling is a light and lively, fruity drop that you can sip on its own as a reception wine or match with spicy canapés with a kick.

For the perfect Riesling and dessert combination, try Riesling icewine with goat's cheese and French vanilla ice cream topped with kiwi or tangerine. The acid in the wine cuts the richness of the cheese and the ice cream, while the fruit flavours play off the citrus.

Once the sole domain of Germany (and Alsace), you can now find good Riesling from all over the world, from Australia (watch for wines from Clare and Eden Valleys) and New Zealand to Washington State, BC, Ontario and even from Southern Chile and Argentina.

So, the next time you're wondering which wine to pair, how about joining the Riesling revolution? It's here.



TRY WITH GRILLED CHICKEN



SELBACH MOSEL RIESLING

Germany **\$15.69** 23242
This benchmark German Riesling yields honeyed and citrus notes on top with definite apple and lemon on the juicy, vibrant palate and a touch of slate. Try with grilled chicken or Waldorf salad and soft, milder cheeses.



FLORAL AND LIME HINTS WITH APPLE AND MINERAL



FRISK PRICKLY RIESLING

Australia **\$12.79** 167205
High-altitude, cool-climate Oz Riesling from Victoria, Australia. Look for floral and lime hints with apple and mineral on the palate above a nice touch of spritz. More off-dry, but still zesty. Try it with pad Thai, spare ribs, or on its own.

FRUIT-FORWARD BC STYLE



QUAILS' GATE DRY RIESLING

BC VQA **\$14.79** 308312
A more fruit-forward BC style, from nearly 30-year-old vines from the central Okanagan, it sports apple and citrus on the nose followed by lemon-lime and flinty notes on the generous palate. Think crab rolls, pork tenderloin, pizza with spicy toppings, or just refreshing sipping.



COMPLEX LAYERS OF ORANGE MARMALADE AND ZEST NOTES IN A RICHLY VISCOUS PALATE



MISSION HILL RESERVE RIESLING ICEWINE

BC VQA **\$52.19** 240127 375 ml
A fine example of Riesling icewine; citrus and honey on top followed by complex layers of orange marmalade and zest notes in a richly viscous palate before a lengthy finish. Pair with blue cheeses, creamy, rich, lemon- and lime-flavoured desserts, apple pie and foie gras.



GOOD WITH SUSHI



CHATEAU STE MICHELLE

USA **\$13.79** 232512
This easy-drinking, mouthfilling fruit-driven Riesling from the Columbia Valley sports lifted citrus aromas with definite lime and peach on the palate. Good with sushi, ceviche, prosciutto, cold cuts and hard cheeses.



A SHOO-IN FOR RAW OYSTERS



GEHRINGER RIESLING

BC VQA **\$13.09** 171488
One of the valley's originals, these vines hail from the trail-blazing Becker Project that spearheaded the Okanagan's rise to fame. Crisp and clean with lively acidity and green-apple notes. A shoo-in for raw oysters, grilled pork tenderloin or sushi.

TOAST

OF
THE
TOWN



THAI-SPICED
GRILLED PRAWNS
ON CIABATTA

BEET-CURED STEELHEAD TROUT ON DARK RYE



PAIRS WITH BEET-CURED STEELHEAD TROUT ON DARK RYE



GANTON & LARSEN PROSPECT WINERY
FATS JOHNSON PINOT NOIR
 BC VQA \$14.79 178533

Fats Johnson is a lively Pinot Noir featuring fresh cherry, earth, rhubarb and smoky aromas. There are generous berry fruit flavours on the palate with earthy Pinot characters of mineral and roots coming through. A kiss of oak in the finish adds a nice touch of complexity to the wine.



MCLARENS ON THE LAKE UNWOODED CHARDONNAY
 Australia \$12.19 801449

This Chardonnay offers very good value, opening with vibrant citrus on the nose, white stone fruits and mineral notes with underlying nuts and lemon peel. Citrus and apple dominate the palate with a nice layer of nuts and biscuit in the background, showing great length and a crisp finish. Pair with seafood or white meat dishes.



CREAMY FETA AND ASPARAGUS WITH SOFT-BOILED EGG ON COUNTRY BREAD

PAIRS WITH CREAMY FETA AND ASPARAGUS WITH SOFT-BOILED EGG ON COUNTRY BREAD



**BEAR FLAG
SOFT WHITE WINE BLEND**

USA \$11.29 12/194

This wine is more about “striking a feeling” than about terroir or emphasizing a varietal style. Pale lemon in colour, Soft White is an unconventional blend of Muscat of Alexandria, Symphony, Sauvignon Blanc, Chardonnay, and French Colombard. It’s off-dry, with luscious flavours of peach, apricot, apple, pear and tropical fruits. Have fun!



**RED ROOSTER
PINOT BLANC**

BC VQA \$14.79 103044

This elegant white tempts the senses with aromas of lemon, white peach, ripe apple, pears and citrus. Tropical flavours become more prominent on the palate, with a mineral and acidic finish. Enjoy this lively white with prawns, crab cakes, roast chicken and lightly seared fish.

PAIRS WITH THAI-SPICED GRILLED PRAWNS ON CIABATTA



PFAFF PINOT GRIS

France \$17.39 616144

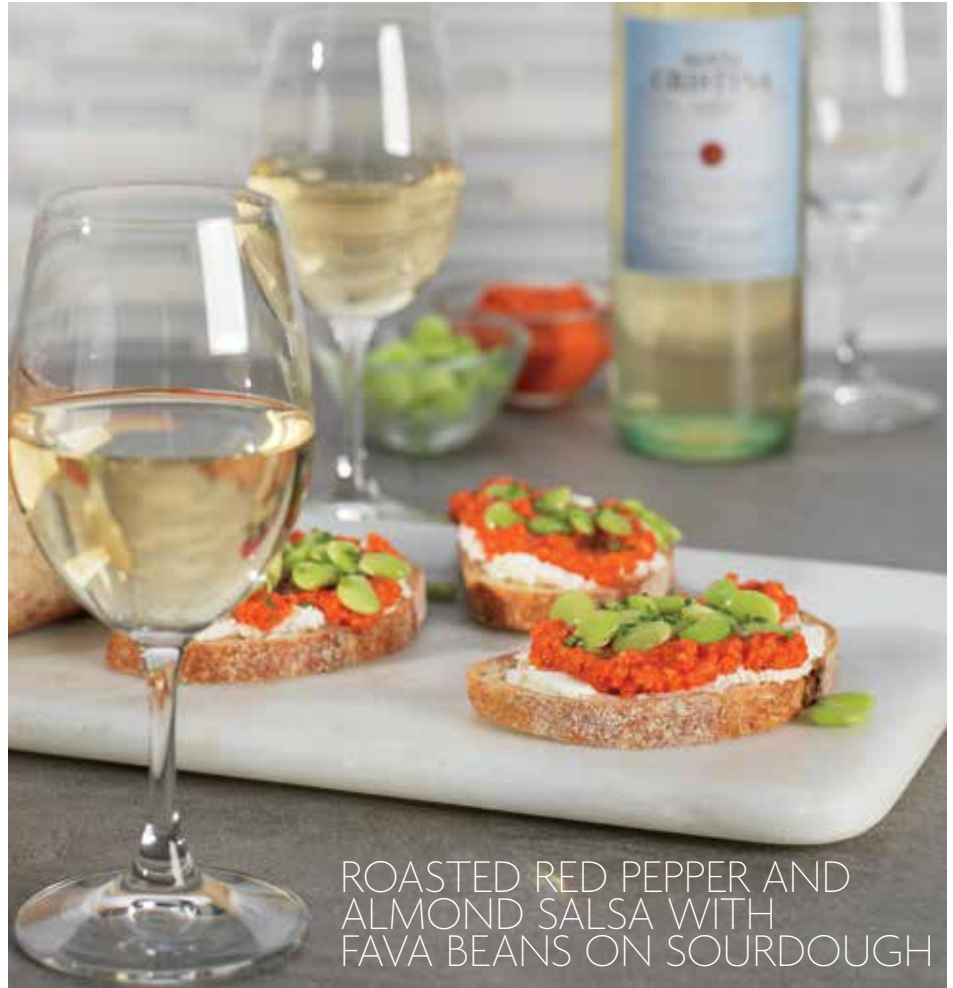
This wine is a good illustration of quality Alsatian Pinot Gris. A sweet bouquet of flowers, ripe pears and honey with hints of fresh lemon and biscuit nuance greets the nose. These elements continue on the palate with added spice and mineral notes on a medium- to full-bodied frame. This will pair perfectly with foie gras, risotto and prawns.



MISSION HILL FIVE VINEYARDS PINOT GRIGIO

BC VQA \$14.79 563981

This unoaked Pinot Grigio is another versatile food wine, showing lovely flavours of pears, apple juice, orange blossom and sweet citrus. The wine has good acidity to highlight the bold fruit characters, and ends on a mild honey note. A great patio sipper, or pair with appetizers, lunch or Asian delicacies.



ROASTED RED PEPPER AND ALMOND SALSA WITH FAVA BEANS ON SOURDOUGH

PAIRS WITH ROASTED RED PEPPER AND ALMOND SALSA WITH FAVA BEANS ON SOURDOUGH



SPIER SIGNATURE CHENIN BLANC

South Africa \$12.69 659037

Spier sees no barrel aging, capturing purity through elegant flavours of green guava, pear, citrus, pineapple and lychee. These characters continue through to the medium-bodied palate, leading to a strong finale. This is a superb value from South Africa.



SANTA CRISTINA SICILIA PINOT GRIGIO

Italy \$14.79 758151

Bright straw-yellow in colour, on the nose expect intense, fruity aromas of green apples, pears and orange blossom with pleasant nuances of white flowers and citrus. The entry on the palate is soft but flavourful. The vibrant acidity intermingles with the flavours of lemon rind, mango and apples, building to a full and lasting finish.

BAR



SAZERAC
SOUR



DANIELLE TATARIN THE KEEFER BAR

“If you want the job done, ask a busy person,” Danielle (Dani) Tatarin laughs. Busy is an understatement.

Tatarin is wearing so many hats, you wonder how she appears so calm. Perhaps her studies and subsequent use of traditional Chinese medicines in both cocktails and daily life keep her in good health, body and spirit.

One of her greatest achievements (she has many) is The Keefer Bar that recently celebrated five years – a memorable date, which coincided with opening day of the 2010 Winter Olympics. A radical concept, The Keefer (located on Keefer Street) in Chinatown, was modelled after a cross between an apothecary and a 19th century opium den. The cocktails were designed with bitters and tinctures borrowed from traditional Chinese medicines.

Build it and they will come. It has become an international success. “I’ve always wanted it to be known as one of the best bars in the world,” she says.

Less than a decade ago, The Keefer building was an unremarkable 100-year-old warehouse. Vancouver businessman Cam Watt fell in love with it and subsequently transformed it into a luxury boutique hotel. The downstairs bar wasn’t part of his original plan. Tatarin met Watt when he sat down at her bar in the now defunct db Bistro. They started talking, and the rest, as they say, is history. Tatarin, as general manager and beverage director, has been responsible for hiring a dedicated team, training and developing the cocktail program since 2009. Her inspiration came from frequent visits to Chinatown when

“I’ve always wanted [The Keefer Bar] to be known as one of the best bars in the world.”

she was running Garnish Girls, her former business, and Designer Cocktail Company, which she maintains.

As if running two businesses was not enough, she is currently working with Authentic Caribbean Rum (educating bartenders) and with Watt on another project in San Jose del Cabo in Baja, Mexico. “It’s a direct flight from Vancouver,” Tatarin notes. “I’ve been down about eight times in the past couple of years.”

Watt has a property there, a 25-acre farm filled with mango and citrus trees and gardens. Aptly, it’s going to be named Acre and is a sort of eco-resort offering yoga and fitness with an educational emphasis. It is still in the building stage, but the first phase includes a bar and restaurant. The second phase, villas and tree houses will become available for guests. They are trying to transplant agave in hopes of distilling their own agave spirits such as mezcal and tequila. Tatarin will use these spirits, as well as tinctures sourced from the farm’s garden, in the cocktails she designs for the resort bar.

Additionally, she is learning Spanish – feeling it’s important to be able to communicate with local farmers, small agave producers and workers on the Acre farm.

Here in Vancouver, Tatarin continues to develop new cocktails and compete in competitions. She has a solid support team that keeps The Keefer



ROSE AHUMADO

“ People need to feel inspired, they need to have a creative outlet and be appreciated. ”

running smoothly when she's on the road. Rightfully, she is proud of the growth and talent of Gez McAlpine and Keenan Hood – both former Bar Stars.

“They take ownership. People need to feel inspired, they need to have a creative outlet and be appreciated. They're more like my friends and family, not staff,” she adds. “They also know, if they leave, they can always come back...”

The Keefer Bar
135 Keefer Street
Vancouver, BC
604 688 1983

MACUA COLADA

½ oz (45 ml) Flor de Caña 5 year old¹

½ oz (45 ml) guava juice

½ oz (15 ml) fresh lime juice

1 oz (30 ml) Coconut Almond Milk, recipe follows
chocolate bitters, to top

chocolate curls, for garnish

Chocolate-Coconut Rim, for garnish, recipe follows

Shake first 4 ingredients on ice and strain over crushed ice in a Collins glass. Garnish with chocolate curls and a Chocolate-Coconut Rim.

COCONUT ALMOND MILK

Heat ½ cup (125 ml) coconut water and add 1 cup (250 ml) sugar. Stir to dissolve. This will make your coconut water syrup. Add equal parts almond milk to coconut water syrup.

CHOCOLATE-COCONUT RIM

Blend together 1 tsp (5 ml) coconut flakes, 1 tsp (5 ml) cocoa powder, 1 tbsp (15 ml) raw sugar. Store in a glass jar. To rim glass, pour some mixture on a plate. Wet half the outside of the glass rim with a lime slice and dip rim into sugar.



MACUA COLADA

¹ 134676

ROSA AHUMADO

1½ oz (45 ml) Jaral De Berrio mezcal¹
 ½ oz (15 ml) Okanagan Spirits Raspberry liqueur²
 1 barspoon Rose Honey Syrup, recipe follows
 5 dashes lemon bitters
 dried rosebuds, for garnish
 wide lemon zest, for garnish
 rose water³, for garnish

Stir first 4 ingredients on ice for 30 seconds. Strain over ice cubes in a rocks glass. Garnish with dried rosebuds and wide lemon zest with oils expelled over the drink. Finish with a spray of rose water.

ROSE HONEY SYRUP

Heat 1 cup (250 ml) water to boil, remove from heat, add 10 dried rosebuds. Let sit for 5 minutes and strain through a fine strainer. Add 1 cup (250 ml) honey to rosebud tea. Stir to dissolve so that honey becomes syrup. Add 1 tsp (5 ml) rose water to honey syrup. Store in a clean glass bottle. Keep refrigerated.

¹ 842609

² 799627

³ Found at specialty food stores



JARAL DE BERRIO MEZCAL

Mexico \$47.89 842609

This mezcal is made from 100 percent Salmiana agave by the traditional, painstaking method of distillation. The nose shows toasty, minty, toffee, apple and peppery smoke aromas. The entry is very pleasurable, highlighting dried fruit, fennel and spice, ending with a long, caramel-driven, but grassy finale.



OKANAGAN SPIRITS RASPBERRY LIQUEUR

Canada \$26.09 799627 375 ml

Succulent, well-balanced and refreshing, this raspberry liqueur is an Okanagan Spirits signature product and a Silver Medal Winner. Its fresh-fruit notes and the alluring berry tart attack provide a smooth and pleasant entry. Enjoy slightly chilled.

SAZERAC SOUR

1½ oz (45 ml) Buffalo Trace Kentucky bourbon¹
 ¾ oz (22 ml) Sazerac Syrup, recipe follows
 ¾ oz (22 ml) lemon juice
 Okanagan Spirits Taboo Absinthe,² in a spray bottle
 dried lemon wheel, for garnish

Shake first 3 ingredients with ice and strain over fresh ice in a highball glass. Garnish with dried lemon wheel facing up – spray wheel and top of drink lightly with absinthe.

SAZERAC SYRUP

In a saucepan over low heat blend 1 bottle of Peychaud's bitters with equal part sugar until sugar dissolves. Store in glass bottle, keep refrigerated.

¹ 605063

² 828665



BUFFALO TRACE BOURBON

USA \$36.49 605063

Buffalo Trace is a renowned Kentucky Straight Bourbon, opening with pleasant and complex notes of custard, oily espresso, sweet vanilla, honey and rum spice that continue through to the entry. A touch of chocolate later comes through on the palate along with flavours of raisins, anise and toasted wood. This whiskey finishes long and smooth, with cinnamon gum and a toffee lift.



FLOR DE CAÑA 5 YEAR

Nicaragua \$24.39 134676

Winner of 21 international awards, Flor de Caña 5 Year is truly a rum to impress at this price range. Rich aromas of toasted wood, vanilla and orange greet the nose. The palate features a soft entry with concentrated flavours of caramel brown sugar and lovely orange peel and butterscotch notes. The finish is spicy and long with lingering toffee nuances.

AUSTRALIAN FIRST FAMILIES OF WINE



photo by Andrew Topham



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.

“The wine industry is not just about places and numbers...In fact, it is the people who make the wine world the interesting place it is.”

There are many different ways to group wines and wineries. We generally look first by country, then region and also by the size of the winery and the price point at which the wines are sold. However, the wine industry is not just about places and numbers; it is much deeper, more emotional and much more personal. In fact, it is the people who make the wine world the interesting place it is. There are heroes and villains, giant corporations and small families who have followed a dream. It is these families that have built the foundations of the wine world as we know it, pioneers who have suffered, taken risks, put everything on the line and eventually succeeded because they believed in what they were doing. The stories of these families make up the rich culture that is today's wine business. A group of such families in Australia have together formed Australia's First Families of Wine, their mission being to spread the word about the great heritage and history of premium Aussie wine.

It is worth pointing out that a long

history of winemaking is not exclusive to Europe. Many of the countries we still label as New World have been at it for hundreds of years. Australia, which has been making wine for 200 years, has plenty of history, and not just the "sunshine in a bottle" kind. There have long been premium wines, wines that speak of the terroir in which they are grown. Australia's First Families of Wine is a group of 12 wineries that have done much to put Australia on the map and that want to remind wine lovers around the world that Australia is full of great regionally driven wines. With 1200 years' combined winemaking experience, more than 5,000 hectares of vineyards across 16 regions and four states, they should know what they are talking about.

The list of wineries reads like a history of Australian wine – Brown Brothers, known for their varietal experimentation in northern Victoria; Campbells Wines, famous for its Rutherglen Muscat; d'Arenberg, great characters and great Shiraz and

Grenache wines from McLaren Vale; De Bortoli, with its Noble One Botrytis Semillon; Henschke, famed for its iconic Hill of Grace Shiraz; Howard Park, makers of great Cabernet blends, Chardonnay and Riesling in Western Australia; Jim Barry, notable for its Armagh Shiraz and great Riesling; McWilliam's, with its outstanding Hunter Valley Semillon; Tahbilk, with great old vines Marsanne and Shiraz in central Victoria; Wakefield/Taylor's, with some top Clare Valley Cabernet and Riesling; Tyrell's, a Hunter Valley legend; and Yalumba, Australia's oldest wine company started in 1849. Every winery could fill multiple articles with all their stories and adventures.

Many of the Australia's First Families of Wine producers have been active longer than many European wineries. Some are in their fourth or fifth generation of family members involved in the business, while Henschke, Yalumba and McWilliam's are all in their sixth. There are strict criteria to be part of the group.

MAY
2015

THE AUSSIES ARE COMING

AUSTRALIA'S FIRST FAMILIES OF WINE ARE TWELVE OF THE COUNTRY'S LEADING MULTI-GENERATIONAL WINEMAKERS WHO OWN SOME OF AUSTRALIA'S FINEST VINEYARDS. THEY REPRESENT OVER 1200 YEARS OF COLLECTIVE WINEMAKING EXPERIENCE. THEY ALL REMAIN FAMILY OWNED AND FIERCELY PROUD OF THEIR FLAGSHIP WINES.

THEY HAVE UNLOCKED THEIR PRIVATE CELLARS AND ARE ON THEIR WAY TO CANADA IN MAY. COME AND TASTE SOME OF AUSTRALIA'S MOST ICONIC WINES.



unlocked

MONTREAL 21ST

TORONTO 26TH

VANCOUVER 28TH

AUSTRALIA'S
FIRST FAMILIES
OF WINE



affw.com.au



AUSTRALIAN **FIRST FAMILIES**

All of the wineries are family controlled and have been making wine for at least two generations. All of them have a wine that is considered to be a landmark Australian wine, and in their cellars they must have a deep enough library that they could put together a 20-vintage vertical tasting. This is not an easy club to join.

The exciting news for BC wine lovers is that the Australia's First Families of Wine will be visiting Vancouver in May, and BC Liquor Stores will have a special buy, with wines coming in from at least 10 of the 12 wineries. There will likely be both consumer and trade events, as 11 of the 12 families will have a representative in town May 28th to 30th, so keep your ears and eyes open for specifics and check their website: www.australiasfirstfamiliesofwine.com.au. This will be a great chance to further your knowledge on Australian wine regions, an interest that was probably piqued if you recently visited the Vancouver International Wine Festival, where Australia was the host country. Be sure to check www.bcliquorstores.com in May to see which wines are available and at which locations.

Aussie wine is well known for offering good value and consistent quality. This success at the lower end of the price spectrum has hidden the rich history of top-quality regional wines. Australia's First Families of Wine is hoping to change that perception. There is no group better to tell that story, with both the people and the wines to show it.

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



D'ARENBERG THE LAUGHING MAGPIE SHIRAZ VIOGNIER

Australia **\$26.09** 118570

Very ripe, rich and perfumed with blueberry, dark chocolate, prune, violet and mulberry jam on the soft, warming and intense nose. The palate shows a rich silkiness and softness with the structure of firm tannin and crisp acidity. There are savoury eucalyptus and pepper notes behind the fig, dried blueberry and black olive flavours, all with a long, leather- and spice-infused finish. It has the weight to stand up well to braised short ribs.



HOWARD PARK FLINT ROCK CHARDONNAY

Australia **\$26.09** 768242

A modern, restrained-style Aus Chardonnay with peach, preserved lemon, mandarin peel and some pineapple. The palate is rich yet fresh, fruity yet juicy with a nice citrus pith grip to go along with the peach, pineapple and slight nut and lees. There is a hint of butter and caramel on the long finish. Try with grilled prawns and scallops dipped in garlic butter.



JIM BARRY THE COVER DRIVE CABERNET SAUVIGNON

Australia **\$26.09** 96982

Intense cassis, burlap, redcurrant, cedar and eucalyptus with just a few hints of development starting to show with tobacco and spice. The palate is vibrant, showing lots of tannin, acidity and cassis, blackberry and black plum fruit, with a nice floral violet note for good measure. Complex leather and menthol notes linger on the long finish. Its great intensity makes it a perfect partner for grilled beef or leg of lamb.



MCVILLIAM'S HANWOOD ESTATE SHIRAZ

Australia **\$12.19** 33480

The nose is brambly, smoky and meaty with some dark plum, blackberry and black pepper. The palate shows a rich, generous mouth feel with lots of dark blackberry and black plum fruit and more peppery spice. There is a savoury, leathery, barnyard note with some dried herbs, clove-studded orange and firm, drying tannin on the finish. Great value and much more meaty and savoury than many wines in this price bracket. It should go well with anything off the barbecue.



YALUMBA THE STRAPPER GSM BAROSSA

Australia **\$21.79** 354050

Lots of white pepper, raspberry, strawberry, flowers and some savoury dried herbs on the very fresh nose. The palate is soft and round, but not heavy, with fresh red fruit, some spice, burlap and pipe tobacco. This elegant version of Barossa is surprising in its fresh drinkability. Perfect with lighter meat dishes and lamb sausages.



WAKEFIELD ST ANDREWS CABERNET SAUVIGNON

Australia **\$52.19** 39057

A great, intense pure Cabernet nose of cassis, blackberry and multiple layers of complexity with burlap, tobacco, leather, cedar, black olive, dusty oak and some eucalyptus and dried herbal notes. The palate is intense and structured, still youthful and vibrant, with lots of black and red fruit, grip from ripe tannin and refreshing acidity. There is great concentrated texture and layers of spice, graphite and earth with a very long finish. This wine should age well for decades.

RS FLAVOURS FLAVOURS



CÎROC COCONUT

France \$43.49 833962

This vodka is lusciously smooth and elegant, with astoundingly focused flavours of creamy coconut and hints of tropical fruits.



BAILEYS SALTED CARAMEL

Ireland \$25.19 624296

Expect a smooth and finely balanced palate of toffee, chocolate and lush caramel with hints of whiskey and a salted accent.



JOIE A NOBLE BLEND

BC VQA \$20.79 882027

This white blend delivers focused and intense flavours of peach, honeysuckle, nutmeg and grapefruit. Perfect for BC's diverse culinary offerings.



“

Here are some fresh, exciting flavours for spring. Try them all!

”



JOEL GOTT ZINFANDEL

USA \$16.39 67231

The wine's bright fruit flavours of blackberry jam, plum and spice are complemented by a soft, round mouth feel and a sweet spice finish.



INNISKILLIN CABERNET SAUVIGNON

BC VQA \$13.49 597070

A regional aroma of dried sage and herb greets the nose, followed by a vibrant acidity that juxtaposes tight tannin and blackcurrant and cherry flavours.



INCEPTION DEEP LAYERED RED

South Africa \$13.09 548354

Inception Red is a lush and fruit-forward blend of Shiraz, Petit Verdot and Mourvèdre. Look for cherry, blackberry, mocha and spicy notes with an off-dry lift.



new choux

CROQUEMBOUCHE





GÂTEAU SAINT-HONORÉ

PAIRS WITH GÂTEAU SAINT-HONORÉ



MUMM NAPA BRUT PRESTIGE

USA \$22.59 265678

This traditional method sparkling wine from the Napa Valley offers some floral aromas as well as a lovely yeasty brioche note. The palate is medium-bodied yet creamy with flavours of applesauce, hints of toast and a fine acidity with a rich, lingering finish.



DRAMBUIE

United Kingdom \$37.89 1867

Beautiful Scotch notes augmented by honey define this century-old recipe that combines Scotch whiskies with honey to deliver a sweet liqueur. Flavours of raisins, dried figs, vanilla, toffee and spices, lead to a long, satisfying finish.

HERE'S TO CATCHING UP



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AND ICE CREAM



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PAIRS WITH THE NEW ÉCLAIRS



BOTTEGA PETALO IL VIÑO DELL'AMORE MOSCATO

Italy **\$15.69** 580993

A sparkling dessert wine made from sweet Moscato grapes. Floral and fruity on the nose with hints of roses and stone fruit. Pleasantly sweet, the wine finishes with notes of apricot and peach.



GANTON & LARSON PROSPECT WINERY THE LOST BARS VIDAL ICEWINE

BC VQA **\$34.79** 609974 375 ml

Rich and exotic, this Vidal icewine is lush with flavours of tropical fruits, caramel and apricot preserves. The palate showcases a refreshing crispness and bright acidity to balance the sweetness. The Lost Bars is concentrated and opulent, an ideal pairing with mild cheese, custards, angel food cake or simply with fresh fruits.



THE NEW ÉCLAIRS

PAIRS WITH CROQUEMBOUCHE



APEROL APERITIVO BARBIERE

Italy **\$19.49** 144071

Indulge in the art of making cocktails starting with a bottle of Aperol, an infusion of sweet oranges, rhubarb, roots and herbs. This fortified wine offers intense orange zest with pleasant bitterness and salty notes in a velvety and rounded texture. Make a classic Spritz by combining Aperol, Prosecco and soda, a perfect aperitif for any occasion.



CASA DOS VINHOS SELECTED RICH MADEIRA

Portugal **\$24.39** 101477

Rethink Madeira, a fortified wine that is often disregarded when searching for a digestif. Concentrated, oxidized and aged in large barrels in the sun, Madeira packs distinct nuttiness, brown sugar and toffee characters. Casa dos Vinhos is a sweet Madeira that is perfect with creamy desserts and nutty treats.

THE NEW FACE OF CHILE

Chile is doing some serious soul searching. Since arriving on the international scene in the late '80s, this South American darling has been associated with inexpensive wines labelled by grape varieties such as Cabernet Sauvignon, Merlot, Chardonnay and Sauvignon Blanc. Today, savvy producers are working hard to take Chile to much loftier levels by improving well-established varieties, embracing newcomers and recovering precious old vines. Their journey has them venturing into new areas and matching grapes with specific regions. The fresh face of Chile is a dynamic generation of environmentally conscious winemakers adopting organic, biodynamic and sustainable practices.

Most of Chile's wine production has long been concentrated in the Central Valley. This large, fertile plateau includes the valleys of Maipo, Rapel, Curicó and Maule and sits between the Coastal Mountains and the Andes. These protective ranges foster dry, warm conditions. While the Central Valley does offer diversity, overall it's been a reliable source of large-volume wines, especially friendly, fruit-driven reds.

In this long, skinny country, climatic differences are more evident east to west rather than north to

south. As such, the first notable step away from the Central Valley saw producers moving west, toward the cold Pacific Ocean where morning fog and chilly breezes slow down ripening. Plantings in cool-climate Casablanca were established in the mid-1980s and introduced a more refreshing vibrant style of Sauvignon Blanc and Chardonnay. The newer and neighbouring San Antonio Valley enjoys even greater maritime influence, producing exhilarating wines with precise aromas, bracing acidity and a salty tang.

These cool regions also provide an appropriate climate for Pinot Noir, encouraging pure flavours and bright, balancing acidity. Cono Sur has hung its hat on this grape, crafting a well-defined range from entry to premium level. Beyond championing Pinot Noir, Cono Sur has been farming organically since 2000 and has proven itself a leader in sustainability.

More recent ventures have led innovative winemakers far north to the regions of Elqui and Limarí. Both are distinguished by dry, desert-like conditions. The Elqui Valley was originally known for Pisco production, but today is being hailed for high-quality Syrah. The best vineyards are

in the coolest pockets, either close to the Pacific or inland at nippy heights up to 2,000 metres. The expression is a departure from the exuberantly fruity and voluptuous examples from the warm Central Valley. Elqui Syrah is leaner with more acidity and fragrant, peppery, meaty notes. Limarí has also welcomed Syrah, but Chardonnay dominates plantings. The mineral-rich soil gives elegance, while clay lends a creamy mouth feel.

To the south of the Central Valley, the regions of Bío-Bío and Itata are all the rage. Grape growing in Itata goes back to colonial times, but the area has recently been rediscovered. De Martino was one of the first wineries to revive old bush vines of Cinsault and reintroduce traditional aging in old amphorae or clay jars. While this will never be a mainstream varietal, it's representative of the fascinating projects to look out for. More familiar offerings come in the form of Cabernet and Merlot. Cooler and rainier, Bío-Bío does better with Sauvignon Blanc, Chardonnay and Pinot Noir, as well as Riesling and Gewürztraminer.

In tandem with the development of newer regions, the Central Valley is enjoying its own renaissance. Winemakers are exploring the eastern



MICHAELA MORRIS

Michaela Morris is a wine writer, educator, presenter and co-owner of Vancouver-based consulting company House Wine (www.housewine.ca). She holds the Wine & Spirit Education Trust (WSET) Diploma and is a local instructor for the program. Besides making regular radio and television appearances, Michaela is also the wine columnist for *WestEnder* and contributes to *EAT Magazine*. Follow her on Twitter @MichaelaWine.

“ Today, savvy producers are working hard to take Chile to much loftier levels by improving well-established varieties, embracing newcomers and recovering precious old vines. ”

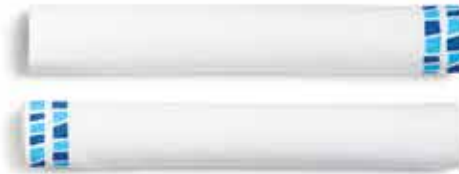


foothills on the imposing Andes, where the difference between day and night temperatures is considerable. The resulting wines are defined by intense flavours and aromas, as well as a firm structure. Even the underestimated region of Maule is getting a second look.

This large valley, traditionally associated with bulk production, is finally mining its potential. Similar to Itata, there is a revival of old Carignan bush vines, which are sure to be among Chile's most interesting wines in the future.

The biggest overhaul in Chile

is Carmenere. Long mistaken for Merlot, Carmenere was planted in inappropriate sites and picked too early, resulting in overly herbaceous wines with green tannin. Since distinguishing Carmenere, wine growers have determined the right location for this



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TO A GLASS FILLED WITH HIGH QUALITY ICE ADD 1 PART BOMBAY SAPPHIRE® EAST GIN, LEMON GRASS STALK, BLACK PEPPERCORNS AND A SQUEEZE OF FRESH LIME. TOP WITH 2 PARTS FEVER-TREE PREMIUM TONIC WATER.

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“Chile has the opportunity to forge an identity based on a rich diversity as well as environmentally sound practices.”

finicky grape. The best now display ripe tannin with pleasant herbal and peppery nuances, adding intrigue to rich black fruit and chocolate notes.

Emblematic of Chile's new face is Emiliana. Besides establishing vineyards in Casablanca and Bío-Bío, they have invested in new varieties such as Marsanne, Roussanne, Mourvèdre and Garnacha to demonstrate that Chile can do something different. Emiliana has worked with biodynamic guru Alvaro Espinoza since 1999 to convert all of their vineyards to organic and a substantial amount to biodynamic. Espinoza has also encouraged them to blend grapes rather than simply bottling straight varietals, which has long been Chile's signature.

Have no fear, King Cab still reigns supreme; it's simply no longer Chile's ultimate calling card. Chile has the opportunity to forge an identity based on a rich diversity as well as environmentally sound practices. It's the right direction to keep enthusiastic wine drinkers captivated.



EQUALLY SUITED FOR CHICKEN AND RICH SEAFOOD DISHES



CONCHA Y TORO MARQUES DE CASA CONCHA CHARDONNAY

Chile \$17.39 342857
From the cool Limarí Valley, this medium-weight Chardonnay boasts Golden Delicious apple and a touch of pineapple with a creamy texture and balancing acidity. The oak gives a healthy dose of toast and slight nuttiness. Equally suited for chicken and rich seafood dishes.



BRIGHT AND LIVELY



CONO SUR SINGLE VINEYARD BLOCK 21 VIENTO MAR PINOT NOIR

Chile \$17.39 221028
Pure Pinot Noir aromas of black cherry and wild strawberry with understated clove notes. Plush layered fruit on the palate features flavours of maraschino and vanilla followed by a lift of forest flowers. It's bright and lively with just a subtle suggestion of tannin. Will stand up to duck.



CARMEN GRAN RESERVA CARMENERE

Chile \$19.19 439166
Ripe but beautifully savoury, the Carmen Carmenera marries notes of chocolate and cassis with tobacco and herb. Hints of smoke and cedar add intrigue, while soft tannin caresses the mouth. Steak in a green peppercorn sauce would echo the flavours brilliantly.



FALERNIA RESERVA ELQUI SYRAH

Chile \$16.49 147819
Assertive and expressive with captivating violet, blackcurrant and fresh-cracked pepper aromas, this characterful Syrah is full-bodied and dense without sacrificing finesse. Olive and spice notes chime in on the palate, while an underlying meatiness simply begs for it to be paired with game meat such as venison or elk.



A GREAT FOIL FOR SPOT PRAWNS WITH AN ASIAN TWIST



CASAS DEL BOSQUE RESERVA SAUVIGNON BLANC

Chile \$14.89 740878
Lemon sorbet, lime leaf and elderflower jump from the glass. Light-bodied but persistent with flavours of guava, white grapefruit and wet stone lingering through to a zesty finish. A pleasant salty tang increases the refreshment value. It's a great foil for spot prawns with an Asian twist.



IT'S HARD TO RESIST NOW, ESPECIALLY WITH LAMB



EMILIANA COYAM COLCHAGUA ORGANIC

Chile \$26.49 845321
This biodynamic blend is dominated by Syrah and Carmenera with Merlot, Cabernet Sauvignon, Mourvèdre and Malbec lending complexity. Concentrated yet polished, it possesses flavours of cherry, plum cake, leather, bay leaf and blackberry. Though Coyam definitely has the genes to age, it's hard to resist now, especially with lamb.

True colours



BEETROOT
MOUSSE WITH
SPRING VEGETABLE
ESCABECHE

A VERY COLOURFUL DINNER

PAIRS WITH CHILLED PEA SOUP WITH SPOT PRAWNS AND MINT GRANITA



BOLLA SOAVE CLASSICO

Italy \$12.19 17640

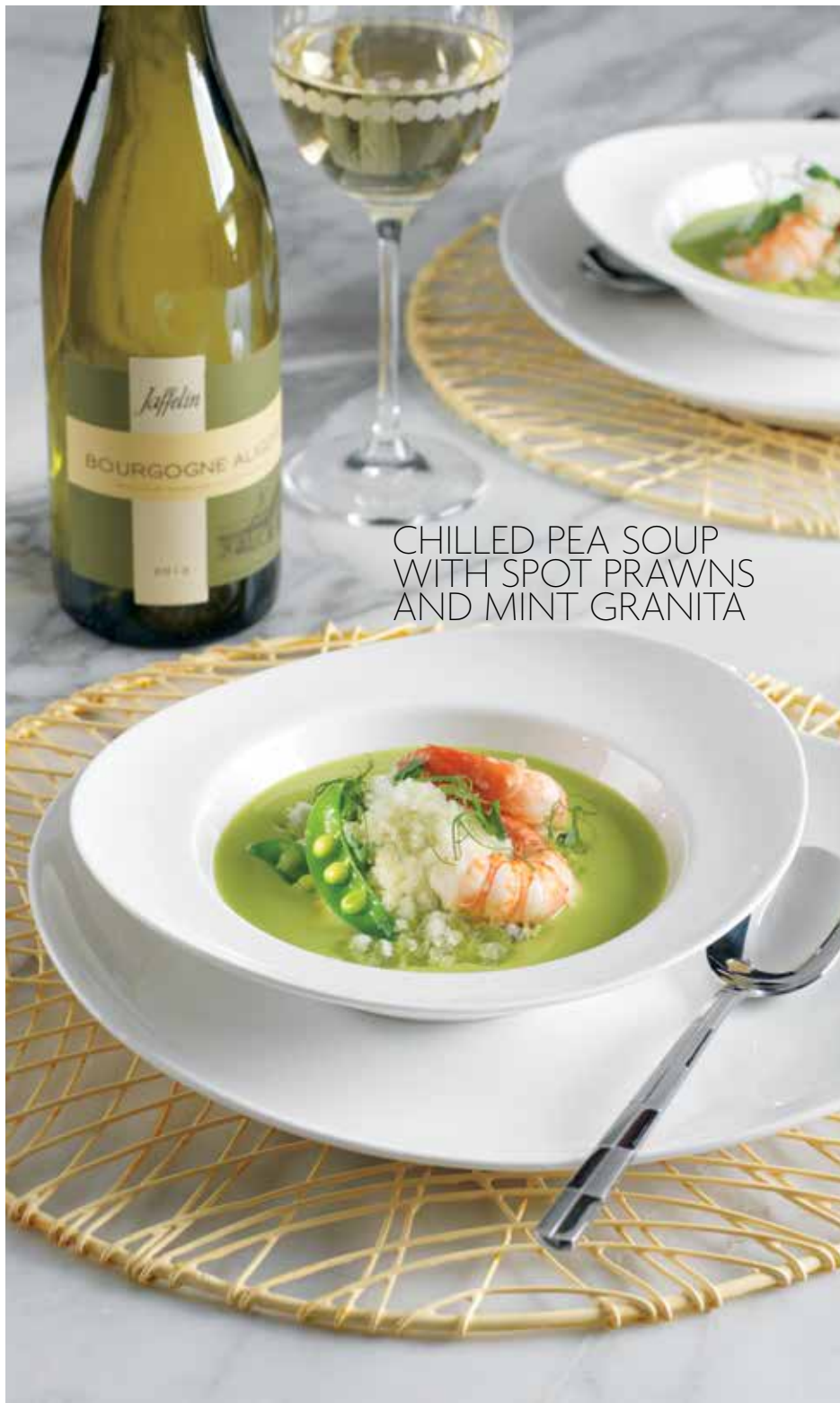
Pale green in colour, this almost 100 percent Garganega Soave has a bouquet of melon, ripe apple and stone fruits. The palate is crisp, fresh and delicately balanced with a hint of almond on the finish. It is an ideal accompaniment for appetizers, soups, or seafood-based pastas.



JAFFELIN BOURGOGNE ALIGOTÉ

France \$21.79 53868

This is a perfect alternative to Burgundian whites. Light-bodied with high acidity. Jaffelin opens with a direct attack of citrus and lemon, followed by clean apple and mineral notes with a whisper of herbs. Enjoy chilled with shellfish, clams and oysters.



CHILLED PEA SOUP WITH SPOT PRAWNS AND MINT GRANITA

NEW LOOK

SAME AWARD-WINNING
SPIRIT



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BRAISED LAMB WITH PISTACHIO DUKKAH AND CARROT PUREE

PAIRS WITH BEETROOT MOUSSE WITH SPRING VEGETABLE ESCABECHE



MATUA HAWKE'S BAY SAUVIGNON BLANC

New Zealand \$12.79 309575

Sauvignon Blanc in Hawke's Bay is a relatively new sight. Matua is fruit-forward and finishes with refreshing, clean acidity. Vibrant aromas of gooseberry, kiwi and passion fruit greet the nose; the entry is crisp, fresh, stone fruit and lemon-focused in a medium-body. Enjoy now or cellar for another year or two.



WAYNE GRETZKY OKANAGAN THE GREAT WHITE

BC VQA \$13.89 889386

This is a juicy blend of Sauvignon Blanc, Riesling, Pinot Gris, Chardonnay and Semillon, all hand-harvested from the Okanagan Valley. The Great White celebrates BC's diverse wine scene by showcasing sumptuous tropical fruit flavours of melon, peach and orange with refreshing acidity on an off-dry palate. The sweet citrus continues through to finish.



PAIRS WITH BRAISED LAMB WITH PISTACHIO DUKKAH AND CARROT PUREE



TOMMASI POGGIO AL TUFO ROMPICOLLO MAREMMA TOSCANA

Italy \$19.19 780585

Rompicollo is a blend of Sangiovese and Cabernet Sauvignon, offering a multi-faceted nose of cassis, plum, espresso, tobacco, molasses and a whiff of cedar and herbs. Flavours of espresso and cherry emerge on the palate, followed by a nice touch of earth and mushrooms. Medium-bodied and compact, with integrated tannin, Rompicollo is ready to be enjoyed at a great price.



MUGA RIOJA RESERVA

Spain \$26.09 49254

Muga Reserva is a serious Rioja at an excellent price. Its bright cherry colour with purple glints suggests a masculine structure. The nose is intense and powerful, offering fine leather and black fruits intermingled with minerals and oak spice notes. The fruit characters intensify upon entry, further revealing flavours of black pepper, caramel, toast and vanilla. Enjoy this elegant and balanced wine now with hearty red meat dishes.



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EXPECTED PREMIUM FRENCH VODKA
WITH A DELIGHTFULLY UNEXPECTED PRICE

MARBLED LEMON TART



PAIRS WITH MARBLED LEMON TART



RUSSO LIMONCELLO

Italy \$27.79 471623

Made with Verdelli lemon, known for its flavourful oils and intense aromatic scent, Russo Limoncello is an artisanal liqueur from the Amalfi Coast featuring generous aromas of lemon zest and rind. The beautiful balance between the sweet and sour aspect of the lemon makes this liqueur a perfect aperitif, and a reliable culinary ingredient.



SEE YA LATER RANCH SYL BRUT

BC VQA \$19.99 75648

The first sniff is reminiscent of freshly baked bread, showcasing citrus, mineral, brioche, grapefruit and Asian pear flavours in a lively mousse. The light-bodied texture is further accented with a chalky twist, perfect for pairing with seafood, smoked salmon and even light desserts. Watch for their new labels this spring.



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.

LAURA CATENA

IS THERE A DOCTOR IN THE VINEYARD?

Balancing a professional life in medicine with a family life is daunting enough, but throw a second career into the equation and the sum of those demands seems all but impossible. Such is the world of the energetic Laura Catena. She studied biology at Harvard, medicine at Stanford and is fluent in four languages (English, Spanish, French and Italian). As a physician, she works in the emergency department of the UCSF Medical Center in San Francisco, then somehow manages to also find the time to manage and promote her family’s winery in the Mendoza region of Argentina. Her father, Nicolás Catena, is Argentina’s most famous vintner and is known as the man who revolutionized the Argentine wine industry with his vision of utilizing high-altitude vineyards planted with specific varietals that would flourish there – Malbec being a prime example of this successful experiment. As an economics professor, he was also able to understand and navigate the shaky economy of the country, and his winery Bodega Catena Zapata flourished. It seems dual professions run in the family. Today, Laura is the general director of the winery as well as founder of La Posta winery, owner and creator of Luca winery, plus she’s an author, medical practitioner, teacher and mother of three. It might just be the wine talking, but I’d say that’s simply amazing.



photo by Catena Zapata

WHAT IS YOUR EARLIEST MEMORY OF WINE?

It would be a drop of wine in soda at age five at my grandfather’s house. At that age, you’re no longer squirming around at dinnertime and my grandfather said to me, “Okay, you are now ready to dine with the adults” and put me at the family table with that drink, which was really more of a symbol than anything, and I still remember that day very well. Maybe it was a sign of things to come and my love of wine.

“ Each individual plant, not unlike a patient, has its own characteristics, its own individuality that we must deal with. ”

WHAT DO YOU LOVE MOST ABOUT THE WINE REGION OF ARGENTINA?

It's about the 400 years of winemaking on the one side and at the same time, it's our incredibly innovative energy in Argentina. It's a balance between the old and the new, tradition mixed with experimentation and the freedom that experimentation brings. We're not tied down to one way and in Argentina, due to the variety of crises that have swept the country both politically and economically, we have learned to live in the "now."

YOUR FATHER IS CREDITED WITH SINGLE-HANDEDLY RE-ENERGIZING THE ARGENTINE WINE INDUSTRY AND HAS BEEN CALLED THE ROBERT MONDAVI OF ARGENTINA. HOW DO YOU FEEL FOLLOWING IN THOSE FOOTSTEPS?

I think of it as continuing the family tradition rather than following in my father's footsteps. My great-grandfather Nicola emigrated to Argentina from Italy in 1898 and planted his first vineyard to Malbec in 1902. I wake up every day and set out to make Argentina and my region a winemaking industry on par with the global picture challenging me. It's interesting that, when I first started out, and with my bit of a fiery personality, my father, who is very calm, would always tell me I couldn't behave in certain ways. Years later, as we've grown together in winemaking, he said to me, and I remember the day because it was very important to me: "I was wrong.

Keep doing what you're doing. Your personality and passion translate to the winery. We must simply be who we are, and if our heart's in the right place, that compels others."

DO YOU FEEL YOUR KNOWLEDGE OF SCIENCE AND MEDICINE HAS GIVEN YOU AN INSIGHT AND EDGE IN THE WORLD OF VITICULTURE?

Absolutely, and in intriguing ways. Doctors are taught to be skeptical of things and to be constantly questioning. The same could be said for grape growing and winemaking. And, more to the point, especially in dealing with grape production in Argentina and the long history of varieties that we have introduced from France, Spain and Italy and worked with to grow in our climate. Each individual plant, not unlike a patient, has its own characteristics, its own individuality that we must deal with. Every row, every plant is different and it's a specialized approach to winemaking that's not unlike medicine. Plus both are extremely rewarding.

AFTER A LONG DAY IN THE EMERGENCY ROOM, DO YOU HAVE A SPECIFIC WINE AND FOOD YOU LIKE TO RELAX WITH?

This might sound a little old school for some people, but I like a white wine on weekdays and red wine on the weekends. I think it's the crispness of the whites I find so refreshing after a hard day, whereas weekends are more for languishing over big meals and

sipping a bold, spicy red. I like Prosecco, too, and would drink more of it if it came in small bottles. As for food, I'm very much an Argentina-style type of diner. [Our cuisine's] influences range from Spanish to Italian to local grilled meats, and being fourth generation Argentine-Italian, I feel right at home with this combination of cuisines.

AFTER WRITING "VINO ARGENTINO: AN INSIDER'S GUIDE TO THE WINES AND WINE COUNTRY OF ARGENTINA" IN 2010, WHERE DO YOU SEE ARGENTINE WINE GOING IN THE NEXT DECADE IN THE GLOBAL MARKETPLACE? ESPECIALLY WITH THE MALBECs THAT YOU HAVE CHAMPIONED SO MUCH.

In the end, I'd like to bring prosperity to new regions, much like my father did. Helping people and enriching the infrastructure through wine production. As for the Malbecs and Petite Verdots and other varieties, I'd like to continue the great Argentine process of experimentation and bringing out new flavours from these historical blends. There are so many different kinds of Malbecs, and each one holds a different possibility of flavour depending on its region. These are nuances and expressions that are still yet to be captured, and in that sense, still an untapped source. Really, when you think about Argentine wine and the region and climate, this is just the beginning. My heart, my mind and my energy still belong to Argentina, and to the great and innovative wines still waiting to be discovered.

HIGH ALTITUDE MALBEC PIONEER



"Thirty years ago my father, Nicolás Catena Zapata, dreamed of making an Argentine Malbec that would stand among the best of the world. He planted a vineyard at almost 5,000 feet elevation, at the limit of vine cultivation, where no one thought that it would ripen. But it did."

Laura Catena

*Dr. Laura Catena,
Fourth Generation Vintner.*



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www.catenawines.com

“ My heart, my mind and my energy still belong to Argentina, and to the great and innovative wines still waiting to be discovered. ”



LA POSTA TINTO RED BLEND

Argentina **\$14.39** 779520

La Posta, or the tavern, is a place where ideas and expertise are exchanged. Such is the case in this red blend of Malbec, Syrah and Bonarda, where the individual varietals are fermented separately and married together at the end for a full-bodied wine that exudes concentrated raspberries, cherries, mocha and oak spice. This is a solid, balanced red with vibrant acidity and firm tannin that pairs nicely with burgers or steak.



photo by Catena Zapata



CATENA HIGH MOUNTAIN VINES CABERNET SAUVIGNON

Argentina **\$21.19** 427849

This is a solid, dense red with polished tannin and a weighty core of figs, cassis, raspberries and plum preserves. The mid palate further unveils cedar, oregano and graphite, leading to a persistent and vegetal finish.



CATENA HIGH MOUNTAIN VINES MALBEC

Argentina **\$22.39** 478727

Deep violet in colour, this high-altitude Argentine Malbec blend offers generous texture and concentrated flavours. Aromas of dark fruits, mocha and violet are woven together in a rich palate of blueberries and sweet spice. This will go perfectly with red meat stews.



LA POSTA PIZZELLA MALBEC

Argentina **\$18.49** 923789

This 100 percent Malbec is a beautiful offering at a great price. The nose combines dense berry and ripe dark-fruit aromas with notes of licorice, chocolate and sandalwood. The palate is expansive and vibrant, showing generous amounts of violet and blackberry flavours backed by firm tannin. A great sip on its own, or pair it with lamb, fillet mignon or even skirt steak.

IN THE SPIRIT OF SPRING

Is it really a coincidence that the word “gin” is found amongst the letters of spring? The growing push to not just eat, but also to drink, seasonally has already included beer and wine. However, to date the discussion has mostly steered clear of spirits. But spring has sprung, and it’s high time to discuss seasonal spirits. Spring is naturally the time to bring out the “white” liquors that pair so ably with the warmer weather, white jeans and longer hours of sunshine.

Of course, the notion of a “white” spirit is itself somewhat misleading. It’s not like any spirit is actually white in colour (save, perhaps, some unfiltered soju). Rather, “white” references a non-shade; a transparency of colour that could unceremoniously be described as clear (or, more romantically, “silver” as in the case of Tequila Plata). Regardless of colour, or more appropriately in absence of colour, a lightness in hue imbues a certain lightness of being – or at least a levity in stature and profile. This does not mean a lightness of flavour, to be certain. White spirits still pack a punch; they are, after all, by definition distilled liquids containing at least 20 percent alcohol by volume.

In fact all spirits start their tenure clear; coming off the still, they let

light pass right through with nary a care. It is the subsequent hand of the distiller that determines the liquor’s final colour, whether it is caramel tones bequeathed during oak aging, jewel tones imparted from infusions, or even the addition of colourants. Thus, there is tequila blanco, or white tequila, and there is oak-aged tequila añejo too. Similarly there is a spectrum of rum ranging from white to dark.

One is not better than the other, though it is interesting and important to consider the different characteristics and tastes ascribed to each category of spirits. Expanding the potable palette builds knowledge, which abets overall enjoyment (not to mention it adds a layer of depth to the cocktail repertoire). So, in the spirit of spring, with its attendant metaphors of new beginnings and fresh perspectives, it is time to come clear on white spirits.

Vodka is one of the best-known white spirits. Indeed, it is rare to come across vodka that is any shade other than clear. Basic vodka is also considered a neutral spirit, with no detectable aromas or flavours. Of course, flavoured vodkas populate the shelves these days, which can add zest and zip to many a springtime cocktail.

Then there’s gin of course, which tends to go still-to-still with vodka for most popular white spirit. Most find allegiance in one or the other, as any martini aficionado will acclaim. Gin is a flavoured, clear spirit, infused by an array of botanicals (the particular recipe varies by brand and is held in secret, though juniper berries are a common feature). The result is distinct, typically profound aromas and flavours – a profile that works well this time of year in gin-based cocktails incorporating citrus juice.

Tequila and rum are intriguing because they are spirits found in a wide spectrum of colours. White rum and tequila blanco are occasionally maligned by some as the less sophisticated styles in their respective categories. While it’s certainly true that oak aging can impart both colour and complexity, in certain applications, white rum makes good sense. Lighter-bodied, it is a fine warm-weather mixer that will complement the fruit in a daiquiri – or enhance the mintiness of a mojito – without dominating the drink.

Similarly, tequila blanco has associations of being less refined than its reposado or añejo cousins. Recently, however, people have found

BY JAMES NEVISON

“ “ Spring is naturally the time to bring out the “white” liquor that pair so ably with the warmer weather, white jeans and longer hours of sunshine. ” ”





CHAIRMAN'S SELECT^{TM/MC}
100% RYE^{TM/MC}



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You're welcome.

DRY RYE MANHATTAN

- 2 oz Canadian Club[®] 100% Rye^{TM/MC}
- 1 oz dry vermouth
- 1 dash bitters
- 1 dash (1/4 oz) simple syrup
- Lemon peel, zested over glass
- Served straight or on rocks



drink smart Canadian Club[®] Canadian Whisky, 40% Alc./Vol. © 2015 Canadian Club Whisky Company, Walkerville, Ontario, Canada



“ So, in the spirit of spring, with its attendant metaphors of new beginnings and fresh perspectives, it is time to come clear on white spirits. ”

this rusticity to be a benefit. With no aging, white tequila tends to retain more vegetal flavours from the blue agave plants from which it is created. This more direct relationship offers sincerity in the glass that nicely aligns with concepts of seasonality and plant-to-bottle inclinations. White whisky, likewise, has recently shaken its moonshine associations to become a hip take on grain-based spirits bottled right from the still. So-called “white dog” can make a Manhattan a whole new, lighter and brighter experience.

Finally, there are myriad fruit brandies that fall into the white spirit category. From plum to peach brandy, there are all kinds of eau-de-vie waiting to be explored. The best examples maintain the essence of their base fruit, while offering layers of complementary flavours, and are easily enjoyed poured into a small glass from a bottle straight out of the freezer. They offer a great sipping partner for watching the blossoms bloom in the waning evening springtime sun.



BROKER'S LONDON DRY GIN

United Kingdom **\$26.59** 359125
Traditional copper pot stills and a centuries-old recipe are used to craft this pure English wheat gin, which is infused with 10 different botanicals sourced from three continents. Not fancy, just tasty and classy, it's a solid go-to bottle of gin to stock the bar.



APPLETON WHITE RUM

Jamaica **\$32.89** 37143 1.14 L
The white version of this classic Jamaican spirit is a blend of pot- and column-still rums that is filtered through charcoal. Quite fresh, it's an ideal mixing rum for tall soda or fruit juice-based drinks.



ERISTOFF VODKA

France **\$21.59** 348136
Based on Prince Eristoff of Georgia's regaled original recipe from 1806, this 100 percent grain-based vodka now produced in France is triple distilled and charcoal filtered. It's smooth with a clean finish. Great value for the price.



SLJIVOVICA OLD PLUM BRANDY

Croatia **\$26.09** 296764
A traditional Croatian plum brandy known as Rakia, Maraska's Sljivovica is smooth overall with a kiss of funky plum to finish. Keep a bottle in the freezer to pour straight into small snifters, or use in the made-for-spring Trade Winds cocktail.



WHITE OWL WHISKY

Canada **\$31.29** 122317
A unique white rye whisky, White Owl is aged for years in charred oak barrels before being filtered. Despite its lack of colour, White Owl packs full-on butterscotch and citrus flavours, along with a spirited, spicy kick of a finish.



SAUZA HORNITOS PLATA TEQUILA

Mexico **\$24.89** 65185
Crafted from 100 percent blue agave, this silver tequila sees no oak and no aging before bottling. It's peppery and citrusy, with a good herbaceous kick to complement. Bring on the fresh lime margaritas, blended or on the rocks.

THE PEAR TREE



Co-owner, Chef Scott Jaeger of The Pear Tree Restaurant

The Pear Tree is a Burnaby Heights treasure. Anyone who has visited this fine dining room with its clean west coast design will understand. Far from the hustle and bustle of downtown Vancouver, yet close enough for an evening's adventure, it should be on every foodie's list.

Owned by husband and wife team, Chef Scott Jaeger and his wife Stephanie, this intimate space has been a consistent draw for 17 years.

Growing up in Aldergrove, Jaeger, the son of an army cook, had early exposure to cooking. In high school, he was enrolled in a culinary program and was later fortunate to do his apprenticeship at the highly acclaimed (now retired) La Belle Auberge in Ladner, under legendary chef Bruno Marti. Marti became Jaeger's mentor and remains so today.

Jaeger went on to work in the kitchens of London's Waldorf Hotel followed by stints in Switzerland and France. Initially, his goal was a career in hotels, but he later realized the higher he climbed, the less cooking he was doing. What he did gain from the various resort and hotel jobs, was a broader education in management and a feel for working in large kitchens surrounded by a hundred others.

Upon his return to Vancouver, Jaeger became the chef at La Belle Auberge. "I was able to plan and develop my own style," Jaeger says of his time there. "He [Marti] didn't like to be stale or stagnant, he changed things up all the time."

Jaeger's next stop was the Four Seasons Hotels and Resorts, which took him to Melbourne, Australia. He spent the better part of a year preparing opulent degustation menus in a very luxurious setting.

Returning home, he was hired by a local restaurant group and became its executive chef. The best part, "I met my wife Stephanie," he smiles, who was a manager.

Of course, it was only a matter of time before the duo decided to make a go of it on their own.

They looked at two locations, Broadway and Granville



POACHED RHUBARB
AND HAZELNUT CRUMBLE
WITH PRESERVED PEARS

“ We are BC-focused, with Canadian ingredients using European methods. ”

(Granville Rise) and The Heights on Hastings in Burnaby. There was still very little happening on that stretch of Granville at the time – Vij’s was just starting and West did not exist. The Heights drew the Jaegers. “It was very settled, it had a grassroots feel. All our neighbours had been here for a long time; they are still there, working hands-on.”

The Pear Tree opened on New Year’s Eve 1997 with 32 seats.

When asked about the name, Jaeger laughs. They had another name

picked out – a French term translating to a well-fed cat. But Marti, his more experienced mentor, doled out some advice: “If he had to rename his restaurant, he would name it something he could eat,” Jaeger recalls.

Pears seemed something associated with British Columbia and Jaeger had once had an experience with a perfectly ripe pear, not unlike an epiphany.

The menu is based on seasonal cuisine and mostly local products. As Jaeger states, “We are BC-focused, with Canadian ingredients using

European methods.” Jaeger has strong ties to local farmers and relies upon them year-round – he takes what they have to offer at the time, which is why his menus are ever changing. Some dishes have remained. The guest favourites – a lobster cappuccino with dashi custard, the orange caramelized scallops with smoked bacon risotto and the fresh lemon tart – are staples.

A defining moment in Jaeger’s career occurred in 2007 when, after two years of preparation, he competed in the world’s most prestigious culinary

“

I like being in my own restaurant. If I did something else, it would be a very different style...

”

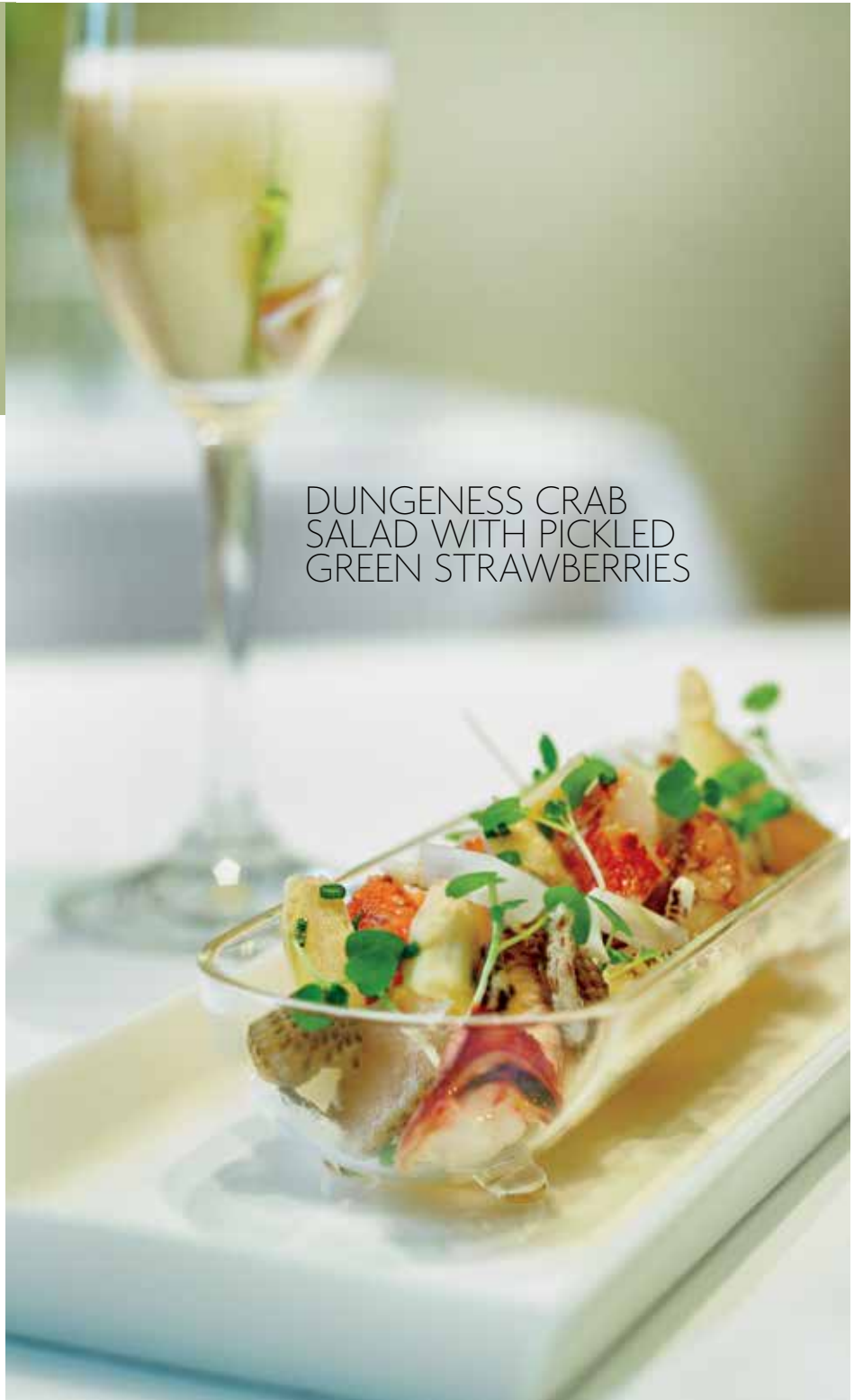
competition – the Bocuse d’Or in Lyon, France. Chef led Team Canada and they placed a very respectable seventh of 24 in the world.

As The Pear Tree has established itself (it expanded to 50 seats in 2005) and its reputation solidified, it’s given the Jaegers a bit more wiggle room. Initially open for lunch and dinner, they now serve two seatings per night, five days a week.

The free time allows them to cook in their custom-built home kitchen or check out some of their friends’ restaurants.

Is there something new on the horizon? “I like being in my own restaurant. If I did something else, it would be a very different style...” Jaeger muses.

*The Pear Tree Restaurant
4120 Hastings Street
Burnaby, BC
604 299 2772
peartreerestaurant.net*



DUNGENESS CRAB
SALAD WITH PICKLED
GREEN STRAWBERRIES



BRAISED PORK CHEEK
WITH GRILLED ASPARAGUS

LEGENDARY BĚRU



PAIRS WITH BRAISED PORK CHEEK
WITH GRILLED ASPARAGUS



**CLARK & TELEPHONE BELLE
GLOS PINOT NOIR**

USA \$38.29 243956

This rich and extracted Pinot is infused with aromas of oak vanillin, vivid dark berries, jam and rose, with shades of smoke and forest floor. The palate is bold but graceful, with sumptuous, ripe berry fruits accented with oak, espresso, spice and refined tannin. This is a unique Pinot Noir style that can match even the heaviest protein dishes.



**RICASOLI BROLIO
CHIANTI CLASSICO**

Italy \$23.59 3962

This red blend is a delicious treat, and is a perfect example of a Chianti Classico, showcasing notes of cherry, violets, cola, earth and a light mint nuance. The mouth is covered with silky tannin with ripe, plush red fruits and spice in an earthy backdrop. Full and complex, Brolio is ready to be enjoyed now.



PERRIER JOUËT GRAND BRUT

France \$58.29 50278

The Grand Brut is delicate, elegant, clean and balanced. Striking freshness and floral aromas take root before unveiling notes of butter, vanillin, tropical fruits and hazelnuts. Expect tremendous elegance on the palate with rounded flavours of cherry, ripe apricot, pickled ginger and mineral notes, an ideal pairing to amplify the flavours of springtime culinary fares.



**LIBERTY SCHOOL
CHARDONNAY**

USA \$20.59 288241

This is a fruit-driven California Chardonnay that offers generous tropical aromas of orange, coconut and pineapple, backed by creamy texture and rich flavours of guava, oak, almonds and oranges on a full-bodied palate. Bring on the shellfish please!



PAIRS WITH DUNGENESS CRAB SALAD
WITH PICKLED GREEN STRAWBERRIES

PAIRS WITH POACHED RHUBARB
AND HAZELNUT CRUMBLE
WITH PRESERVED PEARS



ALVEAR MEDIUM DRY

Spain \$17.29 112789

This amontillado offers amazing value. The nose shows fruitcake and bourbon aromas laced with dried nuts and sweet vanilla. The entry is off-dry, with a fantastic balance between acidity and sweetness. Expect flavours of almonds, dried nuts and raisin on the palate, pair with trail mix, crumble desserts or strong cheeses.



FETZER GEWÜRZTRAMINER

USA \$12.09 350843

This classic Gewürztraminer shows textbook characteristics of tangerine, mango, lychee, cinnamon and pineapple. The palate is off-dry, with clove, zesty citrus and plenty of exotic tropical fruits and a hint of caramel and vanilla. Great on its own, or pair with fruit-based desserts.



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.

Mother's Day

GIVE HER A GIFT SHE'LL LOVE

Okay, so it's Mother's Day soon and you're trying to think of what to get her. Flowers? Too clichéd. A straw hat for the garden? Really? No. A new handbag? Don't ever try to buy a woman this – it's more personal than underwear. Stemware? You're getting warmer.

Give her a wine she'll love. But instead of one of her tried and true go-to bottles, opt for something she hasn't tried but finds she actually loves, because it's nuanced with some of her favourite flavours.

Does she like roasted, salted nuts? Give her a fine cava. Is key lime pie her favourite dessert? She'll probably love New Zealand Sauvignon Blanc. Does crème brûlée tickle her fancy? Wrap up a bottle of wooded Chardonnay.

Here's why: A wine's intrinsic flavour comes from its grape variety, and to a lesser extent, where it's grown and how the wine is made. Chardonnay tastes like citrus, oak gives it a creamy vanilla note, and time in toasted barrels can imbue a note of

burnt sugar – voilà, crème brûlée. So if she orders this rich French dessert a lot, she'll probably appreciate an oaked Chardonnay. That's one idea. Scan the list below for nine more suggestions.

CHOCOLATE

If she likes chocolate, she'll love Shiraz – that Australian red that's known for its classic choco-berry flavours and aromas. Even its mouth coating texture will remind her of her favourite confection. Slam dunk.

RASPBERRIES

Does your mother love raspberries? Maybe she always brought some home when you were young to put on cereal or to make into jam. If so, she'd probably enjoy a bottle of Pinot Noir, with its intrinsic flavours of these bright red berries. And because Pinot Noir has been fashionable internationally for the past 10 years, it's no longer difficult to find a good bottle. Look to Oregon, California, Burgundy, Marlborough, Ontario and right here in British Columbia for some excellent versions.

MARMALADE

If marmalade on toast makes your mother's morning, she'd probably appreciate Tokaji Aszú from Hungary, or a Sauternes or Barsac wine from France. The grapes used to make these

dessert wines are affected by Botrytis Cinerea, affectionately called noble rot, which shrivels the grapes on the vine. This process concentrates the grape sugars and imparts a distinct marmalade character that can be a joy to those who like candied citrus rind or marmalade.

ROASTED NUTS

Is your mother's favourite snack a handful of roasted nuts? Then give her a premium cava, the sparkling wine from Spain. The Macabeo, Xarello and Parallada grapes from which it's made impart a unique earthy, toasty, nuttiness. It's also always bone-dry, can hint at sea salt, and might just become her new favourite pour.

KEY LIME PIE

If your mother favours the tart freshness of key lime pie, she'll probably love the zip of New Zealand Sauvignon Blanc from the Marlborough region. This wine style took the world by storm when it first hit the market in the '80s; it offered the world a brand new wine flavour reminiscent of zingy lime and gooseberry. Marlborough Sauvignon Blanc remains hugely popular today, but the flavour now varies by producer – ranging from its claim-to-fame, full-throttle style to a more restrained expression – but that sprightly key lime note is always there.



OUR IPA. YOUR KITCHEN PARTY.

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MasterChef
CANADA



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at facebook.com/keiths



* ENJOY RESPONSIBLY. Must be legal drinking age. TM/MC Keith's Brewery.

MOTHER'S DAY: GIVE HER A GIFT SHE'LL LOVE

COFFEE

Is your mother mad about coffee? Then introduce her to South Africa's flagship grape, Pinotage. Not just any Pinotage though; one that's been made to taste like a great cup of Joe. Since Pinotage can often taste like coffee, some producers select clones that most clearly articulate this aroma and flavour. The Grinder Pinotage is a very good one to try.

LEMON TART

If lemon tart is her dessert of choice, search no further than the Loire Valley in France for wines that taste similar to this classic treat. Sancerre often captures this lemon-citric essence nicely, as does Muscadet. A bottle of either might just make your mother's day.

BLACK FOREST CAKE

Does she like cherries, dark chocolate and fresh cream? Then she'll probably enjoy a noble Cabernet Sauvignon. Its hallmark cherry-berry-cocoa flavours and creamy, velvety mouth feel can be seriously compelling. It can be quite incredible juice.

CHIN-DRIP PEACHES

Does your mother love succulent, juicy peaches in the height of summer? Look to Pinot Gris from Alsace, France. Its rich, ripe, poached-peach appeal will taste as if it was made for her. And since these wines finish clean and dry, they're supremely versatile – great with or without food.

If you doubt any of the above wines would appeal to your mother, just give her a bottle of La Grande Dame, Veuve Clicquot's prestige cuvée, to put a Mona Lisa smile on her lovely but hard-to-please face. Done.

CRÈME BRÛLÉE



CHOCOLATE



CUPCAKE CHARDONNAY

USA \$12.09 143776

Rich aromas of vanilla custard lead to precise, lifted flavours of tropical fruit, creamy butter and a hint of toasted oak with a warm caramel finish. Very well balanced with a sleek texture and a tight seam of palate-cleansing acidity. Makes an easy cocktail alternative.

BLACK FOREST CAKE



KEY LIME PIE



CAKEBREAD CELLARS CABERNET SAUVIGNON

USA \$86.99 191411

Made in the Bordeaux tradition of seasoning the Cabernet Sauvignon with dashes of Cabernet Franc, Merlot, Petit Verdot and Malbec, this gorgeous red from Napa resonates with cassis, wild cherry, dark chocolate, cocoa powder, espresso, dried plum and more. Powerful, full-bodied and stylish.



ROCLAND CHOCOLATE BOX SHIRAZ

Australia \$21.79 470641

This bold, award-winning wine brims with intense flavours of bittersweet chocolate and Black Forest fruit layered with warm wood and coffee. Tightly wound and seamless with a smooth, silky mouth feel. A chocolate lover's dream wine.



ASTROLABE MARLBOROUGH SAUVIGNON BLANC

New Zealand \$20.89 138503

Undoubtedly one of the better Sauvignon Blancs from Marlborough today, this racy gem shines with lively flavours of electric gooseberry, white peach and wet stones wrapped around a tight lime core. This trade favourite is outstanding, vintage to vintage.

COFFEE



THE GRINDER PINOTAGE

South Africa \$13.29 883991

Compelling aromas of hot coffee and dark, bitter chocolate lead to deep, rich flavours of mocha, blueberry, blackberry, black pepper and espresso. A big, bold, velvety red with a powerful punch of roasted coffee-bean character. Superb value.

ROASTED NUTS



SEGURA VIUDAS HEREDAD BRUT RESERVE

Spain \$29.59 94912

This premium cava starts with warm walnut-oil aromas before racing across the palate with crisp yet restrained citric flavours laced with smoke, roasted nut and black earth. Quite a subtle and sophisticated sparkling wine.

Insider Picks

To help keep you ahead of the trends, **Insider Picks** gives you an industry professional's advantage! It's a sneak-peek showcase of over-delivering, up-and-coming, new and exciting products personally chosen by BC Liquor Store Category Managers, each one an expert on wine, spirits, beer or refreshment beverages. Look for these and other **Insider Picks** at your local BC Liquor Store.

SELECTED BY **ADELE SHAW**

SELECTED BY **BARBARA PHILIP**,
Master of Wine

SMOOTH, FLAVOURFUL



BOODLES LONDON DRY GIN

United Kingdom **\$23.19** 91603
A smooth, flavourful, balanced dry gin that is sure to please. No citrus botanicals have been added to its recipe, so the decision to add a citrus note to your favourite cocktail is yours. Received 93 points from the Beverage Testing Institute.



RICH AND SILKY



MALHADINHA "MONTE DA PECEGUINA" ALENTEJANO

Portugal **\$27.79** 489351
A rich and silky wine from Alentejano in Portugal. Malhadinha is a new producer for BC Liquor Stores. They have a modern approach to winemaking, combining the classic ripe flavours of the south with finesse and purity. See stores for availability.



90 POINTS FROM
ROBERT PARKER



THE ROYAL OLD VINES CHENIN BLANC

South Africa **\$12.19** 787838
This is a great buy. 90 points from Robert Parker – "100 percent Chenin Blanc from the Western Cape. A super flowery-scented nose includes notions of ripe honeydew melons and pears. This medium-weight, fresh, fruity, crisp, dry, textbook Chenin Blanc..."



JUICY, FRESH AND
SLIGHTLY SWEET.



ST. URBANS-HOF RIESLING OLD VINES MOSEL

Germany **\$21.79** 597997
This Riesling is complex, juicy, fresh and slightly sweet. Its flavours of ripe peach, mineral, apple and orange zest make it a nice complement to roast pork or chicken.

WINE SPECTATOR'S
TOP 100 WINE



TOHU SAUVIGNON BLANC

New Zealand **\$21.79** 380998

A single vineyard wine that sings with the purity of New Zealand; this 2013 vintage made Wine Spectator's Top 100 wine list. Enjoy while it's here! An ideal aperitif and wonderful with oysters, salads and seafood.



RIPE, BRIGHT AND
FULL OF LIFE



**NUGAN ESTATE ALFREDO
SECOND PASS SHIRAZ**

Australia **\$14.99** 877134

This Shiraz is produced in the Italian ripasso style. Ripe, bright and full of life with cherry fruit, earth and chocolate with plush tannin. A compelling red to enjoy with grilled beef or lamb.



BURSTING WITH APPLE
AND CITRUS NOTES



KUNG FU GIRL RIESLING

USA **\$18.49** 301671

Here is refreshment par excellence in a bottle and your ticket to making any meal/occasion a great one. Whether paired with take-out sushi, Thai dishes, spicy ribs, Tandoori chicken, roast ham or grilled pork chops, Riesling is the one. Bursting with apple and citrus notes and bright acidity, it will do the job and more.



A PERFECT
EVERYDAY WINE



**CAMERON HUGHES
LOT 487 LODI FIELD BLEND**

USA **\$16.69** 406520

The original California red of the 1890s was probably pretty similar to this field blend of Zinfandel, Syrah and Petit Sirah. Lot 487 also includes a secret ingredient: 10 percent Tempranillo. This fruity wine is easygoing and supple to taste, with good grapey ripeness and some savoury spicy hints. A perfect everyday wine.





GREMOLATA
ROASTED
NUGGETS
AND BABY
VEGETABLES

Petite **POTATOES**

NAPLES NUGGET SALAD

PAIRS WITH NAPLES NUGGET SALAD



**COLLE SECCO
MONTEPULCIANO D'ABRUZZO**

Italy \$15.69 331652

Made from the Montepulciano grape variety, this intense ruby-red wine has a bouquet of ripe red fruits and violet with spice notes of licorice, cloves and cocoa. The palate is a direct attack of espresso and black fruits, enveloped in mild, velvety tannin. Enjoy with kebabs, roast meats and sausages.



**LA VIEILLE FERME
VENTOUX ROSÉ**

France \$11.29 559993

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



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Since 2001, our Tea brewmasters (yes, their job is as cool as it sounds) have been committed to brewing a hard iced tea that not only tastes like real iced tea but also delivers an incredibly smooth and refreshing drinking experience.

Twisted Tea is a real iced tea made from a blend of select teas, real lemon and malted barley.

Visit
www.Twistedtea.com
for details.

BE A LITTLE TWISTED

MUST BE LEGAL DRINKING AGE. PLEASE ENJOY RESPONSIBLY.

PAIRS WITH GREMOLATA ROASTED NUGGETS AND BABY VEGETABLES



ROCCA DELLE MACIE CHIANTI CLASSICO

Italy \$17.39 308510

This juicy red shows intense and refreshing sour cherry, earthiness and oak. The palate is medium- to full-bodied, with cola, cherry, redcurrant, herbs and earth characters leading to a pleasant, dry finish. This is a fine example of Chianti Classico.



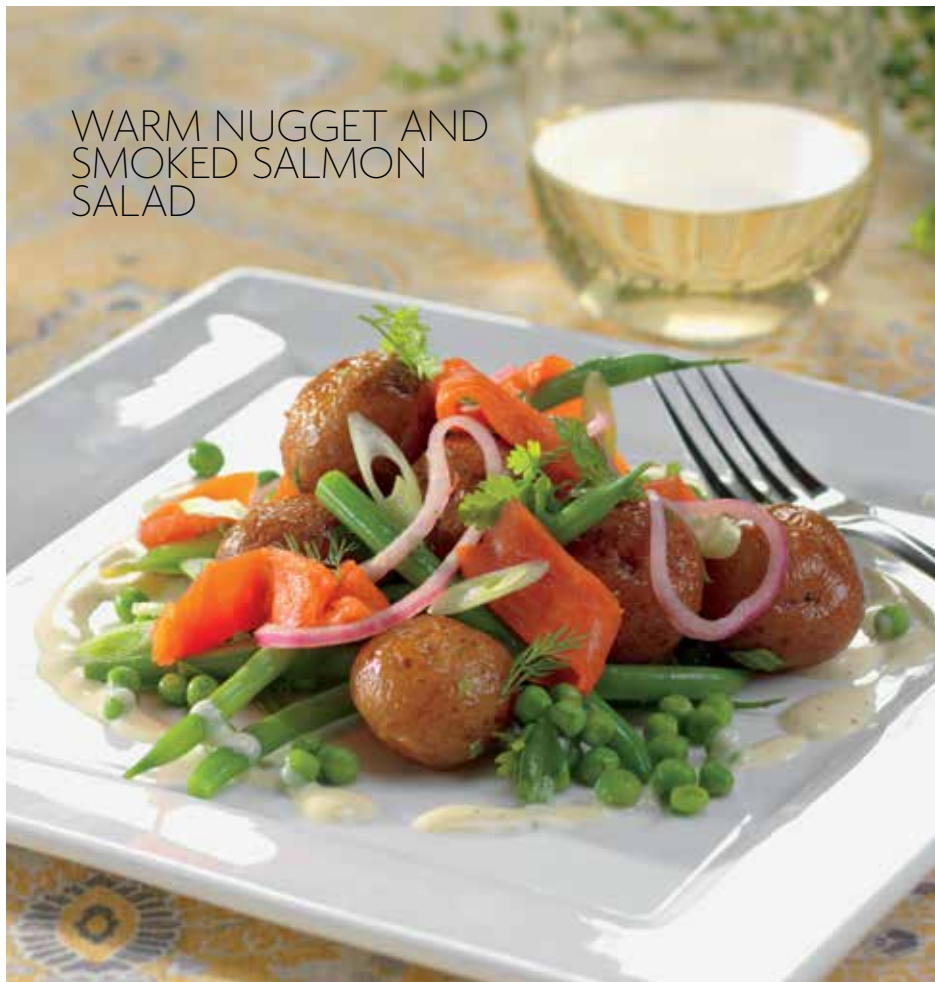
SANTA RITA RESERVA SAUVIGNON BLANC

Chile \$13.09 275677

Santa Rita's Sauvignon Blanc is honest and persistent. It opens with pungent aromas of gooseberry, grapefruit and lime with a herbaceous backdrop. On the palate, nettle, tropical fruits, lemon and racy acidity highlight the wine's structure and freshness. Great mineral finish.



PAIRS WITH WARM NUGGET AND SMOKED SALMON SALAD



PILSNER URQUELL

Czech Republic \$12.19 388900 6 x 330 ml

A classic, golden lager with an original recipe that dates back to 1842. Pilsner Urquell introduces its charisma slowly, revealing subtle sweet malt and bread aromas on the nose, followed by caramel and the signature bitterness of Czech Saaz hops in the finale. Graciously balanced and clean, this pilsner is for any occasion.



CRIOS DE SUSANA BALBO TORRONTÉS

Argentina \$13.39 769125

Torrontés has an excellent affinity with seafood and Mediterranean cuisines. Crios takes on a young and lively style, offering enticing aromas of white flowers, lemon drop, lychee, peach and gingery spice. The palate is medium-bodied with integrated acidity and a lingering finish with notes of bruised apples, orange peel and pear. Enjoy this wine now with cheeses, smoked meats and seafood.

the
cocktail
menu

GIN

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



FLORENCE FENNEL COCKTAIL



LION'S BREATH

TRY SOMETHING NEW!

FLORENCE FENNEL COCKTAIL

2 oz (60 ml) Hendrick's small batch gin¹
½ oz (15 ml) Martini Bianco²
¼ oz (8 ml) Fennel Syrup, recipe follows
2 dashes lemon bitters
1 dash Okanagan Spirit Taboo absinthe³

Stir all ingredients on ice. Strain into a chilled cocktail coupe. Garnish with thinly sliced fennel bulb strips and wide lemon zest with oils expelled over the drink. Discard zest.

FENNEL SYRUP

In a saucepan, bring 1 cup (250 ml) water to a boil and add 1 cup (250 ml) thinly sliced fennel bulb. Let sit for 15 minutes. Strain through a cheesecloth. Add equal parts sugar to fennel water. Store in a glass bottle. Keep refrigerated.

¹ 637504

² 9779

³ 828665

LION'S BREATH

1½ oz (45 ml) Beefeater London Dry gin⁴
½ oz (15 ml) Lillet⁵
½ oz (15 ml) Lemon Thyme Syrup, recipe follows
1 dash chocolate bitters
1 egg white

Dry shake all ingredients for 10 seconds, add ice and shake 10 seconds more. Double strain into a cocktail glass. Garnish with freshly grated lemon zest or a sprig of thyme.

LEMON THYME SYRUP

In a saucepan, heat 1 cup (250 ml) fresh lemon juice with six 4-in (10 cm) sprigs of thyme and 1 cup (250 ml) sugar on low until sugar dissolves. Add 1 tbsp (15 ml) lemon bitters to syrup. Let sit for 30 minutes. Strain into a glass bottle and place one of the thyme sprigs in the bottle. Keep refrigerated.

⁴ 570

⁵ 32631



BITTER DAISY



Bavarian
LAGER

1516



BAVARIAN PURITY. BC SPIRIT.



Brewed as a tribute to the Bavarian Purity Law, our Okanagan Spring 1516 Bavarian Lager is made using only the finest hops, premium barley, true Bavarian yeast and, of course, pure Okanagan water.

Must be legal drinking age.
Please drink responsibly.



1516

*"Our way:
natural, simple, & pure."*

*"Notre approche:
naturelle, simple, et pure."*

341mL 5.0% alc./vol.

THE COCKTAIL MENU



BITTER DAISY

1½ oz (45 ml) Long Table London Dry gin¹
 ½ oz (15 ml) Cointreau²
 ½ oz (15 ml) Lavender Bitter Orange Cordial, recipe follows
 ¾ oz (22 ml) fresh lemon juice
 dried candied orange slice, for garnish

Shake all ingredients on ice and fine strain into a chilled cocktail glass. Garnish with dried candied orange slice.

LAVENDER BITTER ORANGE CORDIAL

Heat 1 cup (250 ml) water to a boil. Remove from heat and add 2 tbsp (30 ml) dried lavender buds and let sit for 10 minutes. Strain out buds and add equal parts honey to lavender water (about 1 cup/250 ml each). Add ½ cup (75 ml) orange bitters to the Lavender Honey Syrup. Store in a glass bottle, keep refrigerated.

¹ 31161

² 6502



COINTREAU

France \$30.49 6502

Cointreau is a brandy-based liqueur that boasts tangy orange and orange peel aromas. The palate is refreshing, pleasantly bitter with a hint of heat and a long, sweet finish. This liqueur is a staple at countless cocktail bars.



LONG TABLE LONDON DRY GIN

Canada \$43.49 31161

Copper-pot distilled in the heart of Vancouver, Long Table London Dry is defined by a complex but classy balance of eight botanicals, with prominent fresh juniper and citrus characters followed by earthy, fennel and warm wood backdrops. A fantastic locally crafted gin!



BEEFEATER LONDON DRY GIN

United Kingdom \$21.79 570

Beefeater Gin's unique blend of nine botanicals provides a multi-dimensional character that is refreshing and particularly versatile in cocktail creations. Look for citrus fruits, marzipan, spice and the signature juniper aromas on the nose. The palate features licorice, angelica and citrus peel flavours that lead to a delicate floral finish.



LILLET

France \$16.49 32631

Lillet is a tonic wine that has been in production in Bordeaux since 1872. Candied aromas of tropical fruits, honey and oranges dominate the nose. The palate is fleshy, with bittersweet notes of orange peel, bark and exotic fruits. This is a perfect aperitif to enjoy before dinner, and is widely adored internationally as a cocktail ingredient.



HENDRICK'S SMALL BATCH GIN

United Kingdom \$43.09 637504

Hendrick's is a premium gin distilled with a unique infusion of rose petals and cucumber, along with other botanicals including juniper, citrus and roots. The palate is particularly smooth and soft, with noticeable floral flavours. Enjoy a refreshing Hendrick's and tonic with a slice of cucumber!



MARTINI BIANCO

Italy \$11.29 9779

The queen of vermouths, Martini Bianco combines Trebbiano wine with aromatic botanicals to create a signature blend that is internationally renowned. A bouquet of pistachio, citrus, vanillin and zesty orange greets the nose, followed by a palate of nutty vanilla, baked apple, honey and a cinnamon lift finish.

Mother's Day Dinner

POTATO AND CRAB
MILLE-FEUILLE



ASPARAGUS SALAD

PAIRS WITH ASPARAGUS SALAD



ORMARINE PICPOUL DE PINET LANGUEDOC

France \$12.89 124834

Picpoul de Pinet is a Mediterranean varietal that features a distinct mineral edge and mouth-watering acidity. Ormarine evokes aromas of tropical fruits, white flowers and wet rocks. The palate is clean and precise with piercing acidity that is balanced by the signature mineral finish. Enjoy with seafood and salads.



CALONA ARTIST SERIES SOVEREIGN OPAL

BC VQA \$11.29 364265

Sovereign Opal is a cross between Golden Muscat and Marechal Foch, developed right at Agriculture Canada's Summerland Research station. Look for the intense floral and tropical fruit notes typical of the Muscat variety; the palate is off-dry with baked apple, spice and sweet citrus flavours. A perfect patio sipper, or pair with salads, cream pastas, curry or Panang chicken.





BEEF TENDERLOIN
WITH PEA PURÉE

PAIRS WITH BEEF TENDERLOIN WITH PEA PURÉE

PAIRS WITH POTATO AND
CRAB MILLE-FEUILLE



**DUCKHORN NAPA VALLEY
MERLOT**

USA \$52.19 558239

This sophisticated red combines rich layers of sweet spice, blackberry, plum, amaretto and pomegranate with leather, cedar, sage and tar. Earthier notes emerge on the palate with black tea, roasted coffee beans, plum and cherry, all held together by firm tannin and a lush finish. This iconic red can easily age for another decade.



**DOMAINE DE L'OLIVETTE
ORGANIC COTEAUX DE LA
CABRERISSE**

France \$14.79 626242

This organic blend of Merlot and Syrah exhibits a rounded, soft palate with fruit notes of cherry, raspberry, blackberry and licorice that carry through to the finish. The tannin are mild and rounded. Domaine de l'Olivette is a weekday food-friendly red that will go nicely with grilled recipes, roasted meats and casseroles.



**RIONDO PROSECCO
SPAGO NERO**

Italy \$12.99 814319

Effusively fruity and light-bodied, Spago Nero is made in a frizzante style featuring gentle floral and stone-fruit notes and a persistent, clean and creamy effervescence. It is ideal as an aperitif or with delicate appetizers. Great value!

PAIRS WITH CRÊPES WITH ORANGE LIQUEUR SAUCE



YELLOW TAIL MOSCATO

Australia \$11.29 178947

Everyone needs an easy sipper, and Moscato is there to fit the bill. Lightly sparkling, it offers passion fruit, freshly crushed grapes, peach and floral aromas on the nose, leading to a refreshing palate full of zingy tropical fruits and crisp acidity for added depth. Enjoy with desserts, summer salads or simply as a digestif.



ANGRY ORCHARD CRISP APPLE HARD CIDER

USA \$12.09 879049 6 x 330 ml

Bright gold in colour, the white head dissipates to reveal refreshing sweet apples and toffee notes. The palate is light-bodied and medium-sweet, finishing with a crisp tartness. This is an easy-drinking cider that is gaining major traction in North America.



PAIRS WITH POTATO AND CRAB MILLE-FEUILLE



SANDHILL CHARDONNAY

BC VQA \$15.69 541193

A bright and complex bouquet of pineapple and ripe apple is balanced by vanilla, oak and custard. The entry is rich, revealing a medium-bodied palate with refreshing acidity and flavours of lemon, melon, peach and oak spice. This award-winning wine will pair gracefully with heavier entrées such as grilled halibut, pork chops, smoked salmon and grilled shrimp.



CRÊPES WITH ORANGE LIQUEUR SAUCE

DISCOVER YOUR NEW SAWMILL CREEK.

Bold new look of Sawmill Creek.
Life is *simpler* here.

Escape with us on 



Please drink responsibly.

CONSULTANT'S CHOICE

our experts share their favourites



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

KITT JOHNSON
Product Consultant
WSET Advanced
Park Royal, West Vancouver, BC



 **DIPLOMatico RESERVA RUM**
Venezuela **\$32.89** 529156
With sweet aromas and flavours of baking spice, dried fruits and hints of orange, this multi-award winning amber rum is great in cocktails with ginger or orange.



 **TANQUERAY NO. TEN BATCH DISTILLED GIN**
United Kingdom **\$39.19** 600163
Make this your go-to gin for a Negroni or gin and tonic. The use of fresh white grapefruit, lime, orange and chamomile flowers makes this a distinctive gin, yet juniper flavours still take the lead.



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

DAISY TANEJA
Product Consultant
WSET Advanced
Westshore, Langford, BC



ZABU IL PASSO NERELLO MASCALESE NERO D'AVOLA
Italy **\$19.99** 699835
After the harvest, the canes are cut and Nerello Mascalese and Nero d'Avola grapes are dried on the vine under the sun to produce this stunning, luscious wine. It's medium-to full-bodied, intensely perfumed with gently caressing tannin and flavours of blackberries, black cherries, plums, espresso beans and spice. The finish is long and generous.



VISTALBA CORTE C MALBEC CABERNET SAUVIGNON BONARDA
Argentina **\$19.79** 12070
A harmonious blend of Malbec, Cabernet Sauvignon and Bonarda grapes that are hand-harvested from 60-year-old vines and aged in French Oak and concrete vats. The result is a voluptuous wine accented with delectable ripe fruits, cassis and herbs. Its balanced acidity and gentle tannin translate to lengthy, velvety texture with complementary spiciness.



"It is satisfying and rewarding to discover new products, enjoy old favourites and share ideas, knowledge and experience with everyone. I enjoy seeing our customers return, and welcome their feedback."

RUBY LEPOIDEVIN
Product Consultant
WSET Advanced
Penticton Plaza, Penticton, BC



 **CANADIAN CLUB CHAIRMAN'S SELECT 100% RYE**
Canada **\$21.09** 501668
Flavours of orange zest, cake, ginger, toffee, marmalade, toasted butter, maple oak, with some bourbon-like qualities. Enjoy neat or on the rocks.



 **01 VQA WINES**
STELLER'S JAY BRUT
BC VQA **\$19.99** 264879
This Okanagan brut opens with aromas of fresh applesauce, biscuit, creamy subtle spices and yeast notes. The palate is medium-high in acidity and light- to medium-bodied, featuring delicate bubbles with tangy apple, citrus and lime flavours. Pair with light fair or salad for a perfect start to your evening!

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!



SPRING FOR BC BEER & CIDER

In summer, beer lovers seek light, crisp lagers or refreshing, golden ales to enjoy in the sunshine. Come fall, tastes turn to Oktoberfest lagers, fresh-hopped IPAs and harvest-themed pumpkin beers. And nothing will warm you up better in the cold, wet winter months than a heavy, dark porter or stout.

So what about spring? As seasons go, spring is all about awakening from the cold, dark months of winter, and transitioning from dormancy back to life. Although it does not mark the start of the new year, spring does signify a fresh start.

With that in mind, spring is a good time to look for beers that are a transition between dark and light, or between heavier and lighter styles: amber ales, rye-infused IPAs, dark lagers, and caramel-coloured *Dunkelweizen* (dark wheat beer). It is also a good time for something fresh and new, perhaps



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.

“Spring is a good time to look for beers that are a transition between dark and light, or between heavier and lighter styles...”

a style you've never tried before.

In Germany, there is a long tradition of brewing stronger, sweeter lagers called *Bocks* throughout winter and spring. In the coldest months, darker *Doppelbocks* are brewed as strong as 10 to 13 percent ABV, but as spring approaches, and the weather warms enough to rekindle memories of outside *Biergartens*, brewers make *Maibocks*, named for the month of May. These are lighter in colour and alcohol strength, though still stronger (six to seven percent ABV) than a summertime *Helles* lager.

Other springtime brewing traditions in Europe originated before mechanized refrigeration, when beer made in the summer would spoil quickly, so brewers had to stop brewing in spring and wait until fall before they could start again. As a result, Bavarian brewers would make a lot of *Märzen* beer in early spring – literally, in March – and store it away

in caves and cellars until fall. They would then celebrate the harvest season and the return to brewing with a giant party called *Oktoberfest*.

Nowadays, *Märzen* can be made at any time of year, but some North American brewers like to brew it in March and release it in the spring. As styles go, it is slightly stronger and darker than typical German lager, so it fits the spring season well.


Similarly, in Belgium, farmers would make big batches of Farmhouse Ales in the spring to sustain their *Saisoniers*, or seasonal workers, during the harvest at the end of summer. These beers came to be called *Saisons*, and many craft brewers have been experimenting in recent years with this delicious, refreshing style. A great example is Driftwood Brewery's Farmhand Saison. Also, look for a new Saison from Central City Brewers & Distillers this spring.

A hybrid style known as Belgian

IPA or White IPA has also emerged in recent years. This beer is made with a Belgian-style yeast, but with the malts and hops usually used in North American IPAs. The result is a spicy, fruity, lighter-bodied IPA with a dry and hoppy finish – perfect for spring. Deschutes' Chainbreaker White IPA is a great example, and here in BC, several breweries make them, too, including Parallel 49 Brewing's hilariously named Toques of Hazzard Imperial White IPA and Tin Whistle Brewing's Osprey Pear White IPA, and Steamworks is adding one to their seasonal Mash Up Mix Pack.

How about some gluten-free options for spring?

If you are one of many British Columbians who have adopted a gluten-free lifestyle, whether by choice or necessity, you will be happy to hear that a BC brewery has finally produced a truly gluten-free beer: Whistler Brewing launched



SAMUEL
ADAMS
**REBEL
IPA™**

**BREWED
FOR THE REVOLUTION**



That first batch of Boston Lager brewed in Jim Koch's kitchen in 1984 was the start of a revolution.

30 years later, we're still brewing for the craft beer revolution with our latest release, Samuel Adams Rebel IPA.

Brewed with five West Coast hops, the American Cascade, Simcoe, Chinook, Centennial and Amarillo hops all combine to create a unique sensory experience with citrus and grapefruit notes.

From the brewery that led the craft beer revolution with our Samuel Adams Boston Lager

 @SamuelAdamsCA

MUST BE LEGAL DRINKING AGE. PLEASE ENJOY RESPONSIBLY.

“ From beer to cider, there are plenty of options to choose from for your spring sipping pleasure. ”

its Forager Gluten Free lager late in 2014 – and it actually tastes like beer!

Looking beyond beer, why not try some BC-made cider? There are some great options available in BC Liquor Stores, including Rock Creek, Duke’s and Lonetree. And look for a new one called Broken Ladder, coming out this spring from the BC Tree Fruits Cider Company. It’s got a great story behind it: the BC Tree Fruits Cooperative, which has been around for 80 years and represents more than 500 farmers, has opened its own cidery right next to its packing house in Kelowna. This is its first release.

From beer to cider, there are plenty of options to choose from for your spring sipping pleasure.



WARDS PICKER'S HUT PREMIUM CIDER

Canada **\$4.99** 749/143 650 ml

Actually made by The View Winery in Kelowna, this cider is produced from a blend of several European cider apple varieties. On the sweeter side, though not overly so, it has a big, robust apple aroma and flavour with a crisp finish.



WHISTLER BREWING FORAGER GLUTEN FREE LAGER

Canada **\$12.99** 430/652.6 x 330 ml

BC's first truly gluten-free beer, Forager is made from sorghum and rice instead of traditional brewing grains such as barley and wheat. Unlike many of the gluten-free beers on the market, this one really tastes like beer. It is light and refreshing, slightly hoppy, with a medium body and a dry, bitter finish.



DRIFTWOOD WHITE BARK WITBIER

Canada **\$4.59** 186/718 650 ml

Victoria's Driftwood Brewery has been brewing this slightly cloudy Belgian Witbier (wheat ale) since it opened in 2008. Made with freshly ground coriander and Curaçao orange peel, it is delicious and refreshing.



HOWE SOUND SUPER JUPITER GRAPEFRUIT ISA

Canada **\$7.69** 385/898 l/l

In a previous incarnation, Super Jupiter was a Grapefruit IPA, but Howe Sound Brewing has re-released it as a session IPA or "ISA." It is light in body and alcohol (only 4.5% ABV), but has a big hop presence (45 IBUs), with a refreshing burst of citrus thanks to grapefruit peel added during the brewing process.



STEAMWORKS MASH UP MIX PACK WHITE ANGEL IPA

Canada **\$20.39** 5405/26 12 x 355 ml

Fruity, spicy and refreshing with big citrus aromas from a combination of Cascade, Centennial and Galaxy hops, the Pilsner and wheat malts used provide a silky smooth background for the complexity of the Belgian yeast along with a dash of coriander and orange peel. Find it in their seasonal Mash Up Mix Pack. See stores for availability.

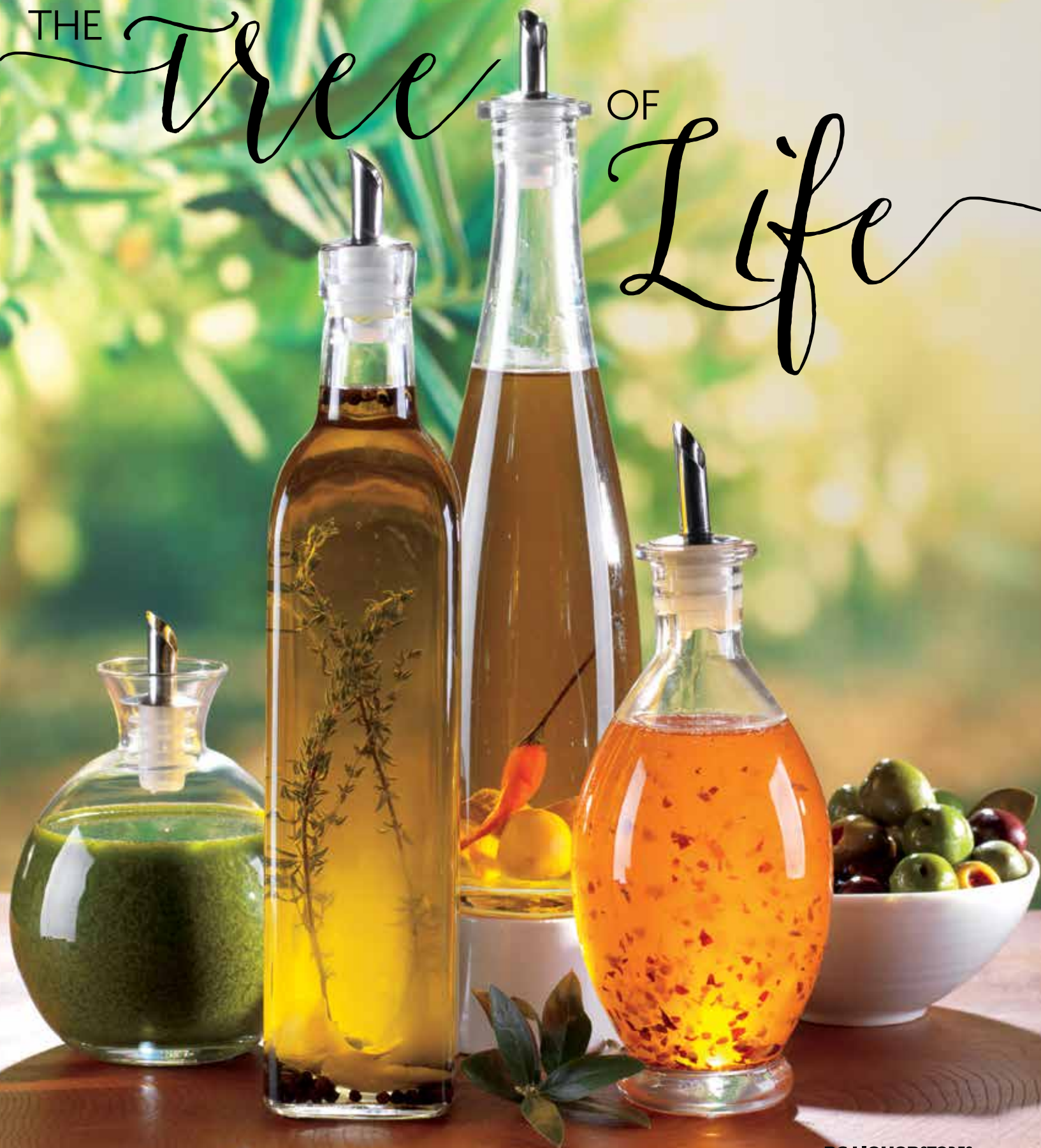


BROKEN LADDER

Canada **\$10.39** 889/782.4 x 473 ml

Broken Ladder is a brand new cider made from a secret blend of six different apple varieties, all grown by Okanagan farmers who are members of the BC Tree Fruits Cooperative. It is made with no added sugar or additives, just apple juice, resulting in a golden-coloured cider that is crisp and balanced. See stores for availability.

THE *Tree* OF *Life*





GARLIC-CHILI OIL SPAGHETTINI

PAIRS WITH GARLIC-CHILI OIL SPAGHETTINI



MONKEY BAY SAUVIGNON BLANC

New Zealand \$13.09 324095

The nose shows a bouquet of fresh kiwi, grapefruit, passion fruit and lemon with a herbaceous backdrop. The palate is rich and approachable, highlighting the signature flavours of Marlborough Sauvignon Blanc with ripe stone fruits, pear and passion fruits. This is a marvelous salad wine, or pair with pasta or seafood dishes.



THE WILD OLIVE OLD VINES CHENIN BLANC

South Africa \$11.59 205922

This refined old-vines Chenin Blanc showcases elegant characters of gooseberry, green apple and guava with a kiss of minerality on the finish. Enjoy this refreshing wine with shellfish, white meat and salads.

SEARED CITRUS
PEPPERED TUNA WITH
LEMON-PEPPER OIL



PAIRS WITH SEARED CITRUS PEPPERED
TUNA WITH LEMON-PEPPER OIL



LE PETIT CHAT MALIN ROSÉ

France **\$12.09** 823229

No fancy French wine jargon here, Le Petit Chat Malin (cunning little cat) is crafted to taste good and to put a smile on your face. The wine opens with scrumptious flavours of ripe berry fruit, pepper and floral notes with a twist of sweet spice on the finish. Pair this delightful wine with a Niçoise salad, crab cakes or tuna tataki.

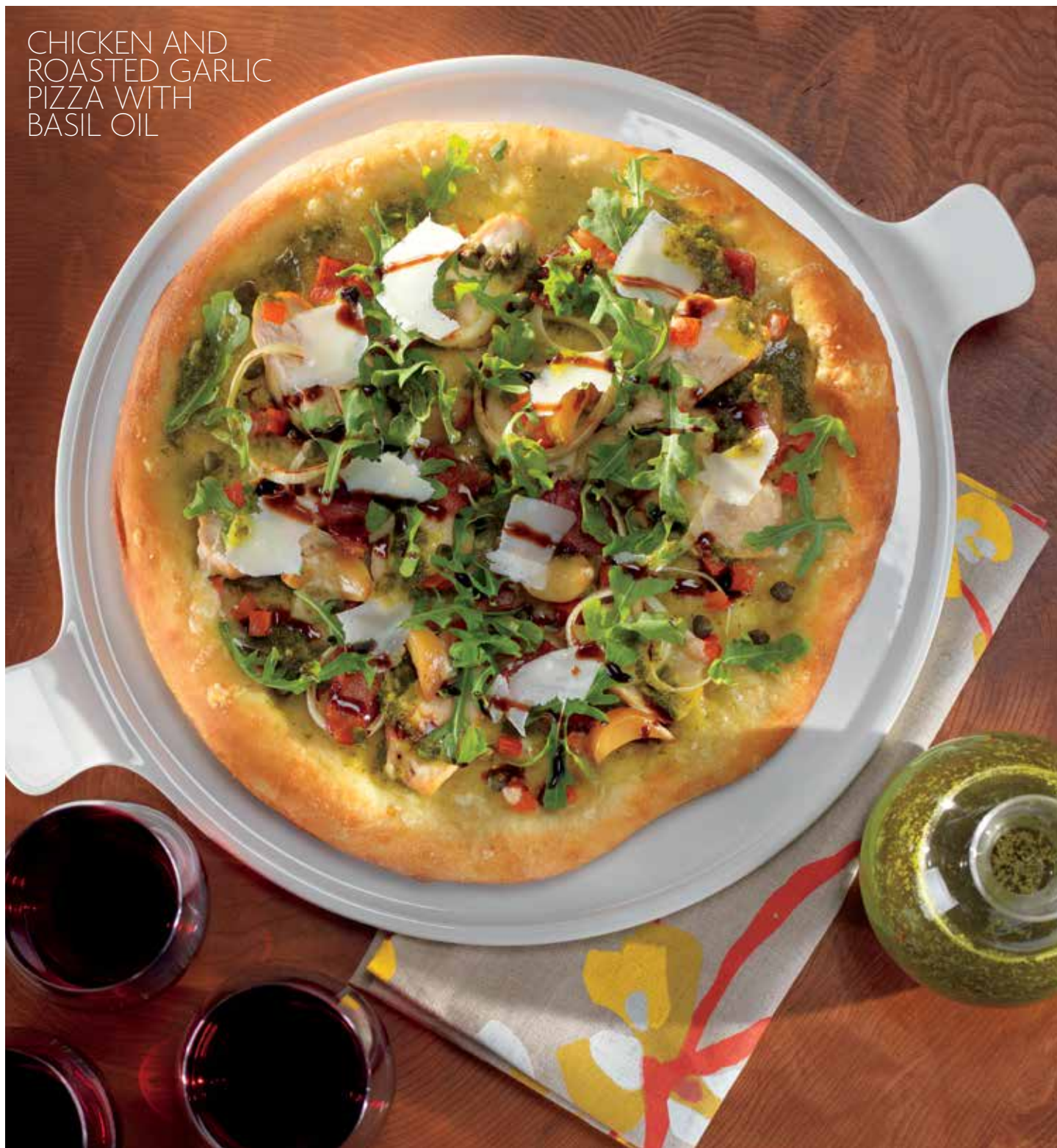


**LAGARIA PINOT GRIGIO
DELLE VENEZIE**

Italy **\$14.79** 116434

This Pinot Grigio from northeastern Italy is crisp, clean and full of energy. Vibrant fruit and floral characters are delicately balanced by a touch of wet stone. Enjoy this wine young with pasta, white meat or Mediterranean cuisine.

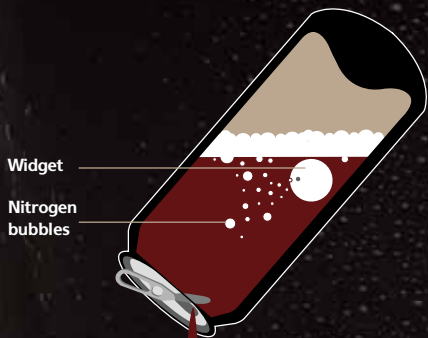
CHICKEN AND
ROASTED GARLIC
PIZZA WITH
BASIL OIL



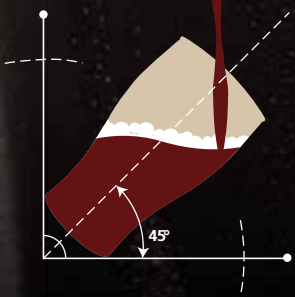


GUINNESS®

MADE OF MORE



The GUINNESS® Widget Facts



- 1991, GUINNESS® Widget won the Queen's Award for Technological Achievement¹
- Voted Best Invention in Britain (since the internet!)²
- The Widget makes every can of GUINNESS®, GUINNESS®

 Guinness

¹http://www.guinness-storehouse.com/en/docs/Guinness_History_Timeline.pdf
²Wilkinson Sword, t3.co.uk, 2004.

PAIRS WITH CHICKEN AND ROASTED GARLIC PIZZA WITH BASIL OIL



BOTTEGA GOLD PROSECCO BRUT

Italy **\$24.79** 663187

Bottega Gold Prosecco is made from the indigenous grape Glera from the Valdobbiadene Hills. It opens with a refreshing nose of acacia flowers, citrus and lily. The entry is elegant, revealing an aggressive but creamy mousse with golden apple and lemon flavours. This would be perfect for a romantic dinner, paired with crab cakes, goat's cheese and salad.



LOBSTER BISQUE WITH CHILI-LOBSTER OIL



DI MAJO NORANTE SANGIOVESE

Italy **\$13.99** 607325

This solid red is a bargain, showing rich flavours of bright cherry fruit, violet, red berries and a hint of spice and leather. The soft tannin integrates well with the acidity and the touch of cedar. It's ideal with hors d'oeuvres, game, cheese or pizza. Buy by the case for your weekday stash!



PAIRS WITH LOBSTER BISQUE WITH CHILI-LOBSTER OIL



POUILLY-FUISSÉ DOMAINE DU CHALET POUILLY

France **\$31.29** 21907

Domaine du Chalet Pouilly combines minerality with creaminess, sumptuous fruits with harmonious acidity, to deliver a beautifully focused wine that is a sublime pairing for BC spot prawns. The nose is acacia, honey, citrus and apricot. The palate is structured, with complex layers of mineral, hazelnut hints, blood orange and solid acidity, followed by a deep, long finish.



BAILLY LAPIÈRE CRÉMANT DE BOURGOGNE RÉSERVE BRUT

France **\$22.59** 657742

This is a full-bodied sparkling wine from a blend of four grape varieties. It opens with a bouquet of toast, orange zest, pear and red apples followed by focused fruits and charming acidity on the palate. Perfect with salads, or as a stand-alone crowd-pleaser!

BEAUJOLAIS

THE SASSIEST FLAVOUR OF THE SEASON

Fire up the grill and grab your corkscrew because springtime not only marks the official start of barbecue season, it also kicks off the best time of year for Beaujolais.

Truth is, Beaujolais partners perfectly with just about anything with grill marks. And on those chillier spring days when you're not grilling up a storm – Beaujolais still works its magic paired with broiled, pan-seared and roasted fare.

It's fruity, refreshing, and low in tannin; so it can be served with fish, seafood, poultry or meat. Low tannin also mean you can chill the bottle down a few degrees – something that can't be done with bigger, chewier reds without amplifying the grip factor and undercutting the wine's appeal. In fact, chilling Beaujolais enhances its acidity, upping the refreshment factor and making it supremely quaffable. Read: Bite of burger, mouthful of Beaujolais, grin, repeat.

But, and it's a big but, not all Beaujolais is the same. It's got range. Some bottles suit the mid-week swig on the deck while others work best for

dinner parties with good company.

True, all Beaujolais hails from the southern part of Burgundy in France, just north of the Rhône region, and is made from 100 percent Gamay grapes, so it always tastes of soft, red fruits and bright, zippy mixed berries. And almost all Beaujolais undergoes a process called semi-carbonic maceration – which involves placing whole bunches of grapes in a sealed container with carbon dioxide, causing the fruit to ferment inside the berries rather than being crushed first – a method that imparts a certain nuance of bubblegum. But that's where the similarities end.

Beaujolais runs from a light refresher to a fuller-bodied, more complex wine as you move through the style's five quality levels – Beaujolais Nouveau, Beaujolais, Beaujolais Supérieur, Beaujolais Villages and Cru Beaujolais. This crash course will put you in the know.

BEAUJOLAIS NOUVEAU

Beaujolais Nouveau is made from grapes rushed through harvest and quickly vinified, so they can be released

on the third Thursday of November each year. Curiously, it started as a publicity stunt in the 1970s in France, when races took place to get the first bottles to different markets around the globe. The November Beaujolais Nouveau release is still on to this day. The thing to remember is, Beaujolais Nouveau is a style of wine meant for immediate consumption.

BEAUJOLAIS

Wine simply labelled Beaujolais is a classic, affable, versatile pour. The style is fruity and juicy, tends to offer terrific value, and is usually better balanced than its Nouveau counterpart.

BEAUJOLAIS SUPÉRIEUR

Beaujolais Supérieur is a step up in quality from Beaujolais. When you grab a bottle of this wine style, expect it to be slightly fuller-bodied, more concentrated, and a tad higher in alcohol than wines simply labelled Beaujolais.

BEAUJOLAIS VILLAGES

Beaujolais Villages wine is markedly better still. This wine must be made from fruit grown in the 38 designated

BY CAROLYN EVANS HAMMOND

“ Beaujolais partners perfectly with just about anything with grill marks. And on those chillier spring days...Beaujolais still works its magic paired with broiled, pan-seared and roasted fare. ”

villages known for some of the best growing conditions for French Gamay. While the bottles are still light, fruity and imbued with the same soft red-fruit character, they will have more finesse and complexity than those from lesser Beaujolais categories.

CRU BEAUJOLAIS

And here is where the story changes. The most premium bottlings – “cru Beaujolais” – are some of the most undervalued wines from France. Hailing from the 10 top growing areas – or “crus” – of Beaujolais, these wines can drink like fine red Burgundy at a fraction of the price.

Wine from each designated cru varies stylistically, sometimes quite dramatically. And it’s smart to be aware of these wines. The trick is to know the actual cru names, since the word “Beaujolais” doesn’t always appear on these labels. The sidebar cheat sheet reveals each cru’s style.

With that, let’s lift a glass to the season!



IT'S GOOD TO SHARE

Create personal product lists in My Cellar then share them through email or facebook

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ANDROID APP ON
Google play

BEAUJOLAIS



ALL ABOUT BEAUJOLAIS

BEAUJOLAIS CRU STYLES

St Amour	lean and juicy
Juliéna	powerful and succulent
Moulin-à-Vent	meaty and concentrated
Chénas	full and rich
Fleurie	perfumed and polished
Chiroubles	light and delicate
Morgon	dense and structured
Régnié	vibrant and floral
Brouilly	fragrant and fruity
Côte de Brouilly	robust but elegant

FAST FACTS

- Beaujolais has been making wine for more than 2,000 years
- By law, all grapes in Beaujolais must be harvested by hand
- Beaujolais has 18,000 ha under vine and produces about 120 million bottles
- Canada is one of the top three most important markets for Beaujolais
- In 2012, Canada bought 4.5 million bottles of Beaujolais
- Half of the Gamay in the world is grown in Beaujolais
- If you like Beaujolais, you'll probably enjoy Gamay from Canada



BRIGHT AND CRISP



GEORGES DUBOEUF FUN BEAUJOLAIS

France \$10.19 128488

Bright and crisp, light and fruity appeal here with red cherry, wild strawberry and plum flavours and a telltale hint of bubblegum. The structure is crisp and juicy. Fun, easy style best served well-chilled.



A VERY VERSATILE
REFRESHER



BOUCHARD AÎNÉ & FILS BEAUJOLAIS

France \$13.99 147546

This racy wine just sings with clean aromas and flavours of tart berries – strawberry, blueberry and raspberry – and violets. It's a reliable pour from a trusted producer that works well with almost any food. A very versatile refresher.

CROWD-PLEASER



GEORGES DUBOEUF BEAUJOLAIS

France \$12.49 212480

One big swirl of juicy red fruit with a mission to refresh. Sweet berry compote and super-ripe mixed berry flavours shot through with tight acidity make it approachable and fun to drink – it will have you at hello. This crowd-pleaser is a definite “go-to” Beaujolais.



GREAT VALUE



MAISON DES BULLIATS RÉGNIE GAMAY

France \$19.19 137760

Vibrant and characterful with bracing, bright cherry and floral flavours laced with subtler spicy nuances. This wine is ripe, refreshing and racy with some interesting complexity. Great value and very stylish.



SANDHILL GAMAY NOIR

BC VQA \$17.39 627687

This oaked version of Gamay offers up red plum and Black Forest fruit as well as notes of toasty wood and spice. Mouthfilling and generous style with a lingering finish. Locavores take note.



LOUIS LATOUR BOURGOGNE GAMAY

France \$22.59 822809

Made of Gamay from the top three Beaujolais crus – Fleurie, Chénas and Régnié – blended with 15 percent Pinot Noir, this red is both sassy and serious. Racy red berries, violet and beetroot, as well as an interesting stony minerality. Generous juice.



ASK AN

EXPERT

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.

WINE LINGO

I am a new wine lover who is on a quest to expand my knowledge and try a wide variety of styles. Unfortunately, I am sometimes confused by the lingo reviewers and critics use when describing a wine. Often, experts will use descriptors that I wouldn't naturally relate to what is in my glass. How do I know I am interpreting these terms in the same way the expert is meaning them? In other words can you explain to me what a *juicy* wine, a *savoury* wine, a *grassy* wine, a *complex* wine and a *masculine* or *feminine* wine is?

This is an excellent question.

Wine lingo is often confusing and sadly, readers frequently feel as if they are not privy to the “secret handshake” to gain access to the club of more experienced wine connoisseurs and wine reviewers. Sometimes it appears as if reviewers are talking to the mirror instead of to the reader, which is certainly not an engaging practice, but it happens.

Good wine reviewers (or critics, if you prefer) have a solid sense of their audience and try to convey their message in a way that makes it easy to understand, for all levels of knowledge.

That being said, there are certain words commonly used to describe wine that seem to suggest the wine is more human, rather than, well, fermented grape juice. These terms are not intended to confuse readers, rather to use human qualities to draw parallels to certain characteristics in a wine. There are various schools of thought with many of the terms commonly used in wine reviewing. Some reviewers disdain certain terms,

“ Reviewers use these words as tools to communicate a feeling or the sense of a wine that would otherwise be very difficult to express. ”

while others habitually use them. Reviewers use these words as tools to communicate a feeling or the sense of a wine that would otherwise be very difficult to express. Bear in mind these terms are subjective, and all reviewers have different palates and therefore may conceptualize wine differently.

HUMANIZING WINE

You mention *masculine* and *feminine*. These two terms are simply used to convey either strength or elegance in a wine. As an example, a wine with potent dark fruit and stronger flavours (tobacco, leather, dark chocolate) and aromas with a bolder tannic structure could be considered *masculine*. A more delicate wine with finer fruit and possibly floral tones, brighter acidity and a silky texture could be described as *feminine*.

In most cases, these metaphors (similarly *honest*, *voluptuous* or *charming*) can be deciphered by thinking of them as if the reviewer were talking about a person. Additionally, writers use *mature*, to refer to a wine with some age, perhaps sophisticated and complex versus *youthful*, suggesting an exuberant young wine, still slightly awkward and needing time to develop. *Complex* is a word open to endless interpretation, but generally a multitude of factors come into play. Complexity could be likened to a favourite selection of classical music, a fine piece of art or great literature. It is like a symphony of harmony, balance and layers of aromas and flavours that develop and unravel as you enjoy the wine. Remember, what makes one person swoon may make another turn up their nose.

EXPERIENTIAL CHARACTERS IN WINE

Terms that are less anthropomorphic (for lack of a better word), but are generally used to describe aromas and flavours of common elements (things found in nature) or textures (words we likely relate to food) are also widely utilized by reviewers.

You may often see reviewers describe a wine with common elements such as: *grass*, *sage*, *nettle* (herbal notes); *slate*, *flint* or *graphite* (mineral notes) or even manufactured

items such as *bubblegum* or *cotton candy* (confectionary notes).

Then there are the descriptors that relate mainly to touch or texture. *Creamy* is one of the most common. *Creamy* is widely prescribed to wines that have the weight and feel on the tongue and in the mouth of actual cream. *Crunchy* is another good word to describe wines that are fresh and high in acidity, which give you the same mouth-watering sensation you would experience biting into a crisp apple. *Crisp* is a similar descriptor, while *juicy*, often used for red wines, has similar, mouth-watering connotations – think of biting into a juicy pomegranate or strawberry. A *juicy* white brings to mind a ripe peach that dribbles down your chin when bitten into.

Other jargon generally associated with food pops up frequently: *Savoury* is one of these words broadly used for wines with a succulent character. *Savoury* flavours are the opposite of sweet; they are usually spicier, salty and flavourful. Imagine savoury as a dish you would eat for dinner rather than for dessert.

Meaty can refer to a *chewy* texture caused by tannin. On the other hand, it can relate to flavours in wine such as bacon fat or grilled or roasted red meat.

COLOURFUL ADJECTIVES

You may have read reviews that describe wines with exaggerated adjectives such as *explosive*, which is a good descriptor for a powerful wine. *Hedonistic* refers to an extravagant or luxurious character. More familiar adjectives include *supple*, which similarly refers to a sensual texture or buoyant weight on the palate. *Expressive* is another way of conveying vivid and energetic aromas or flavours in a wine.

This is just the tip of the wine-lingo iceberg. As you see, wine reviewers love to use colourful adjectives and a vast array of synonyms to communicate their feelings about each individual wine and how they interpret it. In some ways, wine reviewers are like poets; we are trying to describe something with words that, in reality, needs to be experienced.

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!



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&
White**

**Don't
Buy
For
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“ In some ways, wine reviewers are like poets; we are trying to describe something with words that, in reality, needs to be experienced. ”

GRASSY & TANGY



KONO SAUVIGNON BLANC

New Zealand \$13.99 58032

Here is a fresh white to herald spring with aromas of grass clippings, guava and passion fruit layered with green beans and elderflower. Zesty grapefruit flavours slide into lime, gooseberry and tangy green apples. It's a mouth-watering wine to pair with chèvre and asparagus quiche, green salads or delicate seafood.



CREAMY & BUTTERY



EDNA VALLEY CHARDONNAY

USA \$17.39 81430

Expect spice, golden apples, crisp yellow pears, grilled lemons and browned butter on the nose. It boasts an energetic character with a creamy texture to round it out and add weight. The finish is pristine. Pair this wine with fish in a buttery sauce, grilled chicken or creamy pastas.



CRUNCHY & JUICY



WILD GOOSE PINOT GRIS

BC VQA \$15.69 536227

The aromas of summer-ripe peaches, crunchy green pears and spring blossoms in this Pinot Gris transform into a sweet and juicy palate of orchard fruits and honey.



SAVOURY & EXPRESSIVE



**PIERRE HENRI MOREL
SIGNARGUES**

CÔTES-DU-RHÔNE VILLAGES
France \$19.19 193730

Prepare for an expressive nose of blackberry, chocolate and sweet spice laced with pepper, which rolls into savoury undertones of wild herbs and meat. The palate mirrors the nose; it's peppery, succulent and laden with rich, black fruit. The tannin adds pleasing texture and the finish is lengthy.



CHEWY & CONCENTRATED



**TOMMASI VALPOLICELLA
"RIPASSO"**

Italy \$26.09 566844

The aromas are expectedly rich – dried cherries and plum, spice cake and toasted spices with mocha. It is a chic wine with great freshness to offset its density. It has impressive concentration and leaves the impression of chewiness on the palate. It's a good partner for slow-roasted meats, strong, hard cheeses or dark chocolate.



SUPPLE & COMPLEX



**LE VOLTE DELL' ORNELLAIA
TOSCANA**

Italy \$30.49 431155

This stylish Super Tuscan (Merlot, Sangiovese, Cabernet Sauvignon) presents aromas of blackcurrant, wild strawberry and plum layered with leather, vanilla and espresso. The palate is laden with sweet berries, cocoa, licorice and baking spice flavours. It's a supple wine with applaudable complexity and generous length.



SPECIAL EVENTS & TASTINGS

Join us for this fantastic selection of cooking demonstrations, wine seminars and tasting events. 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 please subscribe at **bcliquorstores.com/e-news**.

APRIL

39TH & CAMBIE

CRAFT BEER THURSDAY THURSDAY, APRIL 9

4:00 – 6:30 P.M.

Join the 39th & Cambie Beer Advocates to explore award-winning and local craft beers that are new to the BC market! Discover a new favourite from our craft beer selection while enjoying gourmet food pairings.

GREY GOOSE FRIDAY, APRIL 10

2:00 – 5:00 P.M.

Sample Grey Goose Vodka and Bombay Sapphire served with specially paired appetizers. This is a great opportunity to learn what makes Grey Goose and Bombay Sapphire unique spirits!

25TH ANNIVERSARY CELEBRATION OF QUAILS' GATE SATURDAY, APRIL 11

3:00 – 6:00 P.M.

Join in on the 25th anniversary celebration of Quails' Gate! Enjoy samples of specially selected wines paired with canapés inspired by Quails' Gate's Old Vines Restaurant.



TRUE COLOURS: COLOURFUL DINNER PARTY TICKETS – \$35

WEDNESDAY, APRIL 15
6:00 – 8:00 P.M.

Spring has sprung! Join Chef Lawren Moneta as she demonstrates four delicious and colourful recipes that are featured in the spring issue of TASTE magazine. Each recipe will be paired with wine expertly chosen by our 39th & Cambie Product Consultants. Tickets are available for purchase at the 39th & Cambie Customer Service desk.

STRONGBOW PRESENTS A SUMMER ON THE PATIO WEDNESDAY, APRIL 16

2:00 – 6:00 P.M.

Come out and join Strongbow as we welcome summer to BC with great food and cider pairings! Strongbow Apple Cider will be giving away a patio set worth approximately \$5,000 to one lucky BC Liquor Store customer. Don't miss out on this great event!

WINES OF CHILE FRIDAY, APRIL 17

5:00 – 7:00 P.M.

Join Wines of Chile to learn about organic and sustainable wines from this remarkable wine region while you enjoy complementary Chilean appetizers paired with these great wines.

NATURE HAS ALL THE ANSWERS! SATURDAY, APRIL 18

3:00 – 7:00 P.M.

Spring is in the air! Join us to taste a variety of organic wines paired with delicious appetizers such as beef tenderloin with caramelized onions.

CELEBRATE EARTH DAY WEDNESDAY, APRIL 22

3:00 – 7:00 P.M.

Celebrate Earth Day by joining us for a wine tasting of Banrock Station Wines from Australia. While enjoying the wine and appetizers, you'll learn about how you can do your part through water conservation. Tricia Sedgwick, founder of The World In A Garden, will be on hand to speak about local and international water conservation initiatives.

OLD STYLE CELEBRATES EARTH DAY THURSDAY, APRIL 23

2:00 – 6:00 P.M.

This Earth Day, come out and sample Old Style Pilsner and learn about ways to help preserve the earth by making responsible choices. Proceeds from every purchase of 24 and 15 cans of Old Style Pilsner will go towards the Recycling Council of BC. Earth Day information will also be provided. See you there!

JACK DANIELS
SATURDAY, APRIL 25
1:00 – 5:00 P.M.

Bands and musicians have been Jack Daniel's biggest fans. Now it's time to give back! Join Jack Daniel's Brand Ambassadors for a great time and enjoy live jazz music while sipping on samples of the Jack Daniel's family of whiskeys paired with tasty appetizers.



FRENCH BISTRO FARE
TICKETS – \$35
WEDNESDAY, APRIL 29
6:00 – 8:00 P.M.

Bonjour! Join Chef Céline Turenne as she captures the ambiance and scents of a traditional French bistro while she prepares a divine four course dinner to remember! Each recipe will be paired with wine expertly chosen by our 39th & Cambie Product Consultants. Tickets are available for purchase at the 39th & Cambie Customer Service desk.

ABSOLUT: ONE SOURCE
THURSDAY, APRIL 30
4:00 – 7:00 P.M.

Experience vodka unlike all others, made exclusively from natural ingredients with no added sugar. While you sip on Absolut and enjoy a tasty treat, meet Brand Ambassador Jacob Sweetapple and learn what makes Absolut so unique.

8TH & CAMBIE

NATURE HAS ALL THE ANSWERS!
SATURDAY, APRIL 11
3:00 – 7:00 P.M.

Spring is in the air! Join us to taste a variety of organic wines paired with delicious appetizers such as beef tenderloin with caramelized onions.

LANGLEY

OLD STYLE CELEBRATES EARTH DAY
WEDNESDAY, APRIL 22
2:00 – 6:00 P.M.

This Earth Day, come out and sample Old Style Pilsner and learn about ways to help preserve the earth by making responsible choices. Proceeds from every purchase of 24 and 15 cans of Old Style Pilsner will go towards the Recycling Council of BC. Earth Day information will also be provided. See you there!

PENTICTON PLAZA

SPRING INTO GREAT TASTE WITH SEE YA LATER RANCH!
FRIDAY, APRIL 10
3:00 – 7:00 P.M.

Celebrate Earth Day at this special tasting event. See Ya Later Ranch supports sustainable vineyard and land practices. Receive a complimentary gift with purchase in the spirit of Earth Day!

MAY



MOTHER'S DAY DINNER
TICKETS – \$40
WEDNESDAY, MAY 6
6:00 – 8:00 P.M.

Just in time to celebrate mom! Join Chef Céline Turenne as she creates a wonderful three course dinner that you can recreate to honour the special woman in your life. Each recipe will be paired with wine expertly chosen by our 39th & Cambie Product Consultants. Tickets will be available for purchase on April 12th at the 39th & Cambie Customer Service desk.

CRAFT BEER THURSDAY
THURSDAY, MAY 7
4:00 – 6:30 P.M.

Join the 39th & Cambie Beer Advocates to explore award-winning and local craft beers that are new to the BC market! Discover a new favourite from our craft beer selection while enjoying gourmet food pairings.

FOR THE LOVE OF MOM
FRIDAY, MAY 8
3:00 – 6:00 P.M.

Sample a variety of Lindeman's wines served with delicious local cheeses. Also, enter to win flowers for a deserving mom and decorate your bottle of Lindemans to complement the perfect gift.

ENJOY THE SERENDIPITY: GERMAN WINES MEET ASIAN CUISINE
SATURDAY, MAY 9
3:00 – 6:00 P.M.

From sparkling to off-dry to dry to red, you are sure to discover something new at this food and wine event, where German wines meet Asian Cuisine. Enjoy the serendipity, a tasty treat, and leave with a free recipe booklet!

SIPS AND DIPS – TICKETS – \$40
WEDNESDAY, MAY 13
6:00 – 8:00 P.M.

Are you hosting a summer gathering with your closest friends and family? If so, join Chef Lawren Moneta as she prepares a delectable spread of foods served with dips as well as dipped foods that are sure to wow and make your party planning easy. Tickets will be available for purchase on April 12th at the 39th & Cambie Customer Service desk.

LA VIEILLE FERME
SUPPORTS LOCAL PRODUCE!
SATURDAY, MAY 16
5:00 – 7:00 P.M.

Taste a terrific trio of authentic, tasty, and organic La Vieille Ferme wines paired beautifully with delicious food from local farmer's markets! A portion of all proceeds goes directly to supporting farmer's markets in BC.

AWARD WINNING VQA WINES
FRIDAY, MAY 22
4:00 – 6:00 P.M.

Taste the Okanagan! Sample award-winning wines from Sandhill, Red Rooster and Wayne Gretzky Okanagan paired with delicious appetizers.

COORS LIGHT SWITCH THE SEASON
SATURDAY, MAY 23
2:00 – 6:00 P.M.

As the snowboarding season ends in BC, it's just starting in New Zealand. Join Coors Light and "Switch the Season" by entering to win a chance to fly to New Zealand with a friend. Enjoy Ice Cold Coors Light samples with perfectly paired après ski snacks and keep the board season going!

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Sweet, Sweet Honey

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HONEY-BROILED SCALLOP SALAD

- ¼ cup (60 ml) liquid honey, divided
- 1 tbsp (15 ml) grape seed oil
- 1 Meyer lemon, finely grated zest and juice
- salt and pepper, to taste
- 12 large scallops, cleaned and heel removed
- 1½ oranges, divided
- 1 tbsp (15 ml) chopped fresh tarragon
- 1 tbsp (15 ml) white wine vinegar
- ½ tsp (7 ml) Dijon mustard
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 ruby grapefruit
- 1 blood orange
- 1 large fennel bulb, trimmed, fronds reserved for garnish
- 2 radishes, trimmed
- 2 tbsp (30 ml) chopped pistachios
- 1 tsp (15 ml) coarsely chopped mint leaves

1 In a bowl, whisk together 3 tbsp (45 ml) honey, grape seed oil, lemon zest and juice along with a pinch of salt and pepper. Add scallops to marinade and stir to coat. Refrigerate, stirring occasionally, for 1 hour.

2 Meanwhile, cut away rind and all white pith from half of an orange, then cut into chunks and place in a blender. Add remaining 1 tbsp (15 ml) honey, tarragon, vinegar, mustard and olive oil, before blending until smooth. Season to taste with salt and pepper before setting aside.

3 Preheat broiler. Cut away rind and all white pith from grapefruit and remaining orange. Cut fruit into thin rounds. Using a sharp knife or mandoline, slice fennel bulb and radishes into paper-thin slices, reserving fennel fronds for garnish. Arrange citrus fruit, fennel and radish slices on serving plates.

4 In a broiler-proof dish, arrange scallops along with marinade in a single layer. Broil 4-in (10 cm) from heat source until opaque throughout and lightly browned, about 4 to 7 minutes.

5 To finish, place 3 scallops on each salad, drizzle with reserved dressing, and garnish with pistachios, reserved fennel fronds and mint. Serve immediately.

Serves 6

PAIRS WITH

Tommasi Le Rosse Pinot Grigio
Italy **\$17.39** 326488

Devil's Rock Riesling
Germany **\$11.29** 149559



HONEY MADELEINES WITH GOAT'S MILK YOGURT SORBET¹

- 2 cups (500 ml) goat's milk yogurt
- ½ cup (125 ml) whipping cream
- ½ cup (125 ml) goat's milk
- 12 tbsp (180 ml) granulated sugar, divided
- ¼ cup (60 ml) liquid honey, divided, plus extra for garnish
- 1½ tsp (7 ml) orange zest, divided
- ¾ tsp (4 ml) dried culinary lavender, plus extra for garnish
- 1 cup (250 ml) all-purpose flour
- ½ tsp (2 ml) baking powder
- ½ cup (125 ml) unsalted butter, melted, plus extra for greasing pans
- ½ tsp (2 ml) chopped fresh thyme, plus extra for garnish
- 2 large eggs
- 1 egg yolk

1 Two days before you plan on serving, place yogurt in a cheesecloth-lined colander set over a bowl. Cover and refrigerate overnight allowing whey to drain away leaving a very thick yogurt. Discard whey.

2 In a medium-sized saucepan, combine cream, goat's milk, 6 tbsp (90 ml) sugar, 2 tbsp (30 ml) honey, ½ tsp (2 ml) orange zest and lavender. Set over medium heat and bring just to a simmer. Remove from heat and allow mixture to sit, covered, for 1 hour. Strain into a bowl and whisk in reserved strained yogurt. Refrigerate until mixture is cold, at least 4 hours or overnight.

¹Requires an ice cream maker and Madeleine moulds

3 Meanwhile, make madeleine batter. In a bowl, whisk together flour and baking powder. Set aside.

4 In bowl of a stand mixer fitted with whisk attachment, whisk together remaining 2 tbsp (30 ml) honey, butter, remaining 6 tbsp (90 ml) sugar, remaining 1 tsp (5 ml) orange zest, thyme, eggs and egg yolk until very smooth, about 2 minutes at medium speed. Gradually add flour mixture a couple of tablespoons at a time. Then whisk for another minute. Cover and refrigerate batter overnight.

5 The day you are going to serve dessert, churn sorbet in an ice cream maker according to manufacturer's instructions. Transfer to an airtight container and freeze until ready to enjoy.

6 To finish madeleines, preheat oven to 400 F (200 C). Prepare madeleine moulds by brushing liberally with extra melted butter.

7 Spoon batter into moulds until $\frac{3}{4}$ full. Bake until golden brown and puffed, about 8 to 10 minutes. Turn baked madeleines out onto a wire rack and let cool. Wipe out moulds and repeat with remaining batter. Serve madeleines warm with Goat's Milk Yogurt Sorbet, drizzled with extra honey and scattered with extra lavender and thyme leaves, if desired.

Serves 6

PAIRS WITH

Yellow Tail Bubbles
Australia **\$11.19** 667089

Gehring Minus 9 Ehrenfeller Icewine
BC VQA **\$48.09** 551739 375 ml



HONEYCOMB CANDY AND CRAB SALAD

PICKLED APPLES

2 tbsp (30 ml) granulated sugar
2 tbsp (30 ml) apple cider vinegar
6 coriander seeds
1 large Granny Smith apple

SMOKED PAPRIKA HONEYCOMB CANDY

vegetable oil, to grease pan
1 $\frac{1}{4}$ cup (300 ml) granulated sugar
2 tbsp (30 ml) light corn syrup
3 tbsp (45 ml) liquid honey
3 tbsp (45 ml) water
2 tbsp (30 ml) baking soda
 $\frac{3}{4}$ tsp (4 ml) sweet smoked paprika, divided

CRAB SALAD

1 large egg, at room temperature
 $\frac{1}{2}$ tsp (7 ml) Dijon mustard
 $\frac{1}{2}$ tsp (7 ml) champagne vinegar or white wine vinegar
 $\frac{1}{2}$ tsp (2 ml) lemon zest
 $\frac{1}{4}$ tsp (1 ml) salt
 $\frac{1}{2}$ cup (125 ml) vegetable oil
1 tbsp (15 ml) lemon juice
1 lb (500 g) cooked mixed crabmeat
2 tbsp (30 ml) water
4 cups (1 L) mixed spring greens (baby lettuce, sorrel, watercress, basil and pea shoots)
3 radishes, trimmed and thinly sliced into rounds
sweet smoked paprika, for garnish (optional)

1 To make Pickled Apples, in a bowl whisk together sugar, vinegar and coriander seeds until sugar has dissolved.

2 Peel, core and finely dice apple before adding to vinegar mixture. Refrigerate, stirring occasionally, for 2 hours. Drain before using.

3 To make Smoked Paprika Honeycomb Candy, liberally grease a 10-in (25 cm) round springform pan with vegetable oil. Line bottom of pan with parchment paper and run a parchment collar up side of pan, 1 to 2-in (2.5 to 5 cm) above edge. Liberally grease parchment and set aside.

4 In a deep, heavy-bottomed saucepan stir together sugar, corn syrup, honey and water. Place over medium-high

heat and bring to a boil without stirring. Cook until mixture reaches 290 F (140 C) on a candy thermometer, or hard-crack stage, about 10 minutes. During cooking, if any sugar crystals form on sides of pan, brush down sides with a clean pastry brush dipped in water.

5 Working quickly, remove sugar mixture from heat and whisk in baking soda and $\frac{1}{4}$ tsp (1 ml) smoked paprika. Take care as mixture will bubble up and be very hot. Immediately pour honeycomb candy into prepared pan.

6 Sprinkle top of warm honeycomb candy with remaining $\frac{1}{2}$ tsp (2 ml) smoked paprika and let cool to room temperature on a wire rack. When cool, break into pieces and serve. Honeycomb can be stored at room temperature in an airtight container.

7 When ready to make Crab Salad, in a blender, mix together egg, mustard, vinegar, lemon zest and salt. With blender running, very gradually add oil until mixture has emulsified and thickened. Briefly blend in lemon juice and refrigerate dressing until ready to finish salad.

8 Place crabmeat in a bowl, removing any shell remnants. Toss crab with half the dressing. Whisk water into remaining dressing.

9 Divide salad greens onto serving plates. Garnish with radishes, dressed crab, some Pickled Apples and a sprinkle of prepared honeycomb candy. To finish, drizzle with remaining dressing, dust with sweet smoked paprika (if desired) and serve immediately.

Serves 6

PAIRS WITH

Jaume Serra Cristalino Cava Brut
Spain **\$11.29** 551218

Hakutsuru Junmai Ginjo Sake
Japan **\$8.69** 210823 300 ml

FIVE BOUTIQUE WINERIES, ONE VISION



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Artwork by Calligrapher Juichi Yoshikawa at the winery in Noto.



CRUSTED PORK CHOPS WITH HONEY-CHILI ROASTED SPRING VEGETABLES

1½ cups (375 ml) water
¼ cup (60 ml) kosher salt
4 garlic cloves, crushed
1 small yellow onion, cut into chunks
1 dried bay leaf
2 sprigs thyme, divided
5 black peppercorns
2½ cups (625 ml) ice water
6 double-cut pork chops, frenched
1 cup (250 ml) panko bread crumbs
1 tsp (5 ml) dried thyme
1 tsp (5 ml) dried oregano
½ tsp (2 ml) crumbled dried rosemary

2 tsp (10 ml) orange zest
1 tsp (5 ml) lime zest
1 tsp (5 ml) lemon zest
salt and pepper, to taste
¼ cup (60 ml) liquid honey, divided
2 egg whites, lightly beaten
¼ cup (60 ml) whole wheat flour
2 tbsp (30 ml) coconut oil
Honey-Chili Roasted Spring Vegetables (recipe follows), to serve

HONEY-CHILI ROASTED SPRING VEGETABLES

3 tbsp (45 ml) liquid honey
½ cup (125 ml) unsalted butter, at room temperature
1 tsp (5 ml) cayenne pepper
1 lb (500 g) fingerling potatoes, cut in half lengthwise
1 lb (500 g) small carrots, cut in half lengthwise
½ lb (250 g) cipollini onions, peeled and cut in half
4 sprigs rosemary
4 sprigs thyme
salt, to taste
1 tsp (15 ml) extra-virgin olive oil
1 bunch asparagus, trimmed
2 tsp (30 ml) chopped chives

1 To make brine, in a large saucepan bring water and salt to a boil. Once salt has dissolved remove saucepan from heat and stir in garlic, onion, bay leaf, 1 sprig thyme and pepper. Allow mixture to sit for 15 minutes, at room temperature. Add ice water and stir to incorporate. Brine must be cold before adding pork. Add pork chops, making sure they are completely submerged (weighing down with a plate if needed). Place saucepan in refrigerator and allow pork to marinate at least 2 hours, no longer than 8 hours.

2 Meanwhile, in a large bowl, make crumb coating by mixing together panko, thyme, oregano, rosemary, citrus zests and a good pinch of salt and pepper until well combined. Set aside.

3 When ready to cook pork chops, preheat oven to 400 F (200 C). Line a baking sheet with aluminum foil.

4 In a bowl whisk together 2 tbsp (30 ml) honey and egg whites until well combined and frothy. In a second bowl add whole wheat flour.

5 Remove pork from brine and pat dry with paper towel. Discard brine. Working with one pork chop at a time, dredge in

flour, shaking off excess before dipping in honey mixture, letting excess drip off. Dredge in panko mixture, pressing it to coat all sides. Repeat with remaining pork chops.

6 Preheat coconut oil in a large cast iron or ovenproof frying pan over medium-high heat. Brown pork chops two at a time, making sure to not burn panko crust, about 1 to 2 minutes per side. Transfer to prepared baking sheet and repeat with remaining pork chops. Roast in preheated oven until internal temperature registers 145 F (63 C), about 15 to 20 minutes.

7 This is a good time to prepare and make the Honey-Chili Roasted Spring Vegetables. In a food processor blend together honey, butter and cayenne pepper. Put Honey-Chili Butter aside until ready to use.

8 Place a large rimmed baking sheet in 400 F (200 C) oven to warm.

9 In a large bowl toss together potatoes, carrots, onions, rosemary, thyme, a pinch of salt, 2 tbsp (30 ml) softened prepared Honey-Chili Butter and oil. Spread vegetables out in a single layer on warmed baking tray and roast in oven for 15 minutes before gently stirring. Meanwhile toss asparagus with 2 tbsp (30 ml) softened honey-chili butter. Add to

roasting vegetables and roast an additional 15 minutes, or until potatoes are tender. Discard herbs, sprinkle with chives, season with extra salt and dot with extra honey-chili butter, if desired. Serve while warm.

10 When pork chops have finished cooking, allow pork chops to rest on baking tray for 10 minutes before plating and serving with Honey-Chili Roasted Spring Vegetables.

Serves 6

PAIRS WITH

Gnarly Head Lodi Old Vine Zin
USA **\$15.39** 297929

Codomiu Clasico Brut
Spain **\$13.99** 503490

Power Food

from page 18



GRILLED FLANK STEAK WITH FLAXSEED OIL AIOLI

FLAXSEED OIL AIOLI

- 1 large egg, at room temperature¹
- 2 garlic cloves, crushed
- 1 tbsp (15 ml) Dijon mustard
- ¾ cup (175 ml) vegetable or canola oil
- ½ cup (125 ml) flaxseed oil
- 4 tsp (20 ml) fresh lemon juice
- 2 tbsp (30 ml) minced chives
- salt and freshly ground black pepper, to taste

¹Be sure to use a very fresh or pasteurized egg



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GRILLED FLANK STEAK

2 lbs (1 kg) flank steak, about ¾-in (2 cm) thick
1 tbsp (15 ml) dried parsley
1 tbsp (15 ml) paprika
2 tsp (10 ml) dried garlic flakes
2 tsp (10 ml) dried onion flakes
½ tsp (2 ml) dried thyme
¼ tsp (1 ml) cayenne pepper
2 green onions, thinly sliced on the diagonal, for garnish
white or whole wheat tortilla wraps
black beans, sliced avocado, shredded lettuce, sliced radishes, diced tomatoes and cilantro, for garnish (optional toppings).

1 To make Flaxseed Oil Aioli, combine egg, garlic and mustard in a food processor. Pulse until evenly blended.

2 With processor running, slowly add canola and flaxseed oil in a very thin, steady stream until completely combined. Add lemon juice and pulse until smooth.

3 Remove mixture to a bowl and stir in chives. Add salt and pepper to taste.

4 Store aioli in an airtight container in refrigerator, for no longer than 4 days.

5 To make steak, lightly score steak about ¼-in (0.5 cm) deep on both sides in a diamond pattern. In a small bowl, make a dry rub by stirring seasonings together. Rub over steak. Cover with plastic wrap and refrigerate for a couple of hours or overnight.

6 Bring steak to room temperature before grilling. Lightly oil grill and heat barbecue to medium-high. Grill steak with lid closed, 4 minutes. Turn and continue grilling until meat gives slight resistance when pressed, 4 to 5 more minutes. Flank steak tastes best cooked rare or medium-rare.

7 Remove to a cutting board and let rest 5 minutes before slicing. Cut beef against the grain into thin strips. Sprinkle with green onions. Serve thin slices of beef on a tortilla with Flaxseed Oil Aioli and toppings of choice.

Serves 6 to 8

PAIRS WITH

Coppola Black Label Claret
USA **\$28.99** 521021

Angus The Bull Cabernet Sauvignon
Australia **\$19.19** 110510



ROASTED VEGETABLE SALAD ON GRILLED ROMAINE HEARTS WITH WALNUT OIL

ROASTED VEGETABLE SALAD

½ large sweet onion, diced
4 garlic cloves, peeled and minced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
1 small zucchini, diced
2 tbsp (30 ml) olive oil
salt and freshly ground black pepper, to taste
2 tbsp (30 ml) walnut oil
1 tbsp (15 ml) fresh lemon juice
2 tsp (10 ml) liquid honey
2 tbsp (30 ml) chopped fresh basil
¼ tsp (1 ml) crushed red pepper flakes

GRILLED ROMAINE HEARTS

3 Romaine hearts
2 tbsp (30 ml) olive oil
½ cup (75 ml) crumbled feta
extra-virgin olive oil
good-quality balsamic vinegar
salt and freshly ground black pepper

1 Preheat oven to 400 F (200 C). Position oven rack on top level. Lightly oil a large baking sheet and set aside.

2 In a large bowl, combine onion, garlic, peppers and zucchini. Drizzle with 2 tbsp (30 ml) oil and sprinkle with a little salt and freshly ground black pepper. Toss to evenly coat and spread out on prepared baking sheet.

3 Bake on top rack for 20 to 30 minutes. Stir occasionally for even roasting. (Careful when opening oven as escaping steam from roasting vegetables can scald.)

4 When done as preferred, transfer vegetables to large bowl and stir in walnut oil, lemon juice, honey, basil and pepper flakes. Can be made a day ahead and refrigerated. Bring to room temperature before using.

5 Cut Romaine hearts in half, lengthwise. Brush cut sides with olive oil.

6 Preheat barbecue grill to medium-high. (Alternatively heat cast iron grill pan over medium-high heat and brush with oil.)

7 Place Romaine hearts cut-side down on grill and cook, turning once, until charred and slightly wilted, about 3 minutes depending on heat. Transfer cut-side up to a serving platter. Scatter Roasted Vegetable Salad over top, dividing evenly among Romaine hearts.

8 Sprinkle with crumbled feta and drizzle with extra-virgin olive oil, balsamic vinegar and generous grindings of salt and pepper.

Serves 6

PAIRS WITH

Pfaff Gewürztraminer
France **\$15.39** 612119

Moillard Hugues Le Juste Viognier
France **\$13.09** 639757



NEW NIÇOISE SALAD WITH SARDINES AND TARRAGON DRESSING

SALAD

½ lb (250 g) small fingerling potatoes
a drizzle of olive oil
salt and freshly ground black pepper, to taste
4 to 6 red or yellow baby beets
½ lb (250 g) French beans, trimmed and left whole or cut on diagonal
6 quail eggs¹, hard-boiled, peeled and halved
1 cup (250 ml) assorted heirloom cherry tomatoes, halved
½ English cucumber, unpeeled, thinly sliced into rounds
6 radishes, trimmed and thinly sliced
½ lb (250 g) smoked sardines, boned and skinned
1 cup (250 ml) Niçoise olives

TARRAGON DRESSING

1 garlic clove
½ tsp (2 ml) salt, or to taste
⅓ cup (75 ml) extra-virgin olive oil
¼ cup (60 ml) flat leaf parsley

¹To prepare quail eggs, place eggs in saucepan and cover with water. Set heat to high and once water begins to simmer, gently roll eggs around in saucepan with a wooden spoon. Rolling will move yolk into centre. Bring water to a boil; boil for 3 minutes; then remove from heat and let stand in water for 2 minutes. Drain and cool eggs under cold running water. Drain. Gently shake saucepan so eggs roll around and shells break. Peel and cut eggs into halves.

2 tbsp (30 ml) chopped fresh tarragon
2 tbsp (30 ml) fresh lemon juice
liquid honey, to taste
freshly ground black pepper, to taste

1 Preheat oven to 375 F (190 C). Cut fingerlings into bite-sized pieces and toss with a little olive oil, salt and pepper. Spread on a parchment-lined baking sheet and roast in oven for 15 to 20 minutes or until tender but still firm. Remove and cool to room temperature.

2 Meanwhile boil beets in saucepan with water until tender when pierced with a sharp knife, about 20 to 25 minutes. Drain, cool and peel. Cut into quarters.

3 Blanch beans in boiling water; drain and plunge into cold water to stop cooking. Drain and blot dry. Boil quail eggs for 3 minutes (see footnote on pg.144).

4 Halve tomatoes; slice cucumbers and radishes. Arrange all ingredients in rows on a platter. Refrigerate while making dressing.

5 To make Tarragon Dressing, press garlic on cutting board with flat side of a chopping knife. Sprinkle with salt, mince and scrape salt and garlic together, forming a paste. Transfer paste to blender along with remaining dressing ingredients. Whirl until smooth and creamy. Scrape down sides of bowl a couple of times. Store in refrigerator until ready to serve. Can be made a few hours ahead.

6 Drizzle salad with dressing.

Serves 6

PAIRS WITH

Babich Marlborough Sauvignon Blanc
New Zealand **\$15.39** 560144

Road 13 Honest John's Rosé
BC VQA **\$14.79** 357327



SLOW-BAKED SALMON WITH SPINACH FLORENTINE AND TOMATO SALSA

TOMATO, LEMON AND CAPER SALSA

3 large, firm, ripe tomatoes
¼ cup (60 ml) finely minced cilantro
2 tbsp (30 ml) finely minced red onion
2 tbsp (30 ml) extra-virgin olive oil
1 garlic clove, minced
1 lemon, juice only
2 tsp (10 ml) capers, rinsed and drained
freshly ground black pepper, to taste

SALMON

4 x 6 oz (140 g) salmon fillets, skin on, about
1-in (2.5 cm) thick



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- 1 tbsp (15 ml) Shiro Miso¹
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) fresh lemon juice
- ½ tsp (2 ml) chopped fresh thyme leaves
- 1 cup (250 ml) cannellini beans, drained and warmed
- green onion, for garnish

LIGHT SPINACH FLORENTINE

- 2 tbsp (30 ml) olive oil
- 2 garlic cloves, minced
- 1½ lbs (750 g) baby spinach, rinsed and drained
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) freshly ground black pepper
- 2 to 3 tbsp (30 to 45 ml) whipping cream
- 1 lemon, zest only

1 To make salsa, finely chop tomatoes and drain briefly in a colander. Should measure about 1½ cups (375 ml). Place in bowl and add remaining ingredients. Gently fold together until evenly distributed. Cover and refrigerate until ready to serve.

2 To bake salmon, preheat oven to 275 F (140 C). Line baking sheet with parchment paper.

3 In a bowl, combine Shiro Miso, olive oil, lemon juice and thyme to blend. Brush over salmon fillets. Place salmon on prepared baking sheet and bake in preheated oven for 15 to 18 minutes or until almost opaque in centre.

4 Five minutes before salmon is baked, heat cannellini beans and keep warm.

5 Prepare Light Spinach Florentine. Heat olive oil in large, heavy saucepan. Add garlic and sauté over medium heat for about 1 minute. Do not brown.

6 Add spinach, salt and pepper then toss with garlic and oil. Cover and cook for 2 minutes. Remove lid and turn heat to high. Cook for 1 more minute to fully wilt spinach. Drain and stir in cream and lemon zest.

7 To serve, divide Florentine among serving plates and scatter each with cannellini beans.

8 Top with a portion of salmon fillet and spoon Tomato, Lemon and Caper Salsa over top. Garnish with green onion.

Serves 4

PAIRS WITH

JC Boisset Bourgogne Pinot Noir "Les Ursulines"
France **\$20.59** 582411

La Crema Sonoma Coast Chardonnay
USA **\$26.59** 366948

¹Shiro Miso is a paste made from white rice and soybean. Found in the dairy case of your local grocery store. Also available in a dark paste.

French Bistro Fare

from page 28



MUSSELS IN MUSTARD AND WINE

2 lbs (1 kg) mussels
1 tbsp (15 ml) unsalted butter
1 tbsp (15 ml) olive oil
2 shallots, minced
1 leek, cleaned and minced
2 garlic cloves, minced
1 cup (250 ml) white wine
1 tbsp (15 ml) moutarde de Meaux (old-fashioned grainy mustard)
salt and freshly ground black pepper, to taste
2 tbsp (30 ml) chopped flat leaf parsley
slices of fresh, crusty bread, to serve

1 Sort through mussels, lightly tapping any that are open to see if they close. Discard ones that remain open or damaged. Pull off beards and scrape off any barnacles using back of knife, then rinse several times. Set aside.

2 In a large saucepan or Dutch oven, heat butter and olive oil over medium heat. Sauté shallots, leek and garlic for 3 to 5 minutes until soft, stirring constantly. If garlic starts to brown, reduce heat. Add wine and mustard, bring to a boil, cook for 2 minutes. Add mussels and cover pan. Steam for 5 minutes, shaking pan occasionally, until mussels open. Discard any that do not open. Season with salt and pepper, stir in parsley.

3 Divide mussels and cooking liquid among bowls and serve immediately with crusty bread to mop up juices.

Serves 4 as an appetizer, 2 as a main

PAIRS WITH

Wither Hills Marlborough Sauvignon Blanc
New Zealand **\$15.39** 493619

Piper-Heidsieck Brut
France **\$56.59** 462432



SHRIMP-STUFFED FILLET OF SOLE

1 lb (500 g) unpeeled raw shrimp, size 21/25
2 tbsp (30 ml) unsalted butter
2 tbsp (30 ml) olive oil
½ cup (125 ml) minced yellow onion
¼ cup (60 ml) minced celery
¼ cup (60 ml) minced red bell pepper
1 tbsp (15 ml) minced garlic
1 tsp (5 ml) cayenne pepper
1 tsp (5 ml) salt
2 tbsp (30 ml) finely chopped flat leaf parsley, plus extra for garnish
¼ cup (60 ml) fine dry bread crumbs
4 x ¼ lb (125 g) sole fillets
salt and freshly ground black pepper, to taste
12 lemon slices, divided

SAUCE

2 tbsp (30 ml) butter
reserved shrimp shells
3 tbsp (45 ml) minced shallots
1 tbsp (15 ml) minced garlic
¼ cup (60 ml) dry white wine
1 cup (250 ml) chicken stock
1 cup (250 ml) whipping cream
2 tsp (10 ml) Worcestershire sauce
1 bay leaf
¼ cup (60 ml) cold, unsalted butter
1 tsp (5 ml) chili sauce

1 Position rack in middle position and preheat oven to 350 F (180 C). Line shallow baking dish with parchment paper, just large enough to hold 4 rolled sole fillets. Set aside.

2 Peel shrimp and reserve shells for sauce. Roughly chop shrimp and set aside.

3 In a medium-sized frying pan, melt butter over medium-high heat. Add olive oil, when hot add onion, celery and bell pepper. Cook, stirring until softened, 2 to 3 minutes. Add shrimp, garlic, cayenne pepper and salt and cook, stirring, for 1 minute. Remove from heat and add parsley. Set aside until cooled, then add bread crumbs and stir to combine.

4 Season fish with salt and black pepper. Divide shrimp stuffing evenly among centre of fillets and roll over stuffing so it is enclosed. Top with half the lemon slices. Place side by side in baking dish and bake until fish is just cooked through and lightly golden on top, 25 to 30 minutes.

5 While fish is cooking, prepare Sauce. Melt butter in medium-sized saucepan over medium-high heat. Add reserved shrimp shells and cook, stirring frequently, until shells are lightly golden, 4 to 6 minutes. Add shallots and garlic and cook, stirring for 1 minute. Add white wine and cook until almost evaporated, 1 minute. Add stock, cream, Worcestershire sauce and bay leaf and reduce heat to medium-low. Cook, stirring occasionally until liquid is reduced enough to coat the back of a spoon, about 8 minutes. Strain sauce through a fine-meshed sieve, pressing on shells to release as much liquid as possible. Return sauce to saucepan, taste and adjust seasonings as preferred and keep warm until serving.

6 When fish is ready, remove from oven and transfer to serving plates. Remove sauce from heat, whisk in cold, unsalted butter and chili sauce and spoon sauce over fish. Garnish with fresh parsley and remaining lemon slices and serve.

Serves 4

PAIRS WITH

Fat Bastard Chardonnay
France **\$13.99** 563130

J. Lohr Riverstone Chardonnay
USA **\$19.99** 258699



SUNCHOKES CONFIT SALAD

NASTURTIUM OIL (OPTIONAL)

2 cups (500 ml) nasturtium leaves
½ cup (125 ml) olive oil

SALAD

1 lb (500 g) sunchokes
1 cup (250 ml) duck fat or olive oil
1 tbsp (15 ml) white wine vinegar
1 tsp (5 ml) finely minced shallots
¼ cup (60 ml) hazelnut oil
½ cup (125 ml) fresh or frozen, shelled fava beans
1 radish, thinly sliced
2 cups (500 ml) micro greens
½ cup (125 ml) hazelnuts, roasted and skinned
sea salt and freshly ground black pepper, to taste



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edible flowers for garnish¹
Nasturtium Oil, for garnish, optional

1 If making Nasturtium Oil, place leaves and oil in a blender and process until smooth. Transfer to a non-reactive container and cover. Refrigerate until ready to use.

2 For Salad, peel sunchokes and reserve. Pour duck fat or olive oil into a small saucepan and heat over medium-low heat. When warm, add sunchokes and cook, uncovered, for about 1 to 2 hours over low heat (fat/oil temperature 180 to 190 F), until tender. Remove sunchokes from pan and place on cooling rack set over a baking sheet to drain.

3 To make vinaigrette, combine white wine vinegar and shallots in a small bowl. Slowly drizzle in hazelnut oil while whisking, until emulsified.

4 When sunchokes have cooled, slice and place in a large bowl. Add fava beans, radishes, micro greens and hazelnuts and drizzle with vinaigrette. Toss to coat. Add salt and pepper to taste.

5 To serve, divide salad among 4 serving plates, garnish with edible flowers, drizzle a little more dressing around salad and serve. Garnish with dots of Nasturtium Oil.

Serves 4

PAIRS WITH

Château Grand Renom Bordeaux Blanc
France **\$12.79** 123026

St. Hallett Poacher's Semillon Sauvignon Blanc
Australia **\$11.89** 535963

Homemade Ricotta

from page 38

HOMEMADE RICOTTA²

3 cups (750 ml) whole milk
1 cup (250 ml) whipping cream
½ tsp (2 ml) kosher salt
3 tbsp (45 ml) fresh lemon juice

1 Place large colander over a deep bowl and line with 2 layers of cheesecloth. Set aside.

2 Pour milk and cream into a large stainless steel saucepan and stir in salt. Place saucepan over medium heat and bring to a full boil, stirring occasionally to prevent scorching. Remove saucepan from heat and immediately stir in lemon juice. Allow mixture to stand, undisturbed, for 5 minutes. Milk mixture will curdle, separating into curds and whey.

3 Gently ladle mixture into cheesecloth-lined sieve and drain into bowl, at room temperature, at least 30 minutes, no longer than 1 hour. Discard any liquid in bowl. Ricotta will firm as it cools, so don't judge final texture by how it looks in sieve. Transfer ricotta to an airtight container, discard cheesecloth and remaining whey. Use immediately or refrigerate for up to 4 days.

Makes about 1 cup

¹Edible flowers are available in produce section of specialized stores and at farmers' markets.

²Can be used to substitute in following recipes.



SMOKED HAM AND RICOTTA TART WITH ZUCCHINI SALAD

PASTRY

1¼ cup (300 ml) all-purpose flour, plus extra for dusting
¼ tsp (1 ml) salt, plus extra to taste
½ cup (125 ml) unsalted butter
½ cup (125 ml) finely grated Parmesan
2 tbsp (30 ml) sour cream
1 large egg yolk

FILLING

1¼ cup (300 ml) ricotta cheese
2 large eggs, divided
1 garlic clove, minced
freshly ground black pepper, to taste
5 oz (140 g) thinly sliced smoked ham

ZUCCHINI SALAD

1 yellow zucchini
1 green zucchini
½ cup (125 ml) fresh chervil
½ cup (75 ml) fresh parsley
2 tbsp (30 ml) chopped fresh chives
½ cup (125 ml) shaved ricotta salata
2 tbsp (30 ml) extra-virgin olive oil
1 lemon, cut into 8 wedges

1 Start recipe by making Pastry for tart. Place flour, salt, butter and Parmesan in a food processor and pulse until mixture resembles fine bread crumbs. Add sour cream and egg yolk before processing until a smooth dough forms. Transfer to a lightly floured work surface, form into a disk, wrap in plastic wrap and refrigerate for 1 hour.

2 Meanwhile preheat oven to 400 F (200 C). Lightly grease a 9-in (23 cm) pie plate with olive oil and set aside.

3 Once chilled, roll pastry out on a lightly floured work surface into a 12-in (30 cm) round. Line prepared pie plate with pastry, leaving excess overhanging edges of plate.

4 For filling, in another bowl, with a wooden spoon, stir together ricotta, 1 egg, garlic and a good pinch of salt and pepper until well combined.

5 Lay ham in pastry shell and top with ricotta mixture. Fold in overhanging pastry over filling. Pastry will overlap itself at intervals.

6 In a small bowl, whisk remaining whole egg and brush over pastry crust. Bake tart until golden brown, about 25 to 30 minutes.

7 While tart is baking, prepare Zucchini Salad to be served alongside tart. Thinly slice yellow and green zucchini lengthwise with a vegetable peeler to create long ribbons. Add to a large bowl and gently toss along with parsley, chervil, chives, ricotta salata, olive oil and juice from 4 or 5 lemon wedges. Season to taste with salt and pepper. Serve slices of ricotta tart warm with Zucchini Salad on top.

Serves 6

PAIRS WITH

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Italy **\$17.69** 151860

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SPINACH AND RICOTTA GNOCCHI

1 x 1 lb (500 g) package frozen chopped baby spinach, thawed
3 tbsp (45 ml) chopped fresh chives
1½ cups (375 ml) ricotta cheese
½ cup (125 ml) finely grated Romano cheese, plus extra for garnish
1 tbsp (15 ml) lemon zest
¼ cup (300 ml) all-purpose flour, plus extra for dusting
2 large eggs
½ tsp (2 ml) salt, plus extra
5 heirloom tomatoes, sliced
1 cup (250 ml) halved cherry tomatoes
fresh basil, for garnish
salt and freshly ground black pepper, to taste
extra-virgin olive oil, for garnish

1 Squeeze any excess moisture from spinach and coarsely chop before adding to a large bowl along with chives, ricotta, Romano cheese, lemon zest, flour, eggs and salt. Mix well with hands to form a soft dough. Tip dough out onto a lightly floured work surface and divide into roughly 2 equal pieces. Roll each piece into a long rope, about 16-in (40 cm) long, before cutting into 1-in (2.5 cm) pieces. Transfer to a lightly floured baking tray and lightly dust with extra flour. Refrigerate gnocchi until ready to cook.

2 Bring a large saucepan of salted water to boil over high heat. Cook gnocchi in batches for about 5 minutes or until they float.

3 Divide tomatoes and gnocchi among serving plates, top with basil and salt and pepper. Garnish with a drizzle of olive oil and sprinkle with Romano cheese.

Serves 6

PAIRS WITH

Château De Sancerre Sancerre
France **\$26.09** 164582

Cono Sur Organic Sauvignon Blanc
Chile **\$12.59** 813576



RICOTTA-STUFFED ARTICHOKES

ARTICHOKES

½ cup (125 ml) fresh lemon juice
6 large fresh artichokes

STUFFING

1 cup (250 ml) pine nuts, lightly toasted
1 lb (500 g) ricotta cheese
¼ cup (60 ml) extra-virgin olive oil, divided
2 garlic cloves, minced
¼ tsp (1 ml) freshly grated nutmeg
2 tbsp (30 ml) chopped fresh parsley
2 tbsp (30 ml) chopped fresh basil
2 tsp (10 ml) chopped fresh thyme
salt and freshly ground black pepper, to taste
½ cup (125 ml) dry white wine

1 To prepare Artichokes, fill a large pot with 2 to 4-in (5 to 10 cm) water and place a steamer basket over top. Bring water to boil over high heat while preparing artichokes.

2 Fill large bowl with cold water and add lemon juice. Working with 1 artichoke at a time, cut off stem and top 2-in (5 cm). Dunk in acidulated lemon water before cutting off pointy ends of outer leaves with scissors. Place artichoke in lemon water and repeat with remaining artichokes.

3 Add artichokes to steamer basket, cover and steam, adding more water as needed, until a knife can easily pierce through base of artichokes, about 15 minutes. Remove from pot and allow to cool upside down on wire rack set over a rimmed baking sheet or kitchen towel to catch excess liquid. Remove several centre leaves and, using a melon baller, scoop out fuzzy choke from centre of each artichoke and discard.

4 Preheat oven to 375 F (190 C).

5 Meanwhile, for stuffing, coarsely chop pine nuts in a food processor. Transfer 2 tbsp (30 ml) chopped pine nuts to a small bowl and set aside. Add ricotta, 1 tbsp (15 ml) olive oil, garlic and nutmeg to chopped pine nuts in food processor. Pulse until well combined.

6 Transfer ricotta mixture to a bowl and stir in parsley, basil and thyme. Season to taste with salt and pepper. Divide some ricotta mixture stuffing among centre of each artichoke before spooning remaining mixture between artichoke leaves. Pour remaining 3 tbsp (45 ml) olive oil and wine into 9 x 13-in (3.5 L) baking dish before arranging stuffed artichokes inside. Cover dish with foil and bake until artichokes are very tender and stuffing is slightly firm, about 30 to 40 minutes. Uncover and sprinkle with reserved chopped pine nuts and bake uncovered until filling starts to brown, another 10 to 15 minutes. Let stand 10 minutes before serving warm.

Serves 6

PAIRS WITH

Yalumba Organic Chardonnay
Australia **\$15.99** 698845

Ricossa Barbera D'asti
Italy **\$11.89** 457135

La Cocina

from page 46



CHORIZO, CALAMARI AND ORZO PASTA SALAD

SALAD

1½ cups (375 ml) orzo pasta, about 8 oz (250 g)
2 tbsp (30 ml) olive oil, divided
1 lb (500 g) small calamari, cleaned, tubes cut into ½-in (1.25 cm) rounds and tentacles trimmed¹
¾ lb (340 g) dried cured chorizo
½ cup (125 ml) Spanish olives
2 large ripe tomatoes, diced
¼ cup (60 ml) chopped flat leaf parsley
3 tbsp (45 ml) chopped fresh mint
2 tbsp (30 ml) chopped fresh chives

DRESSING

¼ cup (60 ml) extra-virgin olive oil
2 tbsp (30 ml) sherry vinegar
2 garlic cloves, smashed and minced
½ tsp (2 ml) ground cinnamon
½ tsp (2 ml) ground cumin
¼ tsp (1 ml) sea salt
liquid honey, to taste
freshly ground black pepper
fresh mint
fresh flat leaf parsley
lemon wedges, for garnish

1 In a large pot of boiling salted water, cook pasta for 10 minutes or just until firm and chewy. Stir occasionally to prevent sticking together. Drain and rinse under cold water, then drain thoroughly. Transfer to large bowl and stir in 1 tbsp (15 ml) oil. Set aside.

¹To clean squid, cut off tentacles above where they attach and just under the eye. Push out hard beak from centre; discard. Rinse off grit. Pull eye and innards out of tubes and discard. Reach in and pull out cellophane-like backbone (quill). If preferred, loosen corner of purple skin and pull off.

2 Heat 1 tbsp (15 ml) oil in large frying pan over medium heat. Add squid and cook for 3 minutes, just until cooked through. Add to cooked pasta.

3 Peel casing from chorizo and thinly slice sausage into rounds. Add to frying pan and lightly brown over medium heat. Remove and blot dry with paper towel. Add to cooked pasta along with olives, tomatoes and herbs. Gently toss and set aside.

4 For Dressing, in a bowl, whisk together oil, vinegar, garlic, cinnamon, cumin and salt. Add a drizzle of liquid honey and black pepper, to taste.

5 To finish, drizzle dressing over pasta and toss to coat. Sprinkle with mint and parsley. Serve at room temperature with lemon wedges.

Serves 4 to 6

PAIRS WITH

Marqués de Cáceres Rioja Crianza
Spain **\$17.39** 345108

El Petit Bonhomme Rueda Verdejo
Spain **\$12.09** 79046



CRISP, WHITE SANGRIA


2 cups (500 ml) white grape juice, divided
¼ cup (60 ml) berry sugar
1 bunch fresh mint
1 x 750 ml bottle dry white wine
1½ cups (375 ml) unsweetened apple juice
1 lime, juice only
2 limes, thinly sliced
1 cup (250 ml) seedless green grapes, halved
1 x 750 ml bottle soda water, chilled
1 green apple, cored, cut into thin wedges

1 In a small saucepan over medium heat, combine 1 cup (250 ml) white grape juice and berry sugar, stirring to dissolve sugar. Remove from heat and stir in 2 mint sprigs. Bring to room temperature.

2 In a glass jug or container large enough to hold 8 cups (2 L), combine cooled and remaining grape juice with several more sprigs of mint, wine,

DISCOVER YOUR DARK SIDE



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apple juice and lime juice. Refrigerate overnight for flavours to meld.

3 When ready to serve, remove mint sprigs. Place several lime wedges in a sangria pitcher. Add half the grapes and a couple mint sprigs.

4 Pour half the sangria mixture into pitcher and top with chilled soda water.

5 Serve sangria over ice in cocktail glasses, garnish with lime and apple wedges and a sprig of mint.

Makes about 10 cups (2.5 L)



CHICKPEA BALLS WITH CATALAN ROMESCO SAUCE

CHICKPEA BALLS

2 x 19 oz (540 ml) cans chickpeas, rinsed and drained
3 garlic cloves, smashed and minced
1 lemon, finely grated, zest only
2 tsp (10 ml) ground coriander
2 tsp (10 ml) ground cumin
1 tsp (5 ml) Hungarian paprika
½ tsp (2 ml) sea salt
freshly ground black pepper, to taste
¼ cup (60 ml) fine, dry bread crumbs
2 tbsp (30 ml) minced fresh parsley
1 egg, whisked
2 tbsp (30 ml) fresh lemon juice
3 cups (750 ml) arugula, to finish
3 tbsp (45 ml) olive oil, to finish

¼ cup (60 ml) marcona almonds, to finish
1 lemon, juice and zest, to finish

ROMESCO SAUCE

1 large red bell pepper
2 dried Nora chilies
2 tbsp (30 ml) olive oil
1 slice white or whole wheat bread
½ yellow cooking onion, diced
1 x 14 oz (398 ml) can fire-roasted, diced tomatoes¹
2 garlic cloves, minced and smashed
1 pinch sea salt
1 pinch granulated sugar
½ cup (125 ml) coarsely chopped marcona almonds
1 tbsp (15 ml) red wine vinegar
extra-virgin olive oil, to finish

1 To make Chickpea Balls, in a food processor, combine chickpeas, garlic, lemon zest, coriander, cumin, paprika and salt. Pulse until chickpeas are finely chopped, scraping down sides of bowl with a spatula a few times. Add pepper, to taste. Add bread crumbs, parsley, egg and lemon juice and pulse briefly to blend.

¹If canned fire-roasted tomatoes are unavailable, substitute with regular and add a couple generous pinches of smoked paprika.

2 Transfer mixture to a bowl and work with hands to fully blend. It should be consistency of cookie dough. Pinch dough together using fingertips and roll into 1 to 1½-in (2.5 to 4 cm) balls. Place on parchment-lined baking sheet, allowing a little space between balls, and refrigerate for about 30 minutes.

3 Meanwhile, preheat broiler and prepare Romesco Sauce. Place bell pepper on baking sheet about 4-in (10 cm) from burner. Broil, turning pepper with tongs every couple minutes until pepper is blackened and soft. Remove and cool in a covered bowl.

4 In a small bowl, cover dried chilies with boiling water and set aside to soak for 30 minutes.

5 Heat oil in a frying pan. Add bread and fry over medium-high heat until golden on both sides and quite crisp. Remove from pan and set aside to cool. Finely dice.

6 Lower heat to medium, add onion to remaining oil in frying pan and sauté until soft. Add tomatoes, garlic, pinches of salt and sugar to taste and a little water. Simmer for 10 minutes until sauce is slightly thickened. Transfer to a large bowl and set aside.

7 Once cooled, peel and seed roasted red bell pepper. Finely chop and add to tomatoes in bowl.

8 Drain chilies and remove stems and seeds. Finely chop and add to tomatoes in bowl along with coarsely chopped marcona almonds. Stir everything together until well mixed.

9 Fold in diced bread and red wine vinegar. Taste and add more seasonings and sugar if you wish. For a smoother mixture, whirl in food processor, if desired. Splash some extra-virgin olive oil on top. Mixture can be made ahead and refrigerated up to 2 days.

10 Preheat oven to 375 F (190 C). Brush or spray chickpea balls all over with 1 tbsp (15 ml) olive oil. Bake in oven for 15 to 20 minutes or until golden and piping hot. Stir a couple of times during baking.

11 To serve, toss arugula with remaining 2 tbsp (30 ml) oil, lemon zest and a little lemon juice in a medium bowl. Arrange on a platter or plate, sprinkle with a few almonds and top with Chickpea Balls and serve with a small bowl of Romesco Sauce drizzled with a little extra-virgin olive oil.

Makes about 3 dozen balls and 2 to 3 cups (500 to 750 ml) sauce

PAIRS WITH

Batasiolo Barbera d'Alba
Italy **\$15.69** 311555

Milcampos Viñas Viejas Tempranillo
Spain **\$15.69** 602656



CHOCOLATE-CINNAMON FLANS

¾ cup (175 ml) berry sugar
1 cup (250 ml) whole milk
2 oz (60 g) dark chocolate, 70% cocoa
2 eggs
3 egg yolks
1 x 100 ml can sweetened condensed milk
¼ tsp (1 ml) cinnamon
1 pinch of salt
1 vanilla bean
physalis fruit and raspberries, for garnish

1 Preheat oven to 325 F (175 C). Line base of metal pan, 9 x 13-in (3.5 L), with paper towels. Pan should fit six ¾ cup (175 ml) ramekins.

2 To make caramel sauce, add sugar to a small, heavy-bottomed saucepan with enough water to dissolve sugar, about ½ cup (125 ml). Cook, stirring over low heat, until sugar is dissolved. Increase heat to high. Cook, without stirring, occasionally brushing down sides of saucepan with heatproof pastry brush dipped in water, until mixture is golden amber in colour, about 7 minutes. Swirl pan around to even out caramelizing. Remove from heat as soon as it reaches a rich, golden stage, to avoid burning.

3 Using an oven mitt to hold each individual ramekin, pour a little caramel sauce, about 2 tbsp (30 ml), into each and swirl to coat base and halfway up sides. Place each ramekin into lined baking dish and set aside to cool.

4 In a medium-sized saucepan over low heat combine whole milk and chocolate. Cook, stirring for 4 to 5 minutes until chocolate melts and mixture is smooth.

5 In a large bowl, preferably with a spout, whisk together eggs and yolks, condensed milk, cinnamon and salt. Scrape seeds from vanilla bean and whisk into mixture. Gradually whisk in chocolate mixture slowly so as not to curdle eggs, then whisk vigorously until blended.

6 Pour mixture through a fine-meshed sieve into caramel-glazed ramekins and place them into the paper towel-lined metal pan. Place pan with ramekins in centre of oven and carefully pour enough boiling water into baking dish to reach halfway up sides of ramekins.

7 Bake for 20 to 30 minutes or until flans are firm when gently nudged.

8 Carefully remove baking dish from oven and let ramekins cool in pan in water bath for 10 minutes. Remove ramekins from water and cool on rack. Cover with plastic wrap and refrigerate at least 2 hours or up to 2 days

9 To serve, warm a sharp palette knife, run around edges of ramekins and invert each onto a serving dish. Scrape any remaining caramel onto each flan. Garnish with fruit.

Serves 6

PAIRS WITH

KWV Classic Cape Tawny
South Africa **\$11.29** 17434

Gonzalez Byass Nutty Solera Medium Sherry
Spain **\$15.69** 35204



SPICY CHICKEN SKEWERS WITH COOL CUCUMBER YOGURT

COOL CUCUMBER YOGURT

½ English cucumber, unpeeled and seeded
1 cup (250 ml) plain Greek yogurt
1 garlic clove, smashed and minced
2 tbsp (30 ml) extra-virgin olive oil
1 tbsp (15 ml) white wine vinegar
½ tsp (2 ml) sea salt
½ tsp (2 ml) ground cumin
½ lemon, zest and juice

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CROUTONS

2 thick slices sourdough bread
1 tbsp (15 ml) olive oil
¼ tsp (1 ml) sumac powder
salt and freshly ground black pepper

CHICKEN SKEWERS

2 large boneless, skinless chicken breasts, about 1 lb (500 g) each
1 large red bell pepper, cored and seeded
1 large yellow bell pepper, cored and seeded
1 tbsp (15 ml) olive oil
1 lime, zest and juice
1 tsp (5 ml) ground cumin
1 tsp (5 ml) smoked hot paprika
¼ tsp (1 ml) sea salt
8 wooden 8-in (20 cm) skewers, soaked
1 x 8-in (20 cm) large zucchini, shaved lengthwise into 16 ribbons¹
extra-virgin olive oil, to finish
fresh lime juice, optional, to finish

SALAD

1 head Bibb or curly leaf lettuce
½ cup (125 ml) lightly packed mint
½ cup (125 ml) lightly packed cilantro
¼ cup (60 ml) chopped flat leaf parsley

- 1 Prepare Cool Cucumber Yogurt ahead of time. Grate unpeeled, seeded cucumber and place in a sieve over a bowl. Refrigerate overnight.
- 2 In a bowl, combine remaining Cool Cucumber Yogurt ingredients and stir together. Cover and refrigerate overnight.
- 3 Combine reserved drained cucumber and yogurt mixture and fold together. Refrigerate until ready to use.
- 4 For Croutons, preheat oven to 400 F (200 C). Brush bread with 1 tbsp (15 ml) olive oil on both sides. Dust with sumac powder, salt and pepper. Cut bread into 1-in (2.5 cm) cubes. Spread on parchment-lined baking sheet and bake in oven for 5 to 8 minutes or until golden and crisp. Stir often. Remove and cool. Leave oven temperature at 400 F (200 C).
- 5 Cut chicken into about 16 x 1-in (2.5 cm) chunks. Cut each bell pepper into 12 x 1-in (2.5 cm) chunks. Place chicken and peppers in large bowl and toss with 1 tbsp (15 ml) olive oil and lime juice.
- 6 In a small bowl, combine cumin, paprika and salt and stir together. Sprinkle over chicken and peppers and toss lightly to coat.
- 7 Spread out on parchment-lined baking sheet and bake in preheated oven for 5 to 7 minutes, or just until chicken chunks are almost cooked through. Stir a couple of times. Remove from oven.
- 8 Meanwhile, make Salad. Separate lettuce into leaves, wash and blot dry. Place a couple leaves on each serving plate and scatter bread cubes over top along with mint, cilantro and parsley, reserving some herbs for top.
- 9 When chicken is cool enough to handle, thread each soaked wooden skewer with 2 pieces of chicken, 2 ribbons of zucchini and 3 chunks of pepper, alternating ingredients. Lay skewers in a single layer on baking sheet and return to oven for 3 to 5 more minutes or until chicken is fully cooked and vegetables are done but still crisp.

¹To make zucchini ribbons more pliable, run through hot water and blot dry.

10 Place a couple chicken skewers on top of each salad plate and season with salt, scattering remaining fresh herbs over top. Drizzle with a splash of olive oil and a little more fresh lime juice if desired. Serve with Cool Cucumber Yogurt.

Serves 4

PAIRS WITH

La Tarasque Old Vine Grenache
France **\$16.69** 826586

Breca Old Vines Garnacha
Spain **\$21.79** 672253

Toast of the Town

from page 58



THAI-SPICED GRILLED PRAWNS ON CIABATTA

1 star anise
4 whole cloves
2 allspice berries
½ cinnamon stick
1 tsp (5 ml) coriander seeds
1 tsp (5 ml) cumin seeds
1 tbsp (15 ml) salt, plus extra, to taste
1 avocado, pitted, peeled and chopped
2 tbsp (30 ml) fresh lime juice
12 large prawns, peeled and deveined
1 tbsp (15 ml) extra-virgin olive oil
¼ pomelo, peeled and pith removed before cutting into 1-in (2.5 cm) pieces
¼ English cucumber, cut into thin rounds
2 tbsp (30 ml) roasted peanuts, chopped
2 tbsp (30 ml) small mint leaves
2 tbsp (30 ml) cilantro
2 tbsp (30 ml) fresh basil leaves, roughly torn
½-in (1.25 cm) piece of gingerroot, peeled and julienned
1 tsp (5 ml) finely chopped lemon grass
1 green onion, finely sliced
½ bird's eye chili, seeded and finely chopped
2 ciabatta rolls (or small baguettes), halved and toasted

1 In a small frying pan over medium heat, toast first 6 ingredients until fragrant, about 5 minutes. Remove from heat and cool to room temperature before finely grinding in spice grinder or mortar and pestle. Stir in salt and set aside.

2 In a blender or small food processor, combine avocado, lime juice and a pinch of salt until smooth. Set aside.

3 Preheat a grill or grill pan over medium-high heat.

4 In a bowl, toss together prawns, oil and prepared spice mix. Grill prawns until cooked through, about 1 minute per side, and set aside.

5 In a large bowl toss together pomelo, cucumber rounds, peanuts, mint, cilantro, basil, ginger, lemon grass, green onion and chili.

6 To serve, spread each toasted ciabatta half with prepared avocado cream and top with prawns and some pomelo salad. Serve immediately.

Makes 4 open-faced sandwiches

PAIRS WITH

Pfaff Pinot Gris
France **\$17.39** 61644

Mission Hill Five Vineyards Pinot Grigio
BC VQA **\$14.79** 563981



BEET-CURED STEELHEAD TROUT ON DARK RYE

¾ cup (175 ml) granulated sugar
½ cup (125 ml) kosher salt
½ tsp (2 ml) freshly ground black pepper
2 tbsp (30 ml) chopped fresh dill
½ tsp (2 ml) lemon zest
1½ lbs (750 g) steelhead trout fillet, scaled, pin-bones removed, skin left on
3 tbsp (45 ml) vodka
1 large red beet, peeled and grated
¼ cup (60 ml) Greek yogurt
3 tbsp (45 ml) mayonnaise
3 tbsp (45 ml) chopped fresh dill, plus extra for garnish
2 tsp (10 ml) fresh lemon juice

1 tsp (5 ml) chopped capers
1 tbsp (15 ml) finely chopped red onion
salt and freshly ground black pepper, to taste
6 pieces dark rye or Pumpernickel bread, toasted
2 tbsp (30 ml) salted butter
½ English cucumber, thinly sliced into rounds
½ yellow zucchini or yellow beet, thinly sliced into rounds
3 radishes, trimmed and thinly sliced

1 Line dish large enough to hold trout fillet with a double layer of aluminum foil and a layer of plastic wrap. In a bowl, stir together sugar, salt, pepper, dill and lemon zest. Scatter half the sugar mixture in a fat line down centre of prepared dish. Place trout fillet on top, skin-side down and sprinkle with vodka before covering with remaining sugar mixture. Place grated beet on top of sugared flesh side of fish. Wrap tightly with plastic wrap trout is sitting on and allow to cure in refrigerator for 2 days, flipping fish over after 24 hours. Unwrap fish, rinse off beet and sugar mixture under cold water and pat dry with paper towel. Slice fillet very thinly across fish on the bias, taking care to leave behind skin. Fan out on plate, wrap with plastic wrap and refrigerate until ready to use.

2 In a bowl, whisk together yogurt, mayonnaise, dill, lemon juice, capers and red onion. Season to taste with salt and pepper. Refrigerate until ready to use.

3 Just before ready to serve, spread bread with butter and then some lemon-dill sauce. Divide cucumber, zucchini and radishes equally among bread slices. Top with trout and garnish with dill sprigs, if desired. Serve immediately.

Makes 6 open-faced sandwiches

PAIRS WITH

Ganton & Larsen Prospect Winery
Fats Johnson Pinot Noir
BC VQA **\$14.79** 178533

McLarens On The Lake Unwooded Chardonnay
Australia **\$12.19** 801449

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CREAMY FETA AND ASPARAGUS WITH SOFT-BOILED EGG ON COUNTRY BREAD

4 small eggs, at room temperature
4 oz (125 g) feta cheese
2 tbsp (30 ml) plain Greek yogurt
1 tbsp + 2 tsp (15 ml + 10 ml) lemon juice, divided
12 fat asparagus spears
1 tbsp (15 ml) extra-virgin olive oil, plus extra for garnish
½ tsp (2 ml) finely grated lemon zest
flaked sea salt, such as Maldon salt, plus extra to taste
4 slices of country loaf, sliced ½-in (1.25 cm)

thick and toasted
2 tbsp (30 ml) fresh chervil leaves
1 tsp (5 ml) crushed pink peppercorns

1 Bring saucepan of water to a boil. Gently lower eggs into water and boil for 6 minutes before draining and running under cold water to cool. Carefully peel and half each egg and set aside.

2 In a small food processor combine feta, yogurt and 1 tbsp (15 ml) lemon juice until smooth and creamy.

3 Thinly slice asparagus with vegetable peeler and place in large bowl before tossing with remaining 2 tsp (10 ml) lemon juice, olive oil, lemon zest and a pinch of salt. Marinate for 10 minutes.

4 To assemble, spread creamy feta on toast and top with marinated asparagus and 2 egg halves. Garnish each with a sprinkle of chervil, pink peppercorns and an extra pinch of salt, if desired. Serve immediately.

Makes 4 open-faced sandwiches

PAIRS WITH

Bear Flag Soft White Wine Blend
USA **\$11.29** 121194

Red Rooster Pinot Blanc
BC VQA **\$14.79** 103044



ROASTED RED PEPPER AND ALMOND SALSA WITH FAVA BEANS ON SOURDOUGH

2 red bell peppers
1 tbsp (15 ml) olive oil, plus extra for garnish
4 garlic cloves, sliced
1 tbsp (15 ml) sherry vinegar
1 tsp (5 ml) liquid honey
½ cup (75 ml) blanched almonds

salt and freshly ground black pepper, to taste
 4 slices sourdough bread, cut into ½-in (1.25 cm) slices and toasted
 6 oz (180 g) soft goat's cheese
 ½ cup (125 ml) fresh or frozen fava beans, blanched, tough outer skins removed
 1½ tbsp (22 ml) finely chopped fresh chives

1 Preheat broiler.

2 Place bell peppers on baking sheet and broil, turning occasionally, until soft and skin is charred on all sides, about 20 minutes. Transfer to bowl and cover bowl with plastic wrap, allowing peppers to steam. Set aside until peppers have cooled to room temperature. Peel skins off, remove stems and seeds and cut each pepper in half.

3 In a small frying pan warm oil and garlic over medium heat until garlic turns golden. Remove from heat and transfer to food processor along with red pepper pieces, sherry vinegar, honey and blanched almonds. Process until a coarse paste forms. Season to taste with salt and pepper.

4 Spread goat's cheese on bread slices before topping with dollops of red pepper salsa and a sprinkle of fava beans. Season with salt and pepper before garnishing with chives and a drizzle of olive oil. Serve immediately.

Makes 4 open-faced sandwiches

PAIRS WITH

Spier Signature Chenin Blanc
 South Africa **\$12.69** 659037

Santa Cristina Sicilia Pinot Grigio
 Italy **\$14.79** 758151

New Choux

from page 72

BASIC CHOUX PASTRY
 (MASTER RECIPE)

1 cup (250 ml) water
 ½ cup (125 ml) unsalted butter, cut into small pieces
 1 tbsp (15 ml) granulated sugar
 ¼ tsp (1 ml) salt
 1 cup (250 ml) all-purpose flour
 4 large eggs

1 Preheat oven to 400 F (200 C) and place rack in middle position. Line baking sheet with parchment paper.

2 In a medium-sized saucepan, combine water, butter, sugar and salt. Cook until butter has melted. Remove from heat and add flour all at once. Mix rapidly with a wooden spoon until dough gathers together and begins to form a ball. Return saucepan to heat and cook for 1 to 2 minutes, continuing to stir until dough is dry and a light film of cooked flour coats bottom of saucepan.

3 Transfer dough to bowl of a stand mixer fitted with paddle attachment and beat on low speed for 3 minutes to cool down dough. Add eggs, 1 at a time, beating until mixture is smooth before adding next egg. Once all eggs are added, continue beating on low until dough is smooth and shiny, about 2 to 3 minutes.

4 This step might vary depending on the recipe and what the dough is used for. Add dough to a pastry bag fitted with a ½-in (1.25 cm) plain tip and pipe out balls about 1¼-in (3 cm) in diameter directly onto prepared baking sheet. Bake for 15 minutes or until well puffed and golden. **DO NOT OPEN OVEN DOOR!** Then lower oven to 325 F (170 C) and continue to bake another 30 minutes, or until golden all over. Cool completely on baking sheet. Puffs will keep for 2 to 3 days, or frozen for 3 months in a tightly covered container.



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Makes 24 to 48 puffs or 12 to 24 éclairs, depending on size



CROQUEMBOUCHE

1 x Basic Choux Pastry recipe (make ahead, see Master Recipe, pg.157)

SALTED CARAMEL PASTRY CREAM

¾ cup (175 ml) granulated sugar, divided
¼ cup (60 ml) water
2 cups (500 ml) whole milk
¼ cup (60 ml) cornstarch
6 large egg yolks
2 tbsp (30 ml) butter
1 tsp (5 ml) vanilla
¼ tsp (1 ml) fleur de sel or sea salt

CARAMEL SAUCE/ SPUN SUGAR GARNISH

¾ cup (150 ml) water
2 cups (500 ml) granulated sugar
2 tbsp (30 ml) corn syrup
one 4 x 8-in (10 x 20 cm) Styrofoam cone¹

- 1 Prepare Basic Choux Pastry as per Master Recipe. Once puffs have cooled, make a small incision in bottom of each.
- 2 Prepare the Salted Caramel Pastry Cream. In a medium-sized, heavy-bottomed saucepan, combine ½ cup (125 ml) sugar and the water. Over medium-low heat, cook until caramelized and deep amber in colour, 8 to 10 minutes.
- 3 Meanwhile, heat milk in separate saucepan or in microwave until hot, but not boiling.
- 4 Remove saucepan with sugar syrup from heat and whisk in milk in a slow, steady stream. Return saucepan to low heat and stir until smooth. Remove and set aside.
- 5 Meanwhile, in a medium-sized bowl, whisk together cornstarch and ¼ cup (60 ml) sugar. Whisk in egg yolks. Continue whisking while adding prepared hot caramel mixture in a thin, steady stream.
- 6 Transfer mixture back to saucepan and heat, whisking constantly, over medium heat for 2 to 3 minutes, or

until it thickens and just comes to a boil. Immediately strain through a fine meshed sieve into a clean bowl and stir in butter, vanilla and salt. Cover with plastic wrap, pressing wrap directly onto surface, and refrigerate until needed.

7 Fill a pastry bag fitted with a small round tip (Wilton 7¹) with Salted Caramel Pastry Cream. Insert tip into each puff and fill with cream. Set puff aside on a large cookie sheet as they are filled.

8 Wrap Styrofoam cone with parchment paper and place pointed-side up on sheet of parchment paper.

9 To make a Caramel Sauce, combine ¾ cup (150 ml) water, sugar and corn syrup in a heavy-bottomed medium-sized saucepan and boil over medium-high heat until amber in colour. Do not mix. Remove from heat and place saucepan in larger bowl of hot water to keep from hardening too fast. Dip side of each puff into caramel and stick puffs together in a pyramid around prepared cone.

10 To make Spun Sugar Garnish, cut looped ends of a wire whisk with a wire cutter or use 2 forks held facing each other and dip ends into caramel sauce. Wave caramel back and forth over a parchment-lined box, allowing strands to fall in long, thin threads over sides. Take strands and wrap over Croquembouche.

Serves 8

PAIRS WITH

Aperol Aperitivo Barbieri
Canada \$19.49 144071

Casa Dos Vinhos Selected Rich Madeira
Portugal \$24.39 101477



GÂTEAU SAINT-HONORÉ

¼ x Basic Choux Pastry Recipe
(make ahead, see Master Recipe, pg.157)

MOCHA PASTRY CREAM

1½ cups (325 ml) whole milk

1 tsp (5 ml) vanilla bean paste
½ cup (125 ml) granulated sugar
2 tbsp (30 ml) all-purpose flour
2 tbsp (30 ml) cornstarch
4 large egg yolks
1 tbsp (15 ml) melted chocolate
1 tbsp (15 ml) instant espresso powder,
diluted in 1 tsp (5 ml) hot water and cooled

CAKE

½ x 14 oz (398 g) package frozen puff pastry, thawed
4 oz (125 g) dark chocolate, divided
1 cup (250 ml) cold whipping cream
¼ cup (60 ml) icing sugar
1 tbsp (15 ml) cacao liqueur

1 Prepare Basic Choux Pastry as per Master Recipe. You will only need about ¼ of the recipe. Once puffs have cooled, make a small incision in bottom of each.

2 Prepare Mocha Pastry Cream. In a medium-sized saucepan, combine milk and vanilla and bring to a simmer, stirring occasionally.

3 Meanwhile, in medium-sized bowl, beat sugar, flour, cornstarch and yolks on high speed until thick and pale yellow, about 2 minutes.

4 Gradually pour about 1/3 of hot milk into egg mixture, stirring to combine.

5 Pour egg mixture into remaining milk in saucepan and cook, whisking constantly over low to medium heat until custard thickens and begins to bubble, about 4 minutes. Continue to cook, whisking for 1 minute. Remove from heat, add melted chocolate and coffee and stir until well combined

6 Pour custard into a clean bowl, press a piece of plastic wrap or buttered parchment paper onto surface and cool to room temperature before refrigerating.

7 Preheat oven to 400 F (200 C).

8 To make base of cake, roll out thawed sheet of puff pastry to a thickness of ⅛-in (3 mm). Cut a rectangle 10 x 6-in (25 x 15 cm) and place on parchment paper-lined baking sheet. Bake for 20 minutes or until puffed and golden. Remove from oven and cool completely.

9 Add Mocha Pastry Cream to a pastry bag fitted with a round tip (Wilton 7¹). Insert tip into each puff and fill with cream. Set aside.

10 Pipe any remaining pastry cream over middle of puff pastry rectangle.

11 Reserving 1 tbsp (15 ml) of solid chocolate, melt the rest in double boiler or microwave. Be careful not to burn. When

¹Available in specialty craft stores and specialty stores.

fully melted, dip top of choux pastry balls in chocolate and set aside to cool. Once cooled arrange in a line along each long edge of puff pastry.

12 In a bowl, whip cream until soft peaks form. Then add icing sugar, 1 tbsp (15 ml) at a time, and whip until stiff peaks form. Stir in cacao liqueur. Fit a pastry bag with a star tip Wilton 1M¹ or Wilton 2D¹. Fill bag with whipped cream and fill middle of cake, between each row of choux.

13 Grate some of the reserved solid chocolate over whipped cream.

14 Refrigerate cake until ready to serve.

Serves 6

PAIRS WITH

Mumm Napa Brut Prestige
USA **\$22.59** 265678

Drambuie
United Kingdom **\$37.89** 1867



THE NEW ÉCLAIRS

1 x Basic Choux Pastry recipe
(make ahead, see Master Recipe, pg. 157)

GLAZE

10 oz (300 g) Fondant¹
food colouring, colour and quantity as needed

ÉCLAIR FILLING

3 large eggs
½ cup (75 ml) granulated sugar
Pistachio, Raspberry or Lemon Flavouring (see below)
6 tbsp (90 ml) unsalted butter, cut into small pieces

Pistachio Flavouring

½ cup (75 ml) pistachio paste²
1 tsp (5ml) vanilla

Raspberry Flavouring

3 oz (90 g) raspberries, puréed and strained
1 tsp (5 ml) almond extract

Lemon Flavouring

½ cup (125 ml) strained lemon juice
1 tsp (5 ml) ginger syrup²

1 Prepare Basic Choux Pastry as per Master Recipe up to step 4. Place dough in a pastry bag fitted with a ½-in (1.25 cm) plain

²Available in specialty food stores.



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tip (or Wilton 4B¹ tip that will produce ridged éclairs). Pipe éclairs 4-in (10 cm) in length directly onto a baking sheet lined with parchment paper. To help with size, draw stencils on parchment and place, drawn-side down, on baking sheet. Bake éclairs for 15 minutes or until well puffed and golden, then lower oven to 325 F (170 C) and continue to bake another 30 minutes, or until golden. Cool completely on baking sheet. Will keep for 2 to 3 days in refrigerator in a covered container.

2 Prepare Éclair Filling. In a medium saucepan, over medium heat, whisk together eggs and sugar until light in colour.

3 Depending on flavour preference, add one of either pistachio paste, strained raspberry purée or strained lemon juice to the saucepan. Add cut butter and whisk constantly until butter is melted and mixture is thick. Simmer gently for a few seconds. Pour into a fine meshed sieve set over a bowl. Then, for pistachio flavouring stir in vanilla, for raspberry stir in almond extract, and for lemon stir in ginger syrup. Cover with plastic wrap pressed into surface of filling to prevent skin from forming, and refrigerate to thicken.

4 Pierce bottom of éclairs in 2 or 3 places and fill with desired prepared filling using a piping bag.

5 To make Glaze, heat 10 oz (300 g) fondant in a heavy-bottomed saucepan over low heat just until melted. Stir in food colouring, as desired. Dip éclair tops into fondant, removing excess. Alternately, buy coloured fondant and roll out into a thin sheet. Cut size to fit éclairs and press down to adhere.

6 Decorate as desired.

Makes 24

PAIRS WITH

Bottega Petalo Il Vino dell'Amore Moscato Italy **\$15.69** 580993

Ganton & Larson Prospect Winery
The Lost Bars Vidal Icewine
BC VQA **\$34.79** 609974 375 ml

True Colours

from page 80



BEETROOT MOUSSE WITH SPRING VEGETABLE ESCABECHE

BEETROOT MOUSSE

1 lb (500 g) + 1 red beets, divided
½ cup (125 ml) cold water
4 tsp (20 ml) unflavoured gelatin
2 tbsp (30 ml) unsalted butter
2 tbsp (30 ml) red wine vinegar
1 tbsp (15 ml) apple jelly
¼ cup (300 ml) Beaujolais red wine
2 tbsp (30 ml) olive oil
½ cup (125 ml) finely grated Parmesan
3 tbsp (45 ml) prepared horseradish
salt and freshly ground black pepper, to taste

ESCABECHE

⅔ cup (150 ml) grape seed or vegetable oil
⅓ cup (75 ml) white wine vinegar
1 garlic clove, crushed
1 fresh thyme sprig
1 medium golden beet or candy cane beet, thinly sliced
1 large watermelon radish, thinly sliced
1 medium turnip, thinly sliced
watercress or baby arugula, for garnish

1 Line a 9 x 5-in (2 L) loaf pan with a layer of plastic wrap, then a layer of parchment paper. Set aside.

2 Place red beets in large saucepan and cover with 2-in (5 cm) cold water. Slowly bring to a boil over medium-high heat. Reduce heat to medium-low and simmer beets until tender and a knife pierces easily. Drain beets and set aside until cool enough to handle. Peel and roughly chop all but one red beet.

3 In a small bowl sprinkle gelatin over ½ cup (125 ml) cold water and allow to bloom for 10 minutes.

4 In a large frying pan, melt butter over medium heat. Add chopped beets, red wine vinegar and apple jelly and cook, stirring occasionally, for 2 minutes. Add red wine and simmer until reduced by half, about 8

to 10 minutes. Transfer mixture to blender along with gelatin and blend until smooth. Add olive oil, Parmesan and horseradish. Blend again until well incorporated and smooth. Season to taste with salt and pepper. Pour mixture into prepared pan and refrigerate until set, about 6 hours.

5 To make Escabeche, in a saucepan over low heat, warm grape seed oil, white wine vinegar, garlic and thyme. Once warmed, stir in golden beet, radish and turnip slices. Remove from heat and allow to cool to room temperature. While waiting to cool, thinly slice remaining 1 red beet and rinse well under cold water. Add red beet slices along with a good pinch of salt and toss to coat all vegetables well in marinade.

6 To serve, un mould mousse terrine with help of plastic wrap and slice into ½-in (1.25 cm) slices. Arrange on serving plates and garnish with some of the drained escabeche vegetables and a few pieces of watercress or arugula, if desired. Serve immediately.

PAIRS WITH

Matua Hawke's Bay Sauvignon Blanc
New Zealand **\$12.79** 309575

Wayne Gretzky Okanagan The Great White
BC VQA **\$13.89** 889386



CHILLED PEA SOUP WITH SPOT PRAWNS AND MINT GRANITA

GRANITA

1 cup (250 ml) water
¼ cup (60 ml) granulated sugar
2 cups (500 ml) English cucumber, peeled, seeded and chopped
¼ cup (60 ml) fresh mint

CHILLED PEA SOUP

1 tbsp (15 ml) olive oil
½ cup (125 ml) chopped white onion
2 garlic cloves, minced
6 cups (1.5 L) vegetable stock
2 cups (500 ml) fresh or thawed frozen peas
salt and freshly ground black pepper, to taste
½ cup (125 ml) whipping cream

1 tbsp (15 ml) grape seed or coconut oil
16 spot prawn tails, peeled and deveined
steamed snap pea pods, for garnish
pea shoots, for garnish

1 To make Granita, in a small saucepan over medium heat, bring water and sugar to a simmer, stirring constantly. Once sugar has dissolved remove from heat and let sugar syrup cool to room temperature.

2 In a blender mix together cucumber, mint and sugar syrup until well combined and mint is very finely chopped. Strain mixture through a fine-meshed sieve into a container and freeze, uncovered, for 1 hour. Scrape frozen granita with a fork to break up ice crystals. Freeze for another hour and repeat freezing and scraping another 3 times. At this point, granita will keep covered in freezer for up to 2 weeks. Scrape to break up ice crystals before serving.

3 Meanwhile, to make soup, in a large saucepan, warm olive oil over medium heat. Cook onion and garlic, stirring often, until onion turns translucent, about 4 minutes. Add stock and peas before turning up heat to medium-high and bringing mixture to a strong simmer. Turn heat down to medium-low and simmer gently, uncovered for 5 minutes for fresh peas and 2 minutes

for frozen peas. Remove saucepan from heat and working in batches, purée soup in blender until smooth. Season to taste with salt and pepper. Strain soup into large bowl through a fine-meshed sieve before stirring in cream. Cover bowl with plastic wrap and refrigerate until well chilled, about 6 hours.

4 Just before serving soup, warm grape seed oil in large frying pan over medium-high heat. Add prawns along with a pinch of salt and pepper and sauté until cooked through, about 4 minutes. Ladle soup into serving bowls and top each with 2 prawns before topping with a dollop of mint granita and garnishing with snap pea pods and pea shoots. Enjoy immediately.

Serves 8

PAIRS WITH

Bolla Soave Classico
Italy **\$12.19** 17640

Jaffelin Bourgogne Aligoté
France **\$21.79** 53868



BRAISED LAMB WITH PISTACHIO DUJKAH AND CARROT PURÉE

BRAISED LAMB

8 lamb osso bucco
salt and freshly ground black pepper, to taste
4 tbsp (60 ml) olive oil
2 large carrots, peeled and chopped into ½-in (1.25 cm) pieces
2 celery sticks, chopped into ½-in (1.25 cm) pieces
2 yellow onions, chopped into ½-in (1.25 cm) pieces
3 garlic cloves, minced
1¼ cup (300 ml) white wine
2 sprigs fresh thyme
1 orange, zested into long strips using a vegetable peeler and juiced
2 whole cloves

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4 cups (1 L) lamb or chicken stock
grilled slices of orange, for garnish (optional)

PISTACHIO DUKKAH

3 tbsp (45 ml) coriander seeds
1 tbsp (15 ml) cumin seeds
½ cup (125 ml) shelled pistachio nuts
¼ cup (60 ml) sesame seeds
3 tbsp (45 ml) unsweetened shredded coconut
salt and freshly ground black pepper, to taste

CARROT PURÉE

1 lb (500 g) carrots, peeled and chopped into ½-in (1.25 cm) pieces
1 lb (500 g) yams, peeled and chopped into ½-in (1.25 cm) pieces
2 garlic cloves, minced
1 cup (250 ml) chicken stock
salt, to taste
1 tbsp (15 ml) unsalted butter

1 Preheat oven to 275 F (140 C).

2 Season lamb osso bucco liberally with salt and pepper and set aside. Heat oil over medium-high heat in large frying pan. Sear osso bucco until browned on all sides. Remove from pan and set aside on a plate. Return frying pan to heat and sauté carrots, celery, onions and garlic

until they begin to caramelize, about 10 minutes. Add wine to deglaze pan, scraping any browned bits off bottom of pan using wooden spoon. Allow wine to reduce by half, about 4 minutes, before stirring in thyme, strip of orange zest, juice of orange and cloves. Transfer wine mixture to a heavy-bottomed roasting pan along with stock. Place roasting pan on stovetop and bring stock mixture to a boil over high heat. Add osso bucco to pan, cover tightly with aluminum foil and place in oven to braise until fork-tender, about 2 hours. Turn osso bucco every half hour to evenly cook.

3 While lamb is braising, prepare Pistachio Dukkah. In a small frying pan, toast coriander and cumin seeds over medium heat until fragrant, about 2 minutes. Transfer spices to spice grinder or mortar and pestle and allow to cool completely before finely grinding. Meanwhile, toast pistachios in same frying pan as spices, stirring often, until lightly browned, about 5 minutes. Transfer to cutting board and finely chop before placing in a small bowl. Add sesame seeds and coconut to frying pan and toast until golden, about 2 minutes. Add coconut and sesame seeds to bowl with pistachios. Stir in ground

spices along with salt and pepper to taste.

4 Prepare Carrot Purée. In a medium-sized, heavy-bottomed saucepan bring carrots, yams, garlic, stock and a pinch of salt to a simmer over medium heat. Cover and cook until carrots are very tender, about 12 to 14 minutes. Purée mixture in blender or food processor with butter until smooth.

5 Once osso bucco finishes braising, carefully remove from sauce and set aside, keeping warm. In a blender, purée sauce until smooth.

6 To serve, dollop Carrot Purée onto serving plates. Top with a piece of osso bucco and garnish with a drizzle of sauce, a sprinkle of Pistachio Dukkah and a squeeze of juice from the grilled orange slices, if desired. Serve immediately.

Serves 8

PAIRS WITH

Tommasi Poggio al Tufo Rompicollo
Maremma Toscana
Italy **\$19.19** 780585

Muga Rioja Reserva
Spain **\$26.09** 49254



MARBLED LEMON TART

1 cup + 2 tbsp (250 ml + 30 ml) all-purpose flour, plus extra for dusting
 6 tbsp (90 ml) yellow cornmeal
 1½ tbsp + 1 cup (22 ml + 250 ml) granulated sugar, divided
 1 tbsp (15 ml) chopped fresh thyme
 1 tsp (5 ml) salt
 ½ tsp (2 ml) lemon zest
 6 tbsp + ½ cup (90 ml + 125 ml) cold unsalted butter, cut into small pieces, divided
 8 large egg yolks, divided
 3 tbsp (45 ml) cold water, divided
 ½ tsp (2 ml) unflavoured gelatin
 ¼ tsp (1 ml) salt
 ½ cup (125 ml) fresh lemon juice
 ¼ cup (60 ml) crème fraîche, sour cream or Greek yogurt

1 In a food processor pulse together all the flour, cornmeal, 1½ tbsp (22 ml) sugar, thyme, salt and lemon zest until combined. Add 6 tbsp (90 ml) butter and pulse until mixture resembles coarse meal. Whisk together 2 egg yolks and 2 tbsp (30 ml) cold water in small bowl. With machine running, add to flour mixture through feed tube, mixing only long as it takes for dough to hold together.

2 Turn out dough onto clean work surface. Form into disk, wrap in plastic wrap and refrigerate for 1 hour.

3 On lightly floured work surface, roll dough out into a 10-in (25 cm) round before transferring to a 9-in (23 cm) tart pan with removable bottom. Press into corners and trim edges flush with rim of pan. Freeze until firm, about 30 minutes.

4 Meanwhile preheat oven to 375 F (190 C). Prick bottom of tart shell all over with fork before lining with aluminum foil and filling with dried beans or rice. Bake until edges start to brown and look dry, about 15 minutes. Remove foil and beans and continue to bake crust until golden brown and crisp, another 10 to 12 minutes. Let cool completely on wire rack.

5 To make filling, sprinkle gelatin over remaining 1 tbsp (15 ml) cold water in small bowl, and let stand until softened, about 5 minutes.

6 Whisk together remaining 6 egg yolks, 1 cup (250 ml) sugar, and salt in large heatproof bowl. Gradually whisk in lemon juice. Place bowl over saucepan of simmering water and whisk constantly until mixture has thickened and registers 160 F (70 C) on an instant-read thermometer. Remove from heat and whisk in gelatin mixture. Whisk in remaining ½ cup (125 ml) butter, a few pieces at a time, until smooth and well incorporated. Let cool to room temperature, stirring occasionally. Spoon filling into cooled crust and let set for 5 minutes. Dollop crème fraîche over filling and using a wooden skewer or tip of a knife, swirl into filling to create a marbled effect. Refrigerate until filling is set, about 2 to 4 hours.

PAIRS WITH

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The Pear Tree Restaurant

from page 94



POACHED RHUBARB AND HAZELNUT CRUMBLE WITH PRESERVED PEARS

6 small stalks young rhubarb
granulated sugar
water
½ vanilla bean
½ cup (75 ml) muscovado brown sugar
3 tbsp (45 ml) hazelnuts, ground and lightly toasted
½ cup (125 ml) all-purpose flour
½ cup (75 ml) chilled butter, diced
pinch of sea salt
preserved pears, for garnish
vanilla whipped cream or ice cream, for garnish
fresh lemon balm, for garnish

1 Gently peel stalks with a sharp paring knife. Place peeled skins in a saucepan with enough equal parts sugar and water to cover, and seeds scraped from vanilla bean. Cover and simmer for 10 minutes. Strain liquid in a bowl and discard skins. Return liquid to saucepan.

2 Chop fresh rhubarb into bite-sized pieces. Add to liquid and poach until tender. Remove from heat and set aside.

3 Preheat oven to 350 F (180 C). Line a baking sheet with parchment. Pulse remaining ingredients, other than garnishes, in a food processor to a course sand texture. Sprinkle evenly over parchment-lined pan. Bake for approximately 20 minutes or until lightly browned. Cool to room temperature and chop to desired size of crumble.

4 Serve a ribbon of crumble on a dessert plate, dollop with some poached rhubarb. Place a couple slices of preserved pears on top and dollop with whipped cream or ice cream and garnish with fresh lemon balm.

PAIRS WITH

Alvear Medium Dry
Spain **\$17.29** 112789

Fetzer Gewürztraminer
USA **\$12.09** 350843



DUNGENESS CRAB SALAD WITH PICKLED GREEN STRAWBERRIES

PICKLED GREEN STRAWBERRIES

8 green strawberries¹, sliced
2 to 3 tbsp (30 to 45 ml) water
5 tbsp (75 ml) rice wine vinegar
5 tbsp (75 ml) granulated sugar
1 lime, juice only
1 orange, zest only
3 black peppercorns, whole
6 coriander seeds, whole

SALAD

1 large Dungeness crab
½ tsp (2 ml) crushed red pepper flakes
1 shallot, sliced
1 garlic clove, peeled and sliced in half (germ removed)
2 to 3 tsp (10 to 15 ml) tomato paste
⅞ cup (207 ml) grape seed oil
1 egg yolk
2 tsp (10 ml) Dijon mustard
1 lemon, juice only, divided
2 dashes rice wine vinegar
kosher salt and espelette,² to taste
8 white asparagus spears, peeled
granulated sugar, for water
fresh pea shoots, for garnish
10 cured fennel³, shaved for garnish
puffed wild rice⁴, for garnish
fresh soft herbs such as pea shoots and chervil, for garnish

1 Make Pickled Strawberries ahead of time. Place strawberries in a glass container large enough to hold all remaining ingredients.

¹Picked early in season, before they start to turn.

²A variety of dried chili pepper.

³To cure fennel: season lightly with salt and sugar, allow to stand for 10 minutes and pat dry.

⁴To puff rice: in small saucepan; heat 2 cups (500 ml) of vegetable oil to 420° F (225 C), add 2 tbsp (30 ml) of raw wild rice, stir continuously until rice puffs, carefully strain. Place rice on a kitchen towel and season.

2 Prepare pickle mixture. In a pot combine water, vinegar, sugar, lime juice and orange zest, peppercorns and coriander seeds, bring to a simmer until sugar is dissolved. Pour over top of strawberries in container, allow to cool and refrigerate overnight. If you can the strawberries properly they will keep for a year.

3 When ready to make Salad, cook crab in a large pot of simmering water for 5 minutes remove from water to a large bowl. Remove legs and claws and place body back in simmering water for an additional 3 minutes. Carefully remove meat from shells, reserving leg and claw shells, and refrigerate until ready to serve.

4 Place leftover leg and claw shells in a medium saucepan over low heat for several minutes, stirring regularly. Add pepper flakes, shallot and garlic, cook for several minutes then add tomato paste and cook for several more minutes, preventing colouring. Add grape seed oil and leave on low heat until oil has developed desired taste, about 30 minutes. Strain through a fine sieve and allow to cool. Refrigerate crab oil until ready to use.

5 With crab oil make a mayonnaise. Place egg yolk and Dijon in a bowl, whisk in reserved crab oil, then thin with juice from half a lemon and a couple dashes of rice wine vinegar to achieve desired thickness and balance. Season with kosher salt and espelette.

6 In a bowl, dress reserved crabmeat with prepared mayonnaise and freshly squeezed lemon juice to taste. Add a bit at a time, gently fold in meat, season to taste. Set aside.

7 Simmer asparagus in a large saucepan of water heavily seasoned with sugar and kosher salt until tender, cool on a tray. Cut into small bite-sized pieces then fold into crab mixture.

8 To assemble, arrange crab and asparagus in serving dishes with a few slices of Pickled Green Strawberries. Season with some remaining freshly squeezed lemon juice and pinch or 2 of espelette to taste. Garnish with pea shoots, cured fennel, puffed wild rice and soft herbs, serve immediately.

PAIRS WITH

Perrier Jouët Grand Brut
France **\$58.29** 50278

Liberty School Chardonnay
USA **\$20.59** 288241



BRAISED PORK CHEEK WITH GRILLED ASPARAGUS

PORK BRINE

¼ cup (175 ml) each of kosher salt and granulated sugar
1 cup (250 ml) boiling water
1 tsp (5 ml) whole black peppercorns
2 bay leaves
2 sprigs thyme
20 star anise
½ head of garlic

BRAISED PORK CHEEK AND ASPARAGUS

1 lb (500 g) fresh, natural fed pork cheek, cleaned of all silver skin
2 tsp + 1 tbsp (10 ml + 15 ml) olive oil, divided
¼ cup (60 ml) all-purpose flour
½ cup (125 ml) medium-diced onion
¼ cup (60 ml) medium-diced carrot
¼ cup (60 ml) medium-diced celery
2 garlic cloves, peeled
4 cups (1 L) ham or chicken stock
sherry vinegar to taste
16 large asparagus spears, trimmed
grainy mustard
fresh herbs, such as nasturtium, for garnish
Mustard Dressing, for dotting plate, recipe follows (optional)

MUSTARD DRESSING

1 egg yolk
2 tbsp (30 ml) Dijon mustard
2 oz (60 ml) extra-virgin olive oil
1 dash of rice wine vinegar
salt, to taste.

1 To make Pork Brine combine kosher salt and granulated sugar in a container large enough to hold 5 cups (1.25 L) of liquid and 1 lb (500 g) of meat. Add 1 cup (250 ml) boiling water to dissolve salt and sugar. Add peppercorns, bay leaves, sprigs of thyme, star anise and garlic. Add remaining cold water to yield 5 cups (1.25 L) total and stir in. Chill brine before adding pork. Cover tightly and refrigerate for 12 hours.

2 Brine cheeks overnight, then remove from brine and place on a towel. Let dry in fridge for minimum 1 hour.

3 Preheat oven to 285 F (140 C). Heat 2 tsp (10 ml) olive oil in a medium ovenproof saucepan. Lightly dust pork cheek with flour and brown gently, remove meat and add diced vegetables and garlic and sweat over medium heat just until softened, a couple of minutes. Add ham or chicken stock and deglaze pan.

4 Add pork cheeks to stock. Cover and slow braise in oven for about 1½ hours or until pork is tender. Remove from oven and allow meat to cool in stock. Then remove meat and pat dry with paper towel.

5 Strain stock and return to saucepan. Bring to a boil and cook over medium heat until reduced to about 1 cup (250 ml) and thickened to a

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glazing consistency, about 30 minutes. Taste and add a splash of sherry vinegar, to taste.

6 If making Mustard Dressing, whisk together egg yolk and Dijon mustard, while streaming in extra-virgin olive oil. When thickened add a dash of rice wine vinegar and salt, to taste.

7 Shortly before serving preheat grill and oil trimmed asparagus with 1 tbsp (15 ml) oil and season with salt and pepper.

8 Add cheeks to reduced glaze and warm through.

9 Meanwhile, grill asparagus lightly on preheated grill. Remove and brush lightly with grainy mustard.

10 Serve pork cheeks with grilled asparagus alongside and a little extra reduced glaze drizzled over top. Finish plate with dollops of Mustard Dressing on plate, if desired.

PAIRS WITH

Belle Glos Pinot Noir Clark & Telephone
USA **\$38.29** 243956

Ricasoli Brolio Chianti Classico
Italy **\$23.59** 3962

Petite Potatoes

from page 106



GREMOLATA ROASTED NUGGETS AND BABY VEGETABLES

1½ lbs (750 g) yellow baby potatoes
2 tbsp (30 ml) extra-virgin olive oil, divided
¼ tsp (1 ml) each salt and freshly ground
black pepper
1 orange, zest only
1 lemon, zest only
1 lime, zest only
2 garlic cloves, smashed and minced

¼ cup (60 ml) finely chopped flat leaf parsley
¼ cup (60 ml) finely chopped cilantro leaves
¼ lb (125 g) asparagus spears, trimmed and cut into bite-sized pieces
6 baby yellow pattypan squash, halved
6 baby zucchini, trimmed
½ cup (75 ml) pine nuts, toasted flat leaf parsley, for garnish

- 1 Preheat oven to 400 F (200 C). Line a baking sheet with parchment paper.
- 2 Place potatoes in large bowl and drizzle with 1 tbsp (15 ml) oil, salt and pepper. Toss to coat. Spread out on parchment-lined baking sheet in a single layer and bake in centre of oven for 15 minutes.
- 3 Meanwhile, to make gremolata, in a small bowl combine orange, lemon and lime zest, garlic, parsley and cilantro. Gently toss together with a fork. Set aside.
- 4 When potatoes have baked for 10 minutes, remove and stir in vegetables, then return to oven to finish baking, about 5 to 8 more minutes. Stir occasionally until potatoes and vegetables are tender but still firm when pierced with a fork.
- 5 Halve some of the larger potatoes, if you wish, and transfer all potatoes to a large serving dish. Drizzle with another 1 tbsp (15 ml) of olive oil. Sprinkle with half the gremolata and gently toss together to evenly blend. Add more salt and pepper to taste, if desired.
- 6 Sprinkle remaining gremolata and toasted pine nuts over top. Garnish with flat leaf parsley and serve warm.

Serves 4 to 6

PAIRS WITH

Rocca delle Macie Chianti Classico
Italy **\$17.39** 308510

Santa Rita Reserva Sauvignon Blanc
Chile **\$13.09** 275677



NAPLES NUGGET SALAD

SALAD

1½ lbs (750 g) yellow, red and blue baby potatoes
1 tbsp (15 ml) extra-virgin olive oil
¼ tsp (1 ml) each of salt and freshly ground black pepper
4 to 6 slices smoked prosciutto, torn into bite-sized pieces
½ cup (125 ml) green or kalamata olives
1 cup (250 ml) halved cherry tomatoes
¼ cup (60 ml) chopped fresh basil
2 cups (500 ml) fresh baby arugula, divided

DRESSING

4 tbsp (60 ml) extra-virgin olive oil, divided

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2 tbsp (30 ml) red wine vinegar
1 tsp (5 ml) Dijon mustard
2 garlic cloves, smashed and minced
1 tsp (5 ml) fresh lemon juice
¼ tsp (1 ml) sea salt
¼ tsp (0.5 ml) crushed red pepper flakes
1 generous pinch of fennel seeds, crushed
1 splash of maple syrup or pinch of granulated sugar

1 Preheat oven to 400 F (200 C). Line baking sheet with parchment paper.

2 Place potatoes in large bowl and drizzle with 1 tbsp (15 ml) oil, salt and pepper. Toss to coat. Then spread out on parchment-lined baking sheet in a single layer and bake in centre of oven for 15 minutes.

3 When potatoes have baked for 10 minutes, remove and stir in prosciutto and olives (pitted if desired), then return to oven to finish baking, about 5 to 8 more minutes. Stir occasionally and pierce potatoes with a fork, to be sure they are tender but still firm when done.

4 Meanwhile, in a large bowl, whisk together Dressing ingredients, adding a splash of maple syrup (or pinch of sugar), to taste.

5 Halve some of the larger potatoes, if desired, and transfer with prosciutto to a large serving dish along with tomatoes and basil. Gently toss together to evenly coat with dressing. Add more seasonings to taste, as desired.

6 Fold in half the arugula and sprinkle remaining arugula onto individual servings before serving.

Serves 4 to 6

PAIRS WITH

Colle Secco Montepulciano D'Abruzzo
Italy **\$15.69** 331652

La Vieille Ferme Ventoux Rosé
France **\$11.29** 559393



WARM NUGGET AND SMOKED SALMON SALAD

½ cup (75 ml) apple cider vinegar
1½ tsp (7 ml) berry sugar
¼ tsp (1 ml) salt, plus extra
1 small red onion, peeled and thinly sliced
1½ lbs (750 g) red baby potatoes
1 cup (250 ml) snap peas, trimmed
1 cup (250 ml) French beans, trimmed and cut in half on the diagonal
¼ cup (60 ml) sour cream
2 tbsp (30 ml) extra-virgin olive oil
1 tbsp (15 ml) fresh lemon juice
2 tsp (10 ml) Dijon mustard
freshly ground white pepper
1 cup (250 ml) frozen sweet peas, thawed
1 tbsp (15 ml) chopped fresh tarragon

1 tbsp (15 ml) chopped chervil or parsley leaves
2 tsp (10 ml) chopped fresh dill
¼ lb (125 g) sliced smoked salmon, cut into bite-sized julienne pieces
2 whole green onions, thinly cut on the diagonal, for garnish
lemon wedges, for garnish

1 In a non-metallic bowl, combine vinegar, sugar and ¼ tsp (1 ml) salt. Stir to dissolve sugar. Add onion and set aside to pickle while preparing remainder of recipe.

2 In large saucepan, place potatoes with just enough water to cover. Bring to a boil. Reduce heat and simmer with lid ajar for 15 minutes, or until tender when pierced.

3 About 3 to 5 minutes before potatoes have finished cooking, add snap peas and French beans to saucepan. Cover and continue to cook until potatoes are done as you like and peas and beans are tender but still a little crisp.

4 While potatoes are cooking, in a small bowl combine sour cream, oil, lemon juice, and Dijon. Whisk to blend adding fresh pepper to taste. Add a little water if dressing seems too thick. Set aside.

5 When potatoes, snap peas and beans are done as preferred, drain thoroughly, shaking off as much water as possible. Place in a large bowl along with thawed sweet peas, tarragon, chervil and dill.

6 Drain pickled onions, blot dry and add to bowl, along with smoked salmon. Gently fold together to lightly coat.

7 Spoon onto serving plates and scatter green onions over top.

8 Give dressing another whisk and drizzle over plates. Add a little more salt and pepper to taste, if desired. Serve warm with lemon wedges.

PAIRS WITH

Pilsner Urquell
Czech Republic **\$12.19** 388900 6 x 330 ml

Crios de Susana Balbo Torrontés
Argentina **\$13.39** 769125

Mother's Day Dinner

from page 114



POTATO AND CRAB MILLE-FEUILLE

2 to 3 large russet potatoes
¼ cup (60 ml) unsalted butter, melted
½ cup (125 ml) crème fraîche, divided
salt and freshly ground black pepper
1 tbsp (15 ml) finely chopped fresh chives, plus whole chives for garnish
1 lb (500 ml) fresh crabmeat (large pieces, not flaked), reserve 4 pieces for garnish
2 tbsp (30 ml) chili sauce
2 tsp (10 ml) creamed horseradish

1 Position rack in middle of oven and preheat oven to 400 F (200 C).

2 Peel potatoes and keep in cold water to prevent browning until ready to proceed.

3 Pour melted butter into large bowl, season with salt and pepper. Dry potatoes and slice thinly, using a mandoline. Cut each slice into rounds using a 3-in (8 cm) cookie cutter. Add potato slices to butter and toss to coat. Place slices on a parchment paper-lined baking sheet and roast until golden and crisp. Remove from oven and set on cooling rack. Let cool to room temperature and set aside.

4 Divide crème fraîche among two bowls. In one bowl, add salt, pepper and chopped chives. Mix thoroughly and add crab, stirring delicately to coat. In other bowl, add chili sauce and horseradish to crème fraîche and mix thoroughly to combine.

5 To serve, place a spoonful of chili sauce on a plate and using back of spoon, slide sauce to one side. Add a layer of potatoes, 2 tbsp (30 ml) crab mixture, a second layer of potatoes, 2 tbsp (30 ml) crab mixture and a final layer of potatoes. Garnish with a piece of crab on top and fresh chives.

6 Repeat procedure with remaining potatoes and sauce and serve.

Serves 4

PAIRS WITH

Riondo Prosecco Spago Nero
Italy **\$12.99** 814319

Sandhill Chardonnay
BC VQA **\$15.69** 541193



ASPARAGUS SALAD

¾ cup (175 ml) fresh orange juice, strained,
1 tbsp (15 ml) white balsamic vinegar
1 tsp (5 ml) orange zest, cut into long, thin ribbons
1 tsp (5 ml) minced shallot
1 tbsp (15 ml) extra-virgin olive oil
salt and freshly ground black pepper, to taste
16 fresh asparagus spears, trimmed
1 tsp (5 ml) kosher salt
1 medium-sized green zucchini
2 seedless oranges, peeled and segmented
micro greens for garnish

1 To make dressing, in a small saucepan, bring orange juice to a boil over medium-high heat. Cook until reduced by half, about 8 to 10 minutes. Transfer juice to a medium-sized bowl and cool completely. Add balsamic vinegar, zest and shallots. Drizzle olive oil, whisking continually until smooth. Season with salt and pepper, to taste. Refrigerate until chilled.

2 Fill a large bowl with water and ice cubes and set aside. To blanch asparagus, bring a medium-sized saucepan with water to a boil. Add kosher salt, then asparagus. When water returns to a boil, cook for 1 minute. Remove asparagus from saucepan and place in ice water. Cool completely in water, then pat spears dry. Refrigerate in a large dish until ready to serve.

3 Wash and dry zucchini. Using a vegetable peeler or mandoline, cut very thinly and add to asparagus in refrigerator.

4 When ready to serve salad, place 4 asparagus spears (whole or cut up) and some zucchini slices on each plate. Add orange segments and micro greens and drizzle with vinaigrette. Serve immediately.

Serves 4

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France **\$12.89** 124834

Calona Artist Series Sovereign Opal
BC VQA **\$11.29** 364265



BEEF TENDERLOIN WITH PEA PURÉE

2 to 3 lbs (1 to 1.5 kg) centre-cut trimmed
beef tenderloin
kosher salt and freshly ground black pepper
½ cup (125 ml) unsalted butter, divided
4 sprigs thyme
1 shallot, roughly sliced

coarse sea salt such as fleur de sel or Maldon
salt, for serving
2 cups (500 ml) snap peas, steamed
1 cup (250 ml) fresh pea shoots

PEA PURÉE

¼ cup (60 ml) shallots, minced
¼ cup (60 ml) unsalted butter
4 cups (1 L) sweet green peas (fresh or
frozen)
½ cup (125 ml) whipping cream
1 tbs (15 ml) fresh mint, optional
salt and freshly ground black pepper, to taste

1 Tie tenderloin at 1-in (2.5 cm)
intervals using kitchen twine. Pat dry
and season generously with kosher salt
and pepper. Transfer to a wire rack
set in a foil-lined, rimmed baking
sheet and refrigerate uncovered¹.

2 When ready to cook, adjust oven
rack to centre position and preheat oven
to 275 F (140 C). Brush tenderloin with
¼ cup (60 ml) melted butter and place
baking sheet with rack and tenderloin in
oven and roast until internal temperature
registers 120 to 125° F (49 to 52 C) on
an instant-read thermometer, about

1¼ to 1½ hours. Remove from oven
and set aside at room temperature for
10 minutes. Cut twine and remove.

3 Heat remaining ¼ cup (60 ml) butter in
a medium-sized frying pan, swirling over
high heat until foaming subsides and butter
turns a light nutty brown. Add tenderloin,
thyme and sliced shallot and cook, turning
roast occasionally, spooning hot butter and
aromatics over meat until well browned on
all sides and internal temperature registers
125 F (52 C) for rare or 130 F (54 C) for
medium-rare, about 1 to 2 minutes.

4 Transfer tenderloin to cutting
board and allow to rest for 20
minutes, loosely covered with foil.

5 To make Pea Purée, in a saucepan,
sauté minced shallots in melted butter
for a couple of minutes until translucent.
Add peas and cream and simmer for
about 3 minutes. Add mint, if using, and
pour into a blender. Purée until smooth.
Add salt and pepper to taste. Return to
saucepan and keep warm until serving.

6 To serve, carve tenderloin into 2-in
(5 cm) slices and serve on a ladle of Pea
Purée, steamed snap peas and garnish

¹Refrigerate overnight for a more flavourful tenderloin.

with pea shoots. Add some sautéed cubes of potatoes and yams (optional). Sprinkle with coarse sea salt or Maldon salt.

Serves 4

PAIRS WITH

Duckhorn Napa Valley Merlot
USA **\$52.19** 558239

Domaine De L'Olivette Organic
Coteaux De La Cabrerisse
France **\$14.79** 626242



CRÊPES WITH ORANGE LIQUEUR SAUCE

1 cup (250 ml) whole milk
1 cup (250 ml) all-purpose flour
2 large eggs
½ cup (75 ml) cold water
3 tbsp (45 ml) melted unsalted butter, plus extra for pan
½ tsp (2 ml) kosher salt
1 cup (250 ml) fresh orange juice
2 tbsp (30 ml) granulated sugar
1 tsp (5 ml) finely grated orange zest
¾ cup (175 ml) chilled unsalted butter, cut into small cubes
¼ cup (60 ml) orange liqueur such as Grand Marnier, Triple Sec or Cointreau
1 orange, peeled and segmented for garnish

1 Combine milk, flour, eggs, water, melted butter and salt in blender and process until smooth, about 5 seconds. Transfer to covered container and refrigerate for 2 hours, up to 2 days.

2 Heat an 8-in (20 cm) non-stick frying pan or crêpe pan over medium heat until hot, about 3 minutes. Brush bottom and sides of pan very lightly with melted butter. Butter should sizzle. Remove pan from heat, tilt pan slightly and pour 2 tbsp (30 ml) batter into pan (or enough batter to cover bottom of pan). As batter is poured, rotate pan to swirl batter evenly over bottom before returning it to heat. Cook until underside is spotty and golden brown, about 30 seconds. Flip and cook about 30 seconds longer. Transfer crêpe to a cooling rack. Repeat with remaining crêpe batter,

brushing pan with butter as needed.

3 To make sauce, in a saucepan, bring orange juice, sugar and orange zest slowly to a boil. Continue to boil mixture, stirring occasionally, until liquid becomes syrupy.

4 Whisk in cold butter, piece by piece, until smooth. Remove pan from heat and add liqueur to taste. Serve immediately or keep warm no more than 30 minutes before use.

5 To serve, place 3 crêpes on a plate, garnish with orange segments and drizzle with sauce.

6 Note: If making crêpes 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.

PAIRS WITH

Yellow Tail Moscato
Australia **\$11.29** 178947

Angry Orchard Crisp Apple Hard Cider
USA **\$12.09** 879049 6 x 330 ml

Tree of Life

from page 124



GARLIC-CHILI OIL SPAGHETTINI

GARLIC-CHILI OIL

6 large garlic cloves, peeled (preferably Russian garlic, if available)
2 hot red chili peppers, halved
1½ cups (375 ml) extra-virgin olive oil

SAUCE

½ cup (75 ml) Garlic-Chili Oil
6 garlic cloves, slivered
½ yellow onion, finely diced
2 hot red chili peppers, cored, seeded and minced
1 tsp (5 ml) chicken bouillon concentrate diluted in ½ cup (125 ml) hot water
3 tomatoes, diced

2 tsp (10 ml) tomato paste
½ cup (125 ml) fresh basil, chopped, plus extra for garnish
¼ cup (60 ml) fresh oregano, chopped
¼ cup (60 ml) fresh parsley, chopped
salt, to taste and for salting boiling water
1 lb (500 g) spaghetti pasta
freshly shaved Parmesan, for garnish
fresh sprigs of basil, for garnish
freshly ground black pepper, to taste

1 To Make Garlic-Chili Oil, in a saucepan, combine peeled garlic and whole chili peppers with olive oil. Bring to a boil, then reduce heat to low and simmer for 5 minutes or until garlic slowly turns golden.

2 Remove from heat and cool to room temperature.

3 When cool enough to handle transfer mixture along with chilies and garlic to a bottle and seal. Refrigerate until ready to use².

4 When ready to make Sauce, heat ½ cup (75 ml) Garlic-Chili Oil in a medium-sized, heavy-bottomed saucepan just until almost warm. Add garlic, onion and hot peppers and simmer with oil bubbles breaking the surface. You want to cook the onion and garlic, not fry it.

5 When it has softened, add diluted chicken concentrate and continue to cook over medium-low heat for 5 minutes for flavours to blend.

6 Add tomatoes, tomato paste and fresh herbs and continue to simmer until flavours have blended and tomatoes are soft. Add salt to taste. Set aside to keep warm while cooking pasta.

7 Bring a large saucepan of salted water to a boil. Add pasta and cook until al dente or tender to the bite. Drain thoroughly but do not rinse. Return to saucepan and add sauce. Toss together.

8 Using a pair of tongs, twirl a serving of spaghetti onto serving dishes. Sprinkle with fresh Parmesan and a sprig of fresh basil. Add pepper to taste.

Serves 4

PAIRS WITH

Monkey Bay Sauvignon Blanc
New Zealand **\$13.09** 324095

The Wild Olive Old Vines Chenin Blanc
South Africa **\$11.59** 205922

²It is important to store Garlic-Chili Oil in refrigerator otherwise it can go rancid and spoil due to the garlic cloves. Extra-virgin olive oil will often solidify when chilled. To use, simply run bottle under warm running water for a minute.



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CHICKEN AND ROASTED GARLIC PIZZA WITH BASIL OIL

PIZZA DOUGH

2 cups (500 ml) all-purpose flour
1½ tsp (7 ml) quick-rising dry yeast
¾ tsp (4 ml) salt
¾ cup (175 ml) hot water (120° F / 49° C)
2 tsp (10 ml) extra-virgin olive oil
cornmeal, for dusting pizza pan
olive oil, for brushing

BASIL OLIVE OIL

2 cups (500 ml) tightly packed fresh basil
¾ cup (175 ml) extra-virgin olive oil
1 tbsp (15 ml) fresh lemon juice
salt and freshly ground black pepper

TOPPINGS

1 boneless, skinless chicken breast
salt and freshly ground black pepper
3 tbsp (45 ml) olive oil, divided
4 large tomatoes, seeded and diced
4 strips bacon, cooked and chopped
½ yellow onion, shaved thinly into rings and separated
garlic cloves, roasted¹
½ cup (75 ml) capers, rinsed and drained
½ cup (125 ml) shaved Parmesan
2 cups (500 ml) arugula
Balsamic Reduction Sauce²

1 To make Pizza Dough, pour flour, yeast and salt into a food processor and pulse to mix. With machine running, slowly pour in hot water and oil through feed tube. Process for 1 minute or just until a ball forms. Continue processing for 35 to 45 seconds to knead dough.

2 With floured hands, shape dough into a smooth ball. Place in large greased bowl, turning dough to grease all over. Cover and let rise in warm draft-free

place until doubled, about 1 hour. Dough can be wrapped in a plastic bag and refrigerated for up to 8 hours, or frozen for up to a month. Thaw in refrigerator.

3 To make Basil Olive Oil, blanch fresh basil in a saucepan with water and immediately drain and plunge into cold water. Drain and squeeze out excess water.

4 Place in a blender with olive oil and whirl until smooth. Add lemon juice and salt and pepper to taste. Seal tightly in a glass bottle. Can be stored in refrigerator for several days.

5 Bring dough to room temperature before using. Without punching it down, turn dough onto a lightly floured surface. It's okay if dough deflates. Just don't work it or knead it, because that will make stretching it more difficult.

6 Preheat oven to 475 F (240 C). Roll out dough on a lightly floured surface to a 12 or 14-in (30 to 35 cm) round stretching edges with your fingertips. Place on a pizza pan lightly dusted with cornmeal. Brush top of dough with olive oil and bake in oven for 5 minutes. Remove. Set aside.

¹To roast garlic, shave top of head of garlic and place garlic in small metal pan with a 2 tbsp (30 ml) water. Drizzle cut top with a little oil and bake in a 375 F (190 C) oven for 40 minutes or until soft.

²Balsamic Reduction Sauce is a thickened balsamic available in most grocery stores.

7 Season chicken with salt and pepper. Heat 2 tbsp (30 ml) olive oil in frying pan over medium-high heat. Add chicken and lightly brown on both sides. Add a splash of water, cover and reduce heat to medium. Cook for 7 minutes or until chicken is cooked through. Remove and cut or shred into bite-sized pieces.

8 Lightly brush pizza crust generously with Basil Olive Oil. Evenly scatter with cooked chicken, tomatoes, bacon, onion rings, roasted garlic, capers and half the Parmesan. Bake in preheated oven for 10 to 15 minutes or until done as preferred.

9 Scatter with arugula and additional Parmesan. Drizzle with some Balsamic Reduction Sauce and a little more Basil Olive Oil.

Serves 6

PAIRS WITH

Bottega Gold Prosecco Brut
Italy **\$24.79** 663187

Di Majo Norante Sangiovese
Italy **\$13.99** 607325



LOBSTER BISQUE WITH CHILI-LOBSTER OIL

CHILI-LOBSTER OIL

- 2 x 1 lb (500 g) cooked lobsters
- 1 celery stalk, chopped
- 1 small yellow onion, peeled and chopped
- ½ fennel bulb, trimmed
- 1 carrot, chopped
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 4 garlic cloves, slivered
- 4 hot red chili peppers
- 2 bay leaves
- ½ tsp (2 ml) saffron threads, crushed
- ½ tsp (2 ml) whole black peppercorns
- ¼ tsp (1 ml) salt
- 4 cups (1 L) grape seed oil
- ¼ tsp (1 ml) crushed red pepper flakes

BISQUE

- 2 x 1½ lb (2 x 750 g) fresh lobsters
- 2 tbsp (30 ml) olive oil
- 1 large onion, chopped
- 2 large celery stalks, chopped
- 2 carrots, chopped
- ½ fennel bulb
- 1 whole garlic head, cut in half, crosswise
- 1 large tomato, chopped
- 2 sprigs fresh tarragon
- 2 sprigs fresh thyme
- 2 bay leaves
- 1 tsp (5 ml) black peppercorns
- ½ cup (125 ml) brandy
- ½ cup (125 ml) dry sherry
- 4 cups (1 L) fish stock or bottled clam juice
- 2 cups (500 ml) whipping cream
- ¼ cup (60 ml) tomato paste
- ¼ tsp (1 ml) saffron threads, crushed
- 2 egg yolks
- 6 large scallops
- 1 tbsp (15 ml) olive oil
- micro greens, for garnish

1 To make Chili-Lobster Oil, working over a large bowl, cut off lobster tails and claws and remove meat to a separate bowl. Cut up meat into bite-sized pieces, wrap and refrigerate. Crack lobster shells and rinse bodies. Place in a large heavy-bottomed saucepan along with remaining ingredients except for crushed red pepper

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flakes. Bring to a low simmer. Cook for 30 to 45 minutes, stirring often.

2 Strain through a large fine-meshed sieve over a large bowl. Discard lobster shells and vegetables. Once oil has cooled, add chili flakes and pour into a large bottle and refrigerate until ready to use. Refrigerate up to 2 weeks or freeze up to a month.

3 To make Bisque, rest lobsters on their backs on a cutting board while bringing a large saucepan of water to a boil. Add lobsters to boiling water head first and boil until cooked through, about 8 minutes.

4 Using tongs, transfer lobsters to a large bowl until cool enough to handle. Let water in saucepan settle and cool. Then remove and reserve 3 cups (750 ml). Discard remaining water in saucepan.

5 Working over a large bowl to catch juices, cut off lobster tails and claws and

remove meat to a separate bowl. Cut up meat into bite-sized pieces, wrap and refrigerate. Crack lobster shells and rinse bodies. Heat oil in a large heavy-bottomed saucepan. Add lobster shells and bodies and sauté over medium high heat until shells turns a rich colour, about 5 to 10 minutes. Stir occasionally, so they don't burn.

6 Add onion, celery, carrots, fennel, garlic, tomato, herbs, bay leaves and peppercorns. Stir in brandy and sherry and boil vigorously until almost all liquid has evaporated. Add fish stock or clam juice, reserved 3 cups (750 ml) cooking liquid and any lobster juices that may have collected in bowl when removing meat from shells. Bring to a boil. With lid ajar, reduce heat and simmer for about 1 hour for flavours to develop.

7 While stock is cooking, place whipping cream in a medium-sized saucepan. Bring to a boil, reduce heat and simmer for 40 minutes or until reduced and thickened. Remove and cool. Refrigerate.

8 Strain stock through a large fine-meshed sieve over another large saucepan. Press firmly on solids to remove any juices. Discard solids. Continue to simmer stock for 30 minutes. Then whisk in tomato paste and crushed saffron and continue to simmer until soup is reduced to about 4 cups (1 L). Remove from heat. Stock can be prepared a day ahead and refrigerated.

9 Shortly before serving, remove 6 or 12 bite-sized pieces lobster meat from refrigerator. (Reserve leftover lobster for another dish.)

10 Combine reduced stock and cream in a medium-sized saucepan. Boil gently whisking until smooth.

11 Whisk egg yolks in a bowl. Slowly whisk in ½ cup (125 ml) hot stock. Then whisk egg yolks into saucepan containing stock. Continue to simmer, whisking steadily until thickened and smooth. Cover soup and keep warm while searing scallops.

12 Heat 1 tbsp (15 ml) olive oil in a grill pan. Add scallops and sear on both sides just until pale golden and not quite cooked through. Add pieces of lobster to pan just to warm. Remove from heat.

13 Give soup a little whisk. Then ladle into 6 heated bowls. Top with seared scallops and warmed pieces of lobster. Garnish with a few micro greens. Drizzle with Chili-Lobster Oil and serve.

Serves 6

PAIRS WITH

Pouilly-Fuissé Domaine Du Chalet Pouilly
France **\$31.29** 21907

Bailly Lapierre Crémant de Bourgogne
Réserve Brut
France **\$22.59** 657742



SEARED CITRUS PEPPERED TUNA WITH LEMON-PEPPER OIL

LEMON-PEPPER OIL

2 lemons, zest only
2 tsp (5 ml) black peppercorns
1 cup (250 ml) grape seed oil
2 sprigs fresh thyme

TUNA MARINADE

2 tbsp (30 ml) Tamari soy sauce
2 tbsp (30 ml) Lemon-Pepper Oil
2 limes, juice only
½ tsp (1 ml) ground cumin
¼ tsp (1 ml) ground cinnamon
freshly ground black pepper
6 oz (180 g) ahi tuna, sushi grade

CHOPPED SALAD

1 cup (250 ml) jicama, peeled and finely diced
1 cup (250 ml) mango, peeled, pitted and finely diced
1 medium-sized avocado, peeled pitted and finely diced
¼ cup (60 ml) red onion, finely diced
½ cup (125 ml) English cucumber, unpeeled and finely diced
1 cup (250 ml) black beans, rinsed and drained
1 cup (250 ml) mixed micro greens

SALAD DRESSING

⅓ cup (75 ml) Lemon-Pepper Oil
1 tbsp (15 ml) finely grated lime zest
2 tbsp (30 ml) fresh lime juice
½ tsp (2 ml) ground cumin
¼ tsp (1 ml) allspice
¼ tsp (1 ml) cayenne
2 tbsp (30 ml) Thai basil, chopped
2 tbsp (30 ml) fresh mint, chopped
liquid honey, to taste

1 For Lemon-Pepper Oil, in a saucepan, combine lemon zest and peppercorns with grape seed oil. Bring to a boil, then reduce heat to low and simmer for 5 minutes for flavours to blend.

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- 2 Remove from heat and add thyme sprigs. Cool to room temperature. Transfer to a small bottle. Seal and store at room temperature.
- 3 To make Tuna Marinade, in a small bowl whisk together Tamari, Lemon-Pepper Oil, lime juice and seasonings. Transfer to a larger, shallow bowl and add tuna loin. Roll tuna in marinade to coat. Cover with wrap and marinate at room temperature for 20 minutes.
- 4 To cook, heat a heavy frying pan until very hot. Spray with oil. Discard tuna marinade. Add tuna to hot pan and sear for 15 to 20 seconds per side just until outside is lightly cooked. You want it pink in centre. Remove to a plate and let rest a couple minutes before cutting into ¼-in (0.25 cm) slices. Tuna can be seared and left whole and refrigerated up to 5 hours before serving.

- 4 Make Chopped Salad. Combine all diced fruits and vegetables except for micro greens in a bowl. Gently toss together. Scatter onto a long ceramic serving platter. Slice tuna and arrange over top.

- 5 In a bowl, whisk all Salad Dressing ingredients, except for honey. Add honey to taste. Drizzle over top and scatter with micro greens. Serve cold.

Serves 4

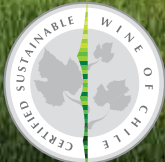
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