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COMPLIMENTARY

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FOOD/DRINK/MORE

TASTE

BC LIQUORSTORES



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COVER



BOMBAY SAPPHIRE GIN
United Kingdom **\$27.49** 316844
This London dry gin has a ripe citrus aroma with rounded spice and a touch of juniper. At first this exceptionally smooth spirit is light and crisp, then the harmonious notes of the 10 perfectly balanced botanicals are soon released. These fresh, 100 percent natural flavours reveal an aromatic taste layered with zesty citrus, delicate nutty oils, rich exotic spices and a hint of sweetness before ending with light lavender notes and a long, peppery finish. See page 167 for cocktail recipe.

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by Daenna Van Mulligen

PROSECCO

THE ULTIMATE SUMMER SIPPER

PROSECCO HAS A VERY CAREFREE DEMEANOR. ITS RELATIVELY LOW ALCOHOL LEVELS, TINY WEIGHTLESS BEADS (BUBBLES) AND UTTER LACK OF PRETENTION MAKE IT A PERFECT OPTION TO SERVE AT BRUNCH, AS AN AFTERNOON SIPPER, FOR PICNICS AND AS AN APERITIF.

Despite its fresh, delicate character and light, bubbly palate, Prosecco is perfect anytime of the day and any season of the year – but summer is even more of a reason to make Prosecco your refreshment of choice.

In Italy, especially in the northeast, which Prosecco calls home, you'll see Italians sipping this bubbly wine in cafes, on patios and in wine bars – usually paired with bowls of salty snacks (such as chips, nuts or olives) offered by the establishment.

Prosecco has a very carefree demeanor. Its relatively low alcohol levels, tiny weightless beads (bubbles) and utter lack of pretention, make it a perfect option to serve at brunch, as an afternoon sipper, for picnics and as an aperitif. Typically Italy's most famous sparkling wine will offer the subtle fragrance of fruit blossoms or rose petals, crisp pear, peach and apple notes, faint citrus and often vague almond and talc. Sweetness varies, but in most of the widely available styles, you'll find a nearly dry palate with just a kiss of sweetness to enhance the wine's fruitiness.

The popularity of this *spumante* (sparkling) and sometimes *frizzante* (lightly sparkling) wine probably has much to do with its approachability. It doesn't pretend to be Champagne – by price, by complexity, nor by its production methods. While many

sparkling wine producers around the world employ the more intricate classic method of making sparkling wines (also known as *méthode Champenoise* or *méthode traditionnelle*), which involves a secondary fermentation inside the bottle to create bubbles, Prosecco is generally made in the *Charmat* method. The simpler, less time-consuming second tank fermentation of *charmat* is believed to be essential for maintaining Prosecco's bright and fruity persona. By and large, Prosecco is not a wine to age or to cellar; instead it is a vivacious example of youthful exuberance, insisting on immediate consumption.

The Prosecco grape, as it's widely referred to (in reference to the wine itself as well as a village in Friuli-Venezia Giulia) has, in recent years, been replaced by an ancient name – Glera. The reappearance of the name Glera was necessary when the honored DOCG (*Denominazione di Origine Controllata e Garantita*) status was granted to the important *Prosecco di Conegliano-Valdobbiadene* appellation.

Adopting the lost name Glera also protects the designation Prosecco from being used in other regions that hope to capitalize on its sparkling popularity by exploiting the name of the grape.

Although these world-renowned bubbly wines are made from grapes from vineyards that are located in both

the Veneto and Friuli-Venezia Giulia regions, the prized historical vineyards of Conegliano-Valdobbiadene DOCG sit just 50 kilometres northwest of Venice. Only wine from the designated DOCG and the slightly less treasured DOC (*Denominazione di Origine Controllata*) zones can be labeled Prosecco. Wines made outside of these areas must be labeled as Glera – in other words, Prosecco is the region and Glera is the grape variety.

In addition, wines made in the designated Prosecco zones must follow stricter guidelines for vineyard management, cropping and production – all in an effort to improve the overall quality of this newly protected designation. Small amounts of other local varieties as well as Pinot and Chardonnay may be blended in, but Glera provides the framework of Prosecco.

Of course Prosecco is not just limited to enjoyment in its basic bubbly form, but is ideal for making cocktails. The traditional orange juice breakfast mimosa is a good example as is the Venetian born Bellini, made famous by Harry's Bar in Venice sometime in the early 20th century. The traditional Bellini is most commonly made with two parts Prosecco and one part fresh white peach puree. The addition of some brightly hued raspberry or cherry juice can add additional colour to a Bellini.





LA POIRE

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GREY GOOSE
La Poire

Prosecco

A WELL-CHILLED BOTTLE OF PROSECCO SERVED WITH A SIMPLE PLATTER IS PERFECT FOR A CASUAL SUMMER LUNCH ON THE PATIO.

Another cocktail you'll see in various forms being sipped across Italy is the Aperol Spritz. Growing in popularity internationally, Aperol* is another perfect partner for Prosecco. Similar in style, although with less alcohol and bitterness than Campari, Aperol turns Prosecco into a visually mouth-watering, orange-tinted beverage. The Aperol Spritz is wonderfully refreshing and slightly sweet, with bitter orange tanginess. To make your own, add ice to a wineglass and fill about half of the glass with Prosecco before adding an ounce of Aperol, then top with a quick spritz of soda. Finish it off with a slice of orange and soon you'll be enjoying the ultimate summer sipper.

Finally, a well-chilled bottle of Prosecco served with a simple platter is perfect for a casual summer lunch on the patio. Traditional options for your platter could include grilled vegetables, olives, radicchio, salami and soft cheese with bread. Sushi, shellfish and even heartier wild mushroom risotto are also ideal.

* Italy \$21.99 | 44071

Aperol is featured in the *Platters and Punch* article starting on page 42. See tasting notes on page 47.



 **01**

VILLA TERESA ORGANIC PROSECCO
Italy \$16.97 268714

You'll love the handy, built-in closure on this organic Prosecco. The price is as appealing as the wine itself, which offers aromas of honeysuckle, vibrant citrus, sweet white peach and toasty lees. It is suitably creamy in the mouth with good fruit concentration and an impressive mousse leading to a crisp finish.



 **02**

BARTOLOMEO BREGANZE EXTRA DRY PROSECCO
Italy \$21.99 335414

This Prosecco has an enchanting aromatic style, perfumed with apple blossoms, pear, white peach and lemon with a hint of rose-scented talc. It's delicate and refreshing, and has a creamy, frothy texture with dancing bubbles bursting with bright white fruit and citrus flavours.

 **00**

MIONETTO VALDOBBIADENE PROSECCO

Italy \$21.99 432369

Topped with a traditional string closure over its cork, this frizzante opens up to reveal notes of juicy pear, rose petals and almonds with a core of straw and citrus. Expect an elegant palate with impressive finesse. This is a dry Prosecco with a long, zesty finish.



 **00**

VALDO PROSECCO DI VALDOBBIADENE MARCA ORO

Italy \$21.00 550111

This popular bubbly is scented with Asian pears, a bouquet of spring blossoms and hints of stone fruit layered with fine talc. It has a smooth, creamy weight, fine bubbles and a kiss of sweetness followed by a bright, fruity finish.



 **00**

SANTA MARGHERITA DI VALDOBBIADENE PROSECCO BRUT

Italy \$20.99 618546

Here is a lively sparkling that offers white peach aromas, a hint of almond oil and plenty of citrus and floral tones. It has the expected delicate fruit and fine, frizzante bubbles found in Prosecco, and it culminates in a mouth-watering finish.



 **01**

MIONETTO PROSECCO BRUT TREVISO DOC

Italy \$19.99 86256

Expect a fragrant bubbly with alluring scents of roses and almonds, exotic citrus, pears and sun-ripened peaches. It is light and lively, liberally lashed with sweet fruit and almond flavours, which are presented on a creamy palate and lead to a fresh, generous finish.



by James Nevison

GRAY MONK

CELEBRATING 30, 40 AND 50 YEARS

For Gray Monk Estate Winery, 2012 marks a special triumvirate of anniversaries. This year, British Columbia's oldest remaining family-owned winery celebrates 30 years of owning and operating an estate winery, 40 years of growing grapes in the Okanagan, and 50 years of marriage for Gray Monk founders George and Trudy Heiss. It's a 30, 40, 50 vinous trifecta! Any one of these milestones is worthy of cheers, but realizing all three together is a testament to the Heiss family's vision,

dedication – and yes – perseverance.

Gray Monk's tale actually starts in the salons of Edmonton on January 14th, 1961 to be exact ("George remembered that date," Trudy says.) This is the auspicious day on which George met Trudy at a workshop on hair colouring. Trudy was working as a hair model. They started talking, George had no car, and well, Trudy generously gave him a lift home. One thing led to another and soon they were operating a couple of shops in Edmonton. But, looking for a change, they

decided to head over the Rockies to the Okanagan, where Trudy's family resided. There, an opportunity to work on acreage in the north Okanagan presented itself.

Of course, the question of what to do in the Okanagan was of no small consequence. At first, the young couple considered raising beef, but Trudy quickly came to the conclusion that she'd "cry forever" if she had to see animals die. Mushrooms? No, the initial investment was too high. With Trudy's father already growing grapes,

he suggested they also plant vines. But establishing a vineyard in 1972 called for quite a different strategy compared to today. "The big wineries wanted tonnage," recalls Trudy, and so Marechal Foch and other easy growing hybrid grapes went in the ground.

However, quantity is not synonymous with quality, and the Gray Monk story would not be unique if George and Trudy hadn't quickly realized they wanted to grow quality grapes to make quality wine – wine equal to that of their European heritage. Thus their focus turned to finding noble grape varieties suitable to the Okanagan, a notion many thought foolhardy, given the region's northerly latitudes. But help arrived by way of Dr. Helmut Becker, a scientist from Germany's highly regarded Geisenheim Institute. Dr. Becker came to the Okanagan to lead an eight-year trial aimed at establishing European *vitis vinifera* vines in Canada. The Heiss family were early supporters of the "Becker Project," which manifested as 34 grape varieties planted on three different root stocks in two experimental vineyard sites.

George and Trudy also actively looked to other cool-climate European regions for inspiration. Trudy mentions that they "brought the first Pinot Gris plants from France," adding, "50 plants were all that were left after we got the permit." Along with Pinot Gris, Auxerrois and Gewurztraminer, cuttings were also brought from Alsace. All



three grape varieties remain important in Gray Monk's wine portfolio today. They sent Trudy's father over to Europe to bring back Kerner vines and, as Trudy remembers, he returned with "ten plants in one hand and an import permit in the other." They worked diligently to establish these new vines in the Okanagan. "I was on my knees grafting and training the little buggers," explains Trudy, highlighting their intimate involvement with the vines. But George and Trudy also took pains to share their efforts with growers throughout the Okanagan, helping to chart the course for quality British Columbia wine in the years ahead.

The rest of the story is not so much history as continued hard work and a will to find (or create) a way forward. With no system in place for grape growers to make and sell wine from their own harvest, George and Trudy became instrumental in pushing to create change. The eventual result was the Estate Winery program, and Trudy recalls Gray Monk being "the fifth to open our door" in 1982. By the time Free Trade arrived in the late 1980s, Gray Monk simply stayed the course. Two thirds of Okanagan grape growers elected to rip out their lesser-quality vines, "but we'd already pulled our marginal vines," remarks Trudy. "We were making good things."

From a handful of wineries to well over 200 operating in the province today, Gray Monk Estate Winery

GRAY MONK™
ESTATE WINERY

304050

ANNIVERSARY



PHOTO BY BRIAN SPROUT



From their cherished vineyard near the 50th parallel, a trailblazing family winery has led the way, shaping the BC wine world we enjoy today.

30
YEARS

GRAY MONK
ESTATE WINERY
EST. 1982

40
YEARS

HEISS FAMILY
VINEYARD
EST. 1972

50
YEARS

GEORGE & TRUDY
HEISS MARRIED
SINCE 1962

BC VQA OKANAGAN VALLEY

GRAYMONK.COM



has literally grown with the British Columbia wine industry. Asked what advice she would give aspiring winery owners, Trudy Heiss laughs lightly and suggests they “come work with me for a few weeks first. You have business issues, then there’s Mother Nature. It’s farming,” she continues, “the romance around here lasted five days!”

Still, there is no denying the fruitful success of their pioneer efforts. Gray Monk produced 2,500 cases of wine in its first year; the forecast for 2012 is 81,000 cases. Today, four generations of the family work at the winery, which has undergone a series of expansions over the years and is now a destination in Lake Country complete with a year-round restaurant (Grapevines) overlooking Lake Okanagan. George Jr. has been responsible for winemaking since 1984, when he returned to the Okanagan after completing oenological studies and apprenticeships in Germany. Eldest son Robert oversees Gray Monk’s logistics and general management, while George and Trudy’s third son Stephen takes care of marketing and information technology. “Our first grandson is now working outside with the vines,” adds Trudy, “and mom’s down the road.”

So what does the next 30 or 40 years hold for Gray Monk Estate Winery? “Who knows?” says Trudy, though she’s grateful that Gray Monk’s wines continue to be well-received by consumers. Oh, and in case you were wondering about the secret to 50 years of successful marriage, Trudy simply advises: “Be good friends.”

“George and I are pretty much together 24 hours a day. People ask how do you do it? We take our business seriously, but don’t take ourselves too seriously. It’s good when it works!”



GRAY MONK PINOT GRIS

BC VQA **\$16.99** 118638

The winery’s namesake grape Pinot Gris is also known as Grauer Mönch or “Gray Monk” in Austrian. The latest vintage of this perennial crowd pleaser offers gregarious grapefruit and apricot aromas, while balancing intensity and freshness with a lick of sweetness on the finish.



GRAY MONK PINOT NOIR

BC VQA **\$16.99** 251835

Bright cherry in colour, this punchy Pinot Noir offers nuances of raspberry, flowers and toasty oak. Don’t be afraid to serve this lighter-bodied red slightly chilled, especially during the summer, when it’s great served *alfresco*.



GRAY MONK GEWÜRZTRAMINER

BC VQA **\$16.99** 321588

This off-dry “Gewurz” is fantastic for lingering summer evenings. Abounding with peach, lychee and spice characters, it’s enjoyable sipped all on its own or paired with a cheese plate.



GRAY MONK ROTBERGER

BC VQA **\$15.99** 321620

It’s not everyday you come across the Rotberger grape, but Gray Monk certainly uses it to produce a rosé suitable for everyday sipping. Gorgeous, dark pink in colour with bright raspberry aromas, this versatile wine will go with everything from pizza to prawns.



GRAY MONK ODYSSEY WHITE BRUT

BC VQA **\$24.99** 711218

Riesling, Chardonnay Musqué and Pinot Blanc make up the blend in this traditional method sparkling that sees 16 months aging on its lees. The result is a robust but crisp bubbly bursting with citrus and apple aromas. More citrus and brioche flavours abound before a lingering, slightly off-dry finish.



GRAY MONK PINOT AUXERROIS

BC VQA **\$16.99** 96222

Next to Noir, Gris and Blanc, Auxerrois is the least-known of the Pinots. Gray Monk brought Pinot Auxerrois vines to BC from Alsace in the 1970s, and they use the grapes to make a lively, aromatic and fruity white perfect for these salad days of summer.




BC LIQUORSTORES

TASTE 11

WORLD FAMOUS KIM CRAWFORD NEW ZEALAND



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Please drink responsibly

HOT SUMMER'S MOST WANTED



 **00**
GRAFFIGNA PINOT GRIGIO
Argentina **\$13.99** 915918
This white is young and aromatic with subtle aromas of jasmine, peaches and apricots. It has a fresh and refined mouth feel with surprising solid white fruit flavours. Try with white fish, seafood, Asian cuisine or pasta primavera.



 **00**
WYNDHAM ESTATE BIN 555 SHIRAZ
Australia **\$16.99** 189415
Crimson red with vibrant purple hues, this classic Shiraz has lifted aromas of plum, clove, chocolate and mocha supported by subtle vanillin oak. A generous wine with ripe plum flavours complemented by dark cherry and spice. Try with roasted lamb, barbecue ribs or chocolate cake.



 **00**
KRAKEN BLACK SPICED RUM
Trinidad and Tobago **\$34.99** 199455
Kraken is an imported black rum from the Caribbean and blended with more than 11 secret spices. It takes its name from the mythical sea beast that is said to have wreaked havoc on tall ships and rum-running vessels throughout history. Kraken's smooth taste can be enjoyed on its own or as a key ingredient in traditional rum-based cocktails. Like the beast, this over-proof rum is deep, dark and mysterious!

BC LIQUORSTORES

TASTE 13



by Barbara Philip

Pinks

FROM PARADISE

PROVENCE ROSÉ IS A MOOD AS MUCH AS A BEVERAGE, SYMBOLIZING A CULTURE AND BRINGING PLEASURE TO THOSE WHO RAISE A GLASS WITH FRIENDS.

Geography, climate, cuisine and lifestyle combine to make the area of Provence on the French Riviera, the perfect place for rosé. In fact, the region is defined by its commitment to pink wines, which account for more than 85 percent of total production. These wines, with dusty pink colours that beautifully contrast the Mediterranean, are best enjoyed with a plate of chilled seafood on a patio overlooking the beach. Provence rosé is a mood as much as a beverage, symbolizing a culture and bringing pleasure to those who raise a glass with friends.

The grape growing area in Provence covers the land between the coastline and the Alps just west of Nice. Changes in altitude affect conditions in individual vineyards, but the overall climate is most significantly influenced by the Mediterranean. Summer months are hot and dry and the region's low rainfall is concentrated in the spring and autumn. Soil in Provence is very rocky and doesn't support much other than vines. Low shrubs cover the hillsides, but offer very little nutrition to the soil, which

remains poor and forces vines to build complex root systems in search of food and water. The largest defined grape growing region, or appellation (AOC), is Côtes de Provence in the eastern section. Other AOCs we are lucky enough to see in British Columbia are Côteaux d'Aix-en-Provence, Côteaux Varois en Provence and Bandol. There are other, smaller, appellations, but the wines rarely make it beyond France's borders, as they are scooped up by both locals and tourists.

Over centuries, a handful of red grape varieties have demonstrated an affinity with Provence's terroir and an ability to produce stylish pink wine. One of the most important is Grenache, best known for its role in the great red wines of Châteauneuf-du-Pape in the Rhone Valley to the west. Here, it excels at rosé, enriching the body of the wine and bringing red fruit flavours. Cinsault, which is a minor player in other regions, becomes a flagship in

Provence, where it brings balance and delicate flavours. Unique to Provence is the ancient variety Tibouren, which enhances finesse and fragrance. The varieties are blended together in varying amounts to make the final wine.

The technique for producing Provençal rosé is, not surprisingly, somewhere between red and white wine making. While the wines will end up as blends, each grape variety is handled separately at the beginning of the process. Grenache, Cinsault, etc. are harvested and then gently crushed. The juice and skins of the crushed grapes are left in contact for anywhere between two and 20 hours. During this *maceration* time, some of the red colour contained in the skins stains the otherwise clear juice. Its final colour will depend on the length of time in contact with the skins and their degree of pigmentation. After maceration is complete, vinification proceeds as if for a white wine. Skins are separated from

the juice either by direct pressing or by letting a portion of the juice "bleed" away from the solids without added pressure. The method of juice extraction will influence the flavour, texture and colour of the resulting wine. Pink juice is fermented into wine and, after aging a short time, the different lots are blended together. Rosé is usually released within six to eight months after harvest and is meant to be drunk while young and fresh. Though there is the occasional use of wood barrels for aging Provençal rosé, the classic style does not have oaky flavours.

In fact, Classic Provençal rosé is not dominated by any one flavour, oak or otherwise. The objective is subtlety, from colour to flavour to feel. The hue of a glass of rosé is an important factor in how much we enjoy it. It should look pretty and, in Provence, colours range from pale salmon to light onion skin. They are meant to look good on a table beside a bowl of bouillabaisse. Aromas

Photo: CIVP/F-MILLO.

MEET THE

new girls



The perfect night begins with all the options you need.
Without all the extra calories you don't.

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Provence Rosé

CLASSIC PROVENÇAL ROSÉ IS NOT DOMINATED BY ANY ONE FLAVOUR, OAK OR OTHERWISE. THE OBJECTIVE IS SUBTLETY, FROM COLOUR TO FLAVOUR TO FEEL.

are finessed and subtle. Red fruits, such as strawberries, currants and cranberries, are complemented by notes of spice, sweet herbs and mineral. On the palate, the best wines are fresh without being sour and are discreet in their flavours. They are marvels of finesse and delicacy.

The delicate pink wines of Provence are the region's defining product. While most of them are consumed in France, and a great many of them never even leave the south, British Columbians are lucky to see a small allocation arrive for our summertime drinking pleasure. Look for some new selections to appear on shelves starting in June, and pick up one of these definitive Mediterranean wines. The very best time to enjoy Provence rosé is when the weather is nice, so the special buy* will only be here for a few months. Celebrate the fresh produce of summer and some local seafood with a glass of pink from paradise.

* Check bcliquorstores.com for product availability.



GASSIER SABLES D'AZUR CÔTES DE PROVENCE ROSÉ
France **\$15.99** 156620
This fresh and delightful wine has vibrant candied fruit notes and a juicy palate. Try it with BC smoked salmon, crème fraîche and caper crostinis.



GABRIEL MEFFRE CÔTES DE PROVENCE ROSÉ
France **\$19.99** 381632
Herbal and strawberry notes on the nose give way to a bolder, more flavourful style of this delightful Provençal rosé. Try it with a grilled veal chop.



MIRABEAU CÔTES DE PROVENCE ROSÉ
France **\$24.99** 219139
This wine has remarkable balance and delicacy with a savoury note on the palate. It will offset a wild mushroom dish beautifully.



LA BARGEMONE CUVÉE MARINA CÔTEAUX D'AIX-EN-PROVENCE ROSÉ
France **\$28.99** 650408
From the pale onion skin colour to the subtle nature of the red fruit and herbs, this is classic Provençal rosé. Try it with bouillabaisse.



CHÂTEAU DE SAINT MARTIN 'ÉTERNELLE FAVORITE' CÔTES DE PROVENCE ROSÉ
France **\$28.99** 217034
This rosé has gorgeous notes of pink flowers, red cherry and wild strawberries. The palate is light, with soft red fruits and a subtle minerality. Open a bottle the next time you grill a Sockeye salmon and serve a dish of ratatouille on the side.



LA CHAPELLE GORDONNE CÔTES DE PROVENCE ROSÉ
France **\$28.99** 899922
This delicate pink wine is refined, savoury and long, with notes of small, red fruits and dried herbs. It would be perfect on a summer evening with simply prepared BC spot prawns.



MUSHROOM,
THYME AND
TALLEGIO PIZZA

PIZZA

PERFECTLY SIMPLE

by Murray Bancroft

FOR RECIPE INDEX, PLEASE SEE PAGE 133

The go-to, easy family dinner of choice has got to be pizza! Be it homemade or store-bought dough (lots of supermarkets and bakeries now sell fresh pizza dough), fresh or frozen (the portioned dough freezes well) it's quick and tasty with almost limitless potential flavour combinations. Use what you have on hand or go for your personal preferred pairings like bacon and onion, or blue cheese and pear. Using imported Italian canned tomatoes from San Marzano provides a wonderful flavour and sweetness but any good quality canned tomatoes will do. Here are a few combinations to try or add your own favourite ingredients. Enjoy!

PAIRS WITH TOMATO, BUFFALO MOZZARELLA, PROSCIUTTO AND ARUGULA PIZZA



SANTA CRISTINA
PINOT GRIGIO
Italy **\$17.40** 75815l
This yellow-tinted dry white has rich aromas recalling white and citrus fruits, particularly pears, green apples and oranges. The flavours in the mouth are full, with light tannins and a hint of espresso complementing the juicy, ripe fruits.



DI MAJO NORANTE
SANGIOVESE
Italy **\$14.99** 607325
This is a dry, mellow, Chianti-style red that has a bright red colour and a fresh, fruity bouquet of violets, red berries and a trace of leather. It is deliciously smooth, plush and juicy on the palate with solid plum and dark cherry characters.



TOMATO, BUFFALO MOZZARELLA, PROSCIUTTO AND ARUGULA PIZZA



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www.moutoncadet-tourdefrance.com
Contest runs from May 30th, 2012 to July 31st, 2012.

No purchase necessary. Must be of legal drinking age to participate. Please enjoy responsibly.



FOR RECIPE INDEX, PLEASE SEE PAGE 133

Pizza

THE GO-TO, EASY FAMILY
DINNER OF CHOICE HAS
GOT TO BE PIZZA!

PAIRS WITH MUSHROOM, THYME
AND TALLEGIO PIZZA



RICOSSA BARBARESCO
Italy **\$21.99** 929406
Deep garnet red in colour,
this full-bodied Piemont red
has a rich bouquet of violets
and red fruits. On the palate,
flavours of red cherries,
leather, sweet spice, earth and
cedar notes lead to a creamy
texture with nice acidity,
intensity and firm tannins.



POTATO, RED ONION, ROSEMARY AND RICOTTA PIZZA

PAIRS WITH POTATO, RED ONION, ROSEMARY AND RICOTTA PIZZA



BARBERA DA VINE
Italy **\$14.99** 142737
This quaffable red is made
from 100 percent Barbera
grapes and displays all the best
characteristics of this Piemont
varietal. Impressively deep red
in colour with spicy notes of
salami skin and rich cherry fruit
aromas, it shows a generous
ripe fruit and vibrant acidity that
combine to make this one of the
best pizza pairings around.

BC LIQUORSTORES



PASO CREEK ZINFANDEL
United States **\$17.99** 616649
This concentrated, elegant and
fruit-driven red is deep garnet
in colour with crimson hues.
Ripe boysenberry, black cherry,
dark chocolate, spice and vanilla
flavours are all balanced by
creamy vanilla and a velvety
lingering finish.



CECCHI CHIANTI CLASSICO
Italy **\$18.99** 113613
Primarily Sangiovese in design,
this Chianti is ruby red and has a
delicate nose of violets and red
fruits. With flavours of tangy
red fruits and soft tannins,
this wine's taste is intense
and persistent.

TASTE 21



BEAUTIFUL BURGERS

BARBECUE PORK BURGER WITH FENNEL COLESLAW AND ULTIMATE HOMEMADE CHIPS

by Lawren Moneta

FOR RECIPE INDEX, PLEASE SEE PAGE 133

Warm, sunny days and extended daylight hours signal the arrival of summer, however, the long-awaited season truly begins when the first delicious burger sizzles on the barbecue grill. This year, when friends and family gather, shake up your burger repertoire by giving this classic summer treat a new and tasty twist. These flavour-packed burgers forgo the tired, traditional toppings in favour of creamy, crunchy fennel and apple slaw, tangy pickled onions and ginger-spiked mayonnaise. These easy-to-prepare but out-of-the-ordinary burgers are sure to wow at your next barbecue party. So fire up your grill and get cooking!



CHIPOTLE TURKEY PANCETTA SLIDERS

PAIRS WITH BARBECUE PORK BURGER WITH FENNEL COLESLAW



LIBERTY SCHOOL CABERNET SAUVIGNON
USA \$21.99 527184

This fruit-driven Cabernet from Paso Robles has characteristic aromas of black cherry, plum and violets, followed by flavours of dark red berries and hints of anise and cedar spice on the palate. It is a robust wine, yet the supple tannins make it ideal for a variety of barbecue dishes.



SLEDGEHAMMER ZINFANDEL
USA \$19.99 181313

This red is intensely ripe with aromas and flavours of dark, ripe fruit. A surprising complexity delivers a hammer blow to your taste buds. Aged for two years in oak barrels, this Zinfandel has a touch of spice notes. The winemaker blended in a small amount of Petite Sirah, adding depth of flavour while enabling the fruit intensity of the vineyard to show through.



LAMBRUSCO DI SORBARA FRIZZANTE
Italy \$14.99 276105

This dry Lambrusco is a fine and elegant young frizzante with aromas of cherry, raspberry jam and violets. It is very fresh with a foamy mousse and flavours of sour cherry, rhubarb, savoury spice and hints of earth and smoke. Its elegance and simplicity make for extremely versatile pairing with a variety of appetizers or snacks.



**STELLA ARTOIS AND CHEESE
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For centuries, Belgians have been mastering the art of pairing beer and food. Stella Artois – a perfect example of Belgian craftsmanship – embodies this rich legacy. With its malty, hoppy character and crisp, refreshing taste, it brings a wonderfully dynamic range of flavours to a host of foods. Stella Artois pairs especially well with cheeses that are rich, creamy and flavourful, like cheddar, Gruyère and pecorino.



stellartaois.com *
facebook.com/StellaArtoisCanada *

*Must be legal drinking age. TM/MC InBev NV/SA.



**PAIRS WITH ULTIMATE
HOMEMADE CHIPS**



01 SEAVIEW BRUT

Australia **\$16.99** 216333
Seaview is great value sparkling wine with aromas of tropical pineapple and caramel, followed by a fine toasty note. The mouth feel is creamy with sweet fruit and flavours of caramel apples and roasted nuts on the finish.

**PAIRS WITH CHIPOTLE TURKEY
PANCETTA SLIDERS**



ESTRELLA DAMM INEDIT BEER

Spain **\$6.99** 677310 750 ml
This aromatic beer is handcrafted with delicate, sophisticated bubbles that can take acidic, sweet and sour flavours by the hand. Fruity and floral on the nose, Inedit has a mild yeasty sensation in the mouth and tastes of sweet spices. Its creamy and fresh texture is due to delicate carbonation and limited filtering.



**00 THE PEOPLE'S CENTRAL
OTAGO PINOT NOIR**

New Zealand **\$17.99** 744318
The nose of this well-priced Pinot is characterized by black and maraschino cherries. Licorice, spice and peppery aromas abound. Made in a dark, almost brooding style with spiced cocoa, this Pinot has espresso and cherry flavours wrapped around an earthy core.



BC LIQUORSTORES



TUNA BURGER WITH GINGER MAYONNAISE

PAIRS WITH TUNA BURGER WITH GINGER MAYONNAISE



**00 BABICH EAST COAST
PINOT NOIR**

New Zealand **\$19.99** 790675
The nose has plentiful aromas of blackcurrant, raspberry, spicy dark plum and suggestions of mushroom. Attractive dried herb notes are also evident. Upfront, the palate shows red and dark fruits, with cherries, strawberries and a hint of earthiness. A pleasantly textured wine with fine tannins and a medium weight.



**00 KIVI WALK
SAUVIGNON BLANC**

New Zealand **\$14.99** 180620
This wine shows lifted tropical notes of guava balanced by blackcurrant and fresh thyme characters. The palate is full with sufficient weight. Its flinty minerality is typical of the Awatere Valley, and is balanced by the soft tropical fruits of the Wairau Vineyard. The finish is long, dry and crisp.



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CASOLARI
LAMBRUSCO DI
SORBARA FRIZZANTE
Italy **\$14.99** 276105
This ruby red, dry style Lambrusco is a fine and elegant young frizzante wine with aromas of cherry, raspberry jam and violets. It is very fresh with a foamy mousse and flavours of sour cherry, rhubarb, savoury spice and a hint of earth and smoke. Its elegance and simplicity make for extremely versatile pairing with many dishes, especially roasted meats, cheeses, Italian cuisine, tapas, seafood and light salads.



SKINNYGIRL PIÑA COLADA
USA **\$19.99** 210393
Skinnygirl Piña Colada is made with Virgin Island rum, natural coconut water and pineapple, and is gently sweetened with organic agave nectar. Tropical coconut and vanilla notes complement the fruitiness of fresh pineapple, balanced with the smooth sweetness of the rum. The finish is dry, with subtle notes of Caribbean rum.



PATRÓN CITRÓNGE EXTRA FINE ORANGE LIQUEUR
Mexico **\$32.99** 117291
Patrón Citrónge is an extra fine orange liqueur that delivers a sweet, smooth and fresh orange taste backed by the flavours of premium tequila. Perfect in Margaritas and other cocktails such as the Café Cream, the Citrónge Tini and the Caribbean Breeze Cooler.

BC LIQUORSTORES

cocktail culture

by Danielle Tatarin

It's interesting to note the medicinal history of bitters, which were used to treat ailments. This practise continues today in naturopathy and traditional Chinese medicine. Most people are familiar with Angostura Bitters, but there is a world of flavoured bitters and tinctures to explore or make for yourself. They are made by extracting and preserving the soluble material from a plant, herb, fruit or bark with alcohol. This process isolates flavours in a concentrated form leaving only the essence. Just a few drops of an aromatic tincture will add flavour to your cocktail without diluting it with liquid or adding more alcohol. These dashes of pure flavour balance the elements and add complexity that would not otherwise exist.

FUTURE ILLUSIONS

2 oz (60 ml) gin
2 oz (60 ml) Cucumber-Infused Water (recipe follows)
½ oz (15 ml) Asian Pear Syrup, recipe follows
2 dashes Pink Peppercorn Tincture (recipe follows)
pear wedge, cut into a fan, for garnish

Stir all ingredients together with ice in a mixing glass. Pour over fresh ice into a highball glass. Garnish with a pear fan and cucumber skin twists.

CUCUMBER-INFUSED WATER

1 cucumber, thinly sliced
4 cups (1 L) cold water

Add cucumber slices to water and let sit for at least two hours.

ASIAN PEAR SYRUP

1 Asian pear
2 cups (500 ml) water
2 cups (500 ml) sugar

Slice Asian pear (core removed) into thin slices. Add to water and bring to a boil. Remove from heat and let the pear water sit for 20 minutes. Add sugar to the hot water and dissolve. Strain out the pear slices and store the syrup in a glass bottle or jar. Keep refrigerated.

PINK PEPPERCORN TINCTURE

pink peppercorns
vodka (high proof)

Fill a small glass jar with pink peppercorns. Cover the peppercorns with high-proof alcohol (over-proof vodka works best). Let it sit for a minimum of two weeks. Strain the peppercorns and keep the tincture in a glass bottle.





Cocktail Culture

JUST A FEW DROPS OF AN AROMATIC TINCTURE WILL ADD FLAVOUR TO YOUR COCKTAIL WITHOUT DILUTING IT WITH LIQUID OR ADDING MORE ALCOHOL.

SUNDAY BELLE (LEFT)

2 oz	(60 ml)	Southern Comfort liqueur
½ oz	(15 ml)	fresh lemon juice
½ oz	(15 ml)	fresh orange juice
7		fresh raspberries (can substitute with frozen)
1 tsp	(5 ml)	cacao nibs
1		egg white or
½ oz	(15 ml)	pasteurized egg white
		fresh raspberries, for garnish

Shake all ingredients vigorously with ice in a cocktail shaker for 30 seconds. Fine strain using a Hawthorne strainer and pour the ingredients through a tea strainer into a cocktail glass. Fine straining will prevent any fruit or seeds from entering into the cocktail. Garnish with raspberry pieces on top of the egg white foam.

PEACH GINGER SMASH (RIGHT)

2 oz	(60 ml)	bourbon
1½ oz	(45 ml)	peach nectar
¾ oz	(22 ml)	fresh lemon juice
6		mint sprigs
2		pieces of fresh ginger, cut into 1-in (2.5 cm) squares
		mint sprig, for garnish
		ginger, thinly sliced, for garnish

Muddle the ginger in the bottom of a mixing glass. Add all the other ingredients. Shake everything together with ice and pour into a highball glass. Top with fresh ice if needed. Garnish with a mint sprig and a few ginger slices.





WÓDKA POLSKA



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Cocktail Culture



THESE DASHES OF PURE FLAVOUR BALANCE THE ELEMENTS AND ADD COMPLEXITY THAT WOULD NOT OTHERWISE EXIST.

GOJI COOLER

- 2 oz (60 ml) Goji Berry Infused Vodka (recipe follows)
- ½ oz (15 ml) Sage Oleo-Saccharum (recipe follows)
- soda water, to top
- lemon zest and wheels, for garnish

Build all ingredients in a Collins glass over ice. Top with soda. Stir and garnish with sage, wide lemon zest and lemon wheels. Recipe can be multiplied and served in a pitcher.

GOJI BERRY INFUSED VODKA

- 1 cup (250 ml) dried Goji berries
- 1 bottle (750 ml) vodka

Add dried Goji berries to vodka and let sit for up to one month.

SAGE OLEO-SACCHARUM

- 3 lemons
- 6 oz (180 ml) superfine sugar*
- 6 sage leaves
- 6 oz (180 ml) lemon juice

Use a vegetable peeler or zester to strip the zest off lemons, trying to avoid as much of the white pith as possible. Place the peel in a glass mixing bowl, adding superfine sugar and sage leaves. Using a muddler, mash the peel, sage leaves and sugar together until the sugar becomes wet with the oil from the lemon. Let the mixture sit for one hour. Add lemon juice. Store in a glass jar for use in punches; keep the peel in the syrup. Oleo-Saccharum is a traditional ingredient used to give punches depth of flavour by adding the fragrance and essence of lemon oil.

* Superfine sugar dissolves more quickly than regular sugar. To make your own, grind standard sugar in a blender or food processor for a minute.



f /Bacardi

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Cocktail Culture

PURPLE HEART

- 2 oz (60 ml) reposado tequila
- 1 oz (30 ml) 100 percent pure blueberry juice
- ¾ oz (22 ml) fresh lime juice
- ¼ oz (7 ml) Lavender Syrup (recipe follows)
- lime zest, for garnish

Shake all ingredients on ice and strain over fresh ice into a highball glass. Garnish with wide lime zest twists.

LAVENDER SYRUP

- 2 cups (500 ml) water
- ¼ cup (50 ml) dried lavender
- 2 cups (500 ml) sugar

Bring water to a boil and add dried lavender. Remove from heat and let sit for 15 minutes. Strain out the lavender and add sugar to dissolve. Store in a glass bottle and keep refrigerated.

DARLING DELIGHT (PG.29)

- 2 oz (60 ml) aged rum
- 2 oz (60 ml) Hibiscus Rose Tea (recipe follows)
- ½ oz (15 ml) Strawberry Syrup (recipe follows)
- ½ oz (15 ml) fresh lemon juice
- 1 sliced strawberry, for garnish
- 2 lemon wheels, for garnish

Add all ingredients to a 12 oz (360 ml) Mason jar. Add ice and close the lid of the jar. Shake all ingredients together. Remove lid and top with crushed ice, then garnish with lemon wheels and strawberry slices.

HIBISCUS ROSE TEA

- 2 cups (500 ml) water
- ¼ cup (50 ml) dried hibiscus flowers*
- ¼ cup (50 ml) dried rose buds*

Bring water to boil. Remove from heat and add dried hibiscus flowers and dried rose buds. Let it sit for five minutes. Strain out hibiscus and rose buds.

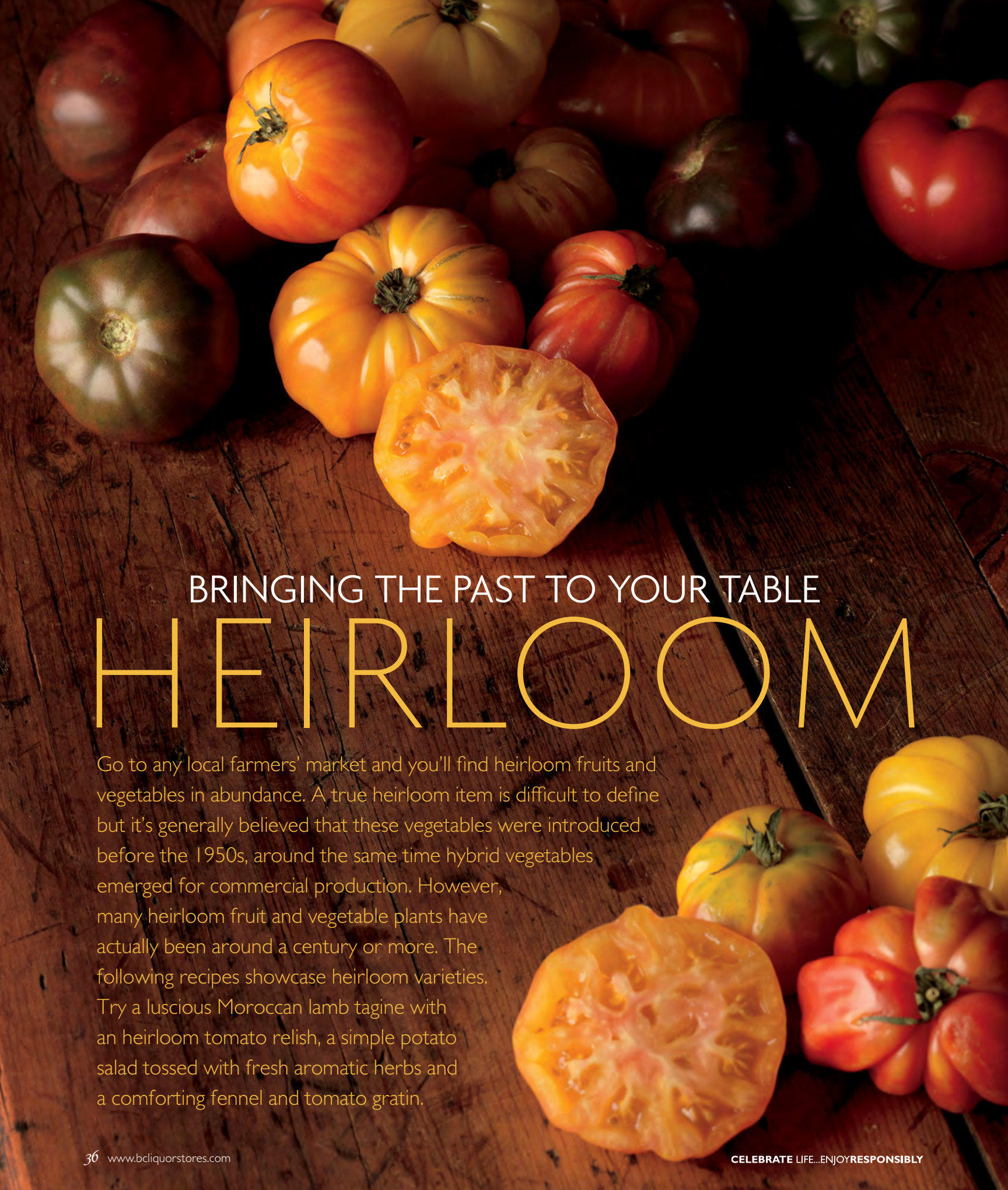
STRAWBERRY SYRUP

- 6 ripe strawberries
- 2 cups (500 ml) water
- 2 cups (500 ml) sugar

Slice strawberries and add to water. Bring to a boil and add sugar. Lower the heat and let simmer for 10 minutes. Remove from heat and let cool. Strain the strawberries through a tea strainer. Store in a glass bottle and keep refrigerated.

* Available at tea shops.





BRINGING THE PAST TO YOUR TABLE
HEIRLOOM

Go to any local farmers' market and you'll find heirloom fruits and vegetables in abundance. A true heirloom item is difficult to define but it's generally believed that these vegetables were introduced before the 1950s, around the same time hybrid vegetables emerged for commercial production. However, many heirloom fruit and vegetable plants have actually been around a century or more. The following recipes showcase heirloom varieties. Try a luscious Moroccan lamb tagine with an heirloom tomato relish, a simple potato salad tossed with fresh aromatic herbs and a comforting fennel and tomato gratin.



LAMB TAGINE WITH FRESH GREEN TOMATO RELISH

PAIRS WITH LAMB TAGINE WITH FRESH GREEN TOMATO RELISH



**CEDARCREEK
 GEWURZTRAMINER**
 BC VQA \$17.99 240978

This aromatic white exhibits aromas of white flowers, lemon, orange, grapefruit and a trace of ginger spice. Lychee and grapefruit notes dominate the palate, which is balanced with refreshing acidity and hints of apple and minerality.



**DÉLAS SAINT-ESPRIT
 CÔTES-DU-RHÔNE**
 France \$18.99 915470

This blend of Syrah, Grenache, Carignan and Mourvèdre has sweet raspberry and black cherry on the nose, with some herbs, licorice and pepper notes. Great fruit flavours in the mouth complement the herbs, spice and licorice notes. Medium- to full-bodied with sweet tannins leading to a long finish, this is an ideal wine for lamb dishes.



MANY HEIRLOOM FRUIT AND VEGETABLE PLANTS HAVE ACTUALLY BEEN AROUND A CENTURY OR MORE

PAIRS WITH FENNEL AND HEIRLOOM CHERRY TOMATO GRATIN

GANTON & LARSEN PROSPECT WINERY PINOT GRIGIO
 BC VQA **\$14.99** 307082
 This popular BC fruit-forward white displays a bouquet of ripe citrus and peach fruit. Look for fresh and tangy flavours of orchard fruits and yellow plum with hints of papaya and luscious peach lingering towards a refined finish.



HEIRLOOM POTATO AND HERB SALAD

PAIRS WITH HEIRLOOM POTATO AND HERB SALAD

LA CHABLISIENNE LA PIERRELÉE CHABLIS
 France **\$26.49** 359844
 Pale yellow in colour, this brilliant wine has a rich bouquet of fragrant white-fleshed fruits. A little time in the glass will enhance the aromatic fruity notes, accompanied by a touch of mineral and fresh citrus. The palate shows a nice fleshiness and flavours of fresh orchard and citrus fruits. A wisp of minerality leads to a lingering finish.

GRAY MONK PINOT NOIR
 BC VQA **\$16.99** 251835
 This Pinot Noir is a pale ruby colour with classic cool climate Pinot Noir aromas of tart cherry, cranberry, flowers, stewed plums and some leathery and herbal notes. The palate is light in body, but with good flavour, intensity and lots of juicy cranberry, strawberry, clove and thyme. Chilled, it will cut perfectly through grilled chicken, duck or octopus.

VILLA TERESA ORGANIC PINOT GRIGIO
 Italy **\$15.99** 549642
 This dry white is pale straw in colour and has a ripe apple nose that carries through on the palate. It has flavours of cooked pear, lemon citrus and mineral with hints of orange and melon fruits.



FENNEL AND HEIRLOOM CHERRY TOMATO GRATIN



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Kitt Johnson
Product Consultant
WSET Advanced
Park Royal Signature
Store
West Vancouver
Food and wine bring

everyone together. I'm fortunate to be a part of the pairing!

OUR EXPERTS SHARE THEIR FAVOURITES

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



BACARDI 8 Y.O. RUM

Puerto Rico **\$33.99** 492520

The Bacardi 8 is delicious amber rum with lots of vanilla, spice, caramel and light fruity orange notes. Savour it in a snifter or mixed into a cocktail with tropical fruit juices.



CHÂTEAU STE. MICHELLE RIESLING

USA **\$15.99** 232512

This Riesling from Washington is delicious, crisp and fresh. Slightly off-dry with flavours of white peach, apple and citrus zest, this refreshing white is very elegant and well-balanced on the palate. It's a perfect patio wine to sip on a hot summer's day.



WAKEFIELD CABERNET SAUVIGNON

Australia **\$22.99** 16188

This 100 percent Cabernet is full of flavour and delights the palate with a luscious, creamy core of ripe fruit, vanilla and dark chocolate. The tannins are smooth and play deliciously with the wine's overall balance. It's the perfect bottle to bring to your next barbecue.



CLOUDY BAY SAUVIGNON BLANC

New Zealand **\$31.50** 304469

This is New Zealand elegance in a bottle. The wine has the vibrancy we have come to love, plus the citric and exotic fruits flow with power from start to finish, creating a juicy, clean body. What a great way to treat you and your guests for a patio get-together.



PLUME CABERNET SAUVIGNON

USA **\$29.99** 199679

This Napa Cabernet Sauvignon has ties to BC's Stewart family of Quails' Gate Winery. Made in a joint venture, the Plume offers aromas and flavours of blackcurrant, cherry, vanilla and mocha. Aged in French oak for 18 months, this delicious wine has fine grainy tannins with a juicy finish. Pair with pot roast and caramelized onion, or Moroccan-spiced lamb sausage.



WISER'S 18 Y.O. LIMITED RELEASE RYE WHISKEY

Canada **\$64.99** 21949

This limited-release Canadian whisky is quality in a glass. It is deep mahogany in colour with vanilla, oak and toffee notes on the nose. Complex and balanced flavours of rich caramel-baked apple, rye and oak spices, cinnamon and a touch of honey dance in your mouth. Rich and oaky with a honey and citrus smooth finish, this premium whiskey is best enjoyed over ice or with a dash of water.



by Judith Lane

PLATTERS & PUNCH

SIMPLE SUMMER
ENTERTAINING



Summer is here and the living is easy. Though the weather may throw us curve balls, there'll be plenty of sunny days and warm evenings to enjoy with friends and family.

Keep it simple when entertaining, with icy bowls of thirst-quenching punches and platters heaped with make-ahead tasty savouries and sweets. You'll spend more time with your guests instead of tucked away in the kitchen or at the grill. Here are some ideas to get the party started.

First, pick a theme. By choosing a common thread to echo through the food, drink and decor shows guests that you've put plenty of thought and effort into the event. The themes suggested here are broad in nature and allow a lot of latitude. The themes are: Mediterranean, tropical and locavore.

Whether your party is on the patio or in the backyard, ensure that there are plenty of chairs, napkins, and glasses. If it's a warm day, shade-giving umbrellas will be appreciated. For an evening gathering, light up the night with tiki torches.

MEDITERRANEAN

This couldn't be easier. Think of Italy's Amalfi Coast, Spain's Algarve, or southern France. Prepare the patio with massive bunches of golden-hued sunflowers. Pull out a Provençal-style tablecloth and napkins and add a heaping array of oranges and grapes, and in-season fruit like apricots and cherries. Serve a platter of charcuterie, cheese and almonds before the main event, a colourful Niçoise salad. This meal-on-a-plate includes potatoes, hard-boiled eggs, tomatoes, anchovies, olives, green beans, capers, crisp lettuce leaves and canned tuna (make

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Platters & Punch

sure it's good quality: French or Italian, packed in olive oil). Arrange the ingredients separately (wedge-like) on a large platter. Visit a French bakery and stock up on baguettes and other interesting breads and you're set – almost. For dessert, complement the fruit already on the table with an array of mouth-watering French pastries from the baguette bakery and you're golden! What to serve to drink? Pitchers of sangria – red, white or rosé, or better yet, a Mediterranean-influenced punch with Italian Aperol, French vodka and Spanish cava. If you've got a proper punch bowl go for it, otherwise any large glass bowl (or pitchers in a pinch) will work. Serve the punch in sturdy glass tumblers for authenticity. For music, find some French café songs to create the perfect Mediterranean ambiance.

TROPICAL

For the feel of the tropics, think bright, saturated colour: orange, yellow, red, pink, turquoise and green. Use them in your table linens, cushions and flowers. Flowers like fragrant bougainvillea, hibiscus, birds of paradise and red ginger will work well. Banana leaves and palm

PUNCH IT UP!

There's an old saying that punch must include certain proportions of ingredients: "Two of sour, one of sweet, one of strong, and two of weak." There are as many variations of this as there are punches like the Caribbean's "One of sour, two of sweet, three of strong, four of weak." If you tweak a recipe, or create your own, you'll need more sugar than when making cocktails. It's important that sweetness balances citrus. Also sugar adds texture and mouth feel. Instead of adding sugar directly as it won't dissolve easily, add simple syrup. Use if required to sweeten these punch recipes to taste.

MEDITERRANEAN APEROL PUNCH

- 1½ bottles (1.15 L) Grey Goose Vodka
 - 1 bottle (750 ml) Aperol
 - ½ cup (125 ml) Chartreuse
 - ¼ cup (50 ml) Cointreau
 - 1¾ cups (425 ml) freshly squeezed lime juice
 - 2½ cups (625 ml) freshly squeezed grapefruit juice
 - 1 cup (250 ml) freshly squeezed orange juice
 - 1 bottle (750 ml) chilled Spanish cava
- orange slices and raspberries, for garnish
ice

In a large punch bowl, mix Grey Goose Vodka, Aperol, Chartreuse, Cointreau, lime juice, grapefruit juice and orange juice, and stir. Add a large block of ice and chill for 15 minutes. Add Cava, stir gently, and garnish with orange slices and raspberries.

TROPICAL CARIBBEAN RUM PUNCH

- 1 bottle (750 ml) Mount Gay Eclipse Silver Rum
- 4 cups (1 L) guava juice
- 4 cups (1 L) pineapple juice
- 1 cup (250 ml) fresh squeezed lime juice
- lime slices, for garnish
- ice

Mix the rum and juices together and chill well. Serve in a large punch bowl, add ice, and garnish with lime slices.

LOCAVORE BC SUMMER PUNCH

- 1 bottle (750 ml) Schramm Vodka
- 1 bottle (375 ml) Okanagan Spirits Raspberry Liqueur
- 2 cups (500 ml) cold water
- 2 cups (500 ml) fresh squeezed orange juice
- 1 cup (250 ml) fresh squeezed lime juice
- 1 bottle (750 ml) Neck of the Woods Blanc de Noir Brut sparkling wine
- lemon, lime, and orange slices, plus raspberries and blueberries, for garnish.
- ice

Stir all ingredients together in a punch bowl except the sparkling wine. Chill for 30 minutes. Add ice and Blanc de Noir Brut and stir gently. Garnish with sliced lemons, limes, oranges and berries.



SCHRAMM VODKA
Canada \$48.99 261990
One of BC's most popular premium vodkas, Schramm is handmade from organic Pemberton Valley potatoes grown near the distillery. Ultra smooth and round with hints of earthiness and smoky potatoes, this silky vodka is brilliant whether sipped icy cold, used to elevate a high octane cocktail, or as the backbone of a modern day punch.



GREEN CHARTREUSE
France \$35.99 37333 375ml
The recipe for this centuries-old liqueur (it includes 130 herbs, botanicals, roots, flowers, and more) made by Carthusian monks in the French Alps, is entrusted to just two who are bound by a vow of silence. Used all over the world in cocktails, Green Chartreuse is powerful and complex with heady notes of herbs, anise, mint and more.



OKANAGAN SPIRITS RASPBERRY LIQUEUR
Canada \$29.95 799627 375ml
This rosy red, gently sweet liqueur is brimming with luscious, ripe raspberries. Sip it chilled straight up, or drench over ice cream. Enjoy in cocktails or use in a sparkling wine to add a dash of flavour and flash of colour. Its bright fruit notes add serious panache to our locavore punch.

Platters & Punch

WATER SAFETY
ALWAYS PLAY SOBER ON THE WATER



DROWNING PREVENTION WEEK, JULY 21-28

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fronds can be used for *tablescaping*¹ or to decorate serving platters. Load these up with pineapple-honey chicken wings, coconut shrimp, jerk pork skewers, grilled corn and Caribbean sweet potato salad. Dessert platters might include pineapple, mango, papaya, banana, kiwi and kumquats. Sweeten things up even more with banana bread pudding and rum caramel sauce or key lime pie with coconut crust. Rum punch is a must – paper umbrellas are optional. Music should be reggae of course.

LOCAVORE

This party is a breeze to pull off. Simply visit the nearest Farmers' Market. Buy armloads of flowers for instant atmosphere unless you're lucky enough to have a blooming garden to raid. You'll find delicious artisan breads and baking including luscious fruit tarts. Start with a huge salad of mixed local

¹ The art of table decorating – great ideas on the web.

greens, multi-hued heirloom tomatoes, whatever else catches your eye and a market-made artisanal dressing. For the main course, serve a platter of grilled, herbed local chicken and salmon brochettes with grilled vegetables on the side (asparagus, beets, fingerling potatoes, new carrots, locally foraged mushrooms). Dessert is as quick as heaping a platter with an assortment of market-sourced cookies, squares and tarts. Prepare another with farm-fresh cheeses strewn with just-picked berries and Fraser Valley walnuts and hazelnuts. Set the scene for this *alfresco* locavore feast with tablescaping that includes plenty of candles, flowers, garden greenery and mounds of in-season fruit like cherries, apricots, peaches, pears, melons and berries. Since our Locavore Punch uses locally produced spirits, consider a hollowed-out watermelon instead of a punch bowl (yes, we grow them in BC). Music should include your favourite BC artists.

Do remember to provide non-alcoholic punch, juices and water for non-drinkers and the designated drivers in the crowd.

Lighting tips: Candles, garden torches, and twinkling lights add instant ambiance and atmosphere.

Tablesetting tips: Go green and use natural fabric tablecloths and cloth napkins, real dinnerware (no paper or plastic plates please), proper cutlery and sturdy glass tumblers.

Ice: Put a large block in your punch bowl rather than ice cubes which melt quickly and waterlog the drink. Big blocks melt slowly and keep the punch cool. If it's particularly warm, mix all the punch ingredients except sparkling wine or club soda, and refrigerate. You can freeze some of this mixture and add it to the punch instead of ice.



MOUNT GAY
ECLIPSE SILVER RUM
 Barbados **\$26.99** 122291
 Produced since 1703, Mount Gay is the world's oldest brand of rum. This Bajan white spirit – a gold medal winner in the 2010 San Francisco World Spirits Competition – is smooth, light-bodied and balanced. Gentle flavours of vanilla, citrus and banana enliven tropical cocktails, and it loves citrus – lemons, limes and grapefruit.



APEROL
 Italy **\$21.99** 144071
 Based on an infusion of roots and herbs, plus bitter and sweet oranges, Aperol – its origins date back to 1919 – is an aperitivo like its cousin, Campari. It has less alcohol (11 percent versus 25 percent) and is sweeter and less bitter. Its scintillating orange colour perks up any punch, or enjoy in an Aperol Spritz with Prosecco and soda.



NECK OF THE WOODS
BLANC DE NOIR BRUT
 BC VQA **\$19.99** 162594
 Made from 100 percent Pinot Noir grapes grown in Langley, BC at Neck of the Woods Winery, this intriguing bubbly brings sparkle to our Locavore Punch. It is crisp and redolent of orchard fruit flavours. Its welcoming citrus zing makes for an easy sipper and it pairs nicely with sushi, chicken and pork.

JUICY WINE

The long days between June and September hold such appeal and promise that they inspired American-born writer Henry James to pen this perfect passage, “*Summer afternoon – summer afternoon; to me those have always been the two most beautiful words in the English language.*”

Few would dispute that quote. After long, cold winters and grey skies, we long to shed heavy clothing, food and even drink. Just the thought of a wine glass beaded with condensation gets the mouth watering in anticipation of the cool, crisp liquid inside.

The word “juicy” brings to mind a ripe summer peach or the spritz being released from a freshly squeezed lemon, but many never think of it in terms of wine. In fact, juicy is a common descriptor used in the wine world to describe a wine that is abundant in acidity, is brimming with high-toned fruit

and offers what can be described as liveliness.

It can also refer to vibrancy, excitement, a succulent character and a perceived sweetness.

The beauty of these wines is not only that they are appealing and refreshing on a warm summer day, but they are also extremely food friendly.

In the summer, when the temperature rises, we instinctively reach for something cool. Juicy wines react very well to being chilled down – even juicy red wines. It’s instinctive to put white wines in the fridge to cool down before serving, but what about red wines? Most red wines will benefit from 10 minutes in the refrigerator, mostly because our room temperatures are much warmer now than they were historically. The recommended serving temperature for a full-bodied red 60–64 F (16–18 C) is difficult to achieve without chilling slightly.

Cellars can be set to appropriate storage and serving temperatures, but unless you have one and have planned what wine you are opening well in advance, you may as well simply pop the bottle in the fridge.

Over-chilling a bottle can be detrimental to the enjoyment of a wine and freezing can completely dull the aromas and flavours. A bucket of ice and water is great if you’re on the patio, but when indoors, be aware of the temperature.

Wines that fall firmly into the juicy category come from all around the world. Rieslings from Germany, often on the slightly sweeter side, offer lively aromas and flavours of apricot, green apple and honey. Meanwhile, those from Australia are more austere and nervy, leaning toward marmalade, lime

and spring blossoms.

Both are equally juicy. Austria’s famous white variety, Grüner Veltliner, offers an appealing delicacy and brightness on the

palate, which makes it quite thirst quenching.

The ultimate juicy wine could be Sauvignon Blanc. No matter where it hails from, a bottle of racy *savvy* is sure to get your lips smacking in anticipation. The popularity of Marlborough Sauvignon Blanc is no surprise when it consistently delivers such energy in every glass. Even if you find the assertive style of Marlborough too much for your liking, Chile and South Africa offer subtler but similarly fresh options.

Don’t dismiss Chardonnay either. Chardonnay is creating a new persona; one of restrained oak with plenty of citrus and pear flavours, bearing resemblance to old world Chablis. Vinho Verde, Portugal’s famous *green wines* are simple, but their fresh

THE BEAUTY OF THESE WINES IS NOT ONLY THAT THEY ARE APPEALING AND REFRESHING ON A WARM SUMMER DAY, BUT THEY ARE ALSO EXTREMELY FOOD FRIENDLY.





Do you celebrate with *Freixenet*?

I d 

Juicy Wine

and slightly prickly palate makes them exceptionally juicy and ideal for light cuisines. Locally, Pinot Blanc from the Okanagan Valley also deserves a place in your glass. It dances around orchard fruit, honey, citrus and floral notes with a brightness you'll enjoy time after time.

Juicy red wines also come in a multitude of styles. Beyond the requisite summer sipper – rosé (which can be made from virtually any red grape), the first to spring to mind are the classic French varieties, Gamay and Pinot Noir. Gamay, especially those that originate in Beaujolais, are known for a charming temperament and freshness that create excellent pairings with soft cheese, fish, eggs or white meat.

Pinot Noir typically expresses red berries, cherries and forest floor and is well suited to cooler-climate winemaking regions, which provide the bright acidity to make it a perfect contender for a visit to your fridge prior to serving. From Italy, Chianti offers wines with tart red fruit, leather and floral tones wrapped in a rustic frame. Sangiovese and Sangiovese-based wines vary from region to region, but those from Chianti provide a bittersweet profile, suited to a slight chill before pairing with simple tomato pastas, pizza or grilled fish.

Of course, who could say no to a glistening glass of bubbly on a sunny day? The choices are endless and inexpensive – Cava from Spain, Prosecco from Italy or Sekt from Germany as well as pink, red and white sparkling options from anywhere else around the world.

Simply chill and enjoy.



GRASS HOPPER GRÜNER VELTLINER

Hungary **\$12.99** 156463
Lively and bright, this quaffable white releases fragrant notes of white grapefruit, spring blossoms and orchard fruits that are lashed with sweet herbs. The palate is juicy and bursts with similar citrus, apple, pear and apricots flavours.



LOUIS LATOUR ARDÈCHE CHARDONNAY

France **\$13.99** 132498
Although the oak contact on this wine is apparent, it's extremely poised and offers fresh lemony aromas. Wafts of honeycomb and crisp Bosc pears topped with browned butter and toasted spices tickle the nose. The palate is creamy, but nicely balanced with mouth-watering acidity. The finish lingers on notes of vanilla, butter, citrus and spice.



CHÂTEAU BROUILLY DE PIERREUX

France **\$19.99** 161117
This delicious example of a wine from the Beaujolais region finely showcases the region's dominant grape – Gamay Noir. Aromas and flavours of sweet, sun-warmed berry fruit, crushed violets and smoky exotic spice, chocolate and vanilla lounge on a fresh, silky palate with impressive intensity.



FRISK PRICKLY RIESLING

Australia **\$14.99** 167205
The addition of a small quantity of Muscat Gordo grape makes this Riesling even more fragrant. Expect delicate aromas of apricots and white raisins, exotic citrus fruit, honeysuckle and green apples. It has a sweet palate with vibrant flavours that pop and prickle on your tongue, making it a perfect wine for spicier dishes.



8 WIRE MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$16.99** 768002
This vibrant savvy sipper leads with a mouth-watering mélange of aromas – notably peach, guava and grapefruit, which are layered with sweet herbs and white floral notes. The palate is juicy and bright with an assertive, snappy finish.



KIM CRAWFORD MARLBOROUGH PINOT NOIR

New Zealand **\$19.99** 867127
Pinot Noir is making a mark in Marlborough, best known for its Sauvignon Blanc land. This is an undeniably juicy and unoaked version. Ripe berries and red cherry lead the way, followed by white pepper and leather notes. It's light- to medium-bodied and bright with tart, red fruit, cocoa, earth and spice-box flavours.

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BC LIQUORSTORES

LEMONS LOVELY

Summer heat calls for light and refreshing meals, but that doesn't have to mean boring! Packed with flavour and nutrients, lemons are ideal for adding a refreshing and zesty bite to summer dishes. For a show-stopping appetizer, try freshly-shucked, sweet and salty oysters perfectly paired with an icy cool scoop of lemon and pink peppercorn granita. A lemon vinaigrette is a wonderful complement to the clean and simple flavour of grilled halibut, and light-as-air frozen lemon soufflé is a memorable grand finale to any *alfresco* meal. Liven up your meals this summer by showcasing this sunny citrus fruit!



FROZEN LEMON SOUFFLÉ



KUSSHI OYSTERS
WITH LEMON AND
PINK PEPPERCORN
GRANITA

Lovely Lemons



GRILLED LEMON OREGANO HALIBUT OVER ZUCCHINI SALAD

PAIRS WITH FROZEN LEMON SOUFFLÉ

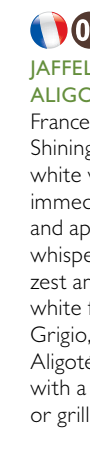
 **00**
TARAPACA SAUVIGNON BLANC
 Chile **\$12.99** 414185
 This crisp white is a brilliant straw yellow colour and has a wild, herbaceous character, with flavours of grapefruit and a touch of menthol. Balanced, intense, with good acidity, it has a long, nice citrus taste and will be great for all your seafood and salad dishes.



PAIRS WITH KUSSHI OYSTERS WITH LEMON AND PINK PEPPERCORN GRANITA



 **08**
HESTER CREEK LATE HARVEST PINOT BLANC
 BC VQA **\$15.99** 438622 375ml
 Like icewine, this late harvest wine has a refreshing acidity that balances the tastes of peach, apple and honey with a hint of tangerine. It pairs well with any dessert featuring citrus flavours and a hint of sweetness.



 **00**
JAFFELIN BOURGOGNE ALIGOTÉ
 France **\$17.99** 53868
 Shining silver in the glass, this white varietal starts with an immediate attack of lemon and apple before revealing a whisper of damp herb, lime zest and a pretty finish of white flowers. If you like Pinot Grigio, you'll love this light, crisp Aligoté, which can be enjoyed with a variety of seafood salads or grilled fish this summer.



 **00**
QUINTAY CLAVA SAUVIGNON BLANC
 Chile **\$13.99** 386383
 This crisp and juicy white is pale lemon in colour with aromas of lemon, minerality, fresh herbs and some savoury lees notes. The palate is intense, crisp in acidity, with lots of lemon-lime zest, mineral notes, tropical fruits and herbal tones that last on a long finish.



 **00**
WOODBIDGE MOSCATO USA **\$12.99** 797902
 This dry Moscato displays perfumed aromas and lightly sweet flavours of orange blossom, fresh citrus, lychee, honey and some spice. Also lighter in alcohol at 10.3 percent, this wine is perfect for lighter summer fare, desserts and for patio sipping.



PAIRS WITH GRILLED LEMON OREGANO HALIBUT OVER ZUCCHINI SALAD



 **00**
WILLIAM FEVRE PETIT CHABLIS
 France **\$24.99** 811232
 The bouquet of this unoaked Chablis is marked by great freshness with flavours of citrus and fresh pineapple. It is light and lively with fruity, floral and mineral notes. Pairs best with oysters and seafood.



GLUTEN-FREE
**BACKYARD
 PICNIC**

by Celine Turenne

FOR RECIPE INDEX, PLEASE SEE PAGE 133

All that should be missing in gluten-free recipes is the gluten, never the flavour. By combining different kinds of flour, crusts for pies and tarts can be crafted into flavourful components of any dessert or appetizer. Gluten-free pastry is more delicate and requires gentle handling and a few tricks, which are explained in the recipes. Quinoa is the best answer to creating summer salad with gluten-free grains. A grain that provides good-quality, lean protein, quinoa has a pleasing flavour and can be combined with a multitude of dressings and vegetables. It is easy to prepare, very adaptable and sure to please everyone.

PAIRS WITH QUINOA SALAD WITH MAPLE DRESSING

 **01**
GEHRINGER
 CLASSIC RIESLING
 BC VQA \$14.99 171488
 This crisp white has aromas of peach and honey that mingle with apple, kiwi and floral notes. The palate tastes of baked apples, stone fruits and honey. Its unique acidity stimulates the taste buds and is balanced by a subtle sweetness.



 **00**
DUBOEUF BEAUJOLAIS
 France \$15.50 212480
 Dark ruby in colour, this light red has aromas of ripe berry fruit, cherry and licorice. Soft, red fruit flavours swirl in the mouth, while hints of dried cranberry lead to well-balanced acidity. This Beaujolais is crafted in an easy drinking style and is perfect for seasonal salads.



QUINOA SALAD WITH MAPLE DRESSING

Backyard Picnic

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without
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2.6 g CARBS • 95 CALORIES[†]



ULTRA is light golden in colour with subtle notes of citrus aroma and a smooth, refreshing body and finish.

[†]Per 341 mL serving. ^{TM/MC}Anheuser-Busch, Inc.

FOR RECIPE INDEX, PLEASE SEE PAGE 133

Backyard Picnic

ALL THAT SHOULD BE MISSING IN GLUTEN-FREE RECIPES IS THE GLUTEN, NEVER THE FLAVOUR.

PAIRS WITH ROASTED VEGETABLE TART



RODNEY STRONG SONOMA CHARDONNAY USA \$22.99 226936
This classic California Chardonnay has a fresh, fruit-forward character with bright lemon and apple aromas that mingle with hints of toasty barrel. On the palate, pear and green apple flavours predominate with refreshing acidity to balance the wine. This white has been barrel-fermented on the lees, offering a touch of brown spice and vanilla on the finish.



PEACH AND PLUM GALETTE

PAIRS WITH PEACH AND PLUM GALETTE



CLINE ZINFANDEL USA \$17.99 489278
This delicious red shows an array of dark berry fruit, including black cherry and strawberry. Savoury spice notes and a lasting finish of vanilla and firm, supple tannins from oak aging add complexity to this food-friendly Zinfandel.



BC LIQUORSTORES



PILLITTERI ESTATE RIESLING ICEWINE Canada \$25.00 435727 200 ml
This classic icewine is light straw in colour and exudes aromas of lemon drop, mango and apricot sorbet, with a splash of honey. Flavours of pineapple, Granny Smith apple, coconut and grapefruit flood the palate, which is balanced by crisp acidity, leaving a clean finish.



CHERRY POINT COWICHAN BLACKBERRY WINE BC \$19.98 149336 375 ml
This rich dessert wine is produced from luscious wild blackberries growing alongside the local river estuary. The intense flavour of tangy, fresh blackberries and the warm finish reflect the warmth of the Cowichan Valley summer. This makes a great sweet finish to any meal.



BAR★STAR JAY JONES AT SHANGRI-LA



It's not easy to get Jay Jones to talk about himself – he seems more inclined to share the accolades of his peers, the incredible strides Vancouver bartenders have taken and the pride he feels in his city's cocktail culture.

The Lead Bartender at the Shangri-La Hotel is a well-respected craftsman in this city and he is vital to the current successes Vancouver is experiencing.

Without hesitation, Jones confirms that Vancouver is, unarguably, the heart of Canada's cocktail culture and that we're gaining a solid reputation internationally. That status is the cumulative result of hard work by a number of the city's best bartenders.

Jones began his career in the hospitality industry after attending art college in Seattle in the early 1990s. Realizing his love of pen and ink illustration was falling victim to the computer, he turned his focus in another direction. His career has been diverse, and that is exactly what he strives for.

Starting out, Jones worked as a food expeditor, as a line cook, as a server and finally as a bartender. Growing up in Vancouver, Jones' parents had a wine cellar filled with some of California's most iconic labels. It was that knowledge of fine wine that gave him the edge needed when applying for the Bar Manager position at Top Table Group's Araxi in Whistler.

by Daenna Van Mulligen

Jones confesses that he overestimated his wine knowledge when he secured that job, but it was also an important turning point. Those around him at Araxi nurtured his wine education and subsequently his promotion to West (originally known as Owest) had him not only managing the bar, but also developing what would become one of the city's best wine lists.

As part of his ongoing education, Jones has been certified in beer and in spirits and has a keen interest in delving into coffee. He believes all of these elements are "an integral part of the bartenders arsenal. Nothing should be overlooked." Jones continues, "If you can't suggest a good beer, a good wine or make a great coffee – you cannot provide good service."

From West, Jones was lured away, first to assist Harry Kambolis in opening Nu on False Creek and then to one Vancouver's most exciting new launches – Salt Tasting Room in Gastown. It was at Salt where he embraced unique food and wine pairings and where his love of sherry began. To give him higher volume experience, Jones later took on the roll of Corporate Beverage Director for the Donnelly Group before opening Pourhouse in Gastown in 2009. It was a pivotal time, when the cocktail culture in Vancouver really began to find its legs.

Asked why Vancouver is on the leading edge, Jones claims, "It's our stubborn effort to maintain classic foundations, the fundamental things that make us stand out." Jones is rightfully proud of the industry he has contributed to; it is tenacity and the sharing of knowledge amongst peers, which has lured people from around the world who want to be part of our impressive cocktail culture.



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CUBAN COCKTAILS
SUCH AS THE
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Bar Star: Jay Jones at Shangri-La



OLD ACQUAINTANCE

1 oz	(30 ml)	No. 3 Gin ¹
1 oz	(30 ml)	Bols Apricot Brandy ²
¼ oz	(7 ml)	simple syrup ³
¾ oz	(22 ml)	fresh lemon juice
2 mists		Okanagan Spirits Taboo Absinthe ⁴
2 oz	(60 ml)	Moët & Chandon Brut Imperial Champagne ⁵ lemon slice and cherry, for garnish

Combine gin, brandy, simple syrup and juice over ice in a cocktail shaker and shake. Mist glass with Absinthe. Fine strain into glass and top with Champagne. Garnish with a slice of lemon and a cherry.

- 1 Netherlands **\$49.95** 156737
- 2 Netherlands **\$18.29** 15628
- 3 Simple syrup is one part water to one part sugar.
- 4 Canada **\$55.00** 828665
- 5 France **\$65.00** 453084

PRIMROSE (PAGE 63)

1½ oz	(45 ml)	Juniper Green Organic London Dry Gin ⁶
1 oz	(30 ml)	Aperol ⁷
¾ oz	(22 ml)	St. Germain Elderflower Liqueur ⁸
½ oz	(15 ml)	fresh lemon juice
2 dashes		Fee Brothers Peach Bitters

Combine all ingredients over ice and stir. Fine strain into a coupe glass.

6 United Kingdom **\$39.99** 617068

7 Italy **\$21.99** 144071

Aperol is featured in the *Platters and Punch* article starting on page 42. See tasting notes on page 47.

8 France **\$59.99** 874107

St. Germain Elderflower Liqueur is featured in the *Foraging: Beyond Organic* article starting on page 76. See tasting notes on page 78.

KOPSTOOTJE KOCKTAIL

1½ oz	(45 ml)	Boomsma Jonge Genever ⁹
¼ oz	(7 ml)	Pernod ¹⁰
3 oz	(90 ml)	Unibroue Blanche de Chambly ¹¹
½ oz	(15 ml)	simple syrup ³
½ oz	(15 ml)	fresh lemon juice long strip of lemon zest, for garnish

Combine all ingredients in a highball glass or tumbler. Fill with ice and stir. Garnish with a long strip of lemon zest.

9 Netherlands **\$29.99** 1594

10 France **\$29.99** 6049

11 Canada **\$6.25** 573113

IT'S A WRAP



VIETNAMESE SALAD ROLLS WITH PRAWNS AND CHICKEN

Choose from four salad wraps filled with fresh delicious ingredients with international flavour. Indulge in Vietnamese Salad Rolls, thin rice wrappers filled with fresh prawns, shredded chicken, greens and herbs, great with a chili-infused peanut dipping sauce. Falafel is the wonderful Middle Eastern chickpea dumpling; add it to a pita wrap filled with pickled beets, salad greens and a luscious tahini sauce. Everyone loves a Caesar Salad, so why not make a wrap out of it? Add fresh grilled BC salmon for an authentic West Coast flavour. For something elegant, simple and aromatic, make a Duck Salad Wrap with an orange hoisin sauce.



SALMON CAESAR SALAD WRAPS

PAIRS WITH SALMON CAESAR SALAD WRAPS



MISSION HILL FIVE VINEYARDS PINOT GRIGIO BC VQA \$15.99 563981
This refreshing, unoaked Pinot Grigio displays a bouquet of ripe tropical fruit along with enticing notes of ripe apricot and papaya. Flavours of ripe stone fruit and tamarillo linger for a clean, rich finish. This wine is ideally suited for cream-based dishes, shellfish, smoked salmon, antipasto or Asian spiced foods.



MT. BOUCHERIE PINOT GRIS BC VQA \$14.99 602094
This refreshing white has aromas and flavours of baked pear, citrus fruit and a hint of spice. The cooked fruity notes on the palate are followed by a crisp, clean finish which is ideal for West Coast salmon pairings.

SMIRNOFF

PREMIUM VODKA
MIXED DRINKS

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TO PERFECTION



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It's a Wrap

PAIRS WITH FALAFEL WRAPS



01
SEGURA VIUDAS ROSÉ
Spain **\$16.99** 5835
This elegant rosé is a deep cranberry colour with fresh and intense red berry aromas and an attractive, persistent creamy mousse. Light and fresh in the mouth, with nutty, cherry, baked pear and citrus flavours, this wine has a creamy finish, making an ideal partner for tapas.



00
TSANTALI ROUGE
Greece **\$13.85** 329094
This Greek table wine is bright red in colour with a pleasant, fruity aroma. Hints of blackcurrants, licorice and soft tannins characterize this well-made, affordable red. Pair with Mediterranean food.



PAIRS WITH VIETNAMESE SALAD ROLLS WITH PRAWNS AND CHICKEN



00
INNISKILLIN OKANAGAN DISCOVER SERIES CHENIN BLANC
BC VQA **\$16.99** 273573
This elegant white displays aromas of honey and ripe honeydew melon. Crisp acidity is balanced with a rich texture and lingering flavours of apple, guava and pineapple.



FALAFEL WRAPS

NEW

WHAT STARTED WITH A NEW LOOK, ENDED WITH NEW FLAVOURS.

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FOR RECIPE INDEX, PLEASE SEE PAGE 133

It's a Wrap



CHINESE BARBECUE DUCK WRAPS

PAIRS WITH VIETNAMESE SALAD ROLLS WITH PRAWNS AND CHICKEN

PAIRS WITH CHINESE BARBECUE DUCK WRAPS



SEE YA LATER RANCH GEWÜRZTRAMINER
BC VQA \$16.99 868067
This aromatic white is an elegant blend of 90 percent Gewürztraminer, five percent Ehrenfelser. It displays aromas of lychee, rose petals and hints of pink grapefruit and spice. In the mouth, this complex wine bursts with fresh flavours of lychees and ripe melon to match its crisp acidity and off-dry finish.

BC LIQUORSTORES



BREE RIESLING
Germany \$16.50 210807
This soft, aromatic white offers up aromas of crisp apple, passion fruit and lime with sweet, fruity flavours of pear, peaches and nectarine. The tangy citrus notes add complexity to an already mouth-watering, off-dry, medium-bodied wine.



J.P. CHENET LIMITED RELEASE PINOT NOIR
France 684308 \$13.99
This medium-bodied, dry red is clear ruby in colour with hints of purple. Raspberry and cherry aromas predominate with a touch of spice. Red berry flavours in the mouth lead to a medium finish with a hint of earth and spice.

TASTE 71

TIKI COCKTAILS



Tiki cocktails weren't always about tacky umbrellas, red syrups and smoke machines – that's just a “blip” on the radar that quickly came and went. Throughout the vibrant 40 year period of the 1930s to the 70s, tourists, residents and writers alike have celebrated the true Tiki culinary approach to cocktails. Tiki cocktails' exciting comeback, decades later, excites the cocktail shaker as classic ingredients and techniques make their way back onto cocktail lists and into the home.

by Lauren Mote



BUCCANEER'S “COOLER”

1930's era, inspired by the Q. B. Cooler cocktail, which later became a close relative of the original Mai Tai Cocktail and a homage to traveling by boat! Another please!

1 oz	(30 ml)	Brugal Anejo Rum ¹
1 oz	(30 ml)	Fee Brother's Falernum ²
½ oz	(15 ml)	lime juice
½ oz	(15 ml)	Salted Honey Syrup (recipe follows)
3 oz	(90 ml)	chilled sparkling water
		tropical fruits and mint leaves, for garnish

Stir all ingredients over ice. Pour over fresh cubes in a tall stemmed pilsner glass and garnish with tropical fruits and fragrant mint leaves.

SALTED HONEY SYRUP

3 cups	(750 ml)	mountain flower honey
1 cup	(250 ml)	water
1 tsp	(5 ml)	kosher salt

Combine all ingredients in a saucepan and lightly simmer for 15 minutes. Reserve syrup in fridge for up to 14 days.



PIÑA DIABLO

1½ oz	(45 ml)	Jaral de Berrio Mezcal ³
¾ oz	(22 ml)	lime juice
3 oz	(90 ml)	chilled ginger beer
¾ oz	(22 ml)	Strawberry and Rhubarb Cordial (recipe follows)

Stir all ingredients together except for the cordial. Pour over fresh ice cubes in a tall collins glass, finishing with the cordial on top. Garnish with half a lime, colourful flowers and skinny metal bar spoon to stir as you sip!

STRAWBERRY RHUBARB CORDIAL

3 cups	(750 ml)	red wine, Zinfandel or Primitivo
7 oz	(220 g)	ripe strawberries, cut into bite-size pieces
7 oz	(220 g)	ripe rhubarb, cut into bite-size pieces
1 cup	(250 ml)	vodka

Soak the fruit in the red wine for 72 hours in the fridge. Blend all ingredients together well. Strain several times until it's free of debris. Measure and record the volume of liquid, add the same volume of cane or white sugar. Heat the liquid in a pot to warm but do not boil. Add the sugar while whisking. The liquid should be warm enough to dissolve the sugar. Allow to cool completely and then add vodka. Pour into bottles and refrigerate for up to 3 months.



HUG-A-WILDCAT

1½ oz	(45 ml)	Capel Pisco ⁴
¾ oz	(22 ml)	Blood Orange Grenadine (recipe follows)
¾ oz	(22 ml)	lemon juice
1 tsp	(5 ml)	Pineapple Preserves (recipe follows)
2 oz	(60 ml)	Spanish sparkling wine (Cava)
		pineapple and blood orange wedges, for garnish
		pineapple leaves, for garnish

Shake all ingredients together, except for the sparkling wine. Double strain, using a fine mesh tea strainer, catching all the pineapple bits, over crushed ice in an 8 oz (250 ml) fizz glass or double old fashioned glass. Top with sparkling wine. Garnish with an extravagant display of pineapple leaves, pineapple and blood orange wedges.

BLOOD ORANGE GRENADINE

2 cups	(500 ml)	pomegranate juice
1 cup	(250 ml)	blood orange juice
3 cups	(750 ml)	unbleached sugar
3 oz	(90 ml)	pomegranate molasses
1 tsp	(5 ml)	rose water

Combine all ingredients together over low heat, just warm enough to dissolve ingredients. Allow to cool completely, place in bottles and refrigerate up to 2 months.

PINEAPPLE PRESERVES

2		medium, overly ripe fresh pineapples,
1 cup	(250 ml)	sugar
¼ cup	(50 ml)	lime juice
1 tbs	(15 ml)	ginger root, skin removed, freshly grated
¼ tsp	(1 ml)	Thai bird chili, finely chopped

Peel and remove core from pineapples and chop finely. Combine all ingredients in a large saucepan and cook on medium for 50 minutes, stirring frequently until the mixture forms a shiny consistency and is combined and soft. Divide into sterilized 1 cup (250 ml) canning jars with new tight fitting lids (about 6) and place in a boiling-water bath for 10 minutes. Keeps indefinitely while closed; place in the fridge when opened.

1 Dominican Republic \$27.99 468736
 2 Caribbean ginger-lime syrup available at specialty shops.
 3 Mexico \$54.99 842609
 4 Chile \$27.99 317347

CLASSIC GIN COCKTAILS

No longer the domain of colonial tradition and all things English, gin has now made its way into the mixing shakers of Vancouver's trendy cocktail lounges and hotels. Lavender, lemon peel, cool cucumber and rose petals—with the addition of such botanicals, no wonder gin has taken centre stage. A white spirit made

from grains, gin's base often starts with juniper berries over which anise, cinnamon, orange peel and more are layered, infusing each bottle with a unique character and taste worthy of a collection. The following cocktail recipes will get you started on building your gin cabinet and will give you something amazing to sip too!



by Jay Jones

JASMINE (RIGHT)

1½ oz	(45 ml)	Hendrick's Gin ¹
¼ oz	(7 ml)	Campari ²
¼ oz	(7 ml)	Cointreau ³
¾ oz	(22 ml)	fresh lemon juice orange zest, for garnish

Combine all ingredients over ice and stir. Finely strain into a coupe glass and garnish with orange zest.

TWENTIETH CENTURY (LEFT)

1 oz	(30 ml)	Beehive 24 Gin ⁴
1 oz	(30 ml)	Lillet Blanc ⁵
¼ oz	(7 ml)	Meagher's Creme de Cacao ⁶
1 oz	(30 ml)	fresh lemon juice lemon zest, for garnish

Combine all ingredients over ice and stir. Finely strain into a coupe glass and garnish with lemon zest.

SINGAPORE SLING (FAR LEFT)

1½ oz	(45 ml)	Bombay Sapphire Gin ⁷
1 oz	(30 ml)	Okanagan Spirits Cherry Liqueur ⁸
½ oz	(15 ml)	Cointreau ³
½ oz	(15 ml)	Benedictine ⁹
2 oz	(60 ml)	pineapple juice
1 oz	(30 ml)	fresh lime juice
2 dashes		Angostura Bitters orange zest, for garnish cherry, for garnish flower, for garnish

Combine all ingredients over ice and stir. Finely strain into a sling or hurricane glass filled with crushed ice. Garnish with orange zest, cherry and a flower.

- 1 United Kingdom **\$45.95** 637504
 - 2 Italy **\$26.99** 277954
 - 3 France **\$34.99** 6502
 - 4 United Kingdom **\$29.99** 104042
 - 5 France **\$16.99** 32631
 - 6 Canada **\$19.49** 196345
 - 7 United Kingdom **\$27.49** 316844
- Bombay Sapphire Gin is featured on the cover. Please see tasting notes on page 1.
- 8 Canada **\$29.95** 126565
 - 9 France **\$39.99** 20024



BEYOND ORGANIC FORAGING



VENISON WITH BLACKBERRY COMPOTE

With the continuing interest in seasonal and locally-sourced food, what could be more satisfying than preparing a bounty of freshly foraged plants, leaves, shoots and berries? Before rolling up your sleeves to venture out foraging though, be sure to take note of a few important dos and don'ts. Do research beforehand to ensure you know what you are picking and that it is healthy to eat. Don't harvest near roads or sidewalks and do take note of water sources near where you forage for plants. Plants are a product of their environment and they readily absorb toxins. Take cuttings and try not to disturb the roots to ensure a return crop. Finally, be courteous to others by picking only as much as you will use. Once you start foraging, you will learn that nature's pantry is always full of inspiration and a delicious meal is never far away.



CHANTERELLE AND DANDELION TART

Beyond Organic: Foraging



ELDERFLOWER RASPBERRY JELLIES

PAIRS WITH ELDERFLOWER RASPBERRY JELLIES



ST-GERMAIN
ELDERFLOWER LIQUEUR
France **\$59.99** 874107
St-Germain artisanal liqueur, with its elegant Belle Époque bottle, has a musky sweet aroma hinting of lemons and wild elderflowers. Its mouthfilling flavours are hard to resist, with elements of honeyed-pear, passion fruit and citrus. This premium liqueur will make an excellent accompaniment to sparkling wine or soda water on ice.



HARVEYS
BRISTOL CREAM SHERRY
Spain **\$18.49** 215483
A blend of old Oloroso, Fino and Amontillado sherries, sweetened with Pedro Ximenez, this amber-coloured sherry has orange rind and caramel aromas with flavours of vanilla bean, toasted caramel and toffee. Serve well-chilled to balance the sweetness with the fruit and floral notes of this dessert treat.



PFaffenHEIM
PINOT GRIS
France **\$18.99** 616144
This golden-hued Alsatian wine shows floral and jammy notes along with the smoky aromas characteristic of this grape variety. Full-bodied with a strong attack on the palate, this is a well-balanced Pinot Gris with a touch of acidity that adds freshness and volume to the wine.

PAIRS WITH CHANTERELLE AND DANDELION TART



SEE YA LATER RANCH
RIESLING
BC VQA **\$16.99** 579045
This vibrant white displays aromas of lemon and lime, hints of tropical fruit and green apples. The palate bursts with more pure fresh green apple, melon and citrus fruits. The light acidity and fruit-forward nature of this wine will balance the tart and earthy elements of this dish.

PAIRS WITH VENISON WITH BLACKBERRY COMPOTE



SAINT COSME
CÔTES-DU-RHÔNE
France **\$19.99** 241224
This deep ruby coloured Syrah from the southern Rhône exhibits scents of fresh blackcurrant, pepper spice and fresh herbs. It has rich flavours of strawberry compote, redcurrant, licorice and oriental spices followed by a well-structured palate with a good texture.



ALMOND POUND CAKE WITH LAVENDER BLUEBERRY SYRUP

PAIRS WITH ALMOND POUND CAKE WITH LAVENDER BLUEBERRY SYRUP



RAVENSWOOD
OLD VINES ZINFANDEL
USA **\$22.99** 599381
This robust and spicy red features aromas of black cherry, raspberry, blueberry and a splinter of oak. Its big fruit flavours of ripe raspberry, cherry and boysenberry lead to soft tannins and a mouth-watering finish, making it ideal for a game dish with fruit relish.



FRANGELICO
LIQUEUR
Italy **\$25.99** 169441
This bright amber liqueur is made from toasted wild hazelnuts combined with cocoa, dried vanilla beans and a host of other natural extracts. The complex flavours complement the nutty, fruity and floral elements of this sweet dessert.



CASA DOS VIHNNOS
MADEIRA
Portugal **\$27.98** 101477
Deep amber in colour, this fortified wine packs aromas of brown sugar and toffee, with a little nuttiness on the nose. Full-bodied and sweet, its flavours of nuts, dried fruits, coffee and caramel round out the palate to pair perfectly with desserts featuring almonds and fruit.



INTRODUCING DELICIOUS SUMMER BEER* COCKTAILS



COORS LIGHT TROPICAL FIZZ
Coors Light® topped with Oasis® Pineapple Banana Orange juice and a drop of pomegranate syrup. Garnish with an orange cherry flag.



MANGO MC 67
Molson Canadian 67® with Oasis® Exotic Mango juice, fresh lime and cane sugar, garnished with a lime raft and sprig of mint.



CORONA PASSION MARGARITA
Corona Extra® topped with Oasis® Tropical Passion juice and fresh lime, garnished with a lime and orange skewer.



MILLER CHILL MOJITO
Miller Chill® with muddled mint, fresh lime and cane syrup, garnished with a lime wedge.

Delicious beer cocktails made with **OASIS**

*Find your favorite beer at your local BC Liquor Store. Look for Oasis® juices at your local grocer. Please enjoy responsibly. Must be legal drinking age.

FLAVOURS OF SUMMER



LILLET APERITIF
France **\$16.99** 32631
This quintessential, brilliant gold aperitif from Bordeaux is the result of careful blending of three white grape varieties along with artisanal orange liqueur and a secret blend of fruit liqueur. Lillet has aromas of orange blossom, citrus fruits, fresh mint and vanilla and tastes fresh, bold and fruity. Serve well-chilled in a wine glass or on the rocks and garnish with a slice of orange. Lillet can also be enjoyed in classic cocktails such as the Vesper Martini, 21st Century Cocktail and Corpse Reviver.



SMIRNOFF FLUFFED MARSHMALLOW VODKA
Canada **\$25.99** 839164
The first sip of this new flavoured dessert vodka screams of toasted marshmallows, followed by lush vanilla candy. Quite sweet, this is more of a liqueur than a vodka, and can sweeten or flavour a variety of summer cocktails. Try it with chocolate liqueur and cream, garnish with marshmallows and a dusting of cocoa powder to create a Dark 'n Fluffy and enjoy by the campfire.



LAYER CAKE SHIRAZ
Australia **\$27.99** 761742
This incredibly layered red is full of bold spice, black plums, dark chocolate, mocha, cherries and blackberries with a trace of anise and spice box. Loaded with glycerol richness, the mouth feel is complex, with a long creamy finish that lingers on your palate.

INDIA PALE ALE

FROM A HAPPY ACCIDENT TO HOP HEADS

Of all beer styles, IPA is the most romanticized, mythologized, and misunderstood. “It inspires the fiercest debate, the greatest reverence, and the wildest conjecture in the world of beer.” So says Pete Brown, author of the “India Pale Ale” section of the *Oxford Companion to Beer*.

The original India Pale Ale, or IPA, was made by English brewers to be shipped to India for consumption by British soldiers, civil servants and traders more than 200 years ago.

Back then, the journey took six months or more. Ships would head out into the Atlantic, then south across the equator, often stopping in Brazil before making the treacherous run around the Cape of Good Hope at the southern tip of Africa, then up through the Indian Ocean and back across the equator, arriving in India half a year after leaving England.

Brewers were not certain how well their beer would survive this long, tumultuous journey with temperature

swings of 20 degrees Celsius or more as the ships travelled through the tropics. But they knew that stronger beers with higher alcohol and greater additions of hops could survive and age well in barrels for a year or more at home. So they tried sending a stronger, hoppier pale ale to India and by happy accident, they discovered that it did more than just survive the journey, it was actually improved by the unusual conditioning process.

The result was a light-coloured, sparkling, hoppy ale that was very refreshing and drinkable despite its relatively high alcohol content. This newly discovered style was a hit in the hot climate in India. And, as people returned home to England after years of living and working in India, they wanted their favourite beer at home as well. By the mid-1800s, India Pale Ale was the drink of choice in London.

However, with the advent of industrial refrigeration (invented by brewers, by the way) and scientific

advances in understanding the role yeast plays in the brewing process, by the end of the 19th century, lager took over as the world’s most popular beer style. Combined with the temperance movement and taxation policies that made higher-alcohol beer more expensive to brew, by the early 20th century most beer in Britain was brewed with less than four percent alcohol by volume (ABV).

We then jump ahead to the early days of the North American craft brewing movement in the 1980s. West Coast brewers began to use locally grown hop varieties such as Cascade and Chinook, which had much more intense flavour and aroma profiles compared to traditional European hop varieties. Like their British predecessors, they quickly realized that the IPA style is perfect for showcasing hop flavours, with the strong malt foundation capable of supporting a wide range of hops.

This new so-called “American IPA” quickly became the flagship of

the modern craft beer revolution—“the most popular craft beer style on the planet” according to Pete Brown—and a juggernaut that has seen huge growth in the marketplace over the past decade. Now, craft brewers are judged based first and foremost on their IPAs, especially on the West Coast.

A contemporary IPA will have about six to seven percent ABV with a major, complex hop component. Expect a herbal, citrusy/pine aroma and flavour from the hops, along with a slightly sweet, rich and creamy malt base. Most are pale to amber in colour.

Most BC brewers produce an IPA, though some fit more in the classic British style, which, simply put, is more malty and less hoppy than the American IPA. Good examples of this include Vancouver Island Brewing’s Double Decker IPA, Nelson’s Paddywhack IPA, and Mt. Begbie’s Nasty Habit IPA.

There are also several BC breweries producing fantastically hoppy IPAs that rival anything from south of the border.



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India Pale Ale

A CONTEMPORARY IPA WILL HAVE A MAJOR, COMPLEX HOP COMPONENT. EXPECT A HERBAL, CITRUSY/PINE AROMA AND FLAVOUR FROM THE HOPS, ALONG WITH A SLIGHTLY SWEET, RICH AND CREAMY MALT BASE. MOST ARE PALE TO AMBER IN COLOUR.

Central City Brewing's Red Racer IPA in its distinctive green can is one of those, as is Driftwood Brewing's Fat Tug IPA, which was recently named Best IPA in the *Northwest Brewing News*' 2011 Readers Choice Awards.

For many, the first taste of a potent IPA seems overwhelmingly bitter – there are definitely a lot of strong flavours involved. But as your palate learns and adjusts, you will be able to pick out the different nuances that unique hop varieties impart: citrus, tropical fruits, berries, floral, pine, grass, and sometimes even nutty or vanilla-like flavours.

Because IPAs showcase such a diversity of hop flavours, they pair well with a wide variety of foods. Pairing with Indian food is a natural and other spicy Asian dishes also go well with hoppier IPAs. Roasted meats and smoky barbecue work well with the more malty versions. Even desserts can be paired with IPAs that feature citrus or tropical fruit flavours and aromas.

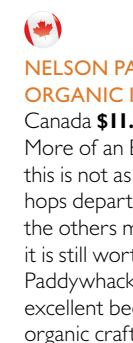
Start your adventure into the world of IPA and you'll soon be a full-blown "hophead."



LIGHTHOUSE BREWING SWITCHBACK IPA
Canada **\$12.25** 166421 6x355ml
Switchback is the newest addition to BC's IPA line-up. Positioned somewhere between Red Racer and Fat Tug, this is a solid IPA with a nice balance between citrusy and pine-scented hops. Refreshing and quaffable.



HOWE SOUND BREWING DEVIL'S ELBOW IPA
Canada **\$7.50** 606426 1L
Squamish's Howe Sound Brewing is one of BC's great success stories, having grown from a brewpub founded in 1996 into one of the province's major players today. Devil's Elbow IPA balances a taste bud-tingly bushel of hops on a strong malt foundation.



NELSON PADDYWHACK ORGANIC IPA
Canada **\$11.95** 680595 6x341ml
More of an English-style IPA, this is not as assertive in the hops department as some of the others mentioned here, but it is still worthy of attention. Paddywhack is just one of many excellent beers in Nelson's all-organic craft brew line-up.



CENTRAL CITY RED RACER IPA
Canada **\$13.45** 456517 6x355ml
Don't be deterred by the idea of IPA in a can—but do pour it into a glass so you can enjoy the full experience. Pouring orange with a thick, creamy head and a potent, tropical/grapefruit hop aroma, this fantastic IPA shows off an array of hop flavours on a strong base of malt.



DRIFTWOOD BREWING FAT TUG IPA
Canada **\$5.50** 844399 650ml
Most of the province's craft brew geeks call Fat Tug their favourite beer. It even beat out a bunch of heavyweight IPAs from south of the border to win Best IPA in the Northwest Brewing News Reader's Choice Awards. Doesn't get much better than this.



TREE BREWING HOP HEAD IPA
Canada **\$12.95** 692103 6x330ml
This Okanagan entry was one of the first hoppy IPAs on the market and it has stood the test of time. The flavour profile here is more towards malt than hops, but if you're new to IPAs, this is a good stepping stone to some of the hoppier options out there.



EDIBLE CANADA

SIGHTSEEING FOR YOUR TASTE BUDS



Edible Canada owner Eric Pateman

During a trip to Paris in early 2005, Eric Pateman came across something he thought was a brilliant idea: a culinary concierge business, which he saw as a perfect fit in Vancouver. Thus he began an online version here in his hometown. Originally it was known simply as Edible Vancouver.

A diverse career led Pateman from chef to a handful of impressive food service and hospitality positions both locally and internationally, but he was destined to return to Canada's west coast. In the beginning, it was the Gourmet Kayaking Adventures that put Pateman's Edible Vancouver on the map. (They have continued to sell out since.) Later that year, a visit to Seattle brought his attention to another great idea – tours of Pike Place Market. He thought, "Why not Granville Island?"

Edible Vancouver's popular Granville Island Market tours were a precursor to the successful opening of a retail location inside the market a few years later. Pateman felt it was important to expand the name to include the richness of the culinary artisans throughout British Columbia and renamed the company Edible BC. The retail store was a testament to quality local products, from jams and condiments to salmon and chocolate. His timing was perfect; the focus on eating and drinking local was in full swing. Pateman recognized people embracing the trend and saw tourists' desire to experience all British Columbia had to offer. The company's tagline, *Sightseeing for your taste buds*, described his revelation perfectly.

The retail store was the scene of daytime cooking demonstrations and at night, when the Market closed, guest chefs hosted small private dinners. Ultimately, Edible BC grew out of its small retail space, as did Pateman's vision for his company. In 2011, he took a not-so-giant leap to a new location, just steps from the market – smack in the middle of Granville Island. No one can accuse him of thinking small though – when the doors opened at Pateman's new spot, it came with a new name and a broader focus – Edible Canada.

A VISIT TO SEATTLE BROUGHT HIS ATTENTION TO ANOTHER GREAT IDEA – TOURS OF PIKE PLACE MARKET. HE THOUGHT, "WHY NOT GRANVILLE ISLAND?"



BIRCH SYRUP AND KASU MARINATED SABLEFISH WITH SUMMER VEGETABLES


 Edible Canada

Edible Canada has become a destination – an idea Pateman is continuing to expand upon. He thrives on “staying one step ahead of trends” and “keeping things fresh.”

The retail store has shrunk slightly while the newest addition, the bistro, is more prominent. It’s an open concept restaurant with plenty of windows and a bar area with high-top tables that divides the retail store from the dining room. A unique addition to the model is an entirely separate mini-kitchen enclosed in soundproof glass, which allows private functions and cooking demonstrations to occur without disturbing other diners.

The menu is seasonal and it’s more dynamic than what people expect of Canadian cuisine. “What is Canadian food?” Pateman asks. “Maple syrup and smoked salmon, yes, but it’s also multicultural, international ingredients. Nowhere in the world do you get such diversity of international cuisines,” he adds. Edible Canada strives to feature 70 percent of its products from British Columbia, 20 percent from across Canada and the remaining 10 percent is international (things like coffee and spices that are not grown here). The menu is a wonderful reflection of that principle, offering such delicacies as BC salmon and wild mushrooms, Alberta elk and East Coast lobster, which are treated with specific Canadian touches. The wine list follows suit, it’s 100 percent Canadian, with a strong focus on the wines of BC – and five of those are on tap.

With Edible Canada slated to celebrate its first anniversary (suitably) on July 1, 2012, Pateman is already planning his next steps – expansion, nationally and internationally.



SOUR CHERRY CHOCOLATE PÂTÉ



MARKET-INSPIRED SEAFOOD CHOWDER



Edible Canada

FOR RECIPE INDEX, PLEASE SEE PAGE 133

PAIRS WITH MARKET INSPIRED SEAFOOD CHOWDER



 **00**
PENFOLDS KOONUNGA HILL CHARDONNAY
 Australia **\$15.99** 321943
 Pale straw in colour, this medium-bodied white exhibits citrus and floral notes with layers of freshly cut white peach. More notes of spicy marzipan continue through to a hint of oak. The palate tastes of cantaloupe and grapefruit with a gentle creamy texture, while spicy French oak plays a minor supporting role.



 **00**
FAIRHILLS VIOGNIER
 South Africa **\$13.99** 170100
 Lovely honeysuckle and peach aromas segue to a medium-bodied palate of white fruits. Fresh and satisfying, this delicious white will be a pleasant addition to any summer dish.

Stamp collecting Australian style.

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HARDYS
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 **00**
HAKATSURU JUNMAI GINJO SAKE
 Japan **\$9.95** 210823 300 ml
 Using only the finest rice and purest natural spring water, Junmai Ginjo has been brewed with meticulous care and in the traditional method of sake making. This flowery, fragrant sake with silky, well-balanced smoothness can be enjoyed chilled or at room temperature and complements slightly salty or soya sauce-based dishes.



PAIRS WITH SOUR CHERRY CHOCOLATE PÂTÉ

 **00**
TOMASSI LE ROSSE PINOT GRIGIO
 Italy **\$19.99** 326488
 This dry white is lemon yellow in colour, clean and fresh with hints of tropical fruit on the nose. Medium-bodied and creamy in the mouth, Le Rosse has bright flavours of pineapple rind, peach pit, mineral and citrus which are followed by a crisp, long finish.



PAIRS WITH BIRCH SYRUP AND KASU MARINATED SABLEFISH WITH SUMMER VEGETABLES

 **02**
EMERI PINK MOSCATO
 Italy **\$16.99** 588392
 This medium-sweet and light-bodied sparkling has aromas of fresh strawberry, apricot and candied orange with a hint of musk melon. Velvety and full on the palate with similar fruit flavours and a hint of honey, Emeri is great as an apéritif or to enjoy with fresh fruits or other desserts.



 **08**
WARRE'S OTIMA 10 YEAR OLD TAWNY PORT
 Portugal **\$26.99** 565705 500ml
 A robust and rich Tawny Port of superior character and elegance, Otima has nutty aromas, rounded out by scents of coffee and caramel. Full-bodied, sweet and very toffee-like on the palate, this ripe and rich fortified wine has loads of caramel, honey and dried fruit on the palate, finishing long with a hint of dried orange peel.



Please enjoy responsibly. www.hardys.com.au

THE MODERN FACE OF South Africa



by Rhys Pender, Master of Wine

CANADIANS ARE INCREASINGLY REALIZING THAT SOUTH AFRICA IS A SOURCE OF GREAT VALUE, WITH INTERESTING AND DISTINCTIVE WINES.

South Africa, home to some stunningly beautiful towns, cities and beaches with a burgeoning food and wine culture, is a unique and promising corner of the ever-exciting African continent. The wines have been on a continuous path of evolution and improvement. Canadians are increasingly realizing that South Africa is a source of great value with interesting and distinctive wines.

It is often surprising to wine drinkers to realize just how long South Africa has been growing grapes and making wines. Being a major port of call on spice trade shipping expeditions from Europe to the Indian Ocean, South Africa has had vineyards since 1654, to refill ships' wine barrels and help sailors ward off scurvy. A long history is always a great part of any wine story and it also never hurts to have a bit of European winemaking expertise thrown in. For South Africa, this was provided since 1688 when the Huguenots (members of the Protestant Reformed Church in France) fled religious persecution and settled in South Africa's Franschhoek, bringing grapegrowing and winemaking skills.

It hasn't all been a simple and glorious wine history for South Africa. Apartheid effectively marooned the country from the rest of the world between 1948 and 1994. Significantly, this period included the 1980s and early 1990s, when many of the world's technological changes happened in the wine business. Because of this, post apartheid, it took South Africa a few years to catch up and make the kind of fruit-forward wines that were in vogue. Since then, there has been a mini-scandal (some artificial additives to help make the Sauvignon Blanc more aromatic) and the removal of government-controlled grape prices. The privatizing of the KWV (Co-operative Winemakers' Society of South Africa) allowed growers to finally plant vineyards in high-quality, low-yielding sites and charge a premium for the grapes. With the low fixed price, there had been no incentive to grow better grapes, just more grapes. Since then, South Africa has been a country finding its

feet and finding its best regions, grape varieties and wine styles.

With its long history and recent positive changes, South Africa is starting to realize its potential to produce top quality wine. The modern focus of the country has combined quality with a number of environmentally and culturally sensitive programs. These include the sustainability-driven Integrated Production of Wine (IPW), which labels wines as Integrity and Sustainability Certified, the Wine and Agricultural Industry Ethical Trade Association (WIETA), the Black Economic Empowerment (BEE) projects involving black ownership of vineyards and wineries and Fair Trade wines.

The wine regions are set up with a hierarchy of different geographical sizes. The key climatic influences are the cooling Benguela ocean current and the famous Cape Doctor wind. The country is largely gifted with a Mediterranean climate, resulting in mild winters and hot dry summers. The further you head inland, the hotter it becomes and the vineyards will increasingly produce larger yields when heavily irrigated. Near the coast are pockets of cooler climate vineyards producing top quality wines from a range of grape varieties.

The vineyards have also experienced a change in mindset. In 1990, 84 percent of the plantings were white grapes, but, with the success of many South African red wines, white grapes now only comprise about 56 percent. The biggest growth has been in plantings of Shiraz and Cabernet Sauvignon that now make up 10 percent and 12 percent respectively of the total vineyard area. South African Cabernet Sauvignon shows typical character of the grape variety, with lots of cassis and just a hint of that unique South African spice, smoke and meatiness. The Syrah is usually rich, dark and full with high alcohol, smoke and brooding black fruit, although there are some more elegant, peppery styles.

The red Pinotage, South Africa's own grape that is a cross between Pinot Noir and Cinsault, makes up about six percent of plantings. If you've never tried it, Pinotage makes for an interesting experience. If poorly made, it can be reminiscent



PERONI



PERONI
ITALY

South Africa

of gasoline, rubber tires and spice and not for everyone's taste. When ripe, however, it can transform into a rich, full, spicy, meaty and smoky wine with lots of black fruit, perfectly suited to one of South Africa's favourite pastimes, grilling meat on a Braai. Maybe its best expression is in a Cape Blend, where Pinotage is used to season and add unique character to blends with Shiraz, Cabernet Sauvignon, Merlot and other varieties.

The growth in red wine plantings has largely been at the expense of Chenin Blanc, which, although producing some top quality wines, was often planted in hot areas and distilled to make brandy. Chenin Blanc plantings dropped from 32 percent in 1990 to 18 percent today. A number of different styles are made, from dry to sweet, barrel-fermented to crisp and fresh and everything in between. Many of the modern wines are fresh, crisp and intense, nicely balancing Chenin's acidity with flavours of tropical fruit. South Africa also makes some top quality Chardonnay in all styles, some deeply scented Viognier and a range of styles of Sauvignon Blanc, the best combining crisp acidity with ripe fruitiness.

With a wealth of vinous history and eyes looking firmly to the future, South Africa is well placed to show the world its wine potential. The correct changes have taken place, freeing the industry to pursue quality. The results are starting to show in the bottle, making the modern face of South African wine one of promise and excitement.

FROM STELLENBOSCH



GRACELAND CABERNET SAUVIGNON
South Africa **\$29.99** 140970
Deep red in colour, this Cabernet has intense aromas of blackberry, plum and cassis with burlap and grilled meat savoury notes. The palate is full-bodied with ripe meaty tannins and spice, smoke, graphite and charred meat to support the dense black fruits. Perfect for barbecued game meat.



SAXENBURG GUINEA FOWL MERLOT/CABERNET SAUVIGNON/SHIRAZ
South Africa **\$18.99** 316992
This wine combines red and black fruits with aromas of roasted herbs, coffee and smoke. The palate is medium-bodied, balanced with acidity and has flavours of dried cherry, ripe plum and charred meat that last to a medium-length finish. Try with barbecued game birds wrapped in pancetta and rosemary.

FROM ROBERTSON

GRAHAM BECK THE GAME RESERVE CABERNET SAUVIGNON
South Africa **\$19.99** 40428
Deep ruby in colour, this Cabernet has intense aromas of dried plums, cassis, black cherry and floral notes before the smoke, meat and cedar take over. The full palate has big ripe tannins, while notes of leather, charred meat, pepper, clove, orange zest show through. A hint of cassis lingers on the long finish. Try with leg of lamb cooked slowly on the rotisserie.



FROM THE COASTAL REGION

MISS MOLLY BY MÛRESON, HOITY TOITY CHENIN BLANC VIOGNIER
South Africa **\$14.99** 505578
This is a rich and ripe wine with aromas of honey, cantaloupe, guava and a savoury dried herbal streak. The slightly off-dry palate is lush and weighty with intense flavours of passion fruit, pineapple, banana, dried herbs and lime pith. Pair this with a Chinese dish of braised mixed seafood in broth.



FROM THE WESTERN CAPE

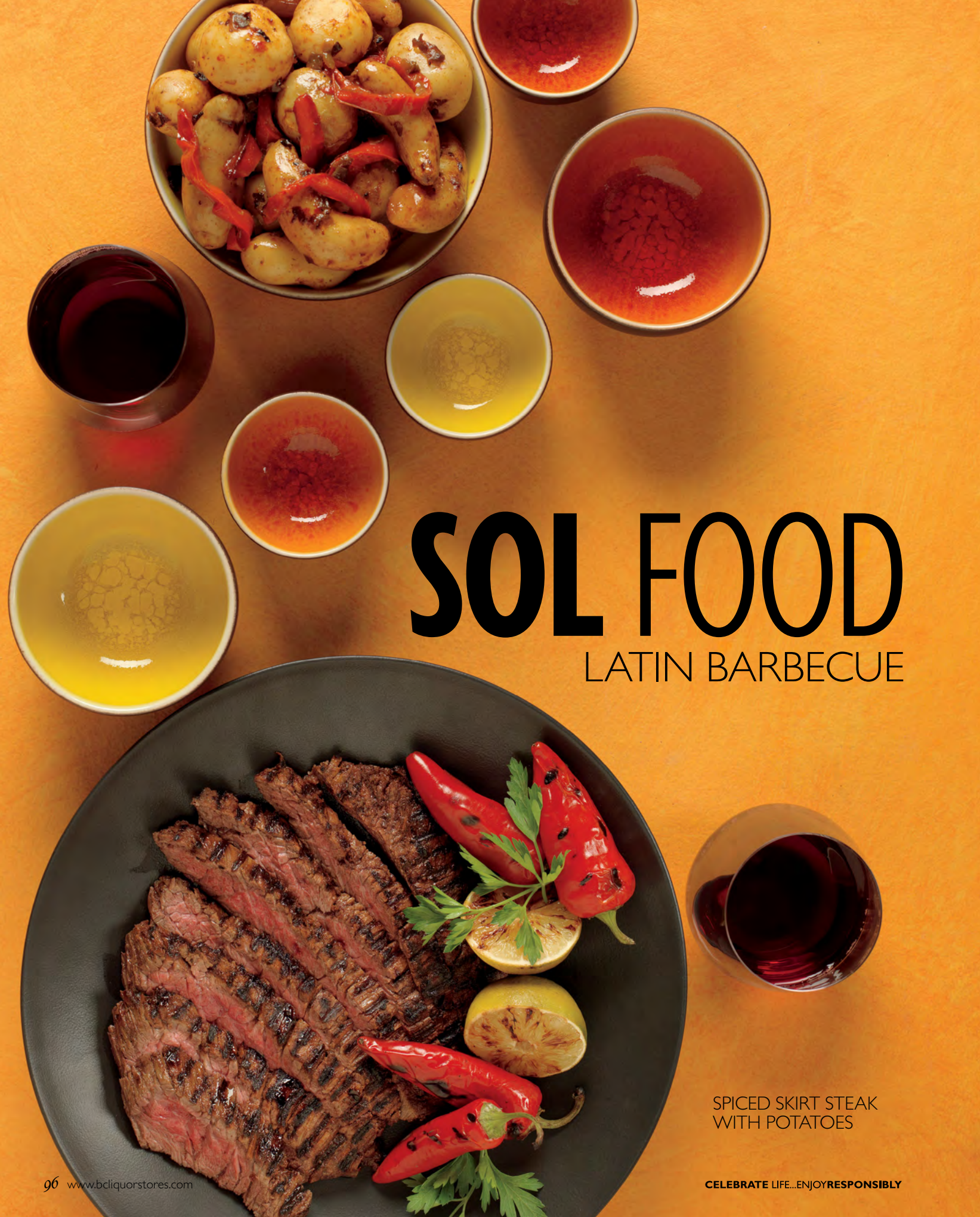


SPIER CHENIN BLANC
South Africa **\$14.25** 659037
South African Chenin Blanc can be big alcoholic brutes or crisper, fresher versions such as this one at 13 percent. The Spier combines ripe aromas of lemon, melon, mango, pineapple and honey. The palate is dry and full, but with crisp acidity to balance. Flavours of green melon, passion fruit, minerals and grapefruit abound with a medium-length finish. Pair with a rich white fish fillet sautéed in butter and lemon.



THE GRINDER PINOTAGE
South Africa **\$14.99** 883991
The Grinder shows smoky, meaty, black cherry, raspberry and slightly candied aromas before the coffee, dried-plum, cherry, dried herb and leather notes kick in on the lush and full palate. The finish is long and the meaty character of the wine begs to be paired with beef grilled very rare.

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SOL FOOD

LATIN BARBECUE

SPICED SKIRT STEAK
WITH POTATOES

CELEBRATE LIFE...ENJOY RESPONSIBLY

by Nathan Fong

FOR RECIPE INDEX, PLEASE SEE PAGE 133

Move over the ubiquitous burger and potato salad and bring your guests some *Ole!* Start off with a delicate polenta and chickpea cake. Serve it with salsa verde, the wonderful green salsa made with fresh tomatillos and aromatic herbs. Add a succulent skirt steak marinated with chilies and spices. This cut is perfect for grilling and slicing thinly. Garnish with spicy chili-licked potatoes. For dessert, try fresh pineapple, gently grilled and marinated in a fragrant lime and chili-spiked sugar syrup.



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Please drink responsibly.

FOR RECIPE INDEX, PLEASE SEE PAGE 133

Sol Food: Latin Barbecue



GRILLED CHICKPEA CAKES WITH SALSA VERDE

BC LIQUORSTORES

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FOR RECIPE INDEX, PLEASE SEE PAGE 133



Sol Food: Latin Barbecue

PAIRS WITH GRILLED CHICKPEA
CAKES WITH SALSA VERDE



LA POSTA CUCINA BLEND
Argentina **\$17.99** 779520
This purple-coloured, full-bodied red is 60 percent Malbec, and offers aromas of cedar spice box, blueberry and black cherry. On the palate, meaty notes emerge to accompany the sweet fruit and spice of this delicious food-friendly blend.



PAIRS WITH GRILLED
CHILI PINEAPPLE



PETER LEHMANN BAROSSA SHIRAZ
Australia **\$22.99** 572875
This iconic Shiraz shows great depth of colour, reflecting the splendid vintage. The bouquet has tantalizing aromas of dark plum and black fruits with just a hint of oak in the background. It has an excellent structure, with its rich fruit flavours and peppery spice controlled by firm tannins.



ENGLISH HARBOUR 5-YEAR-OLD RUM
Antigua **\$33.99** 391078
Impeccably smooth and medium-bodied, this pale brown rum is a blend of both dark and light rums aged in small oaken casks for a minimum of five years. It shows aromas of light smoke, orange rind and burnt sugar, with a long, smoky finish.



BABICH SAUVIGNON BLANC
New Zealand **\$19.75** 560144
This crisp white has a bouquet bursting with passion fruit, gooseberry and redcurrants. The palate is rich, sweet-fruited and complex with layers of guava, passion fruit and gooseberry. The acidity and fruit balance is excellent with herbal and flinty characters and a lingering perfume on the finish.



PAIRS WITH SPICED SKIRT STEAK
WITH POTATOES



GEHRINGER BROTHERS LATE HARVEST RIESLING
BC VQA **\$17.99** 624429 375 ml
This late harvest wine has an intense bouquet of ripe peach, green apple and kiwi fruit. On the palate, honey and tropical fruit notes are balanced with fresh acidity to contrast with the subtle spiciness of this dessert.





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SAUVIGNON BLANC

THE VERSATILE AND
FOOD-FRIENDLY
UNSUNG HERO
OF WINE

by Carolyn Evans-Hammond

Think bottled Bridget Bardot in her prime. A purebred Chardonnay such as Premier Cru white Burgundy with all its sensual loveliness can't help but draw attention to itself – regardless of *milieu*. Meanwhile, a Sauvignon Blanc such as top-notch Sancerre isn't like that.

Instead, it mysteriously elevates everything around it – the way a perfect hostess improves the party or a fabulous pair of shoes makes the outfit. Never trying to steal the spotlight from your perfectly poached fish or riveting dinner party conversation, Sauvignon Blanc simply takes the pleasure up a notch, with discretion assured.

If you understand this wine for what it is, you'll find it's about as versatile and useful as salt. Always ready to spin into action with the turn of a corkscrew or screw cap, Sauvignon Blanc wants to be your best friend. And those who understand this simple truth always tend to have a bottle in the refrigerator. They ask how the wine can serve them, not how they can serve the wine.

At best, it's crisp and generous, affable and complex while offering damp herbs, wet stones and cool lime with open-handed abandon. Sometimes, it might add a rattle of wet stones, a scrape of gun flint, or a shake of dry chalk. Other times, it nudges toward fruit bomb.

Far from simply a chirpy little wine, Sauvignon Blanc rates high as one of the most marvelous food wines in the world. Of course, here I'm talking about the less gregarious versions of Sauvignon Blanc, the archetypes of which hail from the Loire Valley in France.

Swing over the Marlborough, New Zealand and Sauvignon Blanc often

TOP TEN FOOD PAIRINGS FOR SAUVIGNON BLANC

OYSTERS

A mineral, elegant style of Sauvignon Blanc with a saline-scented, freshly shucked oyster, raw of course, is better than...well, whatever the kids are calling it these days.

SCALLOPS

Poach a few scallops in the same Sauvignon Blanc you're drinking with a few sprigs of tarragon, and you'll never eat scallops any other way.

CRAB CAKES

A perfectly prepared Dungeness crab cake is a beautiful thing, delicately sweet, gently herbed and pan-fried. Taste it with a lively glass of Sauvignon Blanc and you've got the recipe for a slice of slow-motion euphoria.

ASPARAGUS

Asparagus and Sauvignon Blanc go together like Oreos and milk. Don't over-think; it's an irreducible absolute.

GREEN PEA SOUP

Steam fresh peas, push them through a fine sieve, and stir in homemade chicken stock. Heat, season and finish with cream. Serve it with Sauvignon Blanc. Stupendous!

BATTERED AND FRIED HALIBUT

Fish and chips and Sauvignon Blanc? Magic. The acidity cuts the fat, the lemony freshness seasons the mouth, and the slightly green notes in the wine do exactly what the green pickle does in the tartar sauce. Match.

GRILLED PRAWNS

They're fine poached, but way better brushed with garlicky butter, sprinkled with sea salt and grilled. An instant crowd pleaser with a glass of Sauvignon Blanc.

UNRIPENED GOAT'S CHEESE

Traditionally, cheese is said to go best with red, but try fresh, unripened goat's cheese with a tangy, herbaceous Sauvignon Blanc and you'll see things anew. That's a promise.

NIÇOISE SALAD

The flavour combination found in this French classic – tuna, green beans, hard-boiled egg, tomato, onion, capers and potatoes on a bed of greens with a lemon and oil dressing – seems tailor-made for just about any Sauvignon Blanc on the planet.

PESTO PASTA

This basil-oil-nut-cheese paste comes into its own with Sauvignon Blanc, whether it's tossed with fresh pasta, brushed on grilled vegetables, or used as a dunking sauce for asparagus. Fabulous!

Sauvignon Blanc

FAR FROM SIMPLY A CHIRPY LITTLE WINE, SAUVIGNON BLANC RATES HIGH AS ONE OF THE MOST MARVELOUS FOOD WINES IN THE WORLD.

expresses itself entirely differently. It takes on a style that rips across the palate with concentrated flavours of gooseberry, asparagus and cut grass spiked with razor sharp acidity. Mind you, some producers now tease a tamer, more mineral style from the grape. Cloudy Bay is one such maker. But, for the most part, Marlborough still means manic when it comes to Sauvignon Blanc. And truly, it's hard to find a better cocktail alternative than Marlborough Sauvignon Blanc. Chill it down and quaff it on the deck in the sunshine at a cocktail party or as you fire up that grill.

Stylistically, Sauvignon Blanc from Canada, Chile, Italy, South Africa, Australia and United States falls between the Loire's restraint and Marlborough's exuberance.

Spirited yet composed, Sauvignon Blanc from just about anywhere holds its own with simple finger foods such as sea salted potato chips or a ham and cheese sandwich. But it's also almost always got enough poise and natural complexity to serve with asparagus and hollandaise, goat cheese soufflé, or Dungeness crab cakes – refreshing the palate beautifully between bites.

Off to fetch that Sauvignon Blanc from the fridge now.

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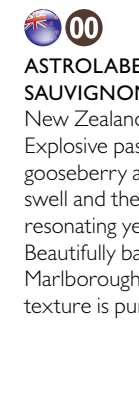
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ERRAZURIZ ESTATE SAUVIGNON BLANC
 Chile **\$13.99** 286385
 Pale to the point of being almost colourless in the glass, this wine bursts with aromas of gooseberry and lemon-lime as well as subtle floral and cut-grass notes. Fresh, clean and balanced in the mouth, this ripe and crisp white works well as an aperitif with salty snacks, but is also stellar with steamed asparagus and crab cakes.



MISSION HILL RESERVE SAUVIGNON BLANC
 BC VQA **\$19.99** 388629
 Zesty grapefruit flavours zip across a palate edged with notes of damp herbs and snow peas, as well as a hint of roasted nut from barrel fermentation. This white is an exciting summer sipper.



ASTROLABE VOYAGE SAUVIGNON BLANC
 New Zealand **\$23.99** 138503
 Explosive passion fruit and gooseberry aromas and flavours swell and then taper to a resonating yet clean, crisp finish. Beautifully balanced, archetypal Marlborough in style, this wine's texture is pure satin.



CONCHA Y TORO LATE HARVEST SAUVIGNON BLANC
 Chile **\$14.99** 1628 375ml
 This straw-coloured, aromatic dessert wine tastes of lime marmalade, honey, mango and pear. It's lively and lusciously sweet with balanced acidity. Mouth-coating and full-bodied due to its high sugar content, it is absolutely one of the best value wines on the shelf today.



FETZER VALLEY OAKS SAUVIGNON BLANC
 USA **\$13.99** 477265
 Fleeting aromas of grapefruit and cut grass in this wine lead to a full-bodied, racy palate of Granny Smith apples, pink grapefruit and sweet apricot. A smooth, highly toned texture and meticulous balance define this delicious summer white.



LURTON LES FUMÉES BLANCHES SAUVIGNON BLANC
 France **\$13.99** 472555
 This trade favourite ushers in pure summer refreshment. Think clean, unwooded fruit and crisp acidity with compelling notes of green apple, damp herbs and fresh lime. Captivating wine that works just as well solo as it does with a light bite.





by Kasey Wilson

CELEBRITY CHEF

ROBERT CLARK C RESTAURANT

“There are plenty more fish in the sea,” is not a phrase that sits easily with Chef Robert Clark of C Restaurant. When you’re an ardent marine conservationist, the ocean is not as forbidding as the things we’re doing to it. You can almost think of Clark as the chef advocate for the ocean’s sustainability, making it his mandate, whether at home, in C Restaurant or globally. And it is heartening to learn that he doesn’t see it as all doom and gloom these days. In fact, he believes, with programs like Ocean Wise, many governments are adopting excellent management systems for seafood sustainability and product quality and integrity.

Quality and integrity are two virtues Clark learned about at an early age in his upbringing on the Gaspé Peninsula, where fresh, seasonal ingredients were his family’s palette for composing meals. Passionate about cooking, Chef Clark moved to Toronto, where he began his chef training in the George Brown College Culinary Arts program. After graduating, he worked at the renowned Three Small Rooms in the Windsor Hotel, where he apprenticed with some of Canada’s top chefs. From there, he and his wife Maureen Seay, a pastry chef, set off on a two-year working adventure, exploring the gastronomic cultures of Southeast Asia, Australia and New Zealand before returning to Canada and settling in Vancouver.

He ended up on the opening team of Star Anise, one of Vancouver’s most progressive restaurants at the time. In 1997, restaurateur Harry Kambolis recruited Clark to join his team at

C Restaurant as Chef de Cuisine. A year later he was Executive Chef. The journey never seems to end for Robert Clark, whether it’s running the kitchen at C, assisting the Vancouver Aquarium with the Ocean Wise program, helping to create the annual Spot Prawn Festival or sitting on the board of the BC Chef’s Table Society.

You grew up in Montreal and the Gaspé. How much French do you speak?

Enough to get into trouble and not enough to get out of it.

Did you feel isolated growing up in Gaspé?

It was rural but not too isolated. I guess the most isolating thing was that we only got two TV channels, which was fine by me. That’s why I love the CBC. Growing up, I was raised on David Suzuki and The Nature of Things, educational TV, which I think still influences me to this day.

What is your philosophy about sustainability?

Well, I like to compare the whole sustainability movement to yoga or meditation. You may not reach nirvana, but it’s all about the journey and the awareness. I think the current education system is having a huge effect and it’s today’s kids who will have a huge influence on the outcome of a sustainable environment. I think a lot of our kids are going to hate us when they realize the amount of devastation we’ve inflicted on the planet. Still, no time like the present to shift the thinking.

On that note, many people keep putting a cost to sustainability. Does it necessarily mean more expensive food in restaurants?

Actually, what’s more intriguing, at least in the higher-end restaurants, is that most of the costs are not driven up by ingredients, but by things like breakage. We pay more for breakage of crystal and plates than we do for the food components. On the other hand, I find it heartening to see the use of sablefish, a highly sustainable species, on the menu at Cactus Club. When a chain restaurant makes a responsible choice like that, you realize sustainable food doesn’t necessarily mean expensive. Another example would be scallops. To harvest Alaskan Weathervane scallops, the ocean floor is dredged, so there are plenty of scallops, but the deforestation of the ocean floor makes it impossible for anything else to live there. These scallops go for about \$15-\$16 a pound, but at C, we use Kagan Bay organically farmed scallops, nurtured and harvested with no damage to the sea and they’re cheaper than the Alaskan Weathervanes.

Do you see anything that’s going to replace sablefish in the trend department?

Well, I can see sardines and mackerel reaching a higher level in the culinary community, which you usually only see in Spanish or Portuguese cooking. I don’t mean those terrible little tinned sardines, but our local sardines that can grow up to a foot long and are delicious.

So, do you feel the key to sustainability is to purchase locally? Absolutely. We don’t always see the effects of our lifestyle and even

if something says organic it’s not necessarily guilt-free. For example, you want to serve green beans for Christmas dinner and you purchase green beans that are organically grown on a farm in Africa, a farm that truly is a model of organic growing and efficiency, but 10 miles downriver people are dying from drought. Every day, in some country, water is flown out in the form of produce and somebody suffers so that we can have certain ingredients out of season. That’s why the more we buy locally, the more sustainable we are at home and globally.

Is that how you grew up thinking about cooking?

For sure. Another great example of sustainability is something from my childhood. I grew up near the York River and when the water would rise, the salmon would run. The rise in the water also started the fiddleheads growing. So, during that season it was salmon and fiddleheads, not because they go so well together, which they do, but we ate what was seasonal.

I also hear you’re a hunter.

Yes, I am, but not here in BC. I go back home to Quebec to hunt moose. It’s a family tradition and my family has been hunting the same land since 1951. For me it’s a spiritual journey, a respect for the animal and the fact that you’re going to be able to feed your family. It’s something that brings me back to the land, my family and life itself.

Are you a big meat eater then?

Oddly enough, my wife and I are almost vegetarian except for fish. The joke with us is that our Wheaten terrier Breeze appears to eat better than us. We’re

sitting down to fish and veggies, he’s eating roast beef.

Who were the cooks in your family?

My father really is the big cook in the family, along with my grandmother. As a kid, he made the real food like meat pie from scratch or roasted hams. My mother made lasagna and Kraft Dinner. She’s going to kill me if she reads this, but it’s true. Plus my father cans his food, so I always stock up, as does the rest of the family, when we visit.

Any dishes you miss from your Gaspé days?

Well, boiled dinners. Pork hocks, slow-cooked foods made with not always the choicest cuts of meats, done up with potatoes, cabbage and onions. Interestingly, this type of food is coming back into vogue these days.

Any wines you prefer with seafood?

I prefer the Alsace-style wines like a Riesling or Gerwurztraminer.

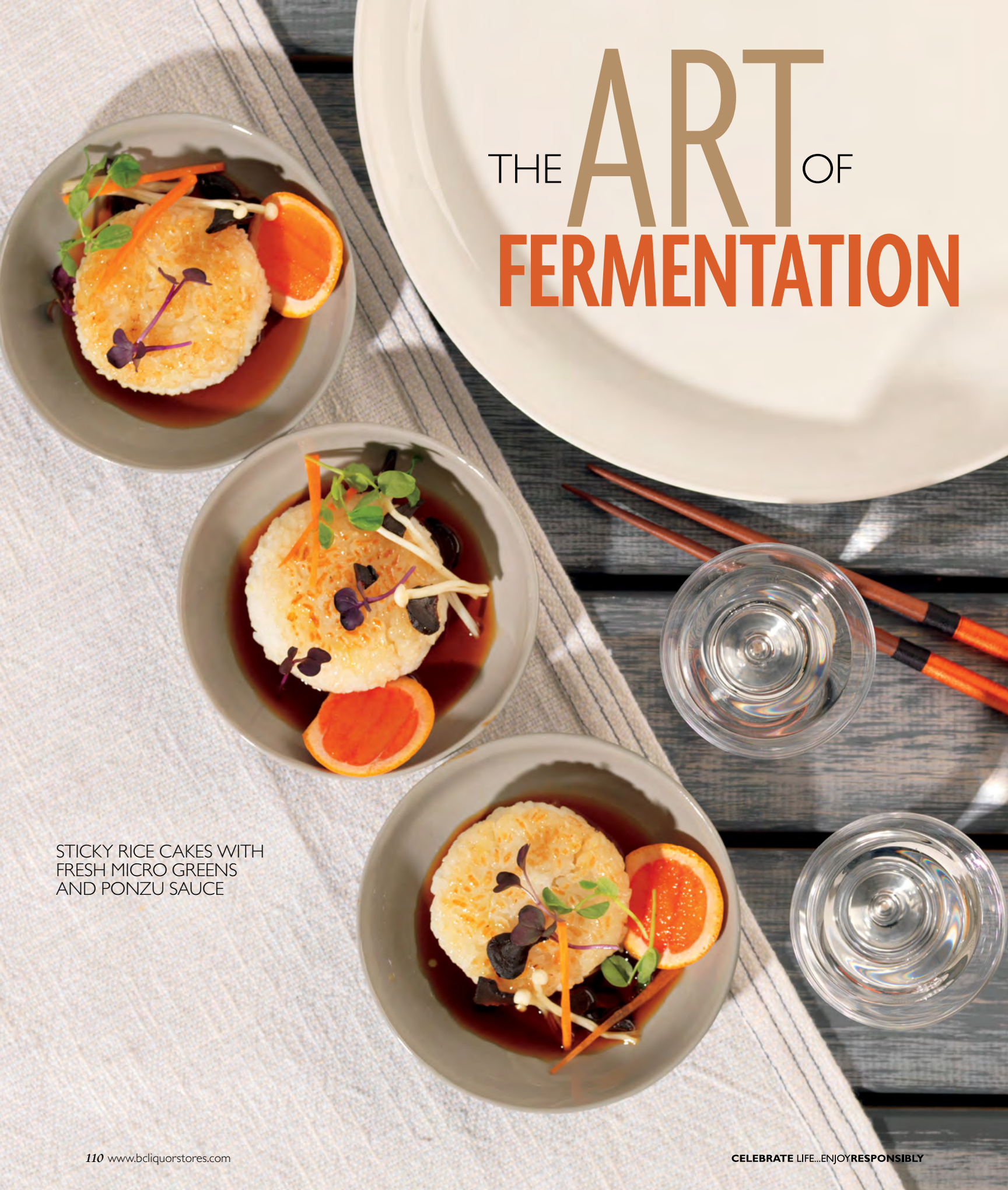
Any guilty food pleasures?

Anyone who knows me knows that I love ketchup. Only Heinz. I’m not a brand guy, but only Heinz will do it for me.

Lastly, any advice for budding young chefs?

Well, most importantly, you have to do it because you love doing it. If you’re thinking of money or being on TV on some new Food Network show, forget about it. There are truly two great joys that come with being a cook and a chef. First, when the creation works and second, when it’s delivered to the table and the customer is happy. That’s the best feeling yet.

THE ART OF FERMENTATION



STICKY RICE CAKES WITH FRESH MICRO GREENS AND PONZU SAUCE

by Irene McGuinness

FOR RECIPE INDEX, PLEASE SEE PAGE 133

There's a growing trend on the horizon. Fermented foods are showing up in stores and food consortiums everywhere and becoming much more fashionable. We're not simply talking about the traditional varieties such as cheese, pickles or sauerkraut. The more unusual items such as kefir, tempeh, kombucha and kimchi that are common to Asian palates are growing in popularity. Cultural diversity and travel have certainly influenced the spike in interest and it's a growing trend in both natural and commercial supermarkets. There's quite a scientific process to achieving homemade fermented foods. Some of you might have attempted making your own in the past or can recall a crock pot of bubbling cabbage percolating in the basement that your grandma stirred every once in a while. Featured here are a few fermented products to demystify the topic and get you started with some fun and delicious recipes that put a new spin on eating fermented.

PAIRS WITH STICKY RICE CAKES WITH FRESH MICRO GREENS AND PONZU SAUCE



GEKKEIKAN DRAFT SAKE
USA **\$6.99** 306928 375ml
This lighter-style sake has a fresh, fruity fragrance. The palate is fruity and fresh with a hint of banana and a semi-dry taste. Enjoy this smooth draft sake chilled or over ice.



LIGHTHOUSE DECKHAND BELGIAN SAISON
Canada **\$5.99** I22200 650ml
Deckhand Saison is a rich, golden Belgian farmhouse style beer. Pilsner and Vienna malts added with flaked wheat give this beer a soft malt character. The unique attributes of true Belgian yeast add spicy, peppery and fruity flavours. The acidic sourness and dry finish complement this beer's noble hop character.



KIMCHI HOTCAKES WITH SESAME SOY DIPPING SAUCE

The Art of Fermentation

THERE'S A GROWING TREND ON THE HORIZON. FERMENTED FOODS ARE SHOWING UP IN STORES AND FOOD CONSORTIUMS EVERYWHERE AND BECOMING MUCH MORE FASHIONABLE

PAIRS WITH PICNIC POTTED YOGURT CHEESE

JACKSON-TRIGGS SILVER SERIES SAUVIGNON BLANC
 BC VQA \$15.99 206292

This dry white displays classic aromas of citrus fruits and grassy herbaceous notes. Flavours of grapefruit, citrus and gooseberry are balanced with refreshing acidity for a long finish. This wine is a great pairing for all sorts of summer picnic fare.



SANDHILL CHARDONNAY
 BC VQA \$17.99 541193

This medium-bodied white, with a slightly rich mouth feel, is bright straw-yellow in colour with a bouquet of ripe apple, pear, pineapple and yellow plum. The palate is balanced by fresh acidity and flavours of yellow apple, pineapple, tropical fruit and spice. The clean, lingering finish of lemon custard, green apple, pear and light minerality is complemented by hints of vanilla extract and oak.




PICNIC POTTED YOGURT CHEESE

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white wine in New Zealand”

Michael Cooper's Wine Guide to New Zealand 2011.



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The Art of Fermentation

THE MORE UNUSUAL ITEMS SUCH AS KEFIR, TEMPEH, KOMBUCHA AND KIMCHI THAT ARE COMMON TO ASIAN PALATES ARE GROWING IN POPULARITY.

PAIRS WITH KIMCHI HOTCAKES WITH SESAME SOY DIPPING SAUCE



ZINCK PINOT BLANC
France **\$17.99** 414557
Fresh peach, apple and pear flavours abound in this creamy white wine, structured with a lemony finish. Hints of orchard blossom and spice add complexity to the palate, making it an ideal accompaniment to a wide range of appetizers and white meats.



YOGURT CHEESE QUENELLES WITH FRESH GREENS AND GRAINS

PAIRS WITH YOGURT CHEESE QUENELLES WITH FRESH GREENS AND GRAINS



QUAILS' GATE PINOT NOIR
BC VQA **\$24.99** 585760
This Pinot Noir is wonderfully fragrant with notes of sour cherry, red fruit and exotic spice. On the palate, dark chocolate and cocoa notes mingle with hints of leather and sweet tobacco. Silky and satiny in texture, this is a supple wine with a full, flavourful and lingering finish.



TOWNSHIP 7 SAUVIGNON BLANC
BC VQA **\$18.99** 34355
This crisp, straw-coloured white has a nose that erupts with distinct kiwi, gooseberry, passion fruit and lime. The palate is clean with tropical fruit and citrus flavours. A hint of vanilla reflects the portion of wine that had six months of oak barrel aging.



PELLER ESTATES FAMILY SERIES PINOT BLANC
BC VQA **\$12.99** 615542
This crisp white is pale lemon in colour with an aromatic nose of Bartlett pears, white peach, crisp apple and a hint of banana. Medium-bodied, this wine shows flavours of pear, apple, white currant and tropical fruit. Citrus and tropical fruit flavours linger through on the refreshing finish, balanced by moderate acidity and light minerality.

WE ALL SCREAM FOR ICE CREAM!



ICE CREAMS (LEFT TO RIGHT): SALTY CARAMEL, LAVENDER AND CANTALOUPE GINGER

by Celine Turenne

FOR RECIPE INDEX, PLEASE SEE PAGE 133

Legends about the origin of ice cream are varied. Some say that it was discovered in China by Marco Polo during his travels and brought back to Italy. Others mention that the Romans got ice from the mountains and created delicious concoctions resembling ice cream. What we know for sure is that Europe popularized ice cream and that North America, through immigration, soon became addicted to this delicious treat. As part of a dessert or on its own, ice cream flavours are limitless and the combination of toppings are endless. Ice cream can be dressed up in brandy snap cannoli, covered with chocolate or eaten classically in a bowl. Whichever you prefer, ice cream is a treat that has passed the test of time and is here to stay...until it melts!



CHOCOLATE COVERED VANILLA TRUFFLES



BRANDY SNAP AND ICE CREAM CANNOLI

SOME VISIONS ARE SPECIAL. THEY NEED TO BE DISCOVERED, SAVOURED, NURTURED AND THEN SHARED WITH THE WORLD. THEY'RE NOT NECESSARILY TO EVERYONE'S TASTE, THE GREAT ONES USUALLY AREN'T. BUT GREAT DISCOVERIES COME FROM THOSE WHO CHOOSE INTERESTING OVER ORDINARY. WE DID THAT WITH GROLSCH 400 YEARS AGO AND WE'RE DOING IT TODAY WITH TIFF. BECAUSE WE BELIEVE GREAT DISCOVERIES SHOULD BE SHARED AND THE INTERESTING SHOULD BE SAVOURED

GROLSCH IS PROUD TO BE THE OFFICIAL BEER SPONSOR OF TIFF® AND THE TORONTO INTERNATIONAL FILM FESTIVAL®



CHOOSE INTERESTING



Ice Cream

ICE CREAM IS A TREAT THAT HAS PASSED THE TEST OF TIME AND IS HERE TO STAY...UNTIL IT MELTS!

PAIRS WITH CHOCOLATE COVERED VANILLA TRUFFLES



10
CHALMERS 1528 CHOCOLATE TAWNY
 Australia **\$21.99** 31369
 Chalmer's 1528 original Chocolate Tawny commemorates the year in which chocolate was first brought to Europe from the Americas. This full-flavoured dessert wine is infused with exotic dark chocolate, marrying the sweet and nutty flavours of a tawny port with the slightly bittersweet and vanilla notes of natural cocoa.



10
QUADY ESSENSIA ORANGE MUSCAT
 USA **\$15.99** 197707 375 ml
 This delicious dessert wine is made from orange Muscat grapes and has an aroma reminiscent of orange blossom and apricots. The vibrant flavour and lingering, refreshing aftertaste make it an excellent accompaniment to desserts, particularly chocolate and everything with almonds, peaches, apples or apricots.

PAIRS WITH BRANDY SNAP AND ICE CREAM CANOLLI



10
KITTLING RIDGE ICEWINE & BRANDY
 Canada **\$19.99** 558999 375ml
 Half as sweet as traditional icewine, this dessert wine is a blend of Vidal Icewine and seven-year-old, barrel-aged brandy with ripe orchard fruit notes such as apple, pear and tropical fruits like pineapple and lychee. It is smooth on the palate and complemented by the warmth of the brandy in the finish.



10
MCGUINNESS ORANGE & BRANDY LIQUEUR
 Canada **\$24.99** 53611
 This amber-coloured, brandy-based liqueur has flavours of orange peel and a hint of nutmeg spice. It has all the richness and smoothness of good brandy sweetened with fresh orange extracts. It's delicious with desserts or on its own.

PAIRS WITH LAVENDER ICE CREAM



10
NAKED GRAPE ICEWINE
 Canada **\$22.99** 885830 200 ml
 This icewine is intense, sweet and rich, yet balanced with brilliant acidity, creating a unique sensation on the palate. Orchard fruit and floral aromas meld with flavours of ripe mango, peach and apricot to yield impressions of tropical fruits smothered in honey.

PAIRS WITH SALTY CARAMEL ICE CREAM



02
GANTON & LARSEN ADMIRAL SHORTS OKANAGAN TAWNY
 Canada **\$17.99** 195909 375 ml
 This port-style dessert wine, barrel aged for 15 years, has the colour and lustre of polished mahogany. On the palate, flavours of caramelized sugar, hazelnut, chocolate, vanilla and nutmeg spice surround a core of dried fruits.



PAIRS WITH CANTALOUPE GINGER ICE CREAM



10
GIFFARD GINGER OF THE INDIES LIQUEUR
 France **\$34.99** 171835 700 ml
 This premium, straw-coloured liqueur is distilled from a natural maceration of the best ginger from Asia, enhanced with spices for a warm, rich character. Strong aromas of ginger and coriander on the nose are softened by a touch of vanilla and orange blossom. The palate is sweet at first, with a citrus tanginess, but finishes with a peppery sensation of ginger.



by Judith Lane

WINES WITH MODERATE ALCOHOL LEVELS HAVE MORE ACIDITY WHICH MAKES FOR A LIGHTER, MORE REFRESHING DRINK.

In the heart of summer, when the thermometer creeps way up, many of us reach for wines that are light, fresh and mostly white. Happily, many are naturally lower in alcohol, which is a good thing, since the heat of the day (or early evening) can amplify the effects of the alcohol in wine. The big, jammy Syrahs and tannin-heavy bold Cabernets are best left for cooler evenings or uncorked to accompany juicy grilled ribeye steaks. Instead of choosing a de-alcoholized wine, or adding sparkling water to make a spritzer, it's an easy option to choose crisp, flavourful red and white wines that are naturally low in alcohol. Chances are they'll also pair superbly with summer's lighter fare.

It's easy to suss out these wines. First up, the alcohol content (noted as ABV or alcohol by volume) is printed on the label, usually the front. It changes from year to year depending on the grapes' growing conditions. Cooler regions with shorter growing seasons produce cool climate wines that are naturally lower in sugar and therefore alcohol. Areas like the Pacific Northwest (BC, Washington and Oregon), Ontario, Germany, Northern France and the north of Italy and Greece are the go-to regions. Wines with moderate alcohol levels have more acidity, which makes for a lighter, more refreshing drink.

Wines from warm regions tend to be higher in alcohol – think Australia, South Africa, California, Spain, Portugal, Argentina and Chile. The grapes are riper when picked and they produce more sugar, which results in higher alcohol levels. Alcohol gives the wines texture; they're fuller bodied, weightier and richer, which is what we want to drink when it's cooler and we're eating heartier meals. Over the past decade or two, alcohol levels in wines from around the world have increased up to 14 to 16 percent ABV, as riper grapes deliver big, concentrated, flavourful wines.

In warm regions, grapes that are grown in high-altitude

vineyards ripen more slowly, as do those in cool coastal vineyards in areas of Chile, California and South Africa. When grapes ripen slowly or grow in areas that are warm in the daytime and cool off significantly in the evening (like parts of the Okanagan Valley), they'll have lower alcohol levels and be richer in flavour and aromas with plenty of refreshing acidity to make them crisp, easy drinking and food-friendly too.

In the last five years, more and more winemakers are dialing back the amount of alcohol in their wines, while striving to find a balance between those that are bold, ripe and complex and wines that are fresh and balanced but not austere.

Some wine drinkers tout the health values of drinking lighter because less alcohol means less calories, others want to abide by drinking and driving laws, while some prefer lighter wines because a glass or two of 10 or 11 percent ABV wine produces far less of a wallop than those containing 14 or 14.5 percent.

Occasionally, the alcohol in these big wines can make them taste hot and unbalanced. A 16-year-long study (by the American Association of Wine Economists) investigated levels of alcohol in wines from around the globe. They found that 57 percent contained more alcohol than what was stated on the label, and that some wineries understated the alcohol levels in their wines by one to one-and-a-half percentage points, while staying within what's legally allowed in their regions. Seems like another case for lightening up!

See the sidebar on page 129 for wines to look for – country by country – that are ideal summer sippers. They're bright, light-bodied and eminently quaffable. Keep reading the labels, as alcohol content varies from vintage to vintage. Lighten up and give some of these a whirl!



FINE DINING
Life. Monkey Bay Style.



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Please drink responsibly.

Lighten Up!

LIGHT
Low Alcohol Varietals by Region

Germany

Riesling
Pinot Noir

Austria

Grüner Veltliner
Zweigelt

Italy

Moscato
Sangiovese

BC

Riesling
Gewürztraminer
Cabernet Franc

France

Chenin Blanc
Sauvignon Blanc
Cabernet Franc
Gamay

South Africa

Chenin Blanc
Sauvignon Blanc

New Zealand

Sauvignon Blanc
Pinot Noir

Australia

Semillon

Chile

Sauvignon Blanc

Portugal

Vinho Verde

Sparkling

Champagne and crémant from France and sparkling wines from everywhere are great low-alcohol options. Prosecco, Moscato d'Asti, Lambrusco, Spanish Cava and pretty much anything that bubbles all hits the mark.



BOUTARI MOSCHOFILERO
Greece **\$15.99** 177154
Everything you might want to know about this wine is on its front label, appealing to wine lovers seeking more detail. At 11.5 percent, the wine's grape varietal (Moschofilero) and soil type produce a crisp and aromatic quaff with floral, grapefruit and coconut notes. Perfect with keftedes or grilled halibut.



BLÜFELD RIESLING
Germany **\$14.99** 884239
At 10.5 percent, this Riesling's eye-catching blue bottle references the blue slate soil in which the vines grow. Concentrated and juicy, the wine has honeyed fruit and minerality on the palate, with a lively acidity and some sweetness on the finish. Sip well-chilled on its own or pair with sushi, crab cakes and salads.



BEAUJOLAIS PISSE-DRU NOËMI VERNAUX

France **\$17.99** 2881
Made from early ripening Gamay grapes and naturally low in alcohol at 12 percent, this light-bodied Beaujolais is silky and balanced. Lively cherry aromas with gentle earthy overtones accent its refreshing acidity and light tannins, delivering a pleasurable quaff. Drink on its own or with grilled fish or chicken, charcuterie or Mimolette cheese.



BATASIOLO MOSCATO D'ASTI

Italy **\$20.99** 288449
Moscato is enjoying a surge in popularity with good reason. This easy sipper is delicious, juicy, and ultra-light with a sweet 5.5 percent, a gentle spritz and generous hits of citrus, peaches and apricots. Drink chilled and enjoy with figs, nuts or lemon sponge cake.



PIPER-HEIDSIECK BRUT CHAMPAGNE

France **\$61.99** 462432
This classic 12 percent Champagne boasts tiny bubbles and is lightly toasty with baked apple and lemon accents. Elegant, bright and finely balanced with a gently firm mouth feel, it has an easy minerality, and finishes long and dry. Enjoy anytime or pair with breakfast waffles, oysters, a crab BLT or late-night fish tacos.



PICCINI FIASCO CHIANTI

Italy **\$16.99** 595918
It's b-a-c-k! Chianti in a fiasco—the straw-covered bottle has returned. If you missed it the first time around, it's time to get acquainted with this old-school 12.5 percent Chianti. Made from 95 percent Sangiovese and 5 percent Cilieggiolo grapes, it's light-bodied and fresh with easy cherry and spice notes. It's perfect with pizza or pasta with tomato sauces. Use the fiasco bottle for a retro candleholder.



FLIP OUT OVER PANCAKES

SPICED CHOCOLATE SWIRL PANCAKES WITH BRANDIED CHERRIES



While often reserved for leisurely Sunday morning breakfasts, quick-to-prepare pancakes are a versatile choice any time! A hearty stack of Buckwheat Bacon Pancakes kissed with a pat of orange butter and maple syrup is sure to kick-start any day of the week. Chocolate Swirl Pancakes bring out the kid in everyone, while an impressive Baby Dutch Pancake reaches new heights when accompanied by a fragrant peach cardamom compote. For an elegant hors d'oeuvre, offer guests mini Zucchini Pancakes topped with fresh seafood and a dollop of herb cream. Use these recipes as inspiration, get creative with your own toppings and start flipping today!



ZUCCHINI PANCAKE BITES



BUCKWHEAT BACON PANCAKES

PAIRS WITH BUCKWHEAT BACON PANCAKES



00

**CHAMDEVILLE
BLANC DE BLANCS BRUT**
France **\$13.99** 187740
This value-priced bubbly has aromas of pear and apple with subtle notes of wild honey and toasted almonds. Made in a fresh style with a creamy palate of brioche, citrus and pear, it is crisp and lively with nice length.



01

**BANROCK STATION
SPARKLING SHIRAZ**
Australia **\$14.99** 575902
This sparkling Shiraz is a deep ruby colour and features aromas of blackberry touched with mint and spicy white pepper. In the mouth, intense flavours of black fruits, coffee and pepper spice predominate, making it the ideal pairing for summer brunches.



02

**VOGA SPARKLING
PINOT GRIGIO**
Italy **\$20.99** 470351
In this light golden-coloured sparkler, fine bubbles give way to aromas of white blossoms and ripe white fruits. Its fruity flavours, elegant structure and crisp, citrusy finish make this an easy wine to drink and match with a wide variety of contemporary foods.

Pancakes

PAIRS WITH ZUCCHINI
PANCAKE BITES



00

**KIM CRAWFORD
MARLBOROUGH PINOT GRIS**
New Zealand **\$17.99** 150144
A great alternative to Chardonnay or Sauvignon Blanc, this Marlborough white is straw-coloured with intense aromas of ripe pear, melon, apple and appealing floral notes. The palate reveals delicious ripe quince and pears combined with a hint of peaches and cream. The fine balance of fruit and acidity make this wine ideal for seafood or appetizers with herbs.

PAIRS WITH SPICED CHOCOLATE
SWIRL PANCAKES WITH
BRANDIED CHERRIES

09

**QUAILS' GATE VINTAGE
MARECHAL FOCH**
BC VQA **\$22.99** 638148 375 ml
This port-style BC wine is made from Marachel Foch grapes, picked at an exceptionally ripe stage, fermented in stainless steel tanks, then fortified with neutral spirits and aged for 12 months in oak barrels before bottling. Look for aromas of coffee, mocha and dark chocolate, mingled with dark fruits and complex Foch notes.



PEACH DUTCH BABY PANCAKE

PAIRS WITH PEACH DUTCH BABY PANCAKE



06

FRESITA SPARKLING WINE
Chile **\$15.99** 299404
This salmon pink sparkling wine is infused with fresh, handpicked strawberries from Patagonia. The wine is a blend of Chardonnay, Sauvignon Blanc and Muscatel grapes. The result is a fruity, fresh, delicious and all-natural sparkling wine with just eight percent alcohol. Try it with sweet desserts or appetizers.



01

**DR MAGILLCUDDY'S
PEACH SCHNAPPS**
Canada **\$19.99** 313049
This clear, colourless schnapps has a ripe peach aroma and a sweet, fresh peach flavour. Perfect as a chilled sipper, it is very versatile, adding rich flavour to fresh fruit juices, punches and desserts.



02

**MOSELLAND PIESPORTER
MICHELSTBURG RIESLING**
Germany **\$13.99** 288670
This off-dry Riesling is light straw in colour with pronounced peach, citrus and white flower aromas. It's a light-bodied wine with slight, ripe fruit sweetness balanced by crisp, refreshing acidity and a hint of minerality.



ASK AN EXPERT 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 *Wine Access*, *Montecristo* and *Savour*. In 2008 Rhys was named one of the "Top 40 Foodies Under 40 in Western Canada" by *Western Living* magazine.

Q How are cool-climate Chardonnays different from other Chardonnays?

Like any other subject, there is a lot of terminology tossed around by wine experts, much of it completely confusing to those who just want to open and enjoy a good bottle of wine. The term *cool-climate* will often appear on back labels and marketing materials, but the term itself is vague and controversial enough to have wine experts wanting to throw their Chardonnay at each other. Yet, there are significant differences in flavour depending on where grapes are grown, and Chardonnay may be one of the best grape varieties to illustrate these differences in flavour. In an effort to better understand what flavours we can expect from certain grape varieties grown in different wine regions of the world, it is helpful to place them into climatic groups. Very loosely, three different groups are used – cool, moderate and hot climate. It is defining these terms that gets the heated debate going. Some theories look simply at latitude and define vineyards nearer the equator as hot, those in the middle as moderate and those at the viticultural extremes, such as the wine regions of

British Columbia, as cool. Unfortunately, latitude is only of limited help. When it is -4 F (-20 C) in southern Ontario and you realize you are on the same latitude as northern California, or you are standing in the supposedly cool-climate of the Okanagan Valley in August when it is 104 F (40 C), or you're close to the equator in an Argentinian vineyard that is cooled considerably by an altitude of nearly 4,000 metres, this becomes clear very quickly. There have been a number of attempts to scientifically classify wine regions into different climates and link this to success with different grape varieties. Some methods have used mean daily temperature, while others have measured accumulated heat over the growing season. While all of these techniques can be useful, they only tell part of the story. That is the beauty of wine, that there are so many variables that any attempt to scientifically measure anything generally falls short. Altitude, latitude, slope, aspect, bodies of water, wind, ocean currents and weather patterns all have their influence.

Probably the best way to determine a region's climate is to taste the wines themselves. Chardonnay is a great benchmark grape variety, because it grows well and can make quality,

balanced wine in all climates. Hot-climate Chardonnay tends to develop flavours of ripe, tropical fruits, a rich texture and high levels of alcohol. In a moderate climate, it combines stone fruit such as peach or nectarine along with lemon notes. In a cool-climate, Chardonnay has more tree-fruit flavours such as apple and pear along with crisp, lemony acidity. Of course, with Chardonnay, the winemaker can either enhance or hide these characters derived from where the grapes were grown. Techniques such as oak aging (adding oak flavour), lees contact (making the wines creamier in texture) and malo-lactic fermentation (giving a buttery richness), all can alter flavours.

The most famous cool-climate Chardonnay region is Chablis in France, known for its crisp, steely, mineral and green apple-tasting wines. At the other end of the scale are the rich, buttery, oaky, full-bodied and tropical fruit-flavoured Chardonnays of California. Both of these styles and everything in between can be delicious when matched to the right food or occasion, so the best way to find your favourite is to experiment. Pour some Chardonnay from around the world and join the debate.

Q What determines a wine's price? Are more expensive wines better?

The short answer to your question is yes, more expensive wines are generally better. But the bigger question is how much better? Is a wine that costs \$100 per bottle likely to give you five times the enjoyment as one that is \$20? Often not, but the wine that you choose and the price you pay will depend on the circumstances.

On some occasions, the perfect wine might be something simple but full of character, an enjoyable drink that doesn't cost much and that you don't have to think about too much. If you're sitting down with a pizza to watch the football game, you hardly want to spend your time analyzing the subtle nuances of an expensive wine. Another situation though, say a romantic dinner or a gourmet gathering with your food- and wine-loving friends, might demand a wine that is more intense, complex and requires a little more thought. The wine has to match the occasion.

It is usually in the least-expensive wines that you can taste the lower quality. To make a wine at low price points, it is a simple fact that you need high yields of grapes, have to press the grapes very hard to extract as much juice as you can and often manipulate the wine to try to make it balanced or add sweetness to cover less desirable traits. The wines are often more diluted in flavour, a little astringent from hard pressing and rarely have any of the complexity usually derived from low-yielding grapes and techniques in the winery that take

a long time and have high labour costs. When you spend more, the wine becomes more complex and intriguing.

One thing for certain is that most wine is not priced on a cost plus percent method. If that were true, there would be no wines that reach the astonishing prices we see around the world today. Let's look at an example. The most expensive grapes in the world cost around \$7,500 per ton. With very gentle treatment, that ton of grapes could make about 55 cases or 660 bottles, giving a grape cost of \$11.90 per bottle. If you were to put that wine into a brand new oak barrel costing \$1,200 (holding 300 bottles), you would add another \$4 to the bottle cost. With very fancy packaging, you may spend \$5 more per bottle and labour to make it might also cost \$5 giving a cost of about \$25.90 per bottle. On top of this there will be repayment of investment in land, vineyard establishment, buildings and equipment and then sales and distribution costs such as shipping, agent fees and a marketing budget. If the winery sold the wine at \$40 per bottle to the retailer, the price after taxes and mark-ups would still be under \$80. So why are so many of the world's wines priced at much higher levels than this? Simply, it's supply and demand.

A perfect example is the spiralling prices for wines such as the top Châteaux of Bordeaux. As emerging markets create new wealthy individuals, there are more people wanting to get their hands on the top estates' wines. With a limited supply available and increased demand, the result is sky high prices. Sometimes, however, this can work in the opposite way, creating amazing value wines. Wine regions such as Jumilla in Spain produce very flavourful grapes from low-yielding old vines, but because there is plenty of supply, the grapes are still inexpensive. The resultant wines are often great value, so it is not always bad news.

So, while most of us have to leave the nouveau rich to battle it out for the few available bottles of *Domaine de la Romanée-Conti* or *Château Latour*, for everyday wines there is always great value to be found.

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

taste.magazine@bliquorstores.com
Watch for answers in upcoming issues of *TASTE!*

VERY SPECIAL EVENTS

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

JUNE

SATURDAY, JUNE 9 | 2:00 – 5:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
FRIDAY, JUNE 15 | 4:00 – 7:00 P.M.
PARK ROYAL BC LIQUOR SIGNATURE STORE
SATURDAY, JUNE 16 | 2:00 – 5:00 P.M.
NORDEL CROSSING SIGNATURE BC LIQUOR STORE
FRIDAY, JUNE 22 | 4:00 – 7:00 P.M.
RICHMOND IRONWOOD BC LIQUOR SIGNATURE STORE
SATURDAY, JUNE 23 | 2:00 – 5:00 P.M.
ABBOTSFORD BC LIQUOR SIGNATURE STORE
CHIVAS REGAL

Join us for a tasting of Chivas Regal 12 Year Old paired with savoury small bites. Customers attending the event will have a chance to receive a premium branded glass.

WEDNESDAY, JUNE 6 | 4:00 – 6:00 P.M.
WINES OF NORTHERN ITALY
Join members of the Italian Chamber of Commerce for a tasting of La Collina, Batastiolo, Ricossa, Santa Margherita, Masi, Di Lenardo, Tommasi and Cantina Breganza paired with authentic Italian appetizers. Discover Italy's history in a glass!

THURSDAY, JUNE 7 | 3:00 – 5:00 P.M.
RED ROOSTER
Come in and try the award winning VQA wines from Red Rooster paired with delicious gourmet canapés provided by the Hyatt. While there, find out how you can enter a contest to win a trip to the winery!

FRIDAY, JUNE 8 | 3:00 – 6:00 P.M.
WEEKEND WONDERS
Join us to taste a selection of organic wines from Cono Sur and get delicious recipes for the week ahead.

SATURDAY, JUNE 9 | 3:00 – 6:00 P.M.
HATS OFF TO SIX HATS!
Discover the delicious taste of the newest fair trade wine to come to the BC market. The Six Hats Shiraz will be paired with South African inspired appetizers.

SUNDAY, JUNE 10 | 2:00 – 5:00 P.M.
MIXING MADE EASY WITH SMIRNOFF AND THE DONNELLY GROUP
Learn how to make custom Smirnoff drink recipes from a Donnelly Group mixologist and sample food pairings from their kitchen. While at the event, enter for your chance to win one of three gift cards.

WEDNESDAY, JUNE 13 | 6:00 – 8:00 P.M.
SAVOUR THE MOMENT WITH DAD!
Learn how to create the ultimate meal for Dad! Join Chef Lawren Moneta for an exciting Father's Day cooking demonstration. Lawren will prepare some delicious dishes while our Product Consultants pair each recipe with the perfect wine. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

THURSDAY, JUNE 14 | 6:00 – 9:00 P.M.
SCOTCH NOSING AND TASTING
Join Dan Volway, brand ambassador for Macallan, Highland Park, The Famous Grouse and The Black Grouse for an educational nosing and tasting of these acclaimed whiskeys. Enjoy appetizers by Glowbal Group. Just what Dad really wants for Father's Day!

FRIDAY, JUNE 15 | 2:00 – 5:00 P.M.
GREY GOOSE TASTING
Sample Grey Goose Vodka along with its unique flavours and find out what makes it the World's Best Tasting Vodka.

FRIDAY, JUNE 15 | 3:00 – 7:00 P.M.
SATURDAY, JUNE 16 | 1:00 – 5:00 P.M.
PARK ROYAL BC LIQUOR SIGNATURE STORE
WORK. LIFE. BALANCE.
At Red Rock winery, balance is everything, in particular the journey to get there. From here we choose our wines that are smooth and balanced. Come and taste our Malbec and be entertained by a professional rock balancer.

SATURDAY, JUNE 16 | 12:00 – 5:00 P.M.
MISSION HILL FAMILY ESTATE AND THE VANCOUVER ART GALLERY
Tantalize your senses with Mission Hill Family Estate. Experience the art of wine, paired with artistic bites from Peake of Catering and works of art from the Vancouver Art Gallery on display.

SATURDAY, JUNE 16 | 3:00 – 6:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
HAPPY FATHER'S DAY FROM JOHNNIE WALKER RED
Looking for a special way to celebrate Father's Day? Come to Alberni and Bute for a sampling of Johnnie Walker Red and enter for a chance to win a Callaway golf bag! Appetizers will be provided from Big Lou's.



WEDNESDAY, JUNE 20 | 6:00 – 8:00 P.M.
SAY GOODBYE TO YOUR DELIVERY GUY
Join chef Murray Bancroft as he demonstrates how to make the best homemade pizza – tastier than take out! All pizzas will be paired with classic Italian wines chosen by our 39th & Cambie Product Consultants. Don't miss out! Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk.

THURSDAY, JUNE 21 | 4:00 – 7:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
ABSOLUT VODKA TASTING
Taste and enjoy samples of ABSOLUT® cocktails prepared by the ABSOLUT® Brand Ambassador, Jacob Sweetapple. Learn how to create new and exciting cocktails for your next party!

FRIDAY, JUNE 22 | 4:00 – 7:00 P.M.
ALWAYS TAKE YOUR BEST SHOT
Join Sobieski Vodka and Team 1040 for a live broadcast in the Cambie kitchen! Don't miss this rare opportunity to hang with the team from one of Vancouver's top Sports Radio station while enjoying Sobieski cocktails and appetizers.

SATURDAY, JUNE 23 | 1:00 – 5:00 P.M.
SUNDAY, JUNE 24 | 1:00 – 5:00 P.M.
SATURDAY, JUNE 30 | 1:00 – 5:00 P.M.
SUNDAY, JULY 1 | 1:00 – 5:00 P.M.
WORK. LIFE. BALANCE.
At Red Rock winery, balance is everything, in particular the journey to get there. From here we choose our wines that are smooth and balanced. Come and taste our Malbec and be entertained by a professional rock balancer.

WEDNESDAY, JUNE 27 | 4:00 – 6:30 P.M.
WINES FOR THE GRILL
Looking for some bold, juicy wines to pair with your grilled dishes this summer? Join our 39th & Cambie Product Consultants as they introduce you their top barbecue wines! Sample the wine with savoury small bites.

THURSDAY, JUNE 28 | 3:30 – 6:30 P.M.
FLAVOUR THAT'S UNIQUELY OKANAGAN
Try our newest seasonal release from Okanagan Spring Brewery. The Summer Weizen and our Pale Ale will be available to sample along with tasty food pairings from Francois.

SATURDAY, JUNE 30 | 1:00 – 5:00 P.M.
PARK ROYAL SIGNATURE BC LIQUOR STORE
UNEARTH THE WINES OF SUMMER
Enjoy samples of Selbach, Armonia, Château Canada, Red Robles and Chianti paired with delicious appetizers provided by Cioffi's Meat Market & Deli.

SATURDAY, JUNE 30 | 3:00 – 6:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
CELEBRATE CANADA DAY WITH MOOSEHEAD LAGER
Celebrate Canada's birthday with Moosehead Lager, an iconic Canadian beer named North America's Best Premium Lager at the 2011 World Beer Awards. Enjoy samples of Moosehead along with Canadian inspired pairings.

SATURDAY, JUNE 9 | 2:00 – 6:00 P.M.
VICTORIA WESTSHORE BC LIQUOR SIGNATURE STORE
SATURDAY, JUNE 19 | 2:00 – 6:00 P.M.
PRINCE GEORGE PINE CENTRE BC LIQUOR SIGNATURE STORE
SATURDAY, JUNE 23 | 2:00 – 6:00 P.M.
KAMLOOPS COLUMBIA PLACE BC LIQUOR SIGNATURE STORE
FRIDAY, JUNE 29 | 4:00 – 8:00 P.M.
PENTICTON PLAZA BC LIQUOR SIGNATURE STORE
SATURDAY, JUNE 30 | 2:00 – 6:00 P.M.
KELOWNA ORCHARD PARK BC LIQUOR SIGNATURE STORE
QUENCH YOUR THIRST WITH NEW COORS LIGHT ICED T
Just in time for sizzling summer days, taste and enjoy a new twist on refreshment with Coors Light Iced T. Exclusive to Canadians, this great tasting liquid is guaranteed to make a splash! Customers attending will receive a bonus pair of sunglasses with purchase. Come see what all the excitement is about!

JULY

SUNDAY, JULY 1 | 1:00 – 5:00 P.M.
WORK. LIFE. BALANCE.
At Red Rock winery, balance is everything, in particular the journey to get there. From here we choose our wines that are smooth and balanced. Come and taste our Malbec and be entertained by a professional rock balancer.

FRIDAY, JULY 6 | 4:00 – 6:30 P.M.
700 YEARS OF TUSCAN WINE
Frescobaldi has over 700 years of experience in making wine in Tuscany. Come and sample the remarkable wines paired with fine Italian cheeses from *Les Amis de Fromage*.

SATURDAY, JULY 7 | 2:00 – 6:00 P.M.
PARK ROYAL BC LIQUOR SIGNATURE STORE
EXPERIENCE KIM CRAWFORD WINES
It's not until you experience the fresh, exciting and generous taste exploding on your palate that you can truly appreciate Kim Crawford wines. Experience the wines with a bite of cheese and with the purchase of any three Kim Crawford 750ml wines receive a set of two Riedel wine glasses.

THURSDAY, JULY 12 | 4:00 – 6:30 P.M.
SUMMER LOVING WINES
Join our 39th & Cambie Product Consultants and discover a wonderful selection of summer wines, perfect for sipping on the patio!



FRIDAY, JULY 13 | 2:00 – 5:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
COCKTAIL CULTURE
Join Vancouver's Mixologist Lauren Mote & Chef Jonathan Chovancek of Kale & Nori Culinary Arts as they perform their magic for the customers, creating the most refreshing cocktails and mouth-watering appetizers.

FRIDAY, JULY 06 | 3:00 – 7:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
SATURDAY, JULY 07 | 2:00 – 6:00 P.M.
LANGLEY BC LIQUOR SIGNATURE STORE
FRIDAY, JULY 13 | 3:00 – 7:00 P.M.
COLLINGWOOD BC LIQUOR STORE
SATURDAY, JULY 14 | 2:00 – 6:00 P.M.
39th & CAMBIE BC LIQUOR SIGNATURE STORE
FRIDAY, JULY 20 | 3:00 – 7:00 P.M.
FLEETWOOD BC LIQUOR SIGNATURE STORE
FRIDAY, JULY 20 3:00 – 7:00 P.M.
WESTVIEW BC LIQUOR STORE
SATURDAY, JULY 21 | 2:00 – 6:00 P.M.
WESTWOOD SIGNATURE BC LIQUOR STORE
FRIDAY, JULY 27 | 3:00 – 7:00 P.M.
PENINSULA VILLAGE BC LIQUOR SIGNATURE STORE
FRIDAY, JULY 27 | 3:00 – 7:00 P.M.
NORDEL CROSSING BC LIQUOR SIGNATURE STORE
SATURDAY, JULY 28 | 2:00 – 6:00 P.M.
KELOWNA ORCHARD PARK BC LIQUOR SIGNATURE STORE
ARRIBA!!! CORONA AND CHRONIC TACO
Summer's here! So before you find the beach, make sure you join us for an authentic Mexican experience. Walk away with the flavour of relaxation on your palate and a little "extra" from Corona and Chronic Taco! *Please note Chronic Taco will only be available at the 39th & Cambie location.

WEDNESDAY, JULY 18 | 6:00 – 8:00 P.M.
TOO HOT TO COOK? ESCAPE THE HEAT WITH NO-STOVE COOKING!
Join Chef Lawren Moneta as she introduces you to fun, fast and refreshing recipes that will keep you cool! Each dish will be paired with wine chosen by our 39th & Cambie Product Consultants. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk on July 1st. Seating is limited.

SATURDAY, JULY 21 | 2:30 – 6:00 P.M.
MOOSEHEAD LAGER
Moosehead has been independently brewed in Canada since 1867, when Canada was born. Celebrate this iconic and award winning Canadian lager with delicious Canadian themed food, and great giveaways for every guest.

THURSDAY, JULY 26 | 6:00 – 8:00 P.M.
90 POINT WINES SEMINAR WITH KURTIS KOLT
Join Kurtis Kolt for a tutored tasting of renowned 90 point wines. Kurtis is one of Vancouver's top wine consultants, competition judge and writer who has received "Sommelier of the Year" award from both 2010 Vancouver Playhouse International Wine Festival and Vancouver Magazine. Tickets are \$15 and available to purchase at the 39th & Cambie Customer service desk on June 1st. Seating is limited.

FRIDAY, JULY 27 | 4:00 – 6:30 P.M.
GRANVILLE ISLAND BREWERY
Join Granville Island's head brew master for a taste of the delicious False Creek Raspberry Ale and English Bay Pale paired with savoury appetizers.

AUGUST

THURSDAY, AUGUST 2 | 4:00 – 6:30 P.M.
DISCOVER THE WINES SOUTH OF FRANCE
Discover the wines South of France, their varieties, history and regions through a tasting and food pairing lead by our 39th & Cambie Product Consultants.

FRIDAY, AUGUST 3 | 2:00 – 5:00 P.M.
BACARDI RUMS
Celebrate Bacardi's 150th year with samples of Bacardi OAKHEART Spiced Rum, Bacardi Anejo and Bacardi Superior Rum paired with mouth-watering appetizers.



SATURDAY, AUGUST 11 | 2:00 – 5:00 P.M.
SPLASH IN TO SUMMER WITH TIKI COCKTAILS
Join featured TASTE mixologist Lauren Mote and Jonathan Chovancek from Kale & Nori Culinary Arts as they teach you how to create the most delicious Tiki cocktails paired with tasty small bites.

WEDNESDAY, AUGUST 15 | 6:00 – 8:00 P.M.
GLUTEN FREE COOKING DEMONSTRATION
Chef Celine Turenne will feature a variety of fun and exciting gluten free dishes perfect for summer entertaining! Learn how to make a fruit galette, savoury tarts, quinoa dishes and more! Each dish will be paired with wine chosen by our Product Consultants. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk on June 1st. Seating is limited.



THURSDAY, AUGUST 16 | 6:00 – 8:00 P.M.
PROSECCO 101 WITH HOUSE WINE
Come and discover Italy's best kept secret, Prosecco! Join House Wine's Michaela Morris and Michelle Bouffard as they lead you through a tasting of the Italy's most delicious Prosecco with food pairings from *Les Amis du Fromage*. Tickets are \$15 and available to purchase at the 39th & Cambie Customer Service desk on June 1st. Seating is limited.

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

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Pizza: Perfectly Simple from page 18



MUSHROOM, THYME AND TALEGGIO PIZZA

Serves 8

- 1 lb (500 g) pizza dough
- 1 cup (250 ml) assorted mushrooms
- 1 garlic clove, minced
- 2 tbs (30 ml) butter
- 3/4 cup (150 ml) Taleggio* cheese, thinly sliced
- 4 sprigs fresh thyme, leaves removed
- salt and freshly ground black pepper, to taste

Preheat oven to 550 F (285 C). Roll out dough into oblong shape. Slice mushrooms, keeping any small ones whole. In a frying pan, melt butter over medium-high heat and add mushrooms and garlic. Sauté 3 to 4 minutes then remove from heat. Top dough with mushroom mixture then sprinkle with

* Substitute Fontina cheese, if desired.

thyme leaves and season with salt and pepper. Top with slices of Taleggio cheese. Bake 8 to 10 minutes until bottom of crust is evenly browned. Remove from oven and serve.

PAIRS WITH

RICOSSA BARBARESCO

Italy **\$21.99** 929406

BARBERA DA VINE

Italy **\$14.99** 142737



TOMATO, BUFFALO MOZZARELLA, PROSCIUTTO AND ARUGULA PIZZA

Serves 4

- 1/2 lb (250 g) pizza dough
- 28 oz (796 ml) canned tomatoes

recipe index

PIZZA: PERFECTLY SIMPLE

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Beautiful Burgers from page 22

- 1 piece buffalo mozzarella, torn into pieces
- 6 slices prosciutto
- 1 cup (250 ml) arugula
- 1 lemon, juice only
- 1 freshly ground black pepper, to taste

To make sauce, empty can of tomatoes into a small saucepan and reduce over medium-high heat for 10 to 15 minutes. Tomatoes should break down with stirring (leave some chunks to give texture to the sauce). Preheat oven to 550 F (285 C). Use a pizza stone (or baking sheet) and heat in oven, then (using a pizza paddle) place pizza directly on stone. Roll out dough and spread with tomato sauce and bake until cooked and brown on sides and bottom (about 6 to 10 minutes, depending on heat and stone or no stone). Remove pizza and top with prosciutto and pieces of buffalo mozzarella. Toss arugula in lemon juice and pepper and sprinkle over pizza.

PAIRS WITH
SANTA CRISTINA PINOT GRIGIO
 Italy \$17.40 758151
DI MAJO NORANTE SANGIOVESE
 Italy \$14.99 607325



POTATO, RED ONION, ROSEMARY AND RICOTTA PIZZA
Serves 4

- ½ lb (250 g) pizza dough
- 1 cup (250 ml) nugget potatoes, thinly sliced
- 1 small red onion, thinly sliced and chopped into small pieces
- 2 sprigs rosemary, chopped
- ½ cup (125 ml) ricotta cheese
- 3 tbsp (45 ml) extra-virgin olive oil
- 1 salt and freshly ground black pepper, to taste

Preheat oven to 550 F (285 C) degrees. Bring pot of salted water to a boil and add sliced potatoes. Boil 5 minutes then strain and pat dry. Divide dough into 4 equal balls and roll out into rounds. Gently toss potatoes with onion, rosemary, olive oil and salt and pepper then arrange over pizzas. Top with dollops of ricotta. Bake 8 to 10 minutes until dough is browned underneath and toppings begin to crisp. Remove from oven and serve.

PAIRS WITH
PASO CREEK ZINFANDEL
 USA \$17.99 616649
CECCHI CHIANTI CLASSICO
 Italy \$18.99 113613

Beautiful Burgers from page 22 continued



BARBECUE PORK BURGER WITH FENNEL COLESLAW

- Serves 4**
- 1 lb (500 g) ground pork
 - ½ cup (125 ml) panko bread crumbs
 - 4 brioche buns, halved and toasted
 - 1 Barbecue Sauce (recipe follows)
 - 1 Fennel Coleslaw (recipe follows)
 - 1 Caramelized Onions (recipe follows)

Preheat a grill pan or barbecue over high heat. Place pork, panko and ½ cup (125 ml) barbecue sauce in a large bowl and mix to combine. Shape mixture into 4 patties. Brush patties with some oil and grill, flipping once, until cooked through, about 4 minutes per side. To serve, divide brioche buns among serving plates. Place on bottom bun some fennel coleslaw, a burger and caramelized onions. Cap with top of bun.

- BARBECUE SAUCE**
- 1 tbsp (15 ml) vegetable oil, plus extra
 - 1 small onion, chopped
 - 1 cup (250 ml) tomatoes, chopped
 - 2 garlic cloves, minced
 - ½ tsp (2 ml) fennel seeds
 - 1 tsp (5 ml) fresh thyme
 - ½ cup (125 ml) water
 - 2 tbsp (30 ml) white vinegar
 - 1 tbsp (15 ml) Worcestershire sauce
 - ¼ cup (50 ml) lemon juice
 - 2 tbsp (30 ml) light brown sugar
 - ½ tsp (2 ml) salt
 - 1 tsp (5 ml) dry mustard powder
 - 1 tsp (5 ml) chili powder
 - 1 freshly ground black pepper, to taste

In a medium saucepan, heat oil over medium heat. Add onion and sauté until softened, about 10 minutes. Meanwhile, in a blender or food processor, liquefy tomatoes. Stir into onions along with garlic, fennel seed, thyme, water, vinegar, Worcestershire sauce, lemon juice, sugar, salt, mustard powder and chili powder and bring to a simmer. Cook for 30 minutes, stirring occasionally, allowing flavours to blend and sauce to thicken slightly. Remove from heat, taste and adjust seasoning with pepper. Set aside to cool to room temperature. Serve leftover barbecue sauce on the side with burgers. You can also save some for a tasty addition to summer grilled meats.

- CARAMELIZED ONIONS**
Makes ½ cup (125 ml)
- 2 medium onions
 - 1 tbsp (15 ml) olive oil
 - 3 tbsp (45 ml) granulated sugar
 - 3 tbsp (45 ml) sherry vinegar

Trim and thinly slice onions. Heat olive oil in a large frying pan over medium heat. Add onions and cook, stirring often for 10 minutes or until softened and

starting to brown. Add sugar and vinegar and cook until caramelized, about 10 minutes. Remove from pan to a heatproof bowl and set aside.

- FENNEL COLESLAW**
Makes 2 cups (500 ml)
- ¼ cup (50 ml) mayonnaise
 - 1 tbsp (15 ml) white balsamic vinegar
 - 1 Granny Smith apple, peeled and cored, cut into matchsticks
 - 1 medium fennel bulb, shredded
 - ½ cup (125 ml) red cabbage, shredded
 - 1 salt and freshly ground black pepper, to taste

Place mayonnaise, vinegar, apple, fennel and red cabbage in a bowl and toss to combine. Adjust seasoning to taste and set aside.

PAIRS WITH
LIBERTY SCHOOL CABERNET SAUVIGNON
 USA \$21.99 527184
SLEDGEHAMMER ZINFANDEL
 USA \$19.99 181313



ULTIMATE HOMEMADE CHIPS

- Serves 6**
- 1 Yukon Gold potato, peeled
 - 1 medium sweet potatoes, peeled
 - 2 medium beets, trimmed and peeled
 - 1 vegetable oil, for frying
 - 1 sea salt or Flavoured Salts (recipes follow)

Use a mandoline or peeler to slice potato, sweet potatoes and beets into paper-thin rounds, about ⅛-in (0.25 cm) thick. Transfer each vegetable into separate bowls and separate slices with your fingers. Meanwhile, heat 3-in (8 cm) of oil in a deep, heavy bottomed pot until it reaches 350 F (180 C). Line a baking sheet with paper towel and have a slotted spoon or wire mesh skimmer ready.

Work in small batches to fry potatoes, stirring constantly, until lightly golden brown and crisp, about 45 to 60 seconds. Transfer potato chips to baking

Summer nights just got hotter.

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Beautiful Burgers from page 22 continued



CHIPOTLE TURKEY PANCETTA SLIDERS

Makes 16

- 1½ lb (750 g) ground turkey
- 1 chipotle in adobo sauce, minced
- 3 green onions, trimmed and minced
- 1 tbsp (15 ml) Dijon mustard
- 2 tbsp (30 ml) fresh cilantro, finely chopped
- ½ tsp (2 ml) ground cumin
- ½ tsp (2 ml) salt
- 16 thick slices pancetta
- 2 tbsp (30 ml) vegetable oil
- 16 slices Swiss cheese
- 16 slider hamburger buns, halved with cut-side toasted
- 2 avocados, sliced
- Pickled Onions (recipe follows)

In a large bowl, mix turkey, chipotle, green onion, mustard, cilantro, cumin and salt. Shape turkey mixture into 16 small patties. Cover with plastic wrap and refrigerate for 30 minutes. Meanwhile, place pancetta in a cold frying pan. Warm frying pan over medium heat and cook pancetta until crisp. Transfer to a plate lined with paper towel to drain, and set aside.

Preheat a grill pan or barbecue over medium heat. Brush patties with some oil and grill, flipping once, until cooked through, about 3 minutes per side. During last minute of cooking, top each burger with a slice of cheese to melt slightly. To serve, place bottom of slider buns on a serving plate. Top with turkey slider, pancetta, some sliced avocado and pickled onions. Cap with top of bun and serve immediately.

PICKLED ONIONS

Makes 1 cup (250 ml)

- 1 small red onion
- ½ cup (125 ml) red wine vinegar
- 2 tbsp (30 ml) granulated sugar
- ½ tsp (2 ml) salt

Peel and cut onion into ¼-inch (0.25 cm) thick slices. Separate slices into rings. In a small saucepan, combine vinegar, sugar and salt. Bring to a simmer over medium heat and stir in onion rings. Bring mixture back to a simmer and cook for 30 seconds. Pour the hot pickled onions into a bowl and let cool to room temperature. The onion rings will turn glassy as they cool. Cover and store in an airtight container in refrigerator for up to 3 weeks.

PAIRS WITH

ESTRELLA INEDIT BEER
Spain \$6.99 677310

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



TUNA BURGER WITH GINGER MAYONNAISE

Serves 4

- 2 tsp (10 ml) ginger, finely grated
- 1 garlic clove, minced
- 2 tbsp (30 ml) fresh cilantro, finely chopped
- 1 tbsp (15 ml) soy sauce
- 1¼ lbs (625 g) sushi-quality tuna
- 1 large egg
- 1 tbsp (15 ml) panko bread crumbs
- 2 tbsp (30 ml) vegetable oil
- 4 sesame hamburger buns, halved with cut side toasted
- Ginger Mayonnaise (recipe follows)
- 1 cup (250 ml) mixed sprouts
- Pickled Cucumbers (recipe follows)

In large bowl, stir together ginger, garlic, cilantro and soy sauce.

On a clean cutting board, dice tuna into ¼-in (0.5 cm) cubes. Chop diced tuna until pieces are about ⅛-in (0.25 cm). Stir tuna, egg and panko into ginger mixture until evenly combined. With lightly moistened hands, shape mixture into 4 patties. Set on a plate, cover with plastic wrap and refrigerate for 20 minutes.

Preheat a non stick frying pan or frying pan on a barbecue over medium heat. Brush patties with some oil and pan fry, flipping once, until cooked medium rare, about 3 minutes per side.

To serve, divide buns among serving plates. Spread ginger mayonnaise on cut sides of the buns. Build hamburger by placing some sprouts on bottom bun, then tuna burger and pickled cucumber. Cap burger with top of bun.

PICKLED CUCUMBERS

Makes 1 cup (250 ml)

- ½ English cucumber, sliced into thin rounds
- 1 Thai red chili, thinly sliced
- 3 tbsp (45 ml) rice vinegar
- 1 tbsp (15 ml) granulated sugar
- 1 tsp (5 ml) salt

In medium bowl, toss together all ingredients and marinate 1 hour at room temperature.

GINGER MAYONNAISE

Makes ½ cup (125 ml)

- ½ cup (125 ml) mayonnaise
- 1 tsp (5 ml) fresh ginger, finely grated
- ⅛ tsp (0.5 ml) toasted sesame oil
- 1 tbsp (15 ml) fresh cilantro, finely chopped
- 1 tbsp (15 ml) green onion, finely chopped
- 1 tbsp (15 ml) fresh basil, finely chopped
- 1 tsp (5 ml) lemon juice
- ¼ tsp (1 ml) salt

Beautiful Burgers from page 22 continued

sheet, spread into a single layer and sprinkle with salt. Increase oil temperature to 375 F (190 C). Repeat frying with sweet potato and beets. Replace paper towel as needed. Gently toss all chips together in a large bowl and serve.

FLAVOURED SALTS

Each recipe makes about ¼ cup (50 ml). These salts add a boost of extra flavour to your favourite dishes. Experiment with your own flavour combinations!

MUSTARD SALT

- ¼ cup (50 ml) sea salt
- 1 tbsp (15 ml) English mustard powder
- ¼ tsp (1 ml) fresh dill, finely chopped

Combine all ingredients and store in an airtight container until ready to use.

CHILI SALT

- ¼ cup (50 ml) sea salt
- 1 tsp (5 ml) smoked paprika
- pinch freshly ground black pepper
- ¼ tsp (1 ml) cayenne pepper
- ½ tsp (2 ml) fresh thyme, finely chopped

Combine all ingredients and store in an airtight container until ready to use.

HERB SALT

- ¼ cup (50 ml) sea salt
- 1 tsp (5 ml) fresh parsley, very finely chopped
- 1 tsp (5 ml) fresh tarragon, very finely chopped
- 1 tsp (5 ml) fresh chives, very finely chopped

Combine all ingredients and store in an airtight container until ready to use.

PAIRS WITH

LAMBRUSCO DI SORBARA FRIZZANTE
Italy \$14.99 276105

SEAVIEW BRUT

Australia \$16.99 216333

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ITS BREWMASTER



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Heirloom from page 36

In medium bowl, stir together all ingredients. Store in sealed container in refrigerator until ready to use.

PAIRS WITH
BABICH EAST COAST PINOT NOIR
New Zealand **\$19.99** 790675

KIWI WALK SAUVIGNON BLANC
New Zealand **\$14.99** 180620



LAMB TAGINE WITH FRESH GREEN TOMATO RELISH

Serves 4

4 tbsp (60 ml) olive oil
1½ lbs (750 g) lamb shoulder,

1 large onion, coarsely chopped
2 carrots, peeled, cut into ½-in (1 cm) dice
1 celery stalk, thinly sliced
6 cloves garlic, finely chopped
3 tbsp (45 ml) ginger, finely chopped
3 tbsp (45 ml) cumin seeds, toasted
1 tbsp (15 ml) ground coriander
2 dried, crushed red chilies
28 oz (796 ml) can crushed Italian plum tomatoes in juice
3 tbsp (45 ml) tomato paste
13 oz (398 ml) can chickpeas, rinsed and well drained
½ cup (125 ml) dried apricots, cut into ½-in (1 cm) lengths
1 cup (250 ml) beef stock or water
sea salt and freshly ground black pepper, to taste
3 tbsp (45 ml) flat leaf parsley, chopped
3 tbsp (45 ml) cilantro, chopped

Over medium-high heat, heat the olive oil in a heavy casserole dish or Dutch oven. Add the lamb and sauté until brown all over. Remove and set aside. Add the onion, carrot, celery, garlic, ginger, cumin seeds, coriander and red chili. Fry gently for 15 minutes until the onion is soft.

Add the tomatoes, tomato paste, chickpeas, dried apricots and stock or water. Bring to a boil, partially cover and simmer for 1½ hours until the lamb

Heirloom from page 36 continued

is tender and the sauce reduced. Taste and season with salt and pepper, then stir in parsley and cilantro. Let stand for 5 minutes before serving. Serve with couscous or rice.

FRESH GREEN TOMATO RELISH

4 unripe heirloom tomatoes, seeded and diced into ½-in (1 cm) cube
½ tsp (2 ml) sea salt
1 garlic clove, finely chopped
½ tsp (2 ml) ground cumin
¼ cucumber, peeled, seeded, grated and squeezed dry
3 tbsp (45 ml) mint leaves, finely julienned
¾ cup (175 ml) Greek-style yogurt, plain unsweetened

Toss tomatoes, salt, garlic and cumin in a bowl and allow to sit for 10 minutes. Add cucumber, mint and yogurt and mix well. Adjust seasoning if necessary.

PAIRS WITH
CEDARCREEK GEWÜRZTRAMINER
BC VQA **\$17.90** 240978

DÉLAS SAINT-ESPRIT CÔTES-DU-RHÔNE
France **\$18.99** 915470



FENNEL AND HEIRLOOM CHERRY TOMATO GRATIN

Serves 6

½ cup (125 ml) all-purpose flour
2 tbsp (30 ml) granulated sugar
¼ cup (50 ml) cold unsalted butter, cut into small cubes
2½ lbs (1.25 kg) fennel bulbs
3 tbsp (45 ml) olive oil
1 tbsp (15 ml) fresh thyme leaves
4 cloves garlic, crushed
1 tbsp (15 ml) coarse sea salt
1 tsp (5 ml) freshly ground black pepper
½ tsp (2 ml) ground nutmeg (optional)
1 cup (250 ml) whipping cream
1/3 cup (75 ml) parmesan cheese, freshly grated
¾ lb (300 g) heirloom cherry tomatoes
thyme sprigs
flat leaf parsley, chopped, for garnish

Preheat oven to 400 F (200 C). In a mixing bowl, combine flour, sugar and butter with a pastry cutter until it becomes the consistency of breadcrumbs (or use a food processor). Transfer to refrigerator until ready to use.

Trim off the fennel stalks and cut each bulb lengthwise in half. Cut each half into ¼-in (0.5 cm) thick slices. Place in a large mixing bowl along with the olive oil, thyme leaves, garlic, salt, pepper and nutmeg. Toss to mix. Transfer to a shallow, ovenproof dish or small individual casserole dishes and pour whipping cream over top. Mix the chilled pastry crumble with the grated parmesan cheese and scatter evenly over the fennel. Cover the dish with foil and bake for 45 minutes (or 30 minutes if using individual dishes). Remove foil

and arrange tomatoes and a few thyme sprigs on top, then return to oven and bake uncovered for 10 minutes, or until fennel is fork soft and gratin is a golden colour. Remove from oven and allow to rest a few minutes before serving. Sprinkle with chopped parsley and serve.

PAIRS WITH
GANTON & LARSEN PROSPECT WINERY PINOT GRIGIO
BC VQA **\$14.99** 307082

LA CHABLISIENNE LA PIERRELÉE CHABLIS
France **\$26.49** 359844



HEIRLOOM POTATO AND HERB SALAD

Serves 6

2½–3 lb (1–1½ kg) heirloom potatoes*
1¼ cup (310 ml) yogurt, Greek-style
½ cup (125 ml) extra-virgin olive oil
2 garlic cloves, coarsely chopped
2 tbsp (30 ml) fresh horseradish root, grated
4 tbsp (60 ml) sorrel or spinach leaves, coarsely chopped
3 tbsp (45 ml) each fresh dill, mint and chives, chopped
2 green onions, finely chopped
sea salt and freshly ground black pepper, to taste

Wash unpeeled potatoes and place in a saucepan with salted water. Bring to a boil and simmer for 20 minutes or until fork tender. Drain well and transfer to a large mixing bowl. While hot, crush potatoes with a fork or potato masher. In another mixing bowl, combine yogurt, olive oil, garlic, horseradish and salt and pepper, to taste. Pour over hot potatoes, add the herbs and green onions and toss well. Taste and adjust seasoning, drizzling with extra-virgin olive oil before serving.

PAIRS WITH
GRAY MONK PINOT NOIR
BC VQA **\$16.99** 251835

VILLA TERESA ORGANIC PINOT GRIGIO
Italy **\$15.99** 549642

* Such as fingerling, Bintje, gems, Pontiac, Russian or Yukon Gold.



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Cono Sur Cabernet Sauvignon

Cono Sur Viognier

Lovely Lemons from page 52



FROZEN LEMON SOUFFLÉ

Serves 6

- 8 large egg yolks*
- 1 cup (250 ml) granulated sugar
- 2 tbsp (30 ml) fresh lemon zest, finely grated
- ¾ cup (175 ml) fresh lemon juice
- ¼ cup (50 ml) candied lemon peel, very finely chopped (optional)
- 1 tbsp (15 ml) vegetable oil
- ⅔ cup (150 ml) whipping cream

* If you are concerned about consuming raw egg whites, this recipe also works using 1 cup (250 ml) pasteurized egg whites with a squeeze of lemon juice whisked in after the first few minutes of mixing.

- 8 large egg whites
- pinch salt
- fresh raspberries, for garnish

In medium saucepan, whisk together egg yolks, sugar, lemon zest and juice over medium heat until warm. Cook lemon mixture, stirring constantly with a wooden spoon, for 5 minutes or until thick enough to coat the back of the spoon. Do not boil, or mixture will curdle. Strain lemon curd into a bowl and cover with plastic wrap, pressing wrap onto surface of curd to prevent a skin from forming. Refrigerate until cold, about 2 hours or up to overnight. Stir in candied lemon peel, if using.

Wrap the outside of four 6 oz (177 ml) ramekins with double layers of heavy duty aluminum foil, extending 2-in (5 cm) above the rim of the ramekins. Secure with tape or string. Lightly brush the exposed inside of foil with vegetable oil and refrigerate until ready to use.

In large bowl, using an electric mixer fitted with the whisk attachment, whisk cream on high until stiff peaks form, about 3 minutes. Transfer lemon curd to a large bowl and, using a spatula, gently fold in cream until almost combined. Clean bowl and whisk used to whip cream. In cleaned bowl, whisk egg whites and salt on high until stiff peaks form, about 3 minutes. Gently fold egg whites into lemon mixture, a few white streaks are ok. Divide mixture among prepared ramekins and freeze until firm, about 6 hours or overnight.

Backyard Picnic from page 56

When ready to serve, remove foil collar from ramekins, garnish with raspberries and serve immediately.

PAIRS WITH
HESTER CREEK LATE HARVEST PINOT BLANC
BC VQA \$15.99 438622 375ml

WOODBIDGE MOSCATO
USA \$12.99 797902



KUSSHI OYSTERS WITH LEMON AND PINK PEPPERCORN GRANITA

Serves 4

- ¾ cup (175 ml) lemon juice, freshly squeezed
- ½ cup (125 ml) water
- 2 tbsp (30 ml) granulated sugar
- ½ tsp (2 ml) salt
- 2 tbsp (30 ml) Limoncello liqueur or vodka (optional)
- ½ tsp (2 ml) crushed pink peppercorns, plus extra for garnish
- 24 Kusshi oysters, or your favourite oysters, thinly sliced green onion, as garnish

In small saucepan over medium heat, warm lemon juice, water, sugar and salt. Stir until sugar and salt are completely dissolved. Remove from heat and stir in Limoncello (if using) and pink peppercorns. Pour into 9 x 5 inch (2 L) loaf pan and freeze until solid, about 6 hours.

When ready to serve, shuck oysters and place on a bed of rock salt or crushed ice. Scrape frozen lemon mixture with a fork until fluffy crystals form. Place a heaping teaspoon of granita on each oyster and garnish with extra crushed pink peppercorns and green onion. Serve immediately.

PAIRS WITH
QUINTA CLAVA SAUVIGNON BLANC
USA \$13.99 386383

WILLIAM FÈVRE PETIT CHABLIS
France \$24.99 811232



GRILLED LEMON OREGANO HALIBUT OVER ZUCCHINI SALAD

Serves 4

- 2 medium green or yellow zucchini

- 4 5 oz (140 g) halibut fillets
- 3 tbsp (45 ml) green olives, pitted and chopped
- 3 tbsp (45 ml) fresh dill, chopped
- 2 cups (500 ml) arugula leaves, washed and dried
- 3 tbsp (45 ml) toasted pine nuts

Using a mandoline or knife, trim zucchini and cut into paper-thin rounds. In a large bowl, toss zucchini with 2 tbsp (30 ml) of Vinaigrette (recipe follows). Set aside and marinate for 20 minutes or up to 1 hour.

Preheat grill or grill pan over medium-high heat. Brush halibut fillets with 2 tbsp (30 ml) vinaigrette and grill until just cooked through, about 3 minutes per side. Meanwhile stir olives into remaining vinaigrette.

When ready to plate, toss dill, arugula and pine nuts into zucchini mixture. Divide zucchini salad among serving plates and top with halibut fillets. Spoon vinaigrette over fish and salad. Serve immediately.

VINAIGRETTE

- 2 tsp (10 ml) lemon zest
- ½ cup (125 ml) lemon juice
- 2 garlic cloves, minced
- ½ tsp (2 ml) salt
- ½ cup (75 ml) extra virgin olive oil
- 1 tbsp (15 ml) fresh oregano, chopped
- freshly ground black pepper, to taste

In medium bowl, whisk together lemon zest and juice with garlic and salt. Slowly drizzle in olive oil while whisking to emulsify. Stir in oregano and season to taste with pepper.

PAIRS WITH
TARAPACA SAUVIGNON BLANC
Chile \$12.99 414185

AFFELIN BOURGOGNE ALIGOTÉ
France \$17.99 53868



QUINOA SALAD WITH MAPLE DRESSING

Serves 4

MAPLE DRESSING

- ¼ cup (50 ml) maple syrup
- 2 tbsp (30 ml) cider vinegar
- 1 tbsp (15 ml) Dijon mustard
- 1 tbsp (15 ml) Meaux mustard (grainy old-fashioned mustard)
- ¼ cup (50 ml) canola oil (or your favorite oil)

Whisk all ingredients except the oil together. Add the oil slowly while whisking. Set aside.

SALAD

- 1 cup (250 ml) uncooked quinoa
- 2 cups (500 ml) cold water
- ½ red bell pepper, seeded and cut into ½-in (1 cm) dice

Backyard Picnic from page 56 continued

- ½ yellow bell pepper, seeded and cut into ½-in (1 cm) dice
- ½ orange bell pepper, seeded and cut into ½-in (1 cm) dice
- ½ English cucumber, peel on, cut into ½-in (1 cm) dice
- 16 cherry tomatoes, halved
- 16 pitted black olives, halved
- 1 celery stalk, cut into ½-in (1 cm) dice
- 16 mini bocconcini balls, halved
- ¼ cup (50 ml) sun-dried tomatoes (kept in oil), chopped
- ¼ cup (50 ml) fresh basil or flat leaf parsley, finely chopped
- salt and pepper, to taste

Pour 2 cups (500 ml) of cold water into a medium saucepan. Add the quinoa and stir. Cover and bring to a boil over medium-high heat. Remove from heat and let stand for 20 minutes. Remove the lid and fluff up with a fork. Transfer to a large bowl and add some maple dressing. Cool.

While the quinoa is cooling, prepare the rest of the ingredients as noted above. Add to the quinoa. Adjust seasoning with salt and pepper, to taste. Add more dressing to coat, if required, and serve.

PAIRS WITH
GEHRINGER CLASSIC RIESLING
 BC VQA \$14.99 171488

DUBOEU F BEAUJOLAIS
 France \$15.50 212480



ROASTED VEGETABLE TART
 Serves 4 as an appetizer

CRUST

- ½ cup (125ml) rice flour
- ½ cup (125 ml) cornstarch
- ¼ cup (50 ml) tapioca flour
- 1 tsp (5 ml) xanthan gum
- ¼ tsp (1 ml) salt
- ½ cup (250 ml) cold unsalted butter, cut into 1-in (2.5 cm) cubes
- 3 tbsp (45 ml) iced water
- 1 tsp (5 ml) unpasteurized cider vinegar
- 1 egg yolk

In the bowl of a food processor with a steel blade, pulse all dry ingredients until well blended. Add butter and pulse until it has formed small pea-size lumps, about 10 seconds. In a separate bowl, combine water, vinegar and egg yolk. While the motor is on, add the mixture in a slow stream. Pulse until the dough is holding together but not yet forming a ball. Remove the dough and form a ball then shape into the form of the pan you are using. Wrap in plastic and refrigerate for at least an hour. Take out of the refrigerator about 10 minutes before using.

FILLING

- 3 small bell peppers (red, orange and yellow), seeded and cut into quarters



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WIDEMOUTH BOTTLE

* Must be legal drinking age. Coors Trade-marks are property of Coors Brewing Company, used under license.

Backyard Picnic from page 56 continued

- 1 small onion, cut into 12 pieces
- 2 tbsp (30 ml) olive oil
- 6 sea salt and freshly ground black pepper
- 6 small tomatoes, halved
- butter, for greasing
- rice flour, for dusting
- 2 large whole eggs
- 2 egg yolks
- ¼ cup (50 ml) whipping cream

Set the oven rack in broiling position and turn on the oven to broil. Arrange the peppers, cut-side down, and onions on a baking sheet, drizzle with oil and season with salt and pepper to taste. Roast for 20 to 25 minutes, or until the skin of the peppers is black and onions are softened and golden. If the onions are ready before the peppers, remove from oven. Place the peppers in a bowl and cover with plastic wrap. Leave for a few minutes, then remove from bowl and peel off the skin.

Set the oven rack to a middle position and pre-heat oven to 400 F (205 C). Grease a 4½ x 13¾ x 1-in (11.5 x 35 x 2.5 cm) tart pan with removable bottom with butter. Unwrap the dough and place between 2 layers of wax paper. Roll out to ⅛-in (3 mm) thickness and 2-in (5 cm) larger than the tart pan. Remove the top layer of wax paper and gently flip the dough into the pan, remove rest

of wax paper. Press down lightly to remove any air pockets. Line each shell with a piece of parchment paper and cover with pie weights.* Place the tart on a baking tray and bake for 8 to 10 minutes until firm and lightly golden. Take out of oven, remove weights and paper and turn oven down to 350 F (175 C).

Fill the tart with roasted onion, tomatoes and peppers, alternating colors. Mix together the eggs, egg yolks and cream in a bowl and season lightly with salt and pepper. Pour mixture over vegetables, filling the pan almost to the top.

Bake for 25 to 30 minutes until the filling is cooked through and crust is golden. Remove from oven, leave to cool in the pan until filling has set. Carefully ease out onto a plate and serve.

PAIRS WITH
RODNEY STRONG SONOMA CHARDONNAY
 USA \$ 22.99 226936

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 USA \$17.99 489278

* Pie weights can be bought commercially or you can substitute beans, rice or even marbles.



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Nipozzano Riserva, Chianti Rufina DOCG



Backyard Picnic from page 56 continued



PEACH AND PLUM GALETTE

Serves 6

CRUST

½ cup	(125 ml)	sorghum flour
¼ cup	(50 ml)	corn starch
¼ cup	(50 ml)	tapioca flour
¼ cup	(50 ml)	hazelnut flour
1 tsp	(5 ml)	xanthan gum
¼ tsp	(1 ml)	salt
½ cup	(125 ml)	cold unsalted butter, cut into 1-in (2.5 cm) cubes
3 tbsps	(45 ml)	iced water
1 tsp	(5 ml)	unpasteurized cider vinegar
1		egg yolk

Mix together water, vinegar and egg yolks. Set aside. In the bowl of a food processor with a steel blade, pulse all dry ingredients until well blended. Add butter and pulse until it has formed small pea-size lumps, about 10 seconds. In a separate bowl, combine water, vinegar and egg yolk. While the motor is on, add the mixture in a slow stream. Pulse until the dough is holding together but not yet forming a ball. Remove the dough and form into a ball. Wrap in plastic and flatten to create a disc. Refrigerate for at least an hour.

Remove from refrigerator about 10 minutes before using.

FILLING

2½ cups	(625 ml)	peaches, peeled* and sliced
2½ cups	(625 ml)	plums, sliced
¼ cup	(50 ml)	hazelnut flour
¼ cup	(50 ml)	sugar
2 tbsps	(30 ml)	cornstarch
1 tbsps	(15 ml)	butter
½ cup	(75 ml)	hazelnuts, halved
1 tbsps	(15 ml)	sugar
2 tbsps	(30 ml)	peach jelly, fruit spread or jam

Pre-heat oven to 425 F (220 C) and flour a rimmed baking sheet with rice flour.

Place a large piece of wax paper on a wet counter and place the dough in the middle. Cover with a second piece of wax paper and roll out the dough to form a 12-inch (30 cm) circle. Remove the top sheet and flip the dough onto the baking sheet. Remove the wax paper

Mix together the fruits, hazelnut flour, sugar and cornstarch and place the fruit mixture in the center of the dough, up to 2-in (5 cm) from the sides. Drop pieces of butter all over and garnish with hazelnuts. Fold the dough over leaving the center uncovered. Sprinkle the dough with sugar.

Bake for 15 minutes then lower the temperature to 375 F (190 C) and bake for an additional 25 to 30 minutes until the fruit is tender and the dough is golden. Heat up the jelly so it spreads easily and brush over the fruit.

* To peel peaches easily, pour boiling water over them and leave for 2 minutes. Then drop in a bowl of ice cold water, remove and peel. Slice in two and remove the pits.

Forbidden Fruit



Fragoli Passion Fragoli Chocolate Fragoli Martini

<p>1 oz. Fragoli 3 oz. Prosecco or sparkling wine dry</p> <p>Mix directly in a flute and decorate as you wish.</p> 	<p>Pour into a glass made of dark chocolate. The sweetness of Fragoli offsets the bitterness of the chocolate.</p> 	<p>1 oz. Fragoli 3 oz. Vodka</p> <p>Shake the vodka with ice, pour into a martini glass and add Fragoli and lemon peel.</p> 
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TOSCHI
Gustosa, la vita

It's a Wrap from page 66

Serve with a dollop of Crème Fraîche (recipe follows).

CRÈME FRAÎCHE

1 cup	(250 ml)	whipping cream
2 tbsps	(30 ml)	buttermilk

Pour into a non-reactive (nothing containing copper or aluminum) container and mix. Leave in a warm place until thickened, about 1 or 2 days. Stir well, cover and refrigerate for up to 1 week.

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Canada **\$25.00** 435727 200 ml

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Canada **\$19.98** 149336 375 ml



VIETNAMESE SALAD ROLL WITH PRAWNS AND CHICKEN

Serves 6

1	large chicken breast, boneless and skinless
1 package (100 g)	rice vermicelli, tied in bundles with string
6	curly lettuce leaves, cut in half
12	rice paper wrappers, 8-in (20 cm) rounds
12	medium prawns, deveined, cooked and cut in half lengthwise
	mint leaves, trimmed and rinsed
	green onions, trimmed and rinsed
	carrots, shredded (optional)
	bean sprouts (optional)

Poach the chicken breast in salted water for 15 minutes or until cooked. Remove and allow to cool. Shred chicken by hand and set aside. Bring a saucepan of water to boil and add the rice vermicelli, leaving the strings tied on. Simmer for 2 to 3 minutes or until soft. Drain well and rinse under cold water. Drain again, remove strings and set aside, covering with a damp tea towel. Fill a large mixing bowl with warm water. Immerse one rice paper wrapper into the water and hold until it becomes soft. Remove and place onto a clean tea towel. Place two shrimp halves, cut side up, on the bottom third. Top these with a small amount of the vermicelli, a lettuce leaf, some shredded chicken, a green onion, some carrots, bean sprouts and some mint leaves. Make sure the pile of filling is compact and neat. Turn up the bottom of the wrapper to cover the filling. Bring in the two sides of the wrapper over the filling and first fold, then very gently roll up half of the remaining wrapper to form a neat rolled parcel. Remove to a serving plate and cover with a damp cloth or plastic wrap. Repeat with the rest of the wrappers. Serve immediately or as soon as possible, so that the wrappers do not dry out.

SPICY PEANUT AND BEAN SAUCE

4 tbsps	(60 ml)	Hoisin or yellow bean sauce
1 tsp	(5 ml)	granulated sugar
4 tbsps	(60 ml)	water
1 tbsps	(15 ml)	rice vinegar
1 tsp	(5 ml)	chili paste
2 tbsps	(30 ml)	crushed peanuts

BC LIQUORSTORES

Combine all ingredients in a mixing bowl until well blended and place in dipping bowl.

PAIRS WITH

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BC VQA **\$16.99** 868067



SALMON CAESAR SALAD WRAP

Serves 4

4	(180 g)	wild salmon fillets
4		flour tortillas, 8-in (20 cm) round
		sea salt and freshly ground black pepper, to taste
1 lb	(500 g)	hearts of romaine, chopped into 1-in (2.5 cm) pieces

Heat a grill to medium-high and oil lightly. Season the salmon with salt and pepper and place on hot grill. Grill salmon until desired doneness, about 5 to 6 minutes, depending on thickness, turning halfway through cooking. Remove and set aside to cool. Prepare Caesar Dressing (recipe follows). Toss the romaine lettuce with the remaining Caesar Dressing as noted below.

Heat the tortillas over an open flame or in a large skillet for 10 to 15 seconds per side. On a clean work surface, spread 1 tbsps (15 ml) of the reserved Caesar Dressing on the lower third of the tortilla. Break the salmon fillets into large bite-sized pieces and lay across the lower third of the tortilla leaving about 2-in (5 cm) of space on either side. Lay a quarter of the salad on top, and fold both ends of the tortilla in towards the center. Fold the end of the tortilla closest to you over the salad and chicken, and continue to fold and roll the tortilla until a tight log forms. Lay the wrap seam-side down, and slice diagonally to make 2 halves. Serve immediately, or refrigerate and serve within 1 hour. Continue assembling the remaining tortillas.

CAESAR DRESSING

1	large egg yolk
½ cup	(125 ml) canola oil
½ tsp	(2 ml) anchovies, finely chopped
½ tsp	(2 ml) garlic, finely minced
2 tbsps	(10 ml) fresh lemon juice
½ tsp	(2 ml) Worcestershire sauce
¼ cup	(50 ml) Parmesan cheese, freshly grated

In a medium bowl, place the egg yolk with the anchovies, garlic, lemon juice and Worcestershire. Use a whisk to blend until frothy. Slowly drizzle the canola oil into the bowl a few drops at a time, while whisking. Continue to drizzle the oil and whisk until all the oil is incorporated. Fold the Parmesan into the dressing and set aside. Season with salt and pepper. Set aside 4 tbsps (60 ml) of the dressing. The remaining Caesar Dressing will be used to make the salad.

PAIRS WITH

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BC VQA **\$15.99** 563981

MT. BOUCHERIE PINOT GRIS

BC VQA **\$14.99** 602094

It's a Wrap from page 66 continued



FALAFEL WRAP

Serves 6

FALAFEL

19 oz	(540 ml)	can chickpeas
1 cup	(250 ml)	onion, coarsely chopped
2		garlic cloves, coarsely chopped
½ cup	(125 ml)	Italian flat leaf parsley, finely chopped
¼ cup	(50 ml)	cilantro, finely chopped
1½ tsp	(7 ml)	ground cumin
1 tsp	(5 ml)	cayenne
1 tsp	(5 ml)	ground coriander
1½ tsp	(7 ml)	salt
1 tbsp	(15 ml)	olive oil
1 tsp	(5 ml)	baking soda
		freshly ground black pepper, to taste
4 tbsp	(60 ml)	chickpea flour
		canola oil, for frying

Add chickpeas, onion and garlic to a food processor and pulse until desired texture. Transfer to a mixing bowl and stir in the remaining ingredients until well mixed. Cover and chill in refrigerator for at least an hour. Shape into 1½-in (3.5 cm) balls. Flatten slightly and place onto a parchment paper-lined baking sheet. Heat a frying pan with 1-in (2.5 cm) canola oil to 350 F (180 C). Drop the falafel into the hot oil and deep fry for 2 minutes each side or until golden brown. Transfer to paper towel-lined baking sheet, keeping warm until ready to assemble.

MIDDLE EASTERN PICKLED TURNIP

Makes ½ lb (250 g)

½ lb	(250 g)	turnip, peeled and coarsely shredded
1		medium red beet, peeled and coarsely shredded
¼ cup	(50 ml)	celery leaves
1		garlic clove, finely chopped
2 cups	(500 ml)	water
3 tbsp	(45 ml)	salt
¼ cup	(50 ml)	sugar

Mix together turnip, beets, celery leaves and garlic. Place in a sterilized glass jar. In a saucepan, mix together water, salt and sugar and heat until dissolved. Pour over turnip mixture, cover and leave at room temperature for 3 to 4 days.

TAHINI SAUCE

Makes 1 cup (250 ml)

3		garlic cloves, chopped
1 tbsp	(15 ml)	cilantro, chopped
1 tbsp	(15 ml)	flat leaf parsley, chopped
½ cup	(125 ml)	tahini
1½		lemons, juice only
3 tbsp	(45 ml)	water
¼ cup	(50 ml)	extra-virgin olive oil
1 tsp	(5 ml)	cumin seeds, toasted and ground
½ tsp	(2 ml)	salt

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It's a Wrap from page 66 continued

Place all ingredients in a food processor and mix until smooth and blended.

TO ASSEMBLE WRAP

½	cucumber, cut into ½-in (1 cm) dice
2	tomatoes, cut into ½-in (1 cm) dice
½	iceberg or romaine lettuce, chopped
	tzatziki sauce
	hot sauce
6	large pita bread or Armenian flatbread

Split and butterfly open pita bread. Spread tahini sauce on one side of the pita bread, add chopped lettuce, tomatoes, cucumbers, pickled turnips, hot sauce, tzatziki and warm falafels. Roll tightly to wrap. Serve.

PAIRS WITH

SEGURA VIUDAS ROSÉ

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TSANTALI ROUGE

Greece **\$13.85** 329094 | L



CHINESE BARBECUE DUCK WRAPS

Serves 4

4–6 lb	(2–3 kg)	whole duck, dressed*
½ tsp	(2 ml)	ground cinnamon
½ tsp	(2 ml)	ground ginger
¼ tsp	(1 ml)	ground nutmeg
¼ tsp	(1 ml)	ground white pepper
¼ tsp	(5 ml)	ground cloves
3 tbsp	(45 ml)	soy sauce
1 tbsp	(15 ml)	honey
3		green onions, halved

Rinse the duck inside and out, and pat dry. Cut off tail and discard. In a small

* Alternately, prepared Chinese Barbecued Duck is available at Asian supermarkets

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It's a Wrap from page 66 continued

bowl, mix together the cinnamon, ginger, nutmeg, white pepper and cloves. Sprinkle 1 tsp (5 ml) of the mixture into the cavity of the duck. Stir 1 tbsp (15 ml) soy sauce into the remaining spice mixture and rub evenly over the entire outside of the bird. Stuff the green onions inside the cavity. Cover and refrigerate the bird for at least 2 hours or overnight.

Place duck breast side up on a rack in a big enough wok or pot and steam for an hour adding a little more water, if necessary, as it evaporates. Lift duck with two large spoons and drain juices and green onion.

Preheat the oven to 375 F (190 C). Place duck breast side up on a rack sitting on a roasting pan, with about ½-in (1 cm) water on the bottom. Prick the skin all over using a fork.

Roast for 30 minutes in the preheated oven. While the duck is roasting, mix together the remaining 2 tbsp of soy sauce and honey. After 30 minutes, brush the honey mixture onto the duck and return it to the oven. Turn the heat up to 500 F (260 C) and roast for 5 minutes, or until the skin is richly browned. Do not allow the skin to char. When the temperature has cooled to handle, cut large slices with meat and skin and place on serving plate.

DIPPING SAUCE

⅓ cup	(75 ml)	hoisin sauce
1 tsp	(5 ml)	sugar
1 tsp	(5 ml)	sesame oil
1 tsp	(5 ml)	Shao Hsing cooking wine or dry sherry

Mix all ingredients together and set aside while making Pancakes (recipe follows).

PANCAKES

Makes 12

1¾ cups	(425 ml)	bread flour
½ tsp	(2 ml)	salt
¾ cup	(175 ml)	boiling water
½ cup	(125 ml)	all-purpose flour
1½ tsp	(7 ml)	sesame oil

Mix flour and salt in a bowl. Stirring with a wooden spoon, slowly add the boiling water until it forms a mass. When cool, knead the dough into a ball then place onto a work surface dusted with the all-purpose flour. Knead for about 2 minutes, then transfer to a bowl, cover with plastic and allow to rest for 30 minutes.

On a flour-dusted work surface, roll the dough into a 12-in (30 cm) rope, then divide into 12 equal pieces. Flatten each piece with your palm, dusting with flour if it sticks. Cover the dough balls with plastic wrap as you work with the rest.

Working with two balls at a time, wipe the top of one gently with sesame oil and place the other flattened piece on top. Dust with flour if necessary, and roll them into a double-layer round pancake about 8-in (20 cm) in diameter.

Heat a flat-bottom wok or heavy non-stick skillet over medium-low heat for 1 minute. Place the double pancake in the bottom of the hot, dry wok and cook for 1 minute, until it starts to bubble up. If too hot, it will burn. Turn the pancake over and cook until you see a few brown spots. Remove from wok and separate the two layers into two pancakes, each lightly brown on one side. Repeat with the rest of the dough.

To steam, invert a steam-proof dish in a steamer and lay the pancakes stacked on top of each other. Steam for 5 minutes or until hot and pliable.

TO ASSEMBLE

1	English cucumber, seeded, cut into thin strips
	iceberg lettuce, finely shredded
½	bunch green onions, finely julienned



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Foraging: Beyond Organic from page 76

Place some shredded lettuce on the bottom of the pancake, then drizzle on some sauce, add a slice or two of the duck and skin, then cucumber and green onion. Wrap tightly and eat immediately.

PAIRS WITH

BREE RIESLING
Germany **\$16.50** 210807

JP CHENET PINOT NOIR
France **\$13.99** 684308



CHANTERELLE AND DANDELION TART

Serves 8

CRUST

¾ cup	(175 ml)	pastry flour, plus extra
½ cup	(125 ml)	whole wheat pastry flour
¼ cup	(50 ml)	Parmesan cheese, finely grated
1 tsp	(5 ml)	fresh thyme, chopped
¼ tsp	(1 ml)	salt
3 tbsp	(45 ml)	olive oil
¼ cup	(50 ml)	water, very cold

Lightly oil a 9-in (23 cm) tart pan with removable bottom. In a medium-size bowl, whisk together flours, cheese, thyme and salt. Make a well in flour mixture and add oil and water. Mix with a fork until liquid has been absorbed. Knead dough in bowl until it comes together in a ball. Place dough on a lightly floured work surface and roll out into a circle about 13-in (33 cm) in diameter. Sprinkle extra flour as needed to prevent sticking. Transfer dough into prepared tart pan and neatly line it, making sure to press dough into corners of pan. Trim excess dough from around edges. Refrigerate for 30 minutes.

FILLING

¾ lb	(12 oz)	bunch dandelion greens
1 tbsp	(15 ml)	extra virgin olive oil
2		shallots, diced
1 cup	(250 ml)	chanterelle mushrooms, sliced
½ tsp	(2 ml)	salt
2		garlic cloves, minced
¼ cup	(50 ml)	hazelnuts, coarsely chopped (optional)
½ tsp	(2 ml)	lemon zest, finely grated
		freshly ground black pepper, to taste
4		large eggs
¾ cup	(175 ml)	half and half cream

Bring a large pot of salted water to a boil and prepare an ice water bath. Trim and discard tough stems from dandelion greens and wash well. Blanch greens 2 minutes and transfer to ice bath. Drain well, squeezing out excess water. Chop coarsely.

Preheat oven to 375 F (190 C). Place a baking sheet in oven to warm up.

In a large frying pan, heat olive oil over medium heat. Add shallots and cook

while stirring until translucent, about 4 minutes. Add mushrooms and salt. Cook another 5 minutes, until mushrooms have softened. Remove from heat and stir in dandelion greens, garlic, hazelnuts, lemon zest and pepper.

In a large bowl, beat eggs. Brush crust in tart pan with beaten egg and bake for 15 minutes on warmed baking sheet. Meanwhile, whisk half and half into eggs. Stir in dandelion mixture and pour into tart shell. Bake tart on baking sheet until filling has set, about 35 to 40 minutes. Allow to cool on a wire rack 15 minutes before removing tart from tart ring. Serve warm or at room temperature.

PAIRS WITH

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

SEE YA LATER RANCH RIESLING
BC VQA **\$16.99** 579045



VENISON WITH BLACKBERRY COMPOTE

Serves 4

1 tbsp	(15 ml)	fresh thyme, finely chopped
1 tbsp	(15 ml)	fresh rosemary, finely chopped
		salt and freshly ground black pepper
1 lb	(500 g)	venison loin

In a bowl stir together thyme, rosemary and a good pinch of salt and pepper. Rub over venison loin. In a large frying pan, warm 1 tbsp (15 ml) oil over medium-high heat. Place venison in pre-heated pan and cook, turning a quarter turn every 3 minutes until cooked to desired doneness. Remove venison to a cutting board and let rest 10 minutes.

When ready to serve, slice venison loin into medallions and divide among serving plates. Spoon blackberry compote over venison and serve alongside a medley of vegetables or a salad of piquante greens, such as arugula, watercress and frisée.

BLACKBERRY COMPOTE

2 tbsp	(30 ml)	olive oil, divided
2		shallots, finely sliced
2		Granny Smith apples, cut into ¼-in (0.5 cm) dice
¾ cup	(175 ml)	brandy
¼ cup	(50 ml)	granulated sugar
4 cups	(1 L)	fresh blackberries
1 tbsp	(15 ml)	unsalted butter
1 tsp	(5 ml)	fresh mint, thinly sliced

In medium, heavy-bottomed saucepan, heat 1 tbsp (15 ml) oil over medium heat. Add shallots and cook for 4 minutes, stirring occasionally, until soft but not browned. Add apples, brandy and sugar. Increase heat and bring mixture to a boil. Continue to boil for 20 minutes, stirring often until liquid has reduced to about ¼ cup (50 ml). Reduce heat to medium and stir in blackberries and butter. Cook another 10 minutes, stirring often. Remove from heat, stir in mint and season to taste with salt and pepper and set aside while preparing venison. This can be stored in an airtight container in the refrigerator for up



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Edible Canada from page 86

In small bowl, stir together gelatin and ¼ cup (50 ml) water. Set aside, allowing gelatin to bloom, about 5 minutes.

In a medium saucepan, stir together remaining ¾ cup (175 ml) water, syrup, vodka and sugar. Cook over medium-high heat, stirring constantly, until mixture is hot and sugar has dissolved. Remove from heat and stir in gelatin until dissolved. Divide half elderflower mixture among serving glasses and top with half of raspberries. Refrigerate jellies 2 hours until lightly set. Gently top with remaining elderflower mixture and remaining raspberries. Refrigerate until fully set, another 3 to 4 hours.

When ready to serve, top with extra raspberries and garnish with mint if desired.

PAIRS WITH
ST-GERMAIN ELDERFLOWER LIQUEUR
France **\$59.99** 874107

HARVEY'S BRISTOL CREAM SHERRY
Spain **\$18.49** 215483



**ALMOND POUND CAKE WITH
LAVENDER-BLUEBERRY SYRUP**
Serves 8

- ALMOND POUND CAKE**
- 1 cup (250 ml) unsalted butter, at room temperature
 - 1 cup (250 ml) all-purpose flour
 - 1 cup (250 ml) yellow cornmeal
 - 1 tsp (5 ml) baking powder
 - 1½ cups (375 ml) granulated sugar, divided
 - ¼ tsp (1 ml) salt
 - 5 large eggs, lightly beaten
 - ½ tsp (2 ml) almond extract
 - 3 tbsp (45 ml) sliced almonds
 - lightly sweetened whipped cream, for garnish

Preheat oven to 325 F (170 C). Butter and flour a 9 x 5-in (2 L) loaf pan. In bowl of electric mixer fitted with paddle attachment, cream butter until fluffy and pale. Meanwhile, in a medium bowl, whisk together flour, cornmeal and baking powder. Gradually beat 1½ cups (325 ml) sugar into butter until well blended. Whisk together salt, eggs and almond extract. With mixer on medium, slowly drizzle egg mixture into butter mixture. Add flour mixture in three additions, beating just enough to blend. Pour batter into pan and sprinkle top with almonds and remaining 2 tbsp (30 ml) sugar. Bake for 1 hour or until a wooden skewer inserted in centre comes out clean. If almonds colour too quickly, loosely cover with a piece of aluminum foil. Cool cake in pan on a wire rack for 20 minutes. Remove from pan and cool completely on wire rack.

Cake can be made ahead then wrapped in plastic wrap and stored in the refrigerator for up to 4 days. Allow cake to come to room temperature before serving. When ready to serve, cut cake into slices and divide among serving plates. Garnish with whipped cream and a spoonful of blueberries in lavender syrup.

LAVENDER-BLUEBERRY SYRUP
Makes 2 cups (500 ml)

- ¾ cup (75 ml) water
- ½ cup (125 ml) granulated sugar
- 4 tsp (20 ml) dried edible lavender flowers
- ¼ vanilla bean, cut in half
- 2 tsp (10 ml) lemon juice
- 2 cups (250 ml) fresh blueberries

In a medium saucepan, stir together water and sugar over high heat. Bring to a boil and remove from heat. Stir in lavender and vanilla bean and allow to steep for 30 minutes. Strain syrup through a fine-mesh sieve, discarding lavender and vanilla bean. Stir in lemon juice and blueberries. Lavender syrup, without the blueberries, can be made up to 2 days ahead and refrigerated in an airtight container. Stir in berries and allow to come to room temperature before serving.

PAIRS WITH
FRANGELICO LIQUEUR
Italy **\$25.99** 169441

CASA DOS VINHOS MADEIRA
Portugal **\$27.98** 101477



**BIRCH SYRUP AND KASU-MARINATED SABLEFISH
WITH SUMMER VEGETABLES**

Serves 2
2 6 oz (180 g) portions of sablefish

- MARINADE**
- ¼ cup (50 ml) tamari soy sauce
 - 1 tbsp (15 ml) kasu (artisanal sake lees)
 - ½ cup (125 ml) water
 - ¼ Thai bird chili (or more)
 - ¼ oz (7 g) ginger, peeled and sliced
 - ¼ oz (7 g) garlic, smashed
 - 2 sprigs fresh thyme
 - 2 tsp (10 ml) birch syrup

In a saucepan, mix together soy sauce, water, kasu, birch syrup, ginger, garlic and thyme, and simmer for 5-10 min to infuse flavours. Cool in fridge.

Once the marinade is completely cooled off, cover the sablefish portions and marinade for 4 hours or overnight. Remove sablefish from marinade and pat dry.

Line a baking sheet with parchment paper and roast the fish at 350 F (180 C) for 10 to 15 minutes. You should be able to easily pull out the bones from the fish, when done.

- VEGETABLES**
- 2 ½ oz (75 g) northern beans, soaked in water overnight
 - 24 fiddleheads, blanched
 - 48 fresh garbanzo beans, shucked and blanched
 - 1 cup (250 ml) fresh peas, shucked and blanched
 - 4 leaves fresh rainbow Swiss chard, cleaned and stems diced

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to 4 days and is also an excellent accompaniment to grilled pork or a selection of cheeses. Bring to room temperature or reheat until warm when ready to serve.

PAIRS WITH
SAINT COSME CÔTES-DU-RHÔNE
France **\$19.99** 241224

RAVENSWOOD OLD VINES ZINFANDEL
USA **\$22.99** 599381



ELDERFLOWER RASPBERRY JELLIES
Serves 4

- 1 tbsp + 1 tsp (20 ml) gelatin powder
- 1 cup (300 ml) water
- ¾ cup (175 ml) elderflower syrup or elderflower concentrate
- ½ cup (125 ml) vodka
- 1 tbsp (15 ml) granulated sugar
- 32 raspberries, plus extra for garnish
- whole mint leaves, for garnish (optional)

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½ white onion, diced
1 garlic clove, peeled and minced
1¼ cup (300 ml) chicken stock
2 sprigs fresh thyme
½ oz (15 g) unsalted butter

Remove beans from water and rinse thoroughly.

In a saucepan, sauté half of the onions then add beans and 1 sprig of thyme. Deglaze the pot with ¾ cup (200 ml) of chicken stock and simmer until beans are fully cooked through.

Heat a pan with oil and brown the onions and garlic. Add the beans, Swiss chard stems and deglaze with remaining chicken stock and reduce until a sauce is formed.

Add Swiss chard leaves to pan and wilt, finish with butter and remaining sprig of chopped thyme.

PAIRS WITH
HAKATSURU JUNMAI GINJO SAKE
Japan **\$9.95** 210823 300 ml

TOMASSI LE ROSSE PINOT GRIGIO
Italy **\$19.99** 326488



MARKET INSPIRED SEAFOOD CHOWDER

PRAWN STOCK
Makes 2 cups (500 ml)

8 oz (250 g) BC spot prawn, shells only
¼ cup (50 ml) vegetable oil
2 white onions, diced
2 celery stalks, diced
1 fennel bulb tops (fronds)
6 garlic cloves, whole
1½ oz (45 g) fresh ginger
8 peppercorns
1 lime, cut in quarters
1 kaffir lime leaf
½ oz (10 g) thyme
¾ oz (22 ml) sea salt
5 cups (1.25 L) cold water

Toss prawn shells and vegetables in oil and spread out onto a baking sheet lined with parchment paper. Roast at 350 F (180 C) until shells have browned. In a large pot, add the shells, vegetables, herbs and seasonings. Add the cold water and bring to a boil.

Turn the temperature down to simmer for 1½ hours. Remove from heat and, using a fine mesh strainer, strain into a container set stock aside.



Henri Matisse, *Striped Robe, Fruit, and Anemones*, 1940, oil on canvas, The Baltimore Museum of Art: The Cone Collection, formed by Dr. Claribel Cone and Miss Etta Cone of Baltimore, Maryland, BMA 1950.263



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Edible Canada from page 86 continued

COCONUT BROTH
Makes 4 cups (1 L)

2 onions, diced
3 garlic cloves, minced
2 limes, juice only
¼ cup (50 ml) vegetable oil
1 oz (30 g) fresh ginger
2 cups (500 ml) prawn stock (see above recipe)
4 cups (1 L) canned coconut milk
2 tsp (10 ml) Thai red curry paste
2 tsp (10 ml) fish sauce
1½ tbsp (21 ml) tomato paste
¼ oz (22 g) brown sugar

In a large pot, heat oil, sauté onions until browned, then add in garlic and ginger and stir. Add tomato and curry pastes and cook on low for about 5 minutes. Add coconut milk and reduce by half, then add prawn stock and simmer for 45 min.

Remove from heat, stir in brown sugar, lime juice and fish sauce, then season with salt to taste.

SEAFOOD CHOWDER

Serves 6

5 tbsp (75 ml) vegetable oil
12 Qualicum Bay scallops
¼ lb (125 g) steelhead salmon, medium diced

¼ lb (150 g) sablefish, medium diced
12 sides stripe shrimp, peeled
30 blue mussels, cleaned
30 clams
3 tri-coloured carrot, cut into curls using a peeler
¼ daikon, cut into curls using a peeler
sea salt, to taste

In a large pan, heat and add in half of the oil. Pat scallops dry and season with sea salt. Sear on each side until scallops are caramelized. Remove from pan and set aside.

Add remaining oil and sear salmon and sablefish, then add in shrimp, mussels, clams then Coconut Broth. Simmer until mussels and clams are all open. Taste and adjust seasoning if needed.

Distribute soup among 6 serving bowls and garnish with seared scallops, carrot and daikon curls.

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SOUR CHERRY CHOCOLATE PÂTÉ

Makes 9 servings

3 cups	(750 ml)	whipping cream
4 cups	(1 L)	dark chocolate chips (recommend 56 percent)
1 3/4 oz	(50 g)	dried sour cherries, chopped
1/4 oz	(7 g)	dried sour cherries, chopped, for topping
.035 oz	(1 g)	chipotle chili powder
		toasted nuts (your choice), for garnish
		fresh seasonal fruit, for garnish

In a medium size pot, heat cream slowly with chipotle chili powder and dried cherries. Place chocolate chips in a metal bowl.

Just before the cream comes to a boil, add it to bowl of chocolate chips and stir until smooth.

Line a 3-in x 8-in (8 x 20 cm) container with plastic wrap. Strain the chocolate mixture, reserving cherries, and pour into the plastic-wrapped container.

Sprinkle reserved cherries over chocolate mixture. Refrigerate at least 4 hours.

To serve, remove plastic wrap and cut Chocolate Pâte into 9 pieces. Garnish with toasted nuts and fresh seasonal fruit.

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Portugal \$26.99 565705 375ml



LATIN SPICED SKIRT STEAK

Serves 6

MARINADE

1 tsp	(5 ml)	cumin seeds
1/2 tsp	(3 ml)	coriander seeds
2 tbsp	(30 ml)	fresh thyme leaves
1 lb	(500 g)	tomatoes, coarsely chopped
3		garlic cloves, finely chopped
1/2 tsp	(2 ml)	dried red chili flakes
1		jalapeño or Serrano chili, seeded and chopped
1 tbsp	(15 ml)	dried oregano

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*Must be legal drinking age. While quantities last. For a limited time.



3 tbsp	(45 ml)	lime juice
1 tbsp	(15 ml)	brown sugar
2 tbsp	(30 ml)	olive oil

In a dry skillet, toast the cumin and coriander seeds over medium heat until aromatic, about 1 minute. Coarsely grind in an electric grinder or with a mortar and pestle. In the same skillet, add thyme leaves and toast for about 2 minutes, then add to the grinder and process a little to combine. Place the chopped tomatoes in a food processor and process until finely chopped. Transfer to a mixing bowl and add the ground spice mixture, garlic, red chili flakes, jalapeño, oregano, lime juice, brown sugar and olive oil. Mix well.

2 1/2 lbs	(1.25 kg)	skirt or rump steak, trimmed
1 tsp	(5 ml)	sea salt

Add the steak to marinade bowl and turn to coat well. Cover and refrigerate to marinate for at least 12 hours, up to 24 hours.

When ready to cook, heat the barbecue to high. When hot, remove the steak from the marinade, scraping off excess. Place the marinade in a saucepan and bring to a boil for a few minutes or until thickened. Sprinkle the steak with salt and grill on barbecue for about 3 to 4 minutes on each side. Remove to a warmed plate, cover with the heated marinade, then cover with foil and allow to sit for 10 minutes. Slice finely across the grain and serve with Hot and Spicy Chili Potatoes (recipe follows).



HOT AND SPICY CHILI POTATOES

2		ancho chilies
2		serrano chilies
1 tsp	(5 ml)	dried red chili flakes
3 tbsp	(45 ml)	olive oil
3 lbs	(1.5 kg)	new potatoes, rinsed and well dried
5		garlic cloves, peeled
2 tsp	(10 ml)	sea salt
1		red bell pepper, seeded
4		large jalapeños, halved lengthwise and seeded
2 tbsp	(30 ml)	cider vinegar
		hot sauce, to taste
		freshly ground black pepper, to taste

Heat a Dutch oven or heavy heatproof casserole dish over medium-high heat. Add the ancho and serrano chilies and press down with spatula or tongs for about a minute or until they start to puff up on all sides and become aromatic. Remove from heat, cut into half lengthwise, de-seed and slice finely. Set aside.

Heat the oil in the Dutch oven over medium heat, then add the whole garlic cloves. Sauté until fragrant, about 30 seconds, then add the potatoes along with the salt. Stir well to mix, then reduce heat to very low, cover and cook for 30 minutes, stirring occasionally.

Cut the red pepper into wide julienne strips and add to the potatoes, along with the chopped jalapeños. Cover and cook for another 15 to 30 minutes or

until potatoes are soft, stirring occasionally. Stir in the vinegar and reserved chopped chilies. Season to taste with hot sauce and pepper.

PAIRS WITH

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PETER LEHMANN BAROSSA SHIRAZ

Australia \$22.99 572875



GRILLED CHILI PINEAPPLE

Serves 6

1 cup	(250 ml)	sugar
2 cups	(500 ml)	water
2		limes, thinly sliced
1 tsp	(5 ml)	chili powder
1		Thai red chili, seeded and thinly sliced
1		whole pineapple
		sweetened whipped cream, to garnish (optional)

Place sugar and water in a saucepan and heat over low heat, stirring until sugar has dissolved. Increase heat and boil for 5 minutes. Add the lime slices, chili powder and sliced chili, return to boil and let reduce for another 5 minutes. Reserve syrup.

Trim off the top and base of the pineapple, then stand it upright and slice away the skin. Cut in half, then cut each half in thirds or fourths, depending on the size of the pineapple. Cut out tough core from each wedge.

Heat a barbecue grill or grill pan over high heat. When hot, place the wedges on the grill and cook for about 2 minutes. Turn the wedges over and repeat on the other side. Remove the wedges and place in a container. Pour the sugar syrup with the lime slices and chilies over the pineapple wedges, leave to cool, then cover and chill until cold, preferably overnight. Serve with syrup, cooked lime slices and garnish with whipped cream.

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GRILLED CHICKPEA CAKES WITH SALSA VERDE

Serves 6

- 15 oz (425 g) can chickpeas, rinsed and drained
- 1 large lemon, juice and zest only
- 4 cups (1 L) chicken or vegetable stock
- 1 cup (250 ml) instant polenta (cornmeal)
- 2 tbsp (30 ml) butter
- 2 large eggs, beaten
- ½ cup (125 ml) frozen corn, thawed and well drained
- ½ small red bell pepper, finely chopped
- 2 green onions, finely chopped
- 1 jalapeño chili, seeded and finely chopped
- salt and freshly ground black pepper, to taste
- olive oil

Lightly oil an 8 x 12-in (20 x 30 cm) Swiss roll baking pan, or similar sized pan with ¾-in (2 cm) to 1-in (2.5 cm) sides. Place chickpeas in a food processor and purée with the lemon juice and zest.

Bring stock to a boil and slowly add polenta, reduce heat to simmer and stir constantly for 3 minutes until thick. Quickly stir in the butter, chickpeas, eggs, corn, red pepper, green onions and jalapeño. Season with salt and pepper to taste. Immediately pour and spread into the prepared pan and set aside for about 30 minutes to cool and set. When cool, turn out of the pan and cut into 12 triangular fritters.

Heat a barbecue flat grill plate or a non-stick frying pan. Brush the fritters liberally with olive oil and cook for a few minutes on each side until golden brown and heated through. Serve with Salsa Verde (recipe follows).

SALSA VERDE

- 4 whole tomatillos
- 3 whole jalapeños
- 4 green onions, chopped
- 2 garlic cloves, coarsely chopped
- ½ cup (125 ml) cilantro leaves
- ½ cup (125 ml) mint leaves
- ¼ cup (50 ml) flat leaf parsley, chopped
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 lime, zest and juice only
- salt and freshly ground black pepper, to taste

Heat a cast iron frying pan over medium-high heat. Remove calyx from tomatillos if attached and rinse under cold water. Dry well. Place tomatillos and jalapeños in pan and dry roast until skins blister and darken all over. Peel tomatillos and jalapeños. Place in a food processor or blender along with the remaining ingredients and process to a smooth consistency. Season with salt and pepper to taste.

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STICKY RICE CAKES WITH FRESH MICRO GREENS AND PONZU SAUCE

Serves 4

PONZU SAUCE

- ¼ cup (50 ml) freshly squeezed orange juice
- ¼ cup (50 ml) low sodium tamari soy sauce
- 4 fermented black garlic cloves,* thinly sliced
- 1 lime, juice only
- 1 tsp (5 ml) crushed red pepper flakes
- 1 tsp (5 ml) granulated sugar
- 1 tsp (5 ml) sesame oil
- ½ tsp (.5 ml) salt

Combine Ponzu Sauce ingredients in a small bowl. Stir to blend and set aside.

STICKY RICE CAKES

- 1 cup (250 ml) uncooked sushi rice
- 2 tbsp (30 ml) unsalted butter
- 1 tbsp (15 ml) liquid honey
- 1 cup (250 ml) fresh micro greens
- ½ cup (125 ml) enoki mushrooms
- 1 large carrot, peeled and cut into thin matchstick pieces
- 1 tbsp (15 ml) fresh chives, minced

Cook sushi rice according to package instructions. Cool slightly. Using wetted palms, firmly shape cooked rice into 8 even-sized cakes. Cakes can be made ahead and refrigerated covered until ready to heat and serve. Melt butter in a frying pan. Whisk in honey until dissolved and bubbling. Add a couple of cakes at a time and cook in the sweetened butter, gently flipping, until cakes are slightly golden and crisp on both sides. Repeat with remaining rice cakes, adding a little more butter if needed. Place 2 cakes on a serving plate. Whisk Ponzu Sauce and drizzle a couple tablespoons over top. Scatter with micro greens, mushrooms, carrot and chives. Serve warm.

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KIMCHI HOTCAKES WITH SESAME SOY DIPPING SAUCE**

Serves 4

KIMCHI HOTCAKES

- 1 large russet potato
- ½ cup (125 ml) all-purpose flour
- 2 eggs
- 1 cup (250 ml) kimchi
- 2 tbsp (30 ml) kimchi juice or seasoned rice vinegar
- 2 green onions, finely chopped
- 1 garlic clove, finely minced
- ½ tsp (2 ml) salt
- pinch cayenne pepper
- unrefined vegetable oil
- sour cream, optional
- kumquats, optional

Peel potato and grate coarsely. Place in a piece of cheesecloth and squeeze out as much of the liquid as possible into a small bowl. Set liquid aside, allowing potato starch to settle. Place grated potato in a large bowl with flour and eggs. Stir together until smooth. Measure out 1 firmly packed cup of kimchi. Drain in a sieve, reserving liquid. Finely chop kimchi and add to potato and flour mixture along with green onions, garlic, salt and cayenne. Drain liquid from settled potato starch and add to kimchi mixture along with 1 tbsp (15 ml) of reserved kimchi juice. Stir in. Batter will be a lovely pink colour.

Brush a large frying pan with a little vegetable oil. Heat pan over medium heat until very hot. Add 2 tbsp (30 ml) kimchi batter to hot pan, forming one cake. Repeat with another 2 tbsp batter and cook just until edges of cakes begin to bubble and the underside appears golden when gently lifted using the edge of a spatula. Flip cakes and continue to fry until cooked through. Place in a covered dish and keep in a warmed oven until ready to serve. Repeat steps with remaining batter until done. You should have about 6 to 8 hotcakes depending on the size. Hotcakes can be made ahead, cooled, covered and refrigerated, if you wish. Cover with foil and reheat in a 350 F (180 C) oven for 10 to 15 minutes or until piping hot.

To serve, place 2 hotcakes on a warmed serving plate. Pipe a dollop of sour cream alongside. Whisk Sesame Soy Dipping Sauce (recipe follows) and drizzle 2 tbsp (30 ml) over top and garnish with kumquats, if used.

** Kimchi can be found in Korean and Asian grocery stores and grocery chain stores.



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 mikeshardcanada

The Art of Fermentation from page 110 continued

RED LENTIL CURRIED HUMMUS

1 cup	(250 ml)	dried red lentils
1 tbsp	(15 ml)	unrefined vegetable oil
½		small onion, minced
1 tbsp	(15 ml)	curry paste
2 tsp	(10 ml)	curry powder
½ tsp	(2 ml)	turmeric
½ tsp	(2 ml)	each of ground cumin, chili powder, salt, and granulated sugar
1		small garlic clove, minced
1 tsp	(5 ml)	fresh ginger root, peeled and grated
1 tbsp	(15 ml)	tomato paste

Rinse lentils and discard any discoloured ones. Place in a small saucepan and cover with water. Bring to a boil and reduce heat to simmer, leaving lid slightly ajar, until lentils are very soft. Heat oil in a frying pan, add onion and sauté until soft and clear. Stir in remaining ingredients, then transfer to a food processor or a blender. When lentils are tender, drain off excess liquid. Add to seasoned onion mix in blender. Whirl with an on and off motion until mixture is smooth. Transfer to a bowl and refrigerate until cooled. Can be refrigerated, covered for several days.

CILANTRO PESTO

2 cups	(500 ml)	fresh cilantro leaves, washed and packed
½ cup	(125 ml)	blanched almonds, toasted
¼ cup	(50 ml)	red onion, minced
2 tbsp	(30 ml)	shallots, minced
1		garlic clove, minced
		freshly squeezed juice from ½ lemon
½ tsp	(2 ml)	salt
⅙ tsp	(.5 ml)	cayenne pepper
¼ cup	(50 ml)	unrefined vegetable oil

Combine all ingredients except oil in a food processor or blender. Whirl to slightly blend. Continue to whirl, adding oil through the feeder tube. Whirl until blended and smooth. Transfer to a small bowl and refrigerate until ready to assemble. Can be refrigerated, covered for several days.

To assemble, spoon a layer of yogurt cheese in the bottom of a jar with a tight sealing lid. Alternate layers of red lentil hummus, potted cheese and cilantro pesto. Seal and refrigerate until ready to serve.

PAIRS WITH

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YOGURT CHEESE QUENELLES WITH FRESH GREENS AND GRAINS

Serves 4

YOGURT CHEESE QUENELLES

2 cups	(500 ml)	plain yogurt*
2 tbsp	(30 ml)	sumac powder**
2 tbsp	(30 ml)	poppy seed
2 tbsp	(30 ml)	fresh chives, minced

Place yogurt in a fine-meshed sieve lined with 2 layers of cheesecloth. Place sieve over a large bowl, allowing plenty of room for the yogurt to drain without it touching the liquid. Cover and refrigerate for 24 to 48 hours. The longer you let the yogurt drain, the thicker it becomes. Once drained, cover and refrigerate until ready to serve.

GREENS AND GRAINS

½ cup	(125 ml)	buckwheat (also known as kasha)
6 cups	(1.5 L)	fresh mixed salad greens including mizuna leaves
¾ cup	(175 ml)	yellow and red cherry tomatoes
¼ cup	(50 ml)	extra-virgin olive oil
1 tbsp	(15 ml)	sherry vinegar
1 tsp	(5 ml)	Dijon mustard
½ tsp	(2 ml)	lemon zest, finely grated
½ tsp	(2 ml)	liquid honey
¼ tsp	(1 ml)	salt
		freshly ground black pepper
½ cup	(125 ml)	alfalfa sprouts
		toast points

Rinse buckwheat thoroughly. In a saucepan, combine with twice the amount of water. Bring to a boil. Cover and simmer for 30 minutes. Remove from heat. Fluff up with a fork and set aside to cool (can be made ahead and refrigerated until ready to serve). Rinse and spin-dry salad greens. Place in a large bowl. Scatter with tomatoes and cooled buckwheat. In a small bowl, combine remaining oil, vinegar, mustard, lemon zest, honey, salt and pepper and whisk to blend. Taste and add more seasonings if needed. Set salad and dressing aside.

Warm a dessert spoon in hot water. Scrape it across the surface of the yogurt cheese and turn out onto a plate to make the quenelles (balls). Repeat, cleaning spoon each time. Dust each quenelle with a little sumac powder, or poppy seed or minced chives. Toss salad with dressing and spoon onto serving plates. Garnish with a trio of quenelles and a sprinkling of alfalfa sprouts. Serve with toast points.

PAIRS WITH

TOWNSHIP 7 SAUVIGNON BLANC
BC VQA \$18.99 34355

PELLER ESTATES FAMILY SERIES PINOT BLANC
BC VQA \$12.99 615542

* Use low fat or high fat yogurt, being careful not to buy yogurt that has any additives or stabilizers.

** Sumac is a tart-flavoured seasoning, not as sharp as a lemon, with a lovely red colour. It is available in fine food shops.

The Art of Fermentation from page 110 continued

SESAME SOY DIPPING SAUCE

½ cup	(75 ml)	low sodium tamari soy sauce
½ cup	(75 ml)	rice vinegar
1 tbsp	(15 ml)	sesame oil
1 tbsp	(15 ml)	crushed red pepper flakes
1		green onion, finely chopped
1 tbsp	(15 ml)	fresh garlic chives, finely minced or
1		small garlic clove, finely minced
		sesame seeds

Whisk dipping sauce ingredients together in a small bowl and set aside.

PAIRS WITH

QUAILS' GATE PINOT NOIR
BC VQA \$24.99 585760

ZINCK PINOT BLANC
France \$17.99 414557



PICNIC POTTED YOGURT CHEESE

Serves 6

YOGURT CHEESE

2 cups	(500 ml)	plain yogurt*
--------	----------	---------------

Place yogurt in a fine-meshed sieve lined with 2 layers of cheesecloth. Place sieve over a large bowl, allowing plenty of room for the yogurt to drain without it touching the liquid. Cover and refrigerate for 24 to 48 hours. The longer you let the yogurt drain, the thicker it becomes. Once drained, cover and refrigerate until ready to assemble.

* Use low fat or high fat yogurt, being careful not to buy yogurt that has any additives or stabilizers.



Ice Cream from page 116 continued

In a small heavy bottomed saucepan, heat the cream until very hot, but not boiling. In a large heavy bottom saucepan, heat the sugar over medium heat undisturbed until it begins to melt and change colour. Stir constantly with a wooden spoon until completely melted and amber in colour, about 6 minutes. Lower the heat and add ½ cup (125 ml) of cream (it might sputter!). Stir until the cream is completely incorporated then add in remaining cream. Cook, stirring until the sauce is thickened about 6 to 8 minutes. Cool completely and refrigerate. Let caramel come to room temperature before using or gently re-heat if still too thick.

PAIRS WITH
 GANTON & LARSEN ADMIRAL SHORTS OKANAGAN TAWNY
 Canada \$17.99 195909



LAVENDER ICE CREAM

Makes 4 cups (1 L)

- 1½ cups (375 ml) whole milk
- 1 tbsp (15 ml) cornstarch
- 1½ cups (375 ml) whipping cream
- ½ cup (125 ml) unpasteurized honey
- 2 tbsp (30 ml) light corn syrup
- 2 tbsp (30 ml) dried edible lavender flowers

Mix cornstarch with 2 tbsp (30 ml) milk in a small bowl to create a slurry.



Ice Cream from page 116



SALTY CARAMEL ICE CREAM

Makes 4 cups (1 L)

- 1½ cups (375 ml) whole milk
- 1 tbsp (15 ml) cornstarch
- 1½ cups (375 ml) whipping cream
- ¾ cup (150 ml) sugar
- 2 tbsp (30 ml) light corn syrup
- ½ tsp (2 ml) flaky sea salt
- 2 tsp (10 ml) vanilla extract

In a small bowl, mix cornstarch with 2 tbsp (30 ml) milk to create a slurry. Prepare a cold water bath by filling a large bowl with ice and water.

In a small heavy bottomed saucepan combine the cream and corn syrup,

heat until very hot, but not boiling. In a large heavy bottomed saucepan, heat the sugar over medium heat undisturbed until it begins to melt and change colour. Stir constantly with a wooden spoon until completely melted and amber in colour, about 6 minutes. Lower the heat and add ½ cup (125 ml) of cream (it might sputter). Stir until the cream is completely incorporated then add remaining cream and stir until incorporated. Add the milk and bring to a boil. Boil for 4 minutes. Remove from heat and whisk in the cornstarch slurry. Return to a boil over medium-high heat and cook while stirring until the mixture has slightly thickened, about 1 to 2 minutes.

Remove from heat and pour mixture into a bowl. Add vanilla and salt and set over the ice bath, stirring until cool, about 30 minutes. Cover and refrigerate for at least 2 hours or until thoroughly chilled. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.

Once thick and creamy, pour into a storage container, press a sheet of wax paper directly against the surface of the ice cream and cover with plastic wrap. Freeze until firm, at least 4 hours. Transfer to the refrigerator for about 10 minutes before serving. Serve with a swirl of Caramel Sauce (recipe follows) and a few flakes of sea salt as a topping.

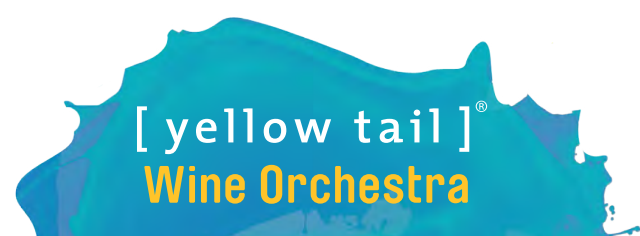
CARAMEL SAUCE

- ½ cup (125 ml) sugar
- 1 cup (250 ml) whipping cream

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SINCE 1834

Ice Cream from page 116 continued

Prepare a cold water bath by filling a large bowl with ice and water.

Combine the remaining milk, cream, honey and corn syrup in a heavy bottomed saucepan, bring to a boil over medium-high heat and boil for 4 minutes. Remove from heat and whisk in the cornstarch slurry. Return to a boil over medium-high heat and cook while stirring until the mixture is slightly thickened, about 2 minutes.

Remove from heat and pour the mixture into a bowl. Add the lavender flowers and set over the ice bath, stirring until cool, about 30 minutes. Strain into a bowl, cover and refrigerate for at least 2 hours or until thoroughly chilled. Transfer to an ice cream maker and process according to the manufacturer's instructions.

Once thick and creamy, pour into a storage container, press a sheet of wax paper directly against the surface of the ice cream and cover with plastic wrap. Freeze until firm, at least 4 hours. Transfer to the refrigerator for about 10 minutes before serving.

PAIRS WITH
NAKED GRAPE ICEWINE
Canada **\$22.99** 885830 200 ml



CANTALOUPE AND GINGER ICE CREAM

Makes 4 cups (1 L)

- 3 cups (750 ml) fresh cantaloupe, cubed
- 1/2 cup (75 ml) caster or extra fine sugar
- 2 tbsp (30 ml) light corn syrup
- 1 tbsp (15 ml) lemon juice
- 1/2 cup (75 ml) crystallized ginger, finely chopped
- 3/4 cup (175 ml) whipping cream

Purée the melon in a blender or food processor. Transfer to a large bowl and add the sugar, corn syrup and lemon juice. Stir until sugar has dissolved, then add the ginger and stir.

With a hand mixer or whisk, beat the whipping cream until soft peaks then fold

Ice Cream from page 116 continued

into the melon puree. Refrigerate until thoroughly chilled, at least 2 hours.

Transfer to an ice cream maker and process according to the manufacturer's instructions. Once thick and creamy, pour into a storage container, press a sheet of wax paper directly against the surface of the ice cream and cover with plastic wrap. Freeze until firm, at least 4 hours. Garnish with a few small pieces of crystallized ginger.

PAIRS WITH
GIFFARD GINGER OF THE INDIES LIQUEUR
France **\$34.99** 171835



CHOCOLATE COVERED VANILLA TRUFFLES

Makes 12 large

VANILLA ICE CREAM

- 1 1/2 cups (375 ml) whole milk
- 1 tbsp (15 ml) cornstarch
- 1 1/2 cups (375 ml) whipping cream
- 2/3 cup (150 ml) granulated sugar
- 2 tbsp (30 ml) light corn syrup
- 1/2 vanilla pod, split lengthwise

Mix the cornstarch with 2 tbsp (30 ml) milk in a small bowl to create a slurry. Prepare a cold water bath by filling a large bowl with ice and water.

Combine the remaining milk, cream, sugar and corn syrup in a heavy bottomed saucepan, bring to a boil over medium-high heat and boil for 4 minutes. Remove from heat and whisk in the cornstarch slurry. Return to a boil over

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medium-high heat and cook while stirring until mixture has slightly thickened, about 2 minutes. Remove from heat and pour the mixture into a bowl. Add vanilla bean, scraping the seeds into the mixture and set over the ice bath, stirring until cool, about 30 minutes. Cover and refrigerate for at least 2 hours or until thoroughly chilled. Remove vanilla pod, transfer to an ice cream maker and process according to the manufacturer's instructions.

Once the preparation is thick and creamy, pour it into a storage container and press a sheet of wax paper directly against the surface of the ice cream and cover with plastic wrap. Freeze until firm, at least 4 hours. Transfer to the refrigerator for about 10 to 20 minutes before serving.

CHOCOLATE GANACHE

8 oz (250 g) bittersweet or semisweet chocolate, finely chopped
 ¾ cup (175 ml) whipping cream
 2 tbsp (30 ml) unsalted butter

In a medium saucepan, combine whipping cream and butter and cook over medium-low heat until the butter has melted and the cream is hot. Pour over the chocolate and set aside for a few minutes. Stir until chocolate is completely melted and the ganache is smooth and thick. Let cool a little; the best temperature is 95 F to 110 F (35 C to 45 C). If the ganache cools too much, set over a pan of hot water and stir until it reaches the right temperature. Any leftover ganache will keep in the refrigerator for 1 week and can be used as a topping for ice cream.

TRUFFLES

Line 2 rimmed baking sheets with parchment paper and place in the freezer for at least 30 minutes. Test the ice cream to see if it is scoops easily. If not, refrigerate a further 10 minutes.

Take one baking sheet out of the freezer. Working quickly and using a 1½-in (3.5 cm) ice cream scoop, make balls and place them on the cookie sheet. Place in the coldest part of the freezer and freeze for 8 hours or overnight.

Prepare the Chocolate Ganache. Remove the ice cream balls and second baking sheet from the freezer. Using a toothpick or bamboo skewer, dip each ball into the ganache, turning to coat completely. Remove from the ganache, hold above the bowl to let it drip and place on the second baking sheet. Freeze until firm, about 2 hours. Take out and serve immediately, either on its own or with a fruit coulis of your choice (recipe follows).

FRUIT COULIS

1 cup (250 ml) fresh or frozen mango chunks, strawberries or raspberries

Place fruit in a blender and process until smooth. If coulis is too thick, add water as needed.

PAIRS WITH

CHALMERS 1528 CHOCOLATE TAWNY
 Australia \$21.99 31369

QUADY ESSENSIA ORANGE MUSCAT
 USA \$15.99 197707 375 ml



BRANDY SNAP AND ICE CREAM CANNOLI

Makes 24

½ cup (75 ml) golden corn syrup
 ¾ cup (150 ml) sugar
 ½ cup (125 ml) unsalted butter
 1 tbsp (15 ml) unsalted butter, for buttering molds
 ¾ cup (175 ml) all-purpose flour
 1 tsp (5 ml) ground ginger
 2 tsp (10 ml) lemon juice
 2 tsp (10 ml) brandy

Position the oven rack in middle of the oven and preheat to 325 F (160 C). Line 1 or 2 baking sheets with a silicone mat or parchment paper. Butter the outside of 4 cannoli molds. You can also use the back of small bowls to create baskets or muffin tins.

In a heavy saucepan, combine the syrup, sugar and butter and cook over medium heat until the butter has melted and the sugar is completely dissolved. Remove from heat, let cool slightly and add the remaining ingredients, stirring until well blended.

Drop scant tablespoons (15 ml) on the prepared baking sheet, leaving at least 2-in (5 cm) between each. Bake until the mixture has spread out to a very thin, golden disc, about 10 minutes. Remove from the oven and let cool for 30 seconds, or until firm enough to handle (they will still be very hot!). Using a palette knife, remove the brandy snap and wrap around a cannoli mold. Do not make more cannolis than you have molds as once they are cool, they cannot be molded. Set on a cooling rack and, when completely cooled, remove from mold. Fill with your favourite ice cream, using a small teaspoon or a 1-in (2.5 cm) ice cream scoop, and leave in the freezer until ready to serve.

PAIRS WITH

KITTLING RIDGE ICEWINE & BRANDY
 Canada \$19.99 558999 375ml

MCGUINNESS ORANGE AND BRANDY LIQUEUR
 Canada \$24.99 53611



SPICED CHOCOLATE SWIRL PANCAKES WITH BRANDIED CHERRIES

Serves 4

PANCAKES

3 tbsp (45 ml) unsalted butter, melted, plus extra
 ¾ cup (175 ml) dark chocolate, chopped
 ½ tsp (2 ml) ground cinnamon
 ¼ tsp (1 ml) ground nutmeg
 1½ cups (375 ml) all-purpose flour
 1 tbsp (15 ml) granulated sugar
 1 tsp (5 ml) salt
 1 tbsp (15 ml) baking powder
 1 large egg
 ¼ cups (300 ml) milk

Preheat oven to 200 F (93 C). Prepare a double boiler by placing a heatproof bowl over a saucepan of simmering water, making sure water does not touch bottom of bowl. In top of double boiler, melt together 1 tbsp (15 ml) butter, chocolate, cinnamon and nutmeg, stirring constantly. Remove bowl from saucepan and set aside.

In a large bowl, whisk together flour, sugar, salt and baking powder. In another bowl, whisk together egg, milk and 2 tbsp (30 ml) melted butter. Make a well in flour mixture and add egg mixture. Stir from centre, slowly incorporating flour mixture. Remove ½ cup (125 ml) batter and stir in melted chocolate. Place in a squeeze bottle or zip-top plastic bag with one of the corners cut off.

Preheat a griddle or large frying pan over medium heat until hot. Melt a knob of butter in pan and pour a scant ¼ cup (50 ml) of batter onto griddle for each pancake. Cook 30 seconds then add a swirl of chocolate batter. Continue until bubbles start to appear, then flip and continue cooking for 2 minutes. Transfer to a baking sheet and keep warm in preheated oven. Continue cooking pancakes, using more butter as needed.

When ready to serve, divide pancakes among serving plates and serve Brandy Cherry Compote (recipe follows) alongside for guests to help themselves.

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BRANDY CHERRY COMPOTE

- 2 cups (500 ml) sweet cherries, pitted and halved
- ¼ cup (50 ml) granulated sugar
- 3 tbsp (45 ml) brandy (or orange juice for a non-alcohol version)
- ½ vanilla bean, split lengthwise
- 6 tbsp (90 ml) water
- 2 tsp (10 ml) cornstarch

In a medium saucepan, stir together cherries, sugar, brandy, vanilla bean and 5 tbsp (75 ml) water. Stirring constantly, bring to a boil over high heat. Strain into a bowl, reserving cherries. Return juices from bowl and vanilla bean to same saucepan and warm over medium heat. In a small bowl, whisk together remaining 1 tbsp (15 ml) water with cornstarch. Whisk into juices and cook until lightly thickened. Stir in reserved cherries and transfer cherry compote to a heatproof bowl. Allow to cool and remove vanilla bean before serving. Compote can be made two days ahead and stored in an airtight container in the refrigerator. Warm slightly before serving.

PAIRS WITH
QUAILS' GATE VINTAGE MARECHAL FOCH
 BC VQA \$22.99 638148

FRESITA SPARKLING WINE
 Chile \$15.99 299404



ZUCCHINI PANCAKE BITES

Serves 8 as an hors d'oeuvre

ZUCCHINI PANCAKES

- 1 lb (500 g) zucchini (about 6 medium)
- 1 tsp (5 ml) salt
- ½ cup (125 ml) all-purpose flour
- 3 green onions, finely sliced
- ¼ cup (50 ml) parsley, chopped
- ½ tsp (2 ml) chili powder
- ¼ tsp (1 ml) freshly ground black pepper
- 2 large egg whites
- vegetable oil, for frying
- smoked salmon, cooked shrimp or crab meat, for garnish

Trim zucchini and coarsely grate into a large colander set in sink. Stir in salt and let drain at room temperature for 30 minutes. Wrap zucchini in a kitchen towel and twist towel to wring out as much liquid as possible. Place zucchini in a large bowl and stir in flour, green onions, parsley, chili powder and pepper.

Using an electric mixer, whisk egg whites in a bowl until they just hold stiff peaks. Gently fold into zucchini mixture.

In a large frying pan, heat a thin layer of oil over medium-high heat. Working in batches, spoon about 2 tbsp (30 ml) batter into pan for each pancake, flattening slightly with back of a spoon. Cook, turning once, until golden brown, about 3 to 4 minutes total. Transfer as cooked to a paper towel-lined plate to drain. Pancakes can be prepared 2 hours before serving and then warmed slightly in a 325 F (170 C) oven before finishing.

When ready to serve, place zucchini pancakes, side by side, on a serving tray. Top with smoked salmon (or topping of your choice) and a small dollop of Herb Cream (recipe follows). Allow guests to serve themselves.

HERB CREAM

- 1 cup (250 ml) sour cream
- ¼ cup (50 ml) fresh basil, chopped
- 2 tbsp (30 ml) fresh chives, chopped
- 2 tbsp (30 ml) fresh mint, chopped
- ½ tsp (2 ml) salt

Blend all ingredients in a blender or food processor until smooth and pale green. Transfer to a bowl and refrigerate until ready to use. Herb Cream can be made up to 1 day in advance.

PAIRS WITH
VOGA SPARKLING PINOT GRIGIO
 Italy \$20.99 470351

KIM CRAWFORD MARLBOROUGH PINOT GRIS
 New Zealand \$17.99 150144



BUCKWHEAT BACON PANCAKES

Serves 4

- 6 strips of bacon
- 1 cup (250 ml) buckwheat flour
- 1 cup (250 ml) all-purpose flour
- 2 tsp (10 ml) light brown sugar
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) baking soda
- ½ tsp (2 ml) salt
- 2 large eggs
- 2½ cups (625 ml) buttermilk
- 2 tbsp (30 ml) butter, melted, plus extra
- Orange Butter (recipe follows)
- maple syrup, to garnish

Preheat oven to 200 F (93 C). Place bacon in a cold frying pan. Place pan over medium-high heat and cook bacon until just crispy, about 8 minutes. Transfer

to a paper towel-lined plate to cool. Coarsely chop and set aside.

In large bowl, whisk together flours, sugar, baking powder, baking soda and salt. In another bowl, whisk together eggs, buttermilk and melted butter. Make a well in the flour mixture and pour in the egg mixture and half the bacon. Stir just until blended.

Preheat a large frying pan over medium heat. Melt a knob of butter in pan and pour a scant ¼ cup (50 ml) of batter onto griddle. Cook until bubbles start to appear then flip and continue cooking for another 2 minutes. Transfer to a baking sheet and keep warm in preheated oven. Continue cooking pancakes, using more butter as needed.

When ready to serve, remove OrangeButter from refrigerator and cut into ¼-in (0.5 cm) coins. Divide pancakes among serving plates and top with a coin of Orange Butter. Garnish with remaining bacon and a drizzle of maple syrup, if desired.

ORANGE BUTTER

- Makes ½ cup (125 ml)
- ½ cup (125 ml) unsalted butter, at room temperature
- 2 tsp (10 ml) finely grated orange zest

Stir together butter and orange zest until well blended. Transfer butter mixture to a sheet of parchment paper, wax paper or plastic wrap. Roll into a long cylinder, twisting the ends to close. Chill in refrigerator until solid. Butter will keep for 2 weeks in refrigerator or 3 months in freezer.

PAIRS WITH
CHAMDEVILLE BLANC DE BLANCS BRUT
 France \$13.99 187740

BANROCK STATION SPARKLING SHIRAZ
 Australia \$14.99 575902



PEACH DUTCH BABY PANCAKE

Serves 4

- 5 tbsp (75 ml) unsalted butter, divided
- 4 large eggs
- ½ cup (125 ml) all-purpose flour
- ½ cup (125 ml) whole milk
- pinch salt
- 2 tbsp (30 ml) light brown sugar
- 2 peaches, pitted and sliced into 8 wedges
- ¼ tsp (1 ml) ground cardamom
- icing sugar, for garnish
- whipped cream or ice cream, for garnish, if desired

Preheat oven to 425 F (220 C). Melt 2 tbsp (30 ml) butter in a 10-in (25 cm) cast iron pan over medium heat. In a blender, mix together eggs, flour, milk and salt. Swirl butter around warmed pan and pour batter into pan. Transfer pan to oven and bake until puffed and golden, about 20 to 25 minutes.

Meanwhile, in a large frying pan, stir together remaining 3 tbsp (45 ml) butter

and sugar over medium-high heat. When sugar has melted, add peaches and sauté until warm but not falling apart. Stir in cardamom, cooking another 30 seconds before transferring peaches to a heatproof serving bowl.

Transfer pancake to a plate or cutting board, cut into quarters and divide among serving plates. Garnish with a sprinkle of icing sugar and serve sautéed peaches alongside so guests can help themselves. Serve with whipped cream or ice cream, if desired.

PAIRS WITH
DR MAGILLICUDDY'S PEACH SCHNAPPS
 Canada \$19.99 313049

MOSELLAND PIESPORTER MICHELSBURG RIESLING
 Germany \$13.99 288670

COVER COCKTAIL



COLD TEA

- 1½ oz (45 ml) Bombay Sapphire gin
- ¾ oz (22 ml) lemon juice
- 1 oz (30 ml) salted honey syrup*
- 4 oz (120 ml) TWG Lemon Bush Tea, chilled**
- 2 dashes orange extract
- lemon wheels, for garnish

Build all ingredients over ice in a tall Collins glass. Gently stir to combine. Garnish with two thinly sliced lemon wheels on the inside of the glass, well into the body of the cocktail.

* See page 73 for Salted Honey Syrup recipe and more great cocktails.

** Allow the tea to steep for 4 minutes only then chill before use.



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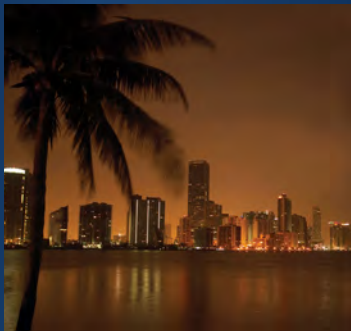
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