

TASTE

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THE STYLE OF SIMPLICITY

MAXIMIZE YOUR WINE FESTIVAL EXPERIENCE

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THE SAPPHIRE® COLLINS

REDISCOVER A CLASSIC



SAPPHIRE® COLLINS

1½ oz. BOMBAY SAPPHIRE® Gin
½ oz. fresh lemon juice
¾ oz. simple syrup*
3 oz. club soda

Pour first three ingredients into a Collins glass with ice and stir well. Add more ice and top with club soda. Garnish with a lemon wedge.

*To make your own simple syrup, dissolve one cup sugar into one cup hot water



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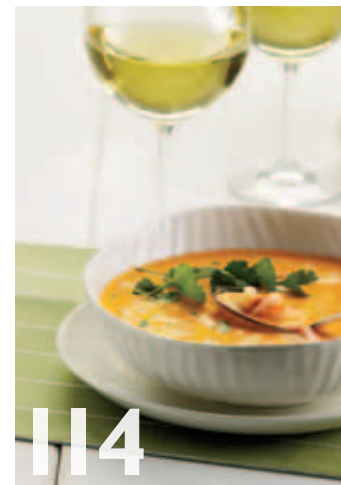
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OYSTER BAY SAUVIGNON BLANC
New Zealand **\$19.99** 316570
A perfect example of New Zealand Sauvignon Blanc is found. Here's a bright and stylish wine bursting with zesty gooseberry, tropical and citrus flavours. The finish is cool, clean and refreshing. A fabulous way to welcome spring!



DOMAINE JEAN BOUSQUET MALBEC
Argentina **\$15.99** 807263
Open the bottle and your senses are immediately tempted. The sumptuously dark, silky, spicy black fruit and mocha aromas are enticing. Blackberry, plum and chocolate flavours lead you gently to the soft, silky finish. Did we mention it's also organic?



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Wines that start with robust awards and finish with subtle notes of I-can't-believe-the-price.



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Please enjoy responsibly.

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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MAXIMIZING YOUR WINE FESTIVAL EXPERIENCE



TEN DOS AND DON'TS OF WINE TASTING

To seriously get into wine, get out and attend a wine tasting! Surrounding yourself with a room full of wine bottles is a surefire way to expand your vinous know-how, offering a comparative sampling unrivaled by the occasional solitary uncorking. Fortunately, the province's most prominent opportunity to taste wine takes place each spring at the Vancouver Playhouse International Wine Festival. This year's festival takes place April 19-25 and features two first-time theme regions: Argentina and New Zealand.

Go forth and taste, but keep in mind the top dos and don'ts of attending a wine tasting.

1. DO LOOK, SWIRL, SNIFF AND TASTE

Yes, it's called a wine "tasting," but this nomenclature is misleading. Tasting wine actually involves a complete sensory evaluation. First look at the wine to judge its colour and clarity. Next give it a good swirl to really release the wine's aromas and permit a proper sniff. Finally, coat the tastebuds with a healthy splash of wine and taste away.

2. DON'T WEAR STRONG COLOGNE

A heavy hand on the perfume bottle wreaks havoc on a wine's aromatic bouquet – and is an annoying distraction for all tasters

in whiffing range. So keep the perfumes and colognes (and even strongly-scented deodorants) at home in the medicine cabinet.

3. DO PLAN A TASTING STRATEGY

Even if you're a triathlete or a masochist and unless you're attending an intimate wine tasting, the odds are unlikely that you'll get through all the wines in the room. For example, the International Festival Tasting Room at this year's Playhouse Festival is anticipated to have more than 700 wines! Pick a country, pick a grape, even pick wineries alphabetically – just make sure you plan a tasting strategy to avoid being overwhelmed. Plus, as a sub-strategy remember to follow the old WRD (white, red, then dessert or fortified wines), with bubbly in between!

4. DON'T BE AFRAID TO SPIT

Why? See number three above. There's no shame in spitting at a wine tasting, in fact it's expected in a professional setting. And don't worry about your spitting technique; it's most important to make sure you use the appropriate vessel.

5. DO TAKE NOTES

If you plan on remembering your favourite wines the next



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The Vancouver Playhouse Theatre Company

The Vancouver Playhouse Theatre Company is British Columbia's premier regional theatre company, producing engaging plays of the highest calibre since 1962. The Playhouse is an anchor for Vancouver's activities in the development and expression of artistic excellence on a large scale.

The repertoire is contemporary and classic, Canadian and international, reaching deep into our community, across our country and beyond. For 47 seasons the Playhouse has provided an enriching theatre experience for the people of Vancouver and surrounding municipalities.

Over the years it has premiered many original works including *The Overcoat*, *Where the Blood Mixes*, the highly acclaimed *The Ecstasy of Rita Joe* and most recently, *Beyond Eden*, a musical spectacle that tells an important chapter in BC's First Nations history.

www.vancouverplayhouse.com

REMEMBER THAT WE ARE ALL HERE TO LEARN, ENJOY AND TO BE AWED AT HOW FERMENTED GRAPE JUICE CAN MANIFEST INTO SUCH A DIVERSE ARRAY OF FLAVOURS AND SENSORY EXPERIENCES!

day, bring a pad and take notes. They don't have to be long-winded or perfect poetry, but scribbling down the name of the wine, something perfunctory and a thumbs-up or down (or whatever rating system you choose) will solidify your thoughts for posterity's sake.

6. DON'T CROWD THE TABLE

After your taste of wine has been poured, stand aside to allow other thirsty samplers a chance. There's nothing more frustrating than fighting through a scrum, elbows up, to get to the bottles on a table. Oh and same goes for the food table – graze and move on.

7. DO ASK QUESTIONS

Of course – mindful of the crowding factor – you can (and should) ask questions about the wines that you are tasting. What is the blend or region? What is the retail price? Any food pairing suggestions? The person on the other side of the tasting table will likely have the answers and may even have travelled

a long distance to share their wines with you. Take advantage of this resource.

8. DON'T FORGET THE H₂O

True, wine may be approximately 85 percent water, but to keep both yourself and your palate hydrated it's important to make frequent trips to the water cooler.

9. DO HAVE AN OPINION

Remember, taste is subjective. We all have our wine likes and dislikes and it's fine and good to disagree.

10. DON'T FORGET TO SMILE

Seriously. Wine tasting is fun. And though the tasting room may get busy and you may encounter the occasional wine snob who acts like they were born with a golden palate, remember that we are all here to learn, enjoy and to be awed at how fermented grape juice can manifest into such a diverse array of flavours and sensory experiences!

Maximizing Your Wine Festival Experience

AS AN APERITIF TO THE PLAYHOUSE WINE FESTIVAL, HERE ARE EIGHT TASTY WINES HIGHLIGHTING BOTH OF THIS YEAR'S NEW WORLD THEME REGIONS, ARGENTINA AND NEW ZEALAND.



RENACER PUNTO FINAL MALBEC

Argentina **\$15.99** 455980
Malbec is Argentina's go-to red and Punto Final captures the grape in all its brooding beauty. Lush berry fruit, leather and spice – all delivered in one great bottled value.



CLOS DE LOS SIETE

Argentina **\$24.91** 128710
Michel Rolland, globe-trotting rockstar consulting winemaker, touches down in Mendoza to craft this Malbec-dominant red blend (Merlot, Cabernet Sauvignon and Syrah are also in the mix). Punchy yet elegant with opulent fruit, mocha and a white pepper spice finish.



LO TENGO TORRONTÉS

Argentina **\$12.99** 365890
Torrontés is the white grape making a mark for Argentina. Typically fresh and aromatic, Lo Tengo's rendition offers a good introduction. It's tart but rich, with assertive aromas of rose petal and melon.



CRIOS DE SUSANA BALBO TORRONTÉS

Argentina **\$18.99** 769125
Impossibly floral with the most amazing aromatic potpourri, this bottle highlights Torrontés' flowery disposition to a perfumed perfection. Prime patio sipper.



CLOUDY BAY MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$31.50** 304469
Arguably the Sauvignon Blanc that started it all, Cloudy Bay heralded the arrival of the crisp, racy and amazingly tangy Marlborough style in 1985. It is a style that brought New Zealand wines to fame and today is emulated by Sauvignon Blancs around the world.
91 points, Wine Spectator



RICHMOND PLAINS NELSON SAUVIGNON BLANC

New Zealand **\$19.99** 756874
From Nelson, another maritime-influenced region on the South Island, Richmond Plains Sauvignon Blanc is lean and mean, herbaceous and mineral, with a tart citrusy finish (and will be produced from certified organically grown grapes from the 2009 vintage).



KIM CRAWFORD UNOAKED MARLBOROUGH PINOT NOIR

New Zealand **\$21.99** 867127
Pinot Noir is the other current star in New Zealand and Kim Crawford's version captures the appeal. Lots of cherry and strawberry fruit are backed by toasty oak and silky tannins.



STONELEIGH RIESLING

New Zealand **\$17.49** 527713
Stoneleigh sources fruit from 25-year-old vines to produce an exuberant, unoaked Riesling with green apple aromas and zippy lime that highlights New Zealand's wine diversity.



THE CUISINE OF Argentina

BEEF AND OLIVE
EMPANADAS

Argentina, a country where barbecues are an art form, is known for its superb steaks drizzled with rich *chimichurri* and the famous beef-filled turnovers known as *empanadas*. Argentina is also known for the highest meat consumption in the world. Meat prices there are set weekly by government bureaucrats at roughly two dollars per pound. At a Sunday *asado* (barbecue), an all-day event for families, Argentines figure on about four pounds of meat per person.

Visitors are often welcomed with plump *empanadas*. Every state has its own *empanada* specialty and every cook his or her own *repulgue*, or signature pastry crimp. During a recent trip to Argentina, we found one of the best-tasting *empanadas* at 1884, Francis Mallman's restaurant in Mendoza, named among the top ten places to eat in the world by the *Times of London*. For perfect *empanadas*, Patagonian-born Mallman has three tips: (1)

for the most authentic dough, use lard as your shortening. It makes light, flaky pastry with great depth of flavour; (2) always chop the meat by hand, using a sharp knife; (3) don't crowd the pan when frying the beef or the meat will steam, not sear. As for cooking *empanadas*, they are traditionally deep fried for about as long as it takes to recite the Lord's Prayer – around 40 seconds. *Empanadas* and vegetables are often served with a slightly charred exterior. "The right amount of burning or charring can be delicious and seductive," says Mallman. "What appeals to me is the element of danger and excitement in creating a burnt taste. Take the burning too far and it destroys the dish. Stay just this side of the line and it is lovely."

"When it comes to eating, children are often taught not to slurp," says Mallman. "Please disregard this when it comes to *empanadas*. They are very juicy, so either slurp or end up



WHOLE BONELESS RIB EYE WITH *CHIMICHURRI*

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Famous Red Blend

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CHICKEN CHIMEHUIN

with a mess. Even a few drops of precious *empanada* juice on your plate – or on your clothes – is taken as a lack of skill. In Salta, Patagonia, a Salteño can eat a whole order of *empanadas* wearing a white shirt that remains spotless.”

Chimichurri, the traditional Argentinian condiment, appeared in different guises on the menu at 1884. It’s a cinch to make and the basics – olive oil, parsley and oregano – never vary, but Mallman’s recipe is made with fresh

herbs instead of the dried herbs used by the gauchos, the country’s iconic cowboys. A whole boneless rib-eye slathered with *chimichurri* results in a heavenly crust. Since all ovens vary, keep an eye on the cooking time and the internal temperature. Use *chimichurri* as a marinade or a sauce to enhance the taste of grilled chicken and fish, spooned over tomatoes and asparagus or as a dressing for potato salad.

Mallman introduced me to another

Argentinian dish called Chicken Chimehuin (pronounced “she may win”). Named for a lake formed by the crater of an ancient volcano, this dish is also known as “leaping frog chicken” and consists of a chicken opened, flattened and served with a simple parsley, olive oil and garlic sauce or *chimichurri*. Mallman first tasted Chicken Chimehuin cooked on a piece of corrugated steel over a campfire while on a fishing trip to the Chimehuin river.

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\$13.99 CAD

NEW SPRING RELEASE:
Adobe Syrah Rose 2009

The pale pink color shines bright and clear; it presents ripe notes of berries that are complemented with mineral and spices, on the palate is very balance with fresh acidity.





The Cuisine of Argentina

PAIRS WITH BEEF AND OLIVE EMPANADAS



DOÑA PAULA MALBEC

Argentina **\$21.99** 631291
Doña Paula's Malbec brings a touch of class and distinction to any party. Its big, smooth, rich, red flavours brimming with ripe fruit and complex minerality may seem overwhelming for *empanadas* until you try it. The plum, licorice and fresh crushed black pepper and a strong, savoury, lead pencil finish cuts through beef, refreshing each bite and sip along the way.



CHAKANA SYRAH

Argentina **\$14.99** 438325
The Chakana estate winery resides within the Luján de Cuyo district of Mendoza. This is young vine Syrah, well-suited to its pairing with the *empanada*. Only ten percent of the wine sees oak, which allows strong, black fruit flavours to carry the wine and embrace the food. A rich, spicy, mineral-scented, exotic red with a long, ripe, warm finish, it's New World Syrah that will have wide appeal at this price.



VIÑA COBOS FELINO MALBEC

Argentina **\$19.99** 334789
This Paul Hobbs production has his fingerprints all over the style – ripe, round, warm but elegant with fine-grained tannins. There's plenty of spicy vanilla, coffee, plum and black cherry fruit streaked with dried herbs and a savoury mineral undercurrent that when combined with some bright acidity and fruit will easily slay the beef. There's big value and even bigger flavour here.



DON MIGUEL GASCON MALBEC

Argentina **\$16.99** 770925
Always appealing, the Gascon is built with soft edges and plenty of warm, smoky, white pepper and floral fruit. The palate is a mix of meaty, savoury licorice-flavoured plums and black fruit with bits of vanilla and chocolate. Rich and balanced, it totally over delivers especially when paired with the Rib Eye with *Chimichurri*.



PAIRS WITH WHOLE BONELESS RIB EYE WITH CHIMICHURRI

PAIRS WITH CHICKEN CHIMEHUIN



LURTON PINOT GRIS

Argentina **\$13.99** 556746
The Lurton Pinot Gris is built on citrus, passion fruit and fresh minerality and is a *simpatico* match for this chicken dish. Fresh and round with an oily texture and just a hint of sweetness, you can sip it with chicken the same way you might squeeze some lemon on it to balance the fat. Incredible value.



ALAMOS CHARDONNAY

Argentina **\$14.99** 467969
The Catena folks continue to hit the mark with their mid-priced, high-altitude Chardonnay. Specializing in a super cool mineral style with bright fruit and attractive creamy textures, this is a stylish white. Citrus, melon and red apple fruit fill the mid-palate. This wine's skinny, cool textures are the perfect antidote to the smoky, savoury flavours of the chicken.

WINES OF Argentina

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In case you hadn't noticed, we British Columbians really enjoy the wines of Argentina.

What's not to enjoy? Argentinian wines, led by their signature Malbec varietal, are not overly tannic, pair well with food and are very drinkable while young. Even at the premium level the price of Argentinian wine is more than palatable, making a bottle with dinner each night a win-win situation.

The recent phenomenon of Malbec is not surprising either.

Argentina is a treasure-trove of perfect growing conditions for the Malbec grape, including an arid climate, a lengthy season, ample water from the Andes' snow (which melts and flows into the valleys below) and high-altitude sunlight. These elements combine to make western Argentina's vineyards some of the most blessed in the world.

And the world is noticing. Recognizing its potential, outside investment in land, grape growing and wine production

EVEN AT THE PREMIUM LEVEL THE PRICE OF ARGENTINIAN WINE IS MORE THAN PALATABLE, MAKING A BOTTLE WITH DINNER EACH NIGHT A WIN-WIN SITUATION.



has been impressive indeed. Some of the most prominent, well-established winemakers and wine houses from California, Chile, Italy, France, Portugal and Spain have set up estates in Argentina. These investments have not only increased the stature of Argentina, they have helped improve the overall quality of all their wines by raising the bar.

Argentina's most important wine regions are situated on the western side of the country nestled against the awesome Andes Mountains. In the north, just below Bolivia, are the planet's highest vineyards. Here the famous indigenous aromatic white variety, Torrontés, excels alongside Chenin Blanc, Chardonnay, Cabernet Sauvignon, Malbec, Merlot, Syrah and Tannat. In the far south is Patagonia where extreme weather is common and the winds blow ferociously. Patagonia currently has less than 40 wineries, but cool-climate loving grapes such as Riesling, Traminer, Sauvignon Blanc and Semillon succeed admirably while the Pinot Noir is very impressive and sparkling wines shine.

But the heart of Argentina's grape

growing regions is Cuyo. Cuyo is not only the largest wine region in the country (in total production and size), it is also home to Argentina's most vital wine-producing province – Mendoza. Well over a dozen main grape varieties are planted and regularly produced in Mendoza led by Malbec, Cabernet Sauvignon, Syrah and the other Argentine success story, Bonarda. Bonarda, an indigenous Italian grape, is the second most cultivated grape variety in Argentina. Richly coloured and fruity, it makes an exceptional blending grape. Blending is as important here as it is anywhere else in the world. Most estates produce house blends, be they Malbec and Cabernet Sauvignon, Malbec and Syrah or Malbec and Bonarda.

So what is the big deal about this Malbec grape? It is said that Malbec found its home in Argentina less than 200 years ago but it seems now that the world has discovered it, its inky purple future remains secure. How exactly did this purple grape, once more prominent in the famed vineyards of Bordeaux and

southwest France (where it is known as Auxerrois or Cot) grab the spotlight in a South American region called Mendoza? Perhaps it is the result of a long growing season that does not pressure Malbec into being harvested before its time. Perhaps it is the desert climate or the unique variety of mountainous soils that allow Malbec to fully express itself in a multitude of ways. Or maybe it's Argentina's high western altitudes that provide the valuable shift between intense daytime sun and cool nighttime temperatures. Regions around the world are currently forging new vineyards at higher and higher altitudes while Argentina has sky-high vineyards in spades. Argentines know that grapes grown at high altitudes translate to concentrated flavours, long, sweet tannins and bright acidity in the final wine.

All of these factors result in the success of this plush, fruit-forward and supple grape variety, allowing Malbec to become as indelibly etched upon the identity of Argentina as the Andes Mountains, the tango and the fiery

2010 Co-Theme region
at the Vancouver Playhouse
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WINES OF Argentina

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Wines of Argentina



Wines of Argentina

WHERE GOOD WINE, GOOD FOOD AND GOOD PEOPLE COME TOGETHER TO ENJOY THEM, THERE ARE GOOD TIMES – SOMETHING THAT ARGENTINA EXCELS AT.

outdoor barbecue known as *asado*.

In Argentina, a combination of mixed European heritage, a love of life, music, good food and the benefit of an agreeable climate have provided the building blocks for a wine culture that is sadly lacking in some other winemaking countries. And where good wine, good food and good people come together to enjoy them, there are good times – something that Argentina excels at.

But despite its importance – and there is no doubt the future of Argentinian wine will be forged by Malbec – it is also important to remember Argentina has so much more. It has Bonarda and Torrontés, Cabernet Sauvignon and Chardonnay, Syrah and Chenin Blanc, Merlot and Viognier, Tempranillo, Pinot Noir and Semillon too. All are worthy compadres with our own seafood salads, spicy stir-fries, mid-week pastas or weekend barbecues. All will bring a little piece of Argentine warmth and generosity into your home – without digging out your passport.



VALLE LAS ACEQUIAS MALBEC

Argentina **\$20.99** 466722
This is a bold, extracted red wine oozing aromas of blackberries, dark chocolate, crushed floral and pepper. The palate is rich, laden with dark fruit, vanilla, espresso and spice. The finish is powerful and smooth. It will pair nicely with grilled meats.



DON DAVID RESERVE CABERNET SAUVIGNON

Argentina **\$15.99** 407007
Expect a savoury core of earth and smoky aromas lifted by notes of cassis, vanilla and mint. A delicious layered palate presents creamy berries, mocha and sweet spice. A supple, well-balanced wine.



DON MIGUEL GASCON SYRAH

Argentina **\$16.99** 744532
The bright red fruit, grilled herbs, cocoa and blueberry aromas in this wine hint at its elegance. The palate confirms it with a smooth texture and juicy, red berry flavours. It will make a nice partner to wild mushroom and herb ravioli.



ALAMOS MALBEC

Argentina **\$14.99** 467951
Vibrant in both colour and aroma, this wine will entice you with juicy purple berries, cocoa, crushed violets and sweet spice. The palate is plush and broad with supple fruit, espresso, chocolate and plenty of pepper. Fine tannins linger on the finish. Pair with a rich roasted vegetable lasagna.



DOÑA PAULA LOS CARDOS MALBEC

Argentina **\$14.99** 633628
This is a very expressive wine with fragrant aromas of blueberry tea and sun-warmed raspberries with a floral core. The palate pops with sweet berries, mint and lingering white pepper flavours that cling to fine tannins on the finish.



TRIVENTO RESERVE MALBEC

Argentina **\$12.98** 484618
Expect aromas of ripe raspberry and blackberry, peppercorns and plenty of savoury, meaty notes. The palate is robust, supple on the entry and takes hold mid-palate. The structure and power in the wine will hold up to roast meats and hearty sauces.

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In the month of March, 50 cents from select bottles sold of Hardys Stamp Series will be donated to Canuck Place. Your purchase helps provide specialized care to communities throughout British Columbia.

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Always enjoy wine in moderation

SPRING INTO SOMETHING NEW



PINKY VODKA

Sweden **\$59.99** 177527

There's a new girl in town and she's pretty in pink! Hand-blended using twelve different botanicals including roses, violets, strawberries and Italian citrus, this vodka is unique. Sip well-chilled solo or mix with some of your favourite cocktails for a luxurious spring treat.



STRUT
WELL-HEELED WHITE
BC VQA **\$13.99** 111211
A well-priced blend and while the name says "Strut" the taste is more like a gentle walk through a sun-kissed orchard. Classic apple, citrus and melon flavours are ripe and fresh with a faintly sweet note in the unexpectedly dry finish.



ZINFATURATION
USA **\$15.99** 748681

Dark, rich and daring, this Zin has white pepper, spice and dusty rose aromas with deep, dried black fruit notes on the palate. A warm, smooth finish makes this a perfect partner for lamb or roast. *Top 100+ Best Values Vancouver Magazine 2010.*



ROASTED LEMON CAKE
WITH LAVENDER SYRUP

KIWI CUISINE

New Zealand, the island country located in the southwestern Pacific, has often been compared to British Columbia. Geographically, we have in common stunning valleys, dramatic snow-kissed mountains and rugged fjords and culturally, the diversity of a multicultural population. We also share a passion and respect for quality, freshness and sustainability in our food.

New Zealand's multi-ethnic diversity has brought a wonderful cross culture of cuisine, from tropical South-Asian influences, to the North-Asian foods of China and Japan and hearty rustic dishes of the Mediterranean.

Lamb, being one of the country's largest exports, is synonymous with New Zealand so we've provided two wonderful ways to prepare it: a shoulder slowly braised with wine and served with a delicate casserole of tender baby artichokes, new potatoes and peas and a loin, slow-cooked, flashed-seared and garnished with new asparagus.

For dessert, we feature New Zealand's famed Pavlova (although there is much competition and controversy with neighbouring Australia over who came up with it first) and finish with a sweet and tart Roasted Lemon Cake with Lavender Syrup.



BRAISED SHOULDER OF LAMB WITH A SPRING VIGNOLE OF ARTICHOKES, PEAS AND NEW POTATOES

PAIRS WITH ROASTED LEMON CAKE WITH LAVENDER SYRUP



GANTON & LARSEN PROSPECT VIDAL ICEWINE

BC VQA **\$39.99** 375 ml 609974
Taste how sweet BC can be with this distinctly aromatic icewine. Stone fruit notes welcome you and the lush, honeyed fruit flavours are concentrated and perfectly balanced. Serve chilled as an aperitif or pair it with dessert, mild cheese or fresh fruit.



POL ROGER CUVÉE DE RÉSERVE BRUT

France **\$62.99** 51953
Gentle bubbles stream all through the glass and the scent of buttery apple tempts you. Light citrus and biscuit notes dance across the palate ending in a silky, creamy finish. Pure indulgence with the lemon cake. *Top 100+ Best Values, Vancouver Magazine 2010.*

PAIRS WITH SEARED LAMB SOUS-VIDE WITH SPRING VEGETABLES



LECERANAS EVOHE GARNACHA

Spain **\$17.94** 664367
Fresh floral aromas of lavender and violets combined with rosemary mingle in the glass of this dark-hued beauty. Spicy red raspberry and black fruit combine on the palate leading you to the balanced, lengthy finish. Ideal with lamb, roasted red meats or stews.



CHOCOLATE CREAM PAVLOVA WITH MANGO AND MINTED BERRIES



Kiwi Cuisine

PAIRS WITH SEARED LAMB SOUS-VIDE WITH SPRING VEGETABLES



CLINE CELLARS ZINFANDEL
USA **\$19.99** 489278
Brambleberry, black cherry, pepper and spice notes merge seamlessly with oak, vanilla and black fruit flavours. A full-bodied wine with supple tannins and a graceful finish, it's an ideal partner to red meats, spicy pasta dishes and ribs.



SEARED LAMB SOUS-VIDE WITH SPRING VEGETABLES

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PAIRS WITH CHOCOLATE CREAM PAVLOVA WITH MANGO AND MINTED BERRIES



BAILEYS MINT CHOCOLATE IRISH CREAM
Ireland **\$27.99** 555763
Decadent chocolate and cool, clean mint come together in this silky, smooth treat. Serve over ice or tip a little into your favourite coffee and enjoy with a Pavlova.



KAHLÚA ESPECIAL
USA **\$29.29** 600924
Rich coffee flavour from hand-picked Arabica beans add an exotic flavour. Combined with the smoothness of rum it's a truly "especial" experience!



CEDARCREEK PINOT NOIR
BC VQA **\$26.90** 567412
This red beauty from BC is exceptional! Ripe cherry and strawberry notes along with nutmeg, clove and cinnamon burst from the glass while the oaky, black fruit flavours lead you down to the long, lingering finish. Lamb, mushroom risotto or lightly grilled meats are the perfect cohorts.



RICOSSA BARBARESCO
Italy **\$21.99** 929406
A robust red with spicy fruit aromas and flavours, Ricossa Barbaresco has a silky texture and an enjoyable, smooth finish. One of the great food-friendly wines from Italy, it's easy to serve with a variety of cuisine but definitely try it with lamb... delicious!



PAIRS WITH BRAISED LAMB SHOULDER WITH ARTICHOKES, PEAS AND POTATOES

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Beverage Testing Institute 2009

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"Delicate rose petal and violet scent."

International Wine & Spirits Competition

SUPERB 90-95 Points

"Classy, understated, and luscious..."

More than just eye candy."

Wine Enthusiast

Pinky is made like no other vodka; it's hand blended with botanicals by champion wine tasters, so it makes any drink taste better.

PINKYVODKA.COM

Please drink responsibly. © 2010 Pinky Vodka. 40% ALC./VOL.

HOT

WHAT'S MOST WANTED THIS SPRING



DR LOOSEN RIESLING QbA
Germany **\$18.99** 599274

Delicately pale in the glass, this is a medium-bodied wine with citrus aromas that will please the whole table. With a hint of minerality and a brisk acidity that dances in your mouth, it's perfect with poultry, seafood or spicy cuisine.



FORK IN THE ROAD
OLIVER BLOCK
249 RED

BC VQA **\$19.99** 121707

Sometimes when you come to a fork in the road the choice is obvious. A full-bodied wine, this BC blend is filled with black fruit, chocolate and oaky spice with a hint of mint in the balanced, bright finish.



JAMESON IRISH WHISKEY
Ireland **\$29.95** 10157

This sleek, clean whiskey with notes of vanilla, coconut and nuts is smooth and flavourful. The finish is slightly dry with a hint of dried apricot. Serve straight or slip some into your favourite hot drink.

New Zealand WINE

A FRESH APPROACH



New Zealand is one of the youngest grape-growing countries in the world, yet it has acquired a reputation for superior quality wines. From a production perspective it is quite small, producing less than half a percent of the world's wine. However, it surpasses many other wine countries in quality due to its climate, geography and top-level wine making.

At last count, there were more than 640 wineries in New Zealand producing

in excess of 150 million litres of wine of which approximately half is exported every year. In the export market, New Zealand is best known for its vibrant Sauvignon Blanc and it was the fresh, crisp taste of the now famous Cloudy Bay Sauvignon Blanc that led the way more than 20 years ago.

Thanks to almost perfect growing conditions, New Zealand Sauvignon Blancs have been extremely well-received worldwide. The country continues to

receive many international accolades for this variety renowned for its jump-out-of-the-glass fresh, zesty aromas of grapefruit, grass and herbs. In fact, many critics now tout New Zealand Sauvignon Blanc as the best in the world!

Although New Zealand is best known for its intense style of Sauvignon Blanc, it also produces some excellent Chardonnay, Pinot Gris, Viognier and Riesling. Until a few years ago, New Zealand was known only as a quality

NEW ZEALAND IS BEST KNOWN FOR ITS VIBRANT SAUVIGNON BLANC AND IT WAS THE FRESH, CRISP TASTE OF THE NOW FAMOUS CLOUDY BAY SAUVIGNON BLANC THAT LED THE WAY MORE THAN 20 YEARS AGO.

white wine producing country, but recent vintages have demonstrated this is no longer the case. New Zealand is now responsible for some good Cabernet Sauvignon and Merlot blends. Syrah is another varietal that has been receiving recent praise and the most noteworthy red is Pinot Noir, of which many are fragrant, refined and of world-class quality.

There are ten main wine regions in New Zealand all with unique growing conditions. Here is a little insight on the diversity and breakdown:

MARLBOROUGH

Marlborough is New Zealand's largest and most distinguished wine region. Lots of sunshine, cool nights and a long growing season are largely responsible for the vibrant fruit flavours for which Marlborough is now famous. The sparkling wines are developing an enviable reputation.

HAWKES BAY

Hawkes Bay is second to Marlborough in size and the variable topography and wide range of soil types support a considerable range of wine styles. Chardonnay is the most planted grape but long sunshine hours are also ideal for later-ripening red varieties such as Cabernet Sauvignon, Merlot, Cabernet Franc and Syrah. Gimblett Gravels is a notable sub-region to watch for.

GISBORNE

GISBORNE boasts the world's most easterly

vineyards. Chardonnay occupies around half Gisborne's vineyards and is known to some as the Chardonnay capital of New Zealand. The wines are typically luscious and opulent.

CENTRAL OTAGO

Being the world's most southerly wine region, combined with altitude and a continental climate, accounts for the impeccable, vibrant fruit found in these wines. Stellar Pinot Noir dominates, followed by Chardonnay and some Sauvignon Blanc and Riesling.

NELSON

Mountains and coastline in this region moderate temperature extremes. Look for wines that respond favourably to cooler growing conditions like Chardonnay, Sauvignon Blanc, Riesling and Pinot Noir.

NORTHLAND

New Zealand's first vines were planted here and a recent resurgence has the region expanding. Northland is the smallest but also the warmest region, which explains the popularity of Cabernet Sauvignon, Merlot and Chardonnay, there.

WAIRARAPA

Martinborough is the oldest and best known wine area within the Wairarapa region. The climate is similar to Marlborough with Pinot Noir the most widely planted and acclaimed grape variety.

AUCKLAND

Henderson, Kumeu and Huapai are the traditional winemaking districts of the region. Cabernet Sauvignon, Merlot and Chardonnay are the most popular varieties here although Sauvignon Blanc, Semillon and other white varieties are also planted.

WAIKATO AND BAY OF PLENTY

These regions south of Auckland enjoy a moderately warm climate and represent small but expanding vineyard plantings. Look mainly for Chardonnay with some Cabernet Sauvignon and Sauvignon Blanc here.

CANTERBURY

Canterbury consists of two major wine areas: the plains around the city of Christchurch and the more recently developed valley area of Waipara. Both areas have long, dry summers and temperate conditions with Chardonnay and Pinot Noir accounting for nearly 60 percent of the region's production.

Spring is a great season to explore the fresh, lively and flavourful wines of New Zealand. All are easy-drinking, either on their own or paired with local cuisine. Beginning April 19th through the 25th along with Argentina, New Zealand will be one of two theme countries at the Vancouver Playhouse International Wine Festival. This is a fantastic opportunity to meet winery owners and winemakers, and sip wines from all over New Zealand as well as many other wine regions around the world.



CLOUDY BAY VINEYARDS LIMITED

SAUVIGNON BLANC 2008

91 pts

“Light and tart, with a zip to the acidity that carries the vivid, celery-tinged gooseberry and lime flavours, lingering impressively on the sharply focused finish. Drink now.”

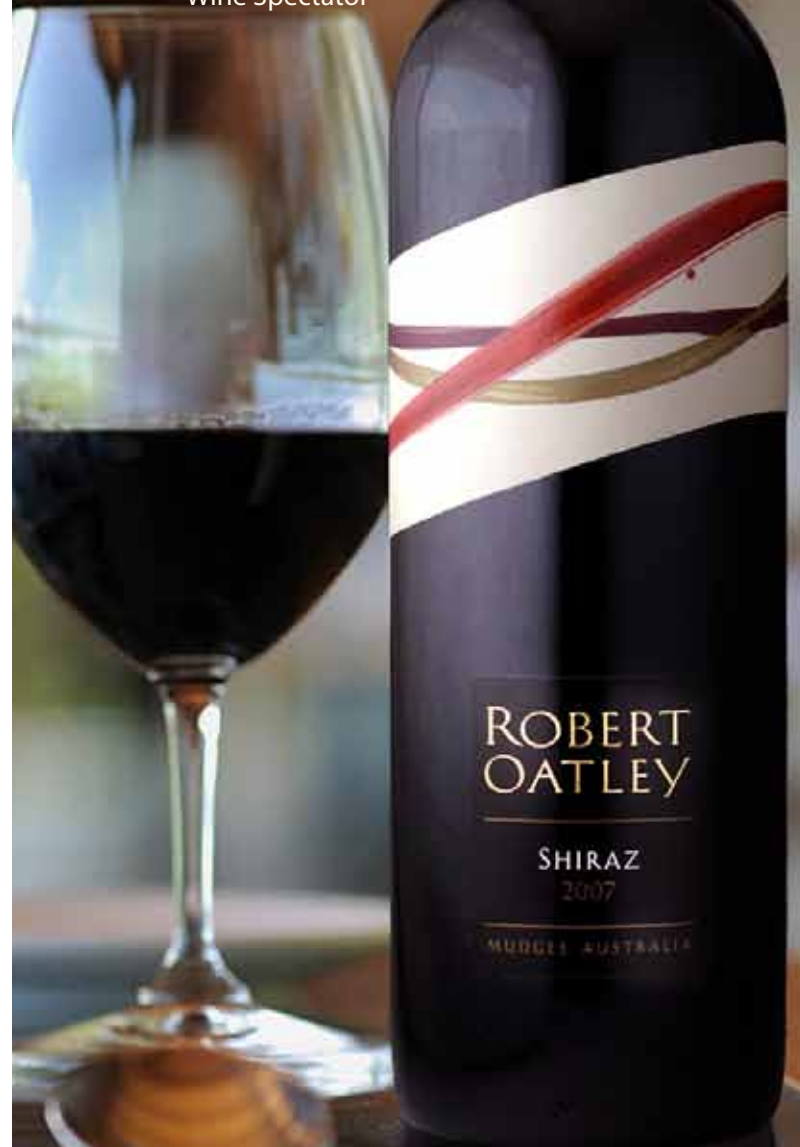
-HS Wine Spectator April 2009



ROBERT
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VINEYARDS

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90 Points
Wine Spectator

2007 Shiraz
89 Points
Wine Spectator



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New Zealand Wine

SPRINGTIME IS A GREAT SEASON TO EXPLORE THE FRESH, LIVELY AND FLAVOURFUL WINES OF NEW ZEALAND. THEY ARE ALL EASY-DRINKING EITHER ON THEIR OWN OR PAIRED WITH LOCAL CUISINE



NO.8 WIRE SAUVIGNON BLANC

New Zealand **\$16.99** 768002
No. 8 Wire has a wonderful aromatic nose with citrus, asparagus, passion fruit and melon. The palate is fresh with classic New Zealand grassy flavours of gooseberry, citrus and passion fruit followed by a clean, crisp finish. Great value.



KIM CRAWFORD SAUVIGNON BLANC

New Zealand **\$21.99** 100594
This Sauvignon Blanc possesses fresh, intense aromas of passion fruit, grapefruit, gooseberry along with floral and smoky notes followed by just a hint of bell pepper. The juicy palate opens with a touch of sweetness followed by grassy, green apple, gooseberry and mineral flavours highlighting a crisp, lingering finish.
91 points Wine Spectator



SHEPHERDS RIDGE SAUVIGNON BLANC

New Zealand **\$18.99** 494641
This elegant Marlborough white has wonderful smoky, citrus, grassy, green apple and mineral notes. The palate is crisp and fresh with grapefruit, green apple and minerals. Look for citrus and a touch of jalapeño pepper in the finish. Well done!



OYSTER BAY PINOT NOIR

New Zealand **\$24.99** 111302
This medium-bodied, cool climate Pinot Noir has aromas and flavours of dark plum, red cherry and ripe red berry fruit. This is an easy-drinking, well-made Pinot.



BABICH PINOT NOIR

New Zealand **\$18.99** 790675
This tasty Pinot Noir has smoky, earthy aromas of cherry, red berry and black olive with herbs and spice in the nose. The medium-bodied palate offers ripe raspberry, herbs and tobacco in a fresh, approachable style that is sure to please.



SILENI PINOT GRIS

New Zealand **\$18.99** 658336
This is a great Pinot Gris from New Zealand with explosive floral aromas and scents of apple, peach, pear and honey. A fresh style of Pinot Gris, the palate is full and round with pear and honey flavours. This is a wine with acuity.
86 points Wine Spectator



STONELEIGH PINOT NOIR

New Zealand **\$19.95** 610857
Attractive floral and savoury aromas with raspberry, plum, black cherry and spice. The palate is fresh and bright with lots of ripe fruit and soft tannins. The finish is lingering with ripe, red berry fruit and a touch of sweet oak.



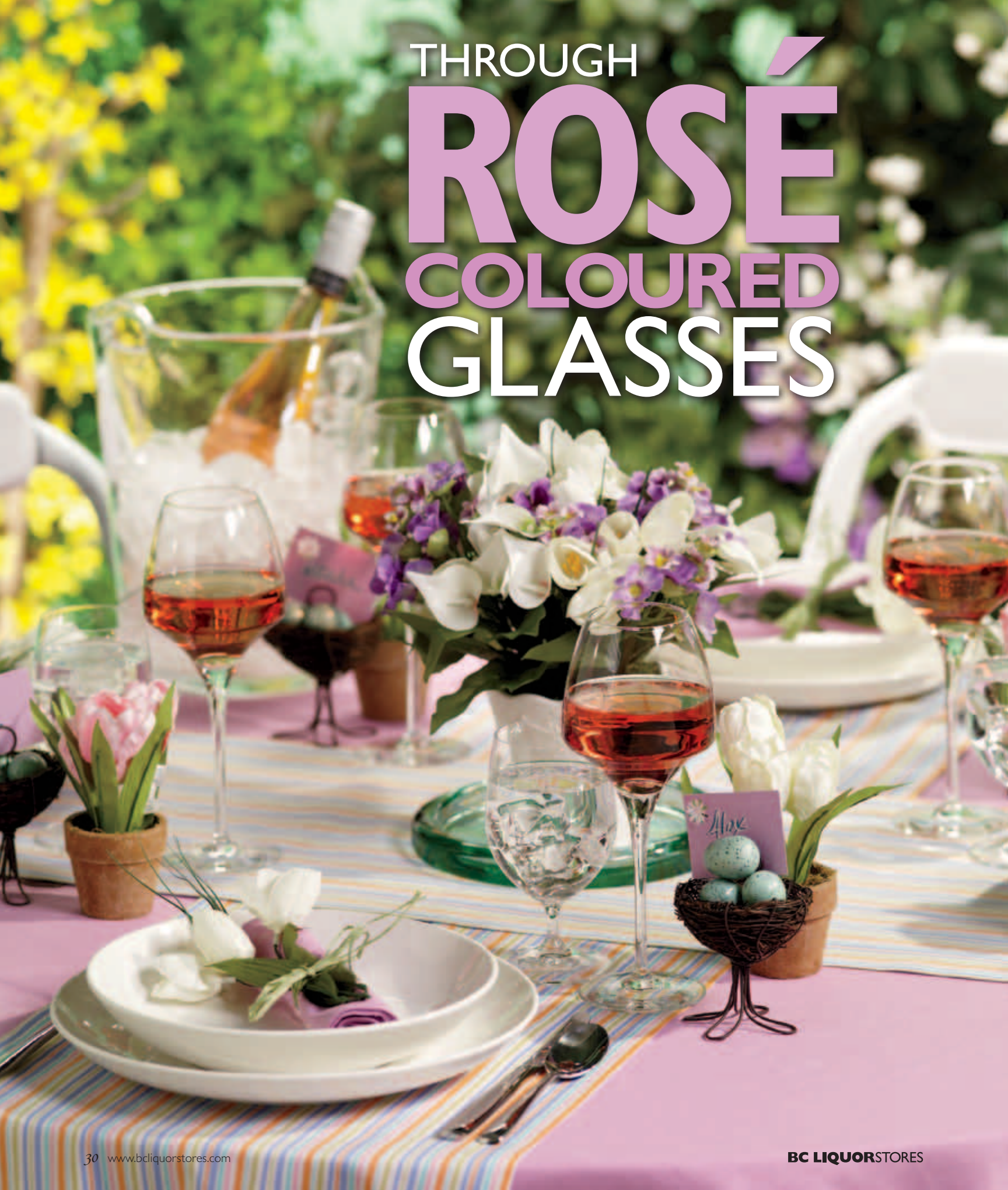
MATUA HAWKES BAY SAUVIGNON BLANC

New Zealand **\$18.99** 309575
From the pioneers of the first Sauvignon Blanc in New Zealand, this wine offers an enticing floral and green apple bouquet accompanied by aromas of gooseberry, pear, fresh lime and bell pepper. The palate is vibrant and lively with minerals, herbs, apple, melon and citrus flavours and a zesty clean finish.

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THROUGH
ROSÉ
COLOURED
GLASSES



DRY AND EVEN SLIGHTLY OFF-DRY ROSÉ PAIRS INCREDIBLY WELL WITH A HUGE RANGE OF FOODS BECAUSE IT PACKS ALL THE REFRESHMENT OF A WHITE, BUT WITH A BOLT OF BERRY GOODNESS RANGING FROM GENTLE TO GENEROUS.

What's in your glass says more about you than your shoes, your haircut or your gossipy neighbour. Swanning about with a drink of something dry and pink these days is like showing up at a party with Michael Bublé or January Jones on your arm. From London to New York, Paris to Vancouver, rosé is soaring in popularity. In France, it even overtook white wine in volume of sales for the first time a couple of years ago. Rosé is huge. But why?

It used to be that only downy-fresh, debutante-wanna-be, twenty-somethings in Victoria Secret sweats drank pink. Now really concerned, thick-lensed types with furrowed brows on Mediterranean diets, who listen to jazz and read the *Globe and Mail* are pouring the stuff too, along with the svelte, smart, successful set with three luxury cars, a ski chalet, two kids, a dog and a nanny. And everyone in between. So what gives?

Well, for one thing, pink wine is not that sweet anymore. Sure there will always be Mateus rosé in its iconic bottle and the ubiquitous Californian White Zinfandels to call on in a fleeting fit of frivolity, but a serious onslaught of drier rosés are hitting shelves too, flashing their pinkly perfect silhouettes and gaining favour fast. Frankly, drier rosé wines tend to be better quality – sugar can be used to hide flaws in wine – and they usually work better with food. A crisp Côtes de Provence rosé with grilled prawns drizzled with a really good olive oil or brushed with garlic butter? Magic. A drop of cool, dry Spanish pink, flashing fuchsia like a flamenco dancer's skirt – paired with slices of spicy chorizo? An epic win. Pink champagne and Malpeque oysters? Anywhere, anytime. Flavourful fish dishes, goat's cheese salads, roasted fowl and piquant pickings of all

sorts hit high notes with this great quencher. Dry and even slightly off-dry rosé pairs incredibly well with a huge range of foods because it packs all the refreshment of a white, but with a bolt of berry goodness ranging from gentle to generous.

Rosé is made one of two ways. It can be created by crushing red grapes and leaving the juice in contact with the skins for a day or two – just long enough to acquire a kiss of colour and berry flavour but not long enough to gain tannin, which would add texture at the expense of the quaff factor. This traditional method is the only way allowed by law throughout Europe – Champagne notwithstanding. And according to proponents of this technique expressed loudest by Provence producers, it yields the tastiest rosé. But that sentiment isn't shared globally.

Plenty of producers are splashing red wine into vats of white too. Essentially every winemaking area outside of Europe – as well as France's Champagne region – creates some splendid wines this way.

France is, of course, from where the truly chic rosés hail, with those from the Rhône region, the Côtes du Provence and Champagne leading the charge, but other places are spinning out some incredible versions too. Pink cava and rosy Australian bubbly can be passable alternatives to fine French fizz at a fraction of the price. Uncomplicated, juicy-but-dry rosés from southern Italy and Chile brim with sunlit scents and succulence. And overachieving pinks from right here in Canada can seriously compete. In fact, one of British Columbia's latest offerings – Strut Risqué Rosé with its cheeky black and white label image of fishnet-clad legs in hot pants and stilettos – is spicy, fruit-forward,



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A CRISP CÔTES DE PROVENCE ROSÉ WITH GRILLED PRAWNS DRIZZLED WITH A REALLY GOOD OLIVE OIL OR BRUSHED WITH GARLIC BUTTER? MAGIC.

and quick to delight. The bottom line is this: since the global wine market creates fierce competition for shelf space, the quality of wine in every shade imaginable from California to Argentina, South Africa to Portugal and Greece to Canada has never been better. Clearly, drinking pink is no longer something to blush about.

And while über-pale, dry rosés are sophisticated and sexy, sweeter rosés are also gaining respectability. No, these aren't the wines to pour at a chic dinner party with crisp linens, but in the right context, they're fabulous. Outside by the lake? Fantastic. On the patio in Whistler Village? Perfect. Clad in a bikini or swim shorts by the pool? Bring it on.

THE UNSPOKEN RULES FOR ROSÉ

- Rule 1:** Drink it young and fresh, meaning as close to the vintage date as possible – it doesn't age gracefully or keep particularly well.
- Rule 2:** Drink it well-chilled to ratchet up the refreshment.
- Rule 3:** Drink it during the bright side of the year – spring and summer. Now, go don some rosé-coloured glasses.



CHAT-EN-OEUF ROSÉ

France **\$13.99** 823229
The tongue-in-cheek name winks toward the fact this wine hails from near the famous region, Châteauneuf-du-Pape. It's an ultra-pale, dry rosé with a lively mix of tart red and sweet blackberry flavours with a dash of white pepper. The core of minerality gives it a certain grown-up feel. Delicious top-notch choice.



SUMAC RIDGE PRIVATE RESERVE ROSÉ

BC VQA **\$12.99** 273334
This quintessential food wine is a crisp, clean, medium-bodied standby that hints at redcurrant and delicious apple and lemon flavours. Just the thing to cut richer dishes such as chicken in a cream sauce, brie and walnuts baked in phyllo pastry or grilled scallops wrapped in bacon.



STRUT RISQUÉ ROSÉ

BC VQA **\$13.99** 118141
This wine will get any party started. It's one big delicious swirl of fresh cherries, stewed strawberries and ripe raspberries with spicy underpinnings and a silken texture. Quite fruity but finishes bone dry so it works well as a cocktail or food wine. Great buy.



YELLOW TAIL BUBBLES ROSÉ

Australia **\$13.99** 785469
Delicate flavours and aromas of candied citrus and strawberry dance across the palate with each sip of this coral-coloured bubbly, while the crisp acidity balances the gentle sweetness.



HENKELL ROSÉ

Germany **\$14.49** 410191
Despite the word "dry" on the label, this is a sweeter, softer style of sparkling wine for a crowd-pleasing aperitif. Captivating aromas of baked apples and crushed raspberries lead to a mouth-filling flood of flavour. The cooked apple and stewed bramble notes are spiked with sufficient acidity to cleanse the palate.



FREIXENET CORDON ROSADO

Spain **\$14.49** 352369
If you prefer a bone-dry rather austere bubbly, then this one's for you. It's a pale salmon sparkler with taut acidity and restrained flavours and aromas of dusty apple, subtle cranberry, and fresh cantaloupe. This is a stylish choice for oysters in the half shell.



CONTEMPORARY VEGETARIAN

Years ago, the concept of vegetarian meals produced visions of food that wasn't exactly number one on the colour chart. The flavours and health benefits might have hit the mark but visually "veggie" arrived on the plate in monochromatic tones of brown and green.

As the popularity of vegetarian choices grew, chefs developed more visually pleasing dishes. Vegetarian went mainstream and today we see many wonderful fruits and veggies, greens and grains being served in a fusion of flavours and lovely colours.

Here you will find four delicious

VEGETARIAN WENT MAINSTREAM AND TODAY WE SEE MANY WONDERFUL FRUITS AND VEGGIES, GREENS AND GRAINS BEING SERVED IN A FUSION OF FLAVOURS AND LOVELY COLOURS.



RICE STICK AND BUDDHA VEGETABLE SALAD

vegetarian recipes that cover all bases. The rich, red Moroccan Grilled Eggplant is not only full of healthy nutrients but is so tasty it will inevitably require "seconds."

The Rice Stick and Buddha Vegetable Salad is a bit of "east meets west" with delicious local veggies paired with spicy bean curd in a savoury sesame sauce.

Quinoa, often thought of as a grain but actually more closely related to beets and spinach, is known for its excellent protein content. Here we add Mediterranean touches from rocket greens to olives and deliciously marry it all together with a Lemon Caper Dressing.

We tied up the feature with a Lovage Soup. Lovage is similar in looks and taste to everyday celery but this French version is much more flavourful and when puréed with potatoes, it is quintessential comfort in a bowl.

Enjoy our collection of contemporary vegetarian dishes. They will appeal to all your senses.

QUINOA AND ROCKET
SALAD WITH PINE NUTS,
PARMESAN AND LEMON
CAPER DRESSING

LOVAGE SOUP WITH
BABY SWISS CHARD
AND PARMESAN

STRUT

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PERFECT PAIRINGS
FOR CONTEMPORARY
VEGETARIAN DISHES

PAIRS WITH RICE STICK AND BUDDHA VEGETABLE SALAD



VACQUEYRAS LES CHRISTINS

France **\$26.99** 585315

A beautifully rich wine from France, this is definitely the one to have on the table. Ripe, black fruit, coffee and a subtle licorice flavour are enhanced by the lush tannins and long, glossy finish.



YALUMBA OXFORD
LANDING CHARDONNAY

Australia **\$13.99** 283671

A great value-priced, wine from down under; this Chardonnay has lifted aromas of sweet vanilla, peach, tropical fruit and subtle hints of cinnamon and spice. Fresh stone fruit and melon flavours are lively in the creamy finish. Ideal with salads and seafood.

PAIRS WITH LOVAGE SOUP WITH BABY SWISS CHARD AND PARMESAN



FETZER VALLEY OAKS
GEWÜRZTRAMINER

USA **\$14.99** 350843

This lovely, value-priced wine is deep golden in colour with an aromatic floral bouquet. With lovely apricot, spice, honeysuckle and subtle peach flavours and crisp acidity, it is a very food-friendly wine to have on hand.



FRENCH RABBIT
CHARDONNAY TETRA

France **\$13.95** 409383

Convenience, price and a great wine all in one perfect package. Sweet honey and fresh citrus aromas welcome you with delicious delicate peach and apricot flavours. Ideal as an aperitif or served with soup or salad.



PAIRS WITH MORROCAN
GRILLED EGGPLANT



YELLOW TAIL
CABERNET MERLOT

Australia **\$12.99** 322685

Fresh, ripe, red fruit flavours with Merlot's signature silky texture combined with Cabernet's black fruit and a balanced acidity make this an ideal Aussie blend.



PAIRS WITH QUINOA AND ROCKET SALAD WITH
PINE NUTS, PARMESAN AND LEMON CAPER DRESSING



KENDALL JACKSON
CHARDONNAY
VINTNERS RESERVE

USA **\$23.99** 296566

A simply stunning Chardonnay with toasty honey and butter notes. Apple and melon nuances are complemented by rich tropical fruit flavours with a finish that is long, silky and smooth. It's a perfect partner for salads, seafood and creamy pasta dishes.



QUAILS' GATE DRY RIESLING
BC VQA **\$16.99** 308312

A BC beauty! Honey and apple aromas with a hint of lime essence draw you in. The apricot, peach and citrus nuances are delicate and fresh. This wine has a lush, but dry, finish that is extremely food-friendly.



JADOT BEAUJOLAIS
VILLAGES

France **\$19.99** 469924

Young, pure and bright! Lovely raspberry and sweet red cherry fruits with just a touch of mineral notes dominate this fresh wine. The pepper and floral hints are lively in the earthy, well-rounded finish. Serve this slightly chilled with the Grilled Eggplant for a delicious Mediterranean meal!

STARTING A WINE CLUB AT HOME

If you love wine then you should belong to a wine club. They are social and educational and you'll have a ton of fun tasting a variety of wines with new and old friends.

But joining an existing wine club may not always be practical. Maybe there isn't one in your area or your schedule doesn't work with theirs. Don't despair. There is a solution. You can start your very own wine club at home.

So how do you start a wine club?

The first step is to decide who to invite.

The foundation of any wine club is people with an interest in wine, rather than only people who are knowledgeable about it. After all, you can't learn more about wine if someone doesn't share their passion with you. Having a diverse group provides a difference in perspectives, discussion and refreshing input.

In terms of the number of members, it's more a function of the space where you'll be meeting. If you have a small

condo then maybe a handful of people will work best. If you happen to have access to a common room then you can accommodate more. Or perhaps some members would like to take turns hosting.

Once you've assembled your group, the next step is to set a schedule. Obviously you want to find something that works well for everyone. The key with scheduling is to map out the dates for a number of months so everyone

WINE CLUBS OFFER AN OPPORTUNITY TO TASTE MORE WINES,
MEET NEW PEOPLE AND DISCOVER YOUR PERSONAL TASTE,
ALL FROM THE COMFORT OF YOUR OWN HOME.

can block them off in their diary. For example, having an event on the last Thursday of every month is great because it avoids playing phone tag to organize the next tasting.

So the people are invited and the schedule is set. The next step is to create some themes for your wine tasting to make it a bit more educational. There are plenty of options here but starting off

with a certain grape variety as the theme is a good idea. Ask everyone to bring a bottle of Pinot Noir from anywhere in the world, or maybe a bottle of sparkling wine, or a wine from Italy.

Obviously you can make the themes very precise, such as Medoc wines from a certain vintage. But keep in mind most people will be scrambling to buy their bottle five minutes before the event so you don't want to make it too complicated.

Another suggestion is to set a price limit on the wines people bring. If you don't set a price, expect some people to show up

with expensive bottles and this can make others feel uncomfortable. Setting a price limit eliminates that potential problem. A price recommendation would be a maximum of \$40 because you can buy some fantastic wines for that amount. You can also have a fun club where the ceiling is set at \$20 per bottle.

You'll need a few materials for the club. Tasting glasses are a must. The ideal



situation is to have four to six glasses for each person so that wines can be poured at the same time and comparatively tasted. ISO glasses are a standard and can be purchased from Puddifoot in Vancouver. Riedel makes beautiful glasses and then there's always IKEA. Just ensure everyone has the same type of glass, that you have lots on hand and that they are clean.

Other materials could include a few decanters, which often come in handy. A table cloth with some white paper on top allows for colour to be accurately analyzed. Pens and paper are helpful if people want to take notes. You should also put out some spittoons. Bread and cheese is always welcome and there should be lots of water on the table too.

The actual tasting can take a variety of different formats. It can be as simple as everyone chatting casually about the different wines, or the tasting can be led by one person with an eye to making it more educational and formal. Obviously, some tastings are extremely formal and at others, while equally enjoyable, the topic of conversation barely includes the wines. As the host, printing off some information about the theme from the internet or a book is handy and advisable in case your club wants to know more. The key is that the format should suit the crowd without the atmosphere becoming stuffy or pretentious.

Blind tasting games can be fun. At the end of the night, present a "mystery

tasting." Each member attempts to identify as much as possible about the mystery wine, starting with varietal and going all the way to vineyard and vintage for the most advanced. This is educational in itself because it forces a moment of concentration and aids in identifying what you may like or dislike about a wine.

Above all, if a wine club is to have longevity it has to be fun. Having good wines with a group of like-minded people is entertaining and the key to success. Wine clubs offer an opportunity to taste more wines, meet new people and discover your personal taste, all from the comfort of your own home.

Just for the

HALIBUT

GREEK HALIBUT
BROCHETTES
WITH YOGURT DIP

If you love seafood then you likely don't need a nudge to tell you when the halibut season starts. But for those of you in the dark, fresh-caught halibut begins to hit the market in March and runs all the way to November, although you can buy frozen halibut year round. A full-grown halibut can weigh as much as 160 pounds! No wonder the Latin translation of "halibut" is "hippo of the sea."

Halibut's firm, white flesh is almost translucent and has a mild flavour that makes it very versatile. The key is to keep cooking times short to avoid drying the tender flakes.

We've provided you with four easy halibut recipes. Cut into large cubes and grilled on skewers, our Halibut Brochettes take only minutes to complete. The Herb Crusted Halibut is cut from filets and baked for only a few minutes under a crumbly crust to maintain juiciness. Then there are Halibut Cheeks, served with Sweet Potato Chips for a gourmet take on an old favourite. Rounding out the collection is a succulent Halibut Steak, dusted with seasoning and plank-baked, adding a delicious smokiness.

So give one or all of these recipes a try... just for the halibut!



PLANKED HALIBUT STEAKS WITH SAFFRON CAPER MAYONNAISE



CRISPY HALIBUT CHEEKS WITH PARMESAN BREADCRUMBS AND GARLIC SWEET POTATO CHIPS

PROUD SPONSOR OF CELEBRATING OUR 25TH

Raise your glass and join us in celebrating twenty five years of brewing your craft favourites. In commemoration of our silver anniversary, we are pleased to introduce Okanagan Spring Hopped Lager. Fragrant and hoppy with a clean, crisp finish, this is a brew worth celebrating.



25



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HERB CRUSTED HALIBUT FILET



Discover
authenticity

Look for Italian wines
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HALIBUT PAIRINGS THAT MAKE THE MEAL

PAIRS WITH GREEK HALIBUT BROCHETTES WITH YOGURT DIP



VERAMONTE
SAUVIGNON BLANC

Chile **\$13.99** 602649
What a wonderfully bright and lively Sauvignon Blanc! Classic green apple and grapefruit aromas dominate while the citrus and melon tastes stand out in the crisp, brisk finish. Seafood anyone?



RIGAMAROLE WHITE
BC VQA **\$14.99** 845552

This is an interesting blend with ripe fruit aromas and a subtle note of minerality. The flavour features orchard fruits and a hint of tropical pineapple, while the finish is slightly off-dry.



PAIRS WITH CRISPY HALIBUT CHEEKS WITH PARMESAN BREADCRUMBS AND GARLIC SWEET POTATO CHIPS



CONCHA Y TORO
CASILLERO DEL DIABLO
CHARDONNAY

Chile **\$13.98** 270355
Excellent value can be found in this beautiful bottle. Golden highlights shimmer through the glass while the sweet honey and citrus aromas develop. Silky and smooth with a well-balanced acidity, this is the perfect wine for seafood, salads and creamy chicken dishes. *Top 100+ best Values, Vancouver Magazine 2010.*



LAMBERTI PINOT GRIGIO
Italy **\$14.99** 560524

Delicate and soft, this gentle Pinot Grigio is extremely food-friendly. It is pale yellow in colour with a fruity, slightly earthy bouquet and wonderful stone fruit and crisp apple nuances. The finish is pleasantly dry.



PAIRS WITH HERB CRUSTED HALIBUT FILET



MONKEY BAY
SAUVIGNON BLANC

New Zealand **\$15.25** 324095
There's no monkey business involved when it comes to this spectacular wine. Vibrant and aromatic notes of citrus and tropical fruit shine through just a hint of grassiness. Grapefruit, lemon and pineapple flavours with nuances of herb are forward on the palate. With a crisp, balanced finish, this white is ideal with seafood, salads and citrus chicken dishes. *Top 100+ Best Values, Vancouver Magazine 2010.*



PAIRS WITH PLANKED HALIBUT STEAKS WITH SAFFRON CAPER MAYONNAISE



PENFOLDS KOONUNGA HILL
CABERNET MERLOT

Australia **\$16.99** 613240
If you ever wanted to have red wine with white fish this is the one to try first. This beautiful red is deep and dark with blackcurrant, brambleberry and mint nuances. Gentle vanilla oak influences are present in the subtle herbal finish, which is long and mellow.



IRONSTONE SYMPHONY
OBSESSION

USA **\$16.99** 355784
This unique blend is full of lifted orange, sweet honey and spicy aromas while the taste is decidedly sweet with a ripe fruitiness and herbal tone in the crisp, off-dry finish. Ideal to sip well-chilled solo or paired with the Halibut Steaks for a perfect dinner.



FETZER VALLEY OAKS
PINOT GRIGIO

USA **\$13.99** 353797
What a great price for a fabulous wine! Wonderfully refreshing with lime, apple and passion fruit notes and a citrus, fruit-forward essence on the palate. Clean and crisp with a lively acidity, it's a great partner for the halibut.



Join the family.



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Mission Hill Family Estate Winery invites you to experience the flavours of the Okanagan Valley.

For the month of April, 2010 purchase select Mission Hill Family Estate wines at your local BC Liquor Store and receive a voucher to enjoy a complimentary tour of our award-winning facility.



MISSION HILL
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www.missionhillwinery.com/promotions

CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES



Sonu Sharma

Product Consultant (WSET* Intermediate)

Nordel Crossing Signature Store, Surrey

I love my job as a Product Consultant because it allows me to learn and share my knowledge of products with clients on a daily basis.



COUSINO MACUL ANTIGUAS RESERVAS CABERNET SAUVIGNON

Chile **\$19.99** 298075

A well-balanced red wine with a dense ruby-red colour, it's loaded with blackcurrant, grilled herbs, tobacco and spice flavours. With a long, lingering finish it pairs equally well with roast lamb or braised beef short ribs.



RUFFINO LUMINA PINOT GRIGIO

Italy **\$15.99** 102764

This approachable Pinot Grigio is a pale straw colour with a delicate essence of exotic fruits and hints of strawberries. On the palate it has a fresh, crisp acidity and a vibrant, fruity flavour. Pairs wonderfully with cheese or seafood.



Neena Smith

Product Consultant (WSET* Intermediate)

39th and Cambie Signature Store, Vancouver

Learning about wine is like learning a new language; there are so many nuances! It's rewarding to share this experience with my customers.



POURPRE DE GREZETTE MALBEC

France **\$15.99** 549147

In the glass this wine will show aromas of lush red fruits and licorice. It has a fresh and subtle flavour with good structure and elegant, silky tannins. Ideal with red meats and assorted cheeses this fruit-forward wine is drinkable now or can cellar up to five years.



NEWHARBOR SAUVIGNON BLANC

New Zealand **\$14.99** 822585

A great value from the Marlborough region of New Zealand, this Sauvignon Blanc has an inviting nose of passion fruit, guava, gooseberry and citrus. This modern wine is perfectly balanced and well-structured with a finish that's delightfully crisp and clean.



Carl Gilseman

Product Consultant (WSET* Advanced)

Meadowtown Signature Store, Pitt Meadows

I love where I work and what I do. I'm very lucky to have customers who share their experiences and love of food and wine with me.



CATENA ZAPATA MALBEC

Argentina **\$22.99** 478727

Deep blue-purple in colour with ripe, dark fruit aromas on the nose, its concentrated black cherry, red currant, vanilla and sweet spice flavours are lively. It finishes with soft tannins and a slight minerality. *91 points Wine Spectator.*



BULLEIT FRONTIER BOURBON

USA **\$34.99** 774273

Frontier whiskey indeed! This bourbon is amber in colour with flavours that range from vanilla, toffee and dried orange rind to sweet spice and marmalade. The subtle flavours are lingering and smooth.

*WSET is the Wine and Spirit Education Trust, the organization that provides the intensive training program that qualifies Product Consultants at BC Liquor Stores. www.wset.co.uk

\$100

from every bottle
of Sumac Ridge wine
purchased in BC in
March will go towards
the fight against
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DINING OUT FOR LIFE



DINING OUT FOR LIFE

March 25, 2010

BC VQA & A

The British Columbia
Vintners Quality Alliance
guarantees you are
drinking local.

A customer entering a BC Liquor Store is often overwhelmed by both the variety of wines available and the complex details that appear on wine labels. The proliferation of grape varieties, wine regions and quality certification systems can leave even knowledgeable customers in a state of confusion. While it might take a long time and many wine courses to be able to sift through and understand

all the details from a whole world of wine, it makes sense to start at home and learn about British Columbia wines first. Many of us understand the different grape varieties but few know much about BC's quality certification program – the British Columbia Vintners Quality Alliance (BC VQA).

At the basis of every wine country's laws is some kind of quality certification or regulation system. These systems, while they can appear confusing, are tools that

provide wine drinkers with information and guarantees on the contents and origins of the wines they choose. Every country's laws differ in their control of grape growing and wine production. Some countries, such as France, are quite strict while many others, including most New World countries, have less restrictive laws. BC VQA falls into the latter category with most of the controls surrounding the geographical areas and wine labelling.

To understand the system used

GANTON & LARSEN
PROSPECT WINERY
 OKANAGAN VALLEY BC VQA

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THE OKANAGAN VALLEY IS FULL OF HIDDEN
 SPLENDOURS WAITING TO BE REDISCOVERED.

OGOPOGO'S LAIR™

OGOPOGO'S LAIR lies on the east side of Okanagan Lake, in the bend between Kelowna and the foot of the lake. According to legend, the lair is a cave under Squally Point near Rattlesnake Island where Ogopogo rested when not prowling the lake's waters.

For more information visit us online at www.prospectwinery.com



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*“My philosophy has always been based on
 Quality, Character and Consistency.”*

- Wolf Blass



Enjoy Responsibly

in BC the first thing to look at is the regulation behind the BC VQA. The Wines of Marked Quality Regulation lists production standards for most wine styles that we see on liquor store shelves. There are two categories of qualification within the Regulation – BC Wine of Distinction and BC VQA. A winery can apply for a Wine Quality Certificate to become a BC Wine of Distinction, to further qualify as BC VQA, the wine must pass the BC VQA taste test.

Both BC Wine of Distinction and BC VQA wine is guaranteed to be from 100 percent BC-grown grapes, so you know you are drinking local. These wines will be labelled “British Columbia” or if all the grapes come from one region, that will be noted on the label as well. There are five BC geographical regions: Okanagan Valley, Similkameen Valley, Fraser Valley, BC Gulf Islands or Vancouver Island.

Specific vineyard names can appear on the label of a BC VQA wine if all the grapes were grown in the declared vineyard and the vineyard has been registered with the BC Wine Authority (BCWA) – the organization that runs and enforces the regulation.

“Estate Bottled” tells us that the winery that produced the wine controlled the grape growing. Great wine is made in the vineyard so the term gives you confidence that the winemaker is intimate with the grapes.

If grape varieties are listed on the label you are guaranteed the following: if one grape variety is listed, that variety must comprise 85 percent of the wine and may contain up to 15 percent of another variety that is never mentioned on the label. If two varieties are listed on the label then those two varieties must make up at least 90 percent of the wine, listed in descending order of quantity. If three varieties are listed they must make up 95 percent of the wine.



If you see a vintage date on the label you are guaranteed 95 percent of the grapes were grown during the year shown, allowing you to seek out the more successful vintages for each grape variety.

BC VQA sparkling wine must list the method of production on the label. Only two methods are allowed – the traditional method as used in the Champagne region of France or the tank method (also known as *méthode cuve-closée*). Top quality sparkling wine is almost always made by the traditional method.

It is important to note that a “BC VQA” or a “BC Wine of Distinction” designation does not necessarily guarantee a wine tastes great. The taste assessment for BC VQA is a requirement

aimed to root out faults rather than determine quality. Some wineries have chosen not to participate in the BC Wine Authority (BCWA) program and miss out on using certain labelling terms reserved for BCWA members. With the exception of some grandfathering, these wineries can only use the geographical term “British Columbia” without being more specific as to where the wine is from.

Understanding a little of the background behind a label can provide helpful information. You will now have a few more tools to help you get the wine you are looking for.

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No wonder it's BC's favourite wine

PELLER  ESTATES

Enjoy responsibly



WHILE IT MIGHT TAKE A LONG TIME AND MANY WINE COURSES TO BE ABLE TO SIFT THROUGH AND UNDERSTAND ALL THE DETAILS FROM A WHOLE WORLD OF WINE, IT MAKES SENSE TO START AT HOME AND LEARN ABOUT BRITISH COLUMBIA WINES FIRST.



QUAILS' GATE PINOT NOIR
BC VQA **\$24.99** 585760
Medium ruby colour, this wine has great intensity of classic Pinot Noir aromas including cherry, spice and quality French oak. The palate is dry with a medium body and soft, silky texture, medium tannins and fresh acidity. Flavours include chocolatey oak, spice and orange zest while the flavours linger on a long finish.



GANTON & LARSEN PROSPECT RIESLING
BC VQA **\$12.99** 35550
This white has a pale lemon colour, with lifted aromas of lemon sherbet, apple, pear and peach. A dry palate with medium-high acidity and refreshing lime and lemon combines with a touch of petrol, pear skin and grapefruit. The finish is long and crisp.



GANTON & LARSEN OGOPOGO'S LAIR PROSPECT WINERY PINOT GRIGIO
BC VQA **\$14.99** 307082
Pale lemon colour, with medium intense aromas of melon, grapefruit and pear with subtle floral notes. The palate is dry and crisp with good acidity and combines minerality, peach, spice and hints of smoke and a great length of flavour. This is great value BC wine.



MISSION HILL RESERVE PINOT NOIR
BC VQA **\$21.99** 584581
Beautiful aromas of black cherry, spice and earth are captivating, followed by a dry palate balanced with crisp acidity and silky smooth texture. Flavours of ripe cherry, integrated oak, cocoa and hints of undergrowth are layered on the long and seductive finish.



TINHORN CREEK CABERNET FRANC
BC VQA **\$17.99** 530717
Tinhorn has been the benchmark for well-priced Cabernet Franc and this vintage shows how interesting this variety can be. The nose has some savoury, roasted herb and game meat notes wrapped around plum and spice. The palate is medium-bodied with classic herbal flavours and mixed red berries. A nice, seamless, elegant and intriguing wine.




CEDARCREEK CABERNET MERLOT
BC VQA **\$18.90** 163303
No less than seven varieties get a mention on the back label of this Cabernet and Merlot dominated wine. Medium ruby in colour with intense aromas of cherry, plum, cocoa, tomato and a dusty, earthy character. The dry palate is medium-bodied with quite high acidity, balanced tannins and intriguing spice, pepper, roasted sage, cherry, blackberry and plum.



CEDARCREEK MERLOT
BC VQA **\$18.90** 408666
Seductive and soft, this ripe and rich wine has aromas of black cherry, chocolate, plum and the complexity of burlap, spice and floral notes. The palate is dry and quite full-bodied but with medium-high tannins. Flavours run the gamut from spicy sausage to plum, pepper, chocolate and oak. Rich and soft, it's a real crowd pleaser.



INNISKILLIN OKANAGAN DARK HORSE MERITAGE
BC VQA **\$21.99** 597039
This Meritage is a deep ruby colour with ripe and complex aromas of plum, blackberry, blueberry, licorice and cassis with hints of bell pepper and violet. The palate is dry and medium-bodied with medium acidity and tannins. It has good length and layered flavours of dried fruit, chocolate, spice and a touch of tobacco.



CHICKEN, POTATO
AND SNAP PEA
STIR-FRY IN SESAME
CHIVE PESTO

FIDDLEHEADS,
ASPARAGUS
AND OTHER

Greens

After a long winter of root vegetables and hearty grains, it's no surprise we're all longing for the taste of locally produced, fresh, spring garden greens – the harbingers of the season.

Some of the first shoots to pop out of the soil are fiddleheads. But the season is short. So short that you'll want to keep your eyes peeled for them at local markets with the very first signs of spring. These curly baby ferns are in hot demand and pickers tend to hide their sources much like truffle pickers do in France. We've combined them in our feature with fresh spring salmon topped with feta – a dish that appeals to all the senses.

Also fresh at this time of year are tiny, new shoots of asparagus. These fresh, local sprigs are so much more flavourful, almost "greener" in taste than the imported version available year-round. Partner them with fresh garden herbs and the watercress that is popping up in community gardens. Last in our trio of fresh spring veggies are snap peas. They grow in abundance in the cooler spring season and are a favourite because they can also be eaten raw. But try it in our simple Chicken Stir-Fry with Chive Pesto.

Enjoy seasonal produce at its best and look for locally grown. You'll definitely be able to taste the difference.



PREPARING FOR STEAMED ASPARAGUS SALAD WITH EGGS AND WATERCRESS

PAIRS WITH CHICKEN, POTATO AND SNAP PEA STIR-FRY IN SESAME CHIVE PESTO

PAIRS WITH STEAMED ASPARAGUS SALAD WITH EGGS AND WATERCRESS



CEDARCREEK PROPRIETOR'S WHITE
BC VQA **\$12.90** 214130
A well-priced, food-friendly bottle from BC, this medium-bodied white is sure to catch attention at the table. Tropical aromas and flavours of pineapple, pear and peach embrace your mouth while the finish is fruity and crisp. *Top 100+ Best Values, Vancouver Wine Magazine 2010*



DRATHEN BERNKASTEL RIESLING QbA
Germany **\$12.99** 220699
Here's a light, off-dry white wine with lovely peach, pear and stone fruit flavours. The slightly mineral finish with hints of floral is subtly sweet yet still very refreshing and snappy. Chicken, light pasta dishes and seafood are the perfect companions.



CALONA ARTIST SERIES PINOT BLANC
BC VQA **\$13.99** 261024
As the dazzling pale yellow-coloured wine pours out of the bottle and into a waiting glass, the delicate aromas of honeydew and pear waft up to you. On the palate this medium-bodied wine delivers those same flavours with a rich, creamy mouth feel and gentle finish. BC bliss!



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Fiddleheads, Asparagus and Other Greens



SPRING SALMON FILET WITH FIDDLEHEADS, HERBS, BEANS, FETA AND OLIVES

PAIRS WITH STEAMED ASPARAGUS SALAD WITH EGGS AND WATERCRESS

PAIRS WITH SPRING SALMON FILET WITH FIDDLEHEADS, HERBS, BEANS, FETA AND OLIVES



ARROGANT FROG SAUVIGNON BLANC

France **\$13.99** 914002

A brisk, light-bodied wine that's very food-friendly. The zesty citrus and grassy notes with lemon, citrus and mineral on the palate are refreshing. Uncork a bottle when you're serving asparagus, salads, oysters or shellfish for a perfect match every time.



JOHNNY Q SHIRAZ VIOGNIER

Australia **\$14.99** 340075

This brilliantly blended wine is deep plum in colour with captivating aromas of berries and spice. Well-balanced with ripe red berry fruit flavours and spicy oak hints in the succulent finish, it's the ideal wine to have on hand for most occasions.



MISSION HILL FIVE VINEYARDS PINOT NOIR

BC VQA **\$17.99** 118844

You'll taste the *terroir* of BC in every bottle with this medium-bodied red. Subtle raspberry and cherry aromas and flavours reach out to you and the ending is soft, silky and lingering. A perfect red with BC salmon!

SPRING CLEAN

RENEWING YOUR COMMITMENT TO THE ENVIRONMENT



Spring, the perfect time for beginnings and renewals, is the ultimate time to reflect on the environment and our commitment to it. We've all been talking the talk and now it's time to walk the... well, you get the idea.

While spring cleaning sounds like a chore, doing it with the intention of surrounding ourselves with a healthier, more vibrant environment transforms the mundane into meaningful.

The options for eco-cleaners have grown immensely in the past few years, as we have come to realize the true cost of the heavy, chemical-laden cleaners of the past. Most, if not all, grocery stores now carry more than one enviro-friendly cleaning option. For example, Sapadilla, a local company, produces a line of natural cleaners that rely on essential oils and other naturally effective ingredients like sugar, coconut oil and palm oil to help clean our homes while still taking care of mother earth.

Websites abound with ideas for green cleaners you can make at home, many of them extolling the virtues of good old-fashioned vinegar and baking

WHILE SPRING CLEANING SOUNDS LIKE A CHORE, DOING IT WITH THE INTENTION OF SURROUNDING OURSELVES WITH A HEALTHIER, MORE VIBRANT ENVIRONMENT TRANSFORMS THE MUNDANE INTO SOMETHING MEANINGFUL.



soda as the wonder products of the century.

“Donate – recycle – keep” is an effective mantra to free your space and your mind while you’re in spring clean mode. Take unwanted clothing to your local vintage clothing shop or consignment store and while you’re there, look for “new to you” treasures to freshen up your own spring wardrobe.

Now that you have the inside of your home spruced up, turn your attention to the outside. Place a few oxygen-rich plants, such as bamboo palm, English ivy, gerbera daisy and chrysanthemum in your garden to improve the local air quality. These plants are very also effective in removing toxins indoors and are a great way to contribute to “springing-up” your home.

Who doesn’t love a bed with fresh, new sheets, especially those right off the clothesline? (A clothesline, by the way, is another great way to save energy, if you have the space.) Consider that cotton is one of the most heavily sprayed crops in the world and choose bedding alternatives such as organic cotton, linen or bamboo. All are extremely soft and silky and perfect for counting sheep.

If you’re going as far as new bedding, why not throw a little paint or wallpaper up? Many paint companies are going green.

STARTING YOUR OWN VEGETABLE OR HERB GARDEN CAN BE A DAUNTING TASK. IF YOU ARE NEW TO GARDENING, START SLOWLY WITH A FEW LARGE POTS ON THE PATIO OR BALCONY. YOU WILL BE PLEASANTLY SURPRISED AT THEIR YIELD AND YOU CAN WORK ON THE 100 MILE DIET IN THE PROCESS.

As of January 1, 2010, Farrow & Ball’s oil-based paints are no longer available and all of their finishes are now eco-friendly. Look for paints and wallpapers with low or zero volatile organic compounds (VOC) content and wallpapers made from paper or cloth, not vinyl. Both are becoming easier to source.

Tap water, especially in our part of the country, isn’t as unsatisfactory as some have come to believe. BC’s Clearbrook Waterworks District even won the title of World’s Best Tap

Water at the Berkeley Springs International Water Tasting (known as the Academy Awards of water) in 2009.

When you consider that it takes three litres of tap water to produce one litre of bottled water, that 10 million water bottles end up in BC

landfills each year and one litre of bottled water costs more than one litre of gas, it might be time to rethink what you drink. If you still have concerns about your tap water quality, a home filter system for your tap makes so much more sense than all those plastic bottles.

Simple things can help – turning off the water while brushing your teeth, keeping a supply of reusable shopping bags in the car or even replacing your candles. Enviro-friendly candles burn just as bright as their carbon spewing cousins! Look for locally produced beeswax for the friendliest alternative.

AUSTRALIA'S MOST AWARDED WINERY



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100 YEARS
OF EXCELLENCE



SOGRAPE VINHOS

FINCA FLICHMAN

10 WAYS TO GET HEALTHY, CLEAN & GREEN THIS SPRING

1. CLEAN GREEN

Use environmentally friendly cleaners or better yet, make your own. Vinegar, baking soda, lemon juice and olive oil are easy on the earth and inexpensive.

2. REDUCE, REUSE, RECYCLE

Donate unwanted or outgrown clothing and household items to second-hand stores and think of shopping there for “new” items as well. Also think of supporting local designers and shops to really reduce your carbon footprint.

3. BRING THE OUTDOORS INDOORS

Green plants absorb toxins and freshen your outlook too.

4. DREAM IN GREEN

Try to buy environmentally friendly bed sheets and other textiles such as bamboo and organic cotton, which use fewer chemicals to produce than standard cotton.

5. ECO-RENOVATE YOUR HOME

When doing home renovations, stick to non-toxic green paints, wallpapers and other building supplies. Also think about investing in energy-efficient windows and compact fluorescent lighting.

6. DRINK TAP WATER

Investing in a filter system over all those plastic bottles is a simple way to make a big difference.

7. GO GRASSLESS

Landscape your garden with indigenous plants instead of grass. They take less maintenance, less water and imagine never mowing your lawn again!

8. PLANT A GARDEN

Community gardens are popping up everywhere. If you don't have the space to garden at home, try to find an available plot and enjoy the fruits of your labour. Don't forget to compost!

9. VISIT A FARMER'S MARKET

www.bcfarmersmarket.org

10. WALK, CYCLE OR TAKE TRANSIT

Get out of your car this spring by dusting off your bike, taking advantage of public transit or simply using your feet.



How are you doing so far? Ready to take on an even bigger commitment? Have you considered that your lawn is doing you no favours in your quest for a re-greening? Between the gallons of water a lawn requires, the noise and combustion of lawnmowers and the amount of chemical fertilizers, herbicides and pesticides required to keep it looking like the beginning of spring all summer long, it may be time to consider an alternative. If a total environmental overhaul of your yard is something you'd rather not tackle alone, consider hiring an organic landscaper who can help you decide on a perfectly beautiful alternative to a traditional lawn.

One lawn alternative is a kitchen garden. Starting your own vegetable or herb garden can be a daunting task. If you are new to gardening, start

slowly with a few large pots on the patio or balcony. You will be pleasantly surprised at their yield and you can work on the 100 mile diet in the process. “Companion planting” is a technique that combines plants that help each other grow well and stay healthy naturally. This technique works very well in pots, almost eliminating the need for chemical pesticides and fertilizers. Tomato and basil is the ultimate companion couple – in the garden and on the table.

Composting your clean kitchen and yard scraps will also benefit your garden, just as mulching will keep the weeds under control and minimize watering.

While “green guilt” is not the answer, committing to a greener environment one step at a time, big or small, can only be good for all of us and our planet!



MOTHER'S DAY BRUNCH

STRAWBERRY AND
ORANGE-GINGER
SHORTCAKE

For many, sleeping in late on a Sunday allows us not only to get some extra rest, but to also combine two meals into the popular weekend event known as brunch. On Mother's Day, brunch is an ideal way to celebrate, especially when it's not Mother preparing the festivities!

Sunday brunch doesn't have to be a typical breakfast of eggs and bacon. As Julia Child once said, "What you eat for breakfast is nobody's business. In fact, just one fried egg, a bowl of French onion soup and a glass of dry red wine would taste really good right now."

If French onion soup doesn't sound like breakfast to you, try these light, lemon-kissed pancakes touched with ricotta and drizzled with raspberry-infused maple syrup. Eggs Benedict has always been a brunch favourite but here it's redefined with a breaded crab cake and smothered with a citrus hollandaise. A light Parmesan and garlic-dressed salad filled with baby springtime greens, herbs and baby vegetables makes a wonderful brunch alternative while delicate, light ginger and orange shortcakes enrobed with fresh strawberries and sweetened cream make a glorious end to a perfect Mother's Day meal.



CITRUS CRAB CAKE BENEDICT

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*See full details on coupon. Coupon must be presented at time of purchase in any Fruits & Passion Canadian store.
On the Canadian website, enter special code found on coupon at checkout. Some restrictions apply. Offer valid until July 31, 2010. No cash value.

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PLEASE ENJOY RESPONSIBLY



LEMON RICOTTA PANCAKES WITH MAPLE RASPBERRY SYRUP

PAIRS WITH LEMON RICOTTA PANCAKES WITH MAPLE RASPBERRY SYRUP

PAIRS WITH STRAWBERRY AND ORANGE-GINGER SHORTCAKES



**INNOCENT BYSTANDER
MOSCATO**

Australia **\$13.99** 573618
This is one wine that's all about fun! The strawberry, tangerine and raspberry notes with a gentle mousse and floral bouquet are delightful. Softly sweet with red berry, rose petal and citrus flavours, it's a great partner to the brunch pancakes.



**SEE YA LATER RANCH
PINOT GRIS**

BC VQA **\$19.99** 75739
This Pinot Gris is a subtle, pale yellow in colour with tempting apple and pear aromas that follow through on the palate. A slight hint of citrus shows up mid-point in the finish which is smooth, refreshing and lingering. An easy BC wine to serve with most cuisine.



COINTREAU

France **\$31.99** 6502
More than just a cocktail ingredient, try slipping a little Cointreau into tea or a hot drink and enjoy the exotic taste of spices, white flowers and orange all in one delightful liqueur. Dessert just got a whole lot better!

Hennessy



Mother's Day Brunch

PAIRS WITH STRAWBERRY AND ORANGE-GINGER SHORTCAKES



FRESITA

Chile **\$15.95** 299404

Who wants strawberries? Infused with strawberries grown in the cool Patagonia region this off-dry sparkling wine is just the thing. Perfectly red, perfectly cool and perfectly refreshing, serve it well-chilled with desserts for a special spring treat.

PAIRS WITH CITRUS CRAB CAKE BENEDICT



SEGURA VIUDAS BRUT ROSÉ

Spain **\$15.99** 5835

Add a little sparkle to your brunch with this great rosé from Spain. Delicious red berry flavours with just a note of plum and apple. It has a vibrant, clean, slightly off-dry finish that lasts. *Top 100+ Best Values, Vancouver Magazine 2010*



SPRING BABY VEGETABLE SALAD WITH PARMESAN VINAIGRETTE

PAIRS WITH SPRING BABY VEGETABLE SALAD WITH PARMESAN VINAIGRETTE



OYSTER BAY CHARDONNAY

New Zealand **\$19.99** 326728

This is a beautifully crafted medium-bodied wine with honeyed tropical fruit aromas and citrus-peach flavours. The texture is buttery, sleek and rich with an ending that is everlasting. Seafood is an ideal partner for this gem.



MARQUIS DE LA TOUR BRUT

France **\$14.99** 140418

A lovely bubbling beauty from France, this sparkler has a delicate flow of bubbles and a light, clean aroma. Fresh melon, apple and ripe fruit nuances wind their way through the silky, clean ending. Wonderful with salads, light cheeses, appetizers or seafood.



MASI MASIANCO PINOT GRIGIO VERDUZZO

Italy **\$17.99** 244681

Subtle flecks of gold flash through the glass while the aromas of citrus and fruit welcome you in. Apricot, warm honey and a hint of vanilla on the palate guide you to the smooth, well-balanced finish. Serve chilled on its own or with this salad for a perfect brunch companion.

“Erasuris”

“Erassuriss”

“Erazzerise”

“Eerazuris”

“Errazuriz”

on everyone’s lips...

“The Quality Benchmark from Chile”, Decanter Magazine 2005, UK

“Best Chilean Wine Producer of the Year”, IWSC 2008 Awards, UK

“Best Winery of the Year”, Wines of Chile 2008, Chile

Don Maximiano Errazuriz founded Viña Errazuriz in 1870 in the Valle de Aconcagua, Chile. Today, the tradition of quality lives on with Don Maximiano’s descendant, Eduardo Chadwick. Dedicated to producing estate grown wines of superior quality, Errazuriz has built a reputation as the “Best of Chile”. Errazuriz’s philosophy is best expressed by Don Maximiano who said, “From the best land, the best wine”.



VINS PHILIPPE DANDURAND WINES

Exclusive Agent in Canada



ERRAZURIZ

THE PREMIER FAMILY
WINE ESTATE OF CHILE



FLAVOURS OF SPRING



GREY GOOSE POIRE

France **\$49.99** 772301

Blend only the best Anjou pears with some of the world's finest vodka and the result can only be exceptional. The delicate fruit aroma and light, smooth taste ensure this versatile gem will complement your best mixed cocktails.



PAUL MAS VIOGNIER

France **\$13.99** 151100

An unbeatable value, this flavourful wine is perfect for almost any occasion. The apricot, ginger, honey and hints of orange fill your mouth with a buttery smoothness. Fabulous France!



BERONIA RIOJA RESERVA

Spain **\$24.99** 216770

Light-bodied and full of flavour, this is a beautiful example of Rioja and bound to make any meal memorable. Persistent raspberry, plum, vanilla and coconut notes envelop you and with a graceful, mellow finish you can't help but sip slowly. *Best in Show, Top 100+ Best Values, Vancouver Magazine 2010.*

RUNWAY WINES

FASHIONABLE
WINES FOR SPRING



IT'S THE FLAVOURS OF THE WINES THAT SHOW THE GREATEST EXPRESSION OF STYLE, RANGING FROM TIMID TO TERRIFIC, FROM SUBTLE TO SUPERB, ALWAYS INSPIRED BY THE TRENDS IN THE WORLD AROUND.

Skinny jeans are the new bell-bottoms. Green is the new black and Riesling is the new Chardonnay.

Fashion is an amazing thing – it keeps us looking for new and interesting ways to express ourselves, be it through the clothes we wear, the lifestyles we lead or the wines we drink. Often, trends bring new ideas to light or shed new light on old ideas. However trends are presented, fashion keeps our world colourful and our tastes challenged.

The wine world has seen numerous trends in its multi-millennia lifespan, from “bottling” wines in clay amphorae around the 15th century to modern-day screw-cap closures. Foremost, it's the flavours of the wines that show the greatest expression of style, ranging from timid to terrific and from subtle to superb, always inspired by the trends in the world around.

The 1970s brought with them some funky fads. Platform shoes and Afro hairdos were all the rage along with White Zinfandel – a pink wine made from red grapes hailing from California. Next, enter the 1980s. Feathered hair and roller skates topped the style charts and buttery Chardonnay was on everyone's lips. The 1990s brought us back to our roots, reviving the old and making it new again. Following the established tradition of Bordeaux, France, blending grapes became fashionable world-wide. California Meritage was widely accepted as a New

World dedication to the great wines of Bordeaux. Then, with the year 2000, came the wave of Shiraz. Whether wines were from Australia, South Africa, Europe or closer to home, all the cool folks sipped on Shiraz at some point during the past 10 years.

Now here we are, 2010 – a new decade in the making. And what's hot? We've consulted with industry leaders and here's what we've heard are the hottest wines of the decade:

ROSÉ

Pink is in and don't let anyone tell you differently. Today's pinks are not the same as the White Zinfandels of the 1980s. Rather, these wines are dry and expressive and from all over the world. France's Tavel wines are among the most exquisite in this category, followed by Spain's Rosado and dry rosés from France and British Columbia. These wines not only hold their own on a sunny patio, they are fantastic with food. Look to the Mediterranean for culinary inspiration.

ORGANIC WINE

Nothing says “I love you” like protecting Mother Earth and there are an increasing number of wineries who make wine with this in mind. Organic and biodynamic winemaking is all the rage in winemaking regions around the world and these wines are often show-stoppers! It seems that respecting the earth and making tasty wines are a natural pairing which is lucky for us and future generations.

RIESLING

Once associated with sweet, simple German wines, this grape has never seen more interest or potential. A whole world of wineries has joined Germany in producing wine with this marvellous grape. From sweet to dry, balance is the key to a quality Riesling so look to Australia, New Zealand, Canada, Austria, Alsace (France) and of course Germany for stellar examples of pedigreed, complex and well-balanced Rieslings. It's a trend led by wine geeks but then who better to follow when looking for delicious wine?

GOOD VALUE WINE

Global economic woes are at the top of our worry lists and the wine world has responded to our budgetary needs. Never before has such good value been put into bottles (and boxes too – that's right, tetra paks hold some pretty tasty wines these days). The under \$20 category is abundant with choices of delicious wines that offer serious bang for your buck. The usual suspects – Chile and Argentina – are good places to spot deals but even New Zealand, California, Spain and France have come to the table with irresistibly good wines around \$20. Getting more than you pay for – now that's cool.

FIREPLACE WINE

We've spent a couple of decades hearing about how well food goes with wine and while that is undeniably the case, this decade realizes that sometimes we just want a glass of wine. As such,

MADE FROM CANADA

This land gives us everything. It gives us amazing lakes, epic mountains and more square feet of awesomeness per person than anywhere else. It also gives us Canadian water, prairie barley and exactly what we need to brew one of the best tasting lagers in the world. So raise a glass to this land.

We wouldn't be Canadian without it. Cheers.



“fireplace wine” is a growing trend. These are full-bodied, full-flavoured red wines with lower tannins and lower acidity. Their simple structure makes them more successful in pleasing your palate all on their own – no food required. Look to California, Washington State, South Africa and Australia for these quaffable quenchers.

Trends are everywhere and the wines we choose to drink are every bit a part of the fashion phenomenon as the clothing we choose to wear. This spring, what will you be sipping?

STYLE GURUS OF THE WINE WORLD AGREE – THE FOLLOWING WINES ARE HOT OFF THE RUNWAY.



VILLA TERESA PROSECCO FRIZZANTE ORGANIC

Italy **\$15.99** 268714
Not only is it organic, but this sparkling Prosecco from Italy is both tasty and inexpensive. Its fresh pear and floral character make this an elegant sipper at a great price.



GRAY MONK ROTBERGER

BC VQA **\$15.99** 321620
This BC rosé is dry and delicious with flavours of ripe strawberries and lively acidity. Chill well and serve with BC seafood bouillabaisse.



THE SHOW CABERNET SAUVIGNON

USA **\$18.99** 374686
This wine has it all going on – a clever label, a sophisticated yet quaffable wine and a pretty attractive price to boot. Made in California, this is a classic “fireplace wine.”



LINGENFELDER BIRD LABEL RIESLING QbA

Germany **\$18.99** 568634
Crafted in Germany's Mosel region, this is a great Riesling for sipping on its own. Well-balanced, fruity and thirst-quenching, a lemony zing ties abundant orchard flavours together with style.



RAIMAT COSTERS DEL SEGRE CHARDONNAY ALBARINO

Spain **\$14.49** 255604
Hailing from north-eastern Spain, this wine blends together two remarkable white grapes with terrific results. Complex fruit flavours and minerality make this a versatile wine at a wonderful price.



PETER LEHMANN CLANCY'S RED

Australia **\$19.99** 611467
A blend of Shiraz, Cabernet Sauvignon and Merlot from Australia's Barossa Valley, this wine is rich, smooth and luscious. It is reliably delicious and drinks well on its own.



ST. MARTIN GARRIGUE BRONZINELLE

France **\$20.99** 194654
Talk about good value, this red wine from the south of France offers at least 30 dollars worth of flavour. Well-structured with rustic black cherry characteristics.



D'ARENBERG STUMP JUMP

Australia **\$14.99** 607085
Australia's McLaren Vale region is home to this established blend of Grenache, Shiraz and Mourvèdre. Black fruit flavours plump up this mouthful of a wine while the price plumps up your wallet.



GOLDFISH

PACIFIC KITCHEN



William Tse, Executive Chef and Partner

SUSTAINABLY STYLISH

There's more to Goldfish Pacific Kitchen than meets the eye, although there's enough that does. The striking interior of this Yaletown seafood eatery was conceptualized by local design talent Juli Hodgson, who along with being handed a location not particularly known for success, had the additional challenge of meeting very specific criteria imposed by owner Bud Kanke's hired *feng shui* master. The sidewalk "Blue Wave" bar is the focal point of this large, airy space. Behind the bar is a massive slab of Canada Blue marble, which is more a spectacular painting in stone than a mere wall covering. Add to that a dragon wall, bright Marimekko fabric-covered armchairs, LED lighting that shifts through colours during the course of the evening and an almost-secret al fresco oasis and you have a lively, sophisticated setting that pairs perfectly with the cuisine.

With a food philosophy that melds clean, fresh, West Coast cooking with Pacific Rim influences, Goldfish Executive Chef William Tse creates contemporary dishes that are designed for sharing. Born in Middlesbrough, England, Chef William grew up in the midst of his family's restaurant, imparting him with a natural passion for food and the culinary arts. After moving to Canada, Chef William's original educational pursuit was architecture and design, an aptitude that shows today in the elegant, thoughtful presentation of each dish at Goldfish. He



cut his culinary teeth at Delta Pacific Hotels and Resorts, earning his Red Seal as well as silver and bronze medals at culinary shows. Many Vancouver foodies also fondly remember Chef William's many years of tantalizing taste buds at the popular Joe Fortes Seafood and Chop House.

There are over 200 interesting and exceptional bottles of wine on the Goldfish wine list, one that has been recognized by *Wine Enthusiast* and *Wine Spectator* magazines as well as the Vancouver Playhouse International Wine Festival.

It should come as no surprise that, given the emphasis on freshness, Goldfish is a strong supporter of programs and initiatives that promote sustainability. The restaurant is a member of both the Green Table and Ocean Wise programs. Green Table is a program based on a set of operating

standards and targets that define a "green restaurant" and cover such areas as solid waste, water conservation energy conservation, pollution prevention and purchasing guidelines.

Ocean Wise is a Vancouver Aquarium conservation program, created to help restaurants and customers make environmentally friendly seafood choices. Ocean Wise recommends sustainable seafood purchasing decisions and keeps members current with sourcing seafood options, allowing Goldfish to take clear, measurable steps to effectively reduce its impact on the environment.

Goldfish Pacific Kitchen

1118 Mainland Street (at Helmcken)
Vancouver
604.689.8318
www.goldfishkitchen.com



BUD KANKE

Proprietor of Joe Fortes Seafood & Chop House and Goldfish Pacific Kitchen

At the helm of Joe Fortes Seafood & Chop House and Goldfish Pacific Kitchen is Chilliwack-born father of three and grandfather of six, Bud Kanke. Through more than 36 years in the industry, Bud has successfully launched and overseen legendary Vancouver restaurants such as the Cannery and Joe Fortes Seafood & Chop House. Bud, his wife Dotty and the staff of Joe Fortes and Goldfish donate time and dollars to charitable organizations such as the Arthritis Research Foundation, BC Burn Fund, BC Children's Hospital and the Pacific Salmon Foundation.



SOME RAISE THE BAR.
OTHERS JUST JUMP OVER IT.



SEE KOOZA™ LIVE IN VANCOUVER BETWEEN JULY 21 AND SEPTEMBER 5, 2010.
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CIRQUE DU SOLEIL®



SPRING THYME DUO OF LAMB

PAIRS WITH SPRING THYME
DUO OF LAMB



**DUCK POND CELLARS
PINOT NOIR**
USA **\$29.99** 427872

A wonderful Pinot Noir from Oregon, this wine is light-bodied and very versatile. The dusty cherry and earthy, berry flavours with warm vanilla oak nuances are lovely. A generous finish ensures this wine will not soon be forgotten. Ideal with lamb, game meats or mushroom dishes.



**J LOHR WILDFLOWER
VALDIGUIÉ**
USA **\$16.99** 326686

California certainly shines in this aromatic, bright red wine. It features boysenberry, raspberry and Bing cherry notes that carry through on the palate and end with soft tannins and a smooth, silky finish. Serve slightly chilled.

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MIXED.



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More than a drink...it's an Attitude.
THAT'S HOW I LIKE IT.



TOE-TALLY
AWESOME




BAREFOOT
WINE & BUBBLY



PAIRS WITH ROASTED ASIAN PEAR
SPRING ROLL WITH THAI BASIL
AND STAR ANISE



 **GIFFARD POIRE WILLIAM
POIRE PRISONNIÈRE**
France **\$88.92** 218354
An artfully blended infusion
of William pear and William
pear brandy, it is beautifully
concentrated, incredibly
aromatic and completely
indulgent. And yes... the pear
was grown IN the bottle!



 **NAVAN**
France **\$41.99** 354860
Navan is created using
rare, naturally organic
black vanilla from
Madagascar blended
with luxurious French
cognac. The result is a
purely elegant, deliciously
smooth liqueur that is
perfect for those special
desserts.



ROASTED ASIAN PEAR SPRING ROLL WITH THAI BASIL AND STAR ANISE



Try Canterbury, a BC Tradition, Fresh for 2010.



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TO COMPARE AWARDS
WITH OTHER RUMS WHEN
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SOY MARINATED SABLEFISH

PAIRS WITH SOY MARINATED SABLEFISH



PIPER HEIDSIECK BRUT
 France **\$58.98** 462432
 Indulge with elegant champagne! This well-balanced and harmonious bubbly has smoky citrus notes and subtle hints of toasty, earthy, vanilla nuances. Sit back and savour the creamy, biscuity ending.



GEHRINGER PRIVATE RESERVE PINOT GRIS
 BC VQA **\$14.99** 347203
 Beautifully pale golden in colour with subtle stone fruit and apple hints, this is one of BC's best value wines. Luscious pear and baked apple flavours with a subtle mineral hint appearing in the lingering finish. Delicious!

CELEBRITY CHEFS

SPICE UP YOUR SPRING WITH VIKRAM VIJ & MEERU DHALWALA



People, especially the married kind, are always looking for ways to spice up their life but for Vikram Vij and Meeru Dhalwala, that has never been a problem. Theirs is a world of spices, an exotic and aromatic array that has found its way from the kitchen into their lives as soulmates and that experience is evident in the famed Vij's and Rangoli restaurants.

Sometimes the humblest of beginnings produce the most exalted of results. When Vikram Vij arrived in Vancouver and started a small 14-seat café, his parents had to shuttle the food from their home because the café was too ill-equipped for cooking. It's difficult to imagine the elegant restaurant that draws global visitors with its contemporary take on classic Indian cooking began in such a fashion. Perhaps the words of Vij's beloved grandfather, Roshan Lal Vij, who told his grandson to "open the finest restaurant in the world," kept the vision fresh in young Vikram's head.

Today, Vij sets the pace for a renaissance in Indian cuisine using the finest local ingredients and near-mythical spice mixtures redesigned for the modern palate. Meeru is equally hands-on in the conception of new culinary dishes although, as her sister jokes, the recipes all seem stolen from their Mom's cooking. Maybe this is what sets Vij's apart from the pack. A reverential groundwork in tradition countered by groundbreaking culinary exploration. The flavours sing of old spice route trading but the setting reflects the best of urban living.

Why do you think Vij's has been such a success?

Vikram: We go out of our way to make sure everything we serve is of superior quality. We buy whole, dry spices, then roast and grind them every day to use in our curries; we make our own yogurt and cheese and partner with local farmers for fresh produce and dairy whenever possible. We also take great pride in the presentation of our food and our service.

THEIRS IS A WORLD OF SPICES, AN EXOTIC AND AROMATIC ARRAY THAT HAS FOUND ITS WAY FROM THE KITCHEN INTO THEIR LIVES AS SOULMATES AND THAT EXPERIENCE IS EVIDENT IN THE FAMED VIJ'S AND RANGOLI RESTAURANTS.

What spices and herbs do you recommend to make Indian food? Should you buy spices whole?

Vikram: In India, they don't have commercial curry blends like they do in North America. It's better to get a few good quality spices. I like turmeric, cumin, coriander, cayenne and black pepper. You don't have to buy them whole, but if you want freshly ground spices, get a separate coffee grinder. The finest spices come from India or Pakistan. Galloway's Specialty Foods in Richmond is a reliable source and you can order them online.

Meeru: We also use garam masala and ground fenugreek seeds, but it's not necessary to use a lot of spices. Our parents, like true Indian cooks, can get by with just a few spices.

How important are tomatoes to Indian cooking?

Vikram: They're crucial. All curries are based on a "masala," which is the tomato, onion, garlic and spice mixture that's prepared before adding the vegetables or meats and serves as the flavour base for all curries. In the winter months, when tomatoes are flavourless, use a high quality brand as cheaper canned tomatoes give curry a slightly acidic taste.

Any tips on kitchen equipment for Indian cooking?

Vikram: Stainless steel knives and heavy bottomed pots. Our all-female staff members are home cooks and don't sharpen knives, so we have Dan Lambert of Knife Pro, a mobile service, come in regularly to get a nice edge on our blades.

Where do you go to eat out?

Vikram: On weekends, we often take our daughters to the Legendary Noodle House for hot and sour soup and hand-pulled noodles.

Meeru: We also go to the Liberty Bakery for black bean soup and the Dutch Wooden Shoe Café for crêpes.

Any future plans?

Vikram: Our plan is to relocate Vij's to a new landmark building

we're going to construct at 15th and Cambie. We'll create a new restaurant concept in the space now occupied by Vij's, but Rangoli, next door, will remain as is. We're also opening a commissary kitchen in Cloverdale where we'll prepare our take-out line of refrigerated and frozen, ready-to-eat Indian dishes.

How did the idea originate to create the refrigerated and frozen, ready-to-eat line?

Meeru: My mother came to stay with us when our second daughter was born. She cooked meals for us everyday, placed the dishes in plastic bags and filled our freezer, so when she left, we had meals for a month. We appreciated the convenience so much that we knew others would too. Our take-out products are now available in over 34 specialty stores.

You have sold 55,000 copies of your cookbook, *Vij's Elegant and Inspired Indian Cuisine*. Are you going to do another cookbook?

Meeru: I'm working on it today (pointing to a package on the table). The new book is going to be more playful than our first venture and the recipes will be all about home cooking. Vikram and I want to call it *Relax Honey* but we're getting resistance about the title from the publisher.

Did you really refuse to let acclaimed US interviewer Charlie Rose into Vij's?

Vikram: I don't know where that information came from. I never refuse anyone. Charlie Rose did not have the time to wait and he was very understanding about our no reservations policy.

Speaking about your no reservations policy, do you plan to change it? And what is the best time to be assured a seat without lining up?

Vikram: We have no plans to change it.

Meeru: 5:30 pm is the best time to show up. But for many, part of the experience is waiting in the bar with a cup of chai and complimentary appetizers.

SPICE UP YOUR SPRING

RECIPES BY
VIKRAM VIJ

Sunny days are just around the corner. As we rise out of the winter doldrums into brighter and longer days, we think of fresh starts and new beginnings.

Whether we start with planting seeds in the garden or pondering a healthier lifestyle, it's all about a renewed outlook and direction.

Here are a few ways to “spice up your spring.” Mildly spicy and very appealing, these vegetarian, seafood and chicken recipes will put a lot of flavour on the table. Our wine recommendations create synergy and are perfect for entertaining or adding a little zest on their own.



PAIRS WITH PRAWNS IN COCONUT MASALA



SANDHILL PINOT BLANC

BC VQA **\$16.99** 541185

A BC golden beauty! The delicate orchard fruit aroma and hint of spice is outstanding. The finish is long and lush with just a touch of tingle on the palate. Ideal with seafood, salads and spicy cuisine.



RODNEY STRONG SONOMA CHARDONNAY

US **\$22.99** 226936

There is a great balance of toasty notes and lively pineapple fruit flavours in this wine and its buttery texture echoes the richness of the coconut and prawns.





PRAWNS IN COCONUT MASALA

MILDLY SPICY AND VERY APPEALING, THESE VEGETARIAN, SEAFOOD AND CHICKEN RECIPES WILL PUT A LOT OF FLAVOUR ON THE TABLE.

PAIRS WITH SAUTÉED ARUGULA AND SPINACH WITH PANEER AND ROASTED CASHEWS



PETER LEHMANN CLANCY'S SEMILLON SAUVIGNON BLANC

Australia **\$16.99** 791848

The Semillon brings luscious starfruit and beeswax flavours to this blend while the Sauvignon Blanc adds pungency and freshness. Intense lime flavours in the wine give an extra lift to the vegetable and paneer dish.



SAUTÉED ARUGULA AND SPINACH WITH PANEER AND ROASTED CASHEWS



TERRE MONTEPULCIANO D'ABRUZZO

Italy **\$13.30** 452771

This medium-bodied red wine has nutshell aromas that echo the cashews in the dish. It is very balanced on the palate with mineral, blackcurrant and dark chocolate nuances.





Taste the magic of a
COPPER MOON



Please enjoy responsibly

FETZER
VINEYARDS

**WHEN YOU'RE GOOD TO
THE EARTH, THE EARTH
RETURNS THE FAVOUR.**

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TAMARIND-MARINATED CHICKEN BREAST IN COCONUT CHICKPEA FLOUR CURRY

PAIRS WITH TAMARIND-MARINATED CHICKEN BREAST IN COCONUT CHICKPEA FLOUR CURRY

Recipes from the book Viji's: Elegant and Inspired Indian Cuisine, © 2006, by Vikram Viji and Meeru Dhalwala. Published by Douglas & McIntyre: an imprint of D&M Publishers Inc. Reprinted with permission of the publisher. Photography by John Sherlock.



**TOMMASI LE ROSSE
PINOT GRIGIO**

Italy **\$19.99** 326488

The mellow pear and spice aromas in this Pinot Grigio provide a nice backdrop for the intense flavours of this dish. The palate has baked apple, pear and peach flavours with a dry, crisp body and universal appeal for table or patio.



**BARON PHILIPPE
DE ROTHSCHILD
ESCUDO ROJO**

Chile **\$17.99** 577155

Roasted bell pepper notes on the nose of this Bordeaux-style blend echo the jalapeño in the curry while the ripe fruit on the palate stands up to the weight of the dish. Elegant and refined, this wine also pairs well with mixed grill.

LA FAMIGLIA

Italia

ICONIC ITALIAN WINES AND THEIR BABY SIBLINGS

When it comes to producing high quality wines, Italy is a superpower. Vines are planted top to bottom along the country and produce a tremendous collection of wines. Some iconic wines, like Barolo, Amarone and Brunello, receive more attention (and higher prices) than others. Many factors contribute to a wine's star status, including vineyard location, winemaking technique and marketing strategy. Most regions also produce uncomplicated, less expensive versions of their icon wines. These baby brothers and sisters grow up in the same region as the great classics, sharing some of their characteristics and affinity with the local cuisine.

Baby brother and sister wines usually hit the market sooner than their iconic siblings, many of which are obliged to spend years aging in barrel and bottle. Generally, production costs are lower for these wines because of factors like less labour-intensive farming and/or higher yields. They have moderate complexity and won't usually benefit from cellar aging. Because most

wine is consumed within 24 hours of purchase and few occasions call for a wine you need to meditate on, little brothers and sisters are often the ideal choice. If you're enjoying a grilled rib steak with friends, you are likely to look for a tasty wine that will stand up to the protein in the meat and refresh your palate between bites. A savoury \$17 Sangiovese may be just as appropriate as a \$75 Brunello.

Some of Italy's greatest wines come from Piedmont in the foothills of the Alps. Because of the continental climate here, summers are warm, winters are cold and autumns are foggy. The fog, or *nebbia*, plays such an important role in shaping the flavour and structure of the wines that the most noble grape variety, Nebbiolo, is named after it. Barolo and Barbaresco, both made from Nebbiolo, have complex aromas of truffles, roses and anise. The wines have high acidity (think sour cherries) and firm tannins that are astringent in their youth. Nebbiolo is best after aging in the cellar where the tannins soften and additional flavours of baking spice and potpourri

develop. Fortunately for lovers of Piedmontese wine and food, the region grows other grape varieties that pair well with the cuisine but don't require aging. The juiciest of these is Barbera. It's easier to grow and ripens earlier than Nebbiolo, making it more cost effective for grower and consumer alike. Like its big brother, Barbera is a great match with stuffed pasta like ravioli with sage and butter sauce. A typical example will have bright red fruit and give a zesty, mouth-watering sensation on the palate.

Amarone della Valpolicella (Amarone for short) is a powerful wine from the Veneto region. It is full-bodied and pleasantly bitter (like drinking strong espresso) with dried fruit flavours. Strong cheeses like Gorgonzola and Parmigiano Reggiano make simple and delicious matches. The wine's characteristics are due, in large part, to the *passito* technique used to make it. Grapes for Amarone are dried to concentrate the sugar and flavour before fermentation into a dry, potent wine. Two other wines in Veneto share some, but not all, of Amarone's qualities.

MOST REGIONS ALSO PRODUCE UNCOMPLICATED, LESS EXPENSIVE VERSIONS OF THEIR ICON WINES. THESE BABY BROTHERS AND SISTERS GROW UP IN THE SAME REGION AS THE GREAT CLASSICS, SHARING SOME OF THEIR CHARACTERISTICS AND AN AFFINITY WITH THE LOCAL CUISINE.

The baby of the family, Valpolicella, is made from the same grape varieties, only undried. It is a light-bodied wine with sour red fruit flavours – a delicious patio sipper. Valpolicella Ripasso is the teenager. The *ripasso* technique involves pouring Valpolicella on the leftover solids (lees) from the Amarone fermentation. This process puts some meat on the Valpolicella's bones, giving it more flavour intensity and a hint of bitterness. Try it with grilled balsamic radicchio and shaved pecorino cheese.

Italy's most planted red grape, Sangiovese, reaches its ultimate expression in Tuscany. Icon wines, such as Brunello di Montalcino and Chianti Classico, have pure fruit, violet notes and a good backbone of acidity. Most of them also have a baby brother or sister. Rosso di Montalcino is truly a baby Brunello, produced from younger vines and subject to shorter aging requirements. Just as Rosso di Montepulciano is a lighter, earlier drinking version of Vino Nobile di Montepulciano. While Chianti Classico is regarded as the most complex Chianti,



there are many baby siblings produced outside the Classico sub-zone. Non-Classico Chianti comes in a range of price points and levels of quality. You may get less concentration but you are very likely to find something affordable to match with a tomato-based sauce.

Indicazione Geografica Tipica (IGT) wines are more like cousins, rather than siblings, to the Tuscan classics. IGTs are usually made with grape varieties or production techniques outside the traditional norms of their regions. One of the most famous of these is

Tignanello, a so-called “Super Tuscan,” that is primarily Sangiovese with a little Cabernet blended in. Famous IGTs are icons in their own right and often have little siblings. For example, Antinori’s Santa Cristina is like a little sister to Tignanello, with a touch Merlot instead of Cabernet.

Because wine and food grow up together in Italy, finding a satisfying match is easy. Stay close to the region that inspired your dinner and pick a member of the wine family that best suits the occasion.

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 **00**
STEFANO FARINA BAROLO
 Italy **\$49.99** 476077
 The nose of this Barolo is haunting with dried roses, mineral, perfume and licorice while the tannins are very firm and will take four to five years in bottle to soften. The palate finishes with warm spice notes.



 **00**
FOLONARI RIPASSO VALPOLICELLA
 Italy **\$19.99** 481838
 The nose is intense on this *ripasso*-style wine with prune, earth and dried cranberries. It is quite full-bodied with spice and plum on the finish.

 **00**
BATASIOLO BARBERA D'ALBA
 Italy **\$17.99** 311555
 Fresh and juicy is what it's all about with this Barbera. The nose has aromas of crunchy cherry and wild herbs while the palate is succulent and savoury.



 **00**
BOLLA VALPOLICELLA CLASSICO
 Italy **\$13.99** 16840
 Oregano, red fruits and pepper notes are very appealing on the nose of this Valpolicella and are followed by a light-bodied, juicy palate. Try it slightly chilled.



 **00**
SANTA CRISTINA TOSCANA IGT
 Italy **\$16.99** 76521
 This is excellent wine for the price with earth, leather and a mixture of black and red fruit aromas on the nose. Fairly lush on the palate with ripe fruit and a good finish.



 **00**
TOMMASI AMARONE DELLA VALPOLICELLA
 Italy **\$59.99** 494393
 The nose of this wine is aromatic and complex with wild flowers, game and dried fruit dominating. It is full-bodied on the palate with exotic baking spice flavours and a long finish.



 **00**
ALTESINO BRUNELLO DI MONTALCINO
 Italy **\$59.99** 139220
 This Brunello is a deep, brick red colour with earth, brine and plummy fruit on the nose. The palate has chewy tannins, coffee bean notes and a long finish.



 **00**
GABBIANO CHIANTI
 Italy **\$14.99** 25155
 This Chianti has bright cherry notes with slight mineral quality. The palate is refreshing and medium-bodied. Great with Tuesday night pasta.



GALETTES



LEEK AND CARAMELIZED
ONION GALETTE
WITH PROSCIUTTO



TOMATO, HERB AND GOAT'S CHEESE GALETTE
IN A CREAM CHEESE PASTRY SHELL

There are many definitions of “galette” in the culinary dictionary. Galettes can be savoury or sweet, large or small but they all have France, crispy, rustic pastry and delicious fillings in common.

The Apple Almond Galette requires a little labour of love, but don't lose heart as you can make the almond cream and the pastry ahead of time. The Tomato Herb Galette makes a lovely lunch and can be served warm or at room temperature with a soup or salad on the side. The Leek and Caramelized Onion Galette is an all-time favourite. Adapted from the queen of galette makers, Deborah Madison, our version includes sweet onions, sage and Appenzeller cheese with crispy prosciutto scattered on top.

The Wild Mushroom Galette is made in individual servings. If time is not on your side there are excellent tinned wild mushrooms available in specialty Italian food stores that you can substitute for making your own filling from scratch.

GALETTES CAN BE SAVOURY
OR SWEET, LARGE OR SMALL,
BUT THEY ALL HAVE FRANCE,
CRISPY, RUSTIC PASTRY
AND DELICIOUS FILLINGS
IN COMMON.



WILD MUSHROOM GALETTES IN PHYLLO PASTRY

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67 calories
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*Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca

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LOUIS BERNARD CÔTES DU RHÔNE VILLAGES

France **\$15.99** 391458
An unbeatable value from France, this medium-bodied, intriguing red has ripe black cherry and blackberry with a hint of cassis flavour in the persistent finish. Pairs well with red meat, cheese and pasta.



DANZANTE PINOT GRIGIO

Italy **\$13.99** 534214
Here's a surprisingly full-bodied white with a zesty lemon character and hints of pineapple and spice. It has a mouth-watering, crisp, dry finish and pairs brilliantly with salads, charcuterie, seafood and poultry.

PAIRS WITH TOMATO, HERB, AND GOAT'S CHEESE GALETTE IN A CREAM CHEESE PASTRY SHELL



FRESCOBALDI CASTIGLIONI CHIANTI

Italy **\$16.99** 545319
Here's a delightfully light and refreshing red wine with a vibrant cherry and raspberry essence and a rich, slightly smoky finish. A perfect companion for tomato-based recipes.



CASAS DEL BOSQUE SAUVIGNON BLANC

Chile **\$17.99** 740878
Lovely and lean! This medium-bodied white is full of fresh herb, grapefruit and sweet apple aromas. Citrus hints appear mid-palate while the finish is well-balanced and lingering.



PAIRS WITH WILD MUSHROOM GALETTE IN PHYLLO PASTRY



NK'MIP CELLARS PINOT NOIR

BC VQA **\$19.99** 626424
Produced in BC's only aboriginal-owned winery, this Pinot Noir has an aromatic bouquet of black cherry, plum and spice that carries through to the palate. Soft tannins in the finish are gentle and long. Outstanding with the Mushroom Galette. *Top 100+ best Values Vancouver Magazine 2010.*



PAIRS WITH APPLE ALMOND GALETTE



FRANGELICO

Italy **\$29.99** 169441
The unique bottle is the first thing to catch your eye. The recipe, dating back more than 300 years, includes wild hazelnuts infused with vanilla and cocoa. The result is an exceptionally smooth and versatile liqueur. Fantastic with the Apple Almond Galette!



KITTLING RIDGE ICEWINE & BRANDY

Canada **\$19.99** 375ml 558999
A sweet treat at a sweet price! This rich, golden blend of cool icewine and smooth brandy is brimming with silky caramel and vibrant orange flavours. Serve well-chilled with your favourite desserts.



CASA LA JOYA RESERVE MERLOT

Chile **\$14.99** 55756
Vibrant, luscious and filled with red and black fruit flavours, this is a well-priced Merlot. Subtle hints of mint and spice show themselves in the balanced finish. An ideal partner to red meats, pastas and pork.



Simply SEAFOOD

After a winter season of hearty meats and stews, the advent of spring spurs on a craving of a different sort. Perhaps it's the longer days and warmer weather that has us leaning towards a lighter alternative. Whatever the reason, seafood is right for spring. It lends itself to all sorts of delicious variations from family meals to elegant entertaining. Our mussel recipe fits both bills. It's delicious with or without Pernod and is quick to put together.

If salads are your preferred choice, our spicy prawn example is simple, flavourful and colourful. Next is a little bit of spring comfort with the tarragon-flavoured risotto. It's a lovely base on which to serve seared local scallops. Bump it up with a drizzle of truffle oil.

Rolled whitefish served with a delicious creamy chive sauce is wonderful with any vegetable or salad. It's simple enough for a weeknight and special enough for a celebration. That's the beauty of seafood. Simple ingredients, short on cooking time and long on flavour.



TRI-COLOURED SALAD WITH SPICY PRAWNS



WHITEFISH ROLL-UPS
WITH CHIVE CREAM

TARRAGON RISOTTO
WITH MARINATED
SCALLOPS



MUSSELS IN PERNOD AND FENNEL

SEAFOOD LENDS ITSELF TO ALL SORTS OF DELICIOUS VARIATIONS FROM FAMILY MEALS TO ELEGANT ENTERTAINING.

PAIRS WITH MUSSELS IN PERNOD AND FENNEL



VILLA MARIA SAUVIGNON BLANC

New Zealand **\$18.99** 342360
Here's a brilliant Sauvignon Blanc from New Zealand. The grapefruit, lemon and lime flavours with brisk acidity and a cool, fresh end are vibrant and clean. A perfect wine for seafood every time!



CHÂTEAU DE SANCERRE

France **\$28.99** 164582
The *terroir* of France shows through in this gorgeous wine with invigorating mineral, flinty and herbaceous notes that echo on the palate. A lively acidity in the bracing finish is cool, well-balanced and clean. Incredible with the mussels!

TRI-COLOURED SALAD WITH SPICY PRAWNS



RUDOLF MULLER RIESLING CHARDONNAY QBA

Germany **\$12.49** 305417
Join the gentle, floral tones of Riesling with the creamy, honeyed smoothness of Chardonnay and you have a food-friendly, silky wine that will delight everyone at the table. At this price it's simple to entertain this spring!



YALUMBA Y SERIES VIOGNIER

Australia **\$18.99** 624502
You won't be disappointed with this Viognier from down under. A full-bodied, lush wine filled with flavours of sweet baked apple and subtle hints of citrus. The spicy finish is long, smooth and lavish.



KORBEL BRUT

USA **\$16.99** 168310
Make seafood special with this beautifully light and crisp bubbly. Subtle nuances of mineral spice in the medium-dry finish are cool and refreshing. It's easy to have a few chilled bottles on hand at this great price.



TARRAGON RISOTTO WITH MARINATED SCALLOPS



INNISKILLIN OKANAGAN CHARDONNAY

BC VQA **\$13.99** 558411
This beautiful BC Chardonnay is ripe with baked apple and snappy citrus nuances. Medium-bodied with a well-balanced acidity and lasting finish it's a well-priced wine to serve with spring seafood or roast chicken.



MEZZACORONA PINOT GRIGIO

Italy **\$15.99** 312801
Fresh and lively is the only way to describe this energetic, medium-bodied white from Italy. Lovely stone fruit, pineapple and crisp citrus notes unite in the glass with a creamy, slightly tingly finish on the palate.



MENAGE À TROIS CALIFORNIA WHITE

USA **\$17.99** 360875
Three's never a crowd in this intriguing blend from California. Aromatic melon, honey and citrus nuances burst from the glass. Peach, spice and lemon grass on the palate lead to the straightforward, clean ending. Ideal with salmon, salads, spicy dishes and chicken.



ASK AN EXPERT

JAMES CLUER, MW

THANKS TO OUR
KNOWLEDGEABLE
READERS FOR THIS ISSUE'S
INTERESTING QUESTIONS.

James Cluer, Master of Wine, is ready and able to answer your wine queries of all sorts – from the basic to the impossible.

Send your questions for James to:

taste.magazine@bliquorstores.com

and include “Ask An Expert” in the subject line.

Look for your answer in the next issue of *TASTE*.

Q I really enjoy dry red wine, however I do not care for wines that contain oak. I drink Valpolicella and Chianti because they seem quite light. I would love to try other dry red wines which are similar to the above two. Can you point me to other European wines which are very low in oak and tannins?

A If you like Valpolicella from Italy then I would recommend trying some Beaujolais from France. Beaujolais is typically unoaked, so this dry, light-bodied red fits the criteria and the juicy red berry flavours should appeal to your palate.

There is some good quality Beaujolais. Check out some of the *crus*. There are ten *crus* and they are all high quality wines of the region that reflect their hallmark on the Gamay grape.

Another wine that is usually dry, low in tannin and light on oak is a basic burgundy made from the Pinot Noir grape. While some AC Bourgogne wines have seen brief oak aging you would be hard pressed to tell. There are lots of options here in the \$20 – \$30 range.

Red wines from the Loire, often made with Cabernet Franc, could be the ticket because they are usually dry, light in body, with cherry and blackberry flavours and not showing much oak. But it really depends on the producer, as there are “maverick”

IN EUROPE, SOUTHERN ITALY AND SOUTHERN FRANCE OFFER SOME EXCELLENT DEALS ON THEIR RED WINES. LOOK FOR AREAS THAT ARE NOT WELL KNOWN. PRODUCERS HERE HAVE A HARDER TIME SELLING THEIR WINES AND THAT WORKS IN YOUR FAVOUR.

winemakers everywhere and I'm generalizing here. Even Chianti can be full-bodied and oaky, as it depends on the producer and maturation as well as your tolerance.

I'm not a fan of heavily-oaked wines either, but in good wine the oak shouldn't be unpleasant. Instead, it should impart another dimension to the wine, some attractive aromas and flavours of vanilla, coffee, spice and cedar. New oak, although a bit heavy in young wines, marries and mellows with wine as it ages.

Q What would you buy if you only had \$15 to spend on a bottle of wine?

A The good news is that you can buy quite a few good quality wines for that price. It really just depends what varietal or style of wine you like.

In sparkling wine I would buy Spanish cava. Wines like Segura Viudas are exceptional value given their production method is the same as champagne. Don't expect anything widely complex, but instead the wine will be dry, medium to light-bodied, crisp and refreshing and showing lots of green fruit.

If Sauvignon Blanc is your favourite, I would seek out wines from Chile, especially those labeled from Casablanca. They are aromatic, pure and focused with Sauvignon's classic herbaceous qualities. Santa Rita makes good, sound wines. Chile's versions are more affordable, however the characteristics are not quite as intense as New Zealand's. It is hard to go wrong with white wines from Chile. This country produces excellent values from a multitude of various grapes.

Pinot Grigios from Italy are another good find in this price range. Chardonnays from Australia are impressive too with their rich, buttery and luscious flavours. For a few dollars more, you can buy delicious Rieslings and Gewürztraminers from Alsace. This region truly epitomizes the beauty and refinement of these grapes in a drier style.

For red wines, Malbec from Argentina is excellent value. It is deep, dark, full-bodied and brimming with juicy black fruits. It is also the best value red wine on the market today.

In Europe, southern Italy and southern France offer some excellent deals on their red wines. Look for areas that are not well

known. Producers here have a harder time selling their wines and that works in your favour. Portuguese reds are incredible value too and Spanish reds from La Mancha rank amongst the best values.

Take a serious look at Chile for Merlot and inexpensive Pinot Noir and to Australia for some unbelievable prices on Shiraz.

For sweet wines, the best values are Canadian late harvest Rieslings and sweet Chenin from the Loire. Spend a bit more and you can buy a true Sauternes for \$20. To cap it all off, late bottled vintage (LBV) port is a fantastic deal with some in the \$20-\$25 range. These exceed the \$15 mark but the serving size is smaller and once opened the bottle will last for about one week.

Quality usually increases with price, but if \$15 is your budget there is quite a lot of choice. It just depends on your preferences.

Q I always thought that wine could only be produced in certain countries and regions but now there seem to be some bizarre places growing grapes. Are the wines any good?

A Mexico, Hawaii, Thailand, Bali, Japan and China all make wine. While some of the wines can taste "unusual," you can find good wines from unlikely places.

I once visited a vineyard just outside Bangkok, called Monsoon Valley. Even more bizarre, it was a floating vineyard where the vines were planted on mounds of earth that rose up out of a shallow lake. You had to walk across a narrow plank to get from one row to the next and the big worry was falling in and getting bitten by a water snake. The grapes were harvested by leaning out of a little canoe and snipping off the bunches.

I think it will be a while before wines from places like this feature amongst the best in the world but modern technology has come a long way allowing for grape-growing in some unlikely places. Nurseries create grape varieties that are suited to very hot or very cold climates. Grape growers use irrigation and canopy management techniques to achieve optimum levels of ripeness. With the use of temperature control, winemakers can fashion some very palatable wines. Right now, most wines from these very non-traditional regions are treated mainly as curiosities. The fun is just knowing they actually exist.

COCKTAILS

1 2 3

THE
STYLE OF
SIMPLICITY

Have you ever wondered who coined the term “less is more?” It’s a much longer and much older story than you might think. As a phrase, it first came up in Robert Browning’s 1855 poem *Andrea del Sarto* about a real-life High-Renaissance painter who used the phrase in the fictionalized poem to respond to critics who found his work lacking in “soul.” As a philosophy, it was taken up by minimalist architects and artists such as Mondrian whose stark, geometric, black and primary-coloured paintings have become universally recognizable. With the “less is more” philosophy in mind, we asked three local bar stars to create a cocktail, using only three steps, showcasing the style of simplicity. Three bartenders plus three steps equals three uncomplicated, classic cocktails you can recreate in your own kitchen. It’s as easy as 1, 2, 3.



THE COCKTAILS



HORNITOS HONEY

1 oz (30 ml) Hornitos Tequila
½ oz (15 ml) Alizé Gold Passion
½ oz (15 ml) organic honey
2 oz (60 ml) cold-pressed apple juice
ice cubes

- 1 Shake in a cocktail shaker.
- 2 Strain into a short old-fashioned glass full of ice.
- 3 Garnish with fresh apple slices.



LA SAGESSE (“WISDOM”)

2 oz (60 ml) vodka
¾ oz (22 ml) grapefruit juice
½ oz (10 ml) lavender simple syrup
2 dashes Angostura orange bitters
ground sage and lavender mixed with sugar, to rim
sage leaf, for garnish

- 1 Pour vodka, grapefruit juice, lavender simple syrup and bitters into a Boston shaker full of ice.
- 2 Strain the shaken ingredients into a chilled martini glass half-rimmed with lavender, sage and sugar mixture.
- 3 Garnish with sage leaf.



MAPLE MULE

1 oz (30 ml) vodka
½ oz (15 ml) spiced maple simple syrup
½ oz (15 ml) fresh lime
ginger beer

- 1 Shake vodka, syrup and lime in a cocktail shaker with ice.
- 2 Strain into a highball glass filled with crushed ice.
- 3 Top with ginger beer, more crushed ice and orange zest.

THE CAST

JASON HALE

Jason Hale is Bar Manager at Yaletown's brand new Society, billed by the Glowbal Group as a place where opposites attract and the unexpected reigns. Jason is a Lower Mainland local who has spent time tending bar and creating cocktail lists at some of the premier venues in Australia, including the Piano Bar in Sydney, which was voted the best new bar in 2008, as well as at top Vancouver eateries including Earl's, Goldfish and The Italian Kitchen.

JINA TOPPIN

Vancouverite Jina Toppin first stepped up to the bar at the Lift in Coal Harbour. Next, at the Revel Room, Jina developed her own philosophy behind the cocktail. Intrigued by herbal ingredients, Jina's cocktails soothe whether with muddled mint and ginger or cold-busting spiced brandy. Jina has landed at Coast Seafood Restaurant, where she continues to bring many more exciting concoctions to the table. About La Sagesse, Jina comments, “with sage, being a healing herb and lavender, being a herb of relaxation, this cocktail is designed to put your mind at ease.”

KYE MELCHERT

Kye Melchert is a true international. He was born in the UK, grew up in Australia and got a taste for the food and beverage industry during a six-year stint in Stockholm, Sweden. He's settled down a bit and has made Vancouver his home for the past four years, starting as Bar Manager at Sanafir, and now as Beverage Manager at Coast Restaurant and O Lounge in the city's downtown core. Just as passionate about wine as cocktails, Kye holds a Certified Specialist of Spirits qualification through the Society of Wine Educators and additional wine training through the International Sommelier Guild.

HOW TO MAKE SIMPLE SYRUP

For ease of preparation the sugar and water components of cocktails are often combined in a “simple syrup.” When mixing drinks, the standard simple syrup is one part sugar to one part water. For a “heavy simple syrup,” the recipe is one part water to two parts sugar. Experiment with flavoured syrups by adding flavour elements during blending.

LAVENDER SIMPLE SYRUP

1 cup (250 ml) sugar
2 cups (500 ml) water
¼ cup (50 ml) edible lavender flowers

Bring water to a boil and remove from heat. Dissolve sugar into hot water. Add ¼ cup edible lavender flowers. Let stand for 15 minutes then strain out lavender flowers. Allow to cool and store in an airtight plastic container in the refrigerator.

SPICED MAPLE SIMPLE SYRUP

2 cups (500 ml) heavy simple syrup
2 cups (500 ml) real maple syrup
10 juniper berries
¼ cup (250 ml) coriander seeds
5 star anise
2 cinnamon sticks
2 pinches cayenne pepper

Add all ingredients to a saucepan and bring to a boil for 2 minutes. Remove from heat. Strain out spices. Cool and store in an airtight container in the refrigerator.

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Contest runs from April 1 to May 4, 2010.

Enter online at www.greatestatesokanagan.com

ADD A LITTLE ZEST OF
CITRUS



CITRUS LEMON
MERINGUE TORTE

Every kitchen should have citrus on hand to add a little “zest” to cooking. The tang provided by lemons, limes, oranges and grapefruit can lift the flavour of many dishes.

The best and most concentrated flavour comes from the essential oils in citrus peel but all parts of the fruit, from finely grated zest to inner wedges, to the juice, can raise a dish to new heights. However, avoid the white pith that separates the peel and fruit as it can be bitter. If using zest, grate finely using a rasp or peel in wide swatches with a vegetable peeler, making sure not to reach the depth of the white pith.

We’ve developed three recipes featuring citrus to pucker up your taste buds. Our Crab and Avocado Salad makes a lovely

light lunch. In this version we suggested orange but you could substitute sweet pink grapefruit.

The Citrus Lemon Meringue Torte might require a little extra effort but the results are well worth it. Hazelnut cake layers alternate with crunchy meringue, all brought together with lemon curd. A little yogurt cuts the sweetness in the curd and the results are delicious.

For a fresh, one-dish meal, we offer a Chili Lime Chicken Salad. The combination of chili, lime and chicken is classic but we took it one step further. Tumbled in a bowl with fresh greens, bacon and tomato for a spicy, tangy combo that works equally well for a healthy lunch or light dinner.



CRAB AND AVOCADO SALAD WITH ZESTY CITRUS SALSA

A TRADITION OF QUALITY REWARDED SINCE 1858



BLENDED BEFORE AGING FOR SUPERIOR SMOOTHNESS

GOLD MEDAL
2009 San Francisco World Spirits Competition
Canadian Club® Sherry Cask Whisky

SILVER MEDAL
2009 San Francisco World Spirits Competition
Canadian Club® Classic

SILVER MEDAL
2009 San Francisco World Spirits Competition
Canadian Club® Reserve

GOLD MEDAL
2008 San Francisco World Spirits Competition
Canadian Club® Classic

SILVER MEDAL
2008 San Francisco World Spirits Competition
Canadian Club® Reserve

Spring Citrus

PAIRS WITH CRAB AND AVOCADO SALAD WITH ZESTY CITRUS SALSA



STONELEIGH SAUVIGNON BLANC
New Zealand **\$16.99** 293043
Pale yellow-white in colour; this wine has attractive, sharp scents of citrus and grass. The exotic tropical fruit flavour combines with lemon, mineral and lime for an invigorating glass of wine. Pair with the salad for a perfect meal.



WIRRA WIRRA SCRUBBY RISE SAUVIGNON BLANC SEMILLON VIOGNIER
Australia **\$16.99** 19372
An attractive blend with brisk pineapple, citrus and melon notes on the palate. The subtle, grassy nuances in the lasting, mineral finish are cool and fresh. Salads, light seafood and shellfish are all favourites with this wine.



CHILI LIME CHICKEN SALAD WITH BACON AND GREENS

PAIRS WITH CHILI LIME CHICKEN SALAD WITH BACON AND GREENS

PAIRS WITH CITRUS LEMON MERINGUE TORTE



SUMAC RIDGE PRIVATE RESERVE CHARDONNAY BC VQA **\$13.99** 273128
Lovely orchard fruit aromas merge with subtle spicy vanilla in this BC Chardonnay. Classic peach and apple flavours with hints of golden pear melt into the faintly creamy, gentle finish. Sure to leave a lasting impression.



WIRRA WIRRA SCRUBBY RISE SHIRAZ CABERNET SAUVIGNON PETIT VERDOT
Australia **\$17.99** 19935
A skilfully-blended, medium-bodied wine with berry fragrances and toasty oak and red fruit flavour. With soft tannins and balanced acidity in the lingering finish, it's a very food-friendly, easy-to-serve wine.



RUSSO LIMONCELLO
Italy **\$31.25** 471623
Bring a taste of Italy to the table with this refreshing lemon liqueur. Made from an infusion of the finest hand-peeled lemons, it's a crisp blast of citrus that is wonderful ice cold alongside the Lemon Meringue Torte or drizzled over ice cream.



SEGURA VIUDAS BRUT RESERVA
Spain **\$15.99** 158493
Bright golden in colour with large, fun bubbles, this cava has flavours of green apples, citrus and subtle spicy hints. Sip, serve as an aperitif or try it with the Lemon Meringue Torte for a dessert delight. *Top 100+ best Values, Vancouver Magazine 2010*



PEPPERS

HOT & NOT

Imagine a culinary world without peppers. Whether it be a sweet bell pepper or a fiery hot chili pepper, the character and flavour of the world's great cuisines would be diminished without this important ingredient.

“Hot” peppers and “not” peppers are both members of the *capsicum* family and are considered either vegetable or spice, depending on the flavour, intensity and fleshiness. Although there are many varieties of peppers, they are commonly divided into two major groupings: sweet bell peppers and hot peppers. Although they share a name due to a similarity in heat, *capsicums* are not related to black pepper at all.

The hot varieties, most usually called chili peppers, are rated for heat on the Scoville scale which tests for the amount of *capsaicin*, the chemical that causes the burning sensation, in peppers. Bell peppers have a rating of zero, while habañeros, sometimes called Scotch Bonnet peppers, rate a searing 100,000

to 350,000 Scoville Heat Units (SHUs).

The Marinated Roasted Peppers dish here is a popular Mediterranean recipe showcasing the various colours of sweet bell peppers. By roasting the skins, the delicate pepper flavour is intensified. The sweet roasted bell pepper, blended with roasted tomatoes and coconut milk, makes a wonderful exotic Thai-spiced soup which can be served with or without the addition of seafood.

The colourful habañeros are the important chili used in the fragrant jerk marinades of Jamaica. Mixed with various citrus and spices, the habañero's heat is barely felt but its intense flavour shines through. And what is the renowned Szechuan cuisine without the addition of the important dried red chili? Here, this simple *capsicum* is used for spicing up classic Szechuan chili chicken. In this case, the chilies are used to enhance the flavour but are not eaten...unless you can handle the heat!

WHETHER IT BE A SWEET BELL PEPPER OR A FIERY HOT CHILI PEPPER, THE CHARACTER AND FLAVOUR OF THE WORLD'S GREAT CUISINES WOULD BE DIMINISHED WITHOUT THIS IMPORTANT INGREDIENT.



JAMAICAN JERK PORK



MARINATED ROASTED PEPPERS

“HOT” PEPPERS AND “NOT” PEPPERS ARE BOTH MEMBERS OF THE CAPSICUM FAMILY AND ARE CONSIDERED AS EITHER VEGETABLE OR SPICE DEPENDING ON THE FLAVOUR, INTENSITY AND FLESHINESS.



SAUTÉED SZECHUAN CHILI CHICKEN



THAI SPICED ROASTED RED PEPPER, TOMATO AND SEAFOOD SOUP



Peppers Hot and Not

FOR RECIPES, PLEASE SEE PAGE 142

PAIRINGS FOR PEPPER DISHES BOTH "HOT" AND "NOT."

PAIRS WITH MARINATED ROASTED PEPPERS



CONCHA Y TORO CASILLERO DEL DIABLO CARMÉNÈRE

Chile **\$13.98** 153270

Dark and brooding with lovely blackcurrant, chocolate and toasty oak notes. Black plum, spices and slight hints of coffee on the palate follow with a well-structured, smooth finish. Perfect with peppers!



LANG FARM RESERVE RIESLING

BC VQA **\$19.90** 426023

BC has some great Rieslings and this is among the best. Apple, lime and melon flavours are generous and well-rounded. The off-dry finish is succulent, juicy and lingering. It's an extremely food-friendly wine so be sure to have a few bottles around for impromptu entertaining.

PAIRS WITH THAI SPICED ROASTED RED PEPPER, TOMATO AND SEAFOOD SOUP



MOILLARD HUGUES LE JUSTE VIOGNIER

France **\$13.99** 639757

Floral aromas are the first sign of what's to come in this well-priced bottle from France but it's the exotic flavours of mango, papaya and peach that greet you. The finish has a silky texture that is soft and long-lasting. *Top 100+ Best Values, Vancouver Magazine 2010.*



SEBASTIANI CHARDONNAY

USA **\$21.98** 361634

With a colour like the golden California sun, the aromas of pear, nectarine and lemon burst from the glass. Silky yellow apple and nectarine flavours are joined by toasty vanilla oak nuances in the complex, balanced finish. A perfect companion to the soup or seafood.



JORGE ORDONEZ GARNACHA DE FUEGO

Spain **\$15.99** 255745

Light a little fire under the meal with this excellent value red from Spain. Rich, dark berries and smoky cherry join hints of chocolate and minerality that merge into the persistent, large finish. Ideal for the Szechuan chicken.



PAIRS WITH JAMAICAN JERK PORK



KANGARILLA ROAD SHIRAZ

Australia **\$24.99** 496729

Luscious purple in colour with deep aromas of cherry and plum, this is definitely a wine to pair with Jamaican jerk spices. A full-bodied Shiraz with dark berry fruit flavours and nuances of spice and oak it's a complex, well-balanced and exceptionally smooth red. *Top 100+ Best Values, Vancouver Magazine 2010.*



SEGHESSIO ZINFANDEL

USA **\$34.99** 428417

A bright and lively wine from California this is the Zin that's in! Medium-bodied with cherry and red fruit flavours, it's lush and well-balanced. A slight spicy hint of pepper in the rich finish adds some punch. Spicy ribs, steaks, fajitas and peppers will match well with this wine.



GUNDERLOCH FRITZ RIESLING QBA

Germany **\$16.99** 320135

When you want to tame the food in front of you, reach for this Riesling! Its lovely bouquet of white flowers with crisp lemon and pineapple on the palate is soft and soothing. The slightly sweet, full finish is drawn out and lush to quell the heat.

THE WINE BAR Revolution

“Wine bars have been uncool for so long it’s easy to overlook what a great idea they are,” says Fiona Beckett, contributing editor of *Decanter* magazine.

Uncool? Maybe in once-upon-a-time London but Vancouver’s flourishing wine bar scene is anything but. Forget the days of intimidating, pretentious wine snobs. Friendly servers and intriguing, appealing and ever-changing wine lists complemented by first-rate small plates are the norm.

Our local wine bars are casual, friendly spots attracting everyone from experienced wine fans who take pleasure in their enduring favourites to budding enthusiasts seeking new taste thrills.

By nature, wine bars have plenty of wines available by the glass. Wine flights (small pours of several wines, usually with something in common) are ideal for trying different wines side by side and it’s common to be offered a taste if you’re unsure about something.

One of Vancouver’s longest established wine rooms, Yaletown’s Brix Restaurant and Wine Bar, opened in

2000. Co-owner David Hannay is the man behind the extensive, user-friendly, globetrotting wine list and he ensures there are at least 60 by-the-glass wines. “We have something for every taste,” he says. Brix, like other wine bars, prides itself on reasonable markups and a small plates menu that features Dungeness crab salad, Kobe beef burgers, and chocolate truffles.

When Cru Wine Bar and Restaurant opened in 2003, owner/wine guy Mark Taylor set the city abuzz with a clever colour-coded wine list (a stellar mix of 50-or-so New and Old World bottles) matched to the menu. Order a flute of bubble – one of the 35 by the glass selections – while you look over Cru’s award-winning small plates menu that tempts with miso-marinated sablefish, Oloroso-sautéed mushrooms and beef tenderloin carpaccio. “Our customers trust us to recommend new wines that they’ll like,” says Taylor. “I also like that wine bars are generally quiet intimate spaces. They’re ideal for first dates,” he notes adding, “Wine drinkers are getting younger. We’re getting lots of 20

some things enjoying wine.”

When Salt Tasting Room arrived on the scene five years ago, its now much-copied cheese, charcuterie and wine concept turned the city on its ear. Located in Gastown’s dodgy Blood Alley, the seminal room features a chalkboard menu with mix-and-match charcuterie, cheese and condiments and a one-page wine list. Servers skillfully assemble tasting plates matched with wine flights for those dithering over choices. General manager Kurtis Kolt’s cool, globally-focused wine list debuts new selections on Friday evenings.

“There is nothing more fun or enjoyable than putting something in a guest’s flight of wine that initially scares them – a pink wine, a sherry, what have you – only for it to quickly become their new favourite thing and something they insist on having upon their next visit,” says Kolt.

Nearby, *Au Petit Chavignol* – busy from lunch through late – was unveiled a year ago on edgy East Hastings Street. Co-owner Joe Chaput is part of the *Les Amis du Fromage* family so it follows that cheese also rules at *Au Petite Chavignol*.



Vancouver Wine Bars

Brix Restaurant and Wine Bar

1138 Homer Street, Vancouver
604 915 9463
www.brixvancouver.com
David Hannay

Cru

1459 West Broadway
604 677 4111
www.cru.ca
Mark Taylor

Salt Tasting Room

Kurtis Kolt
45 Blood Alley, Gastown, Vancouver
604 633 1912
www.salttastingroom.com

Uva Wine Bar

900 Seymour Street
(in Moda Hotel), Vancouver
(604) 632 9560
www.uvawinebar.ca
Sebastien Le Goff

Café Barcelona

1049 Granville Street
604 909 2223
www.cafebarcelona.ca
Beatriz Gil

Lupo Restaurant and Vinoteca

869 Hamilton Street
604 569 2535
www.luporestaurant.ca
Michael Mameli

Au Petit Chavignol

843 East Hastings Street
604 255 4218
www.aupetitchavignol.com
Andy Crimp/ Joe Chaput

OUR LOCAL WINE BARS ARE CASUAL, FRIENDLY SPOTS ATTRACTING EVERYONE FROM EXPERIENCED WINE FANS WHO TAKE PLEASURE IN THEIR ENDURING FAVOURITES TO BUDDING ENTHUSIASTS WHO SEEK NEW TASTE THRILLS.

(There's charcuterie too). German Rieslings – Joe's territory – loom large and are balanced by general manager Andy Crimp's wine picks from other cheese-making countries like France, Italy and Greece. Try a tasting flight of cheeses with bubbles, Rieslings, sherries or sweet wines.

Kitted out in glam Euro-inspired décor, Uva Wine Bar wouldn't be out of place in Milan. In the hands of one of Vancouver's most passionate wine pros, sommelier Sebastien Le Goff, this two-year old *enoteca's* wine list is deeply rooted in Italy with eclectic bottles from Sicily, Tuscany and beyond. "Wine bars are where grown-ups go to have a drink," Le Goff says. "They go to socialize and talk with friends where they're not distracted by TVs. At the beginning they order something easy and familiar. After a few visits they've built trust [in us] and they become more adventurous." Don't miss the *arancini* (crispy risotto balls) and *panelle* (chick pea fritters).

"This is just like Spain," said my flamenco-dancing pal on our first foray to Café Barcelona. Opened last December by a pair of Spaniards, this is Vancouver's most authentic wine

and tapas bar. Co-owner Beatriz Gil's 40-bottle list is loaded with Spanish cava, *rojos* and *blancos*. "People are coming because they love Spanish wine and almost every wine is available by the glass," says Gil. Tapas – smoky *patatas bravas* and one-bite *pintxos* like *txistorra* (spicy sausages) – sing when savoured with a glass or two of wine.

Veteran Italian restaurateurs, Chef Julio Gonzalez-Perini and sommelier Michael Mameli, opened Lupo Restaurant + Vinoteca just days before Christmas. Vino enthusiast Mameli is adept at steering guests to exactly the right wine on his trim, Italian-oriented 60-bottle list. "It's all easy. We make them comfortable, talk and find out what they like. And we're always ready to open any bottle," says Mameli who's thrilled that the clientele, "early 20s to moms and dads," are from the neighbourhood. Lupo's flavourful antipasti – margherita pizettas and wild mushroom risotto – are wickedly wine friendly.

Looking for new horizons or a little adventure? Why not spend an evening experiencing a wine bar or two – there's a world of wine to taste and explore.

The Wine Bar Revolution

SELECT TREASURES FOUND AT LOCAL WINE BARS AND AT BC LIQUOR STORES



LE BOMBARDE CANNONAU DI SARDEGNA

Italy **\$17.02** 571323

Cannonau from Sardinia (also known as Grenache) is bright, slightly rustic and shows ripe plums, red berries and spicy aromas and flavours. Good acidity, balanced and integrated tannins make it a match for ragu, chicken cacciatore and cheeses.



MISSION HILL FIVE VINEYARDS CHARDONNAY

BC VQA **\$13.99** 518530

This fresh, green apple and pear-scented Chardonnay enhances a palate of vanilla, spice, apple and citrus flavours. Round and balanced, it finishes crisp and clean. Enjoy on its own or with Dungeness crab and pasta salads.



RODNEY STRONG CABERNET SAUVIGNON

USA **\$24.99** 226944

Intense and redolent of blackberries, black olives, tobacco and cassis, this Cabernet displays spice, mocha, earth and cedar flavours. Firm tannins and a spicy finish make it a match for grilled beef tenderloin or wild mushroom ragout.



ANTINORI PÈPPOLI CHIANTI CLASSICO

Italy **\$28.99** 606541

There are reasons aplenty why this Tuscan Sangiovese continues its popular reign. Attractive cherry, pepper, leather and chocolate aromas herald fine acidity, rustic earthiness, light spice and vanilla flavours. Try with antipasti, tomato-based pastas or duck.



VEUVE DU VERNAY BRUT ROSÉ

France **\$14.99** 610048

This fresh, fruity French sparkler made from Tempranillo grapes delivers drinking pleasure and fine value. With berry and orange peel aromas, lively bubbles and soft, red fruit, it's a great anytime wine with or without food.



STORKS' TOWER TEMPRANILLO-SHIRAZ

Spain **\$14.99** 366062

Made from Tempranillo, Spain's prime indigenous grape and Shiraz, this vibrant, full-bodied, inky, red displays ripe, peppery black fruit aromas and flavours and strong tannins. Perfect with grilled spicy Spanish sausages (*txistorra*) and burgers.



BALTHASAR RESS RIESLING QbA

Germany **\$14.99** 250506

Refreshing, crisp and elegant this Riesling has mineral, citrus and floral notes and expresses apricot, apple, mineral and citrus flavours on the palate. A great food wine, it soars with cheeses, seafood and Asian dishes.



MIGUEL TORRES VIÑA ESMERALDA

Spain **\$14.49** 165316

A Moscatel and Gewürztraminer blend, this silky, semi-dry, exotically aromatic wine offers a bouquet of roses and lilies followed by peach and tropical fruit flavours. Lively and fresh, it's great with shellfish, melon and *jamon* (Spanish ham).



MARQUÉS DE RISCAL RIOJA RESERVA

Spain **\$28.99** 214817

This lush Tempranillo-dominant red is tempered with 10 percent Graciano and Mazuelo grapes. Cherry, cedar and cinnamon aromas enhance the smooth palate. With refreshing acidity and firm tannins, it pairs nicely with pork, charcuterie and poultry.



HANDMADE PASTA

A TRIO OF FETTUCINE:
SIMPLY FRESH WHITE,
SPINACH AND
SWEET RED PEPPER

For some, the thought of making pasta at home is intimidating. Why bother when making reservations at a pasta restaurant is just a phone call away?

Granted, there's an art and technique to making fresh pasta but it's not as difficult as you might think. The traditional method is to mound flour on a wooden board, make a well in the centre, drop the remaining ingredients into the well and knead with one hand while using a scraper to bring all the ingredients to the centre as you knead. It's satisfying work but can be messy if you're a novice. We discovered a much simpler way using a food processor and taste tests revealed no loss of flavour or texture.

Use a pasta machine to roll out the dough to a perfect thickness and you've cut down the work again, as well as producing more consistent pasta. Hand-operated pasta machines are readily available and as far as kitchen tools go, not expensive.

So what's the difference? Why make pasta at home when you can buy fresh pasta at your local grocery store? The fact is, nothing beats pasta you make from scratch. Not even store-bought "fresh" pasta. The silkiness and lighter, softer texture of your very own homemade pasta just can't be duplicated.

Once you get the hang of it you'll find the possibilities and flavour combinations are endless. We developed a green pea and tarragon pasta that is absolutely sensational with creamy seafood sauce. The spinach pasta has so much spinach flavour and when served with our Fiery Red Sauce it's unforgettable.

Another colourful pasta is red pepper flavoured. Using a red sweet pepper powder available at most fine food stores, this variety has sensational colour and taste.

Making pasta dough is an art and does improve with practice. After a few attempts, you'll get to know your dough and what works in your environment as texture is affected by humidity. Dough too dry? Add a splash of water. Too wet? Add a little more flour. It's that easy!

Now get started and whip up a batch. And while you're at it, make an extra large batch and freeze what you don't use. You'll soon find out who your friends are when it's you they dial for reservations.



PEA AND TARRAGON LASAGNA



LITTLE POTATO CHEESE GNOCCHI

CREATE A
PERFECT PAIRING
FOR
DINNER!



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SWIFTSURE



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3 SIMPLE SAUCES

NOTHING SUITS FRESH, HANDMADE PASTA BETTER THAN FRESH, HOMEMADE SAUCE. HERE ARE THREE DELICIOUS OPTIONS.



WALNUT PARSLEY PESTO

Makes 2 cups (500 ml)

1 cup (250 ml)	walnut halves, lightly toasted
1 cup (250 ml)	flat leaf parsley, lightly packed
¼ cup (50 ml)	capers, rinsed and drained
2	garlic cloves, peeled and minced
1 tsp (5 ml)	lemon zest, finely grated
1 cup (250 ml)	extra virgin olive oil
½ cup (75 ml)	Romano or pecorino cheese, finely grated
	salt and freshly ground black pepper

Place walnuts in a food processor bowl fitted with a metal blade. Pulse on and off in bursts until coarsely ground. Add parsley, capers and garlic and whirl to blend. Scrape down sides of bowl with a spatula. With motor running, gradually add olive oil in a steady stream until blended. Add cheese and salt and pepper to taste. If not serving right away, transfer to a container with a tight-fitting lid. Cover surface of pesto with a thin layer of olive oil and store, tightly sealed, for up to a week.

SEAFOOD CREAM SAUCE

Makes 3 cups (750 ml)

2 tbsp (30 ml)	olive oil
2	shallots, peeled and minced
1	garlic clove, minced
2½ cups (625 ml)	whipping cream
2 oz (60 g)	cold-smoked salmon, cut into julienne strips
¼ cup (50 ml)	Parmesan, finely grated
¾ cup (175 ml)	prawns, peeled and deveined
1 tbsp (15 ml)	fresh dill, finely minced
2 tsp (10 ml)	fresh basil, finely minced
	freshly ground black pepper

Heat oil in a small saucepan. Add shallots and garlic and sauté just until softened. Do not brown. Stir in cream and smoked salmon and bring to a gentle boil. Stir in cheese, reduce heat and simmer until sauce is slightly reduced and thickened. Stir in remaining ingredients and gently simmer until prawns are cooked and sauce is thickened as you like. Add pepper to taste.

FIERY RED SAUCE

Makes 2½ cups (625 ml)

3 tbsp (45 ml)	olive oil
1	small cooking onion, peeled, diced
2	large garlic cloves, finely minced
4	large sweet red peppers, seeded, diced
1	large serrano pepper, seeded, minced
4	ripe tomatoes, diced
2 tbsp (30 ml)	fresh basil, finely chopped
½ tsp (2 ml)	sugar
	sea salt and freshly ground black pepper

Heat oil in a saucepan. Add onion and garlic and sauté until soft and clear, but not browned. Stir in sweet and hot peppers and cook over medium low heat until soft, about 15 minutes. Stir often. Add remaining ingredients and heat through. Add salt and pepper to taste.

VERY SPECIAL EVENTS

JOIN US AS WE CELEBRATE SPRING 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.

MARCH

THURSDAY, MARCH 4 | 3:00 – 6:00 PM

WINE AND DINE WITH ERRAZURIZ

Meet Rodrigo Rodero, regional head of the Errazuriz brand, at this event featuring one of Chile's best known wineries. Try their flavourful wines paired with canapés. Don't forget to check out their online contest!

FRIDAY, MARCH 5 | 4:00 – 6:00 PM

SIZZLE ARGENTINIAN STYLE WITH DOÑA PAULA

Get ready for spring with some Argentinian flair – come get swept away by Doña Paula's line of bold, sophisticated Malbec red wines, complimentary appetizers and the live tango performers at this exciting event.

SATURDAY, MARCH 6 | 2:30 – 5:00 PM

EASY PAIRINGS WITH BODEGA CATENA ZAPATA

Create elegant, no-fuss food and wine pairings with Catena for perfect everyday meals. Try a variety of combinations here, featuring dishes courtesy of Market Meats.

FRIDAY, MARCH 12 | 4:00 – 7:00 PM

THE SAVVY SIPPER SESSIONS

Let our in-house wine experts answer all your questions. Join Product Consultants Karen and Margaret, as well as special guest and *TASTE Magazine* columnist, James Cluer MW, for this month's discussion, "Age: Is it just a number?" We'll taste examples of what time can do to fine wines and discuss the notion of cellaring bottles.

SATURDAY, MARCH 13 | 2:00 – 5:00 PM

GUINNESS CELEBRATES ST. PATRICK'S DAY

Join local Guinness experts and beer connoisseurs as they discuss the history of the Irish brand and how to pour the perfect pint of this unique brew enjoyed across the globe. Complimentary pub-style fare will be served.

THURSDAY, MARCH 18 | 4:30 – 6:30 PM

EXPLORE RHÔNE VALLEY WITH LA VIELLE FERME

Taste a selection of La Vielle Ferme and Perrin wines from Rhône Valley in the south of France, an area known for its lively, rustic, food-friendly wines. Delicious hors d'oeuvres will be served.

FRIDAY, MARCH 19 | 3:00 – 5:00 PM

SIP THE FLAVOURS OF THE OKANAGAN

Discover BC's award-winning winery Calona Vineyards, located in the sunny Okanagan. Try some of their best wines paired perfectly with appetizers by Water St. Café.

SATURDAY, MARCH 20 | 2:00 – 6:00 PM

BUILD A BETTER GOLF BAG WITH MCWILLIAM'S

Putt to win exclusive golf accessories at this fun tasting of McWilliam's wines from Australia, featuring complimentary food pairings. Also, is your palate as good as your swing? Test your skills in our blind tasting format!

SUNDAY, MARCH 21 | 2:00 – 5:00 PM

SUMAC RIDGE PRESENTS DINE OUT FOR LIFE

Meet Great Estates of the Okanagan Chef Roger Planiden and taste his delicious culinary creations as you sip Sumac Ridge wines and learn about the winery's contributions to Friends for Life and A Loving Spoonful.

THURSDAY, MARCH 25 | 4:30 – 6:30 PM

FETZER: EVERY DAY IS EARTH DAY

Celebrate sustainability with California's famous Fetzer winery, where every day is Earth Day. Try their best bottles paired with delicious bites at this event.

FRIDAY, MARCH 26 | 4:30 – 7:00 PM

DISCOVER CHILE WITH CASILLERO DEL DIABLO

Meet Casillero Del Diablo's export manager and sip on a selection of Chilean wines, served with Chilean dishes by Gastown's Cobre Restaurant, as you learn about the winery.

SATURDAY, MARCH 27 | 1:00 – 4:00 PM

BRING OUT THE SUN WITH CAZADORES TEQUILA

Arriba! Sample a variety of classic and new tequila cocktails shaken up by Team Cazadores as you nibble on nacho cups and enter to win a special gift basket.

APRIL

THURSDAY, APRIL 1 | 4:00 – 7:00 PM

LINDEMANS AND NESTLE SAUTÉES

Aussie wine favourite Lindemans is perfect for everyday dinner pairings. Try a selection here, paired with Nestle Sautées, and receive a \$2.00-off coupon for Nestle's new prepared meal packages while supplies last!

SATURDAY, APRIL 3 | 2:00 – 6:00 PM

INTRODUCING STRUT: THE WINE WITH LEGS

Sashay through the Easter long weekend with some long and leggy Canadian wines by new line Strut! Enjoy hors d'oeuvres as you sip on these "perfect fits" to any meal.

THURSDAY, APRIL 8 | TIME TBA ONLINE

CLOUDY BAY PRESENTS PURE DISCOVERY

Unearth the flavours of New Zealand wines by uncorking some Cloudy Bay. This label's wines were the first to put the Kiwi nation on the world winemaking map. Try true New Zealand authenticity here along with tasty appetizers.

FRIDAY, APRIL 9 | 3:00 – 7:00 PM

DISCOVER THE WINES OF ARGENTINA

Get whisked away by the sensuous wines of Argentina. Sample small bites courtesy of BARU Latino Restaurant as you swirl your glass to the beat of live Tango dancers.

SATURDAY, APRIL 10 | 4:00 – 6:00 PM

CROWN ROYAL PLAYOFF MOMENT

This exciting free seminar covers the history and heritage of Canada's finest whisky. Seating is limited – please arrive early to avoid disappointment.

THURSDAY, APRIL 15 | 4:00 – 6:30 PM

FINCA FLICHTMAN CELEBRATES 100 YEARS

A century of excellent wines is no small feat for any winery. Celebrate Finca Flichtman's centennial here with tasty appetizers and samples of their famed Argentinian wines.

VERY SPECIAL EVENTS

PLEASE VISIT OUR WEBSITE
FOR THE LATEST UPDATES
TO OUR EVENT SCHEDULE.
WWW.BCLIQUORSTORES.COM

All information detailed above is accurate at time of publishing. Check www.bcliqorstores.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.

FRIDAY, APRIL 16 | 3:00 – 5:00 PM

RED ROOSTER SPRING TASTING

Located on the Naramata Bench, Red Rooster is one of the Okanagan's most sun-soaked wineries. Taste their wines with hors d'oeuvres by Sutton Place Hotel's Fleuri Restaurant and see for yourself.

SATURDAY, APRIL 17 | TIME TBA ONLINE

A SIP OF EMILIANA VINEYARDS

Chile is known for producing wines of high quality and value, and the Emiliana label is no exception. Enjoy a taste of their best here and find your new spring favourites.

SUNDAY, APRIL 18 | 1:00 – 4:00 PM

YELLOW TAIL: EVERY DROP COUNTS!

This eco-conscious event celebrates Earth Day and what we can each do to reduce our impact on the environment. Sample Yellow Tail wines as you hear from a water conservation society on how to save water and go green.

FRIDAY, APRIL 23 | 4:00 – 7:00 PM

BACARDI MOJITO MIXOLOGY SESSION

Join Team Bacardi as they show you how to make delicious, refreshing Cuban rum Mojitos using Bacardi White and Gold.

SATURDAY, APRIL 24 | 1:00 – 4:00 PM

GREY GOOSE MARTINI MATINÉE

Sip the smooth flavours of clear, neutral Grey Goose vodka, perfect for martinis – the cocktail that never goes out of style. Sample complimentary appetizers and enter to win a gift basket.

FRIDAY, APRIL 30 | 4:00 – 7:00 PM

WOLF BLASS: AUSTRALIAN WINE AT ITS PEAK

Hit all the right notes this weekend! Start yours off with the Wolf Blass team and Claire's Catering, who'll serve up delicious appetizers and Australian wines to the tunes of a live Celtic harpist.

MAY

SATURDAY, MAY 1 | 4:00 – 8:00 PM

SMIRNOFF "BE THERE" EXPERIENCE

Be here or be square! Get a sneak preview of the Smirnoff Experience Party coming up later in May, and sample their unique commemorative cocktails only at this event. You could win VIP tickets to the Smirnoff Experience Party!

SUNDAY, MAY 2 | 1:00 – 5:00 PM

SMIRNOFF "BE THERE" EXPERIENCE

Be here or be square! Get a sneak preview of the Smirnoff Experience Party coming up later in May, and sample their unique commemorative cocktails only at this event. You could win VIP tickets to the Smirnoff Experience Party!

SATURDAY, MAY 8 | 1:00 – 5:00 PM

DISCOVER THE WINES OF ITALY: PART ONE

Join us for this four-part regional exploration of the birthplace of wine and wine culture as we know it.

SUNDAY, MAY 9 | 1:00 – 5:00 PM

BAILEYS CELEBRATES MOTHER'S DAY

Whether served traditionally or as part of a cocktail, Baileys makes the perfect holiday. Enter to win a Fruits & Passion Gift Basket, perfect for you or Mom.

FRIDAY, MAY 14 | 2:00 – 6:00 PM

DISCOVER THE WINES OF ITALY: PART TWO

Join us for this four-part regional exploration of the birthplace of wine and wine culture as we know it.

SATURDAY, MAY 15 | TIME TBA ONLINE

A RAINBOW OF BACARDI FLAVOURS

Mixing fruity, flavourful cocktails has never been easier. Try Team Bacardi's cocktails made with Bacardi flavoured rums: Limon, Coco, Razz and introducing the newest flavour, Dragon Berry!

SUNDAY, MAY 16 | 1:00 – 5:00 PM

DISCOVER THE WINES OF ITALY: PART THREE

Join us for this four-part regional exploration of the birthplace of wine and wine culture as we know it.

THURSDAY, MAY 20 | TIME TBA ONLINE

ROSEMOUNT PRESENTS HELL'S KITCHEN

Join us for an exciting tasting of Rosemount wines from Australia, featuring food from Araxi, Whistler's famed restaurant that spawned celeb chef Gordon Ramsay's latest Hell's Kitchen protégé!

FRIDAY, MAY 21 | 5:00 – 7:00 PM

OKANAGAN SPRING 25TH ANNIVERSARY

Celebrate 25 years of thirst quenching, excellent local beer here at Okanagan Spring's birthday tasting, including tasty appetizers by MyChef Solutions. Try their commemorative 25th anniversary beer here!

SATURDAY, MAY 22 | 1:00 – 5:00 PM

DISCOVER THE WINES OF ITALY: PART FOUR

Join us for this four-part regional exploration of the birthplace of wine and wine culture as we know it.

SUNDAY, MAY 23 | 1:00 – 5:00 PM

CAPTAIN MORGAN EVENT: CALLING ALL CAPTAINS

Ever wonder why they call it "Spiced Rum?" Join the Captain Morgan team in a fun and informative tasting session of rum cocktails and discover the truth behind the label: a complex, unique and flavourful rum.

THURSDAY, MAY 27 | TIME TBA ONLINE

AN EPIC BANROCK STATION TASTING

Banrock Station is proud to be the sponsor wine for the EPIC Sustainable Living Expo. Taste a selection of these earth-friendly wines as you enjoy eco-conscious nibbles by a Green Table member restaurant.

SATURDAY, MAY 29 – TIME TBA ONLINE

PENFOLD'S PREMIUM WINE RELEASE

From the maker of the world-famous Grange wine comes this exciting release of top Australian cellar-worthy wines. Don't miss the unique opportunity to sample these timeless, luxury bottles before adding them to your collection!



BEEF AND OLIVE EMPANADAS

Makes 18 empanadas

DOUGH

2 cups (500 ml)	lard or vegetable shortening
2 cups (500 ml)	water
¼ cup (50 ml)	kosher salt
5½ cups (1375 ml)	all-purpose flour

Combine shortening, water and salt in a large saucepan. Simmer over moderately high heat until shortening melts and salt dissolves. Stir often. Sift flour into a large bowl. Make a well in the centre and pour in shortening mixture. Stir until a dough forms. It will be soft and oily. Pat dough into a 12-in (30 cm) square. Cover and refrigerate until firm, about 1 hour.

FILLING

2	Idaho potatoes
3 tbsp (45 ml)	vegetable oil

2 lbs (1 kg)	beef sirloin, cut into ½-in (1 cm) dice
1 tbsp (15 ml)	unsalted butter
3	small onions, thinly sliced
2 tbsp (30 ml)	mild chili powder
1 tbsp (15 ml)	crushed red pepper
1 tsp (5 ml)	ground cumin
½ cup (125 ml)	water
4	green onions, thinly sliced
1 cup (250 ml)	calamata olives, pitted and coarsely chopped
3	hard-cooked eggs, chopped salt and freshly ground black pepper
	hot sauce (optional)

Gently boil potatoes in their skins in a large pot until fork tender, about 20 minutes. Take care not to overcook. Drain, cool, then peel and cut into ½-in (1 cm) dice. In a large skillet, heat 1 tbsp (15 ml) of oil. Add ½ of the sirloin and cook over high heat without stirring until well-browned on bottom, about 3 minutes. Stir and cook until browned all over, about 3 more minutes. Remove to a plate and repeat with remaining meat, adding 1 more tbsp (15 ml) oil before browning the last batch. Remove to plate. Add butter and remaining oil to skillet. Add onions and sauté over medium-low heat until softened, about 10 minutes. Stir often. Add chili powder, red pepper and cumin and cook over moderate heat, stirring until fragrant, about 3 minutes. Add water and simmer until slightly reduced, about 3 minutes. Stir in the green onions,

browned sirloin and any accumulated juices. Transfer filling to a bowl and cool. Fold in diced potatoes, olives and eggs. Add salt and pepper to taste. Preheat oven to 500 F (260 C).

ASSEMBLY

Cut dough in half and then cut each half into 9 pieces. Shape each piece into a ball. On a lightly floured surface, roll each ball out to a 7-in (18 cm) round. Moisten the outer edge of 1 round. Scoop ⅓ cup (75 ml) filling on one half of the round and fold the other side over the filling. Press the edges down firmly. Then fold edge over onto itself at ½ inch (.5 cm) intervals to seal. Transfer *empanada* to a baking sheet. Repeat with remaining dough. Bake *empanadas* in preheated oven for 20 minutes or until browned and piping hot in the centre. To make ahead, baked *empanadas* can be refrigerated overnight or frozen in a tightly covered container for up to 2 weeks. Re-warm in a 350 F (180 C) oven.

PAIRS WITH

CHAKANA SYRAH

Argentina \$14.99 438325

DOÑA PAULA MALBEC

Argentina \$21.99 631291

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WHOLE BONELESS RIB EYE WITH CHIMICHURRI

Serves 10

- 1-6 lb (3 kg) boneless rib-eye roast, trimmed
- 1½ cups (375 ml) chimichurri sauce (see recipe below)
- coarse salt
- 6 bay leaves

Place rack in lower third of oven and preheat to 450 F (230 C). Pat meat dry with paper towels. Coat on all sides with half of the chimichurri sauce (reserve the rest for serving) and sprinkle with coarse salt. Scatter bay leaves over meat. Place meat in large roasting pan and roast uncovered for 20 minutes. Reduce heat to 350 F (180 C). Continue to roast until a meat thermometer registers 140 F (60 C) for rare or 145 F (63 C) for medium-rare when inserted in centre of meat. Tent loosely with a sheet of foil if meat browns too quickly. Cover and let stand for about 15 minutes before slicing and serving with remaining sauce.

CHIMICHURRI SAUCE

Makes 2 cups (500 ml)

- 1 cup (250 ml) water
- 1 tbsp (15 ml) coarse salt
- 1 whole garlic head, separated into cloves, peeled and minced
- 1 cup (250 ml) packed fresh flat-leaf parsley leaves, minced
- 1 cup (250 ml) fresh oregano leaves, minced
- 2 tsp (10 ml) crushed red pepper flakes
- ¼ cup (50 ml) red wine vinegar
- ½ cup (125 ml) extra-virgin olive oil

Bring water to a boil in a small saucepan. Add salt and stir until it dissolves. Remove from heat and allow to cool. Put garlic, parsley and red pepper flakes in a medium bowl and whisk in red wine vinegar and then olive oil. Then whisk in salted water. Transfer to a jar with a tight-fitting lid and store in the refrigerator. Allow to sit for at least a day before serving with grilled meats. Can be kept refrigerated for up to 3 weeks.

PAIRS WITH

DON MIGUEL GASCON MALBEC

Argentina **\$16.99** 770925

VIÑA COBOS FELINO MALBEC

Argentina **\$19.99** 334789



CHICKEN CHIMEHUIN (PRONOUNCED "SHE MAY WIN")

Serves 4

- 1-2¼ lb (1.3 kg) chicken
- coarse salt
- freshly squeezed juice of 1 lemon
- ¼ cup (50 ml) fresh rosemary leaves, minced
- 1 whole garlic head, separated into cloves, smashed and peeled
- extra virgin olive oil
- Lemon Confit, minced (see recipe below)
- Parsley, Olive Oil and Garlic Sauce (see recipe below)

Using kitchen shears, split chicken down the breastbone and open it out flat. Pat dry with paper towels. Season chicken with salt, lemon juice and rosemary. Push some rosemary under skin. Crush garlic cloves into a coarse paste. Rub garlic all over bone side of the chicken and push some under skin. Set aside. (The chicken can be covered and refrigerated overnight.) Preheat barbecue or heat a very large, deep ridged cast iron grill pan that can hold the chicken laid out flat. Heat pan on the stove over medium heat. Brush ridges well with olive oil. Place chicken, skin side up, on the heated grill or in the grill pan and cook until brown and crispy on the first side, about 15 minutes. Turn chicken and grill on the other side until the skin is brown and crispy and the chicken is cooked through, 10 to 15 minutes longer or until juices run clear when chicken is pierced with a knife. Serve chicken whole, cut in half or in serving pieces. Sprinkle with minced Lemon Confit and serve with Parsley, Olive Oil and Garlic Sauce.

LEMON CONFIT

Makes 2½ cups (625 ml)

Delicious served with grilled meat, poultry and fish.

- 4 lemons
- 2 bay leaves
- 6 black peppercorns
- 2 cups (500 ml) extra virgin olive oil
- ½ cup (125 ml) dry white wine
- 1 tsp (5 ml) coarse salt

Cut lemons in half. Squeeze juice and reserve for another use. Put squeezed lemon halves in a large saucepan and add bay leaves, peppercorns, white wine, salt and 2 tbsp (30 ml) olive oil. Add enough water to completely cover lemons and bring to a boil. Reduce heat and cook gently with lid ajar, over medium-low heat until the lemon peel is tender,

about 2 minutes. Remove from heat and allow lemons to cool in liquid. Remove lemons and discard liquid. Tear peel into rough strips about 1-in (2.5 cm) wide. Place a strip of lemon peel skin side down on the work surface and scrape away all of the white pith, leaving only the yellow zest. Repeat with the remaining peel. Put the strips of lemon zest in a small container and cover completely with olive oil. The confit will keep, tightly covered in the refrigerator, for at least a week.

PARSLEY, OLIVE OIL AND GARLIC SAUCE

Makes ¾ cup (175 ml)

This simple sauce is offered in many Argentinian restaurants as an alternative to chimichurri.

- ½ cup (125 ml) fresh flat leaf parsley, minced
- 1 tsp (5 ml) garlic, minced
- ½ cup (125 ml) extra virgin olive oil
- coarse salt and freshly ground pepper

Combine parsley and garlic in a small bowl. Slowly add olive oil, whisking to combine. The sauce will be bright green and thick with parsley. Season to taste with salt and pepper. Can be kept refrigerated for up to 4 days.

PAIRS WITH

ALAMOS CHARDONNAY

Argentina **\$14.99** 467969

LURTON PINOT GRIS

Argentina **\$13.99** 556746



ROASTED LEMON CAKE WITH LAVENDER SYRUP

LAVENDER SYRUP

- 6 edible lavender flower heads, blanched in boiling water for 1 minute and drained
- ½ cup (125 ml) sugar
- ⅔ cup (150 ml) water
- juice of ½ lemon

Place all ingredients in a small saucepan, bring to a boil then reduce heat and simmer for 3 to 4 minutes. Set aside to cool. Strain, discarding the lavender flowers.

ROASTED LEMON CAKE

- 4 large lemons, washed well and dried
- 6 tbsp (90 ml) sugar
- ¼ cup (50 ml) all-purpose flour
- 1 tsp (15 ml) baking powder
- ¼ cup (50 ml) ground almonds
- ¾ cup (175 ml) butter

¾ cup (175 ml) sugar
4 eggs, beaten

Preheat oven to 375 F (190 C). Grease sides of a 9-in (23 cm) round cake pan and line bottom with parchment paper.

Cut lemons into quarters, then thinly slice, removing any seeds. Sprinkle with 3 tbsp (45 ml) sugar and place onto a baking tray. Roast for 15 minutes or until lightly caramelized on the edges. Allow to cool.

Arrange ¾ of the roasted lemon slices in the bottom of prepared cake pan and sprinkle the remaining 3 tbsp (45 ml) sugar over lemons. Coarsely chop remaining lemon slices and set aside with any juice from the tray.

Reduce oven to 325 F (170 C). Sift flour and baking powder into a bowl and stir in almonds. In a separate bowl, beat butter and sugar together until light and fluffy. Beat in eggs, one at a time until well mixed. Fold in the flour mixture and reserved chopped lemons and juice. Spread batter over the roasted lemons. Bake on a tray in the centre of the oven for 40 minutes. Allow to cool for 15 minutes before turning cake out of pan. Pour lavender syrup over cake, reserving some to garnish when serving. Serve with whipped cream.

PAIRS WITH

GANTON & LARSEN PROSPECT VIDAL ICEWINE

BC VQA **\$39.99** 609974

POL ROGER CUVÉE DE RESERVE BRUT

France **\$62.99** 51953



BRAISED SHOULDER OF LAMB WITH A SPRING VIGNOLE OF ARTICHOKE, PEAS AND NEW POTATOES

Serves 6 to 8

BRAISED SHOULDER OF LAMB

1-3 ½ lb to 4 ½ lb (1.75 kg to 2.25 kg) lamb shoulder, deboned salt and freshly ground black pepper
4 garlic cloves, finely chopped
1 tsp (15 ml) fresh thyme leaves, finely chopped
3 tbsp (45 ml) flat leaf parsley, chopped
4 to 6 grated zest of 1 lemon
2 to 6 thin slices prosciutto
2 tbsp (30 ml) olive oil
1 medium onion, finely chopped
½ cup (125 ml) dry white wine
¾ cup (175 ml) chicken stock

Remove any visible fat from the shoulder leaving the skin on. Season the inside with salt and pepper. Mix together the garlic, thyme, parsley and grated lemon zest. Lay prosciutto over the meat and spread the garlic herb mixture over the inside. Roll up tightly and tie with string.

Preheat oven to 350 F (180 C). In a heavy ovenproof casserole, heat olive oil over medium heat. Add rolled lamb and brown all sides. Add onion and sauté until soft. Add wine and stock and bring to a boil. Place uncovered in oven and cook for 1 ½ hours, turning every 30 minutes to cook evenly.

Remove from oven and allow meat to rest for 20 minutes before carving into thin slices.

SPRING VEGETABLE VIGNOLE

2 tbsp (30 ml) olive oil
1 garlic clove, minced
1 large leek, white part only, thinly sliced
1 lb (500 g) baby new potatoes, cut into ¼-in (.5 cm) slices
12 baby artichokes trimmed and sliced in half lengthwise
½ cup (125 ml) dry white wine
½ cup (125 ml) chicken stock
1 cup (250 ml) fresh broad, fava or soya beans, shelled and peeled
¼ lb (125 g) sugar snap peas
¼ cup (125 ml) fresh or frozen peas
fresh mint leaves, to taste
sea salt and freshly ground pepper, to taste

In a medium saucepan, heat olive oil over medium heat. Add garlic and sauté for 10 seconds then add leek. Cook for 2 to 3 minutes then add potatoes, artichokes, wine and stock. Cover and gently simmer for 15 minutes. Add broad beans, sugar snap peas and peas and cook for another 5 minutes or until potatoes are tender. Add mint and season.

PAIRS WITH

CEDARCREEK PINOT NOIR

BC VQA **\$26.90** 567412

RICOSSA BARBARESCO

Italy **\$21.99** 929406



CHOCOLATE CREAM PAVLOVA WITH MANGO AND MINTED BERRIES

Serves 6

1 ½ cups (375 ml) whipping cream
½ cup (125 ml) dark chocolate, coarsely chopped
2 cups (500 ml) fresh berries (raspberries, blueberries, strawberries)

2 mangos, skinned and cut into ½ -in (1 cm) dice
2 tbsp (30 ml) brandy
2 tbsp (30 ml) orange liqueur
4 egg whites
1 cup (250 ml) sugar
1 tbsp (15 ml) cornstarch
1 tsp (5 ml) vinegar
1 tsp (5 ml) vanilla extract
3 tbsp (45 ml) fresh mint leaves, coarsely chopped

Up to a day before, prepare the chocolate cream by heating the whipping cream to scalding. Remove from heat and whisk in chocolate until smooth. Cover and refrigerate. Combine berries, mango, brandy and orange liqueur. Cover and refrigerate.

To make meringues, preheat oven to 300 F (150 C). Beat egg whites until soft peaks form. Gradually add sugar in stages, making sure it is thoroughly dissolved before adding more. Add cornstarch, vinegar and vanilla and beat on high for 2 minutes to form stiff peaks. Spoon or pipe mixture onto a parchment-lined baking sheet making each Pavlova 4-in (10 cm) in diameter by 2-in (5 cm) high. Leave a 1-in (2.5 cm) gap between each to prevent sticking together while baking. Bake for 75 to 90 minutes. Remove and allow to cool.

Whip chilled chocolate cream until soft peaks form.

To serve, carefully slice the tops off the meringues and reserve. Spoon or pipe chocolate cream onto the meringue base, top with marinated berries and replace meringue top. Garnish top with more berries and their syrup.

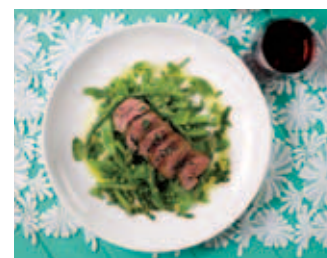
PAIRS WITH

BAILEYS MINT CHOCOLATE IRISH CREAM

Ireland **\$27.99** 555763

KAHLUA ESPECIAL

USA **\$29.29** 600924



SEARED LAMB SOUS-VIDE WITH SPRING VEGETABLES

Serves 4 to 6

4-6 oz (180 g) lamb loins
2 garlic cloves, finely minced
2 to 3 fresh tarragon sprigs
4 to 5 fresh basil leaves, coarsely chopped
½ tsp (2 ml) rosemary, finely chopped
½ cup (125 ml) olive oil
sea salt and freshly ground pepper
heavy duty zip-lock freezer bags
lemon zest

Heat a large saucepan of water to barely simmering (there should be steam visible but no movement on the water surface). Water should be kept at 150 F (65 C) if using a thermometer. Season loins well with salt and pepper and place two loins in each bag. Add the lemon zest, garlic, herbs and oil dividing evenly between the bags. Seal bags tightly squeezing out as much air as possible and place in the slightly simmering water and cook for about 8 to 10 minutes for medium-rare.

Heat a heavy skillet over medium-high heat. Carefully remove the hot lamb loins from the bags discarding the herbs and lemon zest. Quickly sear the lamb on all sides to brown, remove and set aside for 10 minutes keeping warm before slicing.

SPRING VEGETABLE MEDLEY

- 10 asparagus spears
- 1 ½ cups (375 ml) peas, fresh or frozen
- 2 cups (500 ml) snow peas, trimmed
- salt and freshly ground black pepper
- extra virgin olive oil
- fresh mint and basil leaves

Place vegetables in steamer and place over boiling water. Cook until just tender and remove. Season with salt, pepper and a drizzle of olive oil. Garnish with mint and basil and serve with lamb.

PAIRS WITH

LECRANAS EVOHE GARNACHA

Spain **\$17.94** 664367

CLINE CELLARS ZINFANDEL

USA **\$19.99** 489278



RICE STICK AND BUDDHA VEGETABLE SALAD

Serves 4

DRESSING

- ½ cup (75 ml) fish sauce*
- ¼ cup (50 ml) unseasoned rice vinegar
- juice from 1 lime, freshly squeezed
- 1 tbsp (15 ml) sesame oil
- 3 garlic cloves, finely minced
- 2 tbsp (30 ml) sugar
- ½ tsp (2 ml) crushed dried chilies

Combine dressing ingredients in a large bowl. Whisk to blend and set aside.

* Fish sauce is available in the Asian condiment section of most grocery stores.

SALAD

- ½ lb (250 g) medium width rice stick noodles (about half a package)
- 1 large carrot, peeled and cut into thin matchsticks
- 1 cup (250 ml) snow peas, trimmed
- 1 cup (250 ml) bean sprouts
- ½ English cucumber, cut into thin matchstick pieces
- 4 green onions, diagonally sliced
- 12 spicy bean curd squares or deep fried tofu puffs†
- ½ cup (125 ml) each of mint, cilantro and Thai basil leaves
- 2 tbsp (30 ml) peanuts, chopped, toasted
- snow pea shoots, optional

Prepare rice stick noodles according to package instructions. Rinse under cold running water. Drain well and set aside. Blanch carrots, snow peas and bean sprouts, placing in ice cold water immediately. Drain well and pat dry with paper towel. Combine noodles, vegetables, tofu and herbs in a large bowl. Whisk dressing again and drizzle over top. Gently toss to coat. Sprinkle with peanuts. Garnish with pea shoots and serve.

PAIRS WITH

VACQUEYRAS LES CHRISTINS

France **\$26.99** 585315

YALUMBA OXFORD LANDING CHARDONNAY

Australia **\$13.99** 283671



QUINOA AND ROCKET SALAD WITH PINE NUTS, PARMESAN AND LEMON CAPER DRESSING

Serves 4

- 1 cup (250 ml) quinoa
- 2 cups (500 ml) water
- ½ tsp (2 ml) salt
- freshly ground black pepper

DRESSING

- 3 tbsp (45 ml) lemon juice, freshly squeezed
- 1 ½ tsp (7 ml) sugar
- 1 ½ tsp (7 ml) grainy old-style mustard
- ½ cup (75 ml) extra virgin olive oil
- 2 tbsp (30 ml) capers, rinsed and drained

Combine lemon juice, sugar and mustard in a bowl. Whisk to blend. Whisk in olive oil until emulsified. Set aside.

† Spicy bean curd squares and tofu puffs are available fully cooked in the refrigerated section of Asian grocery markets.

SALAD

- 4 cups (1 L) baby arugula leaves
- 1 cup (125 ml) cherry tomatoes, halved
- ⅓ cup (75 ml) mixed olives
- ¼ cup (50 ml) Parmesan cheese, shaved
- 2 tbsp (30 ml) pine nuts, toasted

Thoroughly rinse and drain quinoa. Bring water, salt and pepper to a boil. Add quinoa to boiling water and cook uncovered over medium heat for 15 minutes or until grains are tender but still crunchy. Stir occasionally. Rinse in cold water. Drain well and set aside. Place quinoa in a large serving bowl. Drizzle with dressing and top with arugula, olives and cherry tomatoes. Gently toss together. Serve with shaved Parmesan and toasted pine nuts.

PAIRS WITH

KENDALL JACKSON VINTNERS RESERVE CHARDONNAY

USA **\$23.99** 296566

QUAILS' GATE DRY RIESLING

BC VQA **\$16.99** 308312



LOVAGE SOUP WITH BABY SWISS CHARD AND PARMESAN

Serves 6

Fresh lovage has a flavour that combines the taste of anise and celery. It's a delicious addition to many soups and stews.

- 1 tbsp (15 ml) olive oil
- 1 sweet onion, diced
- 3 cups (750 ml) raw potatoes, peeled and large-diced
- 2-in (5 cm) piece Parmesan rind, optional
- 3 cups (750 ml) vegetable stock
- ½ cup (125 ml) lovage leaves, chopped
- 1 cup (250 ml) whipping cream
- 2 tbsp (30 ml) Parmesan cheese, finely grated
- salt and freshly ground white pepper
- 1 ½ cups (375 ml) baby Swiss chard leaves, washed and spun dry
- chives, chopped, for garnish

Heat oil in a large saucepan with a tight fitting lid. Add onion and sauté over medium-high heat until soft and almost clear, about 5 minutes. Be careful not to brown onions. Add potatoes and stir to coat with oil and onions. Add Parmesan rind (if using) and stock and bring to a boil. Reduce heat, cover and simmer until potatoes are tender, about 15 minutes. Add lovage and simmer for 5 minutes.

Just for the Halibut from page 42

Remove Parmesan rind. Purée soup in a blender (or use hand blender) until smooth. Return to the saucepan and stir in cream and grated Parmesan and heat through, stirring often. Add salt and pepper to taste. Coarsely chop chard and divide among 6 serving bowls. Pour lovage soup over chard and sprinkle with chives.

PAIRS WITH

FETZER VALLEY OAKS GEWÜRZTRAMINER

USA \$14.99 350843

FRENCH RABBIT CHARDONNAY TETRA

France \$13.95 409383



MOROCCAN GRILLED EGGPLANT WITH TOMATO SAUCE

Serves 6

This delicious dish resembles lasagna, substituting eggplant slices for lasagna noodles.

TOMATO SAUCE

- 2 tbsp (30 ml) olive oil
- 1 large sweet onion, finely chopped
- 2 carrots, peeled and finely chopped
- 2 celery stalks, finely chopped
- 28 oz (796 ml) can crushed tomatoes
- 1 cup (250 ml) dry white wine or vegetable stock
- 2 tbsp (30 ml) tomato paste
- 2 tsp (10 ml) each ground cinnamon, cumin and coriander
- ¼ cup (50 ml) golden seedless raisins
- ½ tsp (2 ml) salt
- ½ cup (125 ml) freshly ground black pepper
- ½ cup (125 ml) fresh cilantro, chopped

To make tomato sauce, heat oil in a large heavy saucepan with a tight fitting lid. Add onion, carrot and celery and sauté until soft and onion is slightly golden. Do not brown. Add crushed tomatoes, wine or stock and tomato paste. Bring to a boil. Cover, reduce heat to simmer and cook gently for 20 minutes. Remove lid. Stir in cinnamon, cumin, coriander and raisins. Add salt and pepper to taste. Simmer uncovered for 15 minutes, stirring occasionally, until thickened. Remove from heat and stir in ¼ cup (50 ml) cilantro.

- 2 large eggplants
- 2 large ripe tomatoes, thinly sliced
- ½ cup (75 ml) pine nuts
- olive oil for brushing

Preheat oven to 350 F (180 C). Trim stem from eggplants and slice lengthwise into ¼-in (1 cm) slices. Brush both sides with a little olive oil. Place on a preheated, greased barbecue and grill on both sides until golden and softened. Alternately, lightly brown slices in a frying pan. Remove to a baking sheet and set aside. To serve, lightly brush a 12 cup (3 L) baking dish with oil. Spread a ladle of sauce over bottom of dish to coat. Cover with a single layer of eggplant slices. Repeat layers ending with sauce. Overlap tomato slices on top and sprinkle with pine nuts. Bake in the centre of oven for 30 minutes until piping hot and pine nuts are golden. Allow to rest for a few minutes before serving. Sprinkle with remaining fresh cilantro and serve.

PAIRS WITH

YELLOW TAIL CABERNET MERLOT

Australia \$12.99 322685

JADOT BEAUJOLAIS VILLAGES

France \$19.99 469924



GREEK HALIBUT BROCHETTES WITH YOGURT DIP

Serves 4

YOGURT DIP

- ¾ cup (175 ml) yogurt, thick Greek-style
- ¼ cup (50 ml) English cucumber, peeled and finely grated
- 3 garlic cloves, smashed and very finely minced
- 1 tbsp (15 ml) lemon juice, freshly squeezed

Stir yogurt, cucumber, garlic and lemon juice together until blended. Set aside.

BROCHETTES

- 1 ½ lbs (675 g) halibut filets, boned and skinned
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) lemon juice, fresh squeezed
- 2 garlic cloves, smashed and finely minced
- ½ tsp (2 ml) Dijon mustard
- ½ tsp (2 ml) dried oregano
- ½ tsp (2 ml) lemon zest, finely grated
- ¼ tsp (1 ml) each of salt and freshly ground black pepper
- 2 zucchini, peeled, cut into ¼-in (1 cm) rounds
- 10 cherry tomatoes
- chives, minced for garnish

Cut filets into 1-in (2.5 cm) chunks. Place in a bowl. Whisk together oil, lemon juice, garlic, Dijon, oregano, lemon zest and seasonings to

taste. Drizzle over fish and gently fold in to coat. Preheat barbecue grill. Thread equal amounts halibut cubes alternating with zucchini rounds and cherry tomatoes onto metal kebab skewers. Place on greased grill over medium heat. Close lid and grill for about 8 minutes turning once or until fish is opaque and flakes easily. Place on a heated platter, sprinkle with minced chives and serve with yogurt dip and grilled flatbread.

PAIRS WITH

VERAMONTE SAUVIGNON BLANC

Chile \$13.99 602649

RIGAMAROLE WHITE

BC VQA \$14.99 845552



PLANKED HALIBUT STEAKS WITH SAFFRON CAPER MAYONNAISE

Serves 2

- 2-6 oz (170 g) halibut steaks
- olive oil
- ¼ tsp (1 ml) each cayenne, cumin and turmeric
- cedar plank, untreated, soaked for 1 hour in water
- salt and freshly ground black pepper

Preheat barbecue grill to medium high. Brush steaks with a little olive oil and season with cayenne, cumin, turmeric, salt and pepper. Place plank on grill, cover and heat for about 5 minutes or until plank begins to smoke. Place seasoned steaks on plank. Close lid and grill for 15 to 20 minutes or until fish is opaque and flakes easily. Do not overcook. Centre temperature of fish should read 135 F (57 C) on a meat thermometer. Remove fish on plank and tent with foil. Rest for 2 minutes before removing to a heated platter. Serve with spring greens or vegetables and dollops of Saffron Caper Mayonnaise.

SAFFRON CAPER MAYONNAISE

- ¾ cup (175 ml) low fat mayonnaise
- 2 tbsp (30 ml) juice of 1 Meyer lemon, freshly squeezed
- 1 large garlic clove, smashed and finely minced
- 2 tsp (10 ml) capers, rinsed
- ¼ tsp (1 ml) saffron threads, crushed

Combine all ingredients in a small bowl. Stir to blend.

PAIRS WITH

PENFOLDS KOONUNGA HILL

CABERNET MERLOT

Australia \$16.99 613240



IRONSTONE SYMPHONY OBSESSION
USA \$16.99 355784



CRISPY HALIBUT CHEEKS WITH PARMESAN BREADCRUMBS AND GARLIC SWEET POTATO CHIPS

Serves 4

CHEEKS

- 1 cup (250 ml) toasted flour[‡] or fine dry breadcrumbs
- ½ cup (75 ml) Parmesan cheese, finely grated
- ½ tsp (2 ml) cayenne pepper
- salt and freshly ground black pepper
- 2 eggs, beaten
- 4 cups (1 L) sunflower oil
- 1 lb (500 g) halibut cheeks
- lemon wedges

Combine flour (or breadcrumbs), Parmesan and cayenne pepper together in a shallow bowl. Place beaten egg in separate shallow bowl. Set aside. Pour sunflower oil in a deep fryer or deep heavy bottomed saucepan and heat to 375 F (190 C). (Oil will be hot enough when a cube of bread turns golden in 30 seconds.) Dip fish in egg and then in flour mixture to evenly coat. Deep fry halibut, several pieces at a time, making sure they don't touch. Halibut should be golden and cooked in about 3 to 5 minutes. Remove with a slotted spoon to a paper towel-lined plate and repeat until all halibut is cooked. Place in a low oven to keep warm while cooking chips.

CHIPS

- 1 ½ lbs (675 g) jewel sweet potatoes, cut into strips
- 2 garlic cloves, smashed and finely minced
- 2 tsp (10 ml) fresh rosemary, finely minced
- sea salt

Peel sweet potatoes and cut into 4-in x ½-in (10 cm x 1 cm) strips. Deep fry in small batches, making sure not to crowd the pan, until golden and crisp. Remove with a slotted spoon to a paper-towel lined plate to drain. Season with garlic, minced rosemary and sea salt. Serve cheeks and chips with lemon wedges.

[‡] To toast flour, spread out in a baking pan and bake at 350 F (180 C) until golden. Whisk it regularly to break up flour as it dries. Pass through a sieve before using.

PAIRS WITH
CONCHA Y TORO CASILLERO DEL DIABLO CHARDONNAY
Chile \$13.98 270355
LAMBERTI PINOT GRIGIO
Italy \$14.99 560524



HERB-CRUSTED HALIBUT

Serves 4

- 4-6 oz (170 g) halibut filets, boned and skinned
- ½ cup (125 ml) fresh parsley sprigs
- 2 tsp (10 ml) fresh rosemary, minced
- ¼ tsp (1 ml) sea salt
- ¼ tsp (1 ml) freshly ground black pepper
- finely grated zest from ½ lemon
- 1 ½ cups (375 ml) panko breadcrumbs
- 1 egg white, whisked
- 2 tbsp (30 ml) olive oil

Preheat oven to 375 F (190 C). Line a baking sheet with parchment and set aside. Combine parsley, rosemary, salt, pepper and lemon in a food processor. Whirl in short pulses to coarsely blend. Add bread crumbs and whirl with 2 short pulses to blend. Add egg white and pulse 2 more times. Heat 1 ½ tsp (7 ml) olive oil in a frying pan until smoking. Add fillet, top-side-down and sear until golden around edges. Flip fillet onto prepared baking sheet. Repeat, adding oil to frying pan and searing next fillet until you have 4 filets on baking sheet. Divide crumb mixture among filets, gently patting into surface. Bake in oven for 4 minutes then turn oven to broil to toast crumb topping.

PAIRS WITH
MONKEY BAY SAUVIGNON BLANC
NZ \$15.25 324095
FETZER VALLEY OAKS PINOT GRIGIO
USA \$13.99 353797



CHICKEN, POTATO AND SNAP PEA STIR-FRY IN SESAME CHIVE PESTO

Serves 4

CHIVE PESTO

- ¼ cup (50 ml) fresh chives, chopped
- 1 garlic clove, finely minced
- ¼ tsp (1 ml) salt
- 2 tsp (10 ml) lemon juice, freshly squeezed
- 2 tbsp (30 ml) sesame oil
- 2 tbsp (30 ml) vegetable oil
- 2 tsp (10 ml) tamari soy sauce
- freshly ground black pepper

To make pesto, combine chives, garlic, salt, pepper and lemon juice in a mini food processor. Whirl to blend. Add oils and tamari and whirl until emulsified. Set aside.

CHICKEN STIR-FRY

- 2 large chicken breasts, boneless, skinless, sliced into strips
- 8 olive oil
- nugget potatoes, peeled and scrubbed
- 2 cups (500 ml) sugar snap peas, trimmed
- 1 tbsp (15 ml) sesame seeds, toasted
- ½ tsp (.5 ml) fresh chilies, crushed
- snow pea shoots
- salt and freshly ground black pepper

Have all ingredients ready before starting stir-fry. Pierce potatoes with a skewer and cook in a tightly covered dish in a small amount of water in the microwave until almost cooked through but still firm. Remove and plunge into cold water. Cut into halves. Lightly oil chicken and season with salt and pepper. Heat 1 tbsp (15 ml) olive oil in a large wok over high heat. Add chicken strips and stir-fry until no longer pink. Add potato halves and continue to stir-fry until chicken and potatoes are slightly golden adding more olive oil if necessary. Add snap peas near the end and stir-fry until tender crisp. Fold in snow pea shoots and remove from heat. Fold in pesto and sprinkle with sesame seeds and chilies.

PAIRS WITH
CEDARCREEK PROPRIETORS WHITE
BC VQA \$12.90 214130
DRATHEN BERNKASTEL RIESLING QBA
Germany \$12.99 220699



STEAMED ASPARAGUS SALAD WITH EGGS AND WATERCRESS

Serves 4

DRESSING

2 tbsp (30 ml)	lemon juice, freshly squeezed
1 tsp (5 ml)	fresh dill, finely chopped
½ tsp (2 ml)	Dijon mustard
1	small shallot, peeled and finely minced
¼ cup (50 ml)	olive oil
	salt and freshly ground black pepper

Combine lemon juice, dill, Dijon and shallot in a small bowl. Whisk to blend. Gradually whisk in olive oil until emulsified. Set aside.

SALAD

1 lb (500 g)	fresh asparagus spears
1	large hard-cooked egg, peeled and finely chopped
1	small bunch fresh watercress, rinsed and trimmed

Pour just enough water in asparagus cooker so that stems of asparagus will rest in ½-in (1 cm) of water. Bring water to a boil. Place asparagus stem-side-down in the metal strainer and place in asparagus cooker. Cover and steam until tips are tender but still crisp. Remove and plunge steamer basket with asparagus into ice cold water to stop cooking. Drain and blot dry. Arrange on a platter. Scatter chopped egg over top. Add watercress to platter. Drizzle dressing over all and sprinkle with salt and fresh ground black pepper.

PAIRS WITH

CALONA ARTIST SERIES RESERVE PINOT BLANC BC VQA \$13.99 261024

ARROGANT FROG SAUVIGNON BLANC France \$13.99 914002



SPRING SALMON FILET WITH FIDDLEHEADS, HERBS, BEANS, FETA AND OLIVES

Serves 4

1 lb (500 g)	spring salmon filet, boned
1 ½ cups (750 ml)	fresh fiddleheads, trimmed and well rinsed
1 cup (250 ml)	canned white navy beans, rinsed and well drained
½ cup (125 ml)	mixed olives
¼ cup (50 ml)	goat's cheese feta, crumbled
2 tbsp (30 ml)	fresh mint, coarsely chopped
1 tbsp (15 ml)	fresh dill, chopped
	olive oil
	lemon juice, freshly squeezed
	salt and freshly ground black pepper

Preheat oven to 425 F (220 C). Have all ingredients ready before beginning. Generously brush salmon filet with oil and sprinkle with salt and pepper. Blanch fiddleheads in boiling water, remove and blot dry. Heat 1 tbsp (15 ml) olive oil in a large, oven-safe frying pan over high heat. Add salmon filet, skin-side-up and sear until it begins to turn golden around edges. Flip salmon and sprinkle fiddleheads, beans, olives and feta over top and around it. Place pan into preheated oven. Roast salmon for 5 to 7 minutes or until almost cooked through but still a little rare in the centre. It will continue to cook after removal from oven. Sprinkle with chopped herbs and drizzle with lemon juice.

PAIRS WITH

JOHNNY Q SHIRAZ VIOGNIER

Australia \$14.99 340075

MISSION HILL FIVE VINEYARDS PINOT NOIR

BC VQA \$17.99 118844



STRAWBERRY AND ORANGE-GINGER SHORTCAKES

Serves 6

1 ½ lbs (750 g)	ripe strawberries, hulled and sliced
1 tbsp (15 ml)	orange zest, finely grated

2 tbsp (30 ml)	orange liqueur (optional)
3 tbsp (45 ml)	sugar
½ cup (125 ml)	crystallized ginger, finely chopped
	Ginger Scones (see recipe below)
	sweetened whipped cream or crème fraîche
	icing sugar

Place strawberries, orange zest, orange liqueur and sugar in a large mixing bowl and gently mix well. Cover and refrigerate for a couple hours to allow berries to marinate. Mix in ginger.

ORANGE GINGER SCONES

Makes 12 small 2-in (5 cm) scones

2 cups (500 ml)	non-stick cooking spray
1 ½ tsp (7 ml)	all-purpose flour
¼ cup (50 ml)	baking powder
½ tsp (2 ml)	sugar
¼ cup (50 ml)	salt
¾ cup (150 ml)	shortening
1 cup (250 ml)	whipping cream
1 tsp (5 ml)	buttermilk
1 tbsp (15 ml)	vanilla extract
½ cup (125 ml)	orange zest
	crystallized ginger, coarsely chopped
1 cup (250 ml)	all-purpose flour
3 tbsp (45 ml)	melted butter
2 tbsp (30 ml)	sugar

Preheat oven to 425 F (220 C) and set shelf slightly below centre of oven. Spray an 8- or 9-in (20 to 23 cm) round cake pan with non-stick spray. In a large mixing bowl, mix together flour, baking powder, sugar and salt. Cut in the shortening with your fingers until there are no large lumps. Mix in orange zest and ginger. Slowly add cream, vanilla and some of the buttermilk. Stir gently. Add remaining buttermilk until dough resembles thick cottage cheese (do not over mix).

Spread 1 cup (250 ml) flour onto a plate or pie pan. Scoop dough with a large spoon and place into flour to coat lightly, shaking off any excess, then place onto prepared pan with each ball touching another.

Place pan in oven and bake until lightly browned, about 20 to 25 minutes. Brush with melted butter, sprinkle with sugar and place back into oven for a few more minutes or until golden. Invert onto plate and quickly cut in between the scones. Allow to cool.

TO SERVE:

Slice scones in half sandwich-style and spoon marinated strawberries onto bottom slice. Top with cream and replace scone top. Garnish with icing sugar.

PAIRS WITH

FRESITA

Chile \$15.95 299404

COINTREAU

France \$31.99 6502



CITRUS CRAB CAKE BENEDICT

Serves 4

4 to 8 large eggs
 1 tsp (5 ml) white vinegar
 4 english muffins
 butter
 4 crab cakes (recipe follows)
 Quick Citrus Hollandaise (recipe follows)

In a large saucepan of simmering water, add 1 tsp (5 ml) of white vinegar. Add eggs and poach to desired doneness. Toast and butter english muffins. Place crab cake onto toasted muffin half. Remove and drain poached eggs on a towel and place onto crab cake (recipe follows). Top with warm hollandaise sauce (recipe follows) and serve immediately.

CRAB CAKES

Makes 6 crab cakes

2 tbsp (30 ml) butter
 1 shallot, finely chopped
 1 garlic clove, finely chopped
 ¼ tsp (1 ml) dried thyme
 1 cup (250 ml) Japanese *panko* breadcrumbs
 ½ cup (75 ml) low fat mayonnaise
 ¾ tsp (3 ml) each lemon zest, finely grated and lemon juice
 ¾ tsp (3 ml) each orange zest, finely grated and orange juice
 ½ tsp (2 ml) hot chili sauce
 1 cup (250 ml) crabmeat, moisture removed
 3 tbsp (45 ml) green onions or chives, finely chopped
 1 egg, lightly beaten
 1 tsp (5 ml) Dijon mustard
 salt and pepper to taste

Preheat oven to 425 F (220 C). In a large skillet, melt butter over medium heat and sauté shallot, garlic and thyme until fragrant. Add bread crumbs and stir often until light golden. Transfer to shallow dish. In a bowl mix together mayonnaise, citrus zest and juices and chili sauce. Add crabmeat, green onions, egg and mustard to mayonnaise mixture and stir. Season to taste. Using about 4 tbsp (60 ml) of the mixture, make ½-in (1 cm) thick patties. Press lightly into bread crumb mixture, coating all sides. Place cakes on parchment-lined baking sheet and bake for 15 minutes, turning once, or until crisp and golden.

QUICK CITRUS HOLLANDAISE

¼ cup (50 ml) butter
 2 tbsp (30 ml) fresh lime juice
 2 tsp (10 ml) fresh lemon juice
 pinch salt

4 large egg yolks
 dash Tabasco sauce
 2 tbsp (30 ml) orange juice, freshly squeezed

Place butter, citrus juices and salt into a microwave-safe bowl. Microwave on high until butter melts. Whisk to mix and to cool slightly. Add egg yolks and whisk until well blended. Cover with plastic wrap and microwave on medium (50%) for 15 seconds. Whisk until well blended. Repeat twice until sauce has thickened. Whisk in Tabasco sauce.

PAIRS WITH

SEGURA VIUDAS BRUT ROSÉ

Spain \$15.99 5835

OYSTER BAY CHARDONNAY

NZ \$19.99 326728



LEMON RICOTTA PANCAKES WITH MAPLE RASPBERRY SYRUP

Makes 10 4-in (10 cm) pancakes

4 large eggs, separated
 1 cup (250 ml) ricotta cheese
 ½ cup (75 ml) cottage cheese
 juice and zest of 1 lemon
 flour
 ½ cup (125 ml) sugar
 2 tbsp (30 ml)

Preheat griddle to 350 F (180 C). In a large bowl, mix together egg yolks, ricotta cheese, cottage cheese, lemon juice and zest until just combined. Blend flour and sugar and stir into ricotta mixture. Beat egg whites until stiff and carefully fold ¼ into batter. Fold in remaining whites. Drop ¼ cup (50 ml) batter onto greased griddle for each pancake. Cook for 1 to 2 minutes each side or until golden.

MAPLE RASPBERRY SYRUP

1 cup (250 ml) orange juice, freshly squeezed
 1 cinnamon stick
 2 tbsp (30 ml) orange zest, grated
 1 cup (250 ml) pure maple syrup
 ¾ cup (150 ml) raspberries

Combine orange juice and cinnamon stick in a small saucepan over medium heat and simmer for 8 minutes or until reduced to ½ cup (125 ml). Add orange zest and maple syrup and stir. Add raspberries and mash gently to release juices. Strain syrup through a fine-mesh sieve.

PAIRS WITH

SEE YA LATER RANCH PINOT GRIS

BC VQA \$19.99 75739

INNOCENT BYSTANDER MOSCATO

Australia \$13.99 573618



SPRING BABY VEGETABLE SALAD WITH PARMESAN VINAIGRETTE

8 to 10 baby leeks, washed and trimmed, dark green part removed
 8 to 10 baby fennel, trimmed and rinsed
 6 to 8 asparagus, ends removed, cut into 1-in (2.5 cm) pieces
 1 cup (250 ml) fresh or frozen peas
 8 to 10 baby carrots, washed and trimmed
 2 small heads butter lettuce
 2 cups (500 ml) watercress sprigs
 assorted baby greens such as sorrel, mint, spinach, arugula
 1 bunch chives, cut into 1-in (2.5 cm) pieces
 3½ tbsp (52 ml) Parmesan cheese, freshly grated
 ½ cup (125 ml) extra virgin olive oil
 1 juice of 2 lemons
 1 garlic clove, finely minced
 sea salt and freshly ground pepper
 shaved Parmesan cheese for garnish

Bring a medium saucepan of salted water to a boil and quickly blanch the vegetables in succession leaving the carrots until last, as they stain the water. Immerse vegetables immediately into an ice bath, drain and place into a large bowl. Gently rinse and dry lettuce, tearing larger leaves and place in a bowl along with assorted baby greens and chives.

Whisk together Parmesan cheese, olive oil, lemon juice and garlic. Season to taste. Pour some dressing over salad greens and gently toss well to cover. Place onto serving plates. Add remaining dressing to vegetables and toss to coat then place onto lettuce. Garnish with Parmesan shavings.

PAIRS WITH

MARQUIS DE LA TOUR BRUT

France \$14.99 140418

MASI MASIANCO PINOT GRIGIO VERDUZZO

Italy \$17.99 244681



SOY MARINATED SABLEFISH

SABLEFISH MARINADE

2 tbsp (30 ml)	light, low-sodium soy sauce
2 tbsp (30 ml)	sake
½	star anise
1	sprig fresh thyme, smashed with back of knife to release oils

Place all the ingredients of the marinade in a small bowl. Place sablefish flesh-side-down in marinade. Marinate for 30 minutes.

COOKING SABLEFISH

3 oz (90 g)	marinated sablefish, bones removed
3 tbsp (45 ml)	vegetable oil
	kosher salt
	freshly ground black pepper

Heat small frying pan. Add oil and sablefish. Season fish with kosher salt and pepper to taste. Sear flesh-side-down first, then skin-side. Turn down heat and cook for 5-6 minutes. Fish is done when it feels springy when poked with your finger.

TEA SMOKED SCALLOP SASHIMI

2	Japanese Hokkaido scallops
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FOR SMOKING

½ cup (125 ml)	applewood smoking chips
1	star anise
1	tea bag of good quality jasmine tea
3	ice cubes

Place applewood chips, star anise, tea bag and ice cubes in a double layer of foil and seal tightly. Poke 12 holes in the top with a sharp knife. You will need a small pot or roasting pan with a lid and a rack that fits inside the pot.

Place the foil package directly on the heat until it smokes. (This will create quite a bit of smoke. To avoid setting off smoke alarm, use outdoor barbecue or have stove fan on highest setting.) Place pot on unused stove burner. Once package starts to smoke, place foil in the bottom of the pot and place rack over foil. Place scallops on rack, cover and let sit 15 minutes.

BLACK BEAN AND TOMATO TAPENADE

1 tbsp (15 ml)	vegetable oil
2 tbsp (30 ml)	white onion, finely diced
½ tsp (2 ml)	garlic, chopped
½ tsp (2 ml)	fresh ginger, grated

3 tbsp (45 ml)	fermented black beans [§]
¼ cup (50 ml)	chicken stock
2 tbsp (30 ml)	light, low-sodium soy sauce
½ tsp (2 ml)	sambal oelek [¶]
2 tbsp (30 ml)	cooking wine
2 tbsp (30 ml)	tomato, finely diced

In a small fry pan heat vegetable oil. Add onions, garlic, ginger and black beans. Deglaze with cooking wine then add in all other ingredients except tomato. Cook till the mixture is almost dry. Once cooled add in diced tomato.

MISO GARLIC CREAM SAUCE

1 tbsp (15 ml)	vegetable oil
¼ cup (50 ml)	white onion, chopped
1 tbsp (15 ml)	garlic, chopped
1 tbsp (15 ml)	ginger, chopped
3 tbsp (45 ml)	Chinese cooking wine
½ cup (125 ml)	heavy cream
1 tbsp (15 ml)	yellow miso
1 tbsp (15 ml)	light, low-sodium soy sauce
1 tbsp (15 ml)	oyster sauce
	salt and pepper to taste

In a small fry pan heat vegetable oil. Add onions, garlic and ginger. Deglaze with cooking wine, let cook till dry. Add in cream and cook for 6 minutes. Add all other ingredients and let cook for 5 minutes. Season to taste with salt and pepper, strain.

TO SERVE

Place a bed of sautéed pea leaf and baby bamboo rootlets cooked with sweet white onion and garlic, finished with a shot of Chinese cooking wine and soy sauce on a plate. Add one piece of sablefish topped with a sliced smoked scallop, pea shoots and a dollop of Black Bean and Tomato Tapenade. Place Miso Garlic Cream Sauce on side.

PAIRS WITH

PIPER HEIDSIECK BRUT

France **\$58.98** 462432

GEHRINGER PRIVATE RESERVE PINOT GRIS

BC VQA **\$14.99** 347203



SPRING THYME DUO OF LAMB

GINGER-CRUSTED RACK OF LAMB

½	rack of lamb (about ¾ lb (12 oz) with bone)
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[§] Fermented black beans or *douchi* are available in the Asian specialty stores.

[¶] *Sambal oelek* is a prepared chili sauce made with red chilies, salt and lime. Available at Asian specialty stores.

For this portion of the dish you will use ⅔ of the ½ rack of lamb. Reserve the rest for the Crispy Lamb Chips.

MARINADE

1 tbsp (15 ml)	vegetable oil
1 tbsp (15 ml)	Chinese cooking wine
2 tbsp (30 ml)	light, low-sodium soy sauce
2 sprigs	fresh thyme (stems removed and finely chopped)
½ tsp (2 ml)	ground ginger
	kosher salt and fresh cracked black pepper to taste

Mix marinade ingredients together. Marinate ⅔ of the ½ rack of lamb for 20 minutes. Reserve marinade for Crispy Lamb Chips.

TO COOK

Preheat oven to 375 F (190 C). Add 3 tbsp (45 ml) vegetable oil to an oven safe frying pan. When oil is smoking, place lamb in pan flesh-side-down. Sear and place into the oven. For medium-rare bake for 8 – 10 minutes. When lamb is cooked to your taste (use meat thermometer to determine doneness) remove from oven, place on plate and let rest for at least 5 minutes.

CRISPY LAMB CHIPS

	reserved ⅓ of ½ rack of lamb, cut into ¼-in (.5 cm) slices
	reserved marinade
½ cup (125 ml)	potato starch or cornstarch
¼ tsp (1 ml)	ground ginger
4 cups (1 L)	cooking oil
	salt and pepper to taste

Slightly pound lamb slices to tenderize. Marinate for 20 minutes in reserved marinade. Mix ginger, salt and pepper into potato or cornstarch. Coat lamb slices with seasoned starch. Heat cooking oil in deep pot to 350 F (180 C). (Test the oil temperature with a cube of white bread. Drop bread into the oil. If it burns, oil is too hot. If it sinks, oil is not hot enough. If bread browns nicely, oil is correct temperature.) Drop the coated lamb slices into hot oil and let cook for 5 minutes or until crispy.

BRAISED SHIITAKE MUSHROOMS

1 tbsp (15 ml)	vegetable oil
1 tbsp (15 ml)	Chinese cooking wine
2	large, fresh shiitake mushrooms, stems removed
1	garlic clove
¼ cup (50 ml)	chicken stock
3 tbsp (45 ml)	light, low-sodium soy sauce
1 tbsp (15 ml)	oyster sauce

Add oil and garlic to a small saucepan. Deglaze with cooking wine. Add chicken stock, soy sauce and oyster sauce. Let simmer for 20 minutes or until mushrooms are tender.

TARO ROOT CAKE

¼ cup (50 ml)	taro root, peeled and coarsely grated
½ tsp (2 ml)	garlic, chopped
¼ tsp (1 ml)	fresh ginger, grated

1 tsp (5 ml) Chinese cooking wine
 1 tsp light, low-sodium soy sauce
 kosher salt and fresh cracked black pepper to taste

Place all ingredients in bowl, mix well. Form cakes into 2½-in (6 cm) diameter discs about ½-in (1 cm) thick, either by hand or using a ring mould. Pan-fry in a non-stick pan and place in oven at 350 F (180 C) for 20 minutes or until cooked through.

MINTED QUAIL EGG RAVIOLI

6 wonton wrappers
 3 quail eggs, yolks only
 3 fresh mint leaves, thinly sliced
 ¼ tsp (1 ml) fresh ginger, grated

Crack each quail egg, reserve yolks and discard whites. Mix the sliced mint and grated ginger together. In one hand place one wonton wrapper, place approximately ¼ tsp (1 ml) of mint and ginger mixture, then gently place the egg yolk on top. Wet the edges of the wonton wrapper and place another wrapper on top. Using a knife or cookie cutter, cut around the filling. Make sure not to cut too close or filling will leak out.

Place completed ravioli into a pot of boiling water for 2-3 minutes. Yolk should remain runny.

BLACK CHERRY JUS

The easiest way to make this sauce is to buy a premade demi-glaze or Cabernet jus from your local gourmet food store.

FOR THE SAUCE

¼ cup (50 ml) premade or store bought demi-glaze or Cabernet jus
 3 tbsp (45 ml) fresh dark cherries, pitted and halved (tinned may be used)
 2 sprigs fresh thyme, stems removed, finely chopped

Place demi-glaze, dark cherries and thyme in a small saucepot. Bring to boil, then reduce heat and let simmer 5-8 minutes to incorporate flavours.

TO SERVE

Put Taro Cake on plate, top with shiitake mushroom and 3 Crispy Lamb Chips. Place 1 Quail Egg Ravioli next to the stack. Cut lamb into chops. Lean 3 chops against Taro Cake stack and top with greens. Spread Black Cherry Jus on side.

PAIRS WITH

DUCK POND CELLARS PINOT NOIR

USA \$29.99 427872

J.LOHR WILDFLOWER VALDIGUIÉ

USA \$16.99 326686



ROASTED ASIAN PEAR SPRINGROLL

SPRING ROLL FILLING

1 Asian pear
 1 sprig Thai basil – leaves only and finely sliced
 1 cake palm sugar
 ½ each star anise
 3 each spring roll wrappers

Dissolve the palm sugar cake in ¼ cup of water, cook over low heat and let cook out so that the sugar completely melts. Add in star anise and let cook until thick as maple syrup. Peel and dice Asian pear. Heat medium fry pan, add in Asian pear. Sauté until fork tender and sides are nicely caramelized. Add in the syrup, mix well and set aside.

Heat cooking oil in deep pot. Place 1 tbsp (15 ml) of filling in each spring roll wrapper. Roll up carefully. Place in heated oil until outside is brown and crispy. Use a mixture of water and flour as glue to keep the spring rolls together.

GINGER PEAR PURÉE

1 can small can of pears in juice
 1 tbsp ground ginger

Preheat oven to 375 F (190 C). Place pears on baking sheet and bake until dried out and caramelized. Cool. Place pears in blender. Add ginger and blend until smooth.

JASMINE TEA CRÈME ANGLAISE

1 egg yolk
 1 tbsp sugar
 ¼ cup milk
 ½ cup heavy cream
 1 jasmine tea bag

Scald milk and cream with jasmine tea bag. Mix sugar and egg. Temper egg and milk mixture slowly. Cook over *bain marie* until thick enough to coat back of spoon, stir frequently to avoid lumps. Strain through fine sieve.

ASSEMBLY

Pour 2 tbsp (30 ml) of Ginger Pear Purée and 2 tbsp (30 ml) Jasmine Tea Crème Anglaise on seving plate. Cut spring rolls in quarters. Stand up quarters in sauce on plate.

PAIRS WITH

GIFFARD POIRE PRISONNIÈRE POIRE WILLIAM

France \$88.92 218354

NAVAN

France \$41.99 354860



PRAWNS IN COCONUT MASALA

Serves 6

This recipe can be served as an appetizer. On its own, the masala goes well with naan or rice.

30 prawns, shelled and deveined
 2 tsp (10 ml) salt
 2 tbsp (30 ml) canola oil
 ½ tsp (2 ml) cumin seeds
 2 large onions, chopped
 3 large ripe tomatoes, finely chopped
 2 tbsp (30 ml) coconut milk, stirred
 2 tbsp (30 ml) red wine vinegar
 2 tsp (10 ml) green chilies, chopped
 3 bunches green onions, white and green parts, chopped

Place prawns in a colander and rinse under cold water. Allow excess water to drain. In a bowl, combine prawns and 1 tsp (5 ml) of salt. Cover with plastic wrap and set aside in the refrigerator while you make the coconut masala.

In a large frying pan, heat oil for 1 minute on medium-high. Add cumin seeds and allow them to sizzle for 30 seconds. Add onions and sauté 5 minutes or until dark brown but not burned. Stir in tomatoes, coconut milk, vinegar, chilies and the remaining 1 tsp (5 ml) of salt. Cook for 5 minutes or until tomatoes are cooked through. Add green onions and stir well. Add prawns, stirring constantly until they become pinkish-orange. This will take about 3 minutes. Take care not to overcook prawns. Immediately remove from heat.

TO SERVE:

Place 5 prawns on each of six small shallow plates. Top each serving with ½ of the coconut masala.

PAIRS WITH

SANDHILL PINOT BLANC

BC VQA \$16.99 541185

RODNEY STRONG SONOMA CHARDONNAY

USA \$22.99 226936



SAUTÉED ARUGULA AND SPINACH WITH PANEER AND ROASTED CASHEWS

Serves 6

2 oz (60 g)	whole, raw, unsalted cashews
½ lb (250 g)	arugula
1 ½ lb (750 g)	spinach
½ cup (125 ml)	canola oil
1 tbsp (15 ml)	cumin seeds
3 cups (75 ml)	tomatoes, puréed
1 tbsp (15 ml)	
+ 1 tsp (5 ml)	ground black mustard seeds
½ tsp (2 ml)	turmeric
1 tbsp (15 ml)	salt
1 tsp (5 ml)	cayenne pepper, crushed
3 cups (750 ml)	water
1 ½ cups (400 ml)	coconut milk, stirred
9 oz (260 g)	paneer (mild Indian cheese), in 12 equal slices

Preheat oven to 375°F (190 C). Spread cashews on a baking tray and bake for 3 minutes. Gently stir cashews to roast them evenly. Return to the oven for another 3 minutes or until golden brown. Watch carefully because cashews can burn quickly. Remove from the oven and cool for at least 30 minutes.

Cut the tougher bottom stems, about 1 ½-in (3.5 cm), off the spinach. Combine spinach and arugula in a large bowl.

Heat oil in a large frying pan on medium-high heat for 1 minute. Add cumin seeds, stir and allow to sizzle for 30 to 45 seconds. Add tomatoes, mustard seeds, turmeric, salt and cayenne. Stir and reduce the heat to low, then cover and cook for 5 minutes. Remove the lid and stir. The top of the masala should glisten with oil. If not, cook uncovered for another 1 to 2 minutes to make sure the spices are cooked through.

Stir in water and increase the heat to medium. Bring to a boil, then reduce the heat to low and cook at a low boil for 5 to 8 minutes. Add coconut milk, increase the heat to medium and continue cooking until it resumes boiling. Add greens and cook them for 2 minutes, stirring regularly.

TO SERVE

Place 2 slices of paneer in each of six large bowls. Pour the curry and green leaves over the paneer. Top the greens with 6 to 7 roasted cashews per bowl.

PAIRS WITH

PETER LEHMANN CLANCY'S SEMILLON SAUVIGNON BLANC

Australia **\$16.99** 791848

TERRE MONTEPULCIANO D'ABRUZZO
Italy **\$13.30** 452771



TAMARIND-MARINATED CHICKEN BREAST IN COCONUT CHICKPEA FLOUR CURRY

Serves 6

Because the chicken is grilled, there is a lot of oil in the marinade. Paprika is to give the brown colour of the tamarind a reddish tone and is optional.

2 ¼ lb (1.125 kg)	boneless chicken breasts, lightly poked all over with a knife (about 6 oz (180 g) per serving)
¾ cup (150 ml)	tamarind paste
2 tbsp (30 ml)	garlic, chopped
¾ cup (175 ml)	canola oil
3 tbsp (45 ml)	sugar
1 tsp (5 ml)	cayenne pepper, ground
1 tbsp (15 ml)	Mexican chili powder
1 tbsp (15 ml)	paprika (optional)
1 ½ tbsp (21 ml)	salt

Cut each chicken breast in half horizontally and trim off the fat. Combine tamarind paste, garlic, oil, sugar, cayenne, chili powder, paprika and salt in a large bowl. Add chicken breasts and mix well. Make sure chicken is well-covered in the marinade. Cover with plastic wrap and refrigerate for 3 hours.

CURRY

½ cup (125 ml)	canola oil
1 ½ lb (750 g)	onions, thinly sliced
7	large garlic cloves, thinly sliced lengthwise
8 oz (250 g)	tomatoes, finely chopped (2 medium)
1	large jalapeño pepper, chopped
½ tsp (7 ml)	ground cumin
2 tbsp (30 ml)	ground coriander
1 tsp (5 ml)	cayenne pepper, crushed
1 tsp (5 ml)	turmeric
1 ½ -in (3.5 cm)	whole cinnamon stick
1 ½ tbsp (21 ml)	salt
5 tbsp (75 ml)	chickpea flour
6 cups (1.5 L)	water
1 cup (250 ml)	coconut milk, stirred

Heat oil in a pot on medium heat for 1 minute. Add onions and sauté until brown, about 10 minutes. Add garlic and sauté for another 3 to 4 minutes,

until golden brown. Some of the onions will seem slightly burned at the edges, this will add flavour. Stir in tomatoes, jalapeño pepper, cumin, coriander, cayenne, turmeric, cinnamon stick and salt and cook for 5 to 8 minutes, or until oil glistens through the tomatoes. Reduce the heat to low.

In a separate mixing bowl, combine chickpea flour and 1 cup (250 ml) of water and mix thoroughly with a whisk, removing all lumps. Add the chickpea mixture and the remaining water to the curry. Stir well and increase the heat to medium. Once curry starts to boil, reduce the heat to low. Add coconut milk. Simmer curry for 20 to 25 minutes, stirring regularly. The curry will thicken as it boils. Cook until it has the consistency of a cream sauce.

Preheat a stovetop flat-iron grill or barbecue to high heat. Grill each ½ chicken breast on one side for 4 to 5 minutes. Turn chicken over and grill for another 4 to 5 minutes. Gently poke the breasts with a knife to be sure they are cooked through. If the meat is still pink, grill each side for 1 minute more.

TO SERVE

Place equal portions of grilled chicken breast on each plate. Pour ½ cup (125 ml) of piping hot curry over each serving.

Recipes are from the book *Vij's: Elegant and Inspired Indian Cuisine*, © 2006, by Vikram Vij and Meeru Dhalwala. Published by Douglas & McIntyre: an imprint of D&M Publishers Inc. Reprinted with permission of the publisher. Photography by John Sherlock.

PAIRS WITH

TOMMASI LE ROSSE PINOT GRIGIO

Italy **\$19.99** 326488

BARON PHILIPPE DE ROTHSCHILD ESCUDO ROJO

Chile **\$17.99** 577155



LEEK AND CARAMELIZED ONION GALETTE WITH PROSCIUTTO

Serves 4

PASTRY

2 cups (500 ml)	all-purpose flour
1 tbsp (15 ml)	sugar
½ tsp (2 ml)	salt
¾ cup (175 ml)	cold butter, finely diced
½ to (75 to	
½ cup (125 ml)	ice cold water

To make pastry combine flour, salt and sugar in a

food processor and whirl to blend. Add butter and whirl in bursts just until it resembles coarse meal, about 15 seconds. Add cold water and whirl in just until dough can be pinched with your fingertips. Add a little more water if necessary. Turn pastry out and gather into a ball. Tightly wrap in plastic and press into a flattened disk. Refrigerate until firm and chilled, about 30 minutes. Place on a lightly floured surface. Using a floured rolling pin, roll out pastry until it makes a circle about 16-in (40 cm) in radius. Place on a parchment-lined baking sheet and cover with plastic wrap. Refrigerate while preparing filling.

FILLING

- 3 leeks, white part only, halved and washed
- 1 large sweet onion, peeled and halved
- 1 tbsp (15 ml) unsalted butter
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) sugar
- ½ cup (125 ml) dry white wine
- ½ cup (125 ml) whipping cream
- 1 whisked egg
- 1 tbsp (15 ml) fresh sage, minced
- ½ cup (125 ml) Appenzeller cheese, rind removed and diced
- 4 slices prosciutto, coarsely chopped
- salt and freshly ground black pepper

Preheat oven to 400 F (200 C). Thinly slice leeks and onions. Heat butter and oil in a large saucepan. Add leeks and onions and season with salt and pepper. Sauté until softened. Sprinkle with sugar and continue to sauté until onions are golden brown, about 20 minutes. Stir often scraping any brown bits from the bottom of pan. Add wine and continue to cook until liquid is reduced. Add cream and cook just until it coats onions and leeks and a little liquid remains. Season generously with salt and pepper. Remove from heat and cool 10 minutes. Stir in all but 1 tbsp (15 ml) of the beaten egg and sage.

Spread mixture over cooled crust leaving a 2-in (5 cm) border. Scatter with cheese and prosciutto. Fold dough over filling and brush crust with remaining egg. Bake galette on baking sheet in the lower third of the oven for 25 to 30 minutes or until pastry is golden and filling is bubbly. Remove baking sheet to a rack to cool. Cut into quarters and serve warm or at room temperature.

PAIRS WITH

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Italy **\$13.99** 534214



TOMATO, HERB AND GOAT'S CHEESE GALETTE IN A CREAM CHEESE PASTRY SHELL

Serves 6

CREAM CHEESE PASTRY

- ½ cup (75 ml) cold unsalted butter, finely diced
- 4 oz (125 g) cold cream cheese, finely diced
- 1 cup (250 ml) all-purpose flour
- ½ tsp (2 ml) salt

Combine pastry ingredients in a food processor and whirl in short bursts until dough begins to form a ball. Turn pastry out and gather into a ball. Tightly wrap in plastic and press into a flattened disk. Refrigerate for about 1 hour or until firm and chilled.

FILLING

- 2 tsp (10 ml) olive oil
- ½ onion, peeled and thinly sliced
- 8 cherry tomatoes, halved
- ½ cup (125 ml) lightly packed fresh herbs such as basil, tarragon and oregano, coarsely chopped
- 1 large egg
- ½ cup (125 ml) sour cream
- salt and freshly ground black pepper
- ½ cup (125 ml) plain goat's cheese, crumbled

Preheat oven to 350 F (180 C). Roll out pastry on a lightly floured surface using a floured rolling pin until wide enough to fit an 8-in (20 cm) square tart pan with removable sides. Brush tart pan with oil. Press pastry into pan to line bottom and sides. Prick all over with a fork and chill for 15 minutes. Line pastry with a sheet of parchment and fill with dried beans, rice or baking weights. Place pan on a baking sheet and bake in preheated oven for 15 minutes. Remove paper and weights and return to the oven for 5 minutes. Remove baking sheet with tart pan to rack to cool.

To make filling, heat oil in a large frying pan. Add onion and sauté until soft and clear. Spread over pastry. Scatter with half cherry tomatoes and half fresh herbs. Combine egg, cream, salt and pepper in a bowl. Whisk to blend. Pour over tomatoes and herbs. Scatter with remaining tomatoes and herbs and top with goat's cheese. Bake tart on baking sheet in oven for 20 to 25 minutes or until golden and set. Remove to a rack to cool. Serve warm or at room temperature.

PAIRS WITH

FRESCOBALDI CASTIGLIONI CHIANTI

Italy **\$16.99** 545319

CASAS DEL BOSQUE SAUVIGNON BLANC

Chile **\$17.99** 740878



WILD MUSHROOM GAULETTES IN PHYLLO PASTRY

Serves 4

FILLING

- 1 ½ lbs (750 g) assorted wild mushrooms, such as chanterelle, morel, porcini and shiitake, cleaned and coarsely chopped
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) unsalted butter
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 small shallot, peeled and finely minced
- 1 fresh thyme, minced

Heat oil and butter in a very large heavy saucepan. Add onion, garlic and shallot and sauté until soft. Add mushrooms and continue to sauté over medium heat, stirring often, until mushrooms are golden and soft and juices are released and evaporated, about 15 minutes. Stir in thyme, salt and pepper and continue to cook for 1 minute. Remove from heat and cool.

- 8 sheets phyllo pastry
- ½ cup (125 ml) unsalted butter, melted
- ¾ cup (175 ml) goat's milk gouda cheese, grated
- ½ cup (125 ml) fresh parsley, chopped
- salt and freshly ground black pepper

Preheat oven to 375 F (190 C). Prepare phyllo by unrolling sheets and placing flat on a kitchen towel or sheet of waxed paper. Phyllo dries out very quickly so cover pastry with plastic wrap or waxed paper and then a damp kitchen towel. To make individual galettes, take one sheet of phyllo and place vertically on a flat surface. Brush with melted butter working from the centre of the sheet to the edges. Place another sheet of phyllo on top and brush with butter. Repeat two more times. Using a sharp knife, cut sheet into 4 squares. Take ½ mushroom mix, divide equally among 4 squares leaving a 1 ½-in (4 cm) border of pastry on each. Sprinkle each with grated cheese and parsley. Fold edges of pastry over mushrooms leaving an opening in centre. Brush edges of pastry with melted butter. Transfer to a parchment-lined baking sheet. Repeat steps with remaining 4 sheets of phyllo. Bake in the centre of oven until golden, about

15 to 20 minutes. Remove to a cooling rack. Serve 2 galettes (hot or cold) per plate.

PAIRS WITH

NK'MIP CELLARS PINOT NOIR

BC VQA **\$19.99** 626424

CASA LA JOYA RESERVE MERLOT

Chile **\$15.99** 55756



APPLE ALMOND GALETTE

Serves 10

ALMOND CREAM

- ¼ cup (50 ml) sugar
- 3 tbsp (45 ml) unsalted butter, at room temperature
- 1 large egg, whisked
- ½ tsp (2 ml) pure vanilla extract
- ½ cup (125 ml) almond meal, finely ground
- 1 tbsp (15 ml) all-purpose flour

Combine sugar and butter in a mixing bowl. Beat with an electric mixer until creamy. Beat in egg and vanilla until smooth. Beat in almond meal and flour until a smooth paste forms. Transfer to a small bowl, cover and refrigerate.

PÂTÉ BRISÉE

- 1¼ cups (300 ml) all-purpose flour
- ½ tsp (2 ml) salt
- 1 tbsp (15 ml) sugar
- ½ cup (125 ml) cold unsalted butter, diced
- 2 to (30 to) ice water
- 4 tbsp (60 ml)

Combine flour, salt and sugar in a food processor and whirl to blend. Add butter and whirl in bursts until it resembles coarse meal, about 15 seconds. Add 2 tbsp (30 ml) cold water and whirl in just until dough can be pinched with your fingertips. Add a little more water if necessary. Turn pastry out and gather into a ball. Tightly wrap in plastic and press into a flattened disk. Refrigerate for about 1 hour or until firm and chilled. Place on a lightly floured surface and using a floured rolling pin, roll into an oblong about 14-in x 8-in (35 cm x 20 cm). Transfer to a parchment-lined baking sheet. Cover with plastic wrap and refrigerate until firm. When firm, thinly spread Almond Cream evenly over crust leaving a 1-in (2.5 cm) border on all sides. Cover and refrigerate while preparing apples.

APPLE FILLING

- 3 large apples, peeled and cored
- 1 lemon juice from 1 lemon
- 1 tbsp (15 ml) unsalted butter, melted
- 2 tbsp (30 ml) coarse sugar
- whipped cream or vanilla ice cream (optional)

Preheat oven to 375 F (190 C). Cut peeled and cored apples in half and into paper thin slices using a mandolin. You should have about 6 cups (1.5 L). Fan in 2 long rows over top of filling. Brush with lemon juice. Fold in 1-in (2.5 cm) excess pastry on all sides over apples leaving a centre of exposed apple slices down the middle. Brush pastry with melted butter and sprinkle entire galette with coarse sugar. Bake in the bottom of the oven for 50-60 minutes or until apples are tender but not mushy. Remove baking sheet to a rack and cool. Serve warm or at room temperature with dollops of whipped cream or vanilla ice cream.

PAIRS WITH

FRANGELICO

Italy **\$29.99** 169441

KITTLING RIDGE ICEWINE & BRANDY

Canada **\$19.99** 558999



TRI-COLOURED SALAD WITH SPICY PRAWNS

Serves 4

DRESSING

- ½ cup (75 ml) extra virgin olive oil
- 2 tbsp (30 ml) ponzu sauce**
- finely grated peel and juice from 1 lime
- ¼ tsp (1 ml) crushed dried chilies
- salt and freshly ground black pepper, to taste

Combine dressing ingredients in a small bowl. Whisk to blend, adding salt and pepper to taste.

SALAD

- 1 lb (500 g) shelled shrimp, deveined, tail on
- 1 tbsp (15 ml) hot or mild smoked paprika
- 2 tsp (10 ml) ground cumin
- 3 cups (750 ml) packed baby romaine leaves
- 1 large red pepper, seeded and cut into thin julienne strips
- 1 avocado, peeled, pitted and sliced
- 14 oz (398 ml) can navy beans, rinsed and drained
- ¼ cup (50 ml) mint, coarsely chopped

Preheat oven to 500 F (260 C). Pat shrimp dry. Place on an oiled baking sheet and dust with smoked paprika and cumin. Bake in oven for 5 minutes or until opaque. Remove and cool. Divide salad greens among 4 serving bowls. Add red

** Ponzu sauce is a citrus flavoured soy sauce found in Asian and specialty grocery stores.

pepper, avocado and sprinkle with navy beans. Add cooled shrimp and sprinkle with chopped mint before serving. Drizzle each serving with dressing.

PAIRS WITH

RUDOLF MULLER RIESLING CHARDONNAY QbA

Germany **\$12.49** 305417

YALUMBA Y SERIES VIOGNIER

Australia **\$18.99** 624502



TARRAGON RISOTTO WITH MARINATED SCALLOPS

Serves 6

- 6 cups (1.5 L) chicken stock, heated
- 4 tbsp (60 ml) unsalted butter
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 ml) shallots, finely chopped
- 1½ cups (375 ml) arborio rice
- 2 tbsp (30 ml) lemon juice, freshly squeezed
- ¼ cup (50 ml) fresh Parmesan cheese, finely grated
- 2 tbsp (30 ml) each of fresh tarragon and parsley, chopped
- 12 salt to taste
- large sea scallops
- truffle oil
- fresh tarragon sprigs

To make risotto, bring chicken stock to a simmer and remove from heat. In a large, heavy pot melt 2 tbsp (30 ml) butter and oil over medium heat. Add shallots and sauté until translucent but not brown. Add rice and stir until glazed. Add stock, ½ cup (125 ml) at a time, stirring until stock is absorbed and rice is creamy but yet firm to the bite. You may not need all the stock. Stir in lemon juice, cheese, herbs and salt to taste. Cover to keep warm. Heat remaining 2 tbsp (30 ml) butter in a small skillet.

Pat scallops dry. Add to skillet 2 at a time and sear for 45 to 60 seconds or until golden and flesh is opaque. Remove to a warm plate and repeat with remaining scallops.

Serve risotto with a drizzle of truffle oil and scallops on top. Garnish with tarragon and serve immediately.

PAIRS WITH

INNISKILLIN OKANAGAN CHARDONNAY

BC VQA **\$13.99** 558411

MEZZACORONA PINOT GRIGIO

Italy **\$15.99** 312801



WHITEFISH ROLL-UPS WITH CHIVE CREAM

Serves 4

8	boneless skinless flounder or sole filets
1 tsp (5 ml)	ground ginger
¼ cup (50 ml)	fresh mint, finely chopped
¼ cup (50 ml)	shallots, finely minced
½ cup (75 ml)	dry white wine
¼ cup (50 ml)	water
3 tbsp (45 ml)	whipping cream
4 tbsp (60 ml)	unsalted butter, diced
1 tbsp (15 ml)	fresh chives, minced
	sea salt and freshly ground black pepper

Lay fish flat on a piece of parchment. Cut larger filets in half, lengthwise, if necessary. Sprinkle filets with ginger, salt, pepper and chopped mint. Roll up each filet strip into a coil and secure with a toothpick. Scatter shallots over bottom of a frying pan large enough to hold roll-ups standing on ends in a single layer. Add wine and water. Heat at medium-high just until liquid begins to bubble, then reduce heat to simmer and cover. Poach fish until cooked through, about 5 minutes. Gently remove cooked roll-ups to a heated platter and cover to keep warm. Increase heat to high and boil until pan juices are reduced to about 3 tbsp (45 ml). Whisk in cream, then reduce heat to low and whisk in butter gradually until melted and smooth. Remove from heat. Remove toothpicks from roll-ups and serve 2 on a plate with sauce drizzled over top. Sprinkle with chives before serving.

PAIRS WITH

KORBEL BRUT

USA \$16.99 168310

MENAGE À TROIS CALIFORNIA WHITE

USA \$17.99 360875



MUSSELS IN PERNOD AND FENNEL

Serves 4

2 lbs (1 kg)	mussels
2 strips	bacon, chopped

1 tbsp (15 ml)	unsalted butter
1	large leek, white part only, sliced
½	fennel bulb, trimmed and sliced, feathery fronds reserved
1	carrot, peeled and finely diced
2	large celery stalks, finely diced
2	garlic cloves, finely minced
½ tsp (2 ml)	fennel seeds, crushed
½ tsp (2 ml)	ground cumin
4 cups (1 L)	fish or vegetable stock
¼ cup (50 ml)	Pernod
2	tomatoes, chopped

Scrub and de-beard mussels, discarding any that are open or cracked. Chill until ready to use. Sauté bacon in a large, heavy stock pot just until crisp. Drain off fat and add butter, leek, fennel, carrot and celery. Sauté, stirring occasionally, until soft, about 10 minutes. Add garlic and spices and cook for 1 more minute. Add stock and Pernod and bring to a boil. Add mussels, cover and cook over high heat for 6 minutes or until mussels open. Stir occasionally using a wooden spoon. Discard any mussels that don't open. Stir in diced tomatoes and heat through. Spoon mussels into 4 deep serving bowls. Ladle broth over top. Chop remaining fennel fronds and scatter over top. Serve with crusty bread for dipping.

PAIRS WITH

VILLA MARIA SAUVIGNON BLANC

NZ \$18.99 342360

CHÂTEAU DE SANCERRE

FRANCE \$28.99 164582



CITRUS LEMON MERINGUE TORTE

Serves 12

The sponge cakes and lemon curd can be made ahead and refrigerated.

HAZELNUT SPONGE CAKE

1¾ cup (425 ml)	hazelnuts, ground and toasted
1½ cup (375 ml)	icing sugar, sifted
6	eggs
1 tbsp (15 ml)	sugar
4½ tsp (22 ml)	unsalted butter, melted and cooled
2 tbsp (30 ml)	all-purpose flour

Preheat oven to 350 F (180 C). Lightly butter three 8-in (20 cm) cake pans. Line with buttered parchment paper. Whisk ground hazelnuts and icing sugar together in a large mixing bowl. Add 3 eggs and whisk with an electric mixer until thick, about 8 minutes. Set aside. Separate whites from remaining 3 eggs. Beat egg whites with an electric mixer on medium-

high speed until soft peaks form. Add sugar and continue beating until firm peaks form. Set aside. Using a spatula, first fold melted butter into hazelnut mixture, then fold in flour. Gently blend in ⅓ of the egg whites. Tip bowl and gently fold in remaining whipped egg white. Be careful not to overmix. Divide mixture evenly among prepared pans and smooth surface with a knife. Bake in centre of oven for 15 minutes or until cakes turn golden and are firm to the touch but still moist. Remove pans to a wire rack and cool for 2 minutes before turning out and cooling completely. Once cooled, cakes can be wrapped in plastic wrap and refrigerated while preparing meringue. (Note: Recipe makes enough batter for 3 layers. As only 2 are used for the torte, freeze the third for another use.)

LEMON CURD

	zest from 3 lemons, finely grated
	lemon juice from 5 large lemons
1 cup (250 ml)	sugar
¾ cup (150 ml)	unsalted butter
12	large egg yolks (reserve whites for meringue)
½ cup (125 ml)	plain yogurt
	candied lemon peel, optional

Measure 1 cup (250 ml) of fresh lemon juice and strain out pulp. Combine zest, juice, sugar and butter in a saucepan. Bring to a boil, stirring to dissolve sugar. Strain out zest and return to a boil. Whisk yolks in bowl until smooth. Gradually whisk ¼ of the hot liquid into the yolks and then whisk warmed yolk mixture into remaining boiling liquid. Continue to whisk over medium heat until mixture slightly thickens. Remove from heat and pour into clean bowl. Press a piece of plastic wrap onto surface of curd and refrigerate until chilled and firm. When firm, stir in plain yogurt and continue to refrigerate, covered, until ready to use.

MERINGUE LAYERS

1½ cups (325 ml)	egg whites (about 12 large eggs)
¼ tsp (1 ml)	cream of tartar
pinch	salt
1 cup (250 ml)	sugar
1 tsp (5 ml)	almond extract
2 cups (500 ml)	icing sugar, sifted

Set racks in upper and lower thirds of oven and preheat oven to 250 F (130 C). Line 2 large baking sheets with parchment paper. Trace three 9-in (23 cm) circles onto parchment paper. With an electric mixer on medium speed, in a large bowl, whip egg whites, cream of tartar and salt until white and frothy. Increase speed to medium-high and gradually beat in sugar, making sure each addition is well absorbed before adding more. Continue to whip whites until stiff glossy peaks form. Whip in almond extract. Gently fold in icing sugar using a large spatula. Fold in all the sugar including sugar from the bottom of the bowl. Spoon equal amounts meringue onto circles on parchment and spread with a palate knife to fill 9-in (23 cm) area. Parchment paper can be held firm to the baking

sheets with a splash of water on the underside. Bake for 1 hour or until meringues are crisp to the touch but still slightly moist within. Cool in pans on cooling racks.

TO SERVE

Place one meringue on a cake plate. Spread with Lemon Curd and top with a layer of Hazelnut Sponge Cake and more Lemon Curd. Repeat layers ending with meringue. Chill briefly to set but remove well before serving to bring to room temperature for easy slicing. Garnish with candied lemon peel.

PAIRS WITH

RUSSO LIMONCELLO

Italy **\$31.25** 471623

SEGURA VIUDAS BRUT RESERVA

Spain **\$15.99** 158493



CRAB AND AVOCADO SALAD WITH ZESTY CITRUS SALSA

Serves 4

SALSA

- 2 tbs (30 ml) orange juice, freshly squeezed
- 1 tbs (15 ml) lime juice, freshly squeezed
- 1 tbs (15 ml) liquid honey, slightly warmed
- 1 tsp (5 ml) lime zest, finely grated
- 2 tbs (30 ml) olive oil
- 2 tsp (10 ml) chives, finely chopped
- 1 large orange or pink grapefruit, peeled and salt and freshly ground black pepper

Combine juices, honey and lime zest in a small bowl. Stir to blend. Whisk in oil and chives until blended. Cut orange or grapefruit into wedges. Remove membranes, cut each wedge in 4 pieces and gently stir into juice mixture. Add salt and pepper to taste. Set aside.

SALAD

- 5 oz (120 g) can of crabmeat, drained
- 1 large, ripe but firm avocado, peeled and sliced
- ½ red onion, thinly sliced
- curly leaf lettuce
- cilantro

Place crabmeat in a bowl. Add avocado and red onion. Very gently fold in salsa. Place curly leaf lettuce onto each serving dish and place a scoop of salad on top. Season with salt and pepper to taste. Garnish with cilantro.

PAIRS WITH

STONELEIGH SAUVIGNON BLANC

NZ **\$16.99** 293043

WIRRA WIRRA SCRUBBY RISE SAUVIGNON BLANC SEMILLON VIOGNIER

Australia **\$16.99** 19372



CHILI LIME CHICKEN SALAD WITH BACON AND GREENS

Serves 2

DRESSING

- 2 tbs (30 ml) olive oil
- 1 tbs (15 ml) sweet and hot chili sauce
- ½ tsp (2 ml) chili powder
- freshly squeezed juice from ½ lime
- salt and freshly ground black pepper

Combine dressing ingredients in a small bowl.

SALAD

- 1 tbs (15 ml) olive oil
- 1 garlic clove, smashed and minced
- freshly squeezed juice from ½ lime
- ½ tsp (2 ml) each of ground cumin and chili powder
- 2 boneless, skinless chicken breasts
- ½ cucumber peeled, halved lengthwise, seeds removed, sliced
- 8 cherry tomatoes, halved
- ¼ cup (50 ml) mixed olives
- 2 cups (500 ml) mixed salad greens, washed and spun dry
- 4 slices bacon, cooked and coarsely chopped

Combine olive oil, garlic, lime juice, cumin and chili powder in a bowl. Stir to blend. Add chicken and turn to evenly coat. Allow to marinate for 15 minutes. Preheat barbecue and lightly oil grill. Grill chicken for 5 minutes on both sides until golden and cooked through. Remove to a cutting board. Cover with foil to rest while preparing remainder of salad. Divide cucumber, tomato, olives and salad greens on 2 serving dishes. Sprinkle with bacon. Drizzle dressing over salad and gently toss. Slice grilled chicken breasts, arrange alongside salad and serve.

PAIRS WITH

SUMAC RIDGE PRIVATE RESERVE CHARDONNAY

BC VQA **\$13.99** 273128

WIRRA WIRRA SCRUBBY RISE SHIRAZ CABERNET SAUVIGNON PETIT VERDOT

Australia **\$17.99** 19935



JAMAICAN JERK PORK

Serves 4 to 6

- 2 whole habañero peppers or 6 red chili peppers, stems removed and finely chopped
- 4 garlic cloves, finely minced
- 1 cup (250 ml) chives or green onions, finely chopped
- 1 tbs (15 ml) thyme
- 2 tsp (10 ml) sage
- ¾ tsp (3 ml) each ground nutmeg and cinnamon
- ½ tsp (2 ml) ground cloves
- 1 tbs (15 ml) each ground allspice, garlic powder and sugar
- 1 ½ tsp (7 ml) each ground black pepper and cayenne powder
- 1 ½ tbs (21 ml) salt
- ¼ cup (50 ml) olive oil
- ½ cup (125 ml) juice of 1 lime
- ¼ cup (50 ml) orange juice
- 2 lbs (1 kg) white vinegar
- country-style pork ribs

Mix all ingredients except ribs together into a food processor and purée until smooth. Using gloves if your hands are sensitive to hot peppers, rub marinade over ribs, cover and refrigerate 1 to 2 hours before grilling. Remove excess marinade and reserve. Grill on a preheated barbecue, marinating with reserved marinade mixed with a little olive oil until desired doneness. Remove from grill and allow meat to rest for a few minutes before serving. Alternatively, place into baking dish, cover and place into 350 F (180 C) oven for 2 hours.

PAIRS WITH

KANGARILLA ROAD SHIRAZ

Australia **\$24.99** 496729

SEGHEGIO ZINFANDEL

USA **\$34.99** 428417



MARINATED ROASTED PEPPERS

Serves 4 to 6

4 to 6	large red or yellow bell peppers
1/3 cup (75 ml)	extra-virgin olive oil
2 tbsp (30 ml)	balsamic vinegar
1 tbsp (15 ml)	honey
3 tbsp (45 ml)	fresh Italian parsley, finely chopped
3 tbsp (45 ml)	fresh basil, coarsely chopped
2 tbsp (30 ml)	capers, coarsely chopped (optional)
1	garlic clove, minced
4 to 6	whole anchovy filets (optional)
	fresh Parmesan cheese, for garnish
	salt and freshly ground pepper, to taste

Roast peppers over an open gas flame or under a broiler, turning frequently until skins are charred and blistered. Place into a bowl, cover and allow to cool and soften for 30 minutes. When cool, peel, core and seed peppers. Cut into 3/4-in (2 cm) strips and place into a bowl. Whisk together the remaining ingredients and drizzle over peppers, toss well, cover and let stand at room temperature for a few hours. Garnish with fresh Parmesan and anchovy filets.

PAIRS WITH

CONCHA Y TORO CASILLERO DEL DIABLO CARMÉNÈRE

Chile **\$13.98** 153270

LANG FARM RESERVE RIESLING BC VQA **\$19.90** 426023



SAUTÉED SZECHUAN CHILI CHICKEN

4 tbsp (60 ml)	vegetable oil
1 lb (500 g)	combination of boneless, skinless chicken breast and thigh, cut into 1-in (2.5 cm) dice
2	garlic cloves, minced
1	small onion, coarsely chopped

2 oz (60 g)	whole dried red chilies (stems removed)
2 oz (60 g)	dry roasted peanuts
3	green onions, cut into 1-in (2.5 cm) pieces
2 tsp (10 ml)	hot chili oil
1 tsp (5 ml)	light soy sauce
1 tsp (5 ml)	salt
1 tsp (5 ml)	toasted sesame seeds

In a large non-stick wok, heat 2 tbsp (30 ml) oil on high. When nearly smoking, add chicken and stir-fry until golden. Remove chicken and set aside. Add remaining vegetable oil and heat on high. When hot, add garlic, onions, chilies, peanuts, green onions, chili oil, soy sauce and salt. Stir-fry until fragrant, about 2 minutes. Add chicken and sesame seeds. Stir-fry for about 2 minutes until well mixed. Serve immediately.

PAIRS WITH

JORGE ORDONEZ GARNACHA DE FEUGO

Spain **\$15.99** 255745

GUNDERLOCH FRITZ RIESLING QbA

Germany **\$16.99** 320135



THAI SPICED ROASTED RED PEPPER, TOMATO AND SEAFOOD SOUP

2	large red bell peppers, quartered and seeded
	large ripe Roma tomatoes, cored and cut in half
4 to 6	large onion, cut in wedges
1	canola oil
3 tbsp (45 ml)	each salt, ground cumin and coriander
1/2 tsp (2 ml)	garlic cloves, minced
3	ginger, minced
1 tbsp (15 ml)	red curry paste
1 tbsp (15 ml)	chicken stock (or vegetable stock for vegetarian option)
4 cups (1 L)	coconut milk
1 tin	Vietnamese fish sauce (or to taste)
1 tbsp (15 ml)	cooked crabmeat or cooked baby shrimp or mixture
3/4 cup (175 ml)	cilantro, coarsely chopped
3 tbsp (45 ml)	

Preheat oven to 450 F (230 C). Place peppers, tomatoes and onion onto a foil-lined baking sheet. Mix together 2 tbsp (30 ml) canola oil with the salt, cumin and coriander and toss with vegetables. Roast on bottom rack of oven for 45 to 50 minutes or until tender and slightly charred. Let cool for 30 minutes. Remove skins from tomatoes and peppers (optional).

Heat the remaining oil in a large stockpot over medium heat. Add garlic and ginger. Sauté until

fragrant, about 15 seconds. Add curry paste, sauté until fragrant, about 30 seconds. Add roasted vegetables and stir well. Add chicken stock and simmer for 10 minutes. In a food processor or blender process in batches until smooth. Return to stockpot and heat over medium heat. Stir in coconut milk and bring to a simmer (do not boil). Add fish sauce, seafood and cilantro and heat through. Serve immediately.

PAIRS WITH

MOILLARD HUGUES LE JUSTE VIOGNIER

France **\$13.99** 639757

SEBASTIANI CASK CHARDONNAY

USA **\$21.98** 361634



SIMPLY FRESH WHITE PASTA

Serves 4

1 1/2 cup (400 ml)	all-purpose flour
2	medium eggs, at room temperature
1 tbsp (15 ml)	olive oil
1/8 tsp (2 ml)	sea salt
	freshly ground black pepper

Combine flour, eggs, olive oil, salt and pepper in the bowl of a food processor fitted with a metal blade. Whirl in short bursts until dough comes together, about 15 seconds. If dough appears too dry, add a few drops cold water. If too wet, add flour. Turn out onto a wooden board and gently knead together until smooth and elastic. Rub with oil and wrap in plastic. Set aside on counter surface to rest for at least 30 minutes. Dough can be refrigerated overnight and rolled out just before you wish to cook and serve. To roll out, follow manufacturer's instructions from pasta machine. To cook, toss pasta into 3 1/2 quarts (4 L) of boiling salted water. Stir once or twice and boil uncovered until *al dente*. Cooking times will vary depending on the size of the pasta but will require less time than dried pasta. Drain and return to pan. Immediately serve or toss with your favourite sauce.

SPINACH PASTA

Prepare Simply Fresh White Pasta and blend in one 8 oz (300 g) box of frozen spinach (cooked and well-drained). Use 1 medium egg instead of 2 and a little added salt and pepper. You may need a little more flour to make a firm but smooth dough.

SWEET RED PEPPER PASTA

Prepare Simply Fresh White Pasta adding 3 tbsp (45 ml) sweet red pepper powder to flour mixture and proceed.

Handmade Pasta from page 122 continued



PEA AND TARRAGON PASTA

Proceed as with Simply Fresh White Pasta adding 3 tbsp (45 ml) puréed, thawed frozen peas and ½ tsp (2 ml) dried tarragon. Use 1 large egg instead of 2 medium ones.



LITTLE POTATO CHEESE GNOCCHI

Serves 4 to 6

Gnocchi are dubbed *topini* or “little mice” in Tuscany. These soft little pasta dumplings are available commercially-made in many grocery stores. But given the opportunity, they’re well worth making at home from scratch.

1 lb	(500 g)	large, floury potatoes, such as Idaho or Yukon
1		egg at room temperature, lightly beaten
¾ to 1	(175 to 250 ml)	all-purpose flour
½ tsp	(2 ml)	salt
¼ tsp	(.5 ml)	white pepper
2 tsp	(10 ml)	fresh basil or sage, finely minced
¼ cup	(50 ml)	Parmesan, finely grated

Gently boil potatoes in their skins in a large pot of water until fork tender, about 30 minutes. Drain well and immediately peel. Press through a potato ricer or a coarse grater and spread in a large baking pan. Refrigerate uncovered, preferably overnight, as potatoes are best when fully chilled and have dried. Place cold potatoes on a large baking sheet or wooden cutting board. Form a well in the centre. Put egg, ¾ cup (175 ml) flour, salt, pepper, herbs and cheese in the well. Quickly gather up ingredients and knead together until a light but sticky dough is formed. Use a scraper to remove dough from fingers and work surface. Dust with more flour if needed, however, more flour makes denser gnocchi. Knead for no more than 3 to 5

minutes to form a smooth, moist dough. Wash and dry hands then lightly dust hands with flour. Cut dough into 4 even pieces. Cover the remaining with plastic wrap to keep from drying out. Place piece of dough on lightly floured wooden board. Roll dough into a long, narrow rope about ½ -in (1 cm) thick. Cut rope into 1-in (2.5 cm) pieces. Roll each piece over a gnocchi board to make grooves to hold sauce. Good results can also be achieved rolling the gnocchi over a fork. Place finished gnocchi on a baking sheet covered with a lightly floured kitchen cloth. Repeat with remaining pieces of dough. Do not allow gnocchi to touch. Can be used immediately or wrapped with plastic at this point and frozen until firm, then transferred to a sealed bag and kept in freezer for 4 to 6 weeks.

To cook, bring 5¼ quarts (6 L) water to a rolling boil. Gently drop 5 or 6 fresh or frozen gnocchi into boiling water. They will sink to the bottom but bob to the surface in 2 to 3 minutes. Continue to boil another minute. Do not add more than 5 or 6 gnocchi to water at a time. Remove with a slotted spoon and place in a baking dish brushed with melted butter. Repeat until all gnocchi are cooked. Serve with your favourite pasta sauce or melted garlic butter, fresh herbs and cheese.

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