

FOOD/DRINK/MORE

TASTE

BC LIQUORSTORES

SIZZLING SUMMER ISSUE

SPICY SALSA AND MORE
new-style Mexican cuisine p 82

SUMMER WHITEOUT
refreshing white wines p 16

**COME TO THE GARDEN
PARTY**
alfresco event of the year p 34

**THE SPIRITED SOUTHERN
HEMISPHERE**
discover Cachaça and Pisco p 20



COMPLIMENTARY

OVER 30 NEW RECIPES INSIDE

SHATTER EXPECTATIONS.



TASTE

BC LIQUORSTORES



6



103

- 5 TRY SOMETHING NEW
- 6 ROSÉ EXPOSÉ
get in the pink
- 10 SENSATIONAL SALADS
green with a difference
- 16 SUMMER WHITEOUT
refreshing white wines
- 20 **THE SPIRITED SOUTHERN HEMISPHERE**
discover Cachaça and Pisco
- 25 HOT
summer sizzlers
- 26 GRILLING TIPS
from Morton's Steak House
- 30 ARGENTINA
altitude and attitude

- 34 **SUMMER GARDEN PARTY**
outdoor entertaining with flair
- 42 SUMMER COCKTAILS
cool drinks for hot days
- 44 VERY BERRY DESSERTS
the perfect Pavlova and more
- 47 CONSULTANT'S CHOICE
our experts share their favourites
- 48 BRITISH COLUMBIA'S BEST PLACES
some of our province's best
- 56 SUMMER SPARKLERS
varying degrees of bubble
- 60 **1,2,3,4 TEQUILA**
way beyond shooters
- 65 FLAVOURS
mouthwateringly delicious

- 66 **THE LATIN FLAVOURS OF COBRE**
- 74 PLANNING THE PERFECT PICNIC
with everything under the sun
- 80 BEST BUYS
where taste meets value
- 82 SPICY SALSA AND MORE
new Mexican food
- 91 ALE, LAGER, STOUT AND WEISSBIER
there's a food to match!
- 96 A BEER LOVER'S MEAL
- 98 SAY HI TO RYE
why you should be drinking Canadian whisky
- 102 WHISKY COCKTAILS
from Cincin

- 105 **SUMMER SEAFOOD**
swimmingly good
- 113 OUR FEATURED RECIPES
- 128 WHAT'S GOING ON
- 130 BC LIQUOR STORES SPECIAL EVENTS



34



COVER



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FOOD DRINK MORE

TASTE

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BC LIQUORSTORES

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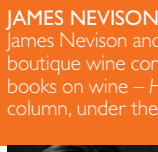
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TRY SOMETHING NEW



SAGATIBA PURA CACHAÇA

Brazil **\$39.99** 800144

The name means “infinite saga,” which is the never-ending search for purity, quality and flavour. Say hello to the newest versatile spirit of Brazil! Sagatiba can be used as the main ingredient in all kinds of cocktails or simply enjoyed on its own with a twist of lime. Summer just got way more fun!



MAGELLAN IRIS-FLAVOURED GIN

France **\$49.99** 523951

This remarkable, blue-tinted, flavourful spirit is triple-distilled with 11 botanical ingredients and infused with Iris petals. The engaging bouquet, laced with the aromas of citrus and spice, leads into tantalizing flavours that last long into the cool, crisp finish.



SMIRNOFF GRAND COSMOPOLITAN

USA **\$17.95** 334326

A delicious blend of crisp, clean vodka with the distinctive taste of Grand Marnier orange liqueur and fine cranberry juice. Premium ingredients for those who want to bring home the top-shelf Cosmopolitan experience for all their party occasions. Serve chilled over ice.

“It fills one’s mouth with a gushing freshness, then goes down cool and feverless. You do not feel it quarrelling with your liver; no, it is rather a peacemaker, and it lies as quiet as it did in the grape. Then it is as fragrant as the queen bee, and the more ethereal part of it mounts into the brain.” English poet John Keats’ words about wine could easily be an ode to rosé.

Rosés deserve more respect. Various called rosé or vin gris in France, rosado or clarete in Spain, rosato or chiaretto in Italy, pink wines – fetchingly hued from pale coral to light red – have been like the Rodney Dangerfield of the wine world. According to figures from a 2007 study commissioned by Vinexpo, a leading international wine and spirit trade exhibition, only a minuscule 3.6 percent of all the wines consumed globally between 2001 and 2005 were pink. By contrast, red wines claimed 53 percent of the turf. Barring some regional exceptions such as in France, it’s fair to say serious wine drinkers around the world have not been taking rosés seriously at all.

Five years ago, Jancis Robinson, while presaging the rise of a pink tide in the wine world, nevertheless tapped her finger right on the colour card. With tongue planted firmly in cheek, she wrote, “You may dismiss pink wine as an aberration, a wine too wimpish to be red, with too much to blush about to be virginal white and too incontrovertibly pink to be sold as ‘white’ Zin, for example...” Like the class clown with an identity crisis, pink wines seem to suffer from a lack of conviction. Even the different processes used to make rosés can appear somewhat androgynous in nature.

Most commonly, rosés are made from dark-skinned grapes where juice and skins are allowed to macerate together for a short time after crushing to extract the desired colour and flavour. The juice is then pressed out and fermentation proceeds as with the making of white wines. The resulting wine is tinted

pink with the skin pigment, or anthocyanins. Another method, called *saignée* in French and popular in the Provence region, entails draining or “bleeding” off a certain amount of free-run juice from crushed red or black grapes during initial fermentation. This process is used both to produce rosés and sometimes to help yield a more concentrated red wine. In yet another way, as they quite often do in Champagne, some rosés are made by simply blending red and white wines together.

Well, it’s not hard to fathom how this bit of fence-sitting, while actually more onerous for winemakers, might lead the uninitiated to wonder if pink wines are not just inferior spin-offs, or worse, salvaged mishaps from a poor vintage or dodgy winemaking. The unfortunate flood of cash-flow inspired, sappy, “blush,” “lolly-water” confections since the ‘80s – with Californian white Zinfandels leading the charge – hasn’t exactly belted R.E.S.P.E.C.T. for rosés either. As a result, rosés have been languishing in limbo serving only as doormats to the hallowed cellars of the good stuff or dismissed as summer quaffers left to defend their honour against whatever the backyard barbecue pyros decide to slap on their grills.

But all this is about to change. Rosés are on the rise, interestingly, for the same reasons they’ve been disparaged. In the U.K. it’s been

reported that the twenty-something pod, especially women, have tired of alco-pops and beer and are now tipping back rosé, boosting demand by 30 to 40 percent. In Canada, the U.S. and Australia, wineries are upping production of drier rosés as they perceive a similar trend, hoping to recruit and retain more converts to wine. According to the same Vinexpo study cited earlier, world rosé consumption volume is poised to almost double between 2005 to 2010, to 6.7 percent. Pundits everywhere are taking note. The buzz on going pink is getting louder. In fact, the renaissance has now become an organized movement. The Rosé Avengers and Producers, proclaiming on their website, www.rapwine.com, to be “an international group of winemakers and wine drinkers dedicated to righting the wrongs done to dry rosé,” boasts a pretty impressive roster of members from the Loire to the Okanagan.

Rosé, it seems, is the new Riesling. “Maybe that’s because most dry rosés pair well with everything from seafood to steaks, spicy flavours, salads and even barbecues.” proposes the Avengers. I couldn’t agree more. A dry rosé can often be complex, with subtle red wine-like flavours, yet is more refreshing because it shows brighter acidity and is not as heady with alcohol and tannins as most reds. As such, rosé, expressive in myriad styles, is a wine for all seasons and all occasions.

The time for this underdog wine has come.

by Stephen Wong

ROSÉ EXPOSÉ



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and deep intensity to your Margarita.

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DRINK PINK THIS SUMMER!



JADOT ROSÉ DE MARSANNAY

France **\$23.99** 158303
This salmon-coloured pink Burgundy made from Pinot Noir grapes is quite lively with berry fruit, round on the palate and savoury with herbs and spice. Try it with a classic bouillabaisse.

With all due respect to mimosas, I'd much rather sip on a flute of rosé bubbly while jump-starting my Sundays with Eggs Benny. For a mid-afternoon diversion, a round of antipasti, some cheese and a glass or two of Rosato from Piedmont is a great way to get acquainted with that new friend you met on Facebook last week. Caught a boiled Dungeness crab at the market? Whip up some aioli and pour yourself a glass of homegrown pink wine from BC and settle in for a quiet night in front of the TV. When it comes to a please-everyone wine for holiday family get-togethers, few wines can rise to the challenge of comple-

menting turkey with stuffing or a honey-basted baked ham better than a rosé. This holds especially true if the roasts are accompanied by traditional side dishes like candied yams, creamed spinach or that odd jellied carrot salad. Going out for Chinese tonight? What do you drink with Peking Duck, spicy green beans and sautéed prawns with cashews? Pink! I say. And of course, a Rosado will live up to its reputation of being a barbecue wine when a leg of lamb is sizzling on the grill on the patio on a summer's eve. The time for this underdog wine has come. Drink pink this summer, but don't forget to put away a few bottles for Christmas.



MARQUÉS DE CÁCERES RIOJA ROSADO

Spain **\$15.99** 361188
This Tempranillo/Garnacha blend is floral, lively and fresh with strawberry and red currant notes. A lovely summer sipper, or enjoy with grilled veggies, calamari and prawns, a chunk of manchego and a rustic loaf.



VEUVE DU VERNAY BRUT ROSÉ

France **\$14.99** 610048
A value sparkler for your next brunch block party. Cranberry, currants and zesty citrus with light, toasty notes. Croque Monsieur (grilled ham and cheese) for everyone!



LANSON ROSE LABEL CHAMPAGNE

France **\$69.99** 172130
Pale salmon in colour with a fine persistent mousse. Crisp and silky with caramel, toast, berry and baked pear flavours and a dry, green apple and lightly mineral finish. Serve with baked salmon or turkey.



NICOLAS FEUILLATTE BRUT ROSÉ CHAMPAGNE

France **\$63.99** 80184
A class act that's floral and inviting, with a rich and complex palate of pear, apple, red fruits and toasted nuts. Special enough for a celebratory toast with a foie gras mousse with apple jelly.



CODORNIU PINOT NOIR BRUT

Spain **\$19.99** 104034
A good everyday bottle with just about everything you'd want in an accessible pink bubbly. Lots of red berry fruit flavour, toasty and crisp with just enough of a touch of sweetness to make that Thai-spiced-rubbed chicken sing.



FREIXENET BRUT DE NOIRS

Spain **\$14.99** 352369
A Cava made from Garnacha and Monastrell that's fun to drink and a very good value. Its forward raspberry peach flavours are sure to quench your thirst after basking in the sun on your patio.



MIONETTO SERGIO ROSÉ

Italy **\$26.99** 98038
Another winner from this Prosecco house. Raspberry pink fizz with cranberry and cherry fruit and a soft peach-stone mineral nuance. Lobster salad under a shade tree? Yum!



SUMAC RIDGE PRIVATE RESERVE ROSÉ

BC VQA **\$14.00** 273334
A blend of Gamay Noir and Ehrenfelser with strawberry, cherry and currant notes and a dry, mildly tannic finish. Chinese-style crispy-skinned roast pork with asparagus and polenta comes to mind.

SENSATIONAL SALADS

CURRIED COLESLAW WITH
GOLDEN RAISINS AND
APPLES



ASIAN CABBAGE
AND NOODLE
SALAD



SANTA MARGHERITA
PINOT GRIGIO VAL
D'ADIGE
Italy **\$19.99** 106450
A clean, dry white wine
with pleasant golden
apple notes, this Pinot
Grigio has great character
and versatility. A perfect
accompaniment to salads,
seafood and shellfish that
will not disappoint.



DUBOEUF BEAUJOLAIS
France **\$14.49** 212480
This vibrant, lively wine is
fresh, fruit driven and floral.
Medium-bodied with loads
of red cherry, it's vivacious,
easy to drink and extremely
versatile. 86 points *Robert
Parker*



PÈPPOLI CHIANTI
CLASSICO
Italy **\$27.99** 606541
Red cherries, plums
and wonderful ripe, red
fruit aromas make this a
fabulous-tasting, medium-
bodied wine. The silky
finish will leave you wanting
more. 90 points *Wine
Spectator*



CONO SUR PINOT NOIR
Chile **\$10.49** 341602
This is a voluptuous Pinot
Noir with rich fruit notes
of cherry, raspberry, plum
and strawberry...a red fruit
party! Beautifully balanced
with fine tannins, it's
perfect for your summer
salads, grilled meats and
appetizers.



relax
responsibly



NOW IN CANS!

Sensational Salads

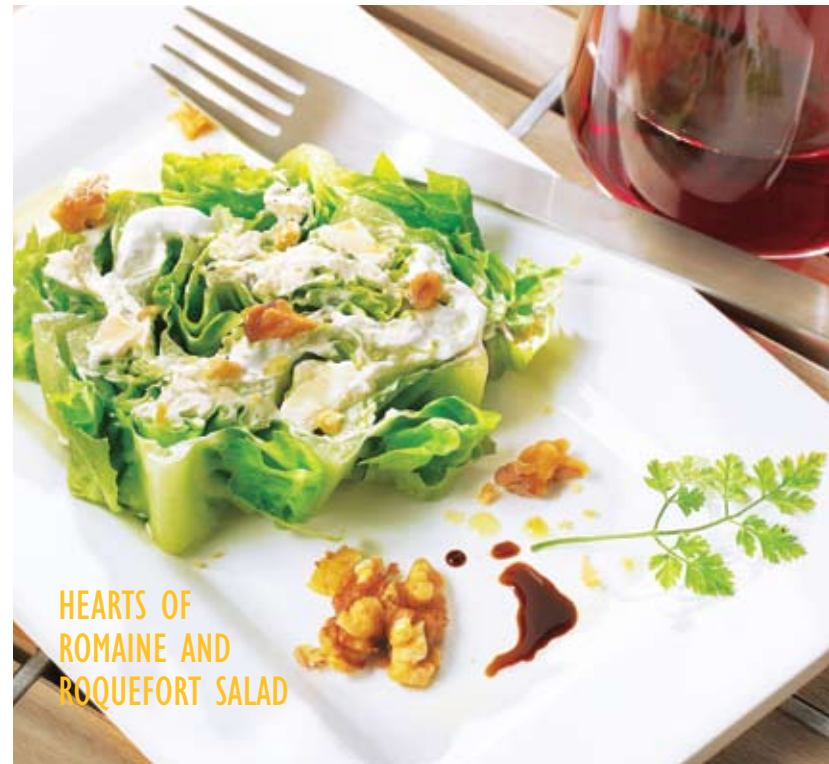
FOR RECIPES, PLEASE SEE PAGE 114



 
GLORIA FERRER
SONOMA BRUT
USA \$29.99 192898
 Luscious aromas of ripe apple, caramel and spice lead into the slightly sweet taste of cherry, pear and cinnamon toast flavours. It's a wonderful summertime sparkler for your salads at an outstanding value. 87 points *Wine Spectator*



 
CHÂTEAU STE.
MICHELLE RIESLING
USA \$15.99 232512
 What a Riesling! What a price! Here is a vibrant and delicately sweet little white wine with characters of juicy peach, apricot and grapefruit and subtle hints of mineral. Pairs wonderfully with fresh fruit, crab and salads.



**HEARTS OF
 ROMAINE AND
 ROQUEFORT SALAD**



LEMONY TABBULEH SALAD



 
MICHELBERG
MOSELLAND RIESLING
KABINETT PIESPORTER
Germany \$13.99 288670
 A refreshing off-dry white wine with a wonderfully balanced sweetness and clean acidity that is delightful as an aperitif or as a spicy food accompaniment.



 
PFÄFFENHEIM
GEWÜRZTRAMINER
France \$18.99 612119
 With a beautiful bright, clear gold colour, this wine has fruity aromas and tons of allure! It's well-balanced with a long finish that has a slightly spicy character. Excellent with the tabbouleh salad.

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PROSPECT WINERY STRIKES GOLD

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2007 CANADIAN WINE AWARDS

BEST PINOT GRIGIO
2007 OKANAGAN PEOPLE'S CHOICE AWARDS

TOP 25 WINES OF SHOW
2007 WHISTLER CORNUCOPIA

UNOAKED CHARDONNAY OF THE YEAR
2007 CANADIAN WINE AWARDS

VIDAL ICEWINE OF SHOW
2008 OKANAGAN WINE FESTIVAL

BLUE-GOLD AWARD
ICEWINE, 2008 SYDNEY INTERNATIONAL WINE COMPETITION



www.prospectwinery.com



**TOMATO
BOCCONCINI**



ANAKENA SINGLE VINEYARD VIOGNIER
Chile **\$15.95** 329755

A gorgeous wine from Chile that's full of apricot, spice and a hint of mint. It's versatile and elegant with a smooth, silky, mouth-coating finish. Great value from a great producer.



FALESCO UMBRIA SANGIOVESE IGT
Italy **\$18.95** 833152

Beautiful aromas of crushed blackberry and flowers follow through to a full-bodied palate with a lingering finish of vanilla and berry. This great value wine pairs well with anything tomato. 90 points *Wine Spectator*

SUMMER WHITEOUT

Summer whites should be all about light, fresh and crisp – but they needn't be boring! While red wines get all the glamour – those big fancy glasses help – when the mercury starts nudging 30°C, we look for sippers and food-friendly drops to cool and soothe. White is just right. And the fun part? When it comes to the variety of styles the choice is endless!

Ultimately though, it's all about acidity. The last thing you want to do when you're wilting is grab a glass of flabby white that's equally as tired. Then again, too much acidity and you might just as well be sucking on the proverbial lemon. Good summer tastes have it all: an easy drinking balance of fruit and enough acidity to keep things interesting and also food friendly. It's a tough call, but our line up of warm-weather whites is more than up to the task: a round-the-world take on tastes that slake your thirst – the perfect summer whiteout!

The Italians know a thing or two about how to handle warm weather. And they also know how to relax in style. From the cooler northeast, **Masi Agricola Masiatico** is a pleasantly fruity Pinot Grigio and Verduzzo blend that's a step ahead of the usual uncomplicated sippers and also has the goods to stand up to food. Grab a bunch of spot



prawns fresh off the boat and a squeeze of lemon for the perfect patio supper.

It's no surprise that Pinot Grigio and Verdicchio have a deserving place on our no longer parched summer deck. Pinot Grigio – unoaked and often lower in alcohol – is an obvious choice. But, less well-known Verdicchio is also a sunny fave. **Fazi Battaglia di Jesi Verdecchio** is probably known more

for its curvaceous green bottle than for the wine inside, which is 100 percent Verdicchio and a good, well-balanced example of how a wine can be fruity with decent acidity at the same time. Look for a little bit of spritz and a tangy, refreshing end. Under screw cap and also available in half bottles.

Head south to sunny Sicily and you'll find they like to drink plenty of Grillo, the

WHEN THE MERCURY STARTS NUDGING 30°C, WE LOOK FOR SIPPERS AND FOOD-FRIENDLY DROPS TO COOL AND SOOTHE.

local, most widely grown grape that just happens to go very well with simply prepared fresh seafood. **Mezzacorona Feudo Arancio Grillo** is more full bodied, with ripe citrus, mineral and honey hints. Great with sardines or, if you prefer, try a bowl of steamed fresh clams.

Nothing says summer like a glass of Riesling, which is also a natural partner for no end of good summer dishes, from more creative salads to grilled chicken or pork, or spicier Asian plates. Looking for something a little more off-dry but still stylish with a good burst of juicy acidity? Check out crisp and apple-toned **Moselland Ars Vitis Riesling QbA** – an uncomplicated but worthy drop that also makes for a perfect host's gift, wrapped in a stylish 'window' bottle.

On the other hand, if you're a die-hard Chardonnay lover, chances are even the most wilting of heat waves may not be enough to lure you from your favourite grape. No problem with that. The Aussies have been sipping their summers away with Chardonnay for years. In fact, one of the most successful (and now most widely consumed in the world) was originally developed for right here in Canada.

Lindeman's Bin 65 Chardonnay first came ashore over 20 years ago, back in the heady days of Aussie Chard, when you could

barely see the wine for the toothpicks (oak). Times have changed (thankfully) and even the most fervent of oak lovers have since cooled their ardour, but this still well-made and most consistent of Chardonnays caters to all tastes with melon, tropical and citrus tones, not a lot of oak and a creamy end. Good for sipping or matching to salads with fresh fruit slices – just hold the marshmallows and you won't go far wrong.

Lindeman's biggest selling white no longer hails from the Hunter Valley heartland where Dr. Henry Lindeman helped to pioneer the Aussie industry, but one wine that does is sibling **Rosemount Show Reserve Chardonnay**. A great example of what the Hunter can do, it sports complex layers of pear and tropical notes with keen minerality and a creamy mouth feel from French and American oak. 'Show Reserve' wines are just that: wines intended for Australia's highly competitive medal shows. Put a cloth on the picnic table and serve it with cracked crab and drawn butter.

In search of the perfect sipper, it was

Aussie winemakers who popularized blending Chardonnay with Semillon. It wasn't long before the success of 'Sem-Chard' spawned a trend copied by many wine regions, including right here in the Okanagan. **Hester Creek Chardonnay Semillon** is a versatile, crisply refreshing drop with tropical overtones – just perfect with a pasta salad or smoked salmon.

Speaking of an Aussie knack for blending, **Wirra Wirra Scrubby Rise White** is an unlikely mix of Sauvignon Blanc, Semillon and Viognier. The result is a zesty wine with just a touch of smokiness from barrel

fermentation and a juicy burst of acidity. Think cooling sips, smoked oysters or play it off white spring salmon with lemon and caper sauce.

The South Africans also know a thing or two about summer – and blending. For downright good, plain sipping at a price that won't even put a dent in your wallet, pick up a bottle of **Leopard's Leap Cape Mountain White**, a gentle, tropical, lime toned combo of Chenin Blanc, Chardonnay and Colombard that truly knows how to take the heat.

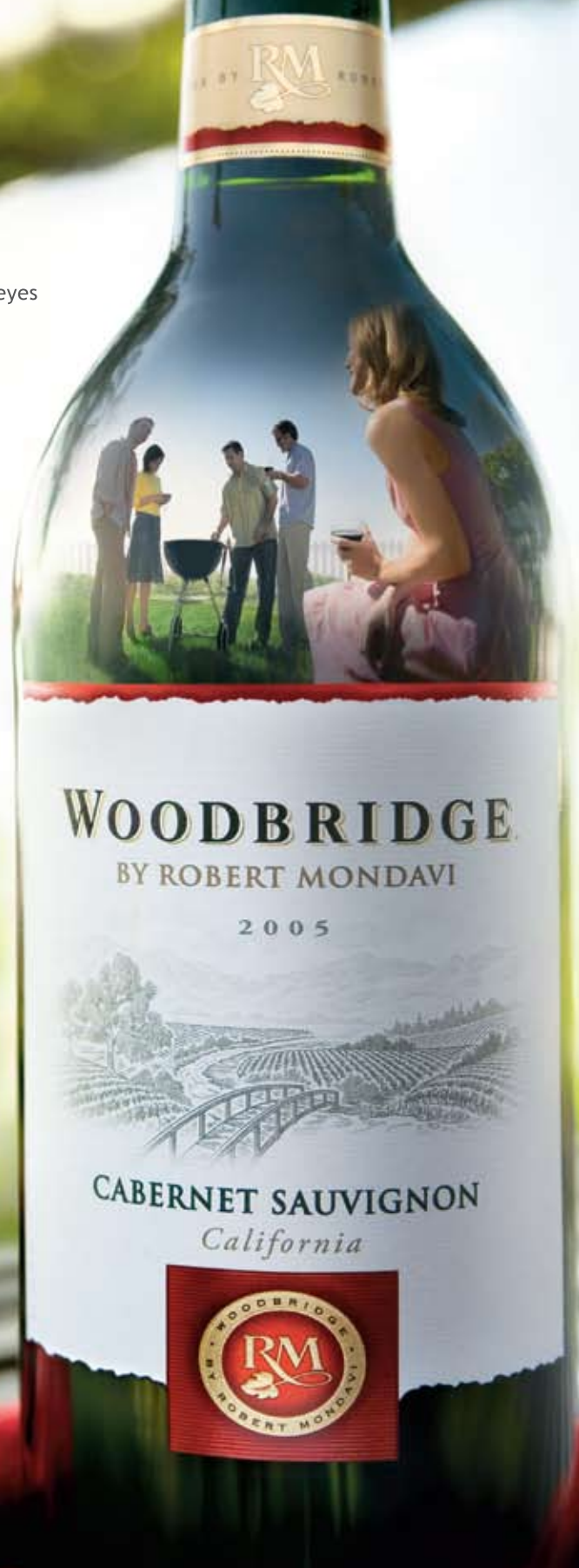
WHITE IS JUST RIGHT. AND THE FUN PART? WHEN IT COMES TO THE VARIETY OF STYLES THE CHOICE IS ENDLESS!

6 ribeyes

A bag of hickory charcoal

45 minutes until sunset

1 bottle of



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MAKE EVERY DAY A LITTLE LESS EVERYDAY

WOODBIDGE
BY ROBERT MONDAVI

TAKE THE HEAT OFF WITH THESE WARM-WEATHER WHITES



MASIANCO PINOT GRIGIO/
VERDUZZO

Italy **\$17.99** 244681

Fresh and fruity with a touch of acidity, this wine is perfect with chilled prawns and a squeeze of lemon.



FAZI BATTAGLIA VERDICCHIO
DEI CASTELLI DI JESI CLASSICO

Italy **\$14.99** 24422

This clean and refreshing wine with a touch of spritz goes great with white meats, cold cuts and appetizers.



FEUDO ARANCIO GRILLO

Italy **\$15.99** 190405

A smart Sicilian with a crisp end. Try it with sardines or shellfish and simple seafood.



MOSELLAND ARS VITIS RIESLING

Germany **\$17.99** 914762

A crowd pleasin' Riesling with plenty of character, this stylish bottle makes a perfect host's gift.



LINDEMANS BIN 65
CHARDONNAY

Australia **\$10.99** 142117

Melon, tropical and citrus notes make this a favourite for the patio party. Serve with barbecued chicken and fancy salads.



ROSEMOUNT ESTATE SHOW
RESERVE CHARDONNAY

Australia **\$26.99** 324772

A stylish Aussie Chard for a summer feast. Try it with cracked Dungeness crab or lobster and cream sauce.



HESTER CREEK CHARDONNAY
SEMILLON

BC VQA **\$15.99** 603738

This Okanagan sipper is a perfect partygoer and pairs well with pasta salad or smoked salmon.



WIRRA WIRRA SCRUBBY RISE
SAUVIGNON BLANC-SEMILLON-
VIOGNIER

Australia **\$16.99** 19372

A zingy and zesty wine with vibrant acidity to stand up to strong flavours. Think smoked oysters, or salmon with lemon and capers.



LEOPARD'S LEAP THE LOOKOUT

South Africa **\$10.99** 225672

This blend of Chenin Blanc, Chardonnay and Colombard is a patio star. It is crisp and clean with tropical tones and is a definite wallet saver.



SOUTHERN HEMISPHERE SPIRITS

EXOTIC AND ALLURING. SALUD!

Everything old is new again rings true in today's cocktail world, where classics are hot, hot, hot. Puerto Rican Piña Coladas, Latin lovelies like Cuban daiquiris and Cuba Libres, that are once more basking in the spotlight, and perennially popular Mexican margaritas, that continue to slake major thirsts year-round. Over the last couple of summers, nothing's rung more bells at bars than icy, mint-stuffed Cuban mojitos and they show no signs of slowing down. Now that summer is here, things are about to change. Get ready to chill with more heat-taming, cool Latin cocktails.

Two southern hemisphere spirits – cachaça and pisco – have blasted north via Latino cocktails – the Caipirinha and Pisco Sour, and are finding favour beyond Latin restos and bars. To say they're creating a stir is an understatement.

These new *it* spirits are standing tall on back bars everywhere. Pisco (say pees-ko) and cachaça (ka-sha-sa) are centuries-old spirits

from South America. Made from sugar cane, cachaça is Brazil's native spirit and pisco, made from brandy distilled from grapes, is drunk widely in Peru, Bolivia and, most of all, Chile where the Pisco Sour is the national drink.

Both Peru and Chile lay claim to the origins of pisco that Chileans make from Muscat, Torontel and Pedro Jiménez grapes. Wood aging gives it its pale gold colour.

GET READY TO CHILL WITH MORE HEAT-TAMING, COOL LATIN COCKTAILS.

But what does it taste like? **Pisco Capel Reservado** from Chile \$27.99 317347, an 80-proof beaut, sports a heady nose of banana, guava, papaya and sweet herbal notes. Smooth and

bright, it's been likened to ultra-mild tequila. Excellent straight up and on the rocks, it soars in cocktails, especially the Pisco Sour.

If you've spent any time in Chile, you'll know just how popular this cocktail is. Look around any bar or restaurant and you'll see a Pisco Sour in almost every hand. Ours too. After each long day of wine touring and

OTHER PISCO DRINKS TO TRY:

PISCO: straight up or on the rocks.

PISCOLA: Pisco and cola on ice.

PISCO FRUIT: four parts pisco and three parts fruit juice over ice (usually mango, passion fruit, or pineapple juice).

SERENA LIBRE: one part pisco, three parts papaya juice and powdered (berry) sugar to taste.

PISCO AND BUBBLES: an ounce of pisco in a flute, topped with sparkling wine.

tasting, wherever we found ourselves, Pisco Sours regularly trumped *cevêza*. (A traditional Pisco Sour is pisco, egg white, sugar and lemon, shaken hard.)

No one's fighting the Brazilians over cachaça, the country's national spirit, nor laying claim to its heady signature cocktail, the Caipirinha (kai-pee-REEN-ya). Distilled from fresh-pressed sugar cane juice, cachaça, called Brazil's rum, is pure, clear and smooth.

by Judith Lane



CAIPIRINHA

3 oz	(90 ml)	cachaça
1		lime, cut into wedges
2 tsp	(10 ml)	sugar
½ oz	(15 ml)	freshly squeezed lemon juice
		ice cubes

In a shaker, muddle fresh limes with sugar. Add cachaça and lemon juice and shake vigorously with ice. Strain into an ice-filled rocks glass. Garnish with two lime wheels placed between ice and the inside of the glass.

LA PLAYA

2 oz	(60 ml)	cachaça
1 oz	(30 ml)	Cointreau
1 oz	(30 ml)	pineapple syrup*
1 oz	(30 ml)	freshly squeezed lime juice
		ice cubes

Shake all ingredients vigorously in a shaker with ice. Strain into a glass. Garnish with a mint leaf and speared pineapple cubes.

* Pineapple Syrup: in a bowl, combine 2 cups (500 ml) sugar, 1 cup water and 1 cup (250 ml) pineapple cubes; stir well, cover and let sit for 24 hours; stir again, strain into a bottle and refrigerate for up to a week.



READY. SET.
LET GO.

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PLEASE ENJOY RESPONSIBLY

IT'S SAID THAT CACHAÇA DRINKERS SPORT A SPECIAL SORT OF ATTITUDE, A BRAZILIAN STATE CALLED GINGA, "A RELAXED, JOYFUL STATE OF SPIRIT," THAT'S SPONTANEOUS, CREATIVE AND PASSIONATE.

There are two on local shelves:
Cachaça 61 \$29.07 107029 and
Sagatiba Pura \$39.99 800144.

Cachaça, which dates back to the 16th century, didn't assume its national identity until the early 20th century. Today, it's the world's third most-produced distilled spirit after vodka and Korean soju.

Like brandy and pisco, most fine cachaças are aged in barrels, giving the spirit a smoother taste. It's similar to rum, but ultra-smooth with an earthier, slightly fruity taste.

It's said that cachaça drinkers sport a special sort of attitude, a Brazilian state called ginga, "a relaxed, joyful state of spirit" that's spontaneous, creative and passionate. It creates a lust for life that can easily lead to sensuous tango-ing or swivel-hipped soccer playing. If you averaged 11 litres of cachaça each year like the Brazilians, you'd be ginga too.

The traditional way to drink cachaça is to sip it straight, holding the cachaça in the mouth to enhance the aftertaste, or in a Caipirinha, the national drink, a simple muddle of cachaça, lime wedges, sugar and ice.



PISCO SOUR

3 oz	(90 ml)	Pisco
2 oz	(60 ml)	simple syrup (equal parts sugar and water, dissolved)
		or
1 tsp	(15 ml)	sugar
1 oz	(30 ml)	fresh squeezed lemon juice
2 dashes		Angostura bitters
		ice cubes
1		egg white
pinch		powdered cinnamon

Combine first 5 ingredients in a shaker and shake vigorously with ice. Strain into a glass.

Beat the egg white until stiff peaks form. Float egg white on top of cocktail and sprinkle with cinnamon. Enjoy!

TRY THESE:

PASSION FRUIT BATIDA: blend one part cachaça to ½ of passion fruit juice with sugar to taste and crushed ice. Serve in tiny glass.

COCONUT MILK BATIDA: substitute coconut milk for fruit juice.

BERRY BATIDA: 1 ½ parts cachaça, ¼ part each lemon juice and sugar syrup, 8 raspberries, 4 blackberries, 2 dashes orange bitters. Muddle berries, add rest of ingredients, shake, strain into glass. Garnish with berries.

CAJU AMIGO: Chew cashew, toss back a shot of cachaça and swallow the nut and the liquor together.



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HOT SUMMER SIZZLERS



YELLOWGLEN PINK

Australia **\$13.50** 89268

A pretty, pinkish-hued bubbly with swirls of candied strawberries, soft orchard fruit, flowers and zippy citrus. Cheeky and fun, this affordable off-dry sipper will bring a sweet smile to you and your guests!



HPNOTIQ

USA **\$48.99** 56465

An exquisite blend of premium vodka, natural tropical fruit juices and a hint of Cognac gives this frosted, blue liquor a light, refreshing taste and limitless mixability options.



OYSTER BAY SAUVIGNON BLANC

New Zealand **\$19.99** 316570

This brilliant wine is zesty and aromatic with lots of lively, penetrating fruit characters. A concentration of tropical and gooseberry flavours with an abundant bouquet, this wine is always crisp, elegant and refreshing. Perfect for summer sipping. 89 points *Wine Spectator*



GREAT GRILLING

TIPS FROM MORTON'S

ALL-DRESSED HOT
ASIAN BURGERS

LEE MILTON, EXECUTIVE CHEF AT MORTON'S THE STEAKHOUSE IN VANCOUVER AND A SOUGHT-AFTER GRILLING EXPERT, SHARES HIS GRILLING TIPS.

IT ALL BEGINS – AND ENDS – WITH THE BEEF. USDA prime, grain-fed aged beef is the best of the best. Unmatched for taste and tenderness, it features superior marbling—the fat speckled throughout the meat that gives the steak its great flavour. Marbling is a primary indicator of a steak's quality.

But since only two percent of all beef is good enough to be graded USDA prime, it's always in short supply. So if you can't find prime beef at your butcher or supermarket, the next best grade is choice. When you buy choice, be sure to look for cuts with abundant marbling.

SIZE DOES MATTER! In grilling, all steaks are not equal. Thickness is very important. Steaks at least 1 to 1½ inches thick are best for grilling. Their marbling and thickness make rib eye, New York strip, porterhouse and T-bone steaks ideal for grilling. They are all flavourful, but the steaks with a bone, such as porterhouse and T-bone, have even more flavour. The thicker cuts can sear on the outside and still not be overdone inside, while a thinner cut (anything under an inch) is likely to dry out on the grill.

BRING 'EM IN FROM OUT OF THE COLD. Steaks should be at room temperature before grilling.

CHECK THE OIL. Before you begin, lightly oil the grilling rack. It keeps the meat from sticking and tearing – and losing its natural juices.

IT'S GOT TO BE HOT! Pre-heat the grill to 600-800 degrees and keep it at that temperature for 30 to 45 minutes before putting the steaks on. It's during the first few minutes of grilling that the high temperature sears the meat, forming the coating that seals in those tasty juices

USE A SEASONED APPROACH. Add a bit of seasoning just before placing the steak on the grill. Some salt and pepper can do wonders.

GRILLING'S PRIME "MISTEAK" is overcooking. Cooking steaks on the grill too long will cause moisture to evaporate, increasing the likelihood that the meat will be tougher and less juicy.

STICK A FORK IN IT? NEVER! Always use tongs or a spatula to turn over a steak during grilling. And resist the temptation to use a fork to test the steak for doneness as it's being grilled. A fork will



GLAZED CHIPOTLE BEEF SHORT RIBS

pierce the meat and allow the juices to seep out.

MEDIUM OR RARE? A DONE DEAL. For a rare steak: Squeeze the pad at the base of your thumb. It should feel spongy and offer very little resistance. For a medium steak: Press on the middle of the palm of your outstretched hand. It should feel firm and snap back quickly. For a well-done steak: Squeeze the base off your small finger. It should feel very firm, with almost no give. However, Morton's chefs strongly advise against cooking beyond medium, noting that doing so is likely to dry out the meat and rob it of its flavour.

ONE GOOD TURN...IS ENOUGH! After you put your steak on the

grill, don't turn it over before at least five minutes of grilling on one side. Turning too soon can prevent searing from taking place. The steak should be seared on one side, then turned, seared on the other side and allowed to cook to the preferred doneness.

WON'T LET GO! If the steak sticks to the surface when you're trying to turn it over, stop trying. It's a sure sign that it needs more searing on that side. Give it more time.

KEEP YOUR LID ON! By keeping the lid closed during grilling, you increase the broiling temperature while decreasing the cooking time.



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Grilling Tips

CHOOSING THE GRILL OF YOUR DREAMS.

Here are some of Morton's tips on selecting, operating and maintaining your grill:

GAS VS. CHARCOAL

GAS GRILLS have higher fuel economy, are easy to start, have instant flames, are easier to clean (just brush the grill), there's no messy charcoal to dispose of and turning a dial will regulate and maintain a desired temperature.

CHARCOAL GRILLS impart a distinctive smoky flavour many prefer, especially when mesquite is used, and produce a higher temperature for faster searing. But, there is that used charcoal to take care of.

THE BEST OF ALL POSSIBLE GRILLS?

Some models now on the market combine gas and charcoal grills in one unit. Many are made of stainless steel, making them durable and easy to maintain.

WHAT TO LOOK FOR BEFORE YOU BUY – SO YOU WON'T GET BURNED.

Be sure the grill is sturdy and well made. Ideally it should provide areas of both direct and indirect heat. The cooking surface should be large enough to allow you to grill several portions of food at

once, so you won't have to keep too many hungry guests waiting too long.

You'll appreciate the convenience and time-saving value of side burners when you want to cook, heat or sauté side dishes. And side-cutting boards add a new ease to food preparation.



SEVEN DEADLY ZINS ZINFANDEL
USA **\$25.91** 337402

Soft, supple pepper and licorice-clove notes merge into a sinful marriage of deep, brambly blackberries and cherries. The finish is clean with hints of vanilla and cocoa. This is a wine that begs for the best you can barbecue!



ESTANCIA PASO ROBLES CABERNET SAUVIGNON

USA **\$23.99** 191791
With currant, anise and plum cherry, this wine shows an abundance of ripe, complex flavours. A beautiful long, full finish with well-balanced tannins makes it perfect for ribs, grilled red meats or hearty pastas. 88 points *Wine Spectator*



NINE STONES SHIRAZ
Australia **\$17.96** 218966

This easy-to-drink-with-anything Shiraz is smooth, bright and lively with jazzy plum and blackberry fruit and a slightly tart edge. Shaded, bittersweet chocolate and a hint of vanilla bring you to the soft finish. A definite crowd pleaser! 88 points and *Best Buy Wine Spectator*



ANGUS THE BULL CABERNET SAUVIGNON

Australia **\$18.99** 110510
Take the bull by the horns with this full-bodied, rich and savoury wine. Punchy shots of black fruits and violets with firm tannins and a bold finish make this wine a perfect pick for your gourmet burgers or spiced-up steaks.

ALTITUDE & ATTITUDE

ARGENTINE WINE REACHES NEW HEIGHTS

Many years ago, I asked one of the original flying winemakers Jacques Lurton why he was finally investing money in vineyard land in Argentina. For years, he and his brother François were happy to lease vineyards and cherry pick the best lots of juice to make wine in Argentina as well as France, Spain, Chile and Portugal. All that changed when his father André Lurton, owner of Chateau Bonnet, La Louvière, Cruzeau, Rochemorin and many more, finally visited South America.

As the story goes, as soon as the celebrated Bordeaux vintner took one look at the soil, or should I say the sandy, gravel and stones of Mendoza's Uco Valley, he told his boys to buy some land at the earliest possible opportunity.

If Mendoza isn't the perfect place to grow grape, I'm not sure what is.

Less than one percent organic matter in the soil ensures naturally low yields, while dry weather and complete control over the amount of water used in the vineyard means the production of high quality grapes is as much about attitude as it is about altitude.

While Malbec gets the glory, the structure and savoury flavours tend to permeate all red varieties. White wines have been slower to change to the fresher, less-oaked, more fruity definition, but much progress has been made with Chardonnay and Sauvignon Blanc and lately, even Viognier.

What we do know is that a lot has changed since the early days of winemaking, spearheaded by Italian and Spanish immigrants. Of particular interest are the high altitude slopes of the Andean foothills, where extreme exposure to sunlight and cool temperatures shapes the savoury, peppery aspects of Mendoza reds and the lively, bright flavours of its white wine.

For the moment, there isn't a great deal of white wine in the market, but what's here is well worth looking at. The hands-down summer bargain has to be the **Santa Julia Viognier**. This has a fresh mineral, honey, butter, citrus flavour with just a touch of creamsicle in the finish that gives it wide appeal. You can sip this solo on the patio or pair it up with a variety of spicy Thai and Indian dishes.

Having scaled many of the high altitude vineyards of Mendoza and further north in Salta, it is Argentine Chardonnay that may have the brightest future. Most tend toward a crisper, cooler fruit style exhibiting less oak, butter and the fatter aspects often encountered in so many another Chardonnays grown on warm sites. Certainly the cooler, high altitude vineyards of Mendoza and, in particular, the Uco Valley, are well-suited to its production.

The good news is Mendoza Chardonnay is extremely food friendly and, in many ways, it's becoming the New World Burgundian

model. Leaner and lively with fine acidity – a style so many producers are gravitating towards around the world.

But if the white varieties have piqued our interest in Argentina, it's the reds that are getting most of the early attention. If Argentina has any hope of elbowing its way onto the world wine stage, it has to play to its strength and that means mostly red wines and primarily those made from the Malbec grape.

The origins of Malbec lie in southwestern France, where it is grown in Cahors and Bordeaux, but those wines have little to do with what's coming out of Argentina. In short, Malbec is the warm and friendly heart of Argentine wine.

It also has the potential to become a national calling card in the same manner Shiraz is for Australia, Zinfandel for California or Pinotage for South Africa. Although it's widely planted and used in all manner of wines, Malbec reaches its zenith on the gently sloping, clay and gravel soils that are the heart of the Mendoza region.

The terroir appears to be uniquely suited to this variety, especially from key, higher sites in the Uco Valley, Lujan de Cuyo, Maipu, or the hot, (actually cool) new area down south: Neuquén. The combination of soil and altitude gives the Malbec a savoury, desert, sage-like characters much like the garrigue character found in the southern Rhône and

ARGENTINA IS YOUNG IN TERMS OF WINE STYLES BUT WELL ALONG THE QUALITY TRAIL.



sagebrush notes in the south Okanagan Valley.

Health fans will be pleased to learn that Argentine Malbec contains twice as much of the highly desirable anti-oxidant resveratrol as most other red grapes.

Labels to look for in BC include the **Jean Bousquet Malbec** out of Tupungato. The all-organic Malbec grapes are grown at 1200 metres and offer a toasty, savoury black fruit and mocha flavour.

Bargain hunters can look to Dona Paula's **Los Cardos Malbec** for another dry, smoky, supple version of this stylish grape with its peppery, cherry, tobacco, roasted mushroom flavours. Hamburgers anyone?

Collectors and serious oenophiles can look to the **Achával-Ferrer Malbec** to deliver the goods in a big-time, smoky, meaty profile in an elegant, dry, leaner style red with firm acidity. Finesse with intensity, this was made for rich meat dishes.

Not all Malbec is 100 percent varietal. The **Norton Privada Estate Reserve** is made as a Bordeaux blend Argentine-style, mixing 40/30/30 Malbec, Cabernet Sauvignon and Merlot. The origins of this bottling were small amounts that never left the property; today small quantities have been exported. It's a big red, at least in its youth, with a smoky, tarry licorice nose. The palate is smooth and round with subdued black fruit, red plum flavours and earthy, licorice notes. It has both density and style and is very food friendly.

After Malbec, Cabernet Sauvignon, Syrah and Bonarda are looking for traction in a market in love with red wine. **Colonia Las Liebres Bonarda** is made by Altos Las Hormigas and has an illustrious past thanks to Robert Parker and Steven Tanzer. In fact, it's an honest everyday red made from 30-year-old vines. Love the fresh fruit and no oak. Serve whenever the occasion calls for a fruity red.

Similarly structured and priced even more attractively is the **Finca Flichman Syrah**. This is an easy sipping everyday red you can serve liberally around the barbecue. Be sure to decant this for 30 minutes for best results.

Combining varieties such as Cabernet with Shiraz or Syrah, a particular mix made famous by the Australians, is also adding to the New Argentina's repertoire. Check out the **Nieto Senetiner Cabernet Shiraz Reserva** and its 60/40 mix of Cabernet and Shiraz. It has a very attractive spicy, vanilla nose with black cherry, cassis and smoky, tobacco/mocha flavours. The tannins are supple making this a ready-to-drink red.

We complete our tour with **Gran Lurton Cabernet Sauvignon Gran Reserva**, a 100-percent Cabernet Sauvignon that's rife with dark fruits and dried herbs on the nose. The palate is pleasingly smooth and round with more minty red fruit flavours and

NEW

Taste
Australia
from the roots up



ADD A SPLASH OF SILVER



Altitude & Attitude

an earthy, bell pepper finish. It will be a hit with certain Cabernet drinkers and is best served with steak when young.

Well there you have it, a brief introduction to Argentina. Young in terms of wine styles but well along the quality trail. The reds are

meat and chicken-friendly, the new whites are made for fresh seafood. Expect your choice to continue to grow over the next five years.



FAMILIA ZUCCARDI SANTA JULIA VIOGNIER

Argentina **\$11.01** 612317

The fresh mineral, honey, butter, citrus flavour with just a touch of creamsicle in the finish gives it wide appeal. Sip solo or pair with spicy Thai or Indian cuisine.



DOMAINE JEAN BOUSQUET ORGANIC MALBEC

Argentina **\$15.99** 807263

All the organic Malbec grapes are grown at 1,200 metres and offer toasty, savoury black fruit and mocha flavour.



DONA PAULA LOS CARDOS MALBEC

Argentina **\$15.00** 633628

A dry, smoky supple version of this stylish grape with peppery, cherry, tobacco and roasted mushroom flavours. This is a bargain.



BODEGA ACHAIVAL FERRER MALBEC

Argentina **\$24.99** 463687

An elegant, dry, leaner style red wine that has a big-time smoky, meaty profile that was just made for those rich meat dishes.



NORTON PRIVADA RED

Argentina **\$24.99** 519439

Quite a big red with smoky, tarry licorice aromas. Silky and smooth with black fruit and red plum flavours that make this wine very food friendly.



COLONIA LAS LIEBRES BONARDA

Argentina **\$12.95** 369066

An honest, unoaked, everyday red made from 30-year-old vines. Serve whenever a fruit red is called for.



FINCA FLICHTMAN SYRAH

Argentina **\$10.99** 713305

Aged with its smoky, savoury, black fruit nose, this beauty is soft with round textures and the black licorice and spicy fruit is plentiful. Always good value.



NIETO RESERVA CABERNET-SHIRAZ

Argentina **\$15.99** 367193

This 60/40 Cabernet Sauvignon/ Shiraz has an attractive spicy, vanilla nose with black cherry, cassis and smoky tobacco and mocha flavours.



GRAN LURTON CABERNET SAUVIGNON

Argentina **\$29.60** 377259

It's full of dark fruits and dried herbs on the nose with minty red fruit flavours and an earthy bell pepper finish that lasts.

SUMMER GARDEN PARTY

WELCOME YOUR GUESTS
TO THE SUMMER PARTY
OF THE YEAR

There's really nothing like a stylish summer garden party. Whether you have a special occasion to celebrate or the warm summer breezes and fragrant blooming gardens are simply inspiring you to entertain, following this plan to host the perfect alfresco feast will ensure you come out smelling like your own old-fashioned roses!

Welcome your guests to the summer party of the year; dress a beautiful table with all your finest, plan an elegant and inspired menu and set the scene in your favourite outdoor garden setting. Transform your backyard and create an oasis for your guests to relax and unwind in.

Why not send handwritten invites to a few of your favourite friends to establish the tone for this swish event? It's a personal touch that will add an element of formal elegance to your summer party. Specialty stationery shops have an endless selection of cards and while you're there, you could pick up a selection of small garden themed journals for your guests to go home with.

Decide on the focal point of your party by placing the dinner table in a perfect location befitting your soirée. Under a favourite tree, next to the rose garden or under an arbour laden with fragrant wisteria, would all make lovely venues and help establish the atmosphere.

Setting a beautiful table for a summer garden party can be as simple as combining cool whites and contrasting them with hits of bright summer

colours. Crisp white napkins atop natural hued linen placemats and miniature crystal vases of the summers' finest blooms would make the ideal backdrop to your outdoor festivities. White china table settings showcase the food beautifully and bringing out your best crystal and silverware will add to the effortless sophistication of the table. For colour, great bowls of juicy fresh berries make great edible displays.

A printed menu at each place setting is a nice touch, and using the same stationery as for the invitations ties together the sophisticated theme of your party. Include votive candles, preferably citronella, when setting up the table; this will add to the ambiance and, more importantly, will help keep those nasty mosquitoes and wasps at bay.

Setting up additional areas for drinks and mingling is a great way to encourage guests to interact and enjoy the garden from more than one idyllic spot. Keep in mind the heat of the midday sun and have an umbrella or canopy set up for guests to find a little respite in the cool shade. Planters overflowing with bright blossoms nearby seating areas add style, colour and are simple to put together with very little effort and cost.

Having a divine iced drink ready for your guests upon their arrival is a thoughtful way to begin your party. A summer punch brimming with fresh summer berries and stone fruits, or a grown-up version of lemonade infused with lemon verbena and spirits, would both make

by Lee Murphy





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great signature cocktails. Chilled French champagne (is there any other kind?) or sparkling wine would also make an excellent choice for a stylish star; add a splash of Crème de Cassis for a Kir Royale to provide a little French flair.

Set up a bar area nearby. Silver ice buckets and heavy crystal stemware add richness and style. Fresh mint and citrus are must-haves

for summer bar setups, as are those wicked flavoured vodkas with so many to choose from! Offer thirst-quenching, non-alcoholic alternatives and be sure to keep lots of ice in a nearby freezer for refilling ice buckets.

Whether you're hosting a lavish lunch or an early evening sit down dinner, the menu should showcase the best of the season's abundant produce. From fresh Fraser Valley

berries to just-picked heirloom tomatoes, line-caught salmon to juicy grilled beef tenderloin; all can be turned into a delicious, yet simple, summer buffet. Rustic breads, olives and pâtés make a lovely start to the meal and set the tone for the rest of the dishes.

Include various forms of entertainment for your guests. For a playful twist, set up a croquet course for an impromptu round.

In 1886, William Grant thought about making the 'best dram in the valley'. So he rolled up his sleeves (and the sleeves of his wife, seven sons, two daughters and a stonemason) and set to work in the Glen of Fiddich. Within the space of a single year Grant had built his thought into a distillery, and a distillery into a family philosophy. The Glenfiddich 12 Year Old Single Malt Scotch Whisky still flows four generations later, a lively balance of fresh pear with the richness of subtle oak. Thoughts don't turn into philosophies in a single day, but give yourself a year and the possibilities are endless.

A DAY IS A THOUGHT A YEAR IS A PHILOSOPHY



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Alternatively, surprise your guests and hire Latin dance instructors to entertain and teach the hot rhythms of the Salsa. For a romantic and extravagant atmosphere, consider hiring a jazz trio or violinist to play while you and your guests enjoy your fabulous meal and linger over dessert.

A well-placed garden bench is the perfect place to linger and chat. Encourage a romantic

stroll through the gardens by lining pathways with lanterns, garden torches or string fairy lights through the trees. This will ensure the party goes well beyond sunset!

Don't forget parting gifts for your guests! This is a beautiful way to finalize your party and who doesn't love a "goody bag"? Those beautiful journals you picked up, potted culinary herbs in brightly coloured tin

planters, pints of mixed varieties of heirloom tomatoes with a posy of fresh basil tucked inside, or simple hand-tied bouquets of those old fashioned roses cut from your garden. All would evoke the season, and your party, perfectly.

Summer really is the perfect time to entertain and Mother Nature helps set the scene beautifully... with a little help from you of course!



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SETTING UP ADDITIONAL AREAS FOR DRINKS AND MINGLING IS A GREAT WAY TO ENCOURAGE GUESTS TO INTERACT AND ENJOY THE GARDEN FROM MORE THAN ONE IDYLIC SPOT.



SOURCES: FURNITURE – FURNITURE DIRECT, TABLE SETTINGS – VILLEROY & BOSCH, CANDLE HOLDERS – COUNTRY FURNITURE, TABLE CENTRES – KERMODI LIVING ART

The image features two elegant, tall glasses filled with a vibrant pinkish-orange cocktail. Each glass is garnished with a large, fresh slice of grapefruit. The background is a bright, warm yellow with a subtle pattern of grapefruit slices, creating a summery and refreshing atmosphere. The lighting is soft and bright, highlighting the clarity of the drink and the texture of the fruit.

SUMMER COCKTAILS

drinks created by Colin Turner

THE PINKY

2 oz (60 ml) Grey Goose Orange Vodka
½ oz (15 ml) Giffard Pink Grapefruit Liqueur
¼ pink grapefruit, peeled

In a shaker, muddle the grapefruit into a pulp to extract the juice. Add ice, Grey Goose Orange vodka and Giffard Pink Grapefruit liqueur. Shake vigorously and strain through tea strainer into a glass. Garnish with a grapefruit wheel.



RABBIT HOLE

2 oz (60 ml)	Grey Goose Vodka
1 oz (30 ml)	Lillet
3	mint Leaves
3	basil Leaves
dash	pepper

In a shaker, combine mint, basil and a dash of pepper. Muddle all the ingredients together. Add ice, Grey Goose vodka and Lillet, and shake vigorously. Double-strain into a rocks glass filled with cubed ice. Garnish with a fresh basil leaf.

NUTRITIOUS GIN

2 oz (60 ml)	Hendrick's Gin
½ oz (15 ml)	Ginger of the Indies
2 slices	cucumber
2 slices	ginger

In a shaker, muddle cucumber and ginger together. Add ice, Hendrick's Gin and Ginger of the Indies. Stir and strain through a tea strainer into a frozen martini glass. Garnish with a large slice of cucumber.





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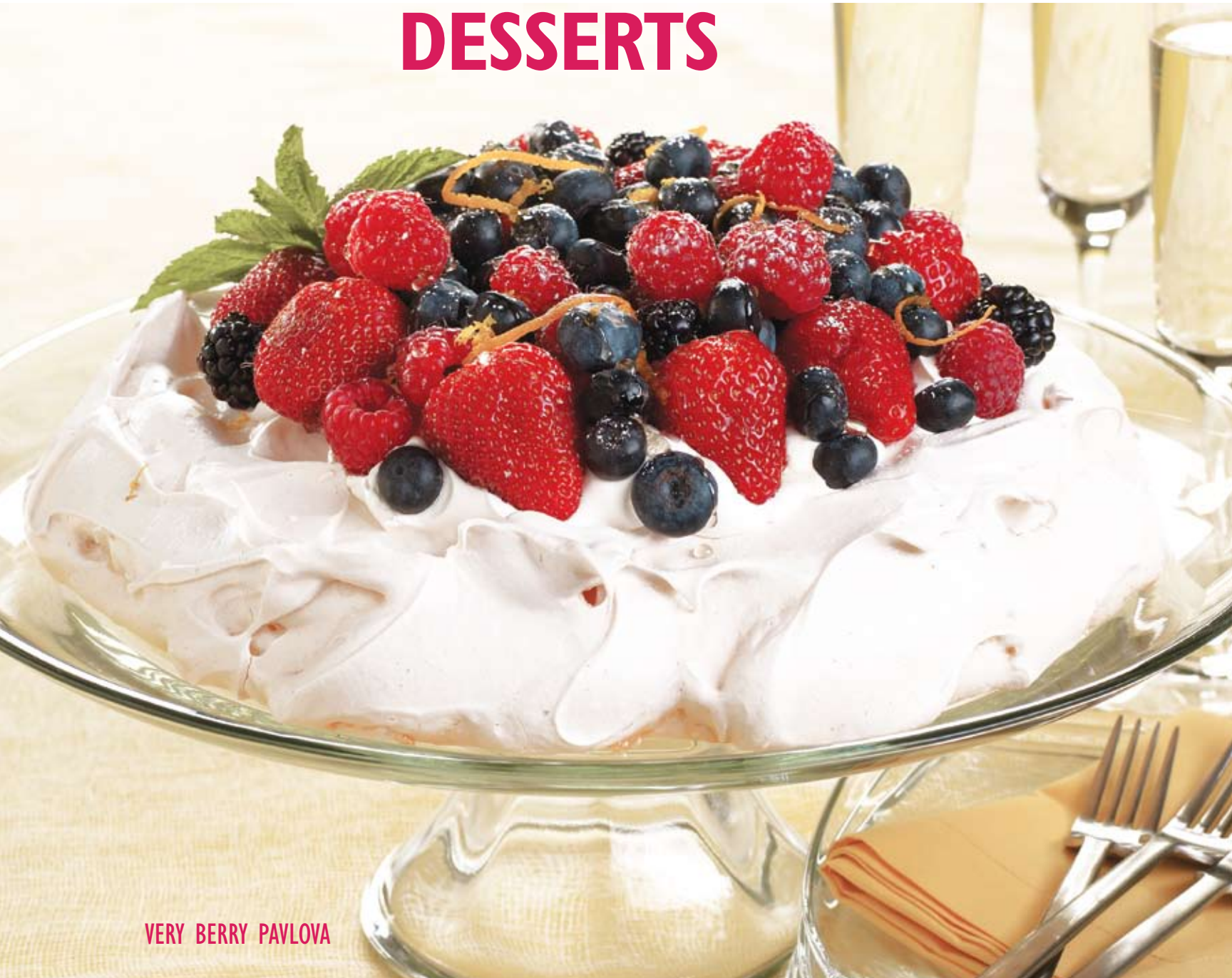


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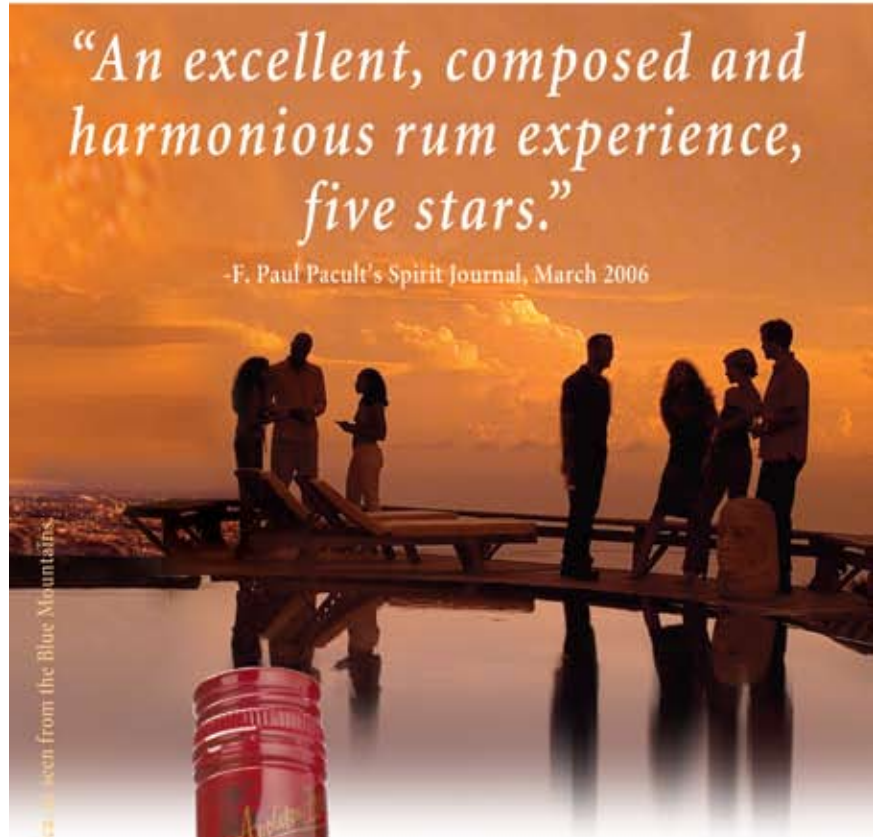
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-F. Paul Pacult's Spirit Journal, March 2006



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Katherine McEachnie

Product Consultant, Park Royal Signature Store

"I really enjoy engaging the customer in the buying process. By sharing knowledge and broadening their scope, the shopping experience becomes more stimulating."



BORSAO JOVEN CAMPO DE BORJA

Spain **\$14.99** 314617

This medium-bodied blend of Grenache, Tempranillo and Cabernet Sauvignon from old vines offers rich cherry and violet aromas and lots of red berries, spice and floral notes on the palate. Voted *Top 100 Vancouver Magazine*



CAYMUS CONUNDRUM

USA **\$29.99** 390831

The wildly fragrant, honeysuckle, jasmine and peach aromatics, lead into the intriguing medley of melon, nectarine and passion fruit flavours with juicy acidity and a long lingering finish. It is perfect for all summer fare. Salmon, barbecued chicken or any summer salad would pair well with this wine. 88 Points *Wine Spectator*



Guy Paloposki

Product Consultant, Vernon Signature Store

"My motto is: 'all wines three times.' I believe that you must try any wine on three different occasions before you can truly know if you like or dislike the wine."



DONNAFUGATA ANTHILIA

Italy **\$17.99** 213298

New to North America, these two grape varieties (Ansonica and Catarratto) produce a mouth-watering, crisp wine that is soft in mouth feel and long in length. Perfect for light fish dishes or steamed veggies.



UNDURRAGA PINOT NOIR

Chile **\$15.99** 761205

This light, southern France-style Pinot is bright red in colour and full of red berry and cherry flavours, with a tart edginess that screams for Black Forest cake.



Raquel Grafton

Product Consultant, Thurlow & Alberni Signature Store

"When I see a customer walk away with great bottle of wine and a smile, I know I've done my job."



ALTOS DE LA HOYA JUMILLA MONASTRELL

Spain **\$17.99** 396804

This deep ruby-coloured wine has ripe, powerful scents of blackberry, cassis and candied plum. It's fat and lush, with deep, sweet blackcurrant and blackberry fruit flavours and no rough edges. With a dense, fresh and long finish, this wine has the concentration and texture of a wine that far exceeds its price.



ALTOS LAS HORMIGAS MALBEC

Argentina **\$15.95** 522888

Purple in colour, it has an excellent nose of violets, spice box, blueberry and black cherry. Medium to full-bodied, it offers a creamy texture, layers of flavour, excellent balance and a long, fruit-driven finish. It is a fantastic value. 90 pts *Robert Parker*

BRITISH COLUMBIA'S BEST PLACES

FROM GLAMPING ON THE SUNSHINE COAST TO HELI-FISHING IN A CHOPPER, TO STORM-WATCHING IN TOFINO, HERE ARE SOME OF BRITISH COLUMBIA'S BEST PLACES – AND MOST PROVOCATIVE LANDSCAPES.

Photo: Tourism BC

West coast of Vancouver Island, near Tofino

HAPPY 150TH BIRTHDAY BRITISH COLUMBIA!

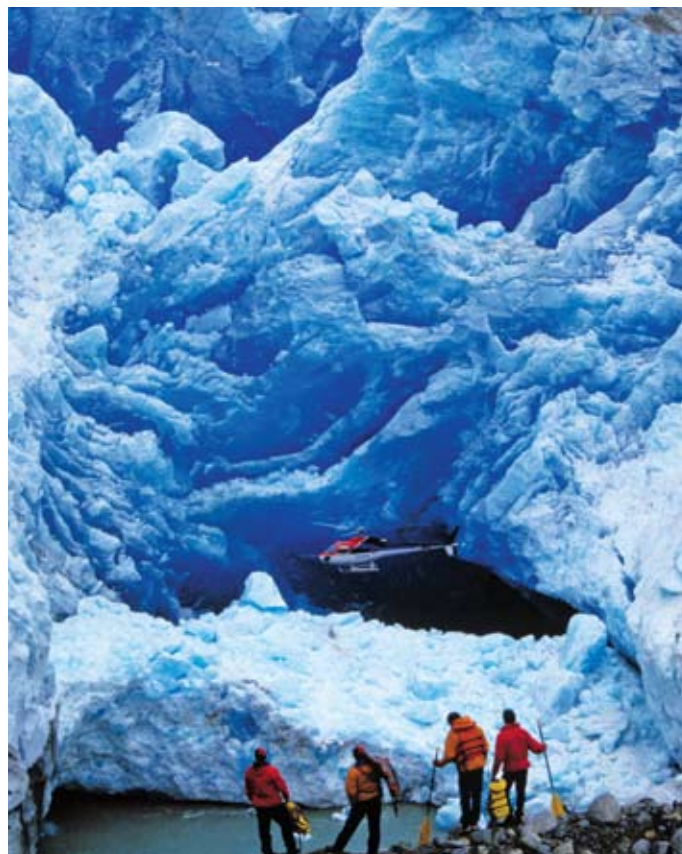
TOFINO/WICKANINNIISH INN

Winter gusts often reach up to 100 kilometres per hour on Vancouver Island's wild west coast, where the next stop in the vast Pacific Ocean is Japan. Scrubby shore pine permanently bow to the land, attesting to which way the prevailing wind blows. Behind them, old-growth cedars and firs grow hundreds of feet high, giving the shoreline a steeply rising appearance, while creating a towering wonderland beneath the forest canopy. Curiously, the ocean waves come directly from the Antarctic or, after mid-October, from Alaska. It's the long Antarctic swells – 15 seconds apart – that have made this coast famous for its thousands of shipwrecks and has turned Tofino into Canada's surfing capital.

The multi-million dollar oceanfront Wickaninnish Inn on Chesterman Beach pioneered the dramatic concept of winter storm-watching and today, the highest occupancy at the “Wick” is in January. It offers a roaring fire in the tranquil lobby when it's howling outside; a 100-seat, sea-view restaurant (The Pointe) and bar (On-the-Rocks), stretching out over the rocks so that the surf pounds all around; a full-service health spa; and 75 comfy guest rooms.

NIMMO BAY

At Nimmo Bay Resort, a luxurious hideaway clinging to the edge of the rugged forests of Mackenzie Sound on British Columbia's central coast, every day is packed with adventure. No wonder: the resort's heli-activities operate across almost 78,000 square kilometres of breath-taking terrain. Packages can include fly or spin-fishing a river so high in the mountain it's accessible only by helicopter, lunch on a glacier at 2,100 metres, beachcombing along the remote sand beaches of Vancouver Island's west coast and at day's end, a hot tub by a waterfall and a dinner flawlessly prepared by a renowned chef. Guests can't get enough of this twenty-six-year old operation, or the splendors that it's six-passenger choppers lay at their feet. The repeat business is 75 percent, and the list of luminaries includes Richard Branson, Jimmy Pattison (who once took George Bush there to heli-fish with owner Craig Murray). Says Murray, “Nimmo Bay's the only place in the world where an eighteen-year-old scotch will ruin a glass of 10,000 year-old ice.” www.nimmobay.com



Klina Klini Glacier, Nimmo Bay

Photo: Neil Rabinowitz

SALT SPRING ISLAND

All you need know about the Gulf Islands that dot the Strait of Georgia is that they have the best climate in Canada. Named for the unusually cold and briny springs on the north end of the island, Salt Spring is the largest and most populous of the southern Gulf Islands (with 10,000 residents).

All roads lead to Ganges, as the natives are fond of saying. Ganges, the largest town in the Gulf Islands, has a colourful Saturday market with high-quality crafts, as well as plenty of cozy waterfront cafés and charming boutiques. Just when your nostrils catch the whiff of yuppification, you stumble onto Mouat's department store, an island mainstay since 1907 and still owned by the same family. However, it is Hastings House (160 Upper Ganges Road, 250.537.2362) that put Salt Spring Island on the international map. Just minutes from Ganges, nestled among trees overlooking a rolling lawn and the sea, this English-style country retreat is undeniably luxe. In the warm weather, Sunday brunch is offered with wonderful garden and harbour views.

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Made with all natural flavours and no added colouring, these lightly carbonated beverages are the ultimate refreshment choice for those hot summer days.

For superior quality and taste, try our Seagram® Vodka Spritzers for any occasion.





Photo: Tourism BC/Adrian Dorst

Garry Oaks Winery, Salt Spring Island

It has been less than a decade since vines were planted at Garry Oaks Winery and it's worth a stop to taste and pick up their Pinot Noir and Fetish. You can also taste wines or stay in a romantic bed & breakfast at the bucolic Salt Spring Vineyards.

CLAYOQUOT WILDERNESS RESORT & ROCKWATER SECRET COVE

You've set your sights on the raw wilderness. How wild do you want it? Wild, but not that wild? Exotic, remote, but cushioned with down-filled creature comforts? Try "glamping," where glamour meets camping, under a starry sky marked only by a chandelier. Instead of boggy pup tent, think spacious safari canopy with Persian carpets on the polished wood floors. Meals from a Coleman stove? Not a chance. The chef's a pro, the silver is polished and the linen is crisp.



Clayoquot Wilderness Resort, Bedwell River Outpost

Rough it, resort-style in a temperate rain forest on the west coast of Vancouver Island, at the Clayoquot Wilderness Resort. Leave the comfort of a wood-floored safari tent with Oriental carpets, antique furnishings and remote-controlled propane wood-stoves for hiking, horseback riding, fly-fishing, kayaking and wildlife-watching. Or just play snooker, have a massage and lounge in chef Timothy May's open-kitchen bar. www.wildretreat.com

Or live the high life in a treehouse tent nestled among old-growth cedar forests at the Rockwater Secret Cove Resort on the Sunshine Coast. With more amenities than most condos - bedroom fireplaces, heated slate tiles, remote-controlled Euro soaker tubs - you'll spend most of your time horseback riding or on the water, in a kayak or a row boat. The chef uses local organic produce and meats and West Coast seafood. www.rockwatersecretcoveresort.com



Photo: Tourism BC/Tom Ryan

Sooke Harbour House

SOOKE HARBOUR HOUSE

When it comes to local organics, the 100-mile diet, or Slow Food*, Sinclair Philip and his artistic French-born wife Frédérique were the first to effectively implement all three when they opened the oceanfront Sooke Harbour House in 1979. Under their stewardship, Sooke Harbour House has gained international attention for a kitchen dedicated to fresh, natural and very local. It's worth stopping at the 1931 remodeled white-clapboard house, even if you're not staying, just to stroll through the herb gardens and sniff the mix of sea, brown fennel, * *Slow Food is a movement founded in Italy, to combat fast food.*



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it's still 2 years away, it's never too early to lend a helping hand. It's our way of Cultivating Canadian Champions. And with the same spirit, we salute our team participating in this summer's Olympic Games in Beijing.

and lemon verbena. (Garden tours begin daily at 10:30.) Over 200 organically grown herbs, greens, flowers, and vegetables found at Sooke Harbour House are edible at least in some way. Each of the 28 rooms boasts a name that inspired the eclectic decor, among them The Sea Gull Room, The Ichthyologist's Study, and The Underwater Orchard. Most rooms offer a Jacuzzi or soaker tub, and all serve up ocean views, balconies, wood-burning fireplaces, fresh flowers, butter cookies, and decanters of port. After a morning stroll along the adjacent Whiffen Spit, enjoy a lavish breakfast of hazelnut-maple syrup waffles with loganberry purée or a fresh garden vegetable quiche in the privacy of your room. An outstanding box lunch is prepared upon request and both meals are included in the price of your stay. The dinner menu, which changes daily, relies primarily on the area's local produce including seaweed, fish, mushrooms, heritage vegetables, pastured chicken and ducks, their own rare breed pigs, edible garden offerings and an award-winning wine cellar. www.sookeharbourhouse.com

SEA-TO-SKY HIGHWAY, VANCOUVER TO WHISTLER

Year-round, no road trip is more awe-inspiring than the 90-minute scenic drive between Vancouver and Whistler on the aptly named Sea-to-Sky Highway (Highway 99). Rated as one of the "Most Romantic Drives in North America" by the *Robb Report* and one of the "Ten Best Drives" by *National Geographic Traveler*, the 125-kilometre route from West Vancouver winds through Squamish to North America's top-ranked ski resort. About an hour north, you'll find Shannon Falls, the fifth-largest waterfall in the world, plummeting 335 metres, six times the vertical drop of Niagara Falls. Near the town of Squamish, the highway climbs beyond Howe Sound into spectacular Garibaldi Provincial Park which is surrounded by 10,000-foot peaks and crowned by the exploded volcanic remnant known as Black Tusk. You can watch rock climbers from around the world scale Smoke Bluffs or the imposing 650-metre granite mass that is Stawamus Chief (reputedly the second-largest granite monolith in the world after the Rock of Gibraltar). The remaining stretch to Whistler winds its way past the town of Brackendale, home of the annual bald eagle count, and Alice Lake and Brandywine Falls Provincial Parks, both of which border on Garibaldi Provincial Park, before reaching Alta Lake and Whistler's town limits.



Ancient Haida Poles, Gwaii Haanas National Park Reserve

HAIDA GWAII

Five cedar longhouses line up just beyond the high tide line on a white sand beach. In front, six totem poles telling the story of 14 Haida clans stand sentinel. To a visitor approaching Haida Gwaii ("islands of the people") on BC Ferries' Queen of Prince Rupert, the new \$26-million Haida Heritage Centre near Skidegate, BC looks like it might have come straight out of an Emily Carr painting. Authentic. Tranquil. Striking, yet subdued. But unlike the abandoned Aboriginal villages moodily rendered by Carr (and protected now within the Gwaii Haanas National Park Reserve and Haida Heritage Site), this modern seaside settlement bustles with life. On a recent misty morning, preschoolers learned a traditional eagle dance in the shadow of potlatch poles at one end of the museum. At the other, local artisans carved cedar

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Photo: Tourism BC/Don Weixl

Okanagan Lake, Naramata

canoes – the first since renowned Haida artist Bill Reid created Loo Taas for the 1986 World’s Fair. With its focus on Haida food, music, song, storytelling and dance, lore and craft, the centre preserves a storied past while looking hopefully to the next chapter. Forget the guidebooks. The centre is the source for understanding Haida culture. It is also a mandatory stop if you plan to travel solo into the park, with access to some 500 archaeological and historic sites within the protected area. Sure, those exploring the park accompanied by a licensed commercial tour operator are excused from the formal classroom orientation. But you won’t want to miss it. The hour-and-a-half long session with a Parks Canada interpreter gives invaluable insight into Haida Gwaii’s complex, politically charged history. For a look back at the archipelago formerly known as the Queen Charlotte Islands, take in Skedans, SGang Gwaay and Tanu, the spectral villages decimated by smallpox in the late 1800s; and for a look ahead: the Haida Heritage Centre.

Haida Gwaii portion written by Julie Ovenell-Carter.

OKANAGAN VALLEY

Pick a season – any season – and British Columbia’s Okanagan Valley will reward you. In summer, Okanagan Lake’s hundred miles of shoreline and marinas offer rentals for water skiing, kayaking, canoeing and parasailing. In the South Okanagan, it’s hot enough for the prickly pear cacti to flourish in Canada’s only desert down by the U.S. border and frosty enough in winter for the production of ice wine. It’s also just right for putting fine powder on the ski slopes at Big White, which boasts the highest elevation of any ski resort in British Columbia (5,760 feet). Golfing in the Okanagan is good news for duffers and scratch players alike; there are more than 50 courses, from par 3 to 9, 18 and 27-hole courses. The valley is laden with orchards, making it especially appealing in spring when the apple, cherry, peach, pear, and plum trees erupt in full bloom. Mid-summer to fall, pick up heirloom tomatoes, peaches and cherries at roadside stands throughout the valley. In October, celebrate the harvest at the Okanagan Wine Festival with more than 150 wine and food events throughout the valley.

SUMMER THE VARYING DEGREES OF BUBBLE SPARKLERS

“THE EFFERVESCENCE OF THIS FRESH WINE REVEALS THE TRUE BRILLIANCE OF THE FRENCH PEOPLE.”

Since the 18th century writer Voltaire penned these words about champagne, our fascination with bubbles has grown – and its popularity shows no sign of going flat!

Almost every wine-producing country has its own sparkling wine – from Germany’s Sekt to Spain’s Cava, Italy’s Spumanti and Prosecco and France’s Crémant. Most sport the traditional champagne bottle shape and distinctive caged cork – but from there, you’ll find many variations worldwide, in the grapes used, style, price, production methods and degree of bubble.

True champagne, which is produced and bottled in the Champagne region of France, still occupies a very special place as the “royalty” of bubble. The method used to make champagne, called the Méthode Champenoise or Méthode Traditionelle, is also used to make many of the world’s top-tier bubbles.

This method involves filling thick glass bottles with fine wine, topped off with a sweet mixture called liqueur de triage, then left to ferment inside sealed bottles. A byproduct of the fermentation is carbon dioxide, which creates pressure inside the bottle that integrates into the wine in the form of carbonation. The result – a beautiful, bubbly wine.

Examples of Méthode Champenoise wines from around the globe are Spanish Cava, French Crémant, South African Méthode Cap Classique and many high quality sparkling wines from Canada and the USA. Champagne, of course, is the ultimate example of this wine style because it is the virtual birthplace of bubble.

Traditional sparkling wines tend to be quite dry with sophisticated orchard fruit flavours and yeasty nuances. These flavours, coupled with

persistent lively bubbles, make the wines ideal for serving at stylish receptions with savory canapés, as their animated natures make them perfect ice-breakers while their elegant structures and flavours lend to extremely versatile food pairings with various types of appetizers.

Not all sparkling wines are as painstakingly made as the traditional ones, which is good news to anyone on a budget. Modern technology has introduced various alternatives to the traditional method and thanks to these winemaking shortcuts, sparkling wine has become available in many different styles, from many different countries and at many different prices.

Sparkling wines made by the Charmat, Transfer or Continuous methods tend to be considerably more affordably priced. German Sekt, Italian Prosecco and Brut from Canada, Australia, New Zealand and the USA are just a few examples of wines made in this method.

The flavour profiles of these wines vary considerably, but generally speaking, these are a good choice for pairing with chilled soups, dips and canapés, fresh fruits, chocolate mousse or snacks. The drier versions are perfect as a base for sparkling wine cocktails. Whether a classic Champagne Cocktail (brandy, bitters and sparkling wine) or a BC-inspired Icewine Sparkler (icewine and sparkling wine), it always makes more sense to use inexpensive wine in the mix rather than authentic champagne, as the subtle flavours in the wine are going to be virtually undetectable in a cocktail. Alternatively, the sweeter natures of some of these wines such as Asti Spumante make them perfect desserts unto themselves with no food required.

Then, there is a category of wines that are not exactly sparkling,

CHAMPAGNE IS THE ULTIMATE EXAMPLE OF THIS WINE STYLE BECAUSE IT IS THE VIRTUAL BIRTHPLACE OF BUBBLE.

by Mireille Sauv 



but they're not still either. Called frizzante in Italy, spritzig in Germany and p tillant in France, these wines are effervescent with a lively spritz that makes them truly refreshing and titillating. A classic example of an effervescent wine is Portugal's Vinho Verde. Made in the same manner as most still wines, a mere hint of bubble is introduced by allowing the wine to fully finish its fermentation after corking, trapping the resulting carbon dioxide in the bottle with the wine. When you pull the cork from these bottles, there is no audible "pop," but rather a soft "hush" that pours out from the lip of the bottle as if to invite the senses in for discovery.

**FRIZZANTE IN ITALY,
SPRITZIG IN GERMANY
AND P TILLANT IN
FRANCE... ARE
EFFERVESCENT WITH
A LIVELY SPRITZ**

Bright fruit flavours and fresh acidity make Vinho Verde the quintessential "breakfast wine." Add a splash of orange juice or simply serve it chilled – this wine is a natural with breakfast dishes such as granola with yogurt or Eggs Benedict.

From barely effervescent to downright bubbly there is a sparkling wine to suit every taste. So, from the start of the day right through to the end of the evening, there you have it: sparkling wines really are the solution to every imbibing dilemma. Whether you are toasting a special occasion or looking for a wine to sip with popcorn, bubble is where it's at. As they say in the land of champagne itself, "  votre sant !"

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Look for the special edition bottles to be on shelf in BC Liquor Stores in August.

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COLTIVA LAMBRUSCO DI MODENA AMABILE FRIZZANTE

Italy **\$10.50** 343087

Discover northern Italy in this unique sparkling red wine. It's red, it's sweet and it's sparkling – a perfect wine to sip well-chilled on a hot, sunny day.



QUINTA DE AZEVEDO VINHO VERDE

Italy **\$15.00** 113985

A mellow spritz is the bubble behind this Portuguese wine, carrying to the forefront flavours of crisp honeydew melon and juicy lemons. Wonderful with fried tapas.



BANROCK STATION SPARKLING SHIRAZ

Australia **\$16.99** 575902

Ripe red berry flavours make this fizzy red wine a delight to drink with chocolate in many forms. Straight from Australia, this bottle is filled to the brim with fun.



MUMM NAPA CUVÉE M

USA **\$25.95** 285072

Tiny bubbles adorn this sophisticated Californian sparkling wine. Made in the traditional method, flavours of yeast and ripe apples abound. Sparkling indulgence at a very modest price.



DEINHARD LILA IMPERIAL RIESLING

Germany **\$15.49** 159558

Germany is home to this established winery, known best for its Rieslings. This bubble does not disappoint, offering classic aromas of petrol and citrus in a floral bouquet.



BLASONS DE BOURGOGNE CRÉMANT DE BOURGOGNE

France **\$24.00** 657742

Crafted in the heart of Burgundy, this sparkling wine shows off abundant orchard fruit flavours and lively bubbles. Delicious and inexpensive, this wine is ideal for serving at cocktail receptions.



SEGURA VIUDAS BRUT RESERVA

Spain **\$13.49** 158493

This is the perfect sparkling wine to use in cocktails. Made in Spain, this is a dry, refreshing sparkler with subtle flavours of green apples and lemons.



LINDAUER BRUT

New Zealand **\$17.00** 299883

A charming sparkling wine from New Zealand, this classic blend of Pinot Noir and Chardonnay grapes offers balanced flavours of lemon and toast, with a delicate yet persistent bubble.



DE VENOGUE CORDON BLEU BRUT SELECT

France **\$55.99** 207134

Straight from the birthplace of bubble itself, this champagne boasts rich flavours of toast and citrus. Refined and luxurious, this bubble is for celebrating virtually everything.

1,2,3,4 TEQUILA

ONE TEQUILA...

Our first experience with tequila was completely college cliché. Let's just say it involved shot glasses, wedges of lime, chrome-topped table salt shakers, and a slow morning the following day.

TWO TEQUILA...

The next occasion was somewhat more refined, or at least frapéed, with blenders whirring at full bore and frozen strawberries adding to the nutritional content of the glass. Good 'ol blended margaritas turn any festive occasion into a fiesta and will always have their place, particularly if the words "poolside" and "hot hot hot" are in play.

THREE TEQUILA...

But then we came across 100 percent agave tequila, nothing but pure, distilled blue agave juice and water. Blue agave is the one-and-only type of agave – a kind of lily plant native to Mexico, and not a cactus, as is the common misconception – from which tequila can be made, and defines the stalwart spirit as we know it. One hundred percent agave tequila is always differentiated from Mixto tequila, a derivative that is fermented and distilled from a "mix" of agave juice, water and a boost of sugar from other sources to rev up the proof!

First, we found purebred blanco or plato

(silver tequila), un-aged tequila that maintains the true character of blue agave. Sipped neat and slow from a slim *caballito* ("little horse") shot glass, this "100 percent de agave" tequila proved a revelation as we savoured the nuances of flavour, much as you would a nice scotch or fine vodka.

FOUR...

Until we found the ultimate tequila experience, which actually simply involves a little addition. *Sangrita*, or "little blood," took our tequila to a new level of enjoyment. It's the most sublime of chasers. Tomato juice-based sangrita is served alongside a shot of tequila and meant to be savoured concurrently, ideally alternating between tequila and sangrita in a one-two sipping affair. The variations of sangrita are endless, though we prefer starting with tomato juice, adding fresh-squeezed lime and orange, along with minced chili, a healthy dash of chili powder and a splash of Tabasco. A nice hit of sweet, sour and spicy is what you're after, perfect to (just) tame the fire water!

Odds are, if you've taken a tequila shot or slurped a margarita, you've tried **Jose Cuervo Especial**, the number-one selling tequila in the world, commonly referred to as "Cuervo Gold." Gold tequila is typically un-aged – like silver – but with caramel added to

impart both flavour and colour. Gold tequilas also tend to be Mixtos, allowing for larger production and, subsequently, a lighter pinch on the pocketbook. Cuervo's Especial, though it's often categorized as Gold, is actually a blend of Reposado and young tequilas that gets briefly aged in American oak barrels. We put this tequila squarely in the fun category. We'd look to other tequilas for sipping; the Especial is really at home in tequila-based cocktails; a Tequila Sunrise with freshly squeezed OJ jumps to mind.

Another tequila that screams fun is the new **Sauza Mango**. Tequila purists will scoff, but it was only a matter of time before blue agave got doctored à la flavoured-vodka. Anyone who finds straight-up tequila too harsh or intense for their taste buds may find Sauza's new tequila the perfect blend. Strong scents of mango beckon from the glass and strong tastes of the fruit carry through this lively tequila. Another mixed-drink partner, or try it neat with lime and mango salt.

Sauza was one of the first major families in tequila, not to mention one of the first to export tequila and today, Sauza remains well-known around the world. Another of their tequilas, **Sauza Hornitos**, offers solid value – and versatility. A 100 percent pure agave tequila, the pale, pale yellow colour comes from three-month aging in American white

by James Nevison and Kenji Hodgson



1,2,3,4 Tequila

oak barrels (no caramel colouring is added). Solid shooting tequila that won't leave any afterburn, it is also great shaken into a classic margarita.

One-hundred percent agave silver tequila is arguably the purest strain, though top-shelf tequilas typically err on the side of oak maturation. Still, we reserve a soft spot for quality silver, with Corzo Silver as one example. A class act, right down to über-modern, rectangular glass bottle with a solid metal-topped stopper that would look at home in any mid-century-equipped pad.

Reposado, or "rested," tequila sounds just like it is: tequila aged for between two and 12 months in wooden barrels before it's deemed potable. The most versatile of tequilas, reposados remain very popular in Mexico. Highlighting a nice balance between rough-edged pure agave fruit and the smooth complexity that comes with aging, reposado

tequilas make for fine stand-alone sippers and marry well in top-shelf cocktails. **El Jimador Reposado**, or "El Jimmy" is one example, named after the skilled farmers who cultivate and harvest the mature blue agave plants. Rested three months in oak barrels from Cognac and Kentucky, this straw-coloured tequila comes across quite fruity and creamy on the finish.

Another notable reposado is **Don Julio Reposado**, a 100 percent agave full-on tour de flavour. It's pale straw in the glass and, when swirled, out waft fruity citrus and nutty aromas. Fine for sipping solo, or toss into a Paloma (grapefruit juice and club soda) for great results.

Rounding out our reposado triumvirate is the premium-priced the **Milagro Select Barrel Reserve Reposado**.

Individually barrel- and bottle-numbered in limited-edition, handcrafted crystal that

could sit proudly on the shelf next to the Chihuly, this tequila is more than a pretty bottle. Ten months, aging in new French oak barrels lends a smoky, toasty tone, and the lime rind and nutty core tickles the tongue through to a smooth, lengthy and luxurious finish.

But the smoothest – and often deemed most complex – of tequilas are typically the Añejos, or "aged." By law, añejo tequilas spend a minimum of one year (and up to a maximum of three) in barrels no larger than 600 litres in capacity, and the extra aging imparts a darker colour and richer flavour. A blend of aged tequilas, the pricey **Patron Añejo** is one of the best known premium tequilas. Oak and vanilla aromas dominate this smooth, light golden libation, which is decadently rich in the mouth, backed by more oak and caramel. To shoot this would be heresy, sip slowly and chase with sangrita!

Fresh FROM BIG ROCK
**ROCK
CREEK**

Rock Creek Premium Dry Cider is made from only the finest Okanagan apples, picked at the peak of ripeness and perfection and then pressed the very same day.



Thank you for choosing Big Rock. Like every Big Rock, Apple Cider is best enjoyed responsibly.

1,2,3,4 Tequila

Finally, to really expand your agave horizons, look beyond tequila to Mezcal (or Mescal as the gringos spell it). Mezcal is made from any type of agave other than blue agave, as well as in other areas of Mexico outside

Jalisco. Contrary to popular notion, it doesn't always have a worm at the bottom of the bottle. The one lone example on local shelves is **Jaral de Berrio Mezcal**, made from 100 percent *agave Salmiana*. Clear in colour, there

are alluring smoky, lime leaf and vegetal aromas that pay homage to agave and lead to a zesty, lighter libation with a well-rounded, mild finish. Not cheap, but definitely unique, and sure to be a conversation starter. Serve chilled.



CORZO SILVER

Mexico **\$90.00** 772236
Strong, raw agave and cracked pepper aromas make the nose hair curl; this tequila has bite followed by a lingering finish.

FROM CRYSTAL CLEAR TO GOLDEN AND OAKY...THERE'S MORE TO TEQUILA THAN JUST SHOOTERS!



JOSE CUERVO ESPECIAL

Mexico **\$36.95** 451161
The number-one selling tequila in the world. Added caramel imparts both flavour and colour.



SAUZA MANGO

Mexico **\$33.45** 148429
Mango and tequila make for an infusion made in tropical heaven. (available late June – check www.bcliqorstores.com)



SAUZA HORNITOS

Mexico **\$49.99** 143040
Spicy pear and citrus aromas are followed by a heavy, almost oily, mouth feel and a mellow, nicely-balanced sweet finish. Solid value.



EL JIMADOR REPOSADO

Mexico **\$30.99** 460360
With fruity, ample melon aromas and a dollop of sweet spice that's creamy on the finish, El Jimmy goes down easy.



DON JULIO REPOSADO

Mexico **\$79.95** 698621
A zippy sipping tequila with a smoky, dried-fruit taste that finally finishes sharp and robust, complemented by a lingering, burnt-sugar aftertaste.



MILAGRO SELECT BARREL RESERVE REPOSADO

Mexico **\$100.00** 786442
More than a pretty bottle! Aging in French oak lends a smoky, toasty tone, and the lime rind and nutty core tickles the tongue through to a long, luxurious finish.



PATRÓN AÑEJO

Mexico **\$109.99** 311282
Oak and vanilla aromas dominate this smooth, light golden libation, which is decadently rich in the mouth, backed by more oak and caramel.



JARAL DE BERRIO MEZCAL

Mexico **\$68.51** 842609
With alluring smoky, lime leaf and vegetal aromas, this is a zesty, lighter libation with a well-rounded, mild finish.



INTRODUCING



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SMIRNOFF®
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SMIRNOFF®
VODKA MOJITO

FLAVOURS

MOUTHWATERINGLY DELICIOUS



ABSOLUT MANGO

Sweden **\$24.45** 889733

Tropical and sassy, with a long and fruity finish, Absolut's newest flavour has a smooth, exotic mango taste with fragrant tropical aromas. It's a delicious addition to your martini cocktail list.



SMIRNOFF MOJITO

USA **\$17.95** 142257

Here's an opportunity to bring the top-shelf Mojito experience home. A perfectly balanced blend of crisp, clean Smirnoff Vodka, triple sec and the refreshing taste of lime and mint... just add ice!



MALIBU TROPICAL BANANA

Canada **\$22.95** 239939

Malibu went bananas! The Malibu tropical rum you know and love with the craziness of tropical banana. It's wonderful served on its own over ice, or try making some fun, tropical summer drinks for you and your friends this summer.



COBRE

RESTAURANT

DON'T EXPECT ANY SOMBREROS OR MEXICAN BLANKETS. COBRE'S DÉCOR IS MINIMAL, ALLOWING THE GLORIOUS COPPER CEILING – FOR WHICH IT'S NAMED – TO BEAUTIFULLY DOMINATE.

COBRE'S MEAL



MEXICAN STYLE PRAWNS

Minimal, however, doesn't mean ordinary. And ordinary could never be used to describe Stuart Irving's Latin-flavoured menu either.

When Cobre opened in July 2007, it was one of several new restaurants in a relatively small area. But each occupies its niche, with Cobre filling its own particular one.

For many of us, when we think of Latin American cuisine, we think Mexican – mega Corona bottles, nachos, chips and salsa – more pub food than anything else, none of which is in evidence on Cobre's menu. Think instead ceviche – three different kinds to be specific. But there's so much more. With his menu, Cobre's

executive chef and co-owner Stuart Irving takes us on a culinary journey to South and Central America, and even Cuba. But rather than

trying to faithfully duplicate the dishes to the last letter, Stuart takes traditional dishes and adds his own slant using locally available ingredients. "The goal is to make tasty food!"

The restaurant's other priority is ambiance. The 65-seat room is comfortable and understated. Stuart says it falls somewhere in the middle of casual and fine dining – which means you can dress up or

dress down – they just want you to enjoy your dining experience and sharing is encouraged!

WITH HIS MENU, COBRE'S EXECUTIVE CHEF AND CO-OWNER STUART IRVING TAKES US ON A CULINARY JOURNEY...



Gold



Silver



Bronze

Winner of 22 medals worldwide.



Always a good sign.

COBRE'S MEAL



PAN-SEARED
SABLEFISH

That way you get to try a variety of plates and explore the various Latin flavours. “We’re proud that we’re offering something different for Vancouver’s eclectic dining tastes,” he says.

Sip a caipirinha – the national cocktail of Brazil – or straight Cachaça, its national spirit, or pair your food with a wine from Argentina.

Stuart’s last venture was Wild Rice, where he crafted his particular slant on Asian cuisine. Why the switch to Latin? “I’ve travelled all over Mexico and fell in love with the food there,” he says. “I saw a space in Vancouver’s culinary landscape for a higher end Latin cuisine.”

Cobre’s two other owners are Jason Kelly, formerly of CinCin, and Tyson Reimer, who was a private chef.

THE NIGHT IS EVEN MORE SPECIAL WHEN IT FOLLOWS
A DAY AT OUR OKANAGAN ESTATE TASTING GALLERY.

Nothing gets you in the mood for a great night like a visit to the Jackson-Triggs Tasting Gallery located in the heart of the Okanagan. Let our welcoming and knowledgeable hosts guide you through our collection of limited edition and award-winning VQA wines. With a unique experience such as this, the day is worth celebrating too.



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— OKANAGAN ESTATE —

Bring on the night.

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COBRE'S DESSERT



DULCE DE LECHE
WITH CARAMELIZED
PINEAPPLE

GOLF *with* STEPHEN AMES

ENTER TO WIN at www.winesweeps.com/wolfblass contest name: **golf**



Or see display location for more information. No purchase necessary. Must be of legal drinking age to participate. Contest open from July 1 - August 5, 2008



Enjoy
Responsibly



ESPELT SAULÓ

Spain **\$14.99** 151332
Dark ruby coloured with smoky cherry aromas, this is a wine with tasty flavours and no hard edges. It's perfect with tapas, appetizers and bistro cuisine.



PAIRS WITH COBRE'S APPETIZER

MEXICAN STYLE PRAWNS

CHEF'S CHOICE



SEE YA LATER RANCH GEWÜRZTRAMINER

BC VQA **\$16.99** 868067
The spicy aromas of lychee fruit and orange blossom with just a hint of pink grapefruit make this wine burst with exotic flavours. It will complement salads and seafood with style.



GANTON AND LARSEN PROSPECT WINERY PINOT GRIGIO

BC VQA **\$14.99** 307082
A beautiful bouquet of rich, tropical fruit warms you up to the ripe apricot and papaya that settles in your mouth. The finish is clean and lingering. An ideal wine for seafood and creamy pastas.



PAIRS WITH COBRE'S ENTRÉE

PAN-SEARED SABLEFISH



TRIO THREE VINEYARDS SAUVIGNON BLANC

Chile **\$14.95** 245605
Stunning integration between the citrus, tree fruits and herbal elements creates a fresh, bright and pleasantly rounded wine just made for easy drinking. A great way to move into summer.



QUINTA DO CRASTO LATE BOTTLED VINTAGE PORT

Portugal **\$28.99** 605048
Lifted fruit aromas greet you as you raise the glass. Sweetness and a touch of berry spice meet on the palate to take you to the place of dessert lover's heaven. A perfect finish to that perfect dessert.



PAIRS WITH COBRE'S DESSERT

DULCE DE LECHE WITH CARMELIZED PINEAPPLE



TAYLOR 10 YEAR OLD TAWNY PORT

Portugal **\$39.70** 121749
This lovely, youthful 10-year-old tawny port has good intensity and weight, while the complex aromas suggest walnuts, almonds and crystallized red fruits. Settle into your summer evening with this silky, soothing port.



PLANNING THE PERFECT PICNIC

Finally summertime! Time to head to the great outdoors and enjoy some sunshine, fresh air and delicious food. The best way to do this is by hosting a fun, casual gastro-picnic in your own backyard.

Invite your fun friends, the ones who are happy to kick off their shoes and go barefoot on the fresh-cut lawn. Don't get the wrong idea though; this is still a very civilized affair! While eating on the ground can be fun, noshing at a picnic table abundant with the season's best is much more befitting of this open air feast, keeps the ants from joining in and, let's face it, getting up off the ground after sitting cross-legged for two hours is not as easy as it once was! Sure, spread out your best picnic blanket, but use it for lounging on after your fabulous meal.

You know those dusty wicker picnic baskets you've got stashed away, waiting for the perfect time to haul them out and go 'picnickin'? Well, I hate to break it to you... but you'd be better off turning them on their sides and letting the cat sleep in them. A cooler is a much more practical solution, even if you are just going to your own backyard – it will keep the food cool and, even better,

your wines and other beverages nicely chilled!

There are a couple of different ways to do a great gastro-picnic; you can make everything yourself ahead of time, being sure to choose a menu that is delectable, simple and that will travel well, or take yourself on a foodie shopping spree the day before and hit all your favorite epicurean haunts. And mixing and matching the two will give you the best of both worlds.

For an ultimate starter, this Fiery Gazpacho is a lovely choice that only gets more infused with flavour when chilled overnight. Serve it in a martini glass for a fun presentation, with a cherry tomato replacing the olive. And really, what would a good old-fashioned picnic be without Juicy Oven-Fried Chicken? Kids' beach pails, new and unused please, are a whimsical way to serve this iconic picnic food. Chopped Potato, Beans and Greens Salad, served alongside, rounds out the meal nicely.

A proper gastro-picnic would have to include a lovely selection of artisan cheese with a choice of condiments; in Vancouver, Les Amis du Fromage, Whole Foods Market or La Grotta Del Formaggio all have an

amazing variety, as do some supermarket deli counters. It should also include an array of charcuterie; Oyama Sausage on Granville Island has a wonderful selection of pâté and cured meats. Make sure you pick up the best baguette you can get your hands on – LeBeau Patisserie, Fieldstone Bakery or Terra Breads in Vancouver all make exquisite breads. Balance the decadence of your gastro-picnic with fresh local fruit chosen from your travels; if you happen upon a Farmers' Market even better!

And please don't forget dessert! Fresh-baked, triple-chocolate brownies, a decadent fruit tart (see page 44) or even simple vanilla cupcakes heaped with butter cream frosting would all make the perfect gastro-picnic finale.

When it comes to adorning your picnic table, keep it informal and pretty. Tablecloths with a sunny, bright floral print or the red and white checkered mainstay are ideal backdrops for your alfresco feast. Beautiful cloth napkins in bold colours enhance the scene and are a nice grown-up touch. Brilliant-hued, fresh flowers picked from your garden or from a Farmers' Market and planters

by Lee Murphy



TABLECLOTHS WITH A SUNNY, BRIGHT FLORAL PRINT OR THE RED AND WHITE CHECKERED MAINSTAY ARE IDEAL BACKDROPS FOR YOUR ALFRESCO FEAST.

**People have discovered many things in Africa.
But a cream liqueur that grows on trees is pretty hard to beat.**

Smooth and delicious. From the fruit of the African Marula tree comes this decadent cream liqueur.
And it's available in Canada. Discover it for yourself.



AMARULA. THE SPIRIT OF AFRICA.

Amarula is a rare find. Please enjoy responsibly.



FIERY GAZPACHO

overflowing with fresh, fragrant herbs make complementary centerpieces for your heavily laden table.

A few other necessities will ensure you have a relaxed afternoon and don't have to keep running back to the house. Be sure to bring along a wooden cutting board and a bread knife, as well as serving spoons and tongs. Consider the environment and choose biodegradable, disposable plates and cutlery to serve your guests. There are plenty of great, new products on the market that are practical

while still looking fabulous.

When it comes to choosing libations for your picnic, a pitcher of sangria made with white wine, fresh berries and a splash of Grand Marnier is a delicious choice. For a non-alcoholic option, sparkling water with slices of lime and peach quenches the thirst in the heat of the summer and is an excellent alternative.

Westcoast picnics, in particular, require a backup plan for the slim chance of a summer rain shower. A gazebo or simple pop-up sunshade canopy can be a great investment

and a nice shady spot to retreat to on the off-chance the sun gets too intense.

Unless you have a jazz trio roaming the neighbourhood, a portable ipod dock or CD player would be a nice addition to your picnic party and will enhance the mood and, you never know... it may even encourage an impromptu tango on the lawn.

Now, onto that picnic blanket for a little snooze in the warm sunshine....let the ants do the clean up!

**NOW
IMPORTED**



Probably the best beer in the world



Planning the Perfect Picnic



JUICY OVEN-FRIED CHICKEN WITH POTATO, BEANS AND GREENS SALAD

PERFECT PICNIC LIBATIONS



NEGRA MODELO
Mexico **\$10.95** 925909
When you just have to quench the fire! With a sweet and light aroma of sugar, dark malt and caramel that is perfectly balanced with a bit of spiciness and chocolate this beer is perfect for those "fiery" dishes you love to serve in the summer.



WOLF BLASS RIESLING
Australia **\$15.00** 128660
Vibrant aromas of citrus, lemon and lime fill your senses and the intense fruit flavours offer up a refreshingly crisp wine. Perfect for any summer salad. 87 points *Wine Spectator*



RODNEY STRONG CHALK HILL CHARDONNAY
USA **\$26.99** 275552
Vanilla and spice and all things nice in this wine! Both creamy and crisp with abundant fruit character; mineral and toasty oak flavours. A soft, luscious finish that is never ending.



TWO OCEANS CABERNET SAUVIGNON MERLOT
South Africa **\$11.01** 340398
This easy drinking red is medium-bodied, soft and fruity with a peppery finish that pairs well with grilled foods, spicy sauces and chocolate desserts.



MADFISH CABERNET SAUVIGNON MERLOT CABERNET FRANC
Australia **\$16.99** 588871
An elegant, medium-bodied red with spicy, nutty and berry aromas. Great depth with lots of savoury character it's a wine that is very versatile and easy to drink.



PIRRAMIMMA PETIT VERDOT
Australia **\$29.99** 608216
100% Petit Verdot....100% delicious! This deep purple wine has lifted sweet black cherry and delicate violet and floral notes on the nose with complex fruit and lingering soft ripe tannins on the finish.

BC LIQUORSTORES BEST BUYS

WONDERFUL
TASTE,
GREAT
VALUE



RED TREE PETITE SIRAH
USA **\$13.99** 763151

This medium-bodied wine has aromas of dark fruits and strawberries with a hint of herbs in the background. A mouthful of blackberry flavours and red fruits with a nice, soft finish makes it an ideal summer barbecue wine.



**THREE THIEVES BANDIT
CABERNET SAUVIGNON**
USA **\$13.99** 229260

This brilliant red is clean, rich and well-balanced. With aromas of blackberries and toasty oak, it is delicious with any kind of food. Tetra Pak convenience makes it a natural for those lazy picnic days.



PIRON MORGON CÔTE DU PY
France **\$25.99** 888438

An elegant and expressive wine filled with sweet red fruit, spice and black cherry. This sipping beauty can be enjoyed on its own or with your favourite grilled meat or pasta dishes. A wonderful French wine at an unbeatable value!



**WOLF BLASS UNWOODED
CHARDONNAY**

Australia **\$14.99** 223172
Summery tropical fruit aromas of mango, melon and peach drift up to the nose as you raise this glass of un-oaked Chardonnay. Balanced, with clean acidity and good length, it pairs perfectly with BC salmon.



BLACK TRACTOR SHIRAZ
Australia **\$14.95** 322990

Radiating red fruit aromas, this Shiraz is full-flavoured and bursting with juicy fruit that leads your senses into the sweetness of summer! Here's a perfect backyard party wine for everyone.

TASTE AND VALUE — IT'S IN THE BOTTLE!



FLAJO SALENTO PRIMITIVO

Italy **\$12.85** 672444

With aromas of red berry fruits and spices and a warm, lingering finish, this wine is perfect to serve throughout a meal or with medium and sharp cheeses.



YECLA CASTANO MONASTRELL

Spain **\$11.95** 731620

A medium-bodied wine with grilled-meat aromas, bright fruit in the mouth and fuzzy tannins, this is the perfect red for your summer grilling! 90 points *Robert Parker*



HEARTLAND VIOGNIER PINOT GRIS

Australia **\$24.99** 293282

The nose is bursting with peaches and apricots and the palate is multilayered with the pear flavours of Viognier and the fresh melon of Pinot Gris. Chicken loves this wine. 88 points *Robert Parker*



HARDY'S STAMP RIESLING GEWÜRZTRAMINER

Australia **\$10.49** 448548

A great combo for white wine lovers! The wonderful aromatic apple and white flower of Gewürztraminer and the crisp acidity of Riesling make it dance on the tongue with a warm grapefruity finish.



PARROT BAY COCONUT RUM

USA **\$19.25** 506246

A premium blend of fresh, rich coconut flavours with a light, crisp Puerto Rican rum envelops you in a sensation that satisfies all of your senses. Try it blended with tropical fruit juices.



ALIZÉ RED

France **\$30.99** 499517

Exotic as the tropics, refreshing as the trade winds, fine French Cognac and passion fruit with cranberry notes creates a seductive Alizé. Serve it chilled on the rocks or in a tall drink.

GRILLED CHICKEN AND SPICY TOMATILLO SALSA FAJITAS





GRILLED FISH TOSTADAS WITH MANGO SALSA

SPICY SALSA AND MORE



MIONETTO PROSECCO FRIZZANTE

Italy **\$21.99** 432369

A sophisticated, fresh, light white wine with that wonderful sparkle that is suitable for all occasions. The hand-tied string over the cork is a trademark of the winery and used only for their "best" wines.



BOUCHARD AÎNÉ LES CÔTEAUX BEAUJOLAIS

France **\$15.00** 147546

Beautifully supple and smooth with a fruity cherry and plum aroma. An elegant and subtle violet finish that is distinctive and memorable. Drink it while it's young.

SOME SEE HOPS. SOME SEE...



A Priceless Ingredient

By seeing beyond the dark and dull beers of the day, in 1842 our visionary brewer created a beer unique in taste and distinct in colour, Pilsner Urquell. A masterful piece of brewing alchemy, its taste is due in no small part to an insistence on exclusively using the noble, but somewhat expensive Saaz hop. We think you'll agree it's worth every Krona.

The original Pilsner, its exquisite flavour is seen by many today as the authentic taste of beer. Try it and see for yourself.



Pilsner Urquell

DISCOVER HOW BEER IS MEANT TO TASTE



CANADA'S ORIGINAL HONEY BROWN LAGER

When we brew our Sleeman Honey Brown Lager, we insist on adding our all-natural Canadian honey after fermentation. This keeps the taste and aroma precisely where it belongs - in the beer. Maybe that's why Canada's Original Honey Brown Lager is still Canada's favourite. And that's something we're pretty proud of.



WATERMELON AND CHERRY TOMATO KABOBS



  **PASCUAL TOSO SAUVIGNON BLANC**

Argentina **\$13.99**
135897
A gorgeous, light straw-coloured wine with grapefruit and citrus aromas leading you into delightful fruit flavours that linger in the crisp, clean finish. Perfect for summer sipping.



   **SANDHILL GAMAY NOIR**

BC VQA **\$19.99** 627687
Plenty of red and black berries with delicate spice greet you followed by blueberries and a dusting of white pepper spice. A rich, fruit-forward wine with silky tannins and a lingering finish. Silver Medal 2007 Okanagan Fall Wine Festival.

SPICY JICAMA SALSA WITH CHIPS



  **LO TENGO BODEGA NORTON MALBEC**

Argentina **\$13.99**
80986
This beautiful Malbec is ripe, succulent and stylish with a vibrant red colour and fresh aromas. Smooth and elegant, it's the perfect partner while watching the summer sun go down!



  **MONTECILLO CRIANZA RIOJA**

Portugal **\$18.99** 425298
A grape combination of Tempranillo and Maquelo provides a beautiful cherry colour with lively raspberries and vanilla flavours. A clean, firm finish makes this a food-friendly wine.

A great addition to any party.



Your engaging style. Your sparkling wit. Your choice of drink.

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SMIRNOFF CLASSIC CAESAR®

SMIRNOFF ICE TRIPLE BLACK®



CRISP, INVIGORATING TASTE

PLEASE ENJOY RESPONSIBLY

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STUFFED JALAPEÑO PEPPERS



**LADOUCETTE
POUILLY FUMÉ**
France **\$39.99** 344465

A lovely texture with the creaminess up front, it's backed by mineral, sea salt, lemon curd and floral notes. A very pretty wine with a long, pure finish. 90 points *Wine Spectator*



**CHÂTEAU DE
SANCERRE SANCERRE**
France **\$28.75** 164582

Open this one up and let it breathe to get the slight nuances of vanilla on the surface with the fruity aromas of yellow peach and plum. Nicely rounded with lots of richness, yet still very fresh.



**ROCCA DELLE MACIE
CHIANTI CLASSICO**
Italy **\$20.99** 308510

Tantalizing aromas of sour cherry, violets and cedar are balanced with a dry, crisp, warm cranberry fruit tone in this medium-bodied wine. Try it slightly chilled with the fajitas!

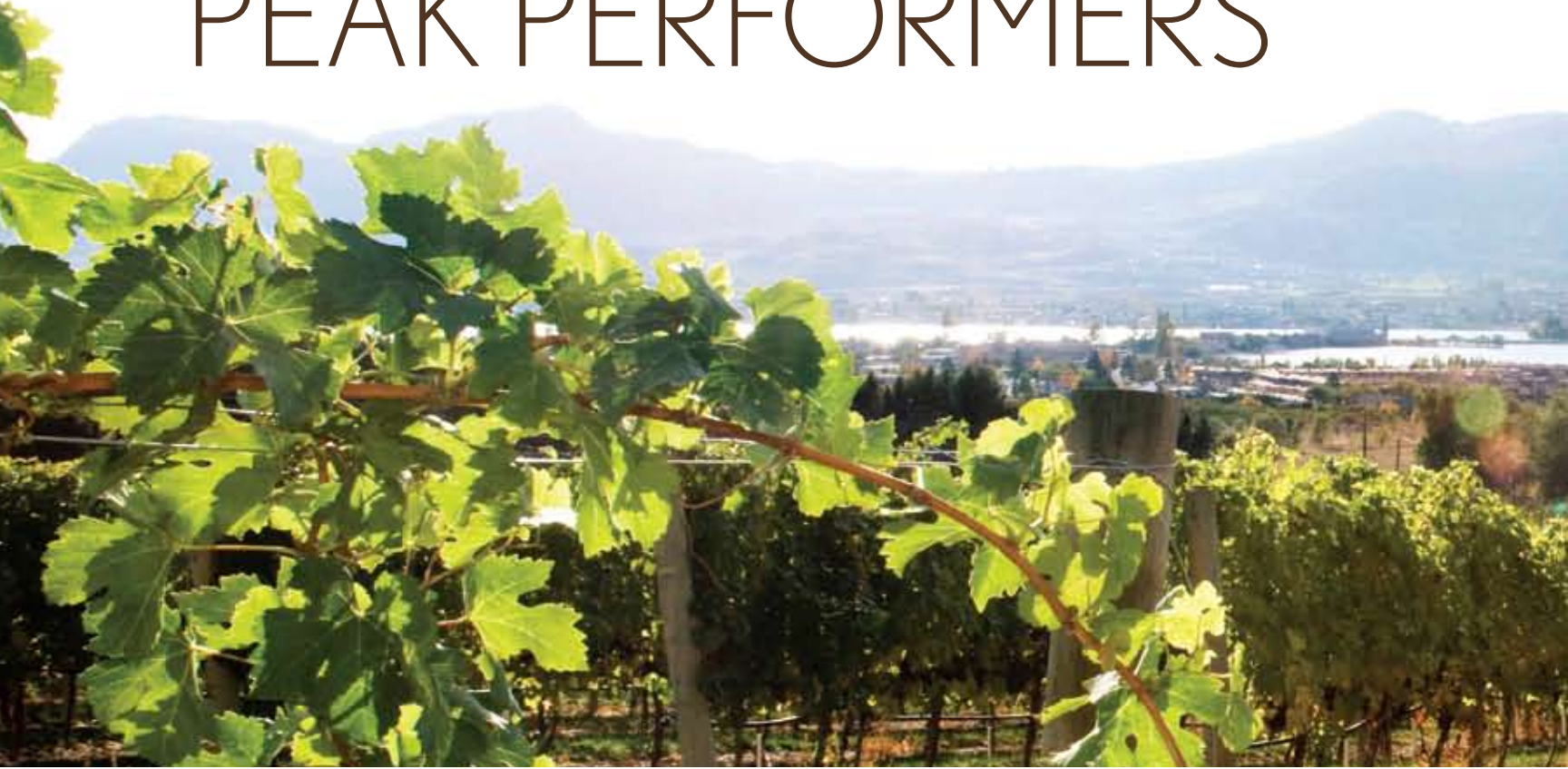


**BENZIGER
SAUVIGNON BLANC**
USA **\$23.00** 284513

With light melon, grapefruit, passion fruit and a touch of mineral on the palate, this dry, round, elegant wine has a good, crisp finish. Solid food wine. 88 points *Gismondi*



PEAK PERFORMERS



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Contest begins June 29th, 2008 and ends August 11th, 2008.

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Only Molson Canadian is crafted to suit the demanding tastes of the Canadian drinker. And to this day, every pint, bottle and can has our drinker's name literally written all over it.

CHEERS.



by Judith Lane

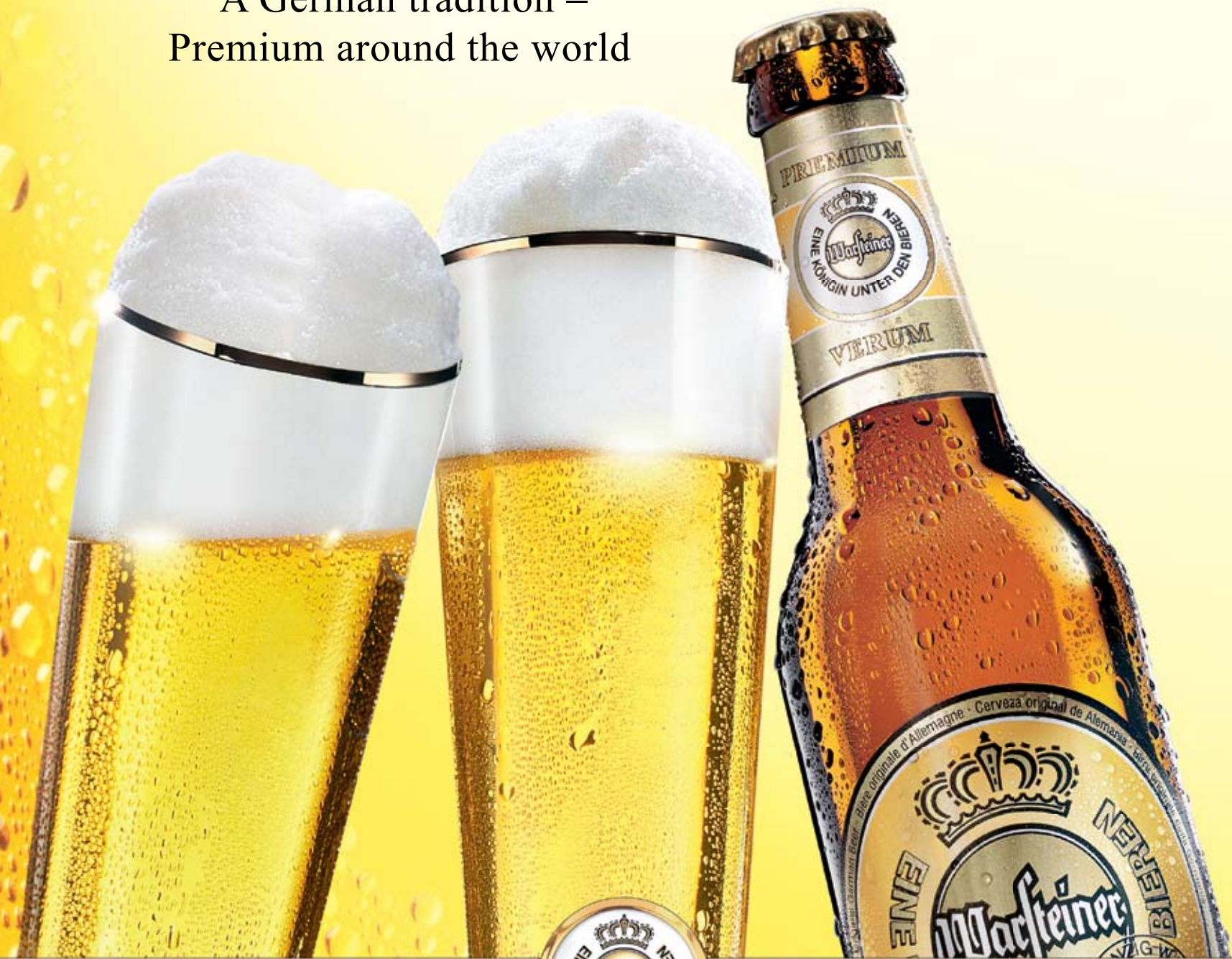
ALE, LAGER, STOUT OR WEISSBIER...

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ALWAYS SERVE BEER IN A GLASS – THE AROMAS ARE ENHANCED AND THE FLAVOUR IS BRIGHTER.

Talk to beer lovers and you'll find that they're adamant that beer is way more food friendly than wine, while grape devotees are sure to stomp all over that argument. Some of us see a case for both.

Brooklyn Brewing's respected brewmaster (and author of *The Brewmaster's Table*) Garrett Oliver loves wine too and knows it well, but says, "Beer has a much, much wider range of flavours than wine does." He feels that beer does a better job at matching many foods usually thought of as wine territory, especially shellfish, cheeses and chocolate.

Beer ranges from the light, slightly tart, fruity flavours of wheat beer, to the roasted coffee notes of stout, with plenty of variations in between. Like sparkling wines, beer's carbonation is a great palate cleanser.

A hearty pub lunch can clearly demonstrate beer's affinity for food. Smoked salmon and spicy appetizers such as cheesy nachos, make a great match with lager, a mild dark beer is ideal as a fish and chip quaff or with steaks; and porter will wow with chocolate cake.

There are dozens of Belgian brews that make memorable matches like Belle Vue Kriek with a cherry compote sided-pork chop; Chimay Blue, a dark beer, with prosciutto-wrapped red snapper (recipe page 127) and strong cheeses; and spicy Hoegaarden is magical with mussels.

Here are a few starter guidelines for pairing beer with food:

- Think of ale as red wine and lager as white. Experiment. Anything you'd eat with red wine, try with ale; ditto subbing lager for white. Ale, fermented at warmer temperatures, is usually more aromatic. Lager, fermented at cooler temperatures, has clean and crisp flavours and lighter aromas.
- Hoppiness in beer is like acidity in wine. Try hoppy, bitter beers with spicy or oily food.
- The darker the beer, the darker the food. Dark beers are made from dark malts and their slightly sweet, roasted flavours complement beef and game.
- Spicy foods and bitter beer are naturals. Think IPA (India Pale Ale) with Indian or Thai food.
- The foods of a region go with the beers of the region. Example: Japanese food and Japanese beer.
- Complement or contrast the beer and the food. Complement a big, flavourful stew with a full-bodied ale; contrast a creamy soup with crisp, fresh lager.

- Keep an open mind and experiment. Great pairings are everywhere. You'll know you've got it when the food tastes better with the beer and the beer tastes better with the food.
- Glassware is important, and we're not talking bottles. Always serve beer in a glass – the aromas are enhanced, the flavour is brighter, and you'll lessen the amount of CO₂ that gives beer-bloat.

Here are a few matches that work well together, but what really counts is what makes your tastebuds sing. Experiment and find your perfect pairings.

- Malty lagers with pork, veal and poultry
- Pilsner and wheat beers with fish
- Stout/porter with shellfish, grilled steaks, burgers and anything chocolate
- Crisp, full-bodied ales with red meat and game
- Malty, amber beers with pasta and pizza
- Nut-brown ale with crunchy salads
- Lager with noodle dishes
- Guinness and oysters
- Belgian framboise with dark chocolate mousse
- India Pale Ale with well-aged cheddar
- Imperial stout with Roquefort or stilton



REMARKABLY LIGHT.

WHAT OTHER
LIGHT BEERS
WANT TO BE
WHEN THEY
GROW UP.



LIKE SPARKLING WINES, BEER'S CARBONATION IS A GREAT PALATE CLEANSER.



PROPELLER BREWING EXTRA SPECIAL BITTER

Canada, NS **\$11.71** 689893
6 x 341 ml

A gold medal winner at the 2007 World Beer Championships in Chicago is a smooth and refreshing, rich, full-bodied English-style bitter.



HOWE SOUND NUT BROWN RAIL ALE

Canada, BC **\$6.95** 698043 1L

This smooth, flavourful made-in-Squamish ale is toasty, nutty and finishes with slight hoppy bitterness. Soft, round, with some creaminess and easy carbonation.



OKANAGAN SPRINGS OLD ENGLISH PORTER

Canada, BC **\$11.25** 928382
6 x 341 ml

This inky, full-bodied quaff sports a creamy head and plays nicely with grilled prawns. For a knock out ending to any dinner, serve porter with anything chocolate.



UNIBROU BLANCHE DE CHAMBLY

Canada, PQ **\$11.95** 687863
6 x 341 ml

This partially filtered Québécois beer is lemony fresh, crisp, gently spicy, and perfect with grilled corn on the cob. Try with other veggies, grilled chicken, fish and shellfish too. Excellent aperitif.



DÉMON THE BREWMASTER'S BEER

Czech Republic **\$2.50** 336149
500 ml

Gorgeous copper-red lager with caramel, malty, fruity notes and lively carbonation. Refreshing, balanced and dry, this one goes down a treat. Mexican food is a match; ditto barbecue, burgers, chili and spicy foods.



PILSNER URQUELL

Czech Republic **\$12.35** 388900
6 x 330 ml

The world's original pilsner and winner of many awards, Pilsner Urquell has substance and great balance. Rich, toasty, malt aromas follow through to the finish with a savoury, mouthfilling richness complemented by tangy hop notes.



WELLS INDIA PALE ALE

UK **\$8.95** 439828
4 x 500 ml

This IPA has decent bite and bitterness, pours a nice light brown with a thick creamy head, and is ready to rumble. Bring on the grilled lamb, curries, Thai dishes, caramel desserts and Gorgonzola.



TIGER BEER

Singapore **\$12.02** 536490
6 x 330 ml

Launched in Singapore in 1932, this globe-spanning pale gold Asian lager is lightly hoppy, crisply carbonated, and tangy with a slight bitter finish. A natural with spicy Asian cuisine.



BROOKLYN LAGER

USA **\$12.99** 432930
6 x 355 ml

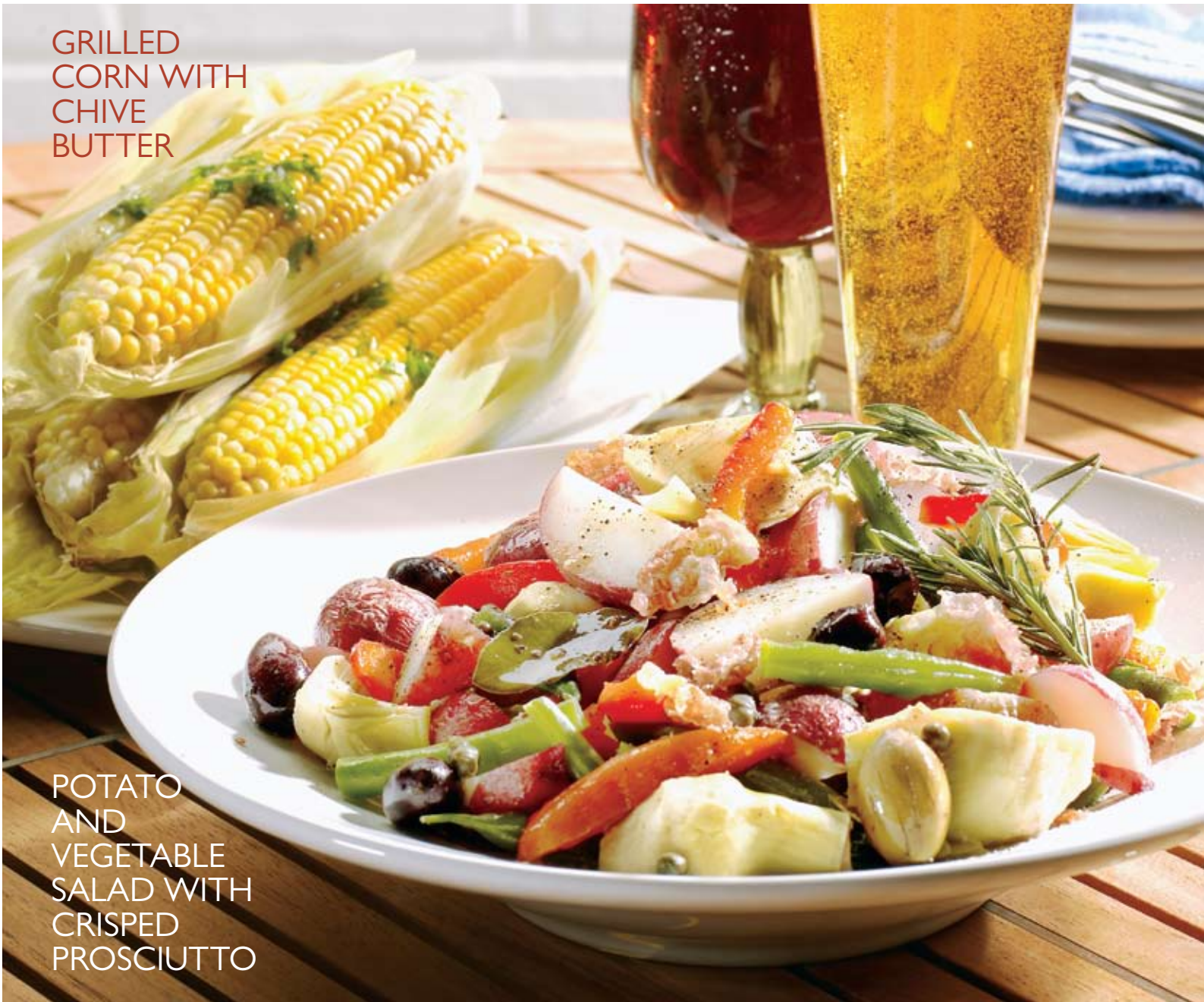
This tasty American amber lager is clear, smooth, refreshing and a great all-round food beer. Perks up pizza, burgers, barbecued anything, chicken, fish and chips, Mexican, Chinese and sushi too.

A BEER LOVER'S MEAL

KOREAN
BEEF
BROCHETTES



GRILLED
CORN WITH
CHIVE
BUTTER



POTATO
AND
VEGETABLE
SALAD WITH
CRISPED
PROSCIUTTO



SAY HI TO RYE

WHY YOU SHOULD BE DRINKING CANADIAN WHISKY

Canadian whisky has an image problem. Or rather, it has a *lack* of an image. It is the most accommodating of whiskies, a sweet, mellow blend of grains with a hint of spicy rye. It's an easy-to-drink sipper, lovely on its own and perfect in cocktails. And, at less than \$30 a bottle, it's the bargain of the whisky world.

Yet, even though brown spirits have once again become fashionable, Canadian whisky's popularity has lagged behind the others.

That's just wrong. Canadian whisky is a high quality spirit with a long history, and it deserves a whole lot better recognition.

Canadians have been making whisky since before there even was a Canada. The country won't be marking the 150th anniversary of Confederation until 2017, but brands such as Wiser's and Walker's Canadian Club are celebrating their 150th birthdays right now.

Over that century-and-a-half, Canadian whisky has been drunk everywhere from cowboy camps to gentlemen's clubs to trendy cocktail lounges. Millions of gallons poured over the border during and after U.S. Prohibition, making it the dominant spirit in North America for years. Then in the 1950s and '60s, tastes turned to vodka, wine and beer, and whisky became the choice of an unfashionable older generation.

But in the last decade, whisky has made a significant comeback, especially among connoisseurs who prefer spirits with rich, complex flavours.

Thanks to improved marketing and new premium products, other whiskies have found their audiences: Scotch single malt is the sophisticate's choice, while bourbon is for hipsters and Irish whiskey is the friendly all-rounder.

Meanwhile, Canadian whisky has developed a reputation as the pleasant but slightly boring nice guy of the whisky world.

But this "nice guy" has some unique characteristics that make it worth a second look.

Canadian whisky is typically a blended whisky that by law must be distilled from a fermented mash of cereal grains, such as rye and corn, and aged at least three years in wooden barrels.

It's the rye that gives Canadian whisky its distinctive taste, which is why it's so often simply called rye. However, most Canadian whisky rarely contains enough rye – 51 percent – to be labelled as such under U.S. laws. (Two notable exceptions are Alberta Springs and Alberta Premium 100 percent rye whiskies.)

That well-balanced blend of grains is both the whisky's strength and its weakness.

A blend allows for great consistency

and reliability, and for decades, that's all most Canadian distillers focused on. As a result, while sales of other whiskies soared, the Canadian whisky market simply remained steady.

In the last few years, though, things have begun to ferment once again in the industry.

For the first in a long time, distillers are actively promoting their products with campaigns such as Canadian Club's clever retro-style advertising blitz aimed at young men, its first multi-layered advertising in two decades.

More importantly, Canada's distillers have begun releasing their own extra-aged and handcrafted whiskies at prices well above their usual bargain rates.

Among them are the **Gibson's 18-Year-Old**, **Walker's Canadian Club Sherry Cask** and **Crown Royal Special Reserve**, a spicy blend of aged whiskies that is called a "classic" by Jim Murray in his *Whisky Bible* 2008.

These may not reach single-malt-Scotch prices, but **Wiser's Red Letter Canadian Whisky** certainly does. It's an all-natural (no added flavour, no chill filtering) whisky aged 150 days in new white oak and introduced last year as a limited-release 150th anniversary tribute to founder J.P. Wiser.

But perhaps the most exciting new development in Canadian whisky has been the growth in artisanal distillers from coast to coast.

Long live the
designated driver.

Literally.



Long Live the Noble Spirit™

Canadian Whisky

In Cape Breton, Glenora Distillery produces the country's first single malt, the buttery sweet **Glen Breton Rare**, \$89.23 601062, which improves in quality year after year. In Ontario, Kitling Ridge produces

Forty Creek, a velvety, fruity whisky with enormous promise.

And here in BC, Winchester Cellars and Shelter Point Distillers, both on Vancouver Island, are working toward creating the first

West Coast single malts.

It's the beginning of a renaissance in Canadian whisky, and the comeback of one of the world's great spirits. Now, what was that about an image problem?



ALBERTA PREMIUM

Canada **\$22.00** 984

One of the great bargains of the whisky world, rated among the world's best by "Whisky Guru" Jim Murray. Traditional 100 percent rye, with rich spice and toffee notes.



ALBERTA SPRINGS 10 YEAR OLD

Canada **\$22.00** 6361

The bartender's favourite. This classic 100 percent rye whisky is proudly spicy, with hints of vanilla and caramel.



CROWN ROYAL LIMITED EDITION

Canada **\$39.75** 246603

Crisp with strong rye characteristics; slightly floral on the nose with appealing hints of cherry.



CROWN ROYAL SPECIAL RESERVE

Canada **\$53.75** 321208

Subtle, fruity and rich, with warm vanilla notes. Sip and enjoy!



GIBSON'S FINEST 12 YEAR OLD

Canada **\$25.75** 3558

Soft spices, fresh fruit, bold finish and great depth.



KITLING RIDGE FORTY CREEK BARREL SELECT

Canada **\$25.99** 550715

One of the most promising distilleries in Canada. Big, bold, fruity whisky heavily influenced by sherry casks.



SEAGRAM'S VO

Canada **\$22.25** 307

Sweet, mild and slightly oily on the palate, with no classic rye spiciness.



WALKER'S CANADIAN CLUB RESERVE

Canada **\$23.49** 331504

Lush and complex, with flavours of apple, cinnamon, vanilla



WISLER'S RESERVE

Canada **\$28.95** 252775

A slightly reserved whisky, with a nice balance of sweetness and spice.

WHISKY COCKTAILS

KIWI ME SOFTLY

1 ½ oz	(45 ml)	Canadian Club Rye Whisky
¼ oz	(8 ml)	Chambord
5		mint leaves
3		basil leaves
1		whole kiwi, peeled

In a shaker, combine mint, basil and kiwi and muddle into a paste. Add Canadian Club and lots of ice. Shake vigorously. Double-strain into a frozen, leaning shot glass. Slide ¼ oz Chambord into bottom of glass.

TASTING NOTES

A refreshing "shot style" drink with an aesthetically pleasing layered look, featuring hints of mint, basil and kiwi combined with the prominent citrus and smoky tones of the rye whisky complemented by the sweetness of the Chambord.

WHISKY ME HOME

1 ½ oz	(45 ml)	Crown Royal Limited Edition
½ oz	(15 ml)	Cinzano Orancio
½ oz	(15 ml)	Giffard Pink Grapefruit Liqueur
¼		pink grapefruit, peeled
3 drops		angostura bitters

Combine grapefruit and bitters and muddle. Add ice, Crown Royal, Giffard Pink Grapefruit liqueur and Orancio. Shake vigorously and strain through a tea strainer into a frozen baby martini glass. Slice a small piece of grapefruit peel and flame over top of the cocktail. Rub the rim with the peel, twist and hold together with a toothpick for garnish.

TASTING NOTES:

The pink grapefruit is wonderful with the citrus and smoky notes of the rye, complemented by the aromatics of the grapefruit oil on the nose.





Colin Turner

Bar Manager at CinCin, applies nearly two decades of hospitality experience to his role as liquid chef, where his approachable persona and passion for bartending promise to keep the bar welcoming and the cocktails fresh and fun. CinCin, | 154 Robson Street, Vancouver, BC 604.688.7338 www.cincin.net.

RYE ME A RIVER

1½ oz	(45 ml)	Crown Royal
½ oz	(15 ml)	Giffard Ginger of the Indies
1		fresh ginger slice

In a shaker, muddle ginger slice. Add ice, Crown Royal and Giffard Ginger of the Indies. Stir and strain through a tea strainer into a rocks glass filled with small-cubed ice. Garnish with a fresh ginger slice

TASTING NOTES:

An aperitif-style cocktail profiling a ginger spice that will complement the spicy notes of the Crown Royal.

Freixenet
UNPLAN the MOMENT



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CEDAR-PLANKED
RED SNAPPER
WRAPPED IN
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- Canadian Club Mixology Session
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Canadian Club



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www.canadianclub-ultimatemensnightout.com



FENNEL AND ORANGE SEARED HALIBUT FILLETS



BERINGER STONE CELLARS CHARDONNAY

USA **\$13.87** 606806

Bright, tropical summer fruit and citrus aromas lead to mouthfilling flavours of apple and pear. Beautiful creaminess well balanced by the acidity. A definite crowd pleaser.



JOSEPH DROUHIN CHABLIS

France **\$27.49** 172551

Pale straw in colour with fragrant, fruity aromas, this medium to full-bodied white has hints of lemon grass and mint in the firm finish. A beautiful French wine that pairs well with West Coast fish dishes. 87 points *Wine Spectator*



AVELEDA CASAL GARCIA VINHO VERDE

Portugal **\$11.49** 400531

A crisp, fruity wine with lemon and some green peach flavours. With a little bit of bubbly feeling this white is perfect for almost all your summer fare. It's fun to sip on its own too!



BOLLA SOAVE

Italy **\$14.99** 17640

A fun wine with a fresh lift to it! The delicate floral aromas with lemon, pear and a hint of almond end in a soft, full finish that lasts. A perfect partner to the halibut or any of your summer salads.



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www.pmacanada.com

Please enjoy responsibly.



MASI SOAVE CLASSICO SUPERIORE
Italy **\$13.49** 266221

Clean and pleasant with aromas of floral and white peach, it has a delicate flavour and crisp acidity that make it perfect for light, modern cuisine.



LOIMER LOIS GRUNER VELTLINER
Austria **\$19.99** 439059

Though delicate and pale in colour, it's certainly not in flavour. Aromas of white pepper and grapefruit with white fruit on the palate and a crisp, mineral finish give this wine an extra edge.



KIM CRAWFORD SAUVIGNON BLANC

New Zealand **\$21.99** 100594
Vivid passion fruit, grapefruit and tangy peach all come together in this breathtaking example of what a great New Zealand Sauvignon Blanc should be. Smart Buy and 92 points *Wine Spectator*



BRANCOTT SAUVIGNON BLANC
New Zealand **\$17.45** 129528

Here's a cheeky little white full of green pepper and gooseberry with a lingering finish from the Brancott Estate vineyard. Seafood, chicken and fresh summer salads love this wine. An exceptionally great value at this price.



twin fin

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prefers sunny days
to dark cellars**



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Excellent
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CAPER AIOLI DRESSING



**CODORNIU CUVÉE RAVENTOS
BRUT**

Spain **\$19.99** 521773
With the thrill of the bubble, this Cava offers up a subtle aroma of baked apple spice with an elegant, nutty toasted floral character. The gentle, mousse-like feel in the mouth is pleasing and unexpected at this price. It's a treat! 89 points *Gismondi*



WILLIAM FÈVRE PETIT CHABLIS

France **\$25.99** 811232
100% Chardonnay grown on clay and limestone and matured in stainless steel give this Chablis a satisfying freshness. Full of fruit and floral aromas with a clean finish, it should be enjoyed in its youth. A perfect summer sipper!

Warm up to Coolers

**Satisfy
your thirst**

*this summer with the
refreshing, great taste
of Woody's & Pomtini
Vodka Coolers*



Enjoy responsibly.

CURRIED COLESLAW WITH GOLDEN RAISINS AND APPLES

Serves 6

- | | |
|------------------|---|
| 1/3 cup (80 ml) | mayonnaise |
| 1/3 cup (80 ml) | plain yogurt |
| 2 tbsp (30 ml) | curry paste |
| 2 tbsp (30 ml) | mango chutney |
| | freshly squeezed juice from 1 lemon |
| 5 cups (1.25 L) | green cabbage, thinly sliced |
| 2 | large carrots, peeled and coarsely grated |
| 1 | red apple, cored and cut into wedges |
| 1/2 cup (120 ml) | seedless, golden raisins |
| 1 | small jalapeno pepper, seeded and finely minced |
| 2 tbsp (30 ml) | chives, finely minced |
| | fresh mint, chopped |
| | salt and freshly ground black pepper |



Whisk mayonnaise, cream, curry paste, chutney and lemon juice in large mixing bowl until blended. Transfer to a small pitcher. Combine cabbage, carrots, apple slices, raisins and jalapeno pepper in a large bowl. Toss to mix evenly. Drizzle with sauce and toss to lightly coat. Add a sprinkle of chives, mint and salt and pepper to taste.

ASIAN CABBAGE AND NOODLE SALAD

Serves 6

- | | |
|------------------|-----------------------------------|
| 1/2 lb (225 g) | dried Chinese egg noodles |
| 1/4 cup (60 ml) | pure sesame oil |
| 3 tbsp (45 ml) | soy sauce |
| 2 tbsp (30 ml) | seasoned rice wine vinegar |
| 1 tbsp (15 ml) | freshly squeezed lemon juice |
| | crushed dried chilies, to taste |
| 1 tbsp (15 ml) | peanut oil |
| 1 tbsp (15 ml) | ginger root, finely minced |
| 1 | large clove garlic, finely minced |
| 3 cups (750 ml) | Savoy cabbage, thinly sliced |
| 10 | large shiitake mushrooms, sliced |
| 8 | green onions, chopped |
| 1 cup (250 ml) | cilantro, chopped |
| 1/2 cup (120 ml) | toasted unsalted peanuts, chopped |
| 1 | hard boiled egg, chopped |



Cook noodles in large pot of boiling salted water until tender but still firm. Combine sesame oil, 2 tbsp (30 ml) soy sauce, vinegar, lemon juice and chilies in large bowl. Whisk to blend. Drain noodles and add to sesame mixture. Toss to coat. Set aside.

Heat peanut oil in a large wok or frying pan. Add ginger and garlic and sauté for 30 seconds. Add cabbage and mushrooms and stir-fry until cabbage wilts. Drizzle with remaining soy sauce. Fold in green onions and half the chopped cilantro. Using a large fork, twirl a serving of noodles onto each dinner plate. Top with a serving of cabbage stir-fry, some remaining chopped cilantro, chopped peanuts and hard boiled egg. Can be served warm or chilled.



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BIG WAVE

the Little Penguin

www.thelittlepenguin.com

Enjoy
Responsibly

after spending the day visiting the company's diamond mines

Colin's choice for a drink after wheels up?



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Please savour your Danfield's whisky responsibly.

Sensational Salads from pages 13 & 15

HEARTS OF ROMAINE AND ROQUEFORT SALAD

Serves 4

- ½ cup (120 ml) roquefort or blue cheese, crumbled
- ¼ cup (60 ml) sour cream
- 1 to 2 heads romaine hearts
- ¼ cup (60 ml) fruity olive oil
- 1 tbsp (15 ml) balsamic vinegar
- salt and freshly ground black pepper
- ¼ cup (60 ml) walnuts, toasted, coarsely chopped
- basil leaves, for garnish



Stir cheese and sour cream together in bowl to lightly blend. Gently separate leaves from romaine hearts leaving root stem intact and swish in cold water to clean well. Lightly shake out water holding from root end. Pat dry with paper toweling. Spoon cheese mixture into romaine hearts tucking mixture as far down toward root stem and in between leaves. Pat leaves together forming a tight roll. Wrap Romaine hearts firmly in plastic wrap and refrigerate until chilled and cheese firms slightly. To serve, cut romaine hearts crosswise into 1 inch (2.5 cm) slices. Place 1 or 2 slices overlapped onto individual salad plates. Whisk oil and vinegar together until blended. Add salt and pepper to taste. Drizzle over romaine and sprinkle with walnuts. Garnish with basil leaves.

LEMONY TABBOULEH SALAD

Serves 6

- 1 cup (250 ml) bulgur, fine or coarse
- 1 tomato, diced
- 1 small cucumber, diced
- ¾ cup (175 ml) minced fresh Italian parsley
- ½ cup (80 ml) fresh mint, minced
- 4 green onions, sliced
- ¼ cup (60 ml) freshly squeezed lemon juice
- 2 tbsp (30 ml) olive oil
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) freshly ground black pepper
- ½ cup (120 ml) finely chopped pistachios, toasted



Bring 1¾ cups (425 ml) water to a boil. Add bulgur and reduce heat to low. Cover and cook for 8 to 10 minutes or until no liquid remains. Remove from heat. Fluff with fork. Transfer to large bowl and cool. Add tomato, cucumber, parsley, mint, and green onions. Stir remaining ingredients together except pistachios. Pour over bulgur and toss to combine. Fold in pistachios and serve.

TOMATO BOCCONCINI

Serves 4

- 2 large red tomatoes
- 1 large yellow tomato
- 2 large bocconcini
- ¼ cup (60 ml) basil leaves
- 4 butter lettuce leaves
- ½ cup (80 ml) extra virgin olive oil
- 2 tbsp (30 ml) balsamic vinegar
- salt and freshly ground black pepper
- toasted pine nuts
- Parmesan cheese shavings



Slice tomatoes discarding the stem ends and tops. Cut each bocconcini ball into 4 slices. Stack tomato slices alternately with slices of bocconcini and basil leaves on 4 individual serving plates lined with a butter lettuce leaf. Whisk oil and vinegar in a small bowl. Drizzle dressing around each tomato stack and sprinkle with toasted pine nuts and shaved Parmesan.

KAHLÚA

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CHILLACCINO

ADD ICE, BLEND AND ENJOY.



KAHLÚA® CHILLACCINO MIXING INSTRUCTIONS:

- | | |
|-----------------------|--|
| Serves 4 | Pre-chill 4 rocks glasses. |
| 8 oz. (1 cup) Kahlúa® | Pour all ingredients into a large blender. |
| 8 oz. (1 cup) milk | Pulse blender on ice crush until desired consistency is reached. |
| 8 oz. (1 cup) ice | Pour equal shares into each rocks glass and serve. |

EXPLORE YOUR CURIOSITY
Please enjoy our products responsibly.



Grilling Tips from page 26



ALL-DRESSED HOT ASIAN BURGERS

- Serves 4
- | | |
|----------------|--------------------------------------|
| 1 | egg |
| ¼ cup (60 ml) | fine dry bread crumbs |
| 1 tbsp (15 ml) | each soy sauce and rice wine vinegar |
| 1 | large garlic clove, minced |
| 1 tsp (5 ml) | hot pepper sauce |
| 1 ½ tsp (7 ml) | ground ginger |
| ½ tsp (2 ml) | salt |
| 1 lb (500 g) | freshly ground black pepper |
| | medium to lean ground beef* |

Whisk egg and bread crumbs together in a mixing bowl. Stir in soy sauce, rice wine vinegar, garlic, hot pepper sauce and seasonings. Mix in ground beef until evenly blended. Shape into 4 (½ inch/1 cm) thick patties. Store between layers of waxed paper in the refrigerator up to 4 hours. Cook on greased grill over medium-high heat. Close lid and cook for 10 minutes or no longer pink, turning once. Serve on toasted buns lined with curly leaf lettuce and creamy mayonnaise with grated cucumber on the side.

* Medium ground beef makes for juicier burgers on the grill.

FIVE SPICE YAM FRIES

- Serves 4
- | | |
|----------------|--|
| 2 | large jewel yams, peeled and cut into wedges |
| 1 tbsp (15 ml) | olive oil |
| 1 ½ tsp (7 ml) | Chinese 5 Spice |
| 1 tsp (5 ml) | sea salt |
| | freshly ground black pepper |
| | cooking oil spray, optional |

Peel yams and cut into bite sized wedges. Toss in a bowl with olive oil. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper. Scatter yam wedges evenly over baking sheet being sure not to overlap. Sprinkle with Chinese 5 spice, sea salt and pepper. Bake fries for 25 minutes, turning once halfway through cooking. Serve immediately.



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GLAZED CHIPOTLE BEEF SHORT RIBS

Serves 6

6 (3 inch/8 cm) meaty beef short ribs, about 5 lbs (2.25 kg)

Spice Rub

2 tbsp (30 ml) each of salt, black pepper, ground cumin, and chili powder
 1 ½ tbsp (22 ml) ground coriander

Mix rub ingredients in bowl. Sprinkle over ribs to lightly coat on all sides. Refrigerate overnight.

Sauce

2 tbsp (30 ml) olive oil
 2 cups (500 ml) sweet onion, diced
 6 large garlic cloves, chopped
 ½ (28 oz/796 ml) can diced tomatoes, drained
 ¼ cup (60 ml) freshly squeezed lime juice
 ¼ cup (60 ml) bottled chili sauce
 3 tbsp (45 ml) canned chipotle peppers including juice, chopped
 1 tbsp (15 ml) brown sugar

Preheat oven to 350 F (180 C). Heat oil in large ovenproof pot. Add onions and garlic and sauté until soft and clear. Add remaining ingredients and simmer for 15 minutes, stirring to blend. Place ribs in a single layer in large baking dish. Spoon sauce over top. Tightly seal with foil and bake until ribs are just tender, 2 to 2½ hours. Remove from oven. Drain sauce into saucepan. Cook uncovered over medium heat to thicken. Skim off fat. Serve ribs with thickened sauce spooned over top or refrigerate ribs overnight and reheat on barbecue grill brushing with sauce until glazed and hot.

CORN, TOMATO AND AVOCADO SALAD

Serves 6

2 firm red tomatoes, diced
 2 firm ripe avocados, diced
 1 cup (250 ml) cooked corn kernels
 ¼ cup (60 ml) olive oil
 2 tbsp (30 ml) red wine vinegar
 1 tsp (5 ml) Dijon mustard
 1 garlic clove, minced
 ½ tsp (2 ml) each of salt and chili powder

Combine tomatoes, avocado, and corn in a bowl. Gently toss to mix. Whisk remaining ingredients in a small bowl. Drizzle over vegetables. Gently fold together to mix. Serve with Chipotle Ribs.

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VERY BERRY PAVLOVA

Serves 8

Meringue

4		egg whites, at room temperature
1 cup	(250 ml)	granulated sugar, ground super fine in a food processor
1 tbsp	(15 ml)	cornstarch
2 tsp	(10 ml)	white vinegar
1 tsp	(5 ml)	pure vanilla

Topping

1 cup	(250 ml)	whipping cream
1 tbsp	(15 ml)	granulated sugar
½ tsp	(2 ml)	orange zest, finely grated
2 cups	(500 ml)	fresh blackberries, blueberries and raspberries
1 cup	(250 ml)	fresh strawberries, quartered orange zest and icing sugar

Preheat oven to 300 F (150 C). Trace a 10 inch (25 cm) circle onto a sheet of parchment paper with a pencil. Place the paper (pencil side down) on a baking sheet. Beat the egg whites in a large mixing bowl with an electric mixer until soft peaks form. Gradually beat in sugar 2 tbsp (30 ml) at a time until stiff and glossy peaks appear. Beat in cornstarch, vinegar and vanilla. Shape meringue mixture to fit into circle on parchment paper. With the back of a spoon form a hollow nest about 5 inches (13 cm) wide in the middle of the meringue.

Reduce oven temperature to 250 F (120 C). Bake meringue in the centre of the oven for 1¼ to 1½ hours or until crisp and pale golden. Turn off oven and allow meringue to cool in the oven completely. Use a long metal spatula to gently loosen the meringue from the paper. Slide onto flat serving platter or cake plate. Just before serving, whip cream adding sugar and orange zest until soft peaks form. Mound the soft cream into the centre of the meringue and arrange fruit randomly on top. Garnish with orange zest and a light dusting of icing sugar.

TRIPLE BERRY TARTLETS

Serves 4

1 pkg		prepared double crust pie pastry
4 x 4 inch	(12 cm)	fluted tart pans with removable sides

Preheat oven to 425 F (220 C). Prepare pie crust according to package instructions. Divide dough into 4 even sized disks. Roll each disk out on a lightly floured surface until slightly larger than the tart pans. Gently press crust into pans. Prick the bottom of each tart before baking. Bake tarts for 8 to 10 minutes or until golden. If centers puff during baking, gently prick with a fork. Remove to a rack for a couple of minutes. Then gently remove sides and cool completely. Slip a thin spatula under tart shells to remove base. Set aside while making the curd.

Lemon Curd

4		large egg yolks
¾ cup	(175 ml)	granulated sugar
⅓ cup	(80 ml)	lemon juice, freshly squeezed
¼ cup	(60 ml)	unsalted butter, softened
		pinch of salt
2 tsp	(10 ml)	lemon zest, finely grated
3 cups	(750 ml)	fresh raspberries, blueberries and blackberries
		crystallized decorative sugar

Whisk egg yolks and sugar together in a heavy saucepan. Stir in lemon juice, butter and salt. Cook over medium-low heat, stirring constantly until mixture begins to thicken and coat a metal spoon. Do not let it boil. Stir in lemon zest. Press a piece of plastic wrap into the surface and cool. Divide the lemon curd evenly among tart shells. Arrange a mixture of berries over top of each. Refrigerate until ready to serve. Dust with sugar before serving.

BERRY MOUSSE SWIRL

Serves 6

1 envelope	(1 tbsp/15 ml)	unflavoured gelatin
¼ cup	(60 ml)	mango orange juice
1 cup	(250 ml)	fresh blackberries
1 cup	(250 ml)	fresh blueberries
¾ cup	(175 ml)	granulated sugar
1 tsp	(5 ml)	vanilla
1 cup	(250 ml)	plain yogurt
1 cup	(250 ml)	whipping cream

Soften gelatin in orange juice for about 5 minutes and then heat in a microwave or a small saucepan just until dissolved. Place berries in a blender, reserving a half dozen for garnish and whirl until smooth. Add sugar, vanilla, and dissolved gelatin and whirl to blend. Stir into yogurt until no white streaks remain. Refrigerate until slightly firm, about 30 minutes. Whip cream in bowl until soft peaks form. Fold into berry mixture reserving a little for garnish. Transfer mousse to individual parfait glasses. Top each with a dollop of whipped cream. Garnish with reserved berries. Serve immediately or cover with plastic wrap and refrigerate for several hours or overnight.

Cobre from page 67



MEXICAN STYLE PRAWNS WITH YELLOW CORN AREPAS AND PIPIAN VERDE

Serves 4

Prepare pipian verde (sauce) and corn arepas in advance. Cook prawns and finish corn arepas to assemble dish.

Pipian Verde (Sauce)

6 large	leaves of gai lan* (Chinese broccoli), blanched and shocked**
½ cup (120 ml)	roasted pumpkin seeds
½	onion, minced
4	poblano chili peppers, roasted and chopped coarsely
3	poblano chili peppers, minced
1 bunch	cilantro, minced
	juice of 1 lime
½ cup (120ml)	olive oil
	salt, to taste
1	Granny Smith apple, peeled, cored and finely diced

* gai lan is available in Asian food markets

** immerse immediately in ice water

Sauté the minced onion in a frying pan until translucent. Squeeze excess water from gai lan leaves and then combine with roasted poblanos, apple, onion, lime juice and salt in a food processor. Blend. While blending, slowly pour olive oil in mouth of food processor until mixture is smooth. Pour mixture into a mixing bowl and add minced poblanos, minced cilantro and crumble in pumpkin seeds. Set aside.

Corn Arepas

2 lbs (900 g)	frozen corn kernels, thawed, then dried in the oven slightly
½ cup (120 ml)	corn flour (maseca)
15 oz (450 ml)	mozzarella cheese, shredded
1 tbsp (15 ml)	milk
1 tsp (5 ml)	salt
pinch	ground guajillo or other medium chili pepper
3 tbsp (45 ml)	scallions, minced
1	fresh poblano pepper, minced

In a food processor, pulse the corn coarsely. Place in mixing bowl and add the corn flour, cheese, milk, salt, onions and peppers. Mix well and form into little patties 2-3" (5-10cm) in diameter, ½ - ¾" (1-1.5cm) thick. Refrigerate until firm.

Prawns

Cut prawns in half lengthwise. In pan, sauté halved prawns in a tablespoon of olive oil, salt and pepper. When half-cooked, remove from heat and add a squeeze of lemon, a splash of water and a knob of butter. Toss until butter is melted.

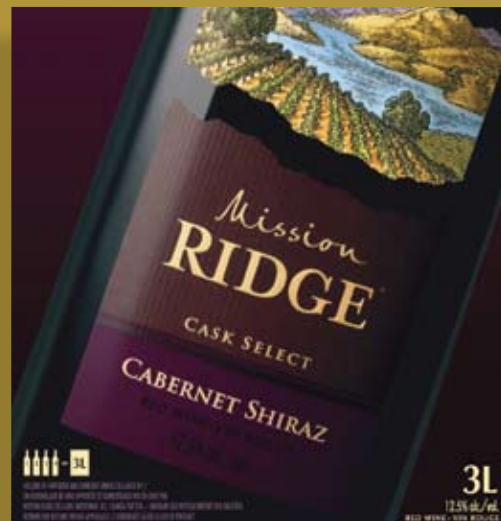
Meanwhile, fry corn arepas in butter over low to medium heat in a sauté pan, until golden brown on both sides.

To assemble, arrange arepas on plate and top each with a dollop of pipian verde and 2 halves of prawn, intertwined.

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PAN-SEARED BC SABLEFISH WITH MOLE AMARILLO

Serves 4

Prepare mole amarillo and yam gnocchi in advance. When ready to assemble, cook the gnocchi and sablefish.

Mole Amarillo

1	white onion, minced
5	yellow bell peppers, roasted, seeded and chopped
1	habaero chile, seeded and chopped
8	tomatillos, blanched
3	cloves garlic, roasted
1 cup (250 ml)	water
	olive oil
	salt, to taste

In a frying pan, sauté the minced onion in olive oil until golden brown. Add the roasted yellow peppers, habaero chile, roasted garlic and tomatillos. Cook for 1 minute. Turn mixture into food processor, and pulse until smooth, adding water as necessary. Season to taste with salt. Set aside until ready to assemble. Can be refrigerated and warmed up before assembling.

Yam Gnocchi

2 lbs (900 g)	peeled yams, cut into cubes
1	egg
6 cups (1.5 L)	flour
1 tbsp (15 ml)	sea salt

Boil cubed yams in pot of water on low heat until soft. Drain and allow yams to cool, then mash until smooth. Add salt, egg, and flour. Mix into a doughy paste. Roll small amounts into logs about 1-inch in diameter. Cut with a pastry scraper or sharp knife at 1 inch intervals so each piece resembles a little pillow. Set aside and prepare sablefish.

Seasonal Vegetables

Almost any vegetables will do, however a selection of baby summer squash with this dish is ideal. Prepare enough vegetables for however many portions you are making. Sauté the vegetables so they are ready at the same time as the fish and the gnocchi.

Pan-Seared Sablefish

¼ lb (120 g)	sablefish fillets, skin on
	olive oil
	salt and pepper, to taste
	corn nuts, crushed (optional, for garnish)

Heat oven to 400 F (200 C). Heat a large frying pan with a small amount of oil until slightly smoking. Season sablefish with salt and pepper and sear sablefish flesh side down in pan, until light golden. Turn over and slide pan into oven. Cook for 4 minutes, turn fish over, and cook for 4 more minutes.

While sablefish is cooking, drop gnocchi logs into large pot of salted boiling water, about 12 at a time. When the gnocchi logs float, remove from the water. Ideally, have gnocchi ready to remove from boiling water around the same time the fish is removed from oven.

Remove the fish from pan and set aside. Place gnocchi into the pan, frying them slightly in the fish oil. Remove gnocchi and divide onto serving plates with a layer of vegetables.

In the same pan, heat some of the Molé Amarillo. Then spoon over the gnocchi and vegetables. Top with the fish. If desired, crushed corn nuts may be used as a garnish for this dish. Serve immediately.



DULCE DE LECHE WITH CARAMELIZED PINEAPPLE

Serves 4-6

Dulce De Leche

1 can (300 ml)	condensed milk
1 can (370 ml)	evaporated milk

Place both cans unopened in a saucepan. Fill saucepan with enough cold water to completely submerge cans. Place saucepan on stovetop and heat on high until water comes to a boil. Reduce heat and simmer for 5 hours, making sure the cans stay submerged (add boiling water if needed).

Remove cans and discard water. Let the cans cool down for 2 hours before opening. The condensed milk will be dense and a medium amber colour and the evaporated milk will be light amber. With a spatula, scoop out the contents of both cans into a saucepan. Again, place saucepan on the stovetop to simmer. Continuously stir with a wooden spoon until both milks reach a temperature of 120 C (245 F). Let cool completely (approx. 2 hours) before serving.

Caramelized Pineapple

1	pineapple, peeled and cored
½ cup (125 ml)	sugar
¼ cup (30 ml)	water

Slice pineapple lengthwise into eighths. Set aside.

In a saucepan, heat the sugar and water gently at first, stirring occasionally, until the sugar has dissolved completely. When stirring, try not to splash the syrup around the sides of the pan as it may form crystals and encourage to rest of the syrup to crystallize before it cooks to a caramel. Bring to a full boil until the syrup turns a rich brown colour, then stop stirring. Turn off heat. Slowly and carefully add the sliced pineapple to the caramel.

Bring pan back to heat at a low simmer for 10 minutes. Leave to cool for 45 minutes.

Tamarind Butterscotch

1 cup (250 ml)	whipping cream
1 cup (250 ml)	sugar
½ cup (125 ml)	water
1tbsp (15 ml)	tamarind concentrate or paste (available at Asian markets)

In a saucepan, heat the whipping cream. In a separated saucepan, heat the sugar and water. Boil until the syrup turns into a dark rich brown. Take care when making a dark caramel, as cooking it for a few seconds too long will make it too bitter or burnt. Turn off heat. Slowly add the warm whipping cream to the caramel. Please be careful. The caramel will bubble. When all whipping cream is added to the caramel, reduce heat to simmer. Add tamarind. With a wooden spoon, slowly stir. The result should be beautiful, dark butterscotch.

Whipped Cream

2 cups (500 ml)	whipping cream
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To get the right texture, bowl, beaters and cream should all be chilled in a refrigerator at least 1 hour before whipping, so that the milk fat stays firm during whipping.

To beat cream, turn the mixer to medium-high speed until the chilled cream begins to thicken, then lower the speed. Whip the cream just to the point where it falls in large globs and soft peaks, but still carries a gloss.

Serve Dulce de Leche in a dessert glass topped with Caramelized Pineapple, Tamarind Butterscotch and whipped cream.

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Always enjoy wine in moderation.

Perfect Picnic from pages 77 & 78



FIERY GAZPACHO

Serves 12

2 cups	(500 ml)	fresh ripe tomatoes, seeded and diced
½ cup	(120 ml)	yellow pepper, diced
1 cup	(250 ml)	English cucumber, diced
½ cup	(120 ml)	red onion, finely chopped
1 cup	(250 ml)	vegetable broth
½ cup	(120 ml)	extra virgin olive oil
2 tbsp	(30 ml)	balsamic vinegar
½		lemon, squeezed juice only
2 tbsp	(30 ml)	Worcestershire sauce
¼ cup	(60 ml)	parsley
1 tbsp	(15 ml)	oregano
2		freshly ground black pepper
		large cloves garlic, minced
		sea salt
1		hard-boiled egg
5½ cups	(1.36 L)	canned tomato juice
½ cup	(120 ml)	breadcrumbs
		Tabasco, to taste

Combine diced vegetables in a 12 cup (3 L) bowl or pot. Add vegetable broth, olive oil, balsamic vinegar, Worcestershire, lemon juice, parsley and oregano. Gently stir to blend and add pepper to taste. Set aside. Place garlic in a small bowl and sprinkle with a little sea salt. Coarsely chop egg and add to garlic. Mash with a fork until blended. Stir tomato juice into vegetable mixture along with mashed garlic and egg mixture. Stir in bread crumbs until dissolved. Add salt, pepper and Tabasco to taste. Cover and refrigerate for several hours or overnight!



POTATO, BEANS AND GREENS SALAD

Serves 8 to 10

1½ lbs	(750 g)	Yukon Gold potatoes
2 tbsp	(30 ml)	vegetable oil
½ lb	(225 g)	green beans, trimmed
1		large egg yolk
2 tbsp	(30 ml)	horseradish
2 tbsp	(30 ml)	white wine vinegar
1 tbsp	(15 ml)	Dijon mustard
1 tbsp	(15 ml)	unsalted butter
1 tbsp	(15 ml)	sugar
1		garlic clove, minced
½ tsp	(2 ml)	sea salt
¼ cup	(60 ml)	freshly squeezed lemon juice

⅓ cup	(160 ml)	whipping cream
4 cups	(1 L)	romaine lettuce, chopped
4		whole green onions, chopped
4		whole radishes, thinly sliced
		fresh dill

Preheat oven to 425 F (220 C). Scrub potatoes and cut into bite-sized chunks. Toss with vegetable oil and roast in oven for 30 minutes or until tender. Place in a large bowl. Blanch green beans just until crisp tender. Plunge beans into cold water to stop the cooking. Strain and blot dry. Add to potatoes. Set aside.

Heat water in the bottom of a double boiler. In the top of the double boiler combine egg yolk, horseradish, white wine vinegar, mustard, butter, sugar, garlic, and 2 tbsp (30 ml) water. Whisk over simmering water and stir until mixture thickens. Immediately set top of double boiler into large bowl of cold water to cool. Stir in lemon juice.

In a separate bowl, beat whipping cream until stiff peaks form. Fold lemon cream mixture into whipped cream until blended. Transfer to a bowl, cover and refrigerate until ready to serve. This can be prepared a day ahead.

To serve, add romaine and green onions to potatoes. Drizzle with cream dressing and toss gently. Transfer to a large shallow serving platter. Garnish with radish slices and fresh dill.



Perfect Picnic from page 78

JUICY OVEN-FRIED CHICKEN

Serves 8

- 2 cups (500 ml) bread crumbs
- 1 tsp (5 ml) sea salt
- 1 tsp (5 ml) curry powder
- ½ tsp (2 ml) dried dillweed
- ¼ tsp (1 ml) freshly ground black pepper
- 1 cup (250 ml) low fat mayonnaise
- ¼ cup (60 ml) whipping cream or plain yogurt
- ¼ cup (60 ml) fresh squeezed lemon juice
- 1 tbsp (15 ml) Dijon mustard
- 3½ lbs (1.75 kg) chicken pieces, such as breasts, legs, thighs, and wings

Preheat oven to 350 F (180 C). Spread crumbs on baking sheet and toast in oven until golden (5 minutes) stirring often. Pour into a bowl and stir in seasonings. In another bowl combine mayonnaise, cream or yogurt, lemon juice, and Dijon and stir to blend. Generously brush chicken pieces with cream mixture, then coat evenly with crumb mixture, pressing crumbs evenly into the surface to adhere. Place chicken on wire rack over top of baking sheet and bake for 30 to 40 minutes or until juices run clear when pierced and chicken is cooked through and crispy. Remove and cool uncovered, then refrigerate until fully chilled. Serve cold with Potato, Beans and Greens Salad.



Spicy Salsa from page 82

GRILLED CHICKEN AND SPICY TOMATILLO SALSA FAJITAS

Serves 4

Chicken

- 4 chicken tenders (or strips of chicken breast)
- 2 tbsp (30 ml) olive oil
- juice and finely grated zest from 2 limes
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) ground coriander
- ¼ tsp (1 ml) salt
- black pepper

Tomatillo Salsa

- 4 tomatillos
- 1 serrano pepper, seeded and chopped
- 1 garlic clove, minced
- 1 lime juice
- 2 green onions, thinly sliced
- 2 tbsp (30 ml) fresh cilantro, chopped
- salt and freshly ground black pepper
- 2 cups (500 ml) romaine lettuce, thinly shaved
- 4 (8 inch/20cm) plain flour tortillas
- ½ each red and yellow bell pepper, cut into julienne strips
- crushed chilies or dried red peppers
- Crema*



A FAMILY TRADITION
FROM THE OKANAGAN VALLEY



Spicy Salsa from pages 83, 85, 87

Wash and pat dry chicken tenders. Combine oil, lime zest and juice, cumin, coriander, salt and pepper. Stir to blend. Add to chicken and work in until evenly coated. Refrigerate for 1 hour. Preheat barbecue grill. Drain chicken from marinade and barbecue for about 3 to 5 minutes per side or until juices run clear and chicken is cooked through. Remove and cover with a tent of foil to keep warm. Peel papery husks from tomatillos and cook in boiling water over medium heat for about 8 minutes. Drain and place in blender. Pulse until smooth. Just before serving, combine with serrano pepper, garlic, lime juice, green onions and cilantro. Gently fold together. Cut chicken into thin julienne pieces. Heat tortillas on grill until lightly browned, turning once. Alternatively heat in large pan for 3 minutes. Place on flat surface. Sprinkle each with some romaine and scatter with julienned chicken and peppers. Spoon a dollop of Tomatillo Salsa on top. Dust with grated cheese and a drizzle of Crema*. Fold tortillas over filling and serve.

*Crema** – thickened Mexican cream. Substitute with sour cream if you wish.



GRILLED FISH TOSTADAS WITH MANGO SALSA

Serves 4

1 cup	(250 ml)	mango, peeled and diced
½ cup	(120 ml)	red and green pepper, diced
¼ cup	(60 ml)	green onions, sliced
¼ cup	(60 ml)	cilantro, chopped
¼ cup	(60 ml)	sweet onion, diced
2		small serrano peppers, seeded, finely chopped
1		large garlic clove, minced
2 tbsp	(30 ml)	fresh squeezed lime juice

Fish Tostadas

3		small zucchini, cut lengthwise into strips
1 lb	(450 g)	fresh halibut fillets
2 tbsp	(30 ml)	olive oil
1 tsp	(5 ml)	chili powder
4	(6 inch/16 cm)	soft or crisp corn tortillas
½ cup	(120 ml)	Monterey Jack cheese, grated
		cilantro

Stir salsa ingredients together in a bowl. Cover and chill for 2 hours before serving. Preheat barbecue. Arrange zucchini and fish in a single layer on an oiled grilling pan. Whisk oil and chili powder together in small bowl and brush over zucchini and fish. Cover and grill until fish is cooked through and zucchini is hot, about 3 minutes. Divide zucchini among tortillas. Cut fish into julienne strips and arrange on top. Top with salsa and a sprinkling of cheese and cilantro sprigs.



WATERMELON AND CHERRY TOMATO KABOBS

Serves 4

¼ cup	(60 ml)	balsamic vinegar
¼ cup	(60 ml)	sugar
½		ripe red watermelon
8		cherry tomatoes
		fresh basil leaves
		fruity olive oil
		sea salt
		black pepper

Combine balsamic vinegar and sugar in a small saucepan and cook to dissolve sugar. Set aside to cool. Cut watermelon into bite size cubes. Halve cherry tomatoes. Skewer watermelon cubes alternately with cherry tomato halves and small basil leaves. Arrange on a serving platter. Whisk oil into balsamic. Drizzle over skewers and season with sea salt and pepper.



SPICY JICAMA SALSA WITH CHIPS

Serves 6

3 cups	(750 ml)	jicama, peeled and diced
2 cups	(500 ml)	red and yellow bell peppers, diced
1 cup	(250 ml)	sweet onion, diced
2		hot peppers, seeded and minced
1½ cups	(375 ml)	white vinegar
1 cup	(250 ml)	granulated sugar
3		star anise
1		cinnamon stick
1 tbsp	(15 ml)	whole mixed pickling spice
		assorted taco chips
		Monterey Jack cheese, grated

In a large heavy saucepan combine first 6 ingredients. Tie star anise, cinnamon, and pickling spices in a piece of cotton cheesecloth and stir in. Bring to a boil stirring to dissolve sugar. Reduce heat, cover and simmer over medium-low heat for 25 minutes. Discard spice bag. Add salt and pepper to taste. Cool and transfer to a plastic container with a tight-fitting lid. This salsa can be refrigerated for up to a week. Serve with chips and grated cheese or with cooked ground beef, hot pepper slices, sliced olives and sour cream.



STUFFED JALAPEÑO PEPPERS

Makes 16

2 tsp	(10 ml)	butter
3 tbsp	(45 ml)	red onion, finely minced
3		garlic cloves, minced
4 oz	(125 g)	spreadable light cream cheese
2 tbsp	(30 ml)	Parmesan cheese, finely grated
⅛ tsp	(.5 ml)	salt
		freshly ground black pepper to taste
8		jalapeño peppers
4		large egg whites
1 cup	(250 ml)	fine dry toasted bread crumbs
		all-purpose canola cooking spray
½ cup	(120 ml)	prepared salsa, optional

Heat butter in a small frying pan. Add onion and garlic and sauté until soft, about 5 minutes. Do not brown. Transfer to a small bowl and add cream cheese and Parmesan. Stir to blend. Set aside. Wearing rubber gloves, cut peppers in half, lengthwise. Using a small spoon, scrape the membranes and seeds out. Fill pepper halves with cheese mixture and spread with a palate knife until smooth. Peppers can be made to this point, covered and refrigerated overnight.

Preheat oven to 350 F (180 C). Line a 12 x 15 inch (30 x 38 cm) baking sheet with parchment paper. Whisk egg whites in a bowl until frothy. Place bread crumbs in a separate shallow bowl. Dip pepper halves, one at a time, in the egg whites and then dip into breadcrumbs until evenly coated all over. Place coated pepper halves in a single layer, cut side up, on parchment lined baking sheet. Lightly spray with canola cooking spray. Bake for about 20 minutes or until crisp and golden. Serve immediately with a half teaspoon of salsa spooned on top.

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Beer Lover's Meal from pages 96 & 97

KOREAN BEEF BROCHETTES

Serves 4

Marinade

¼ cup	(60 ml)	soy sauce
2 tbsp	(30 ml)	rice wine vinegar
2 tbsp	(30 ml)	vegetable oil
1 tbsp	(15 ml)	ginger root, minced
1 tbsp	(15 ml)	sesame oil
2		cloves garlic, minced
½ tsp	(2 ml)	red peppers, crushed

Kebabs

1 lb	(500 g)	sirloin tip marinating steak, 1 inch (2.5 cm) thick
3		large bell peppers (red, yellow or green), seeded and cut into large chunks
½		red onion, cut into chunks



Combine marinade ingredients in a large bowl. Stir to blend. Trim fat from steak and cut into 1 inch (2.5 cm) cubes. Add to marinade and refrigerate for 1 hour. If using wooden skewers, soak in water. To make kebabs, thread cubes of beef alternately with pepper and onion chunks onto skewers. Preheat grill to medium high. Place kebabs on greased grill. Close lid and grill for about 10 minutes or until meat is still slightly pink inside. Brush with marinade and turn at least 3 times during grilling. Serve with Tzatziki Sauce and pita bread.

POTATO AND VEGETABLE SALAD WITH CRISPED PROSCIUTTO

Serves 4

¼ lb	(120 ml)	fresh green beans
1 lb	(450 g)	red nugget potatoes
2 tbsp	(30 ml)	red wine vinegar
½ tsp	(2 ml)	dried oregano
		salt and freshly ground black pepper
½ cup	(80 ml)	fruit flavoured olive oil
1		red bell pepper
1 14 oz	(398 ml)	can artichoke halves, drained and quartered
½ cup	(120 ml)	pitted kalamata olives
1 tbsp	(15 ml)	capers, rinsed and drained
4		green onions, thinly sliced
3		slices prosciutto, crisped in oil in a pan



Bring a large pot of salted water to a boil. Add beans and boil just until bright green but still crisp. Scoop out with a strainer and rinse under cold running water. Place in a large bowl. Add potatoes to boiling water and simmer until tender but still a little firm, 10 to 15 minutes. Drain and transfer to a bowl. Alternatively, oil nugget potatoes and roast whole in oven for 20 minutes until tender. When potatoes are cooled, cut in half and add to beans. Cut red pepper in half and lay cut side down on baking sheet. Broil until skin becomes blacked. Remove and cover for 10 minutes. Peel off skin and cut into strips. Add to beans along with artichokes, olives, and capers.

Combine vinegar and oregano in a bowl. Whisk in oil. Add salt and pepper to taste. Drizzle over potatoes and vegetables and gently toss to evenly distribute. Sprinkle with crisped prosciutto and serve.

GRILLED CORN WITH CHIVE BUTTER

Serves 4

¼ cup	(60 ml)	unsalted butter, at room temperature
2 tbsp	(30 ml)	fresh chives, minced
¼ tsp	(1 ml)	sea salt
		freshly ground black pepper
		generous pinch cayenne pepper
4		ears corn, husks intact



Combine all ingredients (except corn) in a small bowl and blend. Cover and refrigerate. Preheat grill. Fold back husks of corn and remove corn silk. Rewrap corn with husks. Place on grill and close lid. Grill, turning a few times, until corn is tender and husks charred, about 10 minutes. Serve immediately with chive butter.



CEDAR-PLANKED RED SNAPPER WRAPPED IN PROSCIUTTO

Serves 4

1 untreated red cedar plank, 12x10x1 inch (30x25x2.5 cm)

Soak cedar plank weighted down to keep it submerged in a basin filled with water for up to 1 day. Drain when ready to use.

Relish

2 tbsp (30 ml) olive oil
 1 medium-sweet onion, diced
 2 large garlic cloves, minced
 ½ can (796 ml) diced tomatoes, drained
 1 red bell pepper, seeded and diced
 ½ cup (120 ml) pitted kalamata olives, chopped
 2 anchovy fillets, minced
 2 tbsp (30 ml) rinsed and drained capers
 ¼ cup (60 ml) fresh basil, finely chopped
 1 tbsp (15 ml) unseasoned white wine vinegar
 salt

Heat oil in saucepan. Add onion and garlic and sauté until soft. Stir in tomatoes, peppers, olives and anchovies and heat through. Remove from heat. Cool briefly then stir in capers, basil, vinegar and salt and pepper to taste. Let stand at room temperature.

Red Snapper

4 (6 oz/180 g) boned red snapper fillets
 8 thin slices prosciutto

Wrap 2 prosciutto slices around each fillet leaving top and bottom exposed. Secure with toothpicks if necessary. Place fillets on drained cedar plank. Press fillets down slightly. Preheat barbecue grill. Spoon ¼ cup (60 ml) of relish on each fillet. Place plank on grill and close lid. Barbecue just until fish is opaque in the centre and flakes easily, about 18 minutes. Spray plank with water if it begins to burn. Serve with remaining relish.



SEARED HALIBUT FILLETS

Serves 4

2 tbsp (30 ml) fresh parsley, finely minced
 2 tbsp (30 ml) fresh basil, finely minced
 1 tsp (5 ml) fennel seeds, crushed
 1 orange, grated zest only
 4x6 oz (175 g) centre-cut halibut fillets
 sea salt and black pepper
 2 tbsp (30 ml) unsalted butter
 2 tbsp (30 ml) olive oil

Preheat oven to 425 F (220 C). Line a baking sheet with parchment. Combine first 4 ingredients in a small bowl and stir to blend. Season fillets with salt and pepper. Heat butter and oil in a heavy frying pan over high heat. Add one fillet at a time, skin side up. Sear surface just until golden and the edges begin to crisp. Flip fillet skin side down onto baking sheet. Repeat with remaining fillets. Sprinkle with parsley mixture. Place seared fillets in oven and bake for 10 minutes until opaque and fish flakes easily. Serve on pan-fried slices of fennel root and garnish with orange slices.



SPICE-CRUSTED AHI TUNA

Serves 6

2 lbs (900 g) ahi tuna steaks about 1 inch (2.5 cm) thick
 olive oil
 2 tbsp (30 ml) store bought barbecue spice rub
 ¼ cup (60 ml) red onion, chopped
 2¼ cups (550 ml) vegetable stock or bouillon
 2 cups (500 ml) couscous
 6 baby carrots, trimmed and halved
 1 cup (250 ml) sugar snap peas
 2 tbsp (30 ml) fresh dill, chopped
 2 tbsp (30 ml) freshly squeezed lemon juice
 salt

Rub tuna steaks with oil; season with spice rub mix. Prepare barbecue and preheat to high. Grill tuna until seared on the outside and rare in centre, about 4 minutes per side. Refrigerate uncovered for 1 hour. Then cut into ½ inch (1.25 cm) slices. While tuna is refrigerated, heat 2 tbsp (30 ml) oil in saucepan. Add onion and sauté until soft. Add stock and bring to a boil. Stir in couscous. Remove from heat and cover. Let stand 5 minutes. Fluff couscous with fork. Transfer to bowl and cool. Steam carrots and peas until crisp. Plunge into cold water to stop cooking. Drain and add to couscous with fresh dill, lemon juice and remaining olive oil. Season with salt and pepper. To serve, spoon cooled couscous onto plate. Top with tuna slices and sprinkle with dill.



CEVICHE

Serves 4

½ lb (125 g) firm fish, Pacific salmon or tuna
 freshly squeezed juice of 2 lemons
 and 1 lime
 1 garlic clove, crushed
 pinch cayenne
 sea salt
 1 small hot pepper, seeded and minced
 fruity olive oil
 2 tsp (30 ml) fresh cilantro, minced
 tamari soy sauce

Place fish in the freezer for 30 minutes or just until firm enough to cut into paper-thin slices. Using a sharp knife, thinly slice fish on the diagonal. Place fish in a glass dish with citrus juices and toss to coat. Cover and refrigerate 2-4 hrs. Arrange on 4 individual chilled serving plates. Drizzle a few drops of olive oil and soy sauce, dust with cilantro and serve immediately. Combine remaining ingredients except olive oil and soy sauce and whisk to blend. Add a few drops of olive oil just until emulsified. Drizzle over fish slices and dust with some minced cilantro. Dot with soy sauce and serve immediately.



TROUT WITH AIOLI DRESSING

Serves 2

Lemon Caper Aioli Dressing

½ cup (120 ml) mayonnaise
 ½ lemon, finely grated zest only
 2 tsp (10 ml) capers, rinsed and drained
 1 small dill pickle, finely minced
 ½ tsp (2 ml) fresh dill, minced

Combine mayonnaise, lemon zest, capers, pickle, and dill in a small bowl. Stir to blend then refrigerate.

Trout

1 large whole rainbow trout
 salt
 1 cup (250 ml) white wine
 1 cup (250 ml) water
 ½ lemon, sliced
 2 tbsp (30 ml) red onion, minced
 2 tsp (10 ml) black peppercorns
 2 tsp (10 ml) fresh thyme, minced
 ¼ cup (60 ml) parsley, chopped
 several sprigs cilantro
 2 tbsp (30 ml) unsalted butter

Season trout inside and out with salt and pepper. Combine wine, water, lemon slices, red onion, peppercorn, and thyme in a fish poacher. Bring liquid just to a simmer over medium-low heat. Place fish rack in poaching pan and line with parsley and cilantro. Lay trout on top. Cover and gently simmer until opaque in the centre (10 minutes). Transfer fish to a plate and cover with a tent of foil. Strain juices into a heavy saucepan. Boil until reduced by half. Whisk in butter until smooth. Add salt and pepper to taste. Drizzle over trout and serve with Lemon Caper Aioli Dressing.

WHAT'S GOING ON

by Wendy Taylor

FOOD & WINE EVENTS FROM THE FARMS, VINEYARDS
& KITCHENS OF BRITISH COLUMBIA

THE ISLANDS

JUNE 6, 7 & 8

Tofino Food and Wine Festival

Don't procrastinate! Book your trip to Tofino for an early summer taste of sustainable BC. Scheduled events include a fun and tasty Meet What You Eat!, CedarCreek Winemaker's Dinner at Long Beach Lodge, a BC wine dinner at Shelter, the 2nd Annual Middle Beach Lodge/Weigh West/Prospect Winery Traditional Grape Stomping and the Main Event – Grazing in the Gardens, \$75. Accommodation packages available. tofinowineandfoodfestival.com

JUNE 13

BC Wine & Oysterfest, Victoria

'Tis the beginning of the summer and, with over 30 wineries pairing their wines with the briny flavours served up by the Coast Victoria Harbourside Hotel's Blue Crab Bar & Grill's kitchen, this evening will be a tasty start to the season. gvef.org/events.htm

JUNE 14 & 15

Comox Valley Shellfish Festival

"He was a bold man who ate the first oyster"
– Jonathan Swift
Presented by the BC Shellfish Growers Association in partnership with the K'omoks First Nation, The 2nd annual shellfish festival brings local food and wine producers together with culinary professionals for a 'show and tell' of the region's Sea to Table story. Festival events run all week culminating at the weekend World Ocean's Day Celebrity Chef's Shellfish Gala on Saturday. The Comox Valley Farmers' Market & The Main Event will be held on Sunday. More details at comoxvalleyshellfishfestival.com

THE OKANAGAN

JULY 20 TO JULY 22

Beach Blanket Film Festival, Penticton

What better way to end a hard day visiting wineries than to take your beach blanket, a sweater and a couple of lawn chairs to the beach to enjoy great Canadian films. In its 14th season, the setting is superb – the screen, set 25' offshore on Okanagan Lake, provides a dramatic setting to sit back, munch on a bag of popcorn and experience the Okanagan in a very unusual way. Start time 10:00pm. Penticton Lakeside Resort. \$10 per person or \$25 per person for a 3 evening pass. beachblanketfilmfestival.com

AUGUST 4

Outstanding in the Field – Little Creek Gardens, Kelowna

Chefs Cameron Smith and Dana Ewart of Joy Road Catering bring local food and wine to the table in this afternoon and evening of culinary delights. Overlooking Gray Monk Cellars, Little Creek Gardens is an organic farm on the west shores of Okanagan Lake near Kelowna. \$180, 4pm. outstandinginthefield.com

AUGUST 8 & 9 –

Okanagan Valley Summer Wine Festival, Silver Star Mountain Resort, Vernon

This annual festival provides great entertainment, wine seminars and an outdoor wine tasting in the beautiful mountain setting. owfs.com

AUGUST 6 TO 10

Penticton Peach Festival

Begun in 1947, the harvest celebration of the peach features live entertainment, a variety of food and wine experiences, peach drink, peach dessert, marching band and sandcastle competitions, and even a Square Dance Festival. The Peach Festival Grand Parade starts off the fun on Saturday, while Sunday brings out the whole family for Kiddies Day. peachfest.com

OKANAGAN HARVEST DATES

APRICOTS	July 20 - August 10	PRUNES/PLUMS	August 15 – September 10
CHERRIES	July 20 – August 1	APPLES	August 15 – October 30
PEACHES	July 25 – September 1	GRAPES	Late August – Late October
PEARS	August 15 – September 30		

THINK GREEN SHOP SMART

THE LOWER MAINLAND

AUGUST 1



Outstanding in the Field – UBC Farm

Guest Chef Andrea Carlson of Bishop's Restaurant works her magic with local ingredients while guests tour the UBC Farm. A farm-style dinner follows. \$220, 6pm. outstandinginthefield.com

AUGUST 17



Slow Food Cycle Sunday, Pemberton

The 4th annual tour of Pemberton Meadows Road's farms and roadside stands where tasty food rewards cyclists in one of BC's most beautiful valleys. Rental bikes are available in Pemberton and local bed and breakfasts provide the comforts needed after a long day's ride. slowfoodcyclesunday.com/2008event.htm

AUGUST 25



2007 Agassiz Cycle Tour

A Slow Cycle Event! Join other foodies on this self-guided tour of one of the Fraser Valley's farming communities. Ten stops, local cuisine and meet the producers who contribute to your enjoyment at your table. Arrive and leave when you want. Start at the Fall Fair Grounds in Agassiz. 9am-4pm, free, slowfoodvancouver.com

AUGUST 30



Sea-to-Sky Feast of Fields, Rebagliati Park, Whistler

The first of three Feast of Fields events in southern British Columbia, these annual connections of farmers and chefs offer a 'gourmet walking picnic harvest festival.' With glasses of BC wine in hand, guests wander between offerings and celebrate regional restaurants, wineries, breweries and farmers. ffcf.bc.ca/

Reuseable bags are available at all BC Liquor Stores.



4-Bottle Bag
\$1.49



6-Bottle Bag
\$1.99

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JUNE

SUN 1
2:00-5:00pm
Meet the Wiser's Brand Ambassador
Canada's best selling whisky alongside complimentary appetizers.

THU 5
4:00-7:00pm
California Luxe
A range of award-winning wines paired with appetizers from C Restaurant.

FRI 6
4:00-7:00pm
Taste Casillero del Diablo
A full range of Casillero del Diablo wines with food pairings from the Gramercy Grill.

SAT 7
5:00-7:00pm
The Wines of Chile
Discover Chile and enjoy some appetizers courtesy of Boneta.

SUN 8
2:00-4:00pm
Glenfiddich Single Malt
Whisky expert Andrew Starritt of Cask Strength hosts this seminar.

THU 12
4:00-7:00pm
Father's Day Whisky
Perfect for Dad, and Craig Johnstone of Scotland's Highland Park will be available to answer your questions.

FRI 13
4:00-7:00pm
Uncork Passion: Wines of Argentina

SAT 14
3:00-6:00pm
Guitar players, tango dancers and Latin food pairings all guest star.

SAT 14
2:00-6:00pm
Build a Better Golf Bag With McWilliam's Hanwood
At Vernon Signature BC Liquor Store

Putt to win a TaylorMade golf bag and sample McWilliam's Hanwood Estates fine Aussie wines.

SUN 15
12:00-4:00pm
Celebrate Father's Day
Bring Dad and sample the Tree Brewing family of beers. Oyster shucking and cooking demonstration, courtesy of Rodney's Oyster House.

THU 19
5:00-7:00pm
Painted Turtle
Try Painted Turtle wines paired with complimentary appetizers.

FRI 20
4:00-8:00pm
Canadian Whisky
Take part in these cocktail mixing seminars and customize your own Crown bottle at the custom label station on-site.

SUN 22
2:00-5:00pm
Sleeman Brewing's 20th Anniversary
Taste Sleeman Brewing's newest beer with complimentary appetizers courtesy of Chef Coconut.

THU 26
4:00-8:00pm
Labatt Product Launch
Sample Labatt's newest beer.

FRI 27
4:00-7:00pm
A Taste of Bacardi
Taste and learn how to make the Bacardi Superior Rum Mojito.

SAT 28
4:00-7:00pm
Canadian Club
Discover the versatility of this tried and true whisky (see www.bcliquorstores.com for participating stores.)

SUN 29
1:00-4:00pm
Go Canada!
Gear up for Canada Day with some local, home-grown products.

JULY

FRI 4
6:00-9:00pm
Barefoot on the BBQ
Barefoot Wines takes to the grill.

SAT 5
1:00-5:00pm
Say Sí! to Spanish
Flamenco guitar and dance, a range of Spanish wines and complimentary appetizers from Senova.

FRI 11
3:00-7:00pm
Folonari Wines
Taste some Italian-inspired appetizers paired with wines.

SUN 13
1:00-4:00pm
Margaritaville
Learn how to mix the perfect Margarita.

TUE 15
TBA
Beefeater Gin
Experience the bold flavours of Beefeater.

SAT 19
1:00-5:00pm
All Aboard the Malibu Bus!
Taste the Caribbean flavours of Malibu's many flavours as well as island-themed finger food.

THU 24
4:00-7:00pm
Get in the Pink
This tasting of rosé wines, have you seeing the world with rose-coloured lenses.

FRI 25
5:00-8:00pm
Okanagan Spring Summer Launch
Join Okanagan Springs as they release some new beers to refresh you this summer.

SAT 26
2:00-6:00pm
McWilliam's Hanwood Estates
Putt to win a premium driver. Visit bcliquorstores.com for all locations.

THU 31
4:00-8:00pm
Big Rock Collection
Sample the full lineup of Canada's own Big Rock beers and cider.

AUGUST

SAT 2
3:00-5:00pm
Taste Absolut Mango
Shoana Jensen, expert mixologist, is here to shake up some unique recipes.

WED 6
3:00-7:00pm
Enjoy "The Show"
Join winemaker Charles Bieler and discover what this wine is all about.

SAT 9
2:00-5:00pm
Experience Bacardi Flavour Mojitos
Try a new twist on an old Cuban favourite.

TUE 12
6:00-9:00pm
Banrock Station
Meet Tony Sharley of Banrock and learn about Ducks Unlimited.

THU 14
4:00-7:00pm
Rum Cocktails
See the Caribbean come to life in your glass with rum cocktails.

SAT 16
4:00-7:00pm
Whistler Weissbier
Taste Whistler Weissbier and food pairings by the Fairmont Château Whistler.

SAT 23
4:00-7:00pm
Red Rooster Wine
Taste several wines from this Naramata Bench winery, and enjoy complimentary hors d'oeuvres.

THU 28
4:00-7:00pm
Fancy Martinis
Make a splash with this selection of fancy martini recipes.

FRI 29
1:00-2:00pm
Lindemans Present Ted Reader, "King of the Q"
Ted Reader, ignites this Lindemans Bin wine tasting.

*Event information is accurate at time of printing. Please visit www.bcliquorstores.com or contact the store for up-to-date information.

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