

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

SPRING RENEWAL

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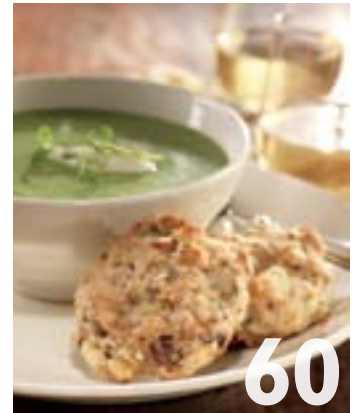
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TASTE

BC LIQUORSTORES



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COVER



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This is a decadent, full-bodied rich Chardonnay from the central coast of California. Gorgeous aromas of baked apple spice, citrus and vanilla waft from the glass. Buttery oak, spice and more vanilla along with subtle hints of citrus soften your palate while the finish is rich, long and incredibly sumptuous.



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-  Organic
-  BC VQA Wines
-  BC Craft Beer
-  Sweetness Code
-  Kosher

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THIS ISSUE'S CONTRIBUTORS



BILL MICHAEL

Bill Michael is the newly appointed Director of Purchasing for BC Liquor Stores who is responsible for all product listings in our portfolio. Prior to taking over as the Director, Bill was the Portfolio Manager responsible for buying beer, refreshment beverages and wines of Australia and New Zealand for BC Liquor Stores. Starting as a Store Clerk 33 years ago, Bill moved through the ranks from Clerk to Assistant Manager to Senior Store Manager, to Portfolio Manager and now Director.

BARBARA PHILIP

Barbara Philip, Master of Wine, is the Portfolio Manager responsible for selecting European wines for BC Liquor Stores. Barbara has a long history working as a sommelier and wine educator and in 2007 became the first Western Canadian to achieve the Master of Wine designation. Barbara also works as a freelance lecturer, radio columnist and wine judge with her company Barbarian Wine Consulting.



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Daenna Van Mulligen is a wine journalist, wine judge, sommelier and publisher of winediva.ca and winescores.ca. She can be heard weekly across Canada on "The Tasting Room" radio show and contributes to several local and national publications.



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Judith Lane is a Vancouver-based wine, food and travel writer who contributes to the *Georgia Straight*, *City Food* and *BC Restaurant News* among other publications. Judith will go almost anywhere for a good story and a glass of wine!



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Owner of Kale & Nori Culinary Arts Inc., Lauren Mote is a 12 year veteran bartender whose style is a compilation of avant-garde mixology and classic technique. With a forward-thinking approach to modern mixology, Lauren uses fresh, homemade ingredients to create unique flavour combinations that showcase a fearless approach to bartending.

JAMES NEVISON

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his wine column "The Wine Guy" appears each Thursday. James is the co-author of six national best-selling books on wine including his next publication *Had a Glass: Top 100 Wines for 2012 Under \$20*.



JAMES CLUER

James Cluer is a Master of Wine. He runs Fine Vintage Ltd., a company that offers instruction in the prestigious Wine and Spirit Education Trust (WSET) wine courses. He also publishes *James Cluer Selects*, a monthly ezine of wine recommendations. James is one of the world's leading wine consultants with clients including airlines, cruise lines and luxury hotel groups.



KASEY WILSON

Kasey Wilson is an award-winning Vancouver-based food and travel writer and broadcaster. She is food editor of *Wine Access* magazine and editor of *Best Places Vancouver*. Her articles have appeared in *National Geographic Traveler*, *Bon Appétit* and *Gastronomica*. The author of eight non-fiction books, Kasey is a member of the Society of American Travel Writers and the Association of Food Journalists.

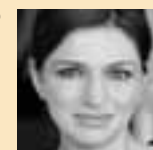


RHYS PENDER

Rhys Pender became Canada's youngest Master of Wine in 2010. He is a wine educator, consultant, judge and freelance writer through his company Wine Plus+ and his website www.rhyspender.com. He is a regular contributor to *Wine Access*, *Montecristo* and *Savour*. In 2008 Rhys was named one of the "Top 40 Foodies Under 40 in Western Canada" by *Western Living* magazine.

CAROLYN EVANS-HAMMOND

Wine critic and London-trained sommelier Carolyn Evans-Hammond is internationally recognised for her witty and light approach to the topic. Her latest book, *Good Better Best Wines*, soared to bestseller in Canada and the US within weeks of release. Her work is catalogued on her website: www.wine-tribune.com. She is a member of the UK Circle of Wine Writers and the current Vice President of the Wine Writers' Circle of Canada.



JOANNE SASVARI

Joanne Sasvari is a Vancouver-based writer who covers fashion, travel, food and drink and lifestyle. She writes the weekly "In Good Spirits" column for *The Vancouver Sun*, is the BC Chair of the Travel Media Association and author of the book *Paprika: A Spicy Memoir from Hungary* (CanWest Books, 2006).



5 RULES of PAIRING



A LOT OF FOOD IS JUST FINE WITH PRETTY MUCH ANYTHING YOU CARE TO OPEN, IF YOU FOLLOW THE LOGIC OF BALANCING THE WEIGHT OF THE WINE WITH THAT OF THE FOOD. BUT THERE ARE TIMES TO ASPIRE FOR MORE. AND DOING SO ISN'T PRETENTIOUS; IT'S ADVENTUROUS.

Is food and wine pairing hogwash? Or a big, scammy scandal created by the wine establishment to hoodwink wine drinkers into thinking some wines work better with any given food than others?

Of course not. It's easy to see how a dense, smoky Malbec can overpower a delicate fish dish more easily than the lean strawberry flavours of a young red Burgundy. Or how the tart, grassy freshness of a Muscadet works better with herbaceous, rosemary-scented chicken than, say, a sweetish lychee and rose-nosed Gewurztraminer. You can choose to ignore these finer brushstrokes but that doesn't mean they don't exist.

Food and wine pairing is like music – you need an appreciation.

That's not to say you must ponder food and wine flavours and textures each time you sit down to dine – quite frankly, a lot of food is just fine with pretty much anything you care to open, if you follow the logic of balancing the weight of the wine with that of the food. But there are times to aspire for more and doing so isn't pretentious; it's adventurous. It doesn't necessarily even cost more than a random coupling. But the payoff can be large; if you match well, you could get something like Marilyn meets Kennedy for the first time.

To aim for euphoria, it is best to keep a few rules in mind.

RULE 1: FIND COMPLEMENTARY FLAVOURS

Imagine green pea soup and a damply herbal Sauvignon Blanc; rare beef with the meat-tinged goodness of a northern Rhône red, a nutty tawny port with a handful of roasted almonds – the affinities here are obvious because the flavours actually reflect each other. Now take it one step further to include complementary flavours and “bang” the universe expands. Think lime-scented Riesling with Pad Thai, lemon-squirt Muscadet and poached fish and the gorgeous truffle nuances of an older Barolo with a wild mushroom risotto. Magic!

RULE 2: UNDERSTAND ACIDITY, OR SOURNESS, IN WINE AND ITS ROLE IN FOOD PAIRING

To be clear, acidity is the technical term for tartness. All wine should be sour enough to balance the extract and alcohol while staying true to its style – champagne should taste more acidic than an Australian oaked Chardonnay for example. But what's the relevance to food pairing?

Acidity is felt at the sides of the tongue and makes you salivate, cleansing the palate between mouthfuls so generally, the richer the dish, the higher the wine's acid should be. In practical terms, it's why a zingy Grüner Veltliner works beautifully with fish and chips, the freshness of a Chianti or Valpolicella

marries well with cheesy pizza, and crisp Chablis goes perfectly with a rich morsel of lobster dunked in *beurre blanc*.

RULE 3: MATCH BODY OF THE WINE TO THE “WEIGHT” OF THE DISH

In the wine and food pairing world, few things matter as much as matching the weight of the wine with that of the dish. Lighter-bodied wines, such as Brut bubbly, unoaked Chardonnay and Pinot Grigio pair nicely with mildly flavoured foods. Mid-weights, such as wooded Chardonnay, Merlot and Chianti work well with slightly heavier fare such as pasta and pizza. And heavy-weights, such as Amarone, Shiraz and Zinfandel are best with bolder, mouth coating flavours found in rich cheeses, roasted meats and fire-licked foods off the barbecue.

RULE 4: WITH DESSERTS, MAKE SURE THE WINE IS SWEETER THAN THE DISH BECAUSE...

As romantic the notion may be to some, there's nothing remotely compatible about dry champagne and strawberries – or wedding cake for that matter. The sweetness of these foods turns the wine into something that tastes like battery acid, which illustrates the fifth rule. Make sure the wine is sweeter than the dish or the wine will taste far too tart and utterly off balance.

However, if you must pair strawberries, wedding cake or your

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Five Rules of Pairing

FOOD AND WINE PAIRING IS LIKE MUSIC – YOU NEED AN APPRECIATION.

mother-in-law's jelly-moulded dessert with bubbly, opt for a sweeter sparkler such as Moscato d'Asti, Prosecco or even a less-dry style of Champagne often called sec, demi-sec or doux.

RULE 5: DRINK WHAT YOU LIKE

Just because Pinot Noir is supposed to go with turkey – the cranberry notes complementing the poultry and all of that – it doesn't mean you have to like it (maybe cranberry isn't your thing). You might prefer a Pinot Gris, thinking the spiced peach complements the bird better. Or maybe you are in a committed relationship of sorts with fuller-bodied reds and want to pour a special bottle of Cabernet Sauvignon, seeing the cassis notes in that wine as a sort of vinous substitute for cranberry sauce. Fabulous! Do it! It's precisely this style of thinking that takes you further toward your personal nirvana than any hard and fast rule ever could.

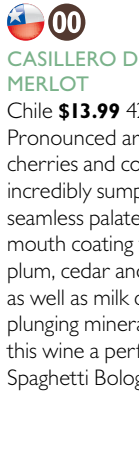
Drink what you like and the pleasure will follow.



09
GRAHAM'S SIX GRAPES RESERVE PORT
Portugal **\$27.99** 208405
This wine is made to taste similar to a Vintage Port but at a snip of the price. It starts with an intense cherry-almond and anise aroma that gives way to flavours of cherry, sweet tobacco, almonds, anise, blackberry, coffee, cream, milk chocolate and vanilla. Incredibly well-made and complex, serve it slightly chilled and pair with Stilton cheese.



00
GABBIANO CHIANTI
Italy **\$14.99** 25155
This Chianti starts with wafting aromas of beef, cherries, earth, and minerals before caressing the palate with warm and enticing flavours of aged steak cooked rare, dusty cherries and slight note of green olive. A hint of tannic astringency on the finish reveals a structure that would benefit food. This is a good value, medium- to full-bodied wine that's perfect for mid-week pizza.



00
CASILLERO DEL DIABLO MERLOT
Chile **\$13.99** 427088
Pronounced aromas of black cherries and coal lead to an incredibly sumptuous and utterly seamless palate. Smooth, rich, mouth coating flavours of black plum, cedar and black cherry, as well as milk chocolate and a plunging mineral depth makes this wine a perfect pairing for Spaghetti Bolognese.



00
MEZZACORONA PINOT GRIGIO
Italy **\$15.99** 312801
This glossy pale straw wine shows quite a bit of restraint on the nose suggesting only the lightest brushstrokes of lemon. Sleek flavours of fresh lime, wet stones and a hint of smoke lead to a fresh, nervy, dry mineral finish. This is an easy crowd-pleaser from a reliable producer to pair with poached prawns.



00
MARK WEST PINOT NOIR
USA **\$19.99** 318667
What a delicious wine! Aromatic flavours of raspberries, violets, vanilla and clove characterize this richly-fruited, appealing Pinot Noir with resonant length. Along with considerable concentration, this wine is silky yet well-structured with taut acidity and soft, supple tannins. Pair with roast chicken.



00
BOGLE PETITE SIRAH
USA **\$21.99** 431478
Full-throttle aromas on the nose lead to flavours of super ripe cherries, butter pound cake and vanilla custard. The fleshy, ripe and fantastically expansive texture builds on the palate before finishing with drizzled flavours of melted milk chocolate. It's just a gorgeous wine and a great value for the price. It's full-bodied and will pair well with grilled steak.

GROW
YOUR
OWN

Herbs



LEMON THYME SHORTCAKES WITH STRAWBERRIES AND CREAM

by Lauren Moneta

FOR RECIPE INDEX, PLEASE SEE PAGE 125

After a long winter of hearty meals, a quick and easy way to infuse your next dish with bright flavour is by adding fresh herbs. It is commonly known that garden herbs are staples in the kitchen, but did you know that their healthful properties have earned them a place in the medicine cabinet as well? Humble parsley is rich

in immune-boosting vitamins C and A. Feathery dill is a good source of fiber and a digestive aid. Robust thyme has antiseptic properties and is a source of omega-3 fatty acids. When you grow your own herbs, whether in a corner of the garden or in a few pots on the windowsill, delicious meals are always easy to prepare.



BUTTER LETTUCE AND LOBSTER SALAD WITH CREAMY TARRAGON DRESSING

Grow Your Own Herbs

PAIRS WITH CHIMICHURRI FISH TACOS



00
COLUMBIA CREST CHARDONNAY
 USA **\$13.99** 306670
 Here's a fantastic value wine from Washington. It's a full-bodied Chardonnay with rich pear and caramel nuances followed by delicious apple and spice flavours that are lush on the creamy, buttery finish. A great match with seafood.

PAIRS WITH ANGEL HAIR PASTA WITH SHRIMP AND DILL



00
CHARTRON ET TRÉBUCHET POUILLY-FUISSÉ
 France **\$32.98** 264945
 France certainly knows its wine and it shows in this full-bodied Chardonnay, ripe with a citrus and tropical bouquet. The citrus picks up again on the palate with a sleek mineral surge and a well-balanced acidity in the long and graceful ending.



CHIMICHURRI FISH TACOS

PAIRS WITH BUTTER LETTUCE AND LOBSTER SALAD WITH CREAMY TARRAGON DRESSING



00
SONOMA CUTRER CHARDONNAY
 USA **\$25.99** 359505
 Dripping with the California sun this full-bodied, rich Chardonnay is lively with pear, citrus and melon notes. Apple, spicy vanilla and a touch of oak in the buttery finish ensure this is a wine you won't soon forget. Serve slightly chilled with anything seafood.



00
RUFFINO ORVIETO CLASSICO
 Italy **\$13.99** 31062
 This is a lively, medium-bodied wine from Italy displaying crisp citrus, floral and apple aromas. A subtle hint of mineral combined with zesty lemon and herb on the palate is pleasing. It has a refreshing acidity that is well-balanced in the slightly dry finish.



ANGEL HAIR PASTA WITH SHRIMP AND DILL

PAIRS WITH LEMON THYME SHORTCAKES WITH STRAWBERRIES AND CREAM



05
BOTTEGA PETALO IL VINO DELL'AMORE MOSCATO
 Italy **\$17.99** 580993
 Celebrate spring with a sweet little sparkler! The lovely rose and apple scent is inviting and the fresh fruit flavours are delightful. Serve well-chilled with your favourite dessert.



10
MISSION HILL RESERVE RIESLING ICEWINE
 BC VQA **\$59.99** 240127 375ml
 When the grapes are hand-picked at -8 C and slowly pressed to release their sweet juice, every drop is like precious gold. There's a beautiful fragrance of honey and citrus on the nose while the taste is pure indulgence with apple, orange and stone fruit flavours. Perfect with dessert!

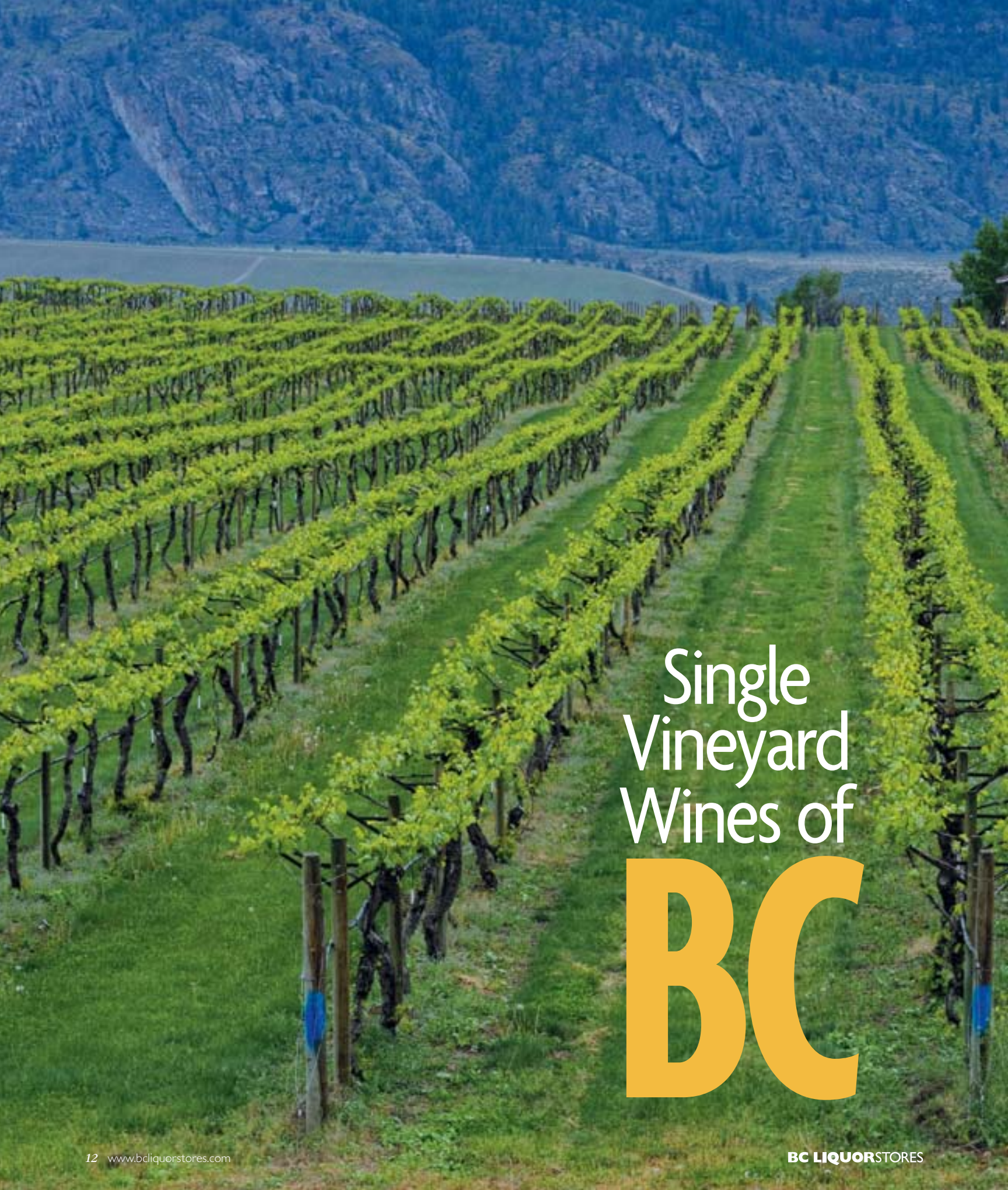
PAIRS WITH CHIMICHURRI FISH TACOS



00
BATASIOLO BARBERA D'ALBA
 Italy **\$16.99** 311555
 A deep and dark ruby coloured wine with a pronounced bouquet of blueberry, raspberry and a touch of earthy spice. Medium-bodied with a dry yet lively finish, it's the perfect partner to spicy fish, stews and tomato based pasta dishes.



00
MASI MASIANCA
 Italy **\$17.99** 244681
 This wine is inviting with its white fruit and citrus perfume wafting from the glass. Warm apricot and sweet honey flavours combine while the lingering finish is smooth and creamy. Perfect pairing with the pasta.



Single Vineyard Wines of BC

by Rhys Pender, Master of Wine

It takes time to get to know a vineyard. Every vineyard has its own nuances and peculiarities and only time will reveal these subtle elements of terroir. For grape growers and winemakers in British Columbia, there are now vineyards that have been pruned, harvested, loved and fretted over for 10, 20 or even 30 or more years. Within the more than 10,000 hectares of BC vineyards, some sites are starting to show something very special. Simply put, they make better wine year after year despite variations in weather and human intervention. These sites are emerging as the truly great single vineyards of BC.

An incredible amount of research, thought and pontificating goes into planting a vineyard. The climate, soil, market and anything that may affect the success of a grape in a certain site is analyzed, discussed and argued over. As any grape grower will tell you, these are some of the hardest decisions they will ever make. In spite of all the effort in getting everything right the first time, each site will still have unknown, hidden variables that will only emerge slowly over time. Planning and preparation can only go so far. After that, it comes down to experience.

In relatively new wine regions, such as southern British Columbia, there is

little historical context to base grape growing decisions on. It takes time in the vineyard, dirt on the boots and many miles spent trudging up and down rows for a grape grower to even begin to understand the subtleties of a vineyard. Winemaker and owner Larry Gerelus of Stag's Hollow Winery sums it up: "After farming the land for almost 20 years, you gain a very intimate understanding of the vines." It is the intimacy with the vines and managing these subtle nuances in the vineyard that will have a radical effect on the taste of the wine. Only time can reveal great terroir.

These special sites are starting to emerge as the best single vineyards of

SOME BC VINEYARDS ARE STARTING TO SHOW SOMETHING VERY SPECIAL...THEY MAKE BETTER WINE YEAR AFTER YEAR...AND ARE EMERGING AS THE TRULY GREAT SINGLE VINEYARDS OF BC.

BC. While it can be argued, certainly with some merit, that great wines can be made by blending grapes from multiple sites, it is often the link to a specific, small, defined place that most excites wine lovers. David Paterson, who is making only single vineyard wines at Tantalus Vineyards agrees: "I truly believe that the best wines are made as an unmanipulated expression of a particular piece of land." A great site will provide something familiar in each vintage of wine, as well as great complexity. There is a kind of

seamlessness and integration in single vineyard wines that cannot quite be achieved in blending. As Paterson puts it: "The consumer can feel a connection with a piece of land as opposed to just another bottle of booze."

One winery that has explored its vineyard terroir more than most is Quails' Gate in West Kelowna. Its specialty is Pinot Noir grown on the slopes of Mt. Boucherie. As winemaker Grant Stanley highlights, even within the site "there are microclimates and soil differences that are game changing and, while things like clonal selection are important, terroir ultimately plays a larger part in fruit quality and composition."

Some might question whether there really is that much difference from one vineyard to the next. Are not the skills of the winemaker more important? Most winemakers will tell you only so much can be achieved in the cellar, as great wine starts in the vineyard. The best sites require no manipulation and great winemaking only highlights the character of the vineyard. At CedarCreek Estate Winery, winemaker Daryl Brooker agrees: "most important is not to lose the terroir that exists in the grapes through the winemaking process like heavy oak, heavy malolactic fermentation character."

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Single Vineyard Wines of BC

Producing single vineyard wines may also be important for the future credibility of BC wine regions. As consumer interest in wine grows, the more consumers will want to know about where, specifically, a wine comes from. Most of the greatest wines in the world are single vineyard and, for most consumers of high-end wine, it is the association with specific sites that gets them excited. Sandhill Wines recognized this from the beginning and has only produced single vineyard wines. “We have worked hard developing the brand for each vineyard,” says winemaker Howard Soon. “It is about the site and superb management as well as an excellent cooperative relationship between the grower and winemaker.” Tantalus winemaker David Paterson sums it up well: “I think the more that the BC industry embraces the idea of the single vineyard designation, the more credibility we will have on the world stage. We are stating that a wine is special not because of who made it or the fact that it is a repeatable, homogenous product, but because this wine comes from a very specific place.”

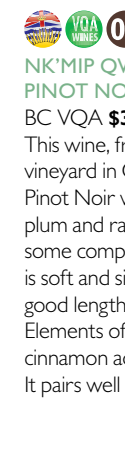
Most winemakers agree that, in the future, we will see more single vineyard wines in BC. In fact, many wines are already single vineyard, but few wineries have realized the marketing benefits of this approach and so the site is often not identified on the label. Also, while there is still an important need for well-priced wines that are blended from multiple sites, the best BC wines will increasingly be sourced from single vineyards and will celebrate the emerging unique terroir of BC.



00
ST. HUBERTUS RIESLING
BC VQA **\$15.75** 345009
At under \$16, this wine is great value. With aromas of pear, apple blossom, lemon, lime and peach, it has a palate that, while just off-dry, is nicely balanced by crisp, steely acidity. The apple, melon, mineral and cinnamon notes linger on a long finish. This would match perfectly with an Alsatian *choucroute garni*.



00
SANDHILL CABERNET
MERLOT VANESSA VINEYARD
BC VQA **\$19.99** 168641
The rocky Vanessa Vineyard site is producing an intense, savoury, meaty, plum, violet and raspberry scented wine. The palate is full with firm structure and complex coffee, chocolate, shortbread, black cherry, clove, roasted herb notes and a long, dusty, savoury, leathery, meaty finish. Try it with rosemary-spiked leg of lamb.



00
NK'MIP QWAM QWMT
PINOT NOIR
BC VQA **\$30.00** 324459
This wine, from the Inkameep vineyard in Oliver, is a top tier Pinot Noir with classic cherry, plum and raspberry notes and some complex spice. The palate is soft and silky with ripe fruit, good length and integration. Elements of graphite, clove and cinnamon add some complexity. It pairs well with barbecued duck.



00
QUAILS' GATE STEWART
FAMILY RESERVE PINOT NOIR
BC VQA **\$45.00** 639658
This Pinot Noir is the best that the Quails' Gate vineyard in West Kelowna has to offer and has complex and alluring red fruit, earth, floral and spice aromas. The palate is silky with complex earth, Asian spices and ripe, cherry notes that linger on a long finish. Try with red wine braised rabbit.



00
OSOYOOS LAROSE
LE GRAND VIN
BC VQA **\$45.00** 129999
The Osoyoos Larose project is an impressive single vineyard joint venture between Vincor Canada and Groupe Taillan of Bordeaux since 2001. As the vines have aged and the understanding of the terroir has developed, the wine has risen to become one of Canada's best. It is intensely flavoured, complex and built for aging, pairing nicely with prime rib.



00
SUMAC RIDGE BLACK SAGE
VINEYARD MERLOT
BC VQA **\$19.99** 593053
The Sumac Ridge vines on Black Sage Road were planted in the mid 90s and have produced wine with a consistent profile for decades. The nose has plum, cassis, vanilla, blackberry and burlap. The palate has ripe plum, dried cherry, pepper, dried sage and pretty floral and chocolate notes with tannins that give the ability to age. Try with a rich braised beef dish.

EDAMAME THE PERFECT BEAN

by Nathan Fong

FOR RECIPE INDEX, PLEASE SEE PAGE 125

In Asia, where edamame originated, the large green soybeans are eaten both as a snack and as a main dish. These nutritious vegetables are popular as an accompaniment for sake and beer served at *izakayas* (Japanese informal bistro pubs) and have the highest amount of protein and fiber than any other bean. They are found both fresh and frozen in Asian markets and are available both in pods or conveniently shelled. Featured here are three contemporary recipes showcasing this vibrant green, sweet and nutritious bean. From a healthy high-protein turkey chili to a refreshing salad with tender French beans and goat's cheese, to a spicy stir-fry with chicken and cashews, edamame beans are versatile in today's modern healthy kitchen.



FRENCH BEAN
AND EDAMAME
SALAD

BC LIQUORSTORES

PAIRS WITH FRENCH BEAN AND EDAMAME SALAD



ST. HALLET POACHER'S BLEND

Australia **\$14.99** 535963
This wine is a perfectly balanced, medium-bodied blend from Australia with fresh tropical fruit, pineapple and citrus fruit flavours. Crisp in style yet generously ripe with mouth-watering flavours, it is ideal served well chilled with the salad.



DOMAINE DU CLOS BOURG TOURAINE

France **\$15.99** 370205
This is a great value wine for spring with its tempting floral and passion fruit bouquet. Zesty citrus, gooseberry and tropical flavours with a great streak of minerality running through the core bring this wine to its long and lively finish.



SPICY CHICKEN, CASHEW AND EDAMAME STIR-FRY

BC LIQUORSTORES



Das Perfekt Fusion

Where German Wines meet Asian Cuisine 🇩🇪

Discover our Perfect Pairings at BC Liquor Stores this Spring!

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Edamame: The Perfect Bean

EDAMAME BEANS ARE VERSATILE IN TODAY'S MODERN HEALTHY KITCHEN.

PAIRS WITH EDAMAME TURKEY CHILI



MAUREL VEDEAU PINOT NOIR

France **\$14.99** 378133

Shining light red in the glass with ruby glints, this delightful, fruit-forward wine has nuances of black fruit, raspberries and herbs. Slightly dry on the palate, yet medium in body, its cascading finish is brimming with spice, vanilla and red fruits. Very food-friendly!



EDAMAME TURKEY CHILI

PAIRS WITH SPICY CHICKEN, CASHEW AND EDAMAME STIR-FRY



JADOT BEAUJOLAIS VILLAGES

France **\$19.99** 469924

It's a bright and delicious wine displaying all the characteristics of a fine Beaujolais. The cherry and strawberry notes with a touch of pepper on the nose are intense. There are subtle mineral nuances shining through the lively plum, blueberry and cherry flavours mid-palate, while the finish is light and dry. Chill slightly and serve with the chili.



GUNDERLOCH FRITZS RIESLING

Germany **\$17.99** 320135

A medium-bodied white with a charming bouquet of white flowers invites you to sip and enjoy. Lovely citrus and pineapple flavours are well-balanced with a brush of honey sweetness on the slightly mineral finish. Stunning with the stir-fry!



NEW HARBOR SAUVIGNON BLANC

New Zealand **\$14.99** 822585

Crisp citrus, guava and passion fruit nuances dance through this well-structured wine from New Zealand. The palate is fresh, cool and clean with a nice mineral core racing through to the brisk finish. Amazing value!

CELEBRITY CHEF

HIDEKAZU TOJO: PICASSO OF THE PACIFIC NORTHWEST

There are certain moments in history that have defined our lives and shaped our world immeasurably. The fall of the Berlin Wall, the first moon landing, the birth of the Internet and, of course, the creation of the BC and California sushi rolls. It's not often we can get close to innovators and history-makers, but here in Vancouver, we are fortunate enough to live near one of these visionaries, Hidekazu Tojo. He showcases his mastery of contemporary Japanese cuisine and hospitality six days a week behind the bar of Tojo's. He provides part nourishment, part entertainment and part performance art.

From humble beginnings, working 16 hours a day as an apprentice at Ohnoya, a famed, classic, fine dining restaurant in Osaka, Tojo quickly moved up in the kitchen ranks as he demonstrated skills in selecting the best, freshest fish and expanding his knowledge of more than 2,000 traditional Japanese recipes. But, as they say, once you know the rules, it's time to break them! Tojo's inventiveness and desire to stray from the conventional path of Japanese cuisine led him to Vancouver, a place he felt would be receptive to his vision and reinvention of Japanese dining. To this day, he continues to challenge himself and the palates of his customers with unique plates that are both visually and tastefully stunning, making Tojo, I believe, the culinary Picasso of the Pacific Northwest.

I sat down with this man who still maintains a down-to-earth personality that belies the fact that Tojo's attracts everyone from rock stars to movie stars and power brokers from all corners of the globe, but I don't think any of them impress him as much as a fresh



photo by John James Sherlock

piece of fish. And after 40 years in this city and in the food business, Tojo still has that mischievous glint in his eye, as if you don't know what he's going to be up to next.

What do you consider the best and the worst thing about having a restaurant in Vancouver?

Absolutely the best thing is the amazing local ingredients. With so much fish, whether cooked or as sushi on my menu, Vancouver

by Kasey Wilson

TRUST ME, I CAN MAKE YOU DISHES YOU WON'T BELIEVE. FORGET THAT OTHER STUFF I SAY, "TRY IT TOJO'S WAY" AND WHEN THEY DO, THEY LOVE IT.

is a dream come true. Sablefish, tuna, geoduck, salmon, oysters and giant clams, it just doesn't get any better for a chef like me. In fact, it's some of these local ingredients that have helped me to create some of my most unique dishes.

And the worst part of owning a restaurant here?

The worst part has nothing to do with the city. Instead, it's the expectations of people visiting from other places have heard about Tojo's and come with preconceived notions of how the food should be. For example they say, "I've had sushi in Tokyo, in New York," and they want bluefin tuna toro like they had in Japan, some insanely expensive cut of fish and I tell them, "I'm sorry. I don't have that. I use local ingredients and I create my own specialties using the freshest fish native to our province. Trust me, I can make you dishes you won't believe. Forget that other stuff I say, "try it Tojo's way" and when they do, they love it.

I know you drink sake but is there any particular wine that you have on your menu that you like with your food?

St. Hubertus Chasselas* pairs beautifully with sushi and sashimi. It's a Chasselas, which is a grape variety originally from Switzerland. I like this wine very much.

Do you have any favourite Vancouver restaurants...besides your own of course?

Ha! Yes, there are many restaurants I enjoy. Cioppino's is a fantastic restaurant. Pino Posteraro is an amazing chef and has great people working

* Canada \$17.50 436717

for him. I also like Zen Fine Chinese Cuisine in Steveston. Red Star Seafood in Marpole is good with a very nice room. Great Wall on Broadway is an old standby that never disappoints.

Seems to be a lot of Chinese restaurants on your list of favourites.

I appreciate the balance of meat, vegetable and seafood they display.

What's your favourite dish on your menu?

Well, I don't know if I have a favourite but a lot of people go crazy for my tuna tataki. Also, my steamed and smoked sablefish and King Crab creations are popular. I have some specialty marinades and top secret dipping sauces that heighten the senses when paired with these ingredients.

What should diners know to order that doesn't appear on the menu?

You must try the omakase dinner (from \$80), which means the menu selection is up to me and I create specialty dishes utilizing the freshest ingredients available that day. Interestingly, 60 percent of my customers choose to order omakase. If you come twice in the same week or two, I never repeat a dish you had previously. I remember each person, what I served them and keep the dishes changing continually. I will always surprise you if you order this way.

Do you wish you could have stayed in Japan?

No. Because I found not just my business here, but also a lifestyle. It's not just about money. I enjoy Vancouver immensely and I'm free to create the food I want without any constraints or rules of traditional Japanese cooking.

Was there any one person who influenced you to become a chef?

I come from a very big family, four sisters and three brothers. My mother was a vegetarian but my family liked other things. When my second sister married into a family that ran a small inn, she helped in the kitchen and when she visited, she'd cook some interesting dishes she had learned. That's when I knew this was something I wanted to do.

If someone is a budding sushi chef, are there any knives you could recommend that are available in Vancouver?

At the restaurant, we use knives that we import from Japan, but for local availability at a somewhat reasonable price I suggest Shun knives.

I've heard you sit backstage at U2 concerts. Is this true?

Yes. They always come into the restaurant and enjoy it very much. And they invite me backstage to watch the show. Not just U2, though. Also, the Rolling Stones, Arrowsmith, Pink Floyd, Bon Jovi. I like this music very much.

Is it hard for your staff when you take a night off?

It's true, I must take nights off from time to time to rest and keep fresh. I trust my staff, they are well-trained by me and are always trying to outdo each other and this competition makes for some very fine food. So if you come to Tojo's on a rare night when I'm not there, never fear because my chefs are the best at what they do. Not as good as me, of course.

OCEAN WISE

SUSTAINABLE SEAFOOD

PASTA WITH SMOKED SARDINES AND PRESERVED LEMON

by Murray Bancroft

FOR RECIPE INDEX, PLEASE SEE PAGE 125

From line-caught fish to wild-trapped spot prawns or any number of responsibly farmed shellfish, there is no shortage of choices for fresh, sustainable, local seafood in BC. Be it from a fishmonger or straight off the boat, look for the freshest fish that you can find. Frozen can be a good choice as well, if the right equipment is used and the fish is flash frozen at very low temperatures right on the boat. Some fish like albacore tuna and sablefish, caught far from

shore, benefit from being frozen in this method. Spot prawns can also be frozen quickly in a saltwater solution and enjoyed year round, but there's nothing like getting them fresh from the boat in May and June. Bouillabaisse was made popular by fishermen in the South of France who would substitute whatever the catch was that day. Why not have a bouillabaisse party? Call up your friends and have everyone bring one ingredient for an interesting and unique pot!



BAKED SPRING SALMON WITH BEETS, ASPARAGUS AND JERUSALEM ARTICHOKES



Sometimes a name is as much
a promise as it is a place.

Oyster Bay
NEW ZEALAND

Sometimes the world really is your oyster.

oysterbaywines.com

DEL3437

Ocean Wise: Sustainable Seafood

FOR RECIPE INDEX, PLEASE SEE PAGE 125



PRAWN AND SCALLOP CEVICHE

PAIRS WITH PRAWN
AND SCALLOP CEVICHE



**BOUCHARD AINE
BEAUJOLAIS**

France **\$14.99** 147546

Fresh, fruity and fun is what this Beaujolais is all about. Light ruby red in the glass with a tantalizing bouquet of cherry and plum wrapped around a floral nuance, it has balanced acidity and a finish that is smooth and easy. Try it with the Ceviche.



BOLLA PINOT GRIGIO

Italy **\$14.99** 363622

This is a beautiful white wine that's delicately pale yellow in the glass with a gently perfumed bouquet. It has a wonderfully soft texture with a great acidity and a generous, fresh finish. Ideal with seafood, white sauced pastas and poultry.



PAIRS WITH PASTA WITH SMOKED
SARDINES AND PRESERVED LEMON



**SANTA RITA 120
SAUVIGNON BLANC**

Chile **\$12.99** 275586

Exceptionally priced and perfectly cheerful this light-bodied wine is a definite crowd pleaser every time. Crisp and zesty with citrus, lime and a touch of tropical fruit, this is an easy wine to pair with a variety of different dishes.

BC LIQUORSTORES

TASTE 25



f /Bacardi

PLEASE DRINK RESPONSIBLY.

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150 YEARS SINCE THE PARTY STARTED



Ocean Wise: Sustainable Seafood

PAIRS WITH PASTA WITH SMOKED SARDINES AND PRESERVED LEMON



HAUT-CENSY MUSCADET SÈVRE & MAINE

France **\$14.99** 553602

A lovely white from France that is light, crisp and refreshing. Gentle citrus, white fruits and mineral notes throughout the wine are mouth-watering. This is a very well-balanced wine with a nice, easy finish. Serve as an aperitif or pair with seafood.

PAIRS WITH BAKED SPRING SALMON WITH BEETS, ASPARAGUS AND JERUSALEM ARTICHOKE



WYNDHAM BIN 222 CHARDONNAY

Australia **\$14.99** 93401

Here's a golden Chardonnay from down under brimming with inviting peach, buttery oak and vanilla nuances. The full-bodied mouth feel is rich with vanilla, citrus and baked apple spice flavours while the ending is silky smooth and lush. Pass the salmon please!



BC SHELLFISH BOUILLABAISSE

PAIRS WITH BC SHELLFISH BOUILLABAISSE



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

When you want the perfect red wine for salmon look no further than BC's own Pinot Noir from Gray Monk. Fresh red fruit aromas follow through to the palate where a touch of oak gives it finesse and depth. It's a very well-balanced wine with good acidity and a pleasing finish.



CHARLES HEIDSIECK BRUT RESERVE

France **\$63.99** 31286

An elegant champagne full of sophistication and style with pleasing aromas of floral, vanilla and citrus. Ginger, hazelnut and baked spicy apple nuances flow through the bubbles and end in a decadent, creamy finish.



CEDARCREEK CHARDONNAY

BC VQA **\$17.90** 237974

A full-bodied chardonnay gleaming golden in the glass, this wine is filled with peach, pear, tropical fruit and buttery oak aromas and flavours. A complex wine that is dry, yet full on the palate, with a rich creaminess in the lingering finish. Try it with anything seafood.

VERY FEW MAKE IT TO BLUE

1 IN 10,000 OF
OUR RAREST CASKS.

190 YEARS OF UNBROKEN
BLENDING EXPERTISE.

1 RARE WHISKY.

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Please enjoy responsibly



HOT

SPRING'S
MOST
WANTED



APOTHIC RED
USA \$16.99 125617

Deep, dark and delicious! Here's a creative, full-bodied blend from California that captures the essence of the grapes and the land. Concentrated aromas of jammy rhubarb and black cherry with a hint of vanilla warm the senses. Spice, mocha and vanilla oak flavours coat the mouth while the smooth, round finish is long and lingering. A versatile wine that's easy to pair with a wide variety of cuisines.



KETEL ONE VODKA
Netherlands \$29.99 456095

Using a copper pot still distillation process and only the finest European wheat, Ketel One delivers an exceptional spirit in its perfect form. There are nuances of citrus and honey on the nose while the taste is clean, cool and refined. Ideal mixed with some of your favourite martinis but smooth enough to sip neat.



SKINNYGIRL MARGARITA
USA \$15.99 449850

Skinnygirl uses all natural ingredients with no artificial sweeteners so you can have all the taste of a great margarita without the guilt! It's lightly sweetened with agave nectar and only the best, premium 100 percent blue agave tequila goes into the bottle. Serve well chilled over crushed ice for a spring treat.

CARDAMOM SPICE OF LIFE



CARDAMOM
INFUSED
FRUIT SALAD

by Nathan Fong

Cardamon is widely used in India, for both sweet and savoury dishes, and was introduced by the Vikings to the Scandinavian countries, where it is very popular especially in baking. In India, it is an essential component of spice mixes for meats, rice dishes and chai. In Europe, it is used for cakes, pastries and breads. There are two types of cardamom: the small, mild, green cardamom is considered a “cooling” spice, and the large, black cardamom is considered a “heating” spice and is often combined with cloves, black pepper and cinnamon in Indian garam masala spice mixes. Here are four different cardamom recipes to spice up your kitchen.



CARDAMOM SAFFRON BIRYANI WITH SHRIMP

Spice of Life: Cardamom



It's spring and the air is fresh. Just like me.



Confidence comes naturally when you're this bold. Not to mention, smooth and easy-drinking. That's what you get with fruit-forward flavours unmasked by oak. Try our complete line-up of unoaked wines and visit nakedgrape.ca. Join us on [f](#)

It takes confidence to go unoaked.

Please enjoy responsibly.



CARDAMOM AND LEMON SHORTCAKES WITH BERRIES AND LEMON CREAM

PAIRS WITH CARDAMOM AND LEMON SHORTCAKES WITH BERRIES AND LEMON CREAM

PAIRS WITH CARDAMOM SAFFRON BIRYANI WITH SHRIMP



FETZER VALLEY OAKS GEWURZTRAMINER
USA **\$13.99** 350843
This great value wine is deliciously fruit-forward in its bouquet and flavours with spicy peach, apricot and honeysuckle. Perfectly balanced and with a crisp acidity, it's the ideal wine to serve alongside fruit desserts.



MONMOUSSEAU CUVÉE
France **\$19.99** 531921
The gentle mousse rising in the glass is appealing and the flavours of honey, apple, lemon and a touch of mineral are pleasing. With just a hint of sweetness this fine French sparkling is an elegant way to spice up your desserts.



CALONA ARTIST SERIES RESERVE SOVEREIGN OPAL
BC VQA **\$14.99** 364265
A wonder value wine that has delicate floral aromas of rose mingled with exotic spices that is definitely captivating. Tropical notes with apple, peach, orange and tangy grapefruit complement the refreshing, lingering finish. Shrimp please!

Make Your Summer Delicious With Torres Brandy!



Signature **Torres 5** cocktails are available at BC's best bars and restaurants throughout the year!

+268805
BC LIQUOR STORES

Classic Torres 5 Mojito

2 oz. **TORRES 5** Brandy
1 sprig of fresh mint
2 fresh lime quarters
1 tsp. brown sugar
5 oz. Ginger Ale

Using a wooden pestle, mash the mint leaves in a glass along with the lime quarters and the sugar. Fill the glass three-quarters full with ice and add Torres 5 Brandy. Top up with Ginger Ale and mix together with a spoon. Decorate with a fresh mint leaves and a straw. If the glass isn't full, top up with crushed ice to finish.

The Leeteg Steve Da Cruz - The Waldorf

2 oz. **TORRES 5** Brandy
6 dashes Angostura bitters
1/2 squeezed lime
1/2 oz. simple syrup
sprig of mint and lime for garnish

In a glass filled with ice, add 2 oz. Torres 5 Brandy, 6 dashes Angostura bitters, 1/2 squeezed lime and 1/2 oz. simple syrup. Shake, and fine strain. Serve with a lime twist or sprig of mint.

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Spice of Life: Cardamom

PAIRS WITH CARDAMOM SAFFRON BIRYANI WITH SHRIMP



BONTERRA ORGANIC CHARDONNAY
USA **\$18.99** 342436
A lighter styled, organic Chardonnay with an impressive nose of vanilla, hazelnut and layers of apple, peach and pear fruit flavours. Medium-bodied with a well-balanced acidity and an impressive, lush finish this wine deserves all of your best seafood dishes.

PAIRS WITH CARDAMOM INFUSED FRUIT SALAD



DEINHARD PIESPORTER RIESLING
Germany **\$14.99** 106328
Here's a perfect Riesling with a fresh bouquet of citrus, spicy fruit and green apple. The sweetness is nicely balanced with a refreshing, mouth-watering acidity while the mineral and slate nuances give it a spiciness that is delicious.



CARDAMOM AND ORANGE PANETTONE FRENCH TOAST WITH CARDAMOM ORANGE VANILLA BUTTER

PAIRS WITH CARDAMOM AND ORANGE PANETTONE FRENCH TOAST WITH CARDAMOM ORANGE VANILLA BUTTER



IRONSTONE SYMPHONY OBSESSION
USA **\$16.99** 355784
This is an unusual blend from California with an aromatic floral, sweet honey, orange and spice nose that draws you in. Complex flavours of ginger, spice, ripe fruit, lychee and mineral coat your mouth in an amazing flavour combination. Try it with the salad.



ST. RÉMY XO
France **\$29.99** 557108
A rich, amber coloured brandy with an intriguing bouquet of vanilla, ripe fruit and jammy fig. Gingerbread, candied apricot, dates, figs and a touch of wood spiciness add character and style to this delectable, gentle sipper. Add a splash to your tea with the French Toast for a special treat.



GRAY MONK ODYSSEY BRUT BC VQA **\$24.99** 711218
Adding a little bubble to the occasion can be the spice of life. Produced here in BC but made in the traditional method, this sparkling wine has lavish aromas of citrus, apple and some delicate toasty nuances. Creamy baked apple, brioche and tangerine flavours round out the long zesty finish.

BC LIQUORSTORES

TASTE 35



TEQUILA

VIVA LA
REVOLUCIÓN

by Joanne Sasvari

TEQUILA WAS ALWAYS A SPIRIT THAT INSPIRED AWE, FASCINATION AND A REMARKABLE AMOUNT OF MYTH.

The first modern tequila revolution began in the mid-1980s, with the explosion of premium tequilas such as Cabo Wabo and Patron, which were a far cry from the tequilas that were responsible for many Mexican holiday hangovers.

But long before that, tequila was always a spirit that inspired awe, fascination and a remarkable amount of myth.

Tequila is a Denomination of Origin spirit unique to Mexico, where 110 to 130 distilleries produce nearly 1,500 different tequilas. Tequila, like mezcal, is made from the agave plant, which is a succulent and not, as many people believe, a cactus.

When agave reaches 8 to 12 years of age, farmers harvest its core, the piña. To make tequila, the piña is baked or steamed then shredded, fermented, distilled and often aged. To make mezcal, which is rarely aged, the piña is first pit-roasted underground for three to five days, which adds a distinctive smoky flavour. Unaged or “blanco” tequila is herbaceous and floral, while aged tequila, like cognac or

whisky, has a spicy complexity, roundness and warmth.

The origins of tequila are a mystery. According to legend, the Aztec gods created agave as a gift for Quetzalcoatl, who was grieving for his slain love Mayahuel. In anger at her death, the gods unleashed a violent storm and a bolt of lightning struck the agave plant. Only its smouldering piña remained, and it wept tears of sweet, intoxicating nectar that brought comfort to their fellow god and to all of humanity.

The reality is even more complex. Eric Lorenz is one of Canada’s premier tequila experts, an educator, writer, budding archeologist and importer who now lives in Vancouver. He has been asked by Mexico’s *Instituto Nacional Antropología e Historia* to bring together a team of researchers from Canada, the U.S. and Mexico to lead an archeological expedition to determine just how long tequila has actually been produced.

Officially, tequila has been made since 1795, when the Spanish granted the first license to produce what was

then called “*vino mezcal de Tequila*” to Don Jose Maria Guadalupe de Cuervo.

For centuries, perhaps millennia, the Aztecs had been consuming a fermented agave-based drink called *pulque*. Then the Spanish arrived in 1519, bringing with them the alembic still. When they ran out of brandy, they started distilling *pulque* instead, leading to tequila’s first revolution, or evolution, from fermentation to distillation.

Historians believe that the Arabs discovered distillation in the eighth century AD; if Lorenz’s team can prove that distillation was occurring in the Americas just as long or even longer, they could revolutionize history.


The smoky spirit is becoming especially popular with craft bartenders and gaining a following of consumers who are becoming more educated and aware of the unique, exceptional flavours of tequila and mezcal. BC Liquor Stores features an annual spirit release that includes introducing new, unusual and artisanal tequila as well as mezcal to the local market.



Tequila: Viva La Revolución

THE SMOKY SPIRIT IS BECOMING ESPECIALLY POPULAR WITH CRAFT BARTENDERS AND GAINING A FOLLOWING OF CONSUMERS WHO ARE BECOMING MORE EDUCATED AND AWARE OF THE UNIQUE, EXCEPTIONAL FLAVOURS OF TEQUILA AND MISCAL.



 **DON JULIO 1942**
Mexico **\$149.99** 291237
This limited edition añejo tequila, aged at least 2½ years in oak, is best enjoyed as one would a fine cognac. It's silky and luscious with rich caramel and vanilla aromas and flavours of cherries, chocolate, almonds and just a hint of spice.



HERRADURA REPOSADO
Mexico **\$64.99** 452615
The best-known "rested" tequila in Mexico is aged in American oak barrels for 11 months, giving it an intense earthy flavour, with notes of caramel, cinnamon and dried orange peel. Perfect in a premium cocktail or sweet and satisfying on its own.



PATRON AÑEJO
Mexico **\$99.99** 311282
A blend of tequilas all aged in white oak barrels for at least 12 months, Patron Añejo is a smooth, sweet, sipping spirit. Expect lush mouthfuls of rich vanilla, raisins, honey and caramel with slight notes of citrus and smoke.



TEQUILA

TERMINOLOGY

AGAVE

A large succulent plant that grows in Mexico. Its core, or "piña," is used to make both tequila and mezcal.

TEQUILA

Herbaceous spirit made from the cooked, fermented and distilled piña of the blue agave plant (Agave Tequilana Weber; Tipo Azul) in Jalisco and four other Mexican states.

MEZCAL

Smoky-flavoured spirit made from the piña of up to 30 different agave varieties. The piña is pit-roasted underground, then fermented and distilled. Produced mainly in Oaxaca, as well as six other Mexican states. Note that the fabled worm is a tourist gimmick and not the sign of a quality mezcal.

MIXTO VS 100 PERCENT AGAVE

Mixto tequilas are blends that only need to contain 51 percent agave distillate. They are often inexpensive and used in margaritas and mixed drinks. Look for a label that says "100 percent agave" for an indication of a superb quality tequila.

BLANCO, WHITE OR SILVER

Unaged tequila.

REPOSADO

"Rested" tequila, aged for two months to a year minus a day in oak.

AÑEJO

"Old" tequila, aged one to three years minus a day.

EXTRA AÑEJO

Aged three years or more.



PATRON SILVER
Mexico **\$79.99** 391250
Patron is one of the original premium tequilas. It is a light, smooth, unaged and 100 percent agave tequila that is perfect for mixing in margaritas and other cocktails. Expect hints of delicate citrus and light pepper, with a sweet, fruity flavour.



EL JIMADOR SILVER
Mexico **\$29.99** 460378
A revolutionary diffusion process lets the distillery produce El Jimador for a fraction of the price of most 100 percent agave tequilas. It's light, clean and soft, with just a hint of citrus and pepper. Ideal for shots, it's the most popular brand in Mexico.



JARAL DE BERRIO MEZCAL
Mexico **\$54.99** 842609
Unlike many mezcals, which have intense charcoal and petrol flavours, the Jaral de Berrio is made from maguey agave and offers just a delicate whiff of smoke. It's light and soft with herbaceous and floral notes, a creamy sweetness and a subtle bitterness on the finish.



DON JULIO BLANCO
Mexico **\$84.99** 77321
This highly regarded unaged spirit is delicious in premium cocktails or on the rocks. It's crisp, bold and lightly sweet with refreshing lime and citrus notes and just a touch of black pepper.



CABO WABO REPOSADO
Mexico **\$79.99** 551416
Aged in American oak casks for four to six months, this reposado has a rich, peppery taste with distinctive notes of lime, orange and herbs on the nose and a long, spicy finish. It's ideal in mixed drinks or on its own.



TEQUILA COCKTAILS



Tequila is no longer just for shooters or for serving in a classic Margarita. The increased popularity and recognition of mixology as an art in its own right with competitions world-wide has created a spectacular new world of cocktails, using combinations, mixtures and syrups that were unheard of a few years ago. Our Bar Star, Keenan Hood from the Keefer Bar has created these spectacular tequila-based cocktails for all of the cocktail aficionados in BC. Try mixing up these gems at your next cocktail party and your friends will be awed by your talent! Enjoy!

SMOKEY ROSE

- ¾ oz (22 ml) Hornitos tequila (or reposado tequila)
- ¾ oz (22 ml) yellow (or green) Chartreuse
- ¾ oz (22 ml) St-Germain Elderflower liqueur
- ¾ oz (22 ml) lemon juice
- ¾ oz (22 ml) Fentiman's Victorian Rose Lemonade Soda*

Add the first four ingredients to a shaker. Shake vigorously, strain over ice and top up with Fentiman's Rose Lemonade Soda.

* May be purchased at gourmet specialty stores.

by Keenan Hood



BLANCO DIABLO

- 1½ oz (45 ml) Don Julio Blanco tequila
- 1 oz (30 ml) Martini Bianco vermouth
- ½ oz (10 ml) Lillet Blanc aperitif
- 1 tsp (5 ml) St-Germain Elderflower liqueur

Add all ingredients to a boston glass shaker. Add ice and stir. Strain into a fancy cocktail glass and garnish with a thick slice of lemon zest.



PALOMA

- 2 oz (60 ml) tequila
- ½ lime, squeezed
- 6 oz (180 ml) grapefruit soda (such as Squirt, Fresca, or San Pellegrino)

Salt the rim of a glass. Add ice, then add tequila, squeezed lime and top up with the grapefruit soda.

LIGHT AS AIR

SPONGE CAKES



INDIVIDUAL
LEMON RASPBERRY
SPONGE CAKES

CELEBRATE LIFE...ENJOY RESPONSIBLY

by Lawren Moneta

FOR RECIPE INDEX, PLEASE SEE PAGE 125

With the arrival of spring, we tend to shift our eating habits to fresher flavours and lighter cooking methods, awakening our palates to a new season full of delicious temptations. Light and airy, sponge cakes are the ideal sweet treat at this time of year. In their simplest form, sponge cakes are nothing more than sifted flour gently folded into egg whites and

sugar that have been whipped into soft peaks. Variations of the humble sponge, however, can be found worldwide and are known by many names including the French *génoise*, the Japanese *castella* and the Spanish *mantecados*. Indulge your sweet tooth and celebrate the season with sponge cakes that are sure to appeal to the eye and the appetite.

PAIRS WITH LAMINGTONS



DR LOOSEN SPARKLING RIESLING

Germany **\$18.99** 158501
Here's a refreshing, fruit-driven sparkling filled with lemon, apple, honey and peach flavours. The juicy touch of sweetness is balanced by a racy acidity. It's well-priced and a pleasure to serve as an aperitif or with a favourite dessert.



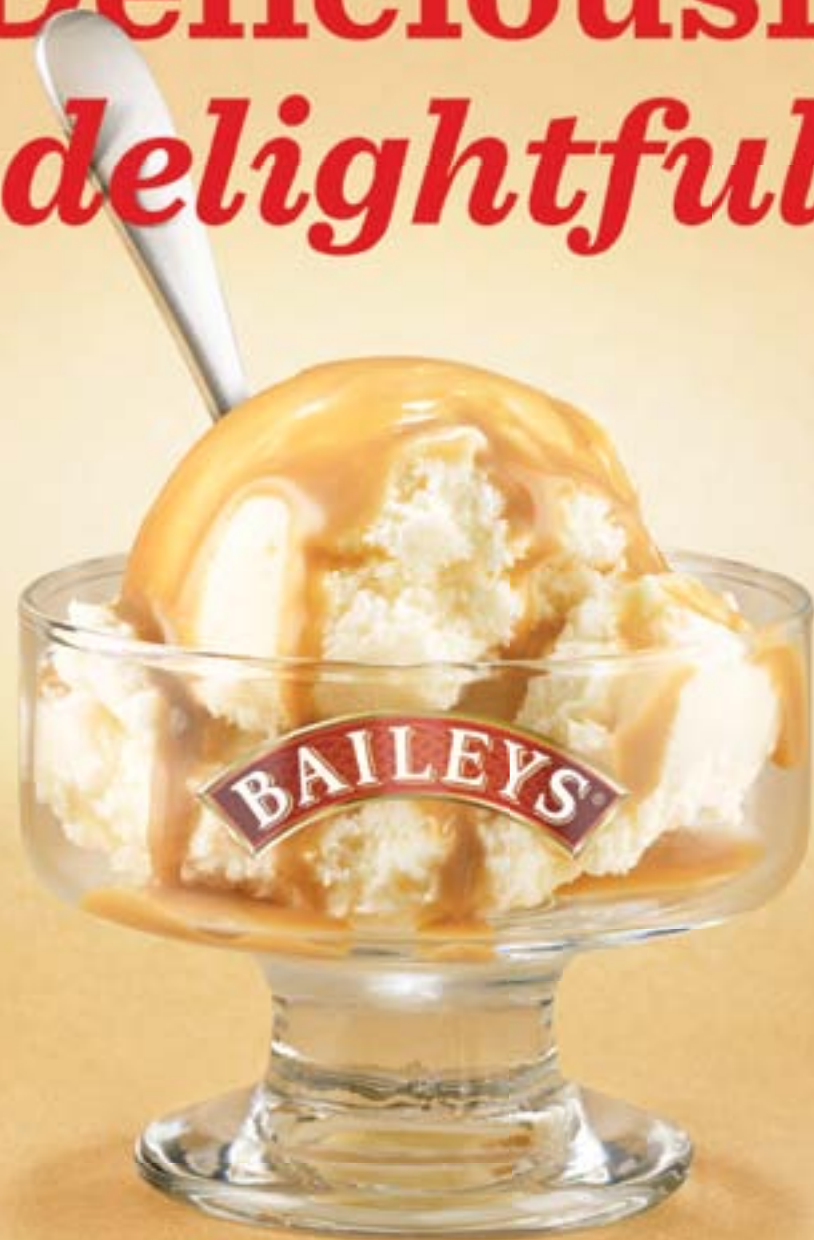
QUAILS' GATE OPTIMA BC VQA **\$29.99** 390328

BC's own liquid gold is found in Quails' Gate Optima. Lovely citrus, honey and orange aromas with decadent apricot, pear and fig flavours combine on a rich, lush palate. The finish is rich with a touch of silky butterscotch. Serve slightly chilled.



LAMINGTONS

Deliciously *delightful*



Baileys over ice cream



Light as Air Sponge Cakes

LIGHT AND AIRY, SPONGE CAKES ARE THE IDEAL SWEET TREAT AT THIS TIME OF YEAR.

PAIRS WITH INDIVIDUAL LEMON RASPBERRY SPONGE CAKES



GANTON & LARSEN
PROSPECT VIDAL ICEWINE
BC VQA \$39.99 609974

A beautiful icewine meant for spring with its lovely, spicy, floral bouquet with citrus nuances. Richly textured with flavours of apricot, citrus, orange and honey gliding ever so slowly across your palate will ensure guests will not forget dessert at your house!



HONEY AND GREEN TEA SPONGE CAKE WITH CITRUS SALAD

PAIRS WITH HONEY AND GREEN TEA SPONGE CAKE WITH CITRUS SALAD



ROYAL DE NEUVILLE
PETILLANT

France \$14.99 81661
Put a little pink on the table and everyone smiles! This enchanting little sparkling has sweet red fruit aromas and flavours that delight. The sweetness is nicely balanced by a fresh acidity making this an ideal companion to red fruit desserts. Serve well chilled.



BC LIQUORSTORES



MARTINI ASTI
Italy \$13.99 1875

Here's a great value sparkling from Germany boasting generous apple, peach, grapefruit and melon flavours. The bubbles make it fun, the abundant sweet fruit makes it delicious and it's perfect for dessert!



NIERSTEINER SPATLESE
LATE HARVEST

Germany \$13.99 262337
Orange, peach, honey, spicy ginger and citrus aromas and flavours fill your senses. The finish is nicely balanced with a good acidity. This wine is a perfect partner to desserts or spicy cuisine. Great price!





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THE Spanish Kitchen

PAELLA WITH MUSSELS, SPOT PRAWNS AND CHICKEN

by Murray Bancroft

FOR RECIPE INDEX, PLEASE SEE PAGE 125

The culinary landscape in Spain is finally receiving the credit it deserves. No longer playing second string to cuisine from Italy and France, Spanish Chefs like Ferran Adria and Juan Mari Arzak have given Spain its culinary swagger back. But it's not all about white table cloths and lobster foam, in fact, much of Spanish cuisine (like most great food) is rooted in fresh, regional, seasonal ingredients prepared quite simply. The well known paella, often cooked over coals, extends well past the borders of Spain. Here are some simple and tasty recipes that you can try for yourself.

PAIRS WITH PAELLA WITH MUSSELS, SPOT PRAWNS AND CHICKEN



CHORIZO BRAISED IN CIDER



**SANTA CRUZ DE ALPERA
ALMANSA VERDEJO**
Spain **\$12.99** 685206
Made from 100 percent Verdejo grapes, this light-bodied wine is fresh, fabulous and fun! The tropical and citrus nuances attract you to the first sip. The touch of effervescence on the tongue is caressing along with the cool, tropical flavours in this food-friendly wine.



**SAN VALERO
EL JAMON CARINENA
TEMPRANILLO CRIANZA**
Spain **\$16.99** 357194
Here's a generous, well-priced red full of intriguing spicy cherry and cinnamon notes. On the palate plum, jammy red fruit and spice unite in wonderful layers of flavour. The finish is round and velvety. Perfect with the paella.

The Spanish Kitchen



ALBACORE TUNA AND POTATO STEW

SPANISH CUISINE (LIKE MOST GREAT FOOD) IS ROOTED IN FRESH, REGIONAL, SEASONAL INGREDIENTS PREPARED QUITE SIMPLY.

PAIRS WITH CHORIZO BRAISED IN CIDER



ALVEAR FINO

Spain **\$14.99** 112771
Aged in white American oak casks under the Solera system for five years, this is a very fragrant wine with slightly earthy and yeasty biscuit flavours. It has a refreshingly soft finish allowing it to pair with a variety of cuisine with ease, or try it as an aperitif for a special treat!



GRILLED GREEN ONIONS WITH ROMESCO SAUCE

PAIRS WITH GRILLED GREEN ONIONS WITH ROMESCO SAUCE

PAIRS WITH ALBACORE TUNA AND POTATO STEW



STORKS TOWER CASTILLA SAUVIGNON BLANC VERDEJO

Spain **\$14.99** 423723
This wine is a lovely blend of Sauvignon Blanc and Verdejo that's bound to delight everyone at the table. Crisp, tangy citrus flavours carry through from the medium body – right to the balanced finish. Try it with the stew.



MIGUEL TORRES VIÑA ESMERALDA

Spain **\$14.49** 165316
This very unique blend of Moscatel and Gewurztraminer creates a special wine to be savoured. Floral, peach and spice aromas penetrate the senses while the fresh apple, lychee and spicy honey notes ease you into the light, dry finish.



MONTEBUENA RIOJA

Spain **\$15.99** 507517
Made from 100 percent Tempranillo, this dark ruby wine has an alluring bouquet of spice, tobacco and red fruits. Concentrated flavours of smoky cherry, spices and blackberry on the palate guide you to the lightly tannic, supple finish. Fantastic value wine!



RED GUITAR TEMPRANILLO GARNACHA

Spain **\$12.99** 120360
A powerful little wine at a fantastic price, Red Guitar is a medium-bodied blend of Spain's two signature grapes. Ripe raspberry and blackberry fill the palate with smooth, luscious flavours while the ending is long, lingering and lush. It's a very versatile food wine and easy to sip solo.



WILLIAMS & HUMBERT DRY SACK SHERRY

Spain **\$16.99** 13565
A golden dry sherry filled with almond, spice and caramel flavours that delight. It's a wonderful sherry, delicate enough to be an aperitif, but also versatile enough to pair with lighter cuisine, fruits and desserts.

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SMIRNOFF + CRANBERRY + LIME



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NEW THESE JUST IN!



00
KIWI WALK SAUVIGNON BLANC
New Zealand \$14.99 180620

Take a walk on the Kiwi side with this new offering from New Zealand. It's a medium-bodied, dry wine ripe with fresh herb and tropical notes of guava and gooseberry. The palate is backed by a fresh acidity that is well-balanced and harmonious. Subtle streaks of mineral saunter through the long, crisp finish. Serve chilled with seafood or as an aperitif.



00
19 CRIMES
SHIRAZ DURIF
Australia \$19.99 200717
It would be a crime to not try this exceptional wine from down under. Vanilla, dark fruit and licorice notes surrender themselves on the nose while the flavours of blackberries and spicy black cherry take no prisoners. The sentence is read in the structured, ripe tannic finish and the verdict is clear...guilty of excessive great taste!



00
COLBY RED
USA \$15.99 201038
Cabernet Sauvignon, Zinfandel, Syrah, Petite Syrah and Merlot combine to produce this unique blend from California. It has a concentrated bouquet of black and red fruits along with a slightly spicy nuance. The flavours are bold and fruit-forward with boysenberry, plum and blackberry mid-palate and toasty vanilla on the smooth finish. It's an easy drinking wine at a fantastic price.

ALSACE

A CELEBRATION OF CULTURE, FOOD AND WINE



by Barbara Philip, Master of Wine

A cultural mixture of France and Germany, Alsace is a region of glorious diversity. The cuisine and wines combine elements of both countries to create an unmistakably Alsace style. Classic dishes are a mix of heartiness and elegance, while the wines, with their differing levels of sweetness and distinct flavour profiles, are some of the most exotic in the world.

Though changes in climate and soil type between vineyards will impart different qualities to the grapes, most often it is the variety itself that defines the characteristics of an Alsace wine. Unlike many other premium French wines, the grape variety often appears on the label and is a good indication of flavour, texture and food pairing suitability.

Gewurztraminer is the strongest signature for Alsace, displaying the most perfumed and identifiable aromas. Lychee, rosewater and ripe apricot are classic descriptors and wines are often identifiable at first sniff. In the vineyard, Gewurztraminer grapes can achieve very high ripeness, often resulting in a wine with fairly high alcohol (13–15 percent) and in some cases, a little residual sweetness. The wines tend to

have a rich, oily texture on the palate, making one think of paring them with roast goose, creamy cheese or pork crackling. It is also fun to contrast the floral tones of Gewurztraminer with earthy flavours in food such as *foie gras* or Munster cheese. While most are enjoyed when their flavours are young and pungent, some Gewurztraminers gain even more complexity with age, taking on savoury, bacon-like qualities. If you are lucky enough to have an aged example in your cellar, try it with a homemade *quiche lorraine*. The

have a purple hue in the vineyard and will impart soft, rather than strongly aromatic, flavours to the wine. Aromas often include baked pear, ripe apple and cinnamon. Like Gewurztraminer, alcohol levels in Pinot Gris can be relatively high and can help create an unctuous texture. Pinot Gris will stand up to rich foods such as grilled sausages with sauerkraut, barbecued pork or lentil stew. When the wine contains a little residual sugar, it plays off the saltiness of cooked ham beautifully. Pinot Blanc is from the same family as Pinot Gris, but

CLASSIC DISHES ARE A MIX OF HEARTINESS AND ELEGANCE, WHILE THE WINES, WITH THEIR DIFFERING LEVELS OF SWEETNESS AND DISTINCT FLAVOUR PROFILES, ARE SOME OF THE MOST EXOTIC IN THE WORLD.

rare Muscats from Alsace have similar floral tones to Gewurztraminer but are typically lighter on the palate. For an exciting food match, Catherine Faller, proprietor at Domaine Weinbach, suggests young Muscat with the first asparagus of spring.

Although it lacks the heady aromas of Gewurztraminer or Muscat, an Alsace Pinot Gris will fill the mouth with rich fruit. This is the same grape variety as Pinot Grigio from Northern Italy, but comes across quite differently in the glass. The Alsace version will have more colour, flavour and body. Ripe berries

is lighter-bodied with more pronounced acidity. It typically has gentle fruit flavours of apple and stone fruit and makes an excellent partner to fresh water fish dishes such as pike with leeks and cream.

Because of its ability to make complex and beautifully structured wines, Riesling is one of the most exciting white varieties. A mark of a truly great Riesling is its ability to improve with several years of aging in the bottle. Compared to Pinot Gris, Muscat or Gewurztraminer, Riesling's acidity is high and the wines cleanse the palate with a juicy, lemony sensation. In contrast to most German Rieslings we

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with

EXQUISITE SINGLE VARIETALS



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Alsace

know, those from Alsace are typically dry and more austere on the palate. Flavours consist of citrus, peach and a distinct minerality that is reminiscent of wet rocks. A classic match would be *Bäckeoffe*, a stew made from pork, lamb, beef, potatoes, shallots and carrots cooked all day in white wine. Other traditional pairings would be *Coq au Riesling*, which is cooked with mushrooms and served over noodles, or *Tomme d'Alsace*, a firm and savoury cow's milk cheese.

Although grape variety is the single biggest indicator of style, there are other terms to look for on the Alsace label. For example, some dry table wines are blends of varieties and will be labelled Edelzwicker or Gentil. Crémant d'Alsace, the region's sparkling wine, is made from a blend of less aromatic varieties and is vinified according to the same techniques employed in Champagne. Both of these styles make for crisp aperitifs or can accompany a range of foods from shellfish to roast pork. *Vendange Tardive* and *Sélection de Grains Nobles* are terms indicating sweet wines, where the varietal aromas are concentrated by dehydration of grapes on the vine. The opulent texture of these wines makes them excellent partners for fruit pies or cave-aged cheeses such as Beaufort or Gruyère.

Few other regions celebrate gastronomy like Alsace, where intensely flavoured wines play off hearty foods. While Alsace wines can be said to have a certain commonality, the diversity imparted by each variety and production style gives wine lovers a range of options for each season, occasion and cuisine.



01
ALBRECHT RESERVE
GRAND CRU
GEWURZTRAMINER
France **\$25.99** 269712
This is textbook Alsace Gewurztraminer with exotic lychee, roses and stone fruit on the nose. The palate has excellent richness and warmth.



01
PFAFFENHEIM
'STEINERT' GRAND CRU
GEWURZTRAMINER
France **\$33.95** 615898
The Steinert vineyard is rated one of the best in Alsace and this Gewurztraminer is particularly complex and flavourful. In addition to floral aromas, it has dense spice and dried pear flavours. The finish is very long.



01
PFAFFENHEIM PINOT GRIS
France **\$18.99** 616144
The nose of this Pinot Gris has soft spice and subtle floral tones. It is made in a richer style than Italian Pinot Grigio and coats the palate with baked pear and apple notes.



01
ERNEST PREISS RIESLING
France **\$19.99** 15230
This classic Riesling is tropical and ripe on the nose with lifted lemon, floral and white peach notes. The palate is zingy, balanced and delicious with a savory, herbal edge.



00
PAUL ZINCK PINOT BLANC
France **\$17.99** 414557
This is extremely pleasant wine at a great price. Its white peach and apple notes give way to a refreshing palate.



00
HUGEL GENTIL
France **\$19.99** 367284
The Gentil is a blend of several classic varieties including Gewurztraminer and Muscat for aromatics, Pinot Gris for weight and Riesling for finesse. Though it has sweet, ripe fruit on the nose, the palate is crisp and dry.

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THE CROWN MANHATTAN

1.25 oz. Crown Royal Deluxe or Crown Royal Black
0.5 oz. sweet vermouth
3 dashes of bitters

Can be served on the rocks or shaken with ice.
Garnish with a maraschino cherry.

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FLAVOURS OF SPRING



01

**CRIOS DE SUSANA
BALBO TORRONTES**

Argentina **\$15.99** 769125
One sniff and you wonder if you're strolling through a garden! The perfume on this wine is stunning with its spring flowers, honey and tropical notes. White pear, peach and orange flavours unite in the mouth coating, refreshingly dry finish. Serve chilled and sip solo.



TOSCHI FRAGOLI STRAWBERRY

Italy **\$25.99** 663641 500 ml

Here's a fun strawberry liqueur with real, wild forest, hand-picked strawberries in every bottle. It's a well-balanced combination between sweetness and fruit that's perfect for mixing in cocktails or with a little bubbly. Try it for a tasty treat! And just how do they suspend those petite, dark red strawberries in the bottle?



CHÂTEAU DE FERRAND

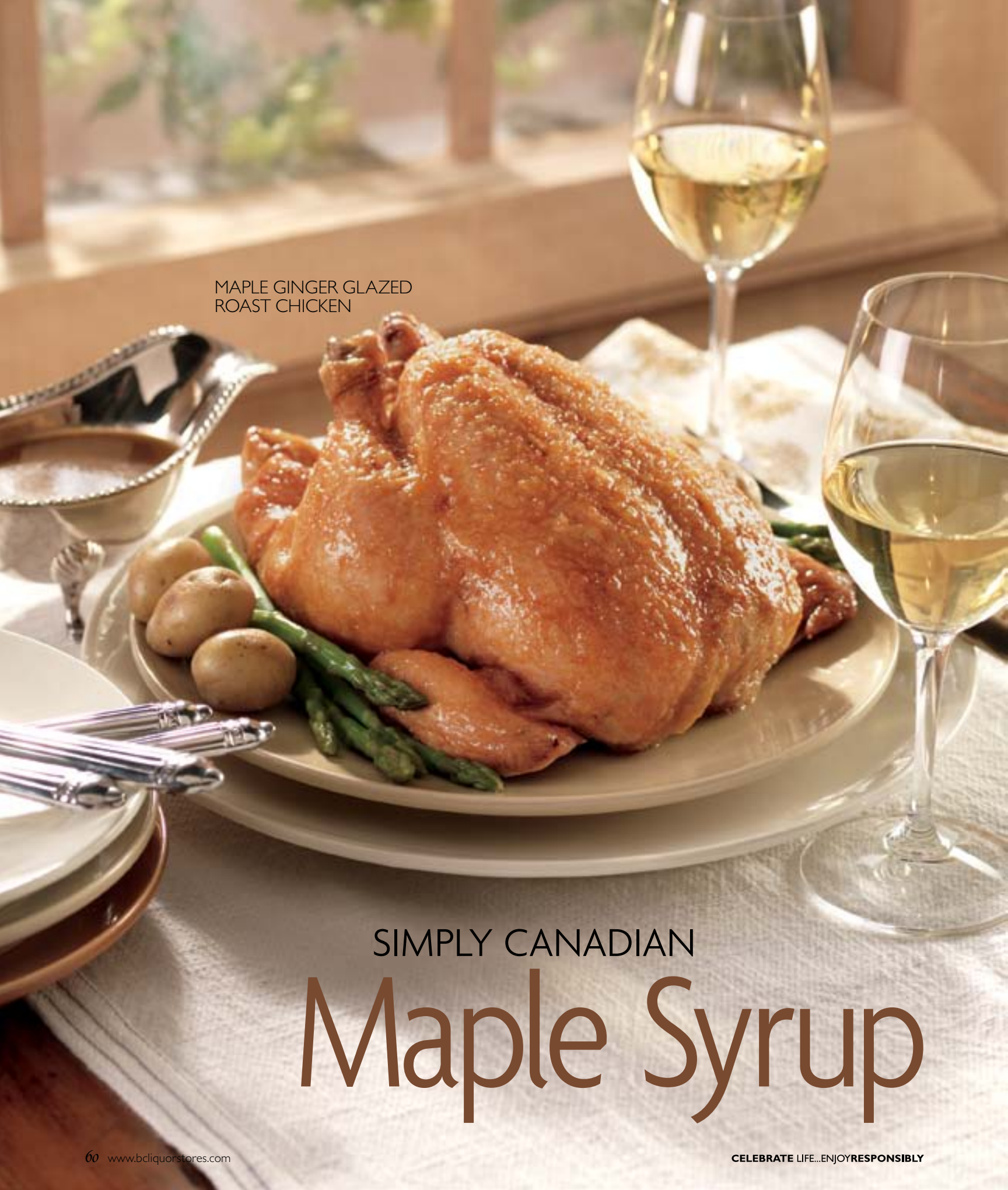
France **\$39.99** 861849

This deep red hued beauty has concentrated aromas of rich licorice, mocha and black plum. The palate shows red fruits, chocolate and a hint of vanilla oak in the luxurious, silky finish. This exquisite Bordeaux is offered at an exceptional price. Decant and drink now or cellar for another five years.

BC LIQUORSTORES

TASTE 59

MAPLE GINGER GLAZED
ROAST CHICKEN



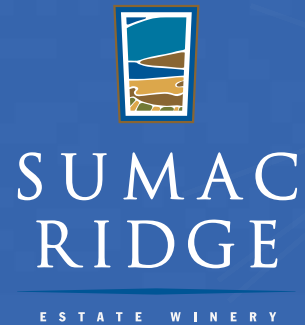
SIMPLY CANADIAN
Maple Syrup



PEA SOUP WITH MAPLE BACON SCONES

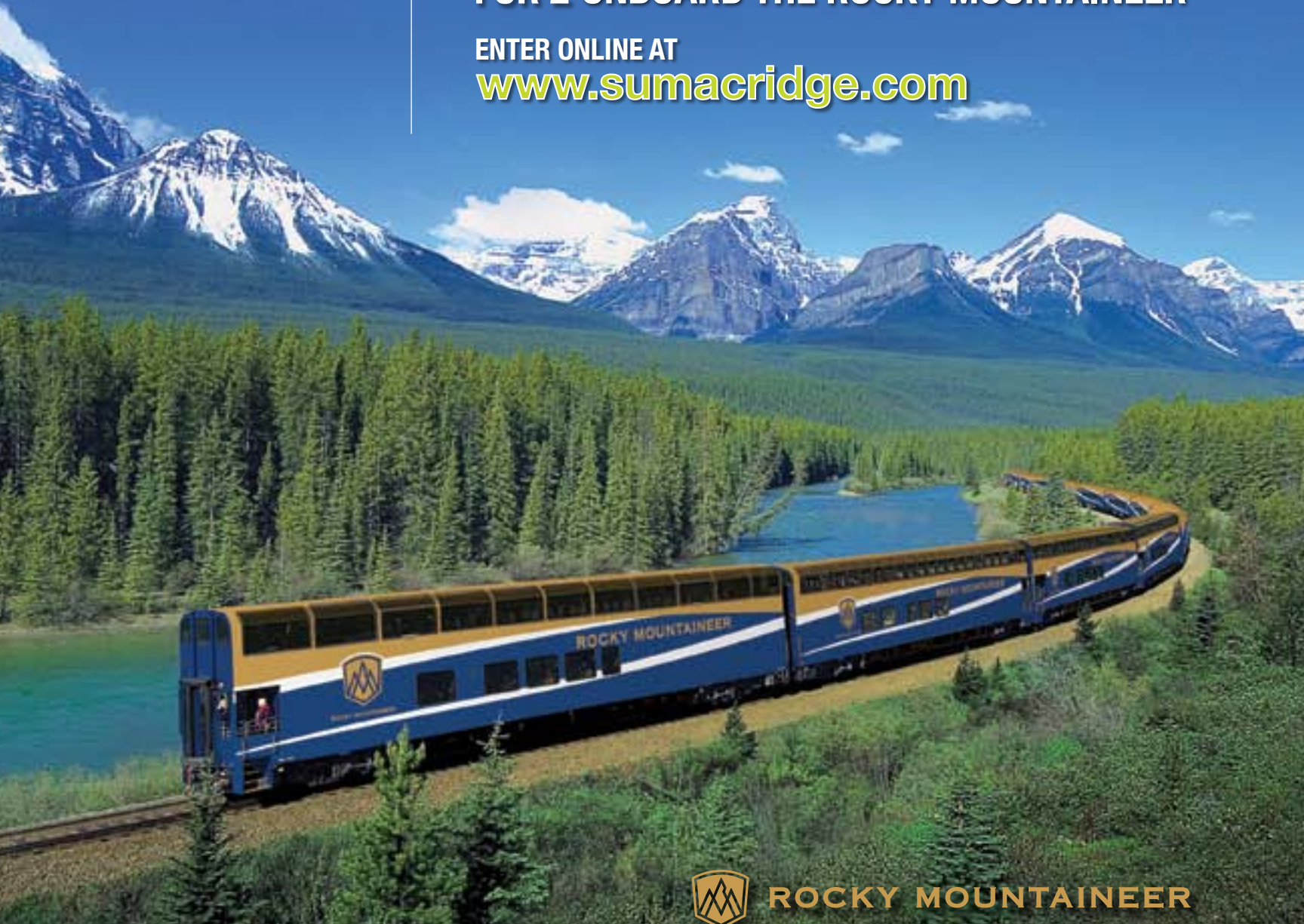
The appearance of the first crop of spring, maple syrup, is one of the great joys of the season. For a few fleeting weeks, select maple trees will produce the high sugar content sap that is necessary for making maple syrup. Sap straight from a maple tree is almost tasteless and contains only two to five percent sugar. Evaporation, achieved by

boiling the sap, concentrates the sugar and boosts the distinctive maple flavour. Forty litres of maple sap are required to make just one litre of maple syrup. Maple syrup's depth of flavour enhances both sweet and savoury dishes. Take inspiration from the following recipes and bring a little natural sweetness to your next meal.



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MAPLE FUDGE

PAIRS WITH MAPLE FUDGE



**SUMAC RIDGE
STELLAR'S JAY BRUT**
BC VQA \$24.99 264879
Using the traditional "Methode
Classique" this sparkling is
truly sensational with white
peach, berry and orchard fruit
aromas and flavours. It has a
creamy, floral finish with a kiss
of sweetness on the end. Add
a little bubbly to make dessert
extra special!



SUMAC RIDGE PIPE
BC VQA \$24.99 713750 500 ml
Port-like in style but not in price,
this richly flavoured, fortified
wine has decadent flavours of
black cherry, blackberry, fig and
sweet vanilla. A full-bodied,
complex wine that's big, bold
and luscious in its texture. Sit
back and sip slowly to enjoy all
that it offers.



LA CREMA CHARDONNAY
USA \$27.99 366948
Golden yellow in colour with
an appealing nose of citrus
and subtle toasted oak, this
California Chardonnay is kissed
by the sun. Vanilla, apple, orange
and butterscotch flavours are
apparent on the palate. The
finish is creamy and round,
making this an ideal companion
to the soup.



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- Jim Murray

Simply Canadian Maple Syrup

PAIRS WITH PEA SOUP
WITH MAPLE BACON SCONES



00
CHARTRON LA FLEUR
SAUVIGNON BLANC
France **\$13.29** 626341

Here's a chic, light-bodied wine with zesty citrus, grass, smoke and mineral nuances on the nose. The flavours of peach, mineral and fresh fruit on the complex palate are lively while the finish is crisp, clean and mouth-watering. Superb value wine!

PAIRS WITH SEARED SESAME TUNA
WITH MAPLE SOY SAUCE



02
SELBACH RIESLING
Germany **\$15.95** 23242

The generous floral bouquet welcomes you while the notes of apple and nectarine on the palate are crisp and flavourful. The well-balanced sweetness and acidity make this a fantastic wine to pair with seafood or spicy dishes.



00
BELLE GLOS MEIOMI
PINOT NOIR
USA **\$24.99** 278937

Very dark in colour, this beautiful Pinot Noir has sweet cream, oak spice and berry nuances. Earthy smoke notes, berries, cola and spice combine with a velvety mouth feel that gently leads you to the soft and wonderfully supple finish.



00
CONO SUR ORGANIC
CHARDONNAY
Chile **\$14.49** 471367
Definitely organic and positively delicious, this well-priced Chardonnay has fantastic aromas and flavours of apple, vanilla and peach with an intriguing, earthy spiciness. The subtle touch of citrus on its rather lingering finish is light and refreshing.



00
CLINE CELLARS VIOGNIER
USA **\$18.99** 638395

This is a very distinct wine with gorgeous notes of peach, apricot and honeysuckle. The full-bodied, luscious, mouth coating flavours of citrus, spice, ginger and orange are decadent. Well-balanced and harmonious in its soft, rich finish, it's the ideal companion for the roasted chicken.



SEARED SESAME TUNA WITH MAPLE SOY SAUCE

PAIRS WITH MAPLE GINGER GLAZED ROAST CHICKEN

OAK REVEALING THE MYSTERY BARRELS

You simply couldn't make many of the world's greatest wines without oak barrels. It's as simple as that. Take the barrel out of Château Lafite and, well, it wouldn't be selling for a few thousand dollars a bottle anymore.

Oak does much more for a wine than just add nuances of vanilla, spice and toasty notes. Perhaps most importantly, barrels act as the lungs of a wine, allowing it to slowly breathe through the microscopic pores. This can result in a tiny amount of oxidation which can help fill out the wine giving it more depth, breadth and complexity. But that's not all it does. Barrels can

TAKE THE BARREL OUT OF CHÂTEAU LAFITE AND, WELL, IT WOULDN'T BE SELLING FOR A FEW THOUSAND DOLLARS A BOTTLE ANYMORE.



potentially add wood tannins to the wine giving it more structure, changing the texture and possibly allowing it to age for longer. Barrel aging can also change the colour of wine, usually making white wines deeper.

As such, winemakers go gaga over oak barrels. Their barrel cellar is their pride and joy. They love leaning against a barrel, wine thief in hand, explaining their preference for one toasting level over another, or perhaps a certain forest, or their adoration for a particular cooperage. At around \$1,200 for a top French oak barrel, these are expensive toys and the barrel bill is likely to be the largest capital expense each year after labor costs.

The marriage of wine and wood is a complex subject. First, you have a variety of different types of wood that either are, or have been, used for wine. Pine, and certainly pine resin, imparts a rather distinctive taste, best left to fans of Retsina. Other types of wood, such as chestnut, are occasionally used but sometimes impart harsh flavours into the wine. So the coopers have settled on oak as the best type of wood.

Of course there are different

species of oak tree. The species that is most commonly used from America is called *quercus alba*, which is native to Missouri. Some winemakers describe it as having overt coconut flavours and being too loud, obnoxious and in-your-face. Frankly, I've had some extremely delicious wines made using American oak. Old style Rioja is typically aged in American oak and that's hardly an obnoxious wine.

On the cost front, American oak costs half as much as French oak because more can be extracted from the tree. The trees are typically 80-120 years old before being harvested, so there's some planning ahead involved.

The French oak species, known as *quercus robur*, is the species that is the most highly prized. But even within France there are different forests and each forest has its own terroir, so the trees grow differently. Therefore, the wood not only contains different flavours from one forest to another, but also the size of the pores can vary changing the degree of oxygenation. Most winemakers say that French oak is more subtle with more spice and nutty flavours.

Once a tree is harvested, it is taken

to the cooperage and cut into staves that look like planks. Some coopers then put these in stacks and leave them outside to be seasoned. As the planks of wood are exposed to the elements, the undesirable tannins seep out and after three years only the finest flavours and tannins remain. Other coopers think this is a waste of time and they kiln dry the wood so it is ready in a matter of weeks after the harvest. But the connoisseurs frown on this. You can't hurry perfection.

Once the staves have been seasoned they are put into the hands of the barrel maker who will toast the wood over an open fire to char it. The more it is "smoked," the stronger the toasty flavour in the wine. This is an art. Some barrels may need a light toasting, whereas others may need longer and there's always the option of toasting the heads of the barrel too. Other cooperages leave the decision to technology and have an electronic nose determine if certain aromatic compounds are present. As a winemaker, you could order your barrels with an extra dose of vanilla if you wish...

The barrels are then shipped around the world ready for the Cabernet,

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Oak Barrels

WINEMAKERS GO GAGA
OVER OAK BARRELS...THEY
LOVE LEANING AGAINST A
BARREL, WINE THIEF IN HAND,
EXPLAINING THEIR PREFERENCE
FOR ONE TOASTING LEVEL
OVER ANOTHER, OR PERHAPS
A CERTAIN FOREST, OR
THEIR ADORATION FOR A
PARTICULAR COOPERAGE.

Merlot, Syrah, Malbec, Pinot Noir
and various other red varietals that
commonly go into them. A handful of
whites, such as Chardonnay are often
aged in barrel and sometimes Sauvignon
Blanc can be fermented and aged in
barrel, as in California or Bordeaux.

It then falls into the hands of the
winemakers as to how they might use
their precious toys. Most are nervous
about over-oaking a wine and it's a fine
line between getting the most out of a
barrel and not over-doing it. As such,
many winemakers don't use 100 percent
new oak and instead use both one and
two year old barrels. But on the other
hand, there are wineries that produce
such dense wines that 100 percent new
oak treatment is the way to go and some
cult wines even go for 200 percent
new oak by using a new set of barrels
halfway through the aging process. The
bottom line is that there is no magic
formula and winemakers will have their
own preferences.

When it comes to modern wine-
drinkers' tastes, we've been told that
we should no longer like oaky wines.
All those vanilla and toasty notes,
accompanied by a dose of melted butter,
are no longer in style. But just wait 10
years and oak will be all the rage again.



MER SOLEIL CHARDONNAY
USA **\$34.99** 453142
This is a classic example of
a big, rich, toasty California
Chardonnay with lots of tropical
fruit and a buttery texture. The
butter comes from the malolactic
fermentation. Caymus makes this
wine, one of the most famous
names in Napa.



LE VIEUX DONJON
CHATEAUNEUF-DU-PAPE
France **\$59.94** 302216
A well respected estate in the
southern Rhone with all the
spicy, red berry flavours and
earthy notes that you find in
these classic wines. This is aged
in oak for an extended period.
By law wineries can use up to 13
different grapes in Châteauneuf-
du-Pape.



BERINGER KNIGHTS VALLEY
CABERNET SAUVIGNON
USA **\$44.99** 352583
Knights Valley is just north of
Calistoga in Napa. The hotter
climate results in concentrated,
ripe flavours of blackberry and
sweet cherry. A lick of vanilla is
the sure sign of oak aging.



MARQUES DE RISCAL
RIOJA RESERVA
Spain **\$26.99** 214817
Rioja Reserva is, by law, aged
for an extended period in oak.
This was traditionally American
oak but some producers are
now using French oak as well.
Riscal is one of the old classic
names and the wines are
always reliably good. The best
Rioja is primarily Tempranillo
that can age beautifully, often
for several decades.



NORTON PRIVADA
Argentina **\$24.75** 519439
Oak can add spice, toast, vanilla
and a cedar nuance to wines
and tends to flesh them out
and soften the tannins. Lots of
blueberries and sweet black
fruits here. Norton is a foreign
owned winery in Argentina,
much like many others, but it
was one of the first.



SUMAC RIDGE
BLACK SAGE MERLOT
BC VQA **\$19.99** 593053
From our own backyard, this
Merlot was aged in 75 percent
French oak and 25 percent
America oak barrels for 12 to
14 months. Outstanding nose
with dominant blackcurrant and
cherry aromas lead to great
length with black fruits continuing
to the finish. Enjoy with beef,
roasted beets, aged goat's cheese
or balderson cheddar.



BAR  STAR
KEENAN HOOD
 AT KEEFER BAR



A life on the slopes evolved into a life behind the bar for Keenan Hood. The northern Ontario native brought his downhill skills west fourteen years ago to instruct in Whistler. It was during his time in Whistler that he delved into the restaurant business – starting in the kitchen. “I knew I wanted to be on the floor, I wanted to be up front,” he says, and eventually he did, landing a few bar jobs around Whistler Village.

In 2003 Keenan arrived in Vancouver and a few years later ended up at the freshly opened and ultra fashionable Ocean Club in West Vancouver. From there, Keenan spent some time behind the bar at George in Yaletown before moving to Kitsilano’s DB Bistro, where he met fellow bartender and mixologist Danielle Tatarin. Just over two years ago, Tatarin, the Founding President of the Canadian Professional Bartenders Association (CPBA), lured Keenan away when she took on a new project, The Keefer Bar.

by Daenna Van Mulligen

KEENAN HAS A PASSION FOR CLASSIC COCKTAILS, PRE-PROHIBITION STYLE, AND HIS GREATEST DELIGHT IS CATERING TO CUSTOMERS WHO ARE CURIOUS ABOUT THE CULTURE OF HIS CONCOCTIONS.



CHINATOWN SOUR (LEFT)

- 1 oz (30 ml) Wild Turkey 101 bourbon
- 3/4 oz (22 ml) Fernet Branca herbal liqueur
- 1 oz (30 ml) lemon juice
- 3/4 oz (22 ml) Astragalus/Orgeat Syrup*

Combine all ingredients in a shaker. Shake vigorously and double strain into a fancy cocktail glass.

* See sidebar on page 71

SPRING FLING (NEXT PAGE)

- 1 oz (30 ml) Beefeater Gin
- 1 oz (30 ml) Aperol (or Campari)
- 1 oz (30 ml) Kuei Hua Chen Chiew (Chinese happy wine)

Add all ingredients to a boston glass and stir, then strain into an old fashioned glass on ice. Garnish with a thick slice of lemon zest.



KEEFER 75 (RIGHT)

- 3/4 oz (22 ml) dragon fruit skin infused gin*
- 3/4 oz (22 ml) lemon juice
- 1/2 oz (15 ml) lavender syrup*
- 3 oz (90 ml) Prosecco

Add the first 3 ingredients to shaker. Shake vigorously and double strain into a champagne flute, topped with Prosecco.



Spring Fling cocktail (see page 71 for recipe).

The Keefer Bar, called “delightfully seedy” by *Wallpaper Magazine*, sits just off Main Street, on Keefer Street in Chinatown – Vancouver’s newest hot neighborhood. They specialize in apothecary-style cocktails made with traditional Chinese herbs. It’s a sleek room, long and appropriately lit, a place, “you can come into at midnight, have a drink and still hear the conversation,” Keenan says. The Keefer Bar attracts a mixed clientele, from people stopping in for a pre-game drink and snack before heading off to a Canucks game, to post movie patrons or those craving a nightcap after dining at the popular Bao Bei Chinese Brasserie, just doors away.

Keenan has a passion for classic

cocktails, pre-prohibition style, and his greatest delight is catering to customers who are curious about the culture of his concoctions. “A happy customer is a happy bartender and a happy staff. We have a great clientele at The Keefer,” he adds, “they are eager to learn and enjoy.”

“Bartending has become a respected profession, more of a career,” Keenan states. “There are a lot of new, young bartenders appearing – some want to be a part of the culture, they study the history of cocktails. Some just want to be behind a bar.”

Stop in and let Keenan whip something up for you at The Keefer Bar, or test out some of the delightful cocktail recipes provided here.

SYRUPS

Keenan Hood provides some tips on making syrups...they are extremely easy!

If you know how to make tea, then you can make cocktail syrup because that is basically what you are doing. Steep the ingredient(s). Strain the ingredient(s) out of the flavoured water, then add equal parts of sugar to the flavoured liquid while the water is still hot. The longer you steep it, the more predominant the flavour is going to be!

ASTRAGALUS/ORGEAT SYRUP

Take 5 long peices of astragalus and steep in 1 cup (250 ml) of water, run liquid through a fine strainer then add equal parts of sugar. Add equal parts of orgeat syrup to the astragalus syrup. The simplest and best solution for orgeat syrup is to use Giffard Orgeat which can be purchased at the Gourmet Warehouse www.gourmetwarehouse.com

DRAGON FRUIT SKIN INFUSED GIN

This gives a fantastic, deep pink natural colour to your clear alcohol. Cut off the skin of one whole dragon fruit and add to a bottle of gin or any clear alcohol. Mix together and refrigerate for one day.

LAVENDER SYRUP

Add 1 tbsp (15 ml) lavender to 1 cup (250 ml) of boiled water. If you like a stronger flavour, add more lavender. Steep the lavender, strain and then add equal parts of sugar to lavender water.

CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES

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



Karen Curtis
Product Consultant
(WSET* Advanced)
39th & Cambie Signature Store,
Vancouver

Sharing my passion of food and wine with my customers and co-workers is my favourite aspect of this job.



Blake Konkle
Product Consultant
(WSET* Intermediate)
Fleetwood Signature Store,
Surrey

Building a rapport and creating a fun environment where our customers seek out help and advice every time they visit our stores is the focus of my job.



Nicole Lozinski
Product Consultant
(WSET* Advanced)
Orchard Park Signature Store,
Kelowna

Nothing is more rewarding to me than fulfilling my customers needs and watching them leave with excitement over some fantastic new wines they want to experience.



CAT AMONGST THE PIGEONS SHIRAZ
USA \$19.99 58073

This is a dark and spicy wine with tons of blackberries, cassis and slight hints of floral notes and black olives that linger on a lovely, textured finish. Drink now or enjoy over the next five years.



HESTER CREEK CHARACTER
BC VQA \$19.99 158311

Made from 100 percent estate grown grapes, this delightful wine is a blend of Merlot, Syrah, Malbec and Petit Verdot with rich notes of coffee, spice, plums, wild cherries and toasty oak. Enjoy now or cellar for the next two to five years. Pair with braised short ribs, grilled rosemary lamb chops or a ribeye steak.



LAS PERDICES CABERNET SAUVIGNON
Argentina \$16.99 695676

This full-bodied, intense red exhibits cherry aromas with subtle pepper notes and soft oak touches. There is a plush concentration of cherries and blackcurrants that are soft on the palate with well-balanced tannins and acidity. A hint of oak gives this value-priced red a great finish. Enjoy with a juicy steak, pasta or white meat with spiced sauces.



ZAYA GRAND RESERVA RUM
Trinidad \$79.99 916718

This dark rum is a hand-crafted blend from a library of 12 year and older rare rums. It is distilled 5 times and “12 times tasted” by the Master Distiller then aged in medium charred bourbon barrels. Dark amber in colour with aromas of sweet spice and vanilla, Zaya is slightly sweet on the entry followed by vanilla, cinnamon and nutmeg notes with hints of spice, light char and leather. Try it straight up or in a “Gran Mojito” cocktail.



LURTON PINOT GRIS
Argentina \$13.99 556746

This wine shows superb complexity on the palate. The layers of pear, apple, citrus, kiwi and tropical fruits are endless. This well-balanced and concentrated wine is dry and medium-bodied with rich, ripe fruit flavours. Delicious!



MAGGIO PETITE SIRAH
USA \$18.99 172403

The velvety, ripe blueberry, blackberry, black cherry, spice and vanilla aromas are tempting. This full-bodied red shows additional flavours of cocoa, licorice and toasty oak on the palate with fine, ripe tannins. It has a smooth and luscious texture with a long, full finish. A wine that can definitely be enjoyed now or cellared for up to five years.



COOKING WITH

Tequila



SPICY TEQUILA AND LIME SHRIMP
WITH TEQUILA CILANTRO LIME SAUCE

Tequila is the ultimate product of the unique agave plant grown in a unique place; it is simply Mexican. Today there is an ever-growing popularity with fine quality produced tequilas, that have a similar cachet to that of a fine brandy, with complexity, body and aroma. And they're not just for margaritas anymore! Here are four authentic, Mexican-style recipes with tequila as an ingredient to spice up your dinner party.



CORN CHOWDER WITH ROASTED TOMATOES, TEQUILA AND CRAB

PAIRS WITH CORN CHOWDER
WITH ROASTED TOMATOES,
TEQUILA AND CRAB



**CHÂTEAU ST JEAN
CHARDONNAY**

USA **\$20.99** 421644

This is a medium-bodied, elegant Chardonnay displaying aromas and flavours of melon, apple and hazelnut. Toasty oak and vanilla merge on the creamy, mouthfilling finish. Serve slightly chilled with the soup for a fantastic pairing.



**CHÂTEAU GAURELLE
VOUVRAY**

France **\$24.99** 309567

Made from 100 percent Chenin Blanc this light golden beauty has a delicate floral nuance on the nose with complex apple and mineral notes on the palate. It is off-dry in style with a slightly honeyed finish. Ideal served with spicy cuisine.

EVENTUALLY YOU GET TO



GUINNESS IS GOOD.



Cooking with Tequila



SEARED LING COD WITH TEQUILA CILANTRO CHIVE CREAM, FRESH PEAS AND ASPARAGUS

PAIRS WITH SEARED LING COD WITH TEQUILA CILANTRO CHIVE CREAM, FRESH PEAS AND ASPARAGUS



STARBOROUGH SAUVIGNON BLANC

New Zealand **\$16.99** 230680
With layers of citrus and tropical fruit on the nose, this wine accentuates what a great New Zealand Sauvignon Blanc is all about. This zesty white has fresh, green flavours with notes of melon and honeydew and is easy to serve with your favourite seafood.



CHÂTEAU DE SANCERRE-SANCERRE

France **\$28.97** 164582
Gleaming yellow-gold in the glass with a complex bouquet of floral, white peach and orange, this wine is full-bodied and fresh. Citrus nuances dance across your palate and it ends with a bracingly fresh, mineral finish! Perfectly French!

BIG HOUSE

SO GOOD, THEY'RE ALMOST CRIMINAL!

Big House White
Big House Red
Big House 3 Litre
Cardinal Zin

NEW!
3 Litre
Box



RAP SHEET

Big House White - Silver Medal
2011 San Diego International Wine Competition
2011 Monterey Wine Competition

Big House Red - Silver Medal
2011 San Diego International Wine Competition
2011 Monterey Wine Competition

Big House Cardinal Zin - Silver Medal
2011 Monterey Wine Competition

www.BigHouseWines.com
Please Enjoy Responsibly.

FOR RECIPE INDEX, PLEASE SEE PAGE 125

Cooking with Tequila

TEQUILAS...HAVE A SIMILAR CACHET TO THAT OF A FINE BRANDY, WITH COMPLEXITY, BODY AND AROMA. AND THEY'RE NOT JUST FOR MARGARITAS ANYMORE.

PAIRS WITH BRAISED PORK CARNITA SOPES WITH LIME, TEQUILA AND CHILI



LAS ACEQUIAS MALBEC
Argentina **\$21.99** 466722
Big, bold and beautiful! Rich purple in colour, this fruit-forward wine is not shy with its ample black fruit and floral aromas. Vanilla, mocha and fruit nuances play out in the spicy, lingering finish.



BRAISED PORK CARNITA SOPES WITH LIME, TEQUILA AND CHILI

PAIRS WITH SPICY TEQUILA AND LIME SHRIMP WITH TEQUILA CILANTRO LIME SAUCE



QUINTO DO CRASTO DOURO RED
Portugal **\$19.99** 499764
Here's a deep, dark and rich red wine with black cherry and lifted floral notes. This is a solid wine with intense fruit flavours, spicy oak touches and a softly tannic, fine ending. Try it with the braised pork.



QUINTAY CLAVA SAUVIGNON BLANC
Chile **\$13.99** 386383
What a fantastic value for a Sauvignon Blanc! This is a full-bodied white displaying citrus and herbaceous notes followed by zesty lemon, lime and grapefruit flavours. The ending is clean, crisp and snappy.



CAZADORES BLANCO
Mexico **\$33.99** 773143
Made from 100 percent blue agave from the Los Altos region, this tequila is clean, clear and cool! Slightly sweet in its offering with a soft finish, it's perfect mixed in your favourite cocktail or well chilled to sip solo.

BC LIQUORSTORES

TASTE 79

Blue Water Cafe



When Blue Water Cafe opened in historic Yaletown in 2000, it not only raised the bar for fine dining in the former warehouse district, but on the west coast as well. Since then, the neighborhood has expanded and is one of the most fashionable destinations in the city for shopping and dining.

The goal in the beginning was simple – to have the finest service levels match the finest food. A challenge that was met and surpassed, as Blue Water Cafe became known as one of the best seafood restaurants in North America. People come from around the world to taste Executive Chef Frank Pabst's famous “east meets west” cuisine.

Watching the service at Blue Water Cafe could be compared to watching a ballet, smooth, rehearsed and completely fluid. You are a cherished guest from the moment you walk in, to the moment you leave; the staff makes it look so easy.

The comfortable room is always buzzing. From the long drinks bar near the front, past Chef Yoshiya Maruyama's sleek Raw Bar and across the dining room you'll see well-heeled patrons enjoying their evening under soft lighting. The lighting is perfect, not too dark, not too light, and reflects the hand-polished glassware and sparkling silverware.

Restaurant Director Stéphane Cachard knows that in a large dining room, staff levels and efficiency are paramount. Cachard has worked in some of England and France's finest Michelin-starred restaurants. He brings with him the philosophy that each and every Blue Water Cafe guest must receive a superb dining experience.

Wine Director Andrea Vescovi has been at Blue Water Cafe since 2001 and has developed an award winning wine list, second to none in the city, which includes many of the best bottles in the world. Vescovi understands what his guests want and has seen their knowledge of wine and sense of adventure develop over the years. He strives to make sure the wine service is as precise as the food service.

In the background, you'll find Executive Chef Frank Pabst, who oversees Blue Water Cafe's kitchen. It's an open kitchen, which allows him to keep an eye on the flow of the dining room.



BC WHITE STURGEON WITH MORELS, CURED PORK AND GREEN PEA PURÉE



STRAWBERRY LEMON PANNACOTTA WITH BLOOD ORANGE FOAM



WHITE ASPARAGUS SALAD WITH DUNGENESS CRAB IN A GRAPEFRUIT, WATERCRESS AND PISTACHIO VINAIGRETTE

Like Cachard, Pabst's resume includes Michelin-starred restaurants in Germany and France, where he gathered the skills he applies to each dish.

Seafood is the focus and Pabst is dedicated to working with sustainable seafood. To him sustainable refers not only to the species of fish pulled from the water but how they are caught. He promotes wild seafood, only selected from reliable sources that practice responsible fishing methods.

Wanting to introduce diners to

uncommon (less at risk of extinction) species, Pabst developed the *Unsung Heroes** menu. His crusade is to educate guests by presenting the unique flavours of diverse species, which allows him to be creative with small plates and shared plates.

For one month, early each year, Pabst designs a menu, both inventive and intriguing, to showcase these *Unsung Heroes*.* These strongly

* During the *Unsung Heroes* month, 10 percent of the proceeds from the *Unsung Heroes* menu go to the Vancouver Aquarium Ocean Wise sustainable seafood program.

flavoured species are complemented by equally bold flavours to make them approachable and delicious. You'll find these species – squid, sea urchin, octopus, cuttlefish, periwinkles, jellyfish and sardines, highlighted in the *Blue Water Cafe Seafood Cookbook*.

If you haven't experienced the Blue Water Cafe yet, you're in for a very special experience when you do, or you can try these recipes to get a taste of Blue Water at home.

GROWERS 1927™

Hand Crafted Dry Premium Cider.

A return to our original small batch, hand crafted process from 1927, the year The Growers Cider Co. was established in Saanich, B.C. This dry premium cider is batch fermented with a refreshing crisp fruit taste.



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Blue Water Cafe

PAIRS WITH WHITE ASPARAGUS SALAD



GEHRINGER PRIVATE RESERVE PINOT GRIS
BC VQA **\$14.99** 347203
This Pinot is light-bodied in style but certainly not in taste. The silky pear, sweet apple and stone fruit nuances shine in this sun kissed wine. It's perfectly balanced with a gentle wave of minerality in the long finish. This fantastic value is the perfect partner to salads, chicken and lightly grilled white fish.



SEE YA LATER RANCH BRUT
BC VQA **\$22.99** 75648
Delicate little bubbles burst forth while citrus and melon notes emerge. On the palate, it's refreshing and clean with a bracing acidity. More citrus and toasty oak flavours are found in the polished finish. A vibrant, crisp sparkling with just the right amount of sweetness to make it fun!



NK'MIP PINOT BLANC
BC VQA **\$15.99** 626432
Here's a great medium-bodied Pinot at an incredible price! Nk'Mip is BC's only aboriginal owned winery and this stylish white is brimming with tropical fruit and citrus flavours. It's refreshing with a well-balanced acidity and a delicate hint of sweetness in the lingering finish.



UNDURRAGA SIBARIS RESERVA PINOT NOIR
Chile **\$15.99** 761205
Made from 100 percent Pinot Noir grapes grown in the Maipo valley this medium-bodied, deep red-hued wine is rich with a ripe red fruit bouquet. The generous cherry flavours and a touch of earthy oak found on the palate are delightful. The slightly dry, subtly tannic finish gives this wine an impressive finish.



VILLA TERESA ORGANIC VINO FRIZZANTE ROSÉ
Italy **\$16.97** 826875
There's nothing to blush about when you serve this fantastic organic wine. The gentle floral bouquet surfaces when the delicate bubbles pop and the flavours of strawberry, cherry and citrus are bright and crisp. It's a fun wine to serve with Pannacotta!



MOSELLAND ARS VITIS RIESLING
Germany **\$17.99** 914762
This off-dry, light-bodied wine is preciously packaged in a stunning bottle that can be served on any table. Crisp citrus and apple flavours are mingled with a hint of honeysuckle sweetness and a touch of mineral in the zesty finish.



PAIRS WITH WHITE STURGEON AND MOREL MUSHROOMS

PAIRS WITH STRAWBERRY LEMON PANNACOTTA

BC LIQUORSTORES

FOR RECIPE INDEX, PLEASE SEE PAGE 125

TASTE 85



SIGNATURE SELECTIONS

BILL MICHAEL,
DIRECTOR OF PURCHASING
RECOMMENDS

In my job, satisfaction comes from seeing a great product embraced by customers. Especially when it's something we have hand selected. It is an exciting time and we are seeing some very interesting new products that offer value and attract a great deal of attention due to their packaging.

I'm really enjoying the various quirky and innovative label designs we are seeing, which are especially attractive to a younger generation of wine drinkers. There is an increased interest in wine from a younger audience; 19 to 25 year-olds have more confidence now and an appetite to experience new things. There is an actual, "been there and done that," way of thinking in this age group and they are very curious about new wines.

Of course, what is in the bottle must live up to their expectations as well. Customers want an association with what is on the label and what's in the bottle. Consistency in the product's quality is also very important. We all want to feel assured that the bottle of Apothic Red we enjoyed in the past is going to taste as good the next time we drink it. Also, single varietal wines are becoming less significant as people discover how delicious a blend can be. Several of my Signature Selections were chosen because of the popularity of multi-variety blends such as the Tribunal red from Sonoma.

Because technology and trends change so rapidly there is a shorter life cycle of popular brands. Often, brands will be updated or have a change of label every few years. This is vastly different from previous popular brands with classic, rarely altered labels.

Today's customer wants to identify with the wine they are drinking, just as they want to identify with the phone they are carrying or the clothes they are wearing. Many times there is a

JUST BECAUSE PEOPLE MAY NOT HAVE A GREAT DEPTH OF WINE KNOWLEDGE DOES NOT MEAN THEY ARE NOT CURIOUS AND EAGER TO DELVE INTO SOMETHING NEW.

circle of brands from which they purchase, rather than being loyal to one in particular.

Just because people may not have a great depth of wine knowledge does not mean they are not curious and eager to delve into something new. Another reason customers are drawn to these innovative labels is because they often become a topic of conversation around the table. Think about it, if you don't know much about wine and are going to dinner or a party at a friend's home, why not bring a bottle of Skulls Shiraz? It not only tastes delicious but it has an amazing label that's guaranteed to get people talking.

Labels are developing into more than just a method of conveying where the wine was made, who made it and what vintage it is. Labels are becoming works of art and they're fun! Many of these extremely popular and fashionable wines are coming out of California and Australia, but those are not the only regions that are discovering the significance of an eye-catching design. In our stores you'll find entertaining wines from all over the globe – from the new world and from Europe – that offer very good value.

When I am introduced to a new brand, or a new label, I can usually tell if it is going to succeed – like the very affordable, Wine Men of Gotham Shiraz. Accolades help too. Just as accolades and scores assist customers in making an initial purchase, they increase my confidence in the product too.

Not all of these selections are new and quirky. One of my picks for this issue is a wine that many people recognize, a brand, which has been around for quite a long time – Conundrum.

Usually, brands which have been around for a while don't increase in sales but Conundrum breaks that trend. There could be a number of factors explaining its popularity, but I feel that a recent price decrease and the current attraction to aromatic white blends (Conundrum was the first) have helped immensely.

Most of the products that I have selected to feature are not only widely available but are more than fifteen dollars per bottle. That is because people are willing to pay more today for a



CROWN ROYAL BLACK
Canada \$32.99 641175

Still very much distinctly Crown Royal only darker and bolder than before. Rich, dark red brown in colour with dried fruit and bourbon notes on the nose. The smooth tasting delicate fruit and soft vanilla flavours are well-balanced by a hint of oak, sweet bourbon and raisin in the full, long finish. For a lasting impression sip solo.

LABELS ARE DEVELOPING INTO MORE THAN JUST A METHOD OF CONVEYING WHERE THE WINE WAS MADE, WHO MADE IT AND WHAT VINTAGE IT IS. LABELS ARE BECOMING WORKS OF ART AND THEY'RE FUN!



CONUNDRUM
USA **\$24.99** 390831

The aromatic bouquet of this fantastic wine leaves you almost breathless. Soft peach, sweet honeysuckle and fragrant jasmine fill the senses. The juicy passion fruit, melon and white flower flavours are soft with a mouth coating, rich finish that lasts. Simply beautiful!



WINE MEN OF GOTHAM SHIRAZ
Australia **\$13.99** 121368

An amazing wine at a fantastic price! This dark and intense Shiraz is inviting with smoky coffee, chocolate, leather and black cherry notes. Savoury flavours of plum, spice, chocolate, oak and red fruits dominate the palate. Elegant tannins round out the amazingly long finish.



Signature Selections

bottle of wine – like Conundrum or the pricier multi-varietal red called The Prisoner. Specifically, wines above fifteen dollars are trending upward.

Another somewhat recent addition to our product selection is the Crown Royal Black. It is an upscale version of the classic Crown Royal that customers have long been devoted to. It

presents a bolder, more intense flavour and colour profile, without sacrificing the characteristic Crown Royal smoothness. People like to see a Canadian whisky do well and I welcome the success this new style and its revised label have provided. The best part is it still offers good value.



THE PRISONER
USA **\$49.99** 457291

This is a robust blend from California with immense aromas of cedar, blackberry, cherry and dried floral notes that fill the glass. Black currant, ripe fig, savoury spice and sweet oak flavours lead you to the well-balanced finish boasting soft, integrated tannins.



APOTHIC RED
USA **\$16.99** 125617

Deep, dark and delicious! Here's a creative, full-bodied blend from California that captures the essences of the grapes and the land. Concentrated aromas of jammy rhubarb and black cherry with a hint of vanilla warm the senses. Spice, mocha and vanilla oak flavours coat the mouth while the smooth, round finish is long and lingering.

Captain Morgan

MAKE IT HAPPEN



JOIN THE CREW AT



CAPTAINMORGANCANADA



Signature Selections

THINK ABOUT IT, IF YOU DON'T KNOW MUCH ABOUT WINE AND ARE GOING TO DINNER OR A PARTY AT A FRIEND'S HOME, WHY NOT BRING A BOTTLE OF SKULLS SHIRAZ? IT NOT ONLY TASTES DELICIOUS BUT IT ALSO HAS AN AMAZING LABEL THAT'S GUARANTEED TO GET PEOPLE TALKING.



TRIBUNAL USA \$19.99 170951

A powerhouse of a wine consisting of nine varietals blended to create a full-bodied and bold offering. Vanilla, leather and black cherry aromas dominate the glass while the palate is rich with blue fruit, chocolate, mocha and toasty oak. It is well-balanced with a great acidity and supple tannins on the lingering finish.



SKULLS SHIRAZ Australia \$19.99 172825

A distinctive, intriguing label for a wine that can only be described as midnight in a glass! It's a deeply coloured, monster of a wine packed with bold red and black fruit aromas with a touch of licorice and vanilla. The palate is dense with floral, smoky oak, vanilla and spice flavours that are concentrated and intense. Well-balanced with firm tannins in the long, huge finish this Shiraz is extremely memorable.

NEW Spring Salads



RADICCHIO,
ENDIVE AND
NEW POTATO
CAESAR WITH
CIABATTA
GARLIC CRISPS



CELEBRATE LIFE...ENJOY RESPONSIBLY

by Nathan Fong

FOR RECIPE INDEX, PLEASE SEE PAGE 125

Springtime is the time for renewal and new crops. It's exciting at local farmer's markets to see the great variety of fresh greens, from watercress to arugula, multi hues of radishes to our wonderful, sweet, new potatoes. Toss these local flavours with some exotic ingredients and you have a fresh new spring salad! Local peppery watercress and baby arugula is contrasted with crisp, sweet watermelon in a delicate ginger vinaigrette for a tasty treat. A bit of sunny Mexico comes through in a crunchy jicama, sliced radish and pepita salad with fragrant blood oranges and lastly, a twist on the favourite Caesar salad, this time with ice cold radicchio and Belgian endive, tossed with new potatoes. Enjoy!



WATERCRESS, ARUGULA AND WATERMELON
WITH GINGER CITRUS VINAIGRETTE

PAIRS WITH WATERCRESS, ARUGULA AND WATERMELON WITH GINGER



**SANTA CAROLINA RESERVA
SAUVIGNON BLANC**
Chile **\$12.99** 741272

The colour is bright spring sunshine in the glass with dry citrus, orange blossoms and a subtle note of tropical fruit on the nose. This is a well-balanced wine with a lean acidity and a long, lingering finish. Ideal with salads, fruits or grilled white fish dishes.



YELLOW TAIL MOSCATO
Australia **\$12.99** 178947

This naturally sweet and playful wine from Australia is filled with bright fruit aromas and flavours of crushed grapes, passion fruit and peach. The flavours combine seamlessly on the palate which is tickled by a fun hint of light fizz. Serve well chilled with all your favourite salads this spring.



APPARENTLY,
THE TASTE OF VICTORY
HAS HINTS OF
SPICE & OAK.

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Spring Salads

TOSS THESE LOCAL FLAVOURS WITH SOME EXOTIC INGREDIENTS AND YOU HAVE A FRESH NEW SPRING SALAD!

PAIRS WITH JICAMA, RADISH AND PEPITAS



SANTA RITA RESERVA SAUVIGNON BLANC

Chile **\$14.99** 275677
Crisp, clean and very refreshing, this great value wine has a vibrant citrus, mineral and floral bouquet. Zesty grapefruit, melon, asparagus and lime flavours are well-balanced with a stimulating acidity in the brisk finish. Ideal with salads, seafood or poultry.



JICAMA, RADISH AND PEPITAS

PAIRS WITH RADICCHIO, ENDIVE AND NEW POTATO CAESAR WITH CIABATTA GARLIC CRISPS



RED ROOSTER PINOT GRIS BC VQA **\$17.99** 533174

The sweet apple, pear, lemon and plum nuances will captivate and hold you with their bouquet. Snappy green apple, spicy citrus and more yellow plum flavours are refreshingly light and crisp on the lingering finish. Perfect with salads, poultry and white-sauced pasta dishes.



FREIXENET CORDON ROSADO BRUT

Spain **\$14.97** 352369
Here's a fun sparkling from Spain with a delicate bouquet of apple, cranberry and melon. The palate is fresh and light with spicy herb, rich floral, dried red fruits and blackberry flavours. Serve well chilled with salads, poultry or charcuterie.



FAZI BATTAGLIA VERDICCHIO CLASSICO
Italy **\$12.99** 24422

You won't forget the bottle, the price or the wine when you try this fantastic, zesty white from Italy with its crisp citrus and fresh apple bouquet. The toasted hazelnut and baked apple flavours are beautifully combined with a hint of mineral that lasts through the clean, cool finish.

RED, WHITE & GREEN

SUSTAINABILITY IN THE WORLD OF WINE



by Judith Lane

WINE IS GETTING GREENER, BOTTLE-BY-BOTTLE, AS WINERIES EVERYWHERE INCREASINGLY ADOPT SUSTAINABLE PRACTICES IN THE VINEYARD, IN THE WINERY AND BEYOND.

Is it possible that a wine that tastes good is also good for the planet? Wine is getting greener, bottle-by-bottle, as wineries everywhere increasingly adopt sustainable practices in the vineyard, in the winery and beyond.

The word “sustainability” encompasses many things. The United Nations’ 1987 Brundtland Report defined “sustainable development” as “development meets the needs of the present without compromising the ability of future generations to meet their own needs.” In the wine world, this means that wines are produced in ways that preserve the environment, are economically feasible and socially responsible.

Sustainably-made wines are not necessarily organic or biodynamic but often are. Wineries also incorporate other sustainable practices, such as using alternate power sources like solar and wind power. California’s Rodney Strong Vineyards, Fetzer Vineyards, Cline Cellars and Robert Mondavi are among those using solar power. Wind-powered wineries are gaining footholds in the eastern U.S., California and Australia.

Irrigation is critical too. Many wineries around the world are converting to highly efficient drip irrigation. This conserves water, allows it to be tightly controlled and delivered exactly when and where it’s needed with positive results: lower grape yields with more concentrated flavour.

Increasingly, wineries are using eco-friendly packaging. Lighter weight bottles made from recycled glass reduce shipping costs and carbon footprints. Using recycled cardboard for wine cartons and recycled paper

for labels printed with vegetable inks has a positive impact. Prime examples of wineries employing these practices include Purato from Sicily, Chile’s Caliterra and California’s Fetzer Vineyards. Alternate packaging such as Tetra Paks, boxed wines and plastic (PET) bottles eliminate the use of heavy glass and lower wines’ carbon footprint.

An important link in the sustainability chain is social responsibility, behaving ethically and benefiting communities. Chile’s Caliterra winery’s commitment to sustainable viticulture and environmental preservation protects the health of both workers and wine drinkers and safeguards the land for future generations. Caliterra offers computer training for workers and supports the local schools, which in turn preserves the Chilean culture.

Emiliana, another sustainable Chilean winery, excels in social responsibility. Education, training programs and micro-enterprise initiatives for employees to start businesses using Emiliana’s organic and biodynamic products from wine and agriculture production are offered. Local schoolchildren learn organic and biodynamic agriculture and Emiliana provides an organic garden for employees to grow food. Workers are guaranteed fair wages, treated respectfully and enjoy good working conditions.

In Argentina, Santa Julia joined a United Nations Global Compact that ensures its workers are paid fair wages and employed year-round. They have access to a cultural centre with a library, sports facilities, as well as free

educational, health and cooking classes.

California’s Fetzer Vineyards provides English as a Second Language programs to its Spanish-speaking employees and donates surplus produce from its organic gardens to local food banks.

There are several countries with wide-reaching sustainability initiatives under way. The strides they’re making are noteworthy and deserve watching.

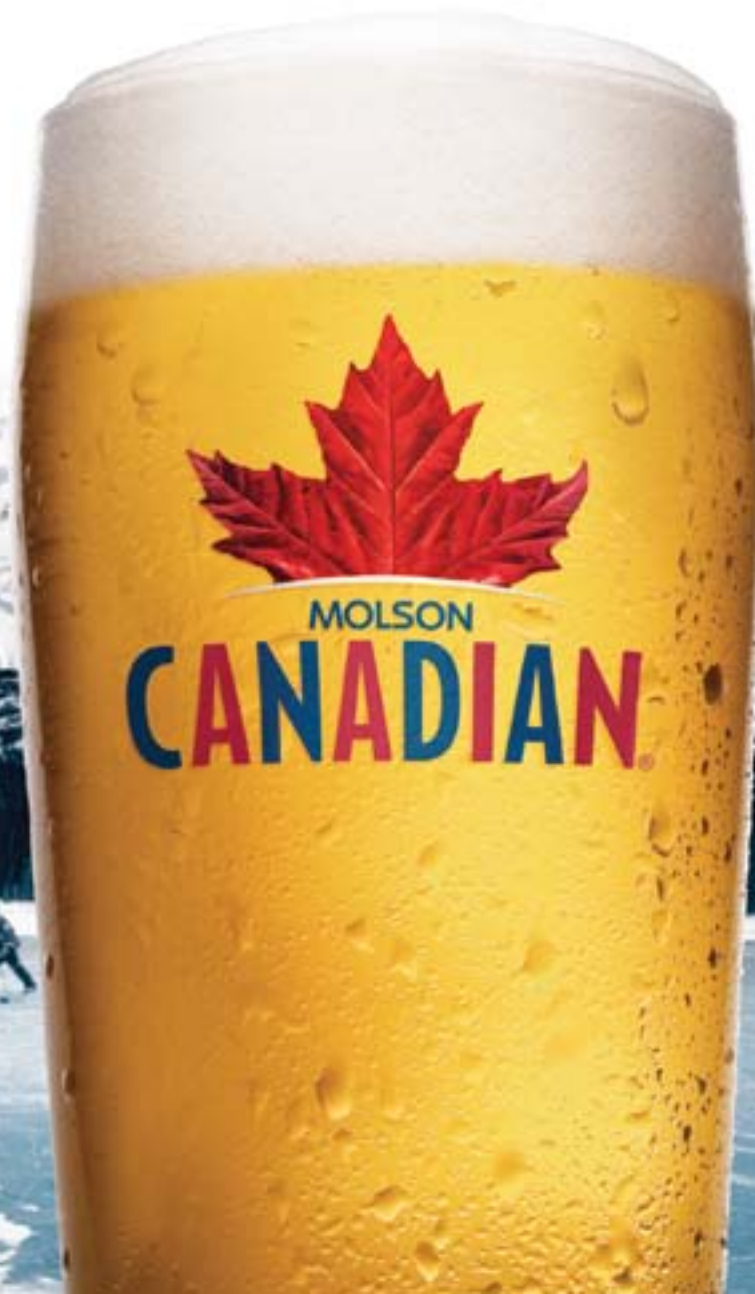
The Sustainable Winegrowers of New Zealand organization (510 vineyards and 85 wineries), formed in 1995, aims to be the first country on the planet to achieve 100 percent sustainability by 2012. Currently, the program includes 80 percent of New Zealand’s winegrowers. Additionally, the 140-member Organic Winegrowers of New Zealand is striving to have 20 percent of the country’s wineries certified organic and biodynamic by 2020.

From grape growing to bottling and more, Chile is at the forefront of sustainability. Thanks to its ideal geography, Chile, protected by ocean, mountains, desert and the Antarctic, is naturally isolated from pests and disease and has little need for chemical intervention in growing grapes. Most Chilean wineries are under the umbrella of Wines of Chile (WoC) which declares, “We have set the objective of becoming the number one producer of premium, sustainable and diverse wines of the New World by 2020.” It’s well on its way with a sustainability program that aims to strengthen the wine industry via the National Sustainability Code, which incorporates practices that

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Cheers!



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Red, White and Green

are environmentally friendly, socially equitable, economically viable and will allow traceability from vineyard to glass.

In South Africa, four groups—the Wine and Spirit Board, the Integrated Production of Wine, the Biodiversity & Wine Initiative and Wines of South Africa—have bonded to form Sustainable Wine South Africa. SWSA is committed to sustainable, eco-friendly wine production and is taking “green” to a country-wide level. Practicing wineries’ products bear seals of certification that ensure the wine has been grown and produced sustainably and is traceable from vine to bottle.

Closer to home, The California Sustainable Winegrowing Alliance aims to have its sustainable practices adopted by the entire wine community (about 4,600 growers and 2,300 wineries). By December 2010, more than a third of growers and wineries were participating.

BC wineries are slower in getting on board. Some, such as Summerhill Pyramid Winery, are organic and moving to biodynamic practices, while Tinhorn Creek Vineyards now uses lightweight bottles and is Canada’s first carbon neutral winery. It also participates in land stewardship initiatives.

Wines that are certified as organic by their country of origin are identified on the shelf in BC Liquor Stores by this  symbol on the price labels. Wines that are eco-friendly may not be certified organic because the certification process can be long, arduous and complicated. However, wines from Chile, Argentina, New Zealand, South Africa and California are generally good bets.

Happy sleuthing. The wines are delicious, eco-friendly and worth the hunt.



CHAPOUTIER BELLERUCHE
France **\$18.99** 476846
This fresh, balanced Côtes du Rhône from one of France’s early biodynamic practitioners has hints of plums and white pepper on the nose. It’s soft and round on the palate with black cherries, spice and silky tannins. Note the Braille that’s embossed on every Chapoutier label. Enjoy with roast chicken.



GOLDEN KAAAN SHIRAZ 2009
South Africa **\$13.99** 147728
Golden Kaan Winery is part of South Africa’s Integrated Production of Wine, a voluntary environmental sustainability program, and bears the Wine & Spirit Board’s certification seal. It is savoury, medium-bodied, smoky and spicy with slight earthy undertones carried by plummy fruit, berries and ripe tannins. Bring on big beefy burgers or grilled lamb chops.



PURATO SICILIA ORGANIC NERO D’AVOLA 2010
Italy **\$15.99** 438481
Purato’s label details all its eco-friendly practices, from organic fruit to recycled paper and cardboard, vegetable inks and recycled lightweight glass. A round, smooth wine redolent with juicy red berries, cherries, warm spice, cocoa, mineral notes and savoury undertones. It’s ideal with grilled, stuffed sardines, *arancini* (Sicilian rice balls) or grilled pork.



EMILIANA NOVAS ORGANIC CARMENERE CABERNET SAUVIGNON 2008
Chile **\$15.99** 771840
Emiliana’s commitment to sustainability can be summed up in this lush, seductive wine that seriously over-delivers for the price. Aromas of cassis and blackberry are followed by a round, well-balanced, juicy palate with loads of supple red fruit, slight tobacco undertones and rich tannins, finishing long and smooth. Bring on rare beef tenderloin.



CUMA ORGANIC TORRONTES 2011
Argentina **\$13.99** 213389
Made using certified organic grapes and organic winemaking practices, this lyrical, intensely aromatic Torrontes delivers showy floral notes of roses and jasmine, spice and honey with an intriguing floral-tinged palate of lychee, peach and citrus, with hints of almonds and lemon-lime on the finish. It’s dynamite with spicy Thai or Indian dishes.



YALUMBA ORGANIC SHIRAZ 2010
Australia **\$16.99** 563015
Yalumba, the first winery to receive the USA’s Environmental Protection Agency’s Climate Protection Award, makes this Shiraz using organic grapes and winemaking techniques. Wild yeast-fermented, it’s luscious with spicy plum flavours, sweet dark berries and white pepper. It’s smooth, balanced and juicy with sleek tannins.



HOG WILD



BOURBON BRAISED PORK WITH MANGO CHUTNEY

For many, pork is seldom enjoyed aside from a rasher of sizzling bacon on a lazy Sunday morning. While bacon may be one of pork's best known cuts, pork is a versatile and tasty alternative protein. In fact, cooks and chefs have been going wild over the local, farm-raised pork now available, utilizing different cuts to create unique and satisfying meals for any occasion. While pork fat is renowned for its flavour punch, pork offers lower fat options too. The lean, quick-cooking tenderloin is a wonderful choice for a busy weeknight meal. Let the season's harvest be your guide to creating fresh and inspired dishes with pork.



PROSCIUTTO-WRAPPED PORK TENDERLOIN

PAIRS WITH PROSCIUTTO-WRAPPED PORK TENDERLOIN



RÉGNIÉ MAISON DES BULLIATS
France **\$17.99** 137760
Deep ruby in colour with a bouquet of pepper, dark red fruits and blackberry, this Gamay is rich with brambly fruit flavours and spice. It's medium-bodied and well-balanced with a clean texture. The finish is earthy, long and persistent. Serve this wine slightly chilled.



SEGHESSIO ZINFANDEL
USA **\$32.99** 428417
The luscious aromas of blackberry, dark cherry and raspberry swirl in the glass while spicy pepper, cherry and subtle oak notes glide across your palate. The edgy finish is tinged with spice and is smooth, full and persistent. Delicious!

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PAIRS WITH BOURBON BRAISED PORK WITH MANGO CHUTNEY



LOUIS BERNARD CÔTES DU RHÔNE BLANC
 France **\$14.99** 589432
 Here's a lovely white that captures the essence of France with its delicate pear and fresh apple perfume. The palate is rich with apple and honey notes and the texture is smooth with a delightful creaminess.



SPRING COBB SALAD WITH WARM BACON DRESSING

PAIRS WITH SPRING COBB SALAD WITH WARM BACON DRESSING



HESTER CREEK PINOT BLANC
 BC VQA **\$15.99** 467316
 BC's beauty! Crisp, tropical fruit aromas burst from the glass and the flavours of melon, apple, peach and pear are juicy and ripe. This is a very well-balanced wine made in an off-dry style that is delectable. Try it with the pork.

BC LIQUORSTORES



LURTON LES FUMÉES SAUVIGNON BLANC
 France **\$12.99** 472555
 This is a medium-bodied, great value wine from France with a gentle floral aroma yet a fiery taste. Crisp lemon, ripe apple and a slight nuance of smoke give it depth while the ending is full and clean. Perfect with salads, grilled white fish or chicken.



GROONER GRÜNER VELTLINER
 Austria **\$16.99** 326231
 When you want to try something a little off the beaten track reach for this unique white wine first. It has intriguing smoky slate, mineral and lime nuances with layers of pear, apple and a hint of sweetness on the palate. It's a refreshing wine with an attractive and mouthfilling finish.



NO RED WINE WITH FISH!

AND FIVE OTHER POPULAR WINE MYTHS

First, a great fact: we've come a long way in mainstreaming wine enjoyment. Canada may not be blessed with thousands of years of wine culture but we're trying hard to make up for lost time. We're drinking more wine, we're drinking better wine, and thankfully, we're quickly getting over any wine pretensions. Our pinkies don't point out while grasping the glass and screw-capped wines are in! That's not to say the path to enlightened wine enjoyment is free and clear. Certain false pretensions still permeate the wine world and it's time to bottle up a few wine myths.

by James Nevison

CERTAIN FALSE PRETENSIONS STILL PERMEATE THE WINE WORLD AND IT'S TIME TO BOTTLE UP A FEW WINE MYTHS.

MYTH 1: SERVE WHITE WINE WITH FISH; RED WINE WITH BEEF

It's fine to take this adage as general advice but in no way should it be considered a concrete rule. (For sound pairing advice, read through "Five Rules of Pairing" on page 4 of this issue.) If the fish is steamed, poached or lightly sautéed, then sure – a tannic red wine will certainly overpower the *poisson's* delicate flavours. But we're bounded by an ocean of hearty salmon and halibut that can be served grilled with an Okanagan Pinot Noir to be a truly delicious British Columbian food and wine match. Once you've enjoyed red wine with fish, try opening a bottle of rich, oaky Chardonnay with roast prime rib and buttery mashed potatoes to completely blow this colour-blind wine myth out of the water.

MYTH 2: WINE GETS BETTER WITH AGE

The fact is, more than 90 percent of wine sold today is opened and enjoyed within 48 hours of purchase. Wineries know this and accordingly produce the bulk of wine to be consumed shortly after the bottles hit liquor store shelves. This holds for both white and red wine. Nothing wrong with this, just know that there's no point in squirreling most wine away for the years ahead. Yes, specific wines certainly improve with age, and indeed, drinking aged wines is a fantastic aspect to wine enjoyment. But it pays to do some research to seek out the minority of bottles worth cellaring.

MYTH 3: A 90-POINT WINE IS BETTER THAN AN 89-POINT WINE

Are the wines the same price? Are we comparing scores from the same critic or publication? Is the 90-point bottle even a style of wine you enjoy? There are far too many factors – never mind the craziness of using an objective scale to measure subjective taste – in considering a wine's merit based solely on numbers. Use a wine's score as a general guide but also read any tasting notes or reviews to gauge your interest in a particular wine.

MYTH 4: DRINK RED WINE AT ROOM TEMPERATURE

The old chestnut about serving red wine at room temperature predates central heating. Of course, back in the day, it was wise to remove a bottle of claret from the cool cellar before serving. But in these times of lofts and condo apartments, when a wine is likely to be sitting on the counter in full purview of the furnace, room temperature can actually be too warm for optimum service. It is suggested to serve reds between 16–18 degrees. Adjust your thermostat accordingly or toss the bottle in the fridge for 15–30 minutes before putting it on the table.

MYTH 5: SCREW CAPS (AND BOXES) MEAN MEDIOCRE WINE

Admittedly, the screw cap has pretty much been demystified in the world of wine. All the same, it's worth repeating for the few who may still begrudge a cork-less bottle: screw caps are now used to seal both top-notch, quality whites and reds. However, boxed wine (such as bag-in-a-box and Tetra Paks) represents



Log off.
Lime in.
Find your beach.



No Red Wine with Fish

ONCE YOU'VE ENJOYED RED WINE WITH FISH, TRY OPENING A BOTTLE OF RICH, OAKY CHARDONNAY WITH ROAST PRIME RIB AND BUTTERY MASHED POTATOES...

the new closure frontier and is being met with a similar misconception as the screw cap circa the year 2000. You won't find cellar-worthy wines getting into cardboard any time soon but for casual drinking, boxed wine represents a great, ecologically minded alternative to the old glass bottle – not to mention it also packs well.

MYTH 6: A WINE WITH "LONG LEGS" IS A GOOD WINE

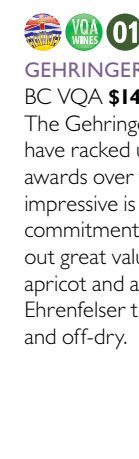
A wine's legs, or tears, are the droplets that form along the sides of a swirled wineglass. Long legs are drops that languidly make their way down the glass. For whatever reason, through the years (because they look pretty?), long legs became associated with complex, high-quality wines. In reality, the nature of a wine's "tears" is related to viscosity, not virtue: higher levels of alcohol or residual sugar equal longer legs.



  **00**
CEDARCREEK PINOT NOIR
BC VQA \$24.90 567412
BC Pinot Noir matched with grilled wild salmon equals a heavenly, locally sourced pairing. CedarCreek's Pinot Noir makes the match perfect with bright cherry fruit flavor and toasty oak that jumps out of the glass.



 **00**
ANCIANO VALDEPEÑAS GRAN RESERVA
Spain \$12.99 425926
In Spain, wineries do the aging for you. By law, Gran Reserva wines must be aged for a minimum of five years before release. Anciano shows this time spent in the cellar with black cherry and vanilla aromas backed by a mellow overall flavour.



  **01**
GEHRINGER EHRENFELSER
BC VQA \$14.99 171512
The Gehringer Brothers' wines have racked up their share of awards over the years. Most impressive is the winery's commitment to annually putting out great value wines like this apricot and almond flavoured Ehrenfelser that finishes easy and off-dry.



 **00**
DUBOEUF FUN BEAUJOLAIS
France \$13.99 128488
This wine epitomizes food versatility! Chill Duboeuf's Fun Beaujolais lightly in the fridge for half an hour and watch its fresh, lively berry and banana fruit shine with everything from roast chicken to tacos.



  **01**
CIAO ORGANIC SANGIOVESE
Italy \$13.99 340711 1 L
Organically grown grapes and a lightweight, nearly indestructible one litre Tetra Pak make this a likeable, fruity and smooth southern Italian red ready for casual sipping.



 **01**
MUMM NAPA BRUT PRESTIGE
USA \$25.99 265678
Who cares about this Brut's "legs"? It's the pretty, tiny bubbles of this traditional champagne method-produced sparkler with crisp apple and lemon curd nuances that really captivate.

MOTHER'S DAY Desserts

Most Moms have a drawer filled with treasured trinkets and heart-shaped cards made by their children on Mother's Days in the past. This year, consider once again treating Mom to a gift made with love. Satisfy Mom's sweet tooth by making her a special dessert. Warm and rustic rhubarb crostata is complemented perfectly by a scoop of cool white chocolate sorbet for the ultimate à la mode experience. For something a little more refined, try this twist on the classic cream puffs by dressing them up with lemon cream and sweet, kirsch-macerated strawberries. Dainty, glazed orange madeleines are the ideal treat for tea time shared with Mom. Your efforts, whichever recipe you choose, are sure to make your Mom feel pampered and loved this Mother's Day.



LEMON CREAM PUFFS WITH STRAWBERRIES

PAIRS WITH LEMON CREAM PUFFS WITH STRAWBERRIES



10

**QUADY ELYSIUM
BLACK MUSCAT**
USA **\$15.99** 198697
Lovely dark red in colour, the delicate rose, spice and lychee notes rise from the glass. A beautiful, creamy texture across the palate with cherry and spice flavours charmingly combine to create a fantastic treat. Delicious with the puffs!



02

HENKELL ROSÉ
Germany **\$14.99** 410191
Put a little pink on the table with this well-priced sparkling from Germany. The palate is sweet with raspberries, citrus and baked apple dancing through the bubbles with a slight hint of orange peeking out in the end.



GLAZED ORANGE
VANILLA MADELEINES

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MUST BE LEGAL DRINKING AGE. PLEASE ENJOY RESPONSIBLY.



Mother's Day Desserts

YOUR EFFORTS, WHICHEVER RECIPE YOU CHOOSE, ARE SURE TO MAKE YOUR MOM FEEL PAMPERED AND LOVED THIS MOTHER'S DAY.

PAIRS WITH RHUBARB CROSTATA WITH WHITE CHOCOLATE SORBET



ERRAZURIZ LATE HARVEST SAUVIGNON BLANC
Chile **\$14.99** 427054 375 ml
A sweet little treat from Chile, this late harvest wine is delectable with melon, citrus and apricot flavours. It's full, smooth and quite lush. Serve well chilled alongside almost any dessert.



RHUBARB CROSTATA WITH WHITE CHOCOLATE SORBET

PAIRS WITH GLAZED ORANGE VANILLA MADELEINES



MUMM CARTE CLASSIQUE
France **\$59.99** 308064
Pure indulgence! The lovely mousse streaming gently upwards to release a bouquet of baked apple and brioche is delightful. Slightly off-dry in its style with peach, citrus and a kiss of honey, this luxurious bubbly makes any occasion special.



SUMMERHILL CIPES
BC VQA **\$28.95** 97295
This is a wonderful sparkling from BC, bursting with fresh green apple aromas and flavours. It's crisp, refreshing and very pleasing on the palate with just the right amount of fun in the bubbles. All the Summerhill wines are aged in a very unique on-site pyramid.



COINTREAU
France **\$34.99** 6502
White flowers, fruits, spices and the distinct taste of orange oil essence blend together to create a liqueur that is rich and exotic. Use in all your favourite cocktails or slip a little into some tea and enjoy it with the madeleines.

Flower Power

If flora and fauna can be described as the balance of our natural environment, then perhaps a similar notion can be used to describe the balance of spirits. As most of us already know, fine spirits are created using a delicate blend of herbs, spices, botanicals, fruits, plants and flowers—this is the “flora.” What some may not know is that the delicate and beautiful “flower” plays one of the biggest roles in flavour composition all around you.

The global landscape provides a brilliant growing environment for a plethora of edible plants and flowers. This colourful kaleidoscope of blossoms and seasonal greenery provides subtle nuances and rich accents in our homemade preserves, tinctures, brews and cuisine. Strip away the obvious “flowers provide floral character” and you’re left wondering how these fragile treasures could possibly contribute to the everyday world. An adjustment to the way we view flowers will provide a better understanding on how we use them to flavour and balance a complex symphony of ingredients.

Gin is a brilliant spirit example because it’s widely known in the spirit community and likely the most popular botanically infused spirit in the world.

Although its signature botanical “juniper” is a non-flowering cone of a conifer tree, here are some of the popular flowering botanicals inside our favourite gin bottles:

STAR ANISE

An eight-horned seed chamber that protects the fruit inside the flower of an evergreen-type tree in Southeast Asia, Star Anise has a remarkably sweet and savoury anise flavor.

CUBEB BERRY

Cubeb berry is a dried flowering, pea-sized fruit found on the tail-shaped cluster in the Piper Shrub family found in tropical climates and has an intense flavour similar to allspice and black pepper.

CITRUS PEEL

Citrus peel comes from fruits that start as flowering buds that complete their growth before harvest.

ROSE PETALS

Rose petals are found locally and add a soft and elegant perfume to the distillate.

FLOWERING TEAS

Flowering teas and their leaves are occasionally added for depth of flavour, tannins and a welcomed bitterness. Green, herbal and black teas are quite common.

SAFFRON

Saffron is a brilliant crimson thread produced by the saffron crocus of Southwest Asia that adds a grassy, honey perfume and a vibrant colour.

NUTMEG

Nutmeg is the seed and Mace is the seed covering of an evergreen tree from Indonesia. Both add depth, spiciness and warmth and can be subtle or rather intense.

Other flowering ingredients such as cloves, allspice, rosemary, hops, violets, lavender, fennel, almond and cardamom all play an important role in the development of flavour and character. These pretty little buds eventually develop into important ingredients we use to flavour everything around us from spirits to confections.

Beyond gin in the liqueur category exists a world of subtly sweet delights to be enjoyed straight, on ice, warm, in cocktails...you name it!

The production process of certain flowers creates differences in the finished product giving our palates endless opportunities.

Here’s a short list of some tasty and complex offerings that perhaps you never thought to pick up before or haven’t tried in a long time:

KAHLUA

Kahlua, a staple for many mixed cocktails and in most liquor cabinets, derives its flavour from coffee beans, originally floral buds in their infancy.

ST-GERMAIN LIQUEUR

St-Germain Liqueur is beautifully delicate, made from French elderflowers





ELDERFLOWER RICKEY

- 1½ oz (45 ml) Havana white rum¹
- ½ oz (15 ml) St-Germain Elderflower Liqueur²
- ½ oz (15 ml) lemon juice
- ¼ oz (7 ml) Kumquat Honey Syrup³
- 4 oz (120 ml) Fentiman's Ginger Beer

Build all ingredients over ice in a collins glass, topping with the homemade soda. Swizzle, serve. Garnish with an elderflower wreath around the glass.

1 Cuba \$25.99 161331
2 See below for product information
3 See "Floral Concoctions" sidebar for these recipes.



ST-GERMAIN ELDERFLOWER
France \$59.99 874107
All natural and made from 100 percent handpicked elderflowers, this unique liqueur is delicious, original and fun. The subtle flavour shines through and it's a fantastic addition to all your favourite cocktails.



ROSE NOSE

- 2 oz (60 ml) TWG White House Tea⁴ infused
- Noilly Pratt Dry Vermouth⁵
- 1 oz (30 ml) Okanagan Spirits Poire William⁶
- ½ oz (15 ml) Rich Floral Syrup (Hibiscus, Rose)³
- dash Okanagan Spirits Taboo Absinthe⁷

Stir all ingredients together and strain into a chilled champagne coupe glass. Garnish with a cherry.

4 TWG teas are available at specialty food stores.
5 France \$13.99 5306
6 Canada \$45.00 297341 375 ml
7 Canada \$55.00 828665 500 ml



GALLIANO
France \$19.75 508168
Golden yellow in colour, this sweet herbal liqueur is used as a digestif and in cocktails. It's a perfectly balanced blend of Mediterranean and exotic herbs and plants including vanilla, star anise, musk yarrow, citrus, juniper and lovely lavender. Galliano is an essential ingredient in many cocktails.

MARIGOLD'S GIMLET

- 1½ oz (45 ml) Hendrick's Gin²
- 1 oz (30 ml) Marigold Flower Cordial³
- ½ oz (15 ml) lime juice
- ½ oz (15 ml) Jasmine Flower Syrup³
- 2 dashes "Bittered Sling" Rhubarb Extract Rose petal powder³

Combine all ingredients. Shake hard with ice, strain over fresh ice into a whiskey tumbler. Top with a light dusting of rose petal powder.



HENDRICKS GIN
UK \$45.95 637504
This gin has a very unique botanical infusion with cool cucumber and rose petal taking center stage against the traditional juniper backdrop. The result is a distinctly floral essence making Hendricks a perfectly lovely gin to blend in your favourite cocktails or to sip solo.



Flower Power

and fairly new to the Canadian market. Its production process includes a secret method of macerating elderflowers in eau-de-vie without bruising their character.

GALLIANO

Galliano, the unsung hero of the Harvey Wallbanger cocktail, is made from several ingredients including a tropical orchid called "vanilla" and lavender flowers. The production process includes a high-proof maceration of each ingredient, followed by dilution and finished with sugar syrup.

FERNET BRANCA

Fernet Branca is a type of bitter, lightly sweetened herbal liqueur with several ingredients including chamomile flowers, cardamom and saffron. Its production process includes maceration of each individual ingredient using a grape-based distillate.

Depending on the particular style, beer is the ultimate flower-loving liquid. Hops are the female flower cluster found on the "humulus lupulus" plant and are the primary flavouring agent in beer. Hops are widely planted and cultivated right here at home. The large, cone-type buds blossom in the spring and grow well into the fall.

What does all this mean for you? Well, as a consumer in 2012, this means you will develop a vast appreciation for locally cultivated flowers and their uses beyond the flower arrangement and natural home air freshener. As we become more in touch with ingredients and the inevitably short shelf life of a fresh flower, we learn to embrace the ingredients that play such a dynamic and important role in our everyday indulgences. Stop and smell the roses a little longer.



VICTORIA GIN
Canada \$49.99 645085
An artisan gin made on Vancouver Island, this beauty is filled with juniper berries, coriander, sweet spice and delicate rosebud flavours. It's exceptionally smooth, well-balanced and perfect for sophisticated cocktails.



KAHLÚA
USA \$24.99 123315
Made from sugarcane and 100 percent Arabica coffee, the flavour is rich, dense and sweet. The touch of vanilla and caramel gives it extra smoothness and elegance. Use in your favourite cocktails, slip a little into a hot beverage, splash a little over ice cream...the options are endless.



BOMBAY SAPPHIRE GIN
UK \$27.49 316844
The complex and refined taste of Bombay is created using a vapor infusion. Botanicals like grains of paradise with its light lavender nose, lemon peel, exotic orris root and angelica give it a distinct flavour that's perfect for blending in premium cocktails.

FLORAL CONCOCTIONS

MARIGOLD CORDIAL

- red, orange and yellow striped Marigold flowers
- 3 cups (750 ml) Osake Granville Island Sake*
- 8½ oz (250 ml) 40 percent vodka
- 500 g cane sugar

Submerge red, orange and yellow striped marigold flowers under the Sake in a Mason jar. Top the liquid and flower layer with cheese cloth and submerge. This prevents the flowers from reacting with bacteria during the maceration. Close the jar. Allow to macerate for 14 days in a refrigerated area. Should be lightly pink now! Remove the sake, lightly squeeze the marigolds. Add the vodka and cane sugar to the sake. Stir all ingredients until dissolved. Store in a sanitized jar in the refrigerator indefinitely.

JASMINE FLOWER SYRUP

- 3 cups (750 ml) water
- 1 oz (28 g) dried jasmine flowers
- 16 oz (500 g) cane sugar

Add water to saucepan and bring to a simmer. Add the jasmine flowers, shut off the heat and steep for 10 minutes. Strain out flowers and add the sugar. Stir until sugar is dissolved. Reserve in the fridge for up to 14 days.

ROSE PETAL POWDER

After you remove the roses from the Rich Floral Syrup recipe (outlined below), rinse with cold water. Dehydrate in a 200 F oven, or use a dehydrator. In a clean spice grinder, add 1 tsp (5 ml) kosher salt, 3 tbsp (45 ml) cane sugar and blitz with the dried roses. Voila, you have rose dust!

RICH FLORAL SYRUP

- 3 cups (750 ml) water
- 1 oz (28 g) dried hibiscus flowers
- 1 oz (28 g) rose buds
- 16 oz (500 g) cane sugar

Add water to saucepan and bring to a simmer. Add the hibiscus and rose buds, steep for 10 minutes on low heat, stirring occasionally. Strain out flowers and add the cane sugar to the hot liquid. Stir until thick and the sugar is dissolved. The syrup will keep fresh in the fridge for up to 14 days.

KUMQUAT SYRUP

- 3 cups (750 ml) mountain flower honey
- 1 cup (250 ml) water
- 10 kumquats, thinly sliced

Combine honey, water and kumquats in a saucepan and bring to a simmer. Allow to steep on low temperature for 15 minutes, then strain. The syrup will keep fresh in the fridge for up to 14 days.

* Canada \$21.90 580183

New Zealand

BEYOND SAUVIGNON BLANC



by Daenna Van Mulligen

YOU'LL DISCOVER NO MATTER HOW DELICIOUS THE SAUVIGNON BLANC IS FROM HERE...
IT'S NOT THE ONLY VARIETY THIS VERY SMALL COUNTRY EXCELS AT PRODUCING.

New Zealand is a place both exotic and familiar: a land mainly comprised of two islands that are unique and isolated from the rest of the world and even from its closest neighbor, Australia.

Yet New Zealand is also much like our own land, an unpopulated haven where settlers came to build their lives. In fact, comparisons between New Zealand and the west coast of Canada, our largest cities (Auckland and Vancouver), our laid-back lifestyle and our cuisines abound.

Despite its distance, it is actually delightfully easy to visit. One direct flight takes travelers from Vancouver to Auckland in around 14 hours. Simpler yet is to enjoy what New Zealand has to offer in your glass.

You can comprehend so much of what New Zealand is about by its wine. It is a country of grass-fed lamb, free-range beef and venison. It is also a land surrounded by the freshest seafood. The wines New Zealanders make naturally highlight its cuisine. They are also pure and fresh, a reflection of sustainable agriculture, of ample daytime sunshine and ideally cool evenings.

In the wine world, a common phrase, "sense of place," is often thrown around in reference to wines, which smell and taste as if they come from a

unique region. This could mean a single vineyard or a larger appellation. The soil, the sunshine and the location of the vineyard all play a part in expressing characteristics specific to its location.

New Zealand as a whole seems to express itself in every bottle and each region puts its own stamp on every glass and mouthful. In a very short period of time – only a couple of decades – they have introduced the world to their pristine wines. You'll discover no matter how delicious the Sauvignon Blanc is from here (especially those from the world-renowned Marlborough region), it's not the only variety this very small country excels at.

OTHER WHITE VARIETIES

Everyone in the world seems to make it but the global trend is toward seeking out cooler regions to plant Chardonnay vines – something New Zealand has in spades. From Central Otago in the south to the warmer North Island regions of Hawke's Bay on the east coast and Auckland on the west, Chardonnay remains cool. The style is universally chic; these Chardonnays show the restraint often described in old world white Burgundies and a mouth-watering brightness that shouts out for food.

The phenomenal popularity of Pinot Gris (or Pinot Grigio) hasn't escaped the Kiwis (New Zealanders

refer to themselves as their endangered flightless bird, the Kiwi). It has taken root, as have its aromatic counterparts, Riesling and Gewurztraminer, as well as the voluptuous Rhône Valley variety Viognier, which is finding a home on the warmer North Island. These varieties, like the ubiquitous Sauvignon Blanc, are the perfect partners for the plentiful seafood enjoyed throughout the country.

It would stand to reason that a country that has so thoroughly excelled with French grape varieties (like few other places on earth) should also do extremely well with sparkling wines.

From sparkling wines made in the traditional method from Pinot Noir and Chardonnay to the less conventional (but expected) Sauvignon Blanc, sparkling wines are a Kiwi favourite to pair with fish. Although not all these bubbly wines are made in the classic style of Champagne, they do range from fresh and fun to complex and ageworthy.

RED VARIETIES

If any variety comes close to the recognition that Sauvignon Blanc from Marlborough has achieved, it would certainly be Pinot Noir. From the North Island or the South Island, Pinot Noirs are unadulterated and balanced with a recognizable vitality.

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Canadian Club Classic

New Zealand

region in the Southern Hemisphere, lays Central Otago. Pinot Noirs from this tremendously varied geographical area have achieved wide international acclaim. They are structured versions—often leaning toward brawny. Farther up the South Island, in the Christchurch neighborhood, Waipara Valley and Canterbury are finding great success with this classic Burgundian variety, as is the heart of Sauvignon Blanc, Marlborough.

The styles differ with each offering its own version of this revered variety. Those from Marlborough tend to be juicier and often lighter than their Central Otago cousins. A quick skip across the sound from the South Island to the North, inland from Wellington is a lesser-known region called Wairarapa, which is anchored to Martinborough. The Pinot Noirs here are phenomenal, savoury and sweet with impressive complexity.

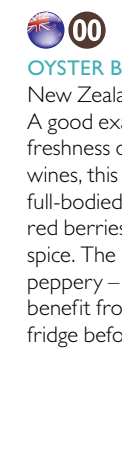
Although the diversity of white wines made here is not surprising, nor is finding the lighter-bodied, cool-climate loving grape Pinot Noir, full-bodied reds are not commonly associated with New Zealand. And yet, the North Island is creating wonderful reds in Hawke's Bay, in Gisborne, on Waiheke Island just outside of Auckland and on the farthest tip of the island known as Northland. In these areas, Merlot, Cabernet Sauvignon, Cabernet Franc and Syrah show an intricacy that is highlighted by their bright acidity. These big reds are evolving as the vines get older and as viticulturists find more and more suitable locations, which allow these later ripening varieties time to mature.



00
RABBIT RANCH PINOT NOIR
New Zealand **\$24.99** 687616
This is a solid but approachable style of wine which is a great introduction to Central Otago Pinot Noirs. It has aromas of ripe cherries, roasted coffee and brown spices that lead to a clean, juicy palate with a silky weight and smooth finish.



01
OYSTER BAY SPARKLING ROSÉ
New Zealand **\$24.99** 772079
A pink, frothy blend of Pinot Noir and Chardonnay, this fun bubbly presents berries and blood orange aromas with a suggestion of sweet spices. Don't let the colour fool you; this wine has enough structure to pair with richer white meats or salmon.



00
OYSTER BAY MERLOT
New Zealand **\$17.99** 111310
A good example of the freshness of New Zealand red wines, this Merlot is medium- to full-bodied with layers of plum, red berries, coffee and toasted spice. The palate is bright and peppery – it's a wine that will benefit from ten minutes in the fridge before serving.



00
CLOUDY BAY CHARDONNAY
New Zealand **\$31.50** 359513
Expect an elegant Chardonnay that releases aromas of melon and pears, browned butter and toasted spice with plenty of zesty citrus. It has impressive complexity on the palate with a creamy weight supporting buttered toast and lemony flavours leading to a mouth-watering finish.



00
STONELEIGH RIESLING
New Zealand **\$14.99** 527713
This crisp, racy Riesling is studded with marmalade, honeysuckle and tart green apples. The lively flavours will partner well with shellfish or citrus vinaigrettes and the mouth-watering finish will cut through creamy sauces.



01
WITHER HILLS PINOT GRIS
New Zealand **\$18.99** 23820
Showcasing the pristine qualities of New Zealand fruit, this Pinot Gris offers pink grapefruit, Bosc pears, honey and a hint of peach punctuated by vanilla and star anise. It has a lovely weight and a zesty, mouth-watering finish.



ASK AN EXPERT JAMES NEVISON

James Nevison is an award-winning wine writer and educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his wine column “The Wine Guy” appears each Thursday. James is the co-author of six national best-selling books on wine, including his latest publication *Had a Glass: Top 100 Wines for 2012 Under \$20*.

Q I’m just getting into wine and am looking for some good reference materials. I know I can go online and find pretty much any wine-related information, but I want something that will look good on my bookshelf and coffee table. Any suggestions?

A I love this question! You’re an aficionado after my own heart. Nowadays *Googling* may be second-nature and the amount of information that technology makes available at our fingertips is frankly amazing but I still maintain a fondness for the printed word. Having a few good wine books at hand will never go out of style and, if you choose smartly, the information contained within will never get old. Plus, you don’t have to worry about any wine spills damaging the circuit board! Here are my two favourite wine reference books, both of which carry a proud place of honour on my book shelf and have tattered pages and wine stains as testament to their frequent use.

For a comprehensive guide to everything about wine, I have

yet to find a publication better than *The Oxford Companion to Wine*. This compendium covers the gamut – from viticulture to types of wine and every piece of wine esoterica in between – in an easy-to-use, A-Z encyclopedic format. The third edition was published by Oxford University Press in 2006 and features nearly 4,000 separate entries throughout its epic 840 pages! Like previous editions, the latest *Oxford Companion to Wine* was compiled and edited by renowned Master of Wine, Jancis Robinson, with contributions from wine experts based around the world.

This book has it all, from “animals” as vineyard pests to the grape Zibibbo! Time and again I’ll be reading a wine label or an article when I come across a term that piques my interest and, without fail, the *Oxford Companion to Wine* successfully provides background and pertinent information. It’s widely heralded as the most useful book on wine around and I completely agree.

The perfect partner to an encyclopedia is an atlas and another must-have wine reference book is *The World Atlas of Wine*. In this tome, published by Mitchell Beazley since 1971 and now onto

HAVING A FEW GOOD WINE BOOKS AT HAND WILL NEVER GO OUT OF STYLE AND, IF YOU CHOOSE SMARTLY, THE INFORMATION CONTAINED WITHIN WILL NEVER GET OLD.

its sixth edition, authors Hugh Johnson and Jancis Robinson present amazingly detailed maps of all the major wine regions alongside interesting, colourful write-ups detailing the history and importance of each locale.

I have literally carted this book with me throughout the vineyards of Europe using the maps to navigate minor back roads and locate wineries throughout France, Italy and Spain. And in the comfort of home it’s simply fun to bring this book out when opening a bottle in order to learn more about where a wine comes from.

For a great resource specific to British Columbia wine, check out the newly-revised and expanded John Schreiner’s *Okanagan Wine Tour Guide* [Whitecap Books, 2012], which provides colourful background and useful touring tips to the wineries of the province’s most prolific wine region. Or, for a coastal perspective, pick up the comprehensive *Island Wineries of British Columbia* edited by Gary Hynes [TouchWood Editions, 2011], which won a 2011 Gourmand International Wine Book Award.

Q Lately I keep hearing about “natural wines.” Doesn’t all wine come from nature? What’s natural wine all about?

A Natural wine is a buzzword for a category of wine that is garnering a lot of hype these days. It’s not to suggest that all wines aren’t made from a natural product – grapes – but natural wine has been adopted as a moniker by a small, but increasing worldwide, trend to return grape growing and wine making to its roots.

Actually, the term itself is rife with misunderstanding. Both the concept of natural wine and even the wines themselves are topics undergoing vigorous debate. Some even dismiss it outright, instead using language such as “sustainable wine” or “authentic wine” to describe an overall philosophy to wine growing.

The main contention among so-called natural wine growers is the industrialization of wine. As with many foods and beverages, wine is increasingly becoming big business and subject to large

economies of scale. Those embracing natural wine want to celebrate wine as an artisanal product. The other important aspect of natural wine is environmental sustainability, meaning at minimum, vineyards are farmed organically.

But, you ask, what exactly is natural wine? There’s no definition and no certification. It’s a moving target and in some ways that’s the beauty of the trend. At its most basic, a few rules apply: organic viticulture, only indigenous yeasts for fermentation, no winery additions such as enzymes and an effort to keep sulphur to a minimum.

Natural wine is an attempt to preserve the character of the land and the grapes going into the bottle in their purest form. At its best, it is the most direct and honest taste you can pour into a glass. It goes without saying that there are skeptics, and true, in its free-form state, there are always points to pick apart.

But regardless, the trend cannot be ignored. The growing interest in natural wines complements consumers’ overall concern with provenance: knowing where their food and drink come from and how it is processed. Ultimately, the best way to learn what natural wines are all about is to judge them for yourself. Gather some friends, get out your glasses and open a few bottles!

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

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

VERY SPECIAL EVENTS

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

MARCH

WEDNESDAY, MARCH 7 | 5:00-7:30 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
WINES OF CHILE

Join Wines of Chile to learn about the remarkable wine regions of Chile while you enjoy a complimentary taste of the wines.

THURSDAY, MARCH 8 | 6:00-8:00 P.M.
WINES OF CHILE REGIONAL TASTING
What is Chile *really* like? Hear seasoned tales from the road as you taste through the flavours of Chile paired with savoury appetizers with the passionate and entertaining wine educator DJ Kearney. Tickets are \$10 and available at the 39th & Cambie Customer Service desk on March 1, 2012. Seating is limited.



FRIDAY, MARCH 9 | 2:00-5:00 P.M.
BARREL AGED SPIRITS
Discover the delicious and complex taste of barrel aged spirits paired with mouth-watering appetizers.

SATURDAY, MARCH 10 | 2:00-5:00 P.M.
TRIPLE DISTILLED, TWICE AS SMOOTH, ONE GREAT TASTE

Join Jameson Brand Ambassador Amy O'Sullivan as she leads you through a tasting of Jameson Irish Whiskey complemented with tasty appetizers. First 100 customers attending the event will receive a Jameson branded glass.



WEDNESDAY, MARCH 14 | 6:00-8:00 P.M.
"SUGAR SHACK" COOKING DEMONSTRATION

Do you like the sweet taste of sugar? If so, join us in the Cambie Kitchen with chef Celine Turenne for an unforgettable night of cooking with gourmet Canadian maple syrup! Watch and learn as Celine creates savoury and sweet dishes paired with wine chosen by our own Product Consultants. Tickets are \$20 and available at the 39th & Cambie Customer Service desk on March 1, 2012. Seating is limited.

THURSDAY, MARCH 15 | 4:00-6:00 P.M.
MEET THE FAMILY
Come and "meet the family" just in time for St. Patrick's Day! This event will feature some samples of Ireland's finest brands which include Bushmills, Baileys and the classic Irish family of beers (Guinness, Harp, Smithwicks and Kilkenny) all paired with savoury bites!

FRIDAY, MARCH 16 | 3:30-6:30 P.M.
SIP AND SAVOUR WITH SAPPORO
Come enjoy the legendary Biru Sapporo with pairings from Joey's Restaurant.

SATURDAY, MARCH 17 | 3:00-5:00 P.M.
ALBERNI & BUTE BC LIQUOR SIGNATURE STORE
MEET THE FAMILY

Come and "meet the family" just in time for St. Patrick's Day! This event will feature some samples of Ireland's finest brands which include Bushmills, Baileys and the classic Irish family of beers (Guinness, Harp, Smithwicks and Kilkenny) all paired with savoury bites!

SATURDAY, MARCH 17 | 3:00-7:00 P.M.
ROLLING ROCK CELEBRATES ST. PATRICK'S DAY

Discover the taste of Rolling Rock, a classic Premium Extra Pale Lager with deep small town roots, paired with complementary savoury phyllo pastries. Learn about the mystery of the "33" and find out how you can enter to win a trip to the ultimate big apple, NYC!



SUNDAY, MARCH 18 | 2:00-6:00 P.M.
"FAMILY BEGINS AROUND THE TABLE" WITH SANTA CRISTINA WINES AND LES AMIS DU FROMAGE

"Family Begins around the Table" with Antinori and Les Amis du Fromage. Experience family time Tuscan style with Santa Cristina wines paired with charcuterie from local retailer Les Amis du Fromage.

THURSDAY, MARCH 22 | 4:00-6:30 P.M.
DISCOVER CABERNET SAUVIGNON
Explore the varietal Cabernet Sauvignon as our Product Consultants lead you through a tasting of their favourites paired with delicious appetizers.



FRIDAY, MARCH 23 | 4:30-7:00 P.M.
AUTHENTIC TASTE OF ITALY VINO E PIZZA
Enjoy the flavours of Ricossa and Cecchi wines paired with handmade pizza baked in the Ferrari Pizza Oven!

SATURDAY, MARCH 24 | 2:00-6:00 P.M.
SEE YA LATER RANCH
Discover the taste of See Ya Later Ranch wines paired with mouth-watering canapés.

THURSDAY, MARCH 29 | 6:00-8:00 P.M.
WINES OF CHILE REGIONAL TASTING
What is Chile *really* like? Hear seasoned tales from the road as you taste through the flavours of Chile paired with savoury appetizers with the passionate and entertaining wine educator DJ Kearney. Tickets are \$10 and available at the 39th & Cambie Customer Service desk on March 1, 2012. Seating is limited.

FRIDAY, MARCH 30 | 5:00-7:30 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
WINES OF CHILE
Join Wines of Chile to learn about the remarkable wine regions of Chile while you enjoy a complimentary taste of the wines.

SATURDAY, MARCH 31 | 2:00-6:00 P.M.
CANADA'S TOP WINERY MEETS CANADA'S TOP CHEF
Please join Intervin 2011 Winery of the Year, Mission Hill Family Estate wines paired with winning plates from Canada's Top Chef, Dale MacKay's Ensemble Restaurant.

APRIL



THURSDAY, APRIL 5 | 4:00-7:00 P.M.
ALSACE WINE MOMENTS
Discover the wines of Alsace with on-site sommeliers as they lead you through a tasting of Pfaffenheim, Ernest Priess, Paul Zinck, Charles Sparr, Hugel and more! Complementary hors d'oeuvres will be paired with the wine.

SATURDAY, APRIL 7 | 2:00-5:00 P.M.
THANKS FOR MAKING US CANADA'S #1 CHOICE FOR WHISKY

Sample the amazing taste of Wiser's Canadian whisky paired with appetizers. First 100 customers attending the event will receive a Wiser's branded rocks glass

THURSDAY, APRIL 12 | 4:00-6:30 P.M.
PERFECT PAIRINGS
Join our 39th & Cambie Product Consultants as they lead you through a tasting of wines that will pair perfectly with Easter Dinner! Taste the wines paired with traditional Easter inspired appetizers.

FRIDAY, APRIL 13 | 3:00-5:00 P.M.
IT'S SHOW TIME!
You've got tickets for THE SHOW! Join us and sample The Show Cabernet Sauvignon, The Show Pinot Noir and The Show Malbec paired with delicious warm canapés!

SATURDAY, APRIL 14 | 2:00-6:00 P.M.
PLAYOFF HOCKEY, MOLSON CANADIAN AND BOSTON PIZZA
Join the Molson Canadian Referee's and get reacquainted with the perfect playoff pairing. Try a new appetizer from Boston Pizza alongside hockey's favourite beer and make sure you capitalize on the great deals!

FRIDAY, APRIL 20 | 3:00-5:00 P.M.
SANDHILL TASTING
Join us for a tasting of Sandhill's award winning wines paired with complementary small bites.

SATURDAY, APRIL 21 | 2:00-5:00 P.M.
WELCOME THE "NEW LOOK" OF WOLF BLASS WINES!
Come for a preview of the new look for Wolf Blass wines, coming soon to BC! A chef will prepare tasty samples to pair with each of the most popular Wolf Blass products.



FRIDAY, APRIL 27 | 4:00-7:00 P.M.
BUDWEISER PLAYOFF CHECK
Are you in playoff form? Sample the taste of victory with Budweiser and wings and cheer your Vancouver Canucks all the way to the end of the playoff run. Find out how you can have an opportunity to win Canucks merchandise and a VIP game experience.

SATURDAY, APRIL 28 | 2:00-6:00 P.M.
STELLA ARTOIS FAMILY & FINE CHEESE
Cheese with beer? Absolutely! Join the Stella brand ambassadors and local cheesemongers from Benton Brothers Fine Cheese to learn about different types of dairy greatness that pair with the Stella Artois family. With a piece of havarti in hand, ask how you can enter to win an exclusive cheese tasting event for eight!

MONDAY, APRIL 30 | 3:30-5:30 P.M.
MAKE OUR DISCOVERIES YOUR OWN
Join our two passionate wine and cheese experts, Robert Ketchin from New Zealand Winegrowers and Allison Spurrell from Les Amis du Fromage. As they share their experiences and insights into New Zealand wines and offer entertaining ideas as well as describing which cheese or paté will pair perfectly with which wine.

MAY

THURSDAY, MAY 04 | 4:00-6:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
PENFOLDS LUXURY RELEASE
Be the first to sample and preview the latest vintage release from Penfolds including the iconic Grange. These rare and special wines are available in extremely limited quantities this year, so this is your chance to pick up that special bottle for your cellar or as a gift. Enjoy the "Best of Food & Wine" radio show with Anthony Gismondi and Kasey Wilson, "live on location" in the store!



SUNDAY, MAY 06 | 2:00-5:00 P.M.
STONELEIGH RECOMMENDS GREAT BOOKS AND FRESH IDEAS FOR BOOK CLUBS
Unearth the beautiful wines of Stoneleigh. Come and discover these crisp, flavourful wines paired with savoury appetizers.

THURSDAY, MAY 10 | 4:00-6:30 P.M.
WINES FOR MOTHER'S DAY BRUNCH
Join us for a tasting of wines that will pair perfectly for Sunday brunch with Mom! Each wine will be paired with tasty small bites.

FRIDAY, MAY 11 | 4:00-6:30 P.M.
ADD A LITTLE SPARKLE ON MOTHER'S DAY WITH ANNA DE CODORNIU
Join us in a tasting of sparkling Spanish cava paired with cheese from Les Amis Du Fromage. Perfect for Mother's day!

SATURDAY, MAY 12 | 1:00-3:00 P.M.
GREAT CANADIAN MYSTERY CONTEST
Iceberg Vodka presents "East coast meets West" in an east coast themed event. Try delicious Iceberg Vodka cocktails paired with east coast fare. Also, learn more about Iceberg Vodka's Great Canadian mystery adventure giveaway!

THURSDAY, MAY 17 | 3:30-6:30 P.M.
PAIRS WELL WITH ALL THINGS SUMMER
Try Okanagan Spring's new Summer Weizen or their classic Pale Ale paired with tantalizing bites. Summer Weizen is a limited release seasonal beer inspired by the Okanagan's fruitful history.

FRIDAY, MAY 25 | 4:00-6:00 P.M.
GET READY FOR SUMMER — BARBECUE WITH BERINGER
Kick off your the weekend with a delicious barbecue! A chef will prepare samples on the grill to pair with each of the wines from Beringer. Find out how to enter online for a chance to win a premium Napoleon gas grill and a gift certificate from M & M Meat Shops.

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

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Grow Your Own Herbs from page 8



LEMON THYME SHORTCAKES WITH STRAWBERRIES AND CREAM

Serves 6

SHORTCAKES

- 2 cups (500 ml) all purpose flour
- 1 1/2 tsp (7 ml) baking powder
- 1 tsp (5 ml) baking soda
- 2 tbsp (30 ml) granulated sugar
- 1/4 cup (50 ml) packed brown sugar
- 1/4 tsp (1 ml) salt
- 1 tbsp (15 ml) lemon zest
- 2 tsp (10 ml) fresh thyme, finely chopped
- 6 tbsp (90 ml) chilled unsalted butter, cut into cubes
- 3/4 cup (175 ml) buttermilk
- turbinado sugar, as garnish*

* Turbinado sugar is a raw coarse sugar that is blond coloured with a light molasses flavour. You can also substitute with a coarse brown sugar.

Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper. In a large bowl whisk together flour, baking powder, baking soda, sugars, salt, lemon zest and thyme. Add butter and with a pastry cutter or your fingertips, work butter into flour mixture until it resembles coarse crumbs with some pea-sized chunks of butter still scattered throughout. Pour buttermilk into flour mixture and stir with a fork just until dough comes together. Dough will be moist and sticky. With a spoon drop dough onto prepared baking sheet in six equal portions. Sprinkle with turbinado sugar and bake until golden brown and slightly puffed, about 13 to 15 minutes. Transfer to a wire rack to cool slightly.

Prepare Whipped Topping (recipe follows). To serve, cut each biscuit horizontally in half. Place the bottom halves on a serving plate and divide strawberries over each. Top strawberries with a dollop of topping and cover with shortcake top. Enjoy.

WHIPPED TOPPING

- 1 cup (250 ml) whipping cream
- 1 tbsp (15 ml) Grand Marnier or Cointreau
- 1 tbsp (15 ml) icing sugar
- 3 cups (750 ml) fresh strawberries, hulled and sliced

In a large, chilled bowl whip together cream, Grand Marnier and icing sugar in until stiff peaks form.

PAIRS WITH

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MISSION HILL RESERVE RIESLING ICEWINE
BC VQA \$59.99 240127 375ml

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Grow Your Own Herbs from page 8 continued



**BUTTER LETTUCE AND LOBSTER SALAD
WITH CREAMY TARRAGON DRESSING**

Serves 4

DRESSING

- ½ cup (125 ml) crème fraîche or sour cream
- 1 tsp (5 ml) lemon zest
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) Dijon mustard
- 1 ½ tsp (7 ml) rice vinegar
- 1 tbsp (15 ml) fresh tarragon, chopped
- salt and freshly ground black pepper, to taste

In a bowl, whisk all ingredients together. Season to taste with salt and pepper. Set aside.

SALAD

- 1 large head butter lettuce, washed and torn into large pieces
- 2 peeled oranges, white pith removed and segmented
- 8 radishes, trimmed, thinly sliced
- 1 cup (250 ml) fresh pea shoots
- 1 ¼ lbs (625 g) fresh cooked lobster meat, cut into 1-in (2.5 cm) pieces

Arrange lettuce on a large serving plate. Top with orange segments, radishes, peas shoots and lobster meat. Drizzle with creamy tarragon dressing and serve.

PAIRS WITH

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Grow Your Own Herbs from page 8 continued



CHIMICHURRI FISH TACOS

Serves 4

CHIMICHURRI SAUCE

1 ½ cups (375 ml)	parsley, with bottom 2-in (5 cm) of stems removed
1 ½ cups (375 ml)	cilantro
4	garlic cloves, sliced
½ tsp (2 ml)	red pepper flakes
2 tbsp (30 ml)	sherry vinegar
1 tbsp (15 ml)	lime juice
1	green onion, sliced
½ cup (125 ml)	extra virgin olive oil, plus extra salt and freshly ground black pepper, to taste

Combine sauce ingredients in a blender and pulse until herbs are coarsely chopped and well blended. Season to taste with salt and pepper and transfer to an airtight container. Top with olive oil to completely cover surface of Chimichurri. This will help keep sauce from turning brown. Use immediately or cover tightly and refrigerate until ready to use.

FISH

1 lb (500 g)	halibut (or other firm white fish, such as tilapia or cod)
¾ cup (175 ml)	all purpose flour
1 tbsp (15 ml)	dried oregano
1 tbsp (15 ml)	smoked Spanish paprika
2 tsp (10 ml)	ground coriander
2 tsp (10 ml)	turmeric
½ tsp (2 ml)	each, salt and freshly ground black pepper vegetable (or grapeseed) oil
8	small corn tortillas
2	avocados, peeled, pitted and diced, for garnish
¾ cup (175 ml)	sour cream, for garnish
8	lime wedges, for garnish

Rinse fish under cold running water and pat dry with a paper towel. Cut into 2-in (5 cm) pieces. In a bowl, whisk together flour, spices and seasonings. Dredge fish in flour mixture, gently shaking off excess. Coat the bottom of a frying pan with ½-in (1 cm) vegetable oil and warm over medium heat. Working in batches, fry fish until lightly browned and flaky, about 1 to 2 minutes per side.

Grow Your Own Herbs from page 8 continued



ANGEL HAIR PASTA WITH SHRIMP AND DILL

Serves 4

¾ lb (340 g)	angel hair pasta
2 tbsp (30 ml)	olive oil, divided
1	leek, white and light green part only, finely chopped
2 ½ cups (625 ml)	vegetable or chicken stock
1 cup (250 ml)	whipping cream
½ cup (75 ml)	vodka
1 ½ tsp (7 ml)	lemon zest, finely grated
½ cup (75 ml)	fresh dill, chopped
3 tbsp (45 ml)	fresh chives, chopped
¼ tsp (1 ml)	red pepper flakes (optional)
1 lb (500 g)	medium shrimp, peeled and deveined
1 cup (250 ml)	frozen peas, thawed
	salt and freshly ground black pepper, to taste
	grated parmesan cheese for garnish

In a medium saucepan, heat 1 tbsp (15 ml) oil over medium heat. Add leek and cook, stirring occasionally until soft but not browned, about 5 minutes. Add stock, cream, vodka and a pinch of salt. Increase heat to medium-high, bring to a boil and cook, stirring occasionally until reduced to 1 ½ cups (375 ml), about 30 to 40 minutes. Remove sauce from heat and stir in lemon zest, dill, chives and red pepper flakes, if using. Set aside.

Meanwhile bring a large pot of salted water to a boil. Cook pasta according to package instructions. When cooked al dente, drain and return to pot. Stir in ¼ cup (50 ml) cream sauce and cover to keep warm.

Heat remaining 1 tbsp (15 ml) oil in a frying pan over medium-high heat. Add shrimp and cook until pink and opaque, about 1 to 2 minutes. Add peas and sauté another 30 seconds. Add shrimp and peas to pasta. Add remaining sauce and toss to coat. Season to taste with salt and pepper. Divide among serving plates. Serve immediately with freshly grated parmesan cheese, if desired.

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The Perfect Bean from page 16

Transfer to a paper towel-lined plate and cook remaining fish.

To assemble, warm tortillas on both sides in a clean, dry frying pan over medium heat. Top warmed tortillas with a few pieces of fish and some Chimichurri Sauce. Garnish with avocado, sour cream and a squeeze of lime juice if desired.

PAIRS WITH

BATASIOLO BARBERA D'ALBA
 Italy \$16.99 311555

COLUMBIA CREST CHARDONNAY
 USA \$13.99 306670



FRENCH BEAN AND EDAMAME SALAD

Serves 4 to 6

VINAIGRETTE

- ¼ cup (50 ml) extra-virgin olive oil
- ¼ cup (50 ml) lemon juice, freshly squeezed
- ½ tsp (2 ml) lemon zest, finely chopped
- ¼ cup (50 ml) white wine vinegar
- 1 tbsp (15 ml) liquid honey
- 1 tbsp (15 ml) grainy Dijon mustard
- 2 tbsp (30 ml) shallots, minced
- 2 tbsp (30 ml) chives, finely chopped
- 1 tbsp (15 ml) fresh tarragon, finely chopped
- 1 tbsp (15 ml) flat leaf parsley, finely chopped
- 1 garlic clove, minced
- sea salt and freshly ground black pepper, to taste

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The Perfect Bean from page 16 continued

- 1 tbsp (15 ml) hoisin sauce
- 2 tsp (10 ml) garlic, minced
- ½ tsp (2 ml) red pepper flakes

In a small bowl, mix cornstarch with water until smooth and then whisk in chicken stock, soy and hoisin sauces, minced garlic and red pepper flakes. Set aside.

STIR-FRY

- 2 tbsp (30 ml) vegetable oil
- 2 skinless, boneless chicken breasts, cut into ¼-in (.5 cm) slices
- 1 tbsp (15 ml) ginger root, peeled and finely chopped
- 1 small onion, cut into ½-in (1 cm) dice
- 2 ribs celery, cut into ¼-in (.5 cm) slices on the bias
- 1½ cups (375 ml) frozen shelled edamame beans, thawed and drained
- ¾ cup (175 ml) roasted cashews

In a non-stick flat-bottomed wok or skillet, heat 1 tbsp (15 ml) oil over high heat. When hot, add chicken spreading it over the bottom in a single layer. Let it cook for a minute or until it starts to brown then stir-fry, turning over to cook other side. When translucent and nearly cooked through, using a slotted spoon remove chicken from wok, set aside and keep warm.

Return wok to high heat and add remaining 1 tbsp (15 ml) oil. When hot, add ginger and stir-fry for 10 seconds until fragrant. Add onion, celery and edamame beans and stir-fry until onions start to soften, about 2 minutes. Return chicken to wok as well as Spicy Sauce. Toss until well mixed and

sauce starts to thicken, about 2 minutes. Add cashews and mix well. Transfer onto warm serving plates.

PAIRS WITH

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Germany **\$17.99** 320135

NEW HARBOR SAUVIGNON BLANC
New Zealand **\$14.99** 822585



EDAMAME TURKEY CHILI

Serves 6 to 8

- 2 tbsp (30 ml) olive oil
- 1 medium onion, coarsely chopped
- 4 garlic cloves, finely chopped
- ½ large green pepper, cut into ½-in (1 cm) dice

The Perfect Bean from page 16 continued

Whisk vinaigrette ingredients together in a small bowl until blended. Adjust seasonings to taste. Set aside.

SALAD

- 2 cups (500 ml) French green beans, cut on the bias into 2-inch (5cm) pieces
- 2 cups (500 ml) frozen shelled edamame beans, thawed and drained
- ½ English cucumber, unpeeled, halved lengthwise and cut into ¼-in (.5 cm) half-moons
- ½ cup (125 ml) red pepper, cut into ¼-in (.5 cm) dice
- ½ small red onion, thinly sliced
- 2 celery ribs, thinly sliced
- 3-4 heads Belgian endive
- 1 small wheel goat's cheese

Bring a saucepan of salted water to a boil. Add green beans and edamame beans. Return to a boil and blanch for a minute or until vegetables are snap-tender. Drain well and place in a mixing bowl along with cucumber, red pepper, red onion and celery. Whisk dressing well and pour into the salad mixture and gently toss to coat. Cover and refrigerate for at least an hour before serving.

When ready to serve, slice Belgian endive leaves lengthwise into thin julienne strips. Mound endive onto a serving plate and using a slotted spoon place a small mound of the marinated salad on top. Drizzle about 1 tbsp (15 ml) excess vinaigrette around the salad. Garnish with goat's cheese.

PAIRS WITH

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France **\$15.99** 370205



SPICY CHICKEN, CASHEW AND EDAMAME STIR-FRY

Serves 4

SPICY STIR-FRY SAUCE

- 2 tsp (10 ml) cornstarch
- 1 tbsp (15 ml) cold water
- ¾ cup (175 ml) chicken stock
- 2 tbsp (30 ml) soy sauce

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Ocean Wise from page 22 continued

- 1 garlic clove, minced
 - 1 tbsp (15 ml) dried chili flakes
 - 1 tbsp (15 ml) capers
 - 6 smoked sardines (or grilled fresh), cut in 2-in (5 cm) pieces
 - 1 cup (250 ml) cherry tomatoes, halved
 - 1 small lemon, zest only
 - 1 tbsp (15 ml) butter
 - 1 lemon, juice and zest
 - 6 sprigs Italian parsley, leaves only, chopped
- salt and pepper, to taste

Cook pasta according to instructions on package. In the meantime, add oil to pan on medium high and then add garlic, chili and capers. Sauté 5 minutes, then add sardines, cherry tomatoes and lemon zest. Continue to sauté another 5 minutes, while stirring. Add butter, cooked pasta and lemon juice and zest. Stir all ingredients to combine and sauté for 3 minutes. Add parsley and season to taste.

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BAKED SPRING SALMON WITH BEETS, ASPARAGUS AND JERUSALEM ARTICHOQUES

Serves 6

- 1 whole filet spring salmon, skin on and pin bones removed
 - 2 tbsp (30 ml) olive oil
 - 4 baby beets, cleaned, peeled and quartered
 - 6 Jerusalem artichokes, peeled and sliced
 - 1 bunch asparagus, trimmed
 - 4 lemons, cut into wedges
- sea salt and black pepper, to taste

Preheat oven to 450 F (230 C). Bring 2 pots of salted water to a boil. Blanch asparagus 2 to 3 minutes, then refresh in ice water and reserve. Add beets to one pot and artichokes to the other. Cook artichokes for 6 minutes, strain and reserve. Cook beets for 10 to 15 minutes (when firm but cooked

Ocean Wise from page 22

- ½ large red pepper, cut into ½-in (1 cm) dice
- 2 carrots, peeled and finely chopped
- 2 celery ribs, coarsely chopped
- 1 tsp (5ml) ground cumin
- 1 tsp (5ml) ground coriander
- 2 lbs (1 kg) ground turkey
- 5 ½ oz (156 ml) can tomato paste
- 1 cup (250 ml) water
- 28 oz (796 ml) can Italian tomatoes, with juice, coarsely chopped
- 1 orange, zest and juice only
- 2 cups (500 ml) frozen, shelled edamame beans, thawed and drained
- 1 tbsp (15 ml) chili powder
- ½ tsp (3 ml) ground cayenne
- 1 tsp (5 ml) dried oregano
- ½ tsp (3 ml) black pepper
- 1 tsp (5 ml) salt
- 2 tbsp (30 ml) fresh basil, finely chopped or 1 tsp (5 ml) dried
- 1 tsp (5 ml) hot pepper sauce, or to taste

Heat olive oil in a large saucepan or Dutch oven over medium-high heat. Add onion, garlic, peppers, carrots and celery. Sauté until tender, about 5 minutes. Add cumin and coriander and sauté for a minute until fragrant. Add ground turkey and sauté until nearly cooked, about 7 minutes. Break up turkey with a fork until crumbly.

Increase heat to high and stir in tomato paste, water, tomatoes, orange zest

and juice, edamame and remaining spices, except fresh basil, if using. Bring to a boil, reduce heat to medium-low, cover and cook until heated through, about 5 minutes. Stir in basil and hot pepper sauce before serving.

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PASTA WITH SMOKED SARDINES AND PRESERVED LEMON

Serves 4

- 1 lb (500 g) spaghetti
- 2 tbsp (30 ml) olive oil

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FONTANAFREDDA



Ocean Wise from page 22 continued

through), strain and reserve. Rub the salmon with half of the olive oil and season with black pepper. Toss the vegetables with the remaining oil and season with salt and pepper. Bake 12 to 15 minutes on a baking sheet until salmon is cooked through. Season salmon with sea salt and serve with lemon wedges.

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



PRAWN AND SCALLOP CEVICHE

Serves 6

- 1 lb (500 g) prawns, peeled, deveined and chopped
- 1 lb (500 g) scallops, chopped
- 5 limes, juiced

- 1 small bunch cilantro, chopped (including top half of stems)
- 2 Roma tomatoes, diced
- 1 shallot, thinly sliced
- 1 tsp (5 ml) sambal oelek (chili paste)

Mix all ingredients in a sealable bag or glass bowl and cover with plastic wrap. Refrigerate at least 60 minutes or up to 24 hours. The acid from the limes will cook the fish. Serve on spoons or in a bowl with tortilla chips. This could also be placed over greens and served as a salad.

PAIRS WITH
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France \$14.99 147546
BOLLA PINOT GRIGIO
Italy \$14.99 363622

Spice of Life from page 30



BC SHELLFISH BOUILLABAISSE

Serves 6

- 2 tbsp (30 ml) olive oil
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 small bulb fennel, thinly sliced, save fronds (green tops)
- 1 fresh thyme, chopped
- 1 tsp (5 ml) fennel seeds
- 28 oz (796 ml) can San Marzano (plum) tomatoes
- 6 new potatoes, sliced
- 12 cups (3 L) fish stock
- 1 tsp (5 ml) saffron
- 300 g (10 oz) rock fish, cut into 2-in (5 cm) pieces
- 1 lb (500 g) mussels, cleaned
- ½ lb (250 g) clams
- 8 spot prawns
- 2 tbsp (30 ml) pastis (licorice liqueur)
- 1 tsp (5 ml) salt and pepper

In a large heavy bottomed pot, heat oil on medium high and add garlic, onion, fennel, thyme and fennel seeds. Cook for 10 minutes, stirring until translucent. Add tomatoes, stock, saffron and potatoes and bring to rolling boil. Add fish and continue to boil 10 minutes (skim white stuff from top and discard). Add shellfish, pastis and reserved fennel fronds and boil another 5 minutes. Remove from heat, cover and let rest 5 to 10 minutes before serving. Serve with rustic bread.

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CARDAMOM INFUSED FRUIT SALAD

Serves 4 to 6

- ½ cup (125 ml) liquid honey
- 2 tbsp (30 ml) water
- ½ tsp (2 ml) ground cardamom
- 1 tbsp (15 ml) lemon juice, fresh squeezed
- ¼ cup (50 ml) fresh blood orange juice (or regular orange juice)

- 1 medium cantaloupe, peeled, seeded and cut into ½-in (1 cm) dice
- 2 medium oranges, peeled and segmented
- ½ pineapple, peeled, cored and cut into 1-in (2.5 cm) cubes
- ½ cup (125 ml) seedless grapes, halved

In a small saucepan combine honey, water and cardamom and bring to a boil, stirring a few times. Simmer for 2 minutes and remove from heat. Stir in lemon juice and cool completely. Refrigerate covered for at least 2 to 3 hours. To serve, place prepared fruit in a large bowl. Drizzle with cooled honey mixture and gently toss to evenly coat.

PAIRS WITH
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Germany \$14.99 106328
IRONSTONE SYMPHONY OBSESSION
USA \$16.99 355784



CARDAMOM SAFFRON BIRYANI WITH SHRIMP

Serves 4 to 6

- 2 cups (500 ml) basmati rice
- 1 lb (500 g) medium-sized shrimp, peeled and deveined, tail off
- 3 garlic cloves, finely minced
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) ground turmeric
- ¼ tsp (1 ml) cayenne
- salt and freshly ground black pepper, to taste
- 3 tbsp (45 ml) vegetable oil
- 4 tsp (20 ml) lemon juice
- ¼ cup (50 ml) fresh cilantro, chopped
- 5 cardamom pods
- 1 tsp (5 ml) saffron threads
- 2½ cups (650 ml) chicken stock

Wash rice several times in cold water until water runs clear. Drain, then transfer rice to a bowl and cover with cold water. Soak for 30 minutes. Drain well.

Cut shrimp in half crossways and place in a mixing bowl. Add garlic, cumin, turmeric, cayenne, ¼ tsp (1 ml) salt and pepper. Mix well to thoroughly coat. Cover and set aside to marinate.

Add oil to a medium-sized heavy saucepan and heat over medium-high heat. When hot add shrimp and sauté for 2 to 3 minutes or until just opaque. Remove with a slotted spoon and transfer to a bowl. Add lemon juice and cilantro to shrimp and stir to mix, adding more seasoning to taste. Set aside.

Add cardamom, saffron and chicken stock to saucepan that was used for cooking shrimp and bring to a boil, scraping the bottom of the pan to release the spices. Add drained rice and ½ tsp (2 ml) salt and bring to a boil. Cover tightly and reduce heat to very low. Cook for 25 minutes. Quickly add shrimp and any juices to the top of the rice and cover, cooking another minute. Stir gently to mix and cover until ready to serve.

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Spice of Life from page 30 continued

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**CARDAMOM AND LEMON SHORTCAKES
WITH BERRIES AND LEMON CREAM**

Serves 6

SHORTCAKES

- 2 cups (500 ml) all-purpose flour
- ¼ cup (50 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1 tsp (5 ml) ground cardamom
- ½ tsp (2 ml) salt
- ½ cup (125 ml) cold unsalted butter, cut into ½-in (1 cm) dice
- 1 large egg, lightly beaten
- ¼ cup (50 ml) homogenized milk
- 6 tbsp (90 ml) whipping cream
- 1 tbsp (15 ml) granulated sugar

Preheat oven to 425 F (220 C). In a medium-sized bowl, combine flour, sugar, baking powder, cardamom and salt. Stir to blend. Add butter and work in using a pastry cutter or two knives until mixture resembles a coarse meal.

In a small bowl, add egg, milk and 5 tbsp (75 ml) whipping cream. Add to flour mixture and gently fold in just until dry mixture becomes moistened. Turn dough onto a lightly floured surface. Gently form dough into a rough 7-in (17 cm) square about 1-in (2.5 cm) thick. Using a 3-in (7.5 cm) round cutter, cut 4 portions, dipping cutter into flour before cutting each round. Transfer to a parchment paper-lined baking sheet. Collect remaining dough and cut 2 more rounds.

Brush the tops with remaining 1 tbsp (15 ml) whipping cream and sprinkle surface with 1 tbsp (15 ml) sugar. Bake on centre rack of preheated oven for 15 minutes or until golden brown and tops are crisp. Transfer to a wire rack and allow to cool for at least 15 minutes before assembling.

BERRY AND CREAM TOPPING

- 4 cups (1 L) mixed berries (strawberries, raspberries and blueberries)
- 3 tbsp (45 ml) granulated sugar
- 2 tbsp (30 ml) Limoncello liqueur (optional)
- 2 cups (500 ml) whipping cream
- 2 tbsp (30 ml) icing sugar
- 2 tsp (10 ml) lemon zest, finely grated
- ¼ tsp (1 ml) lemon oil (optional)
- 1 tsp (5 ml) ground cardamom

Berries are best prepared 1 to 2 hours before assembling. In a mixing bowl, gently mix together berries, sugar and Limoncello. Cover and refrigerate for at least an hour.

Light as Air from page 42

Combine remaining ingredients in a chilled mixing bowl and beat with an electric mixer until soft peaks form.

To assemble, lightly crush berries with a masher. Split warm shortcakes in half and place bottoms on a serving plate. Spoon some berries over shortcake, then a dollop of lemon cream. Top with more berries, then cover with top. Serve immediately.

PAIRS WITH

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France \$19.99 531921



**CARDAMOM AND ORANGE PANETTONE FRENCH TOAST
WITH CARDAMOM ORANGE VANILLA BUTTER**

Serves 6

CARDAMOM ORANGE BUTTER

- ½ cup (125 ml) butter, softened at room temperature
- 2 tsp (10 ml) orange zest, finely grated
- 2 tbsp (30 ml) vanilla flavoured sugar
- ½ tsp (2 ml) ground cardamom

In a small mixing bowl, blend ingredients together. Set aside.

PANETTONE FRENCH TOAST

- 4 large eggs
- 1 cup (250 ml) half and half cream
- 2 tbsp (30 ml) granulated sugar
- 2 tsp (10 ml) orange zest, finely grated
- ½ tsp (2 ml) ground cardamom
- 12 ½-in (1 cm) thick slices panettone*
- ¼ cup (50 ml) melted butter

In a mixing bowl, combine eggs, cream, sugar, zest and cardamom. Beat with an electric mixer until a smooth custard-like mixture forms. Pour into a flat-bottomed casserole dish and dredge both sides of the panettone slices in custard mixture, a few slices at a time. Do not soak slices or they will become too soggy. Heat a non-stick skillet over medium heat. When hot, spread 1 tbsp (15 ml) melted butter over surface of skillet. Grill panettone slices, a couple at a time. Allow to cook for 1 to 2 minutes or until golden, then using a metal spatula, flip over to cook the other side, about 1 minute. Transfer to a warm serving plate. Drizzle more melted butter onto the griddle before adding the next batch. Serve French toast warm with Cardamom Orange Butter.

PAIRS WITH

ST. RÉMY XO
France \$29.99 557108

GRAY MONK ODYSSEY BRUT
BC VQA \$24.99 711218

* Panettone is a sweet yeast bread studded with raisins, peel, pine nuts and anise.



INDIVIDUAL LEMON RASPBERRY SPONGE CAKES

Makes 6 individual cakes

SPONGE CAKES

- 3 large eggs, at room temperature, separated
- ½ cup (125 ml) granulated sugar
- ½ tsp (2 ml) vanilla extract
- 1 ½ tsp (7 ml) lemon juice
- 1 tbsp (15 ml) lemon zest
- ½ cup (125 ml) cake and pastry flour
- ¼ tsp (1 ml) cream of tartar

Preheat oven to 350 F (180 C). Line the bottom of six ¾ cup (175 ml) ramekins with a circle of parchment and place on a baking sheet.

Combine egg yolks and ¼ cup (50 ml) sugar in a mixing bowl. Beat with an electric mixer on high speed until thick and light in colour and ribbons form when the beaters are lifted, about 5 minutes. Beat in vanilla extract, lemon juice and zest.

Clean beaters from mixer and dry thoroughly. Beat egg whites in a separate bowl until foamy. Add cream of tartar and continue to beat until soft peaks form. While continuing to beat, add 2 tbsp (30 ml) sugar, a little at a time, until stiff, shiny peaks form.

Sift flour and remaining 2 tbsp (30 ml) sugar over top of egg yolk mixture. Do not mix right away. Gently fold a quarter of the egg whites into the egg yolk mixture. Fold the rest of the egg whites into the batter until just incorporated. Divide batter among prepared ramekins, spreading evenly with a thin spatula. Bake until golden brown, about 20 to 25 minutes. Let cool 5 minutes in ramekins then run a thin knife around cakes and turn out onto a wire rack to cool completely.

TOPPING

- 1 ½ cups (375 ml) whipping cream
- 2 tbsp (30 ml) icing sugar
- ¼ tsp (1 ml) lemon extract (optional)
- ½ cup (125 ml) raspberry jam
- raspberries, for garnish
- white chocolate shards, for garnish

One to two hours before serving cakes, beat whipping cream in a chilled mixing bowl along with icing sugar and lemon extract (if using) until stiff peaks form.

Cut each cake in half horizontally. Spread some raspberry jam over each cake, sandwich bottom and tops of cake together. Place on serving plates. Ice each cake with some whipped cream. Press some white chocolate shards around sides and pile some raspberries on top of each cake. Refrigerate until ready to serve.

PAIRS WITH

GANTON & LARSEN PROSPECT VIDAL ICEWINE
BC VQA \$39.99 609974

ROYAL DE NEUVILLE PETILLANT
France \$14.99 81661



LAMINGTONS

Makes 12

CAKES

½ cup	(125 ml)	unsalted butter, at room temperature, plus extra
1 cup	(250 ml)	granulated sugar
1 tsp	(5 ml)	vanilla extract
2		large eggs
1 ½ cup	(325 ml)	cake and pastry flour
1 tsp	(5 ml)	baking powder
		pinch salt
½ cup	(125 ml)	2 percent milk
½ cup	(125 ml)	strawberry jam, apricot jam or orange marmalade

Preheat oven to 325 F (170 C). Grease a 9 x 13-in (3.5 L) baking pan with butter; line with parchment paper. Combine butter, sugar and vanilla in a large mixing bowl. Beat with a mixer with a paddle for 5 minutes. Add eggs, one at a time, incorporating well after each addition.

In a bowl whisk together flour, baking powder and salt. Add one third of the flour mixture to butter mixture. Mix with paddle until almost incorporated then mix in half the milk. Continue alternating flour and milk into batter, ending with flour mixture. Pour batter into prepared pan and bake until golden, about 30 minutes. Cool cake in pan on a wire rack for 10 minutes, then remove from pan and cool completely.

Cut cake in half to produce two cakes measuring 9-in x 6.5-in (22 cm x 16 cm). Spread surface of one cake with jam and place other cake on top. Trim to even the edges and cut cake into 12 equal squares. Place squares on a parchment-lined baking sheet, cover with plastic wrap and refrigerate at least 2 hours.

CHOCOLATE GLAZE

½ cup	(125 ml)	2 percent milk
2 tbsp	(30 ml)	unsalted butter
½ cup	(75 ml)	cocoa powder
4 cups		icing sugar, sifted
2 ½ cups	(625 ml)	shredded unsweetened coconut

In a small saucepan bring milk and butter to a simmer over medium heat. Sift cocoa powder and icing sugar together. Remove saucepan from heat and whisk in cocoa mixture until smooth. Transfer to a bowl and set aside until ready to use.

When ready to assemble, place glaze in a heat proof bowl and warm over a saucepan with 2-in (5 cm) of gently simmering water. Place coconut in a large bowl. Working with one cake at a time, dip in chocolate glaze and rotate to fully coat. Remove with a fork and allow excess glaze to drip off. Then place in coconut and roll to coat. Transfer to a wire rack until glaze has set, about 20 minutes. Continue with remaining squares. Transfer to a serving platter and serve.

PAIRS WITH

DR LOOSEN SPARKLING RIESLING
Germany **\$18.99** 158501

QUAILS' GATE OPTIMA
BC VQA **\$29.99** 390328



HONEY AND GREEN TEA SPONGE CAKE WITH CITRUS SALAD

Serves 8

SPONGE CAKE

1 ¼ cups	(300 ml)	cake and pastry flour
1 tsp	(5 ml)	baking powder
1 tbs		
+ 1 tsp	(20 ml)	matcha (Japanese) green tea powder
¼ tsp	(1 ml)	salt
3		large egg yolks
¾ cup	(175 ml)	liquid honey, divided
2 tsp	(10 ml)	lemon juice
1 tsp	(5 ml)	vanilla extract
1 tsp	(5 ml)	lemon zest
7		large egg whites
1 tsp	(5 ml)	cream of tartar
		lightly whipped cream or Greek yogurt, optional

Preheat oven to 325 F (170 C). Sift together flour, baking powder, green tea powder and salt into a bowl. Set aside.

Place egg yolks, ¼ cup (50 ml) honey and lemon juice in a mixing bowl. Beat with an electric mixer until thick and pale, about 8 minutes. Whisk in vanilla and lemon zest. Set aside.

Clean beaters from mixer and dry thoroughly. Beat egg whites in a large bowl at medium speed until foamy. Add cream of tartar and continue to gently beat until soft peaks form. Gradually add remaining ½ cup (125 ml) honey, increase speed to medium-high and beat until stiff peaks form.

Gently fold egg white mixture into egg yolk batter a quarter at a time until just incorporated and no white streaks remain. Sift flour mixture over egg yolk mixture and fold in until well incorporated.

Pour into an ungreased 10-in (25 cm) tube pan with a removable bottom. Smooth top with a metal spatula. Bake in centre of oven until golden brown and top of cake springs back when lightly touched, about 40 to 45 minutes.

Invert cake pan immediately, placing tube opening over neck of a bottle to suspend it above countertop. Cool completely. Loosen cake from sides of the pan by running a long, narrow spatula around cake. Loosen cake from base and center core. Invert onto a plate covered with a piece of lightly oiled plastic wrap and re-invert it onto a serving plate. Slice and serve with Citrus Salad (recipe follows) and some lightly whipped cream or Greek yogurt, if desired.

CITRUS SALAD

4		oranges
2		ruby grapefruit
1		Meyer lemon*
1 tbs	(15 ml)	liquid honey
36		small mint leaves (optional)

Slice top and bottom from oranges, grapefruit and lemons using a sharp paring knife. Place fruit flat side down on cutting board and cut away peel and white, bitter pith. Cut each fruit between the membranes to release the individual sections. Leave orange sections whole, cut grapefruit sections in half and lemon sections into thirds. Place citrus in a bowl and drizzle with honey. Toss gently and marinate for 30 minutes. Just before serving stir in mint leaves, if using.

PAIRS WITH

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Germany **\$13.99** 262337

* Meyer lemons are a cross between an orange and a lemon and are sweeter and less acidic than regular lemons. Available from October through May in specialty food shops.



PAELLA WITH MUSSELS, SPOT PRAWNS AND CHICKEN

Serves 6

6 cups	(1.5 L)	chicken stock
1 tsp	(5 ml)	saffron
½ cup	(125 ml)	olive oil
4		boneless, skinless chicken thighs, cut into 2-in (5 cm) pieces
½ cup	(125 ml)	chorizo, diced
½ cup	(125 ml)	prosciutto, diced
1		medium onion, diced
2		tomatoes, diced
2		garlic cloves, minced
1 tsp	(5 ml)	smoked paprika
3 cups	(750 ml)	bomba rice (from Spain)**

** substitute arborio or short grain rice

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The Spanish Kitchen from page 48 continued

- ½ cup (125 ml) dry white wine
- 1 lb (500 g) mussels, cleaned
- 12 spot prawns
- 1 small bunch Italian parsley, chopped
- 8 lemon wedges

Heat chicken stock, add saffron and simmer. Meanwhile, heat olive oil in a 20-in (50 cm) paella pan over medium-high heat. Add chicken and brown for 2-3 minutes each side, then remove from pan. Add the chorizo and prosciutto and cook for 4-5 minutes then remove from pan.

Now add the onion, tomatoes, garlic and smoked paprika, stirring to blend. Cook for 5 minutes. Add the rice, stir and then add the wine. Cook for 5 minutes. The wine will evaporate and be absorbed into the other ingredients. Add the reserved chorizo, prosciutto and chicken and stir to blend the flavours. Add the hot stock and bay leaf. Simmer for about 10 to 15 minutes.

Lay the mussels and the whole prawns over the rice and loosely cover with lid or foil and simmer for another 10 minutes. Taste the rice to ensure that it is fully cooked but still slightly firm. Garnish with lemon wedges, parsley and serve.

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SAN VALERO EL JAMON CARINENA TEMPRANILLO CRIANZA
 Spain **\$16.99** 357194



CHORIZO BRAISED IN CIDER

Serves 8 as appetizer

- 1 lb (500 g) chorizo
- 3 cups (750 ml) cider

Cut chorizo into 2-in (5 cm) pieces and place in a pot. Cover with cider and bring to a boil, then reduce heat and simmer 15 minutes. Strain and serve with olives.

PAIRS WITH
ALVEAR FINO
 Spain **\$14.99** 112771

MONTEBUENA RIOJA
 Spain **\$15.99** 507517

Simply Canadian Maple Syrup from page 60



ALBACORE TUNA AND POTATO STEW

Serves 4

- 2 lbs (1 kg) albacore tuna, cut into 2-in (5 cm) chunks
- 2 tbsp (30 ml) olive oil
- 2 garlic cloves, chopped
- 1 onion, thinly sliced
- 2 red peppers, sliced
- 28 oz (796ml) can San Marzano (plum) tomatoes
- 2 tsp (10 ml) smoked paprika
- 6 nugget potatoes, halved
- 1 cup (250 ml) white wine
- ½ cup (125 ml) chicken stock
- salt and pepper, to taste

Heat oil in a heavy bottomed pot, add garlic and onion and cook for 5 to 10 minutes being careful not to burn. Add all other ingredients (except for tuna) and cook covered for 20 minutes, stirring occasionally. When potatoes are cooked, add tuna and cover for 10 minutes or until tuna is cooked through. Let rest 5 to 10 minutes and serve.

PAIRS WITH
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MIGUEL TORRES VIÑA ESMERALDA
 Spain **\$14.49** 165316



GRILLED GREEN ONIONS WITH ROMESCO SAUCE

Serves 4

- 2 bunches green onions, washed and trimmed
- 2 tbsp (30 ml) extra virgin olive oil
- salt and cracked black pepper, to taste

Toss green onions with oil and season with salt and pepper. Heat grilling pan or barbecue and grill onions on each side 1-2 minutes. Serve with Romesco sauce.

ROMESCO SAUCE

- 12 ripe tomatoes, cored, seeded and coarsely chopped
- ¼ cup (50 ml) roasted almonds, coarsely chopped
- 7 garlic cloves, roasted
- 2 slices white bread, cubed
- ¼ cup (50 ml) red wine vinegar

- 1 sprig fresh mint
- 1 cup (250 ml) olive oil
- salt and pepper, to taste

Soak bread and vinegar 10 minutes in a bowl. Place tomatoes, almonds, garlic, mint and soaked bread into a blender. Blend on medium speed while slowly adding oil. Season with salt and pepper.

PAIRS WITH
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WILLIAMS & HUMBERT DRY SACK SHERRY
 Spain **\$16.99** 13565



MAPLE GINGER GLAZED ROAST CHICKEN

Serves 6

- 2 tbsp (15 ml) olive oil
- 1 shallot, peeled and minced
- 1 tbsp (15 ml) fresh ginger root, peeled and grated
- 1 garlic clove, minced
- ½ cup (125 ml) orange juice
- ¼ cup (50 ml) pure maple syrup
- 2 tbsp (30 ml) white or shiro miso
- salt and freshly ground black pepper, to taste
- 4 lb (4 kg) whole chicken, rinsed and patted dry
- 3 tbsp (45 ml) unsalted butter, room temperature
- ½ cup (125 ml) chicken stock

To make glaze, warm olive oil in a small saucepan over medium heat. Add shallot, ginger and garlic and cook, stirring occasionally, until shallot is soft, about 5 minutes. Stir in orange juice, maple syrup and miso and bring to a boil. Reduce heat and simmer, stirring occasionally, until thickened, about 10 minutes. Pour sauce into a blender and purée until smooth. Strain into a bowl, adjust seasoning with salt and pepper and set aside while preparing chicken.

Preheat oven to 375 F (190 C). Place chicken on a rack in a roasting pan and tuck wing tips under. Run fingers under the chicken skin to loosen and rub butter under skin over breast and thighs. Tie legs together with kitchen string at ankles. Season lightly with salt and pepper. Add ½ cup (75 ml) water to the roasting pan and roast chicken uncovered for 35 minutes. Brush chicken with some glaze. Continue roasting, brushing chicken with glaze every 10 minutes, until thermometer inserted in the thickest part of the thigh registers 170 F (76 C), about another 40 minutes. Transfer chicken to a platter and let rest while preparing sauce.

To make sauce, pour off some fat from pan juices. Place remaining pan juices in a small saucepan and add any remaining glaze and chicken stock. Bring to a boil over medium-high heat. Taste and adjust seasonings with salt and pepper. Transfer sauce to a serving dish. Serve Maple Ginger Roast Chicken alongside your favourite vegetables and drizzle with pan sauce.

PAIRS WITH

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DRINK RESPONSIBLY

BC LIQUORSTORES

Simply Canadian Maple Syrup from page 60 continued

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PEA SOUP WITH MAPLE BACON SCONES

Serves 6

PEA SOUP

3 tbsp	(45 ml)	unsalted butter
1		leek, white and light green part, trimmed and washed
1		baking potato, peeled and chopped
4 cups	(1 L)	vegetable stock
6 cups	(1.5 L)	frozen peas, thawed
1 cup	(250 ml)	crème fraîche (optional)
		salt and freshly ground black pepper, to taste
		pea shoots, for garnish

Melt butter in a large saucepan over medium heat. Slice leek into ¼-in (0.5 cm) pieces and add to saucepan. Cook, stirring frequently, until soft, about 8 minutes. Add potato and vegetable stock. Bring to a boil and cover with lid slightly ajar. Reduce heat to simmer and cook until potatoes are tender, about 15 minutes. Add peas and a generous pinch of salt, cook for 1 minute and turn off heat. Stir in crème fraîche, if using. Purée soup in batches in a blender. Strain into a bowl. Taste and adjust seasonings. Pea soup can be served chilled or hot by warming slowly over low heat. Garnish with pea shoots and serve with Maple Bacon Scones (recipe follows).

MAPLE BACON SCONES

½ lb	(250 g)	bacon
1¾ cup	(425 ml)	all purpose flour, plus extra for dusting
1 tbsp	(15 ml)	brown sugar, packed
1½ tsp	(7 ml)	baking powder
¼ tsp	(1 ml)	baking soda
pinch		salt
2 tbsp	(30 ml)	fresh chives, finely chopped
1 tsp	(5 ml)	orange zest (optional)
½ cup	(125 ml)	cold unsalted butter, cut into cubes
¼ cup		
+ 2 tbsp	(80 ml)	pure maple syrup, divided
¾ cup	(175 ml)	buttermilk

Preheat oven to 350 F (180 C). Cut bacon into ½-in (1 cm) pieces. Place bacon in a large frying pan and cook over medium heat until cooked but not crispy, about 10 minutes. Transfer to a paper towel-lined plate to absorb excess fat. In a large bowl whisk together flour, brown sugar, baking powder, baking soda, salt, chives and orange zest, if using. Add butter and using a pastry cutter or your fingertips, work butter into flour mixture until it resembles coarse crumbs with some pea-sized chunks of butter still scattered throughout. Stir in bacon bits with a fork.

In a small bowl whisk together ¼ cup (50 ml) maple syrup and buttermilk.

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Simply Canadian Maple Syrup from page 60 continued

Pour into flour mixture and stir with a fork until dough just comes together. Be careful not to overwork dough or it will result in a tough scone. Turn dough out onto a lightly-floured surface and dusting hands with flour, press into a square about 1-in (2.5 cm) thick. Cut square into 12 equal pieces. Place on a parchment-lined baking sheet and freeze 10 minutes. Bake in preheated oven for about 25 minutes or just until scones begin to turn colour. Quickly brush with remaining 2 tbsp (30 ml) maple syrup and return to oven. Continue to bake until golden brown, about 3 to 5 more minutes. Transfer to a wire rack to cool slightly and serve warm with Pea Soup.

PAIRS WITH

LA CREMA CHARDONNAY
USA \$27.99 366948

CHARTRON LA FLEUR SAUVIGNON BLANC
France \$13.29 626341



MAPLE FUDGE

Makes 30 squares

2 cups	(500 ml)	amber-coloured pure maple syrup
½ cup	(75 ml)	unsalted butter, plus extra
1 cup	(250 ml)	whipping cream
pinch		salt
½ cup	(125 ml)	toasted walnuts, hazelnuts or almonds (optional)

Grease an 8-in (20 cm) square baking pan and line with parchment paper so that it hangs over each side by 1-in (2.5 cm). Grease the parchment paper and set prepared pan aside.

In a large saucepan, bring maple syrup, butter, cream and salt to a boil over medium-high heat. Cook, stirring occasionally, until a candy thermometer registers 240 F (115 C). Remove from heat immediately and let stand without stirring, for 5 minutes. With a wooden spoon, stir fudge until it is no longer glossy but still soft, about 2 to 3 minutes. Stir in nuts (if using) and pour into prepared pan. Smooth top with a spatula and refrigerate until firm. Unmold fudge, cut into squares and serve.

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SEARED SESAME TUNA WITH MAPLE SOY SAUCE

Serves 4

2 tbsp	(30 ml)	toasted sesame oil
1 tbsp	(15 ml)	ginger root, peeled and grated
1		large egg white
3 tbsp	(45 ml)	white sesame seeds
2 tbsp	(30 ml)	black sesame seeds
		salt and freshly ground black pepper, to taste
2, 8 oz	(250 g)	tuna loin pieces
¼ cup	(50 ml)	low sodium soy sauce or tamari
¼ cup	(50 ml)	pure maple syrup

In a medium bowl whisk together sesame oil and ginger. Set aside. In another bowl, whisk egg white until frothy. Set aside. On a plate stir together sesame seeds and a pinch of salt and pepper.

Preheat a heavy skillet over medium-high heat. Cut two pieces of aluminum foil large enough to wrap tuna loins. Coat foil with a thin layer of oil or cooking spray.

Pat tuna dry with paper towel. Working with one tuna loin at a time, dip in sesame oil mixture, brush on some egg white and roll in sesame seed mixture until completely coated. Transfer to one sheet of aluminum foil and roll up tightly, twisting ends closed. Ensure that there are no more than 2 or 3 layers of foil surrounding tuna. Repeat with remaining tuna loin. Place 1 wrapped tuna loin in heated skillet and cook for 30 seconds on all sides. Sear the outside of the loin only leaving the insides rare. Remove foil packet from pan and repeat with remaining wrapped loin. Then refrigerate 10 minutes while preparing sauce.

Prepare dipping sauce by whisking soy sauce and maple syrup in a small bowl. Set aside. When foil packets are cool enough to handle, carefully unwrap and place sesame crusted tuna loins on a cutting board. Slice into ½-in (1 cm) slices and arrange among serving plates. Serve with soy dipping sauce.

PAIRS WITH

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SPICY TEQUILA AND LIME SHRIMP WITH TEQUILA CILANTRO LIME SAUCE

Serves 4

SPICY SHRIMP

- 1 ½ lbs (750 g) medium shrimp, peeled and deveined, tail on
- 1 cup (250 ml) blanco tequila
- 1 tsp (5 ml) sea salt
- ½ tsp (2 ml) freshly ground coarse black pepper
- ½ tsp (2 ml) ground cumin
- 3 garlic cloves, minced
- 1 tbsp (15 ml) red pepper flakes
- ½ tsp (2 ml) smoked paprika
- ¼ cup (50 ml) fresh lime juice
- 1 tsp (5 ml) lime zest
- ½ cup (125 ml) cilantro, chopped

Place all ingredients in a heavy re-sealable plastic bag and marinate, turning bag over a few times, for about 1 hour. Remove shrimp, reserving marinade and skewer shrimp. Place on a hot grill, basting often with the tequila marinade. Grill for 5 to 6 minutes, turning over, until they are opaque and tender. Drizzle with Tequila Cilantro Lime Sauce (recipe follows).

TEQUILA CILANTRO LIME SAUCE

- 1 ½ cups (375 ml) cilantro, coarsely chopped
- 1 small shallot, coarsely chopped
- ½ cup (125 ml) lime juice
- ¼ cup (50 ml) tequila
- 3 tbsp (45 ml) extra virgin olive oil
- salt and freshly ground black pepper, to taste

Add ingredients to a food processor or blender and process until smooth. Add more olive oil if you'd like a smoother texture. Serve drizzled over grilled Spicy Shrimp.

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CORN CHOWDER WITH ROASTED TOMATOES, TEQUILA AND CRAB

Serves 6 to 8

- ½ lb (250 g) large cherry tomatoes, halved
- 3 tbsp (45 ml) olive oil
- 1 tsp (5 ml) fresh thyme, chopped
- salt and freshly ground black pepper, to taste
- 4 to 5 strips thick-sliced side bacon, cut into ½-in (1 cm) dice
- 1 tbsp (15 ml) butter
- 1 medium onion, finely chopped
- 1 large carrot, peeled and finely chopped
- 2 celery ribs, finely chopped
- ½ small red pepper, finely chopped
- 4 cups (1 L) chicken stock
- ½ lb (250 g) Yukon Gold potatoes, peeled, cut into ½-in (1 cm) dice, soaked in cold water
- 3 ears fresh corn, husked
- ½ cup (125 ml) blanco tequila
- ¼ lb (125 g) fresh Dungeness crabmeat
- ¼ cup (50 ml) cilantro, coarsely chopped
- fresh cilantro sprigs, for garnish
- chopped green onion, for garnish

Preheat oven to 400 F (200 C). In a large mixing bowl, lightly toss cherry tomatoes, olive oil, thyme, salt and pepper. Transfer tomatoes into a single layer on a parchment paper-lined baking sheet and roast for 25 minutes. Remove from oven and set aside.

Heat a stockpot over medium-high heat and add bacon. Fry until crisp and drain on paper towel-lined plate. Pour off excess bacon fat except for about 2 tbsp (30 ml). Add butter, onion, carrot, celery and red pepper, sauté for about 2 minutes or until vegetables soften. Add stock and potatoes. Bring to a boil, then lower heat, cover with a lid slightly ajar and simmer until potatoes are fork tender, about 10 to 15 minutes.

Meanwhile, cut off kernels from corn collecting as much of the juices from each cob as possible. Stir kernels and collected juices into chowder and increase heat to medium. Season to taste with salt and pepper. Add tequila, crabmeat and chopped cilantro. Ladle into warm serving bowls and garnish with roasted tomatoes, cilantro sprigs and green onions.

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SEARED LING COD WITH TEQUILA CILANTRO CHIVE CREAM, FRESH PEAS AND ASPARAGUS

Serves 4

- 1 cup (250 ml) whipping cream
- 2 tbsp (30 ml) fresh oregano leaves, chopped
- ¾ cup (175 ml) fresh cilantro, coarsely chopped
- 4 6oz (180 g) each, portions ling cod fillets, with skin on
- salt and freshly ground black pepper, to taste
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) butter
- ½ cup (75 ml) resposado tequila
- ¾ cup (175 ml) fresh shelled green peas (or frozen)
- 4 medium stalks asparagus, cut into ½-in (1 cm) pieces
- ¼ cup (50 ml) chives, finely chopped, for garnish
- fresh cilantro sprigs, for garnish

Add cream, oregano and cilantro to a blender or food processor. Process until fairly smooth, transfer to small saucepan and set aside.

Preheat oven to 400 F (200 C). Dry fish fillets with paper towel and season with salt and pepper. Heat a large non-stick skillet over medium-high heat. When hot, add the oil, then butter and swirl pan to mix. Add fish skin side down. Sear for 2 minutes or until crisp and golden. Using a metal spatula, flip fish in skillet and transfer to preheated oven. Cook until fish starts to flake, about 3 minutes. Baste with reserved juices in pan and allow to rest a couple of minutes before serving.

Meanwhile, heat cream mixture over medium heat and add tequila, peas and asparagus. Bring to a boil, reducing until thickened, about 3 minutes. Season to taste and divide among warm serving plates. Place fish fillet on top and garnish with chopped chives and a cilantro sprig.

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BRAISED PORK CARNITA SOPES WITH LIME, TEQUILA AND CHILI

Makes 12 sopes

BRAISED PORK CARNITA

- 1 cup (250 ml) blanco tequila
- ¼ cup (50 ml) red wine vinegar
- 1 tbsp (15 ml) chili powder
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 2 chipotle chilis, finely chopped
- 2 tsp (10 ml) lime zest
- juice of two limes
- 1 ½ tbsp (22 ml) kosher salt
- ½ tsp (3 ml) freshly ground black pepper
- 1 bay leaf

- 4 garlic cloves, coarsely chopped
- 3 ½ lb (1 ½ kg) boneless pork shoulder

In a large mixing bowl, combine all the ingredients except for the pork. Mix well until salt has dissolved. Add pork and coat well with the marinade. Cover and refrigerate for at least 3 hours, preferably overnight, turning pork occasionally.

Preheat oven to 225 F (110 C). Adjust a rack in centre of oven. Remove pork, discarding marinade, and place in a shallow baking or casserole dish. Bake uncovered for 8 hours, or until meat is fork-tender. Alternatively, the pork can be cooked in a slow cooker. Simply sear roast in a large hot skillet, then transfer to slow cooker with lid. Cook according to manufacturer's instructions, until meat is fork tender. Remove from oven and allow to cool for 20 minutes. Pull apart meat and shred using two forks. Cover and keep warm until ready to use.

SOPES

- 1 ½ cups (375 ml) masa harina (corn flour)
- ¼ tsp (1 ml) baking powder
- ½ tsp (3 ml) salt
- ¾ cup (175 ml) warm water

In a large bowl, mix together masa harina, baking powder and salt. Slowly stir in warm water until mixture has a soft, doughy consistency. Add more of the masa or warm water as needed to get this consistency. Knead for 1 minute and then form into small balls, 1 ½-in (3.5 cm) in diameter, set aside and cover with a damp cloth.

Heat an ungreased flat top cast iron griddle over medium heat or use an ungreased electric griddle. Press each masa ball with the palm of your hand into a disc about 4-in (8.25 cm), and about ¼-in (.5 cm) thick. Carefully place on the hot griddle and cook over low to medium heat until the underside of the tortilla (sope) is opaque and speckled with brown, about 2 minutes. Flip over and cook the other side for 2 minutes. Remove from the griddle and immediately pinch up the dough around the periphery forming a rim. Return to the griddle and cook for another 2 minutes or until firm and cooked through. Continue with the rest of the masa balls.

ASSEMBLY

- 1 cup (250 ml) melted lard or vegetable oil, for frying sopes
- ½ cup (125 ml) iceberg lettuce, finely chopped
- ½ cup (125 ml) Pico de Gallo (tomato) salsa
- crumbled queso fresco or feta cheese
- sour cream

To assemble, heat a small amount of the lard or vegetable oil in a skillet over medium heat. Add a few sopes at a time and fry until warm, or until crisp and hot, depending on how you like them. Top with a generous ladle of warmed carnitas, then garnish with iceberg lettuce, salsa, crumbled cheese and a small dollop of sour cream. Serve immediately.

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BC WHITE STURGEON WITH MORELS, CURED PORK AND GREEN PEA PURÉE

Serves 4

GREEN PEA PURÉE WITH SHISO

- 3 cups (750 ml) water
- 1 tbsp (15 ml) granulated sugar
- 1 tsp (5 ml) salt
- 1 cup (250 ml) shelled fresh green peas or frozen peas, thawed
- 4 shiso leaves* or fresh basil leaves
- 1 strip of lemon zest, removed with one stroke on a microplane grater
- 1 tbsp (15 ml) unsalted butter

Fill a heavy saucepan with water, sugar, and salt and bring to a boil. Place peas in boiling water and cook until tender. Strain peas and set aside to cool slightly. Purée peas in a food processor along with shiso leaves, lemon zest and butter. Set aside and keep mixture warm.

PICKLED RADISHES

- 1 bunch small radishes, leaves attached
- 1 tbsp (15 ml) raspberry vinegar

* Shiso – part of the mint and basil family.

- pinch sea salt
- pinch granulated sugar
- 1 tsp (5 ml) unsalted butter
- 1 tbsp (15 ml) water

Cut leaves from radishes and wash both separately in cold water. Trim radishes and cut in half. Place in a saucepan with raspberry vinegar, salt, sugar and unsalted butter. Add water and cook covered, over medium heat, until liquid is evaporated and radishes start to roast in remaining butterfat. Add radish leaves and cook just until wilted. Turn off heat and set aside.

OKANAGAN MOREL MUSHROOMS

- 8 oz (225 g) fresh morel mushrooms
- 8 cipollini onions**, peeled
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) unsalted butter
- 1 sprig fresh thyme
- ground black pepper
- sea salt

Remove mushroom stems and cut mushrooms in half. Wash mushrooms in several batches of cold water until all the sand and soil has been removed. Strain and dry on several layers of paper towels.

Cut cipollini onions in quarters or six pieces, depending on their size. Place a pan over medium-high heat. Add olive oil, butter and thyme. Once butter starts to brown, remove thyme and add cipollini onions and morel mushrooms. Season with freshly ground black pepper and sea salt and sauté for 5 minutes, until onions are tender and mushrooms are cooked. Set aside.

CURED PORK CHEEK SPECK

- 12 very thin slices of cured pork cheek speck (also known as guanciale)

Preheat a non-stick pan over medium-high heat. Cook pork cheek speck slices until crisp and lightly coloured. Remove and place on paper towel to drain.

WHITE STURGEON

- 4 (5 oz) sustainably farmed sturgeon or fresh halibut
- sea salt
- 1 tbsp (15 ml) olive oil

Heat a large pan over medium-high heat. Season sturgeon fillets on both sides with sea salt. Add olive oil to hot pan and then add sturgeon. Cook sturgeon over medium heat, about 3 to 4 minutes on each side, or until just barely cooked through. If you are unsure, pierce a small hole on the bottom of one fillet to check the doneness in the centre.

To assemble, preheat 4 plates in oven. Using back of a spoon, spread a spoonful of pea purée on centre of each plate. Add a small mound of morel mushroom mixture towards one side of purée. Place sturgeon beside morel mushrooms. Scatter pickled radishes around dish and then place 3 pieces of crisp pork speck on each sturgeon fillet.

PAIRS WITH

NK'MIP PINOT BLANC

BC VQA \$15.99 626432

UNDURRAGA SIBARIS RESERVA PINOT NOIR

Chile \$15.99 761205

** Cipollini – small bulb of the grape hyacinth. Also known as wild onions. Available in specialty food shops.



SANTA CRISTINA

A FAMILY PORTRAIT
FAMILY BEGINS AROUND THE TABLE





STRAWBERRY LEMON PANNACOTTA WITH BLOOD ORANGE FOAM

SERVES 4

STRAWBERRY COMPOTE

- 1 lb (500 g) fresh strawberries, quartered
- ½ vanilla bean pod
- ½ lemon
- ¼ tsp (1 ml) freshly ground black pepper
- ¾ tsp (4 ml) pectin
- 2¼ tsp (11 ml) granulated sugar

Place strawberries in a bowl. Scrape seeds from vanilla pod and add along with finely grated zest from ½ lemon and pepper. Refrigerate overnight for flavours to marinate. The next day, strain juice from strawberries into a small saucepan and reserve strawberries. Add pectin and sugar to juice and bring to a boil. Drizzle hot juice over strawberries and gently toss to coat. Cool to room temperature then refrigerate.

LEMON PANNACOTTA

- 1½ cups (325 ml) whipping cream
- 2 tbsp (30 ml) granulated sugar
- ¼ cup (50 ml) corn syrup
- 2 gelatin leaves
- 1 lemon
- ¼ cup (50 ml) lemon juice
- 1¾ oz (50 g) white chocolate, chopped
- ½ cup (75 ml) milk

Heat 1 cup (250 ml) whipping cream, sugar, and corn syrup in a medium-sized saucepan until it registers 140 F (60 C) on a candy thermometer. Meanwhile, soak 2 leaves of gelatin in cold water and let “bloom” for 5 minutes. Once bloomed, squeeze out gelatin and add to warmed whipping cream, sugar and corn syrup mixture. Stir until gelatin is dissolved.

In a separate bowl, combine finely grated zest from 1 lemon, ¼ cup (50 ml) lemon juice and chopped white chocolate. Pour in warmed cream and gelatin mixture stirring well until chocolate is melted. Set aside.

In another separate bowl, combine remaining ½ cup (75 ml) whipping cream with ½ cup (75 ml) milk. Add white chocolate mixture and whisk thoroughly until blended. Divide among 4 dessert glasses leaving room in each glass for Strawberry Compote and Blood Orange Foam. Chill in refrigerator for 6 hours to set.

BLOOD ORANGE FOAM

- 3 gelatin leaves
- ½ cup (125 ml) milk
- ½ cup (125 ml) whipping cream
- ½ cup (75 ml) blood orange purée

Soak 3 leaves gelatin in cold water and let “bloom” for five minutes. Squeeze out liquid and set gelatin aside. Combine milk, whipping cream and blood orange purée in a bowl and stir to blend. Transfer 2 tbsp (30 ml) into a

microwave safe dish and heat for 15 seconds in a microwave. Dissolve the squeezed out gelatin into warmed orange cream and stir until dissolved. Add to remaining orange cream. Stir well with a whisk to evenly blend. Transfer into a whipping cream dispenser. Screw lid on tightly and charge with two NO2 (nitrus oxide) capsules. Refrigerate for 3 hours.

To assemble, remove Pannacotta dishes from fridge. Top each with Strawberry Compote and finish with a spray of Blood Orange Foam.

PAIRS WITH

VILLA TERESA ORGANIC VINO FRIZZANTE ROSÉ

Italy \$16.97 826875

MOSELLAND ARS VITIS RIESLING

Germany \$17.99 914762



WHITE ASPARAGUS SALAD WITH DUNGENESS CRAB IN A GRAPEFRUIT, WATERCRESS AND PISTACHIO VINAIGRETTE

Serves 4

SALAD

- 8 cups (2 L) water
- 2 tbsp (30 ml) lemon juice
- 2 tbsp (30 ml) salt
- 1 tbsp (15 ml) granulated sugar
- 8 large spears of white asparagus (or 16 small)
- 1 ruby red grapefruit
- 1 bunch watercress
- 4 green onions
- 8 oz (225 g) fresh cooked Dungeness crabmeat

In a medium-sized pot, bring water, lemon juice, salt and sugar to a boil. Place asparagus on cutting board and peel, starting just underneath tips and removing all the skin from stems. Trim ½-in (1 cm) off ends. Tie spears loosely with kitchen string into bundles of 4 for the larger ones or bundles of 8 for the smaller ones. Place bundles in boiling water and simmer over medium-high heat for 8 to 12 minutes, until easily pierced with a knife. Carefully remove bundles from water and place on a towel to remove excess water. Cut string with scissors and open bundles. Let asparagus steam out, keep at room temperature.

Cut ends from grapefruit so it rests flat on cutting board. Remove peel and white pith from grapefruit with a very sharp knife. Cut out segments, making sure to catch juice. Reserve juice for vinaigrette. Slice each grapefruit segment in half and set aside. Wash watercress in cold water and cut off thicker stem ends. Transfer leaves to salad spinner and spin dry. Set aside.

Rinse onions for 2 minutes under cold running water. Pat dry with paper towel and cut into fine rings. Once white asparagus is cooled, cut into ½-in (1 cm) pieces. Set aside.

PISTACHIO VINAIGRETTE

- 2 tbsp (30 ml) shelled pistachios
- 6 tbsp (90 ml) olive oil
- 1 tbsp (15 ml) fresh grapefruit juice
- 2 tbsp (30 ml) white balsamic vinegar
- ½ bird’s eye chili, finely chopped
- fine sea salt, optional

Crush pistachios with a mallet in a small plastic bag.

Mix vinaigrette ingredients in a bowl with a whisk until emulsified.

To assemble, carefully toss salad ingredients and crabmeat in a bowl with Pistachio Vinaigrette. Taste for seasoning and adjust if necessary with a pinch of salt. Divide salad mixture equally among 4 serving plates and drizzle with any remaining dressing.

PAIRS WITH

GEHRINGER PRIVATE RESERVE PINOT GRIS

BC VQA \$14.99 347203

SEE YA LATER RANCH BRUT

BC VQA \$22.99 75648



RADICCHIO, ENDIVE AND NEW POTATO CAESAR WITH CIABATTA GARLIC CRISPS

Serves 6

SALAD

- 1 large head radicchio, torn into large pieces
- 4 heads Belgian endive, leaves separated
- 8 to 10 nugget potatoes
- sea salt

Fill a large bowl with 6 cups (1.5 L) ice cubes and water. Submerge the radicchio and endive in the ice water. Let sit for at least ½ hour, adding more ice if necessary to keep water cold. Drain well and dry with paper towels. Place in plastic bags and keep refrigerated until ready to serve. It’s best to assemble as soon as possible so that the radicchio is crisp and cold.

Meanwhile, in a saucepan, cover potatoes with water, add 1 tsp (5 ml) salt and bring to a boil. Cook until fork tender, drain and immerse into an ice bath. Drain well and slice potatoes into quarters. Set aside.



New Spring Salads from page 92 continued

DRESSING

- 2 tbsp (30 ml) fresh lemon juice
- 2 anchovy fillets, drained and finely minced
- 1 tbsp (15 ml) Dijon mustard
- 1 tsp (5 ml) Worcestershire sauce
- 1 garlic clove, finely minced
- ½ cup (125 ml) extra-virgin olive oil
- ¼ cup (50 ml) parmesan cheese, grated
- sea salt and freshly ground black pepper, to taste

In a mixing bowl whisk together all ingredients until emulsified. Add salt and pepper to taste. Set aside.

CIABATTA CRISPS

- 12 ½-in (1 cm) thick slices ciabatta bread
- 1 garlic clove, finely minced
- 3 tbsp (45 ml) olive oil
- freshly ground black pepper, to taste
- ½ cup (125 ml) parmesan cheese, freshly grated
- 1 cup (250 ml) parmesan cheese shavings

Preheat oven to 450 F (230 C). Adjust oven rack to the top third of the oven. Place ciabatta slices on a baking sheet. Mix together the olive oil and garlic. Brush mixture onto bread slices and sprinkle with pepper and grated parmesan cheese. Transfer to oven and bake until crisp, about 15 minutes. To assemble, in a large mixing bowl, toss potatoes, radicchio and Belgian endive leaves with the dressing and divide among cold serving plates. Garnish with parmesan cheese shavings and Ciabatta Crisps.

PAIRS WITH

FREIXENET CORDON ROSADO BRUT
Spain **\$14.97** 352369

FAZI BATTAGLIA VERDICCHIO CLASSICO
Italy **\$12.99** 24422



WATERCRESS, ARUGULA AND WATERMELON WITH GINGER CITRUS VINAIGRETTE

Serves 6

- 2 tbsp (30 ml) unseasoned rice vinegar
- 2 tbsp (30 ml) vegetable oil
- 2 tsp (10 ml) fresh ginger root, peeled and finely minced
- 2 tsp (10 ml) pickled ginger, finely chopped
- 1 tbsp (15 ml) pickled ginger juice
- 1 ½ tsp (7 ml) lime zest, finely grated
- 1 small shallot, finely chopped
- 1 garlic clove, minced

New Spring Salads from page 92 continued

- 2 cups (500 ml) sea salt and freshly ground black pepper, to taste
- 1 seedless watermelon, cut into ½-in (1 cm) dice
- 1 large bunch baby arugula, rinsed and dried well
- 1 large bunch watercress, trimmed, thick stems removed
- 1 cup (250 ml) English cucumber, unpeeled, cut into ½-in (1 cm) dice
- ½ small red onion, finely sliced
- ¼ cup (50 ml) cilantro, coarsely chopped

In a large salad bowl whisk together rice vinegar, oil, fresh and pickled ginger, pickled juice, lime zest, shallot and garlic. Season with salt and freshly ground black pepper to taste. Add remaining ingredients and lightly toss to coat. Divide and serve on chilled serving plates.

PAIRS WITH

SANTA CAROLINA RESERVA SAUVIGNON BLANC
Chile **\$12.99** 741272

YELLOW TAIL MOSCATO
Australia **\$12.99** 178947



JICAMA, RADISH AND PEPITAS

Serves 4

- ½ cup (125 ml) extra-virgin olive oil
- 1 tbsp (15 ml) white wine vinegar
- 2 tbsp (30 ml) lime juice, freshly squeezed
- 1 tbsp (15 ml) liquid honey
- 1 tsp (5 ml) ground cumin
- ½ jalapeno chili pepper, seeded, finely minced
- 1 small head butter lettuce, rinsed, dried well, whole leaves intact
- 2 cups (500 ml) peeled jicama, cut into ¼-in x 1-in (.5 cm x 2.5 cm) strips
- 1 cup (250 ml) radishes, trimmed and thinly sliced
- 2 blood oranges, peeled and segmented
- ½ cup (125 ml) pepitas (shelled pumpkin seeds), toasted
- ½ cup (125 ml) queso fresco or mild feta cheese, coarsely crumbled

In a small bowl, whisk together olive oil, wine vinegar, lime juice, honey, cumin and jalapeno chili pepper until well blended. Add half of the vinaigrette to the butter lettuce and lightly toss until well covered. Divide and transfer to chilled serving plates, stacking the lettuce leaves on top of each other in a cup shape. Add the remaining ingredients except for the cheese and toss with the remaining vinaigrette. Divide mixture and place on top of the butter lettuce. Garnish with cheese. Serve immediately.

PAIRS WITH

SANTA RITA RESERVA SAUVIGNON BLANC
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Hog Wild from page 100



BOURBON BRAISED PORK WITH MANGO CHUTNEY

Serves 6

PORK

- 2 lbs (1 kg) pork belly, skin on salt and freshly ground black pepper
- 1 tbsp (15 ml) vegetable oil
- 1 onion, chopped
- 1 ½ cups (375 ml) vegetable or chicken stock
- ½ cup (125 ml) bourbon

Preheat oven to 325 F (170 C). Score skin on pork belly about ¼-in (0.5 cm) deep. Generously season both sides of pork with salt and pepper, rubbing seasoning into meat. Heat oil in a deep oven-proof frying pan with lid over medium heat. Sear pork belly, about 4 minutes each side. Remove from pan and set on a plate.

Add onion to pan and cook, stirring frequently, until starting to brown, about 6 minutes. Add stock and bourbon and bring to a simmer. Add pork, skin side up, cover and braise in oven until very tender, about 2 to 2½ hours. Remove pork and place skin side up on a foil-lined baking tray. Turn oven to broil. Watching closely as it burns easily, broil pork until skin is crispy, about 2 minutes. Transfer to a cutting board, slice thinly and plate. Serve with a dollop of Mango Chutney (recipe follows).

MANGO CHUTNEY

- 3 cups (750 ml) mangoes, peeled and cut into ½-in (1 cm) pieces
- ½ large onion, chopped
- 1 red Thai chili, minced
- 1 ½ tsp (7 ml) garlic clove, minced
- 1 ½ tsp (7 ml) fresh ginger root, peeled and minced
- 1 cup (250 ml) brown sugar
- ½ cup (125 ml) yellow raisins
- ½ tsp (2 ml) ground turmeric
- ¼ tsp (1 ml) ground cardamom
- ¼ tsp (1 ml) ground cloves
- ¼ tsp (1 ml) ground cinnamon
- 1 ½ cup (375 ml) white vinegar

Stir chutney ingredients together in a large saucepan over medium heat. Bring to a boil, reduce heat to a simmer and cook slightly covered, stirring frequently, until thickened, about 45 minutes. Transfer to an airtight container and let cool in the refrigerator. Chutney will keep refrigerated for 2 weeks. Serve with slices of braised pork.

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Hog Wild from page 100 continued

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France **\$14.99** 589432
 - HESTER CREEK PINOT BLANC**
BC VQA **\$15.99** 467316



PROSCIUTTO-WRAPPED PORK TENDERLOIN

Serves 4

PORK TENDERLOIN

- 2 pork tenderloins, 1 lb (500 g) each
- 2 tbsp (30 ml) Dijon mustard
- 2 tsp (10 ml) fresh thyme, chopped
- salt and freshly ground black pepper, to taste
- 16 slices prosciutto

Preheat oven to 350 F (180 C). Line a baking sheet with parchment paper. Brush tenderloins with Dijon mustard and sprinkle with thyme, salt and pepper. On prepared baking sheet, lay 8 pieces of prosciutto vertically, long sides overlapping by ½-in (1 cm). Place one tenderloin across prosciutto and roll prosciutto snugly around tenderloin. Repeat with remaining prosciutto and tenderloin. Place wrapped tenderloins on baking sheet, prosciutto seam-side down so it does not unravel during baking.

Bake until prosciutto is translucent and juices run clear when pork is pierced, about 30 to 40 minutes. Transfer to a carving board, tent with foil and let rest while making Cherry Sauce.

CHERRY SAUCE

- ¼ cup (50 ml) chicken stock
- ½ cup (75 ml) cherry jam
- 1 tbsp (15 ml) balsamic vinegar
- ½ cup (125 ml) frozen cherries (optional)

In a small saucepan stir together chicken stock, cherry jam, balsamic vinegar and cherries (if using) over medium heat. Bring to a simmer and cook until syrupy, about 5 minutes.

To assemble, slice tenderloin diagonally and divide among serving plates. Drizzle with a little Cherry Sauce and serve with your favourite vegetables.

- PAIRS WITH**
- RÉGNIE MAISON DES BULLIATS**
France **\$17.99** 137760

- SEGHEISIO ZINFANDEL**
USA **\$32.99** 428417

BC LIQUORSTORES

Hog Wild from page 100 continued



SPRING COBB SALAD WITH WARM BACON DRESSING

Serves 4

4		slices bacon
3 tbsp	(30 ml)	olive oil
2 tbsp	(30 ml)	sherry vinegar
2 tsp	(5 ml)	Dijon mustard
		salt and freshly ground black pepper, to taste
1		head romaine lettuce
1 cup	(250 ml)	cherry tomatoes, cut in half
2		hard boiled eggs, peeled and sliced
8		asparagus spears, cooked and sliced into 1-in (2.5 cm) pieces
¾ cup	(175 ml)	blue cheese or goat's cheese, crumbled
1		avocado, pitted, peeled and cut into ½-in (1 cm) dice
5		radishes, trimmed and thinly sliced
2 cups	(500 ml)	roast chicken, cooked and cut into ¾-in (2 cm) dice

Cook bacon in a frying pan over medium heat until crispy, about 4 to 6 minutes. Transfer bacon to a paper towel-lined plate and reserve 3 tbsp (45 ml) bacon fat. Chop bacon into ½-in (1 cm) pieces.

In a small saucepan, warm reserved bacon fat and olive oil over low heat. In a large bowl whisk together vinegar and mustard. While whisking, slowly incorporate warmed fat into mustard mixture until dressing is thickened and emulsified. Season to taste with salt and pepper. Wash and spin dry lettuce and tear into bite-sized pieces. Add to dressing and toss to coat. Arrange lettuce on a serving platter. Scatter with remaining ingredients and serve.

PAIRS WITH

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Austria **\$16.99** 326231



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Mother's Day Desserts from page 108



GLAZED ORANGE VANILLA MADELEINES

Makes 18

MADELEINES

1 cup	(250 ml)	all purpose flour
½ tsp	(2 ml)	baking powder
½ cup	(125 ml)	unsalted butter, melted, plus more to grease molds
½ cup	(125 ml)	granulated sugar
2		large eggs
1		egg yolk
2 tbsp	(30 ml)	liquid honey
1 tsp	(5 ml)	orange zest
½		vanilla bean pod

Whisk flour and baking powder together in a bowl. Place butter, sugar, eggs, egg yolk, honey, and orange zest in a mixing bowl. Scrape seeds from vanilla bean pod into bowl. Beat with an electric mixer at medium speed until very smooth, about 2 minutes. Gradually add flour mixture, a couple of tablespoons at a time and gently beat for another minute. Cover and refrigerate batter for at least 2 hours or up to 8 hours.

Heat oven to 400 F (200 C). Prepare madeleine molds by brushing liberally with melted butter. Freeze until butter has set. Repeat with brushing molds again and freeze a second time. Spoon batter into molds until ¾ full. Bake until golden brown and puffed, about 10 minutes. Turn baked madeleines out onto a wire rack to cool.

GLAZE

¾ cup	(175 ml)	icing sugar
2 tbsp	(30 ml)	orange juice
1 tbsp	(15 ml)	water

While madeleines bake, whisk together glaze ingredients in a small bowl until smooth. When madeleines are cool enough to handle yet still a little warm, dip scalloped side into glaze, letting the excess drip off. Place back on wire rack and allow glaze to firm. Cool completely and then arrange on a serving platter. Madeleines are best eaten the day they are made or stored in an airtight container at room temperature for 2 days.

PAIRS WITH

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BC VQA **\$28.95** 97295

COINTREAU

France **\$34.99** 6502



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SHOULD TASTE.

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LEMON CREAM PUFFS WITH STRAWBERRIES

Serves 6

PÂTE À CHOUX BUNS

- ¼ cup (50 ml) homogenized milk
- ¼ cup (50 ml) water
- ¼ cup (50 ml) unsalted butter, cut into cubes
- ¼ tsp (1 ml) kosher salt
- ½ cup (125 ml) all purpose flour
- 3 eggs
- 4 oz (125 g) semi sweet chocolate, chopped

Preheat oven to 400 F (200 C). Line two baking sheets with parchment paper. Place milk, water, butter and salt in a heavy saucepan over medium heat. Bring to a boil, stirring occasionally and immediately remove from heat. Add flour all at once and stir with a wooden spoon until well combined. Return pan to heat and, stirring continuously, cook dough for 1 minute until dough pulls away from the sides of the pan to form a thick smooth ball. Remove pan from heat and let dough cool slightly.

Whisk two of the eggs together. Once dough in pan is lukewarm, using a beater fitted with a paddle, beat in the whisked eggs and continue to mix until a smooth, thick paste forms. Dough should be smooth, shiny and fall from the spoon in a thick ribbon. Beat remaining egg with 1 tbsp (15 ml) water to make an egg wash.

Pipe or spoon dough into about 20 small, equally-sized mounds on prepared baking sheets. Lightly brush each with egg wash. Bake until puffed, golden brown and crisp on the outside, about 20 to 25 minutes. Turn oven off and leave door slightly ajar. Let shells dry out for a further 10 minutes. Remove from oven and cool on a wire rack.

Prepare Lemon Curd Filling and Strawberries (recipes follow).

When ready to assemble, melt chocolate in a double boiler over simmering water, stirring often, until smooth. Remove from heat and set aside. Cut each choux bun in half and discard any soft dough inside. Fill bottoms with 2 tbsp (30 ml) Lemon Curd Filling, replace tops and set on a wire rack over a sheet of parchment paper. Drizzle melted chocolate decoratively over each. Transfer cream puffs to a platter and refrigerate until chocolate has hardened, about 15 to 25 minutes. Divide among dessert plates and serve alongside strawberries.

LEMON CURD FILLING

- 1 ½ tsp (7 ml) lemon zest, finely grated
- 3 tbsp (45 ml) lemon juice, freshly squeezed
- 1 large egg
- ½ cup (125 ml) granulated sugar
- 2 tbsp (30 ml) unsalted butter
- 1 cup (250 ml) whipping cream

In a medium saucepan, whisk together lemon zest and juice, egg and sugar. Add butter and cook while stirring over medium heat until mixture is thick enough to coat the back of a spoon, about 4 to 6 minutes. Do not boil or

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mixture will curdle. Strain into a bowl and cover with plastic wrap, pressing wrap onto surface of curd to prevent skin from forming. Let cool to room temperature. Beat whipping cream with an electric mixer in a chilled bowl until stiff peaks form. Gently fold into Lemon Curd. Cover and chill for 1 hour.

STRAWBERRIES

- 3 cups (750 ml) strawberries, sliced
- 2 tbsp (30 ml) light brown sugar
- 2 tbsp (30 ml) mint, coarsely chopped
- 3 tbsp (45 ml) Kirsch (optional)

Stir strawberries, sugar, mint and Kirsch, if using, together in a large bowl. Refrigerate, stirring occasionally, for 1 hour.

PAIRS WITH

- QUADY ELYSIUM BLACK MUSCAT**
USA **\$15.99** 198697
- HENKELL ROSÉ**
Germany **\$14.99** 410191



RHUBARB CROSTATATA WITH WHITE CHOCOLATE SORBET

Serves 8

PASTRY

- 1 cup (250 ml) all purpose flour
- ¼ cup (50 ml) cornmeal, finely ground
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) granulated sugar
- ½ tsp (2 ml) orange zest
- ½ cup (125 ml) unsalted butter
- 2 tbsp (30 ml) ice water, plus extra if needed

In a food processor fitted with a metal blade, pulse together flour, cornmeal, salt, sugar and orange zest. Add butter and pulse until mixture has a sandy texture. Add water and pulse until dough just starts to hold together. Turn out onto a clean work surface, bring together into a ball, flatten into a disk. Wrap with plastic wrap and refrigerate 1 hour while preparing filling.

SHE SPENT 2 HOURS ON HER HAIR, 1 AND A HALF ON HER MAKE-UP AND CHANGED HER OUTFIT 7 TIMES. JUST TO GO TO THE BAR.

SHE WORE JEANS.



UNCOMPLICATE.



Mother's Day Desserts from page 108 continued

FILLING

¾ cup	(175 ml)	granulated sugar
½ cup	(75 ml)	cornstarch
¼ tsp	(1 ml)	ground cinnamon
¼ tsp	(1 ml)	ground nutmeg
1 lbs	(500 g)	fresh rhubarb, sliced into ¾-in (2 cm) pieces
3 tbsp	(45 ml)	orange juice
1		large egg
1 tbsp	(15 ml)	water
¼ cup	(50 ml)	turbinado sugar
1 tbsp	(15 ml)	unsalted butter, cut into small cubes

Preheat oven to 375 F (190 C). In a large bowl, whisk together sugar, cornstarch, cinnamon and nutmeg. Stir in rhubarb. Add orange juice and mix well. Set aside.

Whisk together egg with water and set aside.

On a lightly floured surface roll out dough into a circle ¼-in (0.5 cm) thick, then place dough on a parchment-lined baking sheet. Mound rhubarb filling in centre of dough, leaving a 2-in (5 cm) border all around. Fold border over fruit, overlapping when necessary. Brush border with egg wash and sprinkle with turbinado sugar. Dot filling with butter. Refrigerate 20 minutes.

Bake in preheated oven until crust is golden brown and filling is bubbling, about 45 to 55 minutes. Cool on baking tray set on a wire rack.

WHITE CHOCOLATE SORBET

1½ cups	(375 ml)	homogenized milk
¾ cup	(150 ml)	water
1 tbsp	(15 ml)	granulated sugar
8 oz	(250 g)	white chocolate, chopped
2 tbsp	(30 ml)	white crème de cacao

In a saucepan over medium heat bring milk, water and sugar to a simmer. Remove from heat and whisk in white chocolate until melted. Stir in crème de cacao.

Prepare an ice bath by placing ice in a bowl and covering with water. Place saucepan in ice bath and stir until white chocolate mixture is cool. To make sorbet, freeze in an ice cream maker according to manufacturer's instructions. Transfer sorbet to an airtight container and freeze at least 2 hours.

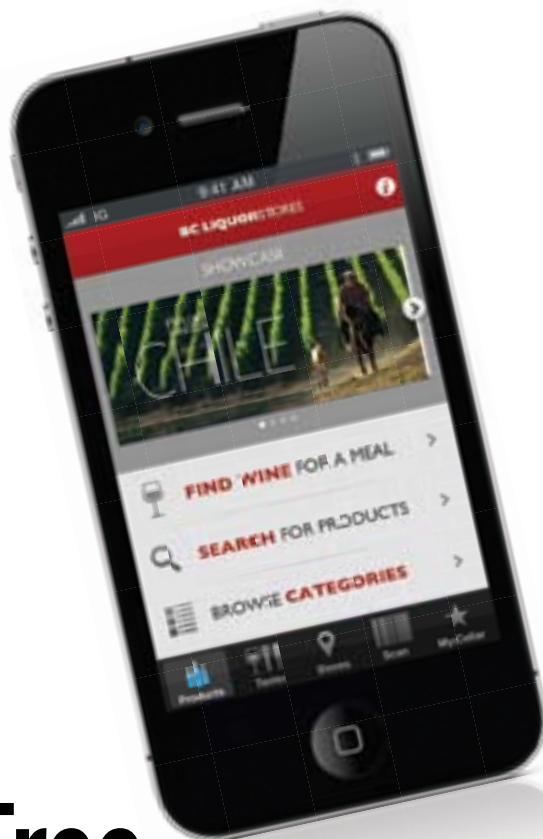
Serve wedges of Rhubarb Crostata warm or at room temperature topped with a scoop of White Chocolate Sorbet.

PAIRS WITH

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