

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES



RELAX AND RECREATE

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The ultimate aromatic white 26

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Chill out in the sweetest way 110

OVER 50 NEW RECIPES INSIDE



Corona
Extra

336 ml
IMPORTED BEER

LA CERVEZA MAS FINA

336 ml
IMPORTED BEER

Imported Trade Mark
Brewed in Mexico by
CERVECERIA MODELO, S.A. DE C.V.
MEXICO CIUDAD, MEXICO

Corona

330 ml
IMPORTED BEER

Light

3.7% alc./vol.
DÉLICIEUSE
IMPORTÉE

Imported Trade Mark
Brewed in Mexico by
CERVECERIA MODELO, S.A. DE C.V.
MEXICO CIUDAD, MEXICO

relax responsibly™





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FOOD/DRINK/MORE

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COVER



RUSSIAN STANDARD VODKA
Russia **\$24.95** 111922
Launched in 1998, Russia's number one vodka company ranked among the top 15 brands worldwide in 2009. Made from winter wheat, this smooth and earthy contemporary classic Russian vodka is distilled four times before being charcoal-filtered twice.



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GREY GOOSE
L'Orange

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OUR SYMBOLS

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

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SID CROSS

Recognized globally for his knowledge, tasting abilities and connections to wine regions, Sid Cross combines experience with a passion for the culinary arts. Sid is Wines Committee Chair for The International Wine and Food Society (London) and is a wine judge, panelist and educator on wine and food. Sid is the only Canadian to be distinguished a *Membre d'Honneur* of the *L'Academie du vin de Bordeaux* and The Gourmet of the Year by The Society of Bacchus America. In 2009, Sid was inducted into the BC Restaurant Association Hall of Fame.



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Bruce Stephen is a sommelier, journalist, consultant and wine judge. He has cultivated his knowledge and passion for food and wine over 25 years in senior management positions with several hospitality leaders. Bruce has a column in the *North Shore Outlook* and has contributed to *Indulge*, *Friday News Magazine*, *Wine Access* and *Western Living Magazine*.



BARBARA PHILIP

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BC VQA TURNS 20

A RETROSPECTIVE OF THE BC WINE INDUSTRY

To put the current wine industry into perspective, look how far the British Columbia Vintners Quality Alliance (BC VQA) has progressed in just 20 years.

Grapes have been grown and wine made in the Okanagan Valley over the past 150 years, but the modern era really starts around 1990. The Capozzi family of Calona Wines planted the first French hybrids in 1931 and the Stewart family of Quail's Gate fame planted their first vines in 1962. A few growers and early estate wineries had started growing Chenin Blanc at that time, such as Road 13 Home vineyard which now has forty-year-old vines. The Dulik family planted Riesling in 1978 for Pinot Reach, now known as Tantalus Winery. Gewürztraminer as well as vinifera crosses such as Ehrenfelser, Scheurebe, Schoenberger, Siegerrebe and others were planted. These early plantings were mostly influenced by studies in Geisenheim, Germany for the Dr. Helmut Becker Project from 1977-1982. This study showed that over 33 vinifera varieties could ripen and be used to produce quality wine in the Okanagan. Today, the BC wine industry has



Harry McWatters, Founder, Sumac Ridge Estate Winery

proven the validity of that study although widespread premium vitis vinifera plantings are really just over 20 years old.

The BC Wine Institute (BCWI) and BC VQA (Vintners Quality Alliance) were born in 1990 from the wise foresight of then chair Harry McWatters, who founded Sumac Ridge Winery, and the other pioneer members of the BC Wine Institute. Among those pioneers were Lanny Martiniuk, who was then a grape grower on land now known as Stoneboat Winery, Bruce McDonald from Andrés Wines, George Heiss

from Gray Monk, Adolf Kruger of Wild Goose Vineyard, one of the founders of Farm Gate Wineries (the policy whereby vineyards of less than five acres were allowed to sell wines directly from the “farm gate,”) Tom Capozzi, Barry Irvine and the Minister of Agriculture, Fisheries and Food, John Savage.

Harry McWatters emphatically states “there would be no wine industry in Canada without the VQA.” Harry reminisces about the difficulties with the wine market back then and how “in 1989 Black Sage Bench land was being offered for \$2,250 per acre,

but I countered at \$1,800 and didn't buy any until 1992 for an increased price of \$3,700."

Lanny Martiniuk remembers that it was not easy setting up the BCWI because, as he states, "everyone started from an adversarial position." They came to realize that working together was good for the BC wine industry as a whole and as Lanny says, "eventually sang from the same songbook." BC wine drinkers at the time didn't appreciate a drier style of Riesling but George and Trudy Heiss, who had established their Gray Monk Estate winery back in 1972, persevered in their pursuit of quality wines.

The numbers tell a lot of the story. From 13 grape wineries in 1984 to 17 in 1990, the growth has been exponential since, reaching 10 times that number at 174 wineries today.

Initially, the BCWI regulated and supervised VQA member wineries, controlled production standards and certification criteria as well as marketing the wines and the region. The role of the BCWI changed significantly with the establishment of the BC Wine Authority (BCWA) in 2006. The BCWI is now responsible for the marketing and promotion of BC wines both domestically and internationally. More information is available at their website: www.winebc.com.

The BCWA is a non-profit regulatory entity under the BC Society Act independent of both the BC wine industry and the government, thereby avoiding any conflict of interest. The BC Wine Authority uses a consultative, non-binding Wine Industry Advisory Committee and is responsible for three main aspects of designating wine as BC VQA.

To bear the VQA designation, the wine must: 1) be produced by a certificate holder – membership by any winery licensed in BC is optional, however, as of December 31, 2009 there were 126 members representing more than 95 percent of all wine produced in BC; 2) meet certain standards, including 100 percent BC-grown grapes and a minimum 95 percent compliance for a viticultural area or vintage shown on the label; 3) pass a BC VQA taste panel of judges who must be independent of the wine industry.

Presently, there are six appellations of origin in BC. They are: British



Anthony Von Mandl, Proprietor
Mission Hill Family Estate

Columbia, Fraser Valley, Okanagan Valley, Similkameen Valley, Vancouver Island and BC Gulf Islands. Newer developments in areas not previously developed will likely be designated as sub-appellations. These include the Naramata Bench, Black Sage Bench, Golden Mile, Okanagan Falls and the Cowichan Valley, all locations where fabulous wines are now being made.

In 1994, Mission Hill Grand Reserve Chardonnay 1992 won the coveted Avery Trophy for best Chardonnay worldwide at the International Wine and Spirits Competition in London. This brought world recognition to the BC Wine Industry and the momentum of growth and quality of the wines has continued to improve.

However, a video produced by Christine Coletta for the BCWI in 2000

for the 10th anniversary of the VQA shows public interviews asking the question, "What is VQA?" Though slightly tongue-in-cheek with some saying "I've never tasted it," it was surprising that so many didn't know what it meant and those who thought they did said "Vintage Quality Assurance." Certainly that is not the situation today because, for such a relatively young wine industry, VQA has come to be recognized as a symbol of 100 percent BC-grown, superb quality wines. Demand has also grown faster than production for many sought-after VQA wines.



The Allison 1873 Heritage Cabin, former home of John and Susan Allison, that housed Quails' Gate's original wine shop



SOCIAL NETWORKING.

This is a place where a long walk is as rewarding as a short nap.
As is chancing upon a perfectly flat pebble to skim the lake with.
It's a place where every little discovery gives you a reason to celebrate.
Often, with a glass of wine that's just one twist of a cap away.

Life is *simpler* here.





BC VQA Turns 20

There are currently more than 60 varietals being grown in more than 700 vineyards, almost evenly divided between white and red. The top whites include: Pinot Gris, Chardonnay, Gewürztraminer, Sauvignon Blanc, Pinot Blanc, Riesling, Viognier and Ehrenfelser. Top reds include: Merlot, Pinot Noir, Cabernet Sauvignon, Syrah/Shiraz and Cabernet Franc.

The wine industry in BC is growing, literally, but also in the distinctiveness of and respect for quality BC wines. Many more VQA wines can now compete and stand proudly on any world stage as top class wines.



CEDARCREEK MERLOT
BC VQA **\$19.90** 408666

This consistent winery uses grapes from eight diverse Okanagan vineyards, resulting in a delicious cherry, raspberry, mocha varietal statement with added vanilla complexity from the year and a half in oak. So drinkable because of the soft, silky texture and structured, balanced acidity that matches well with food. Great value!



GRAY MONK ODYSSEY BRUT
BC VQA **\$24.99** 711218

This lively, fresh and fruity blend of Riesling and Chardonnay could be called a *blanc de blancs* with 16 months on the yeasts. Produced by the oldest family-owned winery in BC, it offers good, refreshing citrus flavours with apricots – crisp yet with some creaminess. An ideal sparkling with which to toast a 20th anniversary.



TINHORN CREEK
CABERNET FRANC
BC VQA **\$17.99** 530717

Tinhorn Creek recognized early the potential of Cabernet Franc in the South Okanagan (as well as the use of Stelvin closures) and now, with maturing vines and using older American oak, this wine has intense herbal aromas with rich, creamy, earthy and plummy fruit flavours. Give it some air and enjoy at a barbecue this summer.



JACKSON-TRIGGS
PROPRIETORS' RESERVE SHIRAZ
BC VQA **\$19.99** 593103

From a pioneer leader in Shiraz, Jackson-Triggs Proprietors' Reserve uses fruit from the sunny Bull Pine Vineyard and younger vines from Sunrock for this wine with big, dark, ripe, spicy and plum compote notes. It will pair well with grilled meats, mushrooms or vegetables.



MISSION HILL FIVE
VINEYARDS PINOT GRIGIO
BC VQA **\$15.99** 563981

Five distinct growing regions around Oliver and Kelowna contribute to this Pinot Grigio with clean, pure, aromatic, tropical fruit and peach notes with no interfering wood. The lower alcohol and fresh, crisp style make it versatile as an aperitif or with antipasto, seafood or Asian-spiced dishes.



SEE YA LATER RANCH
GEWÜRZTRAMINER
BC VQA **\$16.99** 868067

This Gewürztraminers is late-harvested, but cold soaked and stainless steel fermented without wood, to emphasize the exotic lychee fruit, rose petals and classic grapefruit definition. Even well-chilled there is loads of flavour and individuality that will stand up tall to Thai dishes and light curry spices.



QUAILS' GATE PINOT NOIR
BC VQA **\$24.99** 585760

A leader in Pinot Noir, Quails' Gate uses 100 percent estate vineyards with extended maceration and skin contact, resulting in a fruit-forward, smooth style to enjoy now while still vibrant. French oak of varying age complements the attractive elegant, cherry fruit flavour especially if served slightly chilled in a big glass.



ROAD 13 CABERNET
SAUVIGNON
BC VQA **\$25.99** 897629

Road 13's motto, "it's all about the dirt," is showcased here. The grapes are late-picked, low-cropped, 87 percent Cabernet Sauvignon and 13 percent Cabernet Franc, from the sandy soils of the upper Black Sage Bench. Blueberry, soy and fresh herbs surrounded by rounder tannins make it quite refreshing for a red and very food friendly.

FARM MARKET

FEAST



Hooray! It's finally farm market season and the local farmers are lavishly spoiling us with toppling stacks of fresh, nutritious produce. Take a tour along rural roads and you'll see plenty of fruit and vegetable stands using the honour system. These little stands are a throwback to friendlier and more innocent times with "help yourself" and "leave the appropriate change in the tin," standing in for "line up starts here" and "please protect your pin number."

This collection of recipes was inspired by farmer's markets, community gardens and roadside stands. There are plenty of the first (probably one near you), as growers bring their just-picked crops into cities and towns to sell. From fresh-snipped arugula to crisp peppers and bright red tomatoes, we created a menu to best use your summertime treasures. Starters to dessert and everything in between, enjoy the fresh taste of summer while it lasts!



SUMMER VEGETABLE TART

PAIRS WITH SUMMER
VEGETABLE TART



**CAT'S PEE ON A GOOSEBERRY
BUSH SAUVIGNON BLANC**

New Zealand **\$15.99** 353938
With a name straight out of a wine taster's journal, this is a very playful and lively wine with pronounced grass, gooseberry and citrus aromas and flavours. Its crisp acidity and sharp, zesty finish make it the perfect pairing with the Summer Vegetable Tart.



**BRANCOTT
SAUVIGNON BLANC**

New Zealand **\$15.99** 129528
Here's a lovely, fresh white full of green pepper and gooseberry aromas and flavours with a nice, lingering finish. Seafood, chicken and fresh summer salads love this wine. An exceptionally great value at this price.

PAIRS WITH BLACKBERRY HAND PIES WITH CRUMBLE TOPPING



JACOB'S CREEK SPARKLING CHARDONNAY PINOT NOIR

Australia **\$14.99** 562991
Sparkling wine is always fun, especially with dessert. Gentle bubbles cascade upwards with soft, citrus aromas popping from the glass. Ripe red fruit and more citrus flavours combine into a creamy, nutty finish.



MARIE BRIZARD BLACKBERRY

France **\$16.99** 379396
The true taste of blackberry shines through this well-priced liqueur. Dusty blackberry, blackcurrant and cherry flavours combine for a sweet berry sensation. Blend with ice and your favourite spirit for a chilly summer beverage.

PAIRS WITH FARMER'S MARKET SALAD WITH ROASTED MUSHROOMS



YELLOW TAIL PINOT GRIGIO

Australia **\$12.99** 670521
Juicy pear and apple aromas bring you to the glass, while delicate tropical pineapple flavours merge on your palate. With a slightly sweet, balanced finish, it is best served chilled as an aperitif or with salads, light seafood dishes or chicken.



BLACKBERRY HAND PIES WITH CRUMBLE TOPPING



SAUSAGE AND PEPPER SANDWICHES WITH ARUGULA AND FARMER'S MARKET SALAD WITH ROASTED MUSHROOMS

PAIRS WITH FARMER'S MARKET SALAD WITH ROASTED MUSHROOMS

PAIRS WITH SAUSAGE AND PEPPER SANDWICHES WITH ARUGULA



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.



VALCARLOS FORTIUS TEMPRANILLO

Spain **\$13.98** 923805
 This is a light-bodied wine with soft, fruity aromas and hints of red fruit, ripe strawberry and subtle spice all playing a part. It pairs exceptionally well with a spicy Sausage and Pepper Sandwich. At this price it's easy to keep a few on hand for unexpected weekend guests.



TORRESELLA PINOT GRIGIO

Italy **\$13.99** 468306
 Here's a dry white wine from Italy with delicate fruit aromas and a wonderful burst of tropical fruit on the palate. With well-balanced acidity and a crisp, refreshing finish, it's ideal for cutting the heat in spicier dishes.



today is the day

It depends on you. Celebrate it with Segura Viudas.

NEW

FOR SUMMER



JOSE CUERVO STRAWBERRY LIME MARGARITAS
USA **\$13.95** 126318

The perfect strawberry lime margarita every time! Made exclusively with Cuervo Especial Gold tequila this ready-to-pour cocktail couldn't be more refreshing! Serve over crushed ice, add an umbrella and bring home the feeling of a tropical vacation.



SCHRAMM ORGANIC VODKA
Canada **\$49.99** 261990
Being the only certified organic potato vodka in the world is not, well... small potatoes! Fresh floral aromas with a hint of chocolate and mint emphasize the caramel, coffee and smooth, smoky flavours in the clean, warm finish of this artisanal vodka. Serve on the rocks to experience its true taste.



WHITE OWL WHISKY
Canada **\$39.95** 122317

It's completely clear why this is new and exciting! The aroma leaves no doubt that, despite its unique colour, it is in fact premium Canadian whisky. Mild licorice, sweet honey and oak flavours mingle with faint butterscotch right through the smooth, mellow finish. Great for sipping, perfect for cocktails!

take it.
Outside



THE SUMMER'S BEST ALFRESCO WINES



One of the best ways to enjoy a beautiful British Columbia summer is to move the food and wine outside in the fresh air and, as the Italians say, dine alfresco. A backyard get-together can create the perfect atmosphere for great fun and casual summer entertainment. Whether you are entertaining on your deck or are a guest on someone else's patio, be sure to pick good sunshine wines.

White wine and sunshine go together. Wines that are light, chilled and not overly serious are a safe bet this time of year. Put your summer wine in the fridge for 10 to 15 minutes before drinking or lay it atop a bucket of ice (don't submerge it) for about 20 to 25 minutes. The idea is to drink your wine at cellar temperature – 15 to 16 C is optimal. You can enjoy reds chilled too, especially light, summery wines such as Beaujolais.

Pinot Grigio/Gris is perhaps the most popular wine this time of year and for good reason: it's the consummate deck wine! Look for crisp, clean, refreshing aromas and flavours, ideally paired with light and easy-to-prepare summer foods such as salads, grilled vegetables and seafood.

Sauvignon Blanc is another favourite summer white. This grape is naturally high in acidity and the resulting wines have a backbone of citrus fruit that make them wonderful for sipping on your deck on a hot summer day. Sauvignon Blanc is rich, fruity and fun all on its own or it can give a lift to chicken, seafood salads and simple summer dips.

PICK ME THIS SUMMER!

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WHY NOT REACH FOR PINK THIS SUMMER?
A BRILLIANT, BRIGHT, DRY ROSÉ IS FUN, FRESH,
CRISP AND VERY VERSATILE WITH FOOD.

There isn't a more appealing warm weather wine than Riesling. Considered one of the world's great white wine grapes, Riesling's natural aromas evoke flowers, apples, pears, peaches and tropical fruit. Its high levels of both acidity and sugar make it easy to pair with a large variety of summer foods, including fish, shellfish, grilled pork and even sushi. A common misconception is that Riesling is always sweet, but there are many dry varieties available. Balance is important and Riesling's high residual sugar level is nicely balanced by its natural acidity.

Or, for a change, why not reach for pink this summer? A brilliant, bright, dry rosé is fun, fresh, crisp and very versatile with food. Neither purely red nor purely white, rosé is made from the same red-skinned grapes as red wine. The pale colour of rosé results when the skins are removed from the pressed juice after a short period, rather than left in contact throughout the fermentation, as with red wine. Versatile wines, rosés can be sipped on their own or paired with hamburgers, tuna, grilled vegetables, barbecued

chicken or almost any summer favourite.

There are also reds that work well for summer. Many reds pair well with your favourite backyard foods but Pinot Noir, Malbec, Merlot, Syrah or the Italian grape Sangiovese, from which Chianti is made, all come to mind.

Although it lives up to its temperamental reputation, the Pinot grape remains a popular variety with growers, winemakers and consumers around the globe. Responsible for producing some of the world's finest wines, Pinot Noir is generally medium-to full-bodied but is not heavy, making it a versatile food wine. Everything from roast beef tenderloin to wild Pacific salmon works with Pinot Noir. The aromas of this wine are often described as floral, raspberry, strawberry, cherry with mushroom, leather and spice. The taste is rich, soft and silky smooth with raspberry, earth and spice in the finish.

Usually medium-bodied, Merlot is one of the three main grapes used to make Bordeaux or Bordeaux-style wines. It is a soft, smooth, easy-drinking red that is ideal with grilled meats or roast chicken.

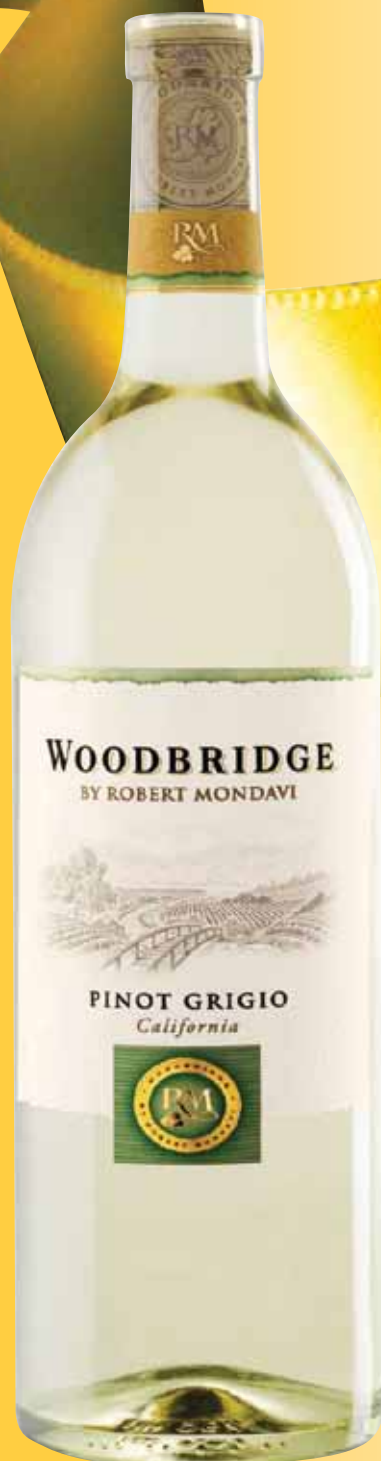
Syrah/Shiraz generally has rich, round flavours of cherry, blackberry, plum, bell pepper, white pepper, clove, licorice and dark chocolate and pairs nicely with backyard grilled meats, veggies or barbecued spicy sausage.

Malbec is another traditional Bordeaux grape, along with the better known Merlot, Cabernet Sauvignon, Cabernet Franc and the lesser-known Petit Verdot. Malbec can be light, fresh and fruity in style, while the others are heavier and more aromatic with deep dark berry and plum aromas and flavours. Malbec, grown all over the world but increasingly associated with Argentina, is a great summer "go to" red. You can't go wrong with Malbec at a barbecue.

Finally, keep a bottle or two of bubbly on hand this summer. Prosecco is an Italian sparkling wine that is a light, crisp, fresh, lower in alcohol (generally under 12 percent), affordable and a versatile, food friendly wine. Champagne is also worth keeping chilled and on hand for that impromptu celebration of summer!

ROBERT MONDAVI WINES

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Heart of Gold*

Partial proceeds from the purchase of every bottle of Woodbridge wine sold in July 2010 are donated to the H&S Foundation



**HEART &
STROKE
FOUNDATION**



Take it Outside

WHETHER YOU ARE ENTERTAINING ON YOUR DECK OR ARE A GUEST ON SOMEONE ELSE'S PATIO, BE SURE TO PICK GOOD SUNSHINE WINES.



ROAD 13 HONEST JOHN'S WHITE

BC VQA **\$16.99** 601070

This wine sings of summer! It has fresh, floral pear and citrus aromas. The palate is fresh and clean with more pear, grapefruit and mineral flavours. The perfect sip for an afternoon on the patio.



MOUNT FISHTAIL SAUVIGNON BLANC

New Zealand **\$14.99** 843615

This Sauvignon Blanc shows spicy gooseberry and passion fruit aromas with some tropical fruit and grassy notes. The palate is fresh, crisp and elegant with citrus and green apple on the palate and a lemon-lime finish. This is an easy drinking alfresco wine for sipping or with a spicy chicken dish.



JAMES OATLEY TIC TOK PINOT GRIS

Australia **\$15.99** 118430

This Pinot Gris has wonderful aromas and bright, fresh flavours of tropical fruit, citrus and minerals. Medium-bodied and creamy with a red apple finish, it will pair nicely with grilled scallops, prawns or seafood salad. Fabulous value!



ROSEMOUNT PINOT GRIGIO

Australia **\$15.99** 117523

This is a simple sipper for summer. It's a crisp Pinot Grigio with tropical fruit flavours and plenty of zest. It's bound to beat the heat so it is ideal on a hot, sunny afternoon!



CONCANNON PETITE SIRAH

USA **\$17.99** 306423

This Petite Sirah is a full-bodied dinner wine with black pepper and smoky, meaty notes and blackberry and tobacco aromas. The palate is soft, rich and round. Look for cherry, pepper and earthy flavours with a dry finish. A solid barbecue wine, it's perfect with anything red on the grill.



SUMAC RIDGE PRIVATE RESERVE GEWÜRZTRAMINER

BC VQA **\$13.99** 142893

This is a light style Gewürztraminer with floral, spice, citrus and nut aromas. It has flavours of grapefruit and orange peel with a touch of minerals on the palate. Try this aromatic wine with spicy Asian or Indian cuisine.



MONTE ANTICO TOSCANA

Italy **\$16.99** 587113

Monte Antico is a sure-to-please barbecue red. It has rich, smoky, earthy, tobacco, cherry, plum and olive aromas. The palate is medium- to full-bodied and it is juicy and fruity with a long finish. A super wine for the price.



CONO SUR PINOT NOIR

Chile **\$14.99** 77644

Dark, ruby red in colour with a smoky, savoury, earthy, cherry, cranberry and black cherry nose. Medium- to full-bodied with nice, dark fruit flavours and cedar notes. It offers very good value for the price. Try this Pinot Noir with roasted beef tenderloin or wild mushrooms.

SUNNY SEAFOOD

A TRIO OF SEAFOOD TARTARE:
SCALLOP, TUNA AND
WILD SALMON



Easy access to the freshest seafood has always been one of the big benefits of living on the West Coast. Many British Columbians have fond childhood memories of barbecuing salmon over smoky charcoal briquettes making sure not to overcook the delicate flesh, or memories of beachside camping, collecting and roasting whole oysters and popping them out of their shells piping hot and steaming.

As much as we love simplicity, over time, our palates evolve to enjoy more complex flavours and preparations.

Experience the true flavour of the sea with a Trio of Seafood Tartare featuring scallops, salmon and tuna. Delicate and fresh, these adventurous appetizers can be served as a light luncheon entrée or an evening opener.

Nothing says “The Big Easy” or New Orleans better than a classic gumbo, which is an American cousin to French bouillabaisse. Traditionally, this thick, stew-like soup is made with a dark roux, created by stirring oil and flour over low heat until it browns and becomes nutty in flavour. Our Louisiana Seafood and Okra Gumbo is made in a healthier, lighter style.

For a Spanish twist, try this classic Catalan appetizer of sea and mountain ingredients in a simple but highly flavourful dish of Clams and Chorizo in Chili Sauce. To make it a main course, add hearty, crusty bread and salad.

We also offer a Mediterranean-style dish featuring orzo pasta with local seafood, capers and olives. In this recipe, delicate rice-shaped orzo pasta makes a great summer substitute for the heavier taste of risotto.

We are sure you and your guests will enjoy the sunny taste of these original seafood dishes.



LOUISIANA SEAFOOD AND OKRA GUMBO



CLAMS AND CHORIZO IN CHILI SAUCE (ALMEJAS CON CHORIZO)



ORZO PASTA WITH SEAFOOD, SUMMER VEGETABLES, CAPERS AND OLIVES

DELICATE AND FRESH, THESE ADVENTUROUS APPETIZERS CAN BE SERVED AS A LIGHT LUNCHEON ENTRÉE OR AN EVENING OPENER.

PAIRS WITH A TRIO OF SEAFOOD TARTARE: SCALLOP, TUNA AND WILD SALMON



YOSHI NO GAWA ORGANIC SAKE
Japan **\$17.99** 330 ml 622944
Perfectly clear in colour with a delicate floral aroma and a wonderful, gentle fruity taste, this sake is pure, clean and cool. Serve chilled with the seafood trio.



SACRED HILL SAUVIGNON BLANC
New Zealand **\$18.95** 207662
Intriguing aromatics of gooseberry, pineapple and lemon grass mingle with ripe fig and mineral nuances. Full-bodied with a supple texture, it's a brilliant wine alongside seafood. Serve well-chilled.

PAIRS WITH CLAMS AND CHORIZO IN CHILI SAUCE (ALMEJAS CON CHORIZO)



CHATEAU STE. MICHELLE RIESLING
USA **\$15.99** 232512
This is a lovely, well-priced Riesling with gentle floral and citrus aromas. Sweet honeysuckle, apple and pear flavours are deliciously ripe with a finish that is round and dry.



PAIRS WITH LOUISIANA SEAFOOD AND OKRA GUMBO



FLAT ROOF MANOR PINOT GRIGIO
South Africa **\$12.99** 90936
A value-priced wine with food in mind, this delicate, pale yellow wine with flecks of green dancing through the glass is easy to enjoy. Dried apricot, peaches and touches of lychee wind their way along your palate to the brisk, cool finish. Refreshing!



PELLER ESTATES PRIVATE RESERVE CHARDONNAY
BC VQA **\$15.99** 618298
This medium-bodied wine with ripe apple, pear and pineapple highlighted by slight nuances of smoky vanilla is delightful. Smooth and creamy with a lasting finish, it's ideal with shellfish, light pastas, soups and salads.



PAIRS WITH ORZO PASTA WITH SEAFOOD, SUMMER VEGETABLES, CAPERS AND OLIVES



INNISKILLIN RESERVE PINOT BLANC
BC VQA **\$13.99** 76125
A great BC wine at a great price! It is a pale yellow colour with light green glints that shimmer through the glass. It has aromas of fresh apple, silky pear and spicy pineapple. Try it with the clams for a delectable pairing.



SANTA MARGHERITA VAL D'ADIGE PINOT GRIGIO
Italy **\$19.99** 106450
A great example of classic Italian Pinot Grigio! It is clean, dry and well-balanced with floral aromas and pleasing apple and citrus flavours. The perfect companion to seafood, pasta and white meats.



CECCHI NATIO ORGANIC CHIANTI
Italy **\$14.98** 106682
A value-priced wine that is extremely food friendly, well-structured and it's organic! A rich ruby colour with a pleasing floral aroma of violets makes this an ideal wine to serve with pastas, peppers and grilled meats.

ABSOLUT BLUES

2 parts ABSOLUT® BERRI AÇAÍ
1 part simple syrup
1 part lemon juice
Shake and serve straight up.
Garnish with fresh blueberries.



Please enjoy our products responsibly.

Introducing
ABSOLUT BERRI AÇAÍ
Blended for new exceptional drink experiences.

HOT BIG SUMMER SELLERS



QUAILS' GATE CHASSELAS PINOT BLANC PINOT GRIS
BC VQA **\$17.99** 585737

Discover one of BC's best blended white wines. The passion fruit, pear, zesty citrus and elderflower flavours are simply delicious. Well-balanced and light with a refreshingly clean acidity, it's the classic patio sipper.



**MIONETTO
PROSECCO
FRIZZANTE**

Italy **\$21.99** 432369
Add a little sparkle with a light, fresh wine from Italy. Hints of subtle stone fruits and crisp citrus flavours end in a soft, toasty cream finish that lingers. Absolutely food friendly!



NIPOZZANO CHIANTI RUFINA RISERVA

Italy **\$24.99** 107276

A medium-bodied and charming red, this Chianti is full of red berry and vanilla aromas. Sweet plum, subtle tobacco and spicy vanilla unite on the palate leading you to a bright, smooth, lingering finish. A perfect wine for your barbecue this season.

Sauvignon Blanc

THE ULTIMATE SUMMER SIPPER



Summer is almost unfathomable without the thrill of that party-in-a-glass wine, Sauvignon Blanc. From the restrained stone and grass versions of the Loire in France, to the wanton gooseberry and asparagus varieties of Marlborough, New Zealand – and every spirited style in between – Sauvignon Blanc is pure refreshment.

Marlborough's full-throttle expression of this grape shot to fame with the release of Cloudy Bay Sauvignon Blanc's first vintage in 1985 – exactly a quarter of a century ago. Before then, there was nothing like it on the market. And in the wake of the world's budding love affair with Australian Chardonnay, which was also new at the time and exposed the world to that sunshine-in-a-glass style, New Zealand's baby was embraced. It was the next big thing. Cloudy Bay Sauvignon Blanc flew off shelves, a cult following ensued and the price skyrocketed.

Today, Cloudy Bay is still the most popular Marlborough Sauvignon Blanc you can buy. But there are other well-made, but less famous

Marlborough Sauvignon Blancs worth trying. The cachet once linked only to Cloudy Bay is now attached to the whole Marlborough region and

those in the know look for that name on bottles. Well-made and reasonably-priced Marlborough Sauvignon Blancs such as Wither Hills and Babich offer all the sassy charm of the region. While the fruit-juicy style can upstage food, these wines make an unbeatable aperitif.

Marlborough marks one end of the style spectrum and the Loire marks the other. The Loire has been cultivating Sauvignon Blanc since the first century, honing a style that's all about restrained fruit and gentle herbaceousness, shot through with lacy acidity. Confusingly, the name Sauvignon Blanc rarely appears on labels of Loire wines, since French law requires them to be named after their sub-regions or "appellations" such as Pouilly-Fumé, Sancerre, Reuilly and Menetou-Salon.

But it's worth the trouble of learning these aliases because, in best cases, they're incredible food wines. They season a meal, cleanse the palate and create an elegant foil for a wide range of foods, taking the whole experience up a notch. Sauvignon Blanc, Loire-style, lifts dishes like grilled trout with lemon juice and toasted almonds, mixed greens with goat's cheese or steamed mussels with French fries the way a perfect pair of Jimmy Choo pumps elevates and finishes an outfit. Yet these wines are often very affordable, especially beyond those of the well-sung Sancerre and Pouilly-Fumé appellations.

THE BEST SAUVIGNON BLANCS ARE WONDERFULLY
BALANCED SPHERES OF FLAVOUR THAT ROLL
AROUND ON YOUR TONGUE AND TICKLE YOUR
FANCY IN THE MOST REFRESHING WAY.

Other than its French regional names, Sauvignon Blanc is also called Fumé Blanc, a title originally coined in the 1960s by Robert Mondavi in California. The story goes like this: forty-some-odd years ago, Mr. Mondavi noticed Americans loved French Pouilly Fumé, but the Californian Sauvignon Blanc of the day, with its strong grassy flavours, didn't sell well. So in 1966 he stuck the wine in French barrels for a while, to tame the herbaceousness and acidity, and renamed it Fumé Blanc. Voilà – a success! The wine seriously took off.

Although oaking Sauvignon Blanc was a fairly new phenomenon in North America and arguably much of the New World back then, using oak to round out Sauvignon Blanc was and is fairly common practice in Bordeaux where the cool weather creates a wine teeming with tartness. In fact, winemakers in Bordeaux not only oak their Sauvignon Blanc, they also blend in some broad, low acid, waxy-textured Semillon wine to soften the drink and add complexity. Mouton

Cadet Blanc is one such example.

But back to Fumé Blanc. Lately, to capitalize on the name, other New World producers have also been calling their Sauvignon

Blancs "Fumé Blanc," although the wines may or may not be oaked. Wooded or not, Sauvignon Blanc is the quintessential quencher. While Pinot Grigio and unoaked Chardonnay can be pooh-poohed for being too neutral, dry Riesling can be rather austere and a bit of an acquired taste and Grüner Veltliner a tad hard to come by, Sauvignon Blanc is none of these things. It's flavourful, accessible and versatile, swinging from food friendly to cocktail wine.

And falling somewhere between the elegance of the Loire and the flamboyance of Marlborough are Sauvignon Blancs from Canada, Chile, Italy, South Africa, Australia and the United States. In these regions, styles tend to shift from producer to producer without ever quite reaching the boundaries set by France and New Zealand. Many of these "in between" wines are among the most versatile of the bunch, since they pair famously with asparagus, grilled shellfish and goat's cheese, but are not above a bowl of salted potato chips, veggies and dip or sipped as an aperitif.

The best Sauvignon Blancs are wonderfully balanced spheres of flavour that roll around on your tongue and tickle your fancy in the most refreshing way. Just taste some of the recommended Sauvignon Blancs to sample the charms of summer's ultimate sipper.



WINERY OF THE YEAR

2009 CANADIAN WINE AWARDS



Sandhill is proud to be the 2009 Wine Access Canadian Winery of the Year. Each of our single vineyard wines is made with grapes grown exclusively at one distinct vineyard. The complex, subtle, unique character of each vineyard reveals itself each time you raise a glass. Experience the commitment to purity of place that goes into every wine we create.



SANDHILL

BC VQA OKANAGAN VALLEY



Sauvignon Blanc

JUST TASTE SOME OF THESE SAUVIGNON BLANCS TO SAMPLE THE CHARMS OF SUMMER'S ULTIMATE SIPPER.



MISSION HILL RESERVE SAUVIGNON BLANC
BC VQA **\$18.99** 388629

Zesty grapefruit flavours zip across the palate edged with notes of damp herb and snow pea, as well as a hint of roasted nut from barrel fermentation. This is a very exciting summer sipper.



JACKSON-TRIGGS PROPRIETORS' RESERVE SAUVIGNON BLANC
BC VQA **\$13.99** 593111

Classic flavours and aromas of passion fruit, pink grapefruit and freshly cut grass swirl around in this crowd-pleasing Sauvignon Blanc with mouth-watering acidity. Outstanding value for money.



CONCHA Y TORO CASILLERO DEL DIABLO SAUVIGNON BLANC

Chile **\$12.98** 578641
With impeccable balance, tantalizing delicacy and well-toned flavours of Granny Smith apple, mixed citrus and apricot, this bottle is just the thing to perk up a summer afternoon. A delicious offering from a reliable producer.



ROBERT MONDAVI PRIVATE SELECTION SAUVIGNON BLANC

United States **\$15.99** 405753
A refreshing, almost tropical wave of tart lemon-lime flavours nuanced with banana and honeydew melon leads to a sophisticated mineral note on the finish. It's a crisp, balanced, dry wine to sip solo or with light summer fare.



MOUTON CADET BLANC

France **\$12.98** 2527
This French white hints at mixed citrus on the nose before suggesting peaches, floral notes, and crushed stones on the palate. Ultimately, this wine is about seductive restraint. Consider it an economical alternative to Sancerre and enjoy it with steamed crab or other shellfish.



WITHER HILLS MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$18.99** 493619
Explosive gooseberry, green pepper and guava flavours and aromas are underpinned with an attractive mineral core. A generous, well-made wine with great purity of fruit.



BABICH MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$18.99** 560144
A swift attack of gooseberry, asparagus and lime offers a generously fruited, mouth-watering experience. A dry, bracing, full-fruited Sauvignon Blanc typical of the region.

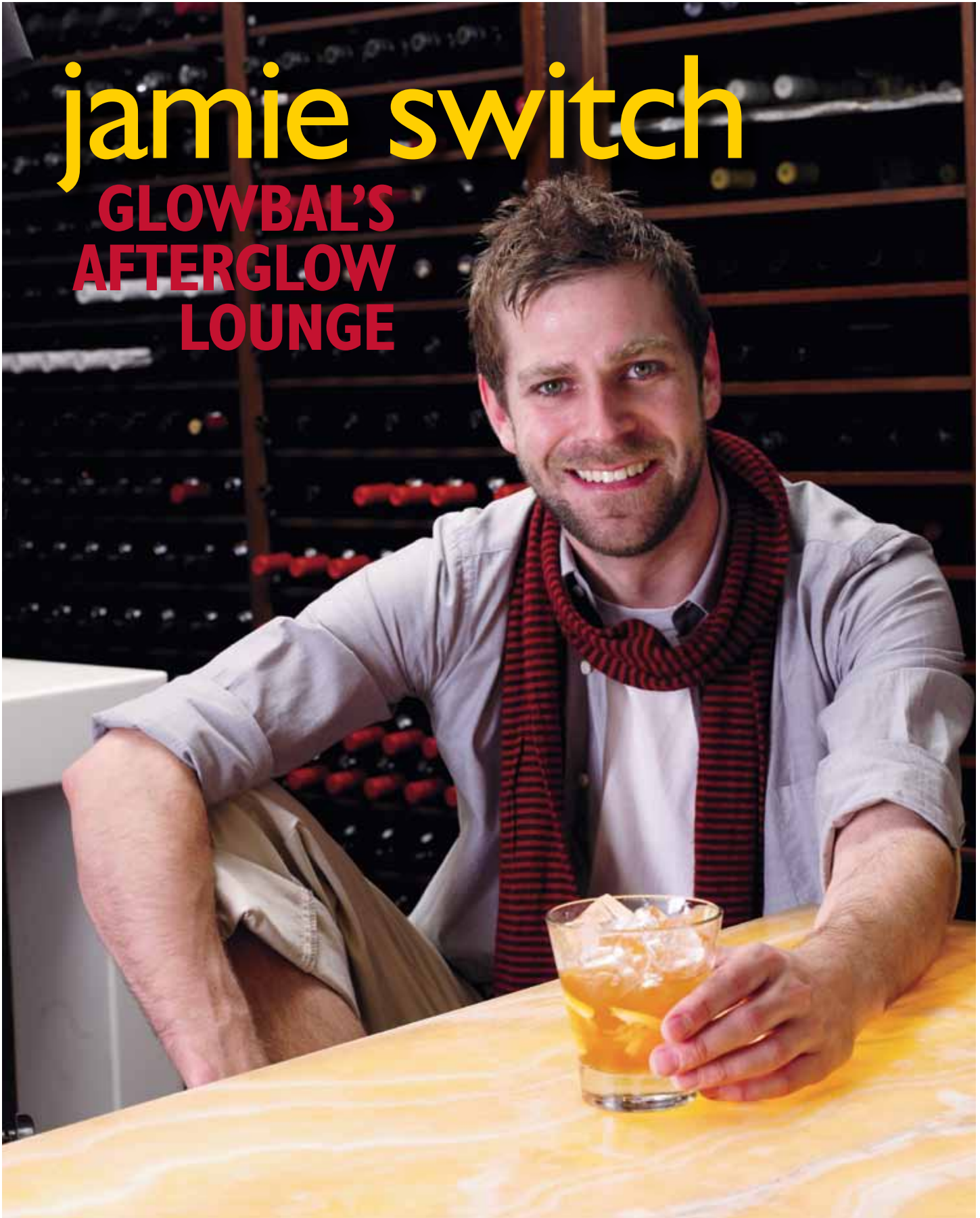


WOLF BLASS SAUVIGNON BLANC

Australia **\$16.99** 611475
This aromatic Aussie thriller teems with aromas of green grass and lime before ripping across the palate with passion fruit, tropical fruit and an attractive herbaceousness. It's almost kiwi-like in its intensity and certainly a solid value.

jamie switch

**GLOWBAL'S
AFTERGLOW
LOUNGE**



You can look up this issue's bar star Jamie Switch at the Glowbal Grill Steaks & Satay's Afterglow Lounge in Yaletown, where in his own words, "we don't facilitate the experience, we are the experience!" Or you can look him up on the Internet Movie Database (imdb.com) where he has an extensive resume of television, film and stage appearances. Most recently, Jamie portrayed Lloyd Becker on two episodes of FOX's freaky "Fringe," meeting a typically untimely end.

Jamie has more than 10 years of experience in the bartending field, starting out at Calgary's Auburn Saloon (where he beat all service records), moving on to the Barley Mill Eau Claire on the banks of the Bow River and then to the famed Melissa's Missteak Steakhouse in Banff.

His westward trek continued and led to him recently being named Top Bartender of Vancouver's Glowbal Group. Jamie's mixological philosophy is all about information. He prides his bar team on their detailed food, wine and spirit knowledge "Great," is not an exact enough answer to the question, "how is this dish?" according to Jamie, who is more often called "Switch" by the team at Afterglow. Once the expertise is there and the logistics are out of the way, the thing that keeps Jamie coming back every day is the fun.

If you aren't able to run out right now to visit him at the Afterglow Lounge, Jamie has kindly shared three recipes with us so you can try recreating one of his original, summer-themed cocktails at home.



KHIRA

2 oz (60 ml) Hendrick's gin
 1 oz (30 ml) lime juice
 ½ oz (15 ml) cardamom simple syrup (see recipe below)
 2 slices cucumber, muddled
 ginger beer to top
 ice
 2 slices cucumber for garnish

Pour vodka, lime juice and cardamom syrup into short glass, add ice. Top with ginger beer. Garnish with cucumber.



10 MILLION

1 oz (30 ml) Razberi Stolichnaya vodka
 ½ oz (15 ml) sour apple liqueur
 ½ oz (15 ml) butter ripple schnapps
 2 cubes pineapple, muddled
 2 oz (60 ml) pineapple juice
 ice
 1 slice fresh pineapple

Muddle pineapple in cocktail shaker. Add ice and remaining ingredients. Shake well and strain into a tall glass full of ice. Garnish with pineapple slice.



THE OLD-FASHIONED CANADIAN

2 oz (60 ml) Canadian Club whisky
 1 orange slice, muddled
 2 dashes orange bitters
 ½ oz (15 ml) maple syrup
 1 maraschino cherry
 ice

Place orange slices in cocktail shaker and muddle. Add remaining ingredients. Stir. Pour into short cocktail glass. Garnish with maraschino cherry.

CARDAMOM SIMPLE SYRUP

2 cups (500 ml) water
 1 cup (250 ml) sugar
 1 tbsp (15 ml) cardamom seeds

Place all ingredients in saucepan. Stir. Heat to boiling, stirring frequently. Remove from heat, strain out seeds and store in refrigerator.

SPICY SALSAS

There's nothing more delicious than the fresh taste of salsa. It lights up all the taste buds: savoury, sweet, hot, tangy and salty. We often think Mexican when we hear the word "salsa," but this delightful condiment is found all over the world. Healthy, easy to make and full of the rich flavours of herbs and spices – salsa swings with many dishes.

Here we paired a colourful Spicy Pineapple Mango Salsa with cumin-crusted chicken. It's spiked with the wonderful smoky flavour of chipotle chilies and is delicious hot or cold.

Our Tropical Fruit and Nut Salsa is lime-fresh and perked up with a little chili powder to give it a touch of heat. Try it as suggested with creamy cheeses and crisp salad greens or spoon it over chicken and roll it up in a wrap.

The Roasted Tomato Salsa is an easy summertime supper fix. It's great with grilled trout, as seen here, but also wonderful served with steak or pasta or even just piled high on crostinis as a crunchy, spicy appetizer.

Try any one of these zesty treats and spice up your summer!



CUMIN-CRUSTED CHICKEN WITH SPICY PINEAPPLE MANGO SALSA



TROPICAL FRUIT
AND NUT SALSA



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TOMORROW

Introducing Unity, the new Jackson Triggs. Over the next few months you're going to notice a difference in the look of our bottles. It's more than the union of a bold new label with a difference you can taste. It's more than the celebration of blending premium wines from here and around the world. It's about coming together, period.



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Spicy Salsas

PAIRS WITH SPICY PINE-APPLE MANGO SALSA



 **01**
BEND IN THE RIVER
RIESLING QBA
 Germany **\$13.99** 501080
 Slightly off-dry with gentle floral aromas and a well-balanced acidity, this beautiful white is a must have on the table this summer. Extremely food friendly and at a price everyone can enjoy.



GANTON & LARSEN
PROSPECT WINERY
PINOT GRIGIO
 BC VQA **\$12.99** 100925
 You will enjoy this crisp, value-priced BC white. It features tasty tropical, melon and citrus fruit flavours and a brisk acidity. Serve well-chilled with all your summer dishes.




GRILLED TROUT WITH ROASTED TOMATO SALSA

PAIRS WITH TROPICAL FRUIT AND NUT SALSA




 **00**
SANTA RITA RESERVA
SAUVIGNON BLANC
 Chile **\$14.99** 275677
 Crisp and clean with lime, melon and grapefruit flavours. The cool, snappy finish makes this an ideal wine to sip well-chilled or try it with salsas, grilled shellfish or lemon chicken.



 **00**
JACKSON-TRIGGS
PROPRIETOR'S
RESERVE
CHARDONNAY
 BC VQA **\$12.99** 543819
 You can always count on BC wine to complement any cuisine. This medium-bodied white with lovely apple and oak flavours and a light, silky finish is great value. Perfect with the salsa.

PAIRS WITH GRILLED TROUT WITH ROASTED TOMATO SALSA



 **00**
ANAKENA
SINGLE VINEYARD
VIIGNIER
 Chile **\$15.96** 329755
 A golden-hued wine kissed by the sun with subtle spice and dried apricot flavours. Sleek and smooth with just a trace of crisp citrus, it's a perfect match for the grilled trout.



 **00**
PAUL MAS
SYRAH VIIGNIER
 France **\$16.99** 188953
 You'll find the silky texture of Viognier and the jammy fruit of Syrah in this value-priced bottle from a great French producer. Medium-bodied with a well-balanced finish, it's versatile and very food friendly.



¡OLÉ!

SPANISH WINE

RIOJA AND
SO MUCH
MORE

For many, the mention of Spain evokes visions of bullfighters, Flamenco dancers and tapas. But for wine aficionados on the prowl for good deals across the board, Spain simply translates into lots of delicious wines with money left over in your pocket.

Spain has been making wine for thousands of years and they've been doing a fine job of it too. Arguably, their loftiest claim to fame is their red wine from Rioja, affectionately described by one prestigious wine magazine as "An iron fist packed in a velvet glove." The Rioja region has made its signature grape Tempranillo, known worldwide for its expressions of smooth, red fruit and subtle tannins. Wines from this region range in style according to their aging durations, as indicated on the label by either Crianza, Reserva or Gran Reserva, referencing a longer aging process as the list goes on.

But Rioja isn't the only wine region in Spain – not by a long shot. In fact, Spain boasts the world record for most area under vine. At nearly 1.16 million hectares planted with vineyards (more than 20 percent bigger than the entire land mass of British Columbia), Spain has the largest wine producing area of any country in the world. What's really spectacular about this viticultural mecca is not the sheer size of its vineyard area, but rather its diversity. While some countries focus their vine planting only in select areas, Spain has vines everywhere: on mountains, in valleys, on the coast and inland. The variety of

styles produced boggles the mind.

Rias Baixas, for example, is best known for the white wines they produce from the Albariño grape. The wines are light and aromatic with vibrant orchard fruit characteristics, partly due to the climate and conditions in which they are grown. This region is situated at the westernmost tip of Spain on the North Atlantic coast, boasting a wet, cool, maritime climate ideal for making white wines.

Look next to Penedés for an opposite extreme in geographical positioning and, in turn, wine style. Situated in the northeastern corner of the country on the Mediterranean coast, this region has a dry, warm and mild climate predisposing it to make great red wines. As such, some of the boldest, most robust red wines in all of Spain come from Penedés.

Spanish wine regions are differentiated by their *Denominación de Origen* (D.O.). There are 70 designated regions that fall under this category throughout the country. This means various regulatory boards govern the production of wines in each of these areas to ensure that we, the consumers, are getting what we pay for. So if a wine says "Jumilla" on the bottle then we can be assured that the grapes are from this specific area and that we can rely on the classic characteristic of Jumilla wines to be present in the bottle.

Jumilla is a value-renowned region best known for its red wines. A relatively new D.O. in comparison to its

well-established neighbours, the climate of this southeastern continental region is ideal for deep, concentrated wines with its hot, dry summers. Hence, stylish red wines tend to dominate from this area and they are some of the best values on wine shelves today.

Keeping on the topic of value, Jumilla's neighbouring Yecla D.O. also has a fistful of good values. With the same climate as Jumilla, Yecla has a more established history and their wines tend to show a bit more concentration in style. These are both very small regions with charming characteristics that set them apart from their many Spanish peers.

Rueda and Valdepenas are two more distinct regions within this virtual playground of vineyards. Each has its own very unique style. Rueda produces a dry white wine based on the Verdejo grape, noted for its mineral characteristic and slightly bitter finish. Valdepenas, a long-established D.O., produces an abundance of reds, whites and rosés alike, all representing remarkable value for their modest price points.


Of course, if you really want to get a taste of Spain just head to Ribera del Duero, where Tempranillo is king. This region's wines have captured attention worldwide, winning multiple awards and selling for hundreds of dollars a bottle. Duero wines encompass the true spirit, history, traditions and flavours of Spain and wines from this region range in style and price dramatically, not unlike its nearby neighbour Rioja.

This brings us full circle in our

I dare you to try my
new Shiraz Spritzer.



**Try Truth
or Dare**

Try Naked Grape's new Shiraz Wine Spritzer, offering a refreshing combination of Shiraz's bold, blackberry taste with a sparkling spritz. Visit TryTruthOrDare.com for a chance to win up to \$1000* or find us on 

Please enjoy responsibly. *For full contest details, visit TryTruthOrDare.com

iOlé! Spanish Wine: Rioja and So Much More

skimming tour of Spanish wine regions. You will never see the same style twice throughout the Spanish region, but you could certainly have a tasty time exploring them all.

Yes, Spain has delicious tapas, impressive Matadors and lively dancers to boot, but the real stars of this spectacular country are its many wines and the remarkable values they represent.



OLIVARES ROSÉ

Spain **\$13.99** 803841

This dry rosé from the Jumilla region of Spain is made from a blend of established red grapes. Deep salmon in colour, this wine bursts with red fruit flavours. Serve with bouillabaisse or paella.



BURGANS RÍAS BAIXAS ALBARIÑO

Spain **\$24.45** 226795

An established favourite for summer sipping, this charming white wine is a signature of the Rías Baixas region. Enjoy as an aperitif or alongside white fish such as cod or snapper.



TELMO RODRIGUEZ BASA

Spain **\$18.99** 586016

A truly fine white wine from Spain's Rueda region based on its signature Verdejo grape, this dry white wine shows mineral nuances and orchard fruit flavours. A great pairing with chicken.



BERONIA RIOJA RESERVA

Spain **\$24.99** 216770

This aged red wine is a fine example of Rioja. Made principally from the Tempranillo grape, this is a soft wine with red fruit flavours. Enjoy with prime rib.



ARROCAL RIBERA DEL DUERO

Spain **\$23.99** 488353

Made from a blend of red grapes, this is a juicy red wine from Spain's acclaimed Ribera del Duero region. Serve with red meats, especially barbecued steaks.



BARAHONDA TINTA BARRICA

Spain **\$19.99** 213900

Made from a blend of Monastrell and Cabernet Sauvignon grapes in the region of Yecla, this is a concentrated red wine with flavours of dark cherry and vanilla. Delicious with steak.



VIÑA ALBALI GRAN RESERVA

Spain **\$22.99** 538934

Made from patiently aged Tempranillo grapes in Spain's Valdepenas region, this is a full-flavoured red wine that's great with game meats or semi-ripe cheeses such as Oka.



TORRES GRAN CORONAS

Spain **\$19.49** 36483

Cabernet Sauvignon and Tempranillo grapes blend harmoniously to create this red wine of remarkable value from the Penedés region. An ideal pairing with lamb dishes.



A
TASTE
OF

H O N E Y

There's quite a buzz about bees and honey these days. Many garden centres are offering advice to gardeners on the value of beekeeping, as apiculture takes a front row in urban farming. Rooftops across BC and Canada are becoming veritable hives of activity as urban beekeeping grows in popularity. There are even hotels that keep their own private hive to pollinate vegetable gardens and provide personal stocks of honey for culinary use.

The value of urban bees is in their ability to pollinate. Without bees transferring pollen from plant to plant, there are dramatic reductions in the production of fruit. With locally grown produce taking centre stage, the importance of beekeeping and pollination cannot be stressed enough.

One of the most valuable products of beekeeping is of course, honey. A single bee colony can produce up to 300 pounds of the golden liquid per season. Honey flavours differ depending on where the hives are situated. For example, honey can be pale yellow or dark rich golden in colour with flavours reflecting the region. The plants within buzzing distance of the hive determine the taste of the honey produced in the colony.

Honey is delicious in so many dishes. From dressings to glazes, the genuine flavour of honey is sweet in all sorts of cooking. We've composed three easy recipes using a taste of honey. In our Honey Dijon Vinaigrette, honey puts a lovely sweet twist on a summer bean salad. Our Honey-Glazed Chicken has a splash of savoury tamari added for an extra punch of flavour. Try the Sweet Mango Mustard; it's perfect on smoky, grilled shrimp.

The sweet taste of honey is hard to resist, so go get a jar and get busy!

HONEY IS DELICIOUS IN SO MANY DISHES. FROM DRESSINGS TO GLAZES, THE GENUINE FLAVOUR OF HONEY IS SWEET IN ALL SORTS OF COOKING.



HONEY-GLAZED CHICKEN BREASTS



SMOKY GRILLED SHRIMP WITH SWEET MANGO MUSTARD

A Taste of Honey

PAIRS WITH SMOKY GRILLED SHRIMP WITH SWEET MANGO MUSTARD



DEINHARD DRY RIESLING

Germany **\$13.99** 60004
This is a wonderfully balanced white with spice, fruit and toasty nut nuances weaving their way through to the pleasingly crisp ending. Pairs well with the grilled shrimp or try it with spicy Asian cuisine.



FREIXENET CARTA NEVADA BRUT

Spain **\$13.99** 74757
Sparkling and fun, this great little cava from Spain is very food friendly. Golden bubbles pop from the glass with toasty vanilla, smoky spice and gentle fruit aromas. Ideal for any special occasion that arises.



BEANS AND GRAINS WITH HONEY MUSTARD VINAIGRETTE

PAIRS WITH HONEY-GLAZED CHICKEN BREASTS



BANROCK STATION SPARKLING CHARDONNAY

Australia **\$13.99** 534974
A soft and creamy sparkling wine with sweet vanilla and gentle tree fruit flavours. The touch of light citrus mid-palate is refreshing and the ending is long with hints of sweetness.



SNAP DRAGON CHARDONNAY

USA **\$12.99** 477646
Silky and smooth this well-priced California Chardonnay brings a touch of the sun to your table. Pear, sweet vanilla and tropical fruit nuances end in a symphony of delicious flavours.



LINDEMANS BIN 99 PINOT NOIR

Australia **\$12.99** 458661
This crimson-coloured, medium-bodied wine with subtle, earthy aromatics is delicious. Red fruit, faint oak hints and a wonderfully clean finish make this an ideal wine for legumes and roasted meats.



JACKSON-TRIGGS PROPRIETORS' RESERVE VIOGNIER

BC VQA **\$15.99** 593129
This wonderful BC beauty is a pure delight to sip. Soft peach, nectarine and light citrus flavours blend together seamlessly with the gentlest nudge of spice in the rich finish.

CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES



Ken Kullberg

Product Consultant (WSET* Advanced)
Highgate Village Signature Store, Burnaby
I love the interaction with customers in the store. To meet their needs and fulfill their expectations is the most rewarding aspect of my job.



Dennis Dwernychuk

Product Consultant (WSET* Diploma)
Orchard Park Signature Store, Kelowna
Fun is what this job is all about! Discussing fine vintages, new and upcoming wine regions and meeting my customers' needs is challenging and rewarding.



Steve England

Product Consultant (WSET* Advanced)
Northgate Signature Store, Burnaby
Two of my greatest passions are wine and food. To be able to share and learn with my customers on a daily basis is one of the joys in life.



VICTORIA GIN

Canada **\$49.99** 645085

This top quality London dry-style gin is handmade on the Saanich Peninsula north of Victoria. The nose offers a promise of faint, sweet spice over a subtle resinous, juniper background flush with the floral bouquet of rosebuds. The palate follows through smooth, soft and well-balanced.



MARNIER LAPOSTOLLE PINEAU DES CHARENTES

France **\$21.99** 155903

This aperitif from the Cognac region of France is made by blending the juice from grapes grown in the region with cognac aged in French oak casks. It's a lovely, light gold colour with aromas of peach, apricot and hints of citrus and honey. Mix with a splash of soda water for an interesting summertime refresher.



RUFFINO ORVIETO CLASSICO

Italy **\$12.99** 31062

A superb summer sipper! It has a refreshing, zesty citrus, lemon, delicate elderflower, luscious crushed grape character with a well-balanced minerality. Slightly dry in the medium-bodied, clean finish, it's ideal with salmon or creamy herb pastas.



ROSEDALE CHOOK SHED SHIRAZ

Australia **\$14.99** 11114

A blockbuster! The pronounced developing aromas and flavours of blueberry, blackberry, pepper and vanilla spice with the dry, slightly oaky, fruit-forward finish with soft tannins is wonderful. Serve with lamb, beef or barbecued meats.



TWO HANDS THE LUCKY COUNTRY SHIRAZ

Australia **\$19.99** 170555

This Australian Shiraz is rich and ripe with spicy pepper, black fruit, chocolate, vanilla and raisin on the nose. It will catch your attention with its full flavours and easy, balanced tannins. Match with lamb kabobs and grilled vegetables.



CÔTES DU RHÔNE DELAS SAINT ESPRIT

France **\$17.99** 915470

This French blend is a deep red colour with loads of plummy red fruit, black pepper spice and a gamey meatiness from the 75 percent Syrah. The smooth mouth feel and light tannins make it very accessible now. Try with wine-braised beef with Provençal herbs or with mature cheeses.



*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

Open

CELEBRITY CHEFS

GEORGE SIU AND
PARK HEFFELFINGER
MEMPHIS BLUES
BARBEQUE HOUSE

"PLEASE DON'T COME IN AND ASK US TO BARBECUE TOFU. IT'S JUST NOT WHAT WE DO!"

In Memphis, barbecue isn't just a cooking style, it's a religion. Around here, just a little north of Tennessee, there wasn't a lot to say about true Southern barbecue until food guy George Sui and wine pro Park Heffelfinger stopped over in Memphis, killing time between flights and chowed down on some pulled pork sandwiches. An obsession was born. They gleaned the best of what they could cajole from barbecue experts down south and turned it into a modest venue at Broadway near Granville. All the Memphis dry-rubbed and slow-cooked favourites – ribs, beef brisket, pulled pork, rib ends, smoked sausage and smoked chicken are perfectly prepared with sides of coleslaw, cornbread, potato salad or fries, BBQ pit beans and barbecue sauce. George and Park have won numerous awards and reader's polls over the years and have built an empire — at least by Vancouver standards, with authentic Southern barbecue locations across the Lower Mainland and even as far away as Kelowna.

First off, there seem to be a lot of misconceptions about Southern barbecue. Like boiling ribs. Do you do that?

George: We'd be run out of town if we did that. Boiling changes the texture of the meat and not in a good way.

Then who came up with such a crazy idea?

Park: It's from *Canadian Living Magazine* and it's appeared in their cookbooks for years. The idea behind it is to make the meat fall off the bone.

George: Which is exactly what you don't want. If you can pull the bone right off, it's overdone. There's a phrase that true barbecue aficionados use, whether they're from Chicago, Memphis, Texas or Kansas City, "You need a little chew to your 'cue." You need a little something to sink your teeth into.

I've also heard rumour that some people are suspicious about the pinkness in your rib meat.

George: The pink ring near the bone is your indicator that the meat is perfectly cooked. We give our ribs a dry rub and smoke them over applewood for six hours until they get this incredible dark glaze with a succulent pink centre. The pulled pork and beef brisket get 18 hours. The flavour is beyond compare.

Is barbecue more of a guy thing?

George: It's a myth that men like barbecue more than women. On some nights, we have more women than men in our restaurants. And they are much better organized than men.

They call ahead to order for the big games, sometimes by as much as a week. We can cook a thousand pounds of meat in a day, but once we run out that's it until the next day.

You were pretty much a success from the day you opened. What's the secret?

Park: Two things that we know of. We opened up a week after 9/11 and people were looking for comfort food. Add to that the fact that at the time everyone was on the Atkin's Diet, so a lot of customers came in for their fix of meat and salad.

Any advice for home barbecue nuts who want to try to reproduce your food in their own backyard?

George: Well, number one, pick up a copy of our *Memphis Blues Barbeque House* cookbook, published by Whitecap Books. We let you in on some of the best-kept secrets to classic barbecue. Secondly, if you want to go whole hog, you'll need to build yourself some kind of barbecue pit like the pros do. This can be a costly venture with an oven like I built costing about \$600. I suggest, instead, invest in a food water smoker which you can get from Johnstone's in North Vancouver or even Home Depot. I use a Weber at home – it'll set you back about \$150 to \$200. Best to get a charcoal starter too for around \$40.

I've heard you've added some new sauces to the menu.

George: We have a new Carolina mustard, slightly sweet but with a tangy, balanced acidity. Good for all meats really. Also, a Carolina vinegar we use on pulled pork sandwiches. We mix apple cider vinegar, dry rub and chili flakes into the pulled pork and pile it high on a white burger bun. And with a nod to the Longhorn State, we've created a Texas-style barbecue sauce we like to serve on beef brisket. It's vinegar-based with ketchup, tomato paste, rub, chili flakes and hot sauce.

So what beverages go best with barbecue?

Park: Wine can be the perfect accompaniment to Memphis barbecue. It's not as filling as beer. Especially low alcohol wines like Rieslings and light, fruity reds.

Any strange requests from people dining at one of your restaurants?

George: I've said it once and I'll say it again. Please don't come in and ask us to barbecue tofu. It's just not what we do!

PLEASE DRINK RESPONSIBLY



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MEMPHIS BLUES



TRIED AND TRUE RECIPES FROM THE MEMPHIS BLUES BARBEQUE HOUSE COOKBOOK

MEMPHIS BLUES PULLED PORK

Makes 8 servings

- 5 lb (2.5 kg) pork shoulder or picnic shoulder
- all-purpose dry rub (recipe follows)
- 6 3-in (7.5 cm) chunks of apple wood (if smoking with gas barbecue) OR
- 2 lb (1 kg) bag of wood chips (if smoking with a water smoker)

GAS BARBECUE METHOD

Rub pork shoulder with dry rub. Make sure shoulder is well-coated on all sides. Turn on one side of the gas barbecue to create a temperature of 250–275 F (120–140 C). Put one piece of apple wood on lit side of grill. (Or, use a smoker box and refill as needed.)

Place shoulder on the unlit side of the grill, fat side up. Close lid and allow to smoke. Once smoke has cleared, open lid and put in another chunk of wood. Repeat this smoking technique until all the wood is gone. A 5 lb (2.5 kg) pork shoulder will take about 8 hours to become soft enough to pull apart. During last hour of cooking, wrap meat in tinfoil to allow it to steam in its own moisture.

Take meat off barbecue and let stand for 20 minutes. Remove tinfoil and place meat in a large stainless steel bowl. Use your hands to break the meat up into tiny pieces (a kneading motion similar to making bread works well). Incorporate all the fat and juices into meat mixture. Use right away or wrap in plastic (to retain moisture) for later use. Keeps refrigerated for up to 2 weeks or frozen for several months.

WATER SMOKER METHOD

Start charcoal in a starter chimney. Make sure coals are white and hot before loading. Fill water reservoir half full. Load charcoal into smoker and place two chunks of wood on it. Or, use handfuls of wood chips placed directly on the charcoal. Place pork shoulder on top rack of smoker, fat side up. Close lid and allow to smoke. Keep adding hot charcoal and wood as it burns down. You may need to reload 3 or 4 times during the 8 hours. Monitor the temperature to keep it consistently between 250–275 F (120–140 C). During last hour of cooking, wrap meat in tinfoil to retain its moisture. Serve as above.

ALL-PURPOSE DRY RUB

Makes 4 cups.

- 3 cups (750 ml) each dried parsley, sugar and Lawry's seasoned salt
- 3 tbsp (45 ml) each pepper, garlic powder, onion powder, dried oregano and paprika
- 1 tbsp (15 ml) each mustard powder and celery salt

Combine all ingredients in a bowl and whisk to make sure there are no clumps. Store in an airtight container for up to 6 months. Use on pork, chicken, turkey or fish.

MEMPHIS BLUES CLASSIC BARBECUE SAUCE

Makes 2 cups

- 2 tbsp (30 ml) tomato paste
- 1 tbsp (15 ml) each dark brown or demerara sugar, molasses, white vinegar, soy sauce, honey and ketchup
- 1 tsp (5 ml) each yellow mustard, Worcestershire sauce, garlic powder, onion powder and Lawry's seasoned salt
- ½ cup (125 ml) water
- dash Louisiana-style hot sauce

Combine all ingredients in a saucepan. Whisk thoroughly or combine with a hand-held blender to ensure there are no lumps. Simmer over low heat while stirring frequently for 1 hour (this pasteurizes the sauce). Cool for at least 1 hour before transferring to an airtight container for storage. Store for up to 1 month in the refrigerator.

MEMPHIS BLUES PULLED PORK SANDWICH

Makes 4 sandwiches

- 1½ lb (750 g) Memphis Blues pulled pork
- 1 cup (250 ml) Memphis Blues Classic Barbecue Sauce
- 1 cup (250 ml) your favourite creamy coleslaw
- 4 large white hamburger buns, cut in half

Reheat the pulled pork in oven or in a microwave. In a small saucepan, heat the Memphis Blues Classic Barbecue Sauce. Pile coleslaw on bottom half of bun. Divide warm meat into 4 portions and heap onto the coleslaw, then smother with as much sauce as you like.





VANCOUVER
ISLAND'S

ALE TRAIL

Brewing history on Vancouver Island dates back to 1858, the same year British Columbia became a province. William Steinberger opened Victoria Brewing on the shores of Swan Lake just north of Victoria. Originally, the German immigrant had come to North America in search of gold but he saw a business opportunity when he realized the burgeoning new capital of BC had no breweries of its own.

Steinberger soon moved the business into downtown Victoria, to make use of the excellent mineral waters of Spring Ridge in present-day Fernwood. Within a few years several more breweries followed his lead so the prospector-turned-brewer obviously had the right idea.

To support the city's brewers, farmers on the Saanich peninsula began to grow hops and the success of this crop in coastal BC's temperate climate led to hops

becoming one of the province's most significant agricultural products by the early 20th century. Due to falling prices worldwide, however, hop growing died out in BC by the 1990s. Lately, it is seeing a renaissance with a new focus on organic hop production driven by craft brewers who want to buy the product locally.

Victoria has hosted some milestone events in the recent craft brewing resurgence. In 1984, Canada's first modern-day brewpub Spinnakers opened and later that same year Vancouver Island Brewing, one of the country's first modern craft breweries, was also founded.

Along with these and other breweries that have since set up shop in Victoria there are several highlights on Vancouver Island's Ale Trail including Duncan, Nanaimo and Comox.

VICTORIA

Victoria actually boasts more craft breweries than Vancouver. The oldest and largest, Vancouver Island Brewing, turned 25 last year and this year the brewery is celebrating the 100th

anniversary of Canada's Navy with a special brew called Sea Dog Amber Ale. The Navy will observe its centennial this summer with an International Fleet Review featuring naval vessels from more than 20 different nations. With more than 10,000 foreign sailors visiting Victoria during the week of June 9-14, VIB had better have a lot of Sea Dog brewed by then!

This year also marks the 150th birthday of the Fisgard Lighthouse which guards the entrance to Esquimalt Harbour. The beacon, which has been in continuous operation since 1860, was automated in 1929 and is now a National Historic Site. The anniversary will be celebrated on June 11-12 with

fireworks and a flyover by the Snowbirds and is also being commemorated with a new brew from Lighthouse Brewing called Fisgard 150 Bavarian lager.

While Phillips Brewing won't be celebrating 10 years in business until 2011 it has already established itself as Victoria's most challenging and innovative craft brewery. This summer, in addition to its standard line-up, Phillips' sampler 12-packs will include either a Big Time Kölsch or Rifflandabrau pilsner. The brewery will also be offering its excellent Wheatking Hefeweizen in six-packs and several specialty brews in single 650 ml bottles, including a sarsaparilla, based on the original "root beer" that was popular in the Wild West.

Over at Driftwood Brewing, Victoria's newest craft brewer, founded in 2008, the specialty is Belgian-style brews including a peppery "saison" called Farmhand Ale and a "wit" called White Bark Ale. Along with these, Driftwood also produces Driftwood Ale, Crooked Coast Amber Ale and specialty brews such as Belle Royale, a Belgian-style strong ale fermented with Morello cherries.

No beer tour of Victoria is complete without a visit to the city's trio of excellent brewpubs. Spinnakers, Swans and the Canoe Pub are all situated next to the picturesque Inner Harbour within easy walking distance of each other – a perfect evening's stroll.

WHETHER YOU GO IN PERSON OR JUST BROWSE THE SHELVES AT YOUR LOCAL BC LIQUOR STORE, YOU'RE BOUND TO MAKE SOME INTERESTING DISCOVERIES ON VANCOUVER ISLAND'S ALE TRAIL.

**WHEN
YOUR
BACK
YARD
IS THE
BAR.**



**IT'S TIME
FOR LIME.**

*TM/MC Anheuser-Busch, Inc.



Vancouver Island's Ale Trail

UP ISLAND

Leaving the beer aficionado's paradise of Victoria behind the next stop is Duncan, halfway to Nanaimo, which makes it the perfect pit stop as you head up island. Craig Street Brewing, the Cowichan Valley's first and only brewpub (founded in 2006), offers a regular set of pale ale, lager, porter and Irish ale on tap along with diverse specialty brews such as *märzen*, bock, hibiscus ale, extra special bitter and rye ale.

Nanaimo is home to the Longwood Brewpub and the Fat Cat Brewery. Longwood's rotating list of brews includes several unfiltered ales served in the traditional manner, hand-drawn through original English beer engines. Fat Cat's beers are made from scratch and all possess unusual names, such as Fat Head IPA, Pompous Pompadour porter and Bunny's Black & Tan.

After the hub city, continue north to Comox, the last-but-not-least stop on Vancouver Island's Ale Trail, to check out BC's newest craft brewery, Surgenor Brewing. Founded in 2009, Surgenor sells two beers, Red House Ale and Steam Donkey Lager in unique aluminum bottles. The brewery plans to add some specialty brews this year, including In Seine Pale Ale, which should be out this summer and #8 Shaft Black Lager, due out in the fall.

Whether you go in person or just browse the shelves of your local BC Liquor Store you're bound to make some interesting discoveries on Vancouver Island's Ale Trail.



DRIFTWOOD FARMHAND ALE

\$4.75 650 ml 528141

The *season* style was traditionally brewed by Belgian farmers for their farmhands during harvest time. Driftwood's version employs 10 percent sour mash along with cracked black pepper, which gives the beer a nice zing behind a rich, semi-sweet flavour.



VANCOUVER ISLAND BREWING SEA DOG AMBER ALE

\$11.55 6 x 341 ml 124362

Sea Dog is a great beer from start to finish – it pours rusty orange in colour with a creamy head and boasts a malty body that lives up to its appearance without being too heavy.



PHILLIPS BLUE BUCK

\$11.65 6 x 341 ml 751081

Blue Buck is Phillips' "session ale," a beer that won't knock you off your feet. But that doesn't mean it isn't packed with flavour and character. Quite the opposite – this bronze-coloured ale is lightly hopped with a medium-bodied malty sweetness.



LIGHTHOUSE BREWING FIGGARD 150

\$11.95 6 x 355 ml 396184

This new addition to Lighthouse's lineup is a golden lager with a crisp bite, medium body and a dry finish – very typical of a Bavarian lager. An easy-drinking, satisfying beer, Figgard 150 is perfect for a warm, sunny afternoon gazing out over the waves.



SURGENOR RED HOUSE ALE

\$10.95 6 x 355 ml 659698

Surgenor's unusual aluminum bottles hold a lusty, red Irish ale. It's a rich and satisfying brew with a robust maltiness and velvety head that sticks around until the last dregs are drained.



DRIFTWOOD CROOKED COAST

\$4.75 650 ml 811976

This alt-styled amber ale has a creamy body, thanks to the inclusion of wheat in the malt, but this is no light-bodied *weissbier*. Crooked Coast balances a hoppy bitterness with sweet caramel, roasted grain and nut flavours – delicious!

PEAS *please*



CHOPPED ICEBOX SALAD

The natural, healthy, delicious taste of fresh garden peas is a far cry from the pale and mushy tinned variety many of us grew up with. There was a vast improvement with the advent of frozen vegetables in the late sixties and early seventies but nothing compares to the flavour of peas right off the vine (or from your local farm market) released from their pods personally. Anyone who's had a kitchen garden will not forget the sweet, sunny experience of munching peas, pod and all, right out of the garden.

The fact that peas are packed with nutrition is a secondary benefit. Here we concentrate on flavour! We offer three wonderful recipes that showcase the simple pea. Try our easy (and so pretty) retro-style Chopped Icebox Salad on a summer afternoon. Or open a July evening dinner with a sublime, simple Green Pea, Shrimp and Ricotta Ravioli appetizer made with prepared won-ton wrappers stuffed with a savoury cheese and pea purée filling.

If you're particularly peckish after a day of beach volleyball or mountain biking, try our Spicy Italian Sausage with Pasta and Peas. It's delicious, easy to make and can be served hot or cold.

Enjoy!



GREEN PEA, SHRIMP AND RICOTTA RAVIOLI WITH SAGE AND BASIL BUTTER

PAIRS WITH CHOPPED ICEBOX SALAD



FOLONARI PINOT GRIGIO

Italy **\$13.99** 229542

Light, bright and delightful! Here's a classic little Italian beauty full of green apple and zesty citrus flavours with a crisp, clean finish. Ideal when served as an aperitif or with salads and light appetizers.



CHARTRON LA FLEUR

France **\$13.99** 626341

Fresh, fruity and floral all wrapped up in one neat little pale, yellow-hued glass. It has lovely, snappy green fruit and faint white-flower nuances. Serve this white Bordeaux well-chilled with the salad for a perfect pairing.

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Please enjoy responsibly.



Peas Please

PAIRS WITH GREEN PEA, SHRIMP AND RICOTTA RAVIOLI WITH SAGE AND BASIL BUTTER



ST. HALLETT POACHER'S BLEND
Australia **\$12.98** 535963
A wonderful blend from Australia with pronounced tropical and citrus fruit flavours. Medium-bodied with a nicely balanced weight throughout, it's a summertime favourite with seafood. Well-priced!



INNISKILLIN RESERVE CHARDONNAY
BC VQA **\$13.99** 558411
Smooth, spicy baked apple and rich citrus command attention in this silken BC treasure. The intense flavours carry through to the persistent finish. Seafood, light pastas and chicken love this wine!



SPICY ITALIAN SAUSAGE WITH PASTA AND PEAS

PAIRS WITH SPICY ITALIAN SAUSAGE WITH PASTA AND PEAS

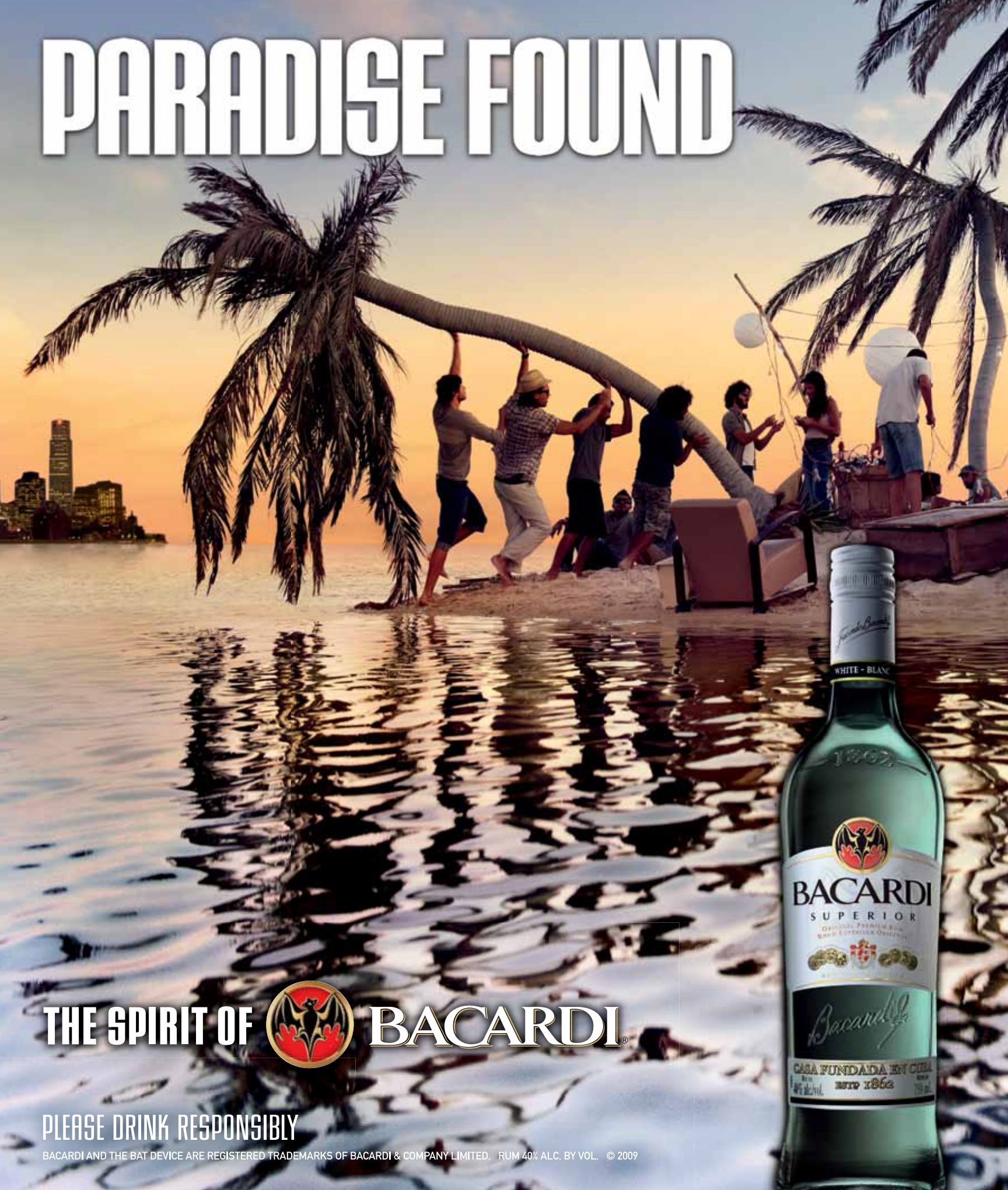


PILLAR BOX RED
Australia **\$18.99** 510248
The gorgeous ruby colour is the first thing you notice. Next are the concentrated aromas of red fruits, earth and spice. Spicy blackberry, cherry and peppery spice flavours shine in the lengthy, drawn-out ending. Serve with the sausage and pasta for a remarkable meal combination.



RICOSSA BARBERA D'ASTI
Italy **\$15.98** 457135
An extremely food friendly wine with pleasant cherry and black fruit nuances along with a balanced acidity that will take the heat out of the fieriest dishes. Serve with spicy pasta, ribs, fajitas or tacos.

PARADISE FOUND



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FLAVOURS OF SUMMER



BLASTED CHURCH HATFIELD'S FUSE
BC VQA **\$17.99** 734475

Perfect peach, fun floral and riveting rose aromas burst from the bottle of this well-balanced, decidedly aromatic white blend. The finish is smooth, lush and lingering, giving you time to sit back and savour one of BC's best. Pair with all your finest seafood cuisine.



**BACARDI
STRAWBERRY
DAIQUIRI**

Bermuda **\$17.95** 121848

Bring home the world's premium rum in a refreshing ready-to-pour cocktail with Bacardi's newest addition. The smooth taste of rum blended with strawberry creates the perfect classic cocktail you can enjoy at home. Serve over crushed ice, sip and enjoy.



ABSOLUT PEARS

Sweden **\$26.49** 113258

The luscious, silky aroma of pear, peppery spice and the unmistakable taste of Absolut vodka blended together in one bottle. Smooth, clean and clear it's the ultimate addition to all your favourite summer fruit cocktails.

DISCOVERING South Africa



It is a country of unimaginable beauty, of time-worn mountains and ancient coastlines, of exotic species of flora and creatures we rarely see in person.

South Africa's history is not trifling – it stretches beyond our comprehension of time, yet its wine industry is still considered New World at a mere 350 years old. In fact, South African wine-growing celebrated 350

years in 2009. Quite an accomplishment for something that began as a refreshment station set up by the Dutch East India Company for long journeys around Cape of Good Hope. In the mid 1600s, the governor of the Cape was the first to plant vines and encourage others to do so too, despite their lack of viticultural knowledge. It was not until the French Huguenots began to settle there in the latter

part of the 1600s that wine making in the Cape truly improved.

From the first quality vineyards in Constantia, winemaking spread across South Africa until today, more than three centuries later, the Cape wines we drink are not only very good value but are absolutely world class and many of the premium range are sought by collectors around the world.

DRINKING CAPE WINE IS A STEP TOWARD DISCOVERY – NOT JUST A DISCOVERY OF ENJOYABLE WINES, BUT OF SOUTH AFRICA AS WELL

The wine-growing areas of the Western Cape include the Coastal Region, which encompasses the districts of Swartland, Stellenbosch, Tygerberg, Cape Point and Tulbagh, Paarl and Darling and the ward of Constantia. On the Cape of Good Hope there is Klein Karoo, which includes the districts of Calitzdorp and Langeberg-Garcia. The Olifants River area includes Lutzville and Citrusdal Valleys as well as Citrusdal Mountain. The Breede River region encompasses Bredekloof, Worcester, Robertson and Swellendam. Within each district there can be smaller wards.

Several wards are not part of regions, including Overberg, Walker Bay, Douglas, Cape Agulhas, Bot River and Plettenberg Bay. All of these regions, districts and wards may sound confusing to someone just wanting to enjoy a South African wine, but in reality, we only see wines from a handful of these places on the shelves here in British Columbia. The districts of Stellenbosch, Paarl and Robertson are the most recognized here at home, but the lesser seen Walker Bay, Swartland and Constantia also play an important role in the wines of South Africa.

PAARL

About 50 kilometres northeast of Cape Town and her stunning Table Mountain you will find Paarl (which means pearl). A beautiful mosaic of undulating valleys and vineyards with sharply carved mountains standing guard, Paarl contains the wards of Franschhoek and Wellington and is a destination for foodies. In Paarl you will

find vineyards of Cabernet Sauvignon, Shiraz and Chardonnay along with the South African specialties of Chenin Blanc and Pinotage.

ROBERTSON

East of Stellenbosch and Paarl and central in the Western Cape wine growing region of the Breede River Valley is the district of Robertson. Robertson, known as the “valley of vines and roses,” grows a variety of wine grapes such as Cabernet Sauvignon, Sauvignon Blanc and Shiraz but has long been recognized for its Chardonnay and fortified dessert wines.

STELLENBOSCH

The town of Stellenbosch is easy to love. Its charming Cape Dutch architecture and whitewashed buildings house quaint cafés, celebrated restaurants and the Stellenbosch University where oenology and viticulture are taught. The many wineries and proximity to Cape Town make Stellenbosch a very popular destination for Cape Towners and international wine tourists alike. Stellenbosch grows a wide assortment of grape varieties, including Cabernet Sauvignon, Chardonnay, Chenin Blanc, Merlot, Pinotage, Riesling, Sauvignon Blanc, Shiraz and Viognier.

CONSTANTIA

Located in the Cape Point district at the southern point of Cape Town,

Constantia is the historical epicentre of winemaking in the Western Cape. It is where the best quality wines first began to appear in South Africa. Constantia sits at the top of the Cape of Good Hope and is home to the famous Groot Constantia estate, a Cape treasure that, after more than three centuries, is still producing a variety of wines. Constantia is mostly known for producing crisp, white wines, but its fame began with its sweet Muscat d’Frontignan dessert wines.

SWARTLAND

The district of Swartland is located in South Africa’s Coastal Region. This is an area to watch as it morphs from agricultural grains to hill and riverside vines and from older bush vines to modern trellis options. In Swartland, hearty reds like Cabernet Sauvignon, Syrah and Pinotage excel, while Chardonnay, Chenin Blanc, Sauvignon Blanc, Merlot and Viognier among others, are now more commonly found.

WALKER BAY

The Walker Bay district, a personal favourite, is home to the seaside town of Hermanus famous for the great southern right whales that frolic close to shore. About 120 kilometers east of Cape Town, Walker Bay is a little piece of heaven. The aptly named Hemelen-Aarde (heaven and earth) Valley angles off the ocean, creating a wind tunnel that constantly blows, cooling the vineyards of the famous Burgundian-

perfect for the
Braai

(THAT'S SOUTH AFRICAN FOR BBQ)



Wines of
South Africa
variety is in our nature

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Discovering South Africa

style Chardonnays and Pinot Noirs grown there. But Walker Bay also includes Cabernet Sauvignon, Cabernet Franc, Pinotage, Merlot, Sauvignon Blanc, Syrah and Viognier among its diverse varieties.

As you can see, the options are endless – from Chenin Blanc to Viognier and from Cabernet to Pinotage, drinking Cape wine is a step toward discovery – not just a discovery of enjoyable wines, but of South Africa as well.



TWO OCEANS SAUVIGNON BLANC BRUT

South Africa **\$11.99** 382614
This easy-sipping sparkler exhibits delicate aromas of white blossoms and snap peas, grass clippings, guava and melon. It is light and mousse-y, has a kiss of sweetness and is rounded out with gooseberry and passion fruit flavours.



THE WINERY OF GOOD HOPE CHENIN BLANC

South Africa **\$13.99** 792143
This Chenin Blanc is a refreshing white for pairing with summer salads and seafood. Expect peachy aromas with notes of grapefruit, honeysuckle and tangerine peel. It is crisp and a bit creamy on the palate with a dash of sweet spice and a suggestion of crème brûlée.



GOLDEN KAAN SHIRAZ

South Africa **\$12.99** 147728
This succulent red releases aromas of plums and smoky, dark fruits, loads of white pepper and a savoury core of herbs and seasoning salt. It is smooth and juicy in the mouth, presenting primary black fruit and pepper, spice and smoky flavours that linger on the finish. Pair with spicy grilled sausage or roasted vegetables.



PORCUPINE RIDGE SYRAH

South Africa **\$17.99** 592873
This is an inky, purple wine with juicy, dark berries and rich black cherry, earth and mocha notes. It is smooth, layered and very satisfying in the mouth with ripe berries and savoury flavours spiked with black pepper and bittersweet chocolate. Partner with grilled meats and aged, crumbly cheeses.



KWV ROODEBERG

South Africa **\$13.99** 7187
This classic South African red never ceases to provide a solid, everyday drinking wine. Expect exuberant aromas of ripe blueberry and cherry, vanilla, chocolate and sweet oak spice notes. Supple and easy-drinking, it fills your mouth with fresh berry fruits, mocha and peppery spice flavours.



KWV CATHEDRAL CELLAR CHARDONNAY

South Africa **\$16.99** 144287
Golden-hued, this is a very tasty and buttery Chardonnay made for roast chicken or smoked cheeses. Expect aromas of butterscotch and ginger, pear compote, tropical fruit notes and loads of toast. It is full and rounded on the palate with creamy fruit, vanilla and oak spice flavours clinging to the finish.



THE WOLFTRAP

South Africa **\$14.99** 138479
The Wolftrap is a dense red blend that combines Viognier with Syrah and Mourvèdre. It presents black fruit and espresso with bittersweet chocolate and smoky notes. It is a savoury, dense wine with bold spice flavours, but it is balanced, firm and chewy. A wine well-suited to roasted meats or hearty bean stews.



BELLINGHAM SAUVIGNON BLANC CHARDONNAY

South Africa **\$12.99** 848622
This white blend has very appealing aromas of melon and crisp apples, fruit blossoms and a drizzle of honey with lingering peachy tones. It is smooth yet crisp in the mouth, with plenty of juicy tree fruit and flinty minerality followed by a mouth-watering finish.





Understanding
**WINE
SCORES**

90

Robert Parker, the world's leading wine critic, explains on his website that "scores are important for the reader to gauge a professional critic's overall qualitative placement of a wine." He goes on to say, "no scoring system is perfect. There can never be any substitute for your own palate."

That just about sums it up. However, given the abundance of wine in the market, consumers and wine buyers are faced with an overwhelming amount of choice and it is useful to get some guidance from a professional critic. There are a variety of scoring systems but a quick look reveals the favourite of many critics is the 100 point scale. You would think it would be fairly simple to understand, but if you dig a little deeper you'll find that the point scoring system can be controversial. Some major critics refuse to use it stating that it's impossible to give a numeric score to something that can be likened to art, and believe that beauty is in the eye of the beholder. The highly respected *Decanter* magazine, the UK's major wine publication, argues that giving points to wine is like giving scores to Picasso's great works. Their recommendations use tasting notes and a five star system.

Another consideration is variance. Even professional tasters can be inconsistent in their ratings on any given day. Case in point, Parker and Dr. Vino, another wine critic, recently attended a blind tasting of top-flight Bordeaux. The result? Parker gave the highest score to a wine that he had scored the lowest in his most recent publication.

Dr. Vino's published article gives weight to the theory that there is

inconsistency even among the top critics. At the same tasting, Parker identified several Medoc wines as coming from the Right Bank. But believe it or not, it's easy to mistake a Cabernet-dominated wine for a Merlot in Bordeaux. Blind tasting is tricky business, even for professionals.

The 100 point system also causes confusion among the more inquisitive consumers. It's perplexing that a wine costing hundreds of dollars per bottle can be rated the same as one costing just

"NO SCORING SYSTEM IS PERFECT. THERE CAN NEVER BE ANY SUBSTITUTE FOR YOUR OWN PALATE." – ROBERT PARKER

\$15 or \$20. The major critics state they taste wines within their peer groups. But where exactly does a peer group start and stop?

Take New Zealand Sauvignon Blanc as an example. Would you class wines costing \$15-\$20 as a peer group or is it more like \$15-\$30 as a price range? The latter price range would be more advantageous to the more expensive wines, at least in theory. And does the expectation and scoring change within the higher-priced peer groups?

There's also the related issue of how tough the scorer is relative to another critic. Some local wine critics rarely give a wine more than 90 points, whereas others seem to run out of points. So many wines seem to get at least 85 points and if a wine is particularly poor the review may not get published. It's the 90 pointers that make an impact and what consumers or "trophy hunters" are interested in. In fact, most 100 point

ratings actually start at 50 points.

Keep in mind that it's usually only the better quality wines that get scored. Wines that sell massive volumes at inexpensive prices are not usually rated because their low price is their main selling feature.

The "anti-point" contingent argues that major critics, who make markets with their scores, have become so powerful and influential that producers are making wines just to suit their palates. There is some truth

to this claim. This can result in homogenous wine styles, where all red wines look very dark in colour, have gobs of sweet fruit and no shortage of power and concentration. This is a shame because part of the richness of wine is the celebration of its diversity.

But the bottom line is that the 100 point system is the most consumer-friendly and easy to understand system and it helps the wine industry too. The major trade buyers are more inclined to list scores because they know they will help sell wine. Sales representatives, sommeliers and retailers appreciate the system because it gives third party endorsement to what they are saying.

As controversial as the 100 point system is, I believe the major wine critics act in the best interests of the consumer and are simply trying to give some guidance to the best of their ability. A score is easier to understand than a lengthy tasting note.

Numeric scores immediately give an indication of the relative quality of the wine, however they should not substitute for developing your own taste, preferences, knowledge and judgement. Subjective taste is paramount.



GRILLED TUNA NIÇOISE SALAD

WARM WEATHER Suppers

Cooking in the sultry summer heat should be quick and efficient. What works best are dishes that can be at least partially prepared in advance, so that you can spend time with your guests and make the most of your summer entertaining.

At this time of year we are blessed with some of the best seasonal produce around. Salad Niçoise, the traditional salad from the Provence region of the south of France, has always been a favourite, with a seasonal mélange of beans, asparagus, tomatoes and fresh local grilled tuna – and don't forget the zesty Niçoise olives!

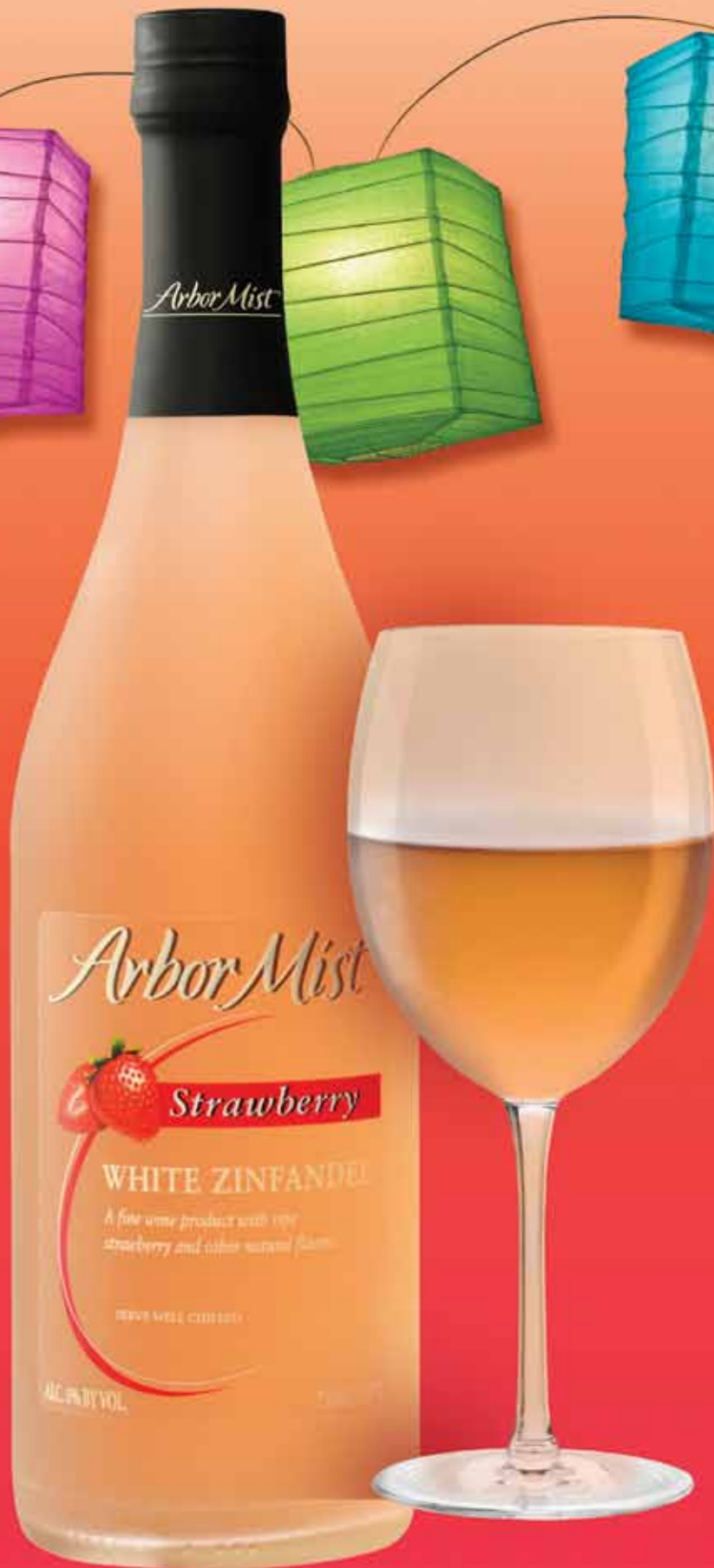
Our Tomato Basil Pasta with Shrimp and Feta is wonderful to make while tomatoes are in season. It has a simple and fresh uncooked sauce infused with aromatic basil and makes a delicate summer entrée.

Store-bought, ready-made bread or pizza dough can be transformed quickly into a luscious homemade flatbread delight featuring thin-sliced new potatoes, sweet caramelized onions, cheese and aromatic thyme. It's a main dish that can be served with a simple salad and a hearty red wine.

For larger appetites, try a robust roast chicken heady with garlic and *verjus* served with rustic crostinis topped with lightly dressed ripe heirloom tomatoes. This is summer dining at its seasonal best!



ROASTED CHICKEN WITH GARLIC AND *VERJUS*
WITH TOMATO AND CIABATTA CROSTINIS



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NEW POTATO, CARAMELIZED ONION WITH FONTINA AND FETA CHEESE PIZZA



TOMATO BASIL PASTA WITH SHRIMP AND FETA

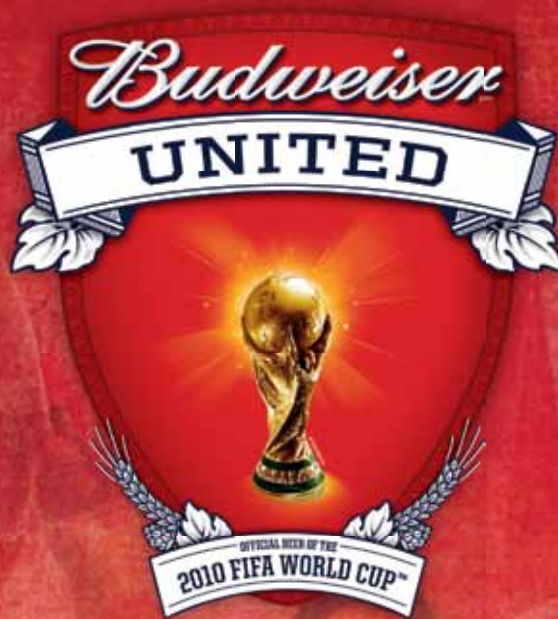
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Warm Weather Suppers

THIS IS SUMMER DINING
AT ITS SEASONAL BEST!

PAIRS WITH ROASTED CHICKEN WITH GARLIC AND VERJUS
WITH TOMATO AND CIABATTA CROSTINIS



**PRIMO AMORE
SANGIOVESE MERLOT**

Italy **\$12.99** 412957

This warm, ruby coloured blend is ripe with spicy red fruit flavours. Dry in taste with a mild, slightly tannic finish highlighting the Sangiovese, it's a perfect wine to serve with tomato dishes.



**RIGAMAROLE
SAUVIGNON BLANC**

BC VQA **\$14.99** 569384

This well-priced BC beauty is fresh and crisp. Zesty citrus and snappy green apple flavours dance together on your tongue and the finish is sleek, vibrant and cool.

PAIRS WITH TOMATO BASIL PASTA
WITH SHRIMP AND FETA



CEDARCREEK CHARDONNAY
BC VQA **\$16.90** 237974

Luscious flavours of apple, pear and tropical fruit fill your mouth. The subtle, toasty oak nuances of vanilla are silky and smooth. A complex wine with a definite creaminess in the lingering finish, it's great to serve with pasta, seafood and chicken.



PAIRS WITH NEW POTATO, CARAMELIZED ONION
WITH FONTINA AND FETA CHEESE PIZZA



**ALLAN SCOTT
SAUVIGNON BLANC**

New Zealand **\$18.99** 922740

This is a full-bodied, intensely aromatic wine with passion fruit and gooseberry aromas. Subtle mineral and lime notes are balanced with a structured acidity. It's a perfect partner to goat's cheese, shellfish and grilled seafood.



**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 are serving seafood, goat's cheese or salads for a perfect pairing every time.



PAIRS WITH GRILLED TUNA NIÇOISE SALAD



CECCHI CHIANTI
Italy **\$12.98** 231712

Light and bright, this great little Italian red is very versatile. Ripe red fruit flavours shine and the finish is brilliant, clean and crisp. Easy to serve with most meals, it pairs flawlessly with anything tomato.



LOUIS LATOUR PINOT NOIR
France **\$22.99** 69914

A wonderful Old World wine at a truly great price, this Pinot Noir is medium-bodied and very well-balanced. Lovely red fruit and dusty earth flavours merge on the palate and the finish is mild and long. Ideal with the tuna.



**DUBOEUF BEAUJOLAIS
VILLAGES**

France **\$17.99** 275735

This is a simply elegant and stylish wine at a fantastic price. It's light-bodied with faint red fruit flavours and a subtle spiciness in the lasting finish. Beautiful when served with the tuna or try it with grilled white meats, light deli platters and soft cheeses.



Summer CELEBRATION

Sides

WATERMELON, FENNEL
AND TOMATO SALAD

Summer barbecuing is not all about a starring role for the meat. You need a good cast of side dishes to add flair to your backyard dining event. As the outdoor season moves into high gear it's easy to fall into a rut, especially with salads – classic potato, Waldorf with apples and walnuts or the hackneyed cold macaroni and chopped vegetable affair.

There's nothing hackneyed about

our recipes. We have a fresh take on some favourites that include a dressed-up version of potato salad embellished with lobster. It's not just a side dish. It can also be served on a bed of lettuce for a casual lunch or as an accompaniment for grilled fish. The grilled chicken with Chinese noodles, soy sauce and spicy Szechuan chili oil is a fabulous buffet dish that updates the whole idea of pasta

salad. And when it comes to fresh fruit, you won't be able to resist this sweet and savoury seedless watermelon, fennel and tomato salad with its citrusy vinaigrette.

You'll steal the show with these tasty sides that are a perfect match with barbecued ribs or your favourite grilled steak, fish, chicken or burger.



GRILLED CHICKEN AND SPICY CHINESE NOODLE SALAD



LOBSTER AND POTATO SALAD



Summer Celebration Sides

PAIRS WITH WATERMELON, FENNEL AND TOMATO SALAD



MARIE BRIZARD WATERMELON

France **\$20.99** 333781

This liqueur has juicy watermelon flavour with a hint of sweetness. Add a splash of tonic or soda water and ice for a perfectly cool, refreshingly clean summer cocktail. Seeds not included!



CANTI BARBERA D'ASTI

Italy **\$14.99** 887695

This light to medium-bodied red has faint cherry, sweet spice and black fruit flavours. The finish is clean, ripe and crisp. Ideal with salads, light appetizers and grilled breads.



PAIRS WITH GRILLED CHICKEN AND SPICY CHINESE NOODLE SALAD



ARS VITIS RIESLING QBA

Germany **\$17.99** 914762

Start with a beautiful looking bottle and end with a great tasting wine! Off-dry with fresh green apple and ripe citrus flavours, it's perfect for summertime sipping. The subtle streak of minerality in the finish is clean and cool. Serve well-chilled.



CALONA ARTIST SERIES RESERVE SOVEREIGN OPAL

BC VQA **\$12.99** 364265

Here's the food friendly, value-priced white to have on hand this summer for all your events. Delicate floral aromas, a great burst of tropical and sweet apple flavours and a lingering finish. Great wine... great price!

PAIRS WITH LOBSTER AND POTATO SALAD



MOËT & CHANDON IMPERIAL

France **\$65.00** 453084

Delicate, streaming bubbles spiral gently upward through the glass. Toasty biscuit notes with hints of pear and apple unite on your tongue. Lobster and champagne... bliss!



RODNEY STRONG CHALK HILL CHARDONNAY

USA **\$24.99** 275552

The lifted butter, toast and vanilla aromas with citrus, stone fruit and subtle notes of spice on the palate are wonderful. The creamy, silky mouth feel in the long, soft finish is pure indulgence. Serve only slightly chilled to enjoy all this bottle has to offer.

BC Summer Celebrations 2010

June 19
Heritage Day
Victoria

June 20
Father's Day

June 24
St. Jean Baptiste Day

July 1
Canada Day

July 4
Victoria Pride Parade

July 11
Surrey Pride Festival

July – August
Vancouver Celebration of Light

July 24–25
Caribbean Days Festival
Vancouver

July 30 – August 2
Capital Festival Celebration
Victoria

August 1
Vancouver Pride Parade

August 2
BC Day

September 6
Labour Day

COOL IT!

CHILLY SUMMMER SOUPS



CHILLED GOLDEN
BEET SOUP WITH
PURÉED TOPS AND
GARLIC CROUTONS

The high-pitched buzz of cicadas in the trees signals the hottest of summer days. When this happens, appetites are often less robust and cool foods are generally the order of the day.

To cool down on a sweltering day, we offer easy-to-make chilled soups to suit any palate. A cool and creamy favourite is Cold Avocado and Shrimp Soup. It's a sea of smooth and gentle avocado flavour around an island of shrimp salad sparked with a hint of piquant wasabi.

The Chilled Tomato Soup requires a simple sauté of a few ingredients and then is blended into a creamy purée and

refrigerated until chilled. The flavour of fire-roasted tomatoes and a drizzle of chipotle-seasoned sour cream and goat's cheese make this soup special.

For something truly unique, try the Chilled Golden Beet Soup. Traditionally, beet soup (or borscht) is bright red, but we've modernized it by using sweet, yellow beets puréed until creamy and velvety. Mild, smooth and refreshing – our chilled beet soup is also delicious served warm.

Put a little chill in your summer with our delicious and refreshing soups – cool, savoury treats for a warm day.



COLD AVOCADO AND SHRIMP SOUP WITH WASABI

PERONI



PERONI
ITALY

Chilly Summer Soups

PAIRS WITH CHILLED GOLDEN BEET SOUP WITH PURÉED TOPS AND GARLIC CROUTONS



DEINHARD PIESPORTER
RIESLING QBA

Germany **\$13.99** 106328

This classic Riesling is fresh with aromatic floral essences, citrus and green fruit flavours. Subtle mineral and slate hints in the wine give it an earthy, spicy flavour that is decidedly delicious.



JOSEPH FAIVELEY
BOURGOGNE
PINOT NOIR

France **\$22.99** 142448

A characteristic Old World wine at a stunning price, this Pinot Noir is ripe and ready to drink now. Ripe, red berries, floral and dusty earth flavours combine into a finish that is long, elegant and rich in taste.



CHILLED TOMATO SOUP WITH CHIPOTLE DRIZZLE

PAIRS WITH COLD AVOCADO AND SHRIMP SOUP WITH WASABI



GEHRINGER RIESLING
BC VQA **\$12.99** 171488

A great BC Riesling at a great price. Ripe with stone fruit flavours and a crisp acidity that cuts through the spiciest dishes with ease, it's a perfect pairing for the soup or with Asian cuisine. Serve well-chilled.



LITTLE BLACK DRESS
PINOT GRIGIO

USA **\$12.99** 789537

A light-bodied wine with floral aromas and a fruit-forward flavour. Citrus, pear and tangerine highlight a cool, spicy note in the brisk, clean finish. Pairs perfectly with spicy food.



FOLONARI
VALPOLICELLA

Italy **\$13.99** 828

This classic Italian red is light and fresh with ripe red fruit flavours. The higher acidity complements the tomato soup and, with moderate tannins, the finish is perfectly elegant.



CONO SUR ORGANIC
CHARDONNAY

Chile **\$14.49** 471367

This gem of a wine is full-bodied with fruit and citrus aromas and a delicate, slightly earthy flavour. Ideal with tomato dishes.

AUTHENTIC SPANISH TAPAS IN VANCOUVER'S WEST END

MIS TRUCOS



Perched atop the parking lot of Davie Village's biggest drugstore probably isn't where you'd look for Vancouver's most authentic cutting-edge Spanish cuisine. But that is exactly where you will find Mis Trucos Tapas Restaurant, an unassuming little spot tucked away in what looks like an old home. Its geographical location may not sound all that alluring, but the second you walk through the front door into the dining room, all preconceptions melt away as you are instantly transported into an avant-garde mecca of food and drink.

Entering this West End eatery is akin to stepping into the very trendiest of European tapas parlours. Imagine a modern tapas restaurant in such culinary wonderlands as Madrid or Barcelona, then add the cozy neighbourhood charm of Vancouver's West End and a dash of Swedish-inspired stylish design – now you're starting to get the picture of what Mis Trucos is all about. Minimalism doesn't begin to describe the décor that dominates this intimate dining room, accented by the occasional stripe of bright orange paint for a sporadic splash of colour. The room's stark, white walls and chairs give it a fresh, clean feel while the space is small enough to give your experience a cozy feel, to say nothing of the friendly and welcoming staff who work the room.

Clearly excited about the winning combination that this restaurant presents, the staff here are enthusiastic and knowledgeable about their menu, wine list and cocktail

selection. At the slightest expression of interest, attentive servers will rave about the many tasting options on the food menu, guide you to the perfect wine pairings or recommend cocktails to suit individual preferences. Notably, they are also professional enough to know when it's time to leave their guests to chat with one another.

"Mis Trucos" translates from Spanish to mean "My Tricks." Whose tricks? Kris Barnholden's. Opening its doors in August of last year, the man behind Mis Trucos set out to turn the failing space once known as the Davie Village Café into a thriving restaurant. Born and raised in Vancouver's Kitslano neighbourhood, Kris discovered a love of cooking as a very young child. Launching into his restaurant career in the dish pit, as many of the world's best chefs have done, Kris climbed the culinary ladder, mastering positions in some of the most notable kitchens in London, Montreal and Vancouver. With such a wide range of styles influencing his culinary career, it's no wonder that he chose to follow Spain's gastronomic trail. "It's a place that I've travelled through extensively and, in terms of food these days, I think that they're making some of the best in the world."

Originally inspired by the Spanish tradition of small plates, tapas are a growing trend in British Columbia's gastronomic culture. The tapas concept encourages diners to sample a wide array of different foods without overindulging.



QUALICUM SCALLOP, SQUASH AND CRISP HAM WITH PARMESAN FOAM

PAIRS WITH QUALICUM SCALLOP,
SQUASH AND CRISP HAM WITH
PARMESAN FOAM



**SACRED HILL
SAUVIGNON BLANC**

New Zealand **\$18.95** 207662
Passion fruit, lychee and
gooseberry aromas and flavours
take centre stage in this bracing,
light-bodied glass of white. The
finish is filled with citrus notes that
linger on the palate.



RED ROOSTER PINOT BLANC
BC VQA **\$15.99** 103044

Bright green apple and crisp
grapefruit essences guide you to
the glass. This well-priced BC
white is a perfect patio sipper
and with its refreshing taste and
rounded finish, it's ideal for all your
seafood dishes.

A WINE & SPIRITS

WINERY
OF THE
YEAR

2009



#1 ZINFANDEL
SOLD IN CANADA




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 Mis Trucos

Pinxtos (pronounced “peen-shows”) take this concept one step further, reducing portion size from one small plate to one small mouthful. Mis Trucos offers plenty of both options, appealing equally to diners from the slightly peckish to the outright ravenous. Guests can choose to order pinxtos individually from the menu or order groups of four pinxtos, ideal for sharing.

Chef Barnholden is devoted to showcasing local and seasonal ingredients and Mis Trucos’ menu items incorporate market-fresh ingredients crafted with a distinct Mediterranean flair. The menu changes often, to allow for seasonal specialties and to incorporate Chef’s endless creativity in transforming new flavour combinations into mouth-watering dishes.

As awe-inspiring as the food is at Mis Trucos, the cocktail list doesn’t play second fiddle to the kitchen’s tune. The restaurant features a cocktail list proudly created by local bar legend Jonathan James. If you are a frequenter of stylish Vancouver bars you may recognize Jonathan’s name from his time with Uva and Chow. This experienced mixologist put his creativity to work on an inventive cocktail list for Mis Trucos when the restaurant first opened and his list continues to please its regular customers to this day.

Tantalizing tapas. Perfect pinxtos. Cunning cocktails. With tricks like these, who needs treats?

Pairs with Albacore Tuna “Cannelloni” Stuffed with Moroccan-Spiced Couscous


SEGURA VIUDAS BRUT RESERVA

 Spain **\$15.99** 158493

This bright and fun Spanish bubble is gold in colour with green apple and citrus flavours dancing through the glass. Toasty spice notes greet you in the creamy finish. Lovely with seafood or serve as an aperitif.


MISSION HILL RESERVE SAUVIGNON BLANC

 BC VQA **\$18.99** 388629

Fresh lime, lemon and subtle hints of new grass fill your senses. It’s full-bodied and zesty with mouth-watering acidity and a clean, pure finish. Serve well-chilled with shellfish or summer salads.



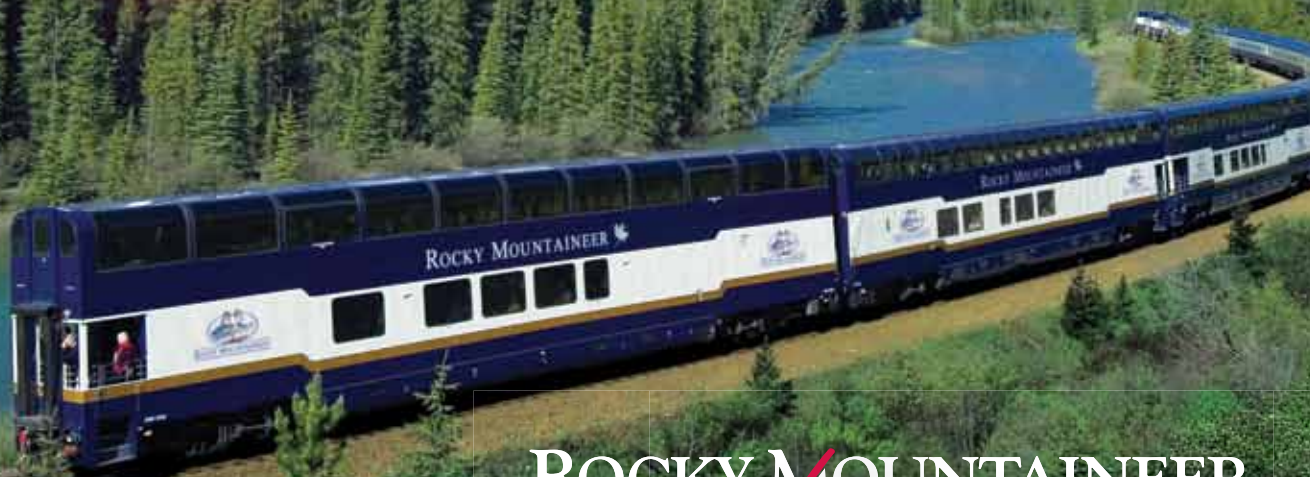
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BACALAO BRANDADE WITH CROSTINI

PAIRS WITH BACALAO BRANDADE WITH CROSTINI



RICARD PASTIS DE MARSEILLE 45
France **\$29.99** I5693

All-natural ingredients including a sweet kiss of licorice from the Mediterranean, star anise from China and Provençal herbs in every delicious sip! A secret recipe since 1932, its timeless quality is apparent. Add a splash of water and enjoy.



BERINGER STONE CELLARS
PINOT GRIGIO

USA **\$13.99** I48973

A well-priced white with melon, apple and grapefruit notes. It's surprisingly full-bodied with a balanced, round mouth feel and a long, fruity finish. Great for the patio!



When a tree fell in the forest, you heard.

Thanks to you...

When we launched Cariboo Genuine Draft a year ago, we promised to give something back to our forests.

Now, thanks to you and legions of other Cariboo fans, Pacific Western Breweries has partnered with the BC Ministry of Forests' *Forests for Tomorrow* program to support the planting of at least 150,000 trees over the next three years. As a start, 50,000 trees lost to forest fires or pine beetles will be replaced in the Cariboo region later this spring.

Thank you for making Cariboo Genuine Draft a big success—and for supporting BC's forests—one tree, and one beer, at a time.





ORIGINAL VODKA COCKTAILS

Now's the perfect time to mix up something new and refreshing with the help of this issue's bar star, Jamie Switch of Afterglow Lounge. Whether you're entertaining on deck or patio, backyard or balcony, these tasty, cool concoctions clearly aim to please, all based on vodka, the official spirit of summer.

◀ THE COUGAR

- 1 oz (30 ml) Absolut Ruby Red vodka
- ½ oz (15 ml) Campari
- ½ oz (15 ml) passion fruit purée
- 1½ oz (45 ml) grapefruit juice
- prosecco to top
- 2 lime rind twists

Place all ingredients except prosecco in cocktail shaker with ice. Shake well and strain over ice into short cocktail glass. Top with prosecco. Garnish with lime rind twists.



◀ PILLOW TALK

- 1 oz (30 ml) Razberi Stolichnaya vodka
- 1 oz (30 ml) Sour Puss raspberry liqueur
- 2 oz (60 ml) white grape juice
- ¼ oz (7 ml) lime margarita mix (prepared)
- club soda to top
- 2 peeled, pitted lychees

Place all ingredients except club soda and prepared lime margarita mix in cocktail shaker with ice. Shake well and strain into a martini glass. Add lime margarita mix. Top with club soda. Garnish with 2 lychees.



◀ CHEEKY LEMON

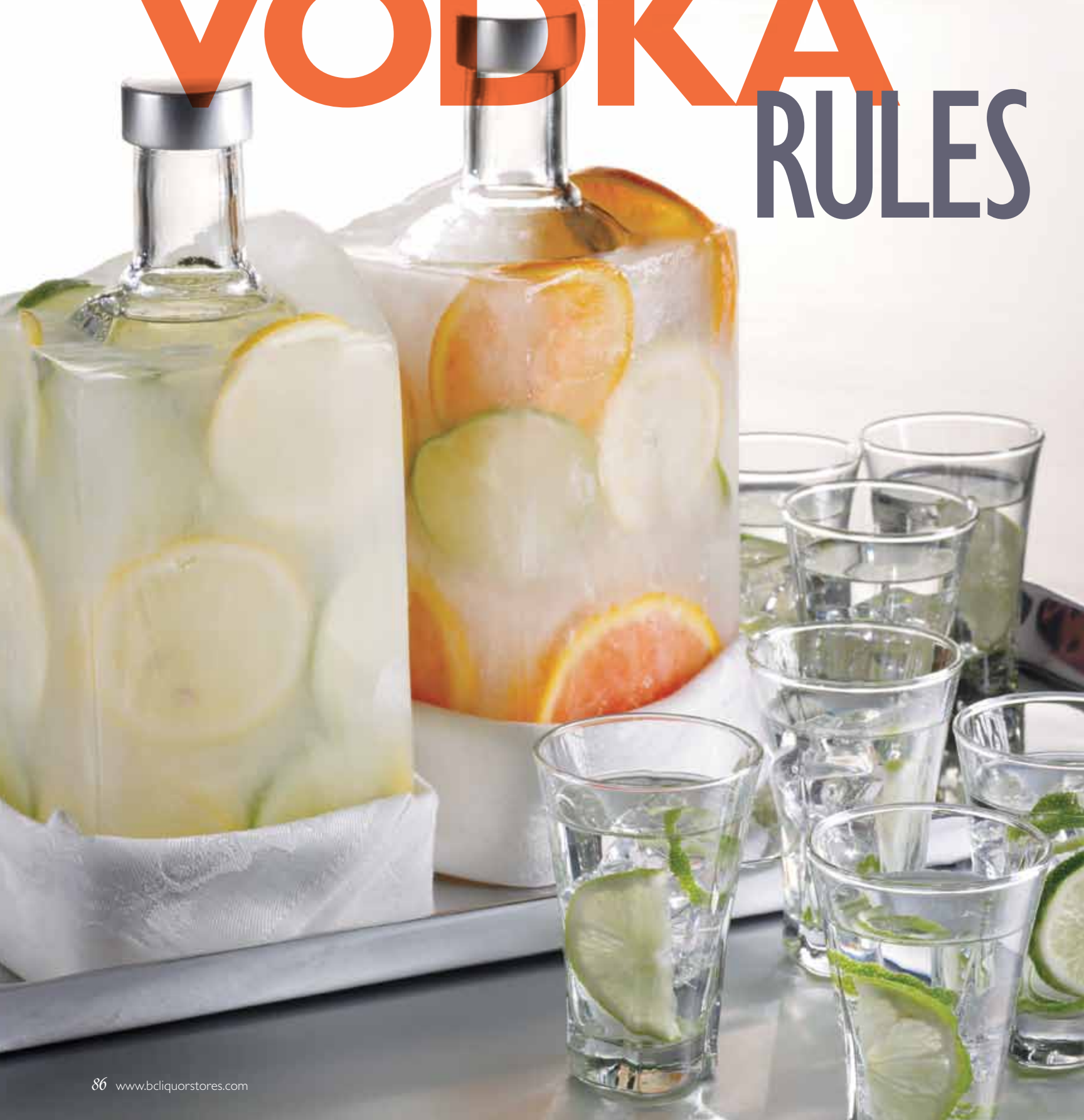
- 1¼ oz (52 ml) Absolut Citron
- ¼ oz (7 ml) triple sec
- 1 oz (30 ml) simple syrup (recipe follows)
- 1 oz (30 ml) fresh lemon juice
- club soda to top
- 1 sugared lemon wedge

Place all ingredients except club soda in cocktail shaker with ice. Shake well. Strain over ice into short cocktail glass. Top with club soda. Garnish with sugared lemon wedge.

SIMPLE SYRUP

In a medium saucepan, combine 1 cup (250 ml) each white sugar and water. Bring to a boil, stirring, until sugar has dissolved. Allow to cool. Makes 1½ cups (325 ml).

CLEARLY, **VODKA** RULES



VODKA BY NATURE AND DESIGN IS A NEUTRAL SPIRIT WITHOUT DISTINCTIVE AROMA, CHARACTER, TASTE OR COLOUR AND IS MEASURED BY PURITY STANDARDS. IN SPITE OF THIS LEGAL DEFINITION, MOST VODKAS DO HAVE A SUBTLE UNIQUENESS OF CHARACTER, FLAVOUR AND AROMA.

A perennial chart topper, it's clear that vodka rules the spirit world. Sales continue to grow despite regular challenges as tequila, bourbon, rum, cachaça and whiskies take a run at it. There's even a campaign afoot, proclaiming gin, a fine spirit in its own right, to be the "new vodka."

There are as many reasons why vodka continues to top popularity polls as there are devotees. Some vodkas are perfect in fruity drinks, Caesars and Bloody Marys, while others soar in classic vodka tonics and creative cocktails. Top-shelf vodkas can be enjoyed every way but are eminently suited to very dry martinis, sipping on the rocks or chilled and straight up. The taste of vodka varies depending on where it's made, what it's made from, how many times it's been distilled and if it's been filtered.

Vodka's origins continue to be contested but currently there appears to be a draw between Russia and Poland who both lay claim to its invention. Early records trace vodka's origins back a thousand years to Eastern Europe and seemingly equally to the sparring duo. Even the word for vodka (*voda* in Russian, *wódka* in Polish) is the same and literally means "little water," the water of life. Both countries first used it for medicinal purposes and it's still used to treat ailments today. The Russians began commercial vodka production in the 14th century and gave distilling licenses to the nobility which led to a rampant moonshine industry. Early written records of Polish vodka production date back to about the same time and commercial distilleries were common in both countries by the 18th century.

Today vodka is made the world over: in Russia and Poland, plus Sweden, Finland, Denmark, France, the Netherlands, Switzerland, Estonia, Germany, the United Kingdom, Greenland, New Zealand, Japan, the Caribbean, the United States, Canada and just about everywhere else.

Unlike wine and beer, vodka is relatively simple and quick to produce. It can be made from just about anything that contains starch that can be fermented into alcohol, such as grains (wheat and rye are most common), potatoes, beets, corn, sugar cane and grapes. Some vodkas have been made from apples, carrots, onion, bread and even hemp seed. The Czech Republic lays claim to the hemp variety.

The process involves water fermented together with the chosen starch and yeast. The resulting "wash" is distilled in continuous stills or pot stills until the distillate is ultra pure and neutral tasting. Pot stills leave more flavour of the raw ingredients. For further refinement, many vodkas are filtered through charcoal. The way the spirit is distilled and what it's made from ensure that each brand has a distinct smell, flavour, aftertaste and burn. Most vodkas are 80 proof (40 percent alcohol by volume).

Vodka by nature and design is a neutral spirit without distinctive aroma, character, taste or colour and is measured by purity standards. In spite of this legal definition, most vodkas do have a subtle uniqueness of character, flavour and aroma. Those made from potatoes will taste oilier and fuller-bodied than those made with rye or corn. Generally, Eastern European vodkas have discernable tastes and character, while Western vodkas tend to be more neutral with little obvious flavour. The best have purity and depth – they're elegant, neutral and balanced. Vodka's mouth feel (for example, oily or silky), the burn (a good thing) and aftertaste are key.

Today's bartenders use vodka to enhance and amplify other flavourful ingredients like tinctures, bitters, herbs, fresh juices and other liquors or liqueurs in their craft cocktails. More often than not they'll use a top-shelf vodka in step with the quality of the other ingredients to deliver a superior drink.

How do you know which vodka to choose? Cost, taste and how you are going to consume it – in mixed drinks and cocktails, neat or on ice – all factor in.

New vodkas continue to be launched and currently there are about 120 vodkas on BC Liquor Store shelves. The best way to find out what works for you is to taste widely.

Rather than buying lots of bottles, try visiting a well-stocked bar such as Vancouver's Red X Red Tapas Lounge, which stocks over 80 vodkas. Earl's Yaletown has a stylish second floor vodka bar, V Lounge, with 25 premium vodkas available. Opt for a vodka flight. Choose any four half-ounce servings and it's easy to try several. Or host a tasting party and invite friends to bring their preferred vodka. You'll taste the difference and perhaps discover new favourites.



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**MORE COOLER.
LESS MONEY.**

**NEW
FLAVOURS**



Please Drink Responsibly.

Clearly, Vodka Rules



GREY GOOSE

France **\$49.99** 547661

Made in Cognac from wheat, rye, barley and corn, this award-winning, ultra-premium spirit is distilled five times for smoothness. Creamy and refined with grainy sweetness and citrus notes, it's well-suited to martinis, sipping neat or on the rocks and in top-shelf cocktails.



ABSOLUT VANCOUVER

Sweden **\$25.49** 107524

Distilled from winter wheat, Absolut currently sports the limited edition Absolut Vancouver bottle label, designed by BC artist Douglas Fraser. Part-proceeds benefit the Vancouver arts community. Ideal in cocktails, Absolut has malty, yeasty notes and hints of dried fruit and caramel.



BELVEDERE

Poland **\$51.99** 437772

This handcrafted, small-batch, luxury rye vodka is distilled four times resulting in a super smooth, pure, subtly sweet and mellow spirit that can be savoured neat, on the rocks or in a vodka martini. The Polish president's official Warsaw residence graces the label.



KETEL ONE

Netherlands **\$42.99** 456095

Distilled from wheat in coal-fired copper pot stills, the harsher, weaker first and last thirds of each batch are discarded. The rest is slowly filtered through charcoal for purity, leaving a creamy, smooth, balanced, slightly sweet and spicy spirit.



PRAIRIE ORGANIC

USA **\$39.99** 594457

Made from corn, this vodka is certified both organic and kosher from seed through bottling. It's green too! Waste is converted to energy for production and bottles are recycled glass. Velvety rich with clean, corn-tinged flavours, it's a natural in cocktails made from organic ingredients.



RUSSIAN STANDARD

Russia **\$24.95** 111922

Launched in 1998, Russia's number one vodka company ranked among the top 15 brands worldwide in 2009. Made from winter wheat this smooth and earthy contemporary classic Russian vodka is distilled four times before being charcoal-filtered twice.



ZUBRÓWKA

Poland **\$23.95** 462440

Distilled from rye, the spirit is forced as steam through aromatic bison grass. The result is velvety and slightly sweet with citrus and vanilla notes. As a reminder of the process, a single blade of bison grass is added to each bottle. Enjoy in a *Tanaka*, a Polish drink that's one part Zubrówka to two parts apple juice.



SMIRNOFF BLUE

Canada **\$27.99** 205575

At 100 proof (50 percent ABV), Smirnoff's ultra-premium grain vodka is the style that forms the main ingredient in tinctures for top-shelf cocktails. Triple distilled and charcoal filtered for purity and flavour, it's a little oily and slightly sweet. Enjoy Blue in long drinks such as vodka tonics and vodka mojitos.



STOLICHNAYA

Russia **\$25.49** 69781

One of the first genuine Russian vodkas in Canada, Stoli sports a label depicting Moscow's famed Moscovia Hotel. Double distilled winter wheat and triple-charcoal filtered, it's round and slightly oily. Go old school with a Moscow mule, gimlet or greyhound.



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.

Please email your questions about wine to JC@FineVintageLtd.com and he will respond in the next edition of *TASTE*.

COMING OCTOBER 2010! Savvy Sippers Wine Education Series with James Cluer, Master of Wine

Uncork the mystery behind the world of wine. Join James Cluer, Master of Wine, for an intense, three-part wine tasting and education course that will help you understand grapes, flavours and labels like never before. **Savvy Sippers Series I** begins in October at the 39th & Cambie Signature BC Liquor Store. Stay tuned to *TASTE* and www.bcliquorstores.com for cost and registration details.

Q Although I know that port can deteriorate after opening, I am unsure of how long it lasts when unopened and properly stored. Could you please shed some light on this?

A Ports are one of the longest-lived wines because they are fortified, they have the support of tannin, a degree of acidity and massive fruit concentration. These are the key components for longevity. In fact, other than Madeira, they are the longest-lived of all wines. But there are a number of different styles of port and their storage varies according to style.

Vintage Ports, the greatest wines from a single year, are designed for long term cellaring. The general guideline is that they should not be opened for at least a decade after the vintage and most will be showing their pedigree at 15-25 years of age. Of course, it depends on the quality and style of the vintage but an exceptional port could easily mature for 40-50 years, and some of them for much longer.

With Vintage Port, you should drink the whole bottle within a few days of opening. These wines are bottled after just a few years in the cellar, so they oxidize faster because they haven't been exposed to a lot of air. So beware of ordering Vintage Port in a restaurant unless

THERE ARE DOZENS OF WHITE WINES FOR UNDER \$20 THAT OFFER EXCELLENT QUALITY FOR THE PRICE. LOOK FOR MARLBOROUGH ON THE LABEL OF NEW ZEALAND WINES AND THE CASABLANCA VALLEY ON CHILEAN WINES.

they have a proper vacuum or preservation system.

Late Bottled Vintage Port (LBV), which is the best value for money, is aged by the producer and only shipped when ready to drink. While you certainly can age a top LBV for a few years and you may even see some improvement, this is not the intention of the producer. I'd be concerned if someone aged an LBV for 10 years after buying it. The producers have matured them for four to six years themselves, so these ports are ready to enjoy the day you buy them.

Ruby Port is the entry level category and these are intended for immediate consumption. They are deep red, full-bodied, with heady black fruits, sweet spices and a fiery kick on the palate. If you age them for more than a few years, they risk losing their freshness, so do not cellar these.

Finally, Tawny Ports, which are my favourites, can be kept in bottle for a few years depending on the quality and style of the wine. The intention with these beauties is that you buy them and drink them without further cellaring because they can actually deteriorate in the bottle. In production, they are exposed to air for many years before bottling, sometimes more than 40 years in the top age category. Tawnies are more stable and although not meant for cellaring, you can keep the bottle after opening for up to a few weeks.

Q What are the best value/quality white wines to buy for summer?

A There are dozens of white wines for under \$20 that offer excellent quality for the price. I love Sauvignon Blanc for just sipping by itself on the deck, and Chile and New Zealand offer plenty of great value wines. Look for Marlborough on the label of Kiwi wines and the Casablanca Valley on Chilean wines. These are the most respected regions.

The best value Rieslings come from Germany, Alsace and Australia. German Rieslings can have a touch of sweetness (even at QbA level) and pair well with spicy food. Rieslings from Alsace are much drier with crisper acidity and citrus flavours. Australians love their Rieslings too, but these can be extremely dry and are

only for those who like crisp, steely, austere wines.

Pinot Grigio from Italy will usually cost less than \$20 a bottle and these are easy-drinking wines. They come mainly from the cooler reaches of northern Italy, in Trentino Alto Adige and Friuli. They are dry, light to medium in body and always marked by crisp, refreshing acidity. Try them with scallops and crab cakes or simply on their own. Pinot Gris is also the most-planted white variety in BC so there's no shortage of options from our own backyard and many of them offer impressive quality for the price. Gewürztraminer is underrated and, because of this, can also be under-priced. It's partly to do with the tricky pronunciation of the grape. Don't let that put you off, because Gewürztraminer can be sublime, especially those from Alsace and British Columbia. They can be very floral and tropical, smelling of roses and exotic fruits and are usually full-bodied and aromatic.

When it comes to Chardonnay look to Chile and Australia for real bargains. These are consistently well-made and economies of scale allow for attractive pricing. California is another option as well as some entry-level white Burgundies and wines from the south of France. Oak-enhanced styles are better with richer foods such as roast chicken.

If you enjoy champagne, don't forget Spanish sparkling wine, known as cava. Now that's a deal! Given the multitude of other varietals available, the list could go on, but perhaps another time.

Q What does the term "racy" mean when describing wine?

A Racy is a word used to describe the amount and style of mouth-watering acidity in a wine. It's used to describe white wines with high acid, one that tastes vibrant and crisp and would be applicable to wines such as New Zealand Sauvignon Blanc or German Riesling. In terms of the origin of the word, well that beats me. Perhaps a taster thought the vibrancy of the wine was akin to a Ferrari zooming around your mouth. And no, I'm afraid "racy" has nothing to do with anything else.

Quintessential CRAB



CRAB LEGS WITH A
TRIO OF FLAVOURED DIPS

When the summer is at its peak, there's nothing tastier than fresh, local crab for dinner. Whether you buy at the market or haul up your own crab trap boat-side, crab is the quintessential summertime food.

Crab season begins in January and runs right until the end of summer. Markets usually have crab either live or pre-cooked and already cracked and shelled. Whatever your choice, the important thing when buying crab is to buy from a reputable source (should the luxury of hauling up your own crab trap not be an option).

Crab flesh is so delicate in flavour that it lends itself to almost any taste treatment. We've adopted the East Coast's famous lobster roll and transformed it into a West Coast crab

roll by combining crabmeat with herbed mayonnaise and tucking it into fresh sourdough bread – perfect for lunch! For fancier festivities, layer crabmeat into a timbale mold with avocado and turn it out onto a salad plate with a pretty, fresh veggie garnish. These Crab and Avocado Timbales will “wow” your dinner guests visually and their rich, gentle flavour will appeal to everyone.

Then there's the wonderful simplicity of fresh crab after a day of crabbing. Steamed and served with three tasty dipping sauces, it's perfect for munching at the edge of the dock. Crack and shuck the shells back into the eco-system.

Low in fat and rich in minerals, crab is a classic and healthy summer food.



CRAB SALAD ROLLS



HAVE YOU HAD A
SUMMER
CRUSH?

**BAILEYS® OVER
CRUSHED ICE.**



Quintessential Crab

PAIRS WITH CRAB LEGS WITH A TRIO OF FLAVOURED DIPS



00
VIÑA MAIPO RESERVA SAUVIGNON BLANC
 Chile **\$12.98** 97634
 Here's a lovely, medium-bodied white with crisp grass, gooseberry and floral flavours that tempt you to sip. Well-balanced with a zesty minerality in the cool finish, it's value-priced and very food friendly.



GRAY MONK LATITUDE 50 RED
 BC VQA **\$13.99** 590844
 Another great BC red at a stunning price! Spicy cherry, pepper and minty notes merge on the palate, while the finish is soft, round and lengthy. Serve slightly chilled with all your barbecued dishes this summer.



AVOCADO CRAB TIMBALES

PAIRS WITH AVOCADO CRAB TIMBALES



00
CHAMDEVILLE BLANC DE BLANC BRUT
 France **\$13.99** 187740
 This is a delicate French sparkling wine with green apple and citrus flavours that is sure to please. Light and refreshing, it's ideal with seafood, salads or as an aperitif. Serve well-chilled.



01
MISSION HILL RESERVE CHARDONNAY
 BC VQA **\$18.99** 18812
 This is one of BC's nicest Chardonnays, with a full-bodied, tropical fruit aroma and crisp citrus flavours. Well-balanced with a silky, smooth finish, pair it with the timbales for an amazing match.

PAIRS WITH CRAB SALAD ROLLS



00
FAT BASTARD SAUVIGNON BLANC
 France **\$15.99** 117408
 This is a crisp and fresh white wine with vivid tropical fruit aromas and flavours. Serve well-chilled with seafood, salads and grilled chicken this summer and it's bound to become a favourite!



00
BEAR FLAG WHITE
 USA **\$12.99** 121194
 Raise the white flag and give in to this refreshing gem from California. This wine is light in body but not in taste, with luscious lime, citrus and tropical fruit flavours. The acidity is crisp and cool with a clean, lingering finish.

CHiLE

AN ODE
TO WINE



“Never has one goblet contained you,
one song, one man,
you are choral, gregarious,
at the least, you must be shared.”

– Excerpted from *Ode To Wine*, Pablo Neruda

In one verse, Chile’s patron poet manages to capture both the spirit of wine and of this unique wine country. Chile embodies a wine-producing region like no other, blessed with an Andes-and-Pacific-bound, long and skinny geography that boasts vineyards stretching from 30 to 40 degrees south latitude. For comparison, across the equator in the Northern Hemisphere, this range spans most

of Morocco right on through Spain. Needless to say, the viticultural diversity that comes with such a broad band is staggering. Chile’s wineries are gregarious and very much intent on sharing their diverse wines with the world. Indeed, the vast majority of Chilean wine is exported and can be found in all corners of the globe, slaking the thirst of some 100 countries on five continents!

Until recently, however, the bulk of Chilean wine was more prosaic than poetic. The monolithic “Central Valley” denomination graced many bottles and “cheap and cheerful” served as the main call, which has its place. Chile fairly developed a reputation for producing enjoyable wines at pleasing prices (and really, who didn’t enjoy collecting the black plastic cats that dangled from Gato Negro bottle-necks?)

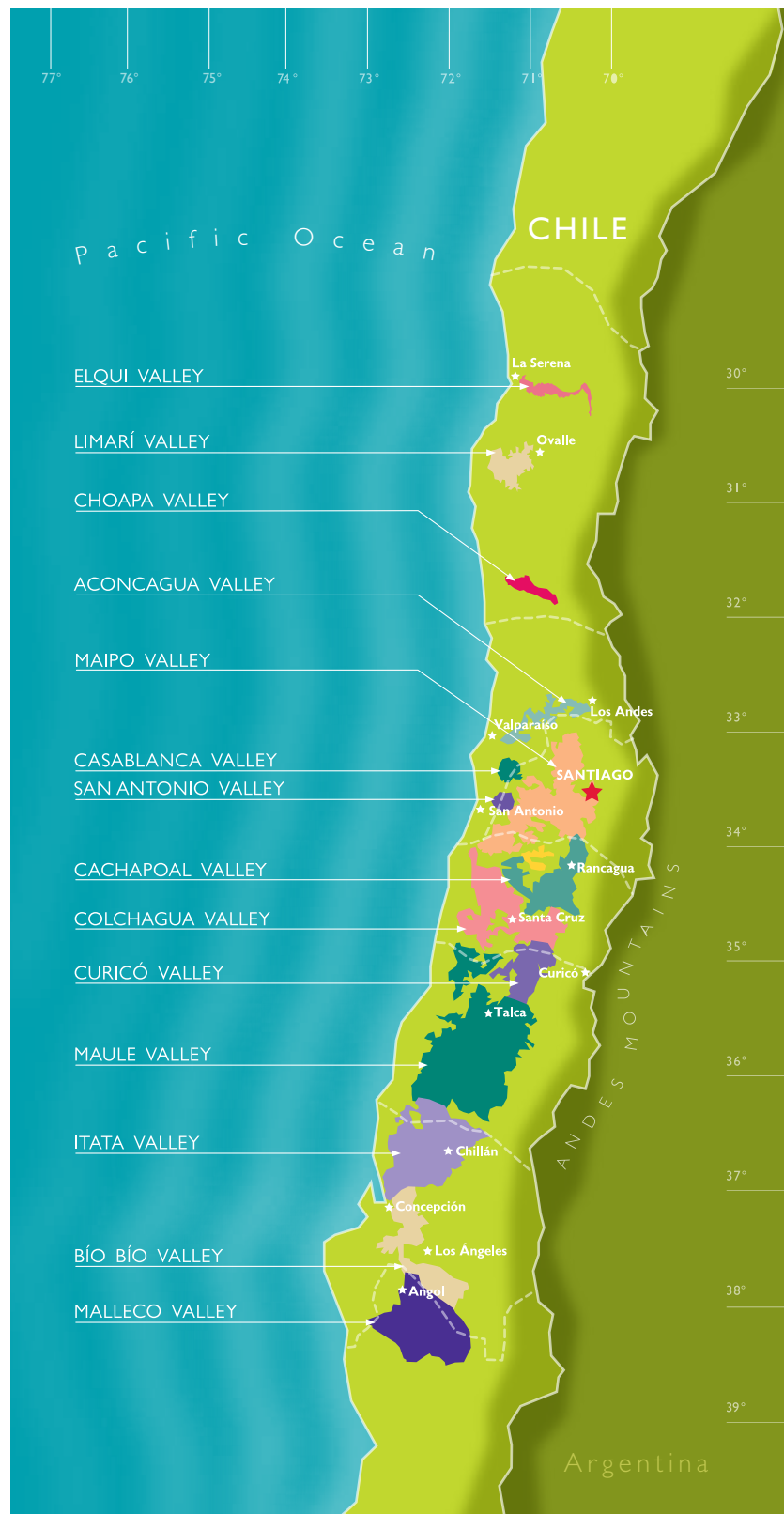
But these days, a closer look at Chilean wines lining the shelves reveals a different story. The overarching Central Valley area remains the country's most important wine region but it is now commonly delineated into one of its four, more specific regional Valleys: Maipo, Rapel, Curicó and Maule. Considering that the Central Valley covers many geographies and climatic zones, this makes good sense. The hot, flat vineyards competing with Santiago's suburban sprawl in the Maipo Valley are worlds – and hundreds of kilometers – apart from the rows of vines lining the more temperate, rolling hills of coastal Maule.

Even then, in a continued push for specificity, the sub-regions are getting carved into more distinctive sub-sub-regions. The Maipo is renowned as a prime grape-growing region but “Alto Maipo,” rising along the eastern edge of the valley into the Andean foothills, is revered for the influence of its cooling mountain breezes and wider swing between daytime and nighttime temperatures said to contribute to particularly elegant Cabernet Sauvignon. Similarly, the Rapel Valley is commonly broken down into two main sub-appellations: Cachapoal and Colchagua Valleys.

It's not just the Central Valley – the vineyards keep spreading throughout Chile pushing onwards to establish wine valleys further afield. South, approaching Patagonia, north towards the Atacama Desert, east into the Andes and westward to hillside pockets overlooking the Pacific in a country festooned with hidden valleys and plentiful hills, grape-growers and winemakers appear to have an abundance of microclimates to play with. Take, for example, the Casablanca Valley – and more recently, the nearby San Antonio Valley – which have been established as some of Chile's top cool-climate zones for delivering crisp whites and elegant reds. Reaching north, the mystic high dessert valleys of Elqui and Limarí have been gaining acclaim based on their Chardonnay and Syrah whereas the southern reaches of Bío Bío and Malleco Valleys brave damp conditions to produce engaging aromatic whites like Riesling and Gewürztraminer.

So the next time you pick up a bottle of Chilean wine take a closer look at the label. There's still great value to be found, it's just value across the price spectrum and over diverse, distinct regions. With wine in hand, continue to heed Mr. Neruda's words:

“Drink it,
and remember in every
drop of gold,
in every purple ladle,
that autumn labored
to fill the vessel with wine.”





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Chile: An Ode to Wine

NEXT TIME YOU PICK UP A BOTTLE OF CHILEAN WINE TAKE A CLOSER LOOK AT THE LABEL. THERE'S STILL GREAT VALUE TO BE FOUND, ITS JUST VALUE ACROSS THE PRICE SPECTRUM AND OVER DIVERSE, DISTINCT REGIONS.



ADOBE ORGANIC CHARDONNAY

Chile **\$14.99** 97527

From the Casablanca Valley northwest of Santiago, Adobe's Chardonnay is a fruity bonanza of pineapple-meets-citrus in one polished wine. It's solid value from an ambitious winery that follows organic and biodynamic growing principles.



SANTA RITA MEDALLA REAL CABERNET SAUVIGNON

Chile **\$19.99** 275594

An old don of Chilean wine, Santa Rita continues to produce bold bottles from Maipo. The Medalla Real Cab sees 14 months' aging in a combination of new and second-year French oak for a rich and spicy red offering lush cassis and dark chocolate flavours.



MONTES ALPHA CABERNET SAUVIGNON

Chile **\$26.88** 322586

Powerful yet approachable is the calling card for this Colchagua Valley Cabernet. The plush plum fruit integrates well with the oak-influenced mocha, cocoa and spice. Get the barbecue ready!



VIU MANENT MALBEC

Chile **\$13.99** 287326

Malbec has migrated across the Andes and into Chile! Viu Manent sources Malbec from their 15-year-old vineyards in the Colchagua Valley for this vibrant purple, easygoing bottle that shows off black cherry and coffee bean aromas.



CREMASCHI FURLOTTI RESERVE CARMÉNÈRE

Chile **\$16.96** 104596

From mistaken identity, Carménère has come into its own in short order (most Carménère in Chile was misidentified as Merlot until 1994). For a solid introduction to the grape, sip Furlotti's leathery, smoky, dense Maule Valley red and savour its lingering finish.



PALO ALTO RESERVE RED

Chile **\$14.98** 24059

Nicely balanced, with ripe blackberry fruit and a toasty oak finish, this blend of Cabernet Sauvignon, Carménère and Syrah from the Maule Valley is certified crowd-friendly.



ERRAZURIZ LATE HARVEST SAUVIGNON BLANC

Chile **\$14.99** 375 ml 427054

You don't need a sweet tooth to enjoy this super value dessert wine. Sweet but not cloying, rich but still fresh, this semi-botrytis affected, late-harvested Sauvignon Blanc (with some Gewürztraminer to provide aromatic lift) is a great way to end a meal – or to start the night.



QUINTAY CLAVA SAUVIGNON BLANC

Chile **\$12.99** 386383

Another Casablanca Valley white, this is a refreshing Sauvignon Blanc with green pepper, peach and citrus aromas. With its crisp and easygoing finish, it's perfect with grilled halibut and fruit salsa. It's also a great party pleaser!



ONE-BITE
MASTERPIECES



CHOCOLATE
AND RASPBERRY
FRENCH MACARONS

There can be such thing as too much of a good thing. With this in mind, we've come up with four tiny, masterful, after-dinner morsels that are perfectly bite-sized. No everyday desserts, these sweet treats are special occasion-appropriate and as such require some effort.

If you've got some extra time on your hands over the summer holidays you might try creating your very own handmade French *Macarons* – rich chocolate ganache and fresh raspberries between crisp, chewy meringue cookies.

If blackberries are abundant near you, our Creamy

Butterscotch Mousse Cups with Blackberries are a spectacular finish to a wonderful meal.

Too many strawberries in your garden? Dice them up and offer your guests these mouth-watering Strawberry Cheesecake Bites. They are dusted with graham cracker crumbles and no baking is required!

Make use of the mountains of blueberries at your local farmers' market by building a batch of baby Blueberry and Ginger Turnovers. Although these are all one-bite masterpieces we dare you and your guests to just eat one!



CREAMY BUTTERSCOTCH MOUSSE CUPS WITH BLACKBERRIES

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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

One-Bite Masterpieces

PAIRS WITH STRAWBERRY CHEESECAKE BITES



GRAY MONK LATITUDE 50 ROSÉ
BC VQA **\$13.99** 60491
Gray Monk's "blushing" wine is far from shy. Spicy pepper, orange and ripe raspberry aromas and flavours dominate the glass while the finish is soft, gentle and lingering. Best served chilled on a hot summer day.



STRAWBERRY CHEESECAKE BITES



BOTTEGA PETALO IL VINO DELL'AMORE MOSCATO
Italy **\$17.99** 580993
Cheesecake...yes...bubbly... absolutely! Indulge in the sweet stone fruit flavours that dance among the bubbles in this well-priced sparkler from Italy. Perfect for any occasion this summer.



PAIRS WITH CHOCOLATE AND RASPBERRY FRENCH MACARONS



BAJA ROSA
USA **\$25.65** 519496
Real dairy cream and natural strawberry flavours combine with tequila from Mexico to create a delicious liqueur. Serve chilled on its own or slip some into your tea or coffee.



ROYAL DE NEUVILLE
PETILLANT ROSÉ
France **\$14.99** 81661
Pretty in pink! A tantalizing aroma of red fruit awaits you in this delicately sweet sparkling wine. Rose, citrus and gentle floral nuances merge on the palate ending in a sweet little finish. Serve well-chilled.

PAIRS WITH CREAMY BUTTERSCOTCH MOUSSE CUPS WITH BLACKBERRIES



QUAILS' GATE OPTIMA
BC VQA **\$29.99** 375 ml 390328
This is pure indulgence! Optima is golden yellow in colour with citrus and honey aromas, luscious dried stone fruit flavours and a creamy, butterscotch finish. It's an ideal companion to the mousse or any sweet dessert you care to serve!



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One-Bite Masterpieces

PAIRS WITH CREAMY BUTTERSCOTCH MOUSSE CUPS WITH BLACKBERRIES



BAILEYS CARAMEL IRISH CREAM

Ireland **\$27.99** 146621
The original taste of Baileys Irish Cream blended with creamy, sweet caramel creates a great liqueur to serve with the mousse and fresh berries. Tip some into your coffee or try it chilled over ice for a cool summer sipper.

PAIRS WITH BLUEBERRY AND GINGER TURNOVERS



DEINHARD LILA IMPERIAL RIESLING

Germany **\$14.49** 159558
This is a classic sparkling Riesling from Germany, with crisp apple and tangy citrus flavours and just the subtlest hint of mineral notes in the brisk finish. Perfect as an aperitif, served with desserts, salads or chicken and light enough to sip solo.



GINGER OF THE INDIES

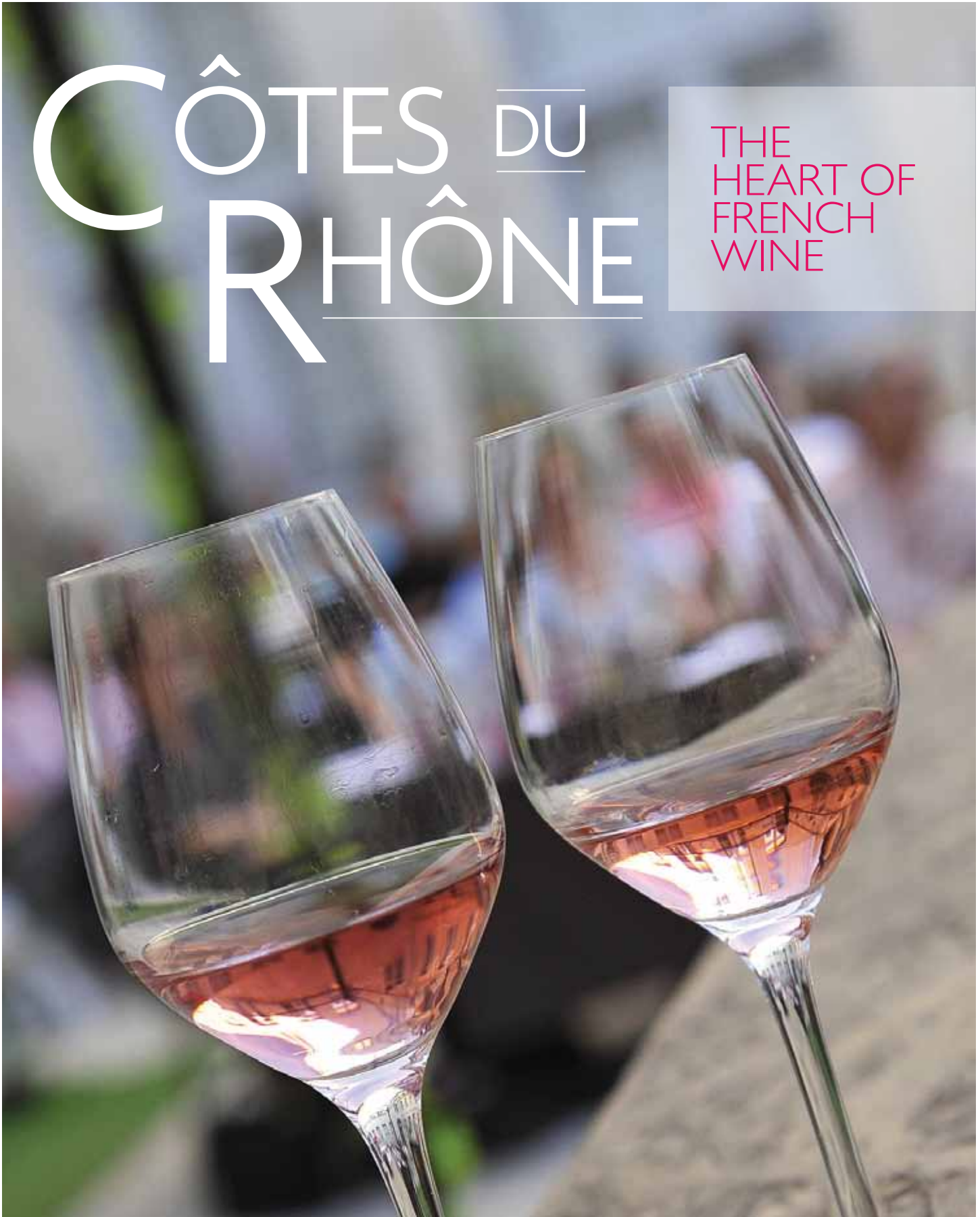
France **\$33.99** 700 ml 171835
Unleash the exotic with this remarkably clean, crisp and stylish liqueur. Subtly sweet and rather spicy with a cool kick of ginger and pepper, it's ideal served with tonic or added to your favourite cocktails.



BLUEBERRY AND GINGER TURNOVERS

CÔTES DU RHÔNE

THE
HEART OF
FRENCH
WINE



At a recent training session, a group of BC Liquor Stores Product Consultants was asked which wines they were having the most fun recommending to customers.

While many exciting products came up in the conversation, wines from France's Rhône Valley dominated their answers. "I love talking to people about the quality of the '07s," said one and several others nodded in agreement. Famous wines such as Côtes du Rhône and Châteauneuf du Pape are easy recommendations for the Product Consultants who are confident their customers will enjoy them. Judging by the strong growth of the Rhône category in this province, British Columbia consumers are not only enjoying tasting the wines, but are coming back for more. Now is a great time for these southern French wines, as many factors have come together to contribute to their success.

The Rhône Valley's proximity to the Mediterranean makes for a temperate climate suited to fruit trees, olives and grape vines. Vineyards are characterized by an assortment of different grape varieties and production of full-bodied wines. Grenache is the main player in the Southern Rhône where it is known for raspberry and white pepper aromas, soft structure and warm alcohol. Rarely is Grenache the lone player in a wine, however, as winemakers use other grapes such as Syrah, Mourvèdre and Carignan to add colour, backbone and complexity. By contrast, red wines in the Northern Rhône are rarely blended. The slightly cooler climate results in Syrah with herbal, violet and smoked meat characteristics. Whites are rarer in the Rhône but can be exotic and delicious. In the north, the Cerdagne appellation makes some of the world's most intriguing white wines from Viognier. In the south, blends are the name of the game, often encompassing Marsanne, Roussanne and Grenache Blanc. The wines, regardless of colour, grape variety or blend, tend to offer rich texture and full flavour at all price points. British Columbians have a history of enjoying full-bodied wines (think Australian Shiraz or Argentine Malbec), so it is no wonder they are embracing those of the Rhône.

Another contributing factor to the Rhône's success is the increasing appreciation of blended wines in our market. For the last 20 years British Columbians, like most North Americans, have been focussed on wines made from one grape variety. We've seen the trends cycle through Chardonnay, Shiraz, Pinot Grigio and Malbec. Now, wine importers and Product Consultants are reporting that more customers are asking for blends, presumably for the added complexity and character they offer. It looks as if blended wines are poised to be the "next big

thing," and at the forefront of the trend is the classic Rhône blend: Grenache, Syrah and Mourvèdre. Perhaps the acronym "GSM" will soon be as familiar to BC wine lovers as the words Chardonnay or Cabernet Sauvignon!

In addition to producing rich wines from a trendy mix of grape varieties, the Rhône Valley has the advantage of established quality sub-regions. For instance, famous appellations like Côtes du Rhône and Châteauneuf du Pape resonate with consumers and are well-recognized names in BC Liquor Stores. They are trustworthy sources of warm, spicy wines that reflect their Mediterranean origins. Lately consumers have also been experimenting with sub-regions, such as Ventoux and Costières de Nimes recognizing the wines to be excellent value. In the north, appellations like Crozes-Hermitage and St. Joseph are gaining popularity with their perfumed versions of Syrah.

A series of great vintages has also helped draw attention to the wines of the Rhône. While the valley's temperate climate means weather is fairly consistent from year to year some vintages stand out as being spectacular. This decade has produced many worthy examples that have gained top marks from journalists and won over wine drinkers. 2005 and 2006 were very good, for example and 2007 is considered outstanding. The south, in particular, benefited from excellent growing conditions that enabled ripe flavours to build in the grapes, while at the same time retaining freshness and purity of fruit. The top wines from '07 will keep many years. Critics have been singing the praises of the '07 vintage with Robert Parker, the most influential wine critic in North America, giving 100-point scores to a handful of that year's wines. The excitement over the vintage is bringing many people to the category. There are several 2007s in BC Liquor Stores at varying prices and premium appellations such as Châteauneuf du Pape are still arriving. Many value-priced wines, Côtes du Rhône and Ventoux for example will soon move to the 2008 vintage which, by comparison, is tasty but a little less concentrated. After that, the 2009s will hit the shelves and they are predicted to be as intense as the '07s.

Bold-flavoured styles, trendy grape varieties, famous regions and fantastic vintages have combined to make Rhône wines a hot commodity in BC Liquor Stores. Roam through the French section and pick a wine that suits your price point. Better yet, ask a Product Consultant to recommend his or her favourite Rhône to you.



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Côte du Rhône

BOLD-FLAVOURED STYLES, TRENDY GRAPE VARIETIES, FAMOUS REGIONS AND FANTASTIC VINTAGES HAVE COMBINED TO MAKE RHÔNE WINES A HOT COMMODITY.



LOUIS BERNARD CÔTES DU RHÔNE

France **\$14.49** 589432

This white blend has dried pear, apple and honeyed notes on the nose and a mouth-filling texture. The palate strikes a nice balance between creaminess and acidity. What a lovely summer wine!



SAINT COSME CÔTES DU RHÔNE

France **\$19.99** 241224

Unusual, as it is made from 100 percent Syrah, this Côte du Rhône has aromas of dried thyme and cherry on the nose. The palate has some nice, gritty tannins and flavours of pepper, earth and dark berry.



LA VIEILLE FERME ROSÉ

France **\$12.99** 559393

The nose of this dry and food friendly rosé begins with aromas of potpourri and citrus. There is a slight spiciness on the palate along with cherry stone and orange zest flavours.



CHÂTEAU DE LA GARDINE

France **\$54.99** 22889

Dark plum, wild flowers, anise and dark chocolate add up to one very complex nose on this Châteauneuf du Pape. The palate is full-bodied and ripe with a long, chewy finish.



QUINTESSANCE CHÂTEAU PESQUIE

France **\$29.99** 92916

This Syrah-dominant blend has exotic perfumed notes on the nose underpinned by ripe blackberry. The palate is, at once, powerful and finessed. Toast and licorice notes are very persistent on the finish.



CHÂTEAU VALCOMBE COSTIÈRES DE NIMES SYRAH GRENACHE

France **\$12.99** 857243

This is a serious wine for the price! The nose is quite powerful, with dark currant and wild scrub notes. In the mouth, the chewy tannins are well-balanced by dark fruit.



CÔTES DU RHÔNE VILLAGES BISHOP'S SELECTION

France **\$13.99** 881664

This is a medium-weight and easy drinking Côte du Rhône with red fruit, warm spices and a soft texture.



LES BRUNNELLES CROZES- HERMITAGE OGIER

France **\$24.99** 485250

Dark berry, smoke and intriguing meaty aromas offset the fruit on the nose of this Syrah. The palate has firm tannins with flavours of both red and black fruits and a savoury, long finish.

FROZEN RASPBERRY
HAZELNUT PRALINE
PARFAIT WITH
GINGER SNAP TULES

Desserts

WITH COOL

Summer may be a great time for those precious fresh fruit tarts and pies, but sadly, they do mean turning on the oven and heating up the kitchen. Instead, light and cool desserts are the way to go using the refrigerator or freezer to create a refreshing alternative.

Our frozen Raspberry Hazlenut Praline Parfait is full of crunchy praline, garnished with more hazelnut praline and served with a thin, crisp ginger snap tuile. You do need the oven to make the tuiles, but just for a few minutes.

Mango and Pistachio Kulfi is a frozen dessert that

originates in South Asia and continues to be popular throughout the Middle East. It is an ice cream that is not made with an egg custard base, but with milk that has been reduced by boiling. Our version is made with evaporated milk infused with cardamom and mango purée.

It's easy to be a fan of panna cotta, the silky Italian custard that is served cold. At Bill's in Sydney, Australia, panna cotta served with a fragrant garnish of fresh raspberries scented with a hint of rose water (available at Middle Eastern markets or specialty stores) is the inspiration for the recipe here.



MANGO AND PISTACHIO KULFI



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*No purchase necessary. Contest Starting Date is Friday, April 30, 2010 at 9:00 AM EST. Contest Closing is Friday, July 30, 2010 at 5:00 PM EST. Promotion available in Canada only to legal residents of, and of legal drinking age, in the province they reside. The provincial liquor agencies are not connected with this contest in any manner whatsoever, and are not liable in any way whatsoever in regard to any matter which relates to this contest. Employees and contractors of the provincial liquor boards, liquor agencies, liquor licensees, their employees and members of the immediate families of the aforementioned or persons with whom they are domiciled are not eligible. There is one (1) Grand Prize available to be won. ARV: \$5,000 CDN. There will be 24 secondary prizes awarded. ARV: \$100 CDN per prize pack. Odds of winning depend upon the total number of eligible entries received by the contest closing date. Contest Draw Date is Friday, August 6, 2010. Mathematical skill testing question required. For full contest details and to enter on-line go to www.polarice.ca or send a self-addressed, stamped envelope to "Polar Ice Contest", 81 Granton Drive Unit 1, Richmond Hill, Ontario, L4B 2N5 with your full name, address, age and phone number. Entries must be received by Friday, July 30, 2010 at 5:00 PM EST.



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Desserts with Cool

PAIRS WITH FROZEN RASPBERRY HAZELNUT PRALINE PARFAIT WITH GINGER SNAP TULES



CHAMBORD LIQUEUR

France **\$45.99** 70573

Rich, black raspberry mingles with sweet honey and creamy vanilla

to create a completely indulgent experience. Chambord is exceptionally versatile and is an elegant addition to any cocktail recipe.



BUTTERMILK PANNA COTTA WITH ROSE-SCENTED RASPBERRIES



MARIE BRIZARD RASPBERRY

France **\$20.99** 590976

This bright red raspberry liqueur is slightly sweet with a blast of ripe tartness. A perfect addition to your fruit-based summer refreshers.

PAIRS WITH MANGO AND PISTACHIO KULFI



BOLS MANGO

Netherlands **\$15.99** 536581

The rich, golden colour and sweet, exotic scent of mango fills the glass. Served over ice, splashed with a little soda water or drizzled over dessert, this tropical liqueur is a taste of the season.



MALIBU MANGO

Canada **\$23.99** 121384

Malibu brings home the taste of rum with a hint of the tropics! Savour the smooth, clean taste of rum with a sweet mango tang. Perfect for cocktails!

PAIRS WITH BUTTERMILK PANNA COTTA WITH ROSE-SCENTED RASPBERRIES



VEUVE CLIQUOT ROSÉ

France **\$81.00** 945261

So very French! The gentle mousse streaming upwards brings with it lifted delicate rose and red fruit aromas. Touches of brioche, nuts and dried-fruit flavours are present well into the creamy, lingering finish.



ALIZÉ RED

France **\$27.99** 499517

A wonderful blend of French cognac, cranberry and natural passion fruit juices combined to create a liqueur that's versatile and refreshing. Serve over ice with tonic or use in cocktails for an added splash of the tropics.



SAVVY SIPPERS

FRUITY SUMMER REDS

Everyone loves a bargain and with so much variety in BC Liquor Stores, it can be a challenge to find what will provide your next bang for the buck. Unless you have a lot of time on your hands, it's virtually impossible to taste all of the wines under \$20, so what are the best methods to find those great value wines? Here are a few tips to find the best value red wines this summer.

A savvy shopper will do a bit of homework to find out which regions, styles and grape varieties may be either undervalued or just starting to gain recognition for their quality. The wine world is forever evolving and, with so many grape varieties and regions, it is not surprising that some have been under-represented or forgotten, just awaiting discovery or new-found favour by those looking for a great deal.

The hot regions for value are often those we know the least about. Anything well-known has probably already been through the cycle of discovery. Bargain wines are discovered

then the prices rise as demand for them increases. So the savvy buyer should be looking for the next big thing. Sometimes it takes a little bit of adventure to find the best wines, taking your taste buds off the beaten track, but the rewards are worth it and the adventure itself can be great fun.

The worst-kept secret of the wine world right now is Argentina. Argentina is able to provide unimaginable quality-to-price ratio. Nearly 70 percent of Argentinean red wines in BC Liquor Stores are under \$20. This region continues to deliver great value.

Spain has been rising in prominence as a quality wine producer. Regions formerly considered only suitable for bulk wine have diverse and interesting grape varieties and, with a change in focus from volume to quality, produce some startlingly good wines. Regions such as Jumilla, Yecla and Catalunya are producing red wines that are not only great value but offer both richness and a little interesting something extra –

A SAVVY SHOPPER WILL DO A BIT OF HOMEWORK TO FIND OUT WHICH REGIONS, STYLES AND GRAPE VARIETIES MAY BE EITHER UNDERVALUED OR JUST STARTING TO BE RECOGNIZED FOR THEIR QUALITY.

that earthy European specialty and Old World charisma.

Portugal offers very interesting wines, although awareness of these styles is almost non-existent. The best wines come from the Douro region in northern Portugal. These dry, red wines are from the same region as the famed port so it is logical these grapes that make intense and sweet fortified wines can also make a very good dry wine. While many Douro wines are great value, they are already discovered and the prices are rising. One of the great upcoming Portuguese regions is the Dão. A little to the south of the Douro, the Dão offers similarly rich wines, but without the price of Douro wines.

In fact, there are a number of wine styles available for the savvy red wine shopper's price range. Whether you are looking for the up-front fruitiness of the New World or savoury Old World charm, there is something for everyone. While the lesser known regions of Europe provide some new and interesting tastes to those expanding their palates, there are still some New

World wines, packed with fruitiness and intensity, to offer great value.

The success of Australian wine was built on value, and although there may now seem to be a plethora in the category, there are still some great bottles to be found. Look for anything with a regional label, indicating a wine from a specific area rather than the brand-dominated, catch-all term "South Eastern Australia." These regional wines tend to show more character and a complexity the savvy buyer will be looking for.

Chile is also a great bet for value in red wines. The range of Chilean reds is immense, from the impressive Pinot Noir to the unique Carménère. Look at the mid-tier wines of the big Chilean wine companies. For \$14 to \$20, you get great intensity of flavour, making these wines a perfect summer pairing with something barbecued.

For those who love rich silkiness in their red wines, then the California sun delivers. Again, the best wines are those with a regional description beyond the entire state, to add complexity to the equation.

To the north, Washington is better known for its high-end wines but can offer some great value, lush, yet interesting red wines for around \$20. Still, on the North American continent our own BC brands can deliver some very good value. Look to tiers of BC VQA among the bigger companies for great value at around \$15.

The final secret of the world of good buys is southeastern Europe. Greece, Croatia, Macedonia, Montenegro and Bulgaria are mostly unknown to wine drinkers, yet can provide great value for the price with a lot more character than you would expect. You may not know the grape varieties or the regions, but they are well worth a try for the flavour. Take the plunge!

The world of wine is an amazing place with something for everyone – all styles, all colours and all price points. To find the best, it just takes a little adventure and a little time. With all the diversity and selection in BC Liquor Stores, now is the time to explore.

mixology

A close-up photograph of a martini glass filled with a vibrant pink cocktail. The glass is positioned diagonally, with the stem pointing towards the bottom right. The background is a soft, out-of-focus bokeh of warm yellow and orange lights, creating a sophisticated and inviting atmosphere. The word 'mixology' is overlaid in a large, white, sans-serif font at the top of the image.

design your own drink

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THE HOT REGIONS FOR VALUE ARE OFTEN THOSE WE KNOW THE LEAST ABOUT.



MISSION HILL FIVE VINEYARDS CABERNET MERLOT

BC VQA **\$16.99** 257816

This wine is fantastic value, with an assortment of interesting flavours not typically found at this price. It is a deep ruby colour with aromas of cherry, plum and blueberry combined with earthy and cocoa powder notes and a hint of violet. The palate is medium-bodied and balanced with flavours of cassis, mixed berries, spice and cherry.



CONCHA Y TORO CASILLERO DEL DIABLO CABERNET SAUVIGNON

Chile **\$12.98** 278416

This Cabernet Sauvignon is a bright and deep ruby-purple colour with intense aromas of cassis, blackberry, floral, custard and that classic Chilean aroma of freshly cut grass. The palate shows good intensity with flavours of plum, cassis, burlap, spice and oak.



CASTAÑO HÉCULA MONASTRELL

Spain **\$14.99** 583690

Monastrell is the same variety as the Mourvèdre of France and is renowned for producing burly, rustic, flavourful wines. This wine lives up to that, reputation combining ripe mixed red fruits with earthy leather, clove and spice. A great wine for those who want ripe fruitiness, but still want to expand their taste buds with those earthy European complexities.



CHÂTEAU DE PARAZA MINERVOIS CUVÉE SPECIALE

France **\$17.99** 111468

This wine is a wonderful taste of southern France – sun-warmed, ripe, brambly mixed berries. The nose has intense dried cherry, clove and candy floss aromas with a hint of leather. The palate is full with dried cherry, plum, pepper, meaty and floral notes and the finish is lingering.



DI MAJO NORANTE SANGIOVESE

Italy **\$15.99** 607325

Italy produces many fantastic wines and this Sangiovese shows that many of them are well-priced. With a medium ruby colour, this wine has a complex nose of cherry, leather, plum, baking spice and herbs. The palate continues with dried herbs, spice, cherry, pepper, chocolate and a long, satisfying finish. A great value taste of Italy.



CARM DOURO SUPERIOR ORGANIC

Portugal **\$15.95** 433516

This big wine has all the richness and concentration that you might expect in a good bottle of port. The nose is intense with damson plum, blueberry, floral, game and earth notes. The palate is full and complex with chocolate, earth, spice, plum with solid tannin structure and good length. Enjoy now or cellar five to six more years.



BILLI BILLI SHIRAZ

Australia **\$16.99** 91538

This is an amazingly rich wine for the price. If you want big fruit, then this wine, packed with ripe blackberry, blueberry and damson plum is unbeatable. The palate is full and rich with the ripe black fruits supported by oak, pepper, a touch of earth and some dusty, fine tannins that linger on the finish.



COLUMBIA CREST GRAND ESTATE MERLOT

Australia **\$17.99** 263418

This Merlot has polish and lushness well beyond its price, with aromas of chocolate, oak, ripe plum and black cherry. The palate is velvety, full and rich with milk chocolate, blueberry, plum, vanilla and just a touch of spice. The perfect wine for those who appreciate plush, silky red wines as well as great value.



BACKYARD PICNICS

Memories of picnics of years ago evoke visions of a camp stove, blankets, plastic cups and a coffee percolator. It was fun but also a great deal of work, with lots of heavy lifting and carrying to find the perfect picnic table (usually miles from the car.) The meal tended to consist of

a bean salad in a mason jar and a frying pan sputtering grease, as burgers were seared and served on white buns with plenty of yellow and red condiments.

Fast forward to 2010 and the appeal of picnics still exists, but in a much simpler manner – in the quiet confines of a backyard where the sun dapples the lawn through the trees.

Just toss a blanket and a few cushions in a shady spot in the backyard and fire up the grill. It needn't be a big event, a large party or even planned far in advance. Just the two of you will do. While one is grilling up delicious salmon filets to be served on crusty sourdough, the other can be stirring up some edamame hummus for slathering over crusty focaccia. Pour some chilled white into sturdy glasses, spoon up some crunchy Wheat Berry Salad on the side and your backyard picnic is complete.



WHEAT BERRY SALAD WITH WILD RICE AND ORZO AND SPELT FOCACCIA WITH EDAMAME HUMMUS AND PECORINO

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MGD uses cold-filtration rather than heat pasteurization, resulting in real draft beer in a bottle. With MGD you will find bright flavour and a hint of hop fruitiness, followed by a smooth finish.



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Backyard Picnics

PAIRS WITH SPELT FOCACCIA WITH EDAMAME HUMMUS AND PECORINO



VOGA PINOT GRIGIO
Italy **\$15.99** 248518
Wonderful ripe apple and pear aromas and flavours combine in this juicy white from Italy. Full and rich with a well-balanced acidity, it is ideal with breads, appetizers, light salads and chicken.



GRILLED SALMON FILET ON CRUSTY BREAD WITH MAPLE SOY MAYO



PETER LEHMANN WEIGHBRIDGE CHARDONNAY
Australia **\$12.99** 611434
The inviting flecks of green sparkle in the golden glass with fresh melon aromas welcoming you to sip. Soft in texture with a long, fruit-forward finish, it's perfect with light appetizers or seafood. Serve slightly chilled.



PAIRS WITH GRILLED SALMON FILET ON CRUSTY BREAD WITH MAPLE SOY MAYO

PAIRS WITH WHEAT BERRY SALAD WITH WILD RICE AND ORZO



QUAILS' GATE CHARDONNAY
BC VQA **\$18.99** 377770
This Chardonnay has toasty oak, honey and tropical fruit aromas and flavours with hints of peach. The finish is full, rich and buttery smooth. Serve slightly chilled with salmon for a true BC experience.



PISSE-DRU BEAUJOLAIS
France **\$16.99** 2881
Here is a lovely wine ripe with red fruit and subtle hints of vanilla. Juicy and light with a crisp, clean finish it is extremely versatile with summer dishes.



MENAGE À TROIS RED
USA **\$17.99** 360883
There is never a crowd when Zinfandel, Merlot and Cabernet Sauvignon come to the table. Sweet berry aromas with ripe, raspberry, blackberry and cherry flavours. Light-bodied and juicy it's a perfect partner to the salad.



BOUTARI NAOUSSA
Greece **\$16.99** 23218
This wine is deep red in colour with aromatic red fruit, plum and blackberry notes. Hints of cinnamon and wood play out in the well-balanced, harmonious finish. An intriguing wine at a great price!



CHILLED PEACH SOUP WITH LATE HARVEST RIESLING

STONEFRUIT desserts

Our local fruit should be enjoyed and eaten with pleasure during the season when it's picked, ripe and ready. I don't think I've ever eaten any out of season fruit from another hemisphere with any great satisfaction. Think how early the fruit would have been picked and what distance it would have to travel get to our local markets. Imported fruit certainly doesn't have the fragrance or taste from my childhood memories.

Enjoy our wonderful tree fruits while they are in season, then wait in anticipation until they come along the next year... perfectly ripe and ready, from our local farms.

To celebrate our local produce, we present three delicious

desserts. A wonderful Chilled Peach Soup made with ripe fruit and late harvest wine makes an unusual and elegant finisher, sweetly topped with a dollop of whipping cream.

We also offer a delicate dessert of nectarines lightly marinated in hazelnut liqueur, sandwiched between crisp and chewy hazelnut meringues.

Lastly, Clafoutis is the popular French baked custard dessert usually made with fresh cherries. It can also be made with prunes, blueberries, blackberries, fresh figs, cranberries or as in this remarkable recipe, plums with rich, dark chocolate and the added attraction of brandied cream.



NECTARINE AND HAZELNUT MERINGUES

LIGHT AND FRESH WITH TARAPACA WINES

A PERFECT SUMMER PAIRING

Arugula, cranberry & goat cheese salad

- **1 bunch arugula**
stemmed and washed
- **4 cups frisée lettuce**
torn into large pieces
- **1 shallot**
finely chopped
- **1 cup dried and fresh cranberries**
- **1/2 cup toasted walnuts**
finely chopped
- **1 cup fresh cherry tomatoes**
- **6 oz. soft Canadian goat cheese**

Top it all with an aged balsamic and honey dressing



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PLUM AND DARK
CHOCOLATE CLAFOUTIS
WITH BRANDIED CREAM

**WHO WANTS
A COLD ONE?**



*Must be legal drinking age.

Thanks
for making
Hefeweizen
BC's favourite
Patio Beer.





Stone Fruit Desserts

PAIRS WITH CHILLED PEACH SOUP WITH LATE HARVEST RIESLING



SUMAC RIDGE PINOT BLANC ICEWINE

BC VQA **\$59.99** 375ml 453936

Pressed quickly and fermented slowly to capture all the concentrated flavours, this is one of BC's best icewines.

Luscious pear and baked apple flavours fill your senses and the sweet, persistent finish is well-balanced.



NIERSTEINER SPATLESE LATE HARVEST

Germany **\$13.98** 262337

This is a wonderfully sweet wine at a delightful price! It's simply filled with honey, apple and apricot aromas and flavours, mingling through to the lush, long finish. Serve well-chilled.



ALIZÉ GOLD

France **\$27.99** 430090

Alizé means "gentle tradewinds" in French. This liqueur is artfully blended with French cognac and passion fruit juice, making it a perfect addition to your favourite summer cocktails.



AMARULA

South Africa **\$25.95** 342246

Made from the marula fruit, which is a member of the mango family, this exotic, subtly sweet liqueur with hints of nut is fantastic served over ice on those hot summer nights.



PAIRS WITH NECTARINE AND HAZELNUT MERINGUES



MARASKA ŠLJIVOVICA OLD PLUM BRANDY

Croatia **\$28.29** 296764



Using hand-picked blue plums grown in 20 year-old trees on the Adriatic coast and a unique distillation process, this brandy has a very deep, concentrated flavour. Wonderful served slightly chilled or in a little hot tea.

PAIRS WITH PLUM AND DARK CHOCOLATE CLAFOUTIS WITH BRANDIED CREAM



MARQUIS DE VILLARD

France **\$23.75** 14944

The rich amber colour is mesmerizing and the scent of oak, spice and citrus notes is tempting. This is a medium-bodied cognac with a dry, long finish. The perfect way to end a hot summer evening.



VERY SPECIAL EVENTS

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

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

JUNE

WEDNESDAY, JUNE 9 | 5:00 – 7:00 PM
**SONORA RANCH 2ND ANNUAL
RECIPE CONTEST COOK-OFF**

Join the three finalists in the 2nd Annual Sonora Ranch Recipe Contest along with Executive Chef Rebecca Troelstra, owner of Mizuna Culinary, who will be preparing the three recipes paired with Sonora Ranch wines. Taste the dishes and vote for a winner!

THURSDAY, JUNE 10 | 4:00 – 7:00 PM
**TRIVENTO & PACIFIC INSTITUTE
OF CULINARY ARTS COMPETITION**

Join the Pacific Institute of Culinary Arts as two of their top students vie for the culinary crown in this battle for the best beef dish to accompany Trivento wines from Argentina. Taste their delectable creations alongside a selection of Trivento reds.

FRIDAY, JUNE 11 | 3:00 – 7:00 PM
**EXPLORE THE WINES
OF SOUTH AFRICA**

Taste top South African wines, expertly paired with appetizers from Burnaby's award-winning Hart House Restaurant, as you enjoy mini spa treatments from Spa Utopia and discover the place where old world elegance meets new world flavours.

FRIDAY, JUNE 11 | 3:00 – 7:00 PM
**WESTWOOD SIGNATURE BC LIQUOR STORE
MALIBU BY U**

Design your own custom bottle of limited edition Malibu! Join our Malibu artists who will put your inspirations to work while you enjoy Malibu cocktails.

SATURDAY, JUNE 12 | 3:00 – 6:00 PM
**WHAT YOUR DAD REALLY
WANTS FOR FATHER'S DAY**

Join J. Wheelock, brand ambassador for Macallan, Highland Park, The Famous Grouse and The Black Grouse for an educational nosing and tasting of these acclaimed whiskies. Enjoy appetizers by Glowbal Group while you sip with Dad.

SUNDAY, JUNE 13 | 1:00 – 5:00 PM
**TANQUERAY PRESENTS:
SUMMER GIN COCKTAILS**

Join our guest Mixologist in this fun demonstration of how to prepare easy, delicious gin cocktails perfect for summer. Enjoy samples along with complimentary appetizers.

WEDNESDAY, JUNE 16 | 4:00 – 6:00 PM
**ARROGANT FROG PRESENTS:
SAVE BURNS BOG!**

Ribbit! Proceeds from June sales of Arrogant Frog will benefit the Burns Bog Conservation Society who will be on site at this special tasting to explain their efforts to protect Burns Bog, a natural wildlife habitat.

THURSDAY, JUNE 17 | 3:00 – 7:00 PM
**GRAND MARNIER PRESENTS:
LE GRAND COOL**

Come taste Grand Marnier with the brand ambassador and learn the recipe for The Grand Cool, a fantastic summer drink.

FRIDAY, JUNE 18 | 4:00 – 7:00 PM
A TRUE BARCELONA EXPERIENCE

Enjoy the rhythmic sounds of our live flamenco guitarist while you sample authentic Spanish tapas and pintxos by Café Barcelona alongside an incredible lineup of wines from Spain.

SATURDAY, JUNE 19 | 1:00 – 4:00 PM
**BOMBAY SAPPHIRE AND BACARDI
COCKTAIL SESSION**

Join Team Bombay Sapphire and Team Bacardi for a tasting and demonstration of the Bacardi Mojito and Sapphire Collins cocktails. Enjoy complimentary appetizers and enter to win a gift basket!

SUNDAY, JUNE 20 | 1:00 – 5:00 PM
**JAZZ IT UP WITH
GRANVILLE ISLAND BREWING**

It's good to be on the West Coast this summer with the Vancouver International Jazz Festival. Sway to the tunes of live jazz while you sample Granville Island Brewing's award-winning beers with local West Coast cuisine.

WEDNESDAY, JUNE 23 | 4:00 – 6:00 PM
**DISCOVER YOUR STYLE WITH GRAY
MONK AND BANANA REPUBLIC**

What's your style? Fresh wines and chic fashion combine here for a fun-filled tasting. Sip Gray Monk's white wines, perfect for summer enjoyment, as you take in the hottest styles of the season by Banana Republic.

THURSDAY, JUNE 24 | 5:00 – 8:00 PM
**THE BEST OF FOOD & WINE
PRESENTS: WINES OF CHILE**

Discover the wines of Chile fabulously paired with *hors d'oeuvres* at this tasting, featuring a live broadcast of AM 650's Best of Food & Wine show with Anthony Gismondi and Kasey Wilson from 6:00 – 7:00 PM.

FRIDAY, JUNE 25 | 3:00 – 6:00 PM
MALIBU BY U

Design your own custom bottle of limited edition Malibu! Join our Malibu artists who will put your inspirations to work while you enjoy Malibu cocktails.

SATURDAY, JUNE 26 | 2:00 – 5:00 PM
**WYNDHAM ESTATE PRESENTS:
CHEF CORBIN TOMASZESKI**

Meet Chef Corbin Tomaszeski from Food Network's "Restaurant Makeover" show for a special cooking demonstration and tasting of Australia's Wyndham Estate wines.

SUNDAY, JUNE 27 | 3:00 – 5:00 PM
**YEALANDS ESTATE –
FOR THE LOVE OF THE LAND**

Taste the essence of New Zealand in Yealands Sauvignon Blanc while you enjoy freshly shucked oysters. Learn more about Yealands' sustainable winery practices as well as that of BC's OceanWise initiative.

TUESDAY, JUNE 29 | TIME WILL BE POSTED ONLINE
**EXPERIENCE AUSTRIA WITH
MASTER SOMMELIER JOHN SZABO**

Meet Canada's only Master Sommelier, John Szabo, who will lead you in this tasting of Austrian wines including examples of the country's signature varietal, Grüner Veltliner. A not-to-be-missed educational tasting opportunity.

WEDNESDAY, JUNE 30 | 4:00 – 7:00 PM
ROCK AND ROLL RUM

It's luxury spirit... with attitude. Discover the smooth and silky flavours of premium rum, the sublime sipper from the Caribbean. Join our Product Consultants for this exciting tasting featuring complimentary food pairings.

VERY SPECIAL EVENTS

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

JULY

THURSDAY, JULY 8 | 5:00 – 7:00 PM
**OKANAGAN SPRING'S
25TH ANNIVERSARY**

Come support BC Special Olympics and make a difference. Celebrate the 25th Anniversary with food pairings from MyChef solutions.

SATURDAY, JULY 10 | TIME TBA ONLINE
SHAKE IT UP! ALL ABOUT MIXOLOGY

Want to learn more about spirits? Experience mixology demonstrations, cocktail recipes and tasty food pairings.

THURSDAY, JULY 15 | 4:00PM – 7:00 PM
**ENJOY THE AFTERNOON
WITH PHIL LEHMANN**

The laid-back Aussie barbie atmosphere will come to life here. Taste the popular Clancy's wines with winemaker Phil Lehmann.

SATURDAY, JULY 17 | 1:00 – 4:00 PM
WAKE UP WITH MIMOSAS!

Nibble on delectable continental breakfast treats as you learn simple mimosa cocktail creations to wow and impress, featuring [yellow tail] Bubbles and Sun Rype juices.

THURSDAY, JULY 22 | 4:30 – 6:30 PM
**RELAX WITH PATIO SELECTIONS
FROM FRANCE**

Taste a selection of La Vielle Ferme wines and be transported to the Rhône Valley, an area known for its lively, rustic, food friendly wines, the perfect type for sipping on your patio this summer. Delicious hors d'oeuvres will be served.

WEDNESDAY, JULY 28 | 4:30 – 7:00 PM
**GNARLIEST BURGER
COMPETITION FINALE**

These finalists are not your regular fast food types. Join celebrity judges Tim Ellison, Rob Feenie, Judith Lane, Rhonda May, Kasey Wilson, Werner Schonberger and taste them for yourself. Enjoy Gnarly Head wines and look for the recipe contest in TASTE Magazine

THURSDAY, JULY 29 | 4:00 – 7:00 PM
**OUR PRODUCT CONSULTANTS
PRESENT: BEAT THE HEAT!**

Beat the heat this summer with a tall, slim and refreshing mixed drink. Learn how to make some summer punches perfect for enjoying on the patio.

**FRIDAY, JULY 30 | 3:00 – 7:00 PM AND
SATURDAY, JULY 31 | 1:00 – 5:00 PM**
**CAPTAIN MORGAN –
BE FANATICAL WITH THE GAME**

Join the Captain and his Morganettes as they promote their social responsibility message, "Don't Go Overboard, Captain's Orders" with a fun and interactive game.

AUGUST

FRIDAY, AUGUST 6, | 3:00 – 7:00 PM
**GRAND MARNIER PRESENTS:
LE GRAND COOL**

Come taste Grand Marnier with the brand ambassador and learn the recipe for The Grand Cool, a fantastic summer drink.

SATURDAY, AUGUST 7 | 2:00 – 5:00 PM
**CELEBRATE SUMMER WITH
THE PERFECT MARGARITA**

Chill out at this Sauza Mixology session featuring the Perfect Margarita. Enjoy Tequila cocktails with authentic Mexican food from Las Margaritas. *Gracias, amigos!*

FRIDAY, AUGUST 13 | TIME TBA ONLINE
**COOL OFF WITH
GRANVILLE ISLAND BREWING**

With patio time in full swing, come and enjoy a taste of Granville Island beers and expand your cooler selection.

SATURDAY, AUGUST 14 | 1:00 – 3:30 PM
**EXPERIENCE SUMMER IN BC
WITH VEUVE CLICQUOT**

Take a tour of France in your own backyard with a glass of classic French Champagne.

SATURDAY, AUGUST 21 | 1:00 – 5:00 PM
**BUILD A BETTER GOLF BAG WITH
MCWILLIAMS HANWOOD**

Test your golf putting skills on the putting green to win prizes by Callaway Golf. Fill your hunger and the drive to succeed with McWilliams wines and mini hamburgers.

THURSDAY, AUGUST 26 | 4:00 – 7:00 PM
**OUR PRODUCT CONSULTANTS
PRESENT: BC TERROIR**

Come celebrate and taste BC's finest and learn about BC's terroir, local vineyards and enjoy what wines our beautiful province has to offer.

FRIDAY, AUGUST 27 | 2:00 – 5:00 PM
**DISCOVER BACARDI MOJITO
COCKTAILS**

Try Bacardi mojitos and cocktails prepared by Team Bacardi with complimentary appetizers as you learn about Bacardi's history.

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.

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89 POINTS

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- Wine Diva, January 13th, 2010

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WAITING TO BE REDISCOVERED.

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



MISSION HILL

Family Estate

For 20 years, the Vintners Quality Alliance (VQA) has been instrumental in helping establish the Okanagan as a globally recognized wine region. Mission Hill Family Estate would like to wish BC VQA a Happy 20th Birthday and many more years of promoting excellence in winemaking.



SUMMER VEGETABLE TART

Makes two tarts. Serves 6

PERFECT PASTRY

3 cups	(750 ml)	all-purpose flour
1 tsp	(5 ml)	salt
½ cup	(125 ml)	each cold unsalted butter and cold lard, cubed
1		egg
2 tsp	(10 ml)	vinegar
		ice water

Combine flour and salt in a food processor and whirl to blend. Pulse in butter and lard until it becomes coarse meal with a few large pieces. Beat egg with vinegar in a measuring cup and add enough ice water to measure ¾ cup (150 ml). Open food processor and pour egg evenly over top. Pulse just until dough begins to clump together. Do not over process. Transfer to a work surface and gently gather pastry together and shape into 2 6-in (15 cm) discs. Tightly wrap in plastic

and refrigerate until firm, about 30 minutes. Preheat oven to 375 F (190 C). Roll out each disc on a lightly floured surface into a rectangle large enough with an overlap to fit a 10-in x 8-in (35 cm x 20 cm) tart pan with a removable bottom. Transfer one pastry rectangle to each of 2 pans and trim the edges. Line with parchment paper or foil and fill with dried beans or pie weights. Bake in bottom third of oven for 20 minutes or until edges start to turn golden. Remove and cool on a rack. Remove beans and paper or foil.

FILLING

6.5 oz	(200 g)	soft goat's cheese
½ cup	(125 ml)	whipping cream
½ cup	(125 ml)	sour cream
½ tsp	(2 ml)	salt
		freshly ground black pepper
5		large eggs
1 tbsp	(15 ml)	olive oil
1		small fennel, trimmed and thinly sliced
1		large onion, thinly sliced
2		zucchini, thinly sliced on the diagonal in large rounds
1 cup	(250 ml)	cherry tomatoes, halved
¼ cup	(50 ml)	fresh basil, finely chopped
½ cup	(125 ml)	Parmesan shreds
		salt and freshly ground pepper

Crumble goat's cheese and place in a large bowl. Add whipping cream and sour cream and whisk to blend. Add seasonings and eggs and continue to whisk until almost smooth. Divide evenly into prepared crusts. Bake in oven for 20 minutes or until golden and set. Remove and cool. Heat oil in a large frying pan. Add fennel and onion and sauté for a minute or until fennel is golden tinged. Add

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Farm Market Feast from page 8 continued

zucchini and continue to sauté just until slightly golden but zucchini is still crisp. Mound vegetables on top of each prepared tart filling and sprinkle with basil and Parmesan shreds. Season with salt and pepper. Cut into slices and serve at room temperature.

PAIRS WITH

CAT'S PEE ON A GOOSEBERRY BUSH SAUVIGNON BLANC

New Zealand **\$15.99** 353938

BRANCOTT SAUVIGNON BLANC

New Zealand **\$15.99** 129528



BLACKBERRY HAND PIES WITH CRUMBLE TOPPING

Makes 6 single pies

SOUR CREAM PASTRY

2½ cups (675 ml)	all-purpose flour
½ tsp (2 ml)	salt
½ cup (125 ml)	cold unsalted butter, cubed
½ cup (125 ml)	cold lard, cubed
¼ cup (50 ml)	ice water
3 tbsp (45 ml)	sour cream

Combine flour and salt in a large bowl. Add butter and lard and work in using a pastry cutter until crumbly with mostly fine crumbs. Whisk water and sour cream in a measuring cup. Drizzle over flour mixture tossing together until a shaggy dough forms. Add a little more water if necessary. Divide into 6 even pieces and flatten each into a small disc. Wrap with plastic and refrigerate. When firm, remove from refrigerator and roll each disc out on a lightly floured surface into a 6-in (15 cm) circle. Press each into a 5-in (12 cm) pie tin. Trim edges and crimp. Preheat oven to 400 F (200 C).

FILLING

¾ cup (175 ml)	granulated sugar
¼ cup (50 ml)	cornstarch
2 tsp (10 ml)	ground cinnamon
½ tsp (2 ml)	nutmeg, freshly grated
	zest of 1 lemon, finely grated
6 cups (1.5 L)	fresh blackberries
1	apple, peeled, cored and grated

Combine sugar, cornstarch, spices and lemon in a large bowl. Stir to blend. Add blackberries and grated apple and gently coat with mixture being careful not to crush berries. Divide filling evenly among pie shells.

CRUMBLE TOPPING

¾ cup (175 ml)	larger flake oatmeal
½ cup (75 ml)	all-purpose flour
½ cup (75 ml)	packed brown sugar
¼ tsp (1 ml)	ground cinnamon
pinch	salt
½ cup (75 ml)	unsalted butter, softened

To make topping, stir together oats, flour, brown sugar, cinnamon and salt. Mash in butter with a fork until crumbly. Sprinkle crumble filling evenly over blackberries in pie shells. Place pies on a baking sheet to catch any drips. Bake in centre of oven for 15 minutes, reduce heat to 375 F (190 C) and continue to

bake until pies are golden, about 30 more minutes.

PAIRS WITH

JACOB'S CREEK SPARKLING CHARDONNAY PINOT NOIR

Australia **\$14.99** 562991

MARIE BRIZARD BLACKBERRY

France **\$16.99** 379396



SAUSAGE AND PEPPER SANDWICHES WITH ARUGULA

Serves 4

¼ cup (50 ml)	mayonnaise
2 tbsp (30 ml)	green olive tapenade
4	bratwurst sausages, halved lengthwise
4	buns, cut horizontally into halves, or crusty bread
2 cups (500 ml)	baby arugula leaves
1	large roasted bottled red pepper, cut into strips and patted dry
	sweet or spicy smoked paprika

Prepare spread stirring mayonnaise with tapenade and set aside. Grease barbecue grill and preheat. Place sausage halves cut side down on grill and barbecue until hot and edges of sausages start to crisp, about 8 minutes. Turn once. Remove and cover to keep warm. Toast cut side of buns or bread on grill. Spread bottom halves with mayonnaise spread. Line with arugula. Top with 2 sausage halves and strips of roasted red pepper. Sprinkle with smoked paprika. (If using spicy smoked paprika, use sparingly.) Add a few more arugula leaves and cover with top half of buns. Cut buns vertically in half. Hold together with bamboo skewers and serve.

PAIRS WITH

VALCARLOS FORTIUS TEMPRANILLO

Spain **\$13.98** 923805

TORRESELLA PINOT GRIGIO

Italy **\$13.99** 468306



FARMER'S MARKET SALAD WITH ROASTED MUSHROOMS AND GOAT'S CHEESE

Serves 4

MUSHROOMS

½ lb (250 g)	assorted wild mushrooms
3 tbsp (45 ml)	extra virgin olive oil
	salt and freshly ground black pepper

SALAD

- ¼ cup (50 ml) extra virgin olive oil
- 2 tbsp (30 ml) red wine vinegar
- 1 tsp (15 ml) Dijon mustard
- pinch granulated sugar
- 8 cups (2 L) spicy market greens such as mizuna, watercress, mustard and arugula, washed and spun dry
- ¼ lb (125 g) plain goat's cheese, crumbled

Preheat oven to 425 F (220 C). Gently brush any residual soil from mushrooms. Toss with 3 tbsp (45 ml) oil and spread out on a baking sheet. Sprinkle with salt and pepper and bake in centre of oven for about 15 minutes until golden brown and tender. Stir often. Remove from oven and cool. Place ¼ cup (50 ml) oil, vinegar, Dijon and sugar in a large salad bowl. Whisk together to blend. Add greens and gently toss with dressing until leaves are lightly coated. Add mushrooms and crumbled goat's cheese and gently fold in. Serve immediately.

PAIRS WITH

YELLOW TAIL PINOT GRIGIO

Australia **\$12.99** 670521

VERAMONTE SAUVIGNON BLANC

Chile **\$13.99** 602649



A TRIO OF SEAFOOD TARTARE

Serves 4 as an appetizer or lunch entrée

SCALLOP WITH VANILLA AND ORANGE

- ½ lb (250 g) fresh scallops
- juice of 1 lime
- 2 tbsp (30 ml) fresh orange juice
- ½ whole vanilla bean
- ½ orange, zest only, finely grated
- 1 tbsp extra virgin olive oil
- sea salt

Cut scallops into ¼-in (.5 cm) dice, place in bowl and mix with lime and orange juices. Scrape seeds from vanilla bean and add to the scallops along with the orange zest and olive oil. Mix well and season with sea salt.

TUNA WITH TOMATO, SHALLOT, CELERY AND JALAPEÑO

- ½ lb (250 g) sashimi-grade tuna (local albacore or ahi)
- juice of 1 lime
- 1 large tomato, quartered, seeded, finely chopped
- 1 small celery stalk, finely chopped
- 2 small shallots, finely chopped
- 1 small jalapeño pepper, seeded, finely minced
- 1 tbsp (15 ml) extra virgin olive oil
- sea salt and freshly ground pepper

Wrap tuna in plastic wrap and place in freezer for about a half hour or until partially frozen (makes it easier to cut). Cut into ¼-in (.5 cm) to ½-in (1 cm) dice. Place into bowl and mix with lime juice. Add remaining ingredients and mix well. Season with sea salt and black pepper.

SALMON WITH GINGER AND GARLIC

- ½ lb (250 g) salmon filet, skinned and deboned
- juice of 1 lime
- 2 tbsp (30 ml) lemon juice
- 1 small garlic clove, finely minced
- 1 tsp (5 ml) ginger, finely grated
- 2 tbsp (30 ml) chives, finely chopped
- 2 tbsp (30 ml) flat leaf parsley, finely chopped
- 6 cherry tomatoes, quartered
- lemon olive oil or extra-virgin olive oil
- sea salt and freshly ground pepper

Wrap salmon in plastic wrap and place in freezer for about 30 min. or until partially frozen. Cut into ¼-in (.5 cm) to ½-in (1 cm) dice. Place into bowl and mix with lime juice. Add remaining ingredients, mix well and season to taste.

To serve, divide each tartare among romaine leaves and serve with thin crostini toasts.

PAIRS WITH

YOSHI NO GAWA ORGANIC SAKE

Japan **\$17.99** 330 ml 622944

SACRED HILL SAUVIGNON BLANC

New Zealand **\$18.95** 207662



LOUISIANA SEAFOOD AND OKRA GUMBO

Serves 6 to 8

- 3 tbsp (45 ml) canola oil
- 1 large onion, finely chopped
- 3 celery stalks, finely chopped
- 6 garlic cloves, finely chopped
- 1 medium green pepper, coarsely chopped
- 4 sprigs Italian parsley, coarsely chopped
- 1 tbsp (15 ml) Tony's Creole seasoning (optional)
- 2 cups (500 ml) tomato sauce
- 1 cup (250 ml) canned whole tomatoes or very ripe, peeled fresh tomatoes, halved
- 2 cups (500 ml) chicken or fish stock
- 2 lb (1 kg) fresh medium shrimp, peeled and deveined
- ½ lb (250 g) Andouille or chorizo sausage, cooked, cut into ½-in (1 cm) pieces
- 1 lb (500 g) fresh okra, rinsed and cut into ½-in (1 cm) pieces
- 2 bay leaves
- 1 ½ tsp (7 ml) salt
- 1 tsp (5 ml) black pepper
- ½ lb (250 g) Dungeness crabmeat (optional)
- 6 to 8 servings hot white rice, cooked
- Tabasco sauce

Add canola oil to a large stock pot and heat over medium heat. When hot, add onion, celery, garlic, green pepper and parsley. Sauté until vegetables begin to soften. Add seasoning, tomato sauce, tomatoes, stock and bring to a boil. Reduce heat to simmer and add shrimp, sausage, okra, bay leaves, salt and pepper.

Sunny Seafood from page 20 continued

Stir gently to mix, cover and simmer until the shrimp and okra are tender.

When ready to serve, add crabmeat and simmer until crabmeat has warmed through. Ladle over cooked rice and serve with Tabasco sauce.

PAIRS WITH

FLAT ROOF MANOR PINOT GRIGIO

South Africa **\$12.99** 90936

PELLER ESTATES PRIVATE RESERVE CHARDONNAY

BC VQA **\$15.99** 618298



**CLAMS AND CHORIZO IN CHILI SAUCE
(ALMEJAS CON CHORIZO)**

Serves 4

2 tbsp (30 ml) olive oil
2 links fresh Spanish chorizo, thinly sliced

2 lbs	(1 kg)	fresh clams, thoroughly cleaned
1		medium red chili pepper, seeded and finely chopped
1 tsp	(5 ml)	smoked paprika
2		garlic cloves, minced
2 tbsp		Italian parsley, finely chopped
½ cup	(125 ml)	white wine
		salt and freshly ground pepper

In a large skillet, add olive oil and heat over medium-high heat. Add chorizo and sauté for 2 minutes or until partially cooked. Add clams and chili pepper, cover and cook until clams start to open. Discard any closed clams. Add the paprika, garlic, parsley, wine, salt and pepper and continue to cook for about 2 minutes. Spoon out into small bowls, pour on the sauce and serve immediately. Serve with hearty rustic bread.

PAIRS WITH

CHATEAU STE. MICHELLE RIESLING

USA **\$15.99** 232512

INNISKILLIN RESERVE PINOT BLANC

BC VQA **\$13.99** 76125

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www.arrogantfrog.fr



ORZO PASTA WITH SEAFOOD, SUMMER VEGETABLES, CAPERS AND OLIVES

Serves 4

- ¾ lb (400 g) orzo or risoni pasta
- 2 tbsp (30 ml) olive oil
- salt and freshly ground pepper
- 1 small yellow zucchini, thinly sliced lengthwise
- 1 small green zucchini, thinly sliced lengthwise
- 1 small yellow pepper, seeded and halved
- 2 oranges
- 8 mussels

- 8 clams
- 1 cup (250 ml) white wine
- 1 large garlic clove, finely chopped
- ½ lb (250 g) baby octopus, cleaned and prepped
- ½ lb (175 g) crabmeat
- ½ lb (175 g) bay scallops, rinsed and dried
- ½ lb (175 g) hand-peeled fresh shrimp
- 1 tsp (5 ml) dried chili flakes
- 2 tbsp (30 ml) capers
- ¼ cup (50 ml) olive oil
- 2 tbsp (30 ml) each parsley and basil leaves, finely chopped
- kalamata olives
- lemon halves

Bring a large pot of salt water to a boil, add pasta and cook until al dente. Drain and refresh under cold water. Drain well, toss with olive oil and season with salt and pepper. Set aside.

Heat a grill pan until hot. Brush zucchini slices and peppers with olive oil and place into pan in small batches and cook on each side until even grill marks appear. Julienne peppers. Set aside.

Grate the zest of one orange, then set aside. Remove peel and pith from both oranges and segment oranges, reserving juice.

SUMMER ESSENTIALS.

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FRONTERA Chile CABERNET SAUVIGNON MERLOT CONCHA Y TORO

FRONTERA Chile SAUVIGNON BLANC CONCHA Y TORO

*Source: Wines of Chile; Dec-2009

recipes and food pairings at www.frontera.cl

YouTube f

Spicy Salsa from page 32

Heat a large wok or skillet over medium-high heat. Add olive oil, wine and garlic. Bring to a boil. Add mussels and clams. Cover and leave to steam open, about 5 minutes. Discard any that do not open. Shake pan to coat the shellfish, then add rest of seafood. Sprinkle chili flakes and capers on top and sauté on medium heat for 5 to 8 minutes. Add the reserved orange segments and ¼ cup olive oil. Toss with the parsley, basil, olives and orange zest. Season to taste.

Place the orzo on warm plates and spoon seafood and juices on top. Top with zucchini and peppers and lightly toss with a drizzle of olive oil. Serve warm or cold with lemon wedges.

PAIRS WITH

SANTA MARGHERITA VAL D'ADIGE PINOT GRIGIO

Italy **\$19.99** 106450

CECCHI NATIO ORGANIC CHIANTI

Italy **\$14.98** 106682



GRILLED TROUT WITH ROASTED TOMATO SALSA

Serves 4

TROUT

- 4- 5 oz (140 g) steelhead or lake trout filets, boned
- 1 tbsp (15 ml) lemon juice, freshly squeezed
- 2 tbsp (30 ml) olive oil
- salt and freshly ground black pepper

ROASTED TOMATO SALSA

- 2 large garlic cloves, finely minced
- 1 small jalapeño pepper, seeded and finely minced
- 1 tsp (5 ml) lemon zest
- 1 lb (500 g) grape tomatoes, halved

www.chartonhobbs.com

Do you come here often?

Yes, for a glass of "La Vieille Ferme".



La Vieille Ferme

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Côtes du Luberon Blanc

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Côtes du Ventoux Rouge

+263640 **\$13.99**

½ cup (125 ml) kalamata olives, pitted
 ¼ cup (50 ml) olive oil
 salt and freshly ground black pepper
 2 tbsp (30 ml) fresh basil, chopped
 2 tbsp (30 ml) fresh dill, chopped
 ¼ cup (50 ml) pine nuts, toasted

Combine lemon juice, olive oil, salt and pepper in a small bowl. Whisk to blend. Rub over fish and let stand at room temperature for 20 minutes.

Preheat oven to 350 F (180 C). Combine garlic, jalapeño and lemon zest in a bowl. Add tomatoes and olives and toss together. Drizzle with ¼ cup (50 ml) olive oil and spread mixture out on a parchment-lined baking sheet. Season with salt and pepper. Bake in centre of oven for 15 to 20 minutes. Remove and transfer to a bowl. Fold in chopped basil, dill and pine nuts. Set aside.

Lightly oil barbecue grill and preheat. Pat fish dry and place on greased grill, skin side down. Barbecue fish for 8 to 9 minutes, turning once during grilling. Fish is done when it is opaque and flakes easily. Serve fish topped with salsa.

Salsa can be made ahead and refrigerated.

PAIRS WITH

ANAKENA SINGLE VINEYARD VIOGNIER
 Chile **\$15.96** 329755

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



TROPICAL FRUIT AND NUT SALSA

Makes 4 cups (1 L)

1 ripe, red-fleshed papaya, halved, seeds removed, peeled and diced
 1 ripe but firm avocado, pitted, peeled and diced
 ½ cup (125 ml) toasted and salted cashews, chopped
 ¼ cup (50 ml) cilantro, chopped
 1 tbsp (15 ml) shallots, finely minced
 1 lime, zest, finely grated and juice only
 ½ tsp (2 ml) chili powder
 ¼ tsp (1 ml) salt
 freshly ground black pepper arugula leaves

In a bowl, combine papaya, avocado, cashews, cilantro, shallots, lime juice and zest and seasonings. Gently toss together. Salsa can be made a day ahead if you wish adding cashews just before serving. To serve, spoon salsa onto a bed of arugula and serve with creamy pot cheese and crusty breads.



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JACKSON-TRIGGS PROPRIETOR'S RESERVE CHARDONNAY
BC VQA **\$12.99** 543819



CUMIN-CRUSTED CHICKEN WITH SPICY PINEAPPLE MANGO SALSA

Serves 4

SALSA

- 2 tbsp (30 ml) olive oil
- 1 cup (250 ml) sweet onion, finely chopped
- 6 garlic cloves, finely minced
- 1 ½ cups (375 ml) fresh pineapple, diced
- 1 Ataulfo mango, peeled, pit removed and diced
- ½ each red and green bell pepper, seeded and diced
- ½ cup (125 ml) jicama, peeled and finely chopped
- 2 tbsp (30 ml) red onion, finely minced
- 1 tbsp (15 ml) canned chipotle chilies in adobe sauce, drained and minced
- ¼ cup (50 ml) lime juice, freshly squeezed
- ½ tsp (2 ml) sea salt
- ¼ tsp (1 ml) freshly ground black pepper
- ½ cup (125 ml) fresh cilantro, chopped

Heat olive oil in a heavy saucepan. Add onions and garlic and sauté until soft. Stir often. Remove from heat and transfer to a large bowl. Cool to room temperature. Add pineapple, mango, peppers, jicama, red onion and chipotle peppers and fold together. Drizzle with lime juice and seasonings and gently fold in. Sprinkle with cilantro and set aside until ready to use.

CUMIN CHICKEN

- 2 limes, zest, finely grated and juice only
- 1 tbsp (15 ml) ground cumin
- 1 tbsp (15 ml) olive oil
- 4- 4 oz (125 g) chicken breasts, skinned and boned salt and freshly ground black pepper

Lightly oil barbecue grill and preheat. Combine lime zest and juice, cumin and oil in a small bowl. Whisk to blend. Rub into chicken and season lightly with salt and pepper. Place on preheated grill. Close lid and grill chicken for 10 to 12 minutes, turning halfway through cooking. Chicken is done when juices run clear when pierced. Remove to a platter. Serve with salsa, barley salad and pea shoots.

PAIRS WITH

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Germany **\$13.99** 501080

GANTON & LARSEN PROSPECT WINERY PINOT GRIGIO
BC VQA **\$12.99** 100925



HONEY-GLAZED CHICKEN BREASTS

Serves 4

- 1 tbsp (15 ml) coriander seeds
- ¼ cup (50 ml) liquid honey
- ¼ cup (50 ml) tamari soy sauce
- 1 tbsp (15 ml) lemon juice, freshly squeezed
- 4 chicken breasts, boneless and skinless

Toast coriander seeds in a small heavy frying pan stirring until golden. Remove, cool and grind in a spice grinder or with a mortar and pestle until coarsely ground. Combine crushed coriander seeds with honey, soy sauce and lemon juice. Stir to blend. Lightly brush some mixture over chicken reserving the remaining. Oil barbecue grill and preheat. Grill chicken over medium heat for 12 to 15 minutes turning once until no longer pink and juices run clear. Meanwhile cook remaining sauce in a small saucepan until glaze is thickened, about 1 minute. Serve chicken with glaze drizzled over top and a garden salad on the side.

PAIRS WITH

BANROCK STATION SPARKLING CHARDONNAY
Australia **\$13.99** 534974

SNAP DRAGON CHARDONNAY
USA **\$12.99** 477646



SMOKY GRILLED SHRIMP WITH SWEET MANGO MUSTARD

Serves 4

- ¼ cup (50 ml) Dijon mustard
- 1 tbsp (15 ml) dry mustard
- 2 tbsp (30 ml) seasoned rice vinegar
- ½ cup (125 ml) liquid honey
- 2 Ataulfo mangos, peeled, pitted and diced salt
- freshly squeezed juice of 1 lime
- 20 large shrimp, tail on, peeled and deveined
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) each smoked paprika and ground cumin
- 2 tbsp (30 ml) cilantro, finely chopped
- lime wedges

Combine mustard and vinegar in a small bowl. Stir until blended and dry mustard is smooth. Set aside. Place honey in a small saucepan. Heat until bubbles break the surface. Stir in mango and cook over medium heat until mango is mushy, about 10 minutes. Remove from heat and stir in mustard mixture. Add salt and lime juice to taste. Set aside. Oil barbecue grill and preheat. Brush shrimp with oil and dust with smoked paprika and ground cumin. Skewer and grill for 2 to 3 minutes per side. Remove to a platter and dust with cilantro. Serve with Mango Mustard and lime wedges.

PAIRS WITH
DEINHARD DRY RIESLING
 Germany **\$13.99** 60004

FREIXENET CARTA NEVADA BRUT
 Spain **\$13.99** 74757



BEANS AND GRAINS WITH HONEY MUSTARD VINAIGRETTE

Serves 4

DRESSING

- 2 tbsp (30 ml) grapeseed oil
- 2 limes, juice only
- 1 tbsp (15 ml) dark liquid honey
- 1 tbsp (15 ml) fresh tarragon, chopped
- 1 tbsp (15 ml) fresh chives, chopped
- 2 tsp (10 ml) Dijon mustard

SALAD

- ¼ lb (125g) french style green beans, trimmed and cut into 2-in (5 cm) pieces

- ¼ lb (125 g) yellow wax beans, trimmed and cut into 2-in (5 cm) pieces
- 14 oz (398 ml) tin cannellini beans, rinsed and drained
- ½ cup (250 ml) cooked and cooled pot barley
- 2 cups (500 ml) maché greens, washed and spun dry
- salt and freshly ground black pepper

Combine dressing ingredients in the bottom of a large bowl. Whisk until blended and set aside. Blanch green and yellow beans just until brightly coloured and then plunge into cold water to stop cooking. Drain well and pat dry. Add to dressing along with cannellini beans and cooked pot barley. Toss with dressing just until coated. To serve, fold in maché greens and season with salt and pepper.

PAIRS WITH
LINDEMANS BIN 99 PINOT NOIR
 Australia **\$12.99** 458661

JACKSON-TRIGGS PROPRIETORS' RESERVE VIOGNIER
 BC VQA **\$15.99** 593129

Lulu B.

Lulu B.

Lulu B.

Lulu B.

Lulu B.

Lulu B.

Lulu B.

CHARDONNAY

Product of France, Pays D'Oc
\$12.99 #389049

Appealing pale yellow. Brilliant & clear. Buttery notes. Full lingering and fruity.

Review by Anthony Gismondi
 on Jan. 17, 2010.

- Score - 86/100 -

"Some 85% of this wine is stainless fermented, resulting in a nutty, mineral, peachy scented Chardonnay that tastes like it smells. Honey and citrus butter streak its creamy finish. Good value."



SHIRAZ

Product of France, Pays D'Oc
\$12.99 #389155

Intense garnet colour, a powerful bouquet of red berries with floral notes of violets.

Review by Anthony Gismondi
 on Jan. 17, 2010.

"A clean, dry and peppery nose. The mid-palate has dense, dry texture flecked with plum fruit flavours. Simple, well-made Euro-Syrah."



Simply Charming!



CHOPPED ICEBOX SALAD

Serves 10 to 12

2 cups	(500 ml)	plain low-fat yogurt
1		small iceberg lettuce, in ½-in (1 cm) wide julienne, thoroughly dried
10 oz	(300 g)	sugar snap peas
12		radishes, trimmed and thinly sliced
1		English cucumber
1		small red pepper, chopped
4		green onions, chopped
2 cups	(500 ml)	thawed frozen peas or blanched fresh peas
3 tbsp	(45 ml)	olive oil
		salt and freshly ground black pepper
2 tbsp	(30 ml)	fresh dill, minced
4 to 6		fresh mint leaves, finely chopped
1 tbsp	(15 ml)	lemon zest, finely chopped
½ cup	(125 ml)	chives, finely chopped

Line a fine-mesh strainer with cheesecloth and place over a bowl. Add yogurt, cover with plastic and chill for 30 minutes to strain out some of the moisture.

Arrange lettuce evenly in a 9-in x 13-in (3.5 L) baking pan or tall glass bowl.

Chop sugar snap peas into ½-in (1 cm) pieces and arrange evenly on top of lettuce along with sliced radishes. Halve cucumber lengthwise and with a spoon, scoop and remove pulp and seeds. Cut each cucumber in half lengthwise again and chop into ¼-in (.5 cm) pieces. Arrange cucumbers on top of radishes then with chopped red peppers and green onions. Dry peas thoroughly on paper towels before sprinkling over the green onions.

Transfer strained yogurt into a mixing bowl. Stir in olive oil, salt and pepper, dill, mint and lemon zest. Spread mixture evenly over salad and sprinkle with chives. Cover with plastic wrap and chill for at least 2 hours or up to overnight. Serve cold.

PAIRS WITH

FOLONARI PINOT GRIGIO

Italy \$13.99 229542

CHARTRON LA FLEUR

France \$13.99 626341



GREEN PEA, SHRIMP AND RICOTTA RAVIOLI WITH SAGE AND BASIL BUTTER

Serves 8

3 cups	(750 ml)	frozen peas, thawed
2 cups	(500 ml)	grated pecorino
½ cup	(125 ml)	ricotta cheese
½ cup	(125 ml)	grated Parmesan
2		eggs
½ lb	(175 g)	rock shrimp (optional), dried well and coarsely chopped
		sea salt and freshly ground black pepper
1 pkg		round gyoza wrappers
6 tbsp	(90 ml)	unsalted butter
8		sage leaves, coarsely torn
1		lemon, zest and juice only

Process 2 cups (500 ml) peas in a food processor until finely chopped. Add pecorino, ricotta, Parmesan and one egg. Process until well combined. Transfer to bowl and stir in shrimp until well mixed. Season with salt and pepper and set aside.

On a table, place 2 rows of 3 wrappers. Beat egg and use to brush edges of wrappers. Place 1 heaping tablespoon on first row of wrappers and use second row to cover. Pinch edges and remove all air, making sure they are sealed well. Place finished ravioli on parchment-lined baking sheet and cover with towel. Repeat with remaining wrappers and filling. At this point, ravioli may be frozen or used right away. Ravioli will keep in airtight container in freezer for up to a month.

Bring a large saucepan of salted water to the boil. Add ravioli and boil gently until cooked through (6-8 minutes). Remove with slotted spoon and drain well laying on paper towels. Reserve ½ cup (125 ml) of pasta liquid.

Add butter and sage to a frying pan and cook until butter foams (about 1 minute). Add reserved pasta water and bring to the boil. Cook until reduced to a sauce consistency (about 1 minute), add ravioli and toss gently to combine. Add reserved peas, lemon zest and juice, season to taste and serve.

PAIRS WITH

ST. HALLETT POACHER'S BLEND

Australia \$12.98 535963

INNISKILLIN RESERVE CHARDONNAY

BC VQA \$13.99 558411



SPICY ITALIAN SAUSAGE WITH PASTA AND PEAS

Serves 4 to 6

3 to 4		spicy Italian sausages
1 lb	(500 g)	packaged pasta
4 tbsp	(600 ml)	extra virgin olive oil
3		garlic cloves, finely minced
½		small red onion, cut into ½-in (1 cm) dice
1		small red bell pepper, cut into ½-in (1 cm) dice
½		small yellow bell pepper, cut into ½-in (1 cm) dice
1		small basket cherry tomatoes, rinsed and cut in half
½ cup	(125 ml)	chicken stock
1 cup	(250 ml)	fresh or frozen baby spring peas
½ cup	(125 ml)	Italian parsley, coarsely chopped
½ cup	(125 ml)	basil leaves, coarsely chopped
¾ cup	(375 ml)	crumbled mild feta (optional)
		salt and freshly ground pepper

In a non stick frying pan, add 1 tbsp (15 ml) of olive oil and heat over medium heat. Add sausages and fry, turning over occasionally until cooked. Cut into ½-in (1 cm) slices and set aside keeping warm. Alternatively, remove from casings and fry.

Cook pasta according to manufacturer's instructions.

In a large saucepan, heat remaining olive oil over medium high heat. Add garlic and onions and sauté for 1 minute. Add bell peppers and cherry tomatoes and sauté until tomatoes start to soften.

Add chicken stock and peas, bring to a simmer. Add drained hot pasta to sauce and toss well, adding chopped parsley, basil and feta cheese, if using. Season to taste. Serve immediately.

PAIRS WITH

PILLAR BOX RED

Australia **\$18.99** 510248

RICOSSA BARBERA D'ASTI

Italy **\$15.98** 457135



GRILLED TUNA NIÇOISE SALAD

Serves 4 to 6

½ lb	(175 g)	yellow waxed beans, trimmed, cut into 2-in (5 cm) lengths
½ lb	(175 g)	green beans, trimmed, cut into 2-in (5 cm) lengths
½ lb	(175 g)	asparagus, trimmed, cut into 2-in (5 cm) lengths
12		cherry tomatoes, halved
½		small red onion, sliced into fine julienne
2-3		garlic cloves, coarsely chopped
		juice of 1 lemon
¼ cup	(50 ml)	extra virgin olive oil
3 tbsp	(45 ml)	good quality red wine vinegar
2 tsp	(10 ml)	Dijon mustard
1 tsp	(5 ml)	capers
1		red chili, seeded and minced (optional)
¾ lb	(340 g)	Ahi or local Albacore tuna filet, 1 ½-in (3.5 cm) thick
		salt and pepper
½ cup	(125 ml)	Niçoise olives
4		anchovy filets, chopped
4		hard-boiled eggs, cut into quarters, for garnish

Bring a large pot of salted water to a boil. Add beans and blanch for 2 to 3 minutes until crisp-tender. Remove and immerse in an ice water bath, drain. Repeat with the asparagus.

In a large mixing bowl, add beans, asparagus, tomatoes and onions.

In a small bowl, whisk together garlic, lemon juice, olive oil, vinegar, mustard, capers and chili.

Brush tuna filet with some vinaigrette on both sides, salt and pepper to taste. Place on hot oiled grill and cook for 1 to 2 minutes on each side (keep rare to medium and do not overcook). Remove tuna and allow to rest for a couple of minutes.

Toss salad with remaining vinaigrette and divide among serving plates. Slice grilled tuna and place onto salad. Garnish with olives, anchovies and hard-boiled eggs.

PAIRS WITH

LOUIS LATOUR PINOT NOIR

France **\$22.99** 69914

DUBOEUF BEAUJOLAIS VILLAGES

France **\$17.99** 275735

Warm Weather Suppers from page 64 continued



ROASTED CHICKEN WITH GARLIC AND VERJUS WITH TOMATO AND CIABATTA CROSTINIS

Serves 4 to 6

30		garlic cloves
1		lemon
1 6 lb	(3 kg)	roasting chicken
3		sprigs rosemary
		sea salt and freshly ground pepper
1 ¼ cup	(250 ml)	verjus ¹
1 cup	(250 ml)	chicken stock
¼ cup	(250 ml)	extra-virgin olive oil

¹ Verjus (literally, "green juice") is a tart liquid made from the juice of unripe grapes, available at gourmet food stores.

Preheat oven to 450 F (230 C). Blanch unpeeled garlic in boiling water for 5 minutes. Drain.

Cut lemon in half and squeeze juice into cavity of chicken, then add rosemary and season with salt and pepper. Mix ¼ cup (50 ml) of verjus with olive oil, salt and pepper, then brush over the skin. Place chicken on a rack in a shallow roasting pan, then transfer to the middle shelf of oven and roast for 20 minutes.

Reduce oven to 350 F (180 C) and pour ½ cup (125 ml) verjus and ½ cup (125 ml) chicken stock over chicken and place blanched garlic into bottom of pan. Roast another 20 minutes, then reduce heat to 250 (130 C). Add another ½ cup (125 ml) verjus and ½ cup (125 ml) chicken stock. Roast for another 20 minutes, then turn chicken over to brown for another 10 minutes. Remove to a warm serving plate, cover well with foil, then allow to rest for 25 minutes.

Transfer juices in the roasting pan to a tall narrow jug, then refrigerate this while the chicken is resting. Just before serving, remove fat that has risen to the top, then warm remaining jus. Pour over carved chicken and garnish with roasted garlic and serve with Heirloom Tomato and Ciabatta Crostinis.

HEIRLOOM TOMATO AND CIABATTA CROSTINIS

Serves 4 to 6

1 loaf	ciabatta or any rustic bread, cut into 1-in (2.5 cm) thick slices
4	extra-virgin olive oil for brushing ciabatta
	ripe heirloom tomatoes, cut into 1-in (2.5 cm) dice



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- | | | |
|--------|---------|--|
| ½ | | small red onion, sliced into fine julienne |
| 2-3 | | garlic cloves, coarsely chopped |
| | | juice of 1 lemon |
| ¼ cup | (50 ml) | extra virgin olive oil |
| 3 tbsp | (45 ml) | good quality balsamic vinegar |
| 2 tsp | (10 ml) | grainy Dijon mustard |
| 10-15 | | basil leaves, coarsely chopped |
| | | salt and pepper |

Lightly brush both sides of ciabatta slices with olive oil and place on a cookie sheet or oven rack and broil until toasted, turning over to brown evenly on both sides.

In a large mixing bowl, add tomatoes and onions. Whisk together the garlic, lemon juice, olive oil, vinegar, mustard, and basil. Toss tomatoes with vinaigrette and divide over the grilled ciabatta toasts.

PAIRS WITH
PRIMO AMORE SANGIOVESE MERLOT
 Italy \$12.99 412957
RIGAMAROLE SAUVIGNON BLANC
 BC VQA \$14.99 569384



NEW POTATO, CARAMELIZED ONION WITH FONTINA AND FETA CHEESE PIZZA

Serves 4

- | | | |
|--------|----------|--|
| 1 lb | (500 g) | new potatoes |
| ½ cup | (75 ml) | sun-dried tomatoes (not oil packed) |
| 1 cup | (250 ml) | boiling water |
| 3 tbsp | (45 ml) | olive oil |
| 2 | | large sweet white onions, thinly sliced |
| 1 tbsp | (15 ml) | cornmeal |
| ¼ cup | (50 ml) | prepared pesto (optional) |
| 2 tsp | (10 ml) | fresh thyme, finely chopped |
| 1 tsp | (5 ml) | rosemary, finely chopped |
| | | sea salt and freshly ground black pepper |

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PELLER  ESTATES

Warm Weather Suppers from page 64 continued

½ cup (125 ml) feta cheese, crumbled
½ cup (125 ml) fontina cheese, shredded
1 pkg refrigerated French bread
dough or prepared fresh
pizza dough

Steam or boil potatoes until just done, do not overcook. Drain and cool. Slice into ¼-in (.5 cm) thickness. Soak sundried tomatoes in boiling water for 30 minutes. Drain well and coarsely chop.

Heat 2 tbsp (30 ml) olive oil in a large non-stick skillet over medium-high heat. Add onion and sauté 5 minutes, then lower heat to medium and cook for another 15 minutes or until soft and golden brown, stirring frequently.

Roll out the bread or pizza dough on a lightly floured flat surface to ½-in (.5 cm) thickness. Lightly oil a baking sheet with remaining olive oil and sprinkle with cornmeal. Place rolled dough on oiled sheet.

Brush dough surface with pesto, then spread potatoes over dough. Top with caramelized onions and sundried tomatoes. Sprinkle with herbs and season with salt and pepper. Scatter the top with cheeses.

Bake at 475 F (240 C) for 15 to 25 minutes or until crust is golden brown.

PAIRS WITH

ALLAN SCOTT SAUVIGNON BLANC
New Zealand **\$18.99** 922740

ARROGANT FROG SAUVIGNON BLANC
France **\$13.99** 914002



**TOMATO BASIL PASTA WITH
SHRIMP AND FETA**

Serves 4 to 6

2½ lbs (1.25 kg) ripe tomatoes
2 to 3 garlic cloves, finely chopped



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- ¾ cup (175 ml) torn basil leaves
- 1 tsp (5 ml) sea salt
- 1 tsp (5 ml) sugar
- 1 cup (250 ml) extra-virgin olive oil
- freshly ground black pepper
- ¾ lb (340 g) dried penne
- ½ lb (250 g) fresh hand peeled shrimp
- 2 green onions, finely chopped
- 1 cup (250 ml) feta cheese, crumbled
- ½ cup (125 ml) kalamata olives (optional)

Core tomatoes, then cut into ½-in (1 cm) dice. Add tomatoes to a large bottle or bowl with a sealable lid and add garlic, basil leaves, salt, sugar, ½ cup (125 ml) olive oil and season with pepper. Cover and shake to mix well. Allow to sit for at least 2 hours up to 6 hours at room temperature.

Cook pasta in boiling salted water until al dente. Drain pasta and place into a large serving bowl. Drizzle with remaining olive oil, mixing well to coat. Allow to cool. When ready to serve add shrimp, green onions, feta and olives. Shake tomato sauce and pour over pasta and toss well to mix.

PAIRS WITH

CEDARCREEK CHARDONNAY
BC VQA \$16.90 237974

CECCHI CHIANTI
Italy \$12.98 231712



WATERMELON, FENNEL AND TOMATO SALAD

Serves 6

SALAD

- 1 ½ lbs (750 g) seedless watermelon, rind removed and cut into 1-in (2.5 cm) dice
- 1 large fennel bulb, trimmed
- 2 vine ripened tomatoes, cut into ¼ths
- 2 bunches watercress, stems removed
- ½ small red onion, very thinly sliced
- 2 whole oranges, peeled
- 7 large fresh basil leaves, finely chopped
- 2 tbsps (30 ml) ginger, peeled and finely chopped

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FRENCH BREEZE
Alizé Gold 2 oz
Cranberry Juice 3 oz
Shake with ice and serve in a tall glass



PARADISE COVE
Alizé Red 2 oz
Splash of cranberry juice
Serve over ice and top with club soda



ELECTRIC BLUE
Alizé Bleu 2 oz
Serve over ice and top with lemonade

Life's more colourful when you mix it up.

Summer Celebration Sides from page 70 continued

VINAIGRETTE

1 cup	(250 ml)	orange juice, freshly squeezed
1 tbsp	(15 ml)	orange zest, finely grated
3 tbsp	(45 ml)	white wine vinegar
¼ cup	(50 ml)	extra virgin olive oil
		salt and freshly ground black pepper

Place watermelon in a large bowl. Cut fennel in half and slice very thinly, preferably on a mandolin. Add to watermelon along with watercress sprigs and red onion. Remove the bitter white pith from the orange and cut into wedges. Add to salad along with basil and ginger. Combine vinaigrette ingredients in a bowl and whisk to blend. Season with salt and pepper. Drizzle over salad and gently fold together. Spoon onto individual serving plates and serve immediately.

PAIRS WITH

MARIE BRIZARD WATERMELON

France **\$20.99** 333781

CANTI BARBERA D'ASTI

Italy **\$14.99** 887695



GRILLED CHICKEN AND SPICY CHINESE NOODLE SALAD

Serves 10 to 12

2		whole boneless chicken breasts, skin on, grilled
1 lb	(500 g)	Chinese egg noodles
¼ cup	(50 ml)	dark soy sauce
¼ cup	(50 ml)	peanut oil

DRESSING

2 cups	(500 ml)	light mayonnaise
1 tbsp	(15 ml)	Dijon mustard
¼ cup	(50 ml)	Asian sesame oil
¼ cup	(50 ml)	dark soy sauce
2 tsp	(10 ml)	Szechwan chili oil (or to taste)
6		green onions, thinly sliced diagonally
2		carrots, peeled and coarsely chopped
1		red sweet pepper, coarsely chopped
½ cup	(125 ml)	fresh water chestnuts, peeled and chopped
½ lb	(250 g)	fresh snow peas
1 cup	(250 ml)	fresh bean sprouts
½ cup	(125 ml)	fresh cilantro, chopped

GARNISH

		fresh cilantro sprigs
¼ cup	(50 ml)	salted roasted peanuts, chopped

Remove skin from grilled chicken and cut meat into bite-size pieces. Set aside. Cook noodles in 4 qts (4.5 L) boiling water for about 1 minute or just until al dente. Drain and toss in a large bowl with soy sauce and peanut oil. Cool to room temperature, stirring noodles to coat thoroughly. Combine dressing ingredients in a large bowl and refrigerate until ready to use. Add chicken, green onions, carrots, peppers and water chestnuts. Fold together gently. Add mayonnaise mixture and blend. Cover and refrigerate to meld flavours, preferably overnight.

30 minutes before serving, trim snow peas and blanch in boiling water just

until crisp-tender. Plunge into ice water to stop the cooking. Drain and pat dry. Cut into julienne pieces. Remove noodle mixture from refrigerator and toss in snow peas, bean sprouts and chopped cilantro, adding a little extra mayonnaise if the mixture seems dry. Garnish with cilantro and sprinkle with peanuts. Serve with additional chili oil on the side.

PAIRS WITH

ARS VITIS RIESLING QBA

Germany **\$17.99** 914762

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SOVEREIGN OPAL

BC VQA **\$12.99** 364265



LOBSTER AND POTATO SALAD

One of the highlights at the 2010 Winter Games was meeting Chef Rick Moonen from RM Seafood (Las Vegas) during a food conference at the Italian pavilion. I adapted this upscale potato salad recipe from his cookbook, *Fish Without A Doubt*. Serve it on a bed of lettuce for a casual lunch or as a side for grilled fish. You can also substitute shrimp or steamed salmon for the lobster.

Serves 8 to 10

SALAD

1 cup	(250 ml)	frozen petite peas
1 cup	(250 ml)	frozen corn
1 ½ lbs	(750 g)	cooked lobster meat, cut into large chunks
1 ½ lbs	(750 g)	white or red-skinned new potatoes, boiled and cut into quarters
¼ cup	(175 ml)	celery, finely diced
½ cup	(125 ml)	green onions, thinly sliced
1		can smoked oysters (optional)

Dressing

¼ cup	(175 ml)	light mayonnaise
3 tbsp	(45 ml)	sour cream
2 tbsp	(30 ml)	Dijon mustard
2 tbsp	(30 ml)	balsamic vinegar
3 tbsp	(45 ml)	shallots, minced
1 tbsp	(15 ml)	fresh dill, chopped
3		large hard-boiled eggs, coarsely chopped
		coarse salt and freshly ground pepper

Put the peas and corn in a strainer and run hot water over them to thaw. Drain and pat dry. Combine peas, corn, lobster, potatoes, celery, green onions and oysters (if using) in a bowl. Toss to combine. In a small bowl whisk mayonnaise, sour cream, mustard, vinegar and shallots together until smooth. Gently fold in eggs. Season with salt and pepper. Spoon over salad and gently fold in. Cover and refrigerate at least 1 hour before serving.

To make ahead, boil and chill potatoes and combine dressing ingredients. Refrigerate separately overnight.

PAIRS WITH

MOET & CHANDON IMPERIAL

France **\$65.00** 453084

RODNEY STRONG CHALK HILL CHARDONNAY

USA **\$24.99** 275552

**CHILLED TOMATO SOUP WITH CHIPOTLE DRIZZLE****Makes 7 cups (1.75 L)****SOUP**

2 tbsp	(30 ml)	extra virgin olive oil
1 tbsp	(15 ml)	unsalted butter
1		large white onion, diced
2		large garlic cloves, smashed and minced
3 cups	(750 ml)	low salt chicken stock
28 oz	(796 ml)	tin fire-roasted tomatoes, including juices
½ tsp	(2 ml)	each ground cumin and ground coriander
pinch		sugar
		salt and freshly ground black pepper
1 tbsp	(15 ml)	fresh chives, minced

CHIPOTLE DRIZZLE

½ cup	(125 ml)	sour cream
¼ cup	(50 ml)	soft goat's cheese
1 tbsp	(15 ml)	drained canned chipotle chilies in adobe sauce, finely minced

Heat oil and butter in a large saucepan. Add onion and garlic and sauté just until soft but not browned. Stir often. Add stock, tomatoes, spices and sugar. Bring to a boil. Reduce heat to low and simmer for 15 minutes. Stir in salt and pepper to taste. Remove from heat and cool. Purée in a blender or a food processor until smooth. Strain and transfer soup to a container and refrigerate until cooled. Combine Chipotle Drizzle ingredients in a small bowl and whisk until creamy. Serve soup chilled with a dollop of Chipotle Drizzle on top. Soup is also delicious served hot.

PAIRS WITH**FOLONARI VALPOLICELLA**Italy **\$13.99** 828**CONO SUR ORGANIC CHARDONNAY**Chile **\$14.49** 471367**COLD AVOCADO AND SHRIMP SOUP WITH WASABI****Makes 6 cups (1.5 L)**

4		ripe avocados, pitted, peeled and coarsely chopped
½		English cucumber, peeled, halved, seeded and chopped
3		green onions including tops, trimmed and chopped
2 cups	(500 ml)	buttermilk
1 cup	(250 ml)	prepared chicken stock

1 tbsp	(15 ml)	lemon juice, freshly squeezed
1 tsp	(5 ml)	Wasabi paste
½ tsp	(2 ml)	sea salt
		freshly ground black pepper
½ lb	(250 g)	cooked baby shrimp, chopped and chilled
1		ripe tomato, seeded and finely diced
2 tbsp	(30 ml)	fresh chives, minced

Place avocados, cucumber, onions and buttermilk in a blender or a food processor and whirl until blended. Add chicken stock, lemon juice and Wasabi paste and continue to whirl until smooth. Strain into a bowl. Add salt and pepper to taste. Press a piece of plastic wrap onto the entire surface of soup. Refrigerate until very cold. To serve, combine chopped shrimp, tomato and chives in a bowl and toss to blend. Place a scoop of the shrimp mixture in the centre of a soup bowl. Spoon avocado soup around shrimp mixture. Serve immediately.

PAIRS WITH**GEHRINGER RIESLING**BC VQA **\$12.99** 171488**LITTLE BLACK DRESS PINOT GRIGIO**USA **\$12.99** 789537**CHILLED GOLDEN BEET SOUP WITH
PURÉED TOPS AND GARLIC CROUTONS****Makes 5 cups (1.25 L)**

1 lb	(500 g)	golden beets, (5 medium)
2 tbsp	(30 ml)	olive oil
½		onion, diced
2		garlic cloves, minced
1-in	(2.5 cm)	piece ginger root, peeled and minced
½ tsp	(2 ml)	lemon zest
2		large carrots, peeled and chopped
3½ cups	(875 ml)	chicken stock
		salt and freshly ground black pepper
1 cup	(250 ml)	baked crusty garlic croutons
2		green onions including tops, chopped
		salt and freshly ground black pepper

Trim beets leaving the root intact. Place beets in a large pot of water and bring to a boil. Reduce heat to medium and gently boil beets until tender but still slightly firm when pierced with a skewer. Drain and cool. Heat oil in a large saucepan. Add onion, garlic, ginger and lemon zest. Sauté just until onions are soft and clear. Do not brown. Peel beets once cooked and chop. Add to onions in saucepan along with carrots and chicken stock. Bring to a boil. Cover, reduce heat and simmer until carrots are tender. Remove from heat and cool slightly. Purée soup in a blender or a food processor until smooth. Add salt and pepper to taste. Strain, if you wish. Refrigerate until fully chilled.

To serve, ladle chilled soup into bowls. Sprinkle with crusty croutons and chopped green onions. Soup is also delicious served warm.

PAIRS WITH**DEINHARD PIESPORTER RIESLING QBA**Germany **\$13.99** 106328**JOSEPH FAIVELEY BOURGOGNE PINOT NOIR**France **\$22.99** 142448



QUALICUM SCALLOP, SQUASH AND CRISP HAM WITH PARMESAN FOAM

Serves 6

HAM CRISPS

3 slices prosciutto, cut in half

Place prosciutto on a baking tray lined with parchment paper. Bake 250 F (130 C) 30 minutes or until crisp. This can be done in advance and saved until needed.

SQUASH PURÉE:

¼ lb (125 g) butternut squash, peeled
 1 tbsp (15 ml) extra virgin olive oil
 2 tbsp (25 g) butter
 pinch salt

Toss diced butternut squash in olive oil and salt. Place in baking tin and bake at 350 F (180 C) for 20-30 minutes or until soft. Place in food processor or blender with butter and process until smooth.

PARMESAN FOAM

½ cup (125 ml) milk
 3 tbsp (40 g) Parmesan cheese, grated
 3 ½ tbsp (50 g) butter

Mix milk, butter and Parmesan cheese in a small saucepan. Heat to 160 F (70 C). Mix with hand blender until a froth is formed.

SCALLOPS

4 Qualicum beach scallops
 ½ cup (125 ml) extra virgin olive oil
 1 garlic clove
 1 tsp (5 ml) lemon zest
 salt and pepper

In a saucepan, bring olive oil, garlic and lemon zest to 160 F (70 C). Slice scallops into 3 discs each. Season with salt and pepper to taste. Place in warmed olive oil for 3 minutes. Remove.

TO ASSEMBLE

Place 1 slice of scallop on each plate. Put a tsp of squash purée on each slice. Put on 1 piece of crispy ham. Top the ham with another slice of scallop. Top each stack with 1 tbsp Parmesan foam.



PAIRS WITH

SACRED HILL SAUVIGNON BLANC
New Zealand \$18.95 207662

RED ROOSTER PINOT BLANC
BC VQA \$15.99 103044



ALBACORE TUNA "CANNELLONI" STUFFED WITH MOROCCAN-SPICED COUSCOUS

Serves 6

This recipe is a re-imagined tuna carpaccio. At the restaurant we vacuum-pack the tuna and roll it thin so we can wrap it around the Moroccan spiced couscous salad. This is a simplified home version.

3½ tbsp (52 ml) extra virgin olive oil
¾ cup (125 g) Israeli couscous

1 large tomato peeled, seeded and diced
1/5 English cucumber, diced
6 Niçoise olives, pitted and slivered
1 tsp (5 ml) preserved lemon, brunoised²
1 tsp (5 ml) ground cumin
1 tsp (5 ml) ground coriander
1 tbsp (15 ml) chiffonade³ of basil
1/2 lemon, juice only
salt and pepper

Cook the Israeli couscous according to manufacturer's directions until tender. Add remaining ingredients, season with salt and pepper to taste.

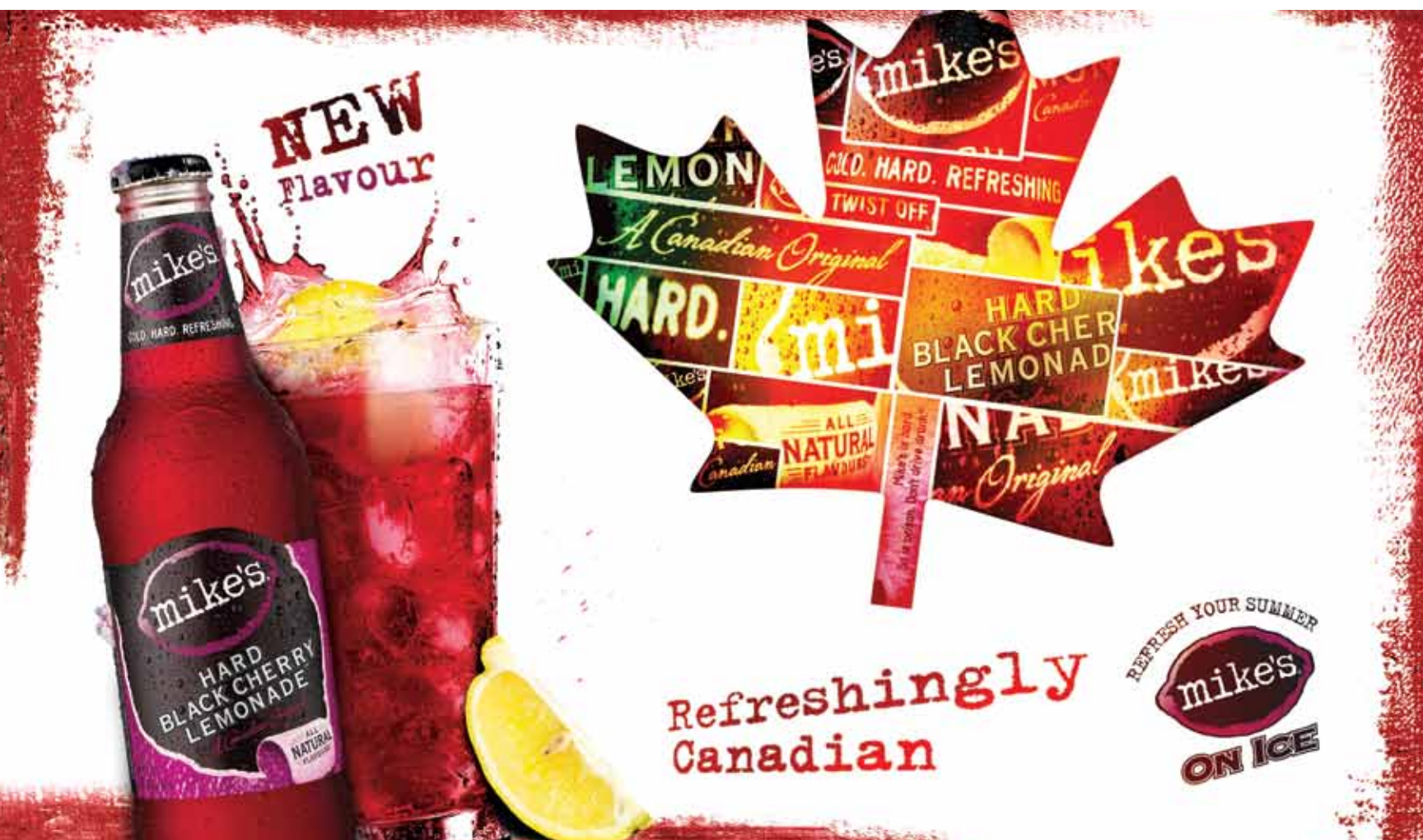
SEARED ALBACORE TUNA

10 oz (300 g) albacore tuna
3½ tbsp (52 ml) extra virgin olive oil
salt and cracked black pepper

Lightly oil a pan and preheat until hot. Season the tuna with salt and pepper. Quickly sear tuna for about 30 seconds per side. Do not overcook. Slice tuna and serve with the salad drizzled with a little extra virgin olive oil and cracked black pepper.

2 *Brunoise* is a knife cut with which a food item is first julienned and then turned a quarter turn and diced again producing cubes of a side length of about 3 mm or less on each side.

3 *Chiffonade* is a knife cut with which herbs or leafy green vegetables are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife producing fine ribbons.



Mis Trucos from page 78 continued

PAIRS WITH

SEGURA VIUDAS BRUT RESERVA

Spain **\$15.99** 158493

MISSION HILL RESERVE SAUVIGNON BLANC

BC VQA **\$18.99** 388629



BACALAO BRANDADE WITH CROSTINI

Serves 6

This is a nice, comforting warm dip that can be served year round.

1 medium Yukon gold potato
5½ oz (150 g) salt cod

5 tbsp (75 g) butter
½ cup (125 ml) whipping cream
2 medium leeks, white part only
3½ tbsp (52 ml) extra virgin olive oil
salt and pepper
1 baguette, sliced thin

Soak cod overnight in cold water, changing the water at least twice. Split leeks down centre and rinse under cold water until clean. Dice leeks into a ¼-in (.5 cm) dice. In a medium-sized pot, melt butter on low heat and sweat leeks until translucent. Peel and dice potato into ¼-in (.5 cm) dice. Add potato to the pot. Roughly chop the soaked salt cod and add to the pot. Add cream and cook slowly until everything is cooked and a chunky texture is achieved. Drizzle slices of baguette with olive oil, season with salt and pepper and toast in the oven until brown.

PAIRS WITH

RICARD PASTIS DE MARSEILLE 45

France **\$29.99** 15693

BERINGER STONE CELLARS PINOT GRIGIO

USA **\$13.99** 148973



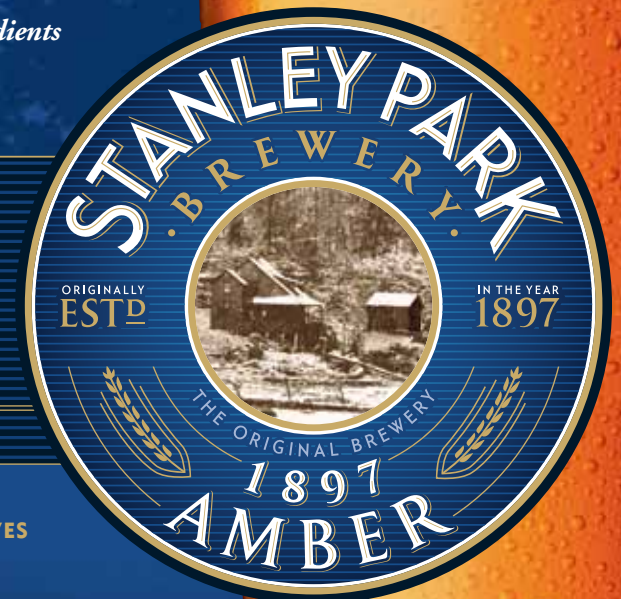
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CRAB LEGS WITH A TRIO OF FLAVOURED DIPS

Serves 4

4 lbs (2 kg) cooked crab legs

SAFFRON MAYONNAISE

¾ cup (175 ml) low fat mayonnaise
 1 small shallot, finely minced
 ½ tsp (2 ml) lemon zest, finely grated
 1 tbsp (15 ml) lemon juice, freshly squeezed
 ⅛ tsp (.5 ml) crushed saffron threads

Combine Saffron Mayonnaise ingredients together in a small bowl. Whisk to blend and refrigerate until ready to serve.

FIERY TOMATO SAUCE

4 tomatoes (2 red and 2 yellow), seeded and finely diced
 1 large garlic clove, finely minced
 ½ small jalapeño pepper, seeded and finely minced
 2 tbsp (30 ml) olive oil
 2 tbsp (30 ml) fresh basil, chopped
 salt and freshly ground black pepper

Combine Fiery Tomato Sauce ingredients in a bowl. Fold together until evenly mixed. Cover and leave at room temperature for an hour for flavours to marinate.

HONEY AND GARLIC BUTTER SAUCE

½ cup (125 ml) unsalted butter
 1 large garlic clove, smashed and minced
 1 tbsp (15 ml) liquid honey
 2 tsp (10 ml) Dijon mustard
 2 tsp (10 ml) fresh dill, minced
 salt and freshly ground black pepper

To make Honey Sauce, heat butter in a small saucepan with garlic and honey just until butter melts. Whisk in Dijon, dill and salt and pepper to taste. Serve immediately.

Serve trio of sauces with a platter of crab legs and crusty bread for dipping

PAIRS WITH

VIÑA MAIPO RESERVA SAUVIGNON BLANC

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GRAY MONK LATITUDE 50 RED

BC VQA \$13.99 590844

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#1 Canadian Cider

One Bite Masterpieces from page 100



CRAB SALAD ROLLS

This is a take on a tasty east coast Lobster Roll. Our version is served in hearty sourdough bread.

Serves 4

¼ cup	(50 ml)	low fat mayonnaise
1 tbsp	(15 ml)	lemon juice, freshly squeezed
1 tbsp	(15 ml)	fresh cilantro, finely chopped
1 tbsp	(15 ml)	flat leaf parsley, minced
2 tsp	(10 ml)	Dijon mustard
¼ tsp	(1 ml)	sea salt
pinch		cayenne pepper
		freshly ground black pepper
2 cups	(500 ml)	Dungeness crabmeat, cooked and chilled
2		whole green onions, finely chopped
¼ cup	(50 ml)	celery, finely diced
1		red bell pepper, seeded and finely diced
1		crusty loaf sourdough bread
¼ cup	(50 ml)	unsalted butter, at room temperature
4		large leaves curly leaf lettuce

Combine mayonnaise, lemon juice, cilantro, parsley, Dijon and seasonings in a bowl. Stir to blend. Add crabmeat, green onions, celery and red pepper and fold together to blend. Cut 4 1-in (2.5 cm) thick slices of bread from sourdough loaf. Cut each thick slice vertically down the centre but not all the way to the base. Spread insides with butter. Line with lettuce leaf and fill with a generous scoop of crab salad. Serve with a fresh salad.

PAIRS WITH

FAT BASTARD SAUVIGNON BLANC

France **\$15.99** I17408

BEAR FLAG WHITE

USA **\$12.99** I21194



AVOCADO CRAB TIMBALES

Serves 4

1 cup	(500 ml)	Dungeness crabmeat, cooked and chilled
1		large ripe avocado, peeled, pit removed and finely diced
		freshly squeezed juice of ½ lemon
		small garlic clove, finely minced
		salt and freshly ground black pepper
2 cups	(500 ml)	rocket greens
½		radicchio, finely shredded
1		ripe mango, peeled and pit removed

½ cup	(125 ml)	grape tomatoes
¼ cup	(50 ml)	mayonnaise
2 tsp	(10 ml)	fresh dill, minced
½ tsp	(2 ml)	lemon zest, finely grated
		cilantro

Lightly oil 4 small ramekins or 2-in (5 cm) metal rings. Shred crabmeat and divide among ramekins or rings gently pressing down with the back of a metal spoon. Place avocado, lemon juice and garlic in a small bowl and blend. Season to taste. Spoon equal amounts on top of crab and gently press down. Cover with plastic wrap and refrigerate. When ready to serve, slide a palette knife around the edge of each ramekin or ring and turn each out onto individual salad plates. Place a few rocket greens along side and top with shredded radicchio. Finely dice mango and place a scoop alongside and scatter with a couple grape tomatoes. Combine mayonnaise, dill and lemon zest in a cup and stir to blend. Apply a dollop of flavoured mayonnaise beside each crab timbale. Garnish with cilantro and serve.

PAIRS WITH

CHAMDEVILLE BLANC DE BLANC BRUT

France **\$13.99** I87740

MISSION HILL RESERVE CHARDONNAY

BC VQA **\$18.99** I8812



CHOCOLATE AND RASPBERRY FRENCH MACARONS

Makes about 24 macarons

These decadent sandwich cookies differ from the North American macaroon because they contain no coconut. They are however, just as addictive!

GANACHE FILLING

2¼ oz	(65 g)	dark chocolate, finely chopped
1 tbsp	(15 ml)	unsalted butter
¼ cup	(50 ml)	whipping cream
2 tsp	(10 ml)	dark rum (optional)
72		small raspberries

Place the chocolate and butter in a small, heat proof bowl. Pour cream into a small saucepan and bring to a boil. As soon as it boils, pour over chocolate and butter. Let the mixture rest a minute then mix until you get a smooth and shiny ganache. Stir in rum (if using) until incorporated. Cover bowl with plastic wrap and leave to set in a cool spot for a few hours. Do not refrigerate as the ganache will become too hard to spread between the *macarons*.

MACARONS

¾ cup	(175 ml)	icing sugar
½ cup	(125 ml)	ground almonds
1 tbsp		
+2 tsp	(25ml)	cocoa powder
2		large egg whites, at room temperature
3 tbsp	(45 ml)	granulated sugar

Preheat the oven to 325 F (170 C). Line 2 large baking sheets with parchment paper. Sift icing sugar, ground almonds and cocoa powder into a bowl. In another large bowl, with an electric mixer on high speed, whisk together egg whites and sugar until a thick, firm meringue forms. Take half of the meringue and fold it gently into almond mixture. Once incorporated, repeat this process

with the rest of the meringue. The mixture should appear light, smooth and glossy. "Glue" the parchment paper to the baking sheets by placing a few dots of the macaron mixture on the sheets. Using teaspoons or a piping bag, make uniform rounds 1-in (2.5 cm) in diameter. Holding the baking sheet firmly, tap it on the table a few times. Leave macarons out and uncovered for 15 minutes before baking. Bake for 12 to 14 minutes. Macarons are ready when they lift freely off the parchment paper. Remove from tray and let cool on a wire rack.

To serve spread a layer of ganache on flat side each macaron. Place 3 raspberries on top of the ganache layer of half the macarons. Sandwich with the remaining macarons.

PAIRS WITH

BAJA ROSA

USA **\$25.65** 519496

ROYAL DE NEUVILLE PETILLANT ROSÉ

France **\$14.99** 81661



CREAMY BUTTERSCOTCH MOUSSE CUPS WITH BLACKBERRIES

Makes 20 cups

The caramel mousse and tuile cookie cups can be made up to 2 days ahead.

- ¾ cup (150 ml) whipping cream
- ¼ piece vanilla bean, split in half
- ¼ cup (50 ml) granulated sugar
- ¼ cup (50 ml) light brown sugar, lightly packed
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) clear corn syrup or honey
- 2 tbsp (30 ml) unsalted butter, at room temperature
- 20 blackberries, cut in half
- icing sugar (optional)

In a small saucepan combine ¼ cup (75 ml) of the whipping cream and the vanilla bean. Bring to a simmer and remove from heat to let the vanilla infuse the cream for 5 minutes. Strain the cream into a bowl and discard bean. In a saucepan combine sugar, light brown sugar, water and corn syrup over medium-high heat. Without stirring, bring mixture to a boil. Cook mixture, stirring occasionally until it turns a dark amber colour, 5 to 7 minutes. Reduce heat to low and stirring constantly with a wooden spoon, slowly pour cream over hot caramel. Be careful as the cream will bubble up and foam. Continue stirring over heat to ensure there are no lumps. Remove the saucepan from heat and stir in butter until completely melted. Transfer caramel sauce to a mixing bowl, cover with plastic wrap and let cool to room temperature. Once cool, refrigerate until thick, about 2 hours. Whip remaining ¼ cup (75 ml) whipping cream until stiff peaks form. Fold whipped cream into cooled caramel sauce. Cover with plastic wrap and refrigerate until ready to use.

TUILE COOKIE CUPS

- 2 tbsp (30 ml) unsalted butter, at room temperature
- 2 tbsp (30 ml) granulated sugar
- 1 large egg white, at room temperature
- ¼ tsp (1 ml) vanilla extract

- ¼ tsp (1 ml) cinnamon
- 3 tbsp (45 ml) all-purpose flour
- 1 tbsp (15 ml) ground hazelnuts (optional)
- ⅛ tsp (.5 ml) salt

Preheat the oven to 375 F (190 C). With an electric mixer, beat butter and sugar until fluffy. Add egg white, vanilla and cinnamon and blend well, occasionally scraping down the sides and bottom of the bowl. In a small bowl combine flour, hazelnuts (if using) and salt and add to butter mixture in 2 stages, blending well after each addition. Line 2 baking sheets with parchment paper or 2 silicon mats. Drop 1 tsp (5 ml) mounds of batter onto the baking sheets leaving a 2-in (5 cm) space between them. Using a metal spatula spread the batter into small rounds about 3-in (7.5 cm) in diameter. Bake one sheet at a time for 5 minutes until the outer edges are light golden brown. After removing baking sheet from the oven use a metal spatula and immediately lift tiles from the sheet and press into a cavity of an ungreased mini muffin pan. Let cool for 4 minutes and transfer to an airtight container. Repeat with remaining batter until all cookie cups are made.

Divide the mousse among cookie cups using a piping bag fitted with a star tip. Garnish with two blackberry halves and a sprinkle of icing sugar. Serve immediately.

PAIRS WITH

QUAILS' GATE OPTIMA

BC VQA **\$29.99** 390328

BAILEYS CARAMEL IRISH CREAM

IRELAND **\$27.99** 146621



STRAWBERRY CHEESECAKE BITES

Makes 20 cheesecakes

These no-bake cheesecake bites are a great way to enjoy strawberries at their peak.

- 1 tbsp (15 ml) powdered gelatin
- 2 tbsp (30 ml) water
- 1 lb (500 g) cream cheese, at room temperature
- finely grated zest and juice from 1 lemon
- 1 tsp (5 ml) vanilla extract
- ¾ cup (150 ml) granulated sugar
- ¼ cup (50 ml) sour cream
- ¾ cup (175 ml) whipping cream
- 12 oz (340 g) strawberries, tops removed, washed and diced
- 1 cup (250 ml) graham wafer crumbs

Line a 8-in x 8-in (20 cm x 20 cm) pan with plastic wrap. In a small bowl, combine water with powdered gelatin and set aside for 5 minutes to thicken. With an electric mixer, beat together cream cheese, lemon zest and juice, vanilla extract, sugar and sour cream until smooth and no lumps remain. Clean beaters and in a separate bowl, whip cream until stiff peaks form. Set aside. Dissolve gelatin in the microwave for 30 seconds or in a saucepan over low heat. Add gelatin to cream cheese mixture and combine thoroughly. Fold whipped cream and diced strawberries gently into the cream cheese mixture. Pour the mixture into prepared pan, smooth the surface and cover with more

One Bite Masterpieces from page 100 continued

plastic wrap. Freeze this mixture until firm, about 3 to 4 hours.

TO SERVE

Take cheesecake out of freezer and let soften slightly, about 20 minutes. Remove from the pan and remove plastic wrap. Cut cheesecake into 20 squares and roll in graham wafer crumbs to coat. Arrange on a serving plate and refrigerate until no longer frozen, about 30 minutes. These tiny cheesecakes are best served slightly chilled from the refrigerator. Garnish with a slice of strawberry and a sprig of mint if you wish.

PAIRS WITH

GRAY MONK LATITUDE 50 ROSÉ
BC VQA \$13.99 60491

BOTTEGA PETALO IL VINO DELL'AMORE MOSCATO
Italy \$17.99 580993



BLUEBERRY AND GINGER TURNOVERS

Makes 16 turnovers

These luscious pastries are not just for dessert. Try them for breakfast or with a cup of tea in the afternoon.

CREAM CHEESE PASTRY

¾ cup	(150 ml)	all-purpose flour
2 tsp	(10 ml)	granulated sugar
¼ tsp	(.5 ml)	salt
2½ oz	(75 g)	cream cheese, cubed and chilled
6 tbsp	(90 ml)	unsalted butter, cubed and chilled
1 tbsp	(15 ml)	whipping cream

In a small food processor fitted with the steel blade attachment, pulse flour, sugar and salt. Add cream cheese and pulse until just combined, about

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4 seconds. Add butter and pulse until it is cut into pea-sized pieces. Add whipping cream and pulse again until the dough begins to hold together when a small amount is pressed between your fingers. Empty dough onto the counter, press into a flat disk and cover in plastic wrap. Refrigerate 1 hour while preparing filling.

FILLING

- 1 tbsp (15 ml) cornstarch
- 2 tbsp (30 ml) granulated sugar
- 2 tsp (10 ml) diced crystallized sugar
- 1 tsp (5 ml) orange zest, finely grated
- 1 tsp (5 ml) orange juice, freshly squeezed
- ¼ tsp (1 ml) ground ginger
- 1¼ cups (300 ml) fresh blueberries
- 1 tbsp (15 ml) whipping cream
- 1 egg
- 3 tbsp (45 ml) sliced almonds

In a bowl stir together cornstarch, sugar, crystallized ginger, orange zest, orange juice, ground ginger and blueberries. Set aside. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper. On a lightly floured surface, roll out chilled dough into a 12-in (30 cm) square. Cut dough into 4 3-in (7.5 cm) strips using a sharp knife or pizza cutter. Cut each strip into 4 3-in (7.5 cm) squares, for a total of 16 squares. In a small bowl, whisk together whipping cream and egg. Working with one pastry square at a time, brush around the edges with egg wash. Place 1 tsp (5 ml) of filling in the middle of the pastry square. Bring opposite corners together and fold each pastry square diagonally in half forming a triangle. Press the edges together to seal in filling. Repeat until all turnovers are formed. Brush top of each turnover

with some of the egg wash and sprinkle sliced almonds over the tops of the turnover. Bake in the oven until golden, about 13 to 15 minutes. Remove to a cooling rack. Turnovers may be served warm or at room temperature.

PAIRS WITH

DEINHARD LILA IMPERIAL RIESLING

Germany **\$14.49** I59558

GINGER OF THE INDIES

France **\$33.99** I71835



FROZEN RASPBERRY HAZELNUT PRALINE PARFAIT WITH GINGER SNAP TUILES

Serves 6 to 8

GINGER SNAP TUILES

Makes about 2 dozen



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you bargained for

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¼ cup	(50 ml)	butter
2 tbsp	(30 ml)	sugar
2 tbsp	(30 ml)	golden syrup
2 tsp	(10 ml)	brandy
1 tsp	(5 ml)	ground ginger
pinch		nutmeg or clove
¼ tsp	(1 ml)	cinnamon
¼ cup	(50 ml)	flour

Preheat oven to 350 F (180 C). Line a baking sheet with parchment paper. Melt the butter, sugar, and syrup in a heavy saucepan over medium heat. When it starts to bubble, remove from heat and using a wooden spoon beat in the brandy, ginger, nutmeg or clove, cinnamon and flour.

Making only six tuiles at a time, place 1 heaping tsp (5 ml) of mixture on the baking sheet, spacing well apart. Bake until flat and golden, 5 to 7 minutes. Cool very slightly, remove from tray with a spatula and place over a rolling pin or wooden handle to cool. They will keep for 1 to 2 days in an airtight container.

THE PRALINE

1 cup	(250 ml)	sugar
½ cup	(75 ml)	water
1 cup	(250 ml)	hazelnuts, skin on

Line a baking sheet with parchment paper and spray with non-stick spray. Place sugar in a heavy based saucepan and add water. Let stand until water has been absorbed. Place over medium heat and bring to a boil until it starts to become golden. Remove from heat and quickly stir in the nuts with a wooden

spoon. Return to heat until the caramel softens again and starts to darken to a medium mahogany tone, which will happen quickly. Do not stir. Quickly pour and spread it over the prepared baking sheet. Leave to cool completely before handling. Break into large pieces and place into a plastic bag and crush with a rolling pin or chop with a very sharp knife until coarsely chopped. Makes 2 cups (500 ml).

THE PARFAIT

1 ½ lbs	(750 g)	raspberries
		freshly squeezed juice of 1 ½ lemons
4 tbsp	(60 ml)	Framboise liqueur or brandy
5		egg yolks
¼ cup	(50 ml)	sugar
1 ½ cups	(375 ml)	whipping cream, whipped to soft peaks

Line a loaf pan or mold with plastic wrap so that it overlaps the sides to make it easy to remove the parfait. In a food processor blend the berries, lemon juice and liqueur until smooth. Pass through a fine mesh sieve to remove seeds into a bowl. You need about 1 cup (250 ml) of puree for the frozen parfait. Reserve 1 cup (250 ml) for garnish. Whisk the yolks and sugar in a large metal bowl over a simmering saucepan of water until very thick and creamy or until it forms ribbons. Remove from heat and gently fold in puree. Gently fold in half of whipped cream until nearly mixed through then fold in remaining cream. Gently fold in 1 cup (250 ml) of coarsely chopped praline and pour into the prepared tin or mould and freeze overnight. To serve, carefully remove the parfait onto a tray or board and cut with a warm knife. Place a slice on a chilled serving plate and spoon a generous amount of puree over top. Sprinkle with remaining crushed praline and add a tuile. Serve immediately.

RIGHT NOW THIS IS AIR CONDITIONING.



Desserts with Cool from page 110 continued

PAIRS WITH CHAMBORD

France **\$45.99** 70573

MARIE BRIZARD RASPBERRY

France **\$20.99** 590976



MANGO AND PISTACHIO KULFI

Serves 6

Kulfi, the popular Indian frozen dessert is made not like ice cream with eggs, but with milk that has been reduced. In this version, as a time saver, the milk has been replaced with evaporated milk infused with cardamom and blended with mango puree.

- 1 (375 ml) tin evaporated milk
- 2 cardamom pods, cracked
- 1 (850 g) tin mango pulp, or use two tins mango in syrup and puree with enough of the syrup to make 3 cups (750 ml)
- 4 tbsp (60 ml) chopped pistachios
- lime juice, freshly squeezed

In a small saucepan add milk and cardamom pods and simmer over low heat for 10 to 15 minutes or until fragrant. Cool and strain through a fine sieve. Stir in mango pulp, pistachios and add lime juice to taste. Pour into small serving bowls or molds and freeze for at least 3 hours. Remove from freezer 15 minutes before serving.

PAIRS WITH

MANGO BOLLS

Netherlands **\$15.99** 536581

MALIBU MANGO

Canada **\$23.99** 121384



BUTTERMILK PANNA COTTA WITH ROSE-SCENTED RASPBERRIES

Serves 8

- 1 ½ pkgs gelatin
- 2 tbsp (30 ml) water
- ½ cup (125 ml) half and half cream
- 7 oz (220 g) sugar
- 1 vanilla bean, split lengthwise
- 4 ½ cups (1.125 L) buttermilk
- ½ cup (125 ml) whipping cream, lightly whipped

- 8 oz (250 g) fresh raspberries, rinsed and drained
- 2 tbsp (30 ml) icing sugar
- ¼ tsp (3 ml) rose water (optional)

Sprinkle the gelatin over water in a small bowl and set aside. Meanwhile, gently warm cream, sugar and vanilla bean in a saucepan until sugar has dissolved and then remove from heat. Add gelatin to the saucepan, stirring until dissolved. Leave to cool for 10 minutes. Stir in buttermilk and then fold in the whipped cream. Pour into eight 6-oz ramekins and refrigerate for 6 hours or overnight. When ready to serve, place half of the raspberries into a glass bowl and crush with a fork. Stir in the icing sugar and taste for sweetness. Fold in the remaining raspberries and the rose water. Top each ramekin with a spoonful of the raspberry mixture. Serve immediately.

PAIRS WITH

VEUVE CLIQUOT ROSÉ

France **\$81.00** 945261

ALIZÉ RED

France **\$27.99** 499517



WHEAT BERRY SALAD WITH WILD RICE AND ORZO

Here's an amazing salad that's chock full of good flavours and ingredients. The combinations of berries to rice to pasta and shredded vegetables are perfect for a backyard picnic or for the beach.

Serves 6

SALAD

- 1 cup (250 ml) wheat berries
- ¾ cup (175 ml) wild rice
- ½ cup (125 ml) orzo pasta
- 1 cup (250 ml) red cabbage, finely shredded
- ½ cup (125 ml) red onion, thinly sliced
- ½ English cucumber, unpeeled and cut into matchstick size pieces
- 1 red, yellow or orange bell pepper, seeded and cut into thin matchstick pieces
- ½ cup (125 ml) minced fresh herbs such as parsley, mint and dill
- ½ cup (125 ml) feta, crumbled
- ¼ cup (50 ml) pitted olives, chopped
- ¼ cup (50 ml) toasted pine nuts or walnuts

DRESSING

- ½ cup (75 ml) extra virgin olive oil
- ¼ cup (50 ml) lemon juice, freshly squeezed
- 1 tbsp (15 ml) Dijon mustard
- 1 tbsp (15 ml) balsamic vinegar
- 2 garlic cloves, minced
- salt and freshly ground black pepper

Add wheat berries to a large pot of boiling salted water, cover and cook at a simmer for about 1 ¼ hours or until tender but still firm. Drain and cool. Meanwhile, in a separate saucepan of boiling salted water add wild rice, cover and simmer until tender and most grains are split, about 45 minutes. Drain and cool. In third pot of boiling salted water add orzo and cook uncovered



until al dente, about 10 minutes. Drain and cool. Place wheat berries, wild rice and orzo in a large bowl along with onion, cucumber and bell pepper. Combine dressing ingredients in a bowl and whisk until emulsified. Drizzle over grains and gently fold in along with minced herbs. Scatter feta, olive and nuts over top. Cover and refrigerate. If not serving within the hour, add feta, olives and nuts just before serving. Season to taste.

PAIRS WITH
MENAGE À TROIS RED
USA **\$17.99** 360883

BOUTARI NAOUSSA
Greece **\$16.99** 23218



SPELT FOCACCIA WITH EDAMAME SPREAD AND PECORINO

Serves 4

FOCACCIA

3 cups	(750 ml)	spelt flour
1		package dry active yeast
1 cup	(250 ml)	warm water
1 tbsp	(15 ml)	liquid honey
2 tbsp	(30 ml)	olive oil
¾ tsp	(3 ml)	sea salt
		freshly ground black pepper

EDAMAME SPREAD

½ cup	(125 ml)	olive oil
1		medium onion, sliced
3		garlic cloves, minced
3 tbsp	(45 ml)	flat leaf parsley, minced
1 tbsp	(15 ml)	fresh rosemary, minced
2 cups	(500 ml)	frozen, shelled edamame beans
1 cup	(250 ml)	vegetable stock
		sea salt and freshly ground black pepper

In a large bowl combine spelt flour, yeast, water, honey, 1 tbsp (15 ml) olive oil and ¾ tsp (3 ml) sea salt. Sprinkle with generous gratings of pepper and stir together until a dough forms. Turn out onto a lightly floured surface and knead until smooth, about 1 minute. Do not over knead. Place ball of dough in an oiled bowl. Cover and let rise in a warm, draft free place until doubled in size, about 1 hour. Punch down dough in bowl, remove and press into a 12 in x 8 in (30 cm x 20 cm) oval on a parchment-lined baking sheet. Press little indents all over dough and brush with 1 tbsp (15 ml) oil. Sprinkle with a little more sea salt and fresh pepper. Set aside for about 45 minutes until slightly risen. Preheat oven to 375 F (190 C). Bake focaccia in oven for 30 minutes or until lightly browned all over and sounds hollow when lightly tapped. Remove to a rack to cool.

To make edamame spread heat 2 tbsps (30 ml) oil in a heavy saucepan. Add onion and garlic and sauté just until soft but not browned. Add parsley and rosemary and cook for a minute just until fragrant. Add edamame beans and stock and simmer until beans are tender and stock is significantly reduced. Cool slightly before pureeing. Transfer to blender with ¼ cup (50 ml) remaining oil. Whirl until blended and smooth. Season to taste. Refrigerate

until completely cooled. To serve, spread edamame mixture over warmed focaccia.

PAIRS WITH
VOGA PINOT GRIGIO
Italy **\$15.99** 248518

PETER LEHMANN WEIGHBRIDGE CHARDONNAY
Australia **\$12.99** 611434



GRILLED SALMON FILET ON CRUSTY BREAD WITH MAPLE SOY MAYO

Serves 4

MAPLE SOY MAYONNAISE

¼ cup	(50 ml)	low fat plain mayonnaise
1 tbsp	(15 ml)	maple syrup
2 tsp	(10 ml)	fresh chives, minced
1 tsp	(5 ml)	each soy sauce and Dijon mustard

SALMON FILETS

4- 4oz	(125 g)	salmon filets, boneless and skinless
1 tbsp	(15 ml)	pure maple syrup
1 tbsp	(15 ml)	Dijon mustard
2 tsp	(10 ml)	hoisin sauce
8 slices		crusty sour dough bread
4		radicchio leaves
		butter lettuce
		dill pickles, sliced

Combine mayonnaise ingredients in a small bowl. Whisk together to blend. Set aside. Grease barbecue grill and preheat. Combine syrup, mustard and hoisin sauce in a bowl and stir to blend. Brush on salmon filets and place on grill. Close lid and grill salmon for 4 minutes per side or just until barely firm. Remove to a plate and cover to keep warm. Add bread to grill and lightly toast. Line toasted bread with radicchio, lettuce, salmon filet, a generous dollop of flavoured mayonnaise and a sliced dill pickle. Cover with top slice and serve with Wheat Berry Salad.

PAIRS WITH
QUAILS' GATE CHARDONNAY
BC VQA **\$18.99** 377770

PISSE-DRU BEAUJOLAIS
France **\$16.99** 2881



CHILLED PEACH SOUP WITH LATE HARVEST RIESLING

Serves 6

3 lbs	(1.5 Kg)	peaches halved and pits removed
1 ¼ cups	(300 ml)	late harvest Riesling or Gerwurztraminer
1 ½ cups	(375 ml)	dry white wine
½ cup	(125 ml)	sugar
¼ cup	(50 ml)	lemon juice, freshly squeezed
		juice and zest of 1 lime
2 sprigs		lemon verbena or lemon thyme or ½ tsp (2 ml) lemon zest
		vanilla yogurt or whipping cream
		cold water

Place peaches into a large saucepan. Add late harvest wine, white wine, sugar, lemon and lime juices and zests or lemon verbena.

Add enough cold water so that liquid just covers the peaches, about 2 cups. Bring liquid just to a boil over high heat, then reduce heat to medium and gently simmer until peaches are tender when poked with a knife, about 15 to 20 minutes. Remove from heat and allow to cool. When cool, remove and discard lemon verbena (if using). Remove skins from peach halves and transfer peaches, reserving one peach, to a food processor or blender with ½ cup (125 ml) of the poaching liquid. Process until smooth and place into a large non-reactive bowl. Stir in remaining poaching liquid. Refrigerate until well-chilled, at least 2 hours or up to 24 hours.

If using whipping cream, whip until soft peaks form. Finely dice the remaining peach. Ladle the soup into chilled shallow bowls and garnish with chopped peach and a dollop of whipped cream or vanilla yogurt.

PAIRS WITH

SUMAC RIDGE PINOT BLANC ICEWINE
BC VQA \$59.99 375ml 453936

NIERSTEINER SPATLESE LATE HARVEST
Germany \$13.98 262337



NECTARINE AND HAZELNUT MERINGUES

Serves 6

8 oz	(250 g)	hazelnuts
6		large egg whites
1 ½ cups	(375 ml)	sugar
½ tsp	(2 ml)	vanilla extract
3		large nectarines, halved, pitted and cut into ¼-in (.5 cm) slices
¼ cup	(50 ml)	Frangelico hazelnut liqueur
¾ cup	(175 ml)	whipping cream

Preheat oven to 350 F (180 C). Place hazelnuts on a baking sheet and toast in oven until lightly browned, about 8 to 10 minutes. Transfer nuts to a dish towel, fold the towel completely over the nuts and vigorously rub them to remove as much of the skins as possible. Set aside to cool. Reduce oven to 225 F (110 C). Line two baking sheets with parchment paper and draw 6 circles 4-in (10 cm) in diameter on the paper, spacing about 1-in (2.5 cm) between them. Place the nuts plus 1 tbsp (15 ml) of sugar into a food processor and process until the nuts are finely chopped. Set aside. In an electric mixer beat the egg whites at high speed until they form soft peaks. Reduce speed to medium and slowly add the remaining sugar continuing to beat until the meringue is glossy and holds stiff peaks. Add vanilla extract and beat thoroughly to mix in. Gently fold in half of the hazelnuts until evenly blended. Add remaining nuts and gently fold until just mixed. Transfer mixture to a large pastry bag fitted with a ½-in (1 cm) plain tip. Start piping at the centre of each circle and slowly pipe in a spiral motion filling the circle, making sure the thickness is about ½-in (1 cm). Place in oven and bake until the meringues are firm and lightly browned, about 2 hours. Remove from oven and cool for several minutes. Carefully lift from pan and transfer to a rack to cool fully.

Place nectarines into a large bowl and drizzle with 3 tbsp (45 ml) of the liqueur. Gently toss, cover and refrigerate until ready to serve. Whip the cream until soft peaks form then add remaining liqueur until well blended.

To serve, set a meringue on a serving plate and spoon some of the sliced nectarines with juices over top, add a dollop of whipped cream and top with another meringue layer. Serve immediately.

PAIRS WITH

ALIZÉ GOLD
France \$27.99 430090

AMARULA

South Africa \$25.95 342246



PLUM AND DARK CHOCOLATE CLAFOUTIS WITH BRANDIED CREAM

Serves 8 to 10

6		butter
		medium-sized firm plums, pitted and sliced into ¾-in (2 cm) wedges
¾ cup	(175 ml)	dark chocolate, chopped into ½-in (1 cm) pieces
4 tbsp	(60 ml)	all-purpose flour
½ cup	(125 ml)	sugar
½ cup	(125 ml)	milk
¾ cup	(175 ml)	whipping cream
1 tsp	(5 ml)	vanilla extract
4		eggs
2 tbsp	(30 ml)	brandy
1 cup	(250 ml)	whipping cream
2 tbsp	(30 ml)	icing sugar

Preheat oven to 350 F (180 C). Grease a 6 cup (1.5 L) fluted or plain flan dish with butter and dust with a small amount of sugar. Distribute plums and chocolate along bottom of the flan dish.

Mix the flour and sugar in a bowl. Add milk, whipping cream and vanilla and whisk until blended. Add eggs and whisk until smooth. Pour filling slowly over berries and chocolate. Place into oven and bake for 35 to 40 minutes or until puffed and golden.


In a bowl, mix together cream and icing sugar and whip until soft peaks form. Add brandy and continue beating until stiff peaks form. Dust clafoutis with icing sugar and serve warm with brandied whipped cream.

PAIRS WITH

MARASKA SLJIVOVICA OLD PLUM BRANDY
Croatia \$28.29 296764

MARQUIS DE VILLARD

France \$23.75 14944



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