

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

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SWIRL



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TASTE

BC LIQUORSTORES



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COVER



YELLOW TAIL BUBBLES ROSÉ

Australia **\$13.99** 785469

This aromatic rosé is a delicious blend from the best Australia has to offer. Clean, fruity aromas of strawberry and spice mingle with sweet cherry and tropical fruit flavours. Vibrant, playful and fresh, it's ready to brighten the most ordinary day.

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Please enjoy responsibly. jacksontriggswinery.com

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BC LIQUORSTORES

Visit www.bcliquorstores.com to locate any product sold at BC Liquor Stores and for current pricing information.

OUR SYMBOLS

-  Country of Origin Flag
-  BC VQA Wines
-  Sweetness Code
-  Organic
-  BC Craft Beer

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TASTE magazine is printed on 30 percent recycled paper using 100 percent vegetable ink.

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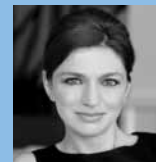


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SAVVY SIPPERS

GREAT VALUE WINES UNDER \$20 AND \$30



Wines from
around the world
for home entertaining.

THE VALUE WINE MOVEMENT

When it comes to wine, when was it not cool to seek out value? Has it ever been wrong to want bottles that over-deliver for the buck? No! The savvy sipper has always shopped with value as the bottom line. We fully support the value wine movement and we're proud to see its ranks swell.

However, while value is easy enough to drink, it's more difficult to delineate. The tricky part is not deciding to be a savvy sipper, rather it's defining what value is. Whether you take pleasure in saving cents on the no-name brand or prefer to invest top coin on the artisan producer, value – like taste – is subjective. It's important to remember that value can be found in wines across all price points.

But still, over the years we've come to appreciate some significant value markers, goal posts that we use to rank the value quotient when it comes to buying wine. Here's our take on bang for your buck.

Looking for value under \$20, we're after wines that really pop. We want wines that squeeze out the taste-pleasure-per-dollar ratio, the wines that wow. When we buy a \$15 wine and the bottle is drained in an hour, that's a good sign. Or when the \$19.99 bottle gets decanted

for a half hour and suddenly turns into a Right Bank ringer, we've found another savvy wine star. These are the everyday occasions to champion, the experiences that get us giddy and keep us pulling corks (or unscrewing caps) anticipating the next great everyday-drinking wine.

At \$25, we're looking for elegance, finesse, balance, refinement, class – plus perhaps something surprising. Come on, what's the point of spending a week's worth of lattes on something that lacks layers of flavour? And varietal correctness is at play; a Cabernet should taste like a Cabernet, not some mystery red hopped up on hot weather and hang time.

At \$30, we want all of the above in a wine that is unique and unafraid to strut its character. In this more rarefied air, value wines are those bottles that are not just made well, they unabashedly speak of the land they're from. We don't just want a Sauvignon Blanc, we demand a “Marlborough” Sauvignon Blanc and all the tropical-fruit-meets-fresh-zippiness-melded-with-beguiling-minerality-and-fantastical-depth that come with the true character of the territory. After all, it is the amazing ability of grapes to transmit this sense of place that keeps our fascination with wine new.

Here are some wines for savvy

sipping, strutting value at all price points from under \$20 and under \$30.

A FEW TIPS ON YOUR HUNT FOR VALUE WINE

- 1) Seek out under-appreciated regions. Up-and-coming wine regions, before they become the toast of the “in” wine crowd, can be great buys.
- 2) Look for unloved grapes. Whether it's indigenous, tough-to-pronounce grapes from a lesser-known region or vinifera that have fallen out of fashion (see Merlot, Chenin Blanc), unhip cultivars happily provide stellar dollar-pegged flavour.
- 3) Pull for number two! Many fancy châteaux and well-regarded wineries also produce lower cost, “second label” wines that often strive to please as much as their more precious brethren.

Leave it to me to
shake things up.



Introducing Naked Grape Wine Spritzers, a uniquely refreshing combination of the wine you've come to love with a splash of sparkling water. Try both of our delicious, ready-to-drink flavours, Chardonnay and White Zinfandel.



Please enjoy responsibly.

VALUE UNDER \$20



ANTHILIA DONNAFUGATA
Italy **\$17.99** 213298

Donnafugata knocks it out of the value park with this sumptuous Sicilian sipper that showcases two indigenous grapes, namely Cataratto and Ansonic. Green plum, peach, heather and a multitude of flavours linger on and on.



PAUL MAS ESTATE SYRAH VIOGNIER
France **\$16.99** 188953

Syrah and Viognier go together like cookies and cream, co-fermenting into a punchy, aromatic dream. Lots of berry, pepper and fresh earth dominate this grippy red that can only be described as brutally elegant.



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

The cool kids can keep swirling their Pinot Grigio on the patio, we'll take Grüner in the great outdoors. A lesson in complexity, aromas of wet stone mix with tangy pomelo and spicy white pepper and it's all tied together with a lingering, rich finish.



ERRAZURIZ MAX RESERVA CABERNET SAUVIGNON
Chile **\$19.99** 287805

Barbecue? Check. Big hunk of well-marbled protein? Check. Small circle of good friends? Check. Over the top, concentrated and rich, chewy plum and cassis tooth-staining red? Check. Well then, enough said.

VALUE UNDER \$30



CATENA ZAPATA MALBEC
Argentina **\$24.99** 478727

Drinking this plush, unfiltered red is no struggle, though no doubt the high-elevation Malbec vines that sourced the fruit were strained. Four vineyards, ranging from 2,800 to 5,000 feet in elevation, contribute to this ripe black-berry, mocha and toasty oak dandy.



DESERT WIND RUAH
USA **\$24.99** 264390

Close your eyes and you'd swear you're drinking a \$50 Bordeaux. A classic blend of Merlot, Cabernet Sauvignon and Cabernet Franc, this raspberry, pencil lead and cocoa beauty dances deftly on the tongue. 86 points *Wine Spectator*



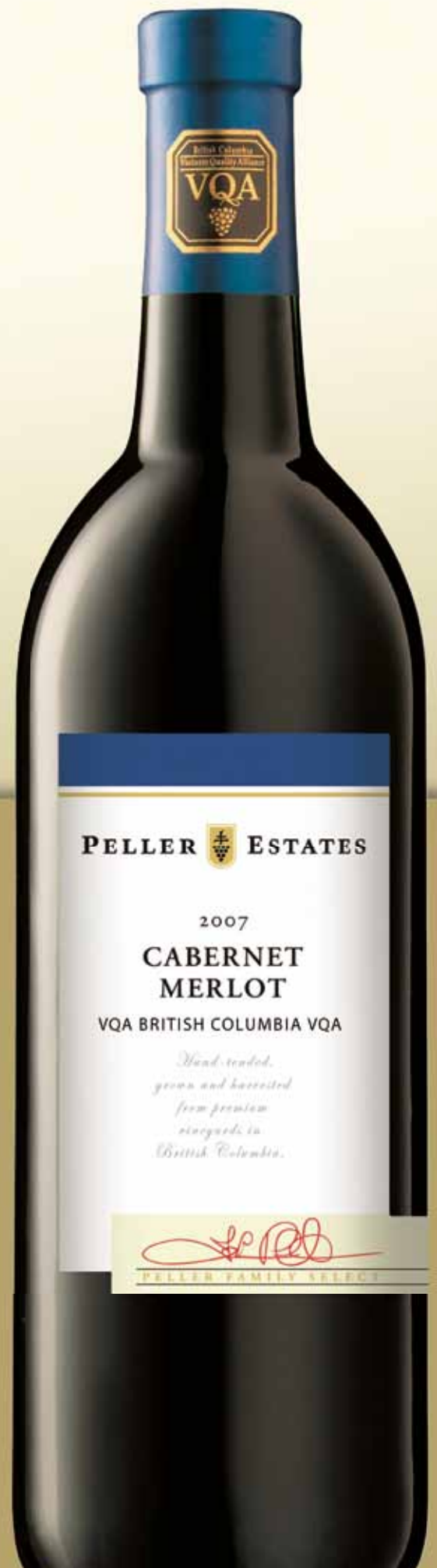
STAETE LANDT SAUVIGNON BLANC
New Zealand **\$27.99** 638403

Tropical passion fruit, lemon pith and fresh cut grass come together for some seamless, sumptuous sipping in this single-vineyard, estate bottling that elegantly highlights the distinct terroir of Marlborough. 89 points *Wine Spectator*



JIM BARRY THE LODGE HILL SHIRAZ
Australia **\$29.99** 57646

The Clare Valley fruit rings true in this dense, yet refined red. Often Shiraz wallops the palate, but The Lodge marries the best of the in-your-face, ripe boysenberry and rich plum with black pepper, toasted coconut and intriguing mintiness. 96 points/Smart Buy *Wine Spectator*



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British Columbia.*



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TRY SOMETHING NEW



MARGARITA KING
USA \$19.99 412775

This ready-to-serve cocktail is made with the finest double distilled tequila and orange liqueur with natural sugar cane, lemon and lime juices. Margarita King showcases the sweet aromas of candied lime, agave and orange zest with tangy lemon and orange flavours and a clean, crisp finish.



CAPEL MANGO
Chile \$17.01 662544 700 ml

The traditional pisco sour goes tropical in this ready-to-serve flavoured cocktail. The soft aromas of mango mixed with tropical sweetness and a tangy citrus finish that is delicious and refreshing. Serve well-chilled over ice for a cool summer sipper.



MATCHBOOK SYRAH
USA \$16.99 917708

Deep and powerful describes this brooding blend. Fresh blueberry and raspberry flavours enter into a friendly competition with vanilla, tobacco and spice. Smooth tannins lead the way into a long and lingering finish with spice making a final appearance.



WINES OF THE IF I WAS A VINE I WOULD WANT TO BE PLANTED ALONG THE MEDITERRANEAN COASTLINE. MEDITERRANEAN

My ideal vineyard would be perched on a hillside where I could bask in the sunshine whilst looking out to sea. After all, the Mediterranean is a more inviting climate than the frigid fields of northern Europe. In cold climates, vines can struggle to ripen the grapes, sometimes producing acidic and astringent wines. And the blistering heat of fiercely hot climates isn't that appealing either. The grapes might get over-ripe, resulting in raisin-like and cooked flavours. What's worse, the French would tease about making *confiture* (jam) rather than wine.

But in a pleasant Mediterranean climate, where the winters are mild and the summers are long, vines and grapes thrive.

The wine regions that sit along the Mediterranean coastline are responsible for a huge percentage of the world's wine production. In short, the climate is well suited to viticulture and can produce very good quality wines that are well-balanced.

A huge reason for the way a wine tastes relates to the composition of the grape at harvest, namely, the balance between sugar and acidity. It's rare that you see excesses or deficiencies in wines

from around the Mediterranean.

What I like the most about wines from this area is that they are often made from indigenous grape varieties. This means that they deliver flavours that differ from the usual repertoire of international grape varieties, such as your everyday Chardonnay and Shiraz.

Let's start with sparkling wine. Spanish sparkling wines or cava, come from an area called Catalunya. Barcelona is the major city here and the residents are responsible for guzzling huge volumes of the local bubbly. The main grapes are indigenous Spanish varieties such as Macabeo, Parellada and Xarel-lo. Try letting those roll off the tongue at your next dinner party. Intriguingly, Spanish cava is made in the same method as Champagne, with the second fermentation

**AFTER ALL, THE MEDITERRANEAN IS A MORE INVITING CLIMATE
THAN THE FRIGID FIELDS OF NORTHERN EUROPE.**

taking place in bottle. They are excellent value for money and the perfect way to kick off a party.

Spain is not the only country producing sparkling wine. In north-western Italy, within striking distance of

the Mediterranean, is the small DOCG (*denominazione di origine controllata*) of Franciacorta. This region lays claim to making the finest dry sparkling wines in Italy. The varietal mix and the methods are closely modeled on Champagne, with excellent results. The range from Ca'del Bosco, arguably the leader in the region and whose wines are considered amongst the best sparkling wines in the world, are sublime.

In dry white wine, the Mediterranean also produces a plethora of choices. The most unique has got to be retsina from Greece. This white wine is flavoured with pine resin. Yes, pine resin. The practice of adding resin to wine dates back centuries when it was used to seal wine, especially that stored in amphorae. Over time, people grew to enjoy the resinous taste

so it eventually became a style in its own right. Although retsina certainly has its followers, be aware that the wines can actually smell of pine cleaner so shall we say, "it's an acquired taste."

More to my liking would be a



Viognier from the south of France. This varietal has beautiful aromatics of honeysuckle, peaches and floral notes. If you like Gewürztraminer then Viognier might hit the mark. The wines are dry, usually with a touch of residual sugar, quite full in body and with a pleasant richness in the best ones. Try a Vin de Pays d'Oc Viognier with roast chicken or a white fish.

If pink is your favourite colour, the beautiful rosé wines from Provence rank

among the very best in the world. They typically show vibrant pink hues, have aromas of spice mingled with fresh strawberries and are dry and crisp. Perfect for sipping on the deck, they pair well with a fresh seafood salad and are liquid romance whilst watching the sunset.

In red wines, there is such a huge choice that making a handful of recommendations is no easy task. If you are looking for a classic wine, something big and burly but with depth

and concentration, then look no further than Priorat in Spain. Many of the very best are made from Garnacha and Cariñena. Wines from Priorat are classic stuff and a 100 point rating from Robert Parker is not unusual.

Then you have a huge number of high quality wines from appellations in southern France like Corbières and Minervois. Here, you can expect Syrah, Grenache and Mourvèdre to feature in the lead roles. These are the best value red

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Wines of the Mediterranean

wines in France and would go well with a steak *frites*.

It would be unfair not to make mention of the wines from Corsica, Sardinia and Sicily. Now we start getting into the really unusual grape varieties. How about a glass of red from the Nielluccio grape in Corsica? Grapes such as Nero d'Avola from Italy are gaining a following as some tire of Chardonnay and Shiraz. Most are such good value that it's

not a fatal experiment if you don't like the flavours.

Lastly, fortified wines are also represented in the Mediterranean wine regions, for example, Banyuls. This exceptional wine comes from the steep terraced vineyards in the foothills of the Pyrenées, where France meets Spain. Grenache is king in this fortified, port-like wine, known as a *vin doux naturel*. There is not a much more heavenly

match than a bottle of Banyuls and a chocolate mousse.

So the wine regions bordering the Mediterranean offer an abundance of unique and exciting wines. The indigenous grape varieties offer the wine enthusiast new flavours to discover. So give them a try. Besides, as you sip your way through the bottle you can dream of those gorgeous vineyards perched on a hillside overlooking the Mediterranean Sea.



SEGURA VIUDAS BRUT RESERVA

Spain **\$15.99** 158493
This Spanish bubbly features aromas of green apple and citrus. It is dry and medium-bodied with crisp tangy green fruit flavours.



PRINCIPESSA GAVIA

Italy **\$23.99** 162271
Gavi is a region in northwestern Italy, close to the Mediterranean. The white Cortese grape produces dry, light- to medium-bodied wines that are always crisp and refreshing. Try it with white fish or by itself.



CHÂTEAU SAINTE-EULALIE MINERVOIS LA LIVINIÈRE

France **\$24.99** 274597
The wines from this village were considered to be so good that they were given their own *appellation d'origine contrôlée* (AC) by the French authorities. This is a rich, full-bodied red with a rustic charm.



CHÂTEAU ST. MARTIN GARRIGUE BRONZINELLE

France **\$20.99** 194654
The Côteaux du Languedoc is located in the south of France and produces some delicious red wines that are always dry, quite full-bodied, with ripe black fruit flavours and a moderate tannic structure.



ARGIOLAS COSTERA CANNONAU DI SARDEGNA

Italy **\$25.99** 457911
Cannonau is an indigenous grape grown on the island of Sardinia. It is said to be the Grenache of Italy and described as a "full-throttle dryish red."



VESEVO BENEVENTANO AGLIANICO

Italy **\$17.00** 049783
The Aglianico grape flourishes in southern Italy where it produces deep coloured wines that are dry and full-bodied, often with marked tannins and an acidic touch on the finish. Bring on the pasta in tomato sauce.





GRILLED PEACHES
AND GREENS
WITH CRISPED
PROSCIUTTO

SIMPLY MEDITERRANEAN MEAL



In the heart of summer, hot, humid nights bring thoughts of endless, white sandy beaches and cooling ocean breezes, so why not bring a taste of the Mediterranean to your table? Whether you're cooking for family or backyard entertaining into the night, these recipes will be sure to "wow" them. Our Simply Mediterranean menu – the fruity grilled peach salad, barbecued beef filet, luxurious asparagus in truffle oil and the zesty lemon squares will bring you a taste of France, Italy and Spain without ever leaving home.

BARBECUE BEEF FILET WITH HERB AND OLIVE TAPENADE

PAIRS WITH GRILLED PEACHES AND GREENS WITH CRISPED PROSCIUTTO

PAIRS WITH BARBECUE BEEF FILET WITH HERB AND OLIVE TAPENADE



MIONETTO IL PROSECCO
Italy **\$17.99** 378638

This charming Italian gem is full-flavoured with a soft effervescence. Gentle baked apple flavours persist on the palate with a lively and refreshing finish. Ideal as an aperitif or served with fruit or cheese.



TORRES CORONAS TEMPRANILLO

Spain **\$15.99** 29728
This brooding Spanish beauty is a full-bodied red, jam-packed with cassis and delicious dark plum flavours. Wonderful oak notes and subtle tobacco hints are layered in the finish. Serve it with the best you can barbecue this summer.



CÔTES DU VENTOUX PESQUIÉ TERRASSES

France **\$17.99** 708750
This wallet-pleasing red from France is full-bodied with luxurious red fruit, plum and spicy flavours. It's easy to understand why life is better when you sit back and enjoy the view with a glass at your side.



Sauza Flavours and Ocean Spray The Perfect Summer Drink Combination!



BRAZILIAN RUBY

- 1oz Sauza Acai
- 3/4 oz Ocean Spray® Ruby Red Grapefruit Cocktail
- 1/4 oz Grenadine
- Splash of Tonic Water

Add Sauza Acai, Ruby Red Grapefruit Cocktail and grenadine to a rocks glass filled with ice. Add a splash of tonic water, stir and garnish with a slice of grapefruit.



Sauza Mango Crantini

- 1.5 oz Sauza Mango
- 0.5 oz Bols Triple Sec with Lime
- 2 oz Ocean Spray® Cranberry Cocktail

Fill a shaker with ice. Add Sauza Mango, Bols Triple Sec and Ocean Spray® Cranberry Cocktail. Shake and strain into a chilled martini glass.



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EXPECT
FRESH



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PAIRS WITH ASPARAGUS
WITH TRUFFLE OIL

PAIRS WITH LIMONCELLO
CHEESECAKE SQUARES



MEZZACORONA
PINOT GRIGIO

Italy **\$15.99** 312801

This Pinot Grigio is food-friendly, affordable and lively with a touch of spritz on the palate! An appealing white that has attractive aromas of apple and melon with hints of lime and cinnamon spice flavours to provide personality.



BANFI LE RIME CHARDONNAY
PINOT GRIGIO

Italy **\$16.49** 344663

Grown on the hillsides of Tuscany, this pale, straw-coloured, smartly blended wine with gentle fruit flavours has a refreshing acidity and a crisp finish. It's the perfect companion to vegetable dishes, pastas, lightly grilled meats and seafood.



SEGURA VIUDAS HEREDAD
RESERVA BRUT

Spain **\$31.99** 94912

Here's a sparkling for everyone! Whether it's for a special occasion, as a gift or as a delicious treat with a brunch or dessert, this scrumptious bubbly has toasty aromas of spice and apple with a pleasantly zesty finish.

PICK NOW ENJOY LATER

UNDER THE COZY CANOPY OF SUMMER, WHEN CRIMSON BERRIES DROOP LIKE JEWEL-COLOURED TEARS FROM HEDGEROWS, FARMERS' FIELDS ARE A TANGLE OF GREEN SHOOTS AND ORCHARDS ARE RICH WITH THE PERFUME OF PLUMP FRUIT, IT'S ALL TOO EASY TO FORGET THAT SUCH SALAD DAYS ARE NUMBERED.

Cooler months lack the bright, fresh, colourful bounty that makes summer so wonderful. Since summer fruit is plentiful and affordable during these peak months, it makes sense to stock up now and stash for later. Not only is it economical but you get bragging rights too for taking the time and having the kitchen chutzpah to make jams, compotes, sauces and coulis. How deliciously impressive it will be to dish up a jar of sunny strawberry preserves on a snowy day.

The art of preserving has enjoyed a renaissance over the past few years and home canning is a hot trend among foodies of all ages. But that doesn't mean you have to be a culinary wiz to capture the essence of summer – the options for preserving our province's bounty are many and suited to all levels of comfort in the kitchen.

Here's a list of what's in season, a few tips for picking the best and easy suggestions for keeping it fresh now and all year long.



BLUEBERRY AND LAVENDER SAUCE WITH LIMONCELLO, BOURBON CHERRIES AND BRANDIED GINGER PEACH JAM

BERRIES

STRAWBERRIES: Peak season for these fruity favourites is June to July. Choose the ones with a uniform, deep red colour. If the tops of the berries are green or white – pass them by. They were picked too soon and won't ripen now. Keep strawberries in a single layer in the fridge to avoid bruising.

RASPBERRIES: Peak raspberry season is June to July. Buy firm, small to medium-sized berries free from discolouration or bruises. Raspberries are very delicate and don't last long after picking. As with strawberries, store in the fridge in a single layer and wash just prior to using.

GOOSEBERRIES: Peak season is July. Gooseberries are very tart making them great for jams and jellies. Choose firm berries with a slight yield when pressed.

BLACKCURRANTS AND REDCURRANTS: Peak season is July to August for blackcurrants; June to August for redcurrants. Too astringent to be eaten out of your hand but their high pectin content makes them ideal for jams and jellies. Choose clusters that are firm, plump and shiny.

BLACKBERRIES: Peak season is August to September. A ripe blackberry should be extremely plump and taste sweet but with a puckery finish. Avoid the red berries. This is a sign that they've been picked too early. Similar to blackberries are tayberries, boysenberries, loganberries and marionberries.

BLUEBERRIES: Peak season is August to September. Choose plump berries and note that wild blueberries are much smaller than their farm-raised cousins. It's fine if they have snowy powder bloom – it indicates freshness.

STONE FRUIT

APRICOTS: Peak season is June to July. Choose apricots that are plump and juicy and a uniform gold-orange colour. Avoid mushy or pale yellow fruit.

CHERRIES: Peak season is July to August. Sweet Bing cherries are dark burgundy and very juicy. Their golden-blush cousins, the Rainier, are very meaty and sweet too. Sour cherries are dusky red in colour and good for cooking. It's best to buy plump cherries with intact stems and a strong, fragrant aroma.

PEACHES AND NECTARINES: Peak season is mid July to September for peaches, August to September for nectarines. A ripe fresh peach or nectarine should yield to gentle pressure when squeezed and have a heady perfume. Avoid fruit that is hard as it will soften but not ripen with flavour once picked. Keep in the refrigerator up to seven days. Bring to room temperature before eating.

EASY FREEZE

The quickest and easiest way to preserve berries and stone fruit is by freezing. However, once frozen, fruit is best used to make juices, sauces, purées or baked desserts since it loses its shape and considerable texture when defrosted. Freeze fruit that is

ripe – not too soft and mushy or too firm. The best way to freeze berries is called the “dry freeze” method. Wash berries in cold water to tighten up the skin, then pat dry with paper towels. Spread out in a single layer on a baking sheet until completely frozen, then portion out and seal in freezer bags.

To freeze stone fruits such as peaches, nectarine and apricots, remove pits, then cut fruit into halves or wedges. To preserve colour, quickly blanch in boiling water, then refresh in cold water and pat dry. To prevent browning, toss with a little lemon juice. As with berries, freeze in a single layer, then portion and seal in freezer bags.

A FEW FREEZING TIPS

- 1) Label bags with produce names and dates.
- 2) Use within 8 to 12 months.
- 3) Don't overfill bags.
- 4) Don't defrost frozen fruit before using. Cook from frozen.
- 5) Prevent freezer burn by removing as much air as possible from freezer bags. If you don't have an electric vacuum sealer, close freezer bag leaving space at one end to insert a straw. Insert the straw in gap and suck as much air out as possible. Remove the straw and completely seal the freezer bag.

VENETIAN RED DRESS

¾ oz (22 ml) Cherry Heering Liqueur or cherry brandy
1 ¼ oz (37 ml) gin
¾ oz (22 ml) lime juice
½ oz (15 ml) simple syrup
1 fresh egg white

Pour all ingredients in a shaker glass and shake vigorously.
Double strain into chilled champagne saucer or martini glass.

SUMMERY GIN COCKTAILS

WITH A DISTINCT CRISP, FRESH TASTE OF JUNIPER BERRY AS ITS MAIN INGREDIENT, GIN IS ALL ABOUT MAINTAINING YOUR COOL AND BEING REFRESHED. AND, YOU DON'T HAVE TO MIX IT WITH TONIC ANYMORE! ENTERTAINING IN THE BACKYARD IS EASY WITH THESE FANTASTIC GIN COCKTAIL RECIPES.



TUONO TROPICALE (TROPIC THUNDER)

- 1 oz (30 ml) gin
- ¾ oz (21 ml) Campari
- ¼ oz (7 ml) limoncello
- ¼ oz (7 ml) lemon juice
- ¾ oz (21 ml) grapefruit juice
- ¾ oz (21 ml) simple syrup
- 2 dash Angostura bitters
- 1 fresh egg white

Pour all ingredients into a shaker glass. Shake well.
Double strain into champagne saucer or martini glass.

CUCUMBER MINT FAUXITO

- 1 oz (30 ml) gin
- 1 oz (30 ml) apple liqueur
- ¼ oz (7 ml) lime juice
- ½ oz (15 ml) elderberry flower syrup
- 5 mint leaves
- 2 slices cucumber, large dice

Muddle mint and cucumber together. Pour all ingredients into a shaker glass half filled with crushed ice. Shake vigorously and pour into high ball glass. Garnish with mint sprig and cucumber slices.

ALL ABOUT ARTICHOQUES



The first signs of summer and warm weather bring stalks of green asparagus, creamy new potatoes and one of my favourites, artichokes. These are one of those seasonal vegetables that most people find intimidating to cook or don't know what to do with. For the past few years I've even seen them popping up, stem and all, in exotic floral bouquets. Most people think artichokes are found at stuffy formal



dinners but I've seen them occasionally being grilled or roasted at fun, modestly priced bistros.

A native of the Mediterranean, this member of the thistle tribe of the sunflower family is mainly grown in the Monterey area of California. The "vegetable" that we eat is actually the plant's flower bud and if allowed to flower becomes a stunning violet-blue blossom.

There are few things more challenging than being presented with



a whole lobster in its shell or a whole artichoke on your dinner plate. Escape from the dining table is rarely an option. There are other alternatives. One possibility is to embark on an animated monologue on any subject of interest to you, though not necessarily to others at

"These things are just plain annoying. After all the trouble you go to, you get about as much actual "food" out of eating an artichoke as you would from licking 30 or 40 postage stamps. Have a shrimp cocktail instead!"

— Miss Piggy

the table. This will allow enough time to watch what the other guests are doing and enable you to copy them without letting on that you are way out of your depth.

Another camouflage tactic is to sit quietly and toy with the beverage in your glass while observing the rules of the game. After careful observation,

you'll discover the way to deal with an artichoke is to start with the outer layer and pull off one leaf. The bottom of the leaf is dipped into a sauce (traditionally,



hollandaise or melted butter) and pulled gently through the front teeth to extract the tiny edible portion, then discard the remainder at the side of your plate. The process is repeated... and repeated. As you get towards the centre, the edible parts of the leaves become more succulent until you reach the furry "choke," which you scoop out. What is left is the heart. Ideally, this should be eaten with your eyes closed to ensure the utmost concentration and enjoyment. All this work for one little heart!

It takes the average person twenty minutes to eat an artichoke, but some average people get through a whole lifetime without ever tasting one. Those are average people who never know what they are missing.



ROASTED YOUNG ARTICHOKES WITH GARLIC AND PASTA/ARTICHOKES AND OLIVES

PAIRS WITH ROASTED YOUNG ARTICHOKES WITH GARLIC



DEINHARD PIESPORTER
RIESLING

Germany **\$13.99** 106328

The intense, concentrated floral bouquet highlights the invigorating fruit flavours of lemon and green apple. Crisp mineral and slate balanced by fruit and acidity make this wine very food friendly.



BEND IN THE RIVER
RIESLING QBA

Germany **\$12.99** 501080

A value-priced wine with light, clean and crisply-perfumed orchard fruits. The brisk, dry finish with balanced acidity make this wine an ideal partner with artichokes or asparagus.





CHICKEN AND PASTA SAUTÉED WITH BABY ARTICHOKES AND ARTICHOKE, FENNEL AND CITRUS SALAD

PAIRS WITH CHICKEN AND PASTA SAUTÉED WITH BABY ARTICHOKES

PAIRS WITH ARTICHOKE, FENNEL AND CITRUS SALAD



DRATHEN
BERNKASTEL RIESLING
QBA
Germany **\$12.99**
220699

This summery white is slightly off-dry with gentle stone fruit aromas and flavours. The touch of white flowers, mineral finish and moderate price adds to the enchantment.



PIERRE SPARR
GEWÜRZTRAMINER
France **\$20.01** 22822
Refreshing flavours of grapefruit, lychee and a hint of mineral in the lingering finish make this ideal with chicken or Asian cuisine. Wonderful for sipping on its own too!



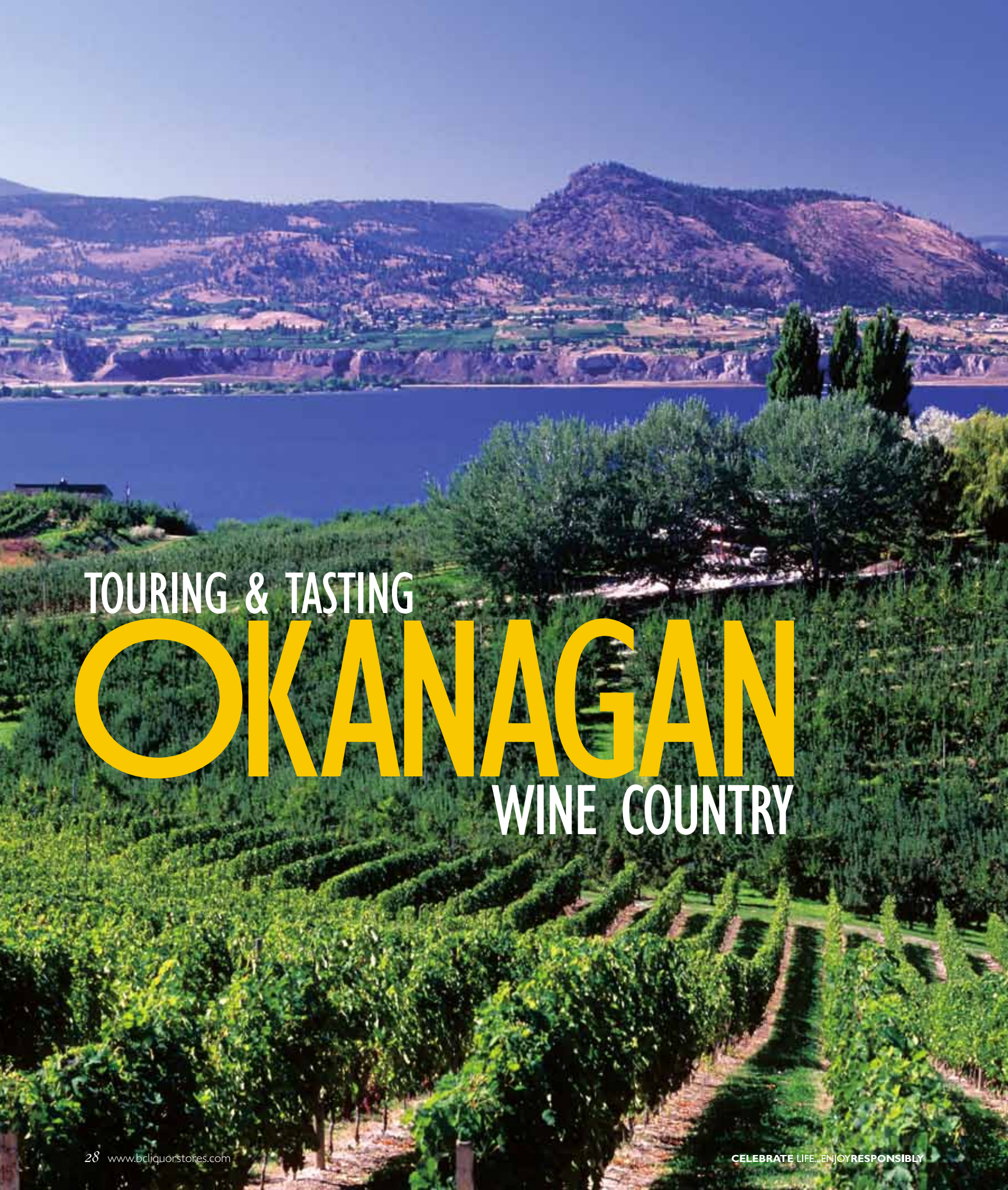
CHÂTEAU DE SANCERRE
France **\$28.99** 164582
Wonderful stone fruit and vanilla hints are the initial aromas that greet you. Touches of mineral and citrus, followed by green fruit and a nicely rounded finish make for a perfect ending. Stunning!



STARBOROUGH
SAUVIGNON BLANC
New Zealand **\$17.99**
230680

This dramatic combination of passion fruit, peach and honeydew flavours with a refreshingly snappy citrus end is easy drinking and approachable. It's a must on a hot day for your summertime table!





TOURING & TASTING

OKANAGAN

WINE COUNTRY

SUMMER'S KNOCKING AND FOR THE WINE SWASHBUCKLER, WHAT BETTER WAY TO SEIZE THE SEASON THAN TO STOP SIPPING IN THE PLASTIC PATIO CHAIR AND INSTEAD MOBILIZE A ROAD TRIP TO SOME OF THE HUNDRED TASTING ROOMS THAT DOT THE OKANAGAN VALLEY?

There's nothing like going on site for the vintage stuff and barring being allowed to drink from one of the tanks, there's something special about getting your sip on right at the source.

HERE ARE A FEW TIPS FOR YOUR OKANAGAN WINE COUNTRY EXPEDITION:

THE RIDE

If you're on the long haul from the city, may we suggest a comfortable vehicle. We've seen what happens when five guys attempt a 400 km run in a Ford Fiesta and it ain't pretty. Instead, opt for leg room and air conditioning. And remember to do your daily drawing of straws for who's the designated driver (DD).

THE MIX TAPE

Good road trips call for good music and next to the vino, this might just be the most important part of your experience. So make sure you allocate plenty of time to creating the perfect wine touring playlist. Tempos up and treble down, it

should include a healthy dose of garage rock Canadiana, funk, old-school rap and something produced by Danger Mouse. Don't run out of batteries.

PER DAY WINERY VISITS

It's never easy to put a cap on your Per Day Winery Visits (PDWV). The temptation is ripe to cram in as many tasting rooms as possible – maximum wine in minimum time – but curbing the number of sojourns will help you keep your wine wits. We've tried to do the ten-wineries-in-a-day super itinerary, but trust us, prudence is a leisurely three or four.

THE SPIT BUCKET

Not to be confused with the water pitcher. Spitting out the wine you've tasted is optional and the common practice of connoisseurs, DDs and those who have been “cut off.” And if you really don't want to put a particular wine into your gullet, you can spit it out with no hard feelings.

ELBOW ROOM

On busy days, some tasting room counters will be three people deep, with everyone trying to get their taste. Don't be discouraged – it probably means the wine is good – but keep it orderly, get your sample and stand back to swirl and sniff. This goes a long way to preserving tasting room sanity. Plus you'll avoid confusing the aroma of your wine with your neighbour's Old Spice.

WHAT NOT TO ASK

The key is to be courteous. When you're at the bar, you don't know if you're talking to the owner, the winemaker or someone else with an equally vested interest in the wine. At the same time, no wine question is a dumb question, so if you think the drink is a little tart, a bit sweet or otherwise, it's fair to ask why the wine is this way or that.

CASHING OUT

So you've tasted through all the bottles on offer and now it's judgement time. For us, if we've paid a tasting fee, we

GIVE US A DAY AND WE'LL GIVE YOU A LIFETIME OF MEMORIES.

In the heart of the picturesque Okanagan Valley, savour internationally awarded wines at the well appointed Jackson-Triggs Tasting Gallery. Let our passionate team expertly guide you through a tasting and help you select from our rare vintages and exclusive offerings. Visit us at jacksontriggswinery.com

Bring on the night.



don't feel as obliged to buy a bottle if we haven't found one that's worthy of cartage home. On the other hand, if the tasting's free, then we tend to walk away with something. It's a keepsake for touring nostalgia. But enough semantics, if it's quality stuff then load up. If you buy

enough wine to warrant "a box," then you've done well.

STORING IT

Wine touring is hot, the Okanagan summers are hotter, but nothing tops the temperature of your trunk. Tossing your

hard-earned bottles into the boot willy nilly may not be the best strategy when the mercury's closing in on 40. Instead, we recommend a cooler (or three) well-prepped with ice packs to keep things fresh. There's nothing that bring tears to our eyes like an overheated bottle of wine.



QUAILS' GATE CHENIN BLANC

BC VQA **\$18.99** 391854

This is a patio sipper if we ever tasted one. Fresh and more fresh, tangy Granny Smith apple flavours mesh with a delicate, leesy complexity to bring you a wine that goes down just a little too easily.



CEDARCREEK MERLOT

BC VQA **\$19.90** 408666

If there was ever any doubt that Merlot might be a second stringer, CedarCreek does due diligence to make sure it's a stand out variety. Smoky cedar and plum aromas reign, followed by scrumptious vanilla and spice notes.



BLASTED CHURCH HATFIELD'S FUSE

BC VQA **\$16.99** 734475

This Gewürztraminer-dominated drop pulls no punches in its floral, rose petal and peachy assertions. Gorgeous balance of lifted aromas and fruit flavours. Plan on sipping this all summer.



RED ROOSTER CHARDONNAY

BC VQA **\$16.99** 498824

Plenty of fruit-forwardness in this bottle of finger-licking Chardonnay, from melon to pear to apple bliss. But what we love is the texture – no flimsy fermentation, the RR Chardonnay pumps up the volume.



SEE YA LATER GEWÜRZTRAMINER

BC VQA **\$16.99** 868067

The aromatics just don't stop from this incredibly inviting BC standby. Bold scents of potpourri and lychee fruit herald the Gewürztraminer variety, a grape that is no stranger to the Okanagan Valley. Use a big glass for full aromatic effect.



ROAD 13 SYRAH

BC VQA **\$24.99** 417287

BC continues to prove its place in the wine world with its vibrant, finessed-out wines that show vim and vigour that other regions can't replicate. R13's Syrah should be our province's poster boy wine with its gorgeous floral aromas that dovetail some blueberry and bacon to form a signature style.



SOUTHERN STYLE BARBECUE

Add a southern twist to your backyard for a delicious change of pace. The south is known for hospitality, the intriguing southern “drawl” and delicious barbecued food. Here are some classic southern recipes that you can really sink your teeth into. Prepare the melt-in-your-mouth, oven-roasted pulled pork, sweetly smoky and slightly spicy homemade barbecue sauce and deli-style salads ahead of time, then fire up the barbecue for grilled corn on the cob and foil-baked seasonal veggies. Set up everything *al fresco* and enjoy a memorable southern adventure!

PAIRS WITH DELI-STYLE SALADS



STONELEIGH RIESLING
New Zealand **\$17.49** 527713
Lovely peach and citrus aromas with subtle spice and lemon flavours make this wine a great match for a variety of foods. Serve slightly chilled with vegetables and summer salads.



EXCELSIOR PADDOCK VIOGNIER
South Africa **\$15.99** 662171
A Viognier with delicious citrus, honey and orange flavours and just a touch of sweetness that is crisp and graceful with a silky finish. A perfect match for all vegetarian dishes.



PAIRS WITH FOIL-BAKED VEGETABLES



NIPOZZANO CHIANTI RUFINA RISERVA
Italy **\$24.99** 107276
This medium-bodied, daring chianti has wonderful, red berry aromas with a hint of subtle vanilla. The flavours of red fruit, plum and tobacco are simply mouth watering. Ideal with grilled meats or vegetables and pastas.



VITAE SANGIOVESE
Italy **\$12.95** 588806
Full-bodied and rich with tempting wild berry aromas this beautifully well-balanced wine is the perfect partner for your summertime grilling fare. Try it with grilled vegetables or meats, pizza or pasta.





SOME THINGS ARE WORTH WAITING FOR...



INTRODUCING THE NEW ROODEBERG WHITE.

The partner of South Africa's famous Red blend,
60 years in the making and brought to you by KVV.

www.roodeberg.com

KVV
ROODEBERG

South Africa's Legendary Blend



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CLASSIC OVEN-ROASTED PULLED PORK

PAIRS WITH CLASSIC OVEN-ROASTED PULLED PORK



BERINGER FOUNDERS' ESTATE
MERLOT

USA \$18.99 534255

This smooth, medium-bodied gem has ripe cherry and rich plum flavours with subtle oak hints. The finish is smooth and velvety. Grilled or roasted spicy meats pair particularly well with this red.



PETER LEHMANN
CLANCY'S RED

Australia \$19.99 611467

This food-friendly, easy-drinking red from down under is perfect for your barbecue fare this season. Smooth cherry, vanilla and black fruit flavours combine with a finish that is well-balanced and long-lasting.



ENERGETIC MIXOLOGY

LAUREN MOTE, MIXOLOGIST

Lauren Mote has been an intricate part of the food and beverage industry for over ten years. Dividing her knowledge and enthusiasm between Toronto and Vancouver, she has devoted her expertise to Le Select Bistro, Lumière, Goldfish Pacific Kitchen and Chow Restaurant.

With a keen willingness to explore all areas of the “edible” industry, Lauren has become an accomplished writer, particularly as the founder of Poivre Media Co. She is also a certified sommelier and beverage consultant as well as being an award-winning mixologist.

Lauren is now at the helm of The Refinery’s wine and cocktail program. With her focus on fresh, innovative and seasonal libations, Lauren brings a twist of excitement to the Granville Entertainment District’s newest hotspot.

Try out Lauren’s energetic cocktails at home, or visit her at The Refinery, located at 1115 Granville Street. Reservations are recommended. 604-687-8001.

CHARTREUSE MILK SHAKE

1 oz (30 ml) green Chartreuse
1 oz (30 ml) white crème de cacao
½ oz (15 ml) lime juice
½ oz (15 ml) orange juice
1 fresh egg white

Shake vigorously with ice, strain over crushed ice in a highball glass. Garnish with lime peel spiral.

CAIPIRINHA DAS UVAS

3 red grapes (seedless)
3 white grapes (seedless)
1½ oz (45 ml) cachaça
1 tsp (5 ml) white sugar
¼ oz (7 ml) lemon juice

Muddle all ingredients together. Shake vigorously with four large ice cubes. Pour out into short glass.





MEXICANA

1 ½ oz (45 ml)	blanco tequila
2	kumquats, cut in half
6	cilantro leaves
½ oz (15 ml)	lime juice
½ oz (15 ml)	simple syrup

Muddle all ingredients together. Shake vigorously with four large ice cubes. Strain into a tall glass with ice. Garnish with kumquats and cilantro leaves.

MORE COOLER

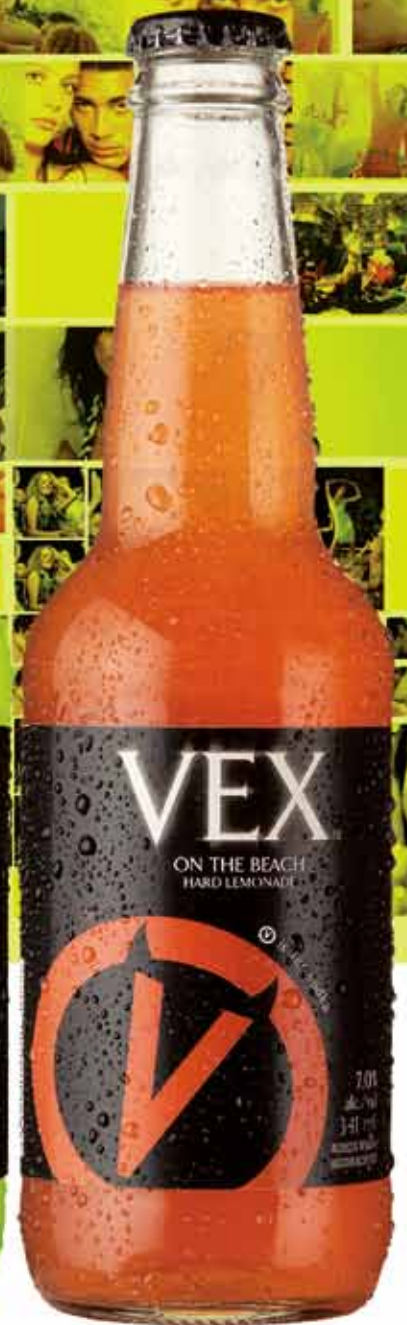
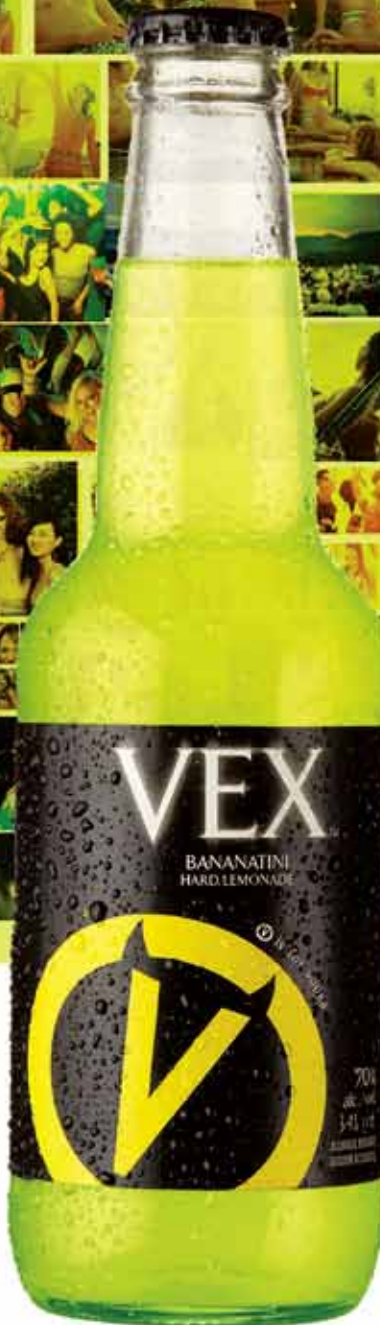
(MORE FRIENDS
MORE FLAVOUR
MORE FUN)

LESS MONEY

**INTRODUCING
NEW FLAVOURS
BANANATINI AND
VEX ON THE BEACH**

vexhardlemonade.com

please drink responsibly



FLAVOURS OF SUMMER



SMIRNOFF TUSCAN LEMONADE

USA **\$17.95** 683482

This is another exciting addition to the ready-to-pour, premium cocktail selection from Smirnoff. A captivating blend of vodka, limoncello liqueur and the brisk taste of fresh lemons create a perfect cocktail every time. Just pour over ice and serve.



HENDRICK'S GIN

UK **\$40.99** 637504

A wonderfully intricate infusion of Bulgarian roses and cucumber combined with an unusual distillation process that takes place in a seaside village create this one-of-a-kind gin.

Serve over ice with tonic and a slice of cucumber for a perfectly cool summer sipper.



BACARDI LIMÓN

USA **\$24.99** 398552

Let the summer begin with the traditional taste of Bacardi and the added taste of citrus. Still smooth, still clean and still the top choice in rum. Try mixing this in your favourite cocktails for a cool, refreshing flavour in the heat of the summer.



BLEND



LIKE THE BEST

CAREER BARTENDERS THROUGHOUT THE RESTAURANT INDUSTRY ARE NOT JUST CREATING EPIC COCKTAILS THAT PLEASE ALL OF OUR SENSES BUT ARE ALSO EDUCATING PATRONS ON THE TIME-TESTED METHODS USED TO BLEND LIKE THE BEST.

Age old mixology techniques, that seem to fade in and out with time and technology, are filtering back into bars across North America. We are fortunate enough in this market to have access to some of the most incredible spirits and liqueurs and if you're interested in learning their unique blending power, read on. Career bartenders throughout the restaurant industry are not just creating epic cocktails that please all of our senses but are also educating patrons on the time-tested methods used to blend like the best. Here are the essentials to a simple, delicious approach to recreating thirst-quenching classic cocktails at home.

THE RECIPE

Whether you have found something interesting in a cocktail book or the bartender at your favourite nightspot shared some secrets, when you decide to recreate a cocktail classic, it's important to follow the recipe verbatim. Even the slightest variation in sugar or acid can drastically alter the end result.

INGREDIENTS

The better the ingredients, the better the cocktail. Freshly squeezed juices act as acidity in recipes and go hand-in-hand with simple syrup, a quick mix of equal

parts sugar and water.

Another favourite ingredient is aromatic bitters. Angostura Bitters is widely available in most grocery stores and appears as an ingredient in several cocktails. Bitters are used to bring out the other ingredients' flavours and temper acidity without masking character. Delicious in non-alcoholic cocktails too, try bitters in fizzy lemonade or to make it a Tom Collins, add an ounce of gin.

Lastly, the egg, a very traditional part of past cocktail culture, is quickly becoming an indispensable modern ingredient. Historically, eggs were key ingredients in fizzes, eggnog,



flips and pickups, but more recently the egg white has resurfaced in some of today's most tantalizing cocktails, such as the bourbon sour, silver gin fizz and margarita. The egg white's main purpose is as a binding agent and as a bonus, it creates a gorgeous froth on top. Be sure to use fresh, cold organic eggs at home.

EQUIPMENT

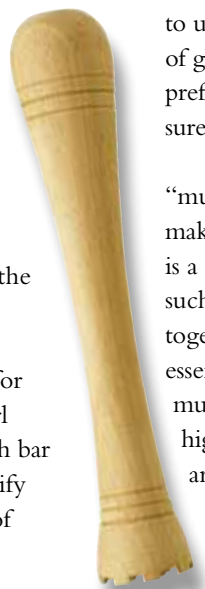
First, the shaker. Although there are many styles available, nothing beats a Boston shaker. The metal bottom is filled with ice and ingredients and the glass top fits on tightly. With this style of shaker, a strainer is required to separate the liquid from the ice. Some cocktails call for "the shake." Here's where we get some exercise. You must shake the ingredients with ice vigorously, with all your might, for at least 15 seconds. Other recipes call for "the stir," which is a gentle swirl with ice using a standard 11-inch bar spoon. If the recipe doesn't specify a mixing style, here's the rule of



thumb: for recipes using spirits only, stir gently over ice for about 30 seconds, for recipes using spirits combined with non-alcoholic ingredients, shake vigorously.

A standard bar strainer will keep the cubes out of your finished masterpiece but using a fine mesh sieve between your strainer and glass will catch any small bits like fruit pulp and ice shards and maintain the clarity of your cocktail. Most recipes will instruct you to use a particular glass but the choice of glassware is absolutely a personal preference. Whatever your choice, be sure to chill your glasses first.

You might also want to have a "muddler" on hand. After all, you can't make a mojito without one! Muddling is a technique where fresh ingredients such as citrus fruit and herbs are mashed together to release and combine their essences. Most commercially available muddlers are wooden, although some high-tech plastic and silicone versions are now being produced.



MEASUREMENTS

Adhering to recipe measurements is key. With alcohol, a slight variation here and there will not alter the taste too much, but where it counts is with acid to sugar balance. A simple ratio if you're creating your own drinks is: $\frac{3}{4}$ oz of acid to 1 oz of sugar.

Taste your cocktail before you commit to the pour. What are you looking for? Balance. Your drink, if the recipe is followed perfectly, should not be puckering in acidity, nor should it be sugary sweet. If the correct acid to sugar ratio is used, you will likely achieve balance every time.

Presentation is important. Please the eyes before the taste buds. A cocktail should look clean, refreshing and appetizing. The use of a garnish, showcasing a particular flavour in the cocktail, assists the fragrance, the appearance and ultimately the taste. Even a simple twist of lemon goes a long way.

A LAST TIP

Always make sure you have plenty of ice on hand and never use the same ice twice! Cheers!

PATIO FINGER FOOD

MEMORABLE OUTDOOR APPIES

If you're expecting a big backyard or patio crowd on a balmy summer afternoon, start with a table full of delicious morsels that your guests can munch easily without juggling plates and utensils. Say goodbye to supermarket chips and salsa and hello to the creative taste of Zesty Herbed Scallop Lollipops, Mini Greek Pockets and homemade Crispy Potato Cakes topped with chilled cream cheese, lox and dill. Set the scene with our memorable outdoor appies, a stack of bright napkins and the perfect wine pairing, then stand back and watch your visitors enjoy. We highly recommend having another batch of these delectable bites waiting in the kitchen.



Please drink responsibly.

PUBLIC TRANSIT.



There is a place where time moves slowly. Occasionally, it even stands still.
It's a place where everything is exactly as you remember it. And few things change.

It's also a place as comfortable and relaxing as the wine it inspires.

Life is *simpler* here.



Patio Finger Food



**CECCHI NATIO
ORGANIC CHIANTI**
Italy **\$16.95** 106682

Try this organic, medium-bodied red with your barbecue fare this summer. Red berry flavours with just a touch of rustic earthiness create a food and earth friendly, value-priced wine.



**GRAY MONK UNWOODED
CHARDONNAY**
BC VQA **\$16.99** 501114

This food-friendly white from our own backyard has lively, green apple and lemon flavours with a satisfying richness on the palate. A great value wine to serve with almost all your summertime fare.



CRISPY POTATO CAKES



ZESTY SCALLOP LOLLIPOPS



**OYSTER BAY
SAUVIGNON BLANC**

Australia **\$19.99** 316570

A bright, crisp white that is sure to please the crowd this summer. It's full of zesty gooseberry and citrus flavours with a finish that is clean and refreshing. Perfect with the scallops or grilled shellfish.



**YALUMBA OXFORD LANDING
SAUVIGNON BLANC**

Australia **\$12.99** 343343

Slake your thirst with this snappy little wine from down under. Aromatic grassy, citrus and lime notes call out to you. The finish is fresh and clean for perfect patio sipping.



DE BORTOLI PETITE SIRAH
Australia **\$12.99** 336750

This Australian beauty has sumptuous aromas of black and blue fruits with lush blueberry flavours and a mouthfilling intensity. Smooth and easy to drink, try with lamb or grilled barbecue fare.



**KENDALL JACKSON VINTNER'S
RESERVE CABERNET
SAUVIGNON**

USA **\$25.99** 427153

An intriguing nose of black cherry and blackberry aromas are highlighted with a touch of earthy charcoal. Flawlessly balanced fruit and a rich oak finish make this the perfect wine for special gatherings this summer.



MINI GREEK POCKETS

WHAT'S A WINE WHEEL?

For budding wine enthusiasts, the quest to explore the multitude of grape varieties, flavours, styles and producers is often fueled by a thirst for knowledge and the search for a new and unknown experience or value. For others, this adventure can be a little daunting. The confusing and intimidating sea of wine, with all the descriptors and poetic prose attached to it, can make your head spin.

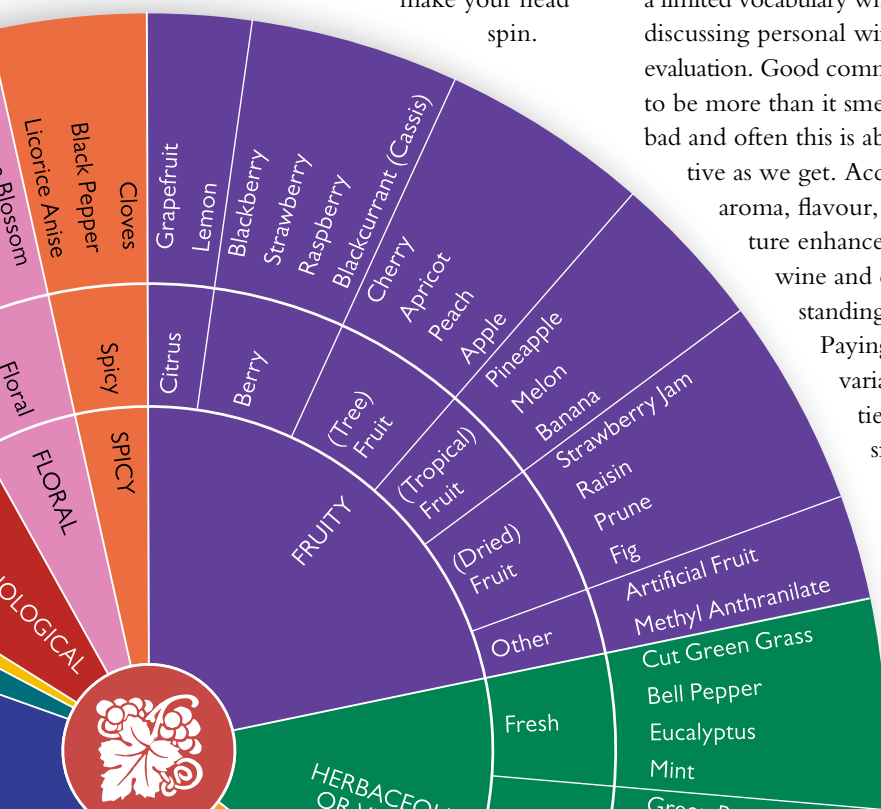
Malolactic fermentation, cat's pee on a gooseberry bush, barrique aging, maillard reaction? Pardon me... is this wine you're talking about?

Wine appreciation is just that – wine appreciation. It is more than wine tasting and more than just swirl, sniff, taste and spit. The very subjective matter of personal taste is a factor and often difficult to describe as many people tend to have a limited vocabulary when it comes to discussing personal wine experience and evaluation. Good communication needs to be more than it smells good or it tastes bad and often this is about as descriptive as we get. Accessing the colour, aroma, flavour, intensity and texture enhances the enjoyment of wine and develops understanding and appreciation. Paying attention to the variations and subtleties in wines also assists with discovery of your own tastes and those of others. And just like so many other pleasures

in life, the experience of sharing with friends and family actually enhances the experience and creates the need for passing on information.

To assist with the assessment and communication of taste and smell, we need to develop and articulate better descriptors. Often aromas are difficult to describe and this is one of the difficulties new and novice tasters experience. Novices may not be able to detect specific aromas, voice what they smell or just state the obvious: "this tastes like wine." Fortunately, the sense of smell triggers memory and it is very easy to train our noses and minds to correlate aromas and scents, once we become familiar with the terminology, especially when we use analogies.

This was the purpose for which the Wine Aroma Wheel was developed by A.C. Noble at the University of California at Davis. To assist in describing the more commonly found and characteristic aromas in wine with standard, unbiased terms, it is a useful tool for the novice taster. As shown here, the wheel is arranged with broad, general adjectives at the core, fanning out to very specific,



analogous terms. Some of the more specific terms are unusual (plastic, kerosene) when first experienced, while others are just plain funny (wet dog, sweaty). Some of these terms are references to wine faults or defects, although most are just a guide for sensory evaluation.

To get into the swing of things, use the wheel and give your nose some practice by completing some of the following exercises:

- 1) Select and assess wines with large differences and contrasts in flavour.
- 2) Make your own wine aroma training kit by adding a drop of aroma to vials of neutral box wine. For example, add a drop of lemon juice to one sample, a bit of ground clove or vanilla extract to others.
- 3) Purchase a professional aroma kit, for example, *Le Nez du Vin*, although it is not inexpensive.
- 4) Familiarize yourself with the aromas, most can be found in a supermarket and mimicked.
- 5) Some wineries, Mission Hill for example, have garden tours set up, based on certain varietals, specifically for the purpose of connecting the natural garden scents to aromas found in wine.

Beginners sometimes find white wines a little easier to evaluate, so if you want to try some wines start by selecting oaky, buttery Chardonnay (most Australian or California will do), an herbaceous Sauvignon Blanc (New Zealand is classic) and an aromatic Riesling or Gewürztraminer from BC, Alsace, Chile or Germany.

Temperature plays an important part, so do not evaluate your white wines too chilled as this can mute the aromas. If you

VARIETAL SCENTS AND SENSIBILITY

The more renowned grape varieties have some commonly found aromas and are noted for each. Keep in mind the climate, region, harvest, production and maturation decisions all have a significant impact on the wine's character. Other common taste descriptors are minerality, earthiness and "terroir".

CABERNET – blackcurrant, cherry, black fruits, bell pepper, green spices

MERLOT – plum, red and black fruits, green spices, floral

ZINFANDEL – black fruits, blackberry/briary notes, plums, often jammy, black spices

SYRAH/SHIRAZ – black fruits, black spices, especially white and black pepper

PINOT NOIR – cherry, red fruits, floral, herbs, beetroot

RIESLING – stone fruit, peach, green or citrus fruit, honey, petrol

GEWÜRZTRAMINER – lychee, floral (rose), spice

SAUVIGNON BLANC – gooseberry, lime and grapefruit

CHARDONNAY – cool climate: apple, citrus fruit; warm climate: tropical fruit and melon
With increasing proportion of malolactic fermentation, Chardonnay loses its green apple and takes on buttery and creamy notes.

OAK AGING – imparts wines with vanilla, nutty or spiciness

MATURITY – Wine and aromas transform with time and as wine ages the fruity, primary aromas evolve into secondary, tertiary aromas becoming more earthy, autumnal and animalistic.

COMPLEXITY – layered, intertwined menagerie and elusive bouquets that are part of the intrigue and beguiling nature of fine wines

If you encounter complexity, you can consider yourself "bitten."

experience any difficulty, swirl the wine in the glass to release the aromas, take a good whiff and close your eyes honing in on the aromas. Keep it simple and start with fruit, wood or earth. You can venture out when you start detecting some key aromas and gain some familiarity. Some wines are fairly neutral, without pronounced defining aromas, so relax if you come across this or slurp some air in through the mouth, this helps to release aromas and taste.

When you go to a wine tasting you will encounter people with varying degrees of wine knowledge and tasting

skill. If you can approach an informed taster willing to share their knowledge it can be very educational. With practice and a little guidance it is simply just a matter of time before you reach a level of comfort. The world of wine is fascinating, exciting and fun and what a road to travel!

*Wine Aroma Wheel copyright 1990, 1992
AC Noble www.winearomawheel.com
Laminated plastic copies of the wine aroma
wheel may be obtained in Canada by emailing
innovinum@copeco.ca*



BACKYARD & BALCONY HERB GARDENS

An omelet filled with just picked *fines herbes*, fresh tomato sauce with handfuls of torn basil, pitchers of iced tea crammed with aromatic mint. These are just a few of the culinary rewards for growing your own herbs, which is one of the more rewarding and simple endeavors you will ever do.

Start your very own herbal *potager* which can be anything from a few simple pots on the balcony to a dedicated raised bed in the backyard. No matter

your space, everyone can enjoy the benefits that sun, water, good drainage and a little patience can bring.

Some of the easiest plants to grow, herbs need very little intervention to flourish. Most require a minimum of six hours of sunlight and herbs such as parsley, cilantro and chervil all benefit from a cooler location. Find the sunniest spot in your yard or balcony and most herbs will thrive.

Annuals such as basil, dill, cilantro and chervil are simple to start from seed.

The key to success is using a good compost and soil mix, keeping the seeds moist, in a warm location and preferably covered. Garden centres sell covered seed trays and nothing is more rewarding than seeing the first glimpse of green emerge from the soil! Westcoast Seeds and Richter's Herbs are two very good seed suppliers. You can also order online or pick up seed packages at your local nursery.

Perennials like mint, thyme, tarragon and oregano are started by

START YOUR VERY OWN HERBAL POTAGER WHICH CAN BE ANYTHING FROM A FEW SIMPLE POTS ON THE BALCONY TO A DEDICATED RAISED BED IN THE BACKYARD.

propagating, so the best plan with them is to purchase seedlings. A great source for herb seedlings is your local farmers' markets. There you'll find many perennial herbs, as well as more interesting varieties of the basics, such as purple basil, pineapple mint or lemon thyme.

I've picked up a few simple tips for success along the way for specific varieties. French tarragon can take up to three years to establish so you will want to be very judicious when picking in the first couple years. It's a difficult wait but well worth the sacrifice in the long run. Basil needs to be harvested before it flowers, so be sure to remove any buds that form to allow you to harvest longer into the season. Be sure to cut chives from the base of the plant and don't forget to use those delicious chive flowers, coveted by chefs. There are numerous resources on the internet and your local bookstore to give you more in-depth knowledge of growing your own culinary gardens.

Combine a few different herbs in one large container to create your own house blend or stick to more traditional, country-specific combinations. *Herbes de Provence*, an aromatic blend of thyme, parsley, tarragon, lavender and bay leaves

used in many French and other European recipes, is stunning in a terracotta planter. *Fines herbes*, a much lighter combination of herbs including chervil, parsley, chive and tarragon, would be beautiful in a window box. An Italian-themed container of rosemary, basil, thyme and oregano can go directly from garden plot to pasta pot with a few simple snips.

Edible flowers add a colourful touch to planters and are a delicious addition to fresh herb salads. Nasturtiums, pansies and marigolds are all very simple to grow from seed and require very little attention.

THE KEY TO SUCCESS IS USING A GOOD COMPOST AND SOIL MIX, KEEPING THE SEEDS MOIST, IN A WARM LOCATION AND PREFERABLY COVERED.

Once established, herbs are easy to grow and need very little water as they thrive in a warm dry environment similar to the climate in the Mediterranean, where many of them originate. They need little food. A little diluted fish fertilizer every two weeks will keep them lush for the entire summer.

Keep the bugs at bay naturally by ensuring the plants are well drained and inspect them often for pests. There are as many homemade bug spray

recipes as there are bugs. Find one that works for you. We use a combination of tabasco sauce and dish soap which seems to deter most bugs. The addition of strongly scented herbs such as chives, mint and garlic in your garden will also help prevent most bugs from joining the kitchen garden party.

For harvesting your bounty, be sure to cut stems, not individual leaves from the plants. This will encourage continued growth of the plants. Also, be sure to pick the herbs when dry, then use immediately or refrigerate in airtight

bags. Keep your picked herbs on the counter in a water-filled vase and you will enjoy the herbs and a most amazing table arrangement. This works especially well for basil as they don't last long in the fridge. To extend your season, pick bunches, tie and hang to dry to use all winter long.

Once you get started on your herb garden, you may never buy a wilted handful of greens at the grocery store again. Happy gardening!

5 UNSPOKEN RULES OF CALIFORNIA WINES

CERTAIN WINES CAN PUT THUNDER IN YOUR LIFE. MAYBE THOUSANDS OF POTENTIAL SUITORS AREN'T COMPETING FOR YOUR ATTENTION LIKE WINES DO, FLASHING THEIR FANCY LABELS AT YOU AS YOU STROLL THROUGH THE AISLES, BUT THAT SELECTION PROCESS IS EQUALLY VITAL.

Wines from California swing from big, saturated fruit-bombs to elegant, stylish sparklers with everything in between. Choose right and you nail that elusive thrill factor. Choose wrong and you twist in the wind, crestfallen and deflated. But it's not a wine's score, style or price that determines whether that bottle of Californian will rock your world, it's whether you follow certain unspoken rules.

RULE 1 KNOW YOUR GRAPES

California wines show grape varieties on labels, which crystallizes a wine's flavour into one, single, tell-tale name. You don't get this kind of help everywhere. This matters – and matters immensely – because

about 90 percent of a wine's flavour comes from its berry type. In short, if you know your grapes, you basically know your Californian wines. And you can match the flavour to your mood and taste before you buy. Knowing your grape varieties is core to knowing if a wine will suit your palate and the occasion, which brings on the second rule.

RULE 2 DECIDE: FOOD-FRIENDLY OR COCKTAIL WINE?

Generally, wines fall into two categories: food-friendly and cocktail wines. You can drink lashings of food wines with a meal because they're lighter in alcohol – less than about 13 percent – and more restrained in flavour. Lemony Pinot

Grigios, steely Rieslings and paler Pinot Noirs immediately come to mind. They might work as aperitifs but they lack the punch of a full-on cocktail wine. Best to consider them accompaniments, not solos.

On the flipside, fruit-saturated wines with higher alcohol work better as cocktail alternatives. Think velvety, thickly-fruited Syrahs; creamy, richly-oaked Chardonnays; and jammy, explosively-dense Zinfandels.

California does spin out some very fine light styles but its climate favours fuller-bodied wines. Serious sunshine produces grapes with lots of natural sugar. Yeast eats sugar and turns it to alcohol during the winemaking process, so high sugar in the fruit means high alcohol in the wines. In short, California is cocktail wine central.



RULE 3 **BE BODY CONSCIOUS**

Being body conscious makes the most satisfying couplings. I'm talking about wine and food here. Match a wine's body to the richest component of the dish and you're well on your way to a great fit. And given that a wine's body is closely associated with its alcohol level, you can quickly determine the weight by a quick glance at the label – less than 12 percent alcohol and you're talking light-bodied, 12 to about 13 percent means medium-bodied and more than that creates a fuller-bodied wine. It's pretty intuitive from there. Light-bodied whites like Pinot Grigio complement delicate fish dishes while a medium-bodied red such as a cassis-scented Cabernet Sauvignon consummates that char-grilled steak and French fries. This rule is far more useful than simply matching a wine colour to the food.

RULE 4 **TRADE UP**

Is there really a difference between a \$15 and a \$50 wine. Absolutely. As you trade up, you pay for better quality fruit – which translates to cleaner flavours – as well as more concentration, complexity and length. Dining in with

friends, weekend dinners or whimsical celebrations all call for a slow approach to wine, which is good reason to trade up. Mid-week pizza nights, weekend barbecues and breezy cocktail-hours can probably accommodate \$15 bottles where carefree quaffing is *de rigueur*.

Even for everyday wines, trading up from a \$10 bottle to a \$15 bottle makes sense when you consider the math. Taxes, freight, duty and excise fees are fixed so wine in that \$15 bottle is worth a higher percentage of the overall price than, that in a \$10 one. So, when in doubt, trade up

RULE 5 **BUY FROM A TRUSTED PRODUCER**

Buying from a reliable producer means quite simply, the wine won't let you down. And with California, the most trustworthy producers are the names behind the big brands like J. Lohr, Kendall-Jackson and Rodney Strong. Mondavi. Beringer. Clos du Bois. E&J Gallo. Big brands deliver great value for money, change very little year-to-year and sport clear, recognizable labels. No wonder they're popular; they're most likely to bring thunder to your life.

HERE'S A CRASH COURSE IN THE MOST COMMON CALIFORNIA VARIETALS:

UNOAKED CHARDONNAY: Mixed citrus and apple

OAKED CHARDONNAY: Citrus with hints of vanilla, toast or butterscotch

PINOT GRIGIO: Neutral aroma with slight lemon and floral flavour

SAUVIGNON BLANC (also called Fumé Blanc): Lime, asparagus and gooseberries

WHITE ZINFANDEL (pink wine from red Zinfandel grapes): Peach and strawberry

CABERNET SAUVIGNON: Blackcurrant, cassis and cedar

MERLOT: Cherry and dark chocolate

PINOT NOIR: Ripe raspberry and canned strawberries when young. Capable of changing dramatically when aged, taking on flavours of caramelised meat drippings, farm yard and truffle.

SHIRAZ (also called Syrah): Blackberry, black pepper, dark chocolate and smoke

ZINFANDEL (also called Primitivo): Blackberry, blueberry and peppercorn

AUSTRALIA'S MOST AWARDED WINERY

89 POINTS

Wine Spectator
2008-09-30

“BEST VALUE”

Wine Spectator
2008-09-30



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California Wines



LITTLE BLACK DRESS MERLOT

USA **\$13.99** 842344

Smooth cherry-vanilla flavours with subtle French oak influence swirl around in this medium-to full-bodied wine. Much like its namesake, this great little number suits almost any occasion – from a casual weeknight after work drink to weekend cocktails on the deck. A brand that can quickly become a go-to wine.



KENDALL-JACKSON VINTNER'S RESERVE CHARDONNAY

USA **\$24.99** 296566

This is, quite understandably, one of the best-selling premium wines in the US. If you like your white wine soft and round with fruit-forward flavours of pineapple, orange, honey and baked apples with vanilla-scented oak, this one has your name on it. Medium- to full-bodied balanced by silky concentration.



WOODBIDGE MERLOT

USA **\$13.99** 494492

Soft, velvety wine imbued with plum and black cherry flavours, edged with a hint of warm spice. It is light-bodied with a smooth quaffable texture. This Mondavi staple is an outstanding food wine at a very reasonable price.



RAVENSWOOD VINTNER'S BLEND ZINFANDEL

USA **\$17.99** 359257

Clean berry aromas lead to fresh, ripe raspberry, blackberry and red plum flavours as well as earthy-peppery-vanilla notes. Firm but ripe tannins balanced with generous fruit. Great match to grilled meats.



CLINE CELLARS CONTRA ANCIENT VINES MOURVÈDRE

USA **\$28.00** 396499

Mourvèdre is a grape that makes notoriously big, bold, tannic wines but the tannins here are mysteriously silky and soft. The smooth, creamy mouthfeel is port-like and full of cherry and dried tobacco flavours as well as black fruit, mineral, meat, smoke, leather and coffee. A ripe, complex and full-on wine at an incredible price.



BERINGER FOUNDERS' ESTATE CABERNET SAUVIGNON

USA **\$18.99** 534263

Gorgeous wine that starts with warm wafting aromas of cassis before caressing the palate with blackcurrant and spice. Restrained fruit, a pleasant grip and medium body suggest an excellent food wine. Match with roasted beef or grilled kabobs.



STERLING VINTNER'S COLLECTION CHARDONNAY

USA **\$15.95** 643874

Rich caramel apple aromas and flavours dominate this full-bodied sipper. It's a classic Californian oaked Chardonnay at a fair price. Made for casual cocktail hours.



GRILLED CILANTRO-MARINATED CHICKEN

CALIFORNIA CUISINE

California has always been a cornucopia of local fresh ingredients, from strawberries and avocados to almonds, cheeses, seafoods and meats. In the 1970s it was Alice Waters and her famed Chez Panisse Restaurant in Berkeley that started using the term “California Cuisine” to describe the freshest local, regional and seasonal ingredients in their kitchen. Other

chefs followed suit including Jeremiah Towers and Wolfgang Puck who gained notoriety by cooking with their personal styles while using the same principles that Ms. Waters started.

Over the years, the term California Cuisine has been overused and misrepresented but the basic concept and emphasis is on the use of fresh, local seasonal ingredients mainly acquired

daily at farmer’s markets.

California’s multi-cultural ethnic groups have also played an important part in creating this unique fusion-style food. Mexican and Italian influences and Asian inspirations from Chinese, Korean and Japanese ethnicities all play a part.

It’s a wonderful melting pot of fresh ingredients and flavours from around the world!

PAIRS WITH GRILLED CILANTRO-MARINATED CHICKEN



CARPINETO DOGAJOLO
Italy **\$21.99** 141721

This medium-bodied red is silky smooth with red berry and vanilla aromas and peppery spice flavours. A food-friendly wine, it will suit most tomato-based dishes. Try it with the grilled chicken for a special treat tonight.



CLINE CELLARS SYRAH
USA **\$19.99** 396481

Smooth, jammy flavours with spicy shots of pepper race to the lengthy finish in this well balanced, full-bodied red beauty. Partners well with grilled meats, pastas and spicier cuisine. 86 points *Wine Spectator*





SAN FRANCISCO-STYLE CIOPPINO

PAIRS WITH SAN FRANCISCO-STYLE CIOPPINO

PAIRS WITH ALMOND BUTTER CAKE WITH FRESH BERRIES AND BRANDIED WHIPPED CREAM



PENFOLDS HYLAND SHIRAZ
 Australia **\$19.99** 611210
 The deep crimson in the glass beckons you. The aromas of spicy oak awaken the senses. Medium-bodied with black fruit and plum flavours and a touch of subtle spice awaits. Perfect for those hot summer nights.



MER ET SOLEIL CHARDONNAY
 USA **\$44.99** 453142
 This luscious Chardonnay is what California is truly all about. Gorgeous sweet honey and stone fruits fill the glass while the subtle smoky finish is so lengthy you just have to sit back and take some time to enjoy. Sip slowly. 90 points *Wine Spectator*



E&J BRANDY
 USA **\$23.00** 96065
 A lighter-styled brandy with wonderful butterscotch and vanilla flavours wrapped around a clean, fruity finish. Try it in some tea with this decadent dessert.



ST. REMY NAPOLEAN BRANDY
 France **\$23.00** 8888
 Distilled from eight different grape varieties, this fine, amber-coloured brandy has caramel, honey and light spiced oak flavours. Enjoy the taste of France.



ALMOND BUTTER CAKE WITH FRESH BERRIES AND BRANDIED WHIPPED CREAM

ZINTASTIC!

COLOUR YOUR BARBECUE PURPLE WITH THIS CALIFORNIA CLASSIC

Zinfandel has fanatics. I have seen thousands of people clamouring to squeeze into airplane hanger-sized buildings at San Francisco's Fort Mason Center, their eyes a purple glaze as they seek their favorite celebrity producers at the ZAP (Zinfandel Advocates and Producers) Festival. This event is an annual pilgrimage for the disciples who worship at the temple of Zin.

And where Zinfandel is poured, colourful characters seem to appear. Birkenstock-shod flower children still embracing the 1960s, who wear loud Hawaiian shirts and let their beards grow wild and bushy abound – and those aren't just the winemakers.

Recently, after getting swept along in this zealous crowd, a baguette tucked firmly under my arm, I tasted over a hundred different Zinfandels in one afternoon. I learned something very important that day – Zinfandel is virtually its own category rather than simply a grape variety. What is meant by that is the styles vary so greatly – those who claim to adore Zinfandel always have

a style or a producer they prefer. Perhaps you like supple Zins, chock-a-block full of sweet berries and cola spices or earthy and dense versions – toasted, complex and powerful. Or you may lean toward those that are fragrant with juicy berries, crushed flowers, hints of cedar, chocolate and fine spices that supply a more delicate structure on the palate. Some Zinfandels, those that achieve collectable cult status, can be aged, their tannins benefiting with some softening by the hands of time. Meanwhile there are quaffable Zinfandels, sweet and jammy and made to be consumed and enjoyed immediately, at a very reasonable price. Any way you pour it there is a Zinfandel out there for you.

A LITTLE HISTORY

You may have heard that Zinfandel is related to the Italian grape variety Primitivo, classic to the southeastern province of Puglia. But prior to that, this now California classic originated in Croatia where it is known as Crljenak. And although Zinfandel appeared in the United States many decades before, it really began

to take off in California in the 1880s.

In fact, there are still wines being made from gnarled old Zinfandel grape vines that are now more than a hundred years old. During Prohibition Zinfandel grapes were shipped across the country in crates with specific instructions on how, “not to make wine” and then in the 1970s when red wine fell out of favour, Zinfandel was made into the sweeter, blush wines that are still popular with consumers. Today, Zinfandel is grown all over California, from Mendocino Lake in the North to Southern California and from the Sonoma Coast inland to the Central Valley and Sierra Foothills in the east. Each region has its own unique soil and climate that imparts a stamp upon its wines.

WHAT TO EXPECT FROM YOUR ZINFANDEL

Besides a big, purplish, aromatic glass of goodness you can expect to smell and taste vibrant fruit, briary and summer berries, currants and often plums and dried fruits as well as preserves. Spice is also a big component of Zinfandel including cloves, cinnamon, allspice, pepper and





"Amazing value"

- Robert Parker, The Wine Advocate
eRobertParker.com



TWO OCEANS

SOUTH AFRICA

From a very special place

Please enjoy responsibly



Zintastic!

anise. You may also detect chocolate, caramel, vanilla, cedar box and leather in your glass. Another important detail to remember about Zinfandel is its alcohol content – to achieve ripeness, Zinfandel must be left to hang on the vines longer into the season than many other varieties. This can raise the alcohol levels significantly even though Zinfandel hides it well amongst lavish fruit. In fact, depending on your preferred Zinfandel bottle, you may see the alcohol percentage listed on its label ranging from 13 percent to 17 percent. Many producers will also add small amounts of other varietals such as Petite Sirah, Cabernet Sauvignon and Carignan to Zinfandel to give the wine more structure or complexity.

ZINFANDEL IN THE SUMMER

Why would you commit to Zin just when we are thinking about crisp, summer sippers on the patio? Because of the perfect barbecue weather of course! Zinfandel with its sweet fruit, spice and structure is the perfect cohort to tangy, spicy barbecue sauces, meat and summer berry sauces – not to mention dark chocolate. Zinfandel-marinated meats and spice rubs, bean chili made with dark chocolate and smoky adobo sauce, pulled pork or barbecued ribs, thin-crust grilled gourmet pizza topped with caramelized onions and Manchego cheese, all of these flavours love Zinfandel. When you are planning a summer menu with deep, rich flavours, smoky, sweet,

spicy and earthy, think Zinfandel.

Don't forget the cheese! Aged, crumbly cheeses as well as spiced and smoked cheeses pair nicely with Zin. Adding sauces made from summer berries or sweet balsamic to fatty meats like lamb and duck are a natural with Zinfandel wines. Imagine juicy burgers laden with roasted peppers, onions, pomegranate ketchup and blue cheese or baguette crostini grilled and topped with double cream brie and warm blueberry and cracked pepper compote. Mix it up, follow your own recipe, but any of the above suggestions will take your summer barbecue from so-so to succulent with the addition of Zinfandel.



**CLINE CONTRA COSTA
ANCIENT VINES ZINFANDEL**
USA \$27.99 396564

Made from grapes sourced from 80 to 100 year old vines, this complex Zinfandel is laden with aromas of dried cherries, sweet tobacco, prune plums and hints of white pepper. It's supple and intense with flavours of spice and mocha.



**FETZER VALLEY OAKS
ZINFANDEL**
USA \$14.99 234617

This is an easy-drinking, affordable Zinfandel with cherries, tobacco and spice aromas. It's medium-bodied with red fruit, wood spice and fine tannins on the palate.



**BONTERRA VINEYARDS
ZINFANDEL**

USA \$19.99 69013

Bonterra comes from organically grown vines. Expect aromas of raspberry and spice followed by strawberry and rhubarb crumble. The palate is dried fruit and spices. Bonterra Zin is earthy and has hints of chocolate. 87 points *Wine Spectator*



DANCING BULL ZINFANDEL
USA \$12.99 131623

Entice your inner weekend warrior with aromas of red summer berries and blackberry, mocha and Szechuan peppercorns. On the palate this crowd pleaser is supple with plenty of spice and a creamy texture.



KENWOOD ZINFANDEL
USA \$23.99 403345

This somewhat intense, earthy-tasting wine is suited to grilled meats. It presents spiced, stewed fruit and mixed ripe summer berry aromas. On the palate, expect peppery spices and fine mouth coating tannins.



**GNARLY HEAD OLD VINE
ZINFANDEL**
USA \$19.99 297929

This Zin presents tart red fruit, rhubarb, coffee, vanilla and spiced dark cocoa. It is an easy-drinking, medium-bodied wine that is smooth and perfect for a summertime barbecue party.

CUPCAKE COOL



No longer relegated to fundraising bake sales, birthday parties or backyard picnics, these magnificent little hand-held cakes are back in favour and popping up at specialty bakeries, gourmet food shops and even the most elegant weddings. Cupcakes are decidedly cool! Here are three recipes to try this summer with an aim to please everyone in your crowd. Chocolate, fruit and the ever-healthy carrot all make an appearance. Go ahead and eat the icing first...no one's looking!

CARROT ORANGE CUPCAKES

MAKES 12

1 cup	(250 ml)	all-purpose flour
1 tsp	(5 ml)	baking powder
1 tsp	(5 ml)	ground cinnamon
½ tsp	(2 ml)	baking soda
¼ tsp	(1 ml)	salt
2		large eggs, room temperature
¾ cup	(175 ml)	granulated sugar
¾ cup	(150 ml)	vegetable oil
		finely grated zest from ½ an orange
1 cup	(250 g)	carrots, peeled and coarsely grated
		toasted coconut, for garnish

Preheat oven to 350 F (180 C). Spray the surface of muffin tin with cooking spray and line with paper liners. Combine flour, baking powder, cinnamon, soda and salt in a bowl. Stir to blend. Using an electric mixer, beat eggs and sugar in a large bowl at medium speed until smooth and thick. Scrape down the sides of the bowl with a rubber spatula. Reduce speed to low and gradually beat in oil and zest until blended. Mix in flour mixture until no dry bits remain. Stir in grated carrots. Spoon into lined muffin cups, dividing mixture evenly. Bake in the centre of the preheated oven for 25 minutes or until cakes are golden and spring back when lightly touched. Remove pan to a rack to cool. If not serving right away, cakes can be stored in a tightly covered container and refrigerated or frozen before icing.

Cream Cheese Frosting

½ cup	(125 ml)	unsalted butter, room temperature
6 oz	(180g)	plain cream cheese, room temperature
1 tsp	(5 ml)	vanilla
3 cups	(750 ml)	icing sugar, sifted

Beat butter with electric mixer until light and fluffy. Gradually beat in cream cheese, vanilla and icing sugar until light and evenly blended. When ready to frost, bring cakes to room temperature. To ice, use a thin metal spatula or piping bag. Garnish with toasted coconut. Store in an airtight container in the refrigerator up to 4 days.

MARBLE MOUNTAIN CUPCAKES

MAKES 18

2⅓ cups	(575 ml)	all-purpose flour, sifted
2 tsp	(10 ml)	baking powder
½ tsp	(2 ml)	salt
⅓ cup	(150 ml)	unsalted butter, room temperature
1¼ cups	(300 ml)	granulated sugar
3		eggs, room temperature
1 tsp	(5 ml)	vanilla
1¼ cups	(300 ml)	milk
3 oz	(90 g)	semi-sweet chocolate, melted and cooled

Preheat oven to 350 F (180 C). Spray the surface of muffin tins with cooking spray and line with paper liners. Combine flour, baking powder and salt in a bowl. Stir to blend. Use an electric mixer to cream butter and sugar in a large bowl until light and fluffy. Scrape down the sides of the bowl with a rubber spatula. Continue to beat and add eggs one at a time and then add vanilla, beating until smooth. Beat at low speed, adding flour mixture alternatively with milk making 3 additions of dry ingredients and 2 of milk. Pour half the batter into another bowl and stir in melted chocolate until thoroughly blended. Drop alternate spoonfuls of the 2 batters into the bottom of each muffin cup until ¾ full. Bake in the centre of a preheated oven for 25 minutes or until a cake tester inserted in the centre of one cupcake comes out almost clean. Remove pans to a rack and cool completely.

Marble Butter Icing

¼ cup	(50 ml)	unsalted butter, softened
½ tsp	(2 ml)	vanilla
		pinch of salt
2½ cups	(625 ml)	icing sugar, sifted
2 tbsp	(30 ml)	warm cream or milk
1 oz	(30g)	unsweetened chocolate, melted and cooled

Beat butter, vanilla and salt with electric mixer in a deep bowl. Gradually beat in icing sugar alternately with cream, one cup at a time. Remove half the icing to a separate bowl and stir in melted and cooled chocolate until blended. Refrigerate to firm if necessary.

To frost cupcakes, spoon vanilla butter icing and chocolate butter icing alternately into a pastry bag. Pipe icing onto each cupcake creating a marble effect. Store in an airtight container in the refrigerator for up to four days.

PEACH YOGURT CUPCAKES WITH BUTTERCREAM FROSTING

MAKES 12

2½ cups	(625 ml)	all purpose flour, sifted
1½ tsp	(7 ml)	baking powder
½ tsp	(2 ml)	salt
1 cup	(250 ml)	granulated sugar
½ cup	(125 ml)	plain yogurt
½ cup	(125 ml)	vegetable oil
2		eggs, room temperature
1½ tsp	(7 ml)	vanilla
1 cup	(250 ml)	peaches or mangoes, peeled and chopped

Preheat oven to 350 F (180 C). Spray the surface of muffin tin with cooking spray and line with paper liners. Combine flour, baking powder and salt in a bowl. Stir to blend. In a separate bowl, combine sugar, yogurt, oil, eggs and vanilla and whisk to blend. Stir in flour mixture just until incorporated. Fold in diced fruit. Use a spoon to divide mixture evenly into lined muffin cups. Bake in the centre of the preheated oven for 35 to 40 minutes or until cakes are golden and spring back when lightly touched. Remove pan to a rack to cool. If not serving right away, cakes can be stored in a tightly covered container and refrigerated or frozen at this point. To frost, bring cakes to room temperature.

Buttercream Frosting

¾ cup	(175 ml)	unsalted butter, softened
4½ cups	(1.125 L)	icing sugar, sifted
¼ cup	(50 ml)	whipping cream
2 tsp	(10 ml)	vanilla

Beat butter with an electric mixer until light and fluffy. Gradually beat in sugar and cream, alternately, until light and evenly blended. Beat in vanilla. Divide icing into 2 or 3 bowls and stir in a drop of green food colouring in one bowl; a drop of yellow in another and a scant drop of red in another. Stir each until pastel coloured to your liking. Pipe onto vanilla cakes and serve. Cupcakes can be refrigerated in a tightly covered container for 3 or 4 days.

GRILLED SUMMER PIZZAS

Pizza grilled on the barbecue is delicious and makes summer weekend get-togethers with friends easy when it's too hot to turn on the oven. It's also a fun weeknight dinner with the family or a treat to serve as an appetizer before you put something else on the barbecue. Grilled pizza is also as close as you can get to pies prepared in a wood-burning brick oven. The intense heat of a barbecue produces a crisp, lightly smoked crust.

If you have the time, it's satisfying to make basic pizza dough from scratch (at a fraction of the cost) but it's also possible to buy high quality dough in supermarkets. It's usually sold refrigerated in a plastic bag. If frozen, let it thaw in the refrigerator before using.

If you're planning a backyard barbecue, there are two tips that work to serve pizza to a crowd. One is to change the shape and form the dough into long rectangles like the Roman-style pizzas that are served throughout Italy. This ensures the centres will crisp up better.

The other is to grill the pizzas several hours ahead and then reheat them at the last minute in the barbecue.

"The real trick to barbecuing pizza is, not surprisingly, the grilling itself," says Tony Rosenfeld, pizza aficionado and cookbook author. "Once you start a baked pie cooking, the task is all but complete, but with a grilled pizza, that's when your real work commences. I sort my technique into three parts: sear, top and cook (covered). The initial sear of the bare dough ensures that both sides

most everything I can find on a pizza, but with grilled pies that is problematic. The cheese won't melt, the dough will get soggy and the glut of flavourings will weigh down the pizza. Instead, restraint is the way to go. The grill's convection heat is not as uniform as that of an oven, so add only that which can warm through or properly melt."

It's also important to keep toppings simple and flavourful with strong cheeses and lots of herbs or spices. Make sure all your toppings are set out in bowls and

GRILLED PIZZA IS ALSO AS CLOSE AS YOU CAN GET TO PIES PREPARED IN A WOOD-BURNING BRICK OVEN.

of the crust get fine grill marks. You can't just throw a topped pizza onto the grill; the top would never cook through before the bottom started to burn. So you sear one side over a hot fire – a gas grill set to high. Once the dough starts to bubble and puff and get good grill marks, it's time to flip and top. I'm as guilty as the next guy of wanting to load

platters, plus olive oil, salt and pepper before you put the pizza dough on the grill.

When it comes to barbecuing, most people don't think about grilling vegetables to top a pizza. Yet, they are delicious because their natural sugars caramelize and the smoke adds extra flavour. They are easy to prepare and can be made in advance. The vegetables



SAUSAGE, GRUYÈRE AND FENNEL PIZZA

chosen for our pizzas – asparagus, zucchini, bell peppers and red onion – are lightly marinated, grilled and then cut into bite-size pieces.

Most vegetables can go right on the grill, but if the pieces are small, consider skewering them. (You can also broil them or use a grill pan on your stovetop.)

Remember to start with a well-

seasoned grill. Using paper towels rub vegetable oil on the gas grill or spray with non-stick grill spray before lighting. Preheat a gas barbecue to medium-high or high heat.

Pairing wines with pizza is easy, especially if you stay focused on the toppings. In this case, we have tailored our picks to the various toppings as

if they were appetizers or even main courses. That said, barbecued pizza is a rustic dish and it calls for simple wines with big flavours with less need for wines with finesse.

Vegetarian pizza gives some flexibility when it comes to a wine pairing and in this case we recommend fresh white wine. The first pick

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WILD MUSHROOM PIZZA AND CHERRY TOMATO GOAT'S CHEESE AND FRESH BASIL PIZZA

is Simonsig Chenin Blanc from Stellenbosch, Coastal Region, South Africa and the second pick is the Wirra Wirra Scrubby Rise Sauvignon Blanc/Semillon/Viognier from McLaren Vale, South Australia.

For the sausage pizza, we've never met a red wine that didn't like sausage and these two picks are classic examples: Tormaresca Neprica from Apulia and Ogier Côtes du Rhône Heritages from France.

Mushroom and Malbec seemed to work perfectly with the savoury fruit perfectly dovetailing into the earthy flavours of the mushrooms. Our Argentine picks include budget busting Trivento Cabernet Malbec Reserve and Terrazas de los Andes Malbec Reserva.

Tomatoes and goat's cheese were made for Sauvignon Blanc and the fruiter the better when it comes to pizza. Try the Babich Sauvignon Blanc

from Marlborough, New Zealand. Expect its passion fruit, smoked jalapeño, gooseberry, grapefruit, green apple, flavours to be a fine foil to the cheese and tomatoes. That goes ditto for the Chilean Carmen Sauvignon Blanc, from Valle del Curicó. Always intense, the Carmen Sauvignon uses fresh pineapple and gooseberry fruit to set the palate for a lemon and bitter lime rind finish. Think of it as a palate cleanser between bites.

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San Francisco World Spirits Competition

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San Francisco World Spirits Competition

GRILLED VEGETABLE PIZZA



PAIRS WITH GRILLED VEGETABLE PIZZA



SIMONSIG CHENIN BLANC
South Africa **\$13.99** 613414
The nose is the perfect mix of floral, ripe peach and pear aromas that meld into a mid-palate of honey, pineapples and melons flecked with minerals and just enough acidity with cheese and grilled vegetables.



WIRRA WIRRA SCRUBBY RISE SAUVIGNON BLANC
Australia **\$16.99** 19372
The style is fresh and dry with grassy, green melon, grapefruit and mineral flavours flecked with lime rind and honey. Consistent quality at a fine price and a perfect match with the vegetable pizza.



TORMARESCA NEPRICA
Italy **\$16.49** 612036
This is a southern Italian blend and the palate is rich and full-bodied with big peppery, meaty, floral and black cherry jam flavours flecked with tobacco and resin. A terrific marriage with sausage and cheese.



OGIER CÔTES DU RHÔNE HERITAGES
France **\$17.99** 535849
This one is made for pizza with its meaty, black cherry, licorice aromas and flavours. The key to the match is the fruit and spicy pepper combination that prepares each bite of food for each sip of wine.



PAIRS WITH WILD MUSHROOM PIZZA



TRIVENTO CABERNET MALBEC RESERVE
Argentina **\$12.97** 50948
This budget-friendly wine is full of enticing cassis, pepper, earth and black cherry flavours with just a whiff of vanilla.



TERRAZAS DE LOS ANDES MALBEC RESERVA
Argentina **\$23.99** 83865
Big and rich with its smoky roasted mushroom, black cherry nose and round, supple palate. More black cherry and savoury plummy fruit will easily pair up with mushroom pizza. Another simpatico match your guests will devour.



BABICH SAUVIGNON BLANC
New Zealand **\$18.99** 560144
Expect its passion fruit, smoked jalapeño, gooseberry, grapefruit and green apple flavours to be a fine foil to the cheese and tomatoes.



CARMEN SAUVIGNON BLANC
Chile **\$13.99** 415604
From Valle del Curicó, this always intense Carmen Sauvignon uses fresh pineapple and gooseberry fruit to set the palate for a lemon and bitter lime rind finish. Think of it as a palate cleanser between bites of pizza.



A TASTE OF
PROVENCE
IN YALETOWN





SEARED SCALLOPS WITH SNOW PEA SPROUTS
AND MEDITERRANEAN DRESSING

It's impossible to discuss the Quaglia's Provence restaurants without talking about family. Owner/chefs Jean-Francis and Alessandra Quaglia have two children and two restaurants, the first of the latter being Provence Mediterranean Grill in Point Grey and the second the subject of this feature, the lively and fresh Provence Marinaside in Yaletown.

The couple met in France while Jean-Francis was working as Chef de Partie Tournant at the Hôtel Negresco in Nice under the tutelage of Dominique LeStanc. At that time, Alessandra Mossa was a young Canadian chef, working her way around the Côte d'Azur, who serendipitously ended up as Commis de Cuisine at the same Hôtel Negresco. Despite their diverse countries of birth, the pair had much in common, including a long family history of award-winning and extraordinary cooks. Alessandra's maternal grandmother is a Master smørrebrød (Danish open-face sandwich) maker and Jean-Francis' mother is acclaimed chef Suzanne

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10 THINGS YOU CAN

- 1 Know your own body so you'll be aware of any changes.
- 2 If you notice any changes talk to your doctor right away.
- 3 Go for a mammogram when age and risk appropriate.
- 4 Schedule a yearly physical that includes a clinical breast exam.
- 5 Limit alcohol use to one drink or less per day.

DO FOR YOURSELF

- 6 Get at least 30 minutes of exercise daily.
- 7 Eat 5 to 10 servings of fruits and vegetables every day.
- 8 Reduce your daily intake of fat.
- 9 Maintain a healthy body weight.
- 10 Quit smoking! If you don't smoke, don't start.



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LEMON TARTE WITH HAZELNUT BRITTLE

Quaglia of Marseille's famed Le Patalain. That chance meeting on the southern shores of France was an eventual boon to Vancouver as the couple moved to Canada in 1992, were married and began a culinary climb that culminated in Provence Marinaside.

Marinaside, as it is referred to by Yaletown locals, sits on the shores of False Creek rather than the Mediterranean but the food there is as close as you can get to Provence without leaving BC.

In summer, the little patio on the corner of Davie and Marinaside Crescent can't be beat for boat and people-watching. The view is a perfect accompaniment to Provence Marinaside's breakfast and brunch, both of which have become legendary.

Inside, the décor is warm and down-to-earth with floor-to-ceiling windows framing the ocean scene outside. At dinner, dishes are seasonal and local, with an emphasis on fresh seafood prepared in the French way, complemented by the Quaglia's wine list that has won as many awards as the couple's cooking.

You'll often find Jean-Francis and Alessandra at Provence Marinaside, both willing to chat about food or the weather or anything else with customers that they, in a true Provençal way, consider family.

Provence Marinaside

1177 Marinaside Crescent
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**POUILLY FUMÉ GAEC
JEANNOT LES RIAUX**
France **\$26.96** 21790

This brilliant white has dominant mineral and herbaceous notes and flavours while the crisp citrus, full-bodied finish is clean and sharp. Try this beautiful wine with grilled seafood, citrus salads or Mediterranean cuisine.



**NICOLAS FEUILLATTE
BRUT ROSÉ**
France **\$69.99** 80184

This is an elegant and stylish Champagne. Gentle pear flavours mingle with red fruits and apple while the hint of lightly toasted nuts is pleasing. Serve chilled with the scallops for a spectacular summer dish. 92 points *Wine Spectator*

**PAIRS WITH PROVENCE
MARINASIDE'S APPETIZER**
SEARED SCALLOPS WITH SNOW PEA
SPROUTS AND MEDITERRANEAN DRESSING

**PAIRS WITH PROVENCE
MARINASIDE'S ENTRÉE**
SEARED ARTIC CHAR, SUNCHOKE
DUO WITH ARUGULA AND
CAPERBERRY VINAIGRETTE



**CAKEBREAD
SAUVIGNON BLANC**
USA **\$51.99** 191429

A medium-bodied, bright white wine from California with aromas of grapefruit and kiwi. Tangy lemon and melon flavours with hints of mineral are shining in the drawn out finish.



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

Cherry and spice and everything nice! Enjoyed on its own or with a wide range of cuisines, this versatile, food-friendly wine is wonderfully French!



GLORIA FERRER
USA **\$29.99** 192898

Aromas of apple and caramel with sweet spice tempt you to have a sip. Toasty cinnamon flavour with a hint of smooth pear follows. Sit back and enjoy this smooth bubbly during the long, hot summer.



CAYMUS CONUNDRUM
USA **\$29.99** 390831

Intoxically fragrant, this amazing white is a fantastic partner to the tarte. Wonderful flavours of passion fruit and melon with a juicy tartness that lingers on the finish. A great way to liven up your desserts this summer! 88 points *Wine Spectator*

**PAIRS WITH PROVENCE
MARINASIDE'S DESSERT**
LEMON TARTE WITH HAZELNUT BRITTLE

by Tim Pawsey

THE RIESLING REVOLUTION

ARE YOU STILL A
RIESLING RESISTOR?





The shale slopes of Selbach Oster's German vineyard.

In case you missed it – in the wine biz at least – Riesling has become everybody's darling. The "Riesling Revolution" talked about for so long is finally here. And if you're not part of it, you're missing out in a big way – especially with summer in full swing.

At least some of the rise in Riesling's West Coast revivals can be credited to the success of a few BC producers who have helped introduce consumers to the variety as a fabulous food wine and also proved that "off-dry" no longer has to mean "sweet."

ONE OF RIESLING'S MOST PASSIONATE ADVOCATES IS JOHANNES SELBACH, OF SELBACH OSTER, WHO HAS BEEN BRINGING HIS MESSAGE PATIENTLY TO VANCOUVER YEAR AFTER YEAR.

However, Riesling is popular worldwide: with chefs (who love it because it makes their food look good), with winemakers (because it's not as challenging as Pinot Noir) and with wine marketers, who see it as a natural segue into Asian restaurants (because it can pair so well with Asian cuisine).

Undeniably though, Riesling's homeland remains Germany, where the grape is shaped in every style imaginable, from straightforward sippers to complex, racy and sometimes incredibly elegant,

mineral toned drops – that often acquire that intriguing and distinctive "diesel" nose when they age.

In short, Riesling can be refreshing, fascinating and beguiling all at once. And, unlike so many other varieties, it doesn't need oak to make it look good. What more could you want to take to a party?

Germany continues to excel at its own game although some winemakers are concerned that climate change is taking the edge off their traditional trocken – dry – style. The not so good news? Back here in Canada, often as not, the incorrect view of

Germany purely as a sweet wine producer lingers on.

Tasting in Germany is an eye opener, especially when you taste through a range that includes very definite dry wines with good acidity and low alcohol which not surprisingly, remain ever popular with the formidable German appetite. Nothing surpasses Riesling with classic local fare like braised pigs cheeks or wienerschnitzel. (Pork and Riesling? There's no better combination. Just ask BC barbecue specialists Memphis Blues!)

At celebrated Kruger Rumpf Winery in Nahe, the restaurant is housed in the owners' former family home. Here not surprisingly, the food is quintessentially German: hearty, no-nonsense fare based on very local, fresh ingredients, including specialties such as impossibly tender, delicious braised pigs cheeks and handkase, a cured cheese, served with onion, garlic and vinegar, euphemistically called "mit musik," a typically tongue-in-cheek German reference to the flatulence guaranteed!

The food might be German but the combination of kartoffel (potato salad) and spargel (white asparagus) in a creamy chive and vinaigrette-toned mayonnaise says "summer" anywhere in the world. What to drink with it? Riesling, of course, whose bright acidity can trump the vinaigrette on the plate and refreshingly cut through the richness. One of Riesling's most passionate advocates is Johannes Selbach, of Selbach Oster, who has been bringing his message patiently to Vancouver year after year.

Selbach's family has been growing Riesling high above the Mosel river since 1661, just downstream from the impossibly picturesque Bernkastel. A climb up his precipitous shale and slate covered, south-facing vineyard makes the Grouse Grind look like child's play.

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The Riesling Revolution

As we steady ourselves into the safety of the hill, wedging our soles against the slipperiness of the slate, the winemaker explains, “It’s the steepest, usually shale-covered slopes that produce the most complex wines, while wines made predominantly with grapes from more alluvial soils are less elegant.”

“When consumers taste mineral,” says

Selbach, breaking the layered slate with the ease of a cracker, “It’s not just a figment of their imagination. Just like tasting chalk, you can taste the slate,” he says.

When people ask what makes Mosel special, “It’s all about the soil and microclimate,” says Selbach.

As the Riesling revolution rolls on, more consumers are discovering

those mineral and more complex tastes that Selbach talks about so passionately. However, if you’re new to Riesling, a good place to start is with eminently affordable QbA wines.

One more reason to switch to Riesling? Its significantly lower alcohol – often between eight and 10 percent – makes it the perfect summer quaffer.



KRUGER RUMPF MUNSTERER KAPELLENBERG RIESLING KABINETT

Germany **\$25.99** 708297
Bright grapefruit and mineral notes on the nose, off-dry, quite fruit forward and gently flinty on the palate with a citrus close. All you need now is the potato salad!



GUNDERLOCH FRITZ RIESLING QBA

Germany **\$16.99** 320135
Luscious baked apple notes before a burst of lemon lime on the palate with mineral hints, moderate acidity and a refreshing, gently spritz end. Think pork chops on the barbecue.



MOSELLAND ARS VITIS RIESLING QBA

Germany **\$17.99** 914762
Definitely a little more off-dry, but with a good burst of juicy acidity, this apple-toned summer sipper also makes for a perfect host's gift, wrapped in a very stylin' "window" bottle.



SELBACH RIESLING QBA

Germany **\$15.99** 2324
From the steep slopes of the Mosel, this perfect introduction to German Riesling yields up front floral notes on the nose before an off-dry palate with a touch of mineral and just the right refreshing splash of acidity.



BALTHASAR RESS RIESLING QBA

Germany **\$15.99** 250056
From one of the Rheingau's most celebrated families, this Riesling features honeyed citrus and mineral aromas with gentle acidity and a juicy, mouthfilling palate. Good value.



LORCH WHITE LABEL RIESLING QBA

Germany **\$17.99** 147116
From Pfalz, an easy-sipping Riesling with hints of stone fruit on the nose, before a soft palate of peach and a hint of flint.

PESTO

PIZZAZZ

Pesto is a sauce that originated in Genoa, in Northern Italy, comprised of simple regional ingredients (pine nuts, garlic, parmesan cheese, olive oil and basil) that were “pounded” with a mortar and pestle. With the popularity of this aromatic herb sauce, a number of interesting variations have arisen with ingredients from sun-dried tomatoes to cilantro and spinach and incorporated with various different nuts from buttery cashews to macadamias and pecans.





FARFALLE WITH SUN-DRIED TOMATO PESTO AND FENNEL



MONTECILLO RIOJA RESERVA

Spain **\$23.99** 746529

This is a full-bodied, lush and delicious wine with deep blackberry fruit flavours, soft oak influences and a well-balanced finish. Pair this prize with herbed pastas, grilled or braised meats and stews.



CECCHI CHIANTI

Italy **\$13.95** 231712

A value-priced, cheerful Italian red that is very food-friendly and a definite crowd pleaser. Red fruit flavours dominate with a finish that is sharp, clean and crisp. It's the ideal wine to have on hand for entertaining this summer. Stock up!



**PAIRS WITH FARFALLE WITH
SUN-DRIED TOMATO PESTO
AND FENNEL**



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CONO SUR CHARDONNAY
Chile \$14.49 471367

This young, fresh wine has delicate white peach and mineral aromas. The fruity and generous mineral flavours shine through the well-balanced finish. Pair this with the stuffed chicken or light pasta and cheese dishes.



FOLONARI RIPASSO
VALPOLICELLA

Italy \$19.99 481838

This rich and outgoing red wine brims with currant, cherry, herb and slightly rustic aromas and flavours with a faintly dry finish. It's classic, lively and ideal with herbed chicken or pasta cuisine.

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PAIRS WITH STEAMED HALIBUT
WITH CILANTRO PESTO AND
CHINESE BLACK BEANS



RUFFINO CHIANTI
Italy **\$14.99** 1743

This medium-bodied Italian beauty is very food-friendly. The cherry and hints of black fruit flavours are enhanced by the well-balanced acidity and supple, slightly herbaceous finish. It pairs well with herbed dishes, pastas and grilled meats.



ALAMOS CATENA
CHARDONNAY

Argentina **\$15.50** 467969
This well-balanced white is packed with peach, pear and apple flavours with hints of sweet honey, vanilla and oak. It's an absolute pleasure to sip chilled on its own or pair it with seafood, white sauced pasta dishes or poultry.

PARFAITS

FRUIT PERFECTION





PAIRS WITH NECTARINES AND COCONUT CREAM PARFAIT



BACARDI COCONUT
USA **\$24.99** 200295
The smooth taste of Bacardi we expect with the added taste of sweet coconut. Clear, clean and just a bit nutty, it provides a new way to mix up your favourite cocktails or add it to after dinner coffee to serve along with the parfait.



LUXARDO DI SASCHIRA AMARETTO
Italy **\$19.99** 339538
Only the finest almonds are chosen for this Amaretto. The smooth and seductive flavour mixed with a touch of vanilla makes for pleasant sipping on its own, over ice. Try it drizzle over a favourite dessert or in tea and coffee.



“Parfait” is French for perfect and there’s not a much more perfect summer dessert than these tall, cool, creamy layers chock full of fruit. Not only gorgeous to look at, they are refreshingly light and take advantage of BC’s natural bounty of ripe berries and stone fruit. Much easier to make than they appear, expect “oohs and ahhs” of delight when you bring your fruit creations to the picnic table. As an added bonus the sauces can be made ahead with just a little “building” at the last minute, leaving you free to have fun in the sun with your guests.

PAIRS WITH WHITE CHOCOLATE AND STRAWBERRY MOUSSE PARFAIT



GANTON & LARSEN PROSPECT VIDAL ICEWINE
BC VQA **\$39.99** 375ml 609974
A great BC icewine at a great price! Sticky and sweet with stone fruit flavours, this decadent charmer will be sure to impress your guests when you serve it with dessert.



ERRAZURIZ LATE HARVEST SAUVIGNON BLANC
Chile **\$14.99** 375ml 427054
At this incredible price, it will be easy to treat everyone at the dessert table. It’s full and lush with peach and apricot flavours and just the right amount of mouth-watering sweetness. Serve well chilled.



PAIRS WITH BANANA CREAM AND TROPICAL FRUIT PARFAIT



BOLS CRÈME DE BANANES
Netherlands **\$17.99** 128876
When you want to go a little bananas without spending a lot of money this summer try this versatile liqueur. Great mixed with your favourite cocktails or try it drizzled over ice cream, brownies or mixed in a frosty smoothy.



PHILLIPS BUTTER RIPPLE SCHNAPPS
USA **\$21.45** 888412
The decadent taste of butterscotch with just a hint of honey sweetness mixed in creates a taste you won’t soon forget. Add for a different twist to your cocktail recipes or try it over ice cream or baked apples.



WEDDING BELLS

WEDDING WINE GIFTS



First up, realize that most adults, young and old, are usually well-stocked with household goods. Who today doesn't have the perfect espresso machine, fab chef's knife or latest blender or toaster – or 50 as one couple I know received. And don't even think of linens or tchotchkes unless you know the couple and their tastes well. Bridal registries, once known for extravagant lists of silverware, fine china and crystal,

are so last century. Many wedded-to-be couples opt for travel registries. Mortgage helper cash might be welcome but can be awkward for some givers.

For others, wedding – or any occasion – gifts don't get much better than being on the receiving end of a case (or a few) of wine. But how to let family and friends know that this is what you want?

South of the border, wine registries abound. They're usually linked to wine merchants and wine stores with

purchases limited to their stock. Some wedding registry sites allow wine requests but bottles are only available from suppliers linked to their sites. One option is to sign on with a rent-a-site like www.wedstudio.com where you pay a fee, personalize a template and update as you like. Locally, alternative gift site DreamBank (www.dreambank.org) lets you to post a "dream" like a wine cellar stocked with wines. People then contribute cash to your dream.

WITH SUMMER COMES WEDDING SEASON AND WHETHER YOU'RE THE FETED COUPLE OR THE WEDDING GUEST, THERE ARE WAYS TO MAKE EVERYONE'S GIFTING AND GETTING A BREEZE.

There is a fee structure and a percentage of the money supports specified charities.

If you're the teensiest bit tech savvy, a do-it-yourself website or a simple blog is an easy option and you can specify wines you'd like to receive. To get the word out, consider sending a "save the date" e-mail or card with your website or blog noted complete with wedding details, photos and your wine wish list. Word of mouth works well too.

What sorts of wines are on your wish list? Are you a wine aficionado who is content with a tasty barbecue wine, something that's quaffable anytime? Or are you exploring organic wines or want to amass cellar-worthy bottles? Put a game plan together so that your friends, wine experts and novices alike, will find something that pleases. Here are some themes to consider:

GREEN WINES

Green (organic and biodynamic) wines come from every corner of the globe and are easy to source since BC Liquor Stores have sections dedicated to them. Look for Moillard and Chapoutier from France, Bonterra from California and Winds of Change from South Africa, to name a few. Selections from Chile and Argentina abound.

COUNTRY/REGION

You might request wines by country of origin, for example, Italy, Spain, Portugal or Germany or narrow it down to a

region such as France's Languedoc or the Pacific Northwest that encompasses Oregon, Washington and BC.

VARIETAL

Collecting by type of grape is another option. If Riesling is on your hit list, you'll be on the receiving end of bottles of this food-friendly, captivating grape from around the world. Imagine tasting a range of Rieslings from all over the globe: Germany, Australia, BC or Washington. Other varietals like Pinot Noir, Merlot and Chardonnay are worthy considerations too.

SPARKLING WINES

Do include sparkling wine. It's appropriate for every occasion and pairs nicely with everything from lobster to potato chips. Italy's Mionetto Sergio Brut, BC's Stellar's Jay, California's Gloria Ferrer or champagne – the real stuff from France's Champagne region – like those from historic producers Pol Roger, Veuve Clicquot and Moët & Chandon – will find a welcome.

SPECIAL COLLECTIONS

Do you want to collect wines from Alsace, the Rhône or Burgundy? If your friends are wine savvy, they'll have fun searching out those special bottles. It's easy to see what's in stores by doing online searches at www.bcliquorstores.com. (There were 207 Bordeaux listings when we checked). If New World wines – those

from BC, South Africa, Chile, Argentina, Australia, New Zealand and the USA – are more to your taste, note that.

THE BIG ONES

Consider collecting storied wines like Italian Amarone. Masi and Bertani or a Brunello from Banfi or Frescobaldi are good choices in that category. Almaviva, a co-production between France's Baron Philippe de Rothschild and Chile's Concha y Toro, is a stunner. Treats like Ganton&Larson Prospect Vidal Icewine or See Ya Later Ranch Ehrenfelser icewine wouldn't be amiss.

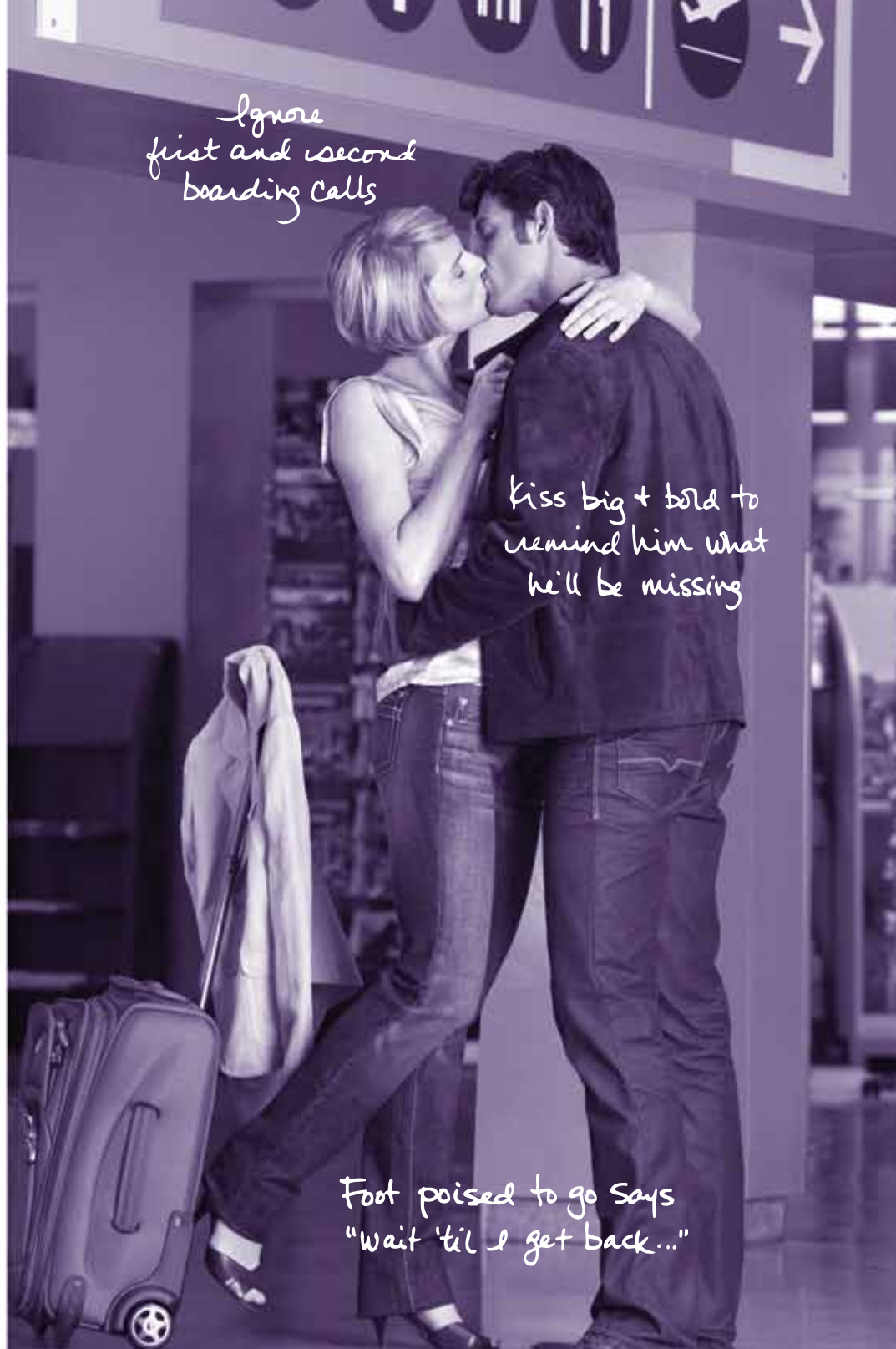
SHOPPING

Wine is available at all price points making it an easy fit for every gift-giver's budget whether you're buying a bottle, six-pack or case. Shopping too is a breeze. Stores are laid out by country so it's easy to zoom in on what you're looking for. If it's something unfamiliar like Bordeaux wines or lesser-known varietals like Viognier or Carménère, in-store Product Consultants are a wealth of knowledge, ready to assist and can help you discover delicious, interesting and great value wines in every price range.

Of course, wine gifts aren't just for weddings. They're ideally suited to birthdays, Christmas and most other gift-giving occasions. Best of all, wine is easy to shop for, easy to wrap and always well-received.

the
Forget-me-not

X
O
X
O



*Ignore
first and second
boarding calls*

*Kiss big + bold to
remind him what
he'll be missing*

*Foot poised to go says
"wait 'til I get back..."*

*The embrace of two perfect grapes
Enjoy responsibly this holiday season.*

WINE IS AVAILABLE AT ALL PRICE POINTS, MAKING IT AN EASY FIT FOR EVERY GIFT-GIVER'S BUDGET



**BELLE GLOS MEIOMI
PINOT NOIR**

USA **\$33.99** 278937

This seductive Sonoma Coast Pinot Noir is velvety, round and deeply flavoured. Aromas of smoke, red berries and spice are chased by earthiness, black cherries and plums. It's amazing with mushrooms and roast chicken.



**CHÂTEAU STE. MICHELLE
COLUMBIA VALLEY
CHARDONNAY**

USA **\$19.99** 232439

Burgundian in style, this harmonious and creamy Chardonnay has lemon peel and spice aromas and is laced with sweet pears and baked apples. Food-friendly, enjoy with lemon-herb roasted chicken, creamy pastas and popcorn.



**CEDARCREEK ESTATE SELECT
CHARDONNAY**

BC VQA **\$19.90** 607200

Redolent of tropical fruit, pears and toasty oak, this bright, approachable Chardonnay floods the palate with vanilla, melon, soft spice and easy minerality. Relish with crab, seared scallops or summery Niçoise salad.



**MARQUES DE VITORIA RIOJA
ECCO ORGANIC**

Spain **\$15.95** 298521

This organic youthful red is made from Spain's best-known native grape, Tempranillo. It's rustic and earthy with notes of strawberries, raspberries and black licorice. Bring on the chorizo and barbecued burgers.



TOWNSHIP 7 MERLOT

BC VQA **\$24.99** 726596

Five percent Cabernet Sauvignon adds structure and lift to this supple medal-winning Merlot that pops dark cherry, plum and pepper notes. Enjoy with elk sausages, pesto pasta and salt and pepper-flecked dark chocolate.



**MOILLARD HUGUES LE
JUSTE VIOGNIER**

France **\$12.99** 639757

Charming and easy-drinking, this Viognier is mildly spicy, fruit-forward and gently floral. Soft in the mouth, its honey, citrus and tropical fruit flavours complement chicken, stir fries and mild curries.



PIPER-HEIDSIECK BRUT

France **\$58.95** 462432

This crisp and toasty true champagne jumps in the mouth with lively lemon, pear and spice flavours. Elegant and full of finesse, it lingers nicely on the finish and is the ideal all-occasion wine.



**ISABEL ESTATE
SAUVIGNON BLANC**

New Zealand **\$24.99** 554881

This racy Sauvignon Blanc brims with bright citrus, tropical fruit, gooseberry and grassy notes. Soft, round and shot through with minerals and refreshing acidity, pair with goat's cheese salad or Asian dishes.



**MISSION HILL FAMILY ESTATE
RESERVE RIESLING ICEWINE**

BC VQA **\$59.99** 240127

While vintages are never identical (London's International Wine Challenge named the 2006 world's best icewine), pedigree shows. The 2007 is elegant and honeyed with notes of citrus, mango and apricot. Ideal with a fruit tart.



PORTABLE ENTERTAINING



GRILLED AND CHILLED SESAME BEEF, YELLOW PICKLED BEETS
AND SHAVED CABBAGE AND EDAMAME SALAD

If you're planning a quick weekend trip to cabin, campsite or cottage, leave the weiners and beans behind and fix up a gourmet feast that travels well.

PAIRS WITH GRILLED AND CHILLED SESAME BEEF AND YELLOW PICKLED BEETS



DEINHARD DRY RIESLING

Germany **\$12.99** 60004
Bursting with liveliness, this off-dry white is versatile and value-priced for all your entertaining needs. Generous aromas of peach and tropical fruit flavours with a nice vein of mineral notes make this wine ideal for Asian or spicy cuisine.



MOMMESSIN BEAUJOLAIS

France **\$14.49** 313734
Mommessin Beaujolais is a delicious little red from France. Aromas of strawberry and red fruit berry flavours, with a gentle finish, caressing and long. It's a great picnic wine!



PAIRS WITH SHAVED CABBAGE AND EDAMAME SALAD



CALONA ARTIST SERIES

GEWÜRZTRAMINER
BC VQA **\$13.99** 237453
The exotic spice aromas are tempting and the lychee fruit and tropical flavours are delectable. An easy-drinking wine that is extremely versatile, this well-priced white is a must to have around this summer.



WOLF BLASS YELLOW LABEL

PINOT NOIR
Australia **\$17.99** 611509
This fantastically affordable Pinot has tantalizing scents and flavours of plum, vanilla and dried fruit. The slightly earthy, rustic finish is persistent. It is an ideal partner to vegetable dishes or roasted meats.

PAIRS WITH LEMON ICEBOX WAFERS



MATERDOMINI LIMONCELLO

Italy **\$31.25** 471623
Made from only the finest lemons, peeled to extract the perfect citrus flavour, this liqueur is a marvellous summer refresher. Serve very well-chilled on its own or add to soda for a quenching treat with the lemon wafers.



GINGER OF THE INDIES

France **\$29.99** 171835
This is a must on your "new things to try this summer" list! Gently wrapped in a subtle sweetness, the fiery spices of peppery ginger soon make themselves known. Sip slowly on its own or enhance your favourite tea or cocktail.



A little advance planning and you'll be ready for lunch in minutes even if the old gas stove won't light and you've forgotten the briquettes. Try these recipes for a fast and portable meal starting with Cabbage and Edamame Bean Salad, moving on to savoury Grilled and Chilled Sesame Beef served thinly-sliced on bread crisps with Yellow Pickled Beets and finishing with crisp and golden Lemon Icebox Wafer cookies. Enjoy!



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* Based on consumer research completed in July 2007 vs Sirrus, Magners and Strongbow.

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WHAT CAN A PRODUCT CONSULTANT DO FOR YOU?

You walk into the local BC Signature Liquor Store and stop short just ten feet inside the door. Looking across the expanse of the store you wonder how on earth you are going to find that wine you tried last weekend. Or how will you choose a wine for a special dinner or a gift for your sister's birthday, especially when you're not sure what you or they want. A clerk is nearby and you ask for some assistance with wine and they say to you, "Just a moment, I'll get our Product Consultant to help you with your selections." Their what?

All BC Signature Liquor Stores and a few of the greater Vancouver area stores have Product Consultants on staff. There are more than 50 Consultants in 25 BC Liquor Stores to assist you with everything from picking a perfect dinner accompaniment, planning a wedding or starting a cellar, to finding an obscure Shiraz from Australia or esteemed Bordeaux from France. If what you're

looking for is unavailable, they will often be able to recommend something similar.

Planning a dinner or wine list? Bring in your menu or recipe and a Consultant will be able to pair wines to accompany each course. Planning a wedding is a lot easier when you bring in your ideas and meet with a Product Consultant. They can suggest what you need, how much you need, how to serve and then have your choice ready for pick up a few days before the big day. That wine or whisky tasting you want to put together for friends is not as daunting as you thought it might be. Just bring in your ideas and a Product Consultant will guide you through choices, varietals and variations, glassware, service and even tasting notes!

How do they know so much and where did they get their education? Located in London, the Wine and Spirit Education Trust was founded in 1969 and is regarded as one of the world's premier sources of wine and spirit education and certification. All

BC Liquor Store Product Consultants have been trained and certified through WSET curricula. From the intermediate, advanced or diploma level to the Professional Certificate in Global Spirits you can be assured that Product Consultants are well educated and qualified.

So, the next time you visit a store that has a Product Consultant on staff don't be shy about seeking them out and asking questions. You'll find they enjoy sharing their knowledge about the world of wine and spirits. Their passion is evident and you'll walk away not only with that perfect pick, but with a bit more knowledge than when you first arrived.

The Consultants at the 39th and Cambie BC Liquor Store also offer educational tastings for customers to attend. Details can be found at www.bcliqorstores.com.



Bacardi
mojito.
The
Original.



CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES



Teresa Easton

Product Consultant (WSET Advanced)
Westshore Signature Store, Victoria

"This job allows me to help people discover the world of wine and spirits and all its different flavours and styles."



VILLA MARIA SAUVIGNON BLANC

New Zealand **\$17.99** 342360
Crisp citrus flavours of lime, grapefruit and lemon intertwine with green grassy notes to give you a perfect summer wine. Pair this beautiful white with your favourite shellfish.



KIM CRAWFORD UN-OAKED PINOT NOIR

New Zealand **\$21.99** 867127
This medium-bodied red has soft, earthy aromas. Flavours of red cherry, raspberry, white pepper and spice linger in the smooth finish. Enjoy with barbecued pork kabobs or grilled turkey burgers.



Rod Symchych

Product Consultant (WSET Intermediate)
Ironwood Signature Store, Richmond

Whether you have a large gathering or something more intimate planned, I can help you choose wines for every occasion.



CHÂTEAU STE. MICHELLE RIESLING

U.S.A. **\$16.49** 232512
This delicate, off-dry white with pretty lime, green apple and floral aromas and flavours is delicious! With a crisp acidity and vibrant finish it's ideal for your summer salads and seafood dishes.



RAZOR'S EDGE SHIRAZ

Australia **\$19.99** 858456
Razor's Edge is a full-bodied Shiraz with a fine fruit focus. Rich and round in texture with a persistent finish, it's another great value wine from Australia. Try pairing it with your barbecue dishes.



Nicole Lozinski

Product Consultant (WSET Intermediate)
Orchard Park Signature Store, Kelowna

I thoroughly enjoy my job. It's very rewarding and satisfying to have customers return for my help and suggestions.



CARMEN RESERVE CHARDONNAY

Chile **\$16.99** 415612
Crisp apple, citrus, melon and ripe banana with a hint of pineapple blend together in a delicious fruit medley. Butter and a touch of caramel add to the toasty vanilla flavours. Enjoy with barbecued salmon or a chicken salad.



SAILOR JERRY RUM

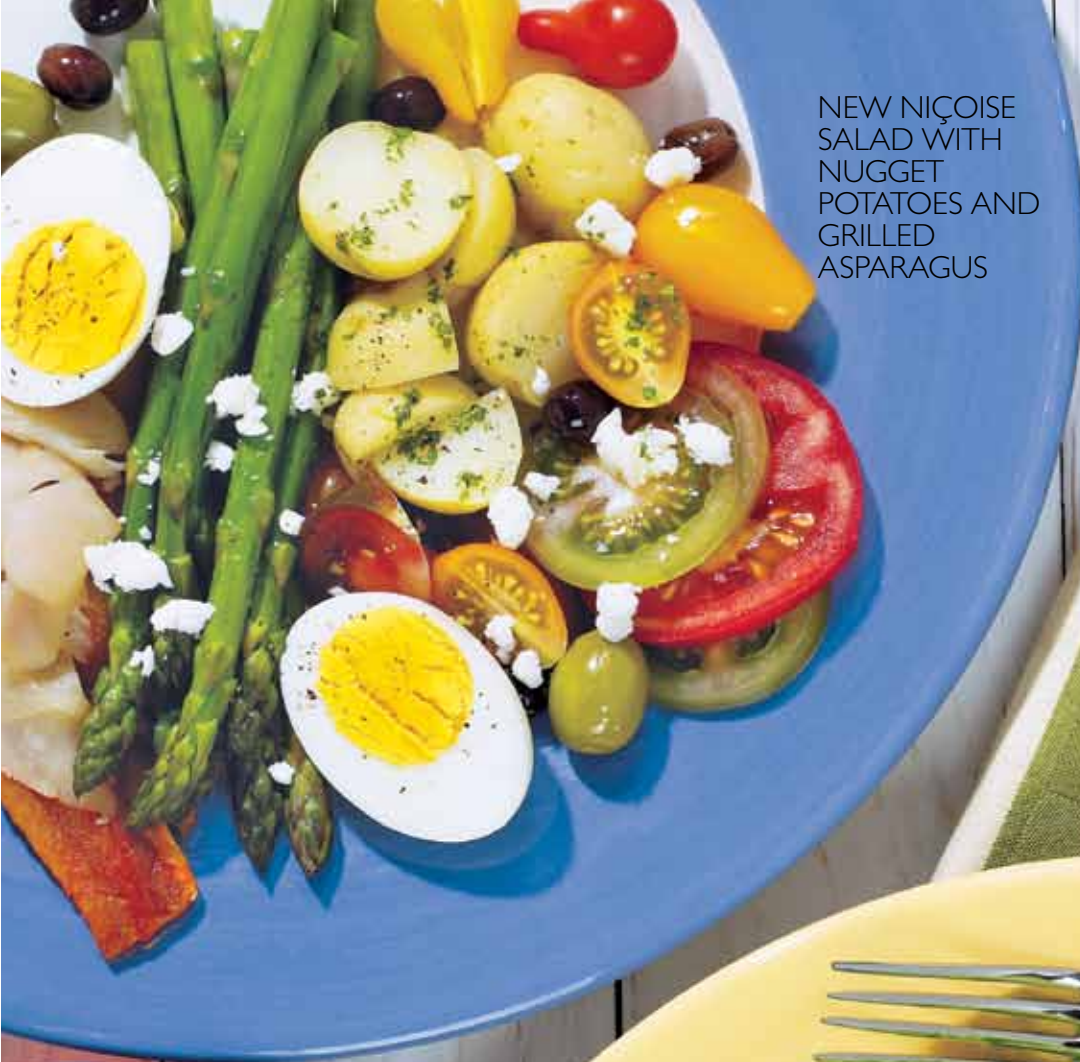
USA **\$27.95** 786988
Warm, spicy aromas of cinnamon and vanilla with rich caramel and toffee flavours are complemented by a sweet cherry finish. Cool off this summer with this smooth, full-bodied rum. Great for blending with fruit juices.

MAINLY SUMMER SALADS

AFTER A DAY IN THE SUMMER SUN, WHO WANTS TO FIRE UP THE OVEN? INSTEAD, OPEN THE FRIDGE AND QUICKLY TOSS TOGETHER ONE OF THESE COOLING SUMMER SALADS. PAIRED WITH A FIZZY BRUT OR A LIVELY SEMILLON SAUVIGNON BLANC, EACH CRISP DISH IS HEARTY ENOUGH TO BE THE MAIN EVENT AND SPECIAL ENOUGH TO PLEASE COMPANY ON THOSE SWELTERING SUMMER DAYS.



TROPICAL SUMMER SALAD



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SALAD WITH
NUGGET
POTATOES AND
GRILLED
ASPARAGUS



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PERFECT PARINGS FOR CRISP SUMMER DINING

PAIRS WITH NEW NIÇOISE SALAD WITH NUGGET POTATOES AND GRILLED ASPARAGUS



KORBEL BRUT

USA **\$16.99** 168310

This is a beautifully light and crisp bubbly with just a hint of spiciness. The medium-dry finish makes this an ideal companion to salads, fruits and cheeses or for any of your summer celebrations.



MASI CLASSICO SUPERIORE VALPOLICELLA

Italy **\$16.99** 285585

A smooth, silky Valpolicella that has lovely cherry and black fruit flavours with good structure and a soft, lingering finish. It will pair well with the Niçoise salad or light pastas and cheese.



PAIRS WITH CRISP CAESAR SALAD WITH CHICKEN, BACON AND CREAMY DRESSING



VILLA TERESA ORGANIC PINOT GRIGIO

Italy **\$15.99** 549642

This value-priced, food-friendly wine is also earth-friendly. Smooth pear, apple and light citrus flavours mingle with a finish that is refreshing and clean. Easy to sip on its own or partner with salads, chicken or light seafood dishes.



GANTON & LARSEN PROSPECT PINOT BLANC

BC VQA **\$12.99** 100925

Crisp and refreshing with tempting tropical fruit aromas and a rich finish, this stunning little white is sure to please. Serve chilled with salads, chicken, lightly grilled seafood or cheeses. A BC wine at a value price this summer!



PAIRS WITH TROPICAL SUMMER SALAD



YALUMBA Y SERIES VIOGNIER

Australia **\$17.99** 624502

This attractive Viognier is lush and full with light floral and apple aromas and flavours and a lovely, slightly spicy finish. Serve lightly chilled with salads or grilled seafood. 89 points *Wine Spectator*



YELLOW TAIL SEMILLON SAUVIGNON BLANC

Australia **\$12.99** 366161

Delicious tropical fruit aromas with tasty apple, pear and gooseberry flavours and a nice, light tang of citrus near the crisp, clean end. This is a fantastic summertime sipper for all your gatherings. Serve chilled with salads or seafood.





LIGHT

A BRIGHTER LIGHT



Our Bavarian Lager is craft-brewed to celebrate the landmark 1516 Purity Law.

The decree states that only four ingredients can be used when making beer: barley, hops, yeast and water. The result is a lager with a crisp finish and a rich golden colour.



Know your beer™

HOT

WHAT'S MOST WANTED AT BC LIQUOR STORES



J. LOHR RIVERSTONE CHARDONNAY
USA **\$22.99** 258699

From the perfumed honey and toasted vanilla with a hint of lime zest aromas to the citrus and subtle floral flavours this silky Chardonnay is a summertime favourite. Perfectly balanced with a fresh acidity, it is a perfect partner to seafood, oven roasted chicken or cream sauced pasta dishes.



JACOB'S CREEK SPARKLING CHARDONNAY PINOT NOIR

Australia **\$16.99** 562991
This wonderfully soft, blended bubbly is straw green in colour with a persistent mousse bead. Lemon citrus and redcurrant flavours dominate with a creamy, nutty finish. Ideal as an aperitif or with salads and seafood dishes.



DON MIGUEL GASCON MALBEC

Argentina **\$16.99** 770925
This deep-hued, full-bodied beauty with layered flavours of blackberry, dark cherry and blueberry, is elegant and soft. Smooth, gentle tannins with a rounded finish that hints at mocha. A sultry summer sipper. 86 points *Wine Spectator*



BC's CRAFT BREWING RENAISSANCE



BACK IN 1984, VANCOUVER ISLAND BREWING AND GRANVILLE ISLAND BREWING BEGAN A MODERN CRAFT BREWING RENAISSANCE IN BRITISH COLUMBIA. TODAY, 25 YEARS LATER, THERE ARE MORE THAN 40 CRAFT BREWERIES SPRINKLED AROUND THE PROVINCE – WITH NEW ONES ON THE WAY – TO SATISFY THE DEMANDS OF BEER DRINKERS LOOKING FOR FRESH, UNIQUE BREWS.

And when you add the numerous local brewpubs serving their own custom creations on tap, it's not much of a stretch to say British Columbia is in the middle of a Craft Beer renaissance. Here's a look at what's going on with BC craft beer region-by-region.

KOOTENAYS

The wild and rugged Kootenays region is home to three excellent craft breweries. Fernie Brewing produces a standard lager,

pale ale and brown ale. Over in Revelstoke, the Mt. Begbie Brewery offers six interesting brews in tall 650 ml bottles – highlighted by an excellent cream ale, an authentic German-style kölsch and a rotating seasonal brew.

Nelson Brewing is one of BC's most interesting and unique craft breweries. Their certified organic beers are all top-notch with two stand-outs in Paddywhack India Pale Ale – one of the best IPAs produced in the province – and Liplock Summer Wheat Ale, a seasonal hefeweizen.

OKANAGAN

Penticton is home to two separate craft breweries. Cannery Brewing produces a range of interesting brews in 650 ml bottles, with two, the Naramata Nut Brown Ale and Anarchist Amber Ale, also available in six-packs of cans. Tin Whistle Brewing brews an interesting assortment of mostly darker beers, including Killer Bee Dark Honey Ale, as well as Peaches 'n Cream Okanagan Fruit Ale.

Over in Kelowna, Tree Brewing had a packaging facelift earlier this year but their



Vern Lambourne, Brewmaster, Granville Island Brewing.

characteristic eight-packs are still there and the beer itself stayed the same. Tree has some interesting seasonal offerings, the best of which is the Hophead IPA, which is very popular among fans of the style.

COAST/GULF ISLANDS

Saltspring Island's Gulf Islands Brewery offers a pale ale, golden ale and porter, as well as some interesting seasonal brews in 650 ml bottles with labels featuring intriguing historical photos. Over in Squamish, the Howe Sound Brewery sells its

excellent beers in big one-litre bottles, including Devil's Elbow IPA, Garibaldi Honey Pale Ale and Rail Nut Brown Ale, as well as seasonal brews such as the Mettleman Copper Ale.

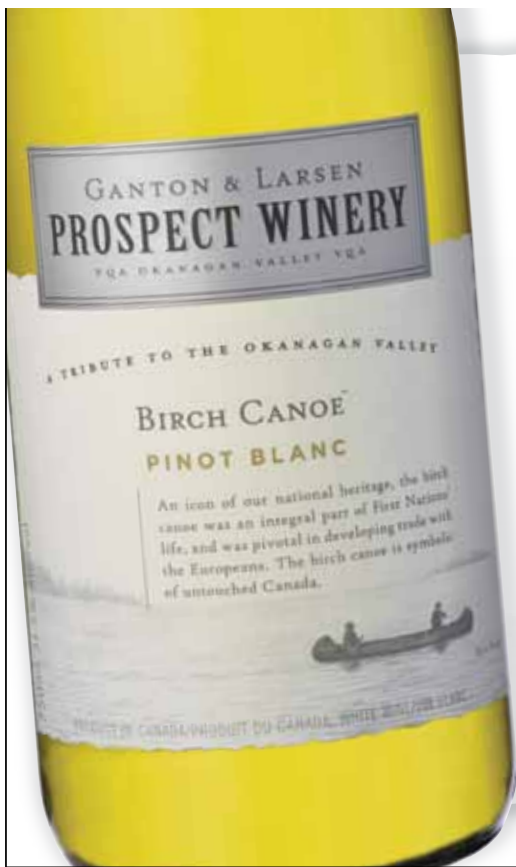
VANCOUVER ISLAND

Victoria's biggest craft brewery, Vancouver Island Brewing, just celebrated its 25th anniversary. Best known for its Piper's Pale Ale and Hermann's Dark Lager, the brewery recently added the Spyhopper Honey Brown Ale to its lineup.

Lighthouse Brewing has developed a strong

following for its excellent Race Rocks Amber over the past ten years. Meanwhile, Driftwood Brewing, less than a year old, is already earning praise for its mostly Belgian-style lineup, which includes the peppery Farnhand Ale, White Bark Ale (a Belgian wit) and Driftwood Ale, a traditional but solid west coast pale ale.

Best in Victoria, however, is Phillips Brewing, started on a whim and a credit card by brewer Matt Phillips who lived in his brewery for the first two years of operation. Phillips' diverse product line includes a barley wine, Belgian-style



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brews, a beer-cider fusion and other beers with unusual ingredients, such as chocolate, maple syrup and hazelnuts. Some are sold in 6-packs and others in single 650 ml bottles.

Elsewhere on Vancouver Island, Nanaimo's Fat Cat Brewery can lay claim to one of the strangest names in the province, as well as some interesting brews, such as its Honey Ale, brewed with malty honeydew honey imported all the way from New Zealand.

VANCOUVER/LOWER MAINLAND

Vancouver's Granville Island Brewing, which dates back to 1984, underwent a label redesign this spring and also added the Brockton IPA

to its popular neighbourhood-themed lineup. Its Robson Street Hefeweizen is probably the most popular summer beer on city patios and its rotating lineup of limited release brews in 650 ml bottles is always interesting for beer enthusiasts on the lookout for something new. Recent specialty brews include: Ginger Beer, Belgian Abbey Ale and Nut Brown Ale.

R&B Brewing has developed a steady following for its excellent lineup of ales brewed in the historic Brewery Creek area, including: Red Devil Ale, Raven Cream Ale, Hoppleganger IPA and my personal favourite local summer beer, Sun God Wheat Ale.

Head out to Surrey and you'll find Central City Brewing's Red Racer is one of the best west coast pale ales in the province, with hop bitterness that puts it almost into the IPA spectrum. Then there's Russell's dark and velvety Cream Ale which is smooth enough to be refreshing year-round.

Aldergrove's Dead Frog Brewery (the other strangest name nominee) brews an array of pale ale, lager, honey brown and nut brown ale. Over in Chilliwack, Old Yale Brewery is a small operation that produces four excellent brews: Cultus Lake Pilsner, Old Yale Pale Ale, Sergeant's IPA and Sasquatch Stout.



MT. BEGBIE BREWING HIGH COUNTRY KÖLSCH

\$4.50 650 ml 688929

This is a relatively unusual German style that is mainly brewed in Köln (Cologne). An ale that is often mistaken for a lager, it is bright yellow in colour with a delicate, refreshing flavour smoothed out by a little added wheat malt. Less bitter than its better-known cousin, Pils, a glass of Kölsch is perfect on a summer patio. Save yourself the cost of the flight.



CANNERY BREWING ANARCHIST AMBER ALE

\$4.50 650 ml 735100

Named after nearby Anarchist Mountain, this ale is truly the colour of amber – somewhere between golden and orange. It has a creamy body and rich, malty flavour with notes of caramel, but this subtle sweetness is balanced by more hops bitterness than you might expect, although it does not venture into IPA territory. This is very quaffable on its own or try it with a burger, steak or ribs.



PHILLIPS BREWING AMNESIAC DOUBLE IPA

\$4.75 650 ml 172163

IPA lovers should line up – and bow down – for this potent brew. At 8.5 percent alcohol by volume and with more hops than any other beer you'll find in BC, you might be nervous about trying it, but after one sip you'll be sold. It has the colour of maple syrup with a creamy texture and rich body that finishes with a potent, hoppy zing. One thing's for certain: you won't forget that first sip.



HOWE SOUND BREWING GARIBALDI HONEY PALE ALE

\$6.95 1L 228379

Contrary to logic, honey does not actually make beer sweeter because most sugars are fermented during the brewing process. But it does tend to mellow out bitter or sour flavours, which makes it very popular among brewers. This is a prime example: a smooth, golden-coloured ale that is very refreshing. Howe Sound's characteristic one-litre "pot-stopper" bottles are perfect for sharing.



GRANVILLE ISLAND BREWING BROCKTON IPA

\$11.50 6 x 341 ml 818203

This new IPA is a welcome addition to Granville Island's popular lineup. Copper-coloured and well-rounded in the malt department with a satisfying hoppy bite, Brockton is very quaffable and not overwhelming in the bitterness department. Happy 25th Anniversary!



NELSON BREWING LIPLOCK SUMMER WHEAT ALE

\$11.45 6 x 341 ml 202119

Nelson's lineup is excellent across the board but their Liplock Summer Wheat is the ideal choice for a hot summer day. An unfiltered wheat ale with a hazy golden appearance, it is not as cloudy or sweet as a true Bavarian *hefeweizen*. Light-bodied and effervescent – the extra bubbles help make it even more refreshing on a hot day. Many fans like to add a slice of lemon or orange to crisp it up.





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ASK AN EXPERT

JAMES CLUER, MW

THANKS TO OUR KNOWLEDGEABLE READERS FOR THIS ISSUE’S INTERESTING QUESTIONS. KEEP THEM COMING!

Q Some swear that you should only cook with wine that you would drink yourself. Some say to get the “lower shelf” stuff, you won’t notice the difference when the alcohol is cooked out and the dish takes over most of the flavour. I use the good stuff because I’m opening the bottle to pair with the dish anyway. So I use the good stuff out of convenience. However, if I use the “lower shelf” vino, I’d never use the entire bottle for the one dish and it’s very unlikely that I will drink it (or at least finish it) and that’s wasteful too. Any opinions?

A In my opinion, the quality of a wine can make a difference to the taste of food. Quite simply, wine is an ingredient and can add aroma and flavour to dishes.

Wine can play an important role in marinades, sauces, stocks and even desserts. In some dishes it is a key ingredient. What would

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Chef Ramsey say if you forgot the wine in a coq au vin? So it is logical that if wine is a key ingredient in a dish then it can affect the flavour.

Although the perception of “quality” in a wine can differ widely amongst consumers, my advice is that you should be able to drink your cooking wine. If a wine tastes unpleasant then it will not lose that flavour in the kitchen. That said, don’t go overboard and use a very expensive wine when cooking. The delicate and complex bouquet of a very fine wine will not add all of its subtle nuances after being subjected to high heat. Save the 1961 Latour for yourself.

The style of a wine is also important. Many chefs avoid using a wine that is very sweet or highly acidic in reductions because heat can emphasize these characteristics. Sauces that are over-reduced can be too acidic and have a caramelized taste.

In terms of reducing wastage of a wine you buy just for cooking, you could always pour the remnants into an empty half bottle. If it is filled to the brim and sealed tight then it should stay fresh longer. But I prefer the idea of throwing a bit of the good stuff into a dish when cooking at home. It’s more fun!

Q There seems to be an impression that the Old World countries/wine makers rely too heavily on their history for reputation and not enough on substance. Certainly the quality is there at the absurdly high end but do you expect that younger generations of winemakers will begin to produce drinkable wines that the rest of us can afford without making a serious sacrifice to our beverage budget?

A I do expect that the quality and value for money will continue to improve in many Old World wine regions. The new young winemakers in Europe have usually been trained at the best wine schools and traveled extensively around the world. As a result, there have been significant improvements in quality. Portugal, Spain,

southern France and southern Italy all offer wines that are great value for money.

To your point, there is no question that some of the classic European wine regions rely heavily on their history and reputation as a marketing tool. The reputations of these areas, notably Bordeaux, Burgundy and Champagne, have been established over hundreds of years. The implication is that if you started your winery back in 1634 then you must have got the wines right by now.

Although there is plenty of substance in the top wines from the classic areas, many would argue that the lesser wines from these areas are sometimes over-priced or lack substance. The argument is that they take advantage of the reputations of the leading estates in the area. But you could level this critique at some wineries and regions in the New World as well.

That said, Europe is not just about the classic wine regions. There are dozens of wine regions in Spain, Portugal, southern Italy and even southern France that would sooner forget their winemaking history. Instead, they would rather promote the rapid improvements they have made in recent years and emphasize the excellent value for money that you can find in such areas.

But it’s not always that easy for winemakers in the Old World. In some parts of Europe they have to contend with difficult climatic conditions. There is legislation that can hamper their techniques and their ability to experiment. They often have to struggle with high prices of land and labour, especially compared to producers in Argentina and Chile.

I predict that some European wine regions will experience huge growth. It seems that the international palate is shifting to drier, crisper whites and reds that have more structure and lower alcohol levels. Taste preferences are cyclical and consumers are always looking to discover interesting new regions, which could be in Europe’s favour.



GRILLED PEACHES AND GREENS WITH CRISPED PROSCIUTTO

SERVES 6

2 oz (60 g) prosciutto, thinly sliced
3 firm peaches or nectarines
8 cups (2 L) spring salad mix, washed and spun dry
¼ cup (50 ml) plain goat cheese, crumbled

Honey Vinaigrette

3 tbsp (45 ml) extra virgin olive oil
2 tbsp (30 ml) apple juice
1 tbsp (15 ml) liquid honey, warmed
2 tsp (10 ml) Dijon mustard
salt and freshly ground black pepper

Coarsely chop prosciutto. Sauté in a non-stick frying pan over medium heat until crispy, about 2 minutes. Remove to a paper towel lined plate and set aside. Lightly grease barbecue grill and preheat to high. Peel peaches. Cut in half and remove pits. Cut each half into 3 wedges. Place wedges on greased grill and barbecue for about 30 seconds per side or until grill marks begin to appear but peaches are still firm. Remove and set aside. Place greens in a large shallow mixing bowl. Whisk honey vinaigrette ingredients together in a small bowl to blend. Drizzle sparingly over greens and gently toss to evenly coat. Divide mix among 6 salad plates and top with grilled peach wedges, crisped prosciutto and crumbled goat's cheese. Serve immediately.

PAIRS WITH

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Italy **\$17.99** 378638



BARBECUE FILET OF BEEF ON A BED OF BEANS WITH OLIVE TAPENADE

SERVES 6

4 lb (2 kg) beef tenderloin
1 tbsp (15 ml) olive oil
½ tsp (2 ml) smoked paprika
salt and freshly ground black pepper
14 oz (398 ml) tin cannellini beans, drained and rinsed
1 lb (500 g) fresh asparagus spears, brushed with oil
good quality truffle oil

Olive Tapenade Dressing

½ cup (125 ml) large green olives, pitted and finely chopped
¼ cup (50 ml) pitted Kalamata olives
3 tbsp (45 ml) sundried tomatoes, packed in oil
½ cup (75 ml) olive oil

1 large shallot, peeled and chopped
zest and freshly squeezed juice from 1 lemon
¼ cup (50 ml) parsley, finely chopped
salt and freshly ground black pepper

Using a sharp knife, trim the beef removing the tough silver skin. Trim the thin end of the beef and save or freeze for another use. Bring filet to room temperature. Rub with oil. Sprinkle with smoked paprika, salt and pepper. Grease barbecue grill and preheat. Add beef tenderloin and brown on all sides. Reduce heat to low and close lid. Barbecue for 40 minutes or until a meat thermometer inserted in the centre of the meat reads about 130 F (55 C) for very rare or until done as you like. Remove. Loosely cover with foil and rest in a warm place for 10 minutes. Meanwhile combine Olive Tapenade ingredients in a food processor fitted with a metal blade. Pulse, scraping down the sides, until mixture is a coarse paste. Add salt and pepper to taste. While filet is resting, lather over top to coat. Reserve a tablespoon (15 ml) for the beans. Heat tinned beans and their liquid. Drain. Stir in reserved tapenade. Grill asparagus spears on the barbecue over medium heat for 2 to 3 minutes or until done as you like. Arrange a few on a serving plate with a spoon of warmed beans. Dot with drops of truffle oil. Slice beef and serve over top.

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LIMONCELLO CHEESECAKE SQUARES

SERVES 12

Crust

1 box 150 g (5.3 oz) butter shortbread cookies
2 tbsp (30 ml) unsalted butter, melted
finely grated zest from 1 lemon

Filling

1½ cups (375 ml) ricotta, drained
2 - 8 oz (500 g) packages cream cheese, room temperature
¾ cup (175 ml) granulated sugar
½ cup (125 ml) limoncello liqueur
1 tsp (5 ml) almond flavouring
4 eggs, room temperature
sifted icing sugar

Preheat oven to 350 F (180 C). Grease an 8 x 8 inch (20 x 20 cm) baking pan. Make a parchment paper sling placing 2 sheets perpendicular to each other in the pan, tucking it into the corners with the paper overlapping the sides. This makes it easy to remove the finished bars and to cut into squares. Set aside.

Break up shortbread and place in a food processor fitted with a metal blade. Pulse until fine crumbs. Add melted butter and finely grated zest from 1 lemon. Pulse until mixture begins to hold together. Transfer to prepared baking pan and using your fingertips, press into an even layer. Bake crust until golden brown, about 5 to 8 minutes. Remove pan to a rack and cool completely. Clean food processor bowl and add ricotta. Pulse until smooth. Cut cream cheese into cubes and add along with sugar, Limoncello and almond flavouring. Continue to pulse until blended and smooth, stopping to scrape the sides of the bowl periodically. Add eggs one at a time and pulse until smooth. Pour mixture over top of cooled crust. Place baking pan in a larger pan and add hot water to reach halfway up the sides. Bake for about 1 hour. Test with a cake tester. Squares are done if the tester comes out almost clean. Transfer pan to a rack and cool completely. Refrigerate overnight before cutting into squares. Lift cheesecake out of baking pan and peel off parchment. Cut into diagonal squares. Dust with sifted icing sugar before serving.

PAIRS WITH

SEGURA VIUDAS HEREDAD RESERVA BRUT

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JIM MURRAY'S WHISKY BIBLE

Pick Now, Enjoy Later from page 20

BOURBON CHERRIES

MAKES 6 CUPS

2 cups	(500 ml)	water
2 cups	(500 ml)	granulated sugar
4		star anise
1		large cinnamon stick, broken into small pieces
10 to 12 cups	(2.5 to 3 L)	cherries, pitted
1 cup	(250 ml)	bourbon



In a saucepan, stir together water, sugar, star anise and cinnamon. Simmer, stirring often, until sugar dissolves (about 5 to 8 minutes). Stir in bourbon.

Prepare canner and sterilize jars, lids and bands. To sterilize, fill a large boiling-water canner or stockpot with a wire rack in bottom with water and bring to a boil. Simmer for at least 10 minutes.

Pack cherries into hot jars, leaving about 1-inch below rim. Ladle hot syrup over cherries, leaving ½-inch (1 cm) headspace. Distribute the cinnamon and star anise evenly. Remove any air bubbles by stirring with the end of a wooden spoon. Centre lid on jar and screw band on loosely.

Place jars in canner. (Be sure they're completely covered with water). Bring to a boil and process for 15 minutes. Carefully remove and cool. Label jars and store in a cool dark place. Use within 1 year.

BLUEBERRY AND LAVENDER SAUCE WITH LIMONCELLO

This is wonderful spooned over pancakes, waffles, ice cream, pound cake or cheesecake.

Makes 4 cups

1 cup	(250 ml)	water
2 to 3 tsp	(10 to 15 ml)	organic lavender buds
2 cups	(500 ml)	granulated sugar
6 cups	(1.5 L)	blueberries
2 to 3 tbsp	(30 to 45 ml)	limoncello liqueur

In a large saucepan, stir water with lavender buds and sugar. Bring to a boil, then reduce heat and simmer to develop flavour for 5 to 7 minutes. Add blueberries. Bring back to a boil. Reduce heat and simmer, uncovered, stirring often until the berries start to burst, about 5 minutes. Remove from heat and stir in limoncello. This isn't a thick sauce.

Sauce will keep well, refrigerated, up to 5 days. Can be portioned and frozen for up to one year or follow directions for canning. (See recipe for Bourbon Cherries).

BRANDIED GINGER-PEACH JAM

Peaches are high in pectin and perfect for jam making. Be sure to stir well, especially towards the end as it thickens.

Makes 6 - 8 oz jars

8 cups	(2 L)	peaches, peeled and sliced
7 cups	(1.75 L)	granulated sugar
¾ cup	(175 ml)	brandy
¼ cup	(50 ml)	crystallized ginger, chopped juice of 1 lemon

Prepare canner and sterilize jars, lids and bands (see recipe for Bourbon Cherries). Place a few small plates or saucers in the freezer. Combine peaches, sugar, brandy, ginger and lemon juice in a large heavy saucepan set over medium-high heat. Bring to a boil, stirring frequently. Reduce heat to medium and boil gently, stirring often until mixture thickens. Stir frequently as it thickens to prevent sticking or burning. Start testing for doneness after 40 minutes.

To test for doneness, remove pan from heat. Spoon about a teaspoon of jam onto cold plate. Refrigerate for 1 minute, then push jam with your fingertip. If it wrinkles on the surface it will set. Otherwise, continue to boil, stirring often and retest every 5 minutes until ready.

Skim and discard any foam. Ladle hot jam into sterilized jars, leaving ¼-inch (.5 cm) headspace. Wipe rims, centre lids on jars and screw on bands. Place jars in canner. (Be sure they're completely covered with water). Bring to a boil and process for 15 minutes. Carefully remove and cool. Label jars and store in a cool, dark place. Use within 1 year.



METHOD FOR PREPARING ARTICHOKE FOR USE IN RECIPES

To prepare artichokes, cut or break off the stem flush with the bottom of the artichoke. Remove any tough outer petals, snapping them off at the base. Continue snapping off the petals until the leaves are half green (at the top) and half yellow. Trim off the top cone of the leaves where the yellow meets the green parts (fibrous parts). Cut each artichoke in half lengthwise.



CHICKEN AND PASTA SAUTÉED WITH BABY ARTICHOKE

SERVES 4

- 20 baby artichokes
- 4 tbsp (60 ml) olive oil
- 4 chicken breasts, skinned and boned, cut into ¼-inch (½ cm) slices
- 1 medium onion, cut into ½-inch (1 cm) strips
- 4 cloves garlic, finely chopped
- 1 red pepper, cut into thin julienne
- 1 tbsp (15 ml) each fresh basil, rosemary and flat leaf parsley, chopped
- 1 juice and zest of one lemon
- 1 tbsp (15 ml) Dijon mustard
- ½ cup (125 ml) chicken broth
- ½ cup (125 ml) kalamata olives (optional)
- 1 lb (500 g) linguine or fettuccine, cooked and drained

Prepare artichokes (method above). Place into cold water mixed with a small amount of lemon juice to prevent discoloration. In a large non-stick skillet heat 2 tbsp (30 ml) olive oil over medium high heat. Brown chicken in small batches; remove and set aside. Add remaining 2 tbsp (30 ml) olive oil and heat over medium high heat. Add the onion, garlic and red pepper and sauté until just tender, about 5 minutes. Drain prepared artichokes and add to the skillet with the herbs. Cook until tender. Add the reserved chicken, lemon juice and zest, mustard, chicken broth and olives; stir well and heat through. Season to taste and serve over hot pasta.

PAIRS WITH

- DRATHEN BERNKASTEL RIESLING QBA**
Germany **\$12.99** 220699
- PIERRE SPARR GEWÜRZTRAMINER**
France **\$20.01** 22822

ROASTED YOUNG ARTICHOKE WITH GARLIC

SERVES 4 TO 6 AS A FIRST COURSE

- ½ cup (125 ml) fresh lemon juice
- 16 small artichokes, rinsed and dried
- 3 tbsp (45 ml) olive oil
- 2 tsp (10 ml) kosher salt
- 16 cloves garlic, unpeeled
- 2 tsp (10 ml) fresh thyme leaves, coarsely chopped
- 1 cup (250 ml) chicken stock
- ½ cup (125 ml) white wine
- freshly ground pepper, to taste
- parmesan cheese, grated (optional)

Preheat oven to 500 F (260 C) and set rack in middle of oven. Pour lemon juice into an 10 x 15 inch (4 L) casserole dish. Prepare baby artichokes (as described above) and immediately place the halves, cut side down, in the pan of lemon juice. Using a small knife, cut the small choke out of each half and discard; returning the halves to the lemon juice. Brush each artichoke half with a small amount of olive oil and arrange in tightly packed rows in the pan. Sprinkle with salt and place the garlic cloves among the artichokes. Roast for 20 minutes. Remove pan from oven, sprinkle with thyme leaves and add the chicken stock and white wine. Cover tightly with foil and roast for 20 to 25 minutes more. Season with black pepper and parmesan cheese. Serve warm.

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ARTICHOKE, FENNEL AND CITRUS SALAD

SERVES 4 TO 6 AS A FIRST COURSE

- 5 large artichokes
- 4 tbsp (60 ml) fresh lemon juice, plus 2 cut lemons extra
- 1 pink grapefruit, peeled, pith removed
- 2 oranges, peeled, pith removed
- 1½ cups (375 ml) fennel bulb, trimmed and thinly sliced
- 6 tbsp (90 ml) olive oil
- 1 tsp (5 ml) kosher salt
- 2 freshly ground pepper, to taste
- large Belgian endive, cored and thinly sliced
- thin slices of parmesan cheese
- fennel fronds

Prepare artichokes (as described above) and cut off or remove all the yellow leaves to reveal the hairy choke. Scrape out the choke with a melon baller. Trim the bottom so that none of the hard green skin remains. Rub the cut edges of the artichoke bottoms with the cut lemons to keep them from darkening. Place artichokes and cut lemons in water. Segment the grapefruit and oranges, remove membrane and place into a bowl.

Slice artichoke bottoms thinly with a knife to ⅛-inch (¼ cm) thickness. Mix in 4 tbsp (60 ml) lemon juice. Immediately toss into the bowl with the reserved citrus juices, coating thoroughly. Mix in the fennel, olive oil, salt and pepper.

Divide the endive among four serving plates. Divide the artichoke-fennel mixture on top of the endive. Top with citrus segments and parmesan slices. Garnish with fennel fronds.

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Southern-Style Barbecue from page 32

FOIL-BAKED VEGETABLES

SERVES 8

6		bell peppers, assorted colours
1		red onion, peeled
6		whole garlic cloves, peeled
1		hot chili pepper
2 tbsp	(30 ml)	olive oil
		salt and freshly ground black pepper
		finely grated zest from 1 lemon



Core and coarsely chop peppers and place in a large bowl. Coarsely chop onion. Add remaining ingredients. Toss. Place on a large sheet of heavy duty tin foil. Gather up ends of foil and fold edges tightly together to seal. Place on a preheated barbecue grill and roast for 20 minutes turning package several times during roasting. Remove and cut package open. Transfer to a serving dish and serve hot, cool or at room temperature.

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DELI-STYLE COLESLAW

SERVES 8

3 cups	(750 ml)	green cabbage, thinly shredded
3 cups	(750 ml)	red cabbage, thinly shredded
1		small red onion, thinly sliced
½ cup	(125 ml)	cilantro, finely chopped
3 tbsp	(45 ml)	capers, rinsed and patted dry
½ cup	(125 ml)	vegetable oil
¼ cup	(50 ml)	red wine vinegar
1 tbsp	(15 ml)	celery seed
2 tsp	(10 ml)	granulated sugar
¼ tsp	(1 ml)	salt
½ tsp	(5 ml)	ground black pepper

Combine cabbage, onion, celery, cilantro and capers in a large bowl. Gently toss to blend. Combine remaining ingredients in a small bowl. Whisk to blend and dissolve sugar. Drizzle over cabbage and toss to coat. Coleslaw can be refrigerated for up to 3 days.

FARMHOUSE-STYLE NUGGET POTATO SALAD

SERVES 6 TO 8

Salad		
4 lbs	(2 kg)	new red or white nugget potatoes
		freshly squeezed juice from 1 lemon
or 2 tbsp	(30 ml)	white vinegar
½ tsp	(2 ml)	salt
1		bunch green onions, thinly sliced
2		stalks celery, finely diced
2		hard-cooked eggs, peeled and chopped
		fresh dill, chopped



Scrub potatoes and cut into halves or quarters. Place in a large pot of water with vinegar and salt. The acid helps to keep potatoes firm during cooking. Bring to a boil and cook for 20 minutes or until tender. Drain and return potatoes in pot to stove and gently steam dry, shaking pot to prevent them from sticking, about 30 seconds. Remove and place in a large bowl. Set aside to cool. When potatoes have cooled, sprinkle with green onions and celery and drizzle (recipe follows) with dressing. Gently fold together to coat evenly. Sprinkle with eggs and lightly fold in. Season to taste. Scatter fresh dill over top and serve. Salad can be covered and refrigerated for 2 hours before serving.

Dressing

¼ cup	(50 ml)	white wine vinegar
2 tsp	(10 ml)	Dijon mustard
½ tsp	(2 ml)	salt
¼ tsp	(1 ml)	white pepper
½ cup	(75 ml)	canola or vegetable oil

To make dressing, combine vinegar, mustard, salt and pepper in a bowl. Whisk to blend, then gradually whisk in oil.

PAIRS WITH

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CLASSIC OVEN-ROASTED PULLED PORK

SERVES 12

5 to 7 lb (2.5 to 3.5 kg) boneless pork shoulder or picnic shoulder



Dry Rub

3 tbsp	(45 ml)	each paprika and coarse salt
1 tbsp	(15 ml)	each dried leaf oregano, dry mustard, black pepper, garlic powder, onion powder and brown sugar
½ tsp	(2 ml)	cayenne

Mix dry rub ingredients in a bowl. Rub mixture all over the pork, working into meat. Cover and refrigerate for at least 1 hour, preferably overnight. Preheat oven to 225 F (105 C). Place pork in roasting pan fat side up and roast uncovered for about 4 hours. Remove roast and wrap in heavy foil. Reserve roasting pan juices. Place wrapped roast on baking sheet and continue to roast for 2 to 4 more hours or until meat is very tender and easy to pull apart. While pork is roasting for the final several hours, prepare barbecue sauce.

Cider-Vinegar Barbecue Sauce

½ cup	(125 ml)	ketchup
¼ cup	(50 ml)	Dijon mustard
¼ cup	(50 ml)	brown sugar, packed
3 tbsp	(45 ml)	cider vinegar
1		canned chipotle pepper, minced
2		large garlic cloves, peeled and smashed
1 tbsp	(15 ml)	ground cumin
1 tsp	(5 ml)	coarse salt
½ tsp	(2 ml)	ground black pepper
¼ tsp	(1 ml)	cayenne pepper
		pan drippings from pork

Combine ingredients in a saucepan. Simmer, stirring often, for 10 minutes until the sugar dissolves. Remove from heat and set aside. When pork is tender, remove from oven and unwrap foil. Allow the meat to rest for about 10 minutes. Transfer, along with any juices that collected in the foil, to a large bowl. When cool enough to handle, separate pork using 2 forks or your fingers until shredded. Work excess juices into the shredded pork. Meat should be nice and juicy. If not serving right away, refrigerate to cool and then cover completely. Simply reheat to serve. Serve spooned onto fresh buns or toasted baguettes with warmed barbecue sauce and topped with Deli-Style Coleslaw.

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Patio Finger Food from page 42

CRISPY POTATO CAKES

MAKES 24 CAKES

Cakes

1 lb	(500 g)	Yukon Gold potatoes
1		onion, minced
¼ cup	(50 ml)	Parmesan cheese, finely grated
2 tbsp	(30 ml)	unsalted butter, melted
½ tsp	(2 ml)	salt
		freshly ground black pepper

Topping

4 oz	(125 g)	cream cheese, room temperature
4 oz	(125 g)	smoked salmon
		fresh dill



Peel potatoes and halve. Boil in a large pot of salted water for 15 minutes or just until done. Drain and return pot to the burner and shake over heat to dry. Transfer to a bowl and refrigerate until cold. Grate chilled potatoes using the large holes of the grater. Blend potatoes together with minced onion, Parmesan, melted butter, salt and pepper in a large bowl. Preheat oven to 400 F (200 C). Spoon grated potato mixture into greased muffin pans and press down with a spoon to smooth surface. Bake in the centre of the oven for 20 minutes or until crispy and firm. Using a small metal spatula, immediately loosen cakes from pan and place on a plate, bottom sides up, to cool. Pipe a little cream cheese onto each cake and place a small roll of smoked salmon on top. Garnish with fresh dill. Refrigerate until ready to serve.

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MINI GREEK POCKETS

SERVES 24

1 lb	(500 g)	lamb sirloin tip*
		salt and freshly ground black pepper
2 tbsp	(30 ml)	grapeseed oil
1		small baguette or ficelle**
		curly leaf lettuce
½		red onion, shaved into very thin slices, separated
1 cup	(250 ml)	prepared hummus

Preheat oven to 400 F (200 C). Season lamb sirloin with salt and pepper. Heat oil in an oven proof frying pan until piping hot, then add lamb and fry on all sides until well browned, about 5 minutes. Remove pan from heat and place in preheated oven. Roast for 25 minutes or until a meat thermometer inserted in the centre of the meat registers 145 F (65 C) for medium rare or a little longer for medium. Remove, set aside to set the juices and cool. The lamb can be refrigerated up to a day at this point if you wish.

Cut lamb across the grain into thin ⅛-inch (.5 cm) slices, suitable for stuffing into pocket bread. Slice baguette into ¾-inch thick (2 cm) rounds. To make a pocket, slice each round in half vertically but not quite all the way through. Tuck a pinch of salad leaves into the pocket along with a spoonful of hummus and a few shreds of roast lamb. Garnish with a red onion ring and serve.

* For the vegetarian in the crowd, substitute falafel or cubes of feta for lamb.

** Pita pockets may also be used.

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ZESTY HERBED SCALLOP LOLLIPOPS

SERVES 8

- 8 jumbo-size scallops
- ½ cup (125 ml) fresh squeezed orange juice
- 3 tbsp (45 ml) unseasoned rice wine vinegar
- finely grated zest and juice from 2 lemons
- finely grated zest and juice from 2 limes
- 1 tsp (5 ml) Dijon mustard
- ½ cup (125 ml) grapeseed oil
- 2 limes, cut into wedges

Combine orange juice, vinegar, lemon zest and juice, lime zest and juice and mustard in a bowl. Whisk to blend. Remove muscle from each scallop and discard. Immerse scallops into mixture and turn to evenly coat with marinade. Cover and refrigerate for several hours, preferably overnight. Drain and pat scallops dry. Discard marinade. Heat oil in a small saucepan just until hot. Add a couple scallops at a time and poach over low heat for 2 or 3 minutes turning once, just until almost opaque. Transfer to a paper towel-lined plate to drain. Repeat with remaining scallops only a few at a time. Blot scallops dry, cover and refrigerate until chilled. Slice each chilled scallop in half forming two thinner rounds. Roll rims of scallops in a little oil and then in coating mix (recipe follows). Skewer and serve with lime wedges.

Coating Mix

- ½ cup (75 ml) toasted rice crumbs or panko bread crumbs, toasted
- ¼ cup (50 ml) cilantro, minced
- ¼ cup (50 ml) fresh dill, minced

Combine coating ingredients making sure cilantro and dill are very dry before mincing. Stir together and place in a shallow dish.

PAIRS WITH

OYSTER BAY SAUVIGNON BLANC

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GRILLED CILANTRO-MARINATED CHICKEN WITH SPICED TOMATO AND AVOCADO SALSA

SERVES 4



Spiced Tomato and Avocado Salsa

- ¾ lb (340 g) ripe roma or beefsteak tomatoes, cut into ¾-inch (2 cm) dice
- 1 jalapeño or 2 serrano chili peppers, seeded and finely chopped
- ½ cup (125 ml) white onion, chopped
- ½ cup (125 ml) white wine vinegar
- 2 tbsp (30 ml) light brown sugar
- 1 tsp (5 ml) salt
- ¼ cup (50 ml) olive oil
- 3 tsp (15 ml) ginger, minced
- 2 cloves garlic, minced
- 2 tsp (10 ml) mustard seeds
- 1 tsp (5 ml) freshly ground black pepper
- 1½ tsp (7 ml) ground cumin
- ½ tsp (2 ml) each cayenne or paprika, ground coriander and tumeric
- 2 medium firm avocados, cut into ½-inch (1 cm) dice
- ¼ cup (50 ml) cilantro, freshly chopped

In a bowl, mix together tomatoes, chilies and white onions. Bring the vinegar, sugar and salt to a boil in a small saucepan, stirring for 1 minute or until sugar and salt is dissolved. Remove from heat. In another small saucepan, add the olive oil and heat over medium high. When hot, add the ginger, garlic and spices all at once and stir until fragrant, about a minute. Remove from heat and stir into vinegar mixture. Mix well and pour over salsa ingredients. Combine until well mixed, cover and chill 1 to 3 hours. Stir in avocado and cilantro one hour before serving and bring to room temperature.

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Grilled Cilantro-Marinated Chicken

4		chicken breasts, bone-in and skin-on
¼ cup	(50 ml)	extra-virgin olive oil
¼ cup	(50 ml)	fresh lime juice
½ cup	(125 ml)	cilantro, chopped
½ tsp	(2 ml)	ancho chili powder or 1 chipotle chili, finely chopped
1 tsp	(5 ml)	ground cumin
½ tsp	(2 ml)	each coriander, salt and freshly ground pepper

Rinse chicken and pat dry with paper towels. In a large bowl mix together olive oil, lime juice, cilantro and spices. Add chicken and coat well. Marinate 30 to 45 minutes, turning occasionally. Grill chicken, turning occasionally, on a hot 450 F (230 C) barbecue for 15 to 20 minutes. Alternatively, place chicken onto a well-oiled baking sheet and place under broiler, turning halfway through cooking, until done. Serve chicken with salsa on top.

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USA **\$19.99** 396481

SAN FRANCISCO-STYLE CIOPPINO

SERVES 8

½ cup	(125 ml)	olive oil
1		large onion, chopped
1 cup	(250 ml)	green bell pepper, chopped
1 cup	(250 ml)	red bell pepper, chopped
3		cloves garlic, minced
28 oz	(796 ml)	canned tomatoes
2 cups	(500 ml)	red wine
2 cups	(500 ml)	tomato juice
3 cups	(750 ml)	fish or shellfish stock
		bouquet garni of bay leaf, parsley and basil



		salt and pepper to taste
½ cup	(125 ml)	flat leaf parsley for garnish, chopped
1 lb	(500 g)	each Manila clams, mussels and large shrimp
3 lbs	(1.5 kg)	halibut, cut into 1-inch (2.5 cm) pieces
3 lbs	(1.5 kg)	whole Dungeness crab, broken into segments

In a deep pot with lid, sauté onions and peppers on medium heat in olive oil until soft. Add the garlic and sauté 1 minute more. Add tomatoes, red wine, tomato juice, fish or shellfish stock, herb bouquet and salt and pepper to taste. Bring to a simmer and cook, partially covered, for 20 minutes. Remove herb bouquet. Taste for seasoning. Add the halibut and cook for 2 minutes. Add the clams, mussels, shrimp and crab, cover and bring to a boil. Heat until the clams and mussels have opened and shrimp are cooked (just 2-3 minutes, until they are bright pink). Discard any unopened clams or mussels. Do not overcook. Serve in large, warm bowls. Sprinkle with parsley and serve with warm, crusty garlic bread.

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ALMOND BUTTER CAKE WITH FRESH BERRIES AND BRANDIED WHIPPED CREAM

SERVES 8 TO 10

½ cup	(125 ml)	all-purpose flour
1 tsp	(5 ml)	baking powder
½ cup	(125 ml)	ground almonds
10 oz	(280 g)	almond paste
6 oz	(180 g)	unsalted butter, room temperature
¾ cup	(175 ml)	sugar
5		large eggs, room temperature



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2 tbsp (30 ml) brandy
 fresh raspberries and sliced strawberries
 toasted flaked almonds
 1 cup (250 ml) whipping cream
 2 tbsp (30 ml) icing sugar

Preheat oven to 350 F (180 C). Line bottom of a 10-inch cake or spring-form pan with parchment paper, or for individual cakes, use deep muffin tins or small ramekins that have been buttered and floured.

Sift together flour and baking powder. Mix in the ground almonds and set aside. Place the almond paste and butter into a mixing bowl and beat on low speed with an electric beater, gradually increasing to medium speed and mixing until smooth and no lumps remain.

While beating, gradually add the sugar. Add eggs one at a time and 1 tbsp (15 ml) brandy. Continue beating until batter is fluffy. Reduce speed to low and gradually add the flour mixture and mix until just combined. Remove from mixer and fold with a rubber spatula until batter is smooth. Transfer the batter to the prepared pan and fill $\frac{3}{4}$ full, smoothing the top surface.

Bake in the centre of the oven for 45 to 50 minutes (25 to 30 minutes for muffin tins or ramekins) or until the top of the cake is golden and the edges just begin to pull away from the sides of the pan. Remove from oven and place onto a wire rack to cool before removing from pans. Wrap in plastic wrap and leave at room temperature overnight or up to 2 days.

Whip cream with icing sugar and add the remaining brandy to the whipped cream. Garnish cake with raspberries, strawberries and almonds and serve with the brandied whipped cream.

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PIZZA DOUGH

MAKES 2 PIZZAS

This recipe is easy to make from scratch in the food processor. Dough can be refrigerated up to 8 hours tightly sealed or frozen up to a month. Thaw in the refrigerator and bring to room temperature before rolling and grilling.

2 cups (500 ml) all-purpose flour
 1½ tsp (7 ml) quick-rising dry yeast
 ¾ tsp (3 ml) salt
 ¾ cup (175 ml) hot water
 2 tsp (10 ml) extra-virgin olive oil

Pour flour, yeast and salt into a food processor and pulse to mix. With machine running, slowly pour in hot water and oil through feed tube and process for 1 minute or until ball forms. Continue processing for 45 seconds to knead dough. With floured hands, shape into a smooth ball. Place in a large greased bowl, turning ball to grease all over. Cover and let rise in a warm place for 1 hour or until doubled.

Without punching dough down, turn onto a lightly-floured surface. It's okay if dough deflates; just don't knead it. Cut dough in half. Stretch one portion at a time into a rough 18 x 5 inch (45 cm x 12 cm) rectangle. Place stretched dough on a lightly floured, wax-paper-lined baking sheet and cover until ready to use. Have all your toppings ready before you put the pizza dough on the grill.

Grill the pizza dough before adding toppings

(APPLIES TO ALL 4 RECIPES BELOW)

1 18 x 5 inch (45 x 12 cm) rectangle of pizza dough
 2 tbsp (30 ml) extra-virgin olive oil
 2 garlic cloves, minced



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*Source: Wines of Chile, Dec 2008

Grilled Summer Pizzas from page 64

Heat oil in a small heavy saucepan until just warm. Add garlic. Remove from heat and let stand 10 minutes. Brush top of the pizza dough rectangle generously with garlic oil. Place dough on preheated grill, oiled side down, grill until bottom side is golden brown, about 3 minutes, carefully rotating the dough for even grilling. Brush the other side of the pizza dough with garlic oil. Using tongs, carefully turn dough over. Continue to grill carefully rotating dough until crisp and golden. Now you can add your toppings as described below.



SAUSAGE, GRUYÈRE AND FENNEL PIZZA

MAKES 6 SLICES

1	18 x 5 inch (45 cm x 12 cm)	rectangle of pizza dough
2		garlic cloves, minced
2 tbsp	(30 ml)	extra-virgin olive oil
1		fennel bulb, halved and thinly sliced, including fronds
¾ lb	(340 g)	bulk sweet Italian sausage
½ tsp	(2 ml)	fennel seeds
1 cup	(250 ml)	mozzarella, shredded
½ cup	(125 ml)	Gruyère cheese, shredded
¼ cup	(50 ml)	Parmesan cheese, freshly grated
		Salt and pepper

In large non-stick or lightly greased skillet over medium heat, cook sausage meat, breaking it up with a fork until cooked and crumbly. Transfer sausage to a bowl using a slotted spoon. Drain all but 1 tbsp of fat from skillet. Sprinkle fennel seeds into skillet and stir until golden and fragrant (about 2 minutes). Add fennel slices and garlic to skillet and sauté for 12 minutes or until fennel is golden brown and almost tender. (You can prepare sausage and fennel up to a day ahead. Cover and refrigerate.)

Prepare and grill both sides of the pizza dough rectangles as described above. Immediately sprinkle grilled side of pizza evenly with mozzarella and Gruyère cheese. Scatter fennel and sausage mixture over the cheese. Sprinkle Parmesan cheese over top and season lightly with salt and pepper. Grill until cheeses melt (about 3 minutes). Rotate pizza frequently, checking to see that the undersides are not charring. Transfer to a cutting board. Cut into 6 pieces and serve.

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WILD MUSHROOM PIZZA

MAKES 6 SLICES

6 oz	(180 g)	assorted wild mushrooms (shiitake, chanterelle, oysters), sliced
1½ cups	(375 ml)	Fontina cheese, grated
¼ cup	(50 ml)	Parmesan cheese, freshly grated
2 tbsp	(30 ml)	fresh chives, chopped

Prepare and grill both sides of pizza dough rectangles as described above. Sprinkle Fontina cheese evenly over the dough. Arrange mushrooms evenly over cheese. Sprinkle with Parmesan cheese. Grill until cheeses melt (about 3 minutes). Rotate pizza frequently, checking to see that the undersides are not charring. Transfer to a cutting board and sprinkle with chives. Cut into 6 pieces and serve.

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CHERRY TOMATO, GOAT'S CHEESE AND FRESH BASIL PIZZA

MAKES 6 SLICES

2		garlic cloves, minced
2 cups	(500 ml)	mozzarella cheese, grated
1½ cups	(375 ml)	small cherry tomatoes, cut in half
		salt and pepper
¼ lb	(125 g)	goat's cheese, crumbled
½ cup	(75 ml)	fresh basil, chopped

Prepare and grill both sides of pizza dough rectangles as described. Using the back of a spoon, spread garlic over the dough. Sprinkle evenly with mozzarella. Top with cherry tomatoes and season with salt and pepper. Sprinkle with goat's cheese. Grill until cheeses melt (about 3 minutes). Rotate pizza frequently, checking to see that the undersides are not charring. Transfer to a cutting board and sprinkle with basil. Cut into 6 pieces and serve.

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GRILLED VEGETABLE PIZZA

MAKES 6 SLICES

Grilled Vegetables

2 tbsp	(30 ml)	lemon or lime juice
2 tsp	(10 ml)	Dijon mustard
¼ cup	(50 ml)	extra-virgin olive oil
6		asparagus stalks, trimmed
1		zucchini, cut horizontally into thirds
1		red onion, cut into 1-inch (2.5 cm) wedges
1		red bell pepper, cut into 2-inch (5 cm) wide strips
		Salt and freshly ground pepper to taste

Start with a well-seasoned grill. Rub vegetable oil on the gas grill or spray with non-stick grill spray before lighting. Turn all burners to high and close lid for 10 minutes. Adjust burners to medium heat. Whisk together juice and mustard in a small bowl. Gradually whisk in oil. Place vegetables in a baking dish. Pour oil over top and toss to coat. Let stand for 15 minutes. Remove from dish and place vegetables directly on grill. Grill over moderately high heat until lightly charred and tender, turning frequently and basting occasionally with the reserved marinade.

To prepare pizza:

1 cup	(250 ml)	Fontina cheese, shredded
¼ cup	(50 ml)	Parmesan, freshly grated
		freshly ground pepper to taste

Prepare and grill both sides of the pizza dough rectangles as described. Arrange grilled vegetables on pizza crust. Sprinkle with Fontina and Parmesan. Season generously with pepper. Grill until cheeses melt (about 3 minutes). Rotate pizza frequently, checking to see that the undersides are not charring. Transfer to a cutting board. Cut into 6 pieces and serve.

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A Taste of Provence from page 70

SEARED SCALLOPS WITH SNOW PEA SPROUTS AND MEDITERRANEAN VINAIGRETTE

SERVES 4

Mediterranean Vinaigrette

¼ cup	(50 ml)	sun-dried tomatoes, minced
¼ cup	(50 ml)	pitted black olives, minced
¼		fennel bulb, minced
2 tbsp	(30 ml)	capers, minced
½ cup	(125 ml)	extra virgin olive oil

In a bowl, combine all vinaigrette ingredients and mix until well combined, then set aside.

Seared Scallops with Snow Pea Sprouts

¼ cup	(50 ml)	+ 2 tbsp (30 ml) olive oil
20		fresh bay scallops, muscles removed and patted dry
4 cups	(1 L)	snow pea sprouts
2 tsp	(10 ml)	minced garlic
1 tsp	(5 ml)	each salt and black pepper
4 tsp	(20 ml)	Crema di balsamico*

In a frying pan on high, heat ¼ cup (50 ml) oil. Add scallops and sear for 2 minutes on each side, then immediately remove from pan and set aside. In the same pan on medium, heat another 2 tbsp (30 ml) oil. Add snow pea sprouts, garlic, salt and pepper and sauté for 3 minutes. To serve, place sprouts in center of a large serving platter and surround with scallops. Drizzle vinaigrette over scallops and creatively drizzle Crema di balsamico on sides of platter.

* Crema di balsamico can be found in fine food stores.

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SEARED ARCTIC CHAR, SUNCHOKE* DUO WITH ARUGULA AND CAPERBERRY VINAIGRETTE

SERVES 4

Vinaigrette

1		large vine-ripened tomato, finely diced
13		caperberries, halved
1		large shallot, finely minced
		freshly squeezed juice of ½ lemon
¼ cup	(50 ml)	extra virgin olive oil
		salt and freshly ground black pepper, to taste

Combine vinaigrette ingredients in a small bowl and whisk together to blend. Set aside.

Sunchoke Wedges and Sunchoke Purée

2 lbs	(1 kg)	sunchokes (1 lb for the purée, 1 lb for wedges), peeled rosemary, bay leaves and/or fresh thyme (optional) salt and freshly ground black pepper
1		medium Yukon Gold potato
½ lb	(500 g)	fresh arugula
2 tbsp	(30 ml)	olive oil
1 tsp	(5 ml)	minced garlic
2 tbsp	(30 ml)	extra virgin olive oil
4	(170 g)	filets arctic char

Preheat oven to 400 F (200 C). To make wedges, place half the sunchokes in a pot of salted water and bring to a boil. Boil for about 15 minutes. Drain. Cut into wedges and set aside. To make purée, place the remaining sunchokes in another pot of water. Add herbs and 1 teaspoon (5 ml) salt. Bring to a boil, then reduce heat to medium-high and let simmer for 10 minutes. Using a slotted spoon, remove from water to a separate bowl and cool for a few minutes, then dice. Peel and dice potato. Return diced sunchokes to a new pot of salted water along with potato and bring to a boil. Reduce and simmer for another 10 minutes. Drain and let sit for a moment to allow some moisture to evaporate. Pass the potato and sunchokes together through a sieve. You should now have a smooth purée.



Add 2 tbsp (30 ml) olive oil, freshly ground pepper and a dash of salt. Taste and re-season if necessary. Set aside but keep warm.

Heat 1 tbsp (15 ml) olive oil in a skillet over medium-high heat. Sprinkle fish with salt and pepper. Add fish to pan, skin side down and cook for 3 minutes or until skin is crisp. Turn fish over, remove from heat and set aside while finishing the preparation of the sunchoke wedges. Heat 1 tsp (5 ml) olive oil and garlic in a skillet on medium high heat, then add sunchoke wedges and sauté until slightly browned. Add arugula and season with salt and pepper. Quickly toss together and distribute onto plates. Flash bake the fish in the 400 F (200 C) oven for 2 minutes. Spread a large spoonful of the purée beside the pieces of sunchoke and place fish on top. Drizzle vinaigrette on top of fish and serve.

* Sunchoke is also called Jerusalem artichokes, but aren't related to artichokes. They are actually a member of the sunflower family.

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LEMON TARTE WITH HAZELNUT BRITTLE

SERVES 8

Dough

2 cups	(500 ml)	all-purpose flour
¼ tsp	(1 ml)	salt
½ cup	(75 ml)	granulated sugar
½ lb	(150 g)	cold butter, diced
1		egg
2 tbsp	(30 ml)	ice cold water



To prepare dough, combine flour, salt and sugar in a large bowl. Add butter and blend using a pastry blender until butter resembles small peas. Make a well in centre of mixture, add egg and mix until just combined. Slowly mix in water then roll into a ball with your hands. Return dough to bowl, cover in plastic wrap and refrigerate for at least 30 minutes. Preheat oven to 375 F (190 C). Lightly oil a 10-inch (25 cm) tart pan or line with parchment paper. Remove dough from refrigerator and roll out into a ¼-inch (.5 cm) thick circle and place in pan. Refrigerate again for 30 minutes (place dried beans or weights on top of dough to prevent shrinking). Remove dough from refrigerator, remove beans or weights and par-bake for 15 to 20 minutes. Remove from oven and set aside.

Preheat oven to 350 F (180 C). Prepare filling as described below. Pour filling in par-baked tart shell. Finish baking for 10 to 15 minutes until golden brown. Remove and cool uncovered, then place in refrigerator for 3 hours to set. Serve with Hazelnut Brittle sprinkled over cooled tart.

Lemon Filling

		finely grated zest from 3 lemons
1 cup	(250 ml)	fresh squeezed lemon juice
2½ cups	(625 ml)	cold water
6		eggs
¾ cup	(175 ml)	sugar
1 tsp	(5 ml)	vanilla extract
½ cup	(125 ml)	cornstarch

In a large pot on medium heat, combine filling ingredients and stir continually with a wooden spoon for 5 to 8 minutes. Once mixture thickens and starts to bubble, remove from heat and strain into a bowl (discard what remains in strainer). Let stand for 2 to 3 minutes to cool slightly.

Hazelnut Brittle

MAKES 1 CUP (250 ML)

1 cup	(250 ml)	granulated sugar
¾ cup	(175 ml)	toasted hazelnuts, chopped

In a medium saucepan on medium heat, add sugar. Stir continually while sugar caramelizes for about 5 minutes or until it turns a cognac-brown color. Remove from heat and stir in hazelnuts. Transfer mixture to a baking sheet lined with parchment paper, pat down and let cool for 2 hours. Break into small pieces and serve. The brittle can also be put through a food processor to create a fine caramel dust to sprinkle over any dessert.

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SUN-DRIED TOMATO PESTO

MAKES 2 ½ CUPS

8 oz	(250 g)	sun-dried tomatoes*
½ cup	(125 ml)	fresh basil, chopped
½ cup	(125 ml)	flat leaf parsley, chopped
1½ tbsp	(21 ml)	garlic, chopped
½ cup	(75 ml)	pine nuts
4 tbsp	(60 ml)	onion, chopped
¼ cup	(50 ml)	kalamata olives, pitted and chopped
¼ cup	(50 ml)	balsamic vinegar
2 tbsp	(30 ml)	tomato paste
¼ cup	(50 ml)	tomatoes, crushed
¼ tsp	(1 ml)	red pepper flakes
½ cup	(125 ml)	olive oil
½ cup	(125 ml)	Parmesan cheese, grated

Transfer tomatoes to a food processor and add basil, parsley, garlic, pine nuts, onion and olives and process until blended. Add vinegar, tomato paste, crushed tomatoes and red pepper flakes and process until well blended. Stir in olive oil and cheese. Season to taste and spoon into an air-tight container. This recipe can be refrigerated for up to a month.

*If using sun-dried tomatoes not packed in oil, place into a bowl and pour hot water to cover and let sit until soft and tender, about 6 to 8 minutes. Drain.



FARFALLE WITH SUN-DRIED TOMATO PESTO AND FENNEL

SERVES 4

2 tbsp	(30 ml)	olive oil
1 cup	(250 ml)	fennel bulb, chopped
2		cloves garlic, chopped
1 cup	(250 ml)	low sodium chicken broth
½ cup	(125 ml)	sun-dried tomato pesto (see recipe)
½ cup	(125 ml)	heavy cream
		salt and freshly ground pepper, to taste
1 lb	(500 g)	dried farfalle (bowtie) pasta
		Parmesan cheese

Heat the olive oil over medium heat in a large saucepan. Add the fennel and garlic. Cook until fennel starts to soften and brown, about 5 minutes. Add the chicken broth and sun-dried tomato pesto. Bring to a boil, reduce heat to simmer and stir in whipping cream.

Cook pasta until just barely al dente (1 to 2 minutes less than package instructions). Drain well and return to pot. Add sauce and toss over medium heat until pasta is cooked to desired doneness and has absorbed some of the sauce. Garnish with Parmesan and serve.

PAIRS WITH

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CECCHI CHIANTI

Italy **\$13.95** 231712

SPINACH PESTO

MAKES 2 CUPS

½ cup	(125 ml)	plus, ½ cup (75 ml) olive oil
½ cup	(75 ml)	pecans, lightly toasted
3		garlic cloves, coarsely chopped
2 tbsp	(30 ml)	balsamic vinegar
½ cup	(75 ml)	Parmesan cheese, grated
4 cups	(1 L)	tightly packed spinach leaves, washed, stems removed, torn
½ cup	(125 ml)	flat leaf parsley, chopped

Add ½ cup olive oil, pecans and garlic to food processor and blend until finely chopped. Add vinegar and Parmesan cheese and blend. Add spinach and parsley, in two batches alternately with the remaining ½ cup (75 ml) olive oil and purée until almost smooth. Season with salt and pepper to taste.



CHICKEN BREASTS STUFFED WITH SPINACH PESTO, FETA AND OLIVES

¼ cup	(50 ml)	spinach pesto (see recipe)
¼ cup	(50 ml)	green olives, pitted and finely chopped
¼ cup	(50 ml)	feta cheese, crumbled
½ tsp	(2 ml)	lemon zest, freshly grated
¼ tsp	(1 ml)	red pepper flakes
4		chicken breasts, split, skin-on, bone-in

Preheat oven to 315 F (190 C). In a small bowl, mix together the spinach pesto, olives, feta cheese, lemon zest and pepper flakes. Pat the chicken breasts dry and using your finger, make a small opening between the skin and the flesh of the breasts. Run your finger under the skin to separate it from the meat, making a pocket carefully so you don't detach the edges of the skin.

Stuff the spinach mixture into the pocket, spreading the mixture evenly under the skin. Pat the skin back in place and season with salt and pepper. Place the stuffed breasts onto a aluminium foil lined baking sheet and roast the chicken until the juices run clear (about 30–40 minutes).

PAIRS WITH

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Chile **\$14.49** 471367

FOLONARI RIPASSO VALPOLICELLA

Italy **\$19.99** 481838

CILANTRO PESTO

MAKES 1 CUP

2 cups	(500 ml)	packed cilantro, large stems removed
½ cup	(125 ml)	blanched almonds
2 tbsp	(30 ml)	ginger, chopped
2		cloves garlic, finely minced
½ cup	(125 ml)	green onions, chopped
½ tsp	(2 ml)	serrano chili, seeded and chopped
½ tsp	(2 ml)	salt
¼ cup	(50 ml)	olive oil

Add all ingredients except olive oil into a food processor and pulse until well blended. Slowly drizzle the oil in a steady stream and process until emulsified.

STEAMED HALIBUT WITH CILANTRO PESTO AND CHINESE BLACK BEANS

SERVES 4

½ cup	(50 ml)	cilantro pesto (see recipe)
1 tsp	(5 ml)	Chinese salted black beans, rinsed and finely chopped
1 tsp	(5 ml)	orange zest, finely minced
2 tsp	(10 ml)	light soy sauce
4 6 oz	(180 g)	halibut filets

In a bowl, mix together the pesto, black beans, orange zest and soy sauce. Divide and spread a thin layer on each filet portion. Transfer to steamer, cover and cook until desired doneness, about 10 minutes. Alternately, place filets on a parchment-lined baking sheet and place into a preheated 350 F (180 C) oven and bake for 10 to 15 minutes or until desired doneness.



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NECTARINES AND COCONUT CREAM PARFAIT

MAKES 2 LARGE OR 6 SMALL DESSERT CUPS

2 tbsp	(30 ml)	coconut liqueur such as Bacardi Coconut rum
3 cups	(750 ml)	whipping cream
6 tbsp	(75 ml)	granulated sugar
1		vanilla bean, split lengthwise
2		large ripe nectarines or peaches, peeled
2 tbsp	(30 ml)	large flake coconut, toasted

Combine 2 cups (500 ml) of the whipping cream and coconut liqueur in a saucepan with half the sugar. Scrape seeds from the vanilla bean and add to pan along with the bean. Simmer until liquid is reduced to 1 1/3 cups (325 ml), about 15 minutes. Stir often. Pour into a bowl and remove the bean. Press a piece of plastic wrap onto surface and refrigerate until cold (3 hours or up to 1 day). When ready to assemble, beat remaining 1 cup (250 ml) whipping cream with remaining 3 tbsp (45 ml) sugar with an electric mixer at medium speed until soft peaks form. Increase speed to high until peaks are firm enough to hold their shape. Set aside. Slice fruit into wedges. Layer fruit and vanilla sauce in alternate layers in parfait glasses or dessert cups. Top with whipping cream and toasted coconut.

PAIRS WITH

LUXARDO DI SASCHIRA AMARETTO

Italy **\$19.99** 339538

BACARDI COCONUT

USA **\$23.99** 200295

BANANA CREAM AND TROPICAL FRUIT PARFAIT

MAKES 2 LARGE OR 6 SMALL DESSERT CUPS

4		large egg yolks
1/4 cup	(50 ml)	granulated sugar
3/4 cup	(175 ml)	canned coconut milk
		pinch of salt
2		ripe bananas, peeled
2		kiwi, peeled
1		mango, peeled and pitted

Whisk egg yolks, sugar, coconut milk and salt in a metal bowl. Place bowl over saucepan containing simmering water. Whisk for about 8 to 12 minutes or until mixture is thick and thermometer reads about 160 F (70 C). Place bowl in a larger bowl filled with ice water and stir until cooled. Press a piece of plastic wrap onto the surface and refrigerate until ready to assemble. Slice banana. Slice and quarter peeled kiwi, leaving a few slices whole for garnish. Dice peeled mango. Whisk cream to soften. Layer fruit and cream into 2 large parfait glasses or 6 small dessert cups. Garnish with kiwi slices and serve.

PAIRS WITH

BOLS CRÈME DE BANANES

Netherlands **\$17.99** 128876

BUTTER RIPPLE SCHNAPPS

USA **\$21.45** 888412

WHITE CHOCOLATE AND STRAWBERRY MOUSSE PARFAIT

MAKES 6 PARFAIT SERVINGS

5 cups	(1.25 L)	ripe strawberries, washed and stems removed
3 tbsp	(45 ml)	granulated sugar
1 tsp	(5 ml)	powdered gelatin
1 cup	(250 ml)	whipping cream
6 oz	(180 g)	white chocolate, chopped
		amaretti cookie crumbs, for garnish

Coarsely chop 4 cups (1 L) strawberries and place in a food processor fitted with a metal blade. Add 2 tbsp (30 ml) sugar and whirl to purée berries. Strain through a fine meshed sieve. Remove 1/2 cup (125 ml) purée to a small bowl and sprinkle gelatin over top. Set aside for 5 minutes or until gelatin has dissolved. Place remaining purée in a small saucepan and heat just until bubbly. Remove from the heat and stir in dissolved gelatin mixture. Transfer to a bowl and press a piece of plastic wrap onto the surface. Refrigerate until cold.

Combine whipping cream and white chocolate in a metal bowl. Set bowl over saucepan with simmering water. Stir constantly until chocolate is softened and almost melted. Remove from the simmering water and continue to stir until smooth. Cool to room temperature. Chop remaining strawberries into 1/4 inch (.5 cm) pieces. Toss in a bowl with remaining sugar. Set aside. Remove fruit purée from refrigerator and whisk until smooth. Fold in diced strawberries. Remove 1/2 cup (125 ml) of the white chocolate cream for topping and set aside. Combine remaining white chocolate cream with strawberry purée forming streaks. Spoon into parfait glasses. Top with reserved chocolate cream. Garnish with amaretti crumbs.

PAIRS WITH

GANTON & LARSEN PROSPECT VIDAL ICEWINE

BC VQA **\$39.99** 375 ml 609974

ERRAZURIZ LATE HARVEST SAUVIGNON BLANC

Chile **\$14.99** 375 ml 427054

SHAVED CABBAGE AND EDAMAME BEANS WITH ASIAN DRESSING

SERVES 6

Salad

3 oz	(90 g)	pkg ramen noodles
1/2 cup	(125 ml)	cashew halves
1/2		head Savoy cabbage, shredded
1 cup	(250 ml)	edamame beans*
1 tbsp	(15 ml)	black sesame seeds

Dressing

1/2 cup	(75 ml)	granulated sugar
1/2 cup	(75 ml)	vegetable oil
3 tbsp	(45 ml)	cider vinegar
1 tbsp	(15 ml)	soy sauce
1		bunch green onions, chopped

Preheat oven to 350 F (180 C). Crush noodles and spread on a baking sheet along with cashew halves. Toast until lightly browned. Remove and cool. Whisk dressing ingredients except green onions in a large bowl. Add shredded cabbage, toasted noodles and nuts and gently toss. Place alternating layers of the noodle and nut mixture with edamame beans and green onions in a storage container. Sprinkle with black sesame seeds and seal tightly. Refrigerate. Serve within a couple of days.

* Edamame beans (or soybeans) are found in the frozen food section in most grocery stores. Simply thaw and use.

PAIRS WITH

CALONA ARTIST SERIES GEWÜRZTRAMINER

BC VQA **\$13.99** 237453

WOLF BLOSS YELLOW LABEL PINOT NOIR

Australia **\$17.99** 611509

GRILLED AND CHILLED SESAME BEEF

SERVES 6

3 1/2 lb	(1.75 kg)	inside round, rump or sirloin tip roast
1/4 cup	(50 ml)	soy sauce
2 tbsp	(30 ml)	red wine vinegar
1 tbsp	(15 ml)	sesame oil
1 tbsp	(15 ml)	granulated sugar
2 tsp	(10 ml)	fresh black pepper
4		large garlic cloves, smashed and minced
1 tbsp	(15 ml)	fresh ginger, peeled and minced
4		green onions, chopped
1 tbsp	(15 ml)	toasted sesame seeds

Place roast in a large bowl and pat dry. Combine remaining ingredients except green onions and sesame seeds in a small bowl and whisk to blend. Drizzle over roast and rub over all surfaces of meat. Cover and refrigerate overnight. Grease barbecue grill and preheat until hot. Place roast directly onto the grill and brown on all sides. Reduce heat to low and close lid. Barbecue for 40 minutes per pound (.5 kg) or until a meat thermometer inserted in the centre of the meat reads about 130 F (55 C) for very rare or 155 F (70 C) for medium. Do not overcook or meat will be dry. Remove. Loosely cover with foil and rest for 20 minutes. Refrigerate to cool completely. Wrap in foil

and pack for take-away. To serve, carve into thin slices and serve on toasted bread crisps with green onions and sesame seeds. Excellent served with horseradish sauce or your favourite grainy mustard.

PAIRS WITH

DEINHARD DRY RIESLING
Germany **\$12.99** 60004

MOMMESSIN BEAUJOLAIS
France **\$14.49** 313734

YELLOW PICKLED BEETS

MAKES 4 (2 CUP/500 ML) JARS

3 lbs	(1.5 kg)	yellow beets
2 cups	(500 ml)	cider vinegar
1 cup	(250 ml)	water
¾ cup	(175 ml)	granulated sugar
1 tbsp	(15 ml)	yellow mustard seeds
2 tsp	(10 ml)	pickling salt
½ tsp	(2 ml)	Chinese Five Spice
2 tsp	(10 ml)	whole black peppercorns
4		whole cloves
4		whole star anise

Cook beets in a large pot of boiling water until tender, about 45 minutes, depending on the size. Drain and cool. Wash and sterilize 4 wide-mouth 2 cup (500 ml) canning jars. In a large saucepan, combine vinegar, water, sugar, mustard seeds, salt and Chinese

Five Spice. Bring to a boil and cook until sugar and salt are dissolved. Remove from heat. Trim ends and roots from beets and peel. Cut into ¼-inch (.5 cm) thick slices. Place ½ tsp (2 ml) peppercorns into the bottom of each canning jar. Place an anise seed in the bottom of each jar. Layer sliced beets into each jar and pack tightly. Add hot vinegar liquid to cover beets leaving ½-inch (1 cm) head space. Cover with sterilized lids and seal tightly. Boil in water canner for 30 minutes. Remove to racks to cool. The lids will pop as they cool indicating the seal is tight. For jars with lids that don't seal, refrigerate and eat beets within a week.

LEMON ICEBOX WAFERS

MAKES 4 DOZEN 2½ INCH (6 CM) ROUND COOKIES

1 ½ cups	(375 ml)	cold, unsalted butter, cut into ½-inch (1 cm) pieces
½ cup	(125 ml)	granulated sugar
½ tsp	(2 ml)	salt
3 cups	(750 ml)	all purpose flour
		finely grated zest from 1 lemon

Line baking sheets with parchment. Combine butter, sugar and salt in a large mixing bowl. Beat with an electric mixer fitted with a paddle. Beat at low speed just until butter and sugar are combined but not completely smooth. Add remaining ingredients and continue to beat at low speed until dough begins to pull away from the sides of the bowl, about 2 minutes.

Roll out dough on a lightly floured surface into a cylinder shape about 2½-inches (6 cm) in diameter. Wrap in plastic wrap and refrigerate until firm.

When ready to bake, preheat oven to 300 F (150 C). Remove dough from refrigerator and gently roll cylinder of dough to make it nice and round. Thinly slice into ¼- or ⅛-inch (.5 to .25 cm) rounds. Place ½-inch (1 cm) apart on parchment lined baking sheets. Bake cookies for 15 minutes or until pale golden. Rotate baking sheets halfway through for even baking. Cool in pan on rack for a few minutes. Remove cookies to a rack to cool completely. Store in a tightly covered container at a cool temperature for up to a week or freeze for longer storage.

PAIRS WITH

MATERDOMINI LIMONCELLO
Italy **\$31.25** 471623

GINGER OF THE INDIES
France **\$29.99** 171835

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2 oz. Malibu® Island Melon Rum
4 oz. lemon-lime soda
Splash of Dole® pineapple juice
Splash of lime juice
Pour ingredients into a tall
glass full of ice. Garnish
with melon balls.



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CRISP CAESAR SALAD WITH CHICKEN, BACON AND CREAMY DRESSING

SERVES 6

Crostinis

12 slices baguette
 ¼ cup (50 ml) olive oil
 ½ cup (125 ml) Parmesan, shaved
 salt and freshly ground black pepper

Preheat oven to 350 F (180 C). Brush baguette slices with the olive oil and sprinkle with Parmesan, salt and pepper. Place cheese side up in a single layer on a baking sheet and toast until golden, about 10 minutes. Remove and cool.

Dressing

4 large garlic cloves, smashed and minced
 2 tbsp (30 ml) red wine vinegar
 2 tbsp (25 ml) lemon juice, freshly squeezed
 2 tbsp (25 ml) Parmesan cheese, freshly grated
 2 tsp (10 ml) Dijon mustard
 1 tsp (5 ml) anchovy paste
 ½ cup (125 ml) extra virgin olive oil

Whisk all ingredients except olive oil together in a large salad bowl until smooth and evenly blended. Gradually whisk in olive oil until creamy.

Salad

7 oz (220 g) container baby romaine lettuce leaves
 6 strips thick bacon
 2 boneless, skinless chicken breasts, cut into strips
 2 tbsp (30 ml) all-purpose flour
 salt and freshly ground black pepper
 2 tbsp (30 ml) olive oil
 ½ cup (125 ml) Parmesan, shaved
 1 avocado, sliced

Wash romaine and spin dry. Tear into bite-size pieces or leave whole. Refrigerate in a tightly covered container until ready to use. Cook bacon in a frying pan until browned and crisp. Remove slices to a paper towel-lined plate to drain. Cool and tear into bite-size pieces and set aside. Dust chicken strips with flour and salt and pepper. Fry in 2 tbsp (30 ml) oil, a few strips at a time, being careful not to overcook. Remove and set aside to cool. To serve, add romaine to dressing along with bacon and chicken strips. Gently toss together just until lightly coated. Serve with shavings of Parmesan, avocado slices and crostinis.

PAIRS WITH

VILLA TERESA ORGANIC PINOT GRIGIO
 Italy \$15.99 549642

GANTON & LARSEN PROSPECT PINOT BLANC
 BC VQA \$12.99 100925



NEW NIÇOISE SALAD WITH NUGGET POTATOES AND GRILLED ASPARAGUS

SERVES 6

Herbed Dressing

¼ cup (50 ml) flat leaf parsley, chopped
 2 tbsp (30 ml) fresh dill, chopped
 freshly squeezed juice from 2 lemons
 ½ cup (125 ml) good quality extra virgin olive oil
 salt and freshly ground black pepper

Place chopped parsley, dill and lemon juice in a deep bowl. Whisk to blend. Gradually whisk in olive oil until emulsified. Add salt and pepper to taste.

Salad

12 nugget potatoes
 1 bunch asparagus, about 12 spears
 6 assorted heirloom tomatoes, sliced
 3 hard-cooked eggs, peeled and halved
 1 lb (500 g) smoked fish such as tuna, lox, or trout*, skinned and boned
 1 cup (250 ml) Niçoise olives
 ½ cup (125 ml) goat's cheese, crumbled
 olive oil

Cook nugget potatoes in a saucepan with just enough water to cover for 20 minutes or until a little firm but tender when pierced. Drain and return potatoes to the burner and shake over heat just until dry. Set aside to cool.

Preheat oven to 375 F (190 C). Trim asparagus spears but leave whole. Place in a single layer in a roasting pan and drizzle with a little olive oil. Sprinkle with salt and fresh pepper. Roast in the preheated oven for about 5 minutes. For plate service, place 2 nugget potatoes on each plate. Halve them if you wish. Divide and arrange roasted asparagus, tomatoes, hard-cooked eggs and smoked fish among plates. Sprinkle with olives. Drizzle dressing over top of prepared salad plates and sprinkle with goat's cheese. Serve.

* Smoked trout can be found frozen in fine food delis or most seafood shops.

PAIRS WITH

KORBEL BRUT
 USA \$16.99 168310

MASI CLASSICO SUPERIORE VALPOLICELLA
 Italy \$16.99 285585



TROPICAL SUMMER SALAD

SERVES 6

Dressing

½ cup (75 ml) vegetable oil
 2 tbsp (30 ml) seasoned rice vinegar
 2 tsp (10 ml) Dijon mustard
 ½ tsp (2 ml) granulated sugar
 ¼ tsp salt
 freshly ground black pepper

Whisk dressing ingredients in a small bowl until blended and set aside.

Salad

6 small wonton wrappers
 2 tbsp (30 ml) vegetable oil
 4 cups (1L) romaine lettuce, shredded
 2 cups (500 ml) green cabbage, shredded
 2 large carrots, peeled and shaved lengthwise
 1 cup (250 ml) fresh pineapple chunks
 ½ cup (125 ml) macadamia nuts, toasted and chopped
 ½ papaya, peeled and seeded and cut into thin wedges
 1 cup (250 ml) shrimp, peeled and cooked, tail on
 1 cup (250 ml) bean sprouts*

Cut wontons into strips. Heat oil in a small pan and carefully brown wontons, a few strips at a time. Drain on a paper towel-lined plate. Combine shredded romaine, cabbage, carrots and pineapple in a large bowl. Scatter wontons and nuts over top. Drizzle dressing over salad and gently toss to coat. Serve on salad plates with papaya and shrimp. Sprinkle with bean sprouts.

* To make bean sprouts taste fresh and not musty, place in a strainer and plunge into hot water and then immediately into cold water. Strain and blot dry before serving.

PAIRS WITH

YALUMBA Y SERIES VIOGNIER
 Australia \$17.99 624502

YELLOW TAIL SEMILLON SAUVIGNON BLANC
 Australia \$12.99 366161

VERY SPECIAL EVENTS

JOIN US AS WE CELEBRATE SUMMER WITH THIS FANTASTIC SELECTION OF FREE COCKTAIL, BEER AND WINE TASTINGS. E-MAIL US AT EVENTS@BCLIQUORSTORES.COM TO RECEIVE MONTHLY UPDATES AND EXCLUSIVE SPECIAL ANNOUNCEMENTS.

All events listed below are at the 39th and Cambie Signature Store Tasting Room unless otherwise noted. Times and dates are accurate as of press time. Please refer to www.bcliqorstores.com for the most up-to-date details.

JUNE

THURSDAY, JUNE 4 — 4:00 - 7:00 PM

Canadian Club Mixology Session

Join Canadian Club ambassadors Dan Tullio and Tish Marcus and enjoy hors d'oeuvres as they explore the wide world of whisky cocktails with master mixologist David Wolowidnyk of West Restaurant.

FRIDAY, JUNE 5 — 3:00 - 7:00 PM

Introducing Russell Extra Special Lager

Taste the refreshing flavour of brand new Russell Extra Special Lager and sample delicious dishes prepared with this fresh-tasting beer.

**SATURDAY, JUNE 6 — 2:00 - 6:00 PM AND
SATURDAY, JUNE 20 — 2:00 - 6:00 PM**

Tee Off with McWilliam's Hanwood Estates

Swing over to this tasting of McWilliam's Hanwood wines and try out some Callaway golf products while sampling complimentary appetizers.

Other dates and times:

SATURDAY, JUNE 20 — 2:00 - 6:00 PM

Fort Street Signature Store

SUNDAY, JUNE 7 — 2:00 - 5:00 PM

German Rieslings – Add Some Zest to Your Fest!

Don't miss this incredibly fun event featuring German Rieslings and delectable pairings by Fuel Restaurant. Pick up a German Rieslings brochure in any Signature Store to find out how to win an 8-course, Riesling-paired dinner at Fuel for four!

THURSDAY, JUNE 11 — 4:00 - 7:00 PM

Olympic Gold Medal Plates

Join Melissa Craig, executive chef of Whistler's Bearfoot Bistro and winner of last year's Gold Medal Plates competition, for an exclusive cooking demonstration and tasting of her dishes paired with Jackson-Triggs Esprit wine and Molson Canadian.

FRIDAY, JUNE 12 — 3:00 - 6:00 PM

Introducing Alexander Keith's Premium White Beer

Sample this new white beer by Alexander Keith's, perfect for outdoor entertaining. Try it with a slice of orange for added enjoyment! Complimentary appetizers will be served.

SATURDAY, JUNE 13 — 2:00 - 6:00 PM

Fantastic Flavours, Fantastic Van Gogh Martinis!

Taste Van Gogh Vodka martinis as artistic as the painter himself and nibble on the fresh, local creations of r.t! (Regional Tasting Lounge) Restaurant in Yaletown.

SUNDAY, JUNE 14 — 2:00 - 5:00 PM

A Taste of Sleeman Light

Start your summer with Sleeman Light, a new, light-bodied beer for easy outdoor enjoyment. Complimentary appetizers by MyChef Solutions will be served.

FRIDAY, JUNE 19 — 4:00 - 7:00 PM

Experience the World's Most Celebrated Dram

Join Marc Laverdiere, Scotch Ambassador, for an exclusive nosing and tasting of Macallan, Highland Park and the Famous Grouse while enjoying appetizers by Coast Restaurant.

WEDNESDAY, JUNE 24 — 5:00 - 7:00 PM

Fire Up the Barbecue with Sonora Ranch Winery

Try Sonora Ranch wines with two barbecue recipes, sure to be hits at your next backyard feast: beef tenderloin bruschetta and Cajun chicken skewers!

THURSDAY, JUNE 25 — 4:00 - 7:00 PM

Discover the Wines of Oyster Bay

Join Daryl Prefontaine, Oyster Bay Ambassador, as he shows you the history and secrets behind one of New Zealand's most well-known wine brands. Enjoy complimentary appetizers at this event.

FRIDAY, JUNE 26 — 4:00 - 7:00 PM

Our Product Consultants Present: New Rosé Selections

These are not your ordinary "pink" wines! Discover the best and freshest of our new rosé wines with our Product Consultants – you'll find lovely aromas and textures perfect for summer sipping.

SATURDAY, JUNE 27 — 1:00 - 4:00 PM

Shake It Up with Bacardi Flavoured Rums

Join the Bacardi brand ambassador as he demonstrates how to prepare refreshingly tasty summer cocktails with Bacardi White, Razz and Limon rums.

SUNDAY, JUNE 28 — 2:00 - 5:00 PM

Distilling Tanqueray TEN and Ketel Vodka with db Bistro

Don't miss this fun cocktail seminar with Danielle Tatarin from top new restaurant db Bistro. Learn how to make great summer cocktails with syrups and infusions that will make your bartending skills the talk of the party.

JULY

FRIDAY, JULY 3 — 4:00 - 7:00 PM

Celebrate Canada Day with Victoria Gin

Sample very Canadian cocktails made with locally distilled Victoria Gin and celebrate our nation's anniversary in style! Complimentary appetizers will be served.

SATURDAY, JULY 4 — 1:00 - 5:00 PM

Putt for a Cause with Granville Island Brewing

Refresh yourself with Granville Island Lager and putt to win special prizes as you taste mini burgers and learn about Granville Island Brewery's Legacy Fund and their participation in the World Police and Fire Games.

VERY SPECIAL EVENTS

SUNDAY, JULY 5 — 2:00 - 5:00 PM

[yellow tail] Presents: Easy Food Pairings!

Taste [yellow tail] wines with M&M Meats – simplicity in the kitchen has never been more delicious! Look for \$2 coupons for M&M attached to [yellow tail] bottles.

FRIDAY, JULY 10 — SEE BCLIQUORSTORES.COM FOR EVENT TIME

Okanagan Spring Presents: West Coast Flavours

Win a fishing trip for two all the way up the BC coast! Enjoy Okanagan Spring samples and learn more about this contest. Appetizers by MyChef Solutions will be served.

SATURDAY, JULY 11 — 1:00 - 4:00 PM

Have a Golden Summer with Bacardi Gold Rum

Add some sunshine to your cocktails! Let the Bacardi ambassador show you some new Bacardi Gold cocktail recipes as you enjoy complimentary hors d'oeuvres.

SUNDAY, JULY 12 — 2:00 - 5:00 PM

Introducing Bud Light Lime

Spritz up your summer and be one of the first to taste Bud Light Lime! Enjoy some ice-cold samples with complimentary appetizers.

THURSDAY, JULY 16 — SEE BCLIQUORSTORES.COM FOR EVENT TIME

Chill Out with White Bear Wines

Learn about this unique new BC VQA wine with its namesake Kermod Spirit Bear label and taste refreshing samples alongside specially picked food pairings.

FRIDAY, JULY 17 — 5:00 - 7:30 PM

Sassy Sake Cocktails

Sip on a smooth and delicious Gekkeikan Saketini shaken up just for you by the guest bartender and enjoy tasty hors d'oeuvres as you learn the cocktail recipe!

SATURDAY, JULY 18 — 2:00 - 6:00 PM

Gallo Family Gathering

Take a break from shopping and relax at this patio-themed event, where you'll enjoy a summer picnic complete with Gallo wine!

SUNDAY, JULY 19 — 1:00 - 5:00 PM

Travel Europe First Class—In Your Glass

Give in to the sensual, textured flavours of European wine. Taste a variety here along with fine cheeses by Benton Brothers.

THURSDAY, JULY 23 — SEE BCLIQUORSTORES.COM FOR EVENT TIME

Mission Hill Family Reserve Tasting

Win a wine cooler that can fit over 100 bottles! Find out how at this educational tasting of Mission Hill, one of BC's most well-known wine brands.

FRIDAY, JULY 24 — 3:00 - 6:00 PM

Benvenuto to Folonari's Italian Cucina!

Don't let Italy pass you by – taste amazing Folonari wines as you enjoy appetizers by Cioffi's deli in our Italian-themed cucina!

SATURDAY, JULY 25 — 12:00 - 1:00 PM

Exploring California Zinfandel

Park Royal Signature Store

Join Anthony Gismondi and Kasey Wilson of TALK 1410 AM as they interview Rick Slomka, Zinfandel Advocates and Producers head, live for their "Tony and Kasey's Buzz on Food & Wine" program!

SATURDAY, JULY 25 — 1:00 - 4:00 PM

Stir Up the Sun: Sauza Mixology Session

Sample a variety of sunny tequila cocktails at this mixology session featuring Sauza tequilas, as you enjoy the delicious creations of Las Margaritas. *Arriba!*

THURSDAY, JULY 30 — 4:00 - 6:00 PM

Smooth Sailing with De Bortoli Wines

Enjoy wonderful food by The Boathouse Restaurant as you taste De Bortoli wines – a delightful pairing of West Coast food and Aussie wine.

FRIDAY, JULY 31 — 4:00 - 7:00 PM

Our Product Consultants Present:

Favourite Barbecue Wines

Try the latest and greatest in barbecue wine pairings carefully selected by our Product Consultants and discover your new favourite sipper or cellar keeper!

FRIDAY, JULY 31 — 4:00 - 7:00 PM AND
SATURDAY, AUGUST 1 — 12:00 - 3:00 PM

Corona Centre of Gravity Event

Kelowna Orchard Park, Kelowna Mission Park and Westbank Signature Stores

In celebration of the Centre of Gravity beach volleyball tournament, sample Corona beers and receive a collector's Corona cowboy hat.

AUGUST

FRIDAY, AUGUST 7 — SEE BCLIQUORSTORES.COM FOR EVENT TIME

Get Wiser with Budweiser

Cool down with icy, refreshing samples of Budweiser beer as you sample complimentary appetizers.

SATURDAY, AUGUST 8 — 1:00 - 4:00 PM

Heat Up Your Summer with Cazadores Tequila Cocktails

Add some sizzle to your summer with the fiery, smooth flavours of premium Cazadores Tequila cocktails. Enter to win a cocktail-themed gift basket!

THURSDAY, AUGUST 13 — 3:30 - 5:00 PM

Fresh Local Flavours with Gray Monk Estate Wines and Cactus Club

Join Cactus Club's Food Concept Architect and TV celebrity Rob Feenie in a tasting of award-winning Gray Monk Estate wines paired with Cactus Club favourites.

SATURDAY, AUGUST 15 — 2:00 - 5:00 PM

Brooklyn Brewing Presents: East Coast Beers, West Coast Style

Join Garrett Oliver, brewmaster of Brooklyn Brewing Co., producer of fine craft ales and lagers, in a tasting of his beers paired creatively with Belgian cuisine by Chambard Restaurant. The first few participants will receive a free, signed copy of Oliver's acclaimed cookbook, *The Brewmaster's Table* (while quantities last)!

FRIDAY, AUGUST 21 — 4:00 - 7:00 PM

Classic Jack Daniels Cocktails

It's Kentucky Derby season! Celebrate the Kentucky way by tasting and learning the recipes for a variety of Jack Daniels cocktails. Complimentary appetizers will be served.

SATURDAY, AUGUST 22 — SEE BCLIQUORSTORES.COM FOR EVENT TIME

Olympic Podium Photo Event

Take the exclusive opportunity to be photographed on a genuine Olympic podium as Molson and Vincor celebrate the countdown to the Winter Games! Taste Canadian beer and BC wine along with appetizers at this not-to-be-missed event.

FRIDAY, AUGUST 28 — 4:00 - 7:00 PM

Fall Top 10 Wines Preview

Join our Product Consultants for a special preview of their Top 10 wines for Fall and pick up something perfect for your palate!

All information detailed above is accurate at time of publishing. Check www.bcliquorstores.com for the latest updates on all tastings at BC Liquor Stores. The 39th & Cambie Signature BC Liquor Store is located at 5555 Cambie Street, Vancouver (604-660-9463). Please note: all events are complimentary except where noted.

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