

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

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MISSION HILL RESERVE CABERNET SAUVIGNON
BC VQA \$24.99 330506

This mouthfilling Okanagan red opens with blackberry, mint and cassis aromas along with hints of cedarwood and spice. It has a powerful concentration of dark fruits balanced by rich tannins and hints of toasty oak. Try it with roasted meats and vegetables or with an array of hard cheeses and charcuterie.

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OUR SYMBOLS



Country of Origin



Organic



BC VQA Wines



BC Craft Beer



Sweetness Code



Kosher

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TASTE magazine would like to thank the following companies for their generosity: Country Furniture (countryfurniture.net) for the use of their furniture, Atkinson's of Vancouver (atkinsons.ca) for the use of their caviar dish and gold cutlery, The Cross Decor & Design (thecrossdesign.com) for the use of their glass tier.

Prices are subject to change without notice. Prices include applicable taxes. In the event of any error or omission published in this magazine, the product description and display price in the liquor store will prevail. Products in this publication will be available as of September 2012. Quantities may be limited. Items with very limited quantities are distributed only to Signature BC Liquor Stores.



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



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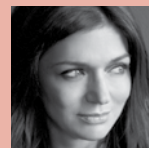


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Kim Giesbrecht is Portfolio Manager for BC Liquor Stores for Wines of New Zealand, Australia, Beer and Refreshment Beverages. She has achieved The WSET Level 4 Diploma (AIWS), the program's flagship qualification. Kim has been working in the wine world for over 25 years and is thrilled to be back hands-on with wine after spending the past few years managing BC Liquor Stores' presentation and events.

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James Nevison is an award-winning wine writer, educator and the co-founder of HALFLAGLASS. 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 *Had a Glass: Top 100 Wines for 2013 Under \$20* coming out October 16, 2012.

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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 Barbariana Wine Consulting.



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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).

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Danielle Tatarin has a passion for all things cocktail that led her to open *Designer Cocktail Company*, a boutique cocktail consultancy where she designs and styles drinks for print, events and private companies. Currently running the Bar program at *The Keefer Bar* in Vancouver, Danielle constantly strives to be at the top of her field. Her latest endeavour is being a founding member and President of the Canadian Professional Bartenders Association.



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BORDEAUX

THE 2009 RELEASE IS SOMETHING TO TALK ABOUT

If you haven't visited a BC Liquor Store on that certain fall Saturday when the latest Bordeaux wines are released, you're missing out. Or maybe you're one of the many who joined the early morning queue to be among the first to get your hands on release-day bottles.

You'd be forgiven too if you stopped by to do your regular shopping and likened the buzzy gathering to old school lineups for hockey or concert tickets, or today's throngs of keeners eager to snap up the latest iPhone or the newest designer duds. The level of anticipation on Bordeaux release day is equally as intense.

But don't be scared away. There's a process in place that rewards these early birds. Latecomers and leisurely shoppers will find plenty of amazing bottles too, although they'll miss the excitement of the "hunt" that's shared equally between wine enthusiasts and store staff. It's celebratory, civilized chaos. But, oh, the rewards! Especially with the gems that are to be had in this 2009 stellar vintage.

IT'S WORTH DELVING A LITTLE DEEPER TO DISCOVER THE HISTORY, MYSTERY, REWARDS AND ROMANCE OF BORDEAUX WINES THAT COME FROM ONE OF THE LOVELIEST, MOST LAUDED AND PRESTIGIOUS WINE REGIONS IN THE WORLD

So what's the big deal? Well if you're a wine drinker, you've likely been enjoying Bordeaux wines for eons. Think Mouton Cadet, a popular everyday wine, scion of haut Bordeaux Château Mouton-Rothschild, and an easy entry to the category. It's worth delving a little deeper to discover the history, mystery, rewards and romance of Bordeaux wines that come from one of the loveliest, most lauded and prestigious wine regions in the world. Exploring begins with a single bottle.

It's an intense and lengthy process to bring the wines to store shelves, one that's undertaken each spring by Master of Wine Barbara Philip, the BC Liquor Distribution Branch's Portfolio Manager for European wines. She spends a whirlwind *En Primeur* week in Bordeaux tasting what amounts to wine futures. Barrel samples of the wines are tasted mere months after harvest, and purchased soon after, although they'll continue to age in oak casks before being bottled, shipped and sold about two-and-a-half years later. Philip's *En Primeur* week is jammed with countless

tastings at prestigious châteaux such as Pétrus, at events where several Châteaux gather to show their wines and at special sessions in the town of Bordeaux.

The wines are sold only to *négoçiants*, or agents, who in turn sell to buyers like Philip. Once back in Vancouver, notebook full and much to ponder, she receives e-mails from trusted *négoçiants* detailing available wines. (She tasted the 2011s this past spring.) Because she's in competition with buyers from around the world – this year 5,000 buyers and media attended – orders are placed rapidly. It's an intense and complex process and she sometimes deals with several *négoçiants* to get desired quantities of a single wine.

Philip bought about 5,000 cases of the 2009 vintage – about 200 different wines, 98 percent of them red. She says, “A lot of my allocations were diminished. It wasn't a huge vintage and it was when emerging markets like China were really starting to make themselves known. They have huge buying power and of course *négoçiants* want to supply new markets

as well as keep existing ones.”

Release day 2012 is Saturday, September 29th. The doors open at 9:30 a.m. at all 21 Signature Stores around the province, plus Dunbar (Vancouver), Caulfeild (West Vancouver), Peninsula Village (Surrey) and Brighthouse (Richmond). By then, most liner-uppers, brochures in hand (these are available at LDB stores in advance) will have placed their orders. (Store staff distribute order forms at 7 a.m. The completed forms are collected and orders are filled according to buyers' places in line. Most are ready for pick-up when the doors open.) There are limits on some wines – usually one or two bottles – on highly sought-after labels such as Château Cheval Blanc, Château Haut-Brion, Château Margaux, Château Pétrus and Château Pavie.

All Signature Stores will stock Bordeaux wines, but not every store will have the same bottles. Only the 39th & Cambie outlet will have everything. While huge quantities of wines are sold on release day, and some wines sell out, there will still be

2009 Release September 29, 2012

BORDEAUX



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plenty for those who want to give the crowds a miss and shop another day.

Wines are available at every price point and there's something to suit every wine buyer. "There really is a Bordeaux for everyone," says Philip, who buys across the range. If you're a newbie, check out the ready-to-drink Château Jouanin 2009 Castillon Côtes de Bordeaux at \$20.99. There are many bottles below the \$50 and \$100 price points and plenty above, with a few nudging \$3,000. The brochure provides a wealth of information and includes tasting notes and recommendations as to which wines are ready to drink now and those that will benefit from aging.

Philip is excited about the 2009

vintage and says, "It's one of the best ever and compares easily with 2005. The reds are really, really interesting because the tannins were so ripe and the concentration was there. In a vintage like 2009, the Cabernet-based wines – everything from the inexpensive wines to the expensive – are really good. That's the hallmark in our modern era of a great vintage. With our viticultural techniques, I expect the great houses to produce great wines, but it's when it filters down to all the other wines that it's a great vintage."

See Philip's tasting notes that follow for a closer look at some of the impressive 2009s.

BORDEAUX PRIMER

- One of the world's most storied, best known and prestigious wine regions, Bordeaux is located in the southwest of France.
- Only wines made in Bordeaux can be called Bordeaux.
- The wines are a blend of three to five Bordeaux grape varieties which include Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot and Malbec. (In North America, Bordeaux-style blends are called Meritage.)
- White Bordeaux grapes include Sauvignon Blanc, Sémillon and Muscadelle. They're used to make both dry and sweet wines, including ethereal Sauternes.
- Anchored by the historic city of Bordeaux, the region includes about 500 properties in 57 appellations and 10,500 grape growers producing 800 to 900 million bottles of wine each year.
- Bordeaux wines are classified as "right" bank and "left" bank wines reflecting the side of the Gironde River from which they originate. Left bank wines are Cabernet Sauvignon-based – think Château Margaux, while those from the right bank are mainly Merlot-dominant like Château Pétrus. Both are among the costliest and most sought-after wines on the planet.
- Grape growing ACs (*Appellations Contrôlées*) on the right bank include St-Émilion, Pomerol, Fronsac and Côtes de Castillon. Best known left bank ACs are Graves, Pessac-Léognan and Haut-Médoc, which includes Margaux, St-Julien, Pauillac and Saint-Estèphe.

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**CHÂTEAU FONTENIL
FRONSAC 2009**

France **\$49.00** 319947
This densely coloured wine has aromas of wet clay, crushed blackberries and violets. On the palate it is plush with savoury tannins and warm spice flavours.



**CHÂTEAU LA TOUR FIGEAC
ST. ÉMILION GRAND CRU
CLASSÉ 2009**

France **\$60.00** 12062
This 2009 St. Émilion has lovely dried thyme and oregano notes on the nose and flavours of small red fruits. It is very balanced on the palate with ripe tannins and a long finish.



**CHÂTEAU RAHOUL GRAVES
2009**

France **\$26.00** 172676
Black cherry, sweet tar, roasted plum and grilled bread are prominent on the nose of this wine, which gives way to soft caramel notes on the palate. A great value from 2009!



**CHÂTEAU SMITH HAUT
LAFITTE PESSAC-LÉOGNAN
GRAND CRU CLASSÉ 2009**

France **\$300.00** 14571
What a gorgeous wine! Mineral, anise, toast and restrained red and black fruit are part of the complex aromas on the nose. The palate has smoke, toast, dried beef, bitter chocolate and ink flavours. Long and incredibly finessed.



**CHÂTEAU CANTENAC
BROWN MARGAUX 2009**

France **\$98.00** 163725
Aromatic and floral, this Margaux also shows dried sweet herbs, blackcurrant and violets on the nose. There is good freshness on the palate with mineral notes and firm tannins. This wine needs three to five years to reach its full potential.

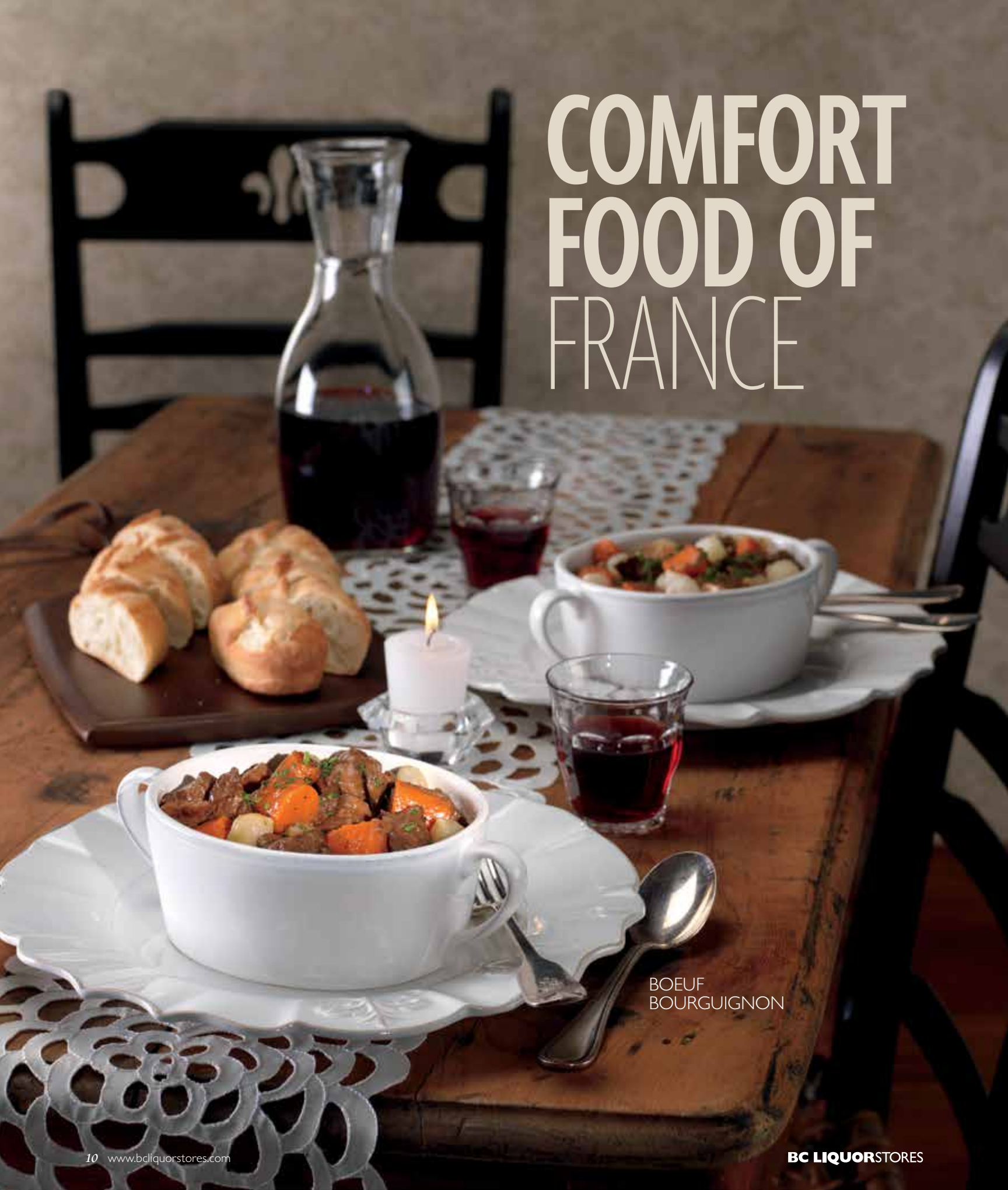


**CHÂTEAU BARON DE
PICHON-LONGUEVILLE
PAUILLAC 2009**

France **\$250.00** 145607
The 2009 Pichon Baron is already showing sweet oak, mineral, blackcurrant and anise on the nose. It is very complex, juicy, savoury and long. In six to 10 years, the pencil lead, floral and dark fruit flavours on the palate will become even more pronounced.



COMFORT FOOD OF FRANCE



BOEUF
BOURGUIGNON

Every culture has its own comfort food. French comfort food is often associated with bistros, unassuming restaurants where the food is reminiscent of home cooking. As you walk into these establishments, your nose captures the essence of the food cooking in the kitchen and your mouth waters in anticipation. This is the perfect food to make at home. It might be fast and easy or a little more time consuming depending on the recipe – but always worth making for the satisfaction it will provide the cook and the lucky people who will eat it. Put your favourite music on, pour yourself a glass of wine and get cooking.



STICKY DATE PUDDING WITH CARAMEL SAUCE

PAIRS WITH STICKY DATE PUDDING WITH CARAMEL SAUCE



ST. RÉMY À LA CRÈME LIQUEUR

France **\$26.99** 170019
 Silky beige in colour with caramel hues, this creamy and smooth liqueur has a rich and balanced nose bringing out exquisite nut, chocolate and caramel notes with a subtle vanilla aroma. On the palate, sweet flavours of hazelnuts, creamy chocolate, coffee and cookies deliver a wonderful taste sensation.



GRAHAM'S LATE BOTTLED VINTAGE PORT

Portugal **\$25.99** 191239
 This port is a great value, with bold fruit notes of cherry, plums, raisins and figs and just enough tannins to give it an elegant structure. An ideal match for caramel.



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*SOURCE: ASSOCIATION OF CANADIAN DISTILLERS, JUNE 2012





FRENCH COMFORT FOOD IS OFTEN ASSOCIATED WITH BISTROS, UNASSUMING RESTAURANTS WHERE THE FOOD IS REMINISCENT OF HOME COOKING

PAIRS WITH BOEUF BOURGUIGNON



JOSEPH FAIVELEY
BOURGOGNE
PINOT NOIR PAULÉE
France **\$21.99** 142448

Vibrant summer berry flavours and aromas hint at that certain earthiness for which Burgundy is known. Great purity of fruit, impeccable balance and a seamless structure makes this wine a go-to red Burgundy.



FRENCH ONION SOUP

PAIRS WITH FRENCH ONION SOUP



PIERRE HENRI MOREL
SIGNARGUES
CÔTES DU RHÔNE VILLAGES
France **\$22.99** 193730

A real sleeper of a vintage, this dense plum- and ruby-coloured wine exhibits loads of raspberry and black cherry fruit. It is medium-bodied and shows plenty of spice and earth.



LA FIOLE DU PAPE
CHÂTEAUNEUF-DU-PAPE
France **\$39.99** 12286

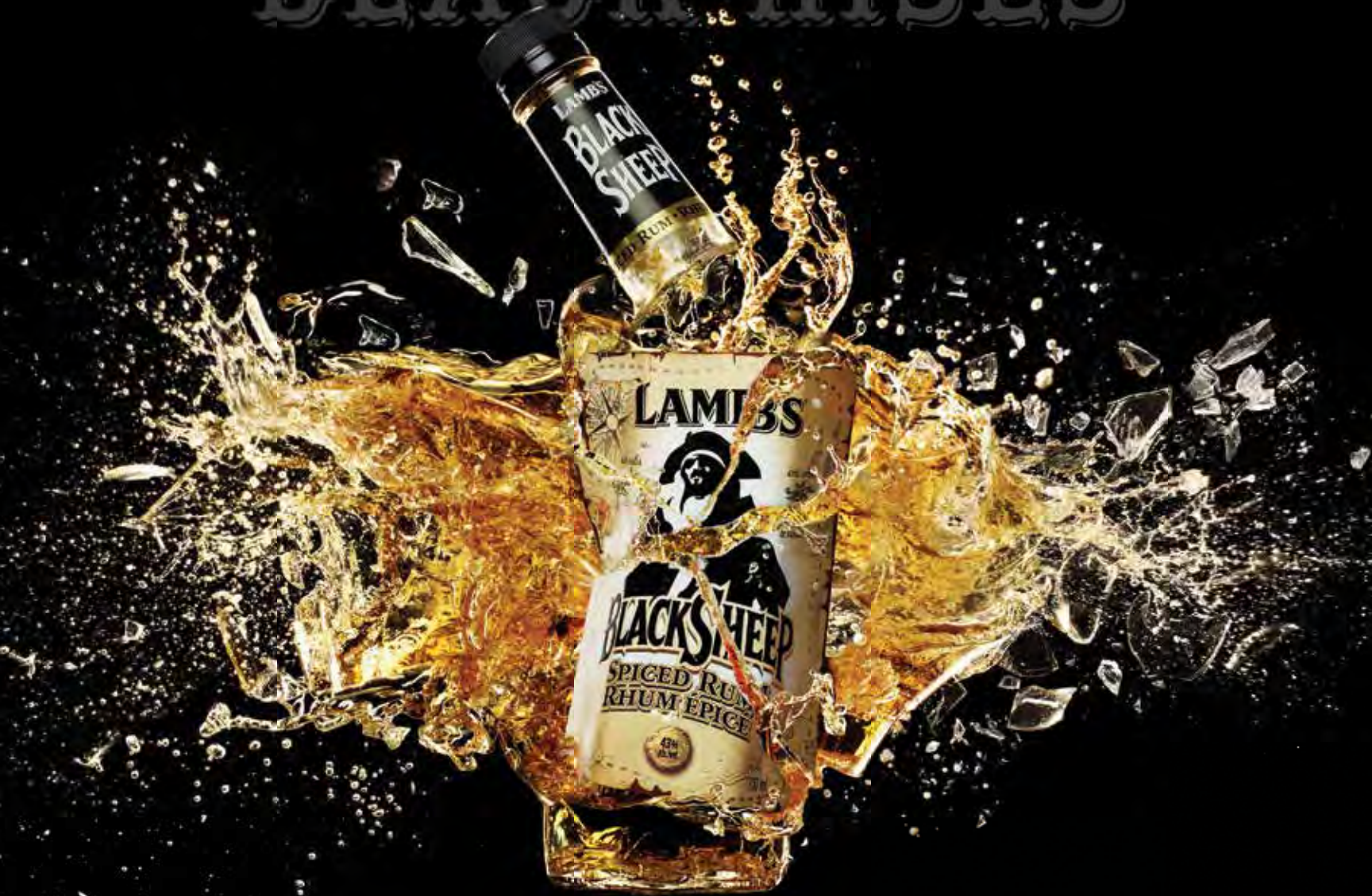
The complex bouquet of this full-bodied red is warm and inviting, harmoniously combining aromas of dried fruit, wood, truffles, venison and spice. On the palate, it is surprisingly soft on the first sip, but strong tannins lead to a powerful finish.



PFÄFFENHEIM
GEWÜRZTRAMINER
France **\$19.99** 612119

Light-bodied and fruit-forward, this wine showcases a floral bouquet alongside refreshing mouthfuls of honeyed white peaches and lychee fruit with a lemony finish. A versatile crowd-pleaser, this is an ideal wine for many occasions, either for sipping on its own or alongside everyday meals.

WHEN THE SUN SETS
— THE —
BLACK RISES



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HOT FALL'S MOST WANTED



CAMPO VIEJO RIOJA

Spain **\$16.99** I90629

This Rioja is a vibrant, cherry red colour. On the nose, its rich aromas have a pronounced intensity with an initial scent of ripe, red fruit followed by gentle notes of vanilla and spices. On the palate it is perfumed, soft and fresh with a long finish that leaves memories of red fruit, vanilla and cocoa. Pair with spicy chorizo sausages or tapas.



MÉNAGE À TROIS FOLIE À DEUX RED

USA **\$17.99** 360883

This red blend brings together Zinfandel, Merlot and Cabernet Sauvignon. To add complexity and retain character, each variety is fermented separately and blended prior to bottling. The Zinfandel contributes blackberry and raspberry jam flavours. Merlot, with its generous mouth feel and red fruits, fits perfectly in the middle while the rich flavour and firm tannins of Cabernet Sauvignon round out the finish. Forward, silky and soft, it makes the perfect accompaniment for grilled meats or tomato-sauced pasta.



SOBIESKI VODKA

Poland **\$23.99** I32811

Sobieski vodka, named after a 17th Century Polish king is made from the finest Dankowski Rye which helps give it its authentic, rich taste and silky finish. It can be enjoyed in favourite cocktails, straight up, on the rocks or in a very special martini.



BOURBON

AMERICA'S WHISKEY

Take two ounces of ingenuity, a shot of luck and a few dashes of migration and you have the story of bourbon. In other words, it's a true American tale befitting the country's homegrown whiskey.

Though bourbon can be made anywhere in the United States, it's pretty much synonymous with the state of Kentucky. Indeed, the story of how the Bluegrass State came to carry bourbon's legacy is quite colourful, and understanding the roots of this unique whiskey helps add to its enjoyment today.

It so happened that, during the early-to-mid 18th century, Kentucky was the end of the road for a wave of settlers arriving from the Old Continent. The families were looking for new opportunities in America and, in those days, Kentucky was about as far west as you could get – not to mention the frontier territory made it easier to avoid the newly-instated United States whiskey tax!

Of course, where settlers go, thirsts soon follow. But without easy access to usual whiskey grains like wheat, rye and barley, the new Kentuckians were forced to innovate. Thank goodness for corn! The local maize was abundant and it was cheap, and turns out it works just fine incorporated into the whiskey mash. Thus corn became,

and remains, a defining ingredient in bourbon, imparting a unique sweetness and flavour to the whiskey. To this day, bourbon must legally be made from a grain mixture that contains at least 51 percent corn and, in reality, most bourbon is made from a mash containing at least two-thirds corn.

Those first bourbons, however, bore little resemblance to the bourbon whiskey that subsequently gained fame. They were white, or clear spirits and more akin to firewater than a smooth sipper. Nothing that a charred oak barrel couldn't fix! This proved to be

TAKE TWO OUNCES OF INGENUITY, A SHOT OF LUCK AND A FEW DASHES OF MIGRATION AND YOU HAVE THE STORY OF BOURBON

bourbon's biggest ingenuity. Funnily enough, what is now considered a crucial component of the aging process was initially motivated by thrift. To save money, many bourbon producers recycled old barrels, but a barrel used to transport salted fish or pickles maintains a certifiable stink – until it is burned or charred! This not only sanitized the barrels, but as fate and fortune would have it, the char from these repurposed barrels added complex flavour and caramel colour to the bourbon. The barrels also helped smooth the whiskey as it aged. These days, to legally be

called bourbon it must be aged in new charred oak barrels, though there is no minimum time requirement unless the whiskey is labelled straight bourbon. In this case, at least a two-year rest is required. But most quality bourbons are aged a minimum of four years, and any bourbon with a specific age listed must be labeled with the age of the youngest whiskey in the bottle.

Bourbon's name is also reputedly owed to these charred oak barrels. In the late 18th century, river transport was the only way to go, and before floating downriver to New Orleans, the spirit-laden barrels were stamped with the name of their county of origin: Bourbon. The name stuck when thirsty citizens became enamoured with the new liquor and clamoured for more whiskey from Bourbon.

Another defining bourbon trait results from sheer luck and coincidence. Water is a crucial component in distilling and, as it turns out, the area of Kentucky where the majority of bourbon distilleries established themselves sits on a limestone rich shelf. Limestone is great at naturally filtering iron and the local water is both low in iron and high in calcium. In other words, its water is perfect for distilling whiskey. Water is also necessary for diluting distilled spirits, as bourbon must go into the charred oak barrels

BACARDI OAKHEART SMOOTH SPICED RUM



BACARDI TOGETHER



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Bourbon, America's Whiskey

CORN, WATER AND CHARRED OAK BARRELS – SOMETIMES IT'S THE SIMPLE THINGS THAT PROVIDE THE MOST PLEASURE. IT'S AMAZING HOW A FEW BASIC INGREDIENTS CAN CREATE THE DIVERSE, COMPLEX FLAVOURS FOUND IN BOURBON

at no more than 125 proof (or 62.5 percent alcohol by volume). Current standards require bourbon to be bottled at a minimum 80 proof strength, but it's common to find stronger bourbons, ranging all the way to “barrel proof,” that have not been diluted after aging.

Corn, water and charred oak barrel – sometimes it's the simple things that provide the most pleasure. It's amazing how a few basic ingredients can create the diverse, complex flavours found in bourbon. The fact that bourbon is still being produced in largely the same way today is a testament to those ingenious pioneering distillers.

The next time you pour a splash of good old Kentucky straight bourbon whiskey, consider all the hard work and resourcefulness of those original spirits who gave us bourbon and raise a toast!



MAKER'S MARK KENTUCKY BOURBON

USA **\$42.95** 103747

Instantly recognizable by its dipped red wax bottle neck, Maker's Mark small batch, sour mash straight bourbon whiskey is sweet, spicy and a go-to choice for on the rocks sipping and top-shelf mixed drinks.



WILD TURKEY KENTUCKY BOURBON

USA **\$28.95** 198184

Vanilla and caramel highlight the charred oak influence in this classic bourbon, long enjoyed by rock stars and whiskey drinkers around the world.



BULLEIT BOURBON FRONTIER WHISKEY

USA **\$34.99** 774273

A higher than usual rye content gives Bulleit Frontier whiskey a bold, spicy kick and combined with a drier overall style, creates a bourbon with serious punch.



WOODFORD RESERVE BOURBON

USA **\$48.99** 480624

Each bottle of the rich and fruity Woodford Reserve bears a small batch and bottle number. Subtle overall, it makes for smooth sipping.



BASIL HAYDEN'S 8-YEAR-OLD KENTUCKY BOURBON

USA **\$49.95** 106120

Named after Basil Hayden Sr., a pioneer distiller who led 25 Catholic families from Maryland to Kentucky, this small batch, eight-year aged bourbon is mellow and smooth. It's great enjoyed neat.



BOOKER'S SMALL BATCH BOURBON

USA **\$55.95** 569061

No wallflower; this assertive bourbon starts with sweet butterscotch and builds to a peppery and oaky mid-palate before subtly relenting to a toasty, extremely long finish.

COCKTAILS & JAZZ

HALLOWEEN –
1920S
STYLE





by Joanne Sasvari
with recipes by Lawren Moneta

Cannibals. Terrorists. Predatory killers. Who needs a gory frightfest when you've got the six o'clock news? That's why, when it comes to Halloween entertaining this year, we're skipping the ghouls and gross-outs and looking to the past, to a time of elegance, style and glamour. Just like our favourite TV shows and movies, we're going back to the 1920s for inspiration.

The decade between the end of the First World War and the beginning of the Great Depression is rich with ideas for entertaining. It was the jazz age, the heyday of the cocktail and the era of flappers and dandies. The first great monsters flickered to life on the silver screen, while gangsters roared into history in their Model A Fords. It was as exciting as it was stylish and, if there was one thing for sure in the 1920s, any excuse was a good excuse for a party.

Here are three great party ideas inspired by the Roaring Twenties.

GREAT GATSBY GLAMOUR

Baz Luhrmann's dazzling take on F. Scott Fitzgerald's novel *The Great Gatsby* will hit theatres next summer and fashionistas the world over are giddy with excitement over all those bugle beads and feathered headbands. Meanwhile, across the pond, the British TV sensation *Downton Abbey* returns this fall for a third season with full-on Roaring Twenties drama. What could be better inspiration for your own chic costume party?

When it comes to decor, the angular, eclectic Art Deco style was all the rage, and it's an easy motif to adapt to your own home. Think linear yet opulent, with defined geometric shapes and splashes of gold. That angularity can



ROASTED SHRIMP WITH ASIAN HORSERADISH SAUCE

inspire the costumes, too: sharp suits or tuxedos for men, and for women, straight-lined, drop-waisted dresses made ornate with sequins, beads, swishy fringes and fabulous accents: cloche hats, red lips, smoky eyes, elegant cigarette holders and long, swingy necklaces.

Set the Jazz Age mood by loading up the iPod with great hits by the likes of Louis Armstrong, Duke Ellington and Jellyroll Morton. Serve chic finger food and cool drinks like gin martinis or a White Lady (gin, lemon juice and Cointreau).

SPEAKEASY STYLE

Few things defined the 1920s like Prohibition, when the manufacture,

sale, import and export of alcohol were banned in the United States and Canada. Making alcohol illegal didn't stop the party, though. In fact, it seemed as if everyone was crowded into North America's speakeasies, swilling bathtub gin and smuggled Canadian whisky.

The speakeasy was a hospitable place (unless you were a federal agent), often with live music, terrific food and creative cocktails. It can also be a great inspiration for your own party.

Think Boardwalk Empire and take your costume cues from the AMC television series' gangsters in their snappy fedoras and molls in scandalously short frocks.

Don't forget to create a secret

password – how else will you know if your guests are there to party or to conduct a raid? Then dim the lights, set the buffet and stock the bar.

This is your opportunity to let your inner bartender shine. Serve the cocktails that were fashionable at the time, like the Whisky Sour (whisky, lemon, sugar, egg white), Sidecar (brandy, Cointreau, lemon juice) or French 75 (gin, sugar, lemon juice, champagne). Or get creative and come up with your own cocktail recipes. Who knows where the night will take you?

BLACK AND WHITE MONSTER MASH

It was also the era of Bela Lugosi and Lon Chaney, of Quasimodo, Dracula



FRENCH MACARONS



BELVEDERE INTENSE VODKA

Poland **\$59.99** 121905

With its distinctive black bottle, Belvedere Intense looks as elegant as it tastes. This is a super-concentrated, super-premium vodka. Distilled from rye, it has notes of caramel, savoury spices, bitter chocolate and sweet vanilla, with a smooth, creamy mouth feel and a lingering, peppery finish.



CHAMBORD VODKA

France **\$39.99** 167585

In a pink jewel of a bottle, this infused vodka is very aromatic with floral, white chocolate and subtle vanilla notes. The characteristic black raspberry flavour of Chambord is combined with premium French vodka to create a flavourful solo sipper or mix for a memorable martini.



HENDRICK'S GIN

United Kingdom **\$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 Hendrick's a lovely gin to blend in your favourite cocktails or to sip solo.



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 Cocktails and Jazz

and the Mysterious Dr. Fu Manchu. Talkies had arrived, but movies were still black and white, churned out by the hundreds each year in Hollywood. The golden age of the silver screen still offers plenty of great inspiration for Halloween.

Encourage your guests to come dressed as their favourite 1920s movie character – perhaps Rudolph Valentino as the Sheik, Theda Bara as Cleopatra or Charlie Chaplin as the Tramp – and set the mood with movie soundtracks and jazzy tunes.

Then deck your place in black and white, including the bar, which you can stock with chic black bottles, black liqueurs and espresso-based cocktails. Add a dash of blood red to liven things up with Campari-based cocktails such as the Negroni (gin, Campari, sweet vermouth) or the Boulevardier (bourbon, Campari, sweet vermouth). Serve with savoury nibbles and a whole lot of Hollywood-style air kissing.

And as you watch your beautiful guests sip their cocktails and kick their heels up in the Charleston, just think: Aren't you glad you left the scary monsters to the headlines?



CRAB CAKES WITH PARMESAN LEMON CREAM



**LUXARDO SAMBUCA
PASSIONE NERA**

Italy **\$26.99** 331496
There are few black drinks on the market, but those that are available are the last word in chic Halloween style. This inky, licorice-flavoured liqueur has a soft, velvety structure and spicy hints of coriander and cardamom. It is no ordinary Sambuca, but a sophisticated sipper.



CAMPARI

Italy **\$26.99** 277954
This crimson aperitif is a bar essential and a perfect way to add a blood-red dash to cocktails such as the Negroni. Bright, crisp and complex, it starts off sweet and fruity followed by a wave of herbal bitterness that lingers on the finish. It demands a mixing partner and marries beautifully with orange flavours.



**LA FÉE
ABSINTHE PARISIENNE**

France **\$54.99** 454637
Made according to an authentic 19th century recipe, La Fée is a clear, deep lime green colour that turns milky when ice water is added (a process called louching) and its aromas are released. It has fresh herbal notes on the nose and soft spices on the palate, most notably a mouthful of luscious anise.

PUMPKIN

THE GORGEOUS GOURD

ROASTED PUMPKIN
RAVIOLI WITH
SAGE AND
BROWN BUTTER
SAUCE

In North America, the pumpkin has its place. It's either spookily carved and lit up with a candle, or mashed into a pumpkin pie at Thanksgiving or Christmas. But, in the rest of the world the simple pumpkin, a member of the winter squash family, is important all year long. Here we have three global ideas for the large, orange gourd. In Italy, delicate envelopes of ravioli are stuffed with a cheese and pumpkin filling, then smothered in an herbaceous sage and butter sauce. Pumpkin's mild flavour and smooth texture make it a wonderful ingredient for baking, such as a filling for a popular Eastern European bread dumpling or a lightly spiced loaf.



SPICED PUMPKIN BREAD

PAIRS WITH SPICED PUMPKIN BREAD



BLANDY'S DUKE OF CLARENCE MADEIRA

Portugal **\$27.49** 280982

Deep, golden brown in colour with honey and raisins on the nose, this fortified wine is rich, full-bodied and softly textured. The Duke of Clarence has flavours of roasted nuts and toffee with nuances of honey and raisins, sweetness on the mid-palate, and a clean, tart finish.



ORO DE OSBORNE DARK & SWEET SHERRY

Spain **\$15.95** 398479

Deep, dark brown in colour, this sweet sherry has aromas of fresh figs, coffee and toasted nuts. The palate is full-bodied with flavours of creamy caramel, toasted figs, coffee with hints of mocha, all surrounded by a pronounced nutty nuance. The finish is rich and lasting.



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— PAIRS —
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Pumpkin, The Gorgeous Gourd

IN THE REST OF THE WORLD THE SIMPLE PUMPKIN, ONE OF THE WINTER SQUASH FAMILY, IS IMPORTANT ALL YEAR LONG

PAIRS WITH ROASTED PUMPKIN RAVIOLI WITH SAGE AND BROWN BUTTER SAUCE



THREE WINDS VIOGNIER

France **\$13.99** 154609
This is a full-bodied and luscious wine brimming with tropical fruit aromas. Flavours of baked pear, spicy ginger and sweet honey coat the palate while a touch of pineapple rises in the fresh, lingering finish.



BAKED PUMPKIN AND ONION DUMPLINGS WITH HERB DIP

PAIRS WITH BAKED PUMPKIN AND ONION DUMPLINGS WITH HERB DIP



FOLONARI RIPASSO VALPOLICELLA

Italy **\$19.99** 481838
Deep ruby in colour with garnet tints, this rich and elegant red has a complex bouquet of cherry jam, vanilla, balsamic vinegar and ripe fruit notes. The flavours are concentrated with a spicy, toasty, lingering aftertaste that finishes dry.



SANDHILL GAMAY NOIR

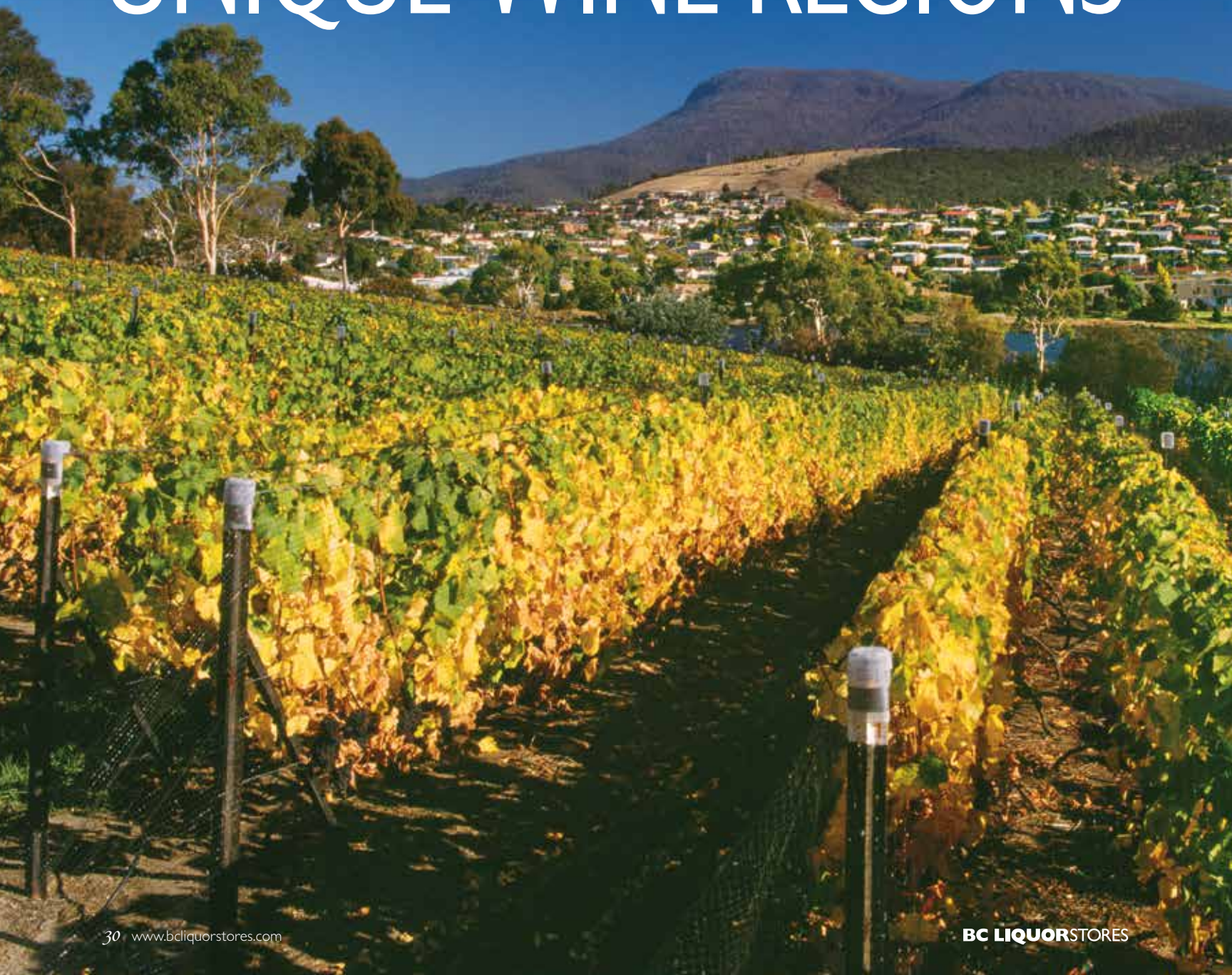
BC VQA **\$19.99** 627687
Deep, ruby red in colour this fresh-tasting wine has a bouquet of Damson plum, black cherry, smoke, sweet oak, violet and black pepper. Medium-bodied, it has soft, drying tannins and food-friendly acidity, with flavours of tart black and red berries along with a touch of spice lingering through on the finish.



NOLLEN NOTORIUS ROOSTER

Germany **\$13.98** 426536
Pale lemony yellow in colour, this classic aromatic Mosel Riesling has a nose of wet stone, slate, white peach and flower blossoms. Vibrant and crisp, it balances sweetness on the palate with a juicy texture and moderate acidity, turning racy on the finish.

AUSTRALIA'S UNIQUE WINE REGIONS





Australian wine is undergoing an exciting revival. We have come to expect good value and consistent quality from the major brands, but less is known about the unique wine regions that make up the premium side of Australian wine. “Australia” is often referred to as one single wine region, which makes absolutely no sense, considering the country covers an area that in Europe would stretch from Portugal all the way to Ukraine. Australia’s quality wine regions, some of which have been growing grapes and making wine for more than 100 years, are starting to regain the recognition they deserve. Some of the key regions in Australia are Coonawarra and McLaren Vale in South Australia, Margaret River in Western Australia and the Yarra Valley and Strathbogies Ranges in Victoria.

SOUTH AUSTRALIA: COONAWARRA AND MCLAREN VALE

South Australia is the wine hub of the country, accounting for a massive 48 percent of all Australia’s grape production. While much of this wine is grown in the hot, irrigated inland bulk zones, the state is also home to some of Australia’s best known regions. Coonawarra and McLaren Vale are two regions producing distinctive wine styles that are growing in popularity in the Canadian market.

COONAWARRA

As far as wine regions go, few are as remote as Coonawarra and fewer still have such a distinctive terroir that you can taste it so clearly in the wines. The journey to Coonawarra involves a long and lonely 380 km drive from Adelaide through the remote and wild

Coorong National Park. When you arrive, it seems as if there is nothing spectacular about the place, rather just a dense assembly of surprisingly flat vineyards. The steep slopes are not what makes Coonawarra special; the magic comes from the combination of rich, red, terra rossa topsoil over a ridge of limestone. This combination of soil, particularly when expressed through the region’s main grape variety Cabernet Sauvignon, produces a wine with a distinctively fine, dusty tannin structure, elegance and pure cassis fruit.

So special is the combination of soils in Coonawarra that, when the time came to draw up the regions’ official boundaries, there was heated debate. The reputation and aging ability of the wines meant significant value in being able to put the word “Coonawarra” on the label. Battles were fought, won and lost before a mere 12-km long by 2-km wide strip was defined as the Geographical Indication (GI). The Coonawarra Region is part of the Limestone Coast Zone of South Australia. It is remote, with a population of just 311 people, and is a long way from any large city. The ocean, just 60 km away, is a key climatic influence, helping to create a long, cool growing season.

Cabernet Sauvignon is the principal grape variety of the region, but not the only one, as Shiraz, Riesling and Chardonnay are also successful. Coonawarra offers amazing value for wines that are both delicious when young but also have the ability to age well. Most Coonawarra reds will easily improve for ten years or longer in the cellar.

Pinot Noir vineyard in early autumn above the Derwent River with Mount Wellington in distance. Moorilla Estate, Berriedale, near Hobart, Tasmania, Australia.

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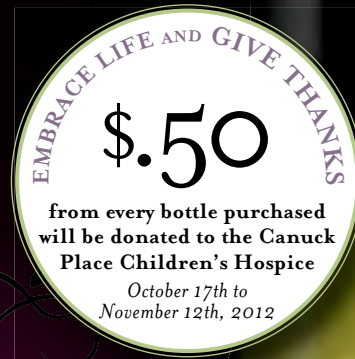
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Coonawarra Vineyard showing terra rossa over limestone terroir. Photo courtesy of the South Australian Wine Industry Association.

MCLAREN VALE

From a lifestyle perspective, some wine regions seem to have it all. McLaren Vale is such a place, with an amazing food and wine culture, beautiful vineyards and olive groves, plus stunning golden-sand beaches, all within a half-hour drive from the large city of Adelaide. What's more, the region's beauty is more than matched by the excellent quality wines it produces. McLaren Vale is best known for its full-bodied, rich, lush Shiraz, rivalling the Barossa Valley as Australia's greatest region for the variety.

McLaren Vale's climate and soil types vary considerably across the region. While it is generally quite hot, the areas at altitudes as low as 50 metres, which are very close to the sea,

are considerably cooler than vineyards that are further inland, away from the cooling influence of the ocean. The region also varies in terms of altitude, with vineyards extending up to 200 metres as the region merges with the Adelaide Hills in the east.

The diversity of climate within the region explains why a number of different grape varieties are successful. It is mostly about big red wines with hefty levels of alcohol and, in addition to the flagship Shiraz, Cabernet Sauvignon, Grenache, Petit Verdot and white varieties Semillon, Sauvignon Blanc and Chardonnay all make quality wines.

WESTERN AUSTRALIA: MARGARET RIVER

Margaret River was discovered for its potential wine quality in the

1970s. Before that, it was famous as a hippy surfing destination, thanks to its massive waves, beautiful beaches and remote location. Since the '70s, it has quickly developed a reputation as one of Australia's greatest wine regions, particularly for Cabernet Sauvignon and Chardonnay.

The region is located about three hours' drive south of the city of Perth in the southwest corner of Australia. The climate is very much influenced by the proximity to the warm Indian Ocean, which borders the region on three sides. The ocean moderates the temperature, making it warm rather than hot. Frost is rarely a problem, as the mean annual temperature varies only by eight degrees. This climate helps produce wines that not only have powerful fruit intensity, but also an element of elegance. The reliable, consistent weather along with low rainfall during the growing season (only 200 mm) ensures that the red wines are never under-ripe, nor are they over the top and jammy.

Although the Margaret River region produces only a small percentage of Australia's total wine, it accounts for a large percentage of its quality wine. Cabernet Sauvignon is the foremost grape, and the quality of the wines rivals those of Coonawarra as the best examples of the country. The Cabernet is typically ripe, combining cassis notes with mixed berries, and is not excessively high in alcohol content. The grape is often blended with other Bordeaux varieties, particularly Merlot. It is also quite common to find a eucalyptus aroma and flavour in the wines. This occurs when oils emitted from the abundant gum trees land on the ripening grapes, imparting their distinct flavour.

Chardonnay is also a specialty of

the region, with many of Australia's best examples of the grape bearing the location of Margaret River. While many modern Australian Chardonnays have been following a recipe of restraint, with less oak and more elegance, the Margaret River wines are generally unashamedly big, bold and delicious.

Shiraz is also widely grown in the region, making bright, brambly, dark berry-flavoured wines with elegant tannins and plenty of flavour intensity. Compared to the big, rich wines of Barossa or McLaren Vale, Margaret River Shiraz is typically a little lighter and more elegant.

The final wine style that is successfully produced in Margaret River is a blend of Sauvignon Blanc and Semillon, in the model of the great white wines of Bordeaux. The Sauvignon Blanc achieves good levels of ripeness and the tropical notes are nicely balanced by the herbal freshness that the region's Semillon provides.

VICTORIA: YARRA VALLEY AND STRATHBOGIE RANGES

The state of Victoria has some of the most diverse wine regions in Australia, from the hot, bulk-producing irrigated zones of the north to some of Australia's coolest climate regions.

YARRA VALLEY

Yarra Valley is very well-situated. The western boundary of the area begins just 45 km east of Melbourne's central business district, making it ideal for tourism.

The region is considered to be a cool climate, with some moderation from the nearby sea keeping the temperatures low and, at the same time, resulting in little daytime temperature variation. The region

stretches nearly 100 km from west to east and, because of this, there is quite a variation in terms of elevation and climate. Elevation ranges from 50 to 400 metres, with frost presenting an occasional problem in the lower-lying areas. The cool climate allows for the production of elegant and balanced Chardonnay and Pinot Noir of strong quality. While these varieties, which also produce top quality sparkling wine, are considered the best, the warmer, north-facing sites can also produce quality Cabernet Sauvignon and Shiraz.

A good portion of the Yarra Valley Chardonnay is now being made in the modern Australian style that uses less new oak, more lees contact and grapes that are harvested earlier to maintain fresh lemon and melon notes and good levels of acidity. The climate is well-suited to this increasingly popular style.

Pinot Noir generally gets all the attention when discussing the Yarra Valley and the wines are often very classy, with red berry fruit flavours, silky texture and great complexity.

Cabernet Sauvignon can struggle to ripen in some sites and in some vintages, but can make lighter, elegant, tobacco- and redcurrant-flavoured wines that seem to mature gracefully.

In warmer sites, generally those facing to the north to soak up the sun, Shiraz can make rich, peppery, meaty and black cherry-flavoured wines that meet the current trend for cool-climate Shiraz that is developing around the world.

STRATHBOGIE RANGES

Strathbogie Ranges is a newer region, having only become established for quality wines since the 1970s and becoming a Geographical Indication

(GI) in 2001. It is small compared to many other Australian appellations and is home to just 1,500 hectares of vineyards. There is no ocean influence, as it is situated among the rolling hills, forests and farmland of central Victoria. This is part of the area that famous Australian bushranger Ned Kelly once roamed.

Being further inland, Strathbogie is more continental in climate, with very cold winters and warm to hot summers. The region varies in altitude, ranging from 150 up to 650 metres, resulting in suitable sites for a range of different grape varieties. In the northwest part of the region, where it can be quite hot, red varieties such as Shiraz successfully produce full-bodied wines. In the eastern part of the region the altitude increases and it becomes cooler and more suited to earlier ripening varieties such as Chardonnay, Sauvignon Blanc and Pinot Noir.

The higher-altitude vineyards produce quality Chardonnay with crisp acidity and lemon-lime flavours along with melon and stone fruit notes. These are very much the modern light, fresh Australian style of Chardonnay. Sauvignon Blanc also does well in the cooler areas and is characterized by a fresh, grassy and herbal character.

For red wines, both Pinot Noir and Shiraz are successful in producing quality wines. The style of Pinot Noir varies by elevation, with richer versions from lower-altitude warmer sites to lighter and juicier versions at higher elevations. Shiraz is typically the cool-climate style, showing lots of bright red fruit notes along with pepper and spice and silky texture.

There's plenty to try from these unique wine regions of Australia. Enjoy!



Australia's Unique Wine Regions

THERE'S PLENTY TO TRY FROM THESE UNIQUE WINE REGIONS OF AUSTRALIA. ENJOY!



LITTLE YERING PINOT NOIR

Australia **\$15.99** 616110
This is great value Pinot Noir from the renowned Yarra Valley. The nose has aromas of cherry, strawberry, vanilla, sweet healthy compost, burlap and the juice of a freshly carved roast. The palate is light with juicy refreshing acidity and flavours of raspberry, strawberry and cherry along with savoury herbal, earth and meaty notes. Try with Chinese barbecued duck.



MAJELLA CABERNET SAUVIGNON

Australia **\$29.99** 185066
This Cabernet is the old school Coonawarra style, unashamedly using plentiful American oak. The wine stands up to it with pronounced aromas of cassis, blackberry, black olive, tobacco, eucalyptus and coconut. The palate is intense with crisp acidity and ripe yet dusty tannins. Flavours of dried herbs, cedar, cassis, minerals and juniper linger on a long finish. Try with roast venison loin with blackcurrant demi-glace.



PARKER FAVOURITE SON CABERNET MERLOT

Australia **\$19.99** 42812
Sourced from Coonawarra and Wrattonbully, two regions which share similar soil characteristics. These show through intense aromas of cassis, brambly mixed berries, plum, violet and savoury burlap, lavender and eucalyptus. The palate is medium-bodied with crisp acidity, dusty fine tannins and some blackberry and blueberry that linger on a long finish. Pairs nicely with rosemary-infused sausages.



KATNOOK FOUNDER'S BLOCK SHIRAZ

Australia **\$19.99** 274464
Coonawarra is not only about Cabernet Sauvignon as evidenced by this tasty Shiraz. The nose has dusty notes, blackberry, coconut, blueberry, baking spice, strawberry and a touch of cedar. The palate is quite full with balanced, medium, dusty tannins, ripe raspberry along with blackberry, vanilla and savoury notes of burlap, leather and pepper. Try with paprika-dusted grilled lamb chops.



EVANS & TATE METRICUP ROAD CHARDONNAY

Australia **\$19.99** 379149
Margaret River is home to some of Australia's best Chardonnay. This example is not fat and heavy but is crisp and fresh with aromas of lemon, mango, grapefruit, cantaloupe, lees and nut and caramel from subtle oak handling. The palate is dry and fresh with lemon, apple, gooseberry, grapefruit and subtle oak on the long finish. Match with lobster poached in butter.



RING BOLT CABERNET SAUVIGNON

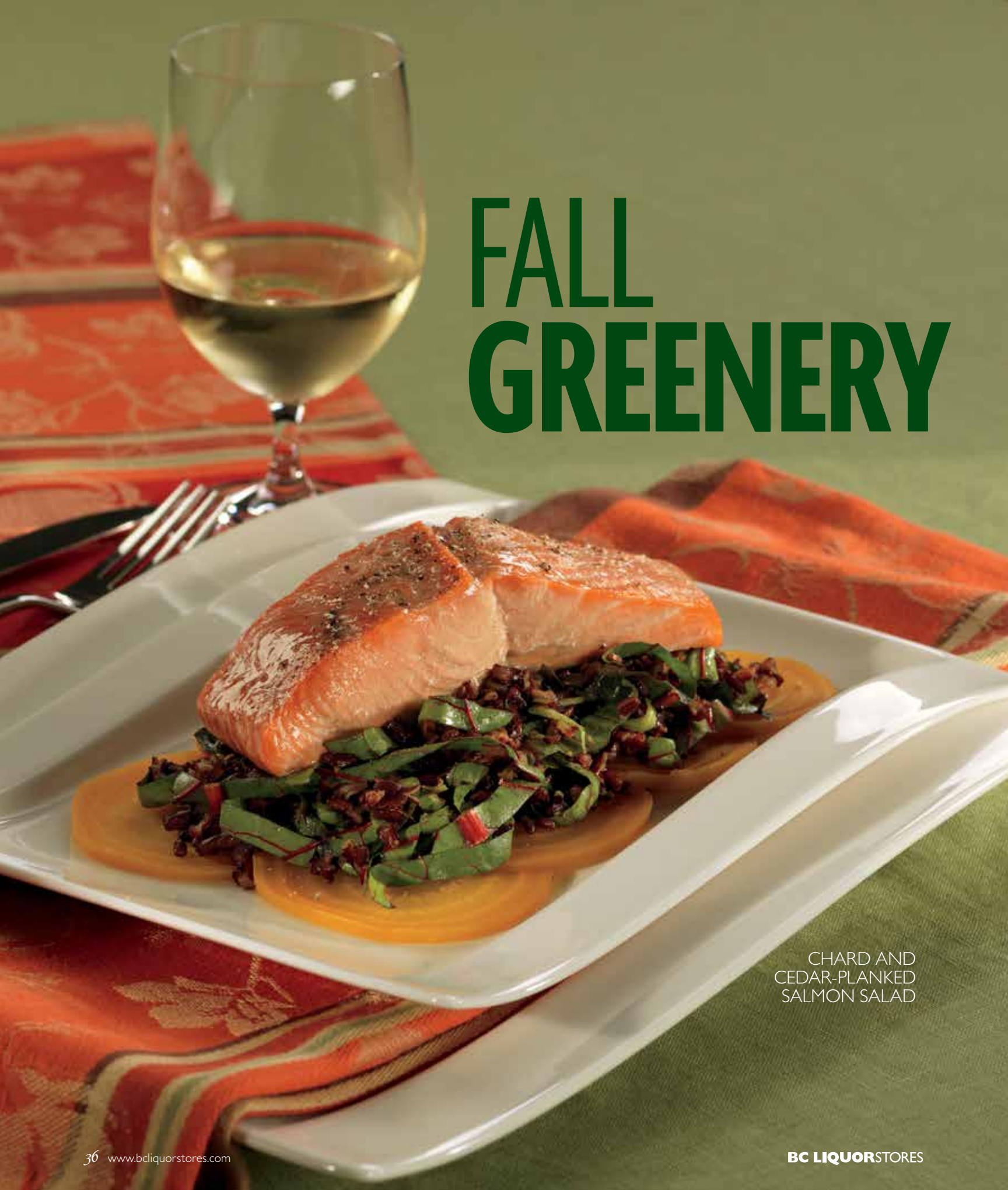
Australia **\$19.99** 606624
The nose is intense with varietal cassis notes along with blackberry, damson plum and complex and interesting black olive, violet, burlap and eucalyptus. The palate is full and intense with ripe plum and blueberry, spice, cedar, leather, roast herbs, coffee and rich tannins with a savoury eucalyptus finish. Try with grilled steak and black olive tapenade. Serious Cabernet Sauvignon for the price.



XANADU NEXT OF KIN CABERNET SAUVIGNON

Australia **\$15.99** 181610
This is a bright, ripe, well-priced Cabernet. The nose has intense ripe, almost jammy raspberry, sweet brambly berry fruit, coffee, hazelnut-infused chocolate and savoury burlap and eucalyptus. The palate is quite full with grippy tannins, crisp acidity and flavours of plum, brambly berries, cedar, violet, coffee and leather. A good pairing with homemade hamburgers.

FALL GREENERY



CHARD AND
CEDAR-PLANKED
SALMON SALAD

Garden centres are having a difficult time keeping kale, collards, mustard greens and chard in stock as local gardeners are flocking to home-grow these fabulous greens. Fall greens are the new darlings of the produce department and are being whipped up into everything from soup and stews to oven-roasted chips. They're not only delicious but exceptionally good for you – full of iron, beta carotene and vitamins A and K, nutrients perfect for maintaining health as the weather turns cold and wet. Enjoy the great taste of these “green” recipe ideas now and enjoy the health benefits all winter long!



SPICY SQUASH SOUP WITH SHAVED COLLARDS

PAIRS WITH CHARD AND CEDAR-PLANKED SALMON SALAD



1884 EXTRA BRUT
Argentina **\$19.99** 917476
Made using the *méthode champenoise*, this sparkling is 70 percent Chardonnay and 30 percent Pinot Noir, with aromas of peach, pear, summer berries and citrus as well as hazelnut biscotti notes. On the palate there is a hint of sweetness, layers of toasted apple turnovers, citrus and a hint of caramel.



VIÑA MAIPO RESERVA SAUVIGNON BLANC
Chile **\$14.99** 97634
Bright yellow in colour, this fresh and crisp white has highly expressive aromas of gooseberry and citrus. The palate is elegant, rounded and well-bodied with a sharp balance of fruit and acidity.

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PAIRS WITH LEMON KALE SALAD



SUMAC RIDGE PRIVATE RESERVE SAUVIGNON BLANC
BC VQA \$12.99 593087

This crisp and herbaceous white has tropical aromas first emerging from the glass. A fresh citrus top note leads into ripe gooseberry and citrus flavours with a hint of fresh cut grass on the finish. This wine pairs wonderfully with fresh salads and seasonal vegetables.



LEMON KALE SALAD

PAIRS WITH SPICY SQUASH SOUP



J. LOHR RIVERSTONE CHARDONNAY
USA \$22.99 258699

This elegant Chardonnay has an attractive, pale straw yellow colour and aromas of pear, apple and stone fruits, combined with a roasted hazelnut and butterscotch bouquet. The flavours are very soft with ripe pear, tangelo and vanilla toastiness, with layers of complexity and a fine balance of fresh fruit acidity.



QUAILS' GATE DRY RIESLING
BC VQA \$16.99 308312

This pale yellow Riesling has aromas of tangy green apple, tropical fruit and citrus. It continues on the palate with a rush of tropical lemon-lime and a background of mineral notes. It's zingy and fresh in the mouth with moderate acidity, finishing with fresh citrus and a balanced, ripe fruit sweetness.



SMOKING LOON VIOGNIER
USA \$16.99 128801

This wonderful white possesses an aroma of apricot wrapped around a core of sweet white nectarine. On the palate, mangoes, orange marmalade, sun-soaked apricot and grilled pineapple make a full-bodied impression, finishing with notes of lemon and candied orange zest.



DIWALI

A CELEBRATION OF LIGHT

Happy Diwali! As festivals go, few are as multi-faceted as the Indian and Southeast Asian holiday of Diwali, celebrated in 2012 on November 13th. Its myriad meanings are dizzying, but one thing all its celebrants have in common is the enjoyment of food, especially sweets, with friends and family. Setting off fireworks and illuminating the night sky with hundreds of thousands of clay lamps is also a large part of celebrating Diwali, also known as the Festival of Lights.

The lighting of the lamps represents the triumph of good over evil and the exploding fireworks drive evil spirits away. The name Diwali is a shortened form of the Sanskrit word *deepavali*, which translates as “a row of lamps.” Depending on whether you’re Sikh, Jain or Hindu, Diwali hinges on the defeat of evil deities, the return of Guru kings and the celebration of the attainment of nirvana, the inner light of being.

Diwali marks the end of one business year and the beginning of the next in India and coincidentally, the finish of the harvest season for farmers. It’s a time to give thanks and pray for the bountiful season to come. It is a time of renewal.

For Hindus, the goddess of wealth and prosperity, Lakshmi, figures



VIJ'S PUNJABI DAAL

prominently in the first of this five-day celebration. The second day is dedicated to Krishna, the third day celebrates King Rama's return after vanquishing the evil demon that had captured his wife, the fourth day marks the Hindu New Year and the fifth day is a time where brothers and sisters celebrate their relationships and gifts are given.

For Sikhs, Diwali celebrates the release of the sixth Sikh Guru, Guru Hargobind Ji and 52 princes from Mughal rule in October 1619, an event that was marked at the time by the lighting of hundreds of lamps at the Golden Temple in Amritsar, India.

For Jains, Diwali observes the attaining of nirvana by their great sage, Lord Mahavira in 527 BCE and again, various light references have been found in ancient texts.

Diwali is a time of endings and beginnings, a time to take into account and meditate upon all of life's cycles and to share in the joy and thanks with all those around you. It's no wonder that Vancouver's famed restaurateur and chef Vikram Vij has said that Diwali is to Indians what Christmas is to North Americans and Europeans.

Traditionally, perhaps to reflect the sense of wealth and prosperity, Diwali is also a time of some lavish spending. People wear new clothing, throw big dinner feasts and provide lots of sweets as friends, families and neighbours visit each other. In India, the kids stay up late to set off fireworks and later, the adults gather to play card games, eat snacks and occasionally indulge in some whisky. Conversely, Vikram Vij, weighing in on his childhood Diwali experiences, remembers his father being just the opposite. His approach, as a businessman, was prudent and



RICE PUDDING

about saving the money he'd made during the year rather than spending it. Each year Vij would try to figure new ways to squeeze money out of his father for firecrackers and sweets.

On that note, what is typically served for a Diwali dinner? Vij remembers his mother's wonderful *biryani*, *samosas* and *kheer* or rice pudding. A visit to the sweet shop is unavoidable for some classic Diwali treats such as *shrikhand*, *halwa* or mango

kesari. It's about comfort food, be it *daal* or chicken curry, although some people like to put on a lavish feast to entertain their guests. Vij remembers one such experience, when he led a small tour to India for Diwali and they were invited for a completely over-the-top meal in a Delhi mansion befitting a Raj.

Perhaps, this is the best metaphor for Diwali. Like its myriad meanings in different religions and cultures, so it has a myriad of ways to celebrate its

PAIRS WITH RICE PUDDING



MIONETTO IL MOSCATO FRIZZANTE

Italy \$17.99 73932

This gently sparkling wine is fresh and crisp with a floral bouquet and a fresh fruit finish. The gentle effervescence and off-dry sweetness of this distinctive white wine make it an ideal complement to desserts and special occasions.



Graham's Tawny Port
Portugal \$39.99 206508
Fine tawny port is lighter in colour and texture than ruby port and is also slightly drier. Tawny red in colour, this wine offers a fine balance of fruitiness and nuttiness, with ripe fruit aromas nicely balanced by hints of dried fruits. On the palate it is slightly dry, elegant and smooth.



arrival and five-day festivities. Rich or poor, kings or queens, enlightened or on the path, it's about inner peace, well-being, wealth and prosperity, peace and harmony and the triumph of good over evil, which is a sentiment that is never lost, especially in these modern times.

Here are three recipes by Vikram Vij to cook for Diwali: a comforting and simple *daal*, a homey chicken curry and his favourite – rice pudding.



HERE ARE THREE RECIPES BY VIKRAM VIJ TO COOK FOR DIWALI: A COMFORTING AND SIMPLE DAAL, A HOMEY CHICKEN CURRY AND HIS FAVOURITE – RICE PUDDING

PAIRS WITH VIJ'S PUNJABI DAAL



GANTON & LARSEN PROSPECT WINERY BIRCH CANOE PINOT BLANC

BC VQA **\$13.99** 100925
This pale yellow, fruity white has aromas of tropical and orchard fruits. It is crisp and refreshing with lively citrus and pineapple fruit notes that linger on the finish.



VIJ FAMILY'S CHICKEN CURRY

PAIRS WITH VIJ'S FAMILY CHICKEN CURRY



QUAILS' GATE ROSÉ

BC VQA **\$14.99** 170316
This rosé is dry with a refreshing fruit flavour and is one of the region's best examples of this fruit-forward wine. Plump, ripe raspberry, strawberry and redcurrant aromas tumble together and although technically dry, the fruit ripeness and weight suggest a hint of sweetness. Serve slightly chilled.



CANTA PERDICES RIBERA DEL DUERO

Spain **\$15.99** 16733
This deep red Tempranillo is bursting with black cherry and spice notes. The flavours are of black and red fruits, cardamom spice, toasty vanilla and sweet oak. This is a full-bodied wine with balanced acidity and gentle tannins that lead to a silky finish.



KINGFISHER PREMIUM LAGER

USA **\$13.99** 17566 6 x 355 ml
Pale amber in colour, this lager exhibits malted cereal and light hop aromas. It is both crisp and light in flavour and has a light head, making it an ideal match for Pan Asian cuisine.



BEST BUY BRAND

WINE ENTHUSIAST MAGAZINE

MARCH 2011

Making moments
worth SHARING...



WOODBIDGE
by ROBERT MONDAVI



Please drink responsibly.

NEW THESE JUST IN!



LULU B. CHOCOLATE MARTINI

Canada **\$16.99** 696161

Decadently delicious and soft on both calories and carbs, this fabulous new cocktail is made with the finest vodka, crème de cacao and all natural chocolate ingredients. Less sweet but full of rich chocolate aromas and flavour, this is the perfect drink to enjoy over ice and with your best friends!



Southern Comfort Fiery Pepper

USA **\$24.99** 221861

A tantalizing contrast of sweet whiskey and spicy chili peppers, this liqueur combines the fruit and vanilla flavours of Southern Comfort with the fiery heat of Tabasco sauce! Try it straight up or make it a spicy, fiery Caesar.




Canadian Club Dock No. 57 Spiced Whisky

Canada **\$25.75** 413203

Made with real Canadian Club whisky, Dock No. 57 combines the balance and smoothness of a premium whisky with natural vanilla spice. Sweet and spicy flavours reflect the rye whisky background complemented by cinnamon, caramel, vanilla, pepper and aged oak undertones. Serve neat or on ice, but if you prefer a cocktail, try it with cola or ginger ale and a wedge of lime.

BIRDS OF A FEATHER

Thanksgiving is steeped in family tradition and, in North America, the meal more often than not, revolves around the much-loved roast turkey. There are many stories of how the turkey came to be the mascot of this autumn celebration, but the centerpiece of early Thanksgivings was surely a much smaller and leaner game bird. Although comparatively diminutive, fowl such as quail, duck and pheasant more than make up for their small size with big taste. Cider-Glazed Pheasant and Prosciutto-Wrapped Quail will not only garner you much praise from your guests, they take a fraction of turkey-time to cook. This Thanksgiving, try serving something a little different to your flock. It might just become a new tradition.



CIDER-GLAZED
PHEASANT WITH
SAUTÉED APPLES
AND SHALLOTS



PROSCIUTTO-WRAPPED QUAIL WITH ROASTED BOURBON PEARS

PAIRS WITH PROSCIUTTO-WRAPPED QUAIL WITH ROASTED BOURBON PEARS



BERONIA RIOJA
Spain **\$24.99** 216770
This wine is a bright, intense cherry colour. It is attractive and intense on the nose with redcurrant, cranberry, blackberry and notes of clove and chocolate. With a full mouth feel on the palate, it is fresh and fruity with sweet tannins and a good balance between red fruits and spices.



HAHN MONTEREY PINOT NOIR
USA **\$21.99** 831099
Fresh raspberry and black cherry scents are intense and concentrated in this wine that has mid-palate flavours of berry compote and cardamom with clove undertones. This is a rich and vibrant wine with a light touch of toasty oak, supported by earthy tannins and classic cool-climate acidity.

THE MOST ORIGINAL ENTRANCE

DESERVES THE MOST ORIGINAL VODKA

Stoli



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Birds of a Feather

ALTHOUGH COMPARATIVELY DIMINUTIVE, FOWL SUCH AS QUAIL, DUCK AND PHEASANT MORE THAN MAKE UP FOR THEIR SMALL SIZE WITH BIG TASTE

PAIRS WITH CIDER-GLAZED PHEASANT WITH SAUTÉED APPLES AND SHALLOTS



Duck Pond Pinot Noir
USA \$29.99 427872
Sourced from estate vineyards in the Willamette Valley, this Pinot was made from intense grapes with fruit-driven characteristics. It displays the classic varietal aromas of cherry, spice and earth. On the palate it shows bright fruit and hints of mushroom with a finish of light oak and minerals.



DUCK BRAISED IN RED WINE WITH ORANGES AND DRIED PLUMS

PAIRS WITH DUCK BRAISED IN RED WINE WITH ORANGES AND DRIED PLUMS



MISSION HILL RESERVE PINOT GRIS
BC VQA \$19.99 677658
Crisp, clean and aromatic, this white has aromas of pears and citrus fruits with a hint of almonds. Flavours of green melon, grapefruit and lime on the palate, with subtle notes of biscuit and spice, mingle for a fresh and complex finish.



Belle Glos Pinot Noir
USA \$43.99 243956
Deep scarlet in colour this Pinot Noir has out-of-the-gate aromas of cinnamon, cranberry and a hint of ginger. The palate is sweet baking spices and tart berries and a hint of roasted meat. It has plush weight in the mouth and the merging of flavours, viscosity and a lively acidity round out the long, sinuous finish.



CALONA ARTIST SERIES GEWÜRZTRAMINER
BC VQA \$14.99 237453
This Gewürztraminer has pretty, summer rose garden aroma accented by a medley of tropical fruit and lychee. This medium-bodied, off-dry wine has a soft, juicy mouth feel with flavours of tangerines, mandarins, sweet lemons and mangoes. The fresh and clean finish lingers with flavours of pink grapefruit, orange, delicate spice and tropical fruit.



INSIDE
NAPA

IT'S BEYOND BEAUTIFUL. AND IT'S CALLED NAPA VALLEY, THE NATIVE NAME FOR "THE LAND OF PLENTY"

There's no place like it. San Francisco is one hour away. The coastal beaches and surfing are just over the hills in Sonoma and the skiing in Tahoe is within striking distance. It's perfectly located in one of the most picturesque spots in all of California, the Golden State.

The sun shines in the winter and there's barely a drop of rain from May until the end of October. People live on ranches. They have stables, glistening swimming pools and vineyards surrounding their estates. It's wealthy. It's beyond beautiful. And it's called Napa Valley, the native name for "the land of plenty."

Tourists flock here to visit the 400 plus wineries, lounge at the spas and dine at some of America's shrines to gastronomy. It's a mecca, and it's the second most visited tourist destination in the state. If you want to spend \$1,000 a night at a top hotel, then book early. It gets busy.

Many people know all this, Napa being so famous. But what the eye doesn't see is a highly sophisticated wine industry run by professionals who drive winemaking quality to the next level and develop a vast global distribution network.

In winemaking, the top consultants charge well over \$150,000 per contract per year. That deal might be to make as

few as 600 cases of wine. Some wineries spill that amount. But then cult wines can sell at \$750 per bottle, a dollar for every millimetre. Michel Rolland, Heidi Barrett, and a host of other magicians roam the valley tinkering in the cellars. Nowhere else are consultant winemakers so well utilized.

But the new hero is the grape grower. Fortunately, growers are blessed with a perfect climate, where the sun beams all day and the temperatures plunge at night. It's the perfect environment for grapes, and people too. Yields, in tons per acre, can be low. On the hillsides it can be down as low as one to two tons. This is almost unheard of in most regions. But it makes most Napa wines extremely concentrated. You don't usually hear them described as thin.

Behind the pretty cypress trees and inside the cellars, you'll find boardrooms. They are host to regular meetings of shareholders, merger and acquisition strategists and internal meetings attended by directors of Public Relations, Marketing, Sales, Online Wine Clubs, Visitor Experience, Export and so on. Generally, these people are such experts that Napa Valley wines sell for higher average prices than any other wine region in the world, including Bordeaux.

There are several wineries that

dominate the volume side of the business. Beringer (part of Fosters, a.k.a. Treasury), Trinchero and Mondavi are among the big hitters. But ask them what they're most proud of and you'll taste a host of outstanding wines. Anyone who thinks these companies aren't serious about fine wine needs to rethink. Being a 15-million-case enterprise isn't a bad thing. It's what drives R&D, marketing campaigns, health awareness and their corporate funding is critical in fighting the anti-alcohol lobby in Washington.

The Napa Valley Vintners Association, which represents the wineries, is one of the most cohesive groups in wine. Producers go out on tour around the world together to promote this small valley that has become known to anyone who drinks wine. Napa appears to the market as a group that marches to the beat of the same drum. And largely, that drum beat stands for quality. The region markets quality. Sure, there are some less expensive Napa wines, but not many. The wineries focus on communicating about their quality, driven by the allure of Parker points in the high nineties.

In a recent tasting in Finland, featuring 100 of the world's greatest wines ever produced, Heitz Marthas Vineyard 1974 came out top, beating Pétus, Lafite and every other great

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NAPA APPEARS TO THE MARKET AS A GROUP THAT MARCHES TO THE BEAT OF THE SAME DRUM. AND LARGELY, THAT DRUM BEAT STANDS FOR QUALITY

Bordeaux name you could think of. The vintages tasted went back as far as the 1800s. Testament indeed to the outstanding quality of Napa's top wines.

The current focus is on developing direct sales through online clubs, mounting social media campaigns and driving exports to Europe and Asia. China is the number one target for many wineries, and the visitor experience is of paramount importance. At Darioush, you can take a private tour for \$350 per person and taste first growth Bordeaux alongside their own wines, sitting in a luxurious underground cellar being served by your own chef. It's beyond what anyone else is doing in other regions.

But the best part of Napa is that, if you go to someone's house, just a regular person who doesn't work in wine, you'll be welcomed with glasses of really beautiful wine. It's part of the culture. Your everyday drinker has bottles of Schramsberg in the fridge. Then one of their friends drops by with a sample of a new blend under consideration. And that friend just happens to be the General Manager of Screaming Eagle. That's Napa!



**LOUIS M. MARTINI
NAPA VALLEY
CABERNET SAUVIGNON**
USA **\$29.99** 920355
Martini was one of the Napa pioneers. The winery is credited with being a major historical contributor to the fortunes of Napa. This wine is a deep burgundy colour with aromas of blackcurrant, sweet herbs and hints of tobacco. Bold flavours of ripe black cherry, briary red fruit and Old World spices define the palate. Excellent value.



**CAYMUS NAPA VALLEY
ZINFANDEL**
USA **\$45.99** 709808
This is a stunning wine from one of the benchmark producers – twice winner of *Wine Spectator* Wine of the Year. A deep, purple-red in colour; this Zin has a rich raspberry aroma which includes ripeness and rustic qualities. Abundant black cherry and plum flavours and moderate acidity are balanced by the fruit.



**ROBERT MONDAVI NAPA
VALLEY CABERNET
SAUVIGNON**
USA **\$39.99** 255513
Mondavi is the Godfather of Napa Valley and the greatest man in the history of California wine. This wine is dense and concentrated, with intense aromas of blueberry, bramble and cassis intermingled with cocoa, cinnamon and sweet, toasty oak. Supple on the palate, the dark, fruity flavours are balanced by a bright acidity and long finish.



**DUCKHORN NAPA VALLEY
CABERNET SAUVIGNON**
USA **\$69.95** 882266
This fragrant wine displays lifted aromas of spearmint, blackcurrant, violets and loganberry. On the palate, blackberry and blueberry flavours mingle with cocoa and cola notes. This wine shows classic Cabernet character – lovely structure, generous mouthfilling flavours and a long, satisfying finish.



**CAKEBREAD CELLARS
NAPA VALLEY CHARDONNAY**
USA **\$59.95** 191437
Cakebread is an elegant style of Chardonnay, fresh and crisp, and perfect with seafood. The nose of ripe golden apple, pear, melon and bright citrus complement the honeysuckle, ginger and vanilla scents. In the mouth, the wine is round and smooth with honeyed apple, pear, melon and yeast flavours enriched by toasted oak. The finish is long and succulent.



**TREFETHEN
NAPA VALLEY CHARDONNAY**
USA **\$29.99** 245894
This rich and balanced wine highlights tropical and floral aromas with a hint of almond. It has flavours of apple pie and citrus notes and a soft mouth feel balanced with acidity and a stony minerality which makes it a very food-friendly wine.

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LATER
RANCH

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COMMAND,
— IT'S AN —
INVITATION.



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See Ya Later Ranch is happy to donate \$1 for every bottle sold during the month of September to the BCSPCA to help end animal cruelty.

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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 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!



Neena Smith
Product Consultant
WSET Advanced
39th & Cambie
Signature Store
Vancouver
"When you have a passion for what you do, it's exciting to help your customers select a special treasure."



LAMB'S BLACK SHEEP SPICED RUM

Canada **\$27.99** 125351
Think pirates, treasure and high sea adventure. Very pleasant aromas of sweet vanilla and demerara sugar jump from the glass. This golden, honey-coloured nectar is full-bodied and packed with flavour. On the rocks or with your favourite mix, this rum is strong and smooth with a warm, long, lingering finish.



STONELEIGH MARLBOROUGH SAUVIGNON BLANC

New Zealand **\$16.99** 293043
This wine is a light straw colour with green hues. It displays vibrant fruit aromatics of pink grapefruit, passion fruit and a complex minerality. The palate shows nice balance, with ripe passion fruit flavours and tight, fresh acidity. The natural acidity and fruitiness of this wine make it complementary to chicken, pork, salads and seafood.



Sonu Sharma
Product Consultant
WSET Intermediate
Nordel Crossing
Signature Store
Surrey
"As a Product Consultant, it's rewarding to me to share my knowledge with customers, listen to their needs and exceed their expectations by going above and beyond."



RODNEY STRONG CHALK HILL CHARDONNAY

USA **\$26.99** 275552
Pale straw in colour, this zesty wine has aromas of pear, hazelnut, apricot, ripe apple and figs. With some spice notes, it is balanced, elegant and graceful. On the palate it has a rich, smoky, toasted marshmallow flavour with a creamy finish. It will pair well with roasted chicken or dried fruits and nuts.



SHOOFLY SHIRAZ

Australia **\$17.99** 861930
This lovely Shiraz from South Australia offers dense, dark red colour, aromas of licorice, ripe mulberries, black cherry and delicate spices. On the palate it's vibrant and juicy, with soft tannins and a long, lingering finish. Try it with barbecued steak or rack of lamb.



Cynthia Gray
Product Consultant
WSET Advanced
39th & Cambie
Signature Store
Vancouver
"Sharing with my customers the hidden gems revealed within the ever-changing world of wine and spirits is the most rewarding and enjoyable part of my job."



ORMARINE PICPOUL DE PINET

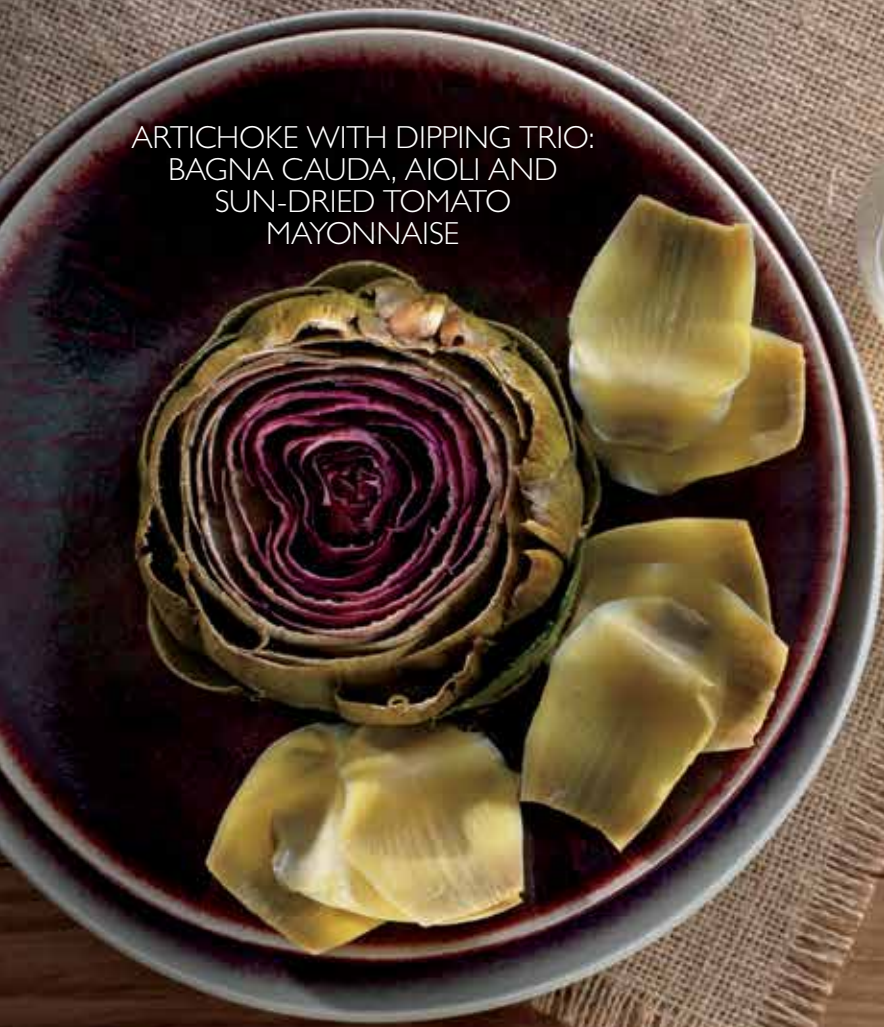
France **\$13.99** 124834
This aromatic white from the Languedoc region on the Mediterranean coast is a brilliant, pale gold colour and bursts with scents of white flowers, passion fruit and citrus peel. Dry, fruity and lively in the mouth, this grape varietal is ideal with grilled fish, seafood, rich cheese and charcuterie.



CUSUMANO NERO D'AVOLA

Italy **\$17.99** 143610
A deep, ruby colour, this full-bodied and well-balanced red shows plum, blackberry, coffee and spice aromas. Juicy cherry and plum flavours are balanced by acidity and ripe fruit tannins in soft, medium-length finish.

ARTICHOKE WITH DIPPING TRIO:
BAGNA CAUDA, AIOLI AND
SUN-DRIED TOMATO
MAYONNAISE



THE HEARTY ARTICHOKE

Most people think that artichokes are not worth the bother because they are complicated to clean, prepare and eat. But it's easier than you might think. Cleaning and preparing one artichoke is enough to make you a pro and the task should be accomplished in less than three minutes. With artichokes, as with all vegetables, freshness is everything. Look for firm, brightly coloured ones with no brown patches on the leaves and that are heavy for their size. If you are still not sure, lift the artichoke to your ear and press the leaves, if it squeaks, it is fresh. To eat a cooked, whole artichoke, pull off a leaf, place the meaty end between your teeth and pull. When all the leaves are gone, the coveted artichoke heart can be sliced and enjoyed!



ARTICHOKE PROVENÇALE

PAIRS WITH ARTICHOKE PROVENÇALE



PERRIN LES CHRISTINS VACQUEYRAS
 France **\$26.99** 585315
 Nearly black with purple undertones, this opulent, voluptuously textured red is composed of 80 percent Grenache and 20 percent Syrah. It has a spicy, leathery nose with notes of Provençal herbs, licorice, Cyprus trees and pink pepper. The mouth reveals spice as well as blackberry and black cherry liqueur notes.



LA VIEILLE FERME
 France **\$12.99** 298505
 This soft, delicate, aromatic white is bright yellow in colour with tints of green. Flavours of fresh green fruits, wheat and hazelnuts make this wine an ideal pairing with herbed vegetable dishes.

SMIRNOFF® THIS WEEKEND?

MIXING MADE
EASY



SMIRNOFF® FLAVOURS AND SODA

- 1 ½ oz SMIRNOFF Citrus or Blueberry Flavoured Vodka Beverage
- 4 oz Soda
- 1 Lime Wedge
- Raspberries (for garnish)

Combine the SMIRNOFF Citrus or Blueberry Flavoured Vodka Beverage and soda in an ice filled glass. Garnish with a lime wedge and raspberries.

SMIRNOFF® MULE

- 1 ½ oz SMIRNOFF No.21 Vodka
- 4 oz Ginger Ale
- 1 Lime Wedge

Combine the SMIRNOFF NO.21 Vodka and ginger ale in a shaker with ice, shake well. Strain into an ice filled tall glass. Garnish with a lime wedge.



The Hearty Artichoke

TO EAT A COOKED WHOLE ARTICHOKE, PULL OFF A LEAF, PLACE THE MEATY END BETWEEN YOUR TEETH AND PULL. WHEN ALL THE LEAVES ARE GONE, THE COVETED ARTICHOKE HEART CAN BE SLICED AND ENJOYED!

PAIRS WITH ARTICHOKE WITH DIPPING TRIO: BAGNA CAUDA, GARLIC AIOLI AND SUN-DRIED TOMATO MAYONNAISE



VIÑA CHOCALAN ROSÉ
Chile **\$12.99** 553974

This dry and crisp rosé, made from 80 percent Syrah and 20 percent Petit Verdot, is a watermelon red colour. Strawberry, raspberry and fresh plum notes on the nose lead to flavours of red fruits and light minerality. Its structure and body lend itself to a wide variety of food types.



STUFFED ARTICHOSES

PAIRS WITH STUFFED ARTICHOSES



BOLLA SOAVE CLASSICO
Italy **\$14.99** 17640

This crisp white is a pale, straw yellow colour with aromas of ripe apple, pear and melon. The small amount of Trebbiano added gives this wine balance, body and complexity with flavours of pear and lemon.



TOMMASI
AMARONE CLASSICO
Italy **\$59.98** 494393

Dark berry, bitter chocolate, ripe plum and flower aromas in this Amarone make it an excellent pairing for hard cheeses such as Parmigiano Reggiano. Intense and highly refined, with hints of ripe cherry, raisin and plum on the palate, this massive wine is complex and velvety.



THE PEOPLE'S
SAUVIGNON BLANC
New Zealand **\$15.99** 515049

This crisp and vibrant white from Marlborough is mouth-watering with aromas of citrus, fresh cut grass, passion fruit, guava and sweet pepper. The flavours of tropical fruits such as guava and passion fruit are complemented by hints of melon and citrus flavours.

BAR★STAR

SAMUEL LACROIX

AT CLOUGH CLUB



Samuel Lacroix, Bar Manager at Clough Club

Samuel Lacroix was anticipating a move to Abu Dhabi last year when he was offered a job with Vancouver's Donnelly Group. Eager to return to the city where he had spent some time several years before, he packed his bags and left his home city of Montreal.

He was amazed at what he encountered. A cocktail culture the likes of which he had never seen. Things had changed in the decade since he had been in Vancouver – especially in the edgy Gastown area where he has now taken up residence as the Bar Manager of the Clough Club Cocktail Tavern. Lacroix's excitement over this part of town, the local cocktail scene and bartenders in the neighborhood, is palpable. "Everyone is super passionate and knowledgeable here...it's very cool to be part of it."

One of the Donnelly Group's cocktail tavern ventures (a new branch of their already well-established range of clubs and pubs), Clough (pronounced "clue") Club is a small, intimate establishment. Located in the heart of old Vancouver, on Abbott Street in Gastown, the tavern has a raw, historical feel, featuring exposed brick, unfinished wood, stained glass and vintage tile floors.

Here, Lacroix and his team focus on dark spirits – and they specialize in homemade, barrel-aged ingredients to add complexity to their concoctions. He relies on top shelf products and says, "For the price you pay, you get the best ingredients in your glass in Vancouver." He is stoked about his clients too. "The people who sit there..." he smiles and points to the bar in the far corner of the room, "are open to suggestions. They let you make whatever you want. They are passionate and interested."

Lacroix has spent 10 years in the hospitality industry. Like many of his peers, he has travelled and worked behind the bar in many cities, provinces and states. But it was when he returned to Montreal after his brief stint in Vancouver (2003 and 2004), he knew it was his calling. He studied to become a sommelier and worked behind the bar at the prestigious Queue de Cheval Steakhouse.

Lacroix, like all accredited sommeliers, instinctively

by Daenna Van Mulligen

thinks about food pairing when serving any libation, and he feels the dark-spirit cocktails he makes are well suited to the South American-style tapas menu at Clough Club.

Lacroix feels fortunate to have been surrounded by such an amazing range of talented people, who have taught him a great deal about wine, beer, cocktails and even tea and

water. To further advance his education, he competes with his peers in cocktail competitions and surrounds himself with his work. “I go home, I cook, I watch Top Chef and I drink good wine and beer and talk to people in my industry.”

“If I ever go back to Montreal,” he adds, “I could teach [them] so much.”



CHAIPERITIF (ABOVE)

1 oz (30 ml) chai-infused dry vermouth¹
1 oz (30 ml) sweet vermouth
½ oz (15 ml) bourbon
2 dashes Angostura bitters

Combine ingredients in a mixing glass filled with ice, stir then strain into a chilled coupe and garnish with an orange peel.

¹ Steep two black chai tea bags with one 1 L bottle of dry vermouth for at least 24 hours. Remove tea bags and refrigerate.



NORMAN (TOP RIGHT)

1 oz (30 ml) Calvados
1 oz (30 ml) sweet vermouth
1 tsp (5 ml) Fernet Branca
½ oz (15 ml) Benedictine

Combine ingredients in a mixing glass filled with ice, stir then strain into a chilled martini glass and garnish with a lemon peel.



CLOUGH CLUB (BOTTOM RIGHT)

1½ oz (45 ml) bourbon
1 oz (30 ml) sweet vermouth
1 tsp (5 ml) Fernet Branca
½ oz (15 ml) agave syrup²
½ oz (15 ml) fresh lemon juice
¾ oz (22 ml) egg whites
2 dashes Angostura bitters

Combine ingredients in a shaker filled with ice, shake then strain into a chilled cocktail coupe.

² Available at most grocery stores and gourmet food stores.

DARK SPIRITS

FALL-INSPIRED COCKTAILS



PUMPKIN SOUR (LEFT)

2 oz (60 ml) bourbon
 1 oz (30 ml) fresh lemon juice
 1 oz (30 ml) egg whites
 1 oz (30 ml) Pumpkin Syrup¹
 2 dashes Angostura bitters

Combine the first four ingredients in a shaker filled with ice, shake hard then strain on the rocks in a rocks glass. Garnish with ground nutmeg, a cherry and the bitters.

¹ Mix ½ cup (250 ml) with ½ cup (250 ml) water to make a simple syrup then add 2 tsp (10 ml) pumpkin spice. Allow to sit for 24 hours then strain through a coffee filter. Pumpkin spice can be found in gourmet specialty stores.

MELNYK FLIP (RIGHT)

1 oz (30 ml) sweet vermouth
 1 oz (30 ml) bourbon
 1 oz (30 ml) Cedar and Clove Honey Syrup¹
 1 egg, whites and yolk
 2 dash Angostura bitters
 2 oz (60 ml) hoppy IPA, to top

Combine ingredients in a shaker filled with ice, shake hard then then strain into a chilled small rocks glass neat. Top with a hoppy IPA and garnish with cinnamon stick.

AN APPLE A DAY (OPPOSITE PAGE)

1 oz (30 ml) Canadian whisky
 1 oz (30 ml) dry sherry
 ½ oz (15 ml) Cedar and Clove Honey Syrup²
 2 dashes Angostura bitters
 1 oz (30 ml) hot water

Combine ingredients in a mixing glass, stir without ice and strain in warm snifter over a glass of hot water. Garnish with dried apple and cloves.

² Mix 1 cup (250 ml) hot water with 1 cup (250 ml) honey, infuse with 2 oz (60 g) cloves and 1 stick of cedar for at least 24 hours. Cedar sticks can be found in most barbecue or gourmet specialty stores.

The changing colour of the leaves is not the only indicator that fall is on its way. Like your wardrobe, beverage choices may also evolve with the seasons. Wine spritzers and mojitos of warm summer nights give way to bold reds and darker, spicier cocktails, perfect for cooler evenings. So, trade those tank tops and flip-flops for sweaters and slippers, invite a few friends over and enjoy the darker side of spirits with these three fall-inspired cocktails by Bar Star, Samuel Lacroix of Clough Club.





SIGNATURE SELECTIONS

KIM GIESBRECHT, PORTFOLIO MANAGER RECOMMENDS

Our “Signature Selections” feature showcases some of the rarer, harder-to-find treasures available across British Columbia only at Signature BC Liquor Stores, which are larger stores with a wider choice of wines and spirits than our other stores. Each of the 21 Signature BC Liquor Stores offers you the expertise of a trained Product Consultant who is more than happy to advise, suggest and explain. If there is not a Signature BC Liquor Store near you, please remember that all of the products highlighted here can be quickly and easily transferred to your nearest BC Liquor Store. This issue’s Signature Selections are from Australia and New Zealand and have been hand-picked by Kim Giesbrecht.

Working at one of BC’s first estate wineries and becoming a store clerk at the 39th & Cambie flagship Signature Store 25 years ago, Kim developed an interest in wine that led to several product knowledge courses and a WSET diploma. She enjoyed working for many years as a product consultant at 39th & Cambie before moving into management. She has experienced many changes in trends, product selection and in BC Liquor Stores generally. Prior to becoming the Portfolio Manager

“My job is to continue to discover the unique styles of wines from New Zealand and Australia and to showcase the regional qualities and diversity. I also strive to keep the categories fresh and vibrant, introducing customers to new and interesting varieties, styles and upcoming wine-growing regions.”

– KIM GIESBRECHT

by Kim Giesbrecht, Portfolio Manager,
BC Liquor Distribution Branch

for BC Liquor Stores for New Zealand and Australia, she worked in the Marketing department on product information, store presentation and special events. Kim is thrilled to be working once again in direct contact with wine – especially with two countries as dynamic as New Zealand and Australia. What is most exciting is the diversity offered by both countries.

SHOWCASING THE DIVERSITY

Australia is well known for Shiraz. The range of styles and the number of regions where it is produced is impressive. Customers are well acquainted with the lush, fruit-forward style of Shiraz that comes from South Australia's Barossa Valley, but they are also embracing wines from other regions. Famous French wine producer Michel Chapoutier from the Rhône Valley makes an Australian Shiraz called Mathilda that is a delightful discovery. His estate, called Domaine Tournon, is located in Victoria in the southeast corner of Australia. Mathilda is an elegant, more aromatic

and savoury style than a cooler-climate wine and boasts the Braille label for which M. Chapoutier's wines are famous.

Cabernet Sauvignon is another varietal offering wonderful diversity in Australia. Those from McLaren Vale – notably the Pirramimma Cabernet Sauvignon – and those from Coonawarra offer sophistication expressed on the palate that keeps you coming back for more. BC Liquor Stores have purchased a small but eclectic selection to add breadth and excitement to this growing trend.

Another region customers are now embracing is Margaret River in Western Australia, where you'll find fragrant, medium-weight wines that are quite distinct and less predictable, but still offer good value. Examples are Xanadu Next of Kin Shiraz and Ring Bolt Cabernet Sauvignon. New this fall is a premium Bordeaux blend from Stella Bella with a very eye-catching label.

Australia is not just about red wine. Their cooler-climate Chardonnays also offer finesse, specifically, wines such as



PIRRAMIMMA MCLAREN VALE CABERNET SAUVIGNON

Australia **\$29.99** 608182

This is a wonderful Cabernet Sauvignon that displays an evolved nose of dried plums, mulberries and cassis over tobacco, leather and mocha. The palate is refined, full, rich and well-balanced with black fruit flavours, medium tannins and a long, layered finish. Drinkable now or enjoy over the next three to five years, it's the perfect partner for lamb or grilled steak.



DOMAINE TOURNON VICTORIA SHIRAZ MATHILDA

Australia **\$21.99** 179325

This Shiraz provides very good value! Michel Chapoutier is dedicated to producing high quality wines and this is clearly on display with a very fragrant aroma of spice, smoked meat and savoury herbs. The mouthfilling, supple texture glides on the palate with flavours of black plums, anise, hints of earth and spice. Any fan of Rhône wines will want to try this.



MITOLO G.A.M. MCLAREN VALE SHIRAZ

Australia **\$44.99** 79889

This joint venture with winemaker Ben Glaetzer and Frank Mitolo is sure to impress. Named after Frank Mitolo's children Gemma, Alex and Marco, this polished wine exudes flavours of spice, ripe black cherry fruit and chocolate with a soft, velvety texture. Great depth and balance are woven among fine tannins.

KIM CRAWFORD



The perfect
match



GOLD MEDAL

NEW ZEALAND INTERNATIONAL
WINE SHOW 2011

kimcrawfordwines.co.nz

Please drink responsibly



Signature Selections

Heggies from Eden Valley. The perfumed fruit and nuance that shines above the subtle French oak is reminiscent of Burgundy.

New Zealand's most popular wines are the thirst-quenching, crisp Sauvignon Blanc whites that are offered in spades. Two of the newer options are The Ned, Astrolabe and Dog Point, all hailing from Marlborough, the regional darling that cast New Zealand on the global wine stage.

Although Sauvignon Blanc is still the driving force behind the New Zealand category, Pinot Noir has been coming on strong, growing in leaps and bounds. From Central Otago on the South Island, the Akarua Rua Pinot Noir is reminiscent of a baby Pommard from Burgundy.

In time for the holidays, we will see some ultra-premium Felton Road, one of New Zealand's top Pinot producers, and when it comes to value and approachability, you cannot beat The People's Pinot Noir – it's simply fun. The Ata Rangi

Crimson Pinot Noir from Martinborough on the North Island is not only delicious, but has a lovely eye-catching label too.

New Zealand also produces some exciting examples of other white varieties worth exploring. Aromatic whites such as Riesling and Pinot Gris are gaining attention. Skyleaf Riesling, which is made in Waipara on the South Island, is showing some wonderful aged characters – similar to a good German Riesling. The Doctors' Riesling from Marlborough is another excellent choice and, for those who love a lip-smacking, fruit-salad-in-a-glass, the Giesen offers that and excellent value too. Wither Hills Pinot Gris is another juicy aromatic that has shown very positive sales increases due to its attractive creamy texture.

Head to your local BC Liquor Store and explore some of these treasures for yourself.



AKARUA RUA PINOT NOIR

New Zealand **\$26.99** 20552

The 2010 was a fantastic vintage for New Zealand Pinot Noir and provides some impressive value. This Pinot displays definition and depth, enveloped by a juicy core of cherry, spice and savoury flavours uninhibited by the subtlety of French oak and fine tannins.



FORREST THE DOCTORS' RIESLING

New Zealand **\$19.99** 171801

Easy drinking white, this is similar to German Kabinett Riesling. Delicate and aromatic with fresh lime, a stony note and a hint of Granny Smith apples, the off-dry, ripe fruit is balanced by refreshing acidity and lower alcohol. This is a delicious wine for Thanksgiving dinner.



ASTROLABE SAUVIGNON BLANC

New Zealand **\$23.99** 138503

This reputable producer has crafted a bright, juicy white showing passion fruit, honeydew melon, kiwi, lime and Asian pear, which together make a clear, focused and terrifically intense chorus that persists on the long finish.

BC'S AWARD-WINNING WINES

2012 LIEUTENANT GOVERNOR'S AWARDS FOR EXCELLENCE IN BC WINES

There are many wine competitions in Canada and being a judge can be rewarding in one way or another for most. However, few contests are as unique, or perhaps as significant as the Lieutenant Governor's Awards for Excellence in British Columbia Wines, which this year marked its 10th anniversary.

The Lieutenant Governor's Awards for Excellence in British Columbia Wine (known affectionately to industry insiders as "the LG's Awards") was established in 2003 at the request of the Honourable Iona Campagnolo, who was then Lieutenant Governor. The Awards have since evolved into one of the country's major wine competitions. Ms. Campagnolo felt at the time that it was no longer appropriate to be serving international wines at Victoria's Government House and that, instead, only the best of BC should be served to visiting dignitaries and other guests. She went to work with the Government House Foundation that already supported awards in Public Safety, Literary Excellence and Architecture, among others and a core group of BC wine industry professionals were brought together to work out the finer details. The province's toughest wine contest was born.

ONLY EIGHT TO 10 MEDALS ARE
BESTOWED EACH YEAR TO WINES THAT
ARE JUDGED TO BE TRULY EXCELLENT

Only eight to 10 medals are bestowed each year to wines that are judged to be truly excellent. Wineries may enter up to four wines, as long as they're 100 percent grown in BC and provided at least some stock remains for Government House to purchase, should it so choose.

The number of entries continues to grow as word spreads and as the considerable cachet of having your wine poured at Government House becomes more apparent. This year, 347 wines were submitted by 94 wineries from across the province.

Unlike other competitions, there's no entry fee, as the foundation bears the cost of holding the judging. The only cost to the winery is the value of the three bottles of each wine submitted.

Held over three days, the double blind judging (which means that neither the facilitators nor the judges know the identity of the wines in front of them) takes place in the lower ground floor of the house, in the elegant Maclure Room with copper foil ceilings and ornate fireplace, carved to celebrate the province's centennial. The first two days of judging produces a short list of finalists from which the award winning wines are chosen by solid consensus.

Winning wineries gain not only the right to use the LG



DISCOVER Inniskillin Okanagan



Discovery Series Zinfandel

Now available at select BC Liquor Stores

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Spiced Cranberry Sauce with Discovery Series Zinfandel

- 1 3/4 cups Discovery Series Zinfandel
- 1 cup sugar
- 1 cup (packed) golden brown sugar
- 6 whole cloves
- 6 whole allspice
- 2 cinnamon sticks
- 1 3x1-inch strip orange peel
- 1 12-ounce bag fresh cranberries

Combine all ingredients except cranberries in medium saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat and simmer until reduced to 1 3/4 cups, about 10 minutes. Strain syrup into large saucepan. Add cranberries to syrup and cook over medium heat until berries burst, about 6 minutes. Cool. Transfer sauce to medium bowl. Cover and refrigerate until cold.



inniskillin.com

Please enjoy responsibly.



BC's Award-Winning Wines

FEW CONTESTS ARE AS UNIQUE, OR PERHAPS AS SIGNIFICANT AS THE LIEUTENANT GOVERNOR'S AWARDS FOR EXCELLENCE IN BRITISH COLUMBIA WINES

awards logo for advertising, but also receive a visit from the Lieutenant Governor. This tradition that was started by Iona Campagnolo has been continued by the Honourable Steven L. Point, who travelled to all of the winning wineries to bestow the awards this past summer. His Honour, who continues to be a strong supporter of the awards said: "The outstanding quality of wines in British Columbia impresses our wine judges each year and makes the selection increasingly difficult. This year's winners represent the best of the exceptional wines from our province."

Indeed, reinforced by a certain gravitas that befits the setting, the "LG Awards" judging process is as stringent as any wine competition. At the end of the day, it's a true challenge to narrow the field to just 10 recipients. But, when the results are disclosed after all the scores have been tallied, the best wines do prevail. And that's precisely why being able to hang one (or more) BC Lieutenant Governor's Awards on your tasting room wall is no small achievement indeed.

The wines featured here all received the prestigious 2012 Lieutenant Governor's Award of Excellence and will be featured in BC Liquor Stores' Best of BC Fall Release on October 13th. Check www.bcliquorstores.com for product availability.



JACKSON TRIGGS ENTOURAGE SPARKLING CHARDONNAY 2008

BC VQA **\$29.99** 517235
Hand-crafted in the traditional method, this bottle-fermented sparkle shows refined bubbles and notes of tropical citrus fruit, almonds and toasted biscuit. Flavours of apple, vanilla and lemon on the palate lead to a refreshing finish. This bubbly is perfect to sip on its own, or try it with sushi, raw oysters or Asian cuisine.



PAINTED ROCK SYRAH 2009 BC VQA **\$39.95** 130989

This powerful red is a rich, purple colour in the glass and shows notes of luscious blue fruit, anise, cassia and great varietal spice characters on the nose. On the palate, dark fruit, meaty and peppery notes are balanced with good acidity and are held together by well-integrated tannins. These characters combine to give this wine great length.



PAINTED ROCK RED ICON BLEND 2009

BC VQA **\$54.95** 468900
This marks the second time that the Skaha Bluffs winery has scooped two LGA medals with its spectacular Bordeaux-style blend. Smoky, cassia and chocolate notes on the nose are followed by juicy acidity with complex layers of dusty, herbal notes before a lengthy chocolaty end. This "iconic" wine will drink nicely for the next few years.



POPLAR GROVE CABERNET FRANC

BC VQA **\$34.90** 140053
This muscular offering from the Naramata Bench is deep, ruby red in the glass with dark berry fruits and delicate floral aromas on the nose. An elegant wine with plum and cherry notes in the mouth, it has firm but approachable tannins and spice notes to close.



HESTER CREEK RESERVE MERLOT 2008

BC VQA **\$26.99** 77347
A first time LG Awards winner, this red is sourced from some of the Okanagan's oldest Merlot vines. Blue-black fruit on top is followed by plummy fruit notes and mocha tones in the mouth, which follows through to a lengthy end. This wine is a perfect pairing for rosemary and garlic roasted chicken, rich beef curries, or dark chocolate mousse.



LAUGHING STOCK VINEYARDS SYRAH 2010

BC VQA **\$34.00** 123646
Garnering such a prestigious award is another sign that this winery's Syrah is on the rise. This Côte Rôtie-inspired red contains six percent Viognier, is intense purple in colour and shows great varietal aromas of dried blueberry and cedar spice with floral notes. On the palate, the juicy acidity of black fruits and pepper notes lead to a spicy finish.



Melissa Craig, Executive Chef, Bearfoot Bistro

CELEBRITY CHEF

MELISSA CRAIG
BEARFOOT BISTRO

George Bernard Shaw said: “Youth is wasted on the young,” but obviously he never met the likes of Melissa Craig. She more than proves that curmudgeon’s quote wrong, as one of Canada’s youngest and most successful executive chefs with what seems like a lifetime’s worth of culinary experience tucked under her chef’s toque. At the age of 20, she was the first female to win the National Apprentice Competition and, in 2007, at the tender age of 28, she prevailed over some of the finest chefs in Canada to win the prestigious, but grueling three-day Gold Medal Plates competition.

It comes as no surprise to say that youth is not wasted on this culinary young gun who now, at age 31, has made the menu at Bearfoot Bistro a not-to-be missed Whistler experience with her creativity and inventiveness. What makes her dishes unique is her take on modern Canadian cuisine and her adherence to the principles of regionality and the seasonal ingredients that those principles dictate. Freshness, sustainability, local produce, seafood and meat have supplied Craig with the palette to improvise and build her own singular approach to farm-to-table dining. She makes guilt-free sustainable ingredients taste luxurious and indulgent.

The key to Craig’s success is multi-faceted, but begins right here in BC. She’s a homegrown talent originally from Chilliwack, schooled at Malaspina University College (now Vancouver Island University) on the Island and then apprenticed at the famed Sooke Harbour House restaurant.

She worked in Australia as a sous chef, studied in Paris under famed chef Alain Senderens at Lucas Carton, plus made stops in Japan and Spain. All of these have influenced her cooking, but she very much remains her own woman.

Quiet, shy and uncomfortable in the limelight, where Melissa Craig really feels at home and shines is in command of her own kitchen, where the results are as inspiring as that perfect balance between youth and experience.

It's known that restaurant kitchens are chauvinistic. Did you meet a lot of adversity and, if so, how did you deal with it as you rose up through the ranks to become an Executive Chef?

I'm constantly asked this question. The kitchen world has come a long way and we're no longer judged by gender as we were back in the day. Although there still exists the breed of male cook who believes a woman's hormones will split a mayonnaise, it's rare nowadays. It's become all about talent. Either you're good at what you do, or you're not. Would you ever judge a sculptor or a painter by their gender? It's true, however, that being the first female apprentice with eight male co-chefs at Sooke Harbour House wasn't easy at the beginning, especially given my age at the time. I was 18. But, as with any job, once you prove yourself, you gain the respect of your peers and find yourself being a part of a supportive team.

You've travelled and cooked in kitchens from Australia to Asia to Europe. How do you think Canadian West Coast cuisine fares on the world culinary stage?

What Canada does with farm-to-table and the 100-mile diet is the direction where the whole world is headed right now. Countries like Spain, Italy and France founded their individual cuisines and are recognized for that. Canadian cuisine is, however, like a melting pot of all these styles. That's unique to this country. That uniqueness, along with our respect for regional produce, is what I believe will put us on the map in the coming years.

You seem drawn to cooking in places that are not city-bound. Is there something about restaurants surrounded by barely any urban environment but with tons of natural scenery that attracts you or is that just the way the cards fell?

I like the peace and quiet of nature. I always have. I also like not having to commute. After such a high-paced and intense night in the kitchen, the calmness of my surroundings here in Whistler offers a much needed balance.

Kitchens are a hotbed of craziness, speed and timing. After a hard night's work, do you have a go-to drink to wind down the evening? Or a favourite dish to eat after the madness stops?

A glass of Pinot Gris and a bowl of kimchi instant noodles are both staples in my late-night diet.

Any childhood memories that stand out that made you want to be a chef one day?

My first meal at Sooke Harbour House at 11 years old. Taking a garden tour and sitting down for a fine dining experience opened my eyes to the potential of food. I knew then that I wanted to explore more of that world.

The owner of the bistro André Saint-Jacques is famed for his parties. Are they really as Bacchanalian as rumour would have us believe?

I need to be careful answering this one, as he is, after all, my fiancé. He's brilliant when it comes to creating out-of-the-ordinary and elaborate events that you don't find anywhere else, especially not in Whistler. Masquerave, for example, is a party that collaborates beautifully with a fine dining culinary experience and artistic flair. We are always supporting a different charity, so even if things sometimes get a bit rowdy, it's always for a good cause.

For a first-time guest to Bearfoot Bistro any standout dishes you suggest?

My favourite thing to prepare, for new guests especially, is any dish that pairs well with champagne. Not only because of the quality and elegance of the dish, but also for its versatility. Our seared black cod dish, our tuna toro tartare and Northern Divine caviar are dishes that speak to me, and are in high demand at the restaurant.

Any favourite wines that you feel pair well with the dishes you serve?

1996 Dom Perignon, hands down.

THE
SWEETER
SIDE OF
VEGGIES



BEEF LAYER CAKE

Growing up, many of us heard, “eat your vegetables or no dessert!” Here’s the perfect solution. The vegetables *are* dessert. For years now, professional chefs and home cooks alike have been experimenting with vegetables in sweeter preparations. Some veggies are as at home in sweet dishes as in savoury ones. This year put a spin on tradition and use sweet potatoes in a cheesecake topped with a crown of toasted marshmallows. Or wow your guests with a layer cake that gets its striking ruby colour from roasted beets. Even the tried-and-true carrot cake gets a makeover with star anise spiciness and a drizzle of white chocolate. So get out your mixing bowls and get acquainted with the sweeter side of vegetables.



ANISE CARROT CAKE WITH WHITE CHOCOLATE DRIZZLE

PAIRS WITH ANISE CARROT CAKE WITH WHITE CHOCOLATE DRIZZLE



 **BOTTEGA SAMBUCA**
Italy **\$29.99** 758862 700 ml
Sambuca is a sweet and strong liqueur based on essential oils obtained from the steam distillation of aniseeds. It has a fresh and harmonic taste enriched by an intense flavour of anise and gentle floral scents.



 **10**
PELLEGRINO ZEBBO MOSCATO
Italy **\$14.99** 89789
This refreshing white has a beautiful bouquet of dried apricots with white peach notes. With fresh nectarine, melon and white peach on the palate, this delicate and slightly sweet dessert wine has a long, lingering finish.



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The Sweeter Side of Veggies

FOR RECIPE INDEX, PLEASE SEE PAGE 152

GROWING UP, MANY OF US HEARD, "EAT YOUR VEGETABLES OR NO DESSERT!" HERE'S THE PERFECT SOLUTION. THE VEGETABLES ARE DESSERT.

PAIRS WITH BEET LAYER CAKE



FONSECA BIN NO. 27 RESERVE PORT

Portugal **\$24.99** 271585
Blended from reserve wines selected for their superb fruit character and depth of colour, this late-bottled vintage port has a well-knit structure and a rich and velvety body. Luscious blackcurrant and cherry flavours highlight both the nose and palate, which finishes on an intense, lingering note.



SWEET POTATO CHEESECAKE

PAIRS WITH SWEET POTATO CHEESECAKE



AMARETTO DI SASCHIRA

Italy **\$19.99** 339358
Coppery bronze in colour, this classic liqueur has a velvety taste and fragrant almond aroma and arrives in a slim, elegantly modern bottle. This amaretto is made with real almonds rather than artificial flavouring, lending this liqueur more complexity and balance than you might expect.



JACKSON-TRIGGS SILVER SERIES VIOGNIER

BC VQA **\$13.99** 593129
This elegant wine displays brilliant gold colours and inviting floral scents along with aromas of lush tropical fruit and spice. On the palate, orange peel, citrus and peach flavours lead to a crisp buttery finish, just the right match to this marvelous dessert.



INNISKILLIN DISCOVERY SERIES CHENIN BLANC

BC VQA **\$15.49** 273573
This delicate white wine is overflowing with intense honey and dried fruit aromas, complemented by the supple flavours of tropical fruit. The real balance of this wine comes from its crisp acidity, which creates a beautifully balanced and well-rounded wine.



ORANGE RULES

The colour of the year 2012 is orange and there's no sign of its popularity fading anytime soon.

The orange is defined by PANTONE's 2012 colour of the year, Tangerine Tango¹, which is designer-speak for orange. Tangerine Tango is "a spirited reddish orange" that boosts energy. It's also "sophisticated, dramatic and seductive" and "a high-visibility, magnetic hue."

Orange is also the colour most associated with autumn, from the colours of leaves to harvest pumpkins and squashes, and that fun-for-all evening, Halloween. It's also one of the most familiar, appealing and appetizing hues on the planet and one of the most eye-catching.

Oranges are among the star components in spirits. They flavour and infuse gin, brandy, cognac and orange liqueurs such as Cointreau, Grand Marnier and endless variations of triple sec. They find their way into aperitifs like Aperol and Campari, digestifs, amaros, beers, ales and coolers. Oranges, orange juice, orange zest and orange peels star in cocktails of every guise, be it as a mixer, ingredient or garnish, and they share star billing with champagne and sparkling wines in Mimosas.

Not only is Orange a grape growing area in New South Wales, Australia, it's a central Rhône Valley town surrounded by the vineyards of Châteauneuf-du-Pape, and it's both a river and wine region in South Africa. Orange wines – although not from Orange, France, Australia or South Africa – are gaining a foothold in some circles. Orange wines get their colour from fresh-pressed grape juice's contact with grape skins – usually for just a few hours – and are a happy result of nature. You'll

find plenty of orange-tinted wines from many wine-producing countries, including Canada, Australia, Italy, the US and more. Their colour ranges from a glorious pale salmon to slightly more intense hues, but none approach Tangerine Tango. Wines that often sport this gentle colouring include Pinot Grigio, Pinot Gris and some rosés, especially those from Provence.

There's another category of orange wines that are produced by a small contingent of winemakers from Eastern Europe, Italy and the US who intentionally leave the grape juice in contact with the skins for anywhere from three days to several months. This results in an intense orange colour, serious tannins and possibly oxidation. This edgy style of orange wine has gained a cult-like following among some American and European sommeliers and restaurateurs.

Orange is an oft-used word to describe aromatic and flavour nuances (often orange peel or orange zest) in wines, and spirits including Armagnac, cognac, brandy, gin, rum, whiskies and port. The oranges are one of the best-known and most familiar fruits on the planet, making it a cinch for everyone to suss out its aroma or flavour in spirits, wines and beer too.

Many wines exhibit nuances that are described as orange blossom, orange peel, orange zest and even the fruit itself. For instance, Quady Essencia Orange Muscat dessert wine, Innocent Bystander Moscato and Beringer Stone Cellars Pinot Grigio all smell of orange blossoms.

Intense orange peel flavours can be detected in some Viognier and Torrontés wines such as Jackson-Triggs Viognier and Michel Torino Cuma Torrontés. They're apparent too in spirits like Appleton Estate Rum, Pyrat XO Reserve Rum and Warres Otima 10-Year-Old Tawny Port. De Bortoli Emeril Pink Moscato and Smoking Loon Viognier move into the

¹ PANTONE originated a colour identification system that allows the design industry (from manufacturer to consumer) to accurately match and communicate colours. A new "colour of the year" is named annually, which resonates in everything from fashion and cosmetics to decor, graphics, packaging and more.





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Orange Rules

realm of candied peel, while Meaghers and Henkes Triple Secs deliver notes of dried peels of bitter and sweet oranges.

For juicy flavours of the orange itself, dive into a glass or two of Fetzer Valley Oaks Pinot Grigio, Crios de Susana Balbo Torrontés, Villa Teresa Organic Veneto Pinot Grigio, Mission Hill Reserve Vidal Icewine, or a sip of Cabo Wabo Reposado Tequila. If exotic orange flavours such as mandarin, blood oranges and tangerines intrigue, then Calona Artist Series Gewürztraminer delivers.

Orange zest flavours make their presence known in Coteaux d'Aix-en-Provence Rosé La Bargemone Cuvée Marina and Altesino Brunello di Montalcino, and in the finish of Laphroaig Single Malt Whisky.

Oranges are used in spirited products such as Grand Marnier, Patrón Citrónge Orange Liqueur, Cointreau and other triple secs. Orange peel is a key ingredient in most gins. The Italians' love of orange is apparent in Aperol, which uses bitter oranges, and chinotto (myrtle-leaf orange) and orange peel-infused Campari. Occasionally, oranges find their way into beers and ales such as Dead Frog Mandarin Amber Ale, which has a coppery hue and smells and tastes of mandarin oranges. Kronenbourg Blanc uses orange peel and there are hints of this on the palate, while Central City Brewing's Red Racer Classic White Ale adds dried orange peel, giving it bold orange aromas and orange peel flavours.

Whether you love the taste, colour or aroma of oranges, there's an orange-inflected drink for everyone to crush on, be it wine, ale or spirit. Any way you look at it, orange rules the spirit world and beyond.



PATRÓN CITRÓNGE EXTRA FINE ORANGE LIQUEUR

Mexico **\$32.99** 117291

This premium orange liqueur sibling to Patrón Tequila made in Jalisco, Mexico is a blend of high-proof neutral grain spirits, pure cane sugar, and Jamaican sweet organic oranges and Haitian bittersweet oranges. Crystal-clear with bright orange blossom notes and lively orange flavours, it finishes slightly sweet. Perfect in margaritas and on the rocks.



GRAND MARNIER CORDON ROUGE LIQUEUR

France **\$42.99** 1784

This well-known orange liqueur blends cognac with orange essence distilled from bitter orange peels, is macerated in neutral alcohol, then aged in oak casks for six months. Amber-hued with pretty, heady orange aromas and balanced flavours of oranges, vanilla and toffee, it finishes soft and long.



MEAGHERS TRIPLE SEC LIQUEUR

Canada **\$20.99** 5215

Established in 1873, Meaghers makes a clear, aromatic, orange-scented and dry-style triple sec that offers a good balance between orange peel aromas and sweet and tart flavours, with a long, strong, smooth and sweet aftertaste. It can be enjoyed neat but comes alive in cocktails and works well in coffee drinks.



TANQUERAY NO. TEN GIN

United Kingdom **\$42.99** 600163

The only gin in the World Spirits Hall of Fame, this top-drawer, small batch traditional-style London Dry gin is distilled four times and uses whole oranges, grapefruit, limes, orange peel, chamomile and other botanicals. It's fresh and smooth with complex orange and floral notes. Enjoy neat, in a dry martini or in cocktails.



GREY GOOSE L'ORANGE VODKA

France **\$49.99** 574152

Fresh and fragrant, this premium orange-flavoured vodka is distilled in Cognac, France in a five-step process, finishing with an infusion of natural orange essence. Elegant and smooth, it smells of orange blossoms, tastes of juicy ripe oranges and finishes long and citrusy. Sip on the rocks, or with mix with blood orange juice and ice.



ABSOLUT MANDRIN VODKA

Sweden **\$26.99** 550749

Absolut Mandrin is made with natural orange, mandarin and citrus flavours and uses a continuous distillation process. Aromatic sweet oranges and mandarins lift while tastes of slightly bitter orange peel accent each sip. It finishes long, smooth and slightly sweet. Great in cocktails.



THE SKINNY ON SAUCES

BAKED COD WITH SWEET PEA
PURÉE AND QUINOA



Not everything saucy and delicious includes oodles of butter and a cup of cream. You can still achieve great taste with just fresh vegetables and a good blender. Our skinnier version of béchamel sauce uses a secret ingredient – parsnips! Sautéed with onions, garlic, Parmesan and a little cream then blended, parsnips add nutrients to this delicious, versatile and healthy sauce. There are enough “skinny” variations on traditional sauces to satisfy even the most avid sauce fan. Try our tasty, tarragon-infused, lemon zest-spiked pea purée with baked cod and red quinoa. It’s a vitamin-packed combination with plenty of eye appeal. Or what about a chunky asparagus sauce spiked with capers and garlic? It’s a natural with grilled chicken!



CHICKEN WITH LEMON CAPER ASPARAGUS SAUCE

PAIRS WITH CHICKEN WITH LEMON CAPER ASPARAGUS SAUCE



LEHMANN CLANCY'S SEMILLON SAUVIGNON BLANC
Australia **\$16.99** 791848
A fusion of two white varietals, this wine has aromas of tropical fruit, citrus and herbs. The firm structure of Semillon complements the zesty tropical flavours and herbaceousness of Sauvignon Blanc.



SANDHILL CHARDONNAY
BC VQA **\$17.99** 541193
A bright, straw yellow in colour with a bouquet of ripe, red apple, pear, pineapple and yellow plum, this medium-bodied wine is balanced by vanilla extract and oak. A slightly rich mouth feel is balanced by fresh acidity and flavours of yellow apple, pineapple, tropical fruit and spice. It has a nice, clean finish of lemon custard, green apple, pear, light minerality and baking spice.

JACK DANIEL'S

Family of Fine Whiskeys



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The Skinny on Sauces

NOT EVERYTHING SAUCY AND DELICIOUS INCLUDES OODLES OF BUTTER AND A CUP OF CREAM. YOU CAN STILL ACHIEVE GREAT TASTE WITH JUST FRESH VEGETABLES AND A GOOD BLENDER

PAIRS WITH BAKED COD WITH SWEET PEA PURÉE AND QUINOA



JACKSON ESTATE STICH SAUVIGNON BLANC

New Zealand **\$19.99** 509851
 Named after winery owner John Stichbury, this Marlborough white brings aromas of grassy and tropical notes followed by gooseberry, citrus and a hint of minerality in the mouth. It has a balanced mouth feel and good acidity and a fresh close on the palate.



PARSNIP BÉCHAMEL WITH ROASTED VEGETABLES AU GRATIN

PAIRS WITH PARSNIP BÉCHAMEL WITH ROASTED VEGETABLES AU GRATIN



KENDALL-JACKSON VINTNER'S RESERVE CHARDONNAY

USA **\$23.99** 296566
 This Californian Chardonnay is pale yellow with aromas of tropical fruits, vanilla and honey. Integrated tropical flavours such as pineapple, mango and papaya with citrus notes highlight the full palate. A hint of toasted oak rounds out the lingering finish.



E. GUIGAL CÔTES DU RHÔNE

France **\$21.99** 259721
 A deep, dark red in colour, this full-bodied and aromatic French wine has aromas of fresh fruits with red berries and spices. The flavour of cooked red fruits is balanced by subtle herbal notes and moderate tannins.



RIGAMAROLE ROSÉ BC VQA **\$14.99** 618785

A blend of Pinot, Gamay, Merlot and Shiraz, this engaging rosé is cranberry red in colour with aromas of sour cherry, spice, strawberry and watermelon. The dry entry is balanced by a hint of sweetness and bright acidity, with flavours of red berries, clove and licorice on the palate leading to a fresh, crisp finish.



WHY CABERNET IS KING

TTrue foodies don't just swoon over a great dip at a party, they nab the recipe and plan a party *around* it. They discuss the terroir of a local organic farmer's parsley patch, mail order 23 different types of artisanal tomato seeds and book weekend trips that involve air travel around a single restaurant reservation. In fact, real foodies even cringe at being called foodies. It's too mainstream, too infantile and too diminutive.

Just like anything fringe, hardcore enthusiasts prefer to feel removed from the pack. And so it is with wine.

The most gung-ho wine enthusiasts hover on the fringes. They delight in sampling indigenous grape varieties such as the peachy Zibibbo, tangerine-like Guardavalle and wild violet-scented Ruchè. They gather in small groups in dark, dank cellars, tasting secret stashes of Oloroso Sherry, old Baco Noir, or 1961 Liebfraumilch – knowing 1961 was a stellar vintage

CABERNET SAUVIGNON IS ONE THE MOST COMPLEX, CONCENTRATED, RESONANT WINES IN THE WORLD. AND BOTTLES IN THE \$15 TO \$25 PRICE RANGE DRINK LIKE WINES WORTH TWICE THE PRICE MORE OFTEN THAN ANY OTHER GRAPE VARIETY

when the wine was made from ageworthy Riesling.

But wine enthusiasts share another trait: a deep appreciation for Cabernet Sauvignon.

Cabernet Sauvignon is one the most complex, concentrated, resonant wines in the world. And bottles in the \$15 to \$25 price range drink like wines worth twice the price more often than any other grape variety.

One of the reasons for this happy fact is competition. Wine producers love Cabernet Sauvignon for its adaptable, hardy, rot-resistant nature; so it's grown in almost every wine region in the world. A lot is produced, and the fierce competition pushes quality up and prices down.

Today, Cabernet Sauvignon is the second most planted red grape variety – next to Merlot. And it seriously over-delivers at almost every price point. Places to watch – and taste from – almost certainly include Coonawarra, Australia, the Rapel Valley, Chile and Washington State in the US But Tuscany, Italy, Mendoza, Argentina, Stellenbosch, South Africa and our very own Okanagan Valley here in BC are also producing some stellar stuff.

At the top of the market sits left bank Bordeaux, Cabernet Sauvignon's heartland. Bordeaux's prices remain stratospheric. Indeed, they are some of the most expensive wines in the world at hundreds of dollars per bottle, if you can get your hands on them. Demand outstrips supply

every year on a global basis. And for good reason.

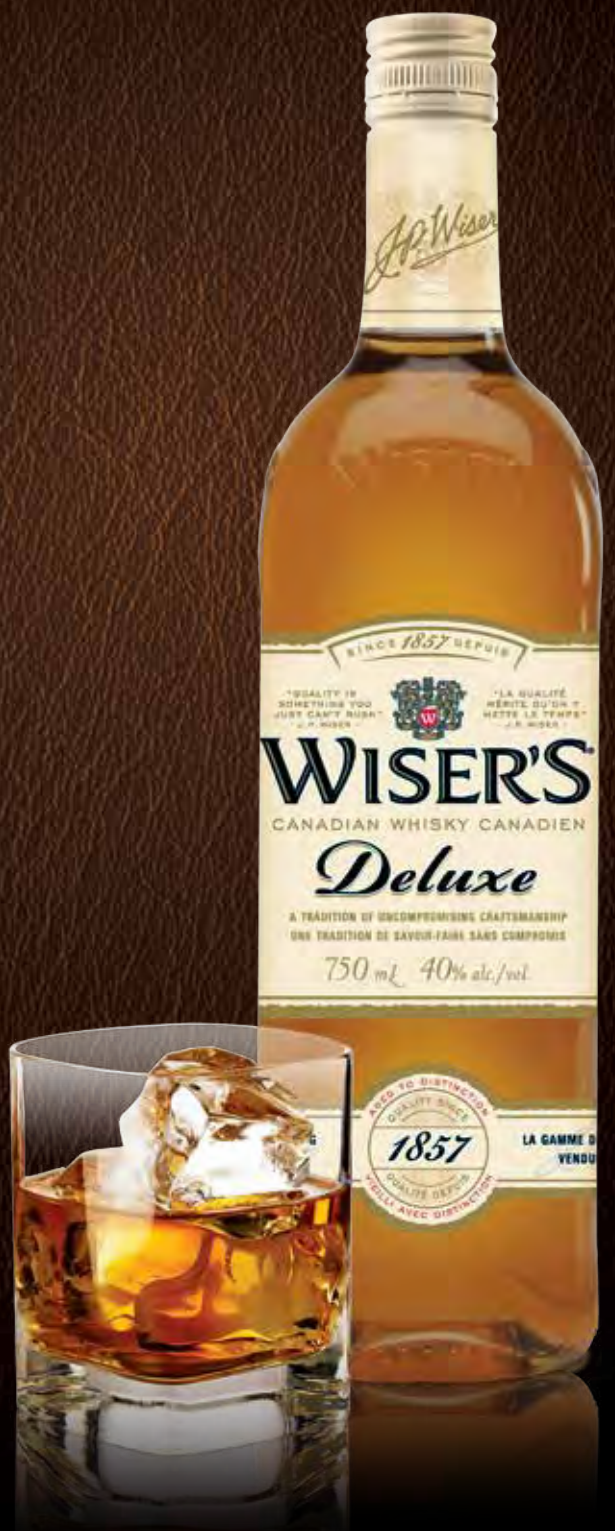
Fine Bordeaux, especially in good vintages, stand tall as reliable and ageworthy bottles of euphoria. Such gems make perfect wedding gifts or cases to buy for a friend to drink at his or her life's milestones over the coming decades. They are wines worthy of punctuating life's great moments. But, while Bordeaux first growths such as Château Lafite, Château Latour and Château Mouton Rothschild still rule the blue chip Cabernet category, this clique is slowly expanding.

Napa Valley, California is recognized as the second best place to grow the very finest Cabernet Sauvignon. That region spins out cult classics such as Harlan Estate, Opus One and Screaming Eagle that command top dollar. But the difference between first growth Bordeaux and Napa Cabernets is that leading Napa Cabernet is a bit more fruit-forward and ripe than Bordeaux. And Napa Cabernet tends to be approachable in five years, while Bordeaux in a good year typically needs 10 years to start showing well.

What keeps Cabernet Sauvignon sought after by so many enthusiasts is that it always tastes like Cabernet Sauvignon. No, a \$25 bottle of Rodney Strong Sonoma County Cabernet Sauvignon is never going to taste as richly concentrated, complex or as long as Château Mouton Rothschild or a bottle of Opus One, but you will be able to tell they are related. The wines will share the inimitable aroma of cassis and some



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



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* ACD, May 2012



Why Cabernet is King

TODAY, CABERNET SAUVIGNON IS THE SECOND MOST PLANTED RED GRAPE VARIETY – NEXT TO MERLOT. AND IT SERIOUSLY OVER-DELIVERS AT ALMOST EVERY PRICE POINT

similar nuances, such as tobacco, pencil shavings, cigars, spice box and perhaps green pepper and bitter chocolate.

This typicality is reassuring at a time when other red grape varieties seem to be developing identity crises – Pinot Noir so often tastes like Syrah now, Malbec like Shiraz and so forth.

But it's not just the consistent and sumptuous flavours of Cabernet Sauvignon that make wine enthusiasts swoon; it's the textural dimension. The grape's relatively thick skin imparts a fair amount of tannin to the final wine, which yields that lovely, plush, crushed velvety texture on the tongue. This structure supports the fruit, giving the wine the necessary power and mouth feel to stand up to a variety of richly flavoured foods. It makes it a lifestyle choice – a versatile wine that moves effortlessly from cocktail hour to dinner table with swift and seamless grace.

With all of autumn's great dishes – grilled or broiled steak, roasted leg of lamb or a diverse cheeseboard – you can count on Cabernet Sauvignon as a suitable accompaniment. And you don't have to spend a fortune for this serious dose of satisfaction.

For all of these reasons, let's raise a glass to Cabernet Sauvignon.



ROSEMOUNT ESTATE DIAMOND LABEL CABERNET SAUVIGNON

Australia **\$14.99** 334870
Seductive, warm berry perfume leads to a dense palate of tightly-coiled blackcurrant and black cherry flavours. It's rich yet crisp, smooth and full of fruit, but the real value of the wine is its texture: imagine crushed velvet with a fine sheet. Full-bodied and just gorgeous.



COLUMBIA CREST TWO VINES CABERNET SAUVIGNON

USA **\$15.99** 332320
Wild blueberries and smoky oak lead to a mouthfilling crush of dark berries with lots of depth underneath including creamy vanilla, milk chocolate, coal, coffee, earth, leather and anise. A full-bodied, suave, sophisticated and undervalued wine with firm but ripe tannins.



COLUMBIA CREST GRAND ESTATES CABERNET SAUVIGNON

USA **\$19.99** 240093
This wine is like the best Black Forest cake you've ever eaten: tart cherries, rich chocolate and cool whipped cream with just a hint of espresso. The flavours are refined, silky and precise, finishing with a lingering milk chocolate aftertaste.



BERINGER FOUNDERS' ESTATE CABERNET SAUVIGNON

USA **\$19.99** 534263
This full-bodied chocolate- and cherry-scented wine is nuanced with cassis, peppercorn and vanilla. Juicy, ripe fruit extract is underpinned with finely grained tannins to create proper structure for the fruit.



RODNEY STRONG SONOMA COUNTY CABERNET SAUVIGNON

USA **\$24.99** 226944
This wine seems to writhe against the palate, releasing flavours of cassis, leather, medicinal notes, freshly-tuned black earth, tobacco, pencil shavings, cigars, spice box and bitter chocolate. It has such great varietal expression and finesse that it could be mistaken for a fine Bordeaux. Rippling fruit pushes up against ripe tannin and firm structure. Serious stuff at a bargain price.



J. LOHR SEVEN OAKS CABERNET SAUVIGNON

USA **\$22.99** 313825
Attractive aromas and flavours of cherry, plum, toast, red licorice, cedar and the faintest whiff of smoke create an exciting complexity in this plush-textured, full-bodied wine with a long vanilla-mocha finish.

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SCAN TO DISCOVER
our rich heritage, perfect
pairings and more.

FLAVOURS OF FALL



QUAILS' GATE CHASSELAS PINOT BLANC PINOT GRIS
BC VQA **\$18.99** 585737

This aromatic white blend is a veritable Okanagan fruit salad in the glass. Lovely pear notes complement the orchard fruit aromas. A fine balance of acidity, off-dry sweetness and fresh fruit flavours make this wine perfect with lighter foods or as a patio sipper on its own.



SUMMERHILL BACO NOIR
BC VQA **\$24.95** 719716

This single vineyard wine is deep red with balanced acidity and intense fruit and spice aromas. It is very smooth and hearty with notes of chocolate, tobacco, blackberry and blackcurrant and integrated oak tannins. It's a medium-bodied wine that can be enjoyed with lamb, pork, hamburgers and strong cheeses.



PINNACLE WHIPPED VODKA
France **\$25.95** 134098

This whipped cream-flavoured vodka is imported from France where it is handcrafted in small batches and quadruple-distilled with spring water from the Champagne region. Pinnacle Whipped Vodka is a light, sweet combination of vanilla and cream flavours. Great in the fanciest cocktails.

COGNAC

A
VERY
SPECIAL
SPIRIT



TO THE UNINITIATED COGNAC CAN SEEM CONFUSING, COMPLICATED AND EVEN INTIMIDATING, ESPECIALLY SINCE IT CAN COST HUNDREDS, EVEN THOUSANDS OF DOLLARS A BOTTLE. BUT IF YOU'RE CONSIDERING BREAKING OUT THE SNIFFERS, HERE IS WHAT YOU REALLY NEED TO KNOW.

Cognac is the king of spirits. It is elegant, luscious and sophisticated, with complex flavours that can include flowers, fruit, honey, spice and wood. It is also a versatile, food-friendly spirit that works as well in a cocktail as it does as an after-dinner sipper.

To the uninitiated cognac can seem confusing, complicated and even intimidating, especially since it can cost hundreds, even thousands of dollars a bottle. But if you're considering breaking out the sniffers, here is what you really need to know.

"Cognac is brandy, but not all brandy is cognac," explains Alexandre Quintin, global brand ambassador for Rémy Martin. Under the Appellation of Origin rules, cognac can only be produced in France's Cognac region. It must also be double-distilled in traditional copper stills and aged a minimum of two years in French oak.

Cognac is made from the Ugni Blanc grape, with some Folle Blanche and Colombard, from six growing areas or "crus." The most prestigious cognacs come from Grande Champagne, which is unrelated to the region that produces sparkling wine, except that both have chalky soil. (The Latin from which the word champagne derives means chalky soil.) The other crus are: Petite Champagne, Borderies, Fins

Bois, Bons Bois and Bois Ordinaires.

Brandies, also called eaux-de-vie, from different vintages, barrels and crus are blended to create a house style. It's the aging that really confuses people – or, to be more precise, the age categories as they are presented on the label. Unlike whisky, which will clearly be marked as 10 or 20 years old, cognac is graded according to what might seem like a secret code.

The three main classifications of cognac are V.S., V.S.O.P. and XO. Each represents a blend of brandies in which the youngest is aged a certain minimum of time in oak casks, although most are aged considerably longer than that.

V.S., or *very special*, represents a blend of eaux-de-vie in which the youngest has been aged a minimum of two years. It is the most youthful (and affordable) of the cognacs, often with fresh fruit and soft spice flavours.

The youngest brandy in a V.S.O.P., or *very superior old pale*, blend has been aged at least four years. As cognac gets older, it becomes smoother, more complex and more expensive, with floral, candied fruit, nutty and baking spice notes.

In an XO, *extra old* cognac, the youngest brandy has been stored for at least six years and, often, more than 20 years. These are the most complex of the three main categories, with flavours of white flowers,

spices, wood and dried fruit.

There are also other classifications, such as Napoléon, which is the same grade as XO in terms of age, but typically marketed in between V.S.O.P. and XO, or Hors d'Âge, which represents a high quality cognac beyond the XO age scale.

Confused? You're not alone. It's why in 2011 Courvoisier launched the first age-stated cognacs, the 12-year-old and 21-year-old. "We wanted to open a new and larger palette of expressions," says Jennifer Szersnovicz, the communications and trade relations manager for Courvoisier. "What we're trying to do is break down barriers."

Now, if you're wondering why one of France's most prestigious luxury products would be labelled in English, it all goes back to the history of cognac. In the 17th century, France's trading partners discovered a thirst for what the Dutch called "*brandewijn*," or "burnt wine." Meanwhile, winemakers in Cognac discovered that there was a bigger market for their flinty white wine if they distilled it and aged it. And so cognac was born.

By the 18th century, cognac's main customers were the English, so it made sense to label the wine in that language. It was also in the 18th century that many of today's most illustrious cognac houses were founded, including Hennessy (1765), Rémy Martin (1724)

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Cognac, A Very Special Spirit

“TODAY, PEOPLE DRINK LESS, BUT THEY DRINK BETTER QUALITY.”

— ALEXANDRE QUINTIN

and Martell (1715), which, along with Courvoisier (founded 1835), comprise 90 percent of today’s cognac market.

Back then, cognac was enjoyed as an aperitif or digestif, but it was also an essential ingredient in fashionable punches. When cocktails came along in the 19th century, cognac became the base spirit for now-classic drinks such as the Sazerac and Julep, and later, for the Sidecar, French 75 and Vieux Carré. Today, cognac-based cocktails are experiencing a renaissance, as mixologists discover what a deliciously versatile spirit it is to work with.

Over time, wars, diseases, natural disasters, economic problems and changing fashions have come and gone, and yet we are still enjoying the taste of cognac.

“Even though there has been an economic crisis, luxury products have been going up and up and up,” says Quintin, who was in Vancouver recently to deliver a \$25,000 jeroboam (a bottle size equal to four standard bottles or 3 litres) of Rémy Martin’s precious Louis XIII cognac. “There is a scarcity around the world of cognac in general, so there is not enough to meet the demand.” Besides, he says, “Today, people drink less, but they drink better quality.”

And that, more than anything, may just make cognac the perfect spirit for the spirit of our times.



COURVOISIER V.S.

France **\$55.99** 1925

Aged much longer than the required two years, this has the vigor of a young cognac and the complexity of a much older one. Expect a sweet, fruity aroma with fresh fruit and spice on the palate and a distinctive hit of oak. The finish is short but intense. Terrific value for a cognac.



RÉMY MARTIN XO EXCELLENCE

France **\$248.00** 583468

This Cognac Fine Champagne is a blend of more than 300 eaux-de-vie from Grande and Petite Champagne, aged from 10 to 37 years, making this an exceptionally rich, complex spirit. It has a myriad of fruity, spicy and floral aromas and flavours of jasmine, iris, candied orange, ripe figs, cinnamon, hazelnut and a long, luxurious finish.



HENNESSY V.S.O.P.

France **\$92.95** 43703

This blend of 60 eaux-de-vie from the four premier cognac crus was first created in 1817 and offers floral and honey notes on the nose, warm spices (cloves and cinnamon) and honeyed fruit on the palate. Exceptionally smooth and mellow, with a velvety finish. Perfect on its own or in a mixed drink.



HENNESSY XO

France **\$248.00** 61440

This original “extra-old” cognac was first bottled in 1870 and is a blend of 100 eaux-de-vie that have been aged 10 to 70 years. Rich with aromas of dried figs, chocolate, pepper and cinnamon, with dried fruit, cinnamon, vanilla, leather and wood on the palate and a long, sweet finish.



COURVOISIER V.S.O.P.

France **\$80.99** 9902

Created exclusively from grapes selected from the two best crus in Cognac, this beautifully balanced fine cognac has a delicate bouquet of vanilla and almonds, with a deep, intense flavour of rich, dark fruit and a hint of oak and a smooth, medium-length finish.



RÉMY MARTIN V.S.

France **\$59.99** 20412

This is the only cognac made solely from grapes grown in the Petite Champagne cru, which gives it a versatility ideal for mixing in cocktails. It has a very floral aroma (think lime blossoms) with vanilla and peach on the palate and a long, slightly astringent finish.

Black + Blue

THE GOLDEN AGE OF STEAK



Jason Labahn, Executive Chef, Black + Blue

With such an evocative name, you would expect Black + Blue to pull out all the stops when it comes to fine dining in Vancouver and they've done just that. Harnessing the romance and glamour of The Golden Age of dining, Black + Blue threw open its doors with suitable flair on October 29, 2011.

The location, on Alberni Street in the heart of downtown Vancouver, is set in a stylish room of soaring ceilings featuring leather, velvet and dark wood accents. There is just enough sparkle from strategically placed mirrors and dazzling lighting to set the stage for enchantment.

Undoubtedly, steak is the focus, and Chef Jason Labahn was a natural choice to ensure the menu reflected the concept. Chef Labahn was lured to Vancouver from some of the most impressive dining spots in Las Vegas, which included stints at the Bellagio, the Mirage and the Monte Carlo. Before moving to the West Coast to join the Glowbal Group, Labahn taught at Le Cordon Bleu in Las Vegas and was involved in the opening of the newest hotel on the strip, The Cosmopolitan.

The menu created by Chef Labahn will take you on a journey back to another place and time. Prime cuts of Wagyu, US and Canadian beef are hung in a glass, temperature-controlled meat locker in the middle of the dining room. Himalayan salt bricks draw moisture from the meat while it ages for up to 45 days. Your steak is cooked to your specifications (from blue rare to well done or Black + Blue style) with a choice of sauces. Starters include such retro offerings as Steak Tartare, Oysters Rockefeller or Stuffed Yorkshire Pudding, while Labahn's signature selection includes

HARNESSING THE ROMANCE
AND GLAMOUR OF
THE GOLDEN AGE OF
DINING, BLACK + BLUE
THREW OPEN ITS DOORS
WITH SUITABLE FLAIR

Beef Wellington, Steak Oscar and
Grilled Cornish Hen.

Those who prefer surf (over turf) will be delighted too – the menu also embraces wild salmon, Atlantic lobster and Alaskan king crab as well as a selection of fresh oysters. To round out your meal, indulge in sides of mac and cheese, mashed potatoes, onion rings, creamed spinach or crispy jalapeño creamed corn.

To wet your whistle, Black + Blue offers a menu of classic cocktails and spirits. Notable concoctions include the Old Fashioned, the Manhattan, the Negroni and the Rob Roy – made with 12-year-old Glenfiddich Scotch. A wide selection of blended and single malt Scotch is augmented with bourbon, port and cognac. The wine list is heavily focused on BC and California with excellent offerings from around the world as well.

To experience an era of nostalgia, glamour and old-school elegance, Black + Blue is just the place.

Black + Blue
1032 Alberni Street
Vancouver, BC
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MINI YORKIES



CHARRED BEEF TENDERLOIN WITH RED WINE SAUCE SERVED WITH BLUE CHEESE LYONNAISE POTATOES



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Black + Blue

FOR RECIPE INDEX, PLEASE SEE PAGE 152

PAIRS WITH CHARRED BEEF TENDERLOIN WITH RED WINE SAUCE, SERVED WITH BLUE CHEESE LYONNAISE POTATOES



LOUIS JADOT COUVENT DES JACOBINS PINOT NOIR

France **\$26.99** 341875

This medium-bodied wine is very typical of a Bourgogne Pinot with little red fruit aromas in its youth, evolving to more complex aromas of spices and undergrowth with age. The palate reflects the freshness of red fruits followed by hints of spice and earthiness on the finish.



GRANT BURGE THE HOLY TRINITY GRENACHE, SYRAH, MOURVÈDRE (GSM)

Australia **\$39.99** 19166

This full-bodied blend of is brick red in colour. The nose displays vibrant aromas of ripe red cherries, raspberries and subtle floral notes, which then lead to a palate with incredibly refined and delicate structure where pure ripe fruit flavours are integrated with silky smooth tannins, fine acidity and a fleshy mid-palate.



CHRISTIAN MOUEIX MERLOT BORDEAUX

France **\$19.99** 369405

This medium-bodied Bordeaux wine has sweet, supple berry and wild cherry fruit aromas. The fruit carries onto the palate with herbs and vanilla underscored by a fresh, elegant acidity and ripe, soft tannins.



FRANCIS COPPOLA DIAMOND COLLECTION CLARET

USA **\$29.99** 521021

This purple garnet, Bordeaux-style claret is predominantly Cabernet Sauvignon and has aromas of plums, currants and tobacco with layers of vanilla, sweet cassis and chocolate. The palate is well-integrated with blackcurrant, vanilla and allspice flavours. The finish is long and sweet with a hint of espresso.



PAIRS WITH MINI YORKIES

PAIRS WITH TWENTY-LAYER CHOCOLATE ESPRESSO CAKE



LOUIS BOUILLLOT CRÉMANT DE BOURGOGNE ROSÉ PERLE D'AURORE

France **\$25.95** 494856

This salmon-coloured sparkler is made from 80 percent Pinot Noir and 20 percent Gamay Noir grapes. Fine bubbles deliver blackcurrant and strawberry fruit notes to the nose. On the palate, fruity notes are mixed with a nice acidity that lingers on the finish.



SMITH WOODHOUSE LATE BOTTLED VINTAGE PORT

Portugal **\$37.99** 304527

This LBV port, unlike the vast majority of its type, is bottled without any fining or filtration then aged in the bottle for a minimum of three years. This aging transforms the wine to an outstanding style and complexity, resulting in a deep garnet port with rich mouthfilling flavours of ripe fruit, balanced by notes of black chocolate and peppery tannins.



SCRAMBLED EGGS WITH
TRUFFLES AND CHIVES

TRUFFLES

TREASURE
FROM THE
EARTH

The famed French gastronome and writer Jean Anthelme Brillat-Savarin once called truffles “The diamond of the kitchen.” Although there are hundreds of species of these subterranean mushrooms, the most prized edible truffles are found in France and Italy. Difficult to cultivate and only harvestable in the wild with the help of a canine or porcine nose, truffles remain rare contributing to their diamond-like price. The main varieties are the black Perigord truffle and the even rarer white truffle of Italy, found only in late autumn and winter. Make your next special occasion even more special by adding a few slices of this underground “jewel” to the menu.



WILD MUSHROOM RISOTTO WITH SAGE AND TRUFFLES

PAIRS WITH WILD MUSHROOM RISOTTO WITH SAGE AND TRUFFLES



**WINDS OF CHANGE
ORGANIC CABERNET
SHIRAZ PINOTAGE**

South Africa **\$15.99** 667881
A delightful blend of rich Cabernet, spicy Shiraz and earthy Pinotage, this wine is a garnet hue with purple hints. Aromas are of dried red fruits, plum, chocolate, rich spice and notes of vanilla and licorice. With ripe tannins and good length and structure, it's fresh on the entry, with flavours of cooked plum and charred meat.



TERRE BAROLO
Italy **\$37.99** 452789

This ruby red wine, made from Nebbiolo grapes grown in the Piemonte region is matured for at least four years. It has delicate, yet full-bodied aromas of black cherry, raisin and violets with a touch of earthiness and a hint of tobacco. The lengthy finish has flavours of oak, black cherry and subtle coffee notes. It is smooth-textured with well-integrated tannins.



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PAIRS WITH SCRAMBLED EGGS WITH TRUFFLES AND CHIVES



PERGOLO TREVISO PROSECCO

Italy **\$14.99** 591933

This sparkling wine is straw yellow in colour with greenish tinges. There is an intense, characteristic nose of acacia flowers and wisteria and a dry, crisp and clean palate highlighted by white fruit and citrus notes.



TRUFFLE-STUFFED ROAST CHICKEN

PAIRS WITH TRUFFLE-STUFFED ROAST CHICKEN



LOUIS LATOUR BOURGOGNE CHARDONNAY

France **\$20.99** 55533

Pale yellow with green hues, this classic regional white is beautifully balanced, judiciously oaked and charming. Aromas of yellow plum and citrus fruit lead to silky flavours of fresh cantaloupe and lemon layered with vanilla, cream and nuts.



CHÂTEAU PESQUIÉ QUINTESSENCE

France **\$29.99** 92916

This blend of 80 percent Syrah and 20 percent Grenache is deep purple in colour with licorice, blackcurrant and black cherry notes. On the palate, dark, cooked fruit predominates with hints of garrigue, spice and pepper.



CHANDON BRUT CLASSIC

USA **\$25.99** 94946

Classic balance typifies this refreshingly soft, yet crisp bubbly. It has green apple and pear characteristics accented by citrus and spice over notes of almond with caramel in the bouquet. Nutty and tropical fruit flavours with hints of toasted bread build to a refreshingly dry finish.

WHISKY COCKTAILS



Whiskey, whisky, bourbon, scotch or rye? This popular spirit goes by many names. “Canadian whisky” is often used interchangeably with the term “rye” as the grain was once a key ingredient in its production. Head down south and you will likely order bourbon, the name reserved for whiskies produced in the United States. In the British Isles you will be introduced to an Irish whiskey from Ireland or Scotch, a malt whisky made in Scotland. Whatever your choice may be, we hope you and your friends enjoy recreating any one of these three whisky-based cocktails by Danielle Tatarin of The Designer Cocktail Company. (A spelling tip for that pesky extra “E”: if your spirit was made in the USA or Ireland, it’s whiskey. If it was produced anywhere else in the world including Canada, Scotland, Japan or Europe, it’s whisky!)

LATE HARVEST (LEFT)

2 oz	(60 ml)	Scotch
1 oz	(30 ml)	late bottled vintage port
½ oz	(15 ml)	Homemade Cherry Brandy, (recipe follows)
2 dashes		orange bitters

Stir all ingredients on ice and strain into a cocktail glass. Garnish with Brandied Cherries (reserve from Homemade Cherry Brandy recipe) and chunks of orange.

HOMEMADE CHERRY BRANDY AND BRANDIED CHERRIES

6 cups	(1.5 L)	ripe cherries, pitted
1 bottle	(750 ml)	brandy
2 cups	(500 ml)	Simple Syrup, hot ¹
2		cinnamon sticks
1 tsp	(5 ml)	cloves
1		orange peel

Steep cherries in brandy for 48 hours (use sterile 1 L Mason jar). Strain out brandy and reserve. Pour simple syrup over brandy-infused cherries, filling to top. Add cinnamon, cloves and orange peel, seal jar and boil for 10 minutes. Let cool overnight. Open and pour ½ cup (250 ml) of cherry juice into the reserved cherry-infused brandy, then top brandied cherry jar with the Homemade Cherry Brandy. Refrigerate after opening. Use Brandied Cherries as garnish for cocktails.

¹ To make Simple Syrup, bring 2 cups (250 ml) of water to boil, remove from heat and add 2 cups (500 ml) sugar.





HAVE A MANLY DAY



SEAGRAM'S V.O. AWARD-WINNING WHISKY*

*Best Canadian Whisky, Double Gold Medal, 2010 San Francisco World Spirits Competition. Please enjoy responsibly. © Diageo Canada Inc. 2012. All rights reserved. Tous droits réservés.



Whisky Cocktails

WHATEVER YOUR CHOICE MAY BE, WE HOPE YOU AND YOUR FRIENDS ENJOY RECREATING ANY ONE OF THESE THREE WHISKY-BASED COCKTAILS

TATTY'S TODDY (PAGE 107)

- 2 oz (60 ml) bourbon
- ½ oz (15 ml) Honey Syrup¹
- 2 cloves
- 1 lemon zest, 1-in x 3-in (2.5 cm x 8 cm)
- 1 cinnamon stick, 2-in (5 cm)

Combine all ingredients in a mixing glass (release oils of lemon zest into glass). Can be served hot or cold. To serve cold, add ice and stir for 15 seconds. Strain over ice into a highball glass. To serve hot, add 2 oz (60 ml) of hot water to mixture and stir. Pour all ingredients into a highball glass. Garnish with wide lemon zest and clove.

FLOWER PEPPER COCKTAIL

- 2 oz (60 ml) Canadian whisky
- 2 oz (60 ml) dry vermouth
- ½ oz (15 ml) Szechuan Pepper Syrup²
- 1 dash Angostura bitters

Stir all ingredients on ice and strain over ice into a Collins glass rimmed with Szechuan pepper sugar (using a mortar and pestle, muddle Szechuan peppers together with sugar). Garnish with dried lemon wheel.³

¹ To make Honey Syrup, mix equal parts hot water and honey.

² To make Szechuan Pepper Syrup, steep ¼ cup (50 ml) Szechuan peppers in 2 cups (500 ml) hot water for 15 minutes then strain out peppers and add 2 cups (500 ml) sugar.

³ Dried lemon wheels can be found at specialty food stores.



RA!RA!RIESLING!



IT'S TIME TO GIVE RIESLING A MOMENT TO SHINE

Riesling is the noble grape suffering from ignoble perceptions. Riesling has never gained the fashionable fame of Sauvignon Blanc, nor experienced a heyday like Chardonnay. It's not a top-of-mind wine choice for most consumers, which is not to say that the grape is without fans. In fact, ask a sommelier or wine professional to name their favourite white wine and, more often than not, they'll answer Riesling.

Terry Threlfall, 2012 Vancouver Sommelier of the Year and Wine Director at the acclaimed Hawksworth restaurant, is an avowed fan, stating that Riesling is "incredibly versatile when pairing with food." Jake Skakun, Sommelier at award-winning L'Abattoir restaurant concurs. His philosophy is "When in doubt, Riesling," and he cites the wine's diversity, complexity and ease of pairing with food as prime motivators for his pick.

So why hasn't the love for Riesling spread far and wide? Perhaps people are afraid of botched pronunciation? "Rees-ling" or "Reee-zling" are both just fine. Worried all Rieslings are super sweet? There's actually an amazing array

from bone dry to unctuous icewine, and the best off-dry Rieslings have a counterbalancing acidity that leaves them anything but cloying. Concerned the tall, slender bottles won't fit in the fridge? Break out an ice bucket!

Really, it's time to give Riesling a moment to shine. Time for a little Ra! Ra! Riesling. Let's have three cheers for Riesling: for its diversity, its complexity and its food-pairing sensibility.

While Riesling's heartland is undoubtedly Germany (the grape's history is thought to begin in the Rhine and it remains Germany's top-planted grape variety and main claim to wine fame), nowadays you'll find Riesling grown all over the world. Typically, it's planted in cooler-climate pockets, to allow slow ripening and the retention of Riesling's naturally vibrant levels of acidity.

The various styles of Riesling are as diverse as the various countries producing it. German Rieslings tend to maintain some residual sugar in the final wine, ranging from a barely perceptible off-dry tickle to honeyed richness. Australian Riesling is typically dry, while Canadian Rieslings come

in all stripes. Other unique examples of Riesling are from France (Alsace), Austria, Chile, South Africa and New Zealand – to name a few!

Diversity is one of Riesling's great qualities and picking favourites is certainly personal opinion. As a general rule, if you are on the hunt for a specific style of Riesling, remember that any wine that is under 12 percent alcohol usually comes across as off-dry.

Another Riesling trait embraced by proponents is the grape's sensitivity to terroir. Riesling excels at expressing the unique soil, geography and climate where it's grown, transmitting a sense of place not found in many wines. It's not uncommon to hear Riesling descriptions ranging from wet stone, flint, mineral and even kerosene or petrol. This is in addition to the usual fruit, such as apple, peach and citrus. Amazingly, this complexity is achieved almost universally without oak, as Riesling is typically fermented and aged in stainless steel or other neutral vessels. This purity and intensity is also a plus for the cellar. Riesling is renowned as a white wine with great aging potential. It's not unusual to find



CRUNCH TIME.

The only thing on your schedule is a casual stroll to take in all the bursting colours of the season. And when you return from enjoying the brisk autumn air, it's nice to have a simply smooth wine to warm up to.

Life is *simpler* here.

Look for our convenient, stay-fresh 4L casks.
Please drink responsibly.



Ra! Ra! Riesling

THREE CHEERS FOR RIESLING:
FOR ITS DIVERSITY,
ITS COMPLEXITY AND ITS
FOOD-PAIRING SENSIBILITY

decades-old bottles of Riesling gracing the table at serious wine dinners.

Of course, wine is made to be enjoyed with food, which brings up another major Riesling selling point. Riesling is a quintessential food wine and its lower alcohol level, higher acidity and panache for elegant balance all point to Riesling's pairing prowess.

Threfall believes that Riesling's "compatibility with food is endless," and he drinks Riesling with almost everything. That includes food with a kick, as Riesling has become a natural pick for Asian-inspired flavours, with the sweetness in off-dry Riesling capable of taking the heat from spiced curries or subtle pepper hits. Skakun relays another wise way to enjoy Riesling, opining, "I often drink the simple examples as a substitute for beer: low alcohol, easy-drinking and delicious even without food."

Add it all together and it's easy to see why Riesling has a loyal following. Riesling is the all-round white wine ready for everyday enjoyment. It's only a matter of time before everyone catches on to Riesling's allure.



DEINHARD LILA BRUT RIESLING

Germany **\$15.49** 159558
Riesling makes great sparkling wine, epitomized by Germany's classic Sekt. Lila is a classic everyday bubbly showing green apple and a light, off-dry finish. Pair with brunch.



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

British Columbia offers prime Riesling territory, and Quails' Gate highlights the electric vibrancy of the grape with their racy, citrusy white that is a knockout with fried chicken.



GEHRINGER BROTHERS CLASSIC DRY RIESLING

BC VQA **\$14.99** 265181
The Gehringer Brothers have produced tasty, solid-value Rieslings for more than 25 years and their Classic Dry is ready to slake thirsts with great peach and apple fruit backed by crisp acidity.



ST. URBANS-HOF RIESLING

Germany **\$19.99** 597997
A great all-around Riesling, St. Urbans-Hof captures the yin-yang quality of the grape with ripe applesauce and honey tones that are balanced by tangy acidity on a lingering finish. Pair with take-out Thai cuisine.



NEDERBURG THE WINEMASTER'S RESERVE RIESLING

South Africa **\$12.99** 350272
Pouring a bright golden in the glass, Nederburg's Riesling brings notes of citrus, flower blossom and smoke in an overall lean and very dry style. For food matches think fresh shellfish, simply prepared.



INNISKILLIN OKANAGAN RIESLING ICEWINE

BC VQA **\$34.99** 598946 200 ml
Another plus for Riesling's natural acidity is that it provides a lip-puckering counterpunch in sweet icewine. This one has intense aromas of peach and pear and flavours of apricot jam on the palate. Serve chilled alongside fresh fruit and mild cheese for a simple – and simply elegant – dessert.

FABULOUS FONDUES

Like so many recipes, fondue is a type of dish that crosses all boundaries. What was initially developed by circumstance in Switzerland to make use of old cheese by grating it, adding wine and serving with coarse bread for dipping, fondue has made its way into a myriad of cultures in a multitude of ways. In the last century, fondue became popular and eventually hit the scene as a party dish in North America in the '60s and '70s. Creativity abounded with the addition of chocolate fondues, hot broth dips and before long traditional fondue became a melting pot of cultures and styles. Fondue is a fun dish born in Switzerland with a travelling history around the world.



CHOCOLATE COGNAC FONDUE

PAIRS WITH CHOCOLATE COGNAC FONDUE



TAYLOR FLADGATE LATE BOTTLED VINTAGE PORT
 Portugal **\$25.99** 289603
 Deep ruby in colour, this fortified dessert wine has an elegant nose of ripe blackcurrant and cherry with notes of licorice and spice. On the palate, the black fruit flavours are supported by firm, well-integrated tannins.



GEHRINGER BROTHERS SIGNATURE RIESLING ICEWINE
 BC VQA **\$49.99** 504860 375 ml
 This classic dessert wine has aromas of peach, pink grapefruit and green apple coated in honey. Flavours of tropical fruit, green apple and citrus are wrapped in a keen acidity that keeps it from being overly sweet.



TRADITIONAL
SWISS FONDUE

DO SOMETHING EXTRAORDINARY

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...SOMETHING EXTRAORDINARY
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Fabulous Fondues

FONDUE IS A FUN DISH BORN IN SWITZERLAND WITH A TRAVELLING HISTORY AROUND THE WORLD

PAIRS WITH TRADITIONAL SWISS FONDUE



GRAY MONK UNWOODED CHARDONNAY
BC VQA \$16.99 501114
Yellowish green in hue, this white has concentrated floral and tropical fruit aromas and a hint of lemon. The full palate is packed with tropical fruits, tangerine and ripe melon and finishes dry and crisp.



BEEF FONDUE PHO-STYLE

PAIRS WITH BEEF FONDUE PHO-STYLE



PERRIN & FILS RASTEAU CÔTES DU RHÔNE VILLAGES L'ANDÉOL
France \$21.99 125856
Mostly Grenache with a small amount of Syrah, this full-bodied red has aromas of ripe plums and the characteristic Rhône Valley earthiness. On the palate, cooked figs, dark chocolate and roasted beef notes are balanced by pronounced tannins and hints of herbs.



PISSE-DRU BEAUJOLAIS NOÉMIE VERNAUX
France \$15.99 2881
Purplish red in colour, this dry red boasts a nose of floral and red fruit aromas. Light and fruity with refreshing acidity on the attack it follows with fine texture and smooth tannins on the finish.



SUMAC RIDGE PRIVATE RESERVE GEWÜRZTRAMINER
BC VQA \$13.99 142893
This aromatic off-dry white has a nose of lychee, spice and grapefruit. The citrus and grapefruit notes continue on the finish with hints of spice and sweetness to round out the palate.

BRINED, SMOKED & DRIED



HOMEMADE
CORNED BEEF WITH
HONEY MUSTARD


As the summer draws to a close, cooler nights are harbingers of the deep freeze to come. The prospect of approaching winter isn't as frightening now as in the days before electric refrigeration. Canning was king, but there were other methods of preserving foods that not only kept their nutrition intact, but added to their flavour. Three of these are explored here. Brining preserves food using the antibacterial properties of salt. Smoking, while adding sumptuous flavour to meats, cheeses and other foods, also extends shelf-life. Drying foods, everything from meat to berries, has been done for eons and preserves foods while concentrating flavour. Enjoy!



ROASTED SQUASH AND OVEN-DRIED TOMATO SALAD

Let me be your latin lover.



Introducing Naked Grape Malbec, Argentina's favourite varietal and a bold new addition to our collection. With the smooth flavours of plum and blackberry, your taste buds will say "Hola!" Try our complete line-up of unoaked wines and visit nakedgrape.ca. Join us on 

IT TAKES CONFIDENCE TO GO UNOAKED

Please enjoy responsibly.

Brined, Smoked and Dried



OVEN-SMOKED RIBS

THE TRUE BREW OF HALLOWEEN



GUINNESS IS GOOD



Brined, Smoked and Dried

PAIRS WITH OVEN-SMOKED RIBS



RAVENSWOOD SONOMA OLD VINE ZINFANDEL
USA **\$24.99** 359240
Predominantly Zinfandel with smaller amounts of Petite Sirah, Syrah and Carignan, this well-structured red has aromas of very ripe dark berries and a hint of spice. Flavours of blackberry, black cherry, cinnamon and vanilla are complemented by nice acidity and soft tannins.



RIGAMAROLE WHITE
BC VQA **\$14.99** 845552
This dry, white blend of Riesling, Gewürztraminer and other Germanic varieties is aromatic and juicy. Tropical fruit, stone fruit and crisp citrus flavours meld nicely with hints of spice.



VERAMONTE RESERVA SAUVIGNON BLANC
Chile **\$13.99** 602649
This crisp wine is pale yellow with subtle green hues and has juicy lemon and lime and orchard fruit aromas with hints of crisp, green apple. On the palate it is medium-bodied with grapefruit, lime and green apple flavours with some minerality and spice.



ROSSO DI MONTALCINO BANFI
Italy **\$26.99** 557967
This Sangiovese is an intense ruby red in colour with violet nuances. It is both fresh and fruity with typical varietal characteristics of violet, cherry and plum. The mouth feel is quite soft, with surprising length and moderate tannins.



PAIRS WITH ROASTED SQUASH AND OVEN-DRIED TOMATO SALAD

PAIRS WITH HOMEMADE CORNED BEEF WITH HONEY MUSTARD



RIGAMAROLE RED
BC VQA **\$13.99** 818641
This delicious red with the funky label has a good balance of ripe fruit and soft tannin. A blend of Gamay, Pinot Noir and Merlot, the ripeness of this wine can be appreciated in the array of berry, plum and blueberry notes.



MITOLO JESTER SHIRAZ
Australia **\$24.99** 86124
Dark crimson in colour with a black crimson hue, this full-bodied red is nothing to laugh at. Blackberry, licorice and dark plum aromas lead to rich flavours of licorice, blackberry and dark fruits.

HESTER CREEK

ESTATE
WINERY



AS IT TURNS OUT, CURT GARLAND HAD SETTLED ON ONE OF THE OKANAGAN'S MORE STORIED WINERIES – WHICH HE'S MANAGED TO TRANSFORM IN JUST A FEW YEARS FROM A STRUGGLING HAS-BEEN INTO A SERIOUS CONTENDER

When Prince George-based entrepreneur Curt Garland headed to the Okanagan looking for a retreat, he didn't exactly have buying a winery in mind. But Hester Creek, at the time languishing in receivership, was too much of a good deal to pass up. As it turns out, the widely travelled Garland had settled on one of the Okanagan's more storied wineries – which he's managed to transform in just a few years from a struggling has-been into a serious contender.

The 28 hectare (70 acre) vineyard was planted on Oliver's "Golden Mile" in the early 1970s by colourful pioneer Joe Busnardo, who later moved his Divino Estate Winery to Duncan, on Vancouver Island. Incidentally, the name Golden Mile originally had nothing whatsoever to do with grapes. It was coined by melon growers, who discovered Oliver's long, dry, hot summers were perfect for ripening cantaloupes.

Italian-born Busnardo was legendary in his time, renowned for ruffling government feathers with his "my way or the highway" approach to the industry, in an era when growing grapes was all about quantity, not quality and at a time when growers needed approval from Victoria for almost everything. However, despite no shortage of advice to the contrary, Busnardo was one of the first to prove

that vinifera grapes could indeed flourish in the Okanagan, eventually planting many Italian and other varieties in the vineyard he established in 1968.

The late Frank Supernak (who died trying to save a fellow winemaker overcome by fermentation fumes) was part of a group who introduced the Hester Creek name. He was also among the first to grasp the true potential of what Busnardo had started, as he tended to the maturing plantings of Pinot Blanc, Trebbiano, Cabernet Franc and Merlot. Garland's arrival on the scene, along with the talented team he's put in place, has not only brought the winery back from the brink but has elevated it to one of the south valley's premier destinations.

Knowing full well that ultimately it's what's in the bottle that counts, the new owner convinced seasoned Niagara winemaker Rob Summers (formerly of Peller Estates and elsewhere) to move west. Summers went to work planning a new winery and rationalizing the varieties produced, though not at the expense of the tried and true.

The Pinot Blanc vines established by Busnardo were among the few to survive the '90s pull-out that saw most of the Okanagan-planted varietal replaced by the commercial "darling" Chardonnay. Summers crafts this Pinot Blanc into a lifted-fruit, apple and mineral-toned drop that's consistently



Rob Summers

one of the best examples around.

Another perennial favourite, the old vines Cabernet Franc, yields smoky, earthy and anise notes, although Summers "retired" the often challenging Cabernet Sauvignon as a single varietal. But he continues to make another unique longtime favourite – the floral, honey-topped and zesty Trebbiano, again a Busnardo original, and the only planting in the province.

Visitors to the spacious, new, gently Tuscan-inclined winery tucked back into the west valley hillside discover a luxuriously appointed, 4,000 square foot guest centre with a fully equipped demonstration kitchen and private dining room. This year, "Food & Wine Experience" tastings include an optional \$10 food and wine sampling, offered until Thanksgiving.

As for the old winery and former tasting room, it's been transformed

WHEN YOU MIX WITH CROWN ROYAL YOU HOLD THE CROWN




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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Hester Creek Estate Winery

GROUNDING IN LORE AND WITH NO SHORTAGE OF OLD VINES THAT HELPED DEFINE THE OKANAGAN'S RISE TO PROMINENCE, HESTER CREEK ESTATE WINERY HAS RE-EMERGED AS A MUST-SEE AND MUST-TASTE SOUTH OKANAGAN DESTINATION

into Terrafina, an intimate Tuscan-themed restaurant with a state-of-the-art pizza oven and vine-clad patio looking across the valley. Executive chef Jeremy Luypen sources many of the ingredients for the seasonally changing menu from the garden behind the restaurant. Capping the transformation that's taken the once rundown property to unimaginable heights is a group of six deluxe villas overlooking the winery and vineyard, with dramatic sweeping valley views along with every comfort imaginable.

The proverbial icing on the cake behind this fairy tale is that winemaker Rob Summers and Hester Creek joined an elite group this summer. His Hester Creek Reserve Merlot 2010 (one of the first wines to be made with the new Italian-made Ganimede fermenters) won a prestigious Lieutenant Governor's Award for Excellence in BC Wines.

Grounded in lore and with no shortage of old vines that helped define the Okanagan's rise to prominence, Hester Creek Estate Winery has re-emerged as a must-see and must-taste South Okanagan destination.



HESTER CREEK CHARACTER WHITE

BC VQA **\$19.99** I58147
Summers' smartly conceived estate-grown blend of Pinot Blanc, Pinot Gris, Chardonnay and Trebbiano yields lifted stone fruit on the nose with a hint of minerality. Refreshing and very food-friendly.



HESTER CREEK CHARACTER RED

BC VQA **\$19.99** I58311
Estate-grown Merlot, Syrah, Malbec and Petit Verdot yield red berry and cherry notes on top with easy tannins and a gently spicy palate. Think grilled pork chops or mild curry dishes.



HESTER CREEK PINOT BLANC

BC VQA **\$15.99** 467316
Fruit forward green apple, melon and tropical tones make this a delightful sipper or a great match with fresh wild salmon or Waldorf salad.



HESTER CREEK PINOT GRIS

BC VQA **\$16.99** 560037
This Pinot Gris has floral, apple and pear aromas on top, followed by a generous palate of pear and stone fruit with a hint of minerality. Enjoy as a sipper, or with firm cheeses or sautéed scallops.



HESTER CREEK SELECTED BARRELS MERLOT

BC VQA **\$18.99** 677195
This Merlot adds up to a good value red, with easy tannins and appealing black cherry and chocolate notes. Pair with a hearty stew or pot roast.



HESTER CREEK SELECTED BARRELS CABERNET MERLOT

BC VQA **\$18.99** I3920
A well-balanced blend of Cabernet Sauvignon, Cabernet Franc and Merlot yields anise and plummy notes wrapped in easy tannins for an affordable red that's a perfect match with roast beef or braised chicken.



ANCIENT GRAINS

Although most of us are familiar with wheat, barley and rice, there is a cornucopia of ancestral grains becoming increasingly available. Referred to as “ancient grains,” these wild predecessors of wheat are having a revival of sorts with today’s popularity of healthy, whole and heritage foods. These include chewy wild rice, translucent pearls of quinoa, subtly sweet whole oats and nutty wheat berries. These ancient whole grains are not only nutritious, but have characteristics that add lively textures, vivid colours and rich flavours to today’s cooking.



WILD RICE FRITTATA

PAIRS WITH WILD RICE FRITTATA

OPPOSITE: LAMB AND WHEAT BERRY STEW WITH LEMON DILL YOGURT



RICOSSA BARBERA D'ASTI
Italy **\$15.99** 457135
This medium-bodied Barbera is deep red with a purple rim and is well-balanced with soft acidity and good fruit intensity. The characteristic acidity is refreshing and heightens the juiciness of the red fruit flavours.



SANTA MARGHERITA PINOT GRIGIO
Italy **\$19.99** 106450
This white wine is a straw yellow colour and is very dry with an appealing flavour of Golden Delicious apples and light lemon. On the palate fresh, harmonious fruit is set off by slight sweetness with a long finish full of delicate, tangy flavour.



THE PERFECT PARTNERS FOR CELEBRATING OKTOBERFEST. (AS IF YOU NEEDED AN EXCUSE.)

For two weeks, from the end of September until early October, beer drinkers from all over the world descend on Munich in quest of Germany's finest and most authentic beers. But why bother when two of Germany's finest are available right here in Canada?

Ancient Grains

REFERRED TO AS “ANCIENT GRAINS,” THESE WILD PREDECESSORS OF WHEAT ARE HAVING A REVIVAL OF SORTS WITH TODAY’S POPULARITY OF HEALTHY, WHOLE AND HERITAGE FOODS

PAIRS WITH LAMB AND WHEAT BERRY STEW WITH LEMON DILL YOGURT



CHÂTEAU PESQUIÉ LES TERRASSES

France **\$18.99** 708750
 Deep ruby in colour, this blend of Grenache and Syrah has an intense nose with spicy notes of black pepper and red berries. This balanced wine offers round tannins and flavours of fresh, red berries with some floral and spicy notes lingering in the mouth.



QUINOA CAKES WITH SMOKED TROUT AND LIME CHIPOTLE MAYONNAISE

PAIRS WITH QUINOA CAKES WITH SMOKED TROUT AND LIME CHIPOTLE MAYONNAISE



INNISKILLIN DISCOVERY SERIES ZINFANDEL

BC VQA **\$25.99** 584433
 This bold red is deep reddish purple in colour with redcurrant and raspberry aromas complemented by some spicy oak notes. Rich red berry flavours on the palate layered with toasty oak and soft tannins lead to a lingering finish.



NK'MIP RIESLING

BC VQA **\$17.99** 138297
 This dry Riesling has classic Granny Smith apple and crisp, fresh citrus notes that give way to a gentle layering of luscious orchard fruit and honeydew melon. The flavours are well-balanced and are supported by a refreshing finish and gentle acidity.



CASAS DEL BOSQUE SAUVIGNON BLANC

Chile **\$16.99** 740878
 Intense notes of lime and white peach dominate the nose of this crisp white, with just a hint of green jalapeño. Fresh citrus leads into ripe gooseberry with a hint of fresh cut grass on the nose. Flavours of ripe nectarine, ginger and white pepper are backed up by a bright, zesty acidity which imparts excellent structure.

AN **APPLE** A DAY



APPLE AND BLUE
CHEESE SALAD



APPLE UPSIDE DOWN CAKE

There is a long-held belief that an apple a day will keep the doctor away. If this is the case, then apples should be enjoyed often, in everything from appetizers to main dishes to desserts. They come in many colours, from Golden Delicious yellow to Macintosh deep red and flavours that range from the sweet Ambrosia to the tart Granny Smith. Everyone can find an apple they enjoy eating and your favourite can be used in any of the recipes here. Get cooking with this delicious, nutritious fruit and keep that doctor away!



SORTILÈGE MAPLE SYRUP WHISKY LIQUEUR
 Canada **\$29.99** 443416 375 ml
 This unique blend of Canadian whisky and maple syrup is golden yellow in colour and sweet with an intense nose exuding maple toffee aromas. On the palate, its light acidity and unctuous texture precede a long finish of maple toffee with a hint of spice.



RED ROOSTER GEWÜRZTRAMINER
 BC VQA **\$16.99** 498832
 Classic aromas of rose petal, melon, spice, lychee fruit and tropical fruit rise from the glass. This medium-bodied white is just off-dry with a slightly rich and viscous texture to the palate. Flavours of tropical fruit, rosewater and exotic spice fill the mouth and linger on the finish.

PAIRS WITH APPLE UPSIDE DOWN CAKE

MADE FROM CANADA

This land provides us with the perfect conditions for something truly special. Our cold winters give us countless frozen ponds, lakes and rivers to play our game. And because of this, Canada produces more Hockey Stars than any other country in the world. So raise a glass to this land and the great players that come from it.

Cheers!



An Apple A Day

THEY COME IN MANY COLOURS, FROM GOLDEN DELICIOUS YELLOW TO MACINTOSH DEEP RED, AND FLAVOURS THAT RANGE FROM THE SWEET AMBROSIA TO THE TART GRANNY SMITH. EVERYONE CAN FIND AN APPLE THEY ENJOY EATING

PAIRS WITH PORK TENDERLOIN MEDALLIONS WITH APPLES



PORK TENDERLOIN MEDALLIONS WITH APPLES



SEBASTIANI CHARDONNAY
USA **\$20.99** 361634

This Chardonnay is pale yellow in colour and the bouquet and complexity both reflect the use of oak barrels in fermentation and aging. A luscious blend of lemon curd, yellow apple, vanilla and caramel aromas and flavours combine to yield a full-bodied wine perfect for pork tenderloin dishes.



PAIRS WITH APPLE AND BLUE CHEESE SALAD



RÉGNIÉ MAISON DES BULLIATS BEAUJOLAIS
France **\$17.99** 137760

This cru Beaujolais is a ruby red colour with hints of violet. Aromas of fresh fruit such as blackberry and redcurrant lead to a medium-bodied, well-structured balance between fruits and minerals. There is a hint of pepper and spice on the finish.



CASILLERO DEL DIABLO CHARDONNAY
Chile **\$12.99** 270355

Pale greenish yellow with golden hints, this fresh white wine shows a fruity character from the beginning. Pineapple and peach together with small touches of hazelnut on the palate yield good structure. Green pear and delicate hints of white peach complement the light toast impression in the mouth.



ROSEMOUNT TRAMINER RIESLING
Australia **\$13.99** 244301

This blend of aromatic Gewürztraminer and Riesling combines delicate aromas of white blossoms, spice and sweet tropical fruit. Similar floral and fresh fruit flavours in the mouth give great balance with the moderate acidity and a clean, lively finish.



FALL INTO SOMETHING WARM

Typically, fall brings a desire to cocoon. The shorter days and cooler nights also bring change, not only to our wardrobes, but also to our eating and drinking habits. The crisp whites and light reds that were perfect for the summer season just don't seem to be quite enough anymore. We want something to sink our teeth into – something to keep us warm.

Rich, inviting reds with substance and weight invite you to curl up by the fire or on the sofa. Rich reds also suit the instinctive taste for more substantial foods as the weather starts to cool. It's a great time to discover a few excellent examples of hearty, decadent reds from California, where the gregarious Zinfandel is readily available.

Zinfandel, which made the trek from Europe with immigrants in the mid-to-late 1800s, is closely related to Southern Italy's Primitivo. The Primitivo grape

RICH, INVITING REDS WITH SUBSTANCE AND WEIGHT INVITE YOU TO CURL UP BY THE FIRE OR ON THE SOFA. RICH REDS ALSO SUIT THE INSTINCTIVE TASTE FOR MORE SUBSTANTIAL FOODS AS THE WEATHER STARTS TO COOL

variety came to Italy across the Adriatic Sea from Croatia, where it is known as *crljenak kaštelanski*. Although these varieties have been DNA-tested to prove their familial relationship to one another, Zinfandel is purely and uniquely Californian.

Zinfandel takes root in some of the oldest vineyards in California. Many of the vineyards were saved, in part, due to the sudden popularity of white Zinfandel in the 1970s. Zinfandel has never really garnered the popularity that Cabernet Sauvignon has, at least not in the mainstream but it does have its followers, who tend to be somewhat fanatical and diverse.

Stylistically, Zinfandel offers gobs of sweet, plump fruit – raspberry, blueberry, blackberry and cherry notes. Generally, the luscious fruit is layered with vanilla, chocolate, coffee and exotic spices. The grape variety has plenty of natural sugar, which elevates the ripe fruit flavours and has a tendency of higher than average alcohol levels. The combination is a generous wine with exuberant flavours and richness.

Makers and enthusiasts of Zinfandel extol its food-pairing virtues with the likes of chili, burgers, ribs in tangy barbecue sauces, grilled meats, spicy sausage, spaghetti bolognese or lasagna. And for dessert, you won't go wrong with aged hard cheeses or dark chocolate.

Leaving California and heading to the Old World, we can

indulge in a traditional creation made in northeastern Italy's Veneto region. Amarone, or Amarone della Valpolicella is the king in Veneto, where Prosecco is surely the queen. It's a wine with depth and complexity that is world-renowned. Amarone shares a region and its indigenous grape varieties with Valpolicella, but those Amarone wines labeled Classico come from a specially designated zone within the region. Made from a typical mixture of regional grape varieties, such as Corvina, Rondinella, Molinara and others, these concentrated and thought-provoking reds are wonderfully suited to cool nights curled up by the fire.

Amarone has a unique production process. After being harvested in the fall, the grapes are left to dry in bunches, traditionally on straw mats, but other methods, such as the use of stacked plastic bins are also employed. The lengthy and labour-intensive drying process removes much of the water from the grapes, causing them to look almost like raisins. This concentration of the remaining juice inside creates a finished wine with significantly more intensity and weight. Although this method of winemaking is not exclusive to Valpolicella, the wines from here are undoubtedly the most famous of their kind.

For a less expensive alternative, you can choose a wine made using the ripasso process whereby it is stored for two to

WHY NOT TRY A

CAPTAIN & COLA

TONIGHT



TRY ONE OF OUR
DRINK RECIPES

CAPTAIN AND COLA

1½ oz Captain Morgan Rum

6 oz cola

1 slice of lime

Mix ingredients in ice-filled
pint glass and stir

Garnish with a lime wedge



ORIGINAL
SPICED RUM
RHUM ÉPICÉ

A BLEND OF CARIBBEAN AND CANADIAN RUM
UN MÉRANGE DE TRUONS DES CARAÏBES ET DE RHUM CANADIEN

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Fall into Something Warm

THE CRISP WHITES AND LIGHT REDS THAT WERE PERFECT FOR THE SUMMER SEASON JUST DON'T SEEM TO BE QUITE ENOUGH ANYMORE. WE WANT SOMETHING TO SINK OUR TEETH INTO – SOMETHING TO KEEP US WARM

three weeks in barrels containing the lees of Amarone wine to give it more depth than other red wines. Or, if you come across a bottle labelled Recioto della Valpolicella, you'll find a sweeter wine that is also quite lush.

Amarone and ripasso wines offer dried and fresh cherry characters with coffee, peppery spices and a typical bittersweet finish. These wines are often brooding with a firm structure and glycerol-type texture that will pair well with roasted game meats, Italian salami, hard cheeses and pastas with flavourful roasted-tomato or truffle sauces.

Although both Zinfandel and Amarone are excellent choices to keep you warm and cozy this winter, they are not the only weighty reds. An opulent Barossa Valley Shiraz, a charming Côtes du Rhône, a silky Châteauneuf-du-Pape red or a meaty Mendoza Malbec will also do in a pinch.



CLINE ANCIENT VINES ZINFANDEL

USA **\$25.99** 396564
Juicy strawberry, coffee and chocolate characters highlight the nose of this red. Subtle vanilla flavour nicely complements the explosive fruit notes. Ripe fruit and soft tannins make this rich, mouth coating vintage a nice pairing for pasta with light tomato sauce or grilled meats.



GNARLY HEAD OLD VINE ZINFANDEL

USA **\$19.99** 297929
Expect heady aromas of sweet blueberry, raspberry and cherries with vanilla, crushed floral notes and peppery spices. The palate is wonderfully juicy with a long berry and spice flavoured finish. Here is a wine that will pair admirably with barbecued ribs.



RAVENSWOOD VINTNERS BLEND ZINFANDEL

USA **\$17.99** 359257
The Vintners Blend has a somewhat smoky and savoury character at the core of chocolate, peppery spices and blackberry aromas. In the mouth, the entry is smooth and then it picks up some texture mid-palate. The finish is long and trails berry and mocha flavours. Pair with hearty mole chili.



RODNEY STRONG KNOTTY VINES ZINFANDEL

USA **\$20.99** 264739
Enticing aromas of plump cherries and sun-ripened raspberries, baking spices, vanilla and mocha will conquer you. It's fresh and supple, has impressive intensity and flavours of sun-warmed fruit, exotic spices, vanilla liqueur and mocha. Pair this Zinfandel with grilled burgers or hearty bean chili.



AMARONE DELLA VALPOLICELLA CLASSICO TOMMASI

Italy **\$59.98** 494393
The Tommasi has a seductive brightness on the nose and in the mouth. Expect sweet cherries and vanilla, licorice, cedar and dried flowers with undertones of chocolate and smoke. Its weight is lifted with bright acidity and there are mouthfilling flavours of sweet ripe fruit. It culminates in cocoa flavours and a lengthy finish.



MASI COSTASERA AMARONE CLASSICO

Italy **\$49.99** 317057
A fantastic and quite succulent Amarone, which offers ripe black cherries, dried cherries, chocolate and leather with a savoury, smoked core. It is wonderfully balanced and substantial with a powerful, spiced finish. Pair this wine with hearty osso bucco or smoked cheeses.



MIX & MATCH

PASTA SAUCE

by Nathan Fong



PESTO SAUCE

One of the basic components of an Italian meal is good pasta with a great sauce. Here are three classic Italian sauces that you can mix and match with your favourite pasta shapes. Béchamel, a simple everyday cream sauce, can be enjoyed on its own, or for adding creamy texture to a topping of simple gratin. Robust pesto sauce comes from the northern area of Liguria and is rich with crushed garlic, basil, pine nuts and fruity olive oil, all pounded in a mortar and pestle. Bolognese sauce is hearty slow-cooked meat, red wine and tomatoes typically used to dress the delicate ribbons of tagliatelle noodles, but is also the base for multi-layered lasagna. Puttanesca sauce originates from the south of Italy and is a spicy, tangy tomato sauce spiked with anchovies, olives and capers.



BOLOGNESE SAUCE



Cuervo® Silver



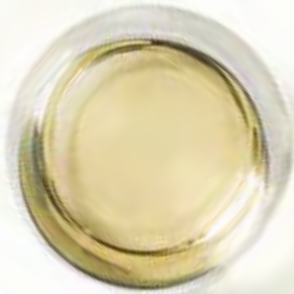
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SINCE 1795

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Mix and Match Pasta Sauce



BECIAMELLA SAUCE



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CARVE
OUT A
PLAN
TO GET
HOME
SAFE.



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Mix and Match Pasta Sauce

FOR RECIPE INDEX, PLEASE SEE PAGE 152

ONE OF THE BASIC PRINCIPLES OF AN ITALIAN MEAL IS GOOD PASTA WITH A GREAT SAUCE. HERE ARE THREE CLASSIC ITALIAN SAUCES THAT YOU CAN MIX AND MATCH WITH YOUR FAVOURITE PASTA SHAPES

PAIRS WITH BECIAMELLA SAUCE



SEE YA LATER RANCH CHARDONNAY

BC VQA **\$17.99** 75366

This full-bodied white has tropical fruit and melon aromas with hints of citrus and toasty oak. Crisp melon and orange rind add to the butter and vanilla notes from the oak aging and the weekly stirring of the lees.



TORRESELLA VENETO PINOT GRIGIO

Italy **\$14.99** 468306

Pale straw in colour, this fresh and smooth white has aromas and flavours of white pear and apple fruits. This wine's delicate and well-balanced nature makes it ideal for creamy pastas and light soups.

PAIRS WITH PUTTANESCA SAUCE



MIONETTO IL PROSECCO

Italy **\$17.99** 378638

This straw-coloured bubbly has a nice mousse with brilliant reflections. The aroma is fruity, reminiscent of pear and citrus with a slightly floral bouquet. It's fresh and crisp with ripe apple and peach flavours.



PAIRS WITH PESTO SAUCE



MARIUS TERRET VERMENTINO

France **\$14.99** 821868

This two varietal white blend is pale yellow with green tints. It has citrus aromas and notes of grapefruit and a ripe fruit attack. Full and fruity with a refreshing taste of honey and crisp tree fruit its balanced acidity and aromas of ripe fruit give it great length.



NK'MIP QWAM QWMT CHARDONNAY

BC VQA **\$25.00** 86405

This is an aromatic style of Chardonnay with subtle layering of citrus and white pear followed by a lingering mineral finish. Extended lees contact gives depth and complexity with rich and nutty flavour, offering lots of caramel, marzipan and pear.



PAIRS WITH BOLOGNESE SAUCE



COLLE SECCO MONTEPULCIANO D'ABRUZZO RUBI

Italy **\$16.99** 331652

Ruby red with a slightly garnet rim, this food-friendly wine shows ripe red fruit, licorice, cloves and cocoa spicy nuances. It is full-bodied, with good structure and sweet tannins, ideal for pasta with red sauces.



MONTE ANTICO TOSCANA IGT

Italy **\$16.99** 587113

This blend of Sangiovese, Cabernet Sauvignon and Merlot is dark ruby in colour with a bouquet of leather, earth, herbs, black cherries, licorice and plums. These notes are confirmed on the medium to full-bodied palate. It is round, spicy, elegant, attractively fruity and with a balance of voluptuous berry tones.



BROLIO BARONE RICASOLI

Italy **\$29.99** 3962

Bright and lively ruby red in colour, this wine shows sweet aromas of cherry, violets and strawberry, with hints of tobacco, vanilla, white chocolate and Mediterranean spices. Ripe red fruit and spices join in a long finish of light toasted notes and minerality.



ASK AN **EXPERT** 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 Barbariain Wine Consulting.

Q Can you suggest ideas for a wine-tasting party?

A Wine tasting parties are becoming more and more popular as they are a great way to entertain friends or colleagues. The tasting gets people talking and can also help them discover new and interesting wines they might want to purchase for themselves. There are many possibilities to choose from when it comes to the format of the event, the theme and, of course, the wines.

FORMAT

The first decision you'll want to make is whether to hire an expert to conduct your event or tackle it yourself. Wine professionals who have industry experience along with sommelier training or certification from the Wine & Spirit Education Trust, sometimes offer consulting services for private events. A skilled presenter will have experience picking themes, know the appropriate wines and be comfortable and dynamic presenting to groups. They will also be able to answer a range of questions that might

arise from your guests. You can check someone's references or curriculum vitae to see how appropriate they are for your function. Alternatively, you can take on the challenge and excitement of organizing the wine tasting yourself, picking your own theme and wines. Depending on the venue, you may want to have a more formal, sit-down tasting or one where guests are standing and help themselves to the wines.

THEME

It is nice to have a common thread to tie your wine choices together. You might pick a region and offer a range of wines from the same area. Hot categories that your guests might enjoy include Spain, Okanagan Valley, Argentina or New Zealand. Within the regional category (and of course within your budget) try to choose the widest selection of grape varieties, price points and styles.

A grape variety theme also works well for a tasting. You could pick Cabernet Sauvignon, for instance, and taste examples from classic regions around the world including Napa Valley, Coonawarra, Bordeaux and Chile. Syrah/Shiraz, Merlot, Chardonnay, Pinot Grigio/Gris and Sauvignon Blanc also work

well. By tasting a range of international wines made from one variety, your guests will be able to experience how other factors like region, grape growing and winemaking influence wine.

Blind tasting is another interesting and entertaining way to learn about wine. When the bottles are hidden within paper bags, guests can only judge the wines by what they smell and taste in the glass. Try mixing up wines with different price points and seeing if tasters can pick out the most expensive.

WINE AND OTHER MATERIALS

WINE

The wine will be chosen based on your theme and budget. You can easily get twenty taster 30 ml (1 oz) pours out of a regular bottle, but it is always good to have a backup of each. The tasting should include between six and eight different wines. After eight wines, the event will naturally become more of a party and less of a wine tasting.

GLASSES

Try to have a separate glass for each wine (number of wines multiplied by the number of guests = number of glasses). This will allow people to go back and compare one wine with the other.

SPITTOONS

This will allow people to spit like professionals, if they want to, or at least have a place to dump unwanted wine.

TASTING SHEETS

You should include information about the wines that your guests can take away. Leave space for them to write notes if they wish.

OTHER MATERIALS

“Drop Stops” or other pourers will cut down on spills and help you to control the tasting portions. Crackers or bread will help to cleanse the palate between wines.

Q Can a winemaker turn an average wine into a fine wine?

A No. A skilled winemaker may be able to improve the final wine by blending in different components, but no one can turn a truly average wine into a wine of character and quality.

You may have heard winemakers say, “wine is made in the vineyard.” While this statement has become a bit of a cliché, you would be hard pressed to find a wine professional who disagrees. Vineyard material is of utmost importance and no winemaker can make a fine wine from bad grapes, even by blending. Unfortunately, it is possible to make a bad wine from good grapes!

Any blender is going to have a finite amount of wine to work with and he/she certainly wouldn't want to risk spoiling a really good wine by blending it with an inferior one. What the winemaker can do is mitigate some of the undesirable characteristics of an average or below average wine, making it more appealing to consumers. Level of tannin, sweetness and alcohol levels can all be altered by blending, though it requires great expertise to achieve the desired outcome.

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@bcliquorstores.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.

SEPTEMBER



FRIDAY, SEPTEMBER 14 | 4:00 – 8:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE

SATURDAY, SEPTEMBER 15 | 12:00 – 5:00 P.M.
39TH & CAMBIE SIGNATURE BC LIQUOR STORE

SUNDAY, SEPTEMBER 16 | 12:00 – 5:00 P.M.
39TH & CAMBIE SIGNATURE BC LIQUOR STORE

FRIDAY, SEPTEMBER 21 | 4:00 – 8:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
UNEARTH AUSTRALIA

Explore and experience the amazing wines of Australia! This month's featured country offers beautiful selected wines, including new releases paired with delicious small bites.

FRIDAY, SEPTEMBER 14 | 3:00 – 7:00 P.M.
WESTWOOD SIGNATURE BC LIQUOR STORE

FRIDAY, SEPTEMBER 14 | 3:00 – 7:00 P.M.
LANGLEY SIGNATURE BC LIQUOR STORE

FRIDAY, SEPTEMBER 14 | 3:00 – 7:00 P.M.
FORT STREET SIGNATURE BC LIQUOR STORE
**NEW RICKARD'S CARDIGAN –
AUTUMN SPICED LAGER**

Get out your favourite cardigan, as autumn is almost here! Come meet the newest member of the Rickard's Family, Rickard's Cardigan – Autumn Spiced Lager. Celebrate our new spiced lager by pairing it with some autumn-inspired

dishes: braised short ribs and warm apple crisp (39th & Cambie only). The first visitors will receive a Rickard's pint glass with cardigan sleeve, as a gift with purchase.

FRIDAY, SEPTEMBER 14 | 3:00 – 5:00 P.M.
THINK GREEN! DRINK GREEN!
Come and sample some enticing and savoury appetizers together with the vibrant and new Anna Spinato Organic Prosecco.

MONDAY, SEPTEMBER 10 | 4:00 – 6:00 P.M.
PRESENTING GRANT BURGE – AWARD-WINNING AUSTRALIAN WINEMAKER
Come meet award-winning winemaker and owner Grant Burge. Grant will be in store signing bottles and leading a tasting of The Holy Trinity, Fillsell and Miamba. Don't miss out!

WEDNESDAY, SEPTEMBER 12 | 3:00 – 6:00 P.M.
ECO FASHION WITH CONO SUR WINES
Cono Sur pairs organic wine with fashion, featuring eco clothing. Come for a tasting and learn about sustainable options and designs for your closet.

THURSDAY, SEPTEMBER 13 | 6:00 – 8:00 P.M.
MUSHROOMS AND BORDEAUX COOKING DEMONSTRATION
Join chef Lawren Moneta as she introduces you to a variety of exotic and local mushroom dishes. Our 39th & Cambie Product Consultants will pair each dish with a special wine from Bordeaux. Tickets are \$40 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

THURSDAY, SEPTEMBER 20 | 4:00 – 7:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
STOLICHNAYA
Participants will have chance to taste and enjoy samples of Stolichnaya and Stolichnaya Razberi along with a complementary food pairing.

FRIDAY, SEPTEMBER 21 | 4:00 – 7:00 P.M.
PARK ROYAL SIGNATURE BC LIQUOR STORE
FOOD & WINE PAIRING WITH BOUTINOT
Learn the basics of food and wine pairing with Boutinot's own sommelier, Laurène Amiet and take home some tips and recipes.

SATURDAY, SEPTEMBER 22 | 2:00 – 4:00 P.M.
**BORDEAUX 2009 CONSUMER
PREVIEW TASTING**

Join us for a complimentary tasting of six exclusive Bordeaux 2009 wines paired with small gourmet bites. Preview this vintage and learn about the iconic wines that will be released on Saturday, September 29th.

SATURDAY, SEPTEMBER 22 | 2:00 – 6:00 P.M.
WESTWOOD SIGNATURE BC LIQUOR STORE
**ALEXANDER KEITH'S BIRTHDAY –
MADE TO SHARE**
Celebrations for Alexander Keith continue over two centuries later, with a raised glass. Learn about the history of the man, the beer and start counting out 217 candles for the October 5th celebration. Join us east coast fare paired with Keith's namesake IP and Red Amber Ales and find out how you can enter for the chance to win an east coast experience, west coast style.

SATURDAY, SEPTEMBER 29TH | 9:30 A.M.
ALL SIGNATURE BC LIQUOR STORES
BORDEAUX 2009 RELEASE
Join us for the prestigious release of the Bordeaux 2009 wines. This year's release is known to be one of the greatest vintages of our time! Robert Parker from the Wine Advocate has awarded 100 points to 19 magnificent wines. Line up early to ensure you don't miss out on these rare and beautiful wines. For more details on this exclusive release please visit www.bcliquorstores.com

OCTOBER

SATURDAY, OCTOBER 6 | 2:00 – 6:00 P.M.
PARK ROYAL SIGNATURE BC LIQUOR STORE
**OKTOBERFEST PROST!
LEDERHOSEN OPTIONAL**
Celebrating Oktoberfest, join us to sample the quintessential Munich festival diet of German beer and bratwurst. Highlighting German craftsmanship with Becks and Löwenbräu, the latter being one of only six breweries officially served during the 16-day festival and every year since the first Oktoberfest in 1810.

SATURDAY, OCTOBER 6 | 2:00 – 6:00 P.M.
39TH & CAMBIE SIGNATURE BC LIQUOR STORE

THURSDAY, OCTOBER 11 | 3:00 – 7:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE

FRIDAY, OCTOBER 12 | 3:00 – 7:00 P.M.
PARK ROYAL SIGNATURE BC LIQUOR STORE
ARGENTINE TREASURES

Join one of the world's hottest wine categories – come and taste the wines of Argentina, accompanied by tasty and traditional empanadas, from Vancouver's House of Empanadas.



WEDNESDAY, OCTOBER 10 | 6:00 – 8:00 P.M.

AUTUMN HARVEST COOKING DEMONSTRATION

Join Chef Nathan Fong as he demonstrates how to make delicious quinoa cakes with smoked trout and lime and chipotle chili mayonnaise, wild mushroom risotto with sage and truffles, and spiced pumpkin bread. Each dish will be paired with wine chosen by our Product Consultants. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

THURSDAY, OCTOBER 11 | 4:00 – 8:00 P.M.

CORONA EXTRA – COOK IN WITH CORONA

Join us to experience Cook In With Corona. Chefs will be offering tastes of the season that pair perfectly with Corona. Be one of the first 50 customers and receive Corona-branded salt and pepper shakers as a gift with purchase.



SATURDAY, OCTOBER 13 | 9:30 A.M.

BEST OF BC RELEASE

Each fall, the Best of BC wines are released in partnership with BC wineries to celebrate a special collection of premium Vintners Quality Alliance (VQA) wines. Line up early and don't miss out on purchasing these exclusive wines!

SATURDAY, OCTOBER 13 | 2:00 – 6:00 P.M.
FLEETWOOD SIGNATURE BC LIQUOR STORE

TOAST THE START OF HOCKEY SEASON! (FINGERS CROSSED THE LOCKOUT DOESN'T HAPPEN!)

Celebrating every rec league player's professional aspirations, Budweiser is there to share in reliving every game-winning moment. Join us in-store to sample Budweiser as you get ready for the start of hockey season. Ask how you can enter for a chance to win a Canucks VIP game experience for you and three friends.

SATURDAY, OCTOBER 13 | 3:00 – 5:00 P.M.
PARK ROYAL SIGNATURE BC LIQUOR STORE

THINK GREEN! DRINK GREEN!

Come and sample some enticing and savoury appetizers together with the vibrant and new Anna Spinato Organic Prosecco.

SUNDAY, OCTOBER 14 | 1:00 – 5:00 P.M.

CUPCAKE VINEYARDS PRESENTS: CUPCAKE WINES AND CUPCAKES

Cupcake Vineyards encourages everyone to *Live Deliciously*. So come and join us for a unique pairing of heavenly cupcakes and delicious Cupcake Vineyard wines.

THURSDAY, OCTOBER 18 | 3:00 – 5:00 P.M.

FLAVOURS OF ITALY

Enjoy a selection of the newest listings and best-selling Italian wines. Try them with authentic Italian delicacies at the Cambie Kitchen event on Thursday, October 18th.

BORDEAUX

2009 Release September 29, 2012

Please join us for the following **Bordeaux 2009** Events:

THURSDAY, SEPTEMBER 13 | 6:00 – 8:00 P.M.

MUSHROOMS AND BORDEAUX COOKING DEMONSTRATION

Join chef Lawren Moneta as she introduces you to a variety of exotic and local mushroom dishes. Our 39th & Cambie Product Consultants will pair each dish with a special wine from Bordeaux. Tickets are \$40 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

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VERY SPECIAL EVENTS

SATURDAY, OCTOBER 20 | 3:00 – 7:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
OUR BEST OF BELGIUM

Belgians know beer. They also know food, and pairing our best of Belgium: Leffe, Hoegaarden or Stella, with a hearty fall meal or sweet finisher is a winning combination. Stop in and sample the top selling Belgian beers in BC, and find out how you can enter for a chance to win a chef-at-home Belgian dining experience for you and seven friends.



WEDNESDAY, OCTOBER 24 | 6:00 – 8:00 P.M.
COOKING WITH APPLES

Join Chef Céline Turenne as she demonstrates how to make sweet and savoury apple dishes, perfect for fall entertaining. Each dish will be paired with a juicy wine chosen by our Product Consultants. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.



THURSDAY, OCTOBER 25 | 4:00 – 6:30 P.M.
ORANGE SPIRITS & LIQUEURS

Join our 39th & Cambie Product Consultants for a tasting and food pairing of orange spirits and liqueurs perfect for Halloween entertaining!

FRIDAY, OCTOBER 26 | 2:00 – 5:00 P.M.
BACARDI RUMS

Celebrate Bacardi's 150th year with samples of Bacardi Oakheart Spiced Rum and Bacardi Superior paired with mouth-watering appetizers.

SATURDAY, OCTOBER 27 | 2:00 – 6:00 P.M.
RICKARD'S – COOK LIKE A PRO

Join us and learn from the pros (local female brewer Valerie Fraser and local chefs from Pacific Institute of Culinary Arts) about how to pair beer and food. You could win culinary classes for you and your friends, new pots and pans, and a Whole Foods shopping spree.

NOVEMBER



SATURDAY, NOVEMBER 3 | 9:30 A.M.
ALL SIGNATURE BC LIQUOR STORES
ANNUAL SPIRIT RELEASE

With enthusiasm for premium spirits increasing each year, BC Liquors Stores continue to seek global selections of rare and highly recommended products. Choose from aged malts, vintage whiskies, unique and limited cask finishings along with rum and liqueur offerings within a wide range of prices. Shop early, as quantities are limited.

SATURDAY, NOVEMBER 3 | 9:30 – 11:00 A.M.
SPIRIT RELEASE TASTING

Join our Portfolio Manager, Adele Shaw along with our knowledgeable Product Consultants for a taste of this year's spirit release products.

THURSDAY, NOVEMBER 8 | 3:00 – 6:00 P.M.
**EASY ITALIAN WINES
FOR EVERYDAY COOKS**

Come get inspired in the kitchen with us! Join us for a tasting of Masi wines and get recipe ideas for dinner tonight!



FRIDAY, NOVEMBER 9 | 6:00 – 7:30 P.M.
**BACARDI RUMS SEMINAR
WITH WILLIAM RAMOS,
BACARDI BRAND MASTER**

Join Bacardi Brand Master William Ramos to learn more about Bacardi Rum. He has shared his passion for rum with more than 93,000 people in the past 10 years. His goal is to continue spreading the magic of Bacardi and its 150 years of rich history while providing a unique learning experience. Tickets are \$15 and available to purchase at the 39th & Cambie customer service desk. Seating is limited.

WEDNESDAY, NOVEMBER 14 | 6:00 – 8:00 P.M.
**FRENCH COMFORT FOOD
COOKING DEMONSTRATION**

Join Chef Céline Turenne as she takes you on a culinary journey to France! Céline will create a variety of French comfort food paired with delicious French wine by our Product Consultants. Tickets are \$20 and are available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

THURSDAY, NOVEMBER 15 | 4:00 – 6:30 P.M.
BIG, BOLD, ITALIAN

Join our 39th & Cambie Product Consultants as they lead you through a tasting and food pairing of their favourite Italian wines.

SATURDAY, NOVEMBER 17 | 2:00 – 5:00 P.M.
**FIND YOUR PERFECT PAIRING WITH
ROSEMOUNT AND MISS VICKIE'S**

The Perfect Pairing program allows customers to match the flavour profile of Miss Vickie's potato chips with Rosemount Diamond Label and Diamond Blends wines. We will have several flavours of chips available for people to try with different wines. Come out to find your favourite pairing!



WEDNESDAY, NOVEMBER 21 | 6:00 – 8:00 P.M. |
**BRINED, SMOKED AND DRIED
COOKING DEMONSTRATION**

Looking for something new and exciting to cook this fall? Join Chef Lawren Moneta as she demonstrates how to prepare homemade corn beef with honey mustard, squash and oven-dried tomato salad and oven-smoked ribs. Each dish will be paired with a wine chosen by our Product Consultants. Tickets are \$20 and available to purchase at the 39th & Cambie Customer Service desk. Seating is limited.

FRIDAY, NOVEMBER 23 | 3:00 – 6:00 P.M.
JACK DANIEL'S – MEET THE FAMILY

Join us for a special tasting of Jack Daniel's, Gentleman Jack, Jack Daniel's and Honey and Jack Daniel's Single Barrel all paired with gourmet appetizers. Learn how to make Jack Daniel's cocktails from the on-site mixologist.

FRIDAY, NOVEMBER 23 | 4:00 – 6:00 P.M.
ALBERNI & BUTE SIGNATURE BC LIQUOR STORE
GIBSON'S FINEST CANADIAN WHISKY

Join us as we celebrate the 100th Anniversary of the Grey Cup! Enjoy a complimentary tasting of Gibson's Finest Canadian Whisky. Receive a bonus CFL glass with each purchase of Gibson's.

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).



BOEUF BOURGUIGNON

Serves 12

½ lb	(250 g)	lean, salted pork
1 tsp		
+2 tbsp	(35 ml)	oil (more if needed)
4 lb	(2 kg)	lean stewing beef (pot roast or inside round), cut into 1-in (2.5 cm) cubes
2 tbsp	(30 ml)	cognac
2½ cups	(625 ml)	dry red wine
8 tbsp	(120 ml)	unsalted butter
½ cup	(125 ml)	flour
2½ cups	(625 ml)	beef broth
3		garlic cloves, minced
1½ tbsp	(21 ml)	tomato paste
2		bay leaves
		freshly ground black pepper, to taste
1 tsp	(5 ml)	allspice

3		large carrots, cut into chunks
48		white pearl onions, peeled*
1 tsp		
+2 tbsp	(35 ml)	fresh lemon juice
2 tsp	(10 ml)	sugar
1 lb	(500 g)	white mushrooms
pinch		salt
¼ cup	(50 ml)	fresh parsley, finely chopped

Cut pork into ½ x 1½-in (1 x 3.5 cm) pieces and place in 3 cups (750 ml) of cold water for at least 30 minutes. Drain. Place pork in a large sauce pan and cover with water. Bring to a boil over high heat, skim and boil for 10 minutes. Drain and rinse under cold water. Once pork has cooled, pat dry and sauté over high heat with 1 tsp (5 ml) oil. Cook until golden on all sides, about 10 minutes. Drain over a bowl to capture fat, reserve. Remove fat from beef and pat dry with paper towels. In a large Dutch oven, heat 3 tbsp (45 ml) of fat from pork and 1 tbsp (15 ml) of oil over medium-high heat. Add enough beef cubes to cover bottom of the pot with some space between them. Do not overcrowd pan. Cook cubes until browned on all sides. Remove from pan and place in a colander over a bowl to drain. Proceed in batches until all cubes are done, adding fat if necessary. When all beef has browned, remove liquid and fat from Dutch oven. Pour on cognac and flambé. Once flames are extinguished, scrape bottom of Dutch oven. Add ½ cup (125 ml) wine and boil until reduced by half. Pour into a small bowl and set aside. Preheat oven to 350 F (180 C). Over medium heat, melt 4 tbsp (60 ml) of butter in Dutch oven and add 6 tbsp

* Peeled onions are available frozen in gourmet stores. If your onions are fresh and not peeled, boil water in a large pot and add onions. Boil for 3 minutes and immediately rinse under cold water. Cut the root and peel. Drain.

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(90 ml) flour. Stir well and cook until light brown, about 5 minutes. Add 2 cups (500 ml) of wine, beef broth and cognac/wine mixture. Over medium-high heat, bring to boil while whisking. Add garlic, tomato paste, seasonings and stir well. Add beef cubes and defatted liquid drained from beef cubes. Bring back to boil, taste and adjust seasonings, if required. Cover Dutch oven and cook in oven for 15 minutes. Remove from oven, add and bring back to a boil over high heat if necessary. Cover and put back into oven. Lower to 325 F (170 C) and cook beef for 1 hour. While mixture is cooking, prepare onions and mushrooms. Over medium heat, melt sugar with 4 tbsp (60 ml) butter and 1 tsp (5 ml) lemon juice in a pan. Lower heat to medium low and add onions. Stir to coat. Cover. Cook and stir every 2 minutes until golden on all sides, about 10 minutes. Do not over-cook. Set aside. Clean mushrooms and remove stems. Cut mushrooms in quarters if large. Pour 2 cups (500 ml) water into a large saucepan, add 2 tbsp (30 ml) lemon juice and a pinch of salt. Bring to boil, add mushrooms, cover, remove from heat and let sit for 5 minutes. Drain and set aside. After stew has been in oven for 1 hour, add carrots and mushrooms and bring back to boil, if necessary. Cook for another hour in oven. Check doneness and cook longer, if needed. When meat is cooked, remove from oven and pour into a large strainer. Remove bay leaves. Wash Dutch oven. Remove fat from sauce by either putting in a gravy separator or using paper towels to absorb fat that rises to top. Once fat is removed, pour back into Dutch oven. If sauce is too thin, boil it down rapidly. If too thick, add a few tablespoons of beef stock. Taste and adjust seasonings, if required. Stir solids back in and stir in onions and fresh parsley. This dish is better done a day ahead. It can be frozen and thawed in refrigerator overnight. Reheat, covered, in a 300 F (150 C) oven.

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STICKY DATE PUDDING WITH CARAMEL SAUCE

Makes 12

1 cup	(250 ml)	pitted dried dates, coarsely chopped
1 tsp	(5 ml)	baking soda
1 ¼ cup	(300 ml)	boiling water
¼ cup	(50 ml)	butter, softened
1 cup	(250 ml)	brown sugar, firmly packed
1 cup	(250 ml)	self-rising flour
2		eggs, lightly beaten

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- Facebook post by Katherine H.

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Comfort Food of France from page 10 continued

Preheat oven to 350 F (180 C). Grease a 12-muffin pan. Place dates, baking soda and boiling water in blender. Cover with lid and let stand for 5 minutes. Add butter and sugar, cover and pulse 2 to 3 times. Add remaining ingredients and pulse mixture until just combined. Do not over-process. Scrape down sides of jug if necessary. Divide mixture evenly in muffin tin and bake for 20 minutes or until cooked when tested with a toothpick. Meanwhile make Caramel Brittle and Caramel Sauce (recipes follow). When done baking, remove puddings from oven and let stand for 5 minutes before placing on cooling rack. Serve warm, drizzle with Caramel Sauce and garnish with Caramel Brittle.

CARAMEL SAUCE

2 cups (500 ml) brown sugar, firmly packed
1½ cup (375 ml) heavy cream
¾ cup (175 ml) butter

Combine all ingredients in a saucepan and melt over medium heat, stirring occasionally. Bring to a boil, reduce heat and simmer for 5 minutes until slightly thickened. Keep warm until ready to drizzle over puddings.

CARAMEL BRITTLE

2 cups (500 ml) sugar

Place sugar in medium-size, heavy-bottom saucepan. Over medium-high heat, cook until sugar reaches 300 F (150 C) on a candy thermometer. Pour onto a cookie sheet lined with parchment paper or a silicon mat. Once cooled, break into pieces, arrange one shard per pudding and serve.

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FRENCH ONION SOUP

Serves 4

12 small yellow onions, thinly sliced
(or 4 large Spanish onions)
¼ lb (125 g) butter
3½ cups (875 ml) beef broth
1–12 oz (341 ml) bottle of beer (lager works best)
¼ cup (50 ml) Parmesan cheese, freshly grated

Cocktails and Jazz from page 20

- 4 freshly ground black pepper, to taste
 slices of baguette, toasted
1 cup (250 ml) Gruyère cheese, grated

In a large pan, over medium heat, melt butter. Add onions and stir to coat with butter. Cook until onions are caramelized (golden in colour), 45 minutes to an hour, stirring regularly. If onions start to turn too dark, lower heat. Add broth, beer, Parmesan and pepper. Stir to combine. Bring to a boil, reduce heat and simmer for 15 to 30 minutes. Taste and adjust seasoning as needed. Place hot soup in a bowl, add toasted baguette slices, top with Gruyère and broil for a few minutes until cheese is bubbly and golden.

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ROASTED SHRIMP WITH ASIAN HORSE RADISH SAUCE

Serves 6

- 24 large shrimp, shelled, leaving tails on and deveined
1 tbsp (15 ml) vegetable oil
2 green onions, thinly sliced, as garnish
pinch salt and pepper

Preheat oven to 400 F (200 C). In a bowl toss shrimp with oil and a good pinch of both salt and pepper. Place shrimp on a baking sheet in a single layer. Roast until just pink, firm and cooked through, about 8 to 10 minutes. Meanwhile make Asian Horseradish Sauce (recipe follows). Serve shrimp warm or cold alongside sauce as a dip. Garnish with green onion, if desired.

ASIAN HORSE RADISH SAUCE

- ¾ cup (175 ml) sour cream
¼ cup (50 ml) mayonnaise
3 tbsp (45 ml) horseradish
2 tsp (10 ml) lime zest
2 tsp (10 ml) lime juice
¼ tsp (1 ml) toasted sesame oil
2 tsp (10 ml) fresh ginger, finely grated
 salt and pepper, to taste

In a bowl, stir together sour cream, mayonnaise, horseradish, lime zest and juice, sesame oil and ginger. Season to taste with salt. Serve with Roasted Shrimp.

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Cocktails and Jazz from page 20 continued



FRENCH MACARONS

Makes 12 Macarons

¼ cup	(50 ml)	egg whites (or use prepackaged egg whites)
1 cup	(250 ml)	icing sugar
¾ cup	(175 ml)	ground almonds
⅛ tsp		cream of tartar
¼ cup	(50 ml)	superfine sugar*
		gel food colouring, colour as preferred
		Filling (recipes follow)

Place egg whites in a glass bowl or plastic container and let sit in refrigerator for 4 days. Alternatively, use prepackaged egg whites, which can be used right away. Preheat oven to 325 F (170 C). Line two large baking sheets with parchment paper. In a food processor fitted with the blade attachment, pulse together icing sugar and ground almonds for about 1 minute. Sift mixture twice into a bowl, discarding any particles too big to pass through sieve. In bowl of stand mixer fitted with the whisk attachment, whisk together egg whites until foamy. Whisk in cream of tartar. Gradually add sugar while continuing to whisk at medium speed. Meringue is ready when stiff peaks just form, about 4 to 5 minutes. Add enough gel food colouring, if using, to achieve desired colour. Sift half almond mixture over meringue mixture. Fold together with a rubber spatula until just incorporated. Sift over remaining almond mixture and fold, lifting from bottom, up around sides and towards middle, until batter just falls off spatula in a continuous stream. This is an important step in making macarons. If over-mixed, macarons will not bake properly. Transfer to a pastry bag fitted with ¼-in (0.5 cm) plain pastry tip. "Glue" parchment paper to baking sheets by placing a few dots of the macaron mixture on baking sheets. Pipe uniform rounds, about 1.5-in (3.5 cm) in diameter, spacing them 1-in (2.5 cm) apart (cookies will spread slightly). Holding baking sheet firmly, tap it on the table a few times. Leave the macarons out, uncovered, at room temperature until they form a thin, smooth crust that doesn't stick to your finger when touched lightly, about 40 minutes. This drying time might be longer depending on the humidity in the air. Bake macarons 12 to 14 minutes, turning pan halfway through cooking time. Macarons are ready when they develop a frilly bottom and a crisp crust. Let cool on tray for 5 minutes before removing to finish cooling completely on a wire rack. To finish, spoon or pipe Filling (recipes follows) onto half the macaron shells, then sandwich with remaining shells. Let sit one hour before serving or store in an airtight container in freezer for up to 3 months.

VANILLA WHITE CHOCOLATE GANACHE FILLING

Makes 1 cup (250 ml)

9 oz	(280 g)	white chocolate, finely chopped
1 tbsp	(15 ml)	unsalted butter
½ cup	(125 ml)	cream
1		vanilla bean, split in half, seeds scraped out

Place chocolate and butter in a heatproof bowl. Pour cream into a small saucepan, add vanilla seeds and vanilla pod and bring to a boil. As soon as cream boils, strain it over chocolate and butter. Let mixture sit a minute

* If you cannot find superfine sugar, pulse granulated sugar in a food processor until finely ground.

CELEBRATE LIFE...ENJOY RESPONSIBLY

Cocktails and Jazz from page 20 continued

then mix until you get a smooth and shiny ganache. Cover bowl with plastic wrap and leave to set somewhere cool for a few hours. Do not refrigerate as ganache will become too hard to spread between the macarons.

RASPBERRY ROSE BUTTERCREAM FILLING

Makes 1 cup (250 ml)

½ cup (125 ml) unsalted butter, room temperature
¼ tsp (1 ml) rosewater
3 tbsp (45 ml) seedless raspberry jam
1½ cup (375 ml) icing sugar, sifted

In bowl of a stand mixer fitted with paddle attachment, beat butter, rosewater and jam on medium speed until pale and fluffy, about 4 minutes. Add sugar, ½ cup (125 ml) at a time, beating well on low speed and scraping down sides of bowl after each addition. Increase speed to high and beat until well combined, about 20 seconds. Transfer to a bowl, cover with plastic wrap and leave at room temperature until ready to use.



CRAB CAKES WITH PARMESAN LEMON CREAM

Makes 27 Crab Cakes

¾ cup (175 ml) cream cheese, room temperature
1 large egg
1½ tsp (7 ml) lemon zest, finely grated
3 tbsp (45 ml) fresh chives, finely chopped, plus extra for garnish
½ tsp (2 ml) salt
¼ tsp (1 ml) freshly ground black pepper
⅛ tsp (0.5 ml) cayenne pepper (to taste)
1 lb (500 g) crab meat, picked over for shells and coarsely shredded
2½ cups (625 ml) panko bread crumbs
vegetable oil, as needed
Parmesan Lemon Cream (recipe follows)

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Pumpkins, The Gorgeous Gourd from page 26

In bowl of a stand mixer fitted with paddle attachment, beat cream cheese until smooth. Beat in egg until well incorporated. Stir in lemon zest, chives, salt, pepper and cayenne pepper. With a spatula, fold in crab meat. Refrigerate for 30 minutes. Meanwhile, preheat oven to 250 F (130 C). Place panko in a large bowl. Heat ½-in (1 cm) vegetable oil in a frying pan over medium heat. Portion crab mixture into heaping 1 tbsp (15 ml) balls. Form each ball into a small patty and coat with panko mixture. Working in batches, pan fry crab cakes until golden brown, about 2 minutes per side. Transfer to a parchment-lined baking sheet and keep warm in oven while preparing remaining crab cakes. When ready to serve, transfer crab cakes to a serving platter and top each with a dollop of Parmesan Lemon Cream (recipe follows). Garnish with sprigs of chives, if desired.

PARMESAN LEMON CREAM

Makes 2 cups (500 ml)

1 cup (250 ml) cold cream
½ cup (125 ml) Parmesan cheese, finely grated
1 tsp (5 ml) lemon zest, finely grated

In a small saucepan, whisk together cream and Parmesan over medium heat. Whisk continuously until cheese melts into cream, about 5 minutes. Strain mixture into a bowl and refrigerate until cold. Parmesan Lemon Cream can be prepared up to this point and refrigerated in an airtight container for up to 2 days. Just before serving, whip Parmesan cream to soft peaks. Gently fold in lemon zest and use right away.



ROASTED PUMPKIN RAVIOLI WITH SAGE AND BROWN BUTTER SAUCE

Serves 6 (makes 36 ravioli)

½ lb (750 g) fresh pumpkin or butternut squash, peeled, seeded and cut into 4-in (10 cm) cubes or about 1½ cups (375 ml)
4 tbsp (60 ml) olive oil
1 cup (250 ml) ricotta cheese
1 large egg yolk, beaten
¼ cup (50 ml) toasted pine nuts, coarsely chopped
1 cup (250 ml) Parmesan, plus extra for garnish
3 tbsp (45 ml) fresh basil, finely chopped
2 tbsp (30 ml) mixed fresh thyme and sage, finely chopped
¼ tsp (1 ml) ground nutmeg
½ tsp (2 ml) cinnamon
parsley, for garnish
1 lb (500 g) fresh thin lasagna sheets OR
1 pkg round wonton wrappers
salt and pepper, to taste
1 large egg, beaten with 1 tbsp (15 ml) water (Egg Wash)

Preheat oven to 400 F (200 C). Toss diced pumpkin with 2 tbsp (30 ml) olive oil to coat, season and place on a parchment paper- or foil-lined baking sheet. Roast for 20 to 25 minutes, or until soft and slightly charred. Set aside to cool. Transfer to a mixing bowl and coarsely mash. Mix in ricotta, egg yolk, pine nuts and Parmesan. Stir in herbs, nutmeg, cinnamon and remaining 2 tbsp (30 ml) olive oil. Season with salt and pepper. On a lightly floured surface, lay out pasta and place heaping tablespoons of pumpkin mixture in rows 2-in (5 cm)

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Pumpkins, The Gorgeous Gourd from page 26 continued

apart. The ravioli should be about a 2-in (5 cm) square. Brush around piles of filling with Egg Wash. Top with another pasta sheet and press together around each mound of filling, removing air from each ravioli. Use a pastry cutter or sharp knife to cut out ravioli. If using round wonton wrappers, add a heaping tablespoon to centre of half the wrappers, then brush around edges with Egg Wash. Top with each with another wonton wrapper and press around filling, removing all air. Set raviolis on a parchment-lined baking sheet until all are finished. Bring a pot of salted water to a rapid boil and cook ravioli for 3 to 4 minutes, until they rise to surface. Make the Sage and Brown Butter Sauce (recipe follows) while water comes to a boil. Cook in batches so ravioli are not overcrowded. Drain well. To serve, place some of the ravioli in the center of each serving plate. Spoon Sage and Brown Butter Sauce over pasta. Sprinkle each plate with freshly grated Parmesan and garnish with flat-leaf parsley.

SAGE AND BROWN BUTTER SAUCE

½ cup (125 ml) butter
14 fresh sage leaves

In a large skillet, melt butter over medium heat. Add sage to butter and continue to cook until butter starts to brown. Remove from heat and drizzle over fresh ravioli before serving.

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SPICED PUMPKIN BREAD

Makes 2 loaves

1 tsp (5 ml) ground cloves
1½ tsp (7 ml) cinnamon
1 tsp (5 ml) ground nutmeg
1½ tsp (7 ml) ground ginger
1 tsp (5 ml) baking soda
½ tsp (2 ml) baking powder
3 cups (750 ml) all-purpose flour
½ tsp (2 ml) salt
1 cup (250 ml) butter
2 cups (500 ml) white sugar
½ cup (125 ml) brown sugar
3 large eggs
1–15 oz (450 ml) canned pumpkin purée
1 cup (250 ml) raisins (optional)
1 cup (250 ml) walnuts, coarsely chopped (optional)
½ cup (125 ml) candied ginger, chopped (optional)
½ cup (125 ml) pumpkin seeds (pepitas), untoasted

Preheat oven to 350 F (180 C). Lightly grease and flour two 9 x 5-in (23 x 12 cm) loaf pans. Sift together spices, baking soda, baking powder, flour and salt into a large mixing bowl. In another mixing bowl, beat together butter sugars until well-mixed. Gradually beat in eggs and pumpkin until well-blended. Stir

dry ingredients into pumpkin mixture in two parts just until blended and fold in raisins and walnuts, if using. Divide batter between prepared pans. Divide pumpkin seeds (and ginger, if using) and sprinkle over top of each loaf. Bake for 1 hour and 10 minutes, or until toothpick inserted into middle of loaf comes out clean. Remove from oven and transfer to wire racks. Allow to cool for 15 minutes, then, using a knife, cut around sides to loosen. Turn out onto rack and cool completely before slicing.

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BAKED PUMPKIN AND ONION DUMPLINGS WITH HERB DIP

Makes 20 dumplings

1¼ oz pkg (7.5 g) active dry yeast
1 cup (250 ml) warm water
4 cups (500 g) all-purpose flour
2 tbsp (30 ml) sugar
1 tsp (5 ml) salt
1 tbsp (15 ml) canola oil
1 lb (½ kg) onions, coarsely chopped
2 lbs (500 g) pumpkin or butternut squash, peeled, seeded and cut into ½-in (1 cm) dice OR 2 cups (500 ml) cooked
¾ tsp (4 ml) red pepper flakes
sea salt and freshly ground pepper, to taste
1 egg yolk beaten with 1 tbsp (15 ml) water (Egg Wash)

To simplify, store-bought bread dough can also be used. If doing so, skip ahead to stuffing instructions. Dissolve yeast in ½ cup (125 ml) of warm water and let stand in a warm place for 10 minutes. Place flour in a large mixing bowl along with sugar, prepared yeast, 1 tsp (5 ml) salt and mix well. Gradually add remaining ½ cup (125 ml) warm water, or enough to make a soft, moist dough. Turn dough out onto a clean surface and knead for 5 minutes, sprinkling with flour, if necessary, for easy handling. (This can also be done in an electric mixer with a dough attachment). Return dough to a lightly oiled bowl, cover with a kitchen towel and let rise for 1 hour. Meanwhile, to make stuffing, heat canola oil in a large saucepan over medium heat. Add onions and sauté for a minute. Add pumpkin and stir well to mix. Reduce heat to low, cover and cook for 30 minutes or more until pumpkin is soft. Uncover and cook for 10 more minutes, or until any excess liquid has evaporated. Transfer mixture to a bowl and stir in pepper flakes and season to taste. Allow to cool. Preheat oven to 375 F (190 C). Punch down dough and roll out into a long sausage, about 3-in (8 cm) thick. Pull off about ¼ cup (50 ml) ball and roll into a thin pancake, about 4-in (10 cm) diameter and ¼-in (0.5 cm) thick. Place a generous tablespoon into the centre and fold over top towards the centre. Then fold the bottom left and right sides over towards the centre to shape an enclosed triangle. Pinch folds to seal. Place on a parchment-lined or oiled baking sheet. Repeat with remaining dough and filling. Brush with Egg Wash. Bake for 30 to 40 minutes, or until golden

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Fall Greenery from page 36

brown. Serve warm with Herb Dip (recipe follows). These dumplings can also be baked, cooled and frozen. To serve, thaw at room temperature for 1 hour and reheat in a 350 F (180 C) oven for 10 minutes.

HERB DIP

1 cup	(250 ml)	sour cream
1		garlic clove, minced
3 tbsp	(45 ml)	chives, finely chopped
3 tbsp	(45 ml)	fresh dill, finely chopped
2 tbsp	(30 ml)	flat-leaf parsley, finely chopped
2 tbsp	(30 ml)	lemon juice
		salt and freshly ground pepper, to taste

Mix all ingredients in a bowl, cover with plastic wrap and allow to sit for at least an hour. Can be stored in an airtight container for up to one week.

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CHARD AND CEDAR-PLANKED SALMON SALAD

Serves 6

2		medium yellow beets
1 tbsp	(15 ml)	olive oil, to coat
3 cups	(750 ml)	vegetable or chicken stock
1½ cups	(375 ml)	black rice, washed and drained
1 tbsp	(15 ml)	each, olive oil and freshly squeezed lemon juice
2 tsp	(10 ml)	liquid honey
2 tsp	(10 ml)	hot curry powder
1 tsp	(5 ml)	ground cumin
1 tsp	(5 ml)	grated ginger root
1		garlic clove, minced
6–4 oz	(125 g)	salmon fillets, boned and skinned

Fall Greenery from page 36 continued

1 bunch Swiss chard, stems removed, leaves washed and spun dry
3 whole green onions, chopped
salt and pepper

Soak cedar plank in water for a minimum of 30 min. up to Preheat oven to 375 F (190 C). Rub unpeeled beets with oil and wrap in parchment paper. Bake on a baking sheet for 1 to 1½ hours, or until tender when pierced. Remove and set aside to cool. In a large saucepan, bring stock and rice to a boil. Cover and reduce heat to medium-low and cook for 40 to 45 minutes or until rice is tender but still has crunch. Remove from heat and set aside to cool. Combine olive oil, lemon juice, honey, curry, cumin, ginger and garlic in a bowl. Whisk to blend. Stir into cooked rice. Set aside. Peel beets, thinly slice and set aside. Season salmon with salt and pepper and bring to room temperature before grilling, about 15 minutes. Preheat barbecue until it reaches a temperature of 500 F (260 C). Rinse plank and place on barbecue grate. Close grill and heat plank for about 4 to 5 minutes or until it begins to throw off some smoke. Place salmon fillets on plank leaving a small space in between each fillet for even cooking. Reduce barbecue heat to low and bake with barbecue closed for 15 to 20 minutes or until inner temperature of salmon reads 135 F (57 C). Keep a spray bottle of water handy in case wood flares up. When salmon is done to your liking, remove plank and transfer salmon to a plate. To serve, arrange sliced beets in a single, overlapping layer on each plate. Finely shred chard and fold into rice with green onions. Place a generous spoonful of rice mixture on each serving plate and place salmon fillet alongside.

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SPICY SQUASH SOUP WITH SHAVED COLLARDS

Makes 2 L (8 Cups)

3 lb (1.5 kg) butternut squash
2 tsp (10 ml) olive oil
1 large onion, peeled and coarsely chopped
2 garlic cloves, finely chopped
1 tbsp (15 ml) ground cumin
1 tsp (5 ml) each, ground coriander, turmeric and oregano
½ tsp (2 ml) each, smoked paprika and crushed chilies
4 cups (1 L) vegetable or chicken stock
3 large collard leaves
Pumpkin Seed Butter (recipe follows)
6 lime wedges

Preheat oven to 375 F (190 C). Cut squash in half and scrape out seeds. Place cut side down in a lightly oiled baking dish. Roast in preheated oven for 45 minutes or until squash is tender when pierced with a sharp knife. Meanwhile, in a large, deep saucepan, heat oil. Add onion and sauté over medium-low heat until soft, about 5 minutes. Be careful not to brown or scorch. Stir often. Stir in garlic, cumin, coriander, oregano, paprika and chilies until it becomes aromatic, about 1 minute. Stir in stock and bring to a boil. Turn off heat and set aside. When squash is tender, cut away peel and cut flesh into chunks. Add to

prepared stock. Bring to a boil. Cover, reduce heat and simmer for 20 minutes, for flavours to blend. Meanwhile make Pumpkin Seed Butter. Purée soup in batches using a hand-held blender or purée in two batches in a blender or food processor until squash is smooth. Return to saucepan. Remove the tough, woody stalks from collards. Wash leaves and blot dry. Tightly roll up collard leaves and cut crosswise into bite-size lengths. Stir into hot soup. Cover and continue to simmer for about 10 more minutes to soften collards. To serve, ladle a scoop of soup into each bowl and stir in a 1 tsp (5 ml) of Pumpkin Seed Butter (recipe follows). Squeeze the juice of a wedge of lime over each serving.

PUMPKIN SEED BUTTER

½ cup (125 ml) unsalted pumpkin seeds, toasted*
½ cup (125 ml) fresh parsley, minced
¼ cup (50 ml) extra-virgin olive oil
1 garlic clove, minced
1 tbsp (15 ml) fresh lemon juice
salt and, to taste

In a food processor fitted with a metal blade, combine toasted pumpkin seeds, parsley, olive oil, garlic and lemon juice. Whirl until processed to a paste, occasionally turning off to scrape down sides of the bowl. Add a little salt and fresh pepper, to taste. Place in a small, airtight container and refrigerate for up to 2 days.

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LEMON KALE SALAD

Serves 6

1 bunch fresh curly kale
½ lemon, juice only
2 tbsp (30 ml) extra-virgin olive oil
1 tbsp (15 ml) Shiro Miso or white miso paste
1 navel orange, peeled, pith removed
2 tsp (10 ml) maple syrup
¼ cup (50 ml) green olives, pitted
¼ cup (50 ml) sliced almonds, toasted
¼ cup (50 ml) golden seedless raisins

Trim kale, removing stalks. Stack leaves one on top of the other and thinly slice crosswise into thin ribbons. Wash and spin dry. Place in a large bowl. Drizzle with lemon juice, olive oil and miso. Using fingertips, massage into leaves until kale begins to soften and wilt. Salad can be made up to this point and refrigerated for up to 2 days. Cut peeled orange into segments and add to salad. Squeeze juices from orange membrane over salad. Drizzle with maple syrup. Toss together to evenly coat. Scatter olives, almonds and raisins over top. Garnish with a little orange zest if you wish and serve.

* Toast seeds in a 350 F (180 C) oven just until they begin to turn golden and you can hear them begin to pop, about 3 to 5 minutes.

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VIJ'S PUNJABI DAAL*

Serves 10

- 1½ cups (375 ml) whole urad lentils
- ½ cup (125 ml) dried kidney beans
- 13 cups (3 L) water

* From Vij's at Home: Relax Honey by Meeru Dhalwala and Vikram Vij.

- ½ tsp (2 ml) asafetida**
- 2 tsp (10 ml) salt
- 1 tsp (5 ml) turmeric (optional)
- ½ cup (125 ml) butter or ghee
- 2 cups (500 ml) onion, finely chopped
- 3 tbsp (45 ml) garlic, chopped
- 1 tbsp (15 ml) ginger, finely chopped
- 1 tbsp (15 ml) jalapeño pepper, finely chopped (optional)
- ¾ cup (175 ml) cilantro, chopped

In a large bowl, combine lentils and kidney beans. Wash and drain a few times to remove impurities. Add 6 cups (1.5 L) of water and set aside. Allow lentils and kidney beans to soak for 2 hours. Transfer lentils, beans and soaking water to a large pot. Pour in remaining 7 cups (1.75 L) of water, then add asafetida, salt and turmeric and bring to a boil on high heat. Cover, reduce heat to low and simmer for 2 hours, stirring occasionally. While lentils and beans are simmering, melt butter in a frying pan over medium-low heat. Add onion, increase heat to medium and sauté for 10 minutes, or until soft and light brown. Add garlic and sauté for 2 minutes. Stir in ginger and jalapeño pepper and sauté for 1 minute. Turn off heat. Stir mixture into cooked lentils and beans. Just before serving, stir in cilantro.

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RICE PUDDING*

Makes 10 cups (2.5 L)

- 12 green cardamom pods
- ¼ cup (50 ml) basmati rice
- 12 cups (3 L) homogenized milk
- 1 cup (250 ml) sugar
- ½ cup (75 ml) raw, unsalted almonds, chopped (peeled or unpeeled)

Lightly pound green cardamoms, peel off pods and discard. Empty seeds into a medium pot. Add rice and cook over low heat (?), stirring gently and regularly, for about 1 hour and 10 minutes. Never scrape bottom of the pot while stirring; otherwise you may get bits of slightly burned milk in your pudding. As rice and milk cook, the consistency will become more and more like pudding. If rice begins to clump or milk begins to stick to bottom of the pan, stir more often or turn down heat slightly. (Milk burns quickly once it sticks will give entire pudding a burnt taste.) Remove pot from heat and add sugar. Stir well. To serve, divide rice pudding among individual bowls and sprinkle with almonds.

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VIJ FAMILY'S CHICKEN CURRY*

Serves 6

- ½ cup (125 ml) canola oil
- 2 cups (500 ml) onion, finely chopped
- 1–3-in (8 cm) cinnamon stick
- 3 tbsp (45 ml) garlic, finely chopped
- 2 tbsp (30 ml) ginger, chopped
- 2 cups (500 ml) tomatoes, chopped

* From *Elegant and Inspired Indian Cuisine* by Vikram Vij and Meeru Dhalwala.

- 1 tbsp (15 ml) salt
- ½ tsp (2 ml) ground black pepper
- 1 tsp (5 ml) turmeric
- 1 tbsp (15 ml) ground cumin
- 1 tbsp (15 ml) ground coriander
- 1 tbsp (15 ml) garam masala**
- ½ tsp (2 ml) ground cayenne pepper
- 3 lbs (1.5 kg) chicken thighs, bone in
- 1 cup (250 ml) sour cream, stirred
- 2 cups (500 ml) water
- ½ cup (125 ml) cilantro, chopped (including stems)

In a large pan, heat oil on medium heat for 1 minute. Add onions and cinnamon, and sauté for another 4 minutes. Add ginger, tomatoes, salt, black pepper, turmeric, cumin, coriander, garam masala and cayenne. Cook for 5 minutes, or until oil separates. Remove and discard skin from chicken thighs. Wash thighs and add to prepared mixture. Stir well. Cook chicken thighs for 10 minutes, until chicken looks cooked on the outside. Add sour cream and water and stir well. Increase heat to medium-high. When curry starts to boil, reduce heat to medium, cover and cook for 15 minutes, stirring 2 or 3 times, until chicken is completely cooked. Poke thighs with a knife. If meat is still pink, cook for 5 more minutes. Remove and discard cinnamon stick. Cool curry for at least half an hour. Transfer cooled chicken to a mixing bowl. Wearing latex gloves, peel chicken meat off the bones. Discard bones and stir chicken back into curry. Just before serving, heat curry on medium heat until it starts to boil lightly. Stir in cilantro. To serve, divide curry evenly among six bowls. Serve with naan or rice.

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CIDER-GLAZED PHEASANT WITH SAUTÉED APPLES AND SHALLOTS

Serves 2

- 4 cups (1 L) boiling water
- ¼ cup (50 ml) kosher salt
- 1 prepared pheasant, rinsed
- 3 tbsp (45 ml) unsalted butter, melted
- 2 tbsp (30 ml) vegetable oil
- 2 Granny Smith apples, peeled, cored and cut into 8 wedges
- 4 shallots, peeled and quartered
- 3 fresh thyme sprigs
- 3 tbsp (45 ml) apple jelly
- 2 tsp (10 ml) grainy mustard
- 1 cup (250 ml) hard apple cider
- ½ cup (125 ml) chicken stock
- salt and pepper

** Garam masala is an aromatic blend of spices often used in Indian cooking, available in specialty stores.

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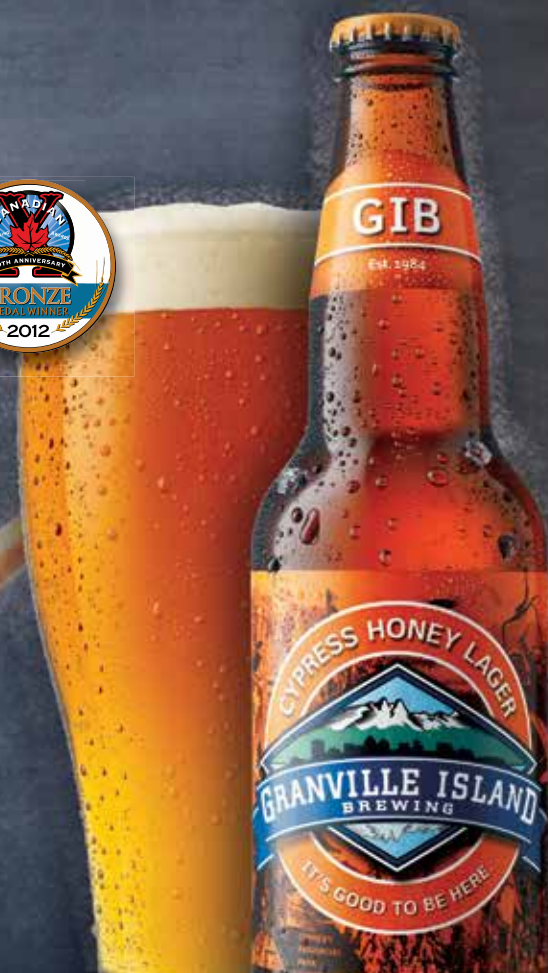
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Birds of a Feather from page 46 continued

In a large bowl, stir together water and salt until salt dissolves. Refrigerate until cold. Add pheasant, cover and refrigerate overnight. Preheat oven to 400 F (200 C). Remove pheasant from brine and pat dry with paper towel. In a small bowl stir together butter and oil. Place pheasant in a roasting pan, breast side down and brush with butter and oil mixture. Place apples, shallots and thyme around pheasant, sprinkle everything with salt and pepper. Roast, basting occasionally, for 20 minutes. Turn pheasant, breast side up, baste and continue to roast another 18 minutes. Meanwhile make glaze. In a small saucepan bring to a boil jelly, mustard and cider. Cook until mixture is thick enough to coat the back of a spoon. Pour chicken stock over roasting pheasant and brush with cider glaze. Return to oven for 8 to 10 minutes, until glazed and golden. Transfer pheasant, apples and shallots to a serving platter and reduce pan juices in a small saucepan over medium-high heat until sauce-like in consistency.

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PROSCIUTTO-WRAPPED QUAIL WITH ROASTED BOURBON PEARS

Serves 4

8		quail
		salt and pepper
½ cup	(125 ml)	olive oil
2 tbsp	(30 ml)	fresh thyme, chopped
4		garlic cloves, minced
8 strips		prosciutto
3		Bartlett pears
2 tbsp	(30 ml)	unsalted butter
2 tbsp	(30 ml)	maple syrup
2 tbsp	(30 ml)	bourbon
pinch		red pepper flakes (optional)

Birds of a Feather from page 46 continued

Generously season each quail, inside and out, with salt and pepper. Transfer to a large bowl and toss with oil, thyme and garlic. Cover and refrigerate at least 2 hours, up to overnight. Preheat oven to 400 F (200 C). Halve pears lengthwise and scoop out core using melon baller or round measuring spoon. Cut each half into 4 wedges and cut away stem. Spread butter over bottom of a 9 x 13-in (23 x 33 cm) baking dish and top with pears. Add syrup, bourbon and red pepper flakes (if using) to dish. Roast pears, uncovered, occasionally basting with pan juices until tender and syrupy sauce has formed in bottom of pan, about 15 to 20 minutes. Allow pears to cool slightly and reserve syrup. Increase oven temperature to 500 F (260 C). Remove quail from marinade and tie legs together with kitchen string. Wrap one strip of prosciutto around each quail and place, breast side up, in an oiled baking dish. Repeat with remaining quail. Roast until just cooked through, the inner thigh meat should still be slightly pink, about 15 minutes. Let rest 5 minutes. To plate, warm pears in syrup in oven or over medium heat in a large frying pan. Divide pears among serving plates and top with two quails. Serve alongside your favourite seasonal vegetables.

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**DUCK BRAISED IN RED WINE
WITH ORANGES AND DRIED PLUMS**

Serves 4

4		duck legs
		salt and pepper
1½ cups	(375 ml)	dry red wine
2		oranges
12		garlic cloves
8		fresh thyme sprigs
4 cups	(1 L)	duck stock or chicken stock
¾ cup	(175 ml)	prunes, cut in half

Preheat oven to 350 F (180 C). Generously season duck legs with salt and pepper. In a heavy-bottomed pot that will hold the duck legs in a single layer, place legs, skin-side down. Place over medium heat and let fat render and skin become golden brown and crisp, about 15 minutes. Turn legs over and brown on other side, about 5 minutes. Transfer to a plate. Pour off fat from pot and return to heat. Pour in wine and scrape up any brown bits from bottom of pot. Bring wine to a boil and reduce until syrupy. Meanwhile, remove 3 strips of zest from one orange with a vegetable peeler. Cut away pith from both oranges and segment flesh into a bowl. Set aside. Add garlic, thyme and orange zest to reduced wine. Add duck legs skin side up and pour stock over top. Place pot in oven and braise, uncovered, until duck is very tender, about 1½ hours. Remove duck from braising liquid to a plate. Strain liquid into a saucepan, add prunes and reduce sauce by half over high heat. Season with salt and pepper, to taste. To serve, add duck, skin side up, and oranges to sauce and warm over medium heat. Transfer to a serving platter and serve alongside wild rice and your favourite seasonal vegetables.

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The Hearty Artichoke from page 56

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ARTICHOKE WITH DIPPING TRIO

Serves 6 as an appetizer, or multiply recipe per person

1		artichoke
1 tbsp	(15 ml)	olive oil
1 tsp	(5 ml)	lemon juice
¼ tsp	(1 ml)	salt

Using a serrated knife, cut off artichoke stems to create a flat bottom. Cut top third off artichokes, pull off small leaves near bottom and trim tips of leaves with kitchen shears. Rub cut parts with lemon halves as you go. Stand artichoke upright in a pot just big enough it (or multiple if making more than one). Add water to ¾ the height of the artichoke. Add olive oil, lemon juice and salt (increase amounts per artichoke). Bring to a boil, reduce heat and simmer, covered 30 to 45 minutes or until leaves come off easily when pulled. Using a slotted spoon, lift out boiled artichoke. Turn upside down to drain. To remove choke, twist central core of leaves and lift out. Using a spoon, scoop the hairy choke (thistle portion) from center and discard. Serve at room temperature with the trio of dipping sauces (recipes follow). While artichoke is boiling, prepare dipping sauces.

BAGNA CAUDA

Makes 1 cup (250 ml)

1 cup	(250 ml)	olive oil
4 tbsp	(60 ml)	unsalted butter
2		garlic cloves, finely minced
1-2 oz	(56 g)	canned anchovy fillets (rinse under warm water if kept in salt), dried and finely minced

Pour oil in a small saucepan. Add butter and melt over low heat. As soon as butter starts to foam, add garlic and anchovies. Cook 3 to 5 minutes, stirring with a fork so the anchovies melt into sauce. Serve warm or at room temperature.

AIOLI

Makes 1 cup (250 ml)

1		egg, well-beaten
1		egg yolk
½ tsp	(2 ml)	Dijon mustard
3		garlic cloves
1 tsp	(5 ml)	fresh lemon juice
¼ tsp	(1 ml)	salt
¾ cup	(175 ml)	vegetable oil

In a bowl fitted with a metal 'S' bade or in a blender, process eggs, mustard and garlic on high speed until well-blended. Scrape down the sides then add lemon juice and salt. Process until well incorporated. With the machine running,

The Hearty Artichoke from page 56 continued

add oil in a thin stream until it starts to thicken. Then add in a slightly thicker stream. Stop the machine when all oil has been added and scrape down sides and around blade, reincorporating it into sauce. Adjust to taste by either adding up to ¼ cup (50 ml) of oil to make it thicker, or up to 3 tsp (15 ml) of lemon juice to make it tart. Keep refrigerated until ready to serve (will keep for 3 to 4 days in tightly-closed container).

SUN-DRIED TOMATO MAYONNAISE

Makes 1 cup (250 ml)

- 1 cup (250 ml) mayonnaise
- ¼ cup (50 ml) sun-dried tomatoes, packed in olive oil, drained and chopped
- 1 tbsp (15 ml) fresh lemon juice (or more, to taste)
- 4 drops hot sauce (or more, to taste)

Place mayonnaise, sun-dried tomatoes, lemon juice and hot sauce in food processor and process until smooth. Add more lemon juice or hot sauce to taste. Refrigerate until ready to use.

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ARTICHOKE PROVENÇALE

Serves 4

- 2–14 oz (397 g) canned artichoke hearts, halved
- 16 black olives, type as preferred
- 16 red cherry tomatoes, halved
- 16 yellow grape tomatoes
- 1 garlic clove, sliced paper thin
- 1 lemon, quartered
- ¼ cup (50 ml) olive oil
- 1 tsp (5 ml) Herbes de Provence
- 3 sprigs fresh thyme
- salt and pepper, to taste

On a serving platter, place artichoke hearts, olives and tomatoes side by side. Add garlic and fresh thyme leaves and sprinkle with Herbes de Provence.

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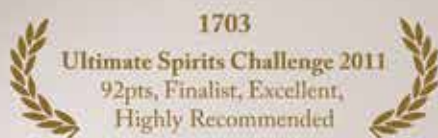
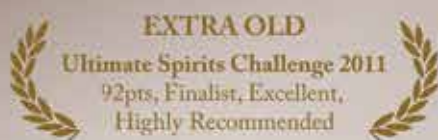


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The Hearty Artichoke from page 56 continued

Drizzle olive oil over salad along with the juice of two lemon quarters. Garnish salad with remaining two lemon quarters and a fresh spring of thyme, or simply toss and serve.

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STUFFED ARTICHOKE

Serves 4

- 4 large artichokes
- 1 lemon, halved
- 1 ¼ cup (425 ml) dried bread crumbs, toasted
- 1 cup (250 ml) Parmigiano Reggiano, grated
- ½ cup (75 ml) flat-leaf parsley, chopped
- 2 tsp (10 ml) kosher salt
- 1 tsp (5 ml) freshly ground black pepper
- 8 garlic cloves, finely chopped
- 5 tbsp (75 ml) extra-virgin olive oil

Using a serrated knife, cut off artichoke stems to create a flat bottom. Cut top third off artichokes, pull off small leaves at bottom and trim tips of leaves with kitchen shears. Rub cut parts with lemon halves as you go. Open artichokes leaves with your thumbs to make room for stuffing and set aside. Heat oven to 425 F (220 C). In a large bowl, combine bread crumbs, ¾ cup (175 ml) cheese, parsley, salt, pepper and garlic. Working with one artichoke at a time over a bowl, stuff ¼ of the bread crumb mixture in between leaves. Transfer stuffed artichokes to a shallow baking dish. Drizzle each artichoke with 1 tbsp (15 ml) oil. Pour in boiling water to a depth of 1-in (2.5 cm). Rub 1 tbsp (15 ml) olive oil on a sheet of aluminum foil, cover artichokes with foil (oiled side down) and secure tightly around dish. If needed, use kitchen twine. Bake until a knife easily slides into base of artichoke, about 45 minutes. Remove foil, sprinkle tops with remaining cheese and switch oven to broil. Broil until tops of artichokes are golden brown, about 3 minutes.

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BEET LAYER CAKE

Serves 12

3		red beets, trimmed
2 tbsp	(30 ml)	lemon juice
1 tbsp	(15 ml)	white vinegar or apple cider vinegar
2½ cups	(625 ml)	pastry flour, plus extra
3 tbsp	(45 ml)	natural cocoa powder (not alkalinized or Dutch processed)
2 tsp	(10 ml)	baking powder
1 tsp	(5 ml)	cream of tartar
1 tsp	(5 ml)	salt
1 tsp	(5 ml)	ground cinnamon
1 tsp	(5 ml)	ground ginger
¼ tsp	(1 ml)	ground cloves
¼ tsp	(1 ml)	ground cardamom
1 cup	(250 ml)	unsalted butter, room temperature
1 tbsp	(15 ml)	vanilla extract
2½ cups	(625 ml)	granulated sugar
4		large eggs
¾ cup	(175 ml)	buttermilk
		Cream Cheese Frosting (recipe follows)
		Glazed Pecan Topping (recipe follows)

Preheat oven to 450 F (230 C). Wrap beets in a piece of foil and bake until soft when pierced with a knife, about 1 hour. Let beets cool down enough to be handled. Peel beets, cut into chunks and purée in a food processor until smooth, stopping to scrape down sides as needed. Measure out ¾ cup (175 ml) of purée and stir in lemon juice and vinegar. Refrigerate or freeze remaining purée for future use. Preheat oven to 350 F (180 C). Butter two 9-in (23 cm) round cake pans, line bottom with rounds of parchment paper and butter the parchment. Sift together flour, cocoa, baking powder, cream of tartar, salt, cinnamon, ginger and cardamom into a bowl. In bowl of an electric mixer fitted with paddle attachment cream together butter, vanilla and sugar until fluffy, about 5 minutes. Beat in eggs one at a time. In a large bowl, whisk together reserved beet purée and buttermilk until well-combined. Alternate adding beet mixture and flour mixture into butter mixture. Start and end with beet mixture, making sure to mix well after each addition. Divide batter evenly among prepared pans. Bake, rotating pans half way through cooking time, until a toothpick inserted in centre of cakes comes out clean, about 35 to 40 minutes. While baking prepare Cream Cheese Frosting and Glazed Pecan Topping. When cakes are finished, let cool for 10 minutes in pans on a wire rack before turning out onto rack, discarding parchment paper and cooling completely. To assemble, place one cake on serving plate. Spread with 1 cup (250 ml) of Cream Cheese Frosting and sprinkle with ½ cup (125 ml) Glazed Pecan Topping. Top with second cake and frost top and sides of cake with remaining frosting. Pile remaining Glazed Pecan Topping over cake. Cake can be assembled up to 8 hours ahead, covered with a cake dome and refrigerated. Allow cake to reach room temperature before slicing and serving.

CREAM CHEESE FROSTING

Makes about 3 cups (750 ml)

8 oz	(250 g)	cream cheese, room temperature
------	---------	--------------------------------

½ cup	(125 ml)	unsalted butter, cut into chunks, room temperature
½ tsp	(2 ml)	vanilla extract
¼ cup	(50 ml)	light brown sugar, packed
2½ cups	(375 ml)	confectioner's sugar, sifted

In bowl of a stand mixer fitted with paddle attachment, beat together cream cheese, butter, vanilla extract and brown sugar until smooth and sugar has dissolved, about 2 minutes. Gradually add confectioner's sugar and continue beating until frosting is fluffy.

GLAZED PECAN TOPPING

Makes 3 cups (375 ml)

3 tbsp	(45 ml)	unsalted butter
2 cups	(500 ml)	pecans
½ cup	(125 ml)	raw, unsalted pumpkin seeds
¼ cup	(50 ml)	light brown sugar
¼ tsp	(1 ml)	ground cinnamon
¼ tsp	(1 ml)	salt

In a large saucepan, melt butter over medium heat. Add pecans and pumpkin seeds and cook, stirring frequently, until pecans start to smell toasted and seeds start to pop, about 3 minutes. Sprinkle in brown sugar, cinnamon and salt. Stir until sugar has melted and nuts and seeds are well-glazed. Pour topping onto a parchment-lined baking sheet and let cool to room temperature.

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AMARETTO DI SASCHIRA

Italy **\$19.99** 339358



ANISE CARROT CAKE WITH WHITE CHOCOLATE DRIZZLE

Serves 8

¾ cup	(175 ml)	all-purpose flour
½ cup	(125 ml)	whole wheat flour
2 tsp	(10 ml)	ground star anise
½ tsp	(2 ml)	ground cinnamon
1 tsp	(5 ml)	baking soda
½ tsp	(2 ml)	baking powder
½ tsp	(2 ml)	salt
1 cup	(250 ml)	granulated sugar
¾ cup	(175 ml)	olive oil
3		large eggs
2 cups	(500 ml)	carrots, grated (about 4 large carrots)
		White Chocolate Drizzle (recipe follows)

Preheat oven to 350 F (180 C). Generously butter a 12 cup (3 L) Bundt pan. In large bowl, whisk together flours, star anise, cinnamon, baking soda, baking powder and salt. In bowl of a stand mixer fitted with whisk attachment, mix

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The Sweeter Side of Veggies from page 74 continued

sugar and oil together for 2 minutes. Add eggs and beat until thick and pale, about 3 minutes. Pour flour mixture over sugar mixture and stir with a large spatula until just incorporated. Fold in carrots. Pour batter into prepared pan, spreading evenly. Bake until golden brown and toothpick inserted comes out clean, about 45 minutes. While baking, make White Chocolate Drizzle. Transfer pan to a wire rack and let cool about 1 hour. Invert cake onto a serving plate and cool completely. Pour White Chocolate Drizzle over top of cake, allowing it to flow down sides. Let drizzle set for 30 minutes before serving.

WHITE CHOCOLATE DRIZZLE

Makes about 1 cup (250 ml)

7 oz	(220 g)	white chocolate, chopped
2 tbsp	(30 ml)	unsalted butter
1 tsp	(5 ml)	vegetable oil
½ tsp	(2 ml)	orange juice
2 tbsp	(30 ml)	boiling water

Create a double boiler by placing a heatproof bowl over a saucepan of barely simmering water. Add chocolate and butter, stirring constantly, until chocolate has melted. Remove from heat and whisk in oil, orange juice and boiling water until smooth. If mixture appears to have split after 1 minute of whisking, add more boiling water, 1 tsp (5 ml) at a time, until mixture is smooth and shiny. Use immediately or store in an airtight container and refrigerate for up to 3 days. Warm before using.

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PELLEGRINO ZEBO MOSCATO

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SWEET POTATO CHEESECAKE

Serves 10

2		orange-fleshed sweet potatoes (about 1½ lb/750 g total)
1½ cups	(375 ml)	gingersnap cookie crumbs
¼ cup	(50 ml)	unsalted butter, melted
2–8 oz	(250 g)	package cream cheese, room temperature
¾ cup	(175 ml)	granulated sugar

The Skinny on Sauces from page 82

1 tsp	(5 ml)	vanilla extract
½ tsp	(2 ml)	salt
½ tsp	(2 ml)	ground cinnamon
¼ tsp	(1 ml)	ground nutmeg
3		large eggs
2 cups	(500 ml)	mini marshmallows

Preheat oven to 375 F (190 C). Poke sweet potatoes with a fork a couple of times and place on a foil-lined baking sheet. Bake until potatoes are soft when pierced with a knife, about 55 minutes. Set aside until cool enough to handle. Meanwhile, make crust. In a bowl, stir together cookie crumbs and butter. Press firmly into bottom of a 9-in (23 cm) springform pan. Bake alongside sweet potatoes until crust starts to darken around edges, about 8 minutes. Place pan on a wire rack and cool crust completely. Reduce oven temperature to 350 F (180 C). Cut sweet potatoes in half and scoop out flesh into a food processor. Process, stopping to scrape down sides as needed, until smooth. Measure 1 cup (250 ml) purée and reserve remaining for another use. In bowl of a mixer fitted with paddle attachment, blend together cream cheese and sugar for 3 minutes. Add sweet potato purée, vanilla extract, salt, cinnamon and nutmeg and blend until smooth. Beat in eggs one at a time. Place springform pan with crust on a rimmed baking sheet and pour filling over crust, smoothing top with a spatula. Bake until filling is set, about 40 minutes. Cool cheesecake in pan on a wire rack. Refrigerate overnight. Up to 2 hours before serving, preheat broiler. Place marshmallows evenly over top of cheesecake. Broil marshmallows until golden brown, turning pan as needed and watching closely so topping does not burn. Let cool 5 minutes. Using a sharp paring knife, cut around cake and release sides of pan. Slice and serve.

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BAKED COD WITH SWEET PEA PURÉE AND QUINOA

Serves 4

¼ cup	(50 ml)	minced shallots
1		garlic clove, minced
1 tbsp	(15 ml)	unsalted butter
3 cups	(750 ml)	frozen peas, thawed
1 cup	(250 ml)	chicken or vegetable stock
1 tbsp	(15 ml)	fresh tarragon, minced
1 tbsp	(15 ml)	lemon juice
4–4 oz	(125 g)	boneless, skinless Alaskan black cod portions
1 tbsp	(15 ml)	olive oil
		salt and pepper
1½ cups	(375 ml)	cooked red quinoa, warmed
2 tbsp	(30 ml)	each mint chives, minced

Sauté shallots and garlic in butter until soft but not golden. Add peas and stock and gently simmer for about 2 minutes. (Do not overcook, peas will lose their lovely green colour.) Remove from heat. Transfer to a blender with tarragon

and lemon juice and purée until smooth. (For a smoother purée, press mixture through a fine sieve.) Cover and set aside to keep warm. Preheat oven to 450 F (230 C). Brush cod with olive oil and lightly season with salt and pepper. Place on a lightly oiled baking sheet and bake for 7 to 10 minutes, depending on thickness. Stir mint and chives into cooked quinoa. Place a serving of quinoa on dinner plate. Rest cod against it and ladle a spoonful of warmed pea purée alongside.

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CHICKEN WITH LEMON CAPER ASPARAGUS SAUCE

Serves 4

4		boneless, skinless chicken breasts
		salt and pepper
½ tsp	(2 ml)	thyme
2 tbsp	(30 ml)	olive oil
1 pkg		baby red potatoes, amount as preferred

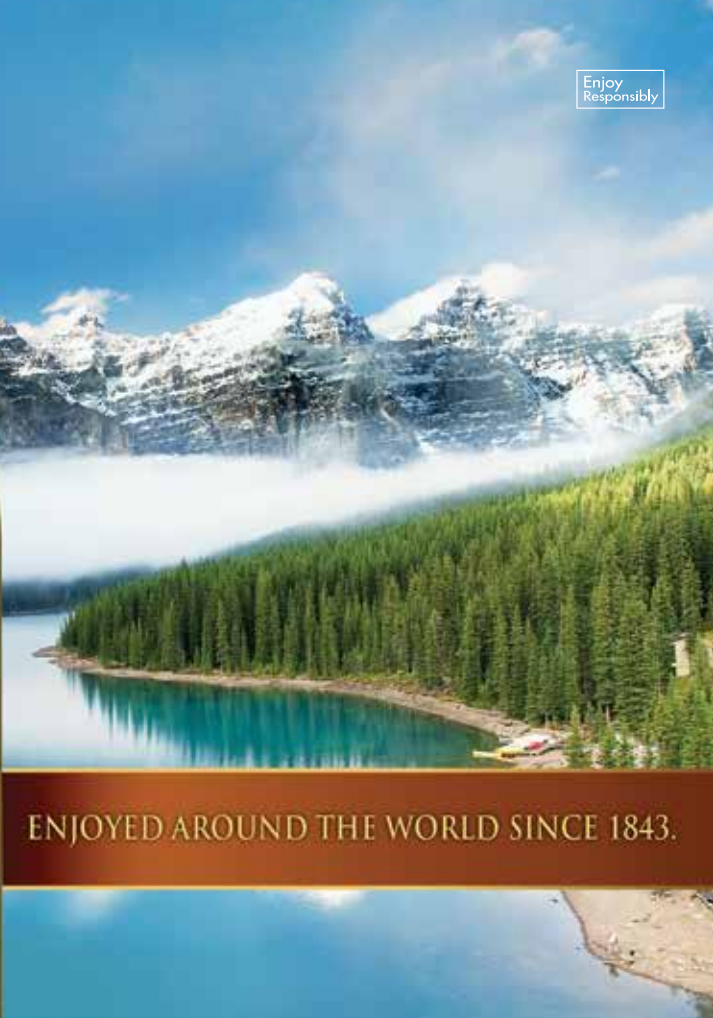
Season chicken breasts with salt, pepper and thyme. In a frying pan large enough to hold breasts without crowding, heat oil. Add breasts and lightly brown on both sides. Cover and continue to fry over medium-low heat for 15 minutes or until chicken registers 165 F (74 C) in centre when tested with a meat thermometer. In a saucepan with a little water, steam baby red potatoes, covered, just until fork tender. Drain and cover to keep warm. Meanwhile, make Lemon Caper Asparagus Sauce (recipe follows).

LEMON CAPER ASPARAGUS SAUCE

¼		small onion, finely minced
1		garlic clove, minced
2 tbsp	(30 ml)	unsalted butter
1 tsp	(5 ml)	Dijon mustard
1 tbsp	(15 ml)	all-purpose flour
1 cup	(250 ml)	chicken or vegetable stock
2 cups	(500 ml)	asparagus spears, trimmed and cut
1 tbsp	(15 ml)	capers, rinsed and drained
½ tbsp	(6 ml)	fresh dill, minced
½ tsp	(2 ml)	lemon zest
		salt and pepper, to taste
¼ cup	(50 ml)	whipping cream (optional)

Sauté onion and garlic in butter until soft but not golden. Add Dijon and flour and stir together over medium heat until crumbly. Gradually stir in stock and gently whisk to dissolve flour. Cook over medium heat until slightly thickened. Stir in asparagus and cook covered for about 5 minutes or until asparagus is hot but still crisp. Stir in capers, dill and lemon zest and season to taste. Add a little cream if desired. To serve, place a chicken breast and a few baby red potatoes on each plate. Spoon a generous ladle of sauce over top.

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The Skinny on Sauces from page 82 continued

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**PARSNIP BÉCHAMEL
WITH ROASTED VEGETABLES AU GRATIN**

Serves 6

ROASTED VEGETABLES

- 2 jewel yams, peeled and cut into chunks
- 2 cups (500 ml) Brussels sprouts, trimmed and peeled

- 6 shallots, peeled
- 2 fennel bulbs, trimmed and thickly sliced
- 2 tsp (10 ml) fresh rosemary, chopped
- olive oil
- salt and pepper

Preheat oven to 450 F (230 C). In a large bowl, combine yams, Brussels sprouts, shallots and fennel and toss with a little oil until all are lightly coated. Transfer to a roasting pan and sprinkle with rosemary, salt and pepper. Roast uncovered for 35 to 40 minutes, stirring every 10 minutes, until vegetables are cooked through and golden. Meanwhile, make Parsnip Béchamel (recipe follows).

PARSNIP BÉCHAMEL

- 2 tbsp (30 ml) unsalted butter
- 1 tbsp (15 ml) olive oil
- 1 large sweet onion, peeled and chopped
- 2 large garlic cloves, finely chopped
- 1½ cups (375 ml) vegetable or chicken stock
- 2 large parsnips, peeled and trimmed
- 1 celery root, peeled and chopped
- ½ cup (125 ml) whipping cream
- ¾ cup (175 ml) Parmesan, grated
- pinch nutmeg, ground
- salt and freshly ground white pepper

1 small bunch each of purple and green cauliflower, trimmed
sourdough bread crumbs, coarse, buttered and toasted*

In a large saucepan, heat butter and oil. Add onion and garlic and sauté until soft. (Be careful not to brown or scorch.) Add stock, parsnips and celery root and bring to a boil. Cover, reduce heat and simmer until vegetables are tender, about 20 minutes. While vegetables are cooking, break cauliflower into florets and steam until tender but still crisp. Transfer vegetables to a food processor fitted with a metal blade. Whirl until smooth, then scrape mixture through a fine sieve into a clean saucepan. Stir in whipping cream, Parmesan and seasonings. Cook over medium heat and stir until sauce is smooth and hot. Sauce can be made ahead, cooled, covered and refrigerated for up to 2 days. Simply reheat to serve. To serve, place prepared cauliflower in a large bowl and toss with roasted vegetables. Drizzle with hot sauce and sprinkle with buttered crumbs.

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RIGAMAROLE ROSÉ
BC VQA **\$14.99** 618785



MINI YORKIES

Serves 6

8 oz	(250 g)	Yorkshire Pudding (recipe follows) (make first)
6 oz	(180 g)	cooked prime rib, shaved thinly
2 oz	(60 g)	creamy horseradish
2 oz	(60 g)	au jus (from cooking prime rib)
		chives, minced, for garnish
		salt and pepper, to taste

Heat the shaved prime rib on a flattop grill, a griddle or in a sauté pan, and season with salt and pepper. Make a pocket in centre of the yorkies and stuff with a couple thin slices of prime rib. Add a dollop of horseradish and drizzle with au jus. Garnish with minced chive.

YORKSHIRE PUDDING

½ pint	(285 ml)	milk
4 oz	(125 g)	all-purpose flour
pinch		salt
3		eggs
		vegetable oil, for muffin tins

Preheat oven to 400 F (200 C) In a bowl, mix milk, flour, salt and eggs. Let rest for 10 minutes. Preheat a Yorkshire tray or 6-muffin tin with ½-in (1 cm) of oil in each section. Divide rested batter into muffin tin. Cook for 15 to 20 minutes, or until crisp and puffy. Do not open oven door before finished, or they will not rise.

* To make coarse buttered crumbs, grind a couple thick slices of sourdough bread in a food processor. Toss with a little melted butter to coat. Spread out on a baking sheet and bake in a 350 F (180 C) oven for a couple of minutes or until golden. Stir often.

PAIRS WITH
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FRANCIS COPPOLA CLARET
USA **\$29.99** 521021



CHARRED BEEF TENDERLOIN WITH RED WINE SAUCE SERVED WITH BLUE CHEESE LYONNAISE POTATOES

Serves 1

10 oz	(300 g)	blue ribbon beef tenderloin
		vegetable oil, as needed
		salt and freshly ground black pepper

Season beef with salt and pepper and rub with oil, to coat. In a very hot cast iron pan sear steak until well-charred on both sides and rare in middle. Allow to rest before slicing. Drizzle with Red Wine Sauce and serve with Lyonnaise Potato and Glazed Baby Carrots (recipes follow).

RED WINE SAUCE

6 oz	(180 g)	shallots
2 oz	(60 g)	black peppercorns
3 oz	(90 ml)	red wine vinegar
4 cups	(1 L)	red wine
2 cups	(500 ml)	veal demi-glaze

Sauté shallots and peppercorns, add vinegar and wine, reduce by half. Add veal demi-glaze and reduce to sauce consistency. Strain and season, to taste.

LYONNAISE POTATOES

1 lb	(500 g)	cooked Yukon potato
4 oz	(125 g)	whole butter
1 lb	(500 g)	white onion, sliced
4 oz	(125 g)	Stilton blue cheese
2 tbsp	(30 ml)	minced chives
		salt and pepper, to taste

Slice potatoes into ¼-in (0.5 cm) slices and begin to fry in butter with onions. Allow to caramelize and season with salt and pepper. Just before serving crumble blue cheese and toss with chives.

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Feature Restaurant Black + Blue from page 96 continued



TWENTY-LAYER CHOCOLATE ESPRESSO CAKE

Serves 16

28 oz	(800 g)	sugar
21 oz	(600 g)	all-purpose flour
1 tsp	(4 g)	salt
1 cup	(250 g)	cocoa powder
½ oz	(12 g)	baking powder
2 tsp	(10 g)	baking soda
2 cups	(500 ml)	buttermilk
8		eggs
2 cups	(500 ml)	coffee reduction
1 cup	(250 ml)	melted butter
2 tsp	(10 ml)	vanilla extract
1 batch		Chocolate Cream (recipe follows)

3 oz (90 g) dark chocolate chips

Preheat oven to 325 F (170 C). Weigh dry ingredients and wet ingredients separately. Mix the dry into the wet. Divide equally onto 3 large parchment-lined sheet pans (even out quickly so bubbles don't form). Bake for 8 to 10 minutes or until entire cake springs back to the touch. To assemble, cut out 10 even-thickness, horizontal cake layers from sheet cakes to yield 10 layers in total. Reserve in refrigerator until ready to use. Brush one layer of cake with melted (but not hot) chocolate. Let chocolate set in fridge. Make a quick simple syrup with 2 cups (500 ml) of hot water and 2 cups (500 ml) sugar. Make the Chocolate Cream (recipe follows). (It is best used immediately as it will start to set if you cool it down after whipping.) Take the layer brushed with chocolate and place chocolate-side down on a piece of parchment paper. Place a 10-in (25 cm) ring around lined with parchment paper. If you don't have a cake ring, you can use a 10 in (25 cm) springform pan without the bottom. Brush chocolate cake layer with simple syrup. Take 1½ cups (375 ml) of Chocolate Cream and spread it evenly on the cake layer. Then sprinkle with about 1 tbsp (15 ml) of chocolate chips. Place next layer of cake on top of cream. Repeat process for the next 9 layers, ending with chocolate cake. Let cake set in the refrigerator for 2 hours. Once set, make Ganache (recipe follows). Take cake out of fridge, remove ring and parchment and place on wire rack otop of a cookie sheet. Pour Ganache over top and sides and using a metal spatula or knife cover sides completely. Set Ganache in fridge for 30 minutes to an hour. Carefully take cake off wire rack and place on serving plate or cutting board.

Truffles from page 102

Cake is best refrigerated until ready to use and cut with a hot knife.

CHOCOLATE CREAM

12½ oz (350 g) dark chocolate
6 cups (1.5 L) whipping cream

Melt Chocolate to 35 C (95 F), then set aside to cool to 25 C (77 F) degrees. Whip cream until soft peaks form. Quickly mix melted chocolate into whipped cream to blend.

GANACHE

10 oz (300 g) dark chocolate chips
8 oz (250 g) cream

Heat cream until it boils. In a metal bowl, pour hot cream over chips and let sit for 5 minutes. Stir with a rubber spatula until smooth and set aside. Let ganache cool until ribbons form when you lift out spatula.

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SMITH WOODHOUSE LATE BOTTLED VINTAGE PORT
Portugal \$37.99 304527



SCRAMBLED EGGS WITH TRUFFLES AND CHIVES

Serves 4 as an appetizer, 2 as a main

2–2 oz (60 g) fresh truffles, scrubbed
6 large eggs
sea salt and freshly ground white pepper
4 tbsp (60 ml) unsalted butter, cut into small pieces
2 tbsp (30 ml) crème fraîche
chives, finely chopped, for garnish

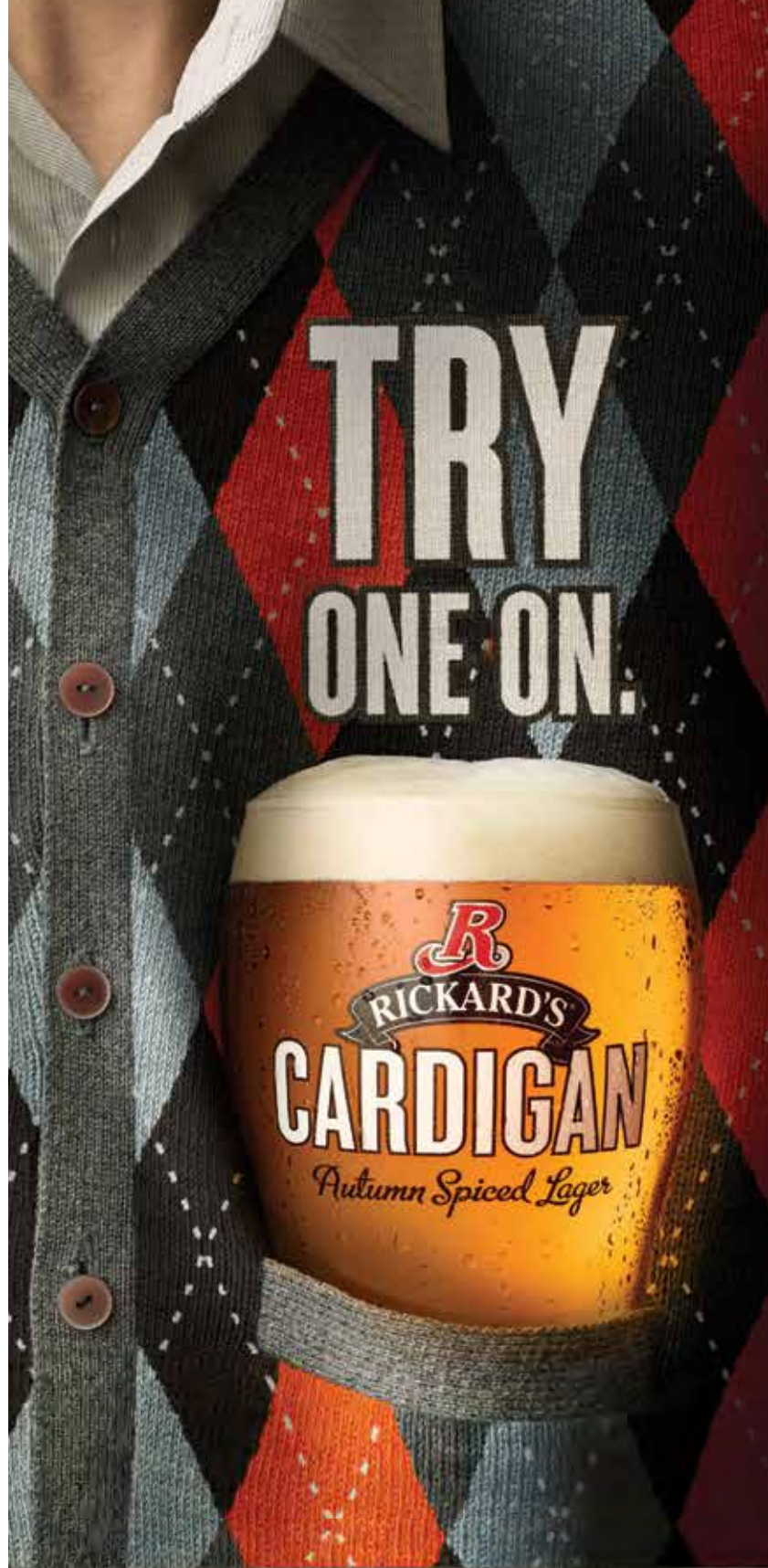
At least 6 hours (or up to 2 days) before using eggs, carefully arrange truffles and eggs in a clean canning jar, so that eggs surround the truffles. Seal and refrigerate. Remove jar from refrigerator about 2 hours before preparation. Right before cooking eggs, slice one of the truffles into paper-thin slices with a truffle slicer or sharp knife. Finally, mince remaining truffles. In a bowl, beat eggs lightly with a fork and stir in minced truffles. Season with sea salt. Transfer eggs to top of a double boiler set, over, but not touching, simmering water. Add 3 tbsp (45 ml) of butter and stir constantly with a wooden spoon until mixture forms a fluffy, moist and creamy mass, about 10 minutes. Remove pan from heat and gently stir in remaining butter and crème fraîche. Season with salt and pepper. Transfer to hot serving plates. Top with slices of truffle and garnish with a sprinkling of chives. Alternatively, as an appetizer, spoon eggs into clean egg shells set in egg cups. Top with slices of truffles and chives. Serve with toasted brioche with Truffle Butter (recipe follows)

TRUFFLE BUTTER

¼ cup (50 ml) unsalted butter, softened
2 tbsp (30 ml) truffles, minced
½ tsp (2 ml) coarse sea salt

In a small bowl, mash softened butter with a fork and sprinkle with truffles and

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Truffles from page 102 continued

sea salt until well-mixed. Transfer to a ramekin and cover tightly with plastic wrap. Refrigerate up to 3 days or freeze up to a month. Serve at room temperature.

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Italy \$14.99 591933

LOUIS LATOUR BOURGOGNE CHARDONNAY
France \$20.99 55533



WILD MUSHROOM RISOTTO WITH SAGE AND TRUFFLES

Serves 6 as an appetizer, 4 as a main

½ oz (15 g) dried porcini mushrooms
3 cups (750 ml) chicken stock

2½ tbsp (36 ml)	butter
2	large shallots, peeled and finely chopped
1	garlic clove, finely chopped
4	fresh sage leaves, coarsely chopped (optional)
1 cup (250 ml)	Carnaroli or Arborio rice
½ cup (125 ml)	dry white wine
½ lb (250 g)	fresh wild mushrooms (chanterelles, morels, shiitake or porcini), washed and sliced
	salt and pepper, to taste
½ cup (125 ml)	Parmesan, freshly grated
¼ cup (50 ml)	chives, finely chopped
2 oz (60 g)	fresh truffles

Place dried porcini mushrooms in a bowl and cover and soak with 1 cup (250 ml) boiling water for 30 minutes. Remove from water, reserving liquid. Rinse porcini well, drain and coarsely chop. Set aside. Strain reserved liquid through a fine sieve and set aside. In a saucepan, bring stock to a boil over high heat, then reduce to a simmer. Melt 1½ tbsp (21 ml) butter over medium heat. Add shallots, garlic and sage. Cook until shallots are translucent, about 5 minutes. Add rice and cook, stirring constantly, until lightly toasted and well-coated with butter, about 5 minutes. Add wine and stir until absorbed into rice. Stir in all mushrooms, reserved cooking liquid and ½ cup (125 ml) of hot chicken stock. Cook over simmering heat, stirring frequently until almost all liquid has

evaporated. Continue adding stock, about ¾ cup (175 ml) at a time, stirring frequently, until rice is tender but firm to the bite and mixture is creamy, not soupy, about 20 minutes. Remove from heat and stir in remaining butter, then Parmesan. Season with salt and pepper. Garnish with chives and, for presentation, shave fresh truffles onto risotto upon serving.

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TERRE BAROLO

Italy **\$37.99** 452789



TRUFFLE-STUFFED ROAST CHICKEN

Serves 4

- 1–4 lb (2 kg) free-range chicken, rinsed and dried
- 1 oz (30 g) fresh black truffle, wiped clean and thinly sliced
- salt and pepper
- 2 tbsp (30 ml) butter, softened (or use ½ recipe of Truffle Butter, recipe follows)
- 1 garlic clove, halved lengthwise
- 1 tbsp (15 ml) Madeira
- 1 tbsp (15 ml) cognac or brandy

Working from the neck opening, using your fingers, separate as much skin as possible from the breast and legs without tearing. Carefully slip truffle slices in a single layer under skin, covering as much area as possible. Truss the chicken with string by tying legs together and binding the bird into a tight package. Rub chicken with salt, pepper and a little butter. Wrap loosely in plastic and refrigerate overnight. Preheat oven to 400 F (200 C). Rub inside of a small, heavy casserole or Dutch oven with garlic and remaining butter, then place chicken inside (should fit snugly). Pour Madeira and cognac around chicken in dish. Tightly cover and bake for 1 hour. Serve with simple, buttered noodles and French bread.

TRUFFLE BUTTER

- ¼ cup (50 ml) unsalted butter, softened
- 2 tbsp (30 ml) truffles, minced
- ½ tsp (2 ml) coarse sea salt

In a small bowl, mash softened butter with a fork and sprinkle with truffles and sea salt until well-mixed. Transfer to a ramekin and cover tightly with plastic wrap. Refrigerate up to 3 days or freeze up to 1 month. Serve at room temperature.

PAIRS WITH

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CHOCOLATE COGNAC FONDUE

Serves 4

- 3–100 g (3.5 oz) 60 percent cocoa bittersweet chocolate bars
- 1–100 g (3.5 oz) milk chocolate bar
- 1½ cups (375 ml) whipping cream
- 2 tbsp (30 ml) cognac
- pinch sea salt
- pinch cayenne pepper (optional)
- assorted fruits and cookies for dipping

Finely chop chocolate and place in a small saucepan with cream. Bring to a simmer and remove from heat, stirring steadily until chocolate is fully melted. Stir in cognac and salt and stir to blend. Stir in a tiny pinch of cayenne, if desired. Transfer to a fondue pot and set over a small flame to keep chocolate warm. Arrange assorted fruits and cookies on a platter and serve with warmed chocolate sauce.

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TRADITIONAL SWISS FONDUE

Serves 10

- 1 tbsp (15 ml) unsalted butter
- 1 small shallot, finely minced
- 1 garlic clove, finely minced
- 1 cup (250 ml) dry white wine or apple cider
- 1 tbsp (15 ml) fresh rosemary, finely minced
- 3 cups (750 ml) Gruyère cheese, grated
- 3 cups (750 ml) Emmenthal cheese, grated
- 1½ cups (325 ml) raclette cheese, grated
- 3 tbsp (45 ml) milk
- 1½ tbsp (21 ml) cornstarch
- freshly ground white pepper
- assorted fruits, breads, nuts and vegetables, for dipping

Melt butter in a 6 cup (1.5 L) fondue pot over medium heat. Add shallot and garlic and sauté just until soft. Add wine and rosemary and bring to a gentle boil. Reduce heat to low and add shredded cheese by the



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Fabulous Fondues from page 114 continued

handful, only adding next mound when previous has melted. Stir milk and cornstarch together until smooth and stir into cheese mixture. Continue stirring over low heat until mixture is very smooth and gently bubbling. Add pepper to taste. Transfer pot to fondue burner and serve with assorted breads, apple and pear slices and walnuts.

PAIRS WITH

GRAY MONK UNWOODED CHARDONNAY
BC VQA \$16.99 501114

PERRIN & FILS RASTEAU CÔTES DU RHÔNE VILLAGES
France \$21.99 125856



BEEF FONDUE PHO-STYLE

Serves 6

1		leek, washed and thinly sliced
1	15 ml	olive oil
6	1½ L	beef stock
2	500 ml	water
¼	50 ml	low sodium tamari soy sauce
3		ginger root, sliced thick
2		whole garlic cloves
2		fresh bay leaves
4		star anise
½	2 ml	each black peppercorns and coriander seeds

Brined, Smoked and Dried from page 118

- ¼ tsp (1 ml) hot sauce
 - 1 tbsp (15 ml) lemon juice
 - 1 tsp (5 ml) maple syrup
- rice stick noodles, assorted cut-up raw vegetables, shaved prosciutto, cold smoked salmon slices, cured chorizo, cut into rounds, for dipping

In a large saucepan, sauté leek in oil just until slightly softened. Add remaining fondue ingredients and bring to a boil. Cover, reduce heat and simmer for 15 minutes for flavours to blend. Bring to room temperature, cover and refrigerate overnight. Meanwhile, in a pot of boiling salted water, cook rice stick noodles until tender but still firm, about 5 minutes. Drain and, when cool enough to handle, twist a couple tablespoons of noodles into a small stack and place on a lightly oiled baking sheet. Continue making several little stacks of noodles. Cover in plastic wrap and refrigerate. Just before reheating beef fondue, remove garlic cloves and ginger slices. Reheat broth and transfer to a fondue pot over a lit flame. Arrange shaved prosciutto, thinly shaved smoked salmon, slices of chorizo and assorted trimmed vegetables and serve with small strainers for dipping into hot broth. Provide each person with an individual bowl to build their own pho.

PAIRS WITH

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France **\$15.99** 2881

SUMAC RIDGE PRIVATE RESERVE GEWÜRZTRAMINER
BC VQA **\$14.99** 142893



HOMEMADE CORNED BEEF WITH HONEY MUSTARD

Serves 6

- 1 tbsp (15 ml) black peppercorns
- 1 tbsp (15 ml) brown mustard seed
- 1 tbsp (15 ml) coriander seed
- 1 cinnamon stick
- 4 whole cloves
- 4 allspice berries
- 8 cups (2 L) water
- 3 bay leaves, crushed
- 1 tsp (5 ml) hot red pepper flakes
- 1 tsp (5 ml) ground ginger
- 1 cup (250 ml) kosher salt
- ½ cup (125 ml) brown sugar
- 1 tbsp (15 ml) pink salt (optional)
- 6 garlic cloves, crushed
- 3 lb (1.5 kg) beef brisket



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4 SIMPLE INGREDIENTS, 1 CLASSIC PALE ALE.



Brined, Smoked and Dried from page 118 continued

- 2 large carrots, peeled and cut into chunks
 - 2 medium onions, peeled and cut into chunks
 - 2 celery stalks, cut into chunks
- Honey Mustard (recipe follows)

In a large pot, place peppercorns, mustard seeds, coriander seeds, cinnamon, cloves and allspice. Cook over medium heat, stirring until fragrant, about 4 minutes. Remove pot from heat and add water, bay leaves, pepper flakes, ginger, salt, sugar, pink salt (if using) and garlic. Return to heat and cook, stirring occasionally until salt and sugar have dissolved. Let brine cool to room temperature then refrigerate until chilled. Place brisket in a non-reactive container (stainless steel, glass, food grade plastic or ceramic) large enough to hold it. Pour brine over meat to cover and place a plate on top to keep meat submerged. Refrigerate for 9 days. Remove meat from brine and rinse well. Place in a large pot along with carrots, onion and celery. Add enough cold water to cover by 2-in (5 cm) and bring to a boil over high heat. Reduce heat to low, cover and simmer until fork tender, about 3 hours. Add extra water as needed to ensure brisket is covered throughout cooking. Transfer brisket to a cutting board, tent with foil and let rest 30 minutes. Strain broth, discarding vegetables, and reserve for another use, if desired. To serve, thinly slice corned beef against the grain and transfer to a platter. Serve with vegetables simmered in reserved stock or sandwiched between slices of rye bread. Serve with Honey Mustard.

HONEY MUSTARD

Makes about 2 cups (500 ml)

- ¼ cup (175 ml) yellow mustard seeds
- ¼ cup (175 ml) cider vinegar
- ½ cup (125 ml) pale ale
- 3 tbsp (45 ml) honey
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) turmeric

In a bowl, stir together mustard seeds, vinegar and beer. Cover and let soak at room temperature for 1 day. Transfer mustard mixture to a blender, add honey, salt and turmeric. Blend until mustard seeds are coarsely ground, about 1 minute. Mustard will thicken upon sitting. Transfer to an airtight container and let rest in the refrigerator for 2 to 3 days before using.

PAIRS WITH

RIGAMAROLE RED
BC VQA \$13.99 818641

MITOLO JESTER SHIRAZ
Australia \$24.99 86124

Brined, Smoked and Dried from page 118 continued



ROASTED SQUASH AND OVEN-DRIED TOMATO SALAD

Serves 4

2 lb	(1 kg)	kabocha squash
5 tbsp	(75 ml)	extra-virgin olive oil, divided
¼ tsp	(1 ml)	dried red chili flakes
2 tsp	(10 ml)	dried marjoram
1 cup	(250 ml)	red pearl onions, peeled
1 tsp	(5 ml)	light brown sugar
2 tbsp	(30 ml)	balsamic vinegar
½ cup	(75 ml)	almonds, toasted and coarsely chopped
6 oz	(180 g)	feta cheese
		Oven-dried Tomatoes (recipe follows)
		Basil Tahini Dressing (recipe follows)

Preheat oven to 375 F (190 C). Cut squash into 8 wedges and place skin-side

down in a roasting pan. Stir together 4 tbsp (50 ml) olive oil with chili flakes and marjoram. Drizzle over wedges and season generously with salt and pepper. Roast until squash is soft and slightly caramelized around edges, about 35 to 40 minutes. Meanwhile, warm remaining 1 tbsp (15 ml) olive oil in an oven-safe frying pan over medium-high heat. Add onions and sauté until just starting to brown, about 2 minutes. Remove frying pan from heat, sprinkle sugar and vinegar over onions and transfer to the oven along with squash. Roast onions, stirring and basting twice, until onions are cooked through and glazed, about 15 minutes. Transfer to a bowl and set aside to cool. To assemble, divide squash and roasted onions among serving plates. Top with almonds, chunks of feta and some Oven-dried Tomatoes. Drizzle with Basil Tahini Dressing and garnish with a grind of fresh pepper before serving.

OVEN-DRIED TOMATOES

Makes 12

6		Roma tomatoes, halved lengthwise
1 tbsp	(15 ml)	granulated sugar
1 tsp	(5 ml)	salt
1 tsp	(5 ml)	freshly ground pepper

Preheat oven to 250 F (130 C). On a parchment-lined baking sheet, lay tomatoes in a single layer, cut side up. In a small bowl stir together sugar, salt and pepper. Sprinkle over tomatoes. Bake until shriveled and a deep red-orange colour, 3 to 4 hours. Let cool to room temperature. (Tomatoes store well in an airtight container for several days in refrigerator, or store for up to a month in sterilized jars covered with a layer of extra-virgin olive oil).

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BASIL TAHINI DRESSING

Makes 1 cup (250 ml)

2 cups (500 ml) basil leaves, packed
 1 garlic clove, minced
 1 tbsp (15 ml) tahini
 ½ cup (125 ml) extra-virgin olive oil
 salt and pepper, to taste

In bowl of a food processor add basil, garlic and tahini. Pulse, stopping to scrape down sides of bowl as needed, until basil is minced. With motor running slowly, add olive oil. Continue to blend until it forms a creamy, thick purée. Add salt and pepper to taste. Dressing will keep in an airtight container in refrigerator for up to one week.

PAIRS WITH

VERAMONTE RESERVA SAUVIGNON BLANC

Chile \$13.99 602649

BANFI ROSSO DI MONTALCINO

Italy \$26.99 557967



OVEN-SMOKED RIBS

Serves 4

2 tbsp (30 ml) hot smoked paprika
 1 tbsp (15 ml) chili powder
 2 tsp (10 ml) onion powder
 2 tsp (10 ml) garlic powder
 1 tbsp (15 ml) mustard powder
 1 tbsp (15 ml) cumin powder
 1 tbsp (15 ml) salt
 2 tbsp (30 ml) dark brown sugar
 3 lb (1.5 kg) rack of baby back ribs
 apple or hickory wood chips
 water
 Barbecue Sauce (recipe follows)

Preheat oven to 225 F (110 C). In a small bowl, whisk together the first 8 ingredients. Remove silver skin from the back of the ribs by working the handle of a spoon under silver skin at one end of rack. Work your finger into the slit and pull a flap of silver skin off ribs. With a sheet of paper towel grab flap and pull silver skin off rack in one piece. Rub spice mix all over ribs. Place wood chips in a single layer over bottom of a large roasting pan and add enough water to lightly coat the bottom of pan. Place a rack over chips and spareribs on rack. Tent heavy duty aluminum foil over pan and secure tightly, you don't want to any steam to escape during cooking. Bake for 3 hours, meat should be moist and tender. Remove ribs to a foil-lined baking tray and place under broiler, until top of ribs brown and crisp up, about 5 minutes. Make sure to watch carefully and rotate baking tray as needed so as not to burn ribs. Slice between ribs and transfer to a serving platter. Serve alongside Barbecue Sauce.

BARBECUE SAUCE

Makes 2½ cups (625 ml)

2 tbsp (30 ml) olive oil
 1 small onion, finely chopped

2 garlic cloves, minced
 2 cups (500 ml) canned crushed tomatoes
 ¾ cup (175 ml) cider vinegar
 ¼ cup (75 ml) molasses
 3 tbsp (45 ml) Worcestershire sauce
 2 tbsp (30 ml) dark brown sugar
 2 tbsp (30 ml) yellow mustard
 2 tsp (10 ml) Sriracha Hot Chili Sauce*
 1 tsp (5 ml) salt
 1 tsp (5 ml) freshly ground black pepper

In a saucepan, melt butter over medium heat. Add onion and cook, stirring frequently, until translucent and starting to brown, about 4 minutes. Stir in remaining ingredients and bring to a boil stirring occasionally. Reduce heat to low and simmer until slightly thickened, about 25 minutes. Transfer sauce to a blender bowl and blend until smooth. Let cool to room temperature and store in an airtight container in refrigerator. (Will keep for up to a month).

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LAMB AND WHEAT BERRY STEW WITH LEMON DILL YOGURT

Serves 8

3 cups (750 ml) water
 1 cup (250 ml) wheat berries, soaked overnight and drained
 ½ cup (125 ml) pot barley, soaked overnight and drained
 2 tbsp (30 ml) olive oil
 2 lb (1 kg) lamb shoulder, trimmed and cut into 1-in (2.5 cm) pieces
 salt and pepper
 1 medium onion, finely chopped
 2 garlic cloves, minced
 1 celery stalk, finely chopped
 1 cinnamon stick
 1 bay leaf
 1 tsp (5 ml) ground cumin
 2 tbsp (30 ml) tomato paste
 28 oz (840 ml) canned whole plum tomatoes, coarsely chopped
 1 cup (250 ml) dry red wine
 2 tbsp (30 ml) balsamic vinegar
 ½ tsp (2 ml) paprika
 1 tsp (5 ml) fresh rosemary, chopped
 3 cups (750 ml) carrots, sliced ¼-in (0.5 cm) thick
 ¾ cup (175 ml) raisins

Place 2 cups (500 ml) water and wheat berries in a medium saucepan and bring to a boil over medium-high heat. Cover and simmer on low heat until tender

* You can purchase this at most grocery stores.

Ancient Grains from page 128

and chewy, about 20 to 25 minutes. Remove from heat, keeping tightly covered and allow to sit for 15 minutes. Drain, reserving remaining cooking liquid. In a separate saucepan, add remaining 1 cup (250 ml) water and barley. Bring to a boil, then cover and simmer on low heat for 20 minutes, or until soft and tender. Heat a large Dutch oven or casserole dish over medium-high heat and add olive oil. Season lamb with salt and pepper. When casserole is hot, add lamb in 2 or 3 batches, cooking until browned on all sides, adding more oil if needed, about 5 to 7 minutes per batch. Transfer lamb from pot and set aside. Decrease heat to medium and add onion, garlic, celery, cinnamon stick, bay leaf and cumin. Sauté until onions are translucent. Add tomato paste and cook for a minute. Stir in tomatoes and their juice, red wine and balsamic vinegar. Add lamb and any accumulated juices. Add paprika, rosemary and carrots. Season to taste, scraping up any bits from bottom of pot. Decrease heat to simmer and cook, covered, for 30 minutes. Stir in wheat berries, barley, raisins and any reserved cooking liquid, if necessary, to just cover the vegetables. Bring to a boil, then reduce heat to a simmer. Cover and cook until lamb is fork tender, about 40 minutes. Season to taste. Meanwhile, make Lemon Dill Yogurt (recipe follows). Serve in warmed serving dishes and garnish with Lemon Dill Yogurt.

LEMON DILL YOGURT

- 1 cup (250 ml) Greek style plain yogurt
- 2 garlic cloves, finely chopped
- ½ lemon, juice only
- ¼ cup (50 ml) fresh dill, coarsely chopped

In a mixing bowl stir together yogurt, lemon juice, garlic and dill. Season to taste. Allow to sit for at least 30 minutes.

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WILD RICE FRITTATA

Serves 6

- 1 cup (250 ml) water
- ½ cup (125 ml) wild rice
- 6 large eggs
- 2 tbsp (30 ml) fresh flat-leaf parsley, chopped
- 2 tbsp (30 ml) chives, finely chopped
- salt and freshly ground black pepper, to taste

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Ancient Grains from page 128 continued

- | | | |
|--------|----------|---|
| ¼ tsp | (1 ml) | ground nutmeg |
| 2 tbsp | (30 ml) | olive oil |
| 1 | | small onion, finely chopped |
| 2 | | garlic cloves, finely minced |
| 1 tbsp | (15 ml) | fresh rosemary, finely chopped |
| 1 lb | (500 g) | wild mushrooms (shiitake, oyster, morel, chanterelle) |
| | | sliced ¼-in (0.5 cm) |
| ¼ cup | (50 ml) | Parmesan, finely grated |
| ¼ cup | (50 ml) | Gruyère, finely grated |
| ½ cup | (125 ml) | prosciutto, chopped |

In a small saucepan bring wild rice and water to a boil. Lower heat to simmer, cover and cook until rice is tender and slightly chewy, about 45 minutes. Drain remaining water and set aside to cool. Set an oven rack about 5-in (12 cm) from broiler and preheat. In a large bowl, whisk together eggs, parsley, chives, salt, pepper and nutmeg. Set aside. Heat a large 10 to 12-in (25 to 30 cm) heavy ovenproof skillet over medium heat. When hot, add olive oil, then chopped onion. Sauté for 1 minute then add garlic. Season with salt and pepper and cook until onions are translucent, about 3 minutes. Increase heat to medium-high and add rosemary, then mushrooms. Stirring frequently, cook until liquid disappears and mushrooms are soft, about 3 minutes. Turn down heat to medium-low and add wild rice. Stir well to mix and until heated through. Pour egg mixture evenly over rice mixture and cook, partially covered, until set around the outside, about 5 minutes. Sprinkle top with cheeses and prosciutto.

Transfer skillet to broiler and bake until slightly puffed up, top is golden brown and egg is set, about 2 to 3 minutes. Remove from oven and allow to rest 5 minutes before serving. Cut into wedges and serve.

- PAIRS WITH**
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SANTA MARGHERITA PINOT GRIGIO
 Italy \$19.99 106450



QUINOA CAKES WITH SMOKED TROUT

Makes 8 Pancakes
 2 cups (500 ml) water

Ancient Grains from page 128 continued

½ cup	(125 ml)	quinoa
2 tbsp	(30 ml)	canola oil
1 cup	(250 ml)	buttermilk
2		large eggs, slightly beaten
½ tsp	(2 ml)	sea salt
4 tsp	(20 ml)	baking powder
2 cups	(500 ml)	organic quinoa flour
1 tsp	(5 ml)	ancho chili powder
½ lb	(250 g)	smoked trout, skinned and cut into ½-in (1 cm) pieces
½		red pepper, seeded and finely chopped into ¼-in (0.5 cm) dice
3		green onions, finely chopped
½ cup	(125 ml)	cilantro, finely chopped
2 tsp	(10 ml)	serrano chilies, seeded and finely minced
2 tsp	(10 ml)	lime zest, finely grated
		sea salt and freshly ground pepper, to taste

In a small saucepan, bring 1 cup (250 ml) water and quinoa to a boil. Reduce heat, cover and simmer until water is absorbed, about 10 minutes. Remove and set aside covered for another 10 minutes. Fluff and transfer to a bowl to cool down, about 15 minutes. In a large bowl, whisk together canola oil, remaining 1 cup (125 ml) water, buttermilk and eggs. In another bowl, mix together sea salt, baking powder, quinoa flour, ancho chili powder and cooled cooked quinoa. Add the liquid and egg mixture to the quinoa mixture and stir until blended. Fold in smoked trout, red pepper, green onions, cilantro, chilies and lime zest. Season to taste. Preheat a pancake griddle to 350 F (180 C). Brush griddle with olive oil. Spoon batter onto hot griddle to make pancakes 5-in (12 cm) across. Turn over when edges seem dry (will be a light brown colour). Keep cakes

warm while cooking remainder. If batter is too stiff, stir in 1 to 2 tbsp (15 to 30 ml) more buttermilk or water as needed. Serve with Lime and Chipotle Chili Mayonnaise (recipe follows).

LIME AND CHIPOTLE MAYONNAISE

1 cup	(250 ml)	mayonnaise
1½ tbsp	(21 ml)	fresh lime juice
2 tsp	(10 ml)	lime zest
1 tsp	(5 ml)	chipotle chili, finely chopped

In a small bowl, mix ingredients until blended. Refrigerate in an airtight container until ready to use.

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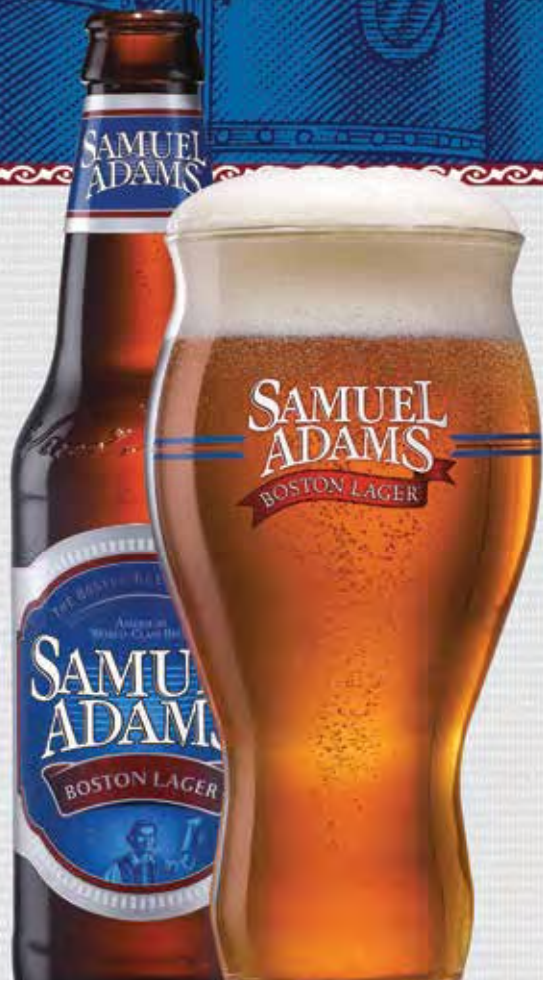
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An Apple a Day from page 132



APPLE UPSIDE DOWN CAKE

Serves 6

1 cup	(250 ml)	sugar
¼ cup	(50 ml)	water
3		apples
1 tbsp	(15 ml)	lemon juice
½ cup	(125 ml)	unsalted butter, softened
½ cup	(75 ml)	brown sugar, packed
2		eggs
1 tsp	(5 ml)	vanilla
1¾ cup	(425 ml)	all-purpose flour
1½ tsp	(7 ml)	baking powder
½ tsp	(2 ml)	baking soda

1 tsp	(5 ml)	ground cinnamon
¾ cup	(175 ml)	milk

Position rack in middle of oven and preheat to 350 F (180 C). Prepare six 4-in (10 cm) round ramekins (or one, 1 cup (250 ml) ramekin) by lightly oiling with vegetable oil or cooking spray. Set aside. In heavy-bottom saucepan, stir ¾ cup (175 ml) sugar with water over medium heat until dissolved. Bring to a boil without stirring and boil until mixture is amber in colour (caramelized), 6 to 8 minutes. Immediately pour into prepared ramekins. Peel, core and slice apples thinly, then soak in lemon juice to prevent discoloration. Arrange, overlapping, over caramel. In large bowl, beat butter with ½ cup (75 ml) sugar until light. Beat in eggs, one at a time. Beat in vanilla. In a separate bowl, whisk together flour, baking powder, baking soda and cinnamon. Stir dry mixture into butter mixture, alternating with milk, making three additions of dry ingredients and two of milk. Add batter to ramekins with a spoon, not disturbing apple slices. Fill ¾ full and tap down ramekins on counter to remove bubbles. Place ramekins on cookie sheet and bake for 20 to 25 minutes or until a cake tester inserted in center of cakes comes out clean. Make Maple Whiskey Cream Sauce, recipe follows. When cakes are done, remove from oven and let stand on rack for 5 minutes. Run a knife along edges to loosen from dish. Place a plate over cake, then flip to invert. Let stand for 5 minutes before gently lifting off ramekins. Scrape out any apples left in, if any, and arrange on top of cake. Serve with Maple Whiskey Cream Sauce (recipe follows).

An Apple a Day from page 132 continued

MAPLE WHISKY CREAM SAUCE

Makes 1½ cup (375 ml)

1½ cup (375 ml) whipping cream
¼ cup (50 ml) maple syrup
¼ cup (50 ml) Sortilège Maple Syrup Whiskey

Combine all ingredients in a large sauce pan. Bring to a boil over medium heat, stirring constantly. Lower heat and simmer for 15 minutes until thickened, stirring occasionally. If a thicker consistency is desired, simmer 5 to 10 minutes more. Serve hot, warm or cold.

PAIRS WITH

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PORK TENDERLOIN MEDALLIONS WITH APPLES

Serves 4

1 large pork tenderloin, sliced into ¾-in (2-cm) slices
salt and pepper, to taste
2 red apples
1 lemon, juice only
4 tbsp (60 ml) butter
2 tbsp (30 ml) olive oil
¼ cup (50 ml) apple juice or white wine
½ cup (125 ml) chicken broth
4 tbsp (60 ml) butter, cold

Pat pork dry and season on both sides with salt and pepper. Core apples and cut into ½-in. (1-cm) slices. Soak in lemon juice for a second to prevent discoloration. Heat a skillet over medium-high heat. Add 2 tbsp (30 ml) butter

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An Apple a Day from page 132 continued

until foam subsides, add apple slices and cook until caramelized on both sides. Remove from pan and set aside. Add oil and remaining 2 tbsp (30 ml) butter to another skillet and cook over medium-high heat until foaming. When foam has subsided, add medallions and brown well on both sides. Put lid on and continue cooking over medium heat until internal temperature has reached 155 F (68 C), about 10 minutes. Remove medallions to a plate and cover loosely with foil. To make sauce, increase heat to high and add apple juice (or wine) to skillet. Boil while scraping bottom of pan and reduce liquid by half. Add chicken broth and again reduce by half. Remove from heat and add cold butter one piece at a time, stirring to combine. Adjust seasonings as preferred. Place one slice of caramelized apples on top of each pork medallion, drizzle with prepared sauce and serve immediately.

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APPLE AND BLUE CHEESE SALAD

Serves 4

6 cups	(1.5 L)	assorted lettuce, cut into bite-size pieces
2 cups	(500 ml)	endives, cut into ½-in (1-cm) slices
2		red apples, cored, quartered and thinly sliced
2		pears, cored, quartered and thinly sliced
½ cup	(125 ml)	walnuts, toasted
¼ cup	(50 ml)	dried cranberries
½ cup	(125 ml)	blue cheese, crumbled

In a large serving bowl, combine all ingredients except blue cheese. Toss to combine. Add crumbled blue cheese and drizzle with Blue Cheese Dressing (recipe follows), to taste. Stir to combine and serve immediately.

Mix and Match Pasta Sauce from page 142

BLUE CHEESE DRESSING

½ cup	(125 ml)	mayonnaise
½ cup	(125 ml)	sour cream
2 tbsp	(30 ml)	whole milk
½ tsp	(2 ml)	Worcestershire sauce
1 tbsp	(15 ml)	apple cider vinegar
1 tbsp	(15 ml)	sugar
1		garlic clove, minced
½ oz	(15 g)	blue cheese, crumbled
		salt and pepper, to taste

Combine ingredients in a small bowl or measuring cup. Whisk until creamy consistency. Taste and adjust seasonings. This dressing is better made ahead of time for the flavour to develop further.

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Chile **\$12.99** 270355

ROSEMOUNT TRAMINER-RIESLING

Australia **\$13.99** 244301



BECIAMELLA SAUCE

Makes 3 cups (750 ml)

4 cups	(1 L)	homogenized milk
1		medium onion, peeled and left whole, studded with 6 cloves
1		bay leaf
½ tsp	(2 ml)	ground nutmeg
2 tsp	(10 ml)	salt and ground white pepper, to taste
5 tbsp	(75 ml)	butter
¼ cup	(50 ml)	all-purpose flour

In a saucepan over medium heat, cook milk, whole onion, bay leaf, nutmeg and white pepper. Reduce heat and simmer for 15 minutes. Remove onion and bay leaf.

In a large saucepan over medium heat, melt the butter. Add flour and stir until smooth. Add the hot infused milk and whisk slowly until very smooth. Bring



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Mix and Match Pasta Sauce from page 142 continued

to a boil and cook for 10 minutes, stirring constantly to prevent scorching. Remove from heat and set aside until ready to use.

This sauce can be used for mixing in macaroni and cheese then au gratin. Or as a layers for lasagne noodles. Use as a lightening sauce to the heavier and richer Pesto and Bolognese.

Alternate Endings:

1. Add fresh seafood or diced cooked chicken at the last minute, mix with pasta, sprinkle with Parmesan and bake until golden brown.
2. Add a small amount of pesto, as desired, to make a creamy pesto sauce
3. Add a little tomato sauce, as desired, to make a rosé sauce

PAIRS WITH

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BC VQA \$17.99 75366

TORRESELLA VENETO PINOT GRIGIO
Italy \$14.99 468306



PESTO SAUCE

Serves 6

2 cups	(500 ml)	basil leaves, tightly packed, stems removed
2 tbsp	(30 ml)	pine nuts
2		large garlic cloves, coarsely chopped
		coarse salt, to taste
½ cup	(125 ml)	extra-virgin olive oil
½ cup	(125 ml)	Parmesan, freshly grated

Traditional Method: crush basil, pine nuts, garlic and a large pinch of coarse salt into a fine paste with a mortar and pestle. Transfer to a small mixing bowl and slowly drizzle in olive oil, stirring constantly, then mix in Parmesan. Mix well until emulsified. Cover the surface with plastic wrap to prevent oxidation.

Mix and Match Pasta Sauce from page 142 continued

Serve with freshly cooked noodles.

Modern Method: Using a Food Processor: place pine nuts, garlic and salt into the bowl and process to a paste. Add basil and drizzle in oil and process until smooth. Transfer to a small mixing bowl and mix in Parmesan. Serve with freshly cooked noodles.

Pair with mandilli, orecchiette, gnocchi, penne, or fusilli pasta.

PAIRS WITH

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BOLOGNESE SAUCE

Serves 6

¾ cup	(175 ml)	olive oil
2 oz	(60 g)	pancetta, coarsely chopped
8 oz	(250 g)	lean ground beef
4 oz	(125 g)	ground veal
4 oz	(125 g)	ground pork or Italian sausage, casings removed
3		garlic cloves, minced
1		large onion, finely chopped
2		small carrots, finely chopped
2		stalks celery, finely chopped
28 oz	(840 ml)	canned crushed Italian plum tomatoes
2 cups	(500 ml)	dry red wine
1 tsp	(5 ml)	hot red chili flakes
½ tsp	(2 ml)	nutmeg
¼ cup	(50 ml)	fresh Italian flat-leaf parsley, coarsely chopped
2 tsp	(10 ml)	dried oregano
3 tbsp	(45 ml)	fresh rosemary, coarsely chopped
1		Parmesan cheese rind piece, about 3-in (8 cm) square
2 tsp	(10 ml)	brown sugar
		sea salt and freshly ground black pepper, to taste
2 lb	(1 kg)	fresh noodles, as preferred
		Parmesan, freshly grated, for garnish

In a large skillet, heat ¼ cup (50 ml) of olive oil over medium heat. Add pancetta and sauté for 1 minute. Gradually add ground meats and cook just until browned, breaking up any large chunks, about 5 minutes. Remove meat with a slotted spoon to a wired mesh sieve to drain any excess fat.

In a large casserole or Dutch oven, heat remaining olive oil over medium-high heat. Add garlic and sauté until golden, about 3 minutes. Add onions, carrots and celery and cook until onions are translucent. Stir in drained meat, tomatoes, wine, red chili flakes, nutmeg, Italian parsley and half the oregano and rosemary. Stir and bring to a simmer. Add the Parmesan rind and brown sugar and season to taste. Simmer slowly over low heat, uncovered, about 1½ hours, stirring occasionally to prevent the bottom from burning.

Bring 1½ gallons (7 L) of water with 1 tbsp (15 ml) salt to a boil over high heat. Add the pasta and stir well. Cover until it returns to a boil. Uncover and boil just until tender to the bite, or al dente. Reserve ¾ cup (175 ml) cooking water and drain pasta in a colander. Add drained pasta to sauce and mix well, adding a bit of pasta cooking water if needed. Cover and cook 1 minute. Season if necessary and serve immediately with freshly grated Parmesan.

Traditionally paired with tagliatelle, but pappardelle, spaghetti and fettuccine pasta work well.

PAIRS WITH

MONTE ANTICO TOSCANA
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Italy **\$29.99** 3962



PUTTANESCA SAUCE

Serves 6

3 tbsp	(45 ml)	extra-virgin olive oil
6		garlic cloves, coarsely chopped
1		medium onion, coarsely chopped
½ tsp	(2 ml)	crushed red pepper flakes
1–2 oz	(56 g)	anchovy fillets, drained and coarsely chopped
½ cup	(125 ml)	pitted Kalamata olives, coarsely chopped
3 tbsp	(45 ml)	capers
32 oz	(960 ml)	canned Italian plum tomatoes, coarsely chopped with juice
		sea salt and freshly ground black pepper
½ tsp	(2 ml)	sugar
¼ cup	(50 ml)	flat-leaf parsley, chopped
¼ cup	(50 ml)	basil, chopped
1 lb	(500 g)	pasta noodles, as preferred
		Parmesan, for garnish

Heat olive oil over medium-high heat. Add garlic, onion, red pepper flakes and anchovies. Sauté until anchovies start to break and melt away and onions are soft and tender, about 3 minutes. Add olives, capers, tomatoes, salt and black pepper to taste, sugar, parsley and basil. Bring sauce to a boil. Reduce heat to low and simmer for 10 minutes. Toss with hot, cooked pasta. Serve with freshly grated Parmesan cheese.

Pairs with farfalle, spaghetti, tagliatelle, or rotini pasta.

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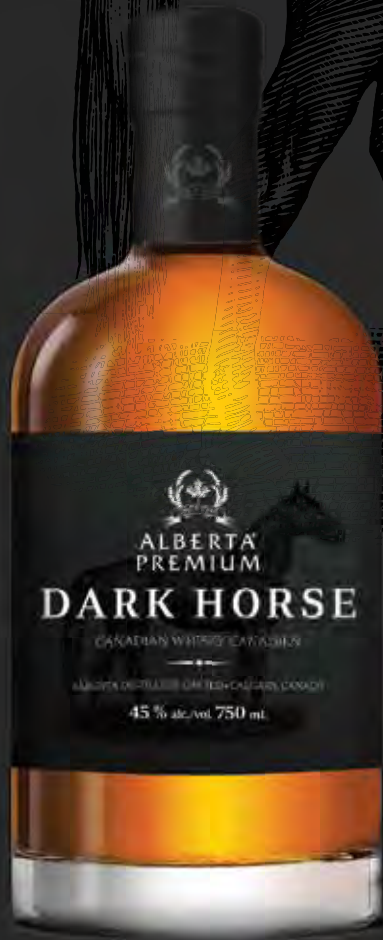
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