

FOOD/DRINK/MORE

COMPLIMENTARY

TASTE

BC LIQUORSTORES

AUTUMN ALCHEMY

AFFORDABLE BORDEAUX

The 2010 vintage's spectacular offerings that over-deliver 4

DELICATE DACQUOISES

Beautiful and delicious 48

SPANISH TINTO

An adventure in red wine 110

FROM COD TO CATAPLANA

The charm of Portuguese cuisine 122



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36

FOOD/DRINK/MORE

TASTE

BC LIQUORSTORES®

- 4 AFFORDABLE BORDEAUX**
Finding great value in the stellar 2010 vintage
- 8 FALL VINEYARD HARVEST DINNER**
Celebrate the grape!
- 12 FORTIFY YOUR TASTEBUDS**
Debunking fortified wine myths
- 16 LEARNING TO LOVE BRUSSELS SPROUTS**
It's all in the preparation
- 22 ARGENTINA'S WINE EVOLUTION**
Diverse varietals from the land of Malbec
- 26 GET YOUR (DELICIOUS) DUCKS IN A ROW**
Bringing out duck's unique flavour
- 30 WARM DRINKS FOR COOL NIGHTS**
Cozy cocktails
- 35 NEW**
These just in!
- 36 THANKSGIVING TARTS, TORTES & TERRINES**
Outshine the turkey!
- 40 HARRY MCWATTERS**
An Okanagan founding father
- 42 FALL FOR BEER**
Suds of the season
- 47 HOT**
Fall's most wanted

48 DELICATE DACQUOISES
Four crispy meringue treats

54 BC WINERY PROFILE
Red Rooster

58 THE DIVERSE DISHES OF BURMA
A culinary crossroad of flavour

62 LA PENTOLA DELLA QUERCIA
Fresh Northern Italian fare

70 THE FLAVOURS OF FALL
Keeping the chill at bay

74 SIMPLY SPECTACULAR
Save time without sacrificing flavour

78 BAR STAR
Gez McAlpine, The Keefer Bar

83 CONSULTANT'S CHOICE

84 CAULIFLOWER CREATIVITY
A colourful palette of flavours

88 A CORNUCOPIA OF THANKSGIVING WINE
Wine to go with everything

92 CELEBRATING MID-AUTUMN FESTIVAL
Mooncakes and more!

97 EERIE WINES FOR ALL HALLOW'S EVE
Spooky sips for a scary celebration

99 FLAVOURS
A taste of fall

100 THE RISE OF RED WINE
The hows and whys

104 HOMEMADE BREADS AND SPREADS
Fill your autumn with the aroma of baking bread

108 THE COCKTAIL MENU
Warming whisky libations

110 SPANISH TINTO
An adventure in red wine

114 ACORN SQUASH
A fall favourite

118 FABULOUS FINISHES
Wine and cheese pairings to remember

122 FROM COD TO CATAPLANA
Charming Portuguese cuisine

126 BEYOND THE BLEND
Grapes move from the background to centre stage



104

130 A CRASH COURSE IN CHIANTI
Learn about this quintessential crowd-pleaser

134 ASK AN EXPERT
Syrah vs Shiraz

136 VERY SPECIAL EVENTS

140 RECIPE INDEX



48



APOTHIC RED WINEMAKER'S BLEND
USA \$16.99 125617

Made mainly from Zinfandel and Syrah, balanced with Cabernet Sauvignon and Merlot, Apothic Red offers flavours of black cherry and rhubarb together with notes of mocha and spice. It is medium-to full-bodied on the palate with soft tannins leading to a smooth finish. A wine made for pasta.

91 PTS

Wine Spectator

"Hints of marzipan and toast add richness in this lively, creamy, detailed Champagne." - Dec. 2012



91 PTS

*Anthony Gismondi,
Vancouver Sun*

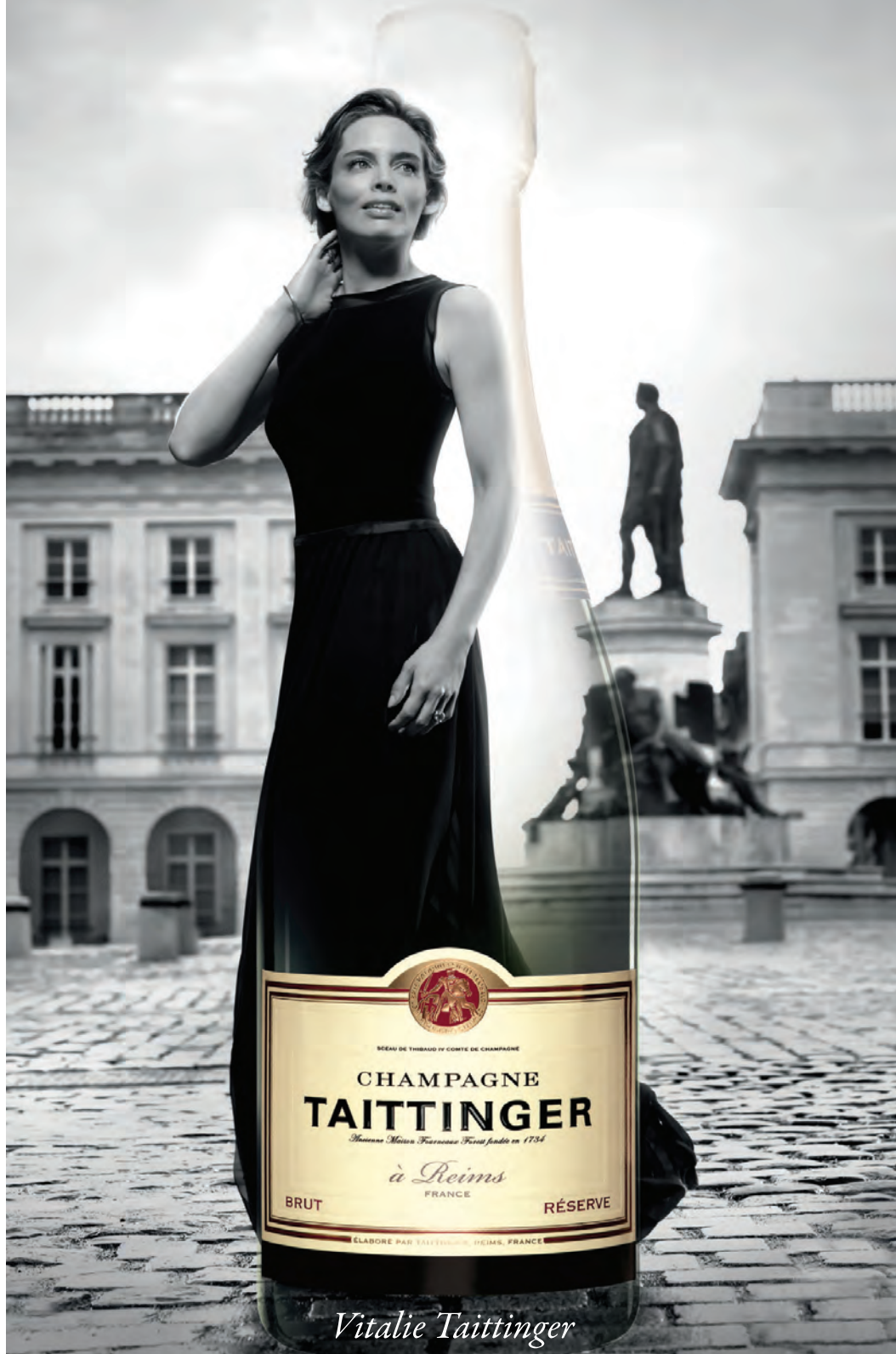
*"Fresh, clean and very elegant."
Delicious, very attractive style
and very easy to drink."* - May, 2012



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 BC VQA Wines

 Ontario VQA Wines

 Sweetness Code

 Kosher

 Organic

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AFFORDABLE

BORDEAUX

FINDING GREAT
VALUE IN THE
STELLAR 2010
VINTAGE

Chateau Latour at sunrise, Bordeaux, France



If you love rich, concentrated reds that have you at “hello” and can age for decades and fresh, focused whites that simply sing now and for years to come, you need to read this article. Why? Because some of the best wines Bordeaux has produced since the 1982 vintage are being released soon right here in British Columbia. The 2010 vintage is very highly-rated and many of the top wines are available as part of the annual Bordeaux release to BC Liquor Stores, this year on September 28th. Exciting times!

It’s no secret that Bordeaux – that famed French region – crafts some of the finest wines in the world and has done so for centuries. But vintage matters... big time. The weather is different every vintage and ultimately dictates the fruit quality and thus how great the wine can be.

The 2010 growing season was a bit of a roller-coaster. It began with a very dry summer with almost no rain in August, a situation that infused fear into the hearts of growers. Then, early September rains finally came and ripened the fruit nicely. The result was a low crop of small, gorgeously concentrated berries and the final wines made critics swoon.

In simplest terms, every winery in Bordeaux was – in theory – capable of making stellar wines in 2010. That makes for a great vintage. The smart money is on lesser-known properties with solid track records. In fact, very good bottles certainly exist for less than \$50. Of course, fine Bordeaux will never be cheap – those days are long gone because of rising demand worldwide, particularly in Asia. The classed growth wines of Château Mouton Rothschild, Château Lafite Rothschild,

Château Latour, Château Haut-Brion and Château Margaux always fetch hundreds of dollars per bottle upon release. They are investments and benchmarks of a vintage.

These stratospheric prices spark debates about whether any wine could be good value at about \$70 or more per ounce. But of course, Bordeaux doesn’t set the prices. The market does and it’s more than basic economics. It’s a collective nod to the winemaking masters of our day and the work they produce.

Top Bordeaux isn’t just aspirational, it’s actually accessible in any relatively free and democratic society. Bordeaux contributes in ways precious few wineries do. In very real terms, Bordeaux contributes wines worthy of giving to your best friends for their nuptials with the suggestion they open them on their 50th wedding anniversary. The region contributes wines to stash away for your first born child to open decades later on his or her life’s milestones.

Sure, winemakers elsewhere try to emulate the masters but copycats rarely seem to get it quite right. The proof lies in the fact the highest praise bestowed upon a well-made Meritage or Cabernet-blend seems to be, “my, this tastes like a fine Bordeaux.”

Which brings us around to the point of this story: affordable Bordeaux – all of the following houses produce wines available in Signature BC Liquor Stores as part of this year’s formal Bordeaux Release event which is now in its 28th year. It’s time to reveal some of the under-sung, over-achieving wineries that offer stellar value, particularly in the 2010 vintage.

CHÂTEAU MARSAU, CÔTE DE FRANCS

This small estate is owned and run by one of the most respected wine authorities in Bordeaux – Jean-Marie Chadronnier. Monsieur Chadronnier is President and CEO of leading Bordeaux négociant CVBG-Dourthe-Kressmann (Dourthe), a distinguished merchant in the region with a huge portfolio of fine wines. He knows good juice. Under Chadronnier’s direction, Château Marsau produces excellent wines. In fact, Robert Parker called the house, “the Pétrus of the Côtes de Francs” – a reference to the revered Château Pétrus.

CHÂTEAU RAHOUL, GRAVES

This property produces excellent red and white wines. Its Cabernet Sauvignon-based reds are deep and meaty with both power and finesse. And its whites are exciting with stony minerality and precise, pure fruit made from Sémillon and Sauvignon Blanc. The 2010s were outstanding.

CHÂTEAU LILIAN LADOUYS, ST-ESTÈPHE

In a great year such as 2010, this little-known St-Estèphe estate expresses itself with an attractive balance of exquisite elegance and taut muscularity. It’s the kind of wine that can produce “oohs” and “ahhs” at a dinner party.

CHÂTEAU TEYSSIER, ST-ÉMILION

The wines of this 300-year-old St-Émilion property appeal to those who like fresh, fruit-forward, cherry-and-chocolate-scented reds. Château Teyssier produces a modern style of wine that, in good years, drinks beautifully upon release while having the ability to develop depth and complexity with time in bottle.

The 2010 Bordeaux Release
will take place at the following
Signature BC Liquor Stores:

39th & Cambie
Abbotsford
Alberni & Bute
Fleetwood
HighGate Village
Langley
Meadowtown
Nicola Station
Nordel Crossing
Northgate
Park Royal
Richmond Brighthouse
Richmond Ironwood
Westwood Centre
Fort Street
Victoria Westshore
Kamloops Columbia Place
Kelowna Mission Park
Kelowna Orchard Park
Penticton Plaza
Prince George Pine Centre
Vernon

and at these
BC Liquor Stores

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information visit
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BORDEAUX

R E L E A S E

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Affordable Bordeaux

CHÂTEAU CAMBON LA PELOUSE, HAUT-MÉDOC

This wine is one of the stars of the 2010 vintage that has the world's top critics raving. James Suckling gives it 90–91 points, calling it a “standout value buy.” *Decanter Magazine* awards it four out of five stars. And Robert Parker calls the blend of 50 percent Merlot, 45 percent Cabernet Sauvignon and 5 percent Petit Verdot a “supple textured... sexy Bordeaux,” giving it 89–92 points.

CHÂTEAU POTENSAC, MÉDOC

Quality has been climbing steadily at Château Potensac since the Delon family took the reins in the 1970s. This property produces some best buy wines made from old vine Cabernet Sauvignon, Merlot and Cabernet Franc fruit – all hand-harvested and vinified with care.

Barbara Philip, Master of Wine and Portfolio Manager for Wines of Europe for the BC Liquor Stores tasted the 2010 wines from the above noted châteaux and the tasting notes presented here are her very well-educated thoughts on these wines.

For a full listing of the wines available this year, see the 2010 Bordeaux release booklet, published by BC Liquor Stores. Wines from the 2010 Bordeaux release are available at the 22 Signature BC Liquor Stores, as well as Dunbar, Caulfeild and Peninsula Village*. BC Liquor Stores' flagship location at 39th & Cambie will carry the complete range of 2010 Bordeaux. Stay tuned to www.bcliquorstores.com for more information on the 2010 Bordeaux release event, locations and other details.

* For a full listing of participating stores, see the ad on page 6.



CHÂTEAU MARSAU, CÔTES DE FRANCS

France **\$25.00** 184960
What a great value! This wine is very complex for the price, with sweet herbs, brambles and damson plum flavours. It is restrained, refined and would complement strip loin very well.



CHÂTEAU RAHOUL, GRAVES

France **\$26.00** 184986
Warm spice and savoury meat notes on the nose give way to fine tannins and red plum notes on the palate. Try it with a sausage pizza.



CHÂTEAU LILIAN LADOUS, ST-ESTÈPHE

France **\$30.00** 185017
The nose is filled with licorice, dried herbs and spice aromas. On the palate, the tannins are firm, indicating the wine will benefit from short term aging. If you cannot wait, have it with a juicy homemade burger.



CHÂTEAU TEYSSIER, ST-ÉMILION

France **\$30.00** 878033
This wine is relatively soft and plush with dried plum and dark cherry flavours. The palate is mouth coating with cocoa notes. Aged gouda or cheddar would be a nice complement.



CHÂTEAU CAMBON LA PELOUSE, HAUT-MÉDOC

France **\$35.00** 18317
This vintage of Cambon la Pelouse could not be more classic Bordeaux. It has dried herb and leafy aromas on the nose, along with bitter chocolate-flavoured tannins. Try it with a Bordelaise dish like duck.



CHÂTEAU POTENSAC, MÉDOC

France **\$38.00** 184200
This is serious wine that will improve with 3 to 5 years of cellaring. Toast, violets and cassia dominate the nose while the palate has lush tannins and a persistent finish. It would be a beautiful match with roast lamb.

FALL VINEYARD HARVEST DINNER

PORK LOIN ROAST
WITH SABA SERVED
WITH BEET AND
WALNUT SALSA

As the days grow shorter, what better way to celebrate the beauty of the fall season than with a dinner party inspired by the annual grape harvests taking place across British Columbia? Using the best seasonal and local ingredients, this menu highlights just how versatile the humble grape can be. Start with pan-seared gnocchi tossed with fresh grapes and blue cheese, then savour a roasted pork loin flavoured with saba, a condiment made from the juice of wine grapes and herbs. Complete the evening with a polenta and white wine cake, embellished with red wine poached pears and topped off with a spun sugar crown. Raise a glass to toast the best of the harvest.



CARROT GNOCCHI WITH GRAPES AND BLUE CHEESE

PAIRS WITH CARROT GNOCCHI WITH GRAPES AND BLUE CHEESE



WITHER HILLS PINOT GRIS
New Zealand **\$17.95** 23820
Made in one of the most isolated winemaking regions in the world, this Pinot Gris has fragrant and youthful flavour characteristics of pear and white peach with notes of lemon cream and apple. On the palate, it's dry and medium-bodied with balanced acidity. Most definitely sips well on its own or pairs wonderfully with cheese dishes or seafood.



TOFFEE CHUNK SYRAH
South Africa **\$14.98** 162628
As the name implies, this 100 percent Shiraz not only shows a distinctive character of toffee, but also aromas of blackberry, cherry and a touch of smoke. The palate is dry and medium-bodied with well-integrated tannins and balanced acidity. Enjoy with cheese dishes and smoked meats.



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Fall Vineyard Harvest Dinner

PAIRS WITH PORK LOIN ROAST WITH SABA SERVED WITH BEET AND WALNUT SALSA



HEARTLAND LANGHORNE CREEK SHIRAZ

Australia **\$22.99** 293225
Sourcing grapes from Langhorne Creek, the famous wine growing area in South Australia, this delicious Shiraz is loaded with aromas of dark plum, blackberry, menthol, white pepper and chocolate. Fruit-driven and dry on the palate, this medium- to full-bodied wine has ripe tannins that pair well with game meats and pot roasts.



CUSUMANO NERO D'AVOLA SICILIA

Italy **\$17.99** 143610
A grape whose reputation is on the rise, Nero d'Avola is a signature varietal of Italy's island of Sicily. Dark ruby in colour, Cusumano's version has aromas of plum, red and black cherry and spice. On the palate it's dry and medium-bodied with ripe tannins and refreshing acidity. Try it with pork or lamb chops.



PAIRS WITH POLENTA CAKE WITH POACHED PEARS AND SPUN SUGAR CROWN



POLENTA CAKE WITH POACHED PEARS AND SPUN SUGAR CROWN



WILLIAM'S SIR PERRY PEAR CIDER

United Kingdom **\$12.99** 8144
4 x 500 ml

Sir Perry pear cider is made in the traditional English style, using 100 percent fermented pear juice. With flavours of fresh pear and toast reminiscent of sparkling wine, its mouth-watering, tangy acidity is balanced by just a touch of residual sugar. This medium-bodied beverage is excellent with appetizers and desserts.



GIFFARD POIRE WILLIAM

France **\$79.95** 218354 600 ml

Made by laboriously placing individual pear buds into empty bottles so the fruit grows inside, Poire William distills its eau-de-vie after harvesting pears from the same trees. Concentrated and aromatic, it has intense flavours of ripe pear with floral, honey and spice notes making it excellent with desserts. Serve in an ice cold frappé or blend with sparkling wine for an elegant cocktail.





FORTIFY YOUR TASTE BUDS

DEBUNKING FORTIFIED WINE MYTHS

Pity the port (and all fortified wines for that matter). There was a time when fortified wines ruled both trade routes and urbane dinner tables. Entire economies were built around this liquid gold, and port cities such as Oporto, Madeira, Marsala, and Jerez were known around the world. Fortified wines influenced wars, not to mention they were the vinous choice of nobility. They were the classy wine pick without peer.

However, nowadays fortified wines do not nearly command the same level of attention. It's the rare home that possesses a pair of port tongs (purpose-built pincers made red hot in an open fire and used to open old bottles of vintage port) let alone sherry *copitas* (small wine glasses purpose-built for serving sherry). Not surprisingly, this disinterest has led to a lot of misinformation floating around, so it's time to debunk a few myths about fortified wine.

MYTH 1: ALL FORTIFIED WINE COMES FROM PORTUGAL

True, p-o-r-t comprises the first four letters of Portugal, and Portugal is home to both port and madeira – two of the most important types of fortified wine. And while there's no discounting the importance of Portugal's influence on fortified wines, it is necessary to point out the fine fortifieds from other geographies. Spain has sherry, for example, and Italy has its own homegrown fortified wines including marsala. France has long produced vermouth, not to mention *vins doux naturels*, and Australia has a significant history with fortified "stickies." Indeed wine regions around the world produce fortified wines, often in homage to Portugal's crop, but also unique in their own right.

MYTH 2: FORTIFIED WINES ARE SIMPLY WINES WITH EXUBERANT ALCOHOL LEVELS

If you think fortification is just an excuse to boost alcohol levels, you haven't tasted enough fortified wines! In reality, there are two main reasons why winemakers add distilled alcohol to fermenting must, and in the case of Pineau de Charentes and other *vin de liqueur*, fermentation may be avoided completely, making it

more a case of fortified grape juice that subsequently gets aged.

The first reason has historical significance. Hundreds of years ago merchants realized that adding brandy to fermenting wine increased the stability of the finished wine. This significantly helped stabilize their precious cargo during long sea voyages, creating a great strategy to curb costly spoilage. Secondly, fortifying a wine ceases the fermentation process, as yeast typically can't survive in a high alcohol environment. Stopping the fermentation process prematurely creates a sweet wine, as the yeast has not had opportunity to completely convert all the sugars into alcohol. This fortification is done on purpose, which can give rise to the next myth.

MYTH 3: FORTIFIED WINE IS SUPER SWEET

Like all types of wine, fortified wine is amazingly diverse. While fortification may create sweet wines ready for dessert service, there are also fortified wines that come across drier than any zippy Sauvignon Blanc. Great fino sherry, for example, is bone dry with laser-like vibrancy. To achieve this, fortification is simply not conducted until the

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Fortify Your Taste Buds

fermentation process is complete. Furthermore, even sweet fortified wines can benefit from a countervailing acidity. For fortified wines, sweetness is not the end goal, it is the transformation of flavour and addition of ethereal qualities inherent from fortification that make the wines so unique.

MYTH 4: AN OPEN BOTTLE OF FORTIFIED WINE LASTS FOREVER

By their very nature fortified wines will stay sipping-worthy longer than regular wine. However, once open even that special bottle of tawny port stored in the back of the liquor cupboard has a lifespan. How long will a bottle of port remain palatable once opened? Opinion varies, and it really depends on the type of port, but a general rule ranges from four to six weeks for a young ruby or tawny port, to two to three days for an old, vintage port whose delicate nuances really merit consuming shortly after opening. And then there's madeira, which is essentially "cooked" and oxidized during the winemaking process, and likely to see no degradation for upwards of a year.

MYTH 5: FORTIFIED WINES ARE EXPENSIVE

Actually, due to the under-appreciated status of fortified wines in general, they can offer remarkable value, whether for drinking now or squirrelling in the cellar.

Of course, the best way to dispel the myths and clear the murky information surrounding these special wines is to simply pick up a few bottles and taste. They were once good enough for kings and queens and fortified wines certainly still maintain their place on the modern dinner table.



TAYLOR FLADGATE LATE BOTTLED VINTAGE PORT

Portugal **\$25.99** 289603
Vintage port is fantastic but requires time and a cellar to reach optimal flavour. Late bottled vintage port is still blended from wines of a selected harvest, but thanks to oak aging it flaunts sumptuous plum and caramel tones – plus it's ready to drink now.



PENFOLDS GRANDFATHER

Australia **\$84.99** 440214
A six barrel-stack solera system allows consistency of style for Penfolds' Grandfather Rare Tawny. This fractional blending translates to wine with an average age of more than 15 years and exuberant, concentrated flavours with nuttiness and spice. A dessert all on its own!



NUTTY SOLERA OLOROSO GONZÁLEZ BYASS

Spain **\$17.99** 35204
This oloroso, or "scented," sherry is imbued with great amber colour and nutty nuances from its unique oxidative aging winemaking process. Whiffs of caramel and fig Newton are complemented by a languid walnut-skin finish in this medium-dry fortified.



DOW'S 10-YEAR-OLD TAWNY PORT

Portugal **\$38.99** 989319
Ten years designates the average age of the port wines blended into Dow's liquid gold and 10 years average spent in oak casks has transformed this luscious fortified into an enticing mahogany colour and imparted gorgeous notes of dried fruit and citrus. It's elegant, structured and lip-smacking.



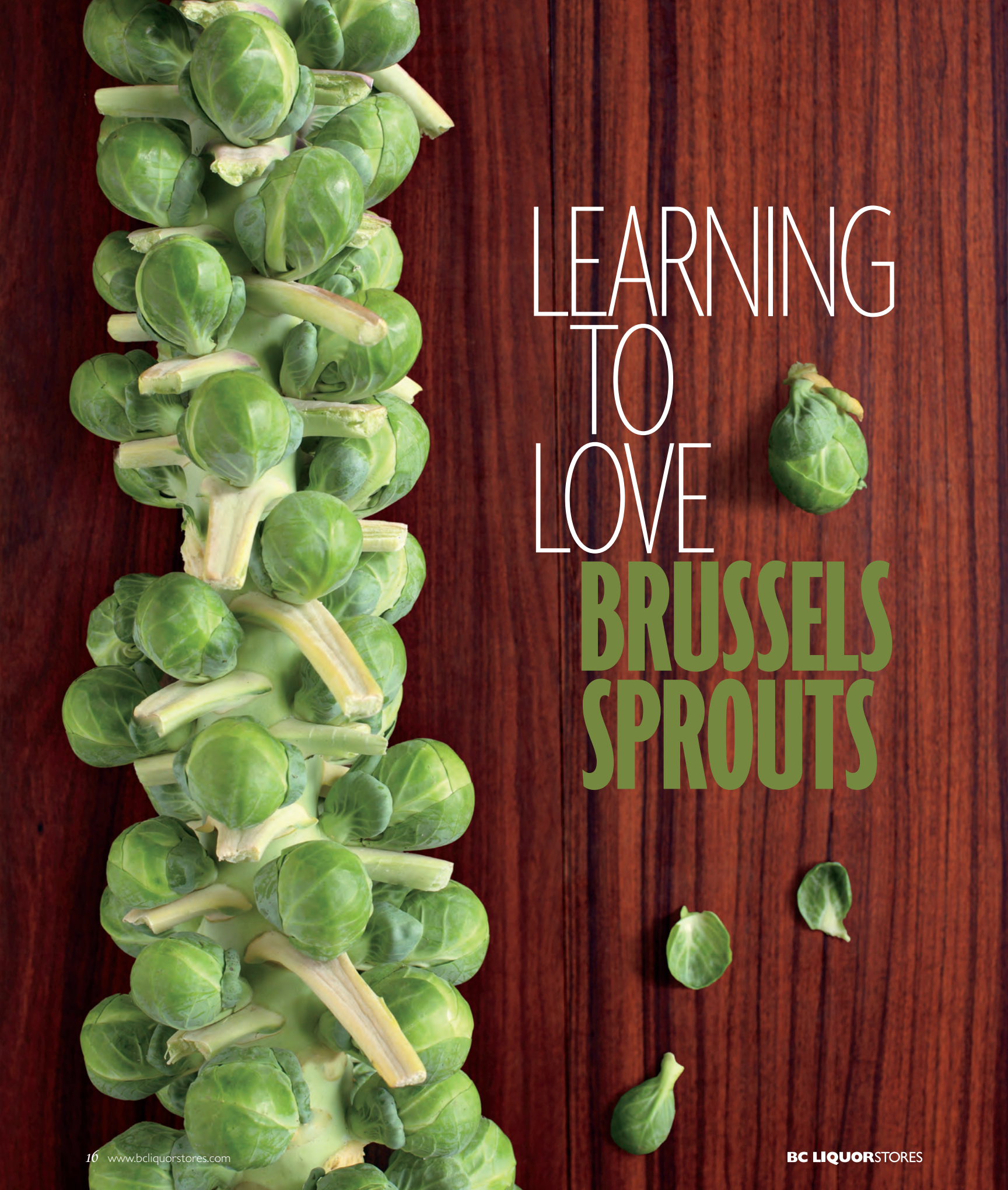
CARLO PELLEGRINO FINE MARSALA

Italy **\$19.99** 265439
Sure marsala is great for cooking, but it makes fine sipping too! Like port, this storied fortified from the Italian isle of Sicily has varying designations, with "fine" indicating a wine aged less than two years. Rich fruit and a smooth finish make this an easygoing fortified.



LILLET

France **\$18.99** 32631
This versatile fortified aromatic wine is produced from a blend of macerated liqueurs steeped in secret botanicals to meld a balance of bitter and sweet. It's perfect for solo sipping pre-dinner – just add a slice of orange or lemon. Lillet is also a crucial component in many classic cocktails.



LEARNING
TO
LOVE

**BRUSSELS
SPROUTS**

Once seen only on holiday tables, sometimes to groans of displeasure, the simple Brussels sprout has recently become an “it” vegetable in the chic bistro and upscale dining scene. The secret of its burgeoning popularity is in the preparation. Try shredded sprouts quickly sautéed with pancetta and pumped up with plump raisins; Asian-inspired sprouts stir-fried with ginger, soy and aromatic mushrooms, or oven-roasted Brussels sprouts paired with cherry tomatoes and tossed with orecchiette pasta, garlic, chilies and Parmigiano-Reggiano. These are three flavourful dishes guaranteed to save your Brussels sprouts from their usual mushily boiled fate.



STIR-FRIED BRUSSELS SPROUTS WITH CHINESE MUSHROOMS



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*SOURCE: ASSOCIATION OF CANADIAN DISTILLERS, JUNE 2013.





SAUTÉED SHREDDED BRUSSELS SPROUTS

PAIRS WITH SAUTÉED SHREDDED BRUSSELS SPROUTS



**CHARLES SMITH
KUNG FU GIRL RIESLING**
USA **\$21.99** 301671

From Washington State, this Riesling shows pronounced aromas of flowers, green apple, lemon and white peach. The palate is dry and medium-bodied with zesty, mouth-watering acidity. Pairs well with spicy dishes and grilled seafood.



FOLONARI VALPOLICELLA
Italy **\$15.49** 828

Folonari Valpolicella is a youthful wine made from a trio of Corvina, Rondinella and Molinara grapes. It has aromas of red cherry, candy and hints of violet. Dry on the palate, this light- to medium-bodied wine has soft tannins together with juicy acidity. Enjoy slightly chilled.

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Learning to Love Brussels Sprouts

PAIRS WITH STIR-FRIED BRUSSELS SPROUTS WITH CHINESE MUSHROOMS



SEBASTIANI SONOMA CHARDONNAY

USA **\$20.95** 361634

Sebastiani produces this Sonoma Chardonnay which offers lively fruit characteristics of green apple, lemon cream, vanilla, oak and a hint of toast. Taking full advantage of the three types of oak used for barrel aging, it is medium-bodied with a creamy mouth feel and refreshing acidity. Perfect with pork chops, salmon and grilled vegetables.



GUIGAL CÔTES DU RHÔNE

France **\$21.99** 259721

This blend is dominated by Syrah and balanced by Grenache and Mourvèdre. Made from vines with an average age of 35 years, it has flavour characteristics of red cherry, raspberry and spice. Medium- to full-bodied on the palate, expect integrated tannins and balanced acidity.



PAIRS WITH ORECCHIETTE WITH ROASTED BRUSSELS SPROUTS



ORECCHIETTE WITH ROASTED BRUSSELS SPROUTS



LURTON LES FUMÉES BLANCHES SAUVIGNON BLANC

France **\$14.99** 472555

This food-friendly Sauvignon Blanc has youthful aromas of grapefruit, lemon and a hint of tropical fruit. Dry on the palate with loads of lively acidity, its medium-body and fine finish make it fantastic with an array of food such as salad, pasta, white meat or seafood.



TOMMASI VALPOLICELLA RIPASSO

Italy **\$29.99** 566844

Made from a high portion of Valpolicella's best grape variety, Corvina, and balanced by Rondinella and a bit of Corvinone, this wine has youthful flavours of pepper, spice, black cherry and a hint of dried fruits. Dry and mouth coating on the palate, this medium- to full-bodied wine has fresh acidity accompanied by fine grained tannins. Perfect partner for meat dishes and rich cheeses.

ARGENTINA'S WINE EVOLUTION



THREE THINGS THAT HAVE BECOME SYNONYMOUS WITH ARGENTINA ARE THE TANGO, THE ASADO AND MALBEC. UNDOUBTEDLY, THESE THINGS ARE STILL AT THE HEART OF THE ARGENTINE CULTURE, BUT THERE HAS BEEN A SUBTLE SHIFT.

Argentina is intriguing and diverse; it's a land of passion, strength and culture.

Encompassing most of the lower cone of South America, Argentina is home to a mosaic of inhabitants from around the globe who contribute to its distinction.

It has also become an important tourist destination in recent years, which has played a huge role in its evolution and newly refined wine and food culture.

Three things that have become synonymous with Argentina are the tango, the *asado* and Malbec. Undoubtedly, these things are still at the heart of the Argentine culture, but there has been a subtle shift. With a wave of international tourism and investment, along with a desire to showcase their varied and visually stunning country, Argentina is becoming even more intriguing.

Although much of the tango seen in the streets these days in Buenos Aires is geared toward tourists, it still resonates with Argentines across the nation. Even if no one is dancing, you'll hear the music wherever you go.

When it comes to food, there is nothing more traditional than *asado* and

nothing that pairs better with Malbec. *Asado* means barbecue. Although they vary in size, shape and height, an *asado* is basically an open pit fueled by charcoal. Beef and other various meats, empanadas and vegetables are laid on a *parrilla*, or grill. It is a casual and very social event that's best enjoyed outdoors with the scent of smoke and cooking food filling the air.

Thanks to a strong Italian influence, pasta is also extremely common, but a new generation of Argentine cuisine is becoming increasingly popular. Mendoza and Malbec may have put Argentina on the map for many wine lovers, but they are also the driving force behind a spurt of growth in wine and food tourism. This has given rise to new chefs, new restaurants and a wider range of cuisines and cooking styles. The dishes these days are fresher, lighter and experimental – flaunting more of Argentina's plentiful produce.

Likewise, Malbec is becoming, well, more than simply Malbec. Malbec in Argentina is like an onion – layer upon layer (or in this case, altitude upon altitude), subtle changes occur.

Altitude is taken very seriously.

Everyone has heard of the province of Mendoza. Mendoza rests within

the larger central winemaking region of Cuyo – which also encompasses San Juan and La Rioja, both north of Mendoza. Within the very important Mendoza region, you'll find the sub-regions: Luján, Maipú, Uco Valley, San Carlos and San Rafael. Within these you'll find even more specific sites, such as Luján de Cuyo, Agrelo, Ugarteche, Tupungato and La Arboleda to name just a few.

Vineyard sites can vary from 600 to more than 1700 meters above sea level – undoubtedly making Argentina home to the world's highest vineyards.

Everyone talks about Argentina and altitude, but what does that mean for wine?

Higher altitude translates to cooler temperatures, more direct and intense sun exposure and greater day-to-night temperature swings. These factors create wines that are brighter, more fragrant and deeply coloured, as well as building sweet and ripe, yet firm tannins.

The obvious difference in wines grown in sky-high vineyards is also perceptible in their weight and texture – there is elegance and a feeling that the wine is almost levitating above your tongue, it's that fine.

Ultimately, this means we'll be seeing an increasing amount of premium



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Argentina's Wine Evolution

Argentine wine with more specific focus on appellations on the labels – allowing wine enthusiasts to taste, in their own homes, the difference altitude makes. Diversity also includes varieties.

Malbec is the king in Argentina and shows no sign of being ousted. Despite that, it would be a mistake to take a pass on indulging in her other charms. Syrah, Cabernet Sauvignon, Bonarda, Merlot and Tempranillo all play significant roles, as do Torrontés, Chardonnay, Chenin Blanc and Sauvignon Blanc.

Torrontés is queen. Born and raised in Argentina, the queen, like the king, can be found throughout the country (from the far north in Salta to the far south in Patagonia), although she's in her glory high in the north. Salta and Catamarca are situated above western Argentina's central Cuyo region. Here you'll discover the highest vineyard in the world, at more than 3,000 metres above sea level. The fragrant Torrontés variety produces a stunning wine – a pristine aromatic nose and lively palate when it hails from the north. Increasingly, another French export, Tannat, is being planted here and showing great promise.

In the far south, windswept Patagonia makes its own promises with Pinot Noir. There are two regions here, Rio Negro and the very recent addition of Neuquén. Each contributes its own unique fragrant and chocolatey version of Malbec, but their lower altitudes, cooler climate and long growing season is proving to be an exciting new frontier for the “heartbreak grape.”



ALTOS LAS HORMIGAS MALBEC CLÁSICO

Argentina **\$15.99** 522888
Pick up this affordable Malbec when serving grilled sausages, slow cooker chili or roasted meats. It offers aromas of peppery spices, red plums and briary berries, leather and dried herbs. It has good balance, a substantial weight and a hearty, almost chewy palate with meaty, spice rub and dark toasted flavours.



VIÑA CHELA MALBEC ORGANIC

Argentina **\$14.99** 124040
This new, organic Malbec comes from vineyards 3000 to 3900 feet above sea level. It is a savoury wine with red fruit, brown spice, roasted herbs, bittersweet chocolate and coffee flavours. It has a medium weight and good acidity making it a suitable dinner partner for meat and tomato-based pastas or grilled beef.



VISTALBA CORTE C

Argentina **\$19.99** 12070
This blend is dominated by Malbec and is rounded out with Cabernet. The grapes come from vines more than 60 years old in the renowned Lujan de Cuyo region of Mendoza. It is plush and potent featuring purple berries, violets and sweet spices, chocolate and vanilla. The palate is generous and full-flavoured with ripe, firm tannins.



ESCORIHUELA 1884 CABERNET SAUVIGNON

Argentina **\$16.99** 750547
Here is a crowd-pleasing red that is generous and ripe. It doles out sweet blueberry, raspberry, cassia, vanilla, crushed flowers, pipe tobacco and baking spice on the nose and in the mouth. Expect a pleasingly fresh wine with a spicy chocolate finish. Pairs deliciously with Parmigiano-Reggiano polenta or lamb stew.



CATENA ALAMOS CHARDONNAY

Argentina **\$14.99** 467969
Catena Alamos delivers a nicely balanced and attractive Chardonnay with plenty of roasted nuts, pineapple and citrus atop toasted spice and hints of caramel. It has a creamy texture and a lively finish making it perfect for roasted chicken, almond-crusted halibut, corn chowder or pasta with cream sauce.



MICHEL TORINO CUMA TORRONTÉS ORGANIC

Argentina **\$13.99** 213389
Torrontés, Argentina's perfumed white grape, deserves much more attention. Pristine aromas of lime and white grapefruit, honeysuckle and peach stone lead to a concentrated and weighty palate. A zesty and simply delicious bottle to pair with stronger cheeses, smoked sausage, rich seafood or spicy curries.

GET
YOUR
(DELICIOUS) **DUCKS** IN
A
ROW



BRAISED DUCK LEGS
WITH CHERRY SAUCE

A staple of French cuisine, duck is seen most often in France as *confit* – duck legs cured in dry rub then slow-cooked in fat. But along with *confit*, braising, another slow cooking method, is a French technique that brings out duck’s unique and delectable flavour. But duck dishes are not confined to France. In China, salt-brined duck eggs are sold raw or cooked and are used in traditional dishes such as congee or mooncakes. Duck, however prepared, is a flavourful addition to any autumn menu.



DUCK CONFIT AND BUTTERNUT SQUASH TERRINE

PAIRS WITH DUCK CONFIT AND BUTTERNUT SQUASH TERRINE



**SERAFINO SHIRAZ
MCLAREN VALE**

Australia **\$25.99** 93260
The McLaren Vale is renowned for its Shiraz, and this one reveals flavours of blackberry, black cherry, licorice, spice, vanilla and hints of dark chocolate. Rich and showing some complexity on the palate, it is full-bodied with velvety tannins. Delicious with flavourful red meat dishes!



**LA CREMA PINOT NOIR
SONOMA COAST**

USA **\$27.98** 366930
Similar to Burgundy in France, this Pinot Noir by La Crema comes from the cool vineyards of the Sonoma Coast and has aromas of red cherry and dark plum along with hints of tea leaf and spices. On the palate, it has balanced and juicy acidity together with a medium body and silky tannins. Pair this very food-friendly wine with anything from tuna to beef or quail.

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Get Your (Delicious) Ducks in a Row

PAIRS WITH BRAISED DUCK LEGS WITH CHERRY SAUCE



**BIRD IN HAND
TWO IN THE BUSH SHIRAZ**
Australia **\$24.99** 115832
This Shiraz from Australia's Adelaide Hills has intense and youthful flavours of blackberry, black cherry, pepper, spice and a hint of milk chocolate. Medium-to full-bodied on the palate, it has integrated tannins, balanced acidity and a long length. It's a "mate" for most red meats and warm autumn stews.



POACHED DUCK EGGS WITH ASPARAGUS AND SPINACH SALAD



**LOUIS JADOT
BOURGOGNE PINOT NOIR
COUVENT DES JACOBINS**
France **\$27.99** 341875
Made with grapes only from what is considered the best area in Burgundy, this Pinot Noir has aromas of red cherry, cranberry and spice. On the palate, it is dry and medium-bodied with fine grained tannins and mouth-watering acidity. Pairs to perfection with duck, seafood and soft cheese.



PAIRS WITH POACHED DUCK EGGS WITH ASPARAGUS AND SPINACH SALAD



**VEUVE CLICQUOT
ROSÉ CHAMPAGNE**
France **\$82.99** 945261
Pinot Noir together with Chardonnay and Pinot Meunier produce Veuve Clicquot's rosé's beautiful salmon colour and flavour characteristics of raspberry, red cherry, toast, biscuits and spice. Dry in style with well-integrated mousse and long persistence on the palate, it's a simply elegant pairing with seafood or light meat dishes.



VILLA ANTINORI TOSCANA
Italy **\$26.99** 104885
Sangiovese-dominant, this wine is balanced by Cabernet Sauvignon, Merlot and Syrah, yielding youthful flavours of black cherry, red cherry, mint, chocolate and spice. Supple and balanced, it's medium- to full-bodied on the palate together with integrated tannins and juicy acidity. Pairs classically with Tuscan-style cuisine.



WARM DRINKS



IRISH COFFEE



TOM & JERRY



CAFÉ BRÛLOT



FOR COOL NIGHTS

WHAT BETTER WAY TO WARM BODY AND SOUL THAN WITH A SPIRITED HOT DRINK? SPECIAL TEA, COFFEE, CHOCOLATE AND OTHER HOT BEVERAGES ARE EASY TO MAKE AND DELICIOUS TO DRINK. HERE'S A QUICK GUIDE TO THE BEST SOUL-WARMERS YOU CAN MIX IN A MUG.

As autumn's long, dark nights bring cool weather and chilling rain, we yearn for something to keep us warm. And what better way to warm body and soul than with a spirited hot drink? Special tea, coffee, chocolate and other hot beverages are easy to make and delicious to drink. Here's a quick guide to the best soul-warmers you can mix in a mug.

CHOCOLATE

Long before Snickers Bars and Purdy's caramels came along, chocolate was not a candy, but a drink. At least as far back as the fifth century AD, the Mayans would grind cocoa beans to a gritty paste that they mixed with chili, spices and water. They drank their chocolate cold and bitter, using it in special ceremonies and enjoying its medicinal benefits. When the Spanish conquistadores arrived, they too fell in love with chocolate and brought the beverage back to Europe. There it was sweetened and heated, and quickly became all the rage across the continent.

Today, hot chocolate is a staple of ski chalets; otherwise, it is considered mostly a children's drink. But add a dash of coffee, orange or mint liqueur – and it's suddenly, and deliciously, all grown-up.

PUNCHES

We tend to think of punches as cold beverages, but for much of history they were just as likely to be served hot. A hot punch can be a simple way to serve a crowd – all you need is a heatproof bowl filled with rum or brandy, lemon zest, fresh ginger, cinnamon, nutmeg, cloves and boiling water or tea.

One popular version of hot punch was eggnog, which dates back to Elizabethan times. Eggnog is made with eggs, spices and spirits, and while today it is typically served cold (and from a carton), it was also popular served hot, as in the luscious Tom & Jerry punch created by the legendary 19th century American barman, Jerry "The Professor" Thomas.

TEAS AND TODDIES

After water, tea is the world's most widely consumed beverage. And why not? It's refreshing, thirst-quenching and supposed to be good for you. It's also great in cocktails, both hot and cold. For instance, tea is a great addition to a classic hot toddy.

Traditionally, toddies were made with whisky, honey, spices and boiling water, but using tea instead adds layers of subtle flavour. Toddies are also supposed to have medicinal properties as well as warming ones.

MULLED WINE

Also known as *Glühwein* in German, *vin chaud* in French or *Glogg* in Scandinavia (where it's served sweeter and stronger), spicy, citrusy, hot mulled wine has long been a cold weather staple in Europe, and should be in North America too.

Mulling wine was once considered a good way to use up poor-quality wine, or wine that had been open a little too long. But, as with anything, the quality of the drink depends on the quality of the ingredients that go into it, so don't use bad wine, or wines that have strong acidic or tannic qualities. Instead, go with something on the fruitier and simpler side, such as Beaujolais or inexpensive Merlot – then add spices such as cinnamon sticks, vanilla pods, cloves and grated nutmeg, as well as sugar, honey, orange and lemon slices, and perhaps a splash of brandy, then heat it gently until the flavours infuse.

COFFEE

Tea may be the world's second most popular beverage, but here in Canada, we're a nation of dedicated coffee drinkers. In fact, according to the Coffee Association of Canada, each adult Canadian drinks, on average, 2.8 cups of coffee a day. That puts us in the world's top 10 of coffee consumers.

Coffee has been a popular drink

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Warm Drinks for Cool Nights

ever since it was discovered in 9th century Ethiopia, though not always without controversy. A 17th century Venetian priest once decried it as the “bitter invention of Satan,” but for most of us, it’s a heavenly beverage indeed, made even better with the addition of a splash of spirits.

The most famous of the spirited coffees is Irish coffee, invented at Shannon Airport and popularized in San Francisco in the 1950s. It’s made

with Irish whiskey and a dollop of gently whipped cream. More complex special coffees include the B52 (coffee, orange and Irish cream liqueurs) or the Monte Cristo (orange and coffee liqueurs). But all of these pale next to the delicious drama of the Café Brûlot.

Invented at New Orleans’ legendary Antoine’s Restaurant in the 1890s, it was originally called “Café Brûlot Diabolique,” or “Devilishly Burned Coffee,” and is still on menus

at many of the Big Easy’s grandest eateries. It’s a hot mix of brandy, orange liqueur, spices and citrus peel, set on fire and doused with coffee, all done with great élan tableside.

Then again, you can keep it simple. After all, when the weather is chilly, all you really need is a mug of something hot and a shot of something strong to keep both body and soul warm.



COINTREAU

France **\$34.95** 6502

With layers of sweet and bitter orange, Cointreau is fresh, zesty and sweet on the nose, ripe and pleasantly bitter on the palate, with a hint of heat and a long, sweet finish. This liqueur is an essential ingredient in countless cocktails, including hot drinks. Enjoy it in just about anything.



KAHLÚA

USA **\$26.99** 123315

This coffee liqueur is made with Mexican arabica coffee beans and a rum base. It has sweet coffee, vanilla and caramel aromas on the nose, coffee and cocoa on the palate and a just a hint of spice on the finish. Enjoy it in hot chocolate.



TORRES SOLERA RESERVA 5

Spain **\$26.99** 268805

This rich, silky brandy presents a mouth-watering combination of nutty, dried fruit and warm spice flavours and aromas – walnut and fig on the nose, vanilla and cinnamon on the palate – with a long, satisfying finish. Enjoy it in after-dinner coffee.



BAILEYS ORIGINAL IRISH CREAM

Ireland **\$28.49** 5959

Thick, creamy and unctuous, with aromas of coffee and chocolate on the nose, segueing to toasted nut, white chocolate, toffee and vanilla on the palate, with a hint of whiskey on the finish. Very sweet and creamy. Enjoy it in campfire coffee.



LUXARDO AMARETTO DI SASCHIRA

Italy **\$20.99** 339358

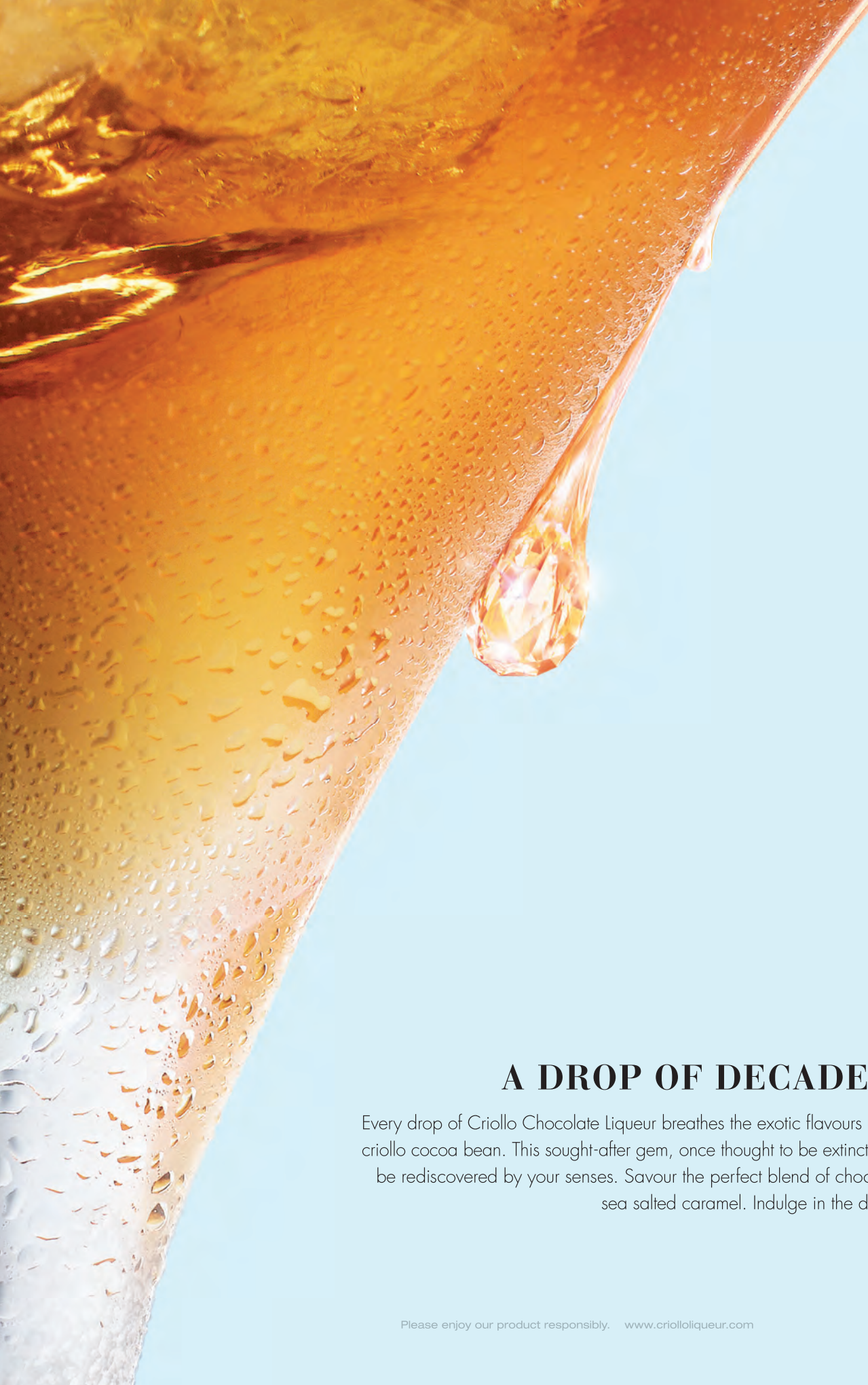
Lush and velvety, Luxardo’s take on amaretto has an intense fragrance and flavours of bittersweet almonds, caramel and orange. Unlike many similar liqueurs, this one uses real almonds, which gives it a surprisingly deep complexity. Enjoy it in tea or coffee.



FIREBALL CINNAMON WHISKY

Canada **\$22.99** 447953

This is one hot, spicy liqueur. Think Red Hots or Hot Tamales candies with their zingy cinnamon flavour delivering a distinctive burn. Not at all sweet or sticky, but with an appealing flavour and texture from the whisky base. Enjoy it in chai tea.



A DROP OF DECADENCE

Every drop of Criollo Chocolate Liqueur breathes the exotic flavours of the rare criollo cocoa bean. This sought-after gem, once thought to be extinct, can now be rediscovered by your senses. Savour the perfect blend of chocolate and sea salted caramel. Indulge in the decadence.



NEW THESE JUST IN!



CURIOS BEASTS CALIFORNIA RED

USA **\$19.95** 816553

A blend of Merlot, Zinfandel, Petite Sirah, Syrah and Cabernet Franc, this red wine is rich and ripe in flavour with aromas of red cherry, red plum and a touch of chocolate on the finish. Fresh and medium-bodied, it pairs perfectly with red meat or pork.



WAYNE GRETZKY OKANAGAN CABERNET SAUVIGNON SYRAH BC VQA **\$17.99** 835348

Offering generous flavour characteristics of dark berries, spice, vanilla, oak and a touch of tobacco leaf both in the nose and on the palate, this red blend is ready to drink now but will cellar well for up to five years. The palate is medium- to full-bodied with integrated tannins and refreshing acidity.



TITO'S HANDMADE VODKA

USA **\$35.99** 65011

Made from 100 percent corn, this water-white vodka from Texas features clean and elegant aromas with a hint of sweet corn. Distilled six times in pot stills, it is balanced and medium-bodied on the palate with a very slight peppery finish. Excellent on its own or infuse fresh, local ingredients to make your own custom blend of flavoured vodka.

THANKSGIVING

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FALL GREENS AND
SWEET POTATO TORTE

Traditionally, at Thanksgiving, the turkey gets all the glory. This year, why not offer some outstanding sides that will invoke “oohs” and “ahhs” of their own. A terrine stacked high with grilled eggplant, goat’s cheese and roasted red peppers will bring a bit of Mediterranean charm to your table. Try a luxurious (and gluten free!) torte made of hearty fall greens crowned with a decorative sweet potato topping. Then round out the meal with a sensational tart of heirloom tomatoes and squash encased in a herb-flecked puff pastry base. Not only are these superb sides perfect at Thanksgiving, they also make a wonderful meal any other day of the year. So this year, give the turkey a run for its money with show-stopping sides.



CORNUCOPIA TART

PAIRS WITH CORNUCOPIA TART



WENTE MORNING FOG CHARDONNAY
USA **\$18.99** 175430

Crafted in half oak barrel and half stainless steel, this Chardonnay has flavours of green apple, white peach, oak, spice and vanilla. Thanks to the morning fog effect on the vineyard close to San Francisco Bay, this dry wine has a balanced and fresh acidity together with a medium body and a round mouth feel.



RUFFINO IL DUCALE TOSCANA
Italy **\$17.99** 872572

Dark ruby in colour, this wine is made predominately of Sangiovese, with a touch of Merlot and Syrah. The flavour is rich with aromas of dark plum, black cherry, spice and notes of cassis and chocolate. On the palate, it is well-balanced with pleasant acidity, fruit intensity and round tannins. It's a delightfully modern Tuscan wine.

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Thanksgiving Tarts, Tortes and Terrines

PAIRS WITH FALL GREENS AND SWEET POTATO TORTE



PEZOULES SAUVIGNON BLANC ASSYRTIKO

Greece **\$12.99** 790519

A blend of Sauvignon Blanc and Greece's indigneous and top-quality white grape Assyrtiko, this wine is medium yellow with a touch of green and has flavours of lemon, peach and grapefruit. Refreshing on the palate with fresh acidity and medium body, it's delicious with salads.



CEDARCREEK PINOT GRIS

BC VQA **\$17.95** 561175

Partially fermented with wild yeast native to the winery and mainly in stainless steel, this Pinot Gris has distinctive flavours of pear, apple and lemon. On the palate, this dry white wine is medium-bodied with crisp acidity and a round mouth feel. Pairs to perfection with roasted poultry.



MEDITERRANEAN TERRINE

PAIRS WITH MEDITERRANEAN TERRINE



SONOMA-CUTRER RUSSIAN RIVER RANCHES CHARDONNAY

USA **\$27.99** 359505

This Sonoma Chardonnay has aromas of mango, lemon, apple, nut, butter and hints of pineapple. The palate is dry, medium-bodied with balanced acidity and floral and vanilla flavours that last through the finish. Great with seafood, roasted vegetables and cream-based sauces.



TOLLO COLLE SECCO RUBI MONTEPULCIANO D'ABRUZZO

Italy **\$16.99** 331652

Made from 100 percent Montepulciano grapes, this red wine shows youthful flavours of red cherry, spice and clove. On the palate it is dry and medium-bodied with juicy acidity and soft tannins. Great with mild dishes such as pasta with tomato sauce and roasted vegetables.



HARRY MCWATTERS

AN OKANAGAN FOUNDING FATHER

An indelible memory of Harry McWatters has him standing on a rise in the South Okanagan in a sudden downpour. The year was 1993. The occasion: the unveiling of a plan for Canada's largest new planting of Bordeaux varieties to date.

People said it couldn't be done. The only reds that had enjoyed success in BC were the likes of Chancellor or Marechal Foch. However, McWatters and respected viticulturist Richard Cleave, knew otherwise. They were convinced that the right vines in the right place would produce the desired results. Less than a decade later, the dramatic early successes from Black Sage Vineyard proved them right and the cynics wrong.

If one thing drives McWatters, it's the power of

positive thinking. Call him blunt and opinionated (he's quite happy with either adjective), but above all, he's motivated and fearless. He got his start in 1968 as sales manager for Casabello Wines. A decade later, he founded Sumac Ridge – BC's first estate winery – on a portion of the Summerland Golf Course. Eventually, a new tasting room was built to include Canada's first winery bistro.

Along the way, McWatters was instrumental in founding the Okanagan Wine Festival. He's also founding chair of the British Columbia Wine Institute and of VQA (Vintners Quality Alliance) Canada, which established much needed wine standards. He is also the founding chair of the BC Hospitality Foundation.

A tireless ambassador for BC wine at home and abroad, McWatters built Sumac Ridge and sibling See Ya Later Ranch into two of the Okanagan's most successful wineries. In 2000, he sold to Vincor Canada (since acquired by Constellation Brands) but remained involved until 2008.

These days, in addition to serving on several boards, he runs Vintage Consulting Group. It assists winery startups in every aspect of the business, from identifying suitable sites to hiring a winemaker.

When the deal with Constellation happened, even though he had sold the rights to the Black Sage name, McWatters retained a portion of the actual vineyard. He named it "Sundial," in anticipation of his latest venture, Time Estate Winery, on which building will start this fall, for a spring 2015 opening.

The state-of-the-art structure will nestle into the hillside, using the slope for gravity feed to minimize handling. The upper level will boast a commercial kitchen

IF ONE THING DRIVES MCWATTERS, IT'S THE POWER OF POSITIVE THINKING. CALL HIM BLUNT AND OPINIONATED...BUT ABOVE ALL, HE'S MOTIVATED AND FEARLESS.

and reception area, as well as luxury suites with sweeping valley views.

“We’re not sure of the actual date we’ll open,” says McWatters, “but I’m leaning towards my birthday. It’ll be my 70th, which seems to make sense. After all, it really is ‘all about time.’”

When you started Sumac Ridge, did you ever expect the BC wine industry to grow as much as it has?

I never thought in my wildest dreams we’d have an industry like this. I remember saying in 1990 that I thought we might grow to 50 wineries within a decade. And now we have over 230. But we need to seek markets more aggressively outside of BC. Until we go elsewhere we’ll remain pretty small.

Do you think that VQA still has relevance in today’s marketplace?

It absolutely is relevant – even if a lot of people still don’t know what it is. Before VQA, nobody used “Okanagan Valley” on their label. There wouldn’t be anyone coming up the road (to the wineries) if it wasn’t for VQA in the first place.

If you had to choose one highlight from your career so far what would it be?

There are so many. Personally, getting the Order of BC (2003) was a highlight, because I felt I was accepting on behalf of the industry and all those who

worked so hard. When I was given the opportunity to escort The Queen (at Canada House in London), ahead of time, I underestimated the feeling. But what an honour that turned out to be. I really felt like a proud Canadian. Also, Sumac Ridge being named Winery of the Year by Winepress Northwest.

You’ve been known to say: “I like screw caps as long as they’re on other peoples’ wines.” How come?

I’m not opposed to them. I just don’t want them on my wine. When you open one, there’s no drama, no romance. I judge several competitions every year and the frequency of cork taint is so minimal. We rarely get a corked wine. The discussion is less about cork taint than it is about convenience and being able to reseal the wine, although I rarely have any intention of doing that.

As someone who’s familiar with BC’s new areas, where could be the next surprising place where vines will flourish?

The Fraser Canyon between Lillooet and Lytton has some good opportunities. But it’s very site specific – although, interestingly, the heat units there are similar to the Okanagan and frosts can be less severe. Also, around Kamloops, close to the river makes sense. My biggest concern is people who

want to plant varieties they’re partial to – and not what will work for the site.

How important is wine tourism for BC?

It’s so important for consumers to experience wine country – although it’s less a place and more an attitude. It’s about the whole culture of wine. Everyone who goes to a winery and has a good experience takes that feeling away with them. The affinity with that winery will last for years. You don’t have to be a wine aficionado to sit at a picnic table, enjoy a bottle of wine and say, “Isn’t this paradise!”

What’s your favourite wine and food pairing?

In Sydney, Australia, years ago, I first encountered oysters Kilpatrick – with champagne of course. Oysters and bubble is still my favourite – always!

What advice would you give to someone wanting to start a winery today?

Find the best people who have actually lived the business and get their opinions. Think about what variety and clone will do best in a given site. That’s what really counts. And don’t underestimate the capital costs. Regardless, at the end of the day, everyone says, “You never told me it was going to be this much work!”



FALL FOR BEER

SEASONAL BEERS TO ENJOY IN THE AUTUMN

The arrival of autumn brings with it a great assortment of seasonal beer styles to enjoy. Whether it's Oktoberfest-style lagers, pumpkin-infused ales or even a hybrid of the two, there are some tasty options available in BC Liquor Stores during the fall season.

Certainly, the best known autumn seasonal beer is Oktoberfest-style lager. This style of beer, called *Märzen* in Germany, dates back centuries to pre-refrigeration days when brewers would produce one final, special batch of beer in March (hence the name) before it became too warm for them to brew. It would be stored in cool, ice-filled caves or cellars for consumption through the spring and summer. Brewed extra

WHETHER IT'S OKTOBERFEST-STYLE LAGERS, PUMPKIN-INFUSED ALES OR EVEN A HYBRID OF THE TWO, THERE ARE SOME TASTY OPTIONS AVAILABLE IN BC LIQUOR STORES DURING THE FALL SEASON.

strong with more hops than usual to help preserve it, the result was a delicious beer that matured especially well. When grain and hops were harvested in the fall, brewers needed to empty all the remaining casks for the new brewing season, so it made sense to throw a big party each autumn.

Munich's annual Oktoberfest is the biggest in the world – more than six million people visit its 14 massive *Festhallen* (temporary beer halls) and consume more than seven million litres of beer each year. The first Oktoberfest began on October 12, 1810 to honour the marriage of Prince Ludwig of Bavaria to his bride Therese. The original celebration lasted six days, culminating with a horse race on the final day. Today Oktoberfest runs for two-and-a-half weeks, beginning in mid-September, to take advantage of warmer weather, always finishing on the first weekend in October.

Oktoberfest-style lager is darker than typical German *helles* (light) lager which is amber, almost orange

in colour. Oktoberfest-style lager is also slightly stronger than typical lager at about 6 percent alcohol by volume (ABV). Although certainly hoppier than *helles*, it is not hoppy by the standards of North American craft beer or even when compared to hoppier European lagers like Czech Pilsners. It also has a creamier mouth feel, thanks to the maltier body and the longer aging process.

Here in North America, the equivalent harvest-related seasonal brew is pumpkin beer. This style dates back to the 1700s when English settlers did not have good access to grains and had to make do with what they could grow locally. Originally, then, this was more of a pumpkin wine rather than beer since it didn't involve malted grains, but later in the 1800s, brewers began adding grain malts to the mix as well. That style eventually lost popularity, but in the 1980s, pioneers of the North American microbrewing movement revived it by adding some roasted pumpkin and pie spices into

their batches to see what happened.

The resulting brews were very popular, although not historically accurate, since recipes dating back to the 1800s did not include spices like cinnamon, nutmeg, ginger and allspice. As well, those original brews would have had a lot more pumpkin in them than today. In modern craft beer and ale, pumpkin is mainly a flavouring adjunct, not a significant portion of the fermentable ingredients that the yeast converts into alcohol during the brewing process.

Some brewers create pumpkin beers with the primary focus on the pumpkin rather than the pumpkin pie spices, while others toss in a big scoop of spices and a little bit of pumpkin into a regular batch of their beer. The best examples of pumpkin beer are unique creations that showcase a rich, caramelized, roasted pumpkin flavour.

British Columbia's craft brewers are very enthusiastic about pumpkin beers. Last year, there were more than a dozen produced here, as well as a few

THE TRUE BREW OF HALLOWEEN



GUINNESS

MADE OF MORE

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Fall for Beer

THE BEST EXAMPLES OF PUMPKIN BEER ARE UNIQUE CREATIONS THAT SHOWCASE A RICH, CARAMELIZED, ROASTED PUMPKIN FLAVOUR.

more from outside BC that made it to Liquor Store shelves. Don't be surprised if you find yourself smelling pumpkin in the air late in the summer, because in order to have pumpkin products available by late September, many breweries start them late in August.

Marrying the German and North American harvest brewing traditions is hallmark of Vancouver's own Parallel 49 Brewing called *Schadenfreude*. It is an Oktoberfest-style lager brewed with pumpkin and spices, and its playful label depicts a spooky jack-o'-lantern-headed scarecrow dressed in Bavarian *lederhosen*. Look for it as the seasonal addition to the brewery's Unparalleled Packs and in six-packs all on its own. Parallel 49 actually brews two pumpkin beers – the other one is a Chocolate Pumpkin Porter described in the tasting notes.

There are far too many pumpkin beers available in BC to feature them all. Try the featured beers* or keep looking for other flavour profiles such as Fernie Brewing's Pumpkin Head, Granville Island Brewing's Pumpkin Ale, and Red Racer Pumpkin Ale from Central City Brewers and Distillers.

* Due to the seasonal nature of these special brews, availability may be limited. Call your local BC Liquor Store for up-to-the-minute information.



HOWE SOUND PUMPKINEATER

BC **\$8.50** 844001 1 L
Howe Sound Brewing is well known for its "imperial" versions of typical beer styles where the alcohol strength and flavours are amplified considerably. Pumpkineater is the perfect example: it is a high-gravity ale with big, bold roasted pumpkin flavours and a dash of spice.



PARALLEL 49 LOST SOULS CHOCOLATE PUMPKIN PORTER

BC **\$5.00** 369629 650 ml
Opened in 2012, Parallel 49 is one of BC's newest craft breweries. The brewery has already established itself as a major player in the province with a knack for coming up with unique styles. This delicious porter brings chocolate and pumpkin together in perfect harmony.



MILL STREET AUTUMN HARVEST SAMPLER

ONT **\$13.45** 27805
6 x 355 ml
Mill Street Brewery opened in 2002 in Toronto's historic Distillery District and won Brewery of the Year at the Canadian Brewing Awards in 2007, 2008 and 2009. This mixed pack is a great way to sample two of Mill Street's autumnal offerings: Oktoberfest Lager and Nightmare on Mill Street Pumpkin Ale.



SAMUEL ADAMS OKTOBERFEST

USA **\$12.99** 642645 6 x 355 ml
First brewed in 1989, Samuel Adams Oktoberfest lager was the first seasonal beer produced by this pioneer American craft brewery. Boston Beer Co. founder Jim Koch says he wanted to recreate the hearty, malty beer he enjoyed at Munich's Oktoberfest back in the early 1970s.



HOFBRÄU BIER OKTOBERFEST

Germany **\$3.25** 273219 500 ml
One of only six breweries allowed to serve beer at Munich's Oktoberfest, Hofbräu was founded in 1589 by Bavarian Duke Wilhelm V. This "court brewery" also operates the world-famous Hofbräuhaus beer hall in central Munich where you can enjoy the Oktoberfest experience year-round.



PAULANER OKTOBERFEST GIFT PACK

Germany **\$11.99** 132761 1 L
Founded in 1634, Paulaner beer was originally brewed by monks. This gift pack contains a 1 L can of Paulaner *märzen* along with an authentic *masskrug*, a traditional German beer glass of the same volume.



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Pour Ketel One® vodka over ice in a rocks glass. Fill with soda. Garnish with a fresh wedge of lime.

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HOT

FALL'S MOST WANTED



ABERLOUR 12-YEAR-OLD DOUBLE CASK MATURED

Scotland **\$62.99** 922658

Matured in both ex-sherry and ex-bourbon casks, this 12-year-old single malt whisky is medium amber in colour and has matured flavour characteristics of apples, toffee, cinnamon, oak and a touch of ginger. On the palate, it's dry and medium-bodied with integrated alcohol and good intensity that linger through the finish.



LUKSUSOWA POTATO VODKA

Poland **\$24.75** 253302

Made from potatoes, this copper-distilled vodka is water white in colour with clean and light characteristics of citrus zest and spice. Dry on the palate with warming alcohol and a round mouth feel, it is excellent on its own or in creative cocktails.



BELLE GLOS MEIOMI PINOT NOIR

USA **\$24.99** 278937

Meiomi, meaning "coast," refers to the climate of the Pacific coastline in which the Pinot Noir grape grows. Dark ruby in colour, this wine has aromas of black cherry, blackberry, spice, oak and hints of chocolate. Dry and medium-bodied on the palate with a fine-grained texture, it pairs wonderfully with pork chops or seafood.



PISTACHIO
DACQUOISE
WITH ROSEWATER
BUTTERCREAM

DELICATE DACQUOISES

Dacquoise is both the name of a dessert and the meringue layers with which it is made. Traditionally flavoured with hazelnut, it is composed of layers of crispy meringue alternating with buttercream or other creamy, whipped filling. Impressive to look at, surprisingly easy to make and melt-in-your-mouth delicious, you can let your imagination soar when you create your own version. Choose your favourite nut, be it cashew, macadamia, or pecan. Pick a creamy filling – anything from chocolate mousse to raspberry ricotta whipped cream – and start building. You are not limited by shape! Your own personal *dacquoise* can be square, round, small or large. But whatever your choice, it's a breathtaking new dessert every time.



WALNUT DACQUOISE WITH DARK CHOCOLATE CARAMEL GANACHE AND SPICED APPLES

PAIRS WITH WALNUT DACQUOISE WITH DARK CHOCOLATE CARAMEL GANACHE AND SPICED APPLES



**GUNDERLOCH
FRITZ'S RIESLING**
Germany **\$17.99** 320135
Grown in a small, unique vineyard famous for its mineral-rich red slate soil, this wine is very aromatic with flavours of flowers, ripe apple, nectarine and lime. On the palate, it has residual sugar balanced by tangy acidity leaving a refreshing mouth feel.




**PÈRE MAGLOIRE
FINE CALVADOS**
France **\$49.99** 163436
Made from Normandy apples, calvados is produced by distilling apple ciders. This example shows aromas of fresh apple, spice and a hint of oak from short aging. Soft and smooth on the palate, it is medium-bodied with well-integrated alcohol and a good length. Enjoy it neat, on ice as an aperitif or as a digestif.



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HAZELNUT DACQUOISE WITH MOCHA BUTTERCREAM

PAIRS WITH CHOCOLAT ROUGE
DACQUOISE WITH MOCHA
BUTTERCREAM



CHOCOLAT ROUGE
SWEET RED
USA \$15.99 240929

A creamy blend of chocolate and red wine, Chocolat Rouge has a generous amount of cherry and dark chocolate flavour. On the palate, it is medium-bodied and off-dry with a touch of residual sugar and a velvety finish. For a wine cocktail recipe, mix with a splash of pomegranate syrup and ice for a Chocolate Red Velvet.



TRADER VIC'S
MACADAMIA NUT
USA \$32.99 644344

This nutty liqueur has pronounced spice, vanilla and roasted chestnut flavours. Concentrated and luscious on the palate, it is medium-bodied with a rich mouth feel and silky texture. Excellent on its own with dessert or add a splash to after-dinner coffee.



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Delicate Dacquoises

PAIRS WITH PISTACHIO
DACQUOISE WITH ROSEWATER
BUTTERCREAM



**WILLIAMS & HUMBERT
DRY SACK**
Spain **\$16.99** 13565
A blended oloroso, this sherry with just a tiny amount of residual sugar has a nose of nuts, caramel, spices and a hint of dried fruits. It is full-bodied and balanced on the palate. A great aperitif or companion to dessert.



**NK'MIP CELLARS Q^WAM
Q^WMT RIESLING ICEWINE**
BC VQA **\$59.99** 988535 375 ml
This icewine has an intense and concentrated flavour profile of honey, flowers, white peach, apricot and ripe apple. Luscious on the palate, this medium- to full-bodied wine has enough acidity to balance its weight. A sweet treat at the end of a great meal.



PAIRS WITH ALMOND DACQUOISE
WITH VANILLA BUTTERCREAM
AND RASPBERRIES



ALMOND DACQUOISE WITH VANILLA
BUTTERCREAM AND RASPBERRIES



**SUMAC RIDGE BLACK SAGE
VINEYARD PIPE**
BC VQA **\$24.99** 713750 500 ml
A blend of Cabernet Sauvignon, Merlot and Cabernet Franc, this port-style fortified red is made by adding spirits to arrest fermentation and leave residual sugar behind. Showing flavours of black cherry, blackberry and hints of dried fruits, it is full and luscious with a pleasantly smooth texture.



**CHAMBORD
BLACK RASPBERRY**
France **\$45.99** 70573
Chambord marries raspberry, blackberry, cognac, Madagascar vanilla and herbs to produce a concentrated liqueur. Rich and full-bodied with flavours of black forest cake, raspberry, blackberry and chocolate, Chambord is a delicious pairing with dessert.



RED ROOSTER WINERY



GILLIS MAKES WINES
THAT ARE CLEAR AND
INTENSE EXPRESSIONS
OF EACH VARIETY.



Karen Gillis, Winemaker, Red Rooster Winery

The Red Rooster Winery in Naramata has always had a fun and whimsical feel about it, right from its inception in the late 1990s and continuing today. A mixture of good quality, well-priced wines and fun-loving people has shaped a very approachable, anti-snob personality for the brand. Under the direction of winemaker Karen Gillis, the wines are no lark, but rather a serious collection from BC's best known grape varieties, which are increasingly rising up the ranks and winning some impressive awards. Combined with the perfect wine shop location on Naramata Road and fine-looking architecture, Red Rooster is quite the complete package.

The original Red Rooster Winery site was tucked away on a back street further up the Naramata bench than the impressive Robert Mackenzie-designed buildings we see today. The winery was started by Beat and Prudence Mahrer, its name inspired by the couple's flock of chickens. The first wines, released in 1997, enjoyed quick success and Red Rooster became a favourite place to visit for both the wines and the people. It took just a few

years for the Mahrers to outgrow their original winery and, very intelligently, build something much bigger and with a much better location near the start of the famed Naramata Bench on Naramata Road. At the time, Beat Mahrer was quoted as saying: "There is nothing like building a winery to know how you should do it next time." The second kick at the can combined stunning function with striking form.

Today, the famous Frank stands naked outside, greeting guests throughout the year. Fortunately, Frank is just a statue, but the greeting sets the tone for the entire winery visit, not meaning that everyone is naked, but rather that there is a fun, light-hearted atmosphere. Red Rooster has now progressed beyond being a simple tasting room by offering educated private tastings and food and wine seminars in The Coop, a private room above the wine shop. There is also the seasonal patio known as The Pecking Room Patio and Grill. Chef Darin Paterson, from Bogner's of Penticton fame, creates an enticing range of locally inspired bites, perfect for a respite

while touring the Naramata Bench.

Now owned by Andrew Peller, Red Rooster is continuing the theme of quality wines, fun and over-delivering quality for the price. Since 2007, Karen Gillis has taken the lead. Gillis is a straight-shooting, no-nonsense winemaker, who is given freedom from the Peller team to make the style of wine she wants. Working with several of the Peller vineyards, from Summerland to Osoyoos in the Okanagan, and in the Cawston area in the Similkameen Valley, Gillis makes wines that are clear and intense expressions of each variety. She is a big fan of the aromatic whites, making consistently good Riesling, Gewürztraminer and Pinot Gris, but is also most recently receiving attention for Rhône variety wines. At the 2013 Lieutenant Governor's Awards for Excellence in British Columbia Wines, Red Rooster won two of the 12 awards on offer, for their 2012 Reserve Viognier and 2010 Reserve Syrah.

In the cellar, and perhaps appropriately for the winery name, Gillis is looking to use more of the concrete egg-shaped fermenters

*Great nose,
elegant structure,
smooth body.*

And that's just the lawn ornament.



891 Naramata Road | 250-492-2424 | www.redroosterwinery.com





Red Rooster Winery

RED ROOSTER IS A REFRESHING EXAMPLE OF WINE BEING ABOUT HAVING FUN WITH FRIENDS AND FAMILY, TASTING GOOD IN THE BOTTLE, NOT BREAKING THE BANK.

that seem to add a mineral, savoury component to the wines. She is excited to try the concrete to add differentiation to the Reserve Pinot Gris and for the top wine in the portfolio, Golden Egg, one of the few British Columbia Rhône blends including rare plantings of Mourvèdre and Grenache along with the more common Syrah. While some of the wines are small production and available only at the winery, necessitating a summer visit, there is a good selection of Red Rooster wines in BC Liquor Stores, ranging from dry to off-dry and aromatic whites and light to fuller-bodied reds.

Red Rooster is a refreshing example of wine being about having fun with friends and family, tasting good in the bottle, not breaking the bank and all wrapped up as a brand that doesn't take itself too seriously and isn't overly contrived. The name started with a few chickens running around a farmyard and has grown and matured into something that feels right – a fun place to visit as well as a reliable brand for quality, well-priced wines.



RED ROOSTER CABERNET MERLOT

BC VQA **\$18.99** 45906

A well-made, classic example of BC Cabernet-Merlot. The nose shows lots of bright red fruits such as raspberry and strawberry along with floral notes and some caramel and vanillin oak. The palate has refreshing acidity, balanced tannins and juicy red fruit along with some dried herbs and fresh tobacco. Try with grilled beef skewers or Chinese five-spice-rubbed roast chicken.



RED ROOSTER MERLOT

BC VQA **\$18.99** 498808

Another solid, well-priced wine, which is something typical of the entire Red Rooster portfolio. The nose has aromas of vanillin oak, black cherry, purple flowers and plum. The palate is quite soft in texture but balanced with crisp acidity and some juicy plum, raspberry, spice and orange zest. Pair with spaghetti Bolognese or boeuf Bourguignon.



RED ROOSTER CHARDONNAY

BC VQA **\$16.99** 498824

This is a bright, fruit-driven Chardonnay with very subtle oak tucked away in the background showing lemon, nectarine, pear and apple aromas. The palate is light in body with crisp, juicy lemony acidity, lots of green apple, hints of stone fruit and freshly cut pineapple. Pair this with a BC seafood salad or Qualicum Bay scallops.



RED ROOSTER RIESLING

BC VQA **\$16.99** 498840

The nose of this Riesling has great honey, apple, pear, baking spice, lemon, lime and the unique (and surprisingly good) Riesling petrol note. The palate is dry with a light body and lots of juicy, powerful lemon and lime, green apple, green pear and tropical citrus flavours with a long finish. Try with a spot prawn salad or grilled lime and garlic pork skewers. A fantastically intense Riesling for the price.



RED ROOSTER MERITAGE RESERVE

BC VQA **\$24.99** 533208

This Bordeaux blend of Merlot, Cabernet Sauvignon, Cabernet Franc and Petit Verdot has a complex nose ranging from plum, black cherry, blueberry and damson plum through floral violet notes, dried herbs and game meat. The palate is quite big and structured with nicely ripe tannins and juicy, tart red berry, burlap and leather. Pair with roast beef with horseradish.



RED ROOSTER BANTAM

BC VQA **\$14.99** 533216

A long-time favourite patio sipper, the Bantam continues to fit the bill with intense floral aromatics, sweet ripe pear, rose petal, baked apple and lemon. The palate is a crowd-friendly, soft, easy-drinking off-dry with just enough acidity to balance. The flavours of nectarine, apple skin and pear fade into a pleasing medium-length finish.

THE DIVERSE DISHES OF

BURMA

Burma is a country rich with culinary history. Bordered by India, China and Thailand, it is starting to show itself to be a culinary crossroads of wonderful flavours and textures. A heady, fragrant seafood soup, with hints of Thai flavours from lemongrass and galangal is a perfect example. A delicate pumpkin curry with influences from neighbouring India and a dish of noodles topped with a rich pork and coconut sauce, similar to a South East Asian *laksa*, all demonstrate the culinary diversity of this emerging country.



SEAFOOD SOUP

PAIRS WITH TAMARIND PUMPKIN CURRY



SEE YA LATER RANCH BELLE

BC VQA \$18.99 796334 Belle is made from 85 percent Viognier and 15 percent Pinot Gris. The nose is showing lively aromas of lemon, pineapple, peach, orange blossom and hints of vanilla. The palate is dry and medium-bodied with a balanced acidity and use of oak. Very good with rich cream dishes.



OYSTER BAY SPARKLING CUVÉE ROSÉ

New Zealand \$24.99 772079 A marriage between Chardonnay and Pinot, with the Chardonnay dominating, this light pink bubbly has medium body, a nice persistent mousse and youthful flavours of red cherry, raspberry, lemon and a touch of toast.



TAMARIND PUMPKIN CURRY

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Perfect Apéritif! - Bodegas Santa Ana Reserve Torrontés - from Argentina

Elegant and Sophisticated! - Bodegas Santa Ana La Mascota Cabernet Sauvignon - from Argentina

91 Points, Wine Enthusiast Magazine 2012 - Schramsberg Blanc de Blancs - from California

90 Points, Wine Spectator 2012 - Groom Shiraz - from Australia

Socially Conscious! - Fairhills Fair Trade Wine - from South Africa

Gold - Berlin Wine Trophy, 2012 - Ramos Pinto Duas Quintas Red 2010 - from Portugal

93 Points, Wine Spectator 2012 - Ramos Pinto 20 Year Tawny Port - from Portugal

It's nice to have friends the world over.



The Diverse Dishes of Burma

PAIRS WITH SEAFOOD SOUP



CONUNDRUM CALIFORNIA WHITE

USA **\$24.99** 390831

A blend of Chardonnay, Sauvignon Blanc, Muscat Blanc, Semillon and Viognier. The nose is of medium intensity with honey, jasmine, melon, peach and ripe lemon. The palate is dry and medium-bodied with a round, creamy texture. The rich mouth feel lingers throughout the long length.



QUAILS' GATE DRY RIESLING

BC VQA **\$16.99** 308312

Made from vines that are over 25 years old, this wine is refreshing and dry on the palate. The nose is filled with aromas of flowers, ripe apple and lemon. The palate is mild with balanced acidity through the long finish. Ready to drink now. Spicy dishes have met their match.



EGG NOODLES WITH PORK AND COCONUT SAUCE

PAIRS WITH EGG NOODLES WITH PORK AND COCONUT SAUCE



BERONIA RIOJA RESERVA

Spain **\$24.99** 216770

Thanks to the vigorous oak regime, this Tempranillo-dominated blend has a complex nose of toffee, chocolate, cinnamon, spice and hints of licorice. The palate is dry and medium to full-bodied with integrated silky tannins. This is a balanced wine with a long finish.



TOMMASI ARELE VENETO APPASSIMENTO

Italy **\$22.99** 203539

A blend of Corvina, Rondinella, Oseleta and Merlot, this wine offers flavours of blackberry, black cherry, dark plum and a touch of fresh herbs. On the palate, it is dry, medium- to full-bodied with juicy acidity and fine grained tannins. Pairs nicely with richly flavoured dishes and aged cheeses.

LA PENTOLA DELLA QUERCIA



La Pentola Della Quercia Chef and Co-owner Lucais Syme.

There were plenty of delighted foodies in Vancouver last year when word began to spread that La Quercia owners Lucais Syme and Adam Pegg were opening a new restaurant in Yaletown.

Their tiny (32-seat) west side La Quercia had been feeding fans and gathering rave reviews since it opened in 2008. News that its offspring, La Pentola Della Quercia, would provide the same award-winning Northern Italian comfort food, but in a larger central location, was savoured. The fact that it would be open for breakfast through dinner was the cherry on top.

Last year, the Opus Hotel approached Pegg and Syme about taking over its capricious street-level restaurant space and lending some of their magic to the Davie Street location. La Pentola opened in September 2012 after much needed renovations to open up the room, including bright, white paint, copper kitchen details and tile.

Initially, the plan was for Pegg and Syme to remain at La Quercia and to hire a team to run La Pentola. It wasn't long though before they realized, as an extension of their popular west side eatery, it was imperative to be on site.

Pegg stayed on as chef at La Quercia while Syme took on their new Yaletown location. "It needed our touch and has been interesting to build," Syme notes. It's 365 days of breakfast, lunch, dinner and room service... the learning curve has been steep, but we're figuring it out and have hit our stride with [staff] training."

Born in Edmonton, from Scottish ancestry, Syme began his life in food service with Earls after deciding to forgo law school. He transferred within the chain to Vancouver in 2003, then attended the Pacific Institute of Culinary Arts (PICA). After graduating, he worked with Frank Pabst at Blue Water Cafe, with Pino Posteraro at Cioppino's, the now-defunct West End favourite Parkside and at Adesso in Kitsilano.

The decision for Pegg and Syme to start a restaurant with a Northern Italian focus was an organic one. Both had experience

“GREAT INGREDIENTS ARE COMING OUT OF THE GROUND RIGHT NOW – HIGH QUALITY INGREDIENTS WE USE TO KEEP IT FRESH. BUT EVEN THOSE THINGS RUN OUT, SO WE NEED TO MAKE CHANGES,” HE SAYS.

with Italian cuisine and Pegg’s wife’s roots were Northern Italian.

The continuously learning Syme visits Italy at least once a year. He loves Tuscany as well as Piedmont and his menu reflects the cuisine of both those regions. He also includes touches from Trentino and a splash of southern influence – especially in the summer months.

The menu, although seasonal, often changes daily to reflect what is available. “Great ingredients are coming out of the ground right now – high quality ingredients we use to keep it fresh. But even those things run out, so we need to make changes,” he says.

La Pentola offers menus for breakfast, weekend brunch, lunch and dinner. Antipasti (starters) and handmade, constantly changing pastas are at the core of the menus. Traditional eggs are mainstays at breakfast and brunch, paninis at lunch, with stuzzichini (snacks) and heartier fare at dinner. You can rely on arancini (risotto balls), prosciutto and a selection of bruschetta, as well as a selection of risotto, polenta and contorni (seasonal sides) year round. The meat and fish options change seasonally, depending on availability and how robust they are. A seven- to 10-course *alla famiglia* (family style) option is also available.

Syme’s knowledge of Italian wine



TAGLIATELLE LAMB RAGU

**WHO NEEDS
HALLOWEEN TO
ACT DEVILISHLY?**

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STUFFED QUAIL WITH BALSAMIC FIGS

PAIRS WITH STUFFED QUAIL WITH BALSAMIC FIGS



CATENA MALBEC

Argentina **\$22.95** 478727
Sourcing from vineyards in four main winemaking regions in Argentina with Maipú and Lujan de Cuyo being the most important areas, this Malbec is deep ruby in colour with aromas of dark plum, black cherry, pepper and bramble fruits. Full-bodied on the palate, this rich wine has ripe tannins and a chocolate finish.



BABICH EAST COAST PINOT NOIR

New Zealand **\$19.99** 790675
Excellent with lamb "popsicles" and savoury dishes, this Pinot Noir from Marlborough on the East Coast of New Zealand has characteristics of black cherry, raspberry, spices and hints of plum sauce. Dry and mild on the palate, this medium-bodied wine has silky tannins and zippy acidity together with a good length.

UNVEILING
— our —
NEW BOTTLE



CREAM WITH SPIRIT^{TM/MC}



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 BAILEYSCANADA



CREMA DI LIMONE

is also impressive. He's been responsible for La Pentola's thought-provoking list, which is strongly influenced by Brunello, Valpolicella, Chianti Classico and other northern Italian whites. To ease the challenge of maintaining the wine list and training the staff, Syme recently brought on consulting sommelier Terry Threlfall (formerly of Hawksworth). "We try to buy the best [wine] from each region, the best representation of the area that still offers great value... offering wine that is accessible is my goal."

The restaurant may wrap at 10 p.m. but the bar and adjoining lounge in the Opus Hotel's lobby are open until 2 a.m. nightly and 3 a.m. on Friday and Saturday – so good cocktails are a must. Although, if you stop in, don't expect to see him mixing drinks behind the bar, Syme's cocktail contributions come in the form of house-made syrups such as elderflower, that the bartenders might infuse into your late-night concoction.

La Pentola Della Quercia
Opus Hotel, 350 Davie Street
Vancouver, BC
www.lapentola.ca
604-642-0557
Open daily 7 a.m.–10 p.m.

PAIRS WITH CREMA DI LIMONE



**DR LOOSEN
SPARKLING RIESLING**

Germany **\$18.95** 158501
This sparkling Riesling, known as sekt in Germany, has youthful flavours and aromas of fresh green apple, lemon and flowers with a hint of toast and steeliness. With mouth-watering acidity that is balanced by just the right amount of residual sugar, this medium-bodied wine has a creamy mousse that makes it an excellent aperitif.



**PATRÓN CITRÓNGE
EXTRA FINE**

Mexico **\$32.99** 117291
Mexico's Patrón Citrónge offers this fine clear orange liqueur with intense aromas of zesty orange, spice, agave and fresh herbs. Creamy and rich on the palate, it's medium-sweet with flavours of fresh orange. Makes a unique margarita!



DEADBOLT

New

An intriguing wine
for people who make
their own rules.

Deadbolt™
Red

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La Pentola Della Quercia

PAIRS WITH TAGLIATELLE
LAMB RAGU



**J. LOHR RIVERSTONE
CHARDONNAY**

USA **\$22.99** 258699

A mainstay grape varietal grown in the Arroyo Seco region of Monterey County in California, this wine has flavours of apple, lemon, hazelnut, vanilla, oak and a hint of pear. It's a creamy, dry-style wine with medium- to full-body and balanced acidity and intensity of fruit. Pairs well with scallops with lemon butter sauce.



**YALUMBA THE SCRIBBLER
CABERNET SAUVIGNON
SHIRAZ BAROSSA**

Australia **\$25.99** 331884

The Cabernet Sauvignon-Shiraz blend has been an Australian speciality for many years. This example shows pronounced flavour characteristics of blackcurrant, dark plum, fresh herbs and a hint of spice. Polished on the palate, it is full-bodied with integrated tannins and balanced acidity. A perfect food match with lamb.



SARDINES IN SAOR

PAIRS WITH SARDINES IN SAOR



**YALUMBA Y SERIES
VIOGNIER**

Australia **\$17.99** 624502

Fermented with indigenous yeast in stainless steel tanks, this Viognier has youthful aromas of pineapple, citrus, honeysuckle and a hint of candied ginger and papaya. Rich in texture on the palate, this excellent quality, dry-style, medium-bodied wine has outstanding depth of flavour and a good length.



**OYSTER BAY
SPARKLING CUVÉE BRUT**

New Zealand **\$24.99** 916346

Thanks to New Zealand's unique cool climate, this sparkling Chardonnay has fresh and elegant aromas of green apple, lemon, a hint of peach and toasty notes. Dry and zesty on the palate its mousse is creamy in texture with medium persistence and ends with an appetizing mouth-watering finish.

The Flavours of Fall



Love it or loathe it, fall is all about change. Trees drop their red-gold leaves, days are shorter, and evenings are chilly. Memories of summer fade as schools, colleges and universities welcome students back to class. Farmers' markets overflow with mounds of crisp apples, pears and potatoes. The colours of the harvest entice: red beets, yellow squash, orange pumpkins and green chard. Crops are at their bountiful best, filling our bags and baskets. Grills are put away and we flock to cozy kitchens to stir up hearty soups and warming stews, and inhale heady aromas of roasting meats.

Cool temperatures are an invitation to explore and experience fall's flavours in our glasses. Ciders and ales, warming wines and amber-hued spirits are hallmarks of the season.

Ciders are a natural autumn quaff. Whether you pick up a jug of fresh-pressed apple cider, or opt for something with an effervescent kick, there are styles to suit every palate. William's Organic Cider from Quebec and Weston's Organic Cider from the United Kingdom handily satisfy the organic preference, while Strongbow, also from the UK, is a versatile favourite that pairs well with food – hello roast pork and sausages, cold cuts and quiche! Denmark chimes in with Somersby Apple Cider and Tempt Cider and BC brings Dukes,

Lonetree, Growers and Okanagan Premium ciders to glasses with styles for every taste. Seasonal ales, including pumpkin, load shelves in time for Thanksgiving and Halloween imbibing.

Wineries around the province have harvested their grapes and are in winemaking mode. It's an ideal time to put away summer's crisp white wines and light reds and pull a cork or two on some fuller-bodied, flavourful white wines and mid-weight, warming reds. These wines complement just-harvested vegetables that populate savoury soups and stews and platters of roasted meats.

Some of the most pleasurable

COOL TEMPERATURES ARE AN INVITATION TO EXPLORE AND EXPERIENCE FALL'S FLAVOURS IN OUR GLASSES. CIDERS AND ALES, WARMING WINES AND AMBER-HUED SPIRITS ARE HALLMARKS OF THE SEASON.

white wines for fall drinking – those with body, texture, fruit and generous aromatics – include Riesling and Pinot Blanc, Gewürztraminer, Rousanne, Marsanne, Viognier and fuller styles of Pinot Gris. Alcohol is an indicator of weight and texture in wine and these will generally range between 13 and 13.5 percent alcohol. Some labels to explore include BC's Gray Monk, Gehringer Brothers and CedarCreek; Zinck, Hugel and Pfaffenheim from Alsace; Germany's Balthasar Röss and Schloss Reinhartshausen; Yalumba from Australia; Chile's Cono Sur; plus Italian

Falanghina and Burgundy Chardonnay.

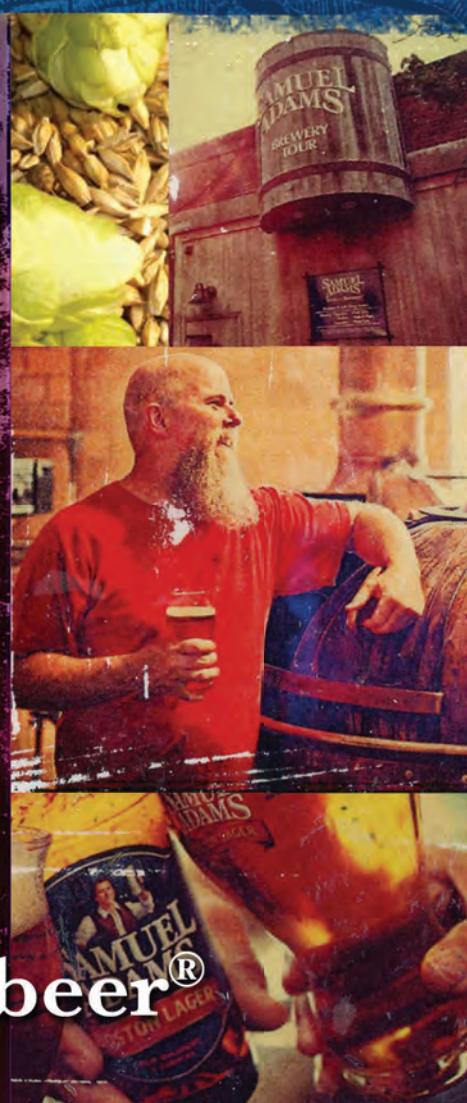
Enjoy these wines with stuffed pork tenderloin, porchetta, bratwurst, choucroute (sauerkraut with sausages), onion tart, beet and apple salad, risotto and braised chicken.

Many rosés have what it takes to go year round, holding their own among mid-weight reds and whites. These excellent food wines go the distance with Thanksgiving turkey, beef, cheesy dishes, many vegetables, paella and yes, ham. Look for rosés with a good weighty palate (again an alcohol level of 13 percent or more) and you'll see that these versatile wines don't need a sun-

drenched patio. Consider French rosés like Château Sainte Roseline Côtes de Provence and Domaine Lafond Roc-Epine; Chile's Viña Chocalan Syrah Petit Verdot Rosé;

Spanish Olivares Jumilla Rosé; and BC's Quails' Gate Rosé, Rigamarole Rosé and Road 13 Honest John's Rosé.

Medium-bodied, moderate-alcohol red wines are perfect for fall. Explore Pinot Noir, Syrah, Grenache, Merlot, Grenache-Syrah blends, Chilean Carmenere, Italian Nebbiolo and Barbera and French Bordeaux and Côtes du Rhône. Wines from Portugal's Douro region, and plenty of Zinfandels, deliver pleasurable autumn drinking. Wines with little or no oak are ideal. Wines with higher alcohol are usually bigger, richer and oakier and



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Samuel Adams Boston Lager helped revive a passion for full-bodied brews that are robust and rich with character. Since the first batch brewed in Jim Koch's kitchen in 1984, Boston Lager has used only the finest hand-selected ingredients to create this perfectly balanced, complex and full-bodied brew.

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The Flavours of Fall

best saved for the chilliest of evenings, although some are superbly balanced and belie their alcohol content.

Mushroom pasta, roasted root vegetables, garlicky pork roast, lamb-stuffed eggplant, pâtés and terrines, tomato-cheese pizza, meatloaf and lamb stew sing with these reds.

Like rosés, sparkling wines and champagne go year-round and love food. Sweet wines are also a fit. Instead of icewine, look to less-sweet, late harvest wines. BC makes exceptional ones from a variety of grapes, including Riesling, Pinot Blanc, Merlot, Sauvignon Blanc and Chardonnay. Germany and Chile are also great sources of these refreshing wines. Partner them with not-too-sweet desserts such as apple and pear tarts, pumpkin pie, plus local roasted hazelnuts and blue and hard cheeses.

Spirits too transition from summer to fall. Gin, vodka and white rum give way to fuller-flavoured liquors such as blended whisky (save the peaty single malts for winter's chills), Irish whiskey, rye, amber rum and bourbon. These spirits aren't as flirty as summer's, but guarantee flavour and warmth. Enjoy in a cocktail at the end of the workday, as a pre-dinner drink, or sip straight, and they'll easily keep chills at bay.

Autumn is a time to enjoy, reflect and drink in the feel of the season. It's a time to reconnect with liquid pleasures and discover new tastes and fall favourites.



LONETREE CIDER

Canada **\$10.65** 168773 6 x 355 ml
This easy-sipping cider is made with Okanagan apples – Belle de Boskoop, Bramley, MacIntosh, Spartan and Golden Delicious. Pale gold in colour, aromas of green apples and a hint of cinnamon jump out of the glass. Light and slightly sweet, it's lively and crisply refreshing. Enjoy over ice with a squeeze of lime.



FOUNDRY CIDER

United Kingdom **\$11.98**
591867 4 x 500 ml
Amber coloured, Foundry is a traditional English-style cider with aromas of sun-warmed ripe apples. It's crisp with bright effervescence, medium-dry and has a vibrant apple taste. The maker recommends drinking it in a chilled glass, sans ice. Enjoy with porchetta or a cold roast pork sandwich with spiced applesauce.



MOUNT GAY ECLIPSE RUM

Barbados **\$26.95** 123422
This smooth gold rum from Mount Gay was introduced in 1910 to mark a total solar eclipse and simultaneous passing of Halley's Comet. Distilled from sugarcane molasses and aged in used Bourbon barrels, Eclipse is slightly sweet and fruity finishing warm and smoky. Enjoy in a rum and coke, or fruity cocktail.



BUFFALO TRACE KENTUCKY BOURBON

USA **\$39.99** 605063
Award-winning Buffalo Trace is made from corn, rye and barley malt and aged eight years in charred oak barrels. Aromas of citrus, spice, leather and vanilla waft out of the glass. In the mouth, it's rich, mellow, sweet, spicy, toasty and a little smoky. Whisky Magazine's Jim Murray calls it "big, moody, uncompromising and complex beyond belief."



MASI SEREGO ALIGHIERI POSSESIONI ROSSO

Italy **\$16.99** 447326
This Valpolicella blend of Corvina and Sangiovese made in collaboration with neighbouring Masi Agricola, is aged in 600-litre cherry wood casks. Brimming with cherries, blackberries, plums, vanilla and tobacco, it's elegant, balanced and over-delivers for the price. Enjoy with *bistecca alla fiorentina* (grilled steak with arugula and Parmigiano-Reggiano).



SEE YA LATER RANCH LATE HARVEST RIESLING HUNNY

BC VQA **\$24.99** 448654 375 ml
Pale gold, this sweet, late harvest Riesling has aromas of apples, pears and apricots that carry through to a velvety palate, finishing with citrus overtones. Generous acidity balances the luscious fruit. Enjoy chilled, with fruit tarts.

SIMPLY SPECTACULAR

TOMATO SAMBUCA SOUP

The act of cooking should be pleasurable, eliciting a feeling of carefree abundance. As our daily lives become busier, we often find ourselves eating out or buying ready-prepared meals to save time. Some of the best food is prepared simply and without a laundry list of ingredients. Through the following recipes, we hope to show that simple food and real cooking can happily exist together. A key point to note is that the simpler a dish is, the more it depends on the quality of its ingredients. Luckily, during the fall harvest season, we are spoiled for choice with a cornucopia of fresh ingredients at their peak. Perhaps Curnonsky, France's most celebrated gastronome and food writer of the 20th century, said it best: "In cooking, as in all the arts, simplicity is the sign of perfection." We agree.



PROSCIUTTO-WRAPPED HALIBUT WITH ZUCCHINI CARPACCIO

PAIRS WITH PROSCIUTTO-WRAPPED HALIBUT WITH ZUCCHINI CARPACCIO



ORMARINE PICPOUL DE PINET LANGUEDOC
 France **\$14.95** 124834
 Picpoul de Pinet is a lesser-known but increasingly popular grape varietal from the south of France. It creates a wine full of interesting flavours of lemon with floral and mineral notes. On the palate it is dry and medium-bodied with mouth-watering acidity together with a supple texture. Great with anything seafood.



HAHN PINOT NOIR
 USA **\$21.99** 831099
 Medium ruby in the glass, this Pinot Noir offers characteristics of dark and red plum, black cherry and a hint of cola. On the palate, the fruit intensity is balanced by crisp acidity and soft tannins through the finish. Hahn means rooster in German, so think poultry when pairing food with this medium-bodied wine.

NEWACIOUS



Bodaciously smooth

PAIRS WITH TOMATO SAMBUCA SOUP



EDNA VALLEY CHARDONNAY
USA **\$19.99** 81430

The Edna Valley in California is famous for its Chardonnay with its attractive flavours of pear, quince, ripe apple, spice and hints of pineapple. On the palate, it is dry, medium-bodied and has a zesty acidity that is balanced with a good amount of fruit intensity lasting through the finish.



FRENCH COUNTRYSIDE CHICKEN WITH GREEN BEAN AND HAZELNUT SALAD



TIO PEPE FINO PALOMINO
GONZÁLEZ BYASS

Spain **\$21.99** 242669
Fino is a style of sherry known for being flavourful, light and dry. Tio Pepe's is dry on the palate and medium-bodied. A savoury fino, it is best served slightly chilled with tapas, seafood and cheese.



PAIRS WITH FRENCH COUNTRYSIDE CHICKEN WITH GREEN BEAN AND HAZELNUT SALAD



MER SOLEIL SILVER
UNOAKED CHARDONNAY
USA **\$28.99** 143784

The unique ceramic bottle resembles the cement tank used during the production process for this wine. It's an unoaked Chardonnay with a rich taste of orange zest, lemon, white peach and a touch of honey. On the palate, it is dry, medium-bodied with juicy acidity and a good mineral finish.



CEDARCREEK PINOT NOIR
BC VQA **\$24.95** 567412

Showing youthful intensity of red cherry, raspberry, spice and oak, this medium-bodied Pinot Noir is clean and dry with fine tannins and fresh acidity. Its delicious plummy finish makes it a natural with grilled chicken or ham.

BAR  STAR

GEZ MCALPINE

THE KEEFER BAR



Gez McAlpine, The Keefer Bar

The first things you'll notice about Gez McAlpine are his dreadlocks, but it's his expressive pale blue-green eyes that command your attention. The 25-year-old bartender arrived in Vancouver three years ago from Australia. Born in Sydney, raised in Brisbane, he honed his trade in various bar management and operations positions in Brisbane and Melbourne before heading across the Pacific. McAlpine was nominated three times for Australian bartender of the year and, among other accolades, he represented Australia in the 42Below Cocktail World Cup in New Zealand in 2008.

He spent some time in Mexico and California before being hired by Danielle Tatarin, General Manager (and former *TASTE* Bar Star) of The Keefer Bar in Chinatown. "I've never worked in a bar like this. Usually, everything is so unpredictable in a bar, but [The Keefer] is so successful," he says.

His experience in larger venues in Australia taught him to make good cocktails, quickly. He also gained some expertise in flair bartending early on, but uses it subtly as trends have changed from flashy to classic.

McAlpine has spread his wings since arriving in Vancouver. During an extended working holiday in Los Angeles, he landed a position behind the bar at one of Hollywood's most exclusive cocktail lounges, The Writer's Room, tucked away in the famed LA Supperclub. There he was responsible for restructuring and managing the bar and also helped train staff.

His work with traditional Chinese medicinal ingredients infused into classic cocktails has put his talents in demand. He hopes to broaden his reach by consulting on other projects - building contemporary cocktail menus infused with Chinese ingredients similar to the style of The Keefer Bar and help train staff to do the same. It would be a dream situation for McAlpine who is firmly attached to the team at The Keefer Bar but feels that consulting is a great future option.

"IT'S A LABOUR OF LOVE BEING IN THE SERVICE INDUSTRY AND AROUND PEOPLE...I SPEND 50 HOURS A WEEK MAKING PEOPLE HAPPY AND GIVING THEM SOMETHING THEY WANT." – GEZ MCALPINE



JALISCO COBBLER

1½ oz	(45 ml)	anejo tequila
3 oz	(90 ml)	pressed apricots
¾ oz	(22 ml)	Cointreau
¼ oz	(7 ml)	dry vermouth
¼ oz	(7 ml)	sugar
		crushed ice, cobbler style*
5 dashes		Angostura bitters, to finish
		slices of orange zest and mint, for garnish

Shake first 5 ingredients in a shaker and strained over crushed ice in a rocks glass. Finish with Angostura bitters and garnish with orange zest and fresh mint.

* cobbler-style ice, named for its cobblestone shape, is made by putting ice cubes in a heavy canvas bag and "smashing" them with a mallet.



BARDSTOWN BRUNCH LEMONADE

2 oz	(60 ml)	rye whisky
¾ oz	(22 ml)	lemon juice
1 barspoon		Yuzu marmalade*
½ oz	(15 ml)	Brown Sugar Syrup**
		ginger ale, to top
		lemon wheels, for garnish

Build in a highball glass over ice. Garnish with lemon wheels.

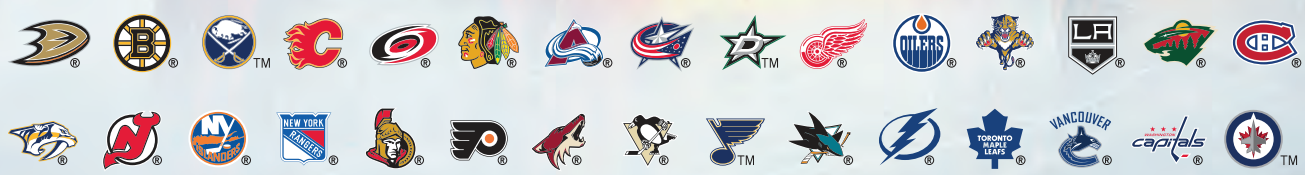
* Found in Asian specialty stores.

** Brown Sugar Syrup is made by dissolving 1 part brown sugar into 1 part water.

Crown Royal



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“It’s a labour of love being in the service industry and around people. Bartenders get obsessed with trends – the best glassware and the best tools. They forget they’re there to serve the customer. I spend 50 hours a week making people happy and giving them something they want,” he adds.

Right now, it seems beer cocktails are making people happy. Undoubtedly, that stems from the current popularity of craft brews. Gez is infusing beer with bitters to enhance their similar inherent characters. In addition, he’s excited about the Chinese tonics (such as ginkgo biloba) they are now using at The Keefer Bar and is closely watching the trend of cocktails-on-tap currently taking off in America. He notes that Mezcal is still strongly popular, due to its versatility.

McAlpine has a personal preference for strong brown spirits, such as whisky and bourbon, but he has a new fondness for Cognac after spending two weeks in France this summer, thanks to winning the Canadian segment of the Giffard Cup Iron Bar Competition.

Staying on top of what’s hot is easy when you’re a connoisseur of social media. McAlpine is responsible for The Keefer Bar’s blog and other social media accounts, which have helped connect him with people everywhere. He feels confident that he could arrive in any city in the world, find a friend and a worthy bar to settle in at.

RIGHT NOW, IT SEEMS BEER COCKTAILS ARE MAKING PEOPLE HAPPY. UNDOUBTEDLY, THAT STEMS FROM THE CURRENT POPULARITY OF CRAFT BREWS.



RICHARD PARKER COCKTAIL

2 oz	(60 ml)	spiced navy rum
¾ oz	(22 ml)	Honey Syrup*
1 oz	(30 ml)	lemon juice
		ginkgo biloba tonic**
		lager beer, to top

Shake first 4 ingredients in a shaker and strain into a tall glass, top with lager beer.

* Honey Syrup is made by combining 2 parts honey with 1 part water to make it easy to pour and dilute.

** Available at Chinese markets in Chinatown.

SMOOTH & SPICED

WHAT SPICED RUM
SHOULD TASTE LIKE



PLEASE DRINK RESPONSIBLY.

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CONSULTANT'S CHOICE

OUR EXPERTS SHARE THEIR FAVOURITES

Product Consultants are available at the 22 Signature BC Liquor Stores across the province to assist with your shopping and to provide you with in-depth information on 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!



Sari Dettling
WSET Intermediate
Westwood Centre
Port Coquitlam, BC

"Always give customers more than what they expect!"



LAMARCA PROSECCO

Italy **\$19.99** 321182
The Lamarca Prosecco offers a vibrant bouquet of golden apple, white peach and honeysuckle. It's fresh with a ripe citrus, creamy textured finish. Try it with seafood, light cheeses and rich tomato dishes.



PÉREZ CRUZ CABERNET SAUVIGNON RESERVA

Chile **\$16.99** 126235
Showing flavours of dark ripe fruit, cassis, currant and vanilla notes, this delicious, rich, creamy and concentrated full-bodied red wine is very well-balanced with layered complexity. Serve with lamb, grilled beef and ribs. This wine provides excellent quality-to-price ratio.



Marlisa Hollands
WSET Advanced
Fort Street
Victoria, BC

"I really enjoy searching out that perfect wine that my customer is looking for. When they open it or pair it with their meal they have the unique experience they were seeking."



CAMPARI

Italy **\$26.99** 277954
This classic Italian aperitivo is made from herbs, aromatic plants and fruit using a secret recipe. Delicious mixed with soda and orange or lemon zest. Use it to create classic cocktails such as a Negroni, or add a dash to a glass of prosecco to extend your summer.



TRIDENTE TRITON TEMPRANILLO CASTILLA Y LEÓN

Spain **\$24.95** 189852
This is 100 percent Tempranillo, aged 15 months in French oak from Castilla y León. It has lush black fruit, creamy toasty oak, spicebox notes and ripe tannins allowing it to be opened now, but could cellar for a few more years. Delicious with rib-eye steaks or barbecued lamb chops.



Quinn Crooks
WSET Advanced
Alberni and Bute
Vancouver, BC

"With such a vast array of products available at our stores, it is my job to assist customers in selecting products that best fit their needs. I'm always here to help."



EDGE NORTH COAST CABERNET SAUVIGNON

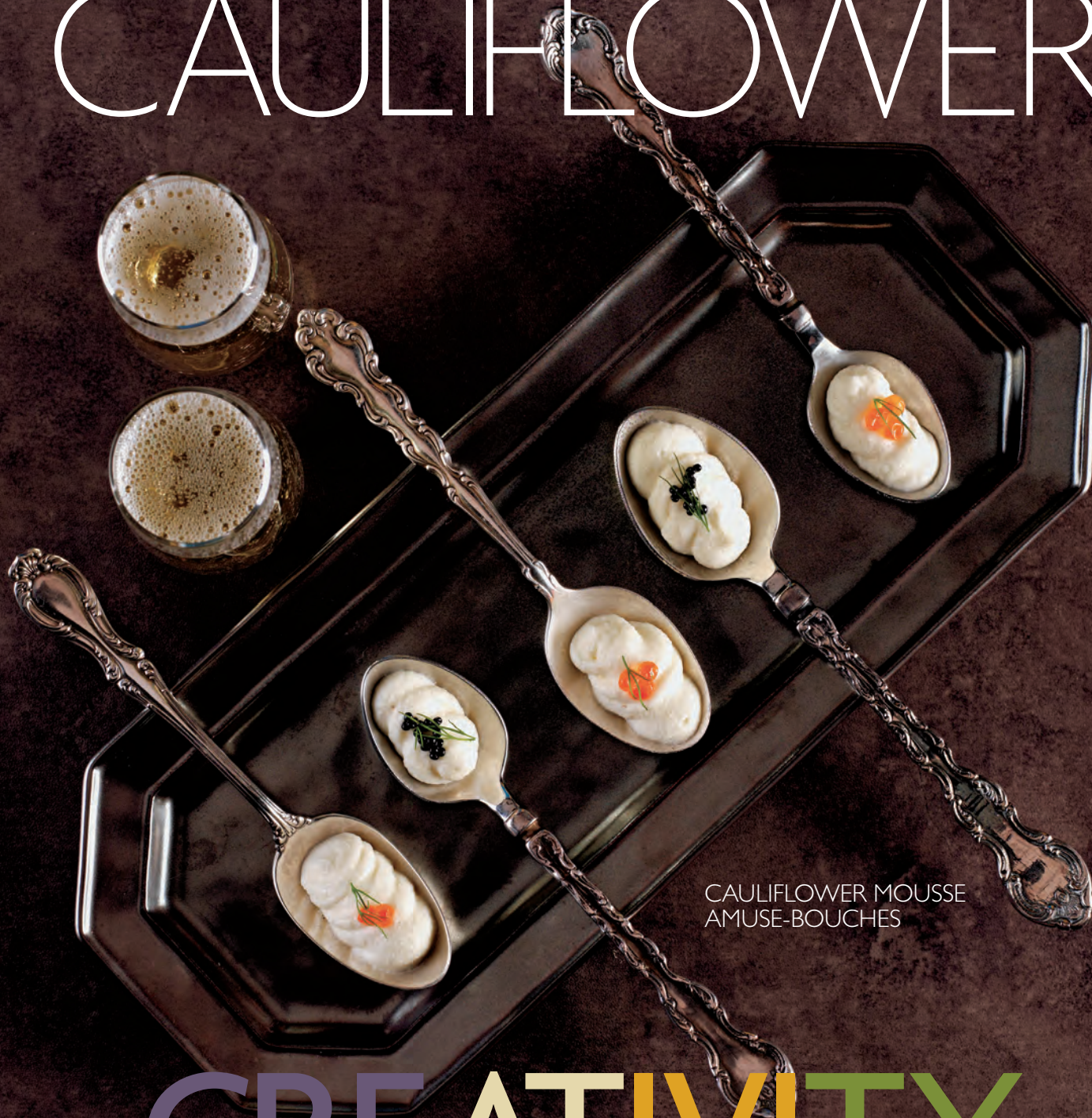
USA **\$29.99** 80374
This wine was sourced from vineyards including Napa and Sonoma. It's 77 percent Cabernet Sauvignon with the rest being Merlot and Syrah. The nose reveals notes of coffee, pepper, dark fruit and a hint of cola. The palate is layered with blueberry and raspberry compote that carries through the long finish. This medium-bodied wine is drinkable now and will improve for another 5 to 7 years.



FORTY CREEK BARREL SELECT CANADIAN WHISKY

Canada **\$24.99** 550715
A blend of rye, barley and corn whiskies with each barrel aged separately and then aged further in sherry casks. This silky smooth whisky has aromas of honey, vanilla and apricot fused with toasty oak, black walnut and spice. The flavour is rich and bold on the palate with a smooth long finish.

CAULIFLOWER



CAULIFLOWER MOUSSE
AMUSE-BOUCHES

CREATIVITY

It is white...most of the time, but also comes in orange, purple and green! In a salad, cauliflower lends its unique decorative form creating a delicate and pleasing sight. The flavour marries well with other ingredients and its unique texture allows it to be used in place of starches – quite an accomplishment for a low calorie vegetable! Cauliflower can be dressed up for a special amuse-bouche or made into a side dish that will steal the show. Experiment with the rainbow of cauliflower colours and create your own vision!



COLOURFUL CAULIFLOWER WITH LEMON-GARLIC DRESSING

PAIRS WITH CAULIFLOWER
MOUSSE AMUSE-BOUCHES

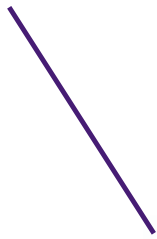


BOLLINGER SPECIAL CUVÉE
France **\$74.99** 384529
Made using a blend of Pinot Noir, Chardonnay and Meunier from Grand and Premier vineyards, Bollinger's Special Cuvée has flavours of toast, biscuit, spice and licorice with hints of apple and lemon. Dry on the palate with a delicate mousse with long persistence, this balanced and medium-bodied wine is a classic pairing with seafood and caviar.



BELVEDERE VODKA
Poland **\$49.99** 437772
Quadruple-distilled from exclusively Dankowskie rye, this Polish vodka has a lightly zesty cream and vanilla flavour. Dry with well-integrated alcohol on the palate, it's medium-bodied with a hint of pepper and spice on the finish. Serve chilled with a classic pairing, such as caviar, or mix it in a premium martini.

“We’re so smooth you
can almost taste it.”



“Actually, they can.”



Confidence comes naturally when you’re this smooth, and of course, crisp and refreshing. That’s what you get with fruit-forward flavours unmasked by oak. Try our complete line-up of unoaked wines.

It takes confidence to go unoaked.

Join us on



Please drink responsibly.



PAIRS WITH COLOURFUL CAULIFLOWER WITH LEMON-GARLIC DRESSING



THE PEOPLE'S SAUVIGNON BLANC

New Zealand \$17.99 515049
A classic Sauvignon Blanc made in New Zealand, The People's offers vibrant flavours of passion fruit, herbs, lime and a hint of gooseberry. On the palate, it is dry and distinguished by its juicy, mouth-watering acidity. Medium-bodied, it is an ideal companion to seafood.



CAULIFLOWER SALAD WITH SHERRY VINAIGRETTE



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

Chasselas, Switzerland's signature grape, is the main component of this blend which also features Pinot Blanc and Pinot Gris. It is a versatile white with aromas of lemon, pear, citrus peel and hints of grapefruit. Dry on the palate together with a medium-bodied and crisp acidity, it is suitable for pairing with cheese fondue, seafood and salad.



PAIRS WITH CAULIFLOWER SALAD WITH SHERRY VINAIGRETTE



CHAPOUTIER MARIUS TERRET VERMENTINO PAYS D'OC

France \$14.99 821868
A blend of Terret, one of Languedoc's oldest white grape varieties and the aromatic Vermentino, this wine reveals flavours of grapefruit, lemon and green apple. The addition of a small amount of grape juice helps balance the tangy acidity of this medium-bodied, dry wine. Delicious served chilled with vegetable lasagne or meat pot pies.



BATASIOLO BARBERA D'ALBA Italy \$17.99 311555

Italy's third most planted red grape varietal, this Barbera from the Alba area of the Piemonte region has youthful aromas of raspberry, sour cherry, spice and hints of vanilla. Dry on the palate with light powdery tannins, its juicy acidity makes it very food-friendly. Serve slightly chilled with salad, cheese or pasta dishes.



A CORNUCOPIA OF THANKSGIVING WINE

HOW TO PAIR MULTI-COURSE MEALS

Ahhh, Thanksgiving – the great Canadian multi-dish meal. You know the menu: roast turkey, gravy, stuffing, cranberry sauce, mashed potato, squash, green beans, corn, pickles, bread and butter and whatever extra dishes the relatives, friends and neighbours have brought along – all set on the table willy-nilly.

After grace or the toast or whatever, the self-serve food plating begins. You know the drill. It starts civilized enough with a few slices of turkey, a dollop of cranberry sauce, a scoop of mashed potato, some gravy, stuffing, squash and a few green beans. But the standard 10-inch dinner plate is hopelessly inadequate for the annual feast, so the inevitable ensues: aesthetic abandon and culinary chaos.

The plate is full, but how could you possibly forego the buttered, salted, sweet corn and a thick slice of homemade bread? And of course, it would be positively rude

WHAT THE BUSY TABLE NEEDS MOST IS AN HONEST, HUMBLE WINE TO REFRESH THE PALATE BETWEEN BITES: ONE WITH A GOOD LICK OF ACIDITY, TAME TANNINS AND AN EASY, ACCESSIBLE STYLE; ONE WITHOUT A SECRET MISSION TO UPSTAGE THE MEAL.

not to include one of Aunt Betty's caramelized sweet potatoes, your best friend's pickled onions, and a taste of your vegan neighbour's bean dip with flax seed crackers – especially when she's seated beside you.

No room left? Oh, well. Just plop it all on top.

The plating problem is not the only dilemma of the day. The other challenge is, of course, which wine to serve. Thanksgiving is absolutely not the time to trot out a best bottle of grand cuvée with all its come-hither complexity and succulent fruit. All would be quickly lost with so much going on the plate.

It's tempting to assume a complex meal calls for fancy wines, but nothing could be further from the truth. Posh pours command centre stage, and blockbuster bottles behave badly too, shocking palates with explosions of flashy fruit. Both styles are just wrong for any multi-dish meal.

What the busy table needs most is an honest, humble wine to refresh the palate between bites: one with a good lick of acidity, tame tannins and an easy, accessible style; one without a secret mission to upstage the meal; and one that is a happy to take a supporting role – to lift a meal to a new level without being really *noticed*.

The busy table needs an eager-

to-please, workhorse wine. So which bottles are best for Thanksgiving? The styles listed below fit the bill beautifully.

WHITES

PROSECCO

At a snip of the price of finer fizzes, a dry, well-made prosecco can be a fabulous turkey wine. Think palate-cleansing goodness scented ever-so-slightly with pear. Look for the word “brut” on the label, which means it tastes clean and dry. Sweeter wines don't work as well with food. They tire the palate and deaden the appetite.

CANADIAN RIESLING

Canada makes marvellous dry Riesling. It's almost always satisfyingly tart, yet balanced with simple, clean fruit. And frankly, Riesling works well with almost every dish one could find on the Thanksgiving table.

PINOT GRIGIO/PINOT GRIS

Although Pinot Grigio has become the go-to cocktail alternative from coast to coast, this Italian variety would never be served without food in Italy. Its bracing acidity and restrained fruit make it an excellent food wine for everything from antipasto to pizza to – you guessed it – roasted bird and gravy.

When this same grape variety is left longer on the vine to ripen further, which tends to take place in France, Germany and other regions outside Italy, the wine is generally labelled Pinot Gris. Stylistically, Pinot Gris is rounder and fleshier than Pinot Grigio but can retain the liveliness that makes it a great palate-cleanser. And Pinot Gris offers a note of spiced peach for those who prefer a bit more character in a wine.

SAUVIGNON BLANC

Much like Pinot Grigio, Sauvignon Blanc is a crisp, racy style. But this variety swings from full-on fruity to refined and restrained, depending on the region and producer. Restrained styles work best at the table, because they won't compete and possibly clash with foods, which is why Sauvignon Blanc from the Loire Valley is a dinner party hostess's best friend. But the less fruit-forward versions come from elsewhere too – Cloudy Bay, New Zealand springs to mind.

REDS

BEAUJOLAIS

About the most affable red wine imaginable, a well-made Beaujolais offers clean, berry-scented refreshment that's light enough to pair with

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A Cornucopia of Thanksgiving Wine

THE BUSY TABLE NEEDS AN EAGER-TO-PLEASE, WORKHORSE WINE.

poultry, tart enough stand up to the cranberry sauce and is low in tannins, keeping the vibe smooth and easy.

PINOT NOIR

I'm not talking here about fine red Burgundy, but rather a well-made, but not terribly posh Pinot Noir. Is there such a thing? Yes. In today's fiercely competitive market, elegant but easy-drinking Pinot Noirs exist. And it's a fabulous foil for food, with its understated flavours, lighter body and tight seam of acidity. And of course, the cranberry flavours of the wine are a no-brainer with turkey.

CABERNET SAUVIGNON

If there's one black grape that over delivers more often than any other, it's Cabernet Sauvignon. Full-fruited and rich – yet never in-your-face and showy – is what Cabernet Sauvignon is all about. And its velvety mouth feel, gentle tug of tannin and medium body – in tandem with moderate alcohol level can bring almost every meal up a notch or two.

Now, that's something for which to be thankful.



MIONETTO IL PROSECCO FRIZZANTE

Italy **\$17.99** 378638
Aromatic stewed pear on the nose leads to a slightly off-dry but beautifully balanced palate that layers wet stones, Bosc pear and white peach. A light-bodied refresher everyone will enjoy.



MEZZACORONA DOLOMITI PINOT GRIGIO

Italy **\$15.99** 312801
Sleek citrus flavours of lemon and lime are underpinned by stony minerality and a hint of smoke. The understated demeanor of this wine says Italy and the fresh, clean, nervy nature is just right for roasted turkey with all the fixings. Easy crowd-pleaser from a reliable producer.



CLOUDY BAY SAUVIGNON BLANC

New Zealand **\$31.50** 304469
Tasting more like a minerally Sancerre than the gooseberry-drenched style typical of New Zealand, this bottle makes a fabulous all-purpose food wine. Think restrained flavours and aromas of white grapefruit, white pepper, and granite anchored by piercing acidity. Fabulous.



BOUCHARD ÂINÉ & FILS BEAUJOLAIS

France **\$14.99** 147546
Bright, juicy red fruit with classic notes of cranberry and the hallmark zing of Beaujolais mark this Bouchard Âiné & Fils offering. A sassy quaffer fit for turkey dinner, chill it down a few degrees before pouring to up the refreshment factor.



WENTE SOUTHERN HILLS CABERNET SAUVIGNON

USA **\$17.49** 301507
This classic Californian Cabernet shows elegant stone and berry fruit with hints of chocolate and coffee, cassia and anise. The tannic grip makes it a suitable choice for a wide range of dishes one might find on the Thanksgiving dinner table.



WOLF BLASS YELLOW LABEL CABERNET SAUVIGNON

Australia **\$15.99** 251876
This award-winning drink is hugely popular for a reason. It's great value and consistently delicious vintage-to-vintage. When you want a wine at a reasonable price everyone will like, grab this. Think clean, rich blackcurrant fruit edged with black pepper, warm wood and a luxurious velvety mouth feel. Classic.

CELEBRATING MID-AUTUMN FESTIVAL

COCONUT AND
DRIED FRUIT
MOONCAKES



BRAISED PUMPKIN WITH PORK OVER SHANGHAI NOODLES

Originating in the 10th century, the Mid-Autumn Festival or Moon Festival celebrates the harvest on the 15th day of the 8th month of the lunar calendar. This year it falls on September 19th.

There are three traditional components to this celebration: gathering of family and friends; giving thanks (as with North American Thanksgiving) and worshipping the moon, heaven and Earth.

Mooncakes are the harbinger of the holiday and are seen in abundance starting weeks before.

Their round shape symbolizing completeness and unity, mooncakes are traditionally filled with sweet lotus seed paste and salted duck yolks, using a very time-consuming and intricate process.

In this simpler, non-traditional version, the filling is coconut and dried fruit. Three other harvest comfort recipes include a stir-fried dish with lotus root and chicken, a braised pumpkin and pork stir-fry over thick Shanghai noodles and braised spare ribs with dried plums and dried lemons.



SOUR PLUM AND LEMON-BRAISED SHORT RIBS

PAIRS WITH SOUR PLUM AND LEMON-BRAISED SHORT RIBS

PAIRS WITH BRAISED PUMPKIN WITH PORK OVER SHANGHAI NOODLES



LES HALOS DE JUPITER CÔTES DU RHÔNE

France **\$23.99** 254995

The warm climate of Côtes du Rhône produces wines that are rich and fruit-driven. This Grenache-dominant red wine has flavours of black cherry, raspberry, lavender and a hint of cassis and smoke. It is dry on the palate and medium- to full-bodied with round tannins and a warm mouth feel. Drink now, or hold on to it for up to five years.



BELLE GLOS CLARK & TELEPHONE PINOT NOIR

USA **\$43.99** 243956

This Pinot Noir is rich, concentrated and intense, with flavours of blackberry, black cherry, sweet baking spice, clove and a touch of nutmeg. Very fruit-forward and dry on the palate, it is full-bodied with ripe tannins and a toasty blueberry finish. Excellent with savoury game meats as well as steaks.



PIRRAMIMMA MCLAREN VALE SHIRAZ

Australia **\$29.99** 607093

Pirramimma Shiraz has dark plum, blackberry, spice, pepper, toast, licorice and milk chocolate aromas. On the palate it is rich and ripe with a full body and ripe tannins. This wine is ready to drink now and can age for at least five years.



Celebrating Mid-Autumn Festival

PAIRS WITH BRAISED PUMPKIN WITH PORK OVER SHANGHAI NOODLES



DA VINCI CHIANTI

Italy **\$17.99** 684720

Made from a high proportion of Sangiovese with Merlot being the supporting varietal, this Chianti offers flavours of red plum, red cherry and a hint of pepper. The palate is dry and medium-bodied with lively acidity and round tannins. Pairs perfectly with pastas and meat dishes.

PAIRS WITH COCONUT AND DRIED FRUIT MOONCAKES



MINUS 9° GEHRINGER BROTHERS EHRENFELSER ICEWINE

BC VQA **\$49.99** 551739 375 ml

This Ehrenfeller icewine is harvested at minus nine degrees which yields superb flavour concentration of honey, ripe apple, peach, nectarine, apricot and orange peel. The mouth-watering acidity is balanced by luscious sweetness. Medium-bodied, it is excellent on its own or served chilled alongside desserts.



STIR-FRIED LOTUS ROOT WITH CHICKEN

PAIRS WITH STIR-FRIED LOTUS ROOT WITH CHICKEN



TAYLOR FLADGATE 20-YEAR-OLD TAWNY PORT

Portugal **\$66.49** 149047

Matured in wood, this 20-year-old tawny shows developed flavours of nut, spice, oak, dried fruits and orange peel. Rich and concentrated, this medium- to full-bodied fortified wine is lusciously sweet, balanced by crisp acidity. Thanks to extended oak aging, the tannins are soft and silky, lasting through the long, mellow finish.



THE HOLY TRINITY GRANT BURGE BAROSSA GSM

Australia **\$39.99** 19166

Modelling on wines of the Southern Rhône, the Holy Trinity is a blend of Grenache, Shiraz and Mourvèdre. The wine is medium ruby with a shade of purple in colour and has enticing flavours of blueberry, red cherry, spice and cinnamon. Medium-bodied with soft tannins and a long length, it is ready to drink now or cellar for up to seven years.



CONCHA Y TORO WINEMAKER'S LOT 148 CARMENERA

Chile **\$18.95** 848747

One of Chile's signature grape varieties, this Carmenera is dark ruby-purple and has aromas of black cherry, coffee, violet and a touch of bacon. With generous fruit intensity, it is full-bodied with integrated tannins and a peppery spice finish. Pairs very well with stir-fries and steaks.

OTHER LAGERS PALE BY COMPARISON

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A LAGER LESS ORDINARY



NEW



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EERIE WINES FOR ALL HALLOW'S EVE

Chosen for their spooky labels and names, these eerie (but delicious) wines will fit perfectly on a ghostly adult Halloween table brimming with otherworldly treats. So don your fright wig and raise a weirdly bewitching glass to the creepy and the bone-chilling. Boo!



KILLIBINBIN SCAREDY CAT CABERNET SAUVIGNON SHIRAZ

Australia **\$22.99** 23739
Killibinbin has spent 18 months in both French and American oak *barriques*. This unique blend has enticing aromas of blackberry, Black Forest cake, milk chocolate, spice and hints of blueberry and fresh herbs. Full-bodied and dry on the palate coupled with integrated tannins, it pairs perfectly with your favourite spooky movie.



SKULLS CHARDONNAY

Australia **\$16.99** 496224
This Chardonnay uses grapes sourced from premium winemaking areas in South Australia. Balanced, with a nose of soft white peach, lemon and apple, it is dry and medium-bodied on the palate. With fresh acidity and a creamy texture together with a hint of vanilla on the finish, try it with salad, seafood or savoury Halloween treats.



SKULLS SHIRAZ

Australia **\$19.99** 172825
Robust and showing warm intensity of blackberry, red cherry, herbs, smoke and vanilla, this 100 percent Shiraz is deep ruby in colour with shades of purple. Ripe and full-bodied on the palate, it has rich tannins and a warming mouth feel with good length, all wrapped in a scary label.



CRYSTAL HEAD VODKA

Canada **\$59.95** 56663
Distilled from pure Newfoundland water, Canadian wheat and corn with no additives, this vodka has a clean nose of pepper with a touch of citrus. On the palate it's dry and medium-bodied with a creamy mouth feel and a smooth and crisp finish. Enjoy it chilled neat, or in a strangely delicious cocktail.



SOUTHERN BELLE MCLAREN VALE SHIRAZ

Australia **\$23.99** 755124
Made in McLaren Vale South Australia, this wine is matured and aged in French and American oak barrels yielding youthful flavours of blackberry, blackcurrant, black cherry, plum, spice, oak and caramel. Dry on the palate with a warming mouth feel, its full-bodied weight is balanced by velvet tannins and a long length.



GHOST PINES CALIFORNIA RED

USA **\$22.99** 33241
With most of its grapes harvested from the famous Sonoma County, this wine is made with a high proportion of Petite Sirah with Zinfandel, Cabernet Sauvignon and Petit Verdot as the supporting grapes. It is rich with flavours of blueberry, blackberry compote, spice and toffee notes. Dry and full-bodied on the palate with fine grained tannins, get some now before it vanishes.



NEW

Budweiser
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FLAVOURS OF FALL



TALISKER 10-YEAR-OLD
Scotland **\$86.99** 249680

At Talisker, the traditional distillation process has remained nearly unchanged for over 175 years. Medium amber in appearance, this Scotch whisky has flavours of citrus, dried fruits, brine and peat smoke notes due to an extended period of maturation. Full-bodied with an oily texture on the palate, it has a rich fruit intensity and warm alcohol ending with a long, peppery finish.



LOS VASCOS
GRANDE RESERVE
Chile **\$22.99** 182055

After purchasing Château Lafite in 1868, the Rothschild family literally broke new ground by acquiring Viña Los Vascos in Chile in 1988. Their Grande Reserve, made mainly from Cabernet Sauvignon and balanced by Carmenera, Syrah and Malbec, has generous plum, black cherry, licorice, and cocoa aromas with hints of graphite and tobacco. Medium- to full-bodied, it has integrated tannins and a nice length thanks to aging half the blend in new oak barrels for a year.



LA DOMELIÈRE RASTEAU
France **\$19.99** 645655

One of the more recognized villages in the Côtes du Rhône, Rasteau is known for its sunshine, stony soils and legendary Mistral wind. Using Côtes du Rhône-permitted grape varieties, this blend has characteristics of red and black cherry, spices and a hint of licorice. The palate is medium-bodied with soft tannins, a perfect companion to poultry or stews.



—THE—
RISE
—OF—
RED
WINE

IN NORTH AMERICA, RED WINE DOMINANCE IS A FAIRLY RECENT PHENOMENON AND THIS MAY BE ATTRIBUTABLE TO THE UNIQUE COMBINATION OF ONE FRENCH MAN AND A TELEVISION SHOW.

Some things about wine we just take for granted. We ask few questions as to why or how and simply accept many of the idiosyncrasies of the wine world. Why some wines can achieve astronomical prices and others not and how only certain regions manage to realize a superior reputation could keep one busy investigating for years. One of the things we simply accept with little questioning is the supremacy of red wine. Virtually all the highly sought-after, collectible and big-ticket wines are red. In North America, red wine dominance is a fairly recent phenomenon and this may be attributable to the unique combination of one French man and a television show.

The important French man was scientist Serge Renaud, who passed away in October 2012 after 84 impressive years. The passing of Renaud prompted a philosophical look at what may have been one of the most important influences on what we drink today. Renaud coined the term “French Paradox.” The paradox, the fact that French people appeared to eat and drink with gusto yet not get fat, came to the attention of the North American public on November

17th, 1991. Renaud appeared on the television program 60 Minutes touting his research on the French diet. A lot of the credit was given to red wine and, from this point onwards, demand soared. Being told that drinking red wine was actually good for you was enough to create many new enthusiastic red wine drinkers across North America, with per capita consumption continuing to rise to this day.

The changes have been quite phenomenal. In California, where 90 percent of the USA’s wine is produced, white varieties dominated when the French Paradox program was aired in 1991, with 176,603 acres of white grapes versus 150,063 acres of red varieties. Fast-forward to the latest acreage figures from 2011 and white varieties have actually dropped slightly, to 175,815 acres, while red wine varieties have soared to a monumental 286,208 acres. This is impressive, even considering that much of the red Zinfandel ends up as rosé. Numerous news reports on the health benefits of wine resulted in the US government changing the Dietary Guidelines for Americans in 1996 to include alcohol consumption in moderation. Couple

this with an increasingly globalized food and wine culture, better wine knowledge and an understanding of many of the classic red wines of the world, and red wine was off to the races.

British Columbia experienced a similar story with a political twist. Because of the risks of cold winters and cool growing seasons, initial interest was virtually all focused on white varieties, particularly on early-ripening Germanic grapes. In the 1990s, however, things were ripe for change. The French Paradox episode of 60 Minutes came shortly after a major pull-out of 2,000 acres of lesser hybrid grapes after Canada signed the North American Free Trade Agreement (NAFTA) in 1990. The rise of the French Paradox propelled BC wine in a completely different, red-coloured direction, relegating Germanic whites to a bit part. Growing demand for red wine meant planting red grapes was the only choice, despite the climatic risks. It was with some trepidation that growers risked their livelihoods, but perhaps thanks to a warming climate, initial efforts were successful. “Getting through this early period with varieties like Merlot gave growers the confidence to try other

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The Rise of Red Wine

things,” says Walter Gehringer of Gehringer Brothers winery in Oliver.

Red plantings in BC now overshadow white, by a ratio of 52 percent to 48 percent, a proportionately big change for one of the world’s most extreme wine regions. In 1990, the only red vinifera grape that made the top 10 was Pinot Noir with just 58 acres. The most planted varieties in order from top to bottom were Riesling (158 acres), Chardonnay (106 acres), Pinot Blanc (92 acres), Ehrenfelser (81 acres) and Gewürztraminer (75 acres). BC is now making very serious red wines from varieties as diverse as Merlot, Pinot Noir, Cabernet Sauvignon, Cabernet Franc, Gamay and particularly the winter-tender, but excellent quality, Syrah. Two of the top three and three of the top five varieties are now red. Experimentation has also seen success with varieties as diverse as Malbec, Petit Verdot, Zweigelt, Zinfandel, Pinotage and Tempranillo, grapes from all corners of the wine world.

It is hard to attribute all current consumption patterns in an area that is the world’s largest wine consumer to an hour-long television program, but it certainly provokes thought as to what our wine landscape may have looked like had Renaud and company not spurred on a sudden staggering demand for red wine. Would the cult wines of Napa, Washington and BC be Riesling, Chardonnay, Gewürztraminer, Sauvignon Blanc or Semillon? We will never know. But it is certainly something to ponder when you next pour yourself a glass of your favourite wine and wonder what may be the next great influence to radically change the world of wine.



ROAD 13 VINEYARDS SEVENTY FOUR K

BC VQA **\$22.99** 78915

This blend has always been one to over-deliver on flavour. The intense nose is a mix of meaty and gamey aromas with vanilla, custard, black cherry, plum, raspberry and floral notes with some hazelnut and pepper. The palate is full with crisp acidity, chocolatey oak and blackberry, dried raspberry and plum flavours, along with smoke, pepper and paprika. The long finish is reminiscent of dried herbs.



MISSION HILL FIVE VINEYARDS PINOT NOIR

BC VQA **\$18.99** 118844

Pinot Noir was the first red grape to prove itself in the tough Okanagan climate. This is a well-priced wine offering aromas of black cherry, savoury fresh tobacco, burlap, tomato and hints of orange zest, clove and tart red cherry along with cranberry flavours. Use the juiciness to pair with grilled, dried thyme-marinated, spatchcocked quail.



TINHORN CREEK MERLOT

BC VQA **\$19.99** 530725

Tinhorn Creek’s Merlot vines are developing age and are producing some textbook Okanagan Merlot. This wine shows aromas of purple fruits with black cherry and plum with floral, citrus zest, chocolate, vanilla, earth, leather and meaty notes. The palate is full and soft thanks to the moderate acidity and tannins. The black cherry and blackberry fruit seamlessly pair with the violet, dried sage, paprika and clove spice flavours.



BROKEN SHADOW WINDSTATION RED

BC VQA **\$17.99** 271734

From Mission Hill’s new venture, Golden Mile vineyard, this wine has aromas of chocolate, oak, liqueur cherries, chocolate-orange and sweet maraschino cherry. The palate is medium-bodied with crisp acidity and lots of firm, drying tannins and flavours of mixed berry, leather, dried herbs and a touch of minerality. Try with a herb and garlic-marinated leg of lamb.



NK'MIP TALON

BC VQA **\$22.99** 374884

This is an increasingly typical blend in BC, adding fleshy Syrah to structured Bordeaux varieties. The intense nose has lots of black pepper, fresh raspberry, baking spice and dried herbal notes. The palate is full with crisp acidity and cherry, plum, pepper and tobacco notes with a medium-length finish. Pairs with grilled venison dusted with paprika.



SANDHILL CABERNET FRANC

BC VQA **\$19.99** 556035

This Cabernet Franc has intense aromas of redcurrant, violet, mixed red berries, plum and a dose of chocolatey oak. The palate has lively acidity and juiciness – real strengths of Cabernet Franc – along with raspberry, strawberry, spice and dried herbs. Pair with roasted game bird with wine, blackberry and thyme reduction.



HOMEMADE
BREADS
SPREADS

HEARTY OAT SODA
BREAD SERVED
WITH CRANBERRY-
PEAR CHUTNEY

You would be hard-pressed to find anyone who doesn't swoon at the intoxicating aroma of freshly baked bread. In its simplest preparation, bread is no more than flour, yeast, water and salt. For something made of such humble ingredients, bread is one of the world's oldest prepared foods and has for centuries held cultural, religious and political significance. The only thing better than fresh bread is a slice topped with a fabulous homemade spread, chutney or jam. With the infinite styles of bread to try, there is no need to shy away from making your own bread and spreads at home. With a bit of practice, a whole new universe of tasty delights awaits you.



CHEDDAR AND BEER PULL-APART BREAD SERVED WITH ONION JAM

PAIRS WITH CHEDDAR AND BEER PULL-APART BREAD SERVED WITH ONION JAM



**DESCHUTES BREWERY
MIRROR POND PALE ALE**
USA \$15.49 592642 6 x 355 ml
Rich on the nose with characteristics of bready malt, citrus, pine and hints of almond, this beer pours a medium amber colour with an off-white head. On the palate it offers a biscuity and piney hop taste that leads to a citrusy finish. With its creamy and persistent mousse, Mirror Pond makes a delicious partner for cheddar cheese and hearty breads.



FUCHSIA CALIFORNIA ROSÉ
USA \$16.95 303214
A blend of aromatic Riesling and Gewürztraminer with a touch of Zinfandel for colour, this rosé has perfumed floral flavours of lychee, peach, red cherry and apple. On the palate, it's light- to medium-bodied and juicy with just a tiny amount of residual sugar. Perfect to cool spicy dishes.



BRIOCHE BOULES SERVED WITH RICOTTA CHEESE AND LEMON-HONEY JELLY

THE ONLY THING BETTER THAN FRESH BREAD IS A SLICE TOPPED WITH A FABULOUS HOMEMADE SPREAD, CHUTNEY OR JAM.

PAIRS WITH BRIOCHE BOULES SERVED WITH RICOTTA CHEESE AND LEMON-HONEY JELLY



MUMM NAPA BRUT PRESTIGE

USA **\$25.99** 265678

Made using the traditional *méthode champenoise* with Pinot Noir and Chardonnay, this sparkling wine has characteristics of apple, citrus, melon, and a touch of vanilla and toast. On the palate, it has crisp acidity, medium body and a fine mousse with long persistence. Versatile and extremely food-friendly!



TIA MARIA

United Kingdom **\$26.99** 630913

An infusion of natural vanilla, coffee and Jamaican rum, Tia Maria is medium-bodied with a rich and round mouth feel together with flavours of caramel on the palate. It's a perfect ingredient for Spanish coffee – just add amber rum, fresh, hot coffee and whipped cream.

Homemade Breads and Spreads

PAIRS WITH HEARTY OAT SODA
BREAD SERVED WITH
CRANBERRY-PEAR CHUTNEY



**SANTA MARGHERITA
PINOT GRIGIO VALDADIGE**

Italy **\$19.99** 106450
Produced in the Trentino-Alto Adige region, which is famous for its white wine, this Pinot Grigio has youthful flavours of lemon, lime and green apple. On the palate it is clean, dry and medium-bodied with juicy acidity. Excellent as an aperitif, with seafood or white meat.



MARBLE RYE BREAD SERVED WITH PICCALILLI



**EVANS & TATE
MARGARET RIVER SHIRAZ
METRICUP ROAD**

Australia **\$19.99** 587469
Dark ruby in colour with shades of purple, this wine from Western Australia offers youthful flavours of dark plum, black cherry and toast with spicy notes. It has a very enjoyable medium- to full-bodied palate with balanced acidity and soft tannins.



PAIRS WITH MARBLE RYE BREAD
SERVED WITH PICCALILLI



**GEHRINGER BROTHERS
PRIVATE RESERVE RIESLING**

BC VQA **\$14.99** 347492
Pungent with aromatic flavours of ripe peach, honey, green apple and a touch of kiwi with floral notes, this wine is a fruit cup in a glass. Refreshing and zesty, balanced by a touch of residual sugar, this light- to medium-bodied white improves a wide variety of dishes from curries to seafood.



LAYER CAKE SHIRAZ

Australia **\$24.99** 761742
With the Shiraz grape sourced from Barossa and McLaren Vale, the flavours of this wine are just like the Layer Cake on the label – rich, layered and complex. It has aromas of blueberry, blackberry and spice with hints of oak and chocolate. On the palate it is dry and full-bodied with integrated tannins and a good balance of fruit through the finish.



THE COCKTAIL MENU



BOWMORE GINGER BREW



10 YEARS STRONG

Welcome! Have a seat, relax and peruse our Cocktail Menu. This fall we are featuring a classic – whisky – with original recipes from this issue’s Bar Star, Gez McAlpine. Recreate these warming drinks at home, add friends and enjoy!

BOWMORE GINGER BREW

1½ oz	(45 ml)	smoky Islay malt whiskey
¾ oz	(22 ml)	sweetened ginger juice
¾ oz	(22 ml)	lemon juice
1 dash		Fee Brothers' old-fashioned bitters
		IPA beer, to top
		candied ginger, for garnish

Shake first 4 ingredients in a shaker and serve over ice in a rocks glass. Top with IPA beer and garnish with candied ginger.

10 YEARS STRONG

1½ oz	(45 ml)	Speyside malt whiskey
½ oz	(15 ml)	heavy-peated Islay malt whiskey
¾ oz	(22 ml)	Cinzano Rosso ¹
barspoon		Grand Marnier ²
3 dashes		Angostura bitters
		orange zest, for garnish

Stir ingredients in a mixing glass and serve in a chilled cocktail glass. Garnish with orange zest.

GLASGOW FALL

1½ oz	(45 ml)	Lowland malt whiskey
1 oz	(30 ml)	Poire William liqueur ³
½ oz	(15 ml)	lemon juice
½ oz	(15 ml)	sugar egg white
		Averna Amaro Siciliano liqueur ⁴ , to float
		pear fan, for garnish

Shake first 5 ingredients in a shaker and strain over ice in a rocks glass, float Averna Amaro Siciliano on top, and garnish with a pear fan.

¹ Cinzano Rosso Italy **\$12.75** 422

² Grand Marnier France **\$42.99** 1784

³ Giffard Poire William France **\$79.95** 218354

⁴ Averna Amaro Siciliano Italy **\$36.99** 29546



GLASGOW FALL



SPANISH *TINTO*

AN ADVENTURE IN RED WINE

Spain produces an amazing diversity of wines from its vast one-million plus hectares (2.47 million acres) of vineyards, but its greatest wines are, arguably, full-bodied reds. Famous regions such as Rioja, Ribera del Duero and Priorat regularly produce stunning red wines that have the unique ability to encompass and embrace many of the best traits of both the Old World and the New World. The old-fashioned wines of the past have gone and the now-dynamic industry makes wines that balance technology with tradition. The red, or *tinto*, wines combine the fruit ripeness of the New World with the savoury flavours and the sense of place that so often defines Old World wines.

The ability to bridge Old and New Worlds is largely due to the growing conditions throughout much of the country that are, for the most part, hotter and drier than those of its European neighbours. Although Spain is number one in the world for vineyard acreage, the often severe climate

THE RED, OR *TINTO*, WINES COMBINE THE FRUIT RIPENESS OF THE NEW WORLD WITH THE SAVOURY FLAVOURS AND THE SENSE OF PLACE THAT SO OFTEN DEFINES OLD WORLD WINES.

delivers low yields of intensely flavoured grapes, placing it a distant third behind France and Italy in wine production.

The rise in prominence of Spanish wine may be closely linked to rapid changes in winemaking, as Spaniards embrace modern technology. The red wines are being steered away from the often-tired and dried-out versions of the past into more fruit-driven, yet terroir-true, styles popular with today's consumers. New generations of winemakers are also looking beyond the mainstream grape varieties to the lost and forgotten, restoring the pride of old regions and indigenous grape varieties and keeping the Spanish wine industry heading in a much more positive direction than the country's economy.

For consumers who enjoy New World red wines but aspire to expand their taste buds to the Old World, Spain is the place to start. The red wines are often rich and packed with fruit, yet also leave you searching your aroma wheel for flavours such as meat, earth

and the entire cabinet of spices. With a few exceptions, these are affordable wines considering the quality of the juice in the bottle. The following regions are the best places to begin your Spanish red wine adventure.

RIOJA

One of just two *Denominación de Origen Calificada* (DOCa), the highest ranking regions in Spain, Rioja is a world-renowned wine region of over 63,000 hectares. The wines are traditionally known for their extended aging in American oak to produce complex, long-lived wines. The old-school wines have strong flavours of coconut, spices, meat and leather along with rich texture and ripe strawberry and cherry fruit. The wines will often be labelled as Crianza, Reserva or Gran Reserva, depending on how long they were aged in barrel and bottle before release. Modern interpretations of Rioja also exist in a more fruit-forward, ripe style with much shorter

barrel aging and more common use of French, rather than American, oak.

RIBERA DEL DUERO AND TORO

The river Duero (which turns into the Douro of the famous port region in Portugal) provides the banks for some of the world's greatest wine regions. Situated far enough from the Atlantic Ocean, the climate is one of extremes, with hot summers and cold winters. Ribera del Duero and Toro wines are based on Tempranillo, the famed grape of Rioja, but the wines are quite different in style. The harsher climate creates a fuller-bodied, darker-coloured wine typically with more black fruit than Rioja and a firmer set of tannins. Ribera del Duero is the more famous region, producing some of Spain's greatest and most expensive wines. The up-and-coming Toro region has benefitted from enlightened producers giving it a makeover and a resulting increase in recognition.

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Spanish *Tinto*, An Adventure in Red Wine

PRIORAT & MONTSANT

Priorat is one of the world's most stunning wine regions, with seemingly impossibly steep vineyards dotted with tiny, yet ancient, bush vines that produce stingy yields of intensely flavoured grapes. An ancient region, it was only rediscovered in recent decades and is growing in popularity because of its incredibly rich and full-bodied red wines made from Garnacha and Cariñena (Grenache and Carignan in France) along with a smattering of international varieties for blending. The unique soils are black slate and quartz known as *llicorella*. Even in the massively textured wines there is a strong sense of minerality from the terroir. Montsant is the little-sister region that wraps around much of Priorat and produces full and intense, but generally less complex, wines.

JUMILLA/YECLA/ALMANSA

Jumilla, Yecla and Almansa were considered more suitable for cheap bulk wine until it was realized that the often 80-plus year-old Monastrell vines had the ability to produce something special. The old vines are now transformed into rich, full-bodied, lush and concentrated wines with flavours of ripe, brambly berries. For lovers of very full-bodied wines, Jumilla and Yecla generally over-deliver for the price.

Spanish *tinto* provides a unique link between Old and New Worlds. The best examples combine lush fruit with a true sense of terroir. There is diversity, the wines don't cost an arm and a leg, and some very fine wines make Spain a great place to expand your taste buds to the fantastic world of European wine.



EL PETIT BONHOMME JUMILLA

Spain **\$14.99** 169383
Jumilla consistently puts out big red wines that offer more than the price tag suggests. This is no exception. The intense nose has meaty, brambly and blackberry/blueberry pie aromas. The palate is full and rich but has crisp acidity to balance the stewed dark berries, spice and smoky notes. This is a perfect wine with roasted meats.



PABLO OLD VINE GARNACHA CALATAYUD

Spain **\$13.99** 205518
Garnacha is known for its softness. The nose shows sweet smelling and intense strawberry jam, flowers, clove, dried herbs, raspberry and vanilla. The palate is dry, soft and full with a lush texture and dried red fruits but with a savoury, dried meat and herb side. Try this with a mildly spiced Indian curry.



MALONDRO BELLUM MONTSANT

Spain **\$19.99** 874651
Montsant is the sister region of superstar area Priorat but can produce similarly impressive wines at a fraction of the price. This one is special. The intense nose has complex ripe brambly berries, floral, graphite, dried thyme, black cherry, black plum and minerality. The palate is full and intense with minerality, dried raspberry, orange zest, dried herbs, a rich texture and a long, complex finish.



JUAN GIL JUMILLA

Spain **\$24.99** 195859
This is another uber-ripe, rich Jumilla from ridiculously low yielding 40-year-old Monastrell vines. The nose shows intense, ripe and almost jammy blueberry, blackberry and raspberry fruit with some floral notes and smoke in the background. The palate is full and structured, savoury and dry, yet sweet-fruited and ripe. Pair this with braised lamb shanks or lamb tagine.



CAMPO VIEJO RIOJA CRIANZA

Spain **\$14.99** 190629
This red shows that Rioja can be very tasty when young and fresh. The nose shows ripe strawberry, floral, tobacco, raspberry, dried herb and vanilla custard notes. The palate is soft and silky with ripe raspberry and strawberry along with hints of rosemary, earth, charred meat and tobacco. Try with a red wine and spice-braised chicken or paprika-spiced lamb sausages.



ANCIANO GRAN RESERVA TEMPRANILLO 10 YEARS

Spain **\$15.99** 789354
That you could possibly buy a wine older than 10 years for this price is reason enough to try this. It's delicious with aromas of dried strawberry, raspberry, tobacco and some developed forest floor notes from age. The palate is soft, silky and balanced with dried red berries, leather, floral notes, earth and charred meat. Try with authentic Spanish Jamón Ibérico.

ACORN SQUASH



ACORN SQUASH PITHIVIER

Indigenous to the Americas, acorn squash has been enjoyed for hundreds of years. Usually baked and served as a side, an innovative and well-composed acorn squash dish can leave the sidelines and become the main attraction of a meal. If you think outside the brown-sugar-and-butter box, this perennial Thanksgiving gourd can be transformed into a French puff-pastry pie called a *pithivier*, or coaxed into a luscious dessert such as the rich Acorn Squash Custard featured here. It is also an ideal candidate for stuffing. Our stuffed version features couscous, chorizo and Manchego cheese!



ACORN SQUASH STUFFED WITH CHORIZO AND MANCHEGO

PAIRS WITH ACORN SQUASH STUFFED WITH CHORIZO AND MANCHEGO



ADOBE RESERVA EMILIANA CHARDONNAY ORGANIC
Chile **\$14.99** 97527
Organically cultivated in Casablanca, one of Chile's cooler climes, this Chardonnay has aromas of lemon, citrus, grapefruit and a hint of pineapple. Dry and medium-bodied on the palate, it has refreshing acidity making it ideal to serve with salad, seafood and roasted vegetables.



GROONER GRÜNER VELTLINER
Austria **\$16.99** 326231
The Grüner Veltliner grape is a favourite in its home country of Austria and is gaining popularity on this side of the pond. Reminiscent of Sauvignon Blanc, but with a personality all its own, it has aromas of green apple and citrus. This dry white is medium-bodied and has juicy acidity, perfect with seafood or pork.

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Acorn Squash

PAIRS WITH
ACORN SQUASH PITHIVIER



NK'MIP RIESLING
BC VQA \$17.99 138297
Produced in many different styles and benefiting from cooler climates, this Okanagan Riesling has a pronounced intensity of youthful flavours including lemon, Granny Smith apple and white peach as well as floral notes. Dry on the palate, it is not only intense with layers of fruit but also has mouth-watering acidity. Truly food-friendly!



ACORN SQUASH CUSTARD



COLUMBIA CREST H3 HORSE HEAVEN HILLS MERLOT
USA \$23.99 752063

An acronym for Horse Heaven Hills, H3 is located in the heart of Washington State's winemaking region near the Columbia River. This Merlot shows flavours of plum, black cherry, chocolate and hints of raspberry on the nose. On the palate it is dry and medium-bodied. The integrated tannins and balanced acidity linger through the finish.



PAIRS WITH ACORN SQUASH CUSTARD



GRAY MONK RIESLING
BC VQA \$14.99 321604
A signature grape of Germany, Riesling is also grown with success in the Okanagan Valley. Gray Monk Riesling has aromatic flavours of lychee, lemon and peach with floral notes. On the palate, it is off-dry, medium-bodied with crisp acidity and a persistent finish. It pairs well with a wide range of food, from tapas to tandoori.



JACK DANIEL'S TENNESSEE HONEY
USA \$31.99 185959

A blend of Jack Daniel's Tennessee Whiskey and honey, this liqueur has the flavours of both worlds. Loaded with vanilla, caramel, honey, spice and oak, the medium-sweet palate is balanced by warming alcohol. Enjoy on its own on ice or add a splash to after dinner coffee or tea.





FABULOUS FINISHES

Your dinner party is about to reach a crescendo. Guests wait with bated breath to see what's next. They've swooned over sparkling aperitifs, groaned with glee with the first course, marvelled at your masterful main. And now, as a hush of ethereal anticipation hangs in the air, you slip into the kitchen for the finale.

What do you do? Barge through the door with coffee and cake and channel a church basement bake sale. Pshaw!

Burst from the kitchen in a cloud of steam carrying a tray of tea and biscuits, cheddar and wheat wafers, or supermarket apple pie dressed up with a swirl of imitation whipped cream from an aerosol tin? No, no, no!

Instead, hit the high note with a dazzling duo of salty and sweet. Pair a good cheese with a judiciously matched wine. Bonus points if the wine is something your guests haven't tasted before, such as well-made marsala. So, let's begin.

GREEN GINGER WINE AND WARM CAMEMBERT WITH PRALINE

To do this right, chill the green ginger wine, pour it into a pretty

decanter, and serve it with a wheel of oven-warmed French Camembert sprinkled with praline pecans. The flavours marry beautifully.

For conversation fodder, tell your guests the drink has been around since the 1700s, is hugely popular in Britain, and that the ginger enhancement has been rumoured to excite more than the taste buds. Done. Next!

DOLCE MARSALA WITH ROQUEFORT

There's a good chance the only time your guests have tasted marsala is in a creamy sauce poured over veal or chicken at an Italian restaurant. But it's capable of so much more.

Pour sherry glasses of chilled *dolce* (sweet) marsala and serve it with Roquefort – that sharp-salty-tangy blue *fromage* from France.

A fine *dolce* marsala – Italy's most famous fortified wine – is a golden elixir that teems with flavours and aromas of dried fruit and spice – think dates, raisins, anise and vanilla bean. Gorgeous with the cheese. And if someone doesn't like blue cheese, s/he can still enjoy the solo bliss of the marsala.

SHERRY AND MANCHEGO

Sweeter styles of sherry make fabulous finishes, with their luscious flavours of dried fig, warm caramel and toasted nut balanced by a tight seam of palate-cleansing acidity. But they're even better with the right nibble of cheese. Enter Manchego.

Manchego cheese, made in the La Mancha region of Spain, is firm, mild and buttery – the perfect foil for the warm, clean flavours of sherry. Serve a wedge of the cheese at room temperature and the sherry well-chilled. Easier than pie.

TEN-YEAR-OLD TAWNY PORT AND STILTON

This classic match is well-worth including in this short list of lovelies.

Semi-soft Stilton with its crumbly texture, delicate blue veins and staunch pungency mingles in the mouth beautifully with the spicy-woody complexity of tawny port. The pairing is a wonderful warmer for the chilly season.

Bear in mind, the vigour of a 10-year-old tawny works better with cheese than a 20-year-old one, which is mellowing by that age.

LATE BOTTLED VINTAGE (LBV) PORT AND MIMOLETTE

Although LBV tastes similar to the more premium vintage port, there are three big differences. LBV is bottled ready-to-drink while vintage port requires decades in bottle to reach maturity. Vintage port needs to be decanted to separate it from its sediment while LBV does not. And, although LBV is not as rich and decadent as a mature vintage port, it's far more convenient and affordable. It's the perfect dinner party



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FLORIO MARSALA SUPERIOR DOLCE VECCHIO

Italy **\$18.99** 18945
This marsala exudes attractive aromas of dried fruit and vanilla, leading to a sweet but fresh attack of golden raisin, dried apricot and roasted almond with a long, lingering finish. A tasty treat with dessert.



STONE'S ORIGINAL GREEN GINGER WINE

Canada **\$12.99** 24828
A versatile pour that drinks as well "neat" as it does poured over ice with ginger ale or Scotch whisky. The wine is sweet and refreshing with a warm, spicy ginger depth and is medium- to full-bodied.

pour with a wedge of one of the world's great cheeses – French mimolette.

Mimolette is almost brittle-hard, with a sharp lactic tang, and it looks gorgeous on the cheese board – all bright orange and waxy with a thick brown crust. Although seasonal and hard to find, expect mimolette to become your new love.

AMARONE AND PARMIGIANO-REGGIANO

Amarone – that big Italian red wine from the Veneto region – is made by pressing and fermenting dried grapes. It's expensive to produce and pricy to purchase; but, oh, it's always such a treat – especially served as the Italians do, with cheese at the end of a meal.

The perfect pairing? Shavings or shards of Parmigiano-Reggiano, the king of Italian cheeses. The hard, granular texture and strong nutty notes pair perfectly with the deep stewed-plum and sweet-berry richness of the Amarone.

Aren't you glad we thought this through?



GRAHAM'S 10-YEAR-OLD TAWNY

Portugal **\$39.99** 206508
Aged for 10 years in wood, this stellar tawny offers aromas and flavours of Brazil nut, orange peel, dried fig, raisin, toffee and fruitcake, with a bright zip of refreshing acidity underpinning the sweet fruit. It has a lovely long finish reminiscent of Brazil nut.



HARVEYS BRISTOL CREAM

United Kingdom **\$18.49** 215483
This is the world's best-selling sherry across all styles. Compelling aromas of pecan, burnt sugar and spice lead to flavours of roasted nuts, orange oil, raisin, melting toffee and sweet spices such as nutmeg, cinnamon and clove.



SMITH WOODHOUSE LATE BOTTLED VINTAGE PORT

Portugal **\$37.99** 304527
Bottled without fining or filtration and aged for at least three years in bottle, this LBV port is rich, full and delicious. Classic blackberry, bright cherry, warm plum, dark chocolate, prune and cigar notes offer a seamless and complex experience that resonates for ages on the finish.



TOMMASI AMARONE CLASSICO

Italy **\$59.99** 494393
An intense red showing rich, fleshy Black Forest fruit shot through with bright cherry and layered with savoury sandalwood, black earth and aniseed. The mouth feel is velvety and dry.

FROM COD TO CATAPLANA

THE
CHARM
OF
PORTUGUESE
CUISINE

SEAFOOD AND CHORIZO
CATAPLANA WITH
PORTUGUESE CORNBREAD

Traditional Portuguese cuisine is deeply rooted in fresh, seasonal ingredients. Seafood caught in the cold Atlantic waters, peppers, olive oil, beans, tomatoes, garlic, cilantro and deeply smoked sausages are all available in abundance. Although Portugal is a relatively small country, its cuisine varies from region to region. From the southern Algarve coast comes rich stews cooked in the distinct clam-shaped cataplana, accompanied by comforting and dense cornbread, our version features fresh seafood and chorizo sausage. The country's famed *bacalhau* (salt cod) is paired with shrimp in a savoury fritter served with a spiced pepper aioli. We end with Molotov Meringue Soufflé drizzled with caramel sauce and crème Anglaise, a time-honoured Portuguese dessert.



BACALHAU (SALT COD) AND SHRIMP FRITTERS WITH PEPPER AIOLI

PAIRS WITH BACALHAU (SALT COD) AND SHRIMP FRITTERS WITH PEPPER AIOLI



REMY PANNIER
SAUVIGNON BLANC

France **\$16.99** 546515
Delicate and tangy, this Sauvignon Blanc from the Loire Valley has youthful flavours of flowers, lemon and pear. While dry in style, this refreshing white wine is medium-bodied and features a clean mouth feel. Pairs to perfection with light cheese, salads and seafood.



NK'MIP Q'WAM Q'WMT
CHARDONNAY

BC VQA **\$25.00** 86405
A reserve-level wine by Nk'Mip, Qwam Qwmt Chardonnay has rich flavours of apple, pear, nut, oak, marzipan and caramel notes. Round on the palate, this medium- to full-bodied wine has an oily texture and crisp acidity throughout the long length.



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FONSECA TERRA PRIMA

"Just terrific. The nose is so fresh and well-defined with blackcurrant fruit infused with faint touches of mandarin, dark cherry, fresh date and liquorice. The palate is nicely balanced with lifted acidity."

Highly recommended."

- ROBERT PARKER

From Cod to Cataplana: The Charm of Portuguese Cuisine

PAIRS WITH SEAFOOD AND CHORIZO CATAPLANA WITH PORTUGUESE CORNBREAD



LOBSTER AND SHRIMP MUSCADET SÈVRE-ET-MAINE

France **\$14.99** 282780

As the name suggests, this is a wine just made for seafood. It has elegant flavours of lemon, green apple and a hint of minerality. Dry and light- to medium-bodied, this Muscadet has mouth-watering acidity making it a delight when served chilled with oysters and fish.



NK'MIP PINOT NOIR

BC VQA **\$21.99** 626424

Aged in French oak barrels, this Pinot Noir displays youthful aromas of black cherry, red plum and hints of spice. On the palate, it is dry and medium-bodied with soft tannins. The refreshing acidity makes it a versatile, food-friendly wine, as well as a treat on its own.



MOLOTOV MERINGUE SOUFFLÉ

PAIRS WITH MOLOTOV MERINGUE SOUFFLÉ



CABOT TRAIL MAPLE CREAM

Canada **\$29.99** 584524

This interesting liqueur is made using 100 percent pure Grade A Canadian maple syrup mixed with cream and rum. Rich and concentrated, it is not overly sweet and leaves the palate with a crisp finish. Excellent served chilled, in cocktails or with coffee.



TAYLOR FLADGATE 10-YEAR-OLD TAWNY PORT

Portugal **\$39.99** 121749

Known for its vintage ports, tawny ports are also Taylor Fladgate's forte. The 10-year-old tawny shows generous aromas of spice, nut, oak and dried fruits. Luscious on the palate, this medium- to full-bodied fortified wine has silky tannins and a fresh mouth feel. Great with strong cheese or desserts.

BEYOND THE BLEND

Travel is inevitably not only a journey of discovery, but one of self-discovery. Venture to far-flung lands and you'll learn as much about your own hidden depths as you will about the local attractions.

That, it seems, is as true for wine as it is for humans.

Take the humble blending grape varieties – Malbec, Tannat or Carmenere. Back home in Europe, each plays a single note in the symphony of a blend, adding fruit, colour, tannin or spice as needed. But it turns out that each has a much greater potential, one discovered halfway across the globe. It is in South America that these grapes have been able to express themselves in exciting single-varietal wines of great complexity and character.

The best known is Argentina's Malbec. Plush and juicy, with soft tannins, low acidity, an inky purplish-red colour and pleasing black-fruit flavours, this has become an easy-drinking favourite around the globe.

It is one of the six original Bordeaux varieties, though it gets much less fanfare back home. In part, that's because it's a thin-skinned grape that cries out for heat and sunshine, and grape growers have turned to other, less demanding grapes.

In France, Malbec is now only predominant in Cahors. In Argentina

BEST KNOWN IN EUROPE AS WORKHORSE BLENDING GRAPES, VARIETIES SUCH AS MALBEC AND TANNAT FIND THEIR TRUE EXPRESSION IN SOUTH AMERICA

though, it is the country's most widely planted grape variety, and although local winemakers mutter darkly about the Australian Shiraz effect – the curse of an overly popular grape that falls suddenly out of fashion – its success seems unstoppable. “When people speak of Malbec, it is one thing. But it is many things,” says José Zuccardi, owner of Zuccardi Familia in Mendoza.

Locally, its popularity replaced that of Bonarda, another blending grape that

made its way to Argentina from Europe, most likely from Italy. Bonarda is similar to Barbera – dark, acidic and tannic, with bright berry flavours – and is used to add structure to softer grapes, such as Merlot or Malbec. Many Argentine winemakers feel it's time for a Bonarda revival, so you can expect to start seeing it trickle into our market soon.

It will join Tannat, which is already making its way north from South America. Like Malbec, it too hails from France, specifically from Madiran.

Its name offers a hint as to its major characteristic – it is a very tannic wine, with a firm structure that makes it ideal for blending with Merlot or Pinot Noir. It made its way to Uruguay in the 19th century, and is now making inroads in Argentina. The South American version is a more elegant wine than the one back home, with complex blackberry and raspberry characteristics and softer tannins.

Hop across the Andes mountains

by Joanne Sasvari

to Chile, and you'll discover even more well-travelled blending grapes. One of these is Carignan, a black grape that likely originated in Spain then travelled to Italy and France before venturing to the New World. It goes by many different names – including Crujillon in Spain, Monestel in France and Gragnano in Italy – and left home with a slightly tainted reputation. Widely used in bulk wine from the Languedoc region of France, it was one of the grapes blamed for France's wine glut.

It arrived in Chile after the massive earthquake of 1939, and was widely planted in the hot, dry Maule Valley, where it toiled for decades as a workhorse blending grape. But now it's becoming recognized as a high-quality single varietal as well. It has a high acidity, dark colour and intense flavours of red berries, black fruit and toasted oak, and was one of the surprise hits of the 2012 Vancouver International Wine Festival, where Chile was the theme region.



ALCOHOL & PREGNANCY DON'T MIX

A photograph of a man and a pregnant woman. The man, on the left, has dark hair and is wearing a light blue button-down shirt over a dark t-shirt. He has his arm around the woman's shoulder. The woman, on the right, has long brown hair and is wearing a white lace-trimmed tank top under a beige cardigan. She is smiling slightly. The background is a plain, light-colored wall.

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Beyond the Blend

IT IS IN SOUTH AMERICA THAT THESE GRAPES HAVE BEEN ABLE TO EXPRESS THEMSELVES IN EXCITING SINGLE-VARIETAL WINES OF GREAT COMPLEXITY AND CHARACTER.

An even bigger success story at that festival was the return of Carmenere. It, like Malbec, was one of the original six red Bordeaux varieties (along with Cabernet Sauvignon, Merlot, Cabernet Franc and Petit Verdot), used for adding “oomph” to blended wines. But few people have heard of it because it simply vanished, a victim of phylloxera, the insect epidemic that devastated Europe’s vineyards in the 19th century. A century later, it reappeared in Chile, where it had long been mistaken for Merlot.

Today, Carmenere is considered Chile’s signature grape, much like Malbec in Argentina. It is the deepest and darkest of red grapes and needs a long growing season to develop its lush fruit characteristics. It is earthy and easy-drinking, rich in dark berry, cassis and plum flavours, with hints of chocolate and black pepper. Like Malbec, Tannat, Bonarda, Carignan and countless other grapes, it too has found itself in the shadow of the Andes.

As Carlos Tizio Mayer, the general manager of Argentina’s Clos de los Siete, says, “There are not many places in the world where you can find 50 varieties in the same place – French varieties, Italian varieties, Spanish varieties. And you can make great wine with that.”



ERRAZURIZ CARMENERE SINGLE VINEYARD ACONCAGUA

Chile **\$23.99** 139782
This well-balanced, medium- to full-bodied wine is a classic expression of Carmenere with notes of jammy blackberries, sweet spice, chocolate and roasted red pepper. It’s delicious, with refined tannins and hints of dark chocolate and coffee on the long finish.



AMALAYA VALLE CALCHAQUI

Argentina **\$19.99** 168294
This blend of Malbec, Cabernet Sauvignon and Tannat has vivid red fruit aromas and juicy flavours of red cherries, raspberries, plums, spice and hints of vanilla. It’s a luscious wine, finished off with a hint of smoke and earthiness.



CARMEN CARMENERE GRAN RESERVA APALTA

Chile **\$21.99** 439166
Smooth and full-bodied, with rich red and black fruit notes of plum, cherry and mulberry this Chilean treat also has a pleasant hint of ripe red pepper, tobacco leaf and smoke. Medium-bodied with round tannins, it pairs splendidly with full-flavoured red meats.



NORTON MALBEC RESERVA

Argentina **\$19.99** 572743
Juicy, elegant and robust, this full-bodied wine has lush blackberry, cassis and blackcurrant notes, with hints of dark violet, spice and chocolate. It’s beautifully balanced, with good acidity and soft tannins.



LAS MORAS TANNAT RESERVE

Argentina **\$14.99** 104018
Tannat is known for its tannic characteristic, which can be harsh and astringent. Here though, it is beautifully tamed. Expect ripe blackberry, prune and cassis notes, with a touch of sweet vanilla, toasty oak, white pepper and well-structured tannins.



JEAN BOUSQUET MALBEC RESERVA ORGANIC

Argentina **\$18.99** 24455
This elegant, well-balanced wine has intense fruit flavours of blackberry, plum and fig and an appealing hint of dark chocolate. Velvety yet well-structured with plush tannins and a touch of minerality, it is an idea partner for red meat or chocolate.



A CRASH COURSE IN CHIANTI

Do you like Chianti? If you've been following Italian wine closely, your answer is probably "yes," albeit a qualified yes. That famous Italian wine region in the middle of Tuscany has been making excellent wines lately – a huge improvement over the insipid, straw-covered Chianti bottles of the 70s and 80s. But, much like Burgundy in France, it's a minefield. The quality variability of the region is staggering, and the nomenclature defining the wines can be frustratingly meaningless.

For example, take the term, "Riserva." On a bottle of Chianti, it means nothing more than the wine has at least 12.5 percent alcohol and has aged in wood and bottle for at least 24 months before release, regardless of whether or not the wine was improved by that process. Riserva doesn't mean the wine was made from older vines, better fruit, or anything else that would indicate a step up in quality. So Chianti Riserva is not necessarily better than one without that word on the label. Of course, it may be, depending on the producer, but it may also be worse.

The point is, no real system exists

to distinguish top Chianti wines. It's obviously a problem, one that is now being addressed by the *Consorzio del Vino Chianti Classico* – Chianti Classico's ruling council – which is busily working with producers to develop a top-tier classification structure. But until that's in place, the obvious question is how does one navigate the region to find the best Chiantis? There are actually two ways.

The first way is by buying from trusted producers. Buy from a trusted

PART OF THE CHARM OF CHIANTI, AS WITH ALL ITALIAN WINES, IS HOW WELL THEY GO WITH FOOD.

producer and the wine won't – or is certainly less likely to – let you down. Look for such respected names as Antinori, Frescobaldi and Ricasoli.

Antinori has been in the wine business for more than 625 years – since Giovanni di Piero Antinori joined the Florentine Guild of Vintners in 1385. The Frescobaldi family has been making wine in Tuscany for 700 years and 30 generations. And Ricasoli is

the oldest winery in Italy, the family having been linked to wine since 1141. Of course, age doesn't guarantee quality, but those names carry respected legacies, and there is a sense of pride that can be tasted in these estate wines.

Certain big-brand Chiantis are also reliable pours, such as Masi, Gabbiano and even Folonari. These wines offer consistent value at every price point. They're great wines for birthdays, weddings and other such affairs, because they don't vary vintage to vintage, can be delicious even at the lower price points, and are quintessential crowd pleasers that go with just about every meal you serve with them.

The second way to squirrel out the better bottles is by choosing those that hail from the two best Chianti sub-regions: Chianti Classico and Chianti Rùfina. Five other sub-regions exist, including Colli Arentini, Colli Fiorentini, Colli Senesi, Colli Pisane and Montalbano, but Classico and Rùfina are the two names to watch for on labels.

Chianti Classico is the historical heartland, consisting of about 7000 hectares resting between Florence and

RUFFINO

THE ITALIAN WAY SINCE 1877



Ruffino Chianti DOCG #1743



Please enjoy our wines responsibly.



Prodotto e imbottigliato in Italia
Ruffino - Toscana, Italia

Prodotto e imbottigliato in Italia
Ruffino - Toscana, Italia



A Crash Course in Chianti

Siena. Though the terroir is well-suited to the Sangiovese grape, the area produces wines that range from full and meaty to almost elegant and ethereal – depending on the altitude of the vineyards and other elements of terroir. Easily identifiable by the picture of a black rooster on the labels (known in Italian as a *gallo nero*), Chianti Classico wines are good bets, especially those from trusted makers.

The other area worth knowing about is Chianti Rùfina, which is the smallest of the sub-regions and almost certainly spins out some of the greatest bottles in all of Chianti. The wines are intense, but quite structured, with the classic, tart cherry zing and earthy/gritty texture long associated with Chianti, as well as a certain dried herbal note reminiscent of tea. The best Rùfinas are muscular yet also offer great finesse and are undeniably Old World in style and charm.

Part of the charm of Chianti, as with all Italian wines, is how well they go with food – almost any food, but particularly cool-weather dishes. The palate-cleansing acidity, tannins that smooth right out in the mouth when paired with protein and the savoury notes that season each bite are intentionally there to improve a meal. Classic Chianti pairings include pecorino cheese, prosciutto or a simple pesto pasta – all great autumnal foods.

Raise a glass to that!



FRESCOBALDI NIPOZZANO CHIANTI RÙFINA RISERVA

Italy **\$24.99** 107276

Frescobaldi is the Rùfina region's flagship producer. Consistently classic and delicious vintage to vintage, this wine shows warm plum, dusty cherry and impeccable balance that lends a silky, seamless mouth feel. Elegant, well-toned Chianti.



FOLONARI CHIANTI

Italy **\$17.99** 241232

A smooth, fruity crowd-pleasing Chianti that's as accessible as it is delicious. Think sweet and sour cherry notes laced with leather, spice and a note of charcoal.



GABBIANO CHIANTI CLASSICO

Italy **\$19.99** 479337

This Chianti starts with wafting aromas of beef, cherries, earth and minerals before caressing the palate with warm and enticing flavours of aged steak cooked rare, dusty cherries and a slight note of green olive. A hint of tannic astringency on the finish reveals a structure that would benefit from food.



FRESCOBALDI CASTIGLIONI CHIANTI

Italy **\$14.49** 545319

Made from Sangiovese with a touch of smooth Merlot, this wine is crisp but stuffed with lots of bright, red cherry fruit. There are also hints of iris and violet as well as Chianti's hallmark earthiness.



ANTINORI PÈPPOLI CHIANTI CLASSICO

Italy **\$28.99** 606541

This Chianti Classico is a stylish pour teeming with Morello cherry and spice with a hint of warm vanilla and espresso. Outstanding value for money, drinking well now and the 10 percent Merlot and Syrah gives the Sangiovese fruit real lift.



RUFFINO CHIANTI

Italy **\$13.99** 1743

A clean, classic, bone-dry Chianti that's the perfect casual quaff. Think red fruit shot through with tart acidity – perfect for standing up to tomato sauces. Not fancy, just good, honest, well-balanced wine.



ASK AN EXPERT DAVID HOPGOOD

David Hopgood has had a long career in the beverage alcohol industry that started in the late 1960s. He spent 36 years with the BC Liquor Distribution Branch, the last 20 of which were as a Portfolio Manager. He managed almost all of the product categories over that period and travelled extensively to wine regions around the world. He is currently running a consulting business and teaching wine courses for UBC Continuing Studies.

Q What is the difference between Syrah and Shiraz? The names seem to be used interchangeably. Are they the same wine?

Although people use the names Shiraz and Syrah interchangeably, and they are the same grape, they are not the same style of wine. The correct name of the grape is Syrah and its home is in the Northern Rhône Valley of France, where it is used to make red wines, some of which are considered the very best in the world. However, because they are French and because the French label their wines with the name of the region where the grapes are grown, many do not know that Syrah is the grape used to make these great wines.

If you want to try the very best Syrah from France you may have to take out a loan, because the wines are made in small quantities and are costly. Look for Hermitage (sometimes spelled Ermitage) or Côte Rôtie, which may have a little Viognier blended in. These will set you back \$200 or more, especially if they are single vineyard bottles, but they are truly serious, long-lived wines. Other regions of the Northern Rhône

that offer less expensive 100 percent Syrah are Cornas, Saint-Joseph and Crozes-Hermitage. Syrah has long enjoyed a great reputation and many years ago, some Bordelaise winemakers would quietly blend in some Syrah to fill out the middle palate of Cabernet in a poor year, a process called “Hermitage.”

So how did Syrah become Shiraz? Well, it has everything to do with the Australians, who imported Syrah vine cuttings way back in the 1830s. In fact, Australia has many very old blocks of Shiraz, even older Syrah vines than in France. The Australians came to call the grape Shiraz and it became their workhorse red variety, especially when they ramped up their production, aiming to be the largest exporter of varietal wines in the world. In essence, the Australians made it their own and sold it to the world in huge quantities, most of it at lower price points. It was the Aussie winemakers who put the Shiraz grape on the world stage. It was front and centre on the label and there was tons of it everywhere. More importantly, it was much less expensive than French Syrah.

Syrah is truly one of the best red wine grapes cultivated.

ALTHOUGH PEOPLE USE THE NAMES SHIRAZ AND SYRAH INTERCHANGEABLY, AND THEY ARE THE SAME GRAPE, THEY ARE NOT THE SAME STYLE OF WINE. THE CORRECT NAME OF THE GRAPE IS SYRAH AND ITS HOME IS IN THE NORTHERN RHÔNE VALLEY OF FRANCE, WHERE IT IS USED TO MAKE RED WINES, SOME OF WHICH ARE CONSIDERED THE VERY BEST IN THE WORLD.

It has good colour, slightly softer tannins than Cabernet Sauvignon and can deliver wines with very good body. The best wines can age and improve for decades. The grape likes a warm climate and has a shorter ripening period than Cabernet. It can also move quite quickly from underripe to overripe. As the grape goes through the ripening period, the aromas and flavours change. If picked before optimal ripeness, the aromas and flavours can be green and leafy. Later picking will generate red fruit character and some fresh pepper notes. Even later harvesting will result in black fruit, still showing some of the black pepper aromas. If the vintner waits until the berries have started to shrivel, the wine will have a prune or raisin-like character with hints of chocolate and the pepper notes will have disappeared.

So, the Northern Rhône's warm climate delivers wines with a mix of red and black fruit, notes of freshly cracked black pepper and a savoury character. If these wines see oak barrels, they will be made of French oak. In a warmer climate, like many areas of Australia, the character can be riper, with softer tannins and a big black fruit component, producing wines that are very fruity and forward. If the winemaker ages Shiraz in wood here, the oak will likely be American. American oak gives more vanilla and sweetness to wines than French oak. This style is what has become known as Shiraz, a hugely popular drink that is useful, not just at the dinner table, but as a social drink, consumed standing up. The world loved the style and purchased it by the container load, pushing it to first place in varietal wine sales.

The rest of the wine world saw the success of Australian Shiraz and began to plant the variety in order to cash in. Because Shiraz had become something of a "brand," many New World winemakers, even including some from the South of France, sought to fashion wines in the big-selling Aussie mould. They labelled their wines as Shiraz. These wines were fruit-forward with mild acidity, soft tannins and sometimes had a bit of residual sugar that made them feel very smooth on the palate. (We can taste residual sugar at around five grams per litre and some of the

popular, lower-priced Shiraz brands had five grams or more.)

Traditionalists tried to make their wines in the Northern Rhône style and labelled their wine Syrah, with a drier, more structured and more savoury character. They project a mix of red and black fruit, a spicy, peppery note and less aggressive oak. And these Syrah wines generally cost more than Shiraz. French oak costs are about double that of American barrels. Also, French wines and those that sound French can command higher prices, as they have for centuries.

In closing, it is true that Shiraz and Syrah are the same grape varieties. But you should expect the wines to have different characters, as noted above, according to the name on the label. A caveat would be that, as you move up the price ladder of Australian Shiraz, you may find the winemakers utilizing cooler sites to fashion their wines in a more savoury style, like those from the northern Rhône. They can be hard to sort out when tasting blind. To test the differences, you could buy a Barossa Shiraz for around \$25 and compare it with a \$30 to \$40 Crozes-Hermitage or Saint-Joseph. Taste them blind and spot the differences.

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@bcliqorstores.com

Watch for answers in upcoming issues of TASTE!

VERY SPECIAL EVENTS

Join us for this fantastic selection of cooking demonstrations, wine seminars and 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

SUMMER WINE [COCKTAIL] BAR

When it comes to how and when [yellow tail] wine should be enjoyed, there are no rules. While they are incredible on their own, combine them with a splash of play and create something that's new and deserves to be talked about – wine cocktails! Come out and play with [yellow tail] this summer!
SUNDAY, SEPTEMBER 8 | 12:00 – 5:00 P.M.

FALL INTO FRENCH CUISINE

Learn how to create a beautiful fall French harvest dinner with Chef Céline Turenne! 24 ticket holders will be guided through an intimate cooking class and wine pairing featuring gourmet rustic French recipes. Each recipe will be paired with wine by our 39th & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39th & Cambie Customer Service desk.
WEDNESDAY, SEPTEMBER 11 | 6:00 – 8:00 P.M.



CALIFORNIA CRUISIN'

Discover California Wines. Join us for a California wine and food experience as we sample a selection of California's finest wines paired with tasty appies. Discover why California wines are great on their own and with food.
THURSDAY, SEPTEMBER 12 | 3:00 – 7:00 P.M.

APPLETON ESTATE'S EXCEPTIONAL COCKTAILS PAIR WELL WITH EXCEPTIONAL MUSIC

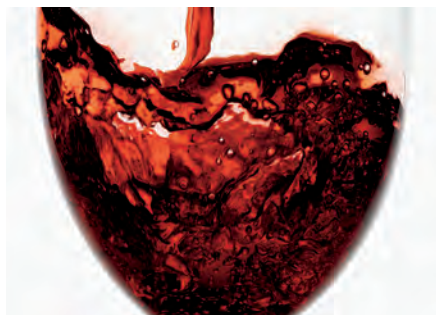
Enjoy the spirit of Jamaica! Taste Caribbean treats from The Reef Restaurant while sampling Appleton Estate's exceptional cocktails.
FRIDAY, SEPTEMBER 13 | 4:00 – 7:00 P.M.

CLASSIC CALIFORNIA: WITH LOUIS M. MARTINI & EDNA VALLEY VINEYARD

Join Fine Wine Ambassador Peter Marshall for a 45-minute guided tasting of classic California wines from Edna Valley Vineyard & Louis M. Martini. Each wine will be paired with a custom canapé created by Chef Curtis Webb from Vancouver Catering Co. **Tickets are \$15.** Purchase at the 39th & Cambie Customer Service desk.
SATURDAY, SEPTEMBER 14 | 1:00 – 2:00 P.M. | 2:00 – 3:00 P.M. | 3:00 – 4:00 P.M.

HERE'S LOOKING AT YOU KID – CASABLANCA COOL

Come and sample some enticing and savoury appetizers together with the vibrant and new Lomas del Valle Pinot Noir.
SATURDAY, SEPTEMBER 14 | 3:00 – 6:00 P.M. | LANGLEY
SATURDAY, SEPTEMBER 28 | 3:00 – 6:00 P.M. | COMMERCIAL DRIVE



GRAFFIGNA WINE TASTING

Taste and enjoy samples of Graffigna Centenario Reserve Pinot Grigio and Malbec. Receive a premium branded coaster with each purchase (while quantities last).
SUNDAY, SEPTEMBER 15 | 2:00 – 5:00 P.M.



FALL VINEYARD HARVEST DINNER

What better way to celebrate the beauty of the fall season than with a dinner party inspired by the annual grape harvests taking place across British Columbia? Join Chef Lawren Moneta as she uses the best seasonal and local ingredients to create a menu highlighting just how versatile the humble grape can be. Each recipe will be paired with wine chosen by our 39th & Cambie Product Consultants. **Tickets are \$30.** Purchase at the 39th & Cambie Customer Service desk.
WEDNESDAY, SEPTEMBER 18 | 6:00 – 8:00 P.M.

HESTER CREEK WINE TASTING

Customers will have the opportunity to sample some of Hester Creek's most recent releases, paired with a selection of tasty bites. Winemaker Robert Summers and Hester Creek General Manager Mark Sheridan will be on-site to talk about the wines and the winery.
THURSDAY, SEPTEMBER 19 | 4:00 – 6:00 P.M.

TASTE CHILE

Join Wines of Chile and learn about the remarkable wine regions while you enjoy a sample of the new and limited release wines.
FRIDAY, SEPTEMBER 20 | 5:00 – 7:00 P.M.

TASTE THE ELEGANCE OF ITALY WITH RUFFINO

Ruffino is one of the world's best-known and most trusted names in Italian wines. For more than 130 years, Ruffino has been celebrating the joy of the Italian lifestyle and producing the highest-quality wines for diverse palates. Join us to sample some of Italy's

favourite wines, enter to win a Vespa and receive a special gift with purchase (while supplies last).
SATURDAY, SEPTEMBER 21 | 2:00 – 6:00 P.M.



2010 BORDEAUX RELEASE

Join us for the prestigious release of the 2010 Bordeaux wines. Highly acclaimed wine critic Robert Parker states, "I have tasted enough wines from 2005, 2009 and 2010 to realize that these may be the three greatest Bordeaux vintages I have tasted in my career. It is an inescapable truth that 2010 has produced another year of compelling Bordeaux that will go down as a prodigious vintage alongside 2009." Line up early to avoid missing out on these timeless classics! For more details on this exclusive release and complete list of our participating stores please visit www.bcliquorstores.com or see the ad on page 6 of this issue of TASTE.

SATURDAY, SEPTEMBER 28TH | 9:30 A.M. | ALL SIGNATURE BC LIQUOR STORES

OCTOBER

SAMUEL ADAMS BEER EXPERIENCE

Join a renowned BC chef and beer expert for delicious foods prepared with Samuel Adams, as well as an education session on pairing food with beer. Purchase a Samuel Adams product during the session and receive a ballot to win an official Samuel Adams Home Brewing Kit!
THURSDAY, OCTOBER 3 | 4:00 – 7:00 P.M.

CELEBRATE ARGENTINA!

Join one of the world's hottest wine categories – come and taste Wines of Argentina, accompanied by delectable traditional empanadas from Panaderia Latina Bakery.
FRIDAY, OCTOBER 4 | 2:30 – 6:30 P.M.
SATURDAY, OCTOBER 5 | 2:30 – 6:30 P.M.
THURSDAY, OCTOBER 10 | 2:30 – 6:30 P.M.

CORONA EXTRA DIA DE LOS MUERTOS CELEBRATION

Join us for an authentic Day of the Dead experience and witness Mexico's time-honoured and expressive celebration. Consumers will have an opportunity to receive their own distinct accessory at a face-painting workshop, try a sample of Corona Extra and receive skull-shaped ear bud-style headphones as a gift with purchase.
FRIDAY, OCTOBER 4 | 3:00 – 7:00 P.M. | ALBERNI & BUTE
FRIDAY, OCTOBER 4 | 3:00 – 7:00 P.M. | FLEETWOOD
SATURDAY, OCTOBER 5 | 2:00 – 6:00 P.M. | COLLINGWOOD
SATURDAY, OCTOBER 5 | 2:00 – 6:00 P.M. | PENINSULA VILLAGE
SATURDAY, OCTOBER 5 | 2:00 – 6:00 P.M. | NORDEL CROSSING
FRIDAY, OCTOBER 11 | 3:00 – 7:00 P.M. | WESTVIEW
FRIDAY, OCTOBER 11 | 3:00 – 7:00 P.M. | WESTWOOD
SATURDAY, OCTOBER 12 | 2:00 – 6:00 P.M. | LANGLEY
SATURDAY, OCTOBER 19 | 2:00 – 6:00 P.M. | 39TH & CAMBIE

HERE'S LOOKING AT YOU KID – CASABLANCA COOL

Come and sample some enticing appetizers together with the vibrant and new Lomas del Valle Pinot Noir.
SATURDAY, OCTOBER 5 | 3:00 – 6:00 P.M. | KELOWNA ORCHARD PARK
SATURDAY, OCTOBER 12 | 3:00 – 6:00 P.M. | FORT STREET
SATURDAY, OCTOBER 26 | 3:00 – 6:00 P.M. | 39TH & CAMBIE



STAND-ALONE SIDES FOR YOUR THANKSGIVING DINNER!

Create new traditions for Thanksgiving dinner! Join Chef Lawren Moneta as she creates savoury mouth-watering recipes to be the superstar sides at your Thanksgiving dinner! Each recipe will be paired with wine chosen by our 39th & Cambie Product Consultants.
Tickets are \$30 and available to purchase at the 39th & Cambie Customer Service desk on September 13th.
WEDNESDAY, OCTOBER 9 | 6:00 – 8:00 P.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 12 | 9:30 A.M. | ALL SIGNATURE BC LIQUOR STORES
FOR COMPLETE STORE LISTING, GO TO WWW.BCLIQUORSTORES.COM

WOODBIDGE BY ROBERT MONDAVI

Life is measured in moments. Woodbridge by Robert Mondavi is partnering with Cracker Barrel Cheese, pairing great wine with great Cracker Barrel Cheese-inspired recipes. See in store for a special gift with purchase.
SATURDAY, OCTOBER 12 | 2:00 – 6:00 P.M. | PENINSULA VILLAGE

OLÉ ARGENTINA!

Argentina has wowed the world with flagship varietal, Malbec. Taste the difference altitude makes with Malbecs from vineyards that are high, higher and higher still. House Wine will lead you through a range of Argentinean wines and regale you with stories of this colourful country. Beyond Malbec, be prepared to discover Syrah, Cabernet Sauvignon, Torrontés and more.
Tickets are \$15 and available to purchase at the 39th & Cambie Customer Service desk on September 13th.
TUESDAY, OCTOBER 15 | 6:00 – 8:00 P.M.

ESCAPE TO PORTUGAL: A CULINARY JOURNEY

Portuguese cuisine is deeply rooted in fresh, seasonal ingredients, from seafood caught off the cold Atlantic waters to deeply smoked sausages, peppers, olive oil, beans, tomatoes, garlic and cilantro. Although Portugal is relatively a small country, its cuisine varies from region to region. Join Chef Nathan Fong as he introduces you to four amazing Portuguese recipes all paired with wine chosen by our 39th & Cambie Product Consultants.
Tickets are \$30 and available to purchase at the 39th & Cambie Customer Service desk on September 13th.
WEDNESDAY, OCTOBER 16 | 6:00 – 8:00 P.M.



SEASONAL BEER FAVOURITES

Join our 39th & Cambie Product Consultants and discover a variety of limited pumpkin beers, special Oktoberfest beers and other fun seasonal releases! Try these delicious beers paired with savoury meats and cheeses.
THURSDAY, OCTOBER 17 | 4:00 – 6:30 P.M.

THE ONE AND ONLY – LIONS WINTER ALE 10TH ANNIVERSARY LAUNCH WEEKEND

Join Granville Island Brewery and members of the Vancouver's Pacific Institute of Culinary Arts as they celebrate the 10th Anniversary of their Lions Winter Ale. Don't miss out on this complimentary beer and food pairing event!
FRIDAY, OCTOBER 18 | 3:00 – 7:00 P.M.

SATURDAY, OCTOBER 19 | 1:00 – 5:00 P.M.
ALBERNI & BUTE, BROADWAY & MAPLE, DUNBAR, FORT STREET, KAMLOOPS COLUMBIA PLACE, KELOWNA ORCHARD PARK, LANGLEY, NORTHGATE, PARK ROYAL, RICHMOND IRONWOOD, WESTWOOD

VIVA ITALIA! HOLIDAY FEAST

Italian night is back! Join Chef Céline Turenne in the Cambie Kitchen as she prepares a gourmet five course Italian feast. Each recipe will be paired with classic Italian wines chosen by our 39th & Cambie Product Consultants.
Tickets are \$30 and available to purchase at the 39th & Cambie Customer Service desk on September 13th.
WEDNESDAY, OCTOBER 23 | 6:00 – 8:00 P.M.

100% CAN. 0% CANNOT. CELEBRATING 60 SEASONS OF LION'S PRIDE

Celebrate 60 Years of Lion's Pride with Mike's Hard Lemonade, assisted by BC's talented and hardworking Dance Team, The Felions!
FRIDAY, OCTOBER 25 | 3:00 – 7:00 P.M.

LONG LIVE STANLEY PARK

CELEBRATE STANLEY PARK'S 125TH



LORD
STANLEY
WOULD BE
PROUD

VERY SPECIAL EVENTS

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) or visit us online at www.bcliquorstores.com.

NOVEMBER



ANNUAL BC LIQUOR STORES PREMIUM SPIRIT RELEASE

With enthusiasm for premium spirits increasing each year, BC Liquor 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 2 | 9:30 A.M.** | ALL SIGNATURE BC LIQUOR STORES FOR COMPLETE STORE LISTING, PLEASE SEE WWW.BCLIQUORSTORES.COM



GET YOUR (DELICIOUS) DUCKS IN A ROW

Duck is a staple of French cuisine, a traditional ingredient in Chinese dishes and a tasty addition to any autumn menu. Join Chef Céline Turenne and discover how to braise, poach and confit duck into three masterpiece dishes, plus dessert! Each recipe will be paired with wine chosen by our 39th & Cambie Product Consultants. **Tickets are \$30** and available to purchase at the 39th & Cambie Customer Service desk on October 1st. **WEDNESDAY, NOVEMBER 6 | 6:00 – 8:00 P.M.**



GREAT WINES FOR HOLIDAY ENTERTAINING

Looking for some crowd pleasing wines to feature at your next holiday party? Join our 39th & Cambie Product Consultants as they lead you in a tasting of this season's new and exciting wines as you nibble on some warm appetizers. **THURSDAY, NOVEMBER 7 | 4:00 – 6:30 P.M.**

GIVE TO THE MAX WITH VIÑA ERRAZURIZ

Join us for a wine sampling with warm appetizers to celebrate the partnership of Viña Errazuriz, a winery that has been producing the highest quality Chilean wines for more than 130 years, and DAREarts, an organization that uses arts education to empower youth to unlock their potential and become leaders. **FRIDAY, NOVEMBER 8 | 3:00 – 7:00 P.M.**

SNOW BOARDING...OLD STYLE

PIL-GRIMS UNITE!! We all live in Pil Country and that means battling the elements is part of life. Join us this month for four opportunities to sample delicious pilsner and enter to win an Old Style Pilsner snowboard that will allow you to carve through whatever sub-zero temperatures mother nature throws at us. **SATURDAY, NOVEMBER 9 | 2:00 – 6:00 P.M.** | KAMLOOPS **FRIDAY, NOVEMBER 22 | 3:00 – 7:00 P.M.** | 39TH & CAMBIE **SATURDAY, NOVEMBER 23 | 2:00 – 6:00 P.M.** | KELOWNA ORCHARD PARK **SATURDAY, NOVEMBER 30 | 2:00 – 6:00 P.M.** | WHISTLER MARKET PLACE

MISSION HILL FIVE VINEYARDS

Join Mission Hill Vineyards and special guest Ingo Grady for a festival-style food and wine pairing event featuring the new label launch of Mission Hill wines. **THURSDAY, NOVEMBER 14 | 4:00 – 6:00 P.M.**

CELEBRATE GREY CUP AND REMEMBER OUR WOUNDED WARRIORS

Celebrating the heroes of all battlefields. Join us to kick off Grey Cup celebrations with Gibsons finest Canadian whisky and support Canadian soldiers. One dollar of the purchase price of each bottle of Glenfiddich 15-Year-Old Scotch goes to support Wounded Warriors Canada! **FRIDAY, NOVEMBER 15 | 4:00 – 7:00 P.M.**

ITALY ENLIGHTENED

Don't let difficult-to-understand labels and unpronounceable names deter you from exploring Italian wine. Blessed with a wealth of indigenous grapes, Italy offers intriguing and unique flavours found in no other country. House Wine will take you from north to south and introduce you to some of their favourite varieties. **Tickets are \$15** and available to purchase at the 39th & Cambie Customer Service desk on October 1st. **TUESDAY, NOVEMBER 19 | 6:00 – 8:00 P.M.**

COZY WINTER DINNER FOR TWO

With the wind howling outside, snuggle up to a roaring fire and indulge in a soul-warming menu for two. Join Chef Lawren Moneta as she demonstrates how to create a romantic and delicious menu to share with your special someone this holiday. Each recipe will be paired with wine chosen by our 39th & Cambie Product Consultants. **Tickets are \$30** and available to purchase at the 39th & Cambie Customer Service desk on October 1st. **WEDNESDAY, NOVEMBER 20 | 6:00 – 8:00 P.M.**

RELAX AND UN-WINE-D WITH MASI AND WAYSPA.CA

Kick-off the holiday season with the traditional taste of MASI wines. Showcasing a variety of styles, MASI goes hand in hand with the holidays. Whether it is pairing with a turkey meal or enjoying by itself while relishing the company of family. Celebrate with a bottle of MASI. Cin Cin! **SATURDAY, NOVEMBER 23 | 3:00 – 7:00 P.M.**

JACK INDEPENDENCE EVENT

Join us for a taste of the Jack Daniels family of whiskies. Cocktails will be served accompanied by different styles of appetizers. This event will showcase cultural diversity and originality. **FRIDAY, NOVEMBER 29 | 4:00 – 7:00 P.M.**

WALK THE CABOT TRAIL WITH CABOT TRAIL MAPLE CREAM, PINNACLE ICE CIDER AND UNGAVA GIN

Walk the Cabot Trail with Cabot Trail Maple Cream, Domaine Pinnacle Ice Cider and Ungava Canadian Gin. Each spirit will be paired a delicious dessert and each guest will receive a free sample of Canadian Cabot Trail Maple Syrup. **SATURDAY, NOVEMBER 30 | 2:00 – 6:00 P.M.**



**PORK LOIN ROAST WITH SABA*
SERVED WITH BEET AND WALNUT SALSA**

Serves 6

- ¾ cup
- +1 tsp (180 ml) kosher salt, divided
- ¼ cup (50 ml) light brown sugar, packed
- 3 sprigs
- +2 tbsp (30 ml) fresh rosemary, divided
- 3 sprigs
- +¼ cup (50 ml) fresh sage, divided
- 8 cups (2 L) cold water, divided
- 3 lb (1.5 kg) pork loin, boneless, trimmed of excess fat
- 4 garlic cloves, chopped
- ½ tsp (2 ml) freshly ground black pepper
- 3 tbsp (45 ml) saba*

* Saba is a sweet syrup made from fresh grape juice, available at specialty grocery stores

- 1 tbsp (15 ml) extra-virgin olive oil
- 1 cup (250 ml) dry white wine, plus extra, if needed
- Beet and Walnut Salsa (recipe follows)

In a large pot, over high heat, combine ¾ cup (175 ml) salt, sugar, 3 rosemary sprigs, 3 sage sprigs and 2 cups (500 ml) water. Stir until salt and sugar dissolve. Remove pot from heat and stir in remaining 6 cups (1.5 L) water; transfer to a large, non-metallic container and let brine cool to room temperature. Add pork, cover and refrigerate overnight or up to 18 hours. The next day, place remaining 2 tbsp (30 ml) rosemary and ¼ cup (50 ml) sage, garlic, 1 tsp (5 ml) salt, pepper, saba and oil in bowl of a food processor fitted with steel blade attachment. Pulse until a coarse paste forms, stopping to scrape down sides of processor as needed. Preheat oven to 400 F (200 C). Remove pork from brine and pat dry with paper towel. Discard brine. Spread herb paste over entire outside of roast. Place on a wire cooling rack set in a roasting pan and pour wine into pan. Roast pork in preheated oven, basting occasionally, until an instant-read thermometer inserted into thickest part registers 160 F (71 C), about 45 minutes. If pan starts to dry out, add additional wine or water, ½ cup (125 ml) at a time, to keep juices from scorching. While pork cooks, make Beet and Walnut Salsa. When pork is cooked, remove from oven and let rest on a cutting board for 10 minutes before cutting crosswise into ½-in (1 cm) thick slices. Serve on a platter alongside Beet and Walnut Salsa and seasonal vegetables.

BEET AND WALNUT SALSA

Makes about 3 cups (750 ml)

- 3 medium yellow beets, peeled
- 3 medium red beets, peeled

recipe index

FALL VINEYARD HARVEST DINNER

- Pork Loin Roast with Saba served with Beet and Walnut Salsa 140
- Carrot Gnocchi with Grapes and Blue Cheese 141
- Polenta Cake with Poached Pears and Spun Sugar Crown 141

LEARNING TO LOVE BRUSSELS SPROUTS

- Stir-Fried Brussels Sprouts with Chinese Mushrooms 143
- Sautéed Shredded Brussels Sprouts 143
- Orecchiette with Roasted Brussels Sprouts 143

GET YOUR (DELICIOUS) DUCKS IN A ROW

- Braised Duck Legs with Cherry Sauce 144
- Duck Confit and Butternut Squash Terrine 144
- Poached Duck Eggs with Asparagus and Spinach Salad 145

WARM DRINKS FOR COOL NIGHTS

- Café Brûlot 146
- Irish Coffee 146
- Tom & Jerry 147

THANKSGIVING TARTS, TORTES AND TERRINES

- Fall Greens and Sweet Potato Torte 147
- Cornucopia Tart 147
- Mediterranean Terrine 149

DELICATE DACQUOISES

- Pistachio Dacquoise with Rosewater Buttercream 150
- Walnut Dacquoise with Dark Chocolate Caramel Ganache and Spiced Apples 152
- Almond Dacquoise with Vanilla Buttercream and Raspberries 153
- Hazelnut Dacquoise with Mocha Buttercream 154

THE DIVERSE DISHES OF BURMA

- Seafood Soup 155
- Tamarind Pumpkin Curry 156
- Egg Noodles with Pork and Coconut Sauce 157

LA PENTOLA DELLA QUERCIA

- Tagliatelle Lamb Ragù 157
- Stuffed Quail with Balsamic Figs 158
- Crema di Limone 159
- Sardines in Saor 160

SIMPLY SPECTACULAR

- Tomato Sambuca Soup 160
- Prosciutto-Wrapped Halibut with Zucchini Carpaccio 160
- French Countryside Chicken with Green Bean and Hazelnut Salad 161

CAULIFLOWER CREATIVITY

- Cauliflower Mousse Amuse-Bouches 161
- Colourful Cauliflower with Lemon-Garlic Dressing 161
- Cauliflower Salad with Sherry Vinaigrette 162

CELEBRATING MID-AUTUMN FESTIVAL

- Coconut and Dried Fruit Mooncakes 163
- Braised Pumpkin with Pork over Shanghai Noodles 163
- Sour Plum and Lemon-Braised Short Ribs 164
- Stir-Fried Lotus Root with Chicken 165

HOMEMADE BREADS AND SPREADS

- Hearty Oat Soda Bread served with Cranberry-Pear Chutney 165
- Cheddar and Beer Pull Apart Bread served with Onion Jam 167
- Brioche Boules served with Ricotta Cheese and Lemon-Honey Jelly 167
- Marble Rye Bread served with Piccilli 169

ACORN SQUASH

- Acorn Squash Pithivier 170
- Acorn Squash Stuffed with Chorizo and Manchego Cheese 171
- Acorn Squash Custard 172

FROM COD TO CATAPLANA

- Seafood and Chorizo Cataplana with Portuguese Cornbread 172
- Bacalhau (Salt Cod) and Shrimp Fritters with Pepper Aioli 175
- Molotov Meringue Soufflé 175

- 2 green onions, finely sliced
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) red wine vinegar
- ½ tsp (2 ml) orange zest, finely grated
- 2 tbsp (30 ml) fresh parsley, chopped
- 1 tsp (5 ml) fresh oregano, chopped
- ¼ cup (50 ml) toasted walnut halves, chopped,
- salt and freshly ground black pepper, to taste

Place a steamer basket in a medium saucepan and add water to just below basket. Bring to a boil. Cut yellow beets in half, place in steamer, cover and steam until tender, about 10 to 15 minutes, checking periodically that water has not evaporated. Remove from steamer and let cool slightly. Repeat with red beets. When cool enough to handle, dice beets into ¼-in (0.5 cm) cubes. Keep red and yellow beets separated to avoid colour bleed. To serve, place all ingredients in a large bowl and mix well with a spoon. Season with salt and pepper. Let sit for 5 minutes, allowing flavours to meld, before serving with roast.

PAIRS WITH

HEARTLAND LANGHORNE CREEK SHIRAZ

Australia **\$22.99** 293225

CUSUMANO NERO D'AVOLA SICILIA

Italy **\$17.99** 143610



CARROT GNOCCHI WITH GRAPES AND BLUE CHEESE

Serves 6 as an appetizer

- 2 lbs (1 kg) Russet potatoes (about 4 large potatoes)
- 4 large carrots, peeled and thinly sliced
- 1 tbsp (15 ml) extra-virgin olive oil
- ¼ cup (50 ml) water
- 1 tsp (5 ml) salt, plus extra for seasoning
- 2 large egg yolks
- ½ cup all-purpose flour, plus extra
- +2 tbsp (155 ml) vegetable oil
- ¼ cup (50 ml) flat leaf parsley
- ½ cup (125 ml) unsalted butter
- ¼ cup (50 ml) seedless red grapes, halved
- 1 cup (250 ml) freshly ground black pepper, to taste
- ½ cup (125 ml) Gorgonzola cheese, crumbled

Preheat oven to 400 F (200 C). Pierce each potato several times with a fork. Place on a baking sheet and bake, until tender, about 1 hour. Meanwhile, in a large frying pan over medium heat, cook carrots in olive oil for 2 minutes. Add water and pinch of salt. Cover and cook until tender, about 15 minutes. Transfer to a food processor fitted with blade attachment and purée until smooth, turning off to scrape down sides of bowl as needed. While still warm, halve potatoes and scoop out flesh into a potato ricer (or alternatively, you can mash potatoes well with a potato masher). Rice potatoes into a bowl. In another large bowl stir together 2 cups (500 ml), slightly packed, of the riced potatoes with egg yolks, ½ cup (125 ml) carrot purée and 1 tsp (5 ml) salt.

Add flour and stir until stiff dough forms. Knead dough gently until smooth but slightly sticky. Line a baking sheet with wax paper and dust with flour. Cut dough into 4 pieces. On a floured surface, roll each piece into a ¾-in (2 cm) thick rope. Cut ropes into ¾-in (2 cm) thick pieces. Roll each piece against tines of a fork to make ridges; transfer to baking sheet. At this point, gnocchi may be frozen in a single layer on baking sheet. Once frozen, transfer to an airtight container and keep frozen until ready to use. Gnocchi may be kept this way for up to 1 month and can be cooked directly from frozen. When ready to finish, heat vegetable oil in a frying pan over medium heat. Add parsley and cook until crispy, about 1 minute. Transfer to a plate covered with a paper towel and season with a pinch of salt. Set aside. Bring a large pot of salted water to a simmer over medium heat. Add gnocchi and cook until they rise to surface, then simmer 2 minutes longer. Meanwhile, melt butter in a large frying pan over medium heat. When foam subsides, with a slotted spoon, transfer gnocchi from water to the pan. Season with a pinch of salt and a few grinds of pepper and cook, stirring often, until gnocchi start to brown, about 1 minute. Stir in grapes and cook another minute. Divide gnocchi among serving plates and garnish with a sprinkle of Gorgonzola and fried parsley leaves. Serve immediately.

PAIRS WITH

WITHER HILLS PINOT GRIS

New Zealand **\$17.95** 23820

TOFFEE CHUNK SYRAH

South Africa **\$14.98** 162628



POLENTA CAKE WITH POACHED PEARS AND SPUN SUGAR CROWN

Serves 6

- 1½ cups (375 ml) all-purpose flour, plus extra
- 4 tsp (20 ml) baking powder
- ½ tsp (2 ml) salt
- ⅔ cup (150 ml) medium ground yellow cornmeal
- ⅔ cup (150 ml) flaked almond
- ½ cup (125 ml) unsalted butter, plus extra
- 1 cup (250 ml) granulated sugar
- 2 large eggs
- 1 cup (250 ml) Chardonnay wine
- 6 Poached Pears (make ahead, recipe follows)
- 6 Spun Sugar Crowns (make ahead, recipe follows)

Preheat oven to 350 F (180 C). Butter and flour six 3 x 3 x 2-in (8 x 8 x 5 cm) square cake pans. Place prepared pans on a baking sheet and set aside. In the bowl of a food processor fitted with steel blade attachment, sift flour, baking powder and salt. Add cornmeal, almonds, ½ cup (125 ml) butter and sugar and pulse until pea-sized clumps form. Add eggs and wine and pulse well until incorporated. Divide mixture among prepared cake pans and bake until golden brown and cakes spring back when lightly pressed, about 15 to 20 minutes. Let cool in pans for 5 minutes before turning out onto a wire rack to cool completely. Alternatively, this cake can be baked in a greased 9-in (23 cm) round cake for about 45 to 55 minutes. Meanwhile, make Poached Pears and

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Fall Vineyard Harvest Dinner from page 8 continued

Spun Sugar Crowns. To serve, divide cakes among serving plates. Garnish with half a Poached Pear and drizzle with some reduced pear poaching liquid. Top with a Spun Sugar Crown.

POACHED PEARS

Serves 6

1	orange
2 cups (500 ml)	dry red wine
1 cup (250 ml)	water
½ cup (75 ml)	granulated sugar
2	star anise, whole
2	cloves, whole
1	cinnamon stick
1	vanilla bean, split lengthwise
3	Bartlett pears, just ripe, or other firm pear variety

With a vegetable peeler, peel off a wide strip of zest from orange. Cut orange in half and squeeze juice from 1 half into a medium saucepan. Add orange zest, wine, water, sugar, star anise, cloves, cinnamon and vanilla bean. Warm mixture over medium heat, stirring constantly, until sugar dissolves, about 2 minutes. Bring mixture to a light simmer. Peel pears and, with a melon baller, remove core, working from bottom and carving into centre of pear. Place pears in simmering sugar syrup. To keep pears submerged, place a piece of parchment paper over them, so that it touches poaching liquid. Amount of

time needed for pears to poach will depend on their ripeness. To check pears for doneness, after 8 to 10 minutes, lift them gently from syrup with a slotted spoon and, using a small knife, poke flesh. Pear is done when knife meets no resistance. If not yet done, return pears to sugar syrup and check every 3 to 5 minutes. Transfer pears to a medium bowl. Increase heat to high and bring syrup to a boil. Cook, stirring occasionally, until syrup thickens slightly, about 8 to 10 minutes. Pour over pears and set aside to cool to room temperature. If not using right away, pears can be stored, covered, in refrigerator, up to 4 days. Serve with Polenta Cake and Spun Sugar Crowns or on their own with a dollop of crème fraîche, yogurt or lightly sweetened whipped cream.

SPUN SUGAR CROWN

Serves 6

1 cup (250 ml)	granulated sugar
3 tbsp (45 ml)	water
1 tsp (5 ml)	light corn syrup

Clear a large section of workspace and cover with parchment paper. You may also want to cover floor or walls with parchment to catch any stray bits of flying sugar and to facilitate cleanup. In a small, heavy-bottom saucepan, stir together sugar, water and corn syrup over medium-high heat until sugar melts. Bring to a boil and, without stirring, continue cooking until mixture becomes deep amber in colour, about 5 minutes. Immediately remove saucepan from heat and plunge into a bowl of cold water to stop caramel from cooking further.

Learning to Love Brussels Sprouts from page 16

Remove saucepan from water and place on a pot holder or folded towel next to work surface. Dip a fork in caramel and hold above pot to let some excess caramel drip off. Quickly, while holding fork about 12-in (30 cm) above parchment paper, quickly swing fork back and forth so thin strands of sugar fall on paper. Repeat a few more times until you have a few layers of thin sugar strands piled on top of one another. Immediately and delicately, roll sugar into a ball. Set spun sugar ball aside and let cool a few seconds. Repeat with remaining caramel, warming gently over low heat if it becomes too hard. Use spun sugar as a garnish right away or store in a parchment-lined airtight container in a cool place (do not refrigerate) for a few hours. Any moisture or heat will cause spun sugar to become sticky and melt.

PAIRS WITH

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United Kingdom **\$12.99** 8144

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France **\$79.95** 218354



STIR-FRIED BRUSSELS SPROUTS WITH CHINESE MUSHROOMS

Serves 6

2 dozen	Brussels sprouts, rinsed, dried, ends and outer leaves trimmed
2 tbsp (30 ml)	canola oil
1-in (2.5 cm)	ginger, peeled and finely chopped
2	garlic cloves, finely chopped
4	large, dried Chinese mushrooms, rehydrated, stemmed and thinly sliced
½ cup (125 ml)	chicken stock
2 tbsp (30 ml)	soy sauce
1 tsp (5 ml)	sugar
1 tsp (5 ml)	cornstarch, mixed with 2 tbsp (30 ml) water
1 tsp (5 ml)	sesame oil

Cut Brussels sprouts in half lengthwise. Set aside. Heat a large, flat-bottomed wok or large skillet over high heat, then add canola oil. Once oil is hot, add ginger and garlic. Stir-fry until fragrant, about 10 seconds, then add sprouts. Stir-fry for a minute then add mushrooms and chicken stock. Toss until well mixed, cover to steam until crisp. Add soy sauce, sugar and cornstarch mixture and toss to coat. Stir in sesame oil and transfer to a warm serving plate.

PAIRS WITH

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France **\$21.99** 259721



SAUTÉED SHREDDED BRUSSELS SPROUTS

Serves 6

3 dozen	Brussels sprouts, rinsed, dried, ends and outer leaves trimmed
4 slices	pancetta, thick, cut into ½-in (1 cm) x 1-in (2.5 cm) lardons
2 tbsp (30 ml)	olive oil
2	garlic cloves, minced
1	shallot, finely chopped
½ cup (125 ml)	golden raisins
	salt and freshly ground pepper, to taste

In a food processor, using the slicing blade, feed Brussels sprouts into the food tube and shred. Alternatively, cut sprouts lengthwise into fine julienne. Set aside. In a large skillet, over medium heat, sauté the pancetta until lightly browned and crisp. Add olive oil, garlic and shallots. Sauté until soft, about a minute. Add raisins and sauté until they start to soften and plump up, about a minute. Add shredded sprouts and sauté until soft, but still crisp-tender, about 5 to 8 minutes. Season to taste. Serve immediately.

PAIRS WITH

CHARLES SMITH KUNG FU GIRL RIESLING
USA **\$21.99** 301671

FOLONARI VALPOLICELLA
Italy **\$15.49** 828



ORECCHIETTE WITH ROASTED BRUSSELS SPROUTS

Serves 6

2 lbs (1 kg)	Brussels sprouts, rinsed, ends and outer leaves trimmed, then halved
8 tbsp (120 ml)	olive oil, divided
	salt and freshly ground pepper, to taste
1 lb (500 g)	cherry tomatoes
1 tsp (5 ml)	fresh thyme leaves, chopped
1 lb (500 g)	orecchiette pasta
3	garlic cloves, finely chopped
1 tsp (5 ml)	red chili flakes
½ cup (125 ml)	flat-leaf parsley, coarsely chopped
½ cup (125 ml)	Parmesan, freshly grated

Preheat oven to 400 F (200 C). In a large bowl, toss halved Brussels sprouts

Get Your (Delicious) Ducks in a Row from page 26

with 3 tbsp (45 ml) olive oil and season with salt and pepper. Transfer to a foil-lined baking sheet and bake for 15 minutes. Toss the cherry tomatoes with 2 tbsp (30 ml) olive oil, thyme leaves and season. Toss the cherry tomatoes with the Brussels sprouts and continue roasting another 15 minutes, or until sprouts are tender and tomatoes have plumped up and collapsed. Meanwhile, cook orecchiette pasta according to package instructions, drain, reserving 1 cup (250 ml) pasta water. In a large, deep skillet over medium-high heat, heat remaining 3 tbsp (45 ml) olive oil. Add garlic and red chili flakes. Sauté until fragrant and garlic is golden. Add chopped parsley and sauté until it wilts. Add prepared orecchiette, roasted sprouts, cherry tomatoes, Parmesan and some of the reserved pasta water. Toss well, adding more water if too dry. Season to taste.

PAIRS WITH

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Italy **\$29.99** 566844



BRAISED DUCK LEGS WITH CHERRY SAUCE

Serves 8

8		duck legs, excess fat removed
3 tbsp	(45 ml)	olive oil
½ tsp	(2 ml)	freshly ground black pepper
½ tsp	(2 ml)	kosher salt
4 tbsp	(60 ml)	shallots, finely chopped
2 cups	(500 ml)	red wine
2 cups	(500 ml)	chicken stock
2 sprigs		fresh thyme
2		bay leaves
¾ cup	(175 ml)	dry sweet cherries
¾ cup	(175 ml)	dry sour cherries
¼ cup	(50 ml)	balsamic vinegar
		Parsnip Purée, optional (recipe follows)

Position oven rack in middle of oven and preheat to 325 F (170 C). Season duck legs with salt and pepper. In a large Dutch oven or heavy pot, heat oil over medium heat. When hot, add duck legs in a single layer at a time, skin-side down. Cook until skin is browned and crisp, 8 to 10 minutes; turn and brown other side, about 4 more minutes. If skin begins to burn, adjust heat. Bits at bottom of pan should be dark brown, not black. Transfer duck legs to plate and set aside. Repeat with remaining legs. Remove all fat from pot except for 2 tsp (10 ml). Return skillet to medium heat, add shallots and cook for 2 minutes while stirring. Add wine and bring to a boil, scraping bottom of pan to dislodge cooked browned bits. Reduce wine by half. Add chicken stock, thyme and bay leaves and bring to a boil. Add duck, cover and place pot in preheated oven. Cook until duck is tender, 1½ to 2 hours, depending on leg size. Midway through cooking, stir in cherries and prepare Parsnip Purée, if desired. When duck is cooked, remove from pan and keep warm. Strain juices into a fat separating cup, reserving cherries. Pour juices into a small pan and bring to a boil over high heat. Reduce to 1 cup (250 ml) and add balsamic vinegar. Taste and adjust seasonings. To serve, place one duck leg on each plate, pour sauce over, add reserved cherries and serve immediately. Serve alongside Parsnip Purée and seasonal vegetables.

PARSNIP PURÉE

1 lb	(500 g)	parsnips, peeled and sliced
1 tbsp	(15 ml)	kosher salt
½ cup	(125 ml)	whipping cream
2 tsp	(10 ml)	fresh thyme leaves
		freshly ground black pepper, to taste

In a pot, cover parsnips with water and bring to a boil over medium heat. Add salt, lower heat and simmer until tender, about 15 minutes. In a small saucepan, over low heat, bring cream and thyme leaves to a simmer. Drain parsnips and return to pot to dry out and remove excess moisture. Purée in a food processor or blender. Add to cream mixture, stir to combine and season with salt and pepper. Refrigerate until ready to use. To serve, reheat in a small saucepan and spoon beside duck leg.

PAIRS WITH

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France **\$27.99** 341875



DUCK CONFIT AND BUTTERNUT SQUASH TERRINE

Serves 8

2 cups	(500 ml)	Lentils du Puy, lightly mashed (make ahead, recipe follows)
2 cups	(500 ml)	Butternut Squash Purée (make ahead, recipe follows)
4 cups	(1 L)	Duck Confit (make ahead, recipe follows)
		flat leaf parsley, for garnish

Lightly oil inside of 8 pastry rings and place one in middle of each plate. Add ¼ cup (50 ml) lentils and press down to spread uniformly inside ring. Add ¼ cup (50 ml) Butternut Squash Purée and press down to spread uniformly inside ring. Add ½ cup (125 ml) of Duck Confit and press down lightly to spread uniformly inside ring. Run a small knife around inside edge of each ring and remove ring slowly. Garnish with flat leaf parsley and serve immediately.

LENTILS DU PUY

1 cup	(250 ml)	Lentils du Puy (French green lentils)
1		bay leaf
2 sprigs		fresh thyme
1 tbsp	(15 ml)	kosher salt

Place lentils in colander and rinse under cold water. Transfer lentils to a large saucepan and fill with enough water to cover by 3 to 4-in (8 to 10 cm). Add bay leaf and thyme and bring to a boil over medium-high heat. Add salt, lower heat and simmer until lentils are just tender, 20 to 25 minutes. If water remains, strain lentils and return to saucepan. Remove bay leaf and thyme, mash lightly leaving some lentils whole.

BUTTERNUT SQUASH PURÉE

1		large butternut squash
1 tbsp	(15 ml)	olive oil
2 tbsp	(30 ml)	unsalted butter
		salt and freshly ground black pepper, to taste

Get Your (Delicious) Ducks in a Row from page 26 continued

Preheat oven to 400 F (200 C). Cut squash in half and remove seeds. Peel squash and cut into cubes. Pour oil onto baking sheet, add butternut squash cubes and stir to coat. Bake until cooked through, about 25 to 30 minutes, or until squash is tender when pierced with a knife. Let cool to room temperature. In a bowl, combine cooked squash, butter, salt and pepper and purée with a potato masher until very smooth. If too liquid, pour into a pan and cook until thickened.

DUCK CONFIT

4 duck legs and thighs
 2 tbs (30 ml) kosher salt
 ¼ tsp (1 ml) freshly ground black pepper
 1 bay leaf, crushed
 4 juniper berries, crushed
 ½ tsp (2 ml) garlic, finely chopped
 rendered duck fat or canola oil, as needed

Pat duck dry with paper towels. In a small bowl, mix all seasonings and coat duck pieces on both sides. Place in a container in a single layer and cover with plastic wrap. Refrigerate overnight. Preheat oven to 300 F (150 C). Brush off seasoning mixture and place duck pieces in an ovenproof dish large enough to fit legs in a single layer. Cover with duck fat and/or canola oil and cook on middle rack until duck is very tender when pierced with a small knife, about 2 to 3 hours. Remove pan from oven and let cool to room temperature. When ready to proceed, remove duck from fat, remove meat from bones and set aside. Discard bones.

PAIRS WITH

SERAFINO SHIRAZ MCLAREN VALE

Australia **\$25.99** 93260

LA CREMA PINOT NOIR SONOMA COAST

USA **\$27.98** 366930



POACHED DUCK EGGS WITH ASPARAGUS AND SPINACH SALAD

Serves 4

2 lbs (1 kg) fresh asparagus
 1 tbs (15 ml) kosher salt
 ½ lb (250 g) baby spinach leaves
 1 tsp (5 ml) white wine vinegar
 4 duck eggs
 1½ cups (375 ml) Hollandaise Sauce (recipe follows)
 2 large red tomatoes, thickly sliced
 Fried Spinach Leaves, for garnish (make ahead, recipe follows)
 Chive Oil, for garnish (make ahead, recipe follows)
 salt and pepper, to taste

Prepare asparagus by bending and snapping off fibrous ends. Set aside asparagus tips and discard ends. Bring a large pot of water to a boil, add salt and asparagus. Cook asparagus until just tender, 2 to 4 minutes, depending on size. When cooked, remove asparagus with a slotted spoon and set in a bowl

of ice cold water. Once cooled through, remove from water and set on paper towel to dry. When dry, place in a large bowl, add spinach and season with salt and pepper. To poach eggs, over medium-high heat, bring a large saucepan half full of water to a strong simmer. Add white wine vinegar and stir water around to create a whirlpool. Crack eggs into small bowls. Slowly pour eggs from bowls, one at a time, into water. Cook for about 6 minutes. While eggs cook, make Hollandaise Sauce. Using a slotted spoon, remove eggs from water and place on paper towels to drain excess water. To serve, place spinach leaves and asparagus on plate. Add 2 slices tomatoes, top with poached egg and spoon Hollandaise Sauce over egg. Garnish with Fried Spinach Leaves and Chive Oil.

HOLLANDAISE SAUCE

3 duck egg yolks
 3 tbs (45 ml) white wine vinegar
 ½ lb (250 g) unsalted butter, melted
 salt and freshly ground black pepper, to taste
 1 tbs (15 ml) chopped chives

Place egg yolks and vinegar into a metal or thick glass bowl and place over pan of simmering water, making sure water does not touch bottom of bowl. Whisk eggs until thick and light in colour, then slowly add butter, whisking constantly. Remove from heat and season. Stir in chives. Keep warm until required.

FRIED SPINACH LEAVES

2 cups (500 ml) vegetable oil
 8 baby spinach leaves

In a medium saucepan, heat oil until it reaches 350 F (180 C) on a candy thermometer. Add spinach leaves and fry for about 20 to 30 seconds, until bright green and crispy. Using a slotted spoon, remove leaves from oil and place on a paper towel-lined plate. Use within an hour of frying.

CHIVE OIL

Makes 1 cup (250 ml)

4 oz (125 g) fresh chives
 1 cup (250 ml) extra-virgin olive oil

Wash chives and slice into 1-in (2.5-cm) segments. Place in a fine mesh strainer and run under water for about 3 minutes to remove chlorophyll taste. Place chives and oil in blender and turn on low speed to break down chives segments. Increase speed to high and blend for 2 minutes. Pour into a container and chill overnight. Strain through cheese cloth or very fine mesh strainer. Transfer to a glass or squeeze bottle and refrigerate for up to 2 weeks. Note: for a more intense flavour, use more chives.

PAIRS WITH

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France **\$82.99** 945261

VILLA ANTINORI TOSCANA

Italy **\$26.99** 104885

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Enjoyed across
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It's remarkably
Rickard's



Must be legal drinking age. Please enjoy responsibly.

Warm Drinks for Cool Nights from page 30



CAFÉ BRÛLOT

Serves 6 to 8

1		orange
8 to 12		whole cloves
1/3 cup	(75 ml)	brandy
1/3 cup	(75 ml)	orange liqueur
3 strips		lemon zest
2		cinnamon sticks
2 tbsp	(30 ml)	sugar
3 cups	(750 ml)	hot, strong coffee

Using a vegetable peeler or sharp paring knife, remove zest from orange in a single spiral, then stud zest with cloves. In a medium-sized, heavy saucepan, combine brandy, orange liqueur, lemon zest, cinnamon and sugar. Stir to combine, then add spiced orange zest. Stirring constantly, cook over medium heat until hot but not boiling. Using a long match, carefully ignite mixture – be very cautious, as flames will shoot quite high. As flames subside, slowly pour in hot coffee. Ladle into small cups, such as demitasse.



IRISH COFFEE

Serves 1

1 1/2 oz	(45 ml)	Irish whiskey*
1 tsp	(5 ml)	brown sugar
4 oz	(125 ml)	hot, freshly brewed coffee
		granulated sugar, to rim glass
		Heavy cream, lightly whipped, preferably by hand

Pour a mound of granulated sugar on a small side plate. Take an Irish Whiskey glass and wet the rim using a lemon wedge or by slipping in water. Turn the glass upside down and rim with sugar. Pour whiskey, brown sugar and hot coffee into rimmed glass and float a dollop of softly whipped cream on top.

* Replace the whiskey with rum for a Jamaican coffee, with amaretto for an Italian coffee, and Kahlúa for a Mexican coffee.



TOM & JERRY

Serves 4

3		eggs, separated
3 tbsp	(45 ml)	icing sugar
½ tsp	(2 ml)	ground allspice
½ tsp	(2 ml)	ground cinnamon
½ tsp	(2 ml)	ground cloves
4 oz	(125 ml)	brandy
4 oz	(125 ml)	dark rum
		hot milk as needed*
		freshly grated nutmeg, for dusting

In a large, clean bowl, beat egg whites until stiff peaks form. In a separate bowl, beat egg yolks until light in colour; gradually beat in sugar and spices. Carefully fold yolk mixture into whites. Pour 2 tbsp (30 ml) of egg mixture into each of 4 mugs. Add 1 oz (30 ml) brandy and 1 oz (30 ml) dark rum to each mug. Fill with hot milk. Stir well, and dust with nutmeg.



FALL GREENS AND SWEET POTATO TORTE

Serves 8

¼ cup	(50 ml)	extra-virgin olive oil, for brushing
¾ lb	(340 g)	red Swiss chard, stems removed
¼ lb	(125 g)	baby kale
2½ lbs	(1.25 kg)	sweet potato, thinly sliced into ¼-in (3 mm) slices
2 tsp	(10 ml)	fresh rosemary leaves, chopped
1 tsp	(5 ml)	thyme leaves, chopped
2		garlic cloves, minced
		salt and freshly ground black pepper
½ cup	(125 ml)	shallots, chopped
3 oz	(90 g)	Taleggio cheese, diced
		vegetable oil, for frying

Preheat oven to 450 F (230 C). Grease a 9-in (23 cm) springform pan by brushing generously with oil. Line base with parchment paper. Stack several Swiss chard leaves on a cutting board and roll up tightly into a cylinder. With a sharp knife, thinly slice roll from top so chard leaves become ¼-in (6 mm) strands. Repeat with remaining chard leaves. Roughly chop baby kale and toss in a bowl with sliced chard leaves. Place a sweet potato slice in bottom centre of prepared pan. Arrange slices in circles around centre slice, overlapping slices by at least half. Brush with oil, sprinkle with some chopped rosemary, thyme

* Although hot milk is traditional, you can replace it with hot coffee instead.

and garlic and season with a pinch of salt and pepper. Spread about 2 cups (500 ml) prepared greens over potato slices and sprinkle with a third of the shallots and cheese. Repeat with another layer of sweet potato over greens and press down to flatten layers. Repeat layers twice, ending with a layer of greens, shallots and cheese. Press a piece of parchment paper directly over top of greens layer. Place springform pan on baking sheet and cover top tightly with foil. Bake for 45 minutes before uncovering, then continue to bake uncovered for another 15 minutes. Let cool 15 minutes before unmoulding onto a serving platter. Meanwhile, place remaining sweet potato slices in a bowl and cover with cold water. In a large saucepan, over medium heat, warm about 2-in (5 cm) of vegetable oil. Check temperature with a deep-fry thermometer until it reaches 350 F (180 C). Working in batches, blot dry a few sweet potato slices with paper towel, then fry in oil, stirring frequently, until crisp, about 1 to 2 minutes. Transfer chips to a paper towel-lined baking tray to drain. Season with a sprinkle of salt. Repeat with remaining sweet potato slices. Decorate torte with sweet potato chips and serve immediately.

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CORNUCOPIA TART

Serves 6

1		butternut squash, cut into ½-in (1 cm) dice
1 tbsp	(15 ml)	extra-virgin olive oil
½ tsp	(2 ml)	salt
1 lb	(500 g)	Herb Puff Pastry Dough (make ahead, recipe follows)
1		egg, whisked with 1 tsp (5 ml) water for egg wash
2 tbsp	(30 ml)	Pear Walnut Butter, divided (make ahead, recipe follows)
3 to 4		heirloom tomatoes, sliced or cut into chunks
		toasted squash or pumpkin seeds, for garnish
		microgreens or baby arugula, for garnish

Preheat oven to 375 F (190 C). In a bowl, toss squash with oil and salt. Spread out in a single layer on a baking sheet and roast in oven, tossing occasionally, until softened and lightly caramelized, about 20 to 25 minutes. Meanwhile, on a lightly floured work surface, roll prepared puff pastry dough into a 12 x 12-in (30 x 30 cm) square. Place on a parchment-lined baking sheet. Brush entire surface of pastry with egg wash. To create sides of tart shell, fold dough over on each side about ¾-in (2 cm). Press firmly to seal. To ensure that rim rises evenly, use a very sharp knife to trim edges slightly. Prick bottom of tart shell all over with tines of a fork. Refrigerate for 30 minutes. Toss warm squash cubes with 1 tbsp (15 ml) Pear Walnut Butter and set aside. Bake puff pastry until puffed and golden brown, about 35 to 40 minutes. Let tart shell cool to room temperature before filling. Just before serving, brush base of tart with remaining 1 tbsp (15 ml) Pear Walnut Butter and arrange tomatoes and squash on top. Garnish with squash seeds and greens, if desired. Slice and divide among serving plates.



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Thanksgiving Tarts, Tortes and Terrines
from page 36 continued

HERB PUFF PASTRY DOUGH

Makes about 1 lb, 5 oz (640 g)

1¾ cup	(425 ml)	all-purpose flour
1 cup		
+2 tbsp	(280 ml)	cold unsalted butter, cut into small cubes
½ tsp	(2 ml)	fine sea salt
½ cup	(125 ml)	ice cold water
2 tbsp	(30 ml)	fresh parsley, chopped
1 tbsp	(15 ml)	fresh thyme, chopped

On a clean work surface, place flour in a mound. Create a large well in centre of flour and add butter and salt. With your fingertips, gradually work together butter and salt while drawing flour into the mix. Do not overmix. You should still see large pieces of butter covered in flour. Gradually add half the water and gently rake through dough with your fingers. Add remaining water and again rake through with fingers, still taking care not to overmix. Dough will look very shaggy. Form into a ball and wrap in plastic wrap. Refrigerate for 30 minutes. On a floured work surface, roll chilled dough into a 16 x 8-in (40 x 20 cm) rectangle. Sprinkle with parsley and thyme. Fold dough into 3, bringing ends into centre, like folding a letter, to form a 4 x 8-in (10 x 20 cm) rectangle. Give it a quarter turn. Roll dough out again into a 16 x 8-in (40 x 20 cm) rectangle and fold again as before. Wrap dough in plastic wrap and chill for 30 minutes. Repeat rolling, folding and chilling dough, as described above, 2 more times.

Dough is now ready to use in your favourite recipes. If not using immediately, wrap dough in plastic wrap and refrigerate for up to 3 days or freeze for up to 4 months.

PEAR WALNUT BUTTER

Makes ¾ cups (175 ml)

½		Anjou pear, cored with a melon baller
4		garlic cloves, unpeeled
4 tbsp	(60 ml)	olive oil, divided
¼ cup	(50 ml)	walnuts
1 tbsp	(15 ml)	nutritional yeast
1 tbsp		
+1 tsp	(20 ml)	lemon juice
¼ tsp	(1 ml)	Dijon mustard
		salt and freshly ground black pepper, to taste

Preheat oven to 400 F (200 C). Place pear half and garlic cloves on a piece of aluminum foil. Drizzle with 1 tbsp (15 ml) oil. Seal aluminum foil to make a packet. Bake in oven until pear and garlic are soft, about 25 minutes. Open packet and let contents cool slightly. Peel pear and place in a blender. Squeeze garlic cloves out of their skins and add to blender along with walnuts, nutritional yeast, lemon juice, mustard and a pinch of salt and pepper. Blend until almost smooth. Slowly add remaining 3 tbsp (45 ml) oil until emulsified. Transfer to an airtight container and refrigerate until ready to use.

Thanksgiving Tarts, Tortes and Terrines
from page 36 continued

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MEDITERRANEAN TERRINE

Serves 6

- | | | |
|-------|----------|--|
| 2 | | large globe eggplants, sliced ½-in (1 cm) thick |
| 1 tsp | (5 ml) | salt |
| 4 | | red bell peppers |
| ¼ cup | (50 ml) | extra-virgin olive oil |
| 10 oz | (300 g) | soft, unripened goat's cheese, sliced thin or crumbled |
| ½ cup | (125 ml) | black olives, pitted and sliced |
| | | fresh basil leaves, for garnish |
| | | Parsley Cashew Sauce (make ahead, recipe follows) |

Preheat broiler. Spread out eggplant slices on 2 baking sheets, sprinkle eggplant with salt and let stand 20 minutes to sweat. Place bell peppers on another baking sheet, and roast under broiler, turning occasionally, until soft and skin is slightly charred on all sides, about 20 minutes. Transfer to a bowl and cover bowl with plastic wrap, allowing peppers to steam. Set aside until peppers have cooled to room temperature. Preheat a grill, or alternatively, a grill pan over medium-high heat. Grill eggplant slices, turning once or twice, until grill marks appear and slices are tender, about 8 minutes total. Remove to a plate to cool. Peel skins off cooled peppers, remove stems and seeds, and cut each pepper in half. Line a 8½ x 4½-in (1.5 L) loaf pan with plastic wrap, allowing plastic wrap to hang over sides by about 3-in (8 cm). Lay a few slices of eggplant along bottom of pan and top with a layer of roasted bell peppers and a layer of goat's cheese. Sprinkle a few olives over cheese before repeating layers. End with a final layer of eggplant. Fold ends of plastic wrap over terrine and gently place a weight (can use 2 soup cans) on top. Chill 2 hours or up to 2 days. Make Parsley Cashew Sauce while terrine chills. When ready to present, tilt terrine over sink and pour off any liquid that has accumulated. Unwrap terrine and invert onto a platter. Decorate with basil leaves. To serve, slice into 1-in (2.5 cm) thick slices and divide among serving plates. Serve with Parsley Cashew Sauce.

PARSLEY CASHEW SAUCE

Makes 1 cup (250 ml)

- | | | |
|---------|----------|--------------------------------------|
| ½ cup | (125 ml) | cashews, soaked in water for 1 hour. |
| ¼ cup | (50 ml) | extra-virgin olive oil |
| 2 tbsp | (30 ml) | red wine vinegar |
| 2 cups | (500 ml) | fresh flat-leaf parsley |
| ¼ cup | (50 ml) | fresh chives, chopped |
| 1 tsp | (5 ml) | salt |
| 1 pinch | | hot red pepper flakes |
| | | water (optional) |

In bowl of a blender, mix cashews, olive oil and vinegar until smooth and creamy, stopping to scrape down sides of blender as needed. Add remaining ingredients and blend until well combined but still a bit chunky. Thin as desired with water to achieve a pouring consistency.

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Delicate Dacquoises from page 48

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PISTACHIO DACQUOISE WITH ROSEWATER BUTTERCREAM

Serves 8

3 x 8-in (20 cm) round Pistachio Dacquoise (make ahead, recipe follows)
6 cups (1.5 L) Rosewater Buttercream (make ahead, recipe follows)
12 pistachios, whole, for garnish
Crystallized Rose Petals, for garnish
(make ahead, recipe follows)

To assemble, place one layer of dacquoise on a serving platter. Add 2 cups (500 ml) buttercream and spread evenly, avoiding going over edge. Repeat with second and third layer, ending with buttercream. Garnish with pistachios and Crystallized Rose Petals. To serve, cut with a serrated knife, wiping the blade clean between each cut.

PISTACHIO DACQUOISE

1 cup (250 ml) pistachios
1 1/2 cup (325 ml) icing sugar
1 pinch kosher salt
6 large egg whites
1/4 cup (75 ml) granulated sugar

Position 2 racks in oven as close to centre as possible, but leaving at least 4-in (10 cm) between them and preheat to 225 F (110 C). Line 2 baking sheets with parchment paper. Draw two 8-in (20 cm) circles onto paper on 1 sheet, about 3-in (8 cm) apart and 1 on other sheet, then turn parchment over so markings do not transfer onto dacquoises. In a food processor, pulse pistachios until ground to a fine powder - do not over-process as it will become oily. Transfer to a medium bowl. Add icing sugar and salt and stir until well combined. Using a stand mixer fitted with whip attachment, beat egg whites on medium speed for 3 to 4 minutes, until soft peaks form. On medium speed, add granulated sugar, in 3 equal additions, mixing for 30 seconds after each addition, including last one. When all sugar has been incorporated, increase speed to high and beat for about 15 seconds longer. Scrape meringue into a large bowl. Sprinkle nut/

Delicate Dacquoises from page 48 continued

sugar mixture on top of meringue and fold, quickly and gently. Final consistency will be somewhat soupy. Fit a pastry bag with a ½-in (1 cm) round plain tip and fill bag with meringue. Following guidelines drawn on paper, pipe meringue in a spiral onto parchment paper. Bake for about 3 hours, or until dacquoises are firm to touch. Switch baking sheet position midway through baking. Turn off oven and leave dacquoises in closed oven for at least 6 hours and up to 12 hours.

ROSEWATER BUTTERCREAM

Makes 6 cups (1.5 L)

1½ cups (375 ml) sugar
6 large egg whites
1½ cups (375 ml) unsalted butter, room temperature,
cut into large chunks
½ tsp (2 ml) rosewater
¼ tsp (1 ml) kosher salt

In small heatproof bowl, whisk together sugar and egg whites to make a thick slurry. Place bowl over simmering water in a saucepan, making sure water is not touching bottom of bowl, and heat, whisking occasionally, for 6 to 8 minutes or until mixture is hot to touch. Remove from heat and transfer mixture to bowl of a stand mixer fitted with whip attachment and whip at medium-high speed for 6 to 8 minutes, or until cool to touch. Reduce speed to low and add butter, a few chunks at a time. Increase speed to medium and mix for 4 to 5 minutes, or until butter is thoroughly incorporated and buttercream is smooth and glossy. If it looks curdled, keep whipping until it comes together.

Add rosewater and whip for 1 to 2 minutes until frosting is smooth. Use immediately, or cover and refrigerate for up to 2 weeks. Bring to room temperature before using and beat with paddle attachment if needed.

CRYSTALLIZED ROSE PETALS

1 large egg white
1 cup (250 ml) superfine or caster sugar
rose petals, organic

Use clean tweezers to hold rose petals. With a small paint brush, apply egg white all over both sides of each petal. Using a spoon, sprinkle sugar over egg white-covered petals, shaking off excess. Place petals on parchment-lined baking sheet and leave until completely dry, about 8 hours. Will keep for a few months stored in an airtight container.

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Delicate Dacquoises from page 48 continued



WALNUT DACQUOISE WITH DARK CHOCOLATE CARAMEL GANACHE AND SPICED APPLES

Serves 8

- | | | |
|---------|----------|---|
| 1 cup | (250 ml) | Caramel Sauce (make ahead, recipe follows) |
| 8 | | Walnut Dacquoise (make ahead, recipe follows) |
| 1½ cups | (375 ml) | Dark Chocolate Caramel Ganache (make ahead, recipe follows) |
| | | Spiced Apples, 16 segments (make ahead, recipe follows) |
| 8 | | Sugar Corkscrews (make ahead, recipe follows) |

To assemble, drizzle Caramel Sauce on each plate. Place a dacquoise in centre of each plate and top with a few spoonfuls of Dark Chocolate Caramel Ganache. Add 2 segments of Spiced Apples and a Sugar Corkscrew. Serve immediately.

WALNUT DACQUOISE

- | | | |
|---------|----------|------------------|
| ½ cup | (125 ml) | walnut pieces |
| 1½ cup | (325 ml) | icing sugar |
| 1 pinch | | kosher salt |
| 6 | | large egg whites |
| ½ cup | (75 ml) | sugar |

Position 2 racks in oven as close to centre as possible, but leaving at least 4-in (10 cm) between them and preheat to 200 F (95 C). Draw four 4-in (10 cm) circles onto paper on each of them, about 2-in (5 cm) apart, then turn parchment over so markings do not transfer onto dacquoises. Note: can make extra and select best-shaped to plate. In a food processor, pulse walnuts until ground to a fine powder. Do not over-process, as it will become oily. Transfer to a medium bowl. Add icing sugar and salt and stir until well combined. Using a stand mixer fitted with whip attachment, beat egg whites at medium speed for 3 to 4 minutes, until soft peaks form. At medium speed, add granulated sugar in 3 equal additions, mixing for 30 seconds after each addition, including last one. When all sugar has been incorporated, increase speed to high and beat for about 15 more seconds. Scrape meringue into a large bowl. Sprinkle nut/sugar mixture on top of meringue and fold, quickly and gently. Final consistency will be somewhat soupy. Fit a pastry bag with a ½-in (1-cm) round plain tip and fill bag with meringue. Following guidelines drawn on paper, pipe meringue in a spiral onto parchment paper. Bake for about 3 hours, or until dacquoises are firm to touch. Switch baking sheet positions midway through baking. Turn off oven and leave dacquoises in closed oven for at least 6 hours and up to 12 hours.

DARK CHOCOLATE CARAMEL GANACHE

Makes 1½ cups (375 ml)

- | | | |
|--------|----------|--|
| 1 cup | (250 ml) | sugar |
| 2 tbsp | (30 ml) | water |
| ½ cup | (125 ml) | unsalted butter, cut into large cubes |
| ¼ tsp | (1 ml) | salt |
| 1 cup | (250 ml) | whipping cream |
| 1 cup | (250 ml) | bittersweet or semisweet dark chocolate, chopped |

In a saucepan, melt sugar with water on medium heat until it becomes a caramel-coloured liquid, approximately 6 to 8 minutes. Add butter and salt and

BC LIQUORSTORES

Delicate Dacquoises from page 48 continued

stir until incorporated. Add cream and stir until caramel becomes thick. Add chocolate and stir until melted and incorporated into caramel. Remove from heat, let cool completely and reserve in an airtight container.

SPICED APPLES

4 tbsp (60 ml) honey
 ½ cup (125 ml) water
 1 tbsp (15 ml) lemon juice
 ¼ tsp (1 ml) ground ginger
 ¼ tsp (1 ml) ground nutmeg
 ¼ tsp (1 ml) ground cinnamon
 2 medium apples, cored and cut into 8 segments

In a medium saucepan, combine honey, water, lemon juice and spices. Bring to a boil, reduce heat and simmer, uncovered, until slightly thickened. Add apples and simmer, uncovered, until apples are just tender. Remove with a slotted spoon to a paper towel-lined plate and reserve until ready to plate.

CARAMEL SAUCE

Makes 1 cup (250 ml)

½ cup (125 ml) water
 1 cup (250 ml) sugar
 1 cup (250 ml) whipping cream
 1 tbsp (15 ml) pure vanilla extract
 1 pinch salt

In a medium saucepan, combine water and sugar and place over medium-high heat. Bring mixture to a boil and cook, without stirring (occasionally swirling pan if sugar crystals form), until syrup turns a deep amber colour, 7 to 8 minutes. Remove from heat and carefully add half the cream and whisk until smooth. Return to heat and add remaining cream, vanilla and salt and keep whisking until smooth. Let cool to room temperature.

SUGAR CORKSCREWS

1 cup (250 ml) sugar

Pour ½ cup (125 ml) sugar into a heavy-bottomed medium saucepan and cook over medium-high heat. Allow sugar to melt, stirring occasionally until completely liquid and golden brown in colour. Slowly stir in remaining sugar. As sugar melts, mixture will thin out and become very fluid. Cook until dark brown colour. Remove saucepan from heat. Allow sugar to cool until barely able to stir, taffy thickness, 5 to 10 minutes. Once sugar is at right temperature, take a well-oiled round knife sharpening steel (or similar-shaped mould), hold with one hand and take out caramel with a wooden spoon held in your other hand. Caramel should be like a thin rope and feel like taffy when pulled out. Wind around steel. Let cool for a few seconds, break tail off sugar and then gently slide corkscrew off steel and place on parchment paper or silicone mat. Repeat until finished. Sugar may have to be reheated a few times if it hardens too much. Corkscrews must be used the day they are made and stored in an airtight container until then. Do not refrigerate.

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ALMOND DACQUOISE WITH VANILLA BUTTERCREAM AND RASPBERRIES

Serves 6

1 cup (250 ml) Raspberry Coulis (recipe follows)
 12 x 3-in (8 cm) round Almond Dacquoise (make ahead, recipe follows)
 2 cups (500 ml) fresh raspberries
 3 cups (750 ml) Vanilla Buttercream (recipe follows)
 fresh mint leaves, for garnish

To assemble, use a large pastry brush and brush Raspberry Coulis on each plate. Then place one layer of dacquoise on one side of dessert plate. Place fresh raspberries around top edge of dacquoise and delicately top with another dacquoise. Garnish with a spoonful of Vanilla Buttercream on top, drizzle with coulis and garnish with a fresh raspberry. To make a buttercream quenelle, dip a large soup spoon in hot water. Hold spoon with the rounded bottom up and place far edge of the spoon into the mixture, with the near edge close to the surface, but not touching, and drag the spoon toward you. The buttercream should curl with the shape of the spoon. As you drag, twist your wrist up until the quenelle folds over itself into an egg shape. For the best shape, drag only once through the mixture; dip and clean your spoon for each new quenelle. Place quenelle beside the dacquoise on the plate and garnish with raspberries and fresh mint leaves.

RASPBERRY COULIS

Makes 1 cup (250 ml)

2 cups (500 ml) fresh raspberries
 ½ cup (125 ml) sugar (or to taste depending on sweetness of fruit)
 1 tbsp (15 ml) lemon juice

In a saucepan, over medium-high heat, combine berries, sugar and lemon juice and bring to a boil. Reduce heat to medium-low and cook until sugar is dissolved, about 8 minutes. Remove from heat and cool completely. Place mixture in a blender and purée until smooth. Pass through a fine-mesh colander, and discard solids. Refrigerate until ready to use.

ALMOND DACQUOISE

1 cup (250 ml) almonds
 1 ½ cup (325 ml) icing sugar
 1 pinch kosher salt
 6 large egg whites
 ½ cup (75 ml) sugar

Position 2 racks in oven as close to centre as possible, but leaving at least 4-in (10 cm) between them and preheat to 200 F (95 C). Draw six 3-in (8 cm) circles onto paper on each sheet, about 1-in (2 cm) apart, then turn parchment over so markings do not transfer onto dacquoises. In a food processor, pulse almonds until ground to a fine powder. Do not over-process, as it will become oily. Transfer to a medium bowl. Add icing sugar and salt and stir until well combined. Using a stand mixer fitted with whip attachment, beat egg whites on medium speed for 3 to 4 minutes, until soft peaks form. On medium speed, add sugar in 3 equal additions, mixing for 30 seconds after each addition, including

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Delicate Dacquoises from page 48 continued

last one. When all sugar has been incorporated, increase speed to high and beat for about 15 seconds longer. Scrape meringue into a large bowl. Sprinkle nut/sugar mixture on top of meringue and fold, quickly and gently. Final consistency will be somewhat soupy. Fit a pastry bag with a 1/2-in (1 cm) round plain tip and fill bag with meringue. Following guidelines drawn on paper, pipe meringue in a spiral onto parchment paper. Bake for about 3 hours, or until dacquoises are firm to touch. Turn off oven and leave dacquoises in closed oven for at least 6 hours and up to 12 hours. When ready to assemble, carefully peel dacquoise from parchment paper. Dacquoise can be stored for a few days in an airtight container.

VANILLA BUTTERCREAM

Makes 3 cups (750 ml)

3/4 cup	(175 ml)	sugar
4 tbsp	(60 ml)	water
2		large eggs
1		large egg yolk
1 1/2 cups	(375 ml)	unsalted butter, room temperature, cut into large chunks
1 tsp	(5 ml)	pure vanilla extract

In a small saucepan, stir together sugar and water. Over high heat, bring to a boil and cook, without stirring, until syrup reaches 238 F (114 C) on candy thermometer. Remove from heat. Meanwhile, in bowl of a stand mixer fitted with whip attachment, beat eggs and yolks at medium speed for 3 to 4 minutes, until pale and light. Reduce speed to low and slowly add syrup to eggs, pouring it down side of mixing bowl, away from whip attachment. Increase speed to medium and whip for 6 to 8 minutes, until mixture turns light and fluffy, pale and cool to touch. Reduce speed to low and add butter, a few chunks at a time. Increase speed to medium and continue to whip for 4 to 5 minutes. Mixture might break and look curdled at first, but beating will make it smooth and silky. Add vanilla and whip until completely combined. Use immediately or refrigerate in an airtight container for up to a week. Bring to room temperature before using and, if needed, beat with paddle attachment until smooth.

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HAZELNUT DACQUOISE WITH MOCHA BUTTERCREAM

Serves 4

3 x 6-in	(15 cm)	square Hazelnut Dacquoise (recipe follows)
3 cups	(750 ml)	Mocha Buttercream (recipe follows)
1 cup	(250 ml)	Chocolate Ganache (recipe follows)
12		hazelnuts, whole, for garnish
6		Chocolate Shards, for garnish (recipe follows)

To assemble, place one layer of dacquoise on a serving platter. Add 1 1/2 cup (375 ml) buttercream and spread evenly, avoiding going over the edge. Repeat with second and third layer, ending with dacquoise. Pour Chocolate Ganache over the dacquoise and garnish with hazelnuts and chocolate pieces. To serve, cut with a serrated knife, wiping the blade clean between each cut.

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HAZELNUT DACQUOISE

1 cup (250 ml) hazelnuts
 1 1/3 cup (325 ml) icing sugar
 1 pinch kosher salt
 6 large egg whites
 1/3 cup (75 ml) sugar

Position 2 racks in oven as close to centre as possible, but leaving at least 4-in (10 cm) between them, and preheat to 225 F (110 C). Line 2 baking sheets with parchment paper. Draw two 8-in (20 cm) circles on paper on each sheet, about 3-in (8 cm) apart, then turn parchment over so markings do not transfer onto dacquoises. You will need 3, but make 4 in case one breaks when you cut it. In a food processor, pulse hazelnuts until ground to a fine powder. Do not over-process, as it will become oily. Transfer to a medium bowl. Add icing sugar and salt and stir until well combined. Using a stand mixer fitted with whip attachment, beat egg whites at medium speed for 3 to 4 minutes, until soft peaks form. On medium speed, add granulated sugar, in 3 equal additions, mixing for 30 seconds after each addition, including last one. When all sugar has been incorporated, increase speed to high and beat for about 15 seconds longer. Scrape meringue into a large bowl. Sprinkle nut/sugar mixture on top of meringue and fold, quickly and gently. Final consistency will be somewhat soupy. Fit a pastry bag with a 1/2-in (1 cm) round plain tip and fill bag with meringue. Following guidelines drawn on paper, pipe meringue in a spiral onto parchment paper. Bake for about 3 hours, or until dacquoises are firm to touch. Switch baking sheet positions midway through baking. Turn off oven and leave dacquoises in closed oven for at least 6 hours and up to 12 hours. When ready to assemble, carefully peel parchment paper from dacquoise. Using a serrated knife, slowly cut each side of meringue to form a 6-in (15 cm) square. If meringue breaks in a few pieces, they can still be used as buttercream will keep it together.

MOCHA BUTTERCREAM

Makes 3 cups (750 ml)

3/4 cup (175 ml) sugar
 4 tbsp (60 ml) water
 2 large eggs
 1 large egg yolk
 1 1/2 cups (375 ml) unsalted butter, room temperature, cut into large chunks
 1 tbsp (15 ml) instant espresso powder
 2 tbsp (30 ml) dark chocolate, melted (melted in glass or metal bowl over boiling water)

In a small saucepan, stir together sugar and water. Over high heat, bring to a boil and cook, without stirring, until syrup reaches 238 F (114 C) on candy thermometer. Remove from heat. Meanwhile, in bowl of stand mixer fitted with whip attachment, beat eggs and yolks on medium speed for 3 to 4 minutes, until pale and light. At low speed, slowly add syrup into eggs, pouring it down side of mixing bowl, away from whip attachment. Increase speed to medium and whip for 6 to 8 minutes, until mixture turns light and fluffy, pale, and cool to touch. Reduce speed to low and add butter, a few chunks at a time. Increase speed to medium and continue to whip for 4 to 5 minutes. Mixture might break and look curdled at first, but beating will make it smooth and silky. Add espresso powder and melted chocolate and whip until completely combined. Use immediately or refrigerate in an airtight container for up to a week. Bring to room temperature before using and, if needed, beat with paddle attachment until smooth.

CHOCOLATE GANACHE

Makes 1 cup (250 ml)

1 cup (250 ml) whipping cream

8 oz (250 g) dark chocolate (bittersweet or semisweet)

Using a serrated knife, cut chocolate into small pieces. Heat cream to almost boiling either in microwave or in a small saucepan over medium heat. Add chocolate and let stand for a few minutes. Stir until chocolate and cream are well blended. Ganache will harden in the fridge; at room temperature it will be spreadable; heated, it will be like a glaze.

CHOCOLATE SHARDS

3/4 cup (175 ml) whipping cream
 3 tbsp (45 ml) unsalted butter
 8 oz (250 g) dark chocolate (bittersweet or semisweet)

Using a serrated knife, cut chocolate into small pieces. Heat cream to almost boiling either in microwave or in a small saucepan over medium heat. Add chocolate and butter and let stand for a few minutes. Stir until chocolate, cream and butter are well blended. Spread mixture thinly on a piece of parchment paper set on a baking sheet. Leave at room temperature until set, or refrigerate until ready to use. When ready to use, peel chocolate off parchment paper and use as desired.

PAIRS WITH

CHOCOLAT ROUGE

USA \$15.99 240929

TRADER VIC'S MACADAMIA NUT

USA \$32.99 644344



SEAFOOD SOUP

Serves 4

2 tbsp (30 ml) peanut or canola oil
 1/4 tsp (1 ml) turmeric
 1-in (2.5 cm) ginger, thinly sliced
 2 lemongrass stalks, pounded and cut into 2-in (5 cm) pieces
 1/4 cup (50 ml) shallots, finely chopped
 3 garlic cloves, minced
 2 tbsp (30 ml) Dried Shrimp Powder (recipe follows, make ahead)
 1 lb (500 g) white fish fillets, divided, cut half into 1-in (2.5 cm chunks)
 1 tsp (5 ml) shrimp paste*
 8 cups (2 L) water
 1 tsp (5 ml) salt
 1/2 lb (250 g) Manila clams, cleaned
 1/2 lb (250 g) mussels, cleaned
 1/2 lb (250 g) large shrimp
 1/4 cup (50 ml) shallots, thinly sliced, soaked in cold water for 10 minutes, then drained, for garnish
 3 small green Thai chilies, seeded and minced, for garnish
 1 small handful cilantro leaves, for garnish
 2 limes, cut into wedges, for garnish

* Available at Asian supermarkets

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The Diverse Dishes of Burma from page 58 continued

To make broth, in a large stockpot, heat oil over medium-high heat. Add turmeric, ginger, lemongrass, shallots and garlic and sauté until softened, about 3 minutes. Stir in prepared Dried Shrimp Powder and reduce heat to medium. Add ½ lb (250 g) of the white fish fillets and cook until nearly cooked through, about 10 to 12 minutes. Dissolve shrimp paste in 2 tbsp (30 ml) hot water and add to pot along with water. Raise heat and bring to a boil, then add salt. Lower heat to a simmer, cook, partially covered, for 15 minutes. Strain broth, discard solids and refrigerate until ready to use. Bring prepared broth to a boil. Add remaining ½ lb (250 g) fish fillet chunks, clams, mussels and shrimp. Cover and bring back to a boil and cook until clams and mussels have opened and fish and shrimp are cooked, about 5 to 7 minutes. Serve in warm bowls and top with prepared shallots, chilies, cilantro and lime wedges.

DRIED SHRIMP POWDER

Makes ½ cup (125 ml)

½ cup (75 ml) large dried shrimp

Place dried shrimp in a bowl and just cover with water. Set aside to soak for 10 minutes (longer if shrimp are very hard and dry) until shrimp are just soft. Drain and pat dry. Transfer to a food processor and pulse until a coarse fluffy powder, about 1 to 2 minutes. Store in an airtight glass jar.

PAIRS WITH

CONUNDRUM CALIFORNIA WHITE

USA \$24.99 390831

QUAILS' GATE DRY RIESLING

BC VQA \$16.99 308312



TAMARIND PUMPKIN CURRY

Serves 4

1	tbsp (15 ml)	peanut or canola oil
1	pinch	turmeric
2		garlic cloves, finely chopped
1	tbsp (15 ml)	ginger, finely minced
2		shallots, finely chopped
2	tbsp (30 ml)	Dried Shrimp Powder*
½	tsp (2 ml)	red chili powder or cayenne
2	tsp (10 ml)	tamarind paste or concentrate
1	tbsp (15 ml)	fish sauce
1	cup (250 ml)	chicken broth or water

* See "Dried Shrimp Powder" recipe on page 156

2 lbs (1 kg) pumpkin*, peeled, seeded, cut into 1-in (2.5 cm) dice
 ¼ cup (50 ml) cilantro, chopped, for garnish
 3 tbsp (45 ml) mint, chopped, for garnish

Heat a large saucepan or wok over medium heat. Add oil, then turmeric. Stir for 10 seconds, then add garlic, ginger and shallots. Sauté until shallots have softened, about 3 minutes, then add Dried Shrimp Powder and cook for another minute. Add chili powder, tamarind, fish sauce, broth or water and pumpkin. Increase heat to high, cover and bring to a boil. Lower heat and simmer until pumpkin has softened, about 5 minutes or until desired texture. Remove cover and simmer a few minutes more to thicken sauce. Season with more fish sauce, tamarind or chili powder, as desired. Garnish with cilantro and mint.

PAIRS WITH

SEE YA LATER RANCH BELLE

BC VQA \$18.99 79633

OYSTER BAY SPARKLING CUVÉE ROSÉ

New Zealand \$24.99 772079



EGG NOODLES WITH PORK AND COCONUT SAUCE

Serves 4

6 cups (1.5 L) chicken broth
 ½ lb (250 g) pork bones
 6 shallots, divided, 4 coarsely chopped, 2 finely minced
 1 lemongrass stalk, trimmed and smashed, cut into 2-in (5 cm) pieces
 3 tbsp fish sauce, divided
 +2 tsp (55 ml) boneless pork shoulder, thinly sliced
 1 lb (500 g) turmeric
 ½ tsp (2 ml) canola or peanut oil
 ¼ cup (50 ml) garlic cloves, minced
 3 dried small red chilies, soaked in water 10 minutes, finely minced
 2 shrimp paste**
 1 tsp (5 ml) chickpea flour
 2 tbsp (30 ml) chicken stock or water
 ¼ cup (50 ml) coconut milk
 1 cup (250 ml) freshly ground black pepper
 ½ tsp (2 ml) sea salt
 1 lb (500 g) thin egg noodles
 fried shallots**, for garnish
 cilantro sprigs, for garnish
 lime wedges, for garnish
 shredded Napa cabbage
 green onions, chopped
 chili oil**

* Can substitute kabocha or butternut squash.

** Available at Asian supermarkets

In a saucepan, over medium-high heat, bring to a boil chicken broth, pork bones, coarsely chopped shallots and lemongrass. Skim off any foam residue. Lower heat and simmer for 1 hour. Add 3 tbsp (45 ml) fish sauce and strain broth, discarding solids. Set aside until ready to use. Place sliced pork in a mixing bowl, add turmeric and 2 tsp (10 ml) fish sauce. Mix well. In a heavy saucepan or wok, heat oil over medium heat. Add finely minced shallots and cook 3 minutes, or until softened and translucent. Add garlic and chilies. Blend shrimp paste in ¼ cup (50 ml) hot water and add to wok. Cook for a minute then add marinated pork. Stir-fry pork until nearly cooked through, about 5 minutes. Meanwhile, heat a small, heavy skillet over medium heat. Add chickpea flour and using a wooden spoon, stir until it becomes toasted, about 3 to 4 minutes. Transfer immediately to a small plate to cool. When pork is ready, add toasted chickpea flour mixed with chicken stock or water. Stir, then add coconut milk and pepper. Simmer for 10 minutes. Taste and adjust seasoning with fish sauce and salt, to taste. Bring a large stockpot of water to a boil. Add egg noodles and cook about 2 to 3 minutes until al dente or until desired texture. Drain and divide among serving bowls. Bring reserved broth to a boil, then divide and ladle broth over noodles. Divide and ladle pork and coconut sauce over noodles. Top with fried shallots, cilantro and a wedge of lime. Serve with shredded cabbage, green onions and chili oil.

PAIRS WITH

BERONIA RIOJA RESERVA

Spain \$24.99 216770

TOMMASI ARELE VENETO APPASSIMENTO

Italy \$22.99 203539



TAGLIATELLE LAMB RAGÙ

Serves 6

⅓ lamb shoulder, cleaned
 flour, for dusting
 1 each carrot, onion, celery stalk, cut into ¼-in (0.5 cm) dice
 2 garlic cloves
 1 tbsp (15 ml) tomato paste
 1 sprig each rosemary, thyme, sage
 1 cup (250 ml) dry white wine
 8 cups (2 L) lamb stock***
 1 lb (500 g) Tagliatelle Pasta (make ahead, recipe follows), or use packaged
 ½ cup (125 ml) fresh parsley
 6 tbsp (90 ml) olive oil

Preheat oven to 350 F (180 C). Cut lamb shoulder into small cubes, lightly dust with flour, then brown in an ovenproof saucepan on stovetop over high heat. Add diced carrot, celery, onion and garlic and sweat****, about 5 minutes. Add tomato paste and stir. Add white wine and reduce until almost dry. Add sprigs of rosemary, thyme and sage. Add stock, cover with parchment paper and move to preheated oven. Cook until meat is tender, about 1½ hours.

*** Available from The Stock Market on Granville Island, or specialty food stores.

**** Heating meat or vegetables slowly in fat or water to extract juices.

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La Pentola Della Quercia from page 62 continued

Meanwhile, if making fresh, prepare pasta. If using packaged, prepare as per package instructions. Just before meat is ready, bring a large pot of salted water to a boil and cook pasta to al dente. Strain pasta, then add to saucepan with lamb ragu and toss with parsley and olive oil. Serve immediately.

TAGLIATELLE PASTA

2 cups (500 ml) flour
5 eggs

Mix eggs and flour together until well incorporated. Turn out onto a wooden board and gently knead until smooth and elastic. Dust lightly with flour, return to bowl, cover with plastic wrap or a kitchen towel and let rest for 30 minutes. Roll through pasta roller according to manufacturer's instructions. Pasta should be thin enough to see your hand through. Cut into strands with the pasta roller attachment.

PAIRS WITH

J. LOHR RIVERSTONE CHARDONNAY
USA \$22.99 258699

YALUMBA SCRIBBLER CABERNET SAUVIGNON SHIRAZ BAROSSA
Australia \$25.99 331884



STUFFED QUAIL WITH BALSAMIC FIGS

Serves 6

6	quail, bones removed, left whole (ask your butcher)
10 oz (300 g)	ground prosciutto
1 each	carrot, shallot and celery stalk, cut into ¼-in (0.5 cm) dice
1	garlic clove, minced
1 tbsp (15 ml)	tomato paste
8 sprigs	thyme, chopped
½ cup (125 ml)	bread crumbs
12	fresh figs, halved
6 tbsp	
+2 tsp (100 ml)	balsamic vinegar

La Pentola Della Quercia from page 62 continued

¾ cup
+ ½ cup (200 ml) dark poultry stock*

Preheat oven to 400 F (200 C), or use grill. In a saucepan over medium-high, heat prosciutto and vegetables and garlic until shallots and celery are translucent. Add tomato paste and cook until near dry. Add chopped thyme. Remove mixture from heat and allow to cool. Add bread crumbs to mixture and form into 6 balls. Place 1 ball in space between each quail breast. Form quail into shape and secure with skewers. Cook quail on the grill, or in preheated oven, for approximately 15 minutes or until a thermometer inserted into the centre reads 140 F (60 C). (If cooking in oven, cook uncovered in a roasting pan basting a few times with olive oil). Meanwhile, in a small saucepan, place figs cut-side down in pan to colour, turn over and add stock, reduce liquid by half. Add balsamic and adjust consistency. Place sauce on plate and serve quail on top.

PAIRS WITH

CATENA MALBEC

Argentina **\$22.95** 478727

BABICH EAST COAST PINOT NOIR

New Zealand **\$19.99** 790675



CREMA DI LIMONE

Serves 6

2½ cups
+ ⅓ cup (700 ml) whipping cream
⅔ cup (150 g) sugar
6 tbsp
+ 2 tsp (100 ml) lemon juice (about 3 lemons), plus lemon zest
Poached Pears (recipe follows)

In a small saucepan, bring cream and sugar to boil then simmer for 5 minutes. Zest three lemons and add to lemon juice. Remove cream from heat and add lemon juice. Let steep for 5 minutes. Strain through a fine mesh strainer. Separate mixture into 6 shallow bowls and chill in refrigerator until set. Serve with Poached Pears and biscotti.

POACHED PEARS

6 Anjou pears, peeled and cored
4 cups (1 L) sugar
4 cups (1 L) water
1 cup (250 ml) sweet wine (red or white, your choice)
1 vanilla pod

In a large saucepan, bring to a boil all ingredients except pears. Add pears, cover and simmer until soft. Using a slotted spoon, remove pears from liquid, slice and serve on top of Crema di Limone.

PAIRS WITH

DR LOOSEN SPARKLING RIESLING

Germany **\$18.95** 158501

PATRÓN CITRÓNJE EXTRA FINE

Mexico **\$32.99** 117291

* Available from The Stock Market on Granville Island, or specialty food stores.

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SARDINES IN SAOR

Serves 6

- 8 large onions, sliced
- 6 tbsp (90 ml) olive oil, plus extra for drizzling
- 4 cups (1 L) dry white wine
- 2 cups (500 ml) white wine vinegar
- 12 sardines*, fresh (or individual frozen and thawed), cleaned, quality
- ½ cup (125 ml) currants, reconstituted in marsala**
- flour, for dusting
- pine nuts
- salt, to taste

In a pan over medium heat, cook onions in 3 tbsp (45 ml) olive oil until very soft and translucent. Add wine and vinegar and reduce by a third, season with salt. Lightly season sardines with salt and dust with flour. In another pan, gently fry sardines in remaining 3 tbsp (45 ml) olive oil until just cooked. Remove sardines to a paper towel-lined plate. Spread half the onion mixture in bottom of a container, sprinkle with some currants, then place sardines on top, followed by more currants and another layer of onions, to cover. Press down with cling film and place in fridge. Serve the following day or refrigerate, untouched, for up to a month. Serve on a bed of fresh greens and microgreens, sprinkle with pine nuts and drizzle with olive oil.

PAIRS WITH

YALUMBA Y SERIES VIOGNIER

Australia **\$17.99** 624502

OYSTER BAY SPARKLING CUVÉE BRUT

New Zealand **\$24.99** 916346



TOMATO SAMBUCA SOUP

Serves 4 as an appetizer

- 14 oz (400 ml) can full-fat coconut milk, chilled at least 4 hours
- 1 tbsp (15 ml) cornstarch
- 1 pinch salt
- 2 lbs (1 kg) tomatoes
- 1 garlic clove, minced

* Available at Granville Island market or check your local fish store.

** In a medium saucepan, bring ½ cup (125 ml) each of water, marsala and currants to a boil. Let sit for 15 minutes then strain

- 1 tbsp (15 ml) sambuca liqueur
- salt and freshly ground black pepper, to taste

Without shaking can, open coconut milk and scoop into a large bowl only the thick cream that has risen to the top. Using an electric mixer, beat cream with cornstarch until consistency of whipped cream. Season with a pinch of salt. Cover and refrigerate for up to 2 days. Chop tomatoes and place in a blender along with garlic. Purée until smooth. Strain into a saucepan and bring to a simmer over medium heat. Stir in sambuca and continue to simmer for 2 minutes. Season to taste with salt and pepper. To serve, divide soup among serving bowls. Top with a dollop of coconut cream and serve immediately.

PAIRS WITH

EDNA VALLEY CHARDONNAY

USA **\$19.99** 81430

TIO PEPE FINO PALOMINO GONZÁLES BYASS

Spain **\$21.99** 242669



PROSCIUTTO-WRAPPED HALIBUT WITH ZUCCHINI CARPACCIO

Serves 4

- 2 tbsp
- +3 tbsp (75 ml) olive oil, divided
- 1 garlic clove, minced
- 4 x 7 oz (220 g) halibut fillets, skinned
- 8 slices prosciutto, cut very thin
- 1 each small green and yellow zucchini
- 16 small basil leaves
- salt and freshly ground pepper

Preheat oven to 450 F (230 C). In a small bowl, stir together 2 tbsp (30 ml) oil with garlic. Set aside. Wrap each fillet tightly with 2 slices of prosciutto, to cover. Place halibut on a baking sheet lined with parchment paper and brush with garlic oil. Bake for 10 minutes, or until just firm. Trim and discard ends of zucchini. Using a mandolin or sharp knife, slice zucchini into paper-thin coins. Arrange in a single layer, overlapping slices slightly, on individual serving plates. Drizzle with remaining 3 tbsp (45 ml) oil, then season with a sprinkle of salt and pepper. Let stand for 5 minutes. To serve, top carpaccio with a piece of halibut and a few basil leaves. Serve immediately.

PAIRS WITH

ORMARINE PICPOUL DE PINET LANGUEDOC

France **\$14.95** 124834

HAHN PINOT NOIR

USA **\$21.99** 831099



FRENCH COUNTRYSIDE CHICKEN WITH GREEN BEAN AND HAZELNUT SALAD

Serves 4

4		chicken supremes* (or bone-in chicken breasts)
5 tbsp	(75 ml)	olive oil, divided
1½ cups	(375 ml)	onion, finely chopped
6 slices		thick bacon, finely diced
1 cup	(250 ml)	tomatoes, seeded and finely diced
2 tbsp	(30 ml)	capers, chopped
		salt and pepper, to taste
		parsley, chopped, for garnish
1		lemon, cut into wedges, for garnish (optional)
		Green Bean and Hazelnut Salad (recipe follows, optional)

Preheat oven to 400 F (200 C). Place chicken supremes, skin-side up, on a rimmed baking sheet. Drizzle with 3 tbsp (45 ml) olive oil and season liberally with salt and pepper. Roast for 30 to 35 minutes until chicken is cooked through and internal temperature is 155 F (68 C). Meanwhile, if making, prepare Green Bean and Hazelnut Salad. In a large skillet over high heat, heat remaining 2 tbsp (30 ml) oil. Add onions and bacon and cook, stirring often, for about 2 minutes. Add tomatoes and cook until soft and lightly browned, about 10 minutes. Stir in capers and season to taste with salt and pepper. Transfer chicken to serving plates, spoon tomato-bacon sauce over chicken and garnish with chopped parsley and a lemon wedge, if desired. Serve with Green Bean and Hazelnut Salad.

GREEN BEAN AND HAZELNUT SALAD

Serves 4

¾ lb	(340 g)	green beans, trimmed
2¼ tsp	(11 ml)	Dijon mustard
1½ tsp	(7 ml)	balsamic vinegar
1 pinch		salt, plus extra
4 tsp	(20 ml)	extra-virgin olive oil
1 tsp	(5 ml)	hazelnut oil
2 tbsp	(30 ml)	toasted hazelnuts, coarsely chopped
		freshly ground pepper, to taste

Bring a large pot of salted water to a boil over high heat. Prepare an ice bath by placing ice in a large bowl and filling bowl about half way with cold water. Add beans to boiling water and cook until just tender, 4 to 6 minutes. Transfer to ice bath to stop from cooking further. Drain and pat dry with paper towel. In another large bowl, whisk together mustard, vinegar and pinch of salt. While whisking, slowly add olive and hazelnut oils until emulsified. Add green beans and hazelnuts and toss well to coat. Season to taste with additional salt and freshly ground black pepper.

PAIRS WITH

MER SOLEIL SILVER UNOAKED CHARDONNAY
USA **\$28.99** 143784

CEDARCREEK PINOT NOIR
BC VQA **\$24.95** 567412

* Chicken breast with the wing bone attached. Available at butcher stores.



CAULIFLOWER MOUSSE AMUSE-BOUCHES

Makes 24

4 cups	(1 L)	water
1½ cups	(375 ml)	cauliflower florets, chopped
1 tbsp	(15 ml)	kosher salt
1 tsp	(5 ml)	white peppercorns, freshly ground
½ cup	(125 ml)	whipping cream
1 oz	(30 g)	caviar (red and/or black), for garnish
		fresh dill, for garnish

Bring a large pot of water to a boil over high heat and add cauliflower and salt. Reduce heat and simmer until tender, 15 to 20 minutes. Drain cauliflower and return to pan. Cook cauliflower over medium heat, stirring gently, for about 5 minutes to evaporate as much moisture as possible. Transfer to a blender and purée until smooth, turning off blender and scraping down sides several times, to ensure an even, creamy consistency. Transfer purée to a bowl and season with salt and white pepper to taste. Cover and refrigerate at least 1 hour or overnight. Before serving, whip cream to stiff peaks and fold gently into purée. Place cauliflower mousse in a pastry bag fitted with a ¼-in (0.5 cm) round pastry tip. Pipe mousse onto each spoon, top each serving with a little caviar and a small sprig of fresh dill. Refrigerate until ready to serve.

PAIRS WITH

BOLLINGER SPECIAL CUVÉE
France **\$74.99** 384529

BELVEDERE VODKA
Poland **\$49.99** 437772



COLOURFUL CAULIFLOWER WITH LEMON-GARLIC DRESSING

Serves 4 (serve hot or cold)

1		small garlic clove, minced
2 tbsp	(30 ml)	extra-virgin olive oil
2 tbsp	(30 ml)	white wine vinegar
¼ tsp	(1 ml)	crushed red pepper flakes
2 tsp	(10 ml)	lemon zest
2 tbsp	(30 ml)	lemon juice
1 tbsp	(15 ml)	kosher salt
8 cups	(2 L)	bite-size cauliflower florets, assorted colours

In a small bowl, whisk together garlic, oil, vinegar, pepper flakes, lemon zest

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Cauliflower Creativity from page 84 continued

and juice. Set aside. Bring a large pot of water to a boil. Add salt and cauliflower florets and cook for 2 to 3 minutes until just tender. With a slotted spoon, remove florets from boiling water. If serving hot, transfer to a serving dish, add dressing and stir to coat. If serving as a cold salad, cool florets in a bowl of ice-cold water. Remove with a slotted spoon and set on paper towels to dry. Place in a serving dish, add dressing and chill for 1 hour, or overnight, before serving.

PAIRS WITH
THE PEOPLE'S SAUVIGNON BLANC
New Zealand **\$17.99** 515049

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



CAULIFLOWER SALAD WITH SHERRY VINAIGRETTE

Serves 4

2 cups	(500 ml)	cauliflower florets, thinly sliced
1 tsp	(5 ml)	salt
½ lb	(250 g)	green beans
1 cup	(250 ml)	grape tomatoes, various colours
1 cup	(250 ml)	flat leaf parsley leaves, loosely packed
4 tbsp	(60 ml)	sliced almonds, toasted (optional)
1 tbsp	(15 ml)	sherry vinegar
1 tbsp	(15 ml)	lemon juice
1 tbsp	(15 ml)	Dijon mustard
½ cup	(125 ml)	extra-virgin olive oil

4 tbsp (60 ml) Parmesan shavings*

Bring a pot of water to boil, add salt and green beans and cook for 2 minutes. With a slotted spoon, remove beans from water and place in bowl of ice cold water until cooled. Remove with a slotted spoon and place on paper towel to dry. Combine cauliflower, beans, tomatoes, parsley and sliced almonds (if using) in a large bowl. In a small bowl, whisk together vinegar, lemon juice, mustard and oil. Add half the dressing to salad, toss to coat. Divide salad equally among 4 plates and top with Parmesan shavings. Drizzle additional dressing right before serving.

PAIRS WITH

CHAPOUTIER MARIUS TERRET VERMENTINO PAYS D'OC
France **\$14.99** 821868

BATASIOLO BARBERA D'ALBA
Italy **\$17.99** 311555



COCONUT AND DRIED FRUIT MOONCAKES

Makes 18 x 3-in (8 cm) mooncakes

4 cups (1 L) all-purpose flour
¾ cup (175 ml) dried milk powder
1 tbsp (15 ml) baking powder
1 tsp (5 ml) salt
3 large eggs
¼ cup (300 ml) sugar
¾ cup (175 ml) unsalted butter, melted and cooled to room temperature
1½ tsp (7 ml) vanilla extract
Filling (recipe follows)
1 large egg, beaten with 2 tbsp (30 ml) water to make egg wash

To make dough, in a bowl, add together flour, milk powder, baking powder and salt and mix well. In another bowl, add eggs and sugar and beat for 5 minutes or until sugar has dissolved. Beat in melted butter and vanilla. Slowly mix in dry ingredients until combined into a dough. Transfer to a floured surface and knead lightly until smooth. Roll dough into a thick log, 2-in (5 cm) diameter, wrap tightly with plastic wrap and allow to rest in refrigerator overnight. Meanwhile, make Filling (recipe follows). Preheat oven to 375 F (190 C). Divide dough into 18 equal portions. Roll each portion into a small ball. Cover a dough portion with plastic film or parchment and roll into a thin round disc, about 6-in (15 cm) in diameter, making edges thinner than centres. Uncover, then using an ice cream scoop (about ¼ cup/50 ml), place a packed scoop of prepared Filling in middle of disc, gather edges to enclose Filling and pinch to close. Coat mooncake mould** with cooking oil spray and place stuffed mooncake into mould. Lightly press each flattened circle into mould to shape. Remove by lightly banging out cake from mould. Place each mooncake on a parchment paper-lined baking sheet. Brush each cake with egg wash mixture and bake for 30 minutes or until golden brown. Remove from oven and allow to cool on

* Using a vegetable peeler, slice thin shavings off a block of Parmesan cheese.

** Mooncake moulds are available at Chinese cookware stores. If you don't have a mould, shape cake as round as possible, then flatten slightly and use a fork or skewer to draw a design. A large chocolate mould or clean stamp from a craft store can also be used to imprint top of cake

wire rack. Store in an airtight container.

FILLING

1½ cup (375 ml) apricot preserves
2 cups (500 ml) dates, pitted, coarsely chopped
2 cups (500 ml) flaked coconut, sweetened
1 cup (250 ml) dried pineapple or mango, coarsely chopped
1 cup (250 ml) raisins
½ cup (125 ml) candied ginger, coarsely chopped
½ cup (125 ml) pine nuts (optional)

In a large bowl, mix together all ingredients until blended.

PAIRS WITH

MINUS 9 GEHRINGER BROTHERS EHRENFELSER ICEWINE
BC VQA **\$49.99** 551739 375 ml

TAYLOR FLADGATE 20-YEAR-OLD TAWNY PORT
Portugal **\$66.49** 149047



BRAISED PUMPKIN WITH PORK OVER SHANGHAI NOODLES

Serves 4

1 tbsp (15 ml) ginger, finely chopped
2 tsp (10 ml) sesame oil, divided
2 tsp (10 ml) Chinese rice wine or dry sherry
1 tsp (5 ml) sugar
1 tbsp (15 ml) oyster sauce
1 tsp (5 ml) soy sauce
2 tsp (10 ml) cornstarch
1 pinch white peppercorns, freshly ground
½ lb (250 g) boneless pork loin, cut into thin julienne strips
1 lb (500 g) Shanghai noodles
3 tbsp (45 ml) canola oil, divided
1 x 2-in (5 cm) ginger, finely chopped
3 garlic cloves, finely minced
1 small onion, coarsely chopped
2 small red Thai chilies***, seeded and finely chopped
1 lb (500 g) pumpkin or butternut squash, cut into 1-in (2.5 cm) cubes
1 lb (500 g) salted black beans, rinsed, dried and coarsely chopped
¼ cup (50 ml) Shao Hsing wine or rice wine
2 tsp (10 ml) brown sugar
3 tbsp (45 ml) Chinese soy bean sauce
1½ cups (375 ml) chicken or vegetable stock, mixed with 2 tbsp (30 ml) cornstarch
1 tbsp (15 ml) rice vinegar
1 tbsp (15 ml) light soy sauce
green onions, chopped, for garnish

In a large mixing bowl, combine 1 tbsp (15 ml) ginger, sesame oil, Chinese rice wine or dry sherry, sugar, oyster sauce, soy sauce, cornstarch and white

*** Take care when handling these as they are very hot.

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Celebrating Mid-Autumn Festival from page 92 continued

pepper. Mix the pork in with marinade ingredients. Set aside for 15 minutes. While pork is marinating, bring a large pot of salted water to a boil. Add Shanghai noodles and cook according to package instructions. Drain well and divide among warm serving bowls. Heat 2 tbsp (30 ml) of oil in a flat-bottomed wok or a large skillet over high heat, using a spatula to coat wok with oil. When hot, add the reserved marinated pork and spread over bottom of wok. Allow to cook for 2 minutes, then stir-fry for another minute. Transfer pork to a warm dish. Remove wok from heat and wipe out with paper towels. Return wok to high heat and add remaining 1 tbsp (15 ml) oil. When hot, add ginger, garlic, onion and chilies and stir-fry until fragrant, about 30 seconds. Add pumpkin and stir-fry about 2 minutes, or until pumpkin is lightly browned. Add black beans and stir-fry for 1 minute. Add Shao Hsing or rice wine, brown sugar, bean sauce and stir-fry for 1 minute. Add pork and stock mixture and stir-fry to mix well, about a minute. Add remaining ingredients and stir-fry another 2 minutes or until pork is cooked and pumpkin is tender. Divide and ladle over noodles. Garnish with chopped green onions.

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SOUR PLUM AND LEMON-BRAISED SHORT RIBS

Serves 6

4 lbs	(2 kg)	bone-in beef short ribs, cut into single-bone, 3 x 4-in (8 x 10 cm) pieces
2 tbsp	(30 ml)	Chinese five spice powder
3 tbsp	(45 ml)	olive oil, divided, plus extra if necessary
1		large onion, thinly sliced
4		garlic cloves, finely chopped
2 tbsp	(30 ml)	ginger, finely minced
½ cup	(75 ml)	plum wine
¼ cup	(50 ml)	Chinese preserved sweetened lemon peel, coarsely chopped
¼ cup	(50 ml)	Chinese preserved sweetened dried pitted plums, coarsely chopped

2 tbsp	(30 ml)	honey
1 tbsp	(15 ml)	chili paste
½ tsp	(2 ml)	dried red chili flakes
¾ cup	(175 ml)	boiling water
½ cup	(75 ml)	soy sauce
½ cup	(75 ml)	rice vinegar

Coat short ribs with Chinese five spice powder, shaking off excess. Heat 1 tbsp (15 ml) olive oil in a heavy casserole over medium-high heat and when hot, working in batches, brown short ribs, adding more oil if necessary. Remove and transfer to a slow cooker. Add remaining oil to casserole and reduce heat to medium. Add onion, garlic and ginger and sauté until soft, about 5 minutes. Add plum wine to deglaze, scraping up any browning bits on bottom of casserole. Pour over short ribs in slow cooker and scatter with chopped dried lemon and plums. In a small bowl, mix together remaining ingredients and pour into slow cooker. Cover and cook on high for 6 hours or until fork-tender. Remove as much fat as possible from sauce before serving. Alternatively, short ribs can be oven-baked at 350 F (170 C) in an ovenproof casserole covered with aluminum foil or with a tight-fitting lid for 3 hours or until fork-tender.

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STIR-FRIED LOTUS ROOT WITH CHICKEN

Serves 4

MARINADE

1 tbsp	(15 ml)	ginger, finely chopped
1 tsp	(5 ml)	sesame oil
2 tsp	(10 ml)	Chinese rice wine or dry sherry
1 tsp	(5 ml)	sugar
1 tbsp	(15 ml)	oyster sauce
1 tsp	(5 ml)	soy sauce
2 tsp	(10 ml)	cornstarch
1 pinch		white peppercorns, freshly ground
1 lb	(500 g)	chicken breast, boneless, skinless, thinly sliced across the grain

In a large mixing bowl, combine marinade ingredients, then add chicken. Mix well to coat pieces. Allow to rest for at least 30 minutes.

SAUCE

2 tsp	(10 ml)	oyster sauce
½ tsp	(2 ml)	sugar
1 tsp	(5 ml)	soy sauce
2 tsp	(10 ml)	cornstarch
½ cup	(75 ml)	chicken or vegetable stock

In a medium bowl, mix all ingredients together and set aside.

STIR-FRY

3 tbsp	(45 ml)	canola oil
1 tsp	(5 ml)	ginger, finely chopped
2		garlic cloves, minced
½ tsp	(2 ml)	salt
1		small onion, cut into thin julienne
1		small lotus root, peeled, thinly sliced and cut in half
½ lb	(250 g)	snap peas, rinsed and dried
1 each		red and orange pepper, cored and cut into thin julienne
2		celery stalks, trimmed, cut into thin julienne on the bias

Heat a flat-bottomed wok or large skillet over high heat. Add 2 tbsp (30 ml) of canola oil and coat wok, using a spatula. When hot, add ginger, garlic and salt. Stir-fry for 10 seconds, then add prepared chicken mixture with marinade, spreading it into a thin layer along bottom of wok or pan, and cook for 2 minutes. Turn chicken over and cook another minute. Remove wok from heat and transfer chicken to a warm plate. Wipe out wok with paper towels. Return wok to high heat. Add remaining 1 tbsp (15 ml) oil. When hot, add onion, lotus root, snap peas, peppers and celery. Stir-fry for 3 to 4 minutes until hot and still crispy. Stir in reserved chicken and any collected juices. Stir-fry for a minute, then add prepared Sauce mixture. Stir well until sauce thickens, about 30 seconds and transfer to a warm serving platter.

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HEARTY OAT SODA BREAD SERVED WITH CRANBERRY-PEAR CHUTNEY

Makes 1 round loaf

2 cups	(500 ml)	rolled oats, plus extra for garnish
2¼ cups	(550 ml)	all-purpose flour, plus extra for kneading
1¾ tsp	(8 ml)	baking soda
1¼ tsp	(6 ml)	salt
1¾ cups	(425 ml)	buttermilk, plus extra to glaze loaf
1 tsp	(5 ml)	poppy seeds, for garnish
1 tsp	(5 ml)	sesame seeds, for garnish
		Cranberry-Pear Chutney, to serve (make ahead, recipe follows)

Place rack in centre of oven, then preheat oven to 400 F (200 C). Line a baking sheet with parchment paper and set aside. Break down oats in a food processor fitted with steel blade attachment until a fine powder forms, about 1 minute. In a large bowl, whisk together oat flour, all-purpose flour, baking soda and salt. Make a well in centre of dry ingredients and add buttermilk all at once.

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Homemade Breads and Spreads from page 104 continued

Stir with a fork until a soft dough forms. Turn dough out onto a lightly floured work surface. With floured hands, lightly knead dough 3 to 5 times. Form into a ball, place on prepared baking sheet and press into a 6-in (15 cm) round. Using a serrated knife, make a large cross across top, cutting two thirds of the way into the dough. Brush lightly with a little buttermilk and sprinkle with 2 tsp (10 ml) oats, poppy seeds and sesame seeds, if desired. Bake until crust is nicely browned and a wooden skewer inserted in centre comes out clean, about 40 to 45 minutes. Transfer to a wire rack to cool slightly before cutting. Serve at room temperature with Cranberry Pear Chutney.

CRANBERRY-PEAR CHUTNEY

Makes about 2 cups (500 ml)

½ cup		
+1 tbsp	(140 ml)	light brown sugar
2½ tbsp	(37 ml)	red wine vinegar
1 pinch		salt
1 pinch		red pepper flakes
1 lb	(500 g)	firm pears, such as Bosc or Bartlett
1¾ cups	(425 ml)	fresh cranberries
1½ tbsp	(22 ml)	crystallized ginger, finely diced

In a medium saucepan over medium-high heat, stir together sugar, vinegar, salt and red pepper flakes and bring mixture to a boil, stirring often. Meanwhile, peel, core and cut pears into ½-in (1 cm) pieces. Stir pears into

pot, cover, reduce heat to medium and cook until they are crisp-tender, about 5 minutes. Strain, reserving liquid, and transfer pears into a bowl. Return liquid to saucepan. Add cranberries to reserved liquid in saucepan and bring to a simmer over medium heat. Cover and cook until berries just begin to pop, about 2 minutes. Again, strain mixture, reserving liquid, and transfer cranberries into bowl with pears. Return liquid to saucepan. Bring reserved liquid to a boil over medium-high heat, and cook, stirring occasionally, until reduced to about ¼ cup (50 ml), about 3 to 5 minutes. Pour over cranberries and pears and stir to combine. Let chutney cool to room temperature before stirring in crystallized ginger. If not using right away, store chutney in an airtight container in refrigerator for up to 3 days.

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CHEDDAR AND BEER PULL-APART BREAD SERVED WITH ONION JAM

Makes 1 loaf

BREAD

¼ cup (50 ml) unsalted butter, at room temperature
 ¼ cup
 +½ cup (125 ml) pale ale, or other beer of choice, divided
 2¾ cups (675 ml) all-purpose flour, divided
 2 tbsp (30 ml) granulated sugar
 2¼ tsp (11 ml) instant yeast
 1 tsp (5 ml) salt
 2 large eggs, at room temperature

FILLING

3 tbsp (45 ml) unsalted butter
 1 tbsp (15 ml) Dijon mustard
 ¼ tsp (1 ml) hot sauce
 1 tsp (5 ml) mustard powder
 1 tsp (5 ml) paprika
 freshly ground black pepper
 jalapeño peppers, chopped
 1½ cups (375 ml) extra old cheddar cheese, shredded
 pickled jalapeño pepper rings, as garnish (optional)
 Onion Jam, to serve (make ahead, recipe follows)

For Bread, in a small saucepan warm butter and ¼ cup (50 ml) beer over medium heat just until butter has melted. Remove from heat and stir in remaining ¼ cup (75 ml) beer. Set mixture aside to cool slightly, should be warm but not steaming. Meanwhile, in bowl of a stand mixer fitted with paddle attachment, combine 2 cups (500 ml) flour, sugar, yeast and salt. With mixer running on slow speed, pour beer mixture into flour. When just incorporated, add eggs, one at a time, mixing between additions until well-combined. Add remaining ¾ cup (175 ml) flour and mix until just combined. Turn dough out onto a floured work surface and knead until smooth and elastic, about 5 to 8 minutes. Use extra flour as needed to prevent dough from sticking to work surface. Lightly oil a large bowl and transfer dough into bowl, turning to coat with oil. Cover bowl with plastic wrap and set aside, allowing dough to ferment for 60 minutes or until doubled in size. Meanwhile, prepare Filling. Melt butter in a small saucepan over medium heat. Remove from heat and whisk in mustard and hot sauce. Set aside. In a bowl, whisk together mustard powder, paprika and a few grinds of pepper. Add jalapeño and cheese and toss to coat in spice mixture. Place in refrigerator until ready to use. Lightly grease a 9 x 5-in (2 L) loaf pan with oil and line with parchment paper. Preheat oven to 350 F (180 C). Turn out dough onto a flour-dusted work surface. Roll out dough into a 20 x 12-in (50 x 30 cm) rectangle, lifting up dough and adding more flour as needed to prevent sticking to work surface. Brush prepared mustard mixture evenly over entire surface of dough. Cut dough crosswise into 5 strips, each measuring about 12 x 4-in (30 x 10 cm). Sprinkle strips with prepared Filling, dividing evenly over each before stacking strips of dough on top of each other. With a sharp knife, cut strips into about 2-in (5 cm) segments. You should end up with 6 segments.

Sit prepared pan on one of its short sides. Stack segments of dough on top of each other in pan. Return pan to rest flat on the counter and cover loosely with plastic wrap. Allow loaf to proof in a warm spot of the kitchen, away from any drafts, until doubled in size, about 30 to 45 minutes. Sprinkle loaf with a few pickled jalapeños (if using) before baking until puffed and golden brown, about 35 to 40 minutes. Let loaf cool in pan for 5 minutes before unmoulding onto a serving plate. Bread is best served hot or warm, as layers don't "pull apart" as well when cooled. If cooled, simply slice bread when ready to serve.

ONION JAM

Makes about 1 cup (250 ml)

1 tbsp (15 ml) unsalted butter
 2 Vidalia onions, quartered, then cut into ¼-in (0.5 cm) slices
 ½ tsp (2 ml) salt
 ½ cup (75 ml) dry red wine
 ½ cup (75 ml) red wine vinegar
 ¼ cup (50 ml) grenadine
 1 tbsp (15 ml) balsamic vinegar
 ½ tsp (2 ml) fresh thyme leaves (optional)

In a large frying pan, melt butter over medium heat. Add onions and salt and cook, stirring often, until soft and just translucent, about 8 minutes. Stir in wine, red wine vinegar and grenadine. Bring to a boil, reduce to a simmer and cook, stirring often, until mixture thickens and liquid coats the back of a spoon, about 35 minutes. Remove from heat and stir in balsamic vinegar and thyme. Transfer onion jam to an airtight container and let cool, uncovered, until room temperature. If not using right away, cover and store in refrigerator for up to 5 days. Onion jam should be brought back to room temperature before serving.

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BRIOCHE BOULES SERVED WITH RICOTTA CHEESE AND LEMON-HONEY JELLY

Makes 15 buns

½ cup (125 ml) whole milk
 3 tsp (45 ml) active dry yeast
 2¾ cup (675 ml) all-purpose flour
 1½ tsp (7 ml) salt
 3 large eggs, at room temperature
 3 tbsp (45 ml) granulated sugar
 ¾ cup
 +¼ cup (225 ml) unsalted butter, at room temperature, divided, plus extra egg, whisked with 1 tsp (5 ml) water for egg wash
 1 Homemade Ricotta Cheese, to serve (make ahead, recipe follows)
 Lemon-Honey Jelly, to serve (make ahead, recipe follows)

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Homemade Breads and Spreads from page 104 continued

In a small saucepan, warm milk over medium-low heat until warm but not steaming. Milk should register 90 to 110 F (32 to 43 C) on a thermometer. In bowl of a stand mixer, stir together milk and yeast. Let stand, allowing yeast to bloom, about 8 minutes. If mixture does not become frothy, like head on a beer, yeast may be inactive and you will need to repeat this step with a new pack. Fit mixer with paddle attachment, then add flour and salt to yeast mixture. Blend at medium-low speed until a shaggy dough forms. Add eggs one at a time, mixing well after each addition. Add sugar and combine until incorporated. Increase speed and beat dough until smooth, about 3 minutes. Reduce speed to low and add $\frac{3}{4}$ cup (175 ml) butter, 1 tbsp (15 ml) at a time, beating until blended after each addition. Butter should be well incorporated and dough will be soft and silky. Increase speed to medium-high and beat until dough pulls away from sides of bowl, about 8 to 9 minutes. Lightly butter a large bowl and transfer dough into bowl. Cover bowl with plastic wrap and refrigerate overnight. Butter twelve 3 oz (90 g) fluted moulds. Place on a baking sheet. In a small saucepan, melt remaining $\frac{1}{4}$ cup (50 ml) butter over medium heat. Set aside. Divide dough into 15 equal pieces, 2 oz (60 g) each. Dust hands with flour. Rolling dough with edge of your hand, divide a ball of dough into a large and small ball by rolling down, but not quite all the way through, the dough. Pick up dough by the small ball and place the large ball into prepared mould. Use tip of index finger to indent where two balls join and centre smaller ball on top of indent. Repeat with remaining dough. Brush each bun lightly with melted butter and loosely cover with plastic wrap. Allow

buns to proof in a warm spot of kitchen, away from drafts, until almost double in size, about 50 minutes. Meanwhile preheat oven to 400 F (200 C). Gently brush buns with egg wash, careful not to let glaze drip between dough and tins, as this will prevent full expansion while baking. Bake until puffed and golden brown, about 20 minutes. Lay a piece of tin foil over buns if browning too quickly. Transfer tins to a wire rack and let cool 2 minutes before unmoulding buns. Serve brioche buns warm or at room temperature.

HOMEMADE RICOTTA CHEESE

Makes about 1 cup (250 ml)

3½ cups	(875 ml)	whole milk
½ cup	(125 ml)	whipping cream
½ tsp	(2 ml)	kosher salt
3 tbsp	(45 ml)	lemon juice

Set a large sieve over a deep bowl. Line sieve with 2 layers of cheesecloth. Set aside. Pour milk and cream into a large stainless steel pot and stir in salt. Heat pot over medium heat and, stirring occasionally to prevent from scorching, bring to a full boil, about 190 F (88 C). Remove pot from heat and stir in lemon juice. Allow mixture to stand, undisturbed, for 5 minutes. During this time, milk mixture will curdle, separating into curds and whey. Gently ladle mixture into cheesecloth-lined sieve and allow it to drain into the bowl at room temperature for at least 30 minutes and no longer than 1 hour. Discard any liquid that collects in bowl. Ricotta will firm as it cools, so don't judge its



Homemade Breads and Spreads from page 104 continued

final texture by how it looks in the sieve. Transfer ricotta to a bowl, discarding cheesecloth and remaining whey. Use immediately or cover with plastic wrap and refrigerate. Ricotta will keep refrigerated for 4 days.

LEMON-HONEY JELLY

Makes 4 half-pint jars or 4 cups (1 L)

4½ tsp (22 ml) lemon zest
¾ cup (175 ml) lemon juice, strained of seeds and extra pulp
2½ cups (625 ml) clover honey
3 oz (90 g) package liquid pectin

Wash 4 half-pint (250 ml) canning jars, lids and screw bands in hot soapy water. Rinse well. Place canning rack or a thick kitchen towel in bottom of stockpot and place jars on rack. Fill pot with water and bring to a simmer. Keep jars in simmering water until ready to use. This will sterilize the jars and help minimize risk of breakage when filling with hot jelly. Bring a small pot of water just to a simmer and add lids. Do not let water boil as it may warm lids too much making it difficult to obtain a good seal to jars. In a large saucepan stir together lemon zest, juice and honey. Place pot over medium-high heat and, stirring constantly, bring mixture to a boil. Stir in pectin and allow mixture to return to a rolling boil. Boil for 1 minute while stirring constantly. Remove jelly from heat and skim off any foam that has accumulated on surface. Discard foam. Remove jars from boiling water with canning tongs or regular tongs and place on a clean kitchen towel. Keep water simmering. Quickly fill each jar using a ladle and wide-mouth funnel (if available), leaving at least ½-in (1 cm) headspace from rim of jars. Wipe jar rims clean with paper towel. Retrieve a warm lid from small pot with tongs and centre on top of each jar. Screw on band until it just stops. If band is secured too tightly, lid will not seal properly during processing. Using tongs, gently submerge filled jars into large pot of simmering water, making sure they are covered by at least one inch of water. Cover and bring water to a boil. Once at a boil, start timer for 5 minutes.* Remove jars from water bath and set on a cooling rack or clean towel. Leave jars to cool, undisturbed, for 12 to 24 hours. Check seal to ensure that the lid does not flex up or down when gently pressed. If lid does move, store in refrigerator and enjoy right away. Store sealed jars in a cool, dry place for up to one year.

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MARBLE RYE BREAD SERVED WITH PICCALILLI

Makes 2 loaves

LIGHT RYE DOUGH

1½ cups (375 ml) light rye flour
3 cups (750 ml) bread flour
1½ tsp (7 ml) salt

* Please note that processing time will differ if the altitude where you are canning is 1,000 feet above sea level. Adjust accordingly.

1¾ tsp (8 ml) instant yeast
1 tbsp (15 ml) molasses
2 tbsp (30 ml) vegetable oil
1¼ cup
+2 tbsp (330 ml) room temperature water, divided

DARK RYE DOUGH

1½ cups (375 ml) light rye flour
3 cups (750 ml) bread flour
1½ tsp (7 ml) salt
1¾ tsp (8 ml) instant yeast
1 tbsp (15 ml) molasses
2 tbsp (30 ml) vegetable oil, plus extra for brushing
1¼ cup
+2 tbsp (330 ml) room temperature water
1 tbsp
+1 tsp (20 ml) cocoa powder
2 tsp (10 ml) instant coffee powder
1 egg, whisked with 1 tsp (5 ml) water, for egg wash
1 tsp (5 ml) caraway seeds, for garnish (optional)
Piccalilli, to serve (make ahead, recipe follows)

For light rye dough, stir together flours, salt and yeast in bowl of an electric mixer. Fit mixer with dough hook and add molasses, oil and 1¼ cups (300 ml) water. Mix on low speed until a ball of dough forms, about 2 minutes. Add additional 2 tbsp (30 ml) water, only if dough seems dry and does not gather up all loose flour. Increase speed of mixer to medium-low and mix for 4 minutes, adding a sprinkle of bread flour if dough becomes too sticky and adheres to side of bowl. Dough should feel supple and a little tacky, but not sticky. Lightly oil a large bowl. Transfer dough into bowl, turning to coat with oil. Cover bowl with plastic wrap and set aside, allowing dough to ferment for 90 minutes or until doubled in size. For dark rye dough, stir together flours, salt and yeast in bowl of an electric mixer. Fit mixer with dough hook and add molasses, oil, 1¼ cup (300 ml) water, cocoa and coffee powder. Mix on low speed until a ball of dough forms, about 2 minutes. Add additional 2 tbsp (30 ml) water, only if dough seems dry and does not gather up all loose flour. Increase speed of mixer to medium-low and let mix for 4 minutes, adding a sprinkle of bread flour if dough becomes too sticky and adheres to side of bowl. Dough should feel supple and a little tacky, but not sticky. Lightly oil a large bowl. Transfer dough into bowl, turning to coat with oil. Cover bowl with plastic wrap and set aside allowing dough to ferment for 90 minutes or until doubled in size. Lightly oil two 9 x 5-in (2 L) loaf pans. Set aside. Turn out both doughs onto a lightly floured work surface. Divide each into 2 even pieces. Roll out each piece of dough into a rectangle about 12 x 8-in (30 x 20 cm). Place one light rye piece on work surface. Top with a piece of dark rye, overlapping so 1-in (2.5 cm) strip of light rye is exposed along short side. Fold exposed lip over and continue to firmly roll up dough together. Pinch seams closed and turn ends under. Transfer loaf, seam-side down into one of the prepared baking pans. Repeat with remaining dough. Lightly brush loaves with some oil and cover loosely with plastic wrap. Allow loaves to proof in a warm place in the kitchen, away from any drafts, until loaves double in size, about 60 to 90 minutes. Meanwhile, position oven rack in middle of oven. Then preheat oven to 350 F (180 C). Brush loaves evenly with some egg wash and sprinkle with caraway seeds, if using. Bake loaves for 30 minutes. Rotate pans in oven and continue baking another 15 to 20 minutes, until golden, puffed and hollow sounding when tapped. Remove immediately from pans and cool on a wire rack for at least 2 hours before slicing and serving. Serve with Piccalilli and sliced meats.

PICCALILLI

Makes 4 x 1-pint jars or 8 cups (2 L)

½ large cauliflower, cut into small florets

Acorn Squash from page 114

1		large broccoli crown, cut into small florets
1		fennel bulb, chopped into bite-sized chunks
1 ¼ cup	(300 ml)	green beans, cut into ¼-in (0.5 cm) lengths
1		large red onion, chopped
4		red jalapeño peppers or red finger chilies, finely sliced
1 cup	(250 ml)	salt
2 tbsp	(30 ml)	coconut oil
2 tbsp	(30 ml)	yellow mustard seeds
2 tbsp	(30 ml)	ground cumin
2 tbsp	(30 ml)	turmeric
1 tsp	(5 ml)	nutmeg, freshly grated
2 tbsp	(30 ml)	mustard powder
¼ cup	(50 ml)	pastry flour
2 cups	(500 ml)	white wine vinegar
2		Granny Smith apples, grated
1 ½ cups	(375 ml)	fresh or frozen peaches or mango chunks, chopped
6 tbsp	(90 ml)	granulated sugar
3		garlic cloves, minced
2 tbsp	(30 ml)	dried oregano
4		fresh bay leaves

In a large bowl, stir together cauliflower, broccoli, fennel, green beans, red onion and jalapeños. Add salt and enough water to cover. Stir to distribute salt and set aside, in a cool spot, for about 1 hour. Wash four 1-pint (500 ml) canning jars, lids and screw bands in hot soapy water. Rinse well. Place canning rack or a thick kitchen towel in bottom of stockpot and place jars on rack. Fill pot with water and bring to a simmer. Keep jars in simmering water until ready to use. This will sterilize jars and help minimize risk of breakage when filling. Bring a small pot of water just to a simmer and add lids. Do not let water boil, as it may warm lids too much making it difficult to obtain a good seal to jars. In a large saucepan, heat oil over medium heat. Add mustard seed, cumin, turmeric and nutmeg and fry, whisking constantly, until fragrant. Lower heat to a simmer and, with a whisk, stir in mustard powder, flour and a splash of vinegar, to form a thick paste. Gradually whisk in remaining vinegar and ½ cup (125 ml) water until a smooth paste forms. Add apples, peaches, sugar, garlic, oregano and bay leaves and stir with a wooden spoon to incorporate into spice mixture. Let simmer, stirring occasionally, for 2 to 3 minutes. Drain salted vegetables and stir into spice mixture. Simmer, stirring often, until vegetables start to soften, about 10 to 15 minutes. Remove jars from boiling water with tongs and place on a clean kitchen towel. Keep water simmering. Quickly fill each jar using a ladle and wide-mouth funnel (if available), leaving at least ½-in (1 cm) headspace from rim of jars. Wipe jar rims clean with paper towel. Retrieve a warm lid from small pot with tongs and centre on top of each jar. Screw on band until it just stops. If band is secured too tightly, lid will not seal properly during processing. Using tongs, gently submerge filled jars in a large pot of simmering water, making sure they are covered by at least an inch of water. Cover and bring water to a boil. Once at a boil, start timer for 10 minutes.* Remove jars from water bath and set on a cooling rack or clean towel. Leave jars to cool, undisturbed, for 12 to 24 hours. Check seal to ensure that lid does not flex up or down when gently pressed. If lid moves, store in refrigerator and enjoy right away. Store sealed jars in a cool, dry place for one week before using, allowing flavours to mellow and meld. Can be stored for up to 1 year.

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ACORN SQUASH PITHIVIER

Serves 4

4 tbsp	(60 ml)	olive oil, divided
8		shallots, peeled and halved, or quartered if large
2		acorn squash, peeled, seeded and cut into ½-in (1 cm) cubes
10		large mushrooms, of your choice, stems removed and sliced
1 tbsp	(15 ml)	fresh thyme leaves
1 tbsp	(15 ml)	fresh sage, chopped
6 oz	(180 g)	pecan pieces
8 oz	(250 g)	Gruyère cheese, coarsely grated
2 x 14 oz	(398 g)	packages frozen puffed pastry, thawed
1		large egg, beaten
		Fried Sage Leaves, for garnish (recipe follows), or fresh sage leaves
		Sage-Infused Olive Oil, for garnish (make ahead, recipe follows)

Preheat oven to 400 F (200 C). Pour 2 tbsp (30 ml) olive oil into a roasting pan or baking sheet and stir in squash and shallots until well coated. Bake for 20 minutes, stirring occasionally, or until tender, but still keeping shape. Remove from heat and cool. Meanwhile, heat remaining oil in frying pan over medium-high heat and sauté mushrooms until golden brown, about 5 minutes. Stir in thyme, sage and pecans and cook a further 3 minutes. Remove from heat and allow to cool completely. Stir in squash and shallots along with any pan juices and Gruyère until well combined. Line 2 baking sheets with silicone mats or parchment paper. Roll out half the pastry to ⅛-in (3 mm) thickness and cut out two circles – one 6½-in (16 cm) diameter and one 7-in (18 cm). Place the smaller circle on prepared baking sheet. Place 1 packed cup (250 ml) of acorn squash mixture in middle in a mound and brush around the filling with beaten egg. Cover with larger circle, pressing down to remove air pockets and seal layers of dough. Repeat with remaining dough. Press down a 5½-in (13 cm) brioche mould over the pithiviers and cut dough around mould using a sharp knife. Lift off mould and score arcing lines from centre of pastry out to edge. Cover lightly with plastic wrap and refrigerate for 30 minutes or until ready to bake. When ready, brush all over with beaten egg. Bake until golden brown, about 30 to 35 minutes. Garnish with fresh sage leaves or Fried Sage Leaves, a few drops of Sage-Infused Olive Oil and serve immediately. Note: Can be frozen for up to 3 months. If baking from frozen, add 10 to 15 minutes to baking time.

FRIED SAGE LEAVES

8		sage leaves
2 cups	(500 ml)	vegetable oil

In a medium saucepan, heat oil until it reaches 350 F (180 C) on a candy thermometer. Add sage leaves and fry for about 20 to 30 seconds. Using a slotted spoon, remove sage leaves and place on a paper towel-lined plate. Use within an hour of frying.

* Please note that processing time will differ if the altitude where you are canning is 1,000 feet above sea level, adjust accordingly.

Acorn Squash from page 114

SAGE-INFUSED OLIVE OIL

Makes 1 cup (250 ml)

1 cup (250 ml) extra-virgin olive oil
1 bunch fresh sage

In a small saucepan, warm oil to lukewarm temperature. Remove from heat. Using the spine of a chef's knife, bruise the sage leaves lightly to release essential oil. Pour oil into a glass bottle, add sage leaves and place in a dry, cool, dark place for about a week, to let oil infuse. Strain oil and use with pasta, vegetables, chicken or on its own for dipping bread.

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ACORN SQUASH STUFFED WITH CHORIZO AND MANCHEGO

Serves 4

2 x 1½ lb (750 g)	acorn squash, halved and seeded
½ cup (125 ml)	bulgur or couscous, uncooked
8 oz (250 g)	Manchego cheese, grated and divided into 2 portions
8 oz (250 g)	cured spicy or mild chorizo, sliced thickly and quartered
4 tbsp (60 ml)	fresh flat-leaf parsley, chopped
2 tbsp (30 ml)	olive oil
	salt and pepper, to taste

Heat oven to 450 F (230 C). Place squash halves cut-side down in a baking dish, add ¼-in (0.5 cm) water, cover with foil and bake until tender, 25 to 30 minutes. Once baked, remove a thin piece of squash from rounded side of each

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From Cod to Cataplana: The Charm of Portuguese Cuisine from page 122

squash half to help sit flat on plate. Meanwhile, cook bulgur or couscous according to package directions and let cool to room temperature. In a medium bowl, combine prepared bulgur or couscous, half of the Manchego cheese, chorizo, parsley and olive oil. Season with salt and pepper. Turn squash halves cut-side up and divide filling evenly among them. Top with remaining Manchego cheese and bake until filling is warmed through and cheese is melted, 8 to 10 minutes.

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ACORN SQUASH CUSTARD

Serves 4

4 oz	(125 g)	gingersnap cookies (about 16 x 2-in (5-cm) cookies) broken into pieces
½ cup	(125 ml)	walnut pieces, toasted
1 tbsp	(15 ml)	sugar
¼ tsp	(1 ml)	table salt
½ tsp	(2 ml)	ground cinnamon
4 tbsp	(60 ml)	unsalted butter, melted
2		large eggs
2		large egg yolks
1½ cups	(375 ml)	cooked acorn squash, mashed or puréed
½ cup	(125 ml)	brown sugar, packed
½ tsp	(2 ml)	salt
1½ cups	(375 ml)	whipping cream
		Maple Glazed Walnuts, for garnish (recipe follows)
		Candied Acorn Squash, for garnish (make ahead, recipe follows)

Preheat oven to 350 F (180 C). Grease bottom and sides of four 4-in (6 cm) diameter springform pans. For crust, in a food processor, process cookies with walnuts, sugar, salt and cinnamon until cookies become fine crumbs, about 20 seconds. Add melted butter and pulse about 10 times, just until incorporated. Using back of a spoon, press mixture into base of prepared pan. Using a flat-bottomed, straight-sided glass, smooth crumbs over bottom of pan, pressing thoroughly so that crumbs are evenly distributed. Wrap outside of pan with a double layer of heavy duty aluminum foil, to prevent leaking. Place on a baking sheet and bake for 10 minutes. Remove from oven and let cool completely. For filling, in a large bowl, beat eggs, then beat in squash, sugar and salt. Gradually stir in cream. Pour into prepared springform pans. Place pans in shallow baking pan. Add enough hot water to reach halfway up sides of springforms. Bake in 350 F (180 C) oven 50 to 60 minutes, or until knife inserted into centre comes out clean. Remove pans from water and remove foil. Allow to cool, then chill in refrigerator. Meanwhile, make Maple Glazed Walnuts and Candied Acorn Squash. To serve, wipe a hot damp cloth around outside of springform. Run a metal spatula or thin knife inside springform. Release and gently loosen springform, then lift off. Place in middle of a dessert plate and garnish with Maple Glazed Walnuts and Candied Acorn Squash.

MAPLE GLAZED WALNUTS

2 cups	(500 ml)	walnut halves
½ cup	(75 ml)	maple syrup
1 pinch		salt

Preheat a skillet over a medium-high heat. Add walnuts, maple syrup and salt. Cook, stirring frequently, until syrup is caramelized and nuts are toasted, about 3 minutes. Transfer walnut mixture to a parchment paper- or silicon mat-lined baking sheet and spread in a single layer. Let stand until cool and hardened, about 30 minutes.

CANDIED ACORN SQUASH

1 cup	(250 ml)	superfine sugar
½ cup	(125 ml)	water
1		small acorn squash peeled, seeded and cut into 1-in (2.5-cm) cubes

In a small saucepan, slowly bring to a simmer sugar, squash and water. Cover pan and cook over low heat for 30 minutes, or until sugar has dissolved. Remove lid and simmer gently for about 1 hour, or until liquid has reduced and thickened. Remove from heat and cool squash in syrup. Store in airtight container in refrigerator for up to 2 weeks.

PAIRS WITH

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SEAFOOD AND CHORIZO CATAPLANA WITH PORTUGUESE CORNBREAD

Serves 6 to 8

3 tbsp	(45 ml)	olive oil
1 lb	(500 g)	chorizo sausage, cut into ½-in (1 cm) slices
1		large onion, coarsely chopped
½		medium fennel bulb, cored and thinly sliced
2		garlic cloves, minced
1		small red pepper, seeded, cut into thin julienne
1		small yellow pepper, seeded, cut into thin julienne
		sea salt and freshly ground black pepper, to taste
½ cup	(125 ml)	fish, chicken or vegetable stock
2 lbs	(1 kg)	monkfish, red snapper, cod or halibut, cut into 1-in (2.5 cm) chunks
4		tomatoes, peeled, seeded and chopped
1 cup	(250 ml)	dry white wine
1 lb	(500 g)	large whole shrimp, shelled and deveined (head on optional)
1 lb	(500 g)	clams in shells, rinsed
		lemon wedges, for garnish
2 tbsp	(30 ml)	flat-leaf parsley, finely chopped
2 tbsp	(30 ml)	cilantro, finely chopped

From Cod to Cataplana: The Charm of Portuguese Cuisine
from page 122 continued

Heat olive oil in a large cataplana or heavy bottomed casserole over medium heat. Add chorizo and cook until brown. Add onion, fennel, garlic, bell peppers and broth. Season and seal cataplana, or cover casserole with lid, and cook, stirring occasionally, until vegetables start to soften, about 5 minutes.

Push chorizo and vegetables to one side of cataplana or casserole and add fish chunks, then cover with cooked vegetables. Spread chopped tomatoes over top and add wine. If using a cataplana, lock cover and cook for 4 to 5 minutes, then carefully flip over, minimizing spillage, then cook another 4 to 5 minutes more. If using a casserole, cover and cook until fish is opaque, about 7 minutes.

Add shrimp and clams, cover and cook until prawns just turn pink and clams open, about 3 minutes. Season with salt and pepper to taste. Ladle into warm serving bowls and garnish with chopped parsley and cilantro. Serve with Portuguese Cornbread.

PORTUGUESE CORN BREAD

Makes 2 loaves

2		packages active dry yeast
1 cup	(250 ml)	warm water
3½ cups	(875 ml)	bread flour
2 cups	(500 ml)	fine cornmeal
2 tbsp	(30 ml)	salt
3 tbsp	(45 ml)	honey
1½ cups	(375 ml)	boiling water
		coarse cornmeal, for dusting

In a bowl, sprinkle and dissolve yeast in the warm water and let stand until it starts to foam, about 10 minutes. Stir in 1½ cups (375 ml) of bread flour until mixed. Cover with plastic wrap and set in a warm area until double in size, about 45 minutes. Place fine cornmeal and salt into bowl of an electric stand mixer fitted with paddle attachment. Pour in boiling water and honey and mix at medium speed until a firm dough holds together, about 3 minutes. Allow to sit until yeast and flour mixture is ready. Change to dough hook attachment, add yeast mixture and knead at low speed, slowly adding remaining 2 cups (500 ml) of bread flour. Add a little more flour if needed, until mixture forms a firm, elastic dough that cleans the side of the bowl, about 8 minutes. Sprinkle a parchment paper-lined baking sheet with some coarse cornmeal and set aside. Transfer dough onto a lightly floured surface and knead a few times. If dough is still sticking, sprinkle with a little more flour. Cut in half and shape each into a ball. Cup one ball in both hands and stretch sides under to form an oval, then turn 90 degrees and repeat, creating a round with a tight, smooth surface. Securely pinch the seams closed underneath and place seam-side down. Repeat with the second ball. Transfer to prepared baking sheet, cover with a tea towel and let rise in a warm, draft-free area, until double in size, about 45 minutes. Set oven rack to middle position. Place a heavy ovenproof skillet on bottom of oven. Preheat oven to 475 F (240 C). Uncover loaves and slide baking sheet into oven on middle rack, then quickly and carefully pour 1½ cups (375 ml) of water into skillet. Quickly close door, as steam created will create a crispy crust. Add more water after 5 minutes, opening and closing oven quickly to avoid steam leaking out. Bake until loaves are golden brown and sound hollow when knocked on bottom, about 35 to 40 minutes. Remove from oven and allow to cool on a wire rack.



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BACALHAU (SALT COD) AND SHRIMP FRITTERS WITH PEPPER AIOLI

Makes 36 x 1-in (2.5 cm) fritters

¾ lb	(340 g)	salt cod
1 lb	(500 g)	russet potatoes, whole
1 tbsp	(15 ml)	sea salt
3 tbsp	(45 ml)	olive oil
1		medium onion, finely chopped
½ lb	(250 g)	shrimp, peeled, finely chopped
4		garlic cloves, finely minced
1 tbsp	(15 ml)	piri piri or hot sauce
2 tbsp	(30 ml)	flat-leaf parsley, finely chopped
2 tbsp	(30 ml)	cilantro, finely chopped
		salt and freshly ground black pepper, to taste
1		large egg, separated
½ cup	(125 ml)	all-purpose flour
		canola oil, for deep frying

Rinse salt cod under running cold water to remove any excess salt. Place pieces in a large bowl and cover with cold water by 2-in (5 cm). Cover tightly with plastic wrap and refrigerate for about 24 hours, changing water several times until most salt has been removed. Taste a small amount to test. Bring a large saucepan of water to a boil, add salt cod, lower heat and gently simmer until it flakes easily when poked with a fork, about 20 minutes, depending on thickness. Drain well and let cool. Remove any pieces of skin and bones. Flake with a fork into coarse chunks. Place into a food processor and pulse until finely shredded. Set aside. In a large saucepan of water, add potatoes and sea salt. Cover and bring to a boil over high heat. Cook until fork-tender, about 15 minutes. Drain and peel while still warm. Transfer potatoes to a large mixing bowl and mash or put through a potato ricer. Set aside. Heat olive oil in a skillet over medium heat and add onion. Sauté until golden brown, about 8 minutes. Increase heat to medium-high and add chopped shrimp. Sauté until opaque, about 3 minutes, then add garlic and cook for another minute. Transfer mixture to mashed potatoes. Add salt cod, piri piri sauce, parsley and cilantro. Season to taste with salt and freshly ground black pepper. Mix in egg yolk and flour. In a small bowl, whisk egg white until soft peaks form, then gently fold into salt cod mixture. Heat 2-in (5 cm) canola oil in a medium saucepan until it reaches 325 F (160 C) on a deep-fry thermometer. While heating, scoop mixture with a teaspoon and roll into 1-in (2.5 cm) balls. Place onto a parchment paper-lined baking sheet. Using a slotted metal spoon, carefully lower a few balls into the hot oil. Continue with remainder, frying in small batches, about 4 to 6 at a time, avoiding crowding, until golden brown, about 2 minutes. Remove and transfer to a paper towel-lined baking sheet. Sprinkle with sea salt while still hot. Serve warm or at room temperature with Pepper Aioli (recipe follows).

PEPPER AIOLI

½		small onion, coarsely chopped
4		green onions, coarsely chopped
2		garlic cloves, minced
1		roasted red pepper, seeds removed
1		Serrano or jalapeño pepper, seeded and coarsely chopped
1 tsp	(5 ml)	thyme, chopped
½ cup	(125 ml)	flat leaf parsley
½ cup	(125 ml)	mayonnaise
2 tbsp	(30 ml)	lime juice

Place onions, garlic, red pepper, chili, thyme and parsley in a food processor. Pulse until puréed. Add mayonnaise and lime juice and pulse until well blended. Transfer to a serving bowl.

PAIRS WITH

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NK'MIP Q^WAM Q^WMT CHARDONNAY

BC VQA **\$25.00** 86405



MOLOTOV MERINGUE SOUFFLÉ

Serves 6

3 tbsp	(45 ml)	Caramel Syrup (make ahead, recipe follows), plus extra for drizzling
1 tbsp	(15 ml)	butter
6 tbsp	(90 ml)	sugar, separated
8		large free-range eggs, separated (reserve yolks for Crème Anglaise)
½ tsp	(2 ml)	cream of tartar
½ tsp	(2 ml)	salt
1 tbsp	(15 ml)	cornstarch
		Crème Anglaise (recipe follows)

Preheat oven to 400 F (200 C). Grease a 9-in (23 cm) tube cake pan with butter and add 2 tbsp (30 ml) sugar, turning pan to coat surfaces. Invert and discard any excess sugar. In a large mixing bowl with an electric beater, beat egg whites, cream of tartar and salt until soft peaks form. Sift cornstarch over egg whites and beat until incorporated and firm. While beating, gradually add remaining 4 tbsp (60 ml) sugar and beat until well incorporated. Slowly fold in 3 tbsp (45 ml) prepared Caramel Syrup until well mixed. Gently transfer batter to prepared pan, levelling the top. Bake on middle oven rack for 15 minutes. Meanwhile, make Crème Anglaise. Turn off heat, but do not remove from oven. Bake another 5 minutes, until light golden brown. Remove from oven and allow to rest, 10 minutes. Loosen edges with spatula dipped in hot water. Cover with a large plate and invert. Cool to room temperature and drizzle remaining Caramel Sauce over cake. Serve with Crème Anglaise.

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From Cod to Cataplana: The Charm of
Portuguese Cuisine from page 122 continued

CARAMEL SYRUP

Makes 1½ cup (375 ml)

1 cup (250 ml) sugar
1 cup (250 ml) hot water

Heat a skillet over medium-low heat. Sprinkle sugar over bottom and allow to dissolve, then stir gently for 30 seconds. When sugar starts to turn golden, turn off heat and slowly add hot water, taking care not to splatter. Stir to loosen, remove sugar that sticks to bottom of pan and continue stirring until it becomes liquid caramel. Pour into a heatproof container and allow to cool to room temperature.

CRÈME ANGLAISE

2 cups (500 ml) homogenized milk
¼ orange, peel only
8 egg yolks (reserved from Molotov)
6 tbsps (90 ml) sugar
1 tsp (5 ml) vanilla extract

In a saucepan over medium heat, bring milk and orange peel to a boil. Remove from heat and allow to cool. Beat egg yolks with sugar and slowly add orange-milk, whisking until well mixed and sugar has dissolved. Return to saucepan and heat over low heat, stirring often, until sauce thickens or coats back of a spoon, about 2 minutes. Remove quickly from heat and strain into a bowl set over ice water. Cover and chill until ready to serve.

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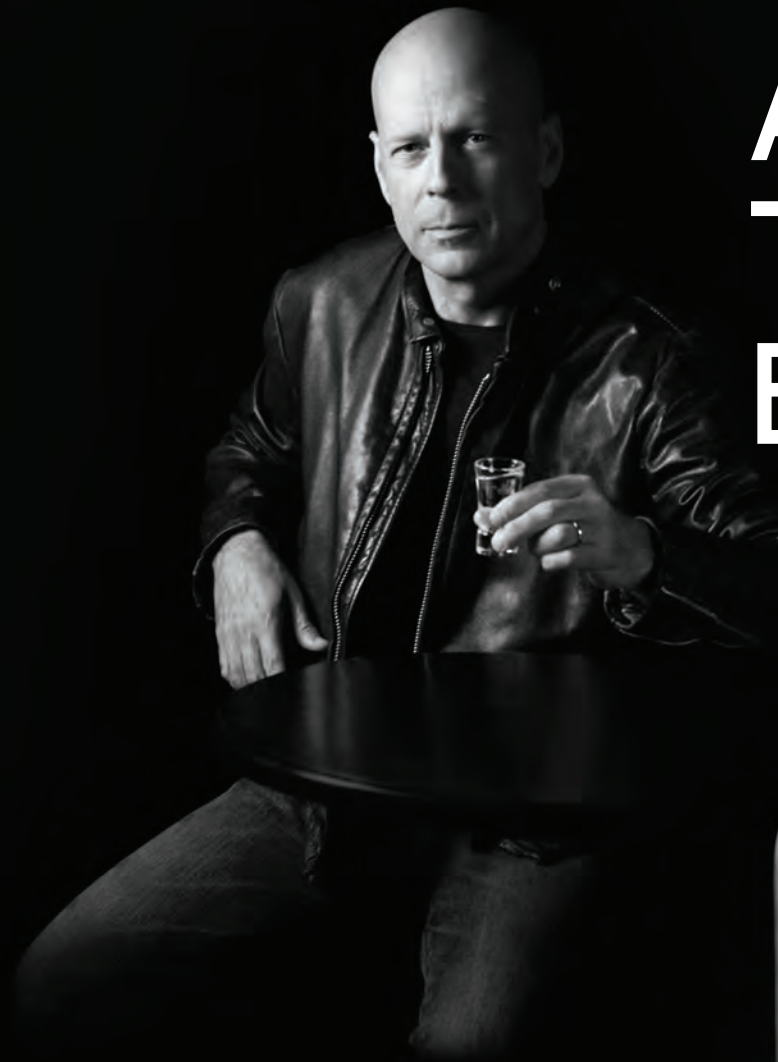
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