

FOOD/DRINK/MORE

COMPLIMENTARY

# TASTE

BC LIQUORSTORES

## FALL INTO AUTUMN!

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Liven up your Thanksgiving dinner with these delicious sides 50

Plan an autumn dinner party, starting with the wine! 56

OVER 50 NEW RECIPES INSIDE



# RUFFINO

LA VITA RUFFINO



Please enjoy responsibly.

NOW AVAILABLE AT BC LIQUORSTORES

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from the cover...



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**MEIOMI  
PINOT NOIR**

USA \$25.99 278937

Enticing aromas of black cherries, vanilla and spice waft from the glass, leading to a velvety palate with ripe red berry fruit notes and a long finish.



84



128



100

# contributors

Offering different perspectives on all aspects of beverage alcohol, each issue of TASTE magazine features a collaboration of informative editorial from a diverse group of beverage industry professionals. Meet the talented writers who have contributed to the 2016 fall issue of TASTE.



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Visit [bcliquorstores.com](http://bcliquorstores.com) or download our free iPhone or Android app to locate any product sold at BC Liquor Stores and for current pricing information.

# TASTE



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TASTE magazine is printed on 10 percent recycled paper using 100 percent vegetable ink. TASTE magazine is a publication of BC Liquor Stores.

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[www.bcliquorstores.com](http://www.bcliquorstores.com)

## OUR SYMBOLS

New Only at BC Liquor Stores Country of Origin BC VQA Wines Sweetness Code Organic BC Craft Beer Ontario VQA Wines Kosher

# *Premium Spirit* **RELEASE**





#### JAMES NEVISON

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his column "The Wine Guy" appears each Thursday. James is the co-author of seven best-selling books on wine in Canada including *Had a Glass: Top 100 Wines for 2015 Under \$20*. Follow his wine musings @hadaglass.

“The goal is to offer unique, exciting products for customers. – Adele Shaw”

## NOVEMBER 5<sup>TH</sup> AT SIGNATURE BC LIQUOR STORES

The first Saturday of November now heralds an important tradition at BC Liquor Stores. The date marks the annual Premium Spirits Release, an event that has quickly grown in scope and popularity. This year, Saturday November 5<sup>th</sup> brings the 11<sup>th</sup> offering of the Premium Spirit Release. And what started small – with a modest selection offered at three stores – has aged into a diverse, global selection of whisk(e)y, cognac and other notable distillates available across 30 outlets.

The main premise for the release is straightforward: “The goal is to offer unique, exciting products for customers,” explains Adele Shaw, Category Manager for Spirits and the driving force behind sourcing all the bottles. As the years have gone by, the selection process has been aided by the growing success of the Release, as producers recognize the significance of the annual event. Indeed, this is the only offering in Canada for some of these special spirits.

Still, it is not simply about rare or exclusive. “The aim is to have a balance of selection, to offer options for consumers who are relatively new to the spirits world, but also for the real keepers. Accessible yet unexpected,” Shaw says. “It’s important to take away the intimidation.”

This balance shows itself in the broad range of bottles highlighted in this year’s Spirit Release, from classic single malts to rare bourbons, not to mention whiskies from unexpected areas. Or as Shaw puts it, “It’s important to look at the new whisky offerings from around the world to keep it interesting.” Another feature this year is a number of one-of-a kind, single-barrel spirits hand-selected by Shaw based on their ability to over-deliver great flavour profiles.

This even-handed approach also means that, while there will be the singular, superlative \$43,500 bottle of Macallan Lalique VI that only the most diehard of whisky fans will clamour for, there will also be spirits in the \$50 range. There will be quirky, amazing options from lesser known producers from countries such as Japan and India as well as unique tequilas and other spirits. Something for everyone, and every palate.

The largest selection of products will be at the 39<sup>th</sup> and Cambie Signature BC Liquor Store, and everyone is encouraged to come out to the main Premium Spirit Release tasting on Saturday, November 5<sup>th</sup>. At this tasting, starting at 9:30 a.m., Adele Shaw will be pouring a selection of products from the Release. “This is always a fun event, one of my favourite tastings to host,” exclaims Shaw.

Of course, do not worry if you cannot make it to the 39<sup>th</sup> and Cambie store, as a selection of other BC Liquor Stores will also host tastings, and the portfolio of premium spirits will be widely available (please see the BC Liquor Stores’ website for a complete list of products available and related events).

“This is turning into a real tradition,” explains Shaw when asked about the future of the Annual Premium Spirit Release. “It should become bigger and better each year.” Which only benefits all spirits fans, both connoisseurs and the curious alike, as the Spirit Release leverages its popularity to source more unique and rarer bottles.

# WE MAKE WHISKY **THE** CANADIAN WAY





**PAUL JOHN  
EDITED**

India **\$84.99** 675447

A multiple international award-winner, Edited is a single malt whisky from India crafted by Master Distiller Michael John that is made with peated, smoky Scottish barley and Indian six-row barley.



**MIDLETON  
BARRY CROCKETT  
LEGACY POT STILL**

Ireland **\$339.99** 241307

This rare single pot still Irish whiskey is aged in a combination of used bourbon and new American oak barrels and oozes layers of intriguing aromas and flavours—from herbs and spices to candied fruit.



**PATRON AÑEJO  
BARREL SELECT**

Mexico **\$94.99** 259937

This Añejo single cask was chosen for its extra cask aging. After more than 19 months in barrel, it's the perfect sipping tequila, displaying vanilla and lemon tea flavours that enhance the soft sandalwood and fresh agave characteristics.



**BENRIACH  
CASK #7352 2005  
VIRGIN OAK FINISH**

United Kingdom  
**\$159.99** 298315

A single-cask offering, this nine-year-old bottling shows stewed orchard fruits and melon infused with vanilla sugar and cracked black pepper, while aromatic toasted oak adds a delicious, rich depth.



**MACALLAN  
LALIQUE VI**

United Kingdom  
**\$43,500.00** 793828

The sixth and final bottling of The Six Pillars Collection, this 65-year-old single malt Macallan is ensconced in a custom Lalique crystal decanter and extremely limited to 450 total bottles worldwide.



*Prices are subject to change without notice. In the event of a change, the product description and display price in the liquor store will prevail.*

**2016 PREMIUM SPIRITS  
RELEASE TASTINGS WILL BE  
HELD AT THE FOLLOWING  
STORES ON NOVEMBER 5  
9:30 A.M. - 11:30 A.M.**

Join our BC Liquor Stores Product Consultants for a special complimentary tasting and food pairing featuring select products from the 2016 Spirits Release. Taste these celebrated, sought-after whiskies as they are officially unveiled to BC. Don't miss out on this opportunity to explore and sample the flavour profiles of these high-end products!

Kamloops Columbia Place  
Alberni & Bute  
Langley  
Westwood Centre  
Kelowna Orchard Park  
Victoria Fort Street  
Park Royal

# Stuffed TAPAS



STUFFED MUSSELS



**TARYN WA**

Taryn Wa owes a culinary debt to her mother and grandmother, who infused in her an abiding passion for food. As founder and co-owner of the industry-leading Savoury Chef Foods, Taryn is the creative force behind her company's famously simple-yet-elegant entertaining and catering.

FOR RECIPES, SEE INDEX ON PAGE 122

**FOOD STYLING BY BRIANNA HARGRAVES**

**PAIRS WITH BOCCONCINI-STUFFED MEATBALLS**



**RUFFINO IL DUCALE  
TOSCANA**

Italy **\$15.99** 872572

A blend of Sangiovese, Syrah and Merlot, this well-balanced red offers black cherry, raspberry and balsamic herb notes with well-rounded tannins, fresh acidity and a silky texture.



**RUFFINO CHIANTI**

Italy **\$11.99** 1743

A young yet classic expression of Chianti, offering floral notes on the nose with flavours of plum, ripe cherry and a touch of spice.



**BOCCONCINI-STUFFED MEATBALLS**

# ★ TEXAS ★ ORIGINAL CRAFT VODKA®

WINE ENTHUSIAST  
RATINGS

SCORE OUT OF 100 POINTS

TITO'S® 95 PTS  
HANDMADE VODKA



My Texas Handmade Vodka beats the giant "Imports" every day. That's because it's distilled six times, we use old-fashioned pot stills we built ourselves, and taste test every batch to make sure you get only the best. Try Texan!

Tito's is made from corn, so it's naturally gluten-free.



*-Tito*  
Founder & Owner  
Master Distiller



**"A homegrown symphonic spirit  
to applaud"**

Houston Chronicle

**"Soft, light, slightly sweet and round,  
it is vodka smoothness cranked to 11"**

-Beppi Crosariol, Globe & Mail

Available at BC Liquor Stores

BOTTLED & DISTILLED IN AUSTIN, TX

MADE FROM  
CORN

★ [TitosVodka.com](http://TitosVodka.com) ★  
Handcrafted to be savored responsibly.

DISTILLED & BOTTLED BY FIFTH GENERATION, INC. 40% ALC/VOL. © 2016 TITO'S HANDMADE VODKA.



PAIRS WITH STUFFED MUSSELS



**FERN WALK  
PINOT GRIS**

BC VQA \$16.99 796011

Reminiscent of the crisp New Zealand style, this BC Pinot Gris offers bright passion fruit, stone fruit and mineral flavours with lively acidity and a lip-smacking finish.



**EL PETIT  
BONHOMME RUEDA  
VERDEJO**

Spain \$13.49 79046

Ripe citrus fruit, peach, honeydew, golden apple and floral notes emerge from the glass of this delicious white, leading to a juicy palate with crisp acidity.



PAIRS WITH SPOT PRAWN-STUFFED EGGPLANT



SPOT PRAWN-STUFFED EGGPLANT



**LEITZ  
DRAGONSTONE  
RHEINGAU RIESLING**

Germany \$18.99 41756

Gorgeous aromas of white peach, pineapple, apple, lemon and wet stones open to a juicy, zesty and well-balanced palate with mouth-watering acidity and exquisite mineral notes.



**HAKUTSURU  
JUNMAI GINJO SAKE**

Japan \$9.49 210823 300 ml

Made using premium Yamada Nishiki rice and natural spring water, this is a light-bodied sake with floral aromas and a silky texture. Serve chilled or at room temperature.

# BELGIAN MOON

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Finely Crafted. Finally in Canada.

Since 1995, our Belgian-style wheat ale has been crafted with Valencia orange peel and garnished with an orange slice to bring out the extraordinary citrus aroma and taste.



CREAMY CORN-STUFFED PEPPERS

PAIRS WITH CREAMY CORN-STUFFED PEPPERS



01

**TORRES VIÑA  
ESMERALDA  
CATALUNYA**

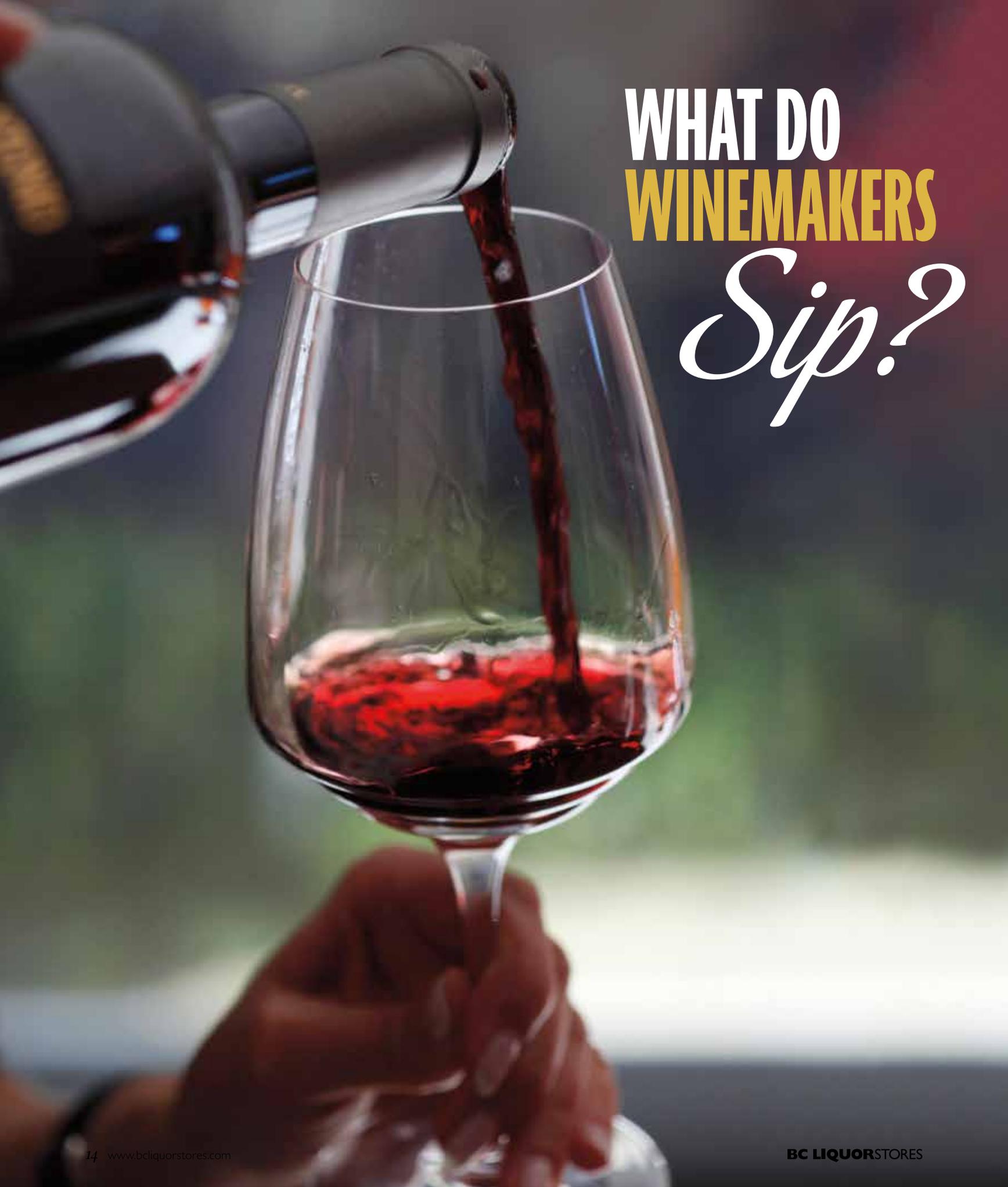
Spain **\$15.99** 165316  
Lychee, peach,  
honeysuckle and  
spice jump from the  
glass of this strikingly  
fragrant Muscat and  
Gewürztraminer blend.  
The off-dry flavours  
are nicely balanced by  
refreshing acidity.



01 EXCLUSIVE

**BERTON METAL  
LABEL VERMENTINO**

Australia **\$14.49** 643122  
This stunning white  
delivers plenty of  
white peach, citrus  
fruit and ripe pear  
aromas and flavours  
along with crisp acidity  
and a lingering, lime  
marmalade-tinged finish.

A close-up photograph of a hand holding a snifter glass while red wine is poured from a bottle. The wine is captured mid-pour, creating a dynamic splash in the glass. The background is a soft-focus outdoor scene with greenery and a light-colored surface.

**WHAT DO  
WINEMAKERS**  
*Sip?*



### JAMES NEVISON

James Nevison is an award-winning wine writer, educator and the co-founder of HALFAGLASS. He is the wine columnist for *The Vancouver Province*, where his column "The Wine Guy" appears each Thursday. James is the co-author of seven best-selling books on wine in Canada including *Had a Glass: Top 100 Wines for 2015 Under \$20*. Follow his wine musings @hadaglass.

Winemaker sounds like a dream job title. Who wouldn't want to spend time cavorting through vineyards, dancing their way through a winery, romantically coaxing grapes into wine in the cellar? Of course, talk to most winemakers and – while they are likely to express joy and satisfaction with their work – they'll likely also discuss how the job is really quite unglamorous. Lots of cleaning, significant stress from the uncontrollable vagaries of Mother Nature, tedious lab experiments, oh and more cleaning.

But think of the potential perks. Namely, your own supply of wine! But lest this conjures more excitement, consider the pitfall of cellar palate. Cellar palate occurs when someone becomes too accustomed to one particular style of wine, a condition that can lead to biased tasting and assessment. Given the amount of time winemakers spend working and tasting amongst their own bottles, cellar palate is a workplace liability.

Many believe that winemakers grow from trying other winemakers' wines. This serves as both a learning experience and a chance to benchmark against other bottles. Really, it's just good business sense. Best to sample the competition to know what you are up against. Plus, in wine's case, not all types of wine can be produced in all wine regions, and tasting others' wines simply adds to overall wine enjoyment. So which bottles do local BC winemakers open when they're off the clock?

Sandra Oldfield, longtime winemaker, President and CEO of Tinhorn Creek Vineyards, explains: "The wines I find myself sipping generally are never one label (because there are so many out there!), but from certain regions." For her, currently that means California Chardonnay, white wines from the Alsace region of France and red wines from Washington State. "Lately, I enjoy going back to my roots in California and trying Chardonnays again," she confirms. "I still think California makes great Chardonnays."

Up the valley, Master Winemaker at Sandhill Wines Howard Soon counts rosé and Viognier amongst his current fascinations. He also has an "ongoing interest" in Rhône Valley whites and reds, not to mention southern French bottles from Languedoc and Roussillon. Why is he drawn to these wines?

Soon rationalizes: "I think that these wines will grow well in our southern Okanagan and Similkameen vineyards, and they sometimes offer great value, so there could be future plantings in our Okanagan – especially since we are desert." Soon goes on to highlight how his personal wine picks provide him with insight into what the typical wine consumer is after. "The price:quality ratio is always in my mind, comparing our wines with wines from other parts of the world," Soon opines. "Wine for me is part of everyday life and dining, not a special occasion or a luxury."

Highlighting the true beauty of wine's diversity, not to mention its subjectivity of what tastes good, a third Okanagan winemaker Eric von Krosigk, Summerhill Pyramid Winery's GM, Winemaker and Viticulturist – gravitates towards champagne, Pinot Noir (particularly from New Zealand and France), California Cabernet and Riesling for his regular bottle rotation. But not one to be pigeonholed, von Krosigk retorts, "What do I sip? Well that depends: on the occasion, how I am feeling, the music, the food, the company."

The winemakers are united in the benefit they gain from tasting this global selection of bottles. Oldfield explains, "With every wine I taste, I learn something. Wines are really a type of card catalogue (to use an old school reference). With each one, you can read the label, the vintage, the location, the blend, and once you taste it, you file it away." For von Krosigk, it's a personal mission: "As a winemaker, I am always striving to be better, as are most of my colleagues," he says. "I travel a fair bit to taste and talk to other winemakers and grape growers in order to understand their wines and why they turned out the way they did."

Indeed, if winemakers don't broaden their wine horizons by tasting bottles far and wide, Tinhorn's Oldfield believes that, "You will have narrow vision (we call it "cellar palate") and your wines will never grow in quality and diversity." Thus, it's great to hear about what winemakers sip, because ultimately it's the wine drinkers who benefit from the open minds – and open palates – of these curious winemakers.

From casual happy hours to fancy nights out,  
lavish meals to delicious light treats,  
the Beaujolais wines always go perfectly  
with all of life's pleasures.

# BEAUJOLAIS WINES

I ♥  
BEAUJOLAIS

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Éduc  alcool

[BEAUJOLAIS.COM](http://BEAUJOLAIS.COM)

“ “ What do I sip? Well that depends: on the occasion, how I am feeling, the music, the food, the company. – Eric von Krosigk ” ”



**JOIE ROSÉ**

BC VQA **\$18.99** 511469  
There is much more rosé flowing from the Okanagan these days, including Joie's bright pink Pinot Noir and Gamay blend, which is juicy, fruity and simply lip-smacking.



**YALUMBA Y SERIES VIOGNIER**

Australia **\$16.99** 624502  
This Viognier is both vibrant and lush, with exotic floral and spice aromatics leading to a rich and redolent body and plush finish.



**CHATEAU STE. MICHELLE CABERNET SAUVIGNON**

USA **\$20.99** 232793  
Concentrated and chock full of dark fruit and toasty oak, this is one inviting Cabernet Sauvignon that caresses the palate and tickles the tongue with supple tannins.



**PF AFF PINOT GRIS**

France **\$18.99** 616144  
Unlike Pinot Grigio, Pinot Gris from Alsace is typically not crisp and curt. Robust and unctuous, Pfaff's Pinot Gris offers engaging floral and melon notes, and pairs well with cream sauce.



**POL ROGER CUVÉE DE RESERVE BRUT**

France **\$65.99** 51953  
Summerhill winemaker Eric von Krosigk says, "Other than my own [sparkling wine], I will always have a cold bottle of Pol Roger in the fridge." Enough said.



**OYSTER BAY PINOT NOIR**

New Zealand **\$22.99** 111302  
An easy introduction to New Zealand Pinot Noir, this fruit-forward, opulent red complements its berry fruit with smoky oak and a lick of spice.

# Sweet Potato CREATIONS



SWEET POTATO AND  
MAPLE SYRUP PANNA COTTA



**NATHAN FONG**

Awarded the inaugural IACP/Julia Child Award of Excellence for Food Styling, Nathan is also an internationally published food and travel journalist, and television and radio contributor. His work has appeared in *The Vancouver Sun*, *Cooking Light*, *Men's Health*, *Enroute* and *Westjet* magazines.

FOR RECIPES, SEE INDEX ON PAGE 122

PAIRS WITH SWEET POTATO AND MAPLE SYRUP PANNA COTTA



**LA CREMA SONOMA COAST CHARDONNAY**

USA \$27.49 366948

Rich and voluptuous, with a viscous, glycerol texture holding deep, opulent flavours of pineapples, lime curd, mandarin orange, honey and cinnamon. Hints of vanilla linger on the finish.



SWEET POTATO GNOCCHI



**MARTINI ASTI**

Italy \$12.49 1875

A delightful sparkler with fragrant apricot, peach, melon, lemon and honey notes. The palate is medium-sweet, with balanced acidity, delicate bubbles and a fruity finish.



PAIRS WITH SWEET POTATO GNOCCHI



**FONTANAFREDDA BRICCOTONDO PIEMONT BARBERA**

Italy \$18.49 898718

A stunning expression of the Barbera grape, this elegant red offers black fruit, cherry and floral notes to go with a fresh, well-balanced and opulently textured palate.



**CHATEAU STE. MICHELLE COLUMBIA VALLEY CHARDONNAY**

USA \$19.79 232439

Bright and lively, with juicy pear, lemon curd and spice flavours on a sleek frame, finishing with refreshing acidity and a grapefruit note on the lingering finish.



  
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Club*<sup>®</sup>

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**100% RYE**<sup>TM</sup>

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drink smart<sup>®</sup> Canadian Club<sup>®</sup> Canadian Whisky, 40% Alc./Vol. ©2016 Canadian Club Whisky Company, Walkerville, Ontario, Canada



SWEET POTATO TURNOVERS

PAIRS WITH SWEET POTATO TURNOVERS



    
**BONTERRA ORGANIC MENDOCINO COUNTY CHARDONNAY**

USA **\$18.99** 342436  
 A smooth, creamy Chardonnay with plenty of tropical pineapple, lemon zest, crème brûlée and spice notes. Bonterra's organic winemaking practices help express the vibrancy of the fruit.



   
**CARMEN RESERVA VIOGNIER**

Chile **\$12.29** 604348  
 Pretty aromas of apricot, honeysuckle, ginger and lime open to a rich, round and supple palate with stone fruit, mandarin orange and Asian five-spice flavours.



# HOW DO YOU LIKE YOUR

# Apples?

A handy guide to our favourite tree fruits.

**A**n apple a day, they say. But which apple? Not every apple is at its best in a pie, or a sauce, or eaten out of hand. And with more and more apples coming on the market, the decision is harder than ever.

We love our apples, and not just because they're so good for us. (They're low in calories, but loaded with Vitamin C, fibre and antioxidants.) They're the perfect portable snack, and a versatile workhorse in the kitchen, just as delicious in sweet dishes as in savoury ones.

The apple is one of the world's most widely enjoyed tree fruits. It originated in Central Asia, and there are now some 7,500 cultivars grown all over the planet. China is the biggest producer of apples – it grows nearly half the 80 million or so tons produced worldwide each year – but they are an important crop for British Columbia too. In fact, this province has developed several new strains of apples at the Pacific Agri-Food Research and Development Centre in Summerland.

Now, where once you could only find tart Granny Smiths, sweet McIntoshes and grainy Red Delicious apples at the grocery store, you can easily expect to find half a dozen varieties year round, and even more if you hit a farmers' market in September.

With all that choice, how do you decide which is the perfect apple for a pie? Or a snack? Well, it depends.

It really comes down to taste. Do you prefer your apples sweet or tart? Crisp or tender? Do you want them to hold their shape when they cook or melt into a sweet, appley sauce? Each apple has its own special characteristics.

In general, sweetly crisp apples like Honeycrisps are best for eating raw as a snack. Tart apples like Granny Smiths are great in salads. Soft, sweet varieties like Golden Delicious are ideal in sauces. As for pie, well, the debate rages fiercely.

Some bakers are adamant that no apple but the mild-mannered Golden Delicious should ever appear in a pie. Others are equally adamant that pies demand an apple with presence, such as the Granny Smith. Still others insist that the best apple for pie is a mixture of, say, sweet McIntoshes and tart Granny Smiths, so you can enjoy the sauciness of the first and the firmness of the second.



**JOANNE SASVARI**

Joanne Sasvari is a food, drink and travel writer based in Vancouver. Certified by the Wine and Spirits Education Trust, she has a special expertise in spirits and cocktails, and a passion for all things palatable, from home entertaining to culinary travel. The former editor of *FLAVOURS* magazine and *Weekend Post*, she is also the author of *Paprika: A Spicy Memoir from Hungary* and the 2015 *Frommer's EasyGuide to Vancouver & Victoria*.

**HERE'S A QUICK GUIDE TO SOME OF THE VARIETIES YOU'LL FIND IN LOCAL MARKETS.**

**AMBROSIA**

**Best for:** Snacks, salads, baking, sauces.

**Find it:** Late September to April or May.

This crisp, sweet, aromatic and versatile apple first appeared in BC in the 1990s. It's slow to brown, making it a good choice to be enjoyed raw in dishes.

**BRAEBURN**

**Best for:** Snacking, salads, baking, sauces.

**Find it:** Late October through March.

This all-purpose apple hails from New Zealand and has a nice balance of sweetness and tartness, with a firm flesh that holds its shape when cooked.

**FUJI**

**Best for:** Salads, snacks, baking.

**Find it:** Late October through to May.

This hybrid apple (Red Delicious and Ralls Janet) originated in Japan and is super sweet with firm, crisp flesh that holds its shape when baking.

**GALA OR ROYAL GALA**

**Best for:** Snacks, salads.

**Find it:** September through May.

The Gala apple is a crisp, firm, sweet apple originating in New Zealand in the 1920s, with a number of variations (such as the Royal Gala). These are best enjoyed raw.

**GOLDEN DELICIOUS**

**Best for:** Baking, sauces.

**Find it:** Late September to June.

A classic apple originating in West Virginia more than a century ago, it has a richly sweet flavour, medium-firm flesh and tender skin, making it a favourite for cooking and baking in dishes.

**GRANNY SMITH**

**Best for:** Salads, baking.

**Find it:** Late October through May.

This Australian import dates back to 1868 and is tangy, tart and harder than most apples; it is best enjoyed in salads and by those who prefer a firmer apple in their pie.

**HONEYCRISP**

**Best for:** Snacks.

**Find it:** October through December.

This new-ish apple (arriving from Minnesota 1991) is very popular – it's super sweet, wonderfully crunchy and satisfyingly huge, making it a favourite to eat out of hand.

**MCINTOSH**

**Best for:** Sauces.

**Find it:** September through May.

The sweet, firm, versatile Mac has been around for more than 200 years, but its popularity has waned in recent years. Still, nothing can beat it in applesauce or apple butter.

**NICOLA**

**Best for:** Snacks, salads.

**Find it:** January through late spring.

A new apple developed at the Summerland research station, this one has great potential – it's large, sweet, crisp and juicy and has a long shelf life.

**PINK LADY (AKA CRIPPS PINK)**

**Best for:** Snacking, salads.

**Find it:** Late October through June.

This crisp, aromatic and slightly tart apple is a relative newcomer from Australia, and one of the most popular snacking apples, thanks to its small, perfect-for-lunchboxes size and long shelf life.

**RED DELICIOUS**

**Best for:** Snacks, salads.

**Find it:** October through July.

Originating in Iowa in the 1880s, this is the classic ideal of an apple – sweet, tart and crisp as long as it's fresh, but prone to mealiness when it's stored too long.

**SPARTAN**

**Best for:** Snacks, salads, baking.

**Find it:** October through July.

The first new breed of apple created at the Summerland research station is a good, versatile choice that is crunchy and sweet, ideal for both snacking and baking.

**#CLIMBTHETREE**

# FALL FOR SOMERSBY



**AVAILABLE AT YOUR  
LOCAL LIQUOR STORE.**

Please drink responsibly.



APPLE STREUSEL KUCHEN TORTE

PAIRS WITH APPLE STREUSEL  
KUCHEN TORTE



**CROWN ROYAL  
APPLE**

Canada **\$25.99** 609644  
Think caramel apples in a glass. The whisky begins on a fragrant apple note and finishes with warm flavours of caramel and spice. Perfect with apple pie.



**DOMAINE  
PINNACLE ICE CIDER**

Canada **\$26.49** 7674 375 ml  
Rich and complex, with sweet honey, cinnamon and apple notes balanced with a bracing acidity and refreshing bubbles, this pairs beautifully with the sweet, buttery flavour of an apple torte.



PAIRS WITH KOHLRABI SALAD  
WITH APPLES



KOHLRABI SALAD WITH APPLES



**GRAY MONK  
CHARDONNAY  
UNWOODED**

BC VQA **\$14.79** 501114  
Crisp and clean, with notes of pear and green apple, an excellent accompaniment for seafood, poultry and fresh, fruity salads.



**LA CHABLISIENNE  
LA PIERRELEE  
CHABLIS**

France **\$29.49** 359844  
With clean acidity, delicate minerality and notes of apple, citrus and stone fruits, this is an ideal wine to accompany often hard-to-pair salads.



APPLE AND CHEESE ROSE TARTLETS

PAIRS WITH APPLE AND CHEESE ROSE TARTLETS





  
**SANDHILL ESTATE CHARDONNAY**  
 BC VQA \$15.99 541193  
 The rich mouth feel, along with ripe apple, pineapple and creamy flavours, makes this a good partner for the savoury flavours of an apple and cheese tart.





  
**CEDARCREEK CHARDONNAY**  
 BC VQA \$14.99 237974  
 This beautifully balanced Chardonnay with crisp acidity, appealing minerality and luscious notes of nuts and honey is ideal enjoyed alongside an apple appetizer.

# NEW

# NEW



**CADEMUSA NERO  
D'AVOLA SYRAH  
TERRE SICILIANE**

Italy **\$12.99** 64048

This blend of organically grown Nero d'Avola and Syrah delivers plenty of black cherry, black-currant and herb notes in a soft, smooth and easy-drinking style.



**CORTE OTTONE  
BRINDISI RISERVA**

Italy **\$18.99** 475988

This red blend showcases the best of each varietal: earthiness from the Negroamaro, black cherry and chocolate from the Malvasia Nera, and dried herbs from the Sangiovese.



**MONTES TWINS  
COLCHAGUA  
MALBEC CABERNET  
SAUVIGNON**

Chile **\$16.99** 523613

Aromas of ripe plum, blackberry, cherry and touches of vanilla and spice lead to a full-bodied palate with chewy tannins, balanced acidity and a smooth finish.



# GET COZY WITH NEW PRODUCTS FOR FALL!



## BARON SAMEDI SPICED RUM

USA \$26.99 548875

As the first rum to include all natural spices including cocoa, cinnamon and clove, Baron Samedi delivers full-bodied flavour with a smooth, crème brûlée-tinged finish.



## VINIQ ORIGINAL LIQUEUR

USA \$39.99 856302

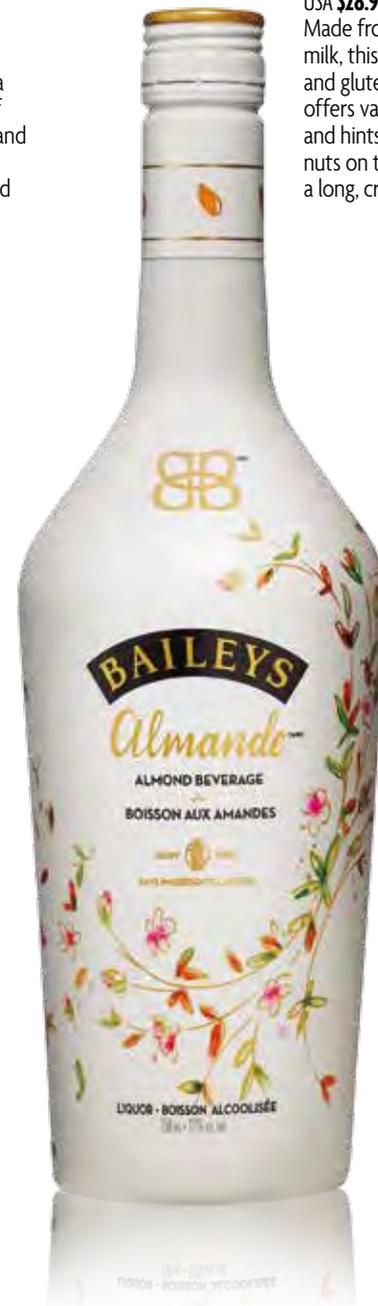
Made from vodka and Moscato, this shimmery liqueur is a sweet concoction of passion fruit, peach and citrus flavours. Enjoy on the rocks or mixed with sparkling wine.



## BAILEYS ALMANDE ALMOND BEVERAGE

USA \$28.99 756999

Made from real almond milk, this dairy-free and gluten-free liqueur offers vanilla, almond and hints of honey and nuts on the palate with a long, creamy finish.





# *Starting* A WINE CELLAR

“ It is time to champion the modern wine cellar. Technology and lifestyles have converged to present a new perspective. ”

**W**hen is the right time to start a wine cellar? Now! A wine cellar will heighten your appreciation, enjoyment and knowledge of wine. A wine cellar will become both a talking point and a place of pride. Heck, a wine cellar can even help keep counters tidy and clear of bottle clutter!

But here's the thing. Most of us have not seriously contemplated starting a wine cellar. This unfortunate reality is driven by misconceptions.

A wine cellar does not have to mean dark and dank. It does not have to be underground. A wine cellar does not even have to be a separate room, because really, nowadays how many homes have a basement, let alone space ready to totally be dedicated to wine? Finally, it must be said, there is a wine cellar to meet every budget.

It is time to champion the modern wine cellar. Technology and lifestyles have converged to present a new perspective. A wine cellar can be as straightforward as a stand-alone wine fridge squirrelled in a corner or under a countertop. In a pinch, a box tucked away in a seldom-used closet can serve as a wine cellar. These are the starting points. And sure, if funds or wherewithal permit, there are some amazing modern cellar designs incorporating glass walls and combination cooling-humidifying units constructed off a kitchen or dining room that will really turn heads.

#### CELLAR BASICS

- ◆ Store wine on its side? Sure thing, but only if it has a natural cork. This will keep the cork from drying out over the years. Screwcap? Bottle placement is more about aesthetics.
- ◆ Always keep in mind, the enemies of storing wine: heat, light and movement.
- ◆ Related, an even temperature and humidity profile are best for aging wine.
- ◆ Speaking of temperature, the recommended temperature for proper wine storage is 10–15 degrees Celsius. Relative humidity should be kept between 55–75 percent.
- ◆ Don't forget cellar management. Whether it is a spreadsheet or a smartphone app, it is useful to keep track of which wines are in the cellar – along with an estimate of when they should be brought out to the table!

## WHY CELLAR WINE?

Wine is a living thing. Wine changes over time in the bottle, evolving as the months, and years, march on. This is a major reason why wine is a pedestal potable, why many people get so seriously into wine. An aged wine can transform into a completely different beverage as it matures into complex layers of nuanced aromas and flavours that do not present themselves in young wine. A cellar allows into this wonderful aspect of wine enjoyment.





# MAKE EVENINGS *Twice as nice*

Now that Sawmill Creek and Brookside Dark Chocolate have found a way to make evenings twice as nice, you'll be wishing they were twice as long.

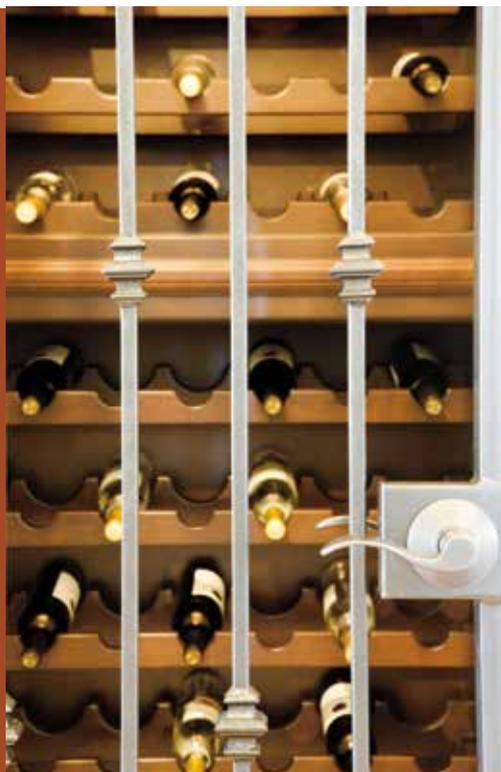


Brookside Dark Chocolate is available to purchase at national retailers. Please drink responsibly.

### CELLAR TIPS

- ◆ Every wine cellar starts with a wine collection. A collection is as simple as three bottles: one each of white, red and bubbly. Just remember to replenish as required.
- ◆ That said, buying in bulk allows for maximum learning. Better to buy six (or 12) bottles of the same wine rather than one. This way, a bottle can be opened periodically (say, every six months or once a year) to assess (and enjoy) how the wine is maturing and changing with time.
- ◆ For most, this bulk-buying strategy requires seeking less expensive wines to start with. For ideas, see the six examples of budget-friendly, cellar-worthy options accompanying this article.
- ◆ Of course, bigger does not always mean better. A cellar also makes great storage for those one-off bottles lugged back from travels or special occasions.
- ◆ Tying bottles in a cellar to personal experience or preference will add to enjoyment when the wine is finally opened.
- ◆ Focus on the short- to medium-term. The reality is that only a small percentage of wines are made to cellar longer than the average lifespan of a television sitcom. While uncorking a bottle from your birth year is romantic, most cellar-worthy wines will last three to seven years. This is still enough time to enjoy the experience of the wine maturing.

There is a  
wine cellar to meet  
every budget.



## WHAT ABOUT OFF-SITE WINE CELLARS?

Given the modern state of living (i.e. people residing in high-rise apartments, or partitioned flats sans basement), an industry of off-site wine storage solutions has blossomed. While not as convenient as reaching into a homegrown cellar, these third-party wine storage facilities are great for serious wine collectors who wish to store significant quantities of wine under optimum cellar conditions.



# DISCOVER CALIFORNIA WINES



With its natural beauty, ideal growing conditions, diversity of wines produced and commitment to sustainable winegrowing practices, California is one of earth's most perfect places-not only to make wine, but to enjoy it. Wines that can be fun, food friendly or elegant, depending on the occasion. Look for us in your local BC Liquor Store.



*calwine.ca / discovercaliforniawines.com*

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CALIFORNIA WINES CANADA

“ A wine cellar will heighten your appreciation, enjoyment and knowledge of wine. ”



**PEWSEY VALE EDEN VALLEY RIESLING**

Australia **\$19.99** 617126  
Thanks to its inherent acidity and intensity, Riesling has staying power. Pewsey Vale highlights the classic, laser-like style of Aussie Riesling that will mellow over a decade or so.



**LOUIS LATOUR BOURGOGNE CHARDONNAY**

France **\$23.99** 55533  
Latour's basic unoaked Bourgogne offers bright citrus, mineral notes and freshness in an accessible Chardonnay that will develop nicely over the next 3-5 years.



**MUGA RIOJA RESERVA**

Spain **\$27.99** 49254  
While Spanish wineries do some cellaring for us (a Reserva designation equals at least three years of aging), this robust red will improve over the short- to medium-term.



**TINHORN CREEK MERLOT**

BC VQA **\$20.49** 530725  
Local reds deserve cellar shelf space too, and Tinhorn's bold and big-fruited reds are built to last. Drink now or hold through 2018.



**GLEN CARLOU PAARL GRAND CLASSIQUE**

South Africa **\$22.49** 153882  
Cellar-worthy Bordeaux is fantastic, but comes with a price; budget-minded collectors should check out Glen Carlou's gutsy Bordeaux blend, which can be squirreled away until 2020 or so.



**SUMMERHILL CIPES BRUT**

BC VQA **\$25.49** 314419  
Also save spots for sparkling wine, not necessarily to age for a long time, but rather to ensure there is always a bottle of bubbly within reach!



# SMALL WINERIES, BIG IMPACT

## Q&A WITH FOUR BC WINEMAKERS

### BLASTED CHURCH VINEYARDS

#### OKANAGAN FALLS

Owned by Chris and Evelyn Campbell (Evelyn answers)

#### *How did you get into the wine business?*

Chris and I were living in Horseshoe Bay, West Vancouver, when we decided to give up our careers in finance and accounting, sell everything and purchase a \$3-million winery in BC. We were avid sail boaters, so our friends were taken aback when we told them we'd bought a winery in Okanagan Falls and were leaving the city.

#### *What is the best piece of wine advice you've received?*

To work with Bernie Hadley-Beauregard of Brandever and embrace his idea of a catchy name and a comprehensive marketing plan. When we chose the Blasted Church labels, there was a lot of pushback – the local church saw it as blasphemous. But Bernie stuck to his guns and I made a leap of faith to go with his quirky names.

#### *What is it about your wines that you want people to come away with after they've tried them?*

The beauty of wine is that it is one of the world's rare communal beverages. While other libations like beer and spirits are single serve, a bottle of wine is almost always shared. We create wines that bring joy to the table.



#### *What's your favourite food-and-wine pairing?*

A tenderloin of beef with our Nothing Sacred full-bodied red Meritage.

#### *What are the biggest changes you've seen in winemaking since you got started?*

The industry has become more professional and values the art and science of winemaking. We're seeing demonstrable leaps as young and passionate winemakers relocate to our region from around the world.

### JOIEFARM VINEYARDS

#### NARAMATA

Owner & Executive Winemaker: Heidi Noble

#### *How did you get into the wine business?*

My parents were wine drinkers and avid travellers and took our family camping to wine regions around the world. I'm a trained chef and sommelier and have worked in fine restaurants in Montreal and Toronto.

I moved to Vancouver and got a job in the wine trade and then relocated to the Okanagan in 2003 and co-founded JoieFarm with my former partner Michael Dinn. We wanted to make wines inspired by Alsace and Burgundy.



Photo: Daniel Seguin



**KASEY WILSON**

Kasey Wilson is an award-winning food and travel writer, broadcaster and author. She is editor of *Best Places Vancouver* and her articles have appeared in *National Geographic Traveler*, *Bon Appetit* and *Gastronomica*. Wilson is executive producer and co-host of the “Best of Food and Wine Show” on AM650. The author of 10 non-fiction books on travel and food, Kasey is a member of the judging panel for the World’s 50 Best Restaurants.

***What is the best piece of wine advice you have been given?***

Mike Benziger of Sonoma’s Benziger Winery said, “All the hard work and love that goes into a bottle of wine comes out of the bottle.”

***What’s your favourite food-and-wine pairing?***

Champagne and gougères, the classic French cheese puffs.

***What does the harvest mean to you?***

I love the intensity of harvest – it’s like working on the line all night in a restaurant. You have to keep going, stay calm, and I like the inner masochism of that. Your focus has to be unwavering. I make wine like I cook, it’s an exercise in balance.

**ROAD 13 VINEYARDS**

**OKANAGAN VALLEY**

Co-Owners: Mick and Pam Luckhurst (Pam answers)

***How did you get into the wine business?***

We moved to Osoyoos in 2003 and fell in love with the “romance” of the vineyards. We were too young to retire and were looking for a new business venture. After a brief but intense research period, we purchased a tiny winery and 24 acres of vines. As everyone has heard, the way to make a small fortune in the wine industry is to start with a large one. Fortunately, we were at a stage in life where we were ready to stop accumulating and start accomplishing.



***If you could change one thing in the Okanagan Valley, what would it be?***

In the South Okanagan we need more infrastructure. To accomplish that, we need a bigger population and to accomplish that, we need more jobs. If we could only move Vancouver and Calgary a little closer (but not too close).

***What’s your favourite food-and-wine pairing?***

Viognier, Roussanne, Marsanne with perfectly baked halibut or our Seventy-Four K with a Johnny Depp movie.

***Where do you hope to see your winery/region in 10 years?***

I hope to see greater respect and recognition of the quality of

wine BC is producing – not only internationally, but with the local (I mean in Canada) die-hards who still insist BC can’t make good wine. I hope the small, family owned and operated wineries still exist. And visitors keep coming to enjoy our weather, our scenery and our wines. Visitors are the backbone of small wineries and their compliments and purchases justify all the hard work and make us proud.

**WILD GOOSE VINEYARDS & WINERY**

**OKANAGAN FALLS**

Co-owners: Roland and Hagen Kruger (Roland answers)

***How did you get into the wine business?***

In 1983, I was living in Calgary and my father Adolf asked me if I wanted to invest into a vineyard. I asked “What is a vineyard?” My brother Hagen talked me into it and the rest is history.



***What is the best piece of wine advice you have been given?***

Don’t analyze wine to death. Grab a bottle and enjoy it for what it’s worth and remember that wine is always more enjoyable when you share it.

***What’s your favourite food-and-wine pairing?***

One of my favorite dishes is a recipe for Heavenly Halibut, prepared with freshly caught Pacific halibut, matched with a bottle of Stoney Slope Riesling.

***What are the biggest changes you’ve seen in winemaking since you got started?***

BC winemakers have continued raising the bar as far as quality is concerned. We are also seeing harvests beginning much earlier and the grapes are garnering remarkable ripeness every year.

***What is it about your wines that you want people to come away with after they’ve tried them?***

“Wow! This wine is made in British Columbia?” We want people to not only taste, but feel the passion that we have as an industry producing lovely fruit-forward and consistent wines.

# THE SMIRNOFF CAESAR, PERFECT FOR EVERY OCCASION.

## WHAT'S INSIDE:

- 1.5 oz. SMIRNOFF™
- 4 oz. Clamato Juice
- 0.5 oz. Worcestershire Sauce
- 0.25 oz. Hot Sauce
- Pinch salt + pepper  
+ celery salt (as desired)
- Lemon or lime slice

## HOW TO MIX IT:

Pour all your ingredients over cubed ice in a highball glass and stir really well. Sip and enjoy.



thebar.com

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#THISISHAPPENING

CELEBRITY PROFILE: **SMALL WINERIES, BIG IMPACT**



**WILD GOOSE  
AUTUMN GOLD**

BC VQA **\$16.99** 414755

A blend of Gewürztraminer, Riesling and Pinot Blanc, this well-loved BC white blend is bursting with intense aromas and flavours of peach, spiced apple and citrus.



**WILD GOOSE  
PINOT GRIS**

BC VQA **\$16.99** 536227

Ripe pear, apricot, lemon and honeycomb aromas lead to a distinctly full, round and textured palate. The off-dry melon and honey flavours are balanced by crisp acidity.



**BLASTED CHURCH  
HATFIELD'S FUSE**

BC VQA **\$17.99** 734475

This aromatic blend of 10 different varietals showcases the flavour spectrum of Okanagan grapes. Look for mouthfilling flavours of peach, lychee and citrus with pineapple and rose accents.



**ROAD 13 HONEST  
JOHN'S RED**

BC VQA **\$17.99** 290684

Year after year, this reliable Merlot-based blend continues to deliver plenty of ripe plum, blackberry, blueberry and vanilla in a balanced, softly textured and approachable package.



**ROAD 13  
SEVENTY-FOUR K**

BC VQA **\$21.99** 78915

Blended with Syrah and splashes of Viognier and Malbec, this richly textured Merlot-based wine offers a complex array of ripe dark fruits, bittersweet chocolate, leather and spice notes.



**BLASTED CHURCH  
JESUS MURPHY**

BC VQA **\$22.49** 515395

Black cherry, cassis, plum, vanilla and oak aromas emerge from the glass of this red blend, leading to a supple, medium-bodied palate with a cappuccino-tinged finish.



**JOIE ROSÉ**

BC VQA **\$18.99** 511469

Strawberry, raspberry and dried-sage notes all emerge from this delicious BC rosé. Red cherry flavours offer a kiss of sweetness on the medium-bodied palate with mouth-watering acidity.



**JOIE A NOBLE BLEND**

BC VQA **\$20.99** 882027

This Alsatian-inspired blend opens with stunning aromas of lychee, guava, blossoms and spice. The palate is opulent and round, with slightly off-dry flavours delicately balanced by fresh acidity.



# BEAUTIFUL *Beans*



PERSIAN CHICKPEA SALAD  
WITH POMEGRANATE  
DRESSING



**IRENE MCGUINNESS**

Irene McGuinness is an award-winning food writer, editor and food stylist based in Vancouver. Her work has appeared in *Alive Magazine*, *Canada Wide Media*, *Ottawa Magazine*, *Chatelaine Magazine* and *Whitecap Books*. She was the script writer for DV Cuisine's *The World Pastry Cup* that aired on the Food Network and won The James Beard Foundation Award for Best Television Food Special. Irene is also a frequent radio and television contributor, preparing recipes for TV chefs and personalities.

FOR RECIPES, SEE INDEX ON PAGE 122

PAIRS WITH FAVA BEANS WITH FRESH RICOTTA ON GARLIC CROSTINIS



**WILLIAM FÈVRE  
PETIT CHABLIS**

France **\$23.49** 811232

It has a slightly floral bouquet along with citrus, green apple and mineral notes. The palate is crisp with lively acidity, delivering a saline finish that begs for another sip.



**PROTEA  
CHENIN BLANC**

South Africa **\$12.99** 777953

Light and easy-drinking, this crisp white offers fresh peach, tangerine and honeysuckle aromas to go with tangy nectarine and melon flavours on the palate.



FAVA BEANS WITH FRESH RICOTTA ON GARLIC CROSTINIS

NEW!



BOLD,  
JUICY,  
RIPE  
*and*  
ROBUST.

BE BODACIOUS.

Please drink responsibly.

PAIRS WITH PERSIAN CHICKPEA SALAD WITH POMEGRANATE DRESSING



 **00**  
**WHITEHAVEN MARLBOROUGH SAUVIGNON BLANC**  
 New Zealand **\$17.99** 300368  
 Fresh, elegant and finely balanced, this medium-bodied Sauvignon Blanc displays full-flavoured notes of peach, grapefruit and tropical fruit with lively acidity and a long, clean finish.

 **00** **EXCLUSIVE**  
**FONTANA CANDIDA ROMA BIANCO**  
 Italy **\$12.99** 496802  
 This fruity blend of Malvasia del Lazio, Bombino and Greco offers a floral nose with a crisp and refreshing palate. A soft mineral note lingers on the finish.



PAIRS WITH PULLED CHICKEN AND BLACK BEAN NACHOS



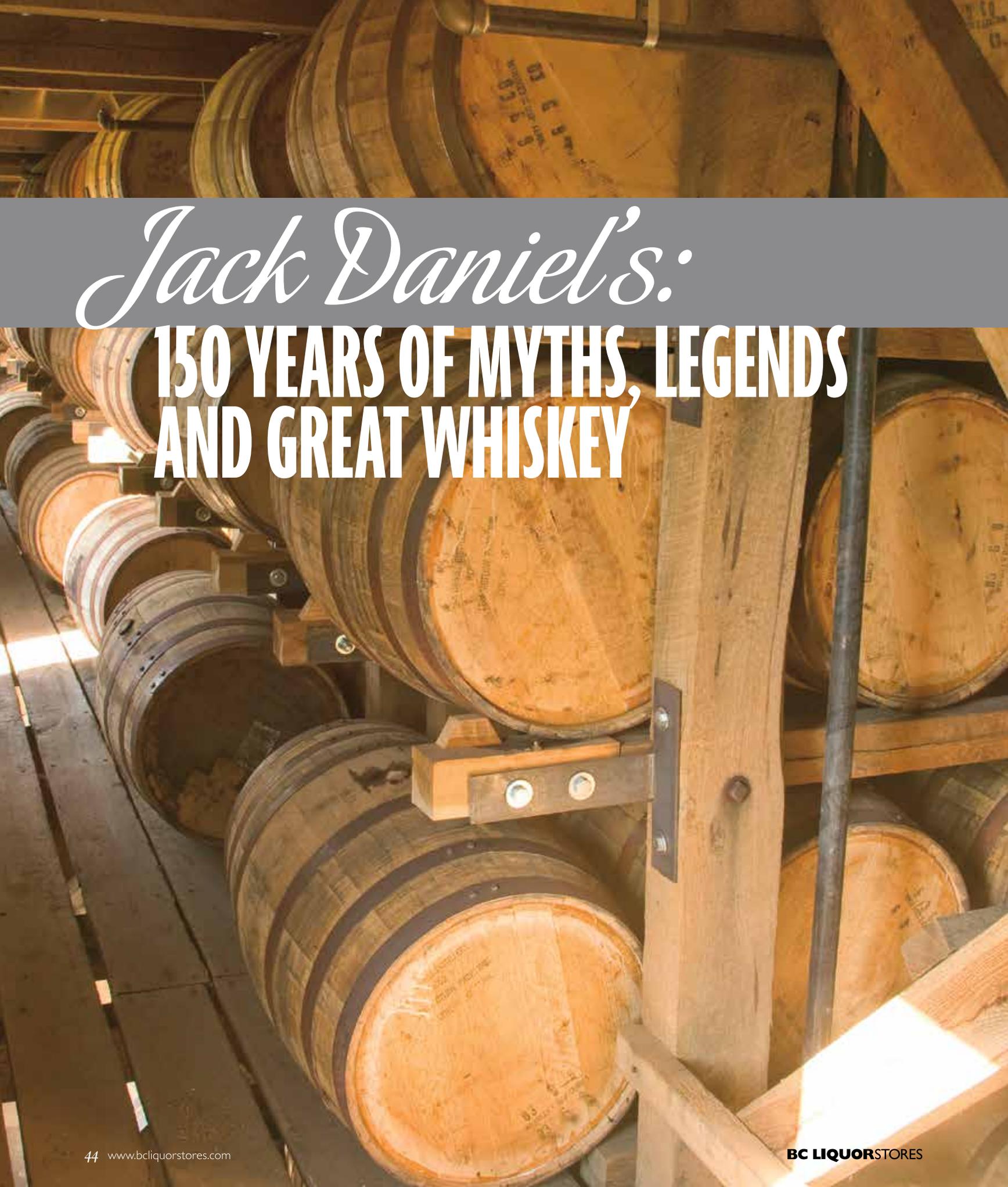
PULLED CHICKEN AND BLACK BEAN NACHOS



 **00**  
**MAISON DES BULLIATS RÉGNIÉ**  
 France **\$19.99** 137760  
 This delicious Cru Beaujolais has perfumed aromas of violets, red berry fruits and bramble leaf. The palate is medium-bodied with silky tannins and lots of crunchy berry fruits.



 **00**  
**RUFFINO LUMINA PINOT GRIGIO DELLE VENEZIE**  
 Italy **\$12.49** 102764  
 Golden apple, pear, citrus and a hint of pineapple emerge from the glass, leading to a medium-bodied palate with juicy acidity and a clean finish.



*Jack Daniel's:*

**150 YEARS OF MYTHS, LEGENDS  
AND GREAT WHISKEY**



#### IAIN PHILIP

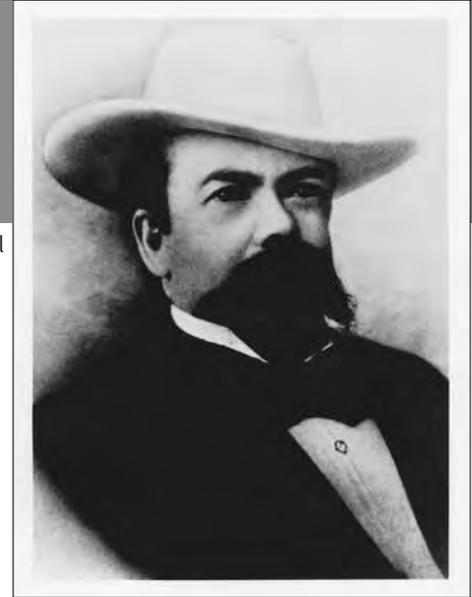
Iain Philip is a wine educator, presenter, consultant and judge who specializes in delivering Wine and Spirit Education Trust (WSET) courses. In any given year, he will instruct more than 300 students. He is co-owner of Barbarian Wine Consulting along with his wife Barbara. [barbarianwine.com](http://barbarianwine.com)

The best-selling American whiskey in the world, Jack Daniel's, turns 150 years old this year. However, it may be difficult to pinpoint the exact date. The iconic label states the distillery was established in 1866, making it the oldest registered distillery in the United States. It has said this for as long as anyone can remember, but it might not be that black and white. Brown Forman, Jack Daniel's parent company, is scheduling tributes and celebrations throughout the year and around the world, culminating with a large party in Lynchburg, Tennessee, where the distillery is located, to mark this special anniversary. However, as the history of Jack Daniel and his whiskey has always been layered in mystery, folklore, myths and legends, sometimes it is difficult to know what is truth and what is a good story.

It begins at the beginning. No one really knows when Jack Daniel was born. Some, including Brown Forman, believe he was born in 1850. However, there seems to be some evidence that his mother died in 1849, making that impossible. It is likely Jasper "Jack" Daniel was born in 1849, and his mother died shortly after. Legend has it that Jack ran away from home at six years of age, but it wasn't until 1864, after his father was killed in the Civil War, that Jack was adopted by his neighbour Dan Call.

Dan Call was a preacher and a distiller and taught young Jack the art of whiskey making. About a decade later, in 1875, Daniel registered a company, Daniel & Call, and distilled whiskey on Dan Call's property. Shortly after, Call left the business under pressure from his congregation to choose between his two spiritual pursuits. In 1884, Daniel moved the distillery to its present location, when he purchased the property that is commonly referred to as The Hollow. It's hard to know with

Jasper "Jack" Daniel



much certainty about early times in Lynchburg. The town had a major fire in 1883 in which most of the records were destroyed.

One thing for certain is that it was at The Hollow that Jack Daniel refined the processes that make the whiskey what it is today. Jack selected the property because of the excellent water emanating from a limestone cave spring. Every drop of Jack Daniel's still originates from this spring. Jack used a mash bill of corn, rye and barley. He perfected what is known as the "Lincoln County" process. Drop by drop, the whiskey is percolated through 10 feet of sugar-maple charcoal prior to maturation. This mellowing process is particular to Tennessee whiskey and is one of the things that differentiates it from bourbon. Finally, there is the patient maturation in new white oak barrels stored in the multi-level rack houses.

Apart from production volumes, not much has changed since Jack's day. Every one of the 14 million bottles of whiskey is produced at The Hollow in a town that still boasts a population of only a few hundred people. The same ingredients are used, all the barrels are still made by the company's own cooperage, and all the local sugar maple is burned on site to create the charcoal for mellowing. Amazingly, there is still an artisanal feel to the operation. There have only been seven master distillers in the distillery's history, and it is as if the current one, Jeff Arnett, had been mentored by Mr. Jack himself.

The legend of Jack's death, too, is an interesting tale. One morning in 1904, frustrated by not being able to open the office safe, Jack vigorously kicked it, breaking his toe. Leaving the



**150 YEARS  
AND COUNTING.**



WHATEVER YOU'RE CELEBRATING, CELEBRATE RESPONSIBLY.

JACK DANIEL'S  
1866 **150**<sup>TH</sup> 2016  
ANNIVERSARY  
OF THE  
JACK DANIEL  
DISTILLERY

“ There have only been seven master distillers in the distillery's history, and it is as if the current one, Jeff Arnett, had been mentored by Mr. Jack himself. ”

toe untreated, it became gangrenous, eventually leading to his death in 1911. As he never married and had no children, Jack had passed the company to his nephew Lem Motlow in 1907. Lem had worked for Jack since 1887, and guided the company until his death in 1947.

Lem was instrumental in successfully lobbying for the repeal of Prohibition in Tennessee and re-establishing the distillery in Lynchburg. The distillery had ceased operations between 1910 and 1938. Ironically, Moore County, where Lynchburg is located, is still a dry county. The only place you can purchase Jack Daniel's (or any alcohol for that matter) in the county is at the distillery's gift shop.

Fortunately, we have access to Jack Daniel's legendary Old No. 7 in more than 190 BC Liquor Stores around the province. To celebrate this momentous milestone, BC Liquor Stores also carries a limited edition 150<sup>th</sup> Anniversary bottling. While there might be some debate about when exactly the distillery was founded, we do know that the same great whiskey has been coming from the same place for a very long time.

Why not have a party? It's a great excuse to have a sip of Mr. Jack's finest.



Master Distiller Jeff Arnett



**JACK DANIEL'S GENTLEMAN JACK RARE TENNESSEE**

USA \$36.99 377994

This easy sipping whiskey is charcoal-mellowed before and after maturation for an extra smooth, light expression. Look for sweet vanilla and caramel flavours without a strong oak character.



**JACK DANIEL'S SINGLE BARREL SELECT**

USA \$49.99 480616

Bottled from a single barrel in the distillery, each barrel is hand-selected for its unique taste and flavour. This is a richer expression of the original Old No. 7.



Jack Daniel's Distillery: Charcoal Mellowing Vats



**JACK DANIEL'S OLD NO. 7 TENNESSEE SOUR MASH**

USA **\$29.99** 41384

The original. Twelve million cases are sold annually. Rich caramel, vanilla and sweet oak aromas lead to a slightly nutty, warm finish. Jack and Coke. What more is there to say?



**JACK DANIEL'S TENNESSEE HONEY**

USA **\$29.99** 185959

This is a honey-flavoured liqueur with Old No. 7 as a base featuring notes of pecan pie or pralines with a distinct honeycomb richness. It's sweet on the palate but, surprisingly, not cloying.



**JACK DANIEL'S 150TH ANNIVERSARY**

USA **\$33.99** 991554

Bold and smooth, this commemorative bottling of Jack Daniel's delivers layers of caramel, vanilla, cinnamon, toasted oak and smoke. Hints of tobacco and baking spice linger on the finish.

# CONSULTANT'S CHOICE

our experts share their favourites



"I take pride in being able to help my customers find something new that they absolutely love. It's extremely rewarding when they come back and tell me how much they've enjoyed my suggestion."

**BILL MURPHY**  
WSET Level 3 Advanced  
Nicola Station, Port Coquitlam



**00**  
**TOM GORE**  
**CABERNET**  
**SAUVIGNON**

USA **\$18.99** 541094  
Gushing with blackberry and cassis notes and touches of lush milk chocolate, this wine has a core of lush fruit and is backed by well-integrated tannins.



**05** **EXCLUSIVE**  
**YALUMBA**  
**CHRISTOBEL'S**  
**MOSCATO**

Australia **\$15.99** 75838  
Moscato offers the sweet taste of summer in a bottle. This offering has lots of juicy, ripe fruit with a nice zesty acidity and is great on its own or before dinner.



"My passion for wine, food and travel enables me to create a fun and worldly experience, transcending our customers to a richer wine discovery and reward."

**KATARZYNA NOWAK**  
WSET Level 3  
Kelowna Orchard Park, Kelowna



**ARCENO IL FAUNO DI**  
**ARCANUM TOSCANA**

Italy **\$33.99** 694216  
This is a Bordeaux-inspired red blended with a splash of Sangiovese from Tuscany. Luscious black cherry, cassis, licorice, violets, spice, minerality, earth and tobacco flavours along with sweet tannins lead to a long finish.



**RUFFINO**  
**TOSCANA MODUS**

Italy **\$29.99** 614354  
Full-bodied, this modern style of Tuscan blend offers flavours of rich cherries, plums, spices, tobacco and vanilla along with the freshness of Sangiovese. Modus vivendi! A stylish one!



"I enjoy introducing people to quality wines that I believe will enhance and complement a special time and occasion."

**JEREMY CONNOP**  
WSET Advanced  
Alberni & Butte, Vancouver



**00** **EXCLUSIVE**  
**LAFAGE TESSELLAE**  
**OLD VINES**  
**ROUSSILLON**

France **\$22.99** 871384  
A sensational value for the price, this red blend boasts a complex bouquet of black cherry, blueberry and spice intermixed with lavender, a velvety texture and a voluptuous mouth feel.



**00**  
**MARQUES DE**  
**RISCAL RIOJA**  
**RESERVA**

Spain **\$29.49** 214817  
This classic Rioja Reserva is full-bodied and dense, yet polished and elegant with soft tannins, dark berry fruit and toasted oak flavours, and a long finish.

Product Consultants are available at the 22 Signature BC Liquor Stores and three BC Liquor Stores (Dunbar, Caulfeild and Peninsula Village) 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 (WSET), 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!

# Thanksgiving SIDES



GINGER-ROASTED PUMPKIN  
AND MILLET SALAD



**LAWREN MONETA**

Chef, food stylist, recipe developer and new mom, Lawren Moneta's culinary passion has taken her all over the world. Now based in Vancouver, she loves exploring the ever-expanding food and wine culture the West Coast has to offer.

**FOOD STYLING BY IRENE MCGUINNESS**

**PAIRS WITH BUTTERNUT SQUASH AND MUSHROOM BRAID**



**JEAN-CLAUDE BOISSET LES URSULINES BOURGOGNE PINOT NOIR**

France **\$24.99** 582411  
This elegant Pinot Noir has aromas of wild strawberry and raspberry notes with a hint of vanilla and pepper in the background. The palate is medium-bodied with fine tannin.



**BUTTERNUT SQUASH AND MUSHROOM BRAID**



**STERLING VINTNER'S COLLECTION CHARDONNAY**

USA **\$13.29** 643874  
Over-delivering for the price, this beautifully balanced Chardonnay offers plenty of ripe apple, pear and lemon flavours with hints of toasty vanilla spice in an elegant structure.



**PAIRS WITH GINGER-ROASTED PUMPKIN AND MILLET SALAD**



**SELBACH MOSEL RIESLING**

Germany **\$15.99** 23242  
Vibrant aromas of green apple, lemon and peach with floral, petrol and slate notes mark this balanced Riesling with bright acidity and a crisp finish.



**SMOKING LOON VIOGNIER**

USA **\$13.49** 128801  
Stunning aromas of apricot, honey and white flowers jump from the glass. The palate is full and luscious, with juicy acidity intensifying the nectarine, mango and pineapple flavours.





ACORN SQUASH WITH CHERRY AND PECAN RELISH

PAIRS WITH ACORN SQUASH WITH CHERRY AND PECAN RELISH



**MURPHY-GOODE PINOT NOIR**

USA \$19.99 608075

Sophisticated and silky, with black cherry, raspberry, strawberry and touches of vanilla, spice and smoke. An excellent California Pinot Noir for the price.



**CHATEAU STE. MICHELLE RIESLING**

USA \$15.49 232512

Fabulous green apple, lime, lychee, honey and floral notes flow seamlessly to a vibrant, medium-bodied and balanced palate. It finishes cleanly with a touch of sweetness.



BRÛLÉE CRANBERRY TART

PAIRS WITH BRÛLÉE CRANBERRY TART



**QUAILS GATE  
FORTIFIED VINTAGE  
FOCH 2014**

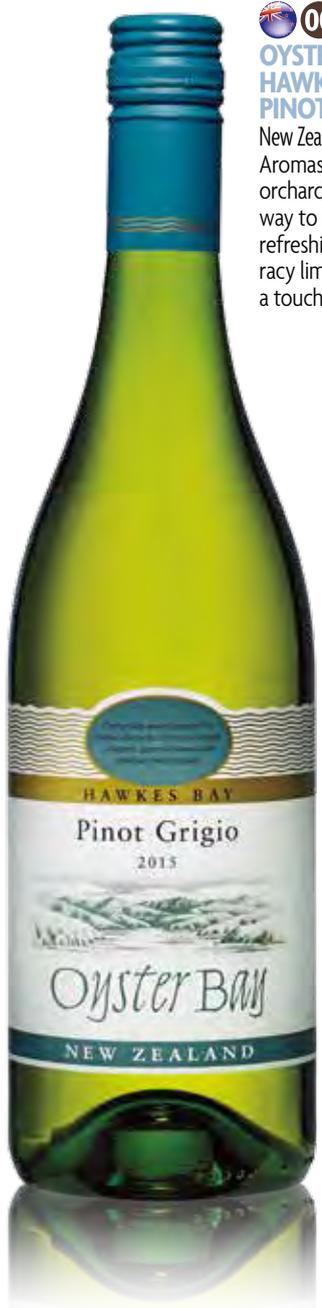
BC VQA \$25.99 638148 375 ml  
Made from Marachel Foch grapes, this port-style wine hits the palate with sweet, mouth-coating and concentrated flavours of ripe plum, raisins, dark chocolate, coffee and spice.



**KWV CLASSIC CAPE  
TAWNY**

South Africa \$10.49 17434  
Orange zest, dried apricot, caramel and roasted nut aromas lead to a sweet, flavourful and well-balanced palate with loads of dried citrus fruits, marzipan and butterscotch.

# HOT HO HOT HO HOT HO



 **00**  
**OYSTER BAY  
HAWKES BAY  
PINOT GRIGIO**  
New Zealand **\$16.49** 26567  
Aromas of citrus and orchard fruit pave the way to a bright and refreshing palate with racy lime, lemon zest and a touch of passion fruit.



 **00**  
**SONOMA-  
CUTRER RUSSIAN  
RIVER RANCHES  
CHARDONNAY**  
USA **\$24.99** 359505  
A fine example of cool-climate Chardonnay, this perennial favourite offers attractive notes of white peach, green apple, lemon, butter and spice in a crisp, refreshing profile.



  
**THE GLENLIVET  
FOUNDER'S RESERVE**  
United Kingdom  
**\$50.99** 647834  
Aromas of honey, pear, citrus, caramel and vanilla spice lead to a medium-bodied palate with a round, creamy mouth feel and lightly sweet fruit flavours.

# DON'T MISS OUT ON THESE HOT PRODUCTS FOR FALL!



## MAC & FITZ SHIFT'S END RED

BC VQA **\$13.99** 858258

Aptly named, this is a great red to sip while unwinding from a hard day of work. The palate is softly textured with cherry, redcurrant and raspberry flavours.



## APOTHIC DARK CALIFORNIA RED

USA **\$13.99** 852566

Full-bodied and smooth, this decadent red blend features ripe blueberry, black cherry and dark chocolate notes that offer a touch of sweetness on the palate.



## DUCKHORN NAPA VALLEY CABERNET SAUVIGNON

USA **\$71.99** 882266

This iconic Napa Valley Cabernet boasts stunning black fruit, vanilla oak and violet aromas. The palate is rich, layered and intense, with excellent balance and a long finish.



**HOW TO PLAN AN**

*Autumn* **DINNER PARTY**





#### CAROLYN EVANS HAMMOND

Carolyn is a qualified sommelier, two-time bestselling wine book author, and acting president of the Wine Writers' Circle of Canada. Her syndicated wine column appears Saturdays in *The Toronto Star* and elsewhere; and her video blog appears weekly at [GoingGlobalTV.com](http://GoingGlobalTV.com).

## STARTING WITH THE WINES

**F**all means bringing entertaining inside, which always adds a little more formality to meals with a glimmer of structure and a whisper of sophistication. It's all very civilized compared to the alfresco dining of summertime, with breezes blowing the napkins away as well as the aromas of any fine wine you poured. Which is why cheap and cheerful is so often the turn to style of wine served June through August – made more to refresh than impress. But seasons change.

Time to plan your weekend dinner party. The fun stuff is always menu planning, starting with the wine. With that firmly in place, you add the menu, a well-laid table and a bit of jazz to set the night alight. The results will no doubt not only be fun but deeply Instagram-able too.

### FIRST OFF, THE PRE-DINNER DRINK.

It may be cliché, but it's cliché for good reason. Nothing gets a good party started like a proper glass of champagne. The real stuff. Not a New World look-alike such as crémant, Prosecco or cava. You don't need much – just a half-filled white wine glass per guest to serve solo, or with some salted popcorn. That's right; white wine glass, not flute.

Have you heard?

The flute has fallen from favour. Those sparkling wine glasses once thought to be all elegance and perfection with their long, slender bowls are not, it seems, so ideal after all.

"A flute is not the best glass for sparkling wine because it not only concentrates the aroma, it also concentrates the carbon dioxide released from the bubbles, which burns the nose," says Gérard Liger-Belair.

Monsieur Liger-Belair is a professor at the University of Reims Champagne-Ardenne who specializes in the physics of sparkling wine.

"In France now, in good restaurants, they use a white wine glass for sparkling wine."

There you have it. Which is handy, because it means you don't need to change glasses for the first course.

Of course, champagne can be a bit pricey. If it's a bit over budget, pour fino sherry instead along with olives. Fino is the driest, palest style of sherry and is sheer elegance served ice cold.

### ONTO THE FIRST COURSE

Whether you're serving salad, soup, fish or seafood, a fabulous first course pour is dry Riesling. Frankly, it's the wine all your autumn recipes have been looking for. Anchored with mouth-watering acidity and bright lime character, Riesling sets the tone for a great meal. And Canada makes some terrific Rieslings.

What's more, Riesling tends to be relatively light-bodied and lower in alcohol (compared to, say a rich, wooded Chardonnay) – you know, so guests can enjoy a glass and move onto a richer red later in the meal without too much trouble.

### NOW FOR THE MAIN COURSE

Like a well-cut cashmere blazer or the perfect shade of red lipstick, classic is always stylish. And the most classic red on the planet is Cabernet Sauvignon. Its cassis-scented character works wonders with a wide range of meat or pasta dishes, while offering just the right weight and texture.

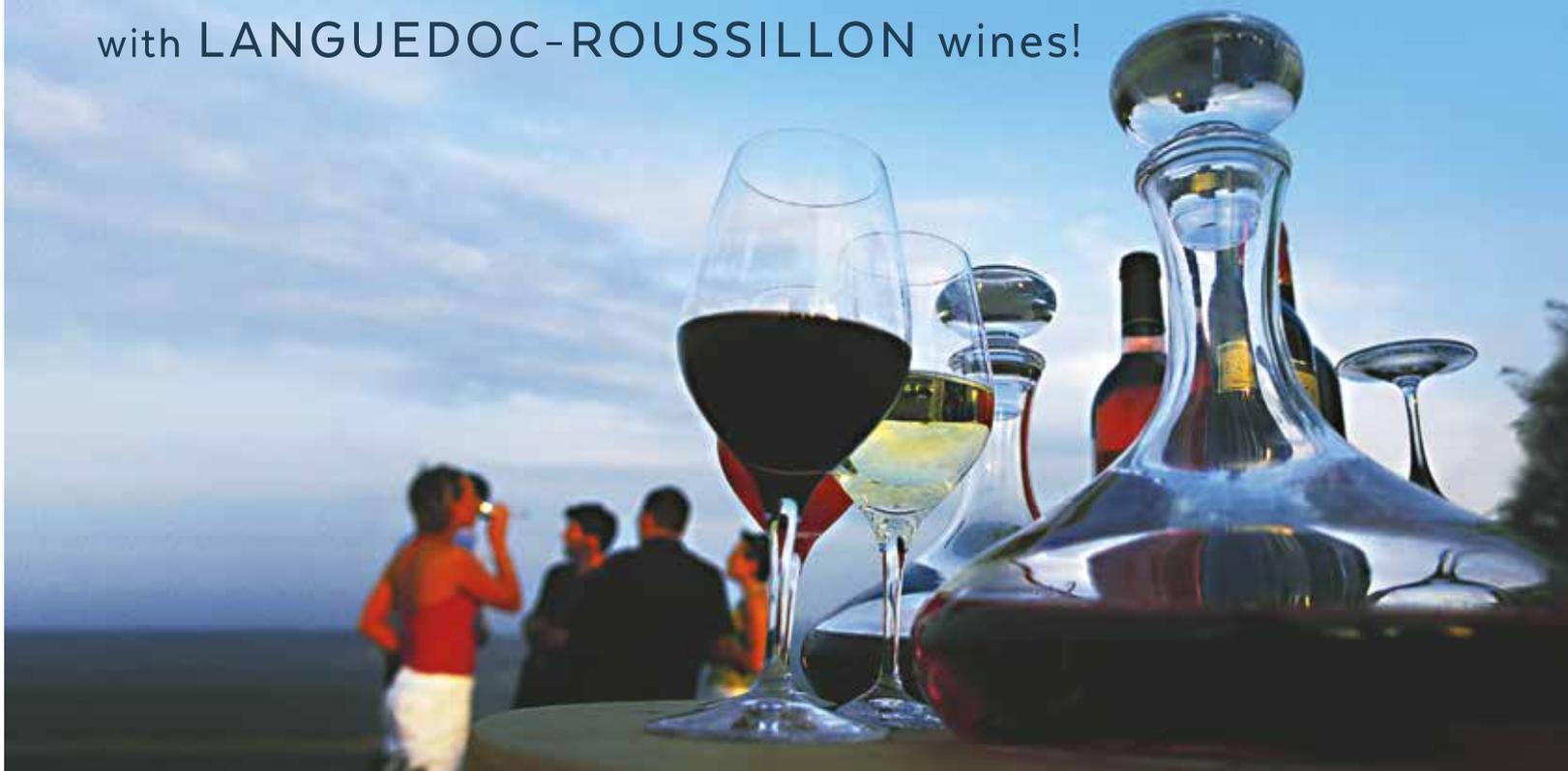
And since almost every wine region in the world makes decent Cabernet Sauvignon, competition is fierce. So reliability is high. The lackluster bottlings just don't earn shelf space. What's more, it's a crowd-pleaser. Everyone loves a great glass of Cab. Done.

### AND FOR THE FINALE

Do wine and cheese. A cheese course is so much better than a big, fluffy dessert and it instantly cuts out the tedium of serving everyone coffee. Plan to just swan to the dining room table with

# CELEBRATE AUTUMN

with LANGUEDOC-ROUSSILLON wines!



Photos credits : Gilles Deschamps, aprv08

**BRING THE MEDITERRANEAN TO YOUR GLASS  
AND TO YOUR TABLE WITH THESE WINES FROM  
THE SOUTH OF FRANCE:**

## AOP

Languedoc	Saint-Chinian	Côtes du Roussillon
Corbières	Faugères	Côtes du Roussillon Villages
Minervois	Picpoul de Pinet	

## IGP

Côtes Catalanes

The perfect wines for BBQs.  
Enjoy this marinade recipe:

4 cups olive oil  
1/4 cup Dijon mustard  
4 tablespoons rosemary  
2 tablespoons chopped parsley  
2 cloves garlic, crushed  
Cracked pepper (to taste)



“ Time to plan your weekend dinner party. The fun stuff is always menu planning, starting with the wine. ”

a cheese board, a basket of good bread and a bottle of Amarone.

Made from semi-dried grapes, Amarone shines a delicious shade of deep crimson and cloaks the palate with robust, saturated flavour. Ripe, Black Forest fruit, dried cherries, espresso, cocoa and so much more – it’s all there. Amarone offers all the charm of a ruby port without the sweetness.

And those are the makings of an awesome autumn dinner party.

So grab a bottle of each wine style, and start to make weekend dinner party plans.



**VEUVE CLICQUOT ROSE**

France **\$80.99** 945261  
 Veuve rosé is an elegant fusion of cooked apple and bright red berries shot through with delicate and persistent bubbles. Long and intense.



**GONZALEZ BYASS TIO PEPE FINO PALOMINO SHERRY**

Spain **\$21.99** 242669  
 Known as the benchmark fino, this wine is bone dry with subtle flavours of sea spray, raw nuts and a hint of orange rind.



**QUAILS' GATE DRY RIESLING**

BC VQA **\$15.99** 308312  
 Flavours and aromas of lime purée fuse with notes of honeysuckle and peach to create a compelling, mouth-watering sip.



**BAROSSA VALLEY ESTATE CABERNET SAUVIGNON**

Australia **\$19.49** 888974  
 This is a classy, full-fruited Cabernet brimming with sumptuous, sweet plum, opulent cassis and cherry fruit and a lush mouth feel.



**MASI COSTASERA AMARONE CLASSICO**

Italy **\$51.99** 317057  
 Masi Amarone Classico is a rich, deeply complex red bursting with dark berries, damson, pipe tobacco, coffee, baking spices, aniseed and black olive.



# TRICK OR *Sweet?*



GHOST PILOT

SPIRITED TARTS

FEATURED IN GHOST PILOT COCKTAIL



**BOMBAY SAPPHIRE  
 STAR OF BOMBAY**

United Kingdom  
**\$45.99** 653436

A more exotic expression of Bombay Sapphire Gin, featuring two additional botanicals – bergamot orange peel and ambrette seed – as well as intensified notes of juniper, angelica and coriander.



**MCGUINNESS  
 CRÈME DE CACAO  
 WHITE**

Canada **\$18.49** 196345  
 Decadent and tempting, this clear, colourless liqueur will add inviting aromas and flavours of sweet cocoa, rich chocolate and baked brownie to any cocktail.



FEATURED IN TAR PIT COCKTAIL



TAR PIT

PUMPKIN CANNOLI



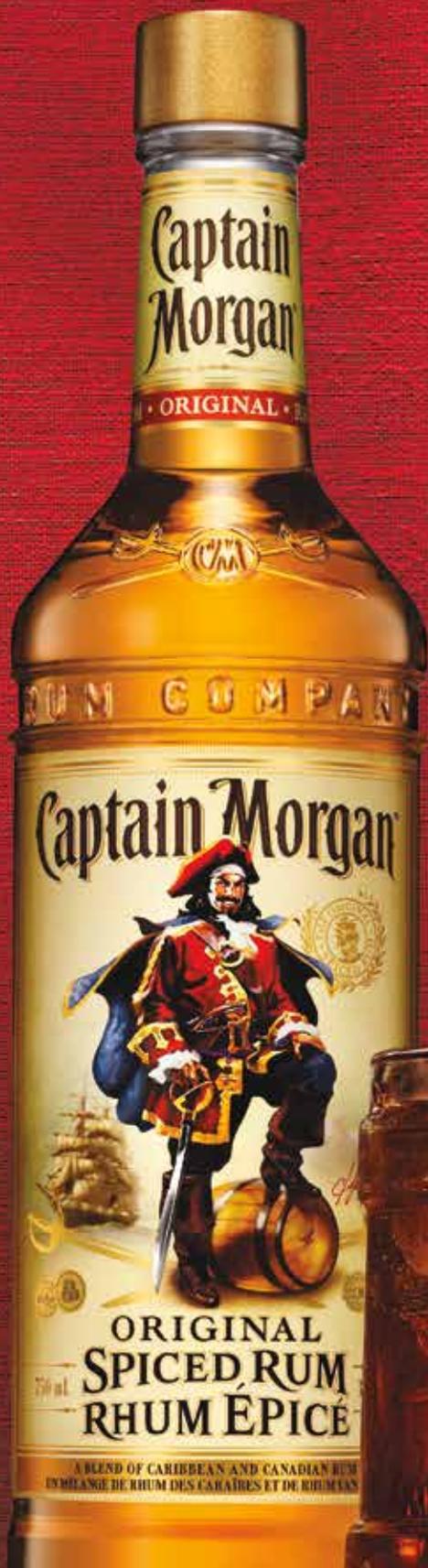
**DIPLOMATICO  
 RESERVA**

Venezuela **\$39.49** 529156  
 Rich, complex and well-crafted, the Diplomatico Reserva oozes vanilla, toasted oak, dried fruit, orange peel and cinnamon spice in a robust yet elegant style.



**GALLIANO**

France **\$18.99** 508168 375 ml  
 Made using 30 herbs, spices and plant extracts, this golden liqueur has flavours of vanilla and star anise along with candied orange peel, ginger and peppermint notes.



Captain Morgan

GET READY TO  
HIT THE ICE  
#LIKEACAPTAIN



Captain & Cola



PLEASE ENJOY RESPONSIBLY - CAPTAIN'S ORDERS.  
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FEATURED IN MAPLE STREET FLOAT COCKTAIL



**MAKER'S MARK KENTUCKY BOURBON**

USA \$45.99 103747

Complex, balanced and distinctive, the Maker's Mark boasts crème brûlée, sweet vanilla, caramel and charred-oak aromas. Rich in flavour, yet smooth on the palate.



**SORTILÈGE CANADIAN WHISKY & MAPLE SYRUP**

Canada \$34.49 169961

Made from 100 percent rye whisky and blended with Quebec maple syrup, the Sortilège has aromas and flavours of maple syrup, butterscotch and caramel with creamy and spice tones.



FEATURED IN ORCHARD FIRE COCKTAIL



MAPLE STREET FLOAT

ORCHARD FIRE

SPICED ALE AND PRETZEL CARAMELS SERVED WITH SALTED TOFFEE BACON BARK



**PELTON DE LA MUERTE MEZCAL**

Mexico \$45.99 751321

Lemon zest, kiwi, agave, pepper and wood-smoke notes mark this impressive mezcal. The palate is nicely balanced with a smooth texture and a caramel-tinged finish.



**FIREBALL**

Canada \$22.49 447953

Intense cinnamon candy, caramel and pepper-spice aromas follow through to an oily, slightly sweet and medium-bodied palate with hot and spicy cinnamon flavours.



CLASSIC

*Italian*



#### MICHAELA MORRIS

Michaela Morris is a wine writer, educator, presenter and certified Italian Wine Expert through Vinality International Academy. She holds the Wine & Spirit Education Trust (WSET) Diploma and is a local instructor for the program. Besides making regular radio and television appearances, Michaela is also the wine columnist for *WestEnder* and contributes to *EAT* and *Quench* magazines. Follow her on Twitter & Instagram @MichaelaWine.

An Italian woman goes to a doctor because she isn't feeling well. The doctor asks her the usual questions, including whether she drinks alcohol. When she replies no, he insists: "Don't you have wine with dinner?" Oblivious to the contradiction, she exclaims: "Of course!"

For Italians, wine is a food staple. It's essential to the meal, part of a healthy diet and was long considered an important source of calories. Nowadays wine is consumed for enjoyment rather than nourishment, but its place at the table remains deeply entrenched in Italy's culture.

Seasonal and local further define the dining ethos in Italy. Just as the food on the plate represents whatever is raised, hunted or foraged nearby, the wine in the glass comes from grapes indigenous to the area. But this is vastly different depending where in Italy you are. In the Veneto, supper may be *fegato alla veneziana* (veal liver with sautéed onions and polenta) countered by a bright and juicy Valpolicella, while in Liguria, the meal is likely to include *gnocchi al pesto genovese* with the vivacious and lemony Vermentino.

History, geography and the influence of bordering countries have all played a role in shaping the cuisine of an area. Origins may be complex, but Italian cooking is simple in its execution. Dishes usually only require a few ingredients. It's their quality as well as how they are cooked and combined that makes the difference. Many of today's recipes are based on traditional peasant food, giving a charming rusticity.

Italian wines are naturally built to go with the country's down-to-earth gastronomy. Often marked by vibrant acidity, they can handle tangy tomato sauces or cut through inherent richness. Furthermore, firm tannins in the reds demand food to make them more approachable. Then there is the magic of the flavours that play off one another so brilliantly. Italy counts hundreds of native grape varieties that are as regionally specific as the cuisine, forming the basis of truly classic pairings.

Sangiovese is Italy's most planted grape and one of the few cultivated throughout almost the entire country. It reaches its apex in Tuscany and is the backbone of most of this region's reds. Structured and earthy, they lend themselves to Tuscany's rustic fare. *Ribollita*, a minestrone of carrots, cannellini beans and kale thickened with leftover bread, makes for a humble but satisfying meal with a simple Chianti. Flavourful tomato-based sauces tossed with *pappardelle* incorporate *cinghiale* (wild boar) or hare hunted in local forests. Here a Chianti Classico would be appropriate. For *Bistecca alla Fiorentina*, a thick-cut steak grilled rare and topped with arugula, splurge on a Brunello di Montalcino.

The neighbouring region of Emilia-Romagna is better known for its food than for its wine. This is where *parmigiano reggiano* cheese and balsamic vinegar hail from. Other specialties such as *tortellini* and *cotechino* sausage demonstrate the rib-sticking diet. The capital city of Bologna is the birthplace of *bolognese* where it is referred to simply as *ragù*. A slowly cooked thick sauce incorporating meat, tomatoes, red wine and onions, it is served with *tagliatelle* or used to make *lasagne*. The locals wash all of this down with one of the many Lambruscos of the area. A fascinating family of related red grapes, Lambruscos are typically made sparkling and can be dry or off-dry. Featuring mouth-scrubbing acidity, they all aid in digesting the nourishing cuisine.

Sicily is a treasure trove of unique food and wine. The exotic fare speaks of the island's storied past, which includes occupations by Greeks, Normans, Spanish, French and Arabs. The latter introduced almonds, oranges, pistachios, cinnamon and saffron, now all common elements at the Sicilian table. Both Carricante and Grillo, two of the islands highly prized whites, have sufficient character to take on Palermo's signature dish *bucatini con le sarde* (pasta with sardines, wild fennel, pine nuts and raisins). Lightweight and low in tannin, but beautifully fragrant, Frappato is the ideal red for various tuna preparations, while Nerello Mascalese echoes the complexity of flavours

# Experience 150 Years *of Tawny Port Perfection*



**93 PTS.**  
Wine Advocate

**93 PTS.**  
Wine Spectator

**96 PTS.**  
Wine Spectator

**93 PTS.**  
Anthony Gismondi

**96 PTS.**  
Anthony Gismondi

*“Taylor’s tawny ports are the best. When tasted against other tawnies, Taylor Fladgate exhibit more aromatic personalities, greater fruit and ripeness, and a wonderful sweetness and length.” - Robert Parker*

[taylor.pt](http://taylor.pt) | [beliquorstores.com](http://beliquorstores.com)

“ Italian wines are naturally built to go with the country’s down-to-earth gastronomy. ”

throughout Sicily’s dishes. The island also grows the tastiest eggplants. Stuffed with rice and lamb, this hearty dish will stand up to Sicily’s bold signature red Nero d’Avola.

Every corner of Italy offers its own distinctive dish and

wine to match. Whichever one you choose to explore, the food is guaranteed to make you thirsty and the wines certain to stimulate the appetite. What could be a better combination than that?

PAIRS WITH BISTECCA FLORENTINA WITH ARUGULA SALAD



**FONTODI, CHIANTI CLASSICO**

Italy **\$32.99** 533315  
A seriously classy, complex and polished Chianti Classico possessing black tea leaf, violet, cinnamon and dark cherry notes backed up by sturdy tannins.

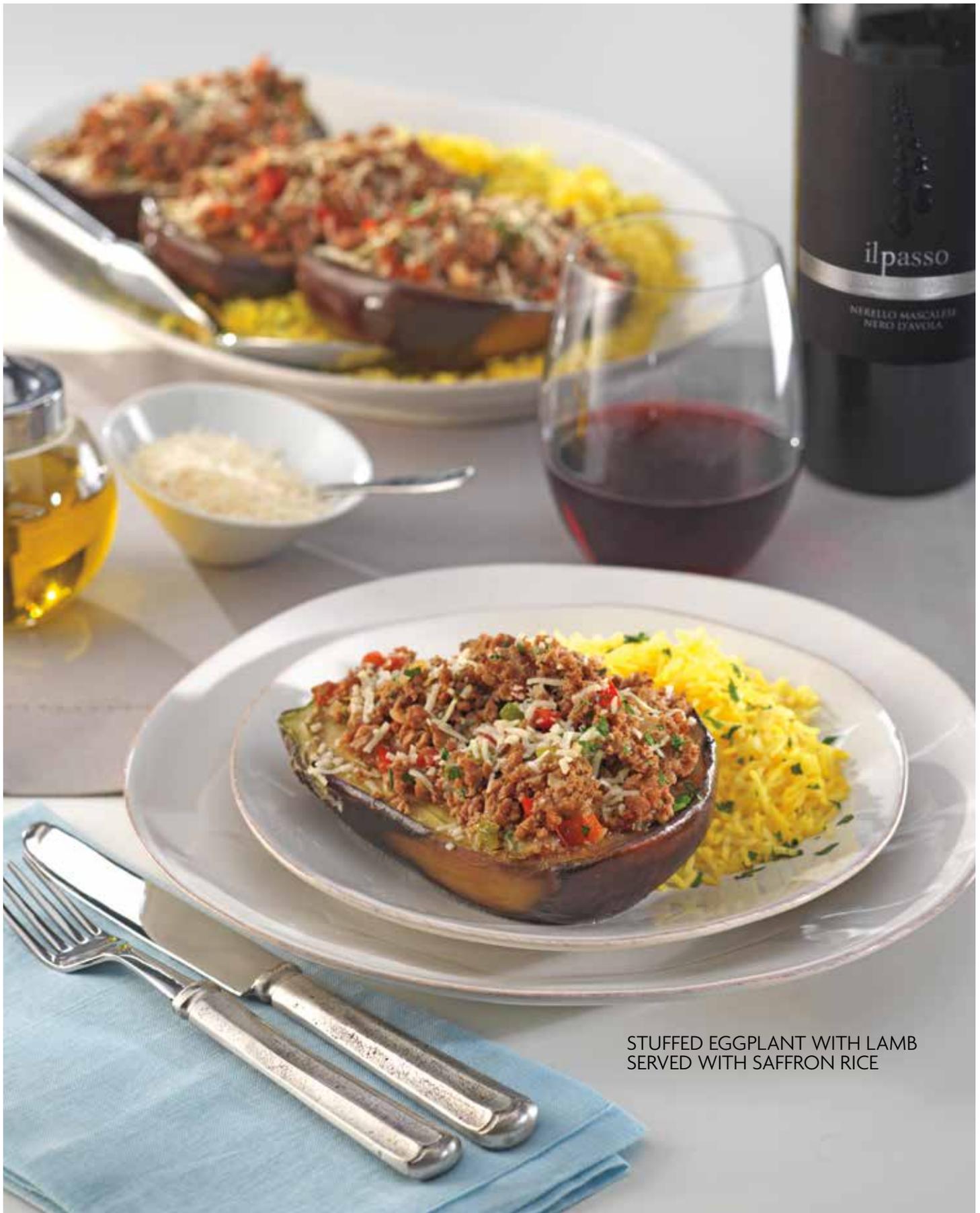


**CASTIGLION DEL BOSCO ROSSO DI MONTALCINO**

Italy **\$25.99** 628974  
Sun-drenched red cherries and raspberries meet pretty floral and blood-orange nuances. This wine is fine and silky, but powerful enough to take on grilled steak.



BISTECCA FLORENTINA WITH ARUGULA SALAD



STUFFED EGGPLANT WITH LAMB  
SERVED WITH SAFFRON RICE

CLASSIC ITALIAN

PAIRS WITH STUFFED EGGPLANT WITH LAMB SERVED WITH SAFFRON RICE



**VIGNETI ZABÙ IL PASSO NERELLO MASCALESE NERO D'AVOLA**

Italy \$21.49 699835

Il Passo brings together Sicily's dark and rich flagship variety Nero d'Avola with spicy and perfumed Nerello Mascalese for a supple, approachable and characterful red.



**FEUDO MACCARI NERO D'AVOLA**

Italy \$18.49 144923

Intriguing aromas of licorice and olive give way to lush black plum on the palate. This Sicilian red is full and fruit-forward, yet still fresh and balanced.

PAIRS WITH TAGLIATELLE BOLOGNESE SERVED WITH GRILLED GARLIC BREAD



TAGLIATELLE BOLOGNESE SERVED WITH GRILLED GARLIC BREAD



**PODERI DAL NESPOLI IL NESPOLI SANGIOVESE DI ROMAGNA SUPERIORE RISERVA**

Italy \$19.49 401141

Juicy cherry and tobacco are complemented by a touch of toast and ripe, chewy tannins in this rich and brooding wine that is at its best with a hearty *ragù*.



**MEDICI ERMETE CONCERTO LAMBRUSCO REGGIANO FRIZZANTE**

Italy \$19.99 571968

This dry, red frizzante crafted from the Lambrusco Salamino grape is a delicious explosion of succulent blueberries and boysenberries carried by soft mousse and bright acidity.

# AnnaLena

One would think, when a chef names his restaurant after his two grandmothers, it might give you some insight into his psyche. Perhaps, but when it comes to Chef Michael (Mike) Robbins, there is more than meets the eye.

The self-proclaimed east end kid, is most at home in a baseball cap, t-shirt, and sneakers. He grew up in East Vancouver and still lives there – so, why open a restaurant in Kitsilano? Simply put, it had become a bit too hip for him; “I grew up in East Van when it wasn’t cool to be from there,” he stresses.

Robbins always thought he’d end up opening a restaurant in his own neighborhood, but it had become too cliché. So, after six months of looking for a location, he came full circle, and ended up in an unexpected place. “If you can make a name for yourself here, you can make it anywhere,” he asserts, referring to the mini-village of West 1<sup>st</sup> Avenue and Cypress.

Robbins’ career started out in a standard way, cooking at Earls and Joe Fortes, before doing the obligatory world travel between jobs. Upon return, he worked for the Glowbal Group in significant roles. Following that, he took on the challenge of opening The Oakwood Canadian Bistro as executive chef and managing partner, with owner Mike Shea.

He was young, only 25-years-old, when he took on his first position as chef. Too young, he admits now, but it has shaped him. Lacking a significant role model, Robbins has had to forge his own path, but he has, and continues to gain from those around him – from sous chefs to well-travelled young cooks, and old school chefs equally. “I learn everyday. It’s one of the many different aspects of owning a restaurant,” he says.

The restaurant’s open space, concrete floors and high industrial ceilings suited him. He retained much of its layout from previous occupants, but put his own stamp on it. “Designing the room myself was important – a room I would be capable of being creative in.” His love of collectibles harkens back to childhood visits (toys in tow) with Anna and Lena. His preference for pop art is equally apparent in the tidy room – its white walls a precise canvas for his colourful menagerie.

Robbins’ cuisine is modern Canadian, which stems from



Chef Michael Robbins

his grandmothers’ style of cooking (stews, dumplings, pancakes and bacon), but was equally framed by his four-year stint at The Oakwood. His cooking technique, he underlines, is an evolution. “I am still defining my style, trying to challenge the food... I’m young, and it’s a process to get there.”

Of course, many think he’s already arrived. In the first year of opening, AnnaLena claimed coveted honours as one of the Top 10 Restaurants in Canada, from *En Route Magazine*, and *Georgia Straight’s* Golden Plate Awards for Best New Restaurant



**DAENNA VAN MULLIGEN**

Daenna Van Mulligen is a Vancouver-based wine journalist, but is typically found in the world's vineyards. She is also a wine judge, accredited sommelier and international speaker. Daenna is publisher of the long-running websites WineDiva.ca and Winescores.ca. She has been published in numerous local and internationally distributed publications and is a regular contributor to *Vines Magazine* and more recently, *Montecristo Magazine*. Follow her @thewinediva.

FOR RECIPES, SEE INDEX ON PAGE 122

“ I am still defining my style, trying to challenge the food... I'm young, and it's a process to get there. ”

and Best New Chef, among other accolades.

The dishes have Pacific Northwest and Asian influences, with definitive French touches. It's a straightforward menu, which reflects the mind of the chef, and the room in which he creates. While seasons (and AnnaLena's nearby garden) greatly influence Robbins' menu, the oyster with compressed apple, jalapeño mignonette and shaved foie gras remain, as does a daily pasta feature, and also the buttermilk fried chicken – in some manifestation. The food is served family style, meaning delivery of the dishes is less methodical than conventional restaurants. This system can sometimes cause misunderstandings with guests, but it is how Robbins' team conveys the menu.

Robbins is quick to point out his domain is the kitchen. He wisely leaves the front of house challenges to partner and general manager Jeff Parr (Chambar, The Oakwood), and former Bar Star, bartender Kevin Brownlee. "That's what makes AnnaLena so strong, there is someone [knowledgeable] behind each aspect: food, wine and cocktails. The hardest thing about having a successful restaurant is balance... for staff and guests, for service and dishes... changing it up, but not too much. We are all good at what we do, so we leave each other to it."

Those wise words, from a man whose tough East Van façade, does little to hide a substantially nostalgic heart.

*AnnaLena*  
1809 West 1<sup>st</sup> Avenue  
Vancouver



MISO MUSSELS WITH TOGARASHI-DASHI MARINATED TURNIPS



WAYGU SHORTRIB WITH BROCCOLI AND BABY POTATO,  
TALLOW EMULSION AND ONION JAM

PAIRS WITH WAYGU SHORTRIB WITH  
BROCCOLI AND BABY POTATO,  
TALLOW EMULSION AND ONION JAM



 **00**  
**LA FIOLE DU PAPE**  
**CHATEAUNEUF-DU-**  
**PAPE**

France **\$39.99** 12286  
Rich and voluptuous, this Grenache blend offers plenty of blackberry, cassis, savoury herb and spice notes to go with a medium- to full-bodied, supple and silky palate.

 **00**  
**JUAN GIL JUMILLA**

Spain **\$23.49** 195859  
This luxurious red boasts a sumptuous nose of blackberry, damson and smoke. The palate is well balanced with ripe tannins and a crisp seam of acidity. A remarkable value!



PAIRS WITH MISO MUSSELS WITH TOGARASHI-DASHI MARINATED TURNIPS



**CHÂTEAU LA GRAVELLE MUSCADET SÈVRE ET MAINE SUR LIE**

France **\$15.99** 411066

This light and refreshing Muscadet offers green apple, lemon and subtle lees notes with a beautiful mineral undertone, palate-cleansing acidity and a crisp finish.

VANILLA TAPIOCA PUDDING WITH PEAR-BARLEY ICE CREAM



**DOMÁNE WAČHAU TERRACES GRÜNER VELTLINER**

Austria **\$15.99** 583955

A fresh, elegant and well-priced Grüner offering a white-pepper, floral and mineral nose with delicate honeydew, lime and green fig flavours on the palate.



PAIRS WITH VANILLA TAPIOCA PUDDING WITH PEAR-BARLEY ICE CREAM



**WENTE MORNING FOG CHARDONNAY**

USA **\$18.99** 175430

A fantastic mildly-oaked expression of California Chardonnay, Wente offers green apple, tropical fruit and peach flavours over a creamy texture with notes of vanilla, hazelnut and spice.



**BAILLY LAPIERRE CRÉMANT DE BOURGOGNE BRUT RÉSERVE**

France **\$22.79** 657742

This delightful crémant is an excellent alternative to champagne. Look for lively pear, apple and lemon flavours along with toasted bread notes, frothy bubbles and a crisp finish.



# 2013 BORDEAUX RELEASE



**DAVID HOPGOOD**

David Hopgood's long career in the beverage alcohol industry started in the late 1960s. He spent 36 years with the LDB, the last 20 of which were as Portfolio Manager. He managed almost all of the product categories over that period and travelled extensively to wine regions around the world.

“ A bonus of the 2013 vintage is that the wines clearly show their respective regions. ”

On January 28<sup>th</sup> this year, wine lovers got a chance to taste a wide range of Bordeaux when the Union des Grands Crus de Bordeaux brought their 2013 vintage to Vancouver. What a pleasant surprise! The Bordeaux winemakers have fashioned delightful, slender, pure fruited wines that are medium-bodied and designed to drink young. A range of delicious red and white beauties have been chosen by Master of Wine Barbara Philip for the annual BC Liquor Stores Bordeaux wine release scheduled for Saturday, October 15, 2016.

Most wines will be ready to drink upon release and will give claret lovers very tasty wines. A bonus of the 2013 vintage is that the wines clearly show their respective regions. Margaux smells and tastes like a Margaux, a Pauillac tastes as if it came from that commune. A great learning experience awaits those who buy and drink these wines. And do not overlook the whites, both dry and sweet. They are outstanding!



**CLOS DES LUNES  
LUNE D'ARGENT,  
BORDEAUX BLANC**

France \$35.00 942706

Deep in colour, the nose shows ripe peach, melon and mineral notes. On the palate it is rich with good power and a citrus tinged peach flavour. It is a bargain and is drinking very well now.



**CHÂTEAU  
CARBONNIEUX  
BLANC,  
PESSAC-LÉOGNAN**

France \$65.00 963355

Racy, juicy and mouth-watering! This property gets better every year and this Sauvignon Blanc-Semillon blend is no exception. White peach, lemon/lime and mineral notes abound, framed by slightly toasty and creamy oak. The flavour is very long.



**CHÂTEAU OLIVIER  
BLANC,  
PESSAC-LÉOGNAN**

France \$60.00 963488

This beautiful property has produced what may be their best white wine yet. Loads of ripe, round, peachy fruit, supported by some toasty oak. There is tremendous lift in the bright, juicy finish that lingers for some time. This 80 percent Sauvignon Blanc could age for five years, but is delicious now as well.



**CHÂTEAU HAUT-  
BERGEY BLANC,  
PESSAC-LÉOGNAN**

France \$59.00 943209

This medium-bodied white shows lots of ripe white-peach notes accented with citrus and gooseberry. It has good power and an earthy hint that makes it very interesting. The oak is in back of the fruit and helps extend the beautiful, juicy finish.





**CHÂTEAU CARBONNIEUX, PESSAC-LÉOGNAN**

France \$58.00 963850  
Just like the white, the red is bright and fresh with loads of honeyed red berries that flow into the silky round palate. The deft touch on extraction and gentle use of oak has made a very impressive fresh and crisp claret.



**DOMAINE DE CHEVALIER, PESSAC-LÉOGNAN**

France \$75.00 95315  
A cushiony mouth feel and lush, ripe fruit give this wine a WOW factor. Barrel aging has broadened the sweet black-cherry fruit and given the wine a rich, round, supple feel and a spicy note into a fresh, fruited finish that just keeps on going. Very impressive!

**THE 2013 BORDEAUX RELEASE WILL TAKE PLACE AT THE FOLLOWING BC LIQUOR STORES:**

- 39<sup>TH</sup> & CAMBIE Vancouver
- ALBERNI & BUTE Vancouver
- WILLOWBROOK Langley
- PARK ROYAL West Vancouver
- BRIGHOUSE Richmond
- WESTWOOD CENTRE Coquitlam
- DUNBAR Vancouver
- PENINSULA VILLAGE Surrey
- SOLO Burnaby
- FORT STREET Victoria
- COLUMBIA PLACE Kamloops
- ORCHARD PARK Kelowna
- PINE CENTRE Prince George



**CHÂTEAU OLIVIER, PESSAC-LÉOGNAN**

France \$50.00 963421  
Very open and full of ripe red-berry fruit and sweet, understated oak. The palate is fresh, juicy and round with good concentration of fruit and sweetness of the oak. The tannins are soft and the finish is fresh. There is no need to cellar this, as it is delicious today.



**CHÂTEAU FIGEAC, ST-ÉMILION**

France \$199.00 95554  
Truly one of the stars of the vintage (*Wine Spectator* 93 points). This is a blend of Merlot, Cabernet Franc and Cabernet Sauvignon, producing a lush, honeyed aroma of black cherries, ripe blackberries, chocolate hints and sweet vanilla from the oak. The wine has great structure aligned with a generous richness in the mouth. A beautiful wine!



**CHÂTEAU LAFON-ROCHET, ST-ESTÈPHE**

France \$59.00 963710  
This is a sturdy, cassis and red-cherry fruited wine that is harmonious, structured, bright and fresh. The finish is full of fruit and will improve with a few years of cellar aging, unless, of course, you have a nice strip loin to match it with.



**CHÂTEAU GISCOURS, MARGAUX**

France \$75.00 95646  
This is very true to its terroir, with a beautiful floral note on the top and red cherry fruit under. Juicy, with fresh red fruit, this is a delicate, well-defined wine with the personality of its birthplace.



**CHÂTEAU D'ARMAILHAC, PAUILLAC**

France \$68.00 945527  
This wine shows the power, cassis notes and tannin structure of Cabernet Sauvignon grown on gravelly soil. The palate has depth with a juicy, fresh and supple mouth feel, and blackcurrant fruit with good length. Cellar this one for a few years and you will be rewarded for your patience.



**CHÂTEAU DOISY-DAÈNE, BARSAC**

France \$49.00 942730 375 ml  
The stickies excelled in 2013, and this is one of the stars. The nose is powerful, with honey, raisin, marmalade, lemon peel and spice. Very sweet and full-bodied, it still has a racy character and a delicacy. The finish is very long and expressive, and the high acid keeps it fresh and crisp. A serious bargain!

# BC LIQUOR STORES EXCLUSIVES

Few things are more satisfying than trusting someone who has the expertise and the instinct to deliver a product or a service that makes your life more enjoyable. We all have our talents and specialties, as do the five buyers for BC Liquor Stores. These five experts search the world – from South Africa to Spain, from Chile to California – to track down unique libations: everything from wine to refreshment beverages, from bourbon to vodka.

Their goal is to bring you the best value and quality for your dollar.

Bill Michael is Director of Merchandising for BC Liquor Stores. He leads this accomplished team of buyers, on whom he relies to select the world's best products to offer to you. An important aspect of the job is to find exclusives – products not available anywhere else in the province, and in some cases, anywhere else period. Often, they are chosen and created specifically for the BC Liquor Stores' consumer. "The premise is to promote our products – and to have a point of difference from our competitors. We want people to trust us, so we want to ensure it is good quality for the price," Michael states.

There are a number of key points to consider when deciding on an exclusive, Michael shares. Value is certainly a main factor, but so are trends – which varieties, flavours and even cocktails, are grabbing people's attention, locally and internationally. While BC Liquor Stores' buyers are aware there is a sweet spot for price-conscious consumers who are trying something for the first time, they also go out of their way to select special products. These exceptional items are chosen for discerning or savvy clients, who are willing to spend more money for something less common, prestigious or collectible.

"We want to know what the customer wants," Michael continues. "People love to try new things; they love to see them [featured] in stores."

Some exclusives are available throughout the year and on a continuous basis. Others, called *one time buys*, are selected because they are something so special or, a buyer feels it is a must-have, for one reason or another. Another objective is to help educate customers on varieties and regions they might never have otherwise heard of.

Often, these products are geared specifically to a season. For example, rosé wines. While many people love drinking pink year-round, buyers understand these pastel-hued wines are primarily a summer phenomenon, and will purchase accordingly.

Similarly, the holiday season is a perfect time to offer limited-time gift packaging, special holiday labels and gifts-with-purchase that are popular during the giving season. BC Liquor Stores' buyers work many months ahead of the releases for these occasions – planning far in advance, while working closely with importers and producers, to help facilitate these offers and bring them to actuality.

Exclusives are not limited solely to the liquid within the container; they are often selected for their unique packaging. For example, large format packaging (one litre or more), easily transportable bag-in-box wines, stunning made-to-order ceramic or glass packaging and sustainable lightweight configurations are popular items.

With BC Liquor Stores' diverse range of more than 250 exclusive products, there really is something for every shopper.

Exclusives are yours to discover on the FEATURED tab under each category (wine, beer, spirits) on [bcliquorstores.com](http://bcliquorstores.com). Check out the monthly highlights in the Savvy Shopper flyer, online and in stores, for new and seasonal products. Look for the exclusives shelf talkers at your favourite BC Liquor Store.

# EXCLUSIVES



## EVAN WILLIAMS BOURBON

USA \$24.99 450254

Smooth and easy-drinking, the Evan Williams is an excellent introduction to bourbon. Caramel, vanilla and charred oak aromas lead to a medium sweet palate with a cocoa-tinged finish.



## FERN WALK SAUVIGNON BLANC

BC VQA \$16.99 593624

Crisp and zippy, this BC Sauvignon Blanc delivers tropical fruit, lemon and grassy notes over a medium-bodied palate with bright acidity and a lightly spicy finish.



## SPECOGNA FRIULANO

Italy \$22.99 70383

Exotic aromas of white peach, lemon and almond with hints of sage and white pepper roll into a powerful palate with racy acidity and a long, mineral-filled finish.





# BC ALE TRAIL

ARRIVE THIRSTY.  
LEAVE INSPIRED.

Launching in October, 2016, the BC Ale Trail will be the definitive guide to British Columbia's diverse and dynamic craft beer community, designed to help visitors and residents alike to enjoy BC's wilderness, activities and urban experiences while following curated Ale Trails to explore breweries and local attractions.

A co-production of the BC Craft Brewers Guild in conjunction with Destination BC and several regional destination marketing organizations, the project is centered on a dynamic and comprehensive web portal ([bcaletrail.ca](http://bcaletrail.ca)) that will present suggested "Ale Trail" itineraries in seven regions: the Comox Valley, Kootenay Rockies, Nanaimo, Port Moody, Sunshine Coast, Victoria and Whistler. Tourists and residents alike will be able to use the itineraries as inspiration for their own self-guided trips. Whether they choose to follow the suggested routes closely or strike out on their own adventures will be up to them.

The website will also feature a database of all the craft breweries and major beer festivals in British Columbia along with a weekly blog that will describe new breweries, announce special beer releases and events, profile brewmasters, and present beer style guides. Video and photography crews have been busy visiting each of the participating regions, creating mesmerizing promotional videos to go with each itinerary.

Among the breweries participating in the project launch is Cumberland Brewing, which opened late in 2014 in the town of Cumberland in central



**JOE WIEBE**

Joe Wiebe is the Thirsty Writer. Look for *Craft Beer Revolution*, his guidebook to BC's craft breweries, in bookstores now ([www.craftbeerrevolution.ca](http://www.craftbeerrevolution.ca)). Follow along on Twitter @ThirstyWriter and @CraftBeerRevolu.

Vancouver Island. Brewery President Darren Adam is excited about the BC Ale Trail's potential.

"Craft beer has a call that brings beer lovers from all over," Adam enthuses. "They have a passion that only can be quenched with a new brewery, a new brew, and by meeting new, like-minded people."

Along with Cumberland Brewing, Gladstone Brewing and Forbidden Brewing both opened in Courtenay in 2015. Between the Comox Valley and Nanaimo, home to Longwood Brewing, White Sails Brewing and Wolf Brewing, as well as the Longwood Brewpub, the Central Vancouver Island Ale Trail has a wide range of great options for beer-themed explorations.

Across the strait, Chloe Smith, the General Manager at Townsite Brewing in Powell River on the Sunshine Coast, is excited about "the attention it will bring to not only our industry, but also our remote community that benefits heavily from tourism."

After Townsite opened in 2012 and ignited a passion for local beer in its own community on the Upper Sunshine Coast, it was joined in 2013 by Persephone Brewing, a farm-based brewery in Gibsons on the Lower Coast. Together, those two operations anchor the Sunshine Coast Ale Trail, which boasts a wealth of outdoor activities to enjoy in between brewery visits, including hiking, biking, boating and fishing, along with visits to restaurants, art galleries and pottery studios.

Paul Hadfield, the longtime owner of Spinnakers Gastro Brewpub in Victoria, was so enthusiastic about the project he joined the production team as a senior advisor, providing his vast knowledge and experience.

"With the impressive growth of the craft brewing sector in British Columbia over the past few years, the BC Ale Trail

provides a timely, comprehensive guide to the many regions of the province showcasing the highlights of what's brewing in BC," Hadfield says. "Combined with insider insights into the many attractions to be found in each region along the way, the BC Ale Trail ensures that exploring British Columbia is about to become much more fun."

Echoing this sentiment and reinforcing the idea that craft beer is booming throughout BC, Abi Moore of Fernie Brewing states, "The development of the BC Ale Trail project is a great addition, which we're excited to be a part of. We're always ready to welcome more craft beer aficionados through our doors to raise a glass year-round, whether after an epic day on the ski hill, or a fantastic day on the trails."

As BC's most easterly brewery, Fernie Brewing is part of the Kootenay Ale Trail, where breweries are based in communities hundreds of kilometres apart, such as Nelson, Revelstoke, Kimberley and Rossland. The polar opposite exists in Port Moody, where the Ale Trail consists of four breweries situated within three blocks on the same street. Brewers' Row on Murray Street can be walked from end to end in five minutes, but beer lovers will want to spend some time enjoying the offerings at Moody Ales, the Parkside Brewery, Yellow Dog Brewing and Twin Sails Brewing along the way. Conveniently, the new Sky Train line will include a station right behind the breweries when it opens next year.

You will be able to check out the beers from breweries in participating regions as you plan your next craft beer adventure using the [bcaletrail.ca](http://bcaletrail.ca) website once it launches in mid-October.

With so many great possibilities for craft beer exploration, let the BC Ale Trail be your guide.



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BLENDING SCOTCH WHISKY

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1.5 oz. Johnnie Walker™  
2 oz. Ginger ale  
Twist of lemon or lime



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“ The BC Ale Trail ensures that exploring British Columbia is about to become much more fun. – Paul Hadfield ”



**PERSEPHONE PALE ALE**

Canada **\$4.49** 53314 650 ml  
This Sunshine Coast brewery's reputation has been growing steadily, thanks to well-made beers like this balanced pale ale with a hoppy finish.



**NELSON HOPGOOD ORGANIC SESSION IPA**

Canada **\$11.49** 831503  
6 x 355 ml  
An excellent example of the India Session Ale (ISA) style, Hopgood features Citra, Centennial, Cascade, Chinook and New Zealand Rakau hops.



**VANCOUVER ISLAND HERMANN'S DARK LAGER**

Canada **\$11.49** 902320  
6 x 341 ml  
Dating back to the mid-1980s from Victoria's original microbrewery, this award-winning dark lager is rich and flavourful, with a smooth, roasted-malt character.



**HOYNE DARK MATTER**

Canada **\$5.29** 948398 650 ml  
Sean Hoyne has been brewing beer in Victoria since 1989, and this brown ale might just be his masterpiece. Canadian Brewing Awards Bronze Medal winner.



**MT. BEGBIE HIGH COUNTRY KÖLSCH**

Canada **\$11.49** 884858  
6 x 355 ml  
Unusual within Germany's lager-dominated beer culture, Kölsch is a wheat ale brewed to taste like lager. This Revelstoke brewery's version is delicious and always refreshing.

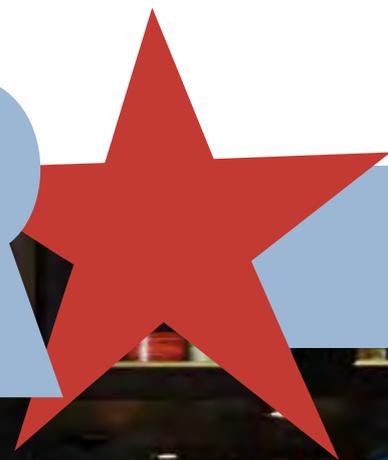


**WHISTLER VALLEY TRAIL CHESTNUT ALE**

Canada **\$11.79** 354092  
6 x 330 ml  
Roasted chestnuts impart a unique nutty and slightly sweet character to this dark brown beer. Perfect as autumn begins to turn the corner into winter.



# BAR



## ALEX BLACK AND RHETT WILLIAMS NIGHTINGALE

Behind its impressive brick façade, there is genuine chemistry percolating in Chef David Hawksworth's new restaurant, Nightingale.

It's not just the allure of a spectacularly refurbished heritage building, with its sweeping vaulted ceilings, blond wood and myriad birdcages, but also the people working within its walls.

Two of those are head bartenders, Alex (pronounced Alec) Black and Rhett Williams. Their domain is anchored to the restaurant's east wall; it is a monumental bar, bringing to mind a magician's apothecary. Your mouth will water as your eyes roam across its unusual and conventional vessels filled with endless shades of liquids.

The duo themselves are also somewhat unconventional – you would never suspect they had not worked together prior to the opening of Nightingale. Perhaps, due to some of their shared interests – both were drummers, both write about cocktails, and both are admittedly pragmatic and analytical.

Winnipeg-born Black has been involved in hospitality for 15 years. Most recently, he worked behind the wood for the

“ Williams’ science background and Black’s lengthy bar experience create a dynamic partnership. ”

Donnelly Group and Glowbal Group, as well as at Boulevard and the Vancouver Club. However, it was his time working with Cooper Tardivel, head bartender at Hawksworth, which cemented his position at its new sister restaurant Nightingale.

Williams, a rare breed of born-and-raised Vancouverite, came into bartending via a slightly more circuitous route. He studied chemistry at the University of British Columbia and Simon Fraser University, and, among other things, worked in music and film. His fascination with cocktails and their history led him to start a blog called *And One More For The Road*. His enthusiasm and knowledge got him a job at Gastown’s Pourhouse and at Main Street’s The Shameful Tiki Room.

His landing at Nightingale was, again, thanks to Tardivel. Williams describes a serendipitous situation where, while sitting at the bar at Hawksworth, he fell into a conversation with the head bartender that led to this incredible new opportunity.

Unbelievably, Black and Williams met for the first time at their initial staff meeting, months before Nightingale’s official opening, in May 2016. “I was surprised at how well we jelled,” Black says. “We’re both very opinionated,” Williams finishes the sentence, laughing.

They have, in fact, formed what you could call a chemical bond. Williams’ science background and Black’s lengthy bar experience create a dynamic partnership. There is no ego between them; they truly are two guys having fun.

Nightingale’s cocktail menu is tight, with less than a dozen options. Speed is of utmost importance for the entire team behind the bar, as is trying to keep each drink’s ingredients to a minimum. The list is meant to complement the chef’s menu – fewer ingredients, but high quality. Additionally, they are attempting to build lower-alcohol drinks, meant to stimulate the appetite and be enjoyed with your meal.

The food menu is quite broad, with oodles of choices, so they wanted to keep the cocktails focused, to avoid overwhelming guests.

Perhaps the best way to get the duo excited is to ask about their on-tap concoction, called the Market Cocktail. It is a sort



## WORD OF MOUTH

1½ oz (45 ml) Absolut Vodka  
½ oz (15 ml) Averna  
½ oz (15 ml) Honey Syrup\*  
¼ oz (7 ml) lime juice  
3 dashes apple cider vinegar

Stir ingredients with ice in a shaker glass. Shake and strain over ice in a rocks glass.

\* Combine equal parts honey and water on the stove and warm at low heat while stirring until the honey dissolves. Can be refrigerated for several days.



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**STRONGBOW**  
**APPLE CIDERS**  
**OVER ICE**



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Must be legal drinking age. Please enjoy Strongbow Apple Ciders responsibly.

of tonic-flavoured gin, infused with assorted botanicals, coffee and carbon dioxide for bubbles.

“I think it’s delicious. Really unique, great value, and I haven’t heard of anyone in the city doing something this complex, so it’s pretty exciting,” Williams enthuses.

To contain and deliver the mixture, the bar had to be set up with a special high-pressure cooling dispensary unit. The two reminisce about practice blending sessions in Black’s kitchen prior to opening.

Admittedly, the list has evolved from the onset; tweaks are to be expected, but the two have been handed a carte blanche. “The program we have now is very different from the one we’ll have a year from now,” Black stresses. “We’ve been given a lot of rope to play, or hang ourselves, with. Even if we disagree, it all comes down to the guests. What is the benefit for the guests?”

Their mandate of simplicity also means they aren’t trying to reinvent the wheel – they both agree, anything you come up with can be boiled back to the classics. Every element added to a cocktail has the ability to make or break it, “They [bartenders] think they are trying to tame a wild beast – sometimes you just have to say no,” Williams says.

There are elements of both men on their list. Black’s fondness for artisanal mescal, what he calls, “the most terroir-specific spirit there is available,” shows itself, as does Williams’ affection for modifiers, such as the incomparable Chartreuse.

Together, Alex Black and Rhett Williams bring a singular energy and intellect to the wood at Nightingale – the possibilities of what they will conjure up are worth keeping tabs on.

*Nightingale*  
1017 West Hastings Street  
Vancouver



**LOS SIETE MISTERIOS DOBA-YEJ MEZCAL**

Mexico \$54.49 528836

This mescal offers citrus, agave and smoky aromas along with a slight herbaceousness. Herbal and floral notes prevail on the full, creamy palate, leaving a subtly sweet finish.



THE WICKER MAN

- 1½ oz (45 ml) Los Siete Misterios Doba-Yej Mezcal
- ¾ oz (22 ml) Amaro Montenegro
- ½ oz (15 ml) Okanagan Spirits Poire Williams
- ¼ oz (7 ml) Grand Marnier
- 1 dash cardamom bitters
- 1-in (2.5 cm) piece flamed orange peel\*

Stir ingredients, except for orange peel, in a shaker glass with ice. Shake and strain into coupe glass. Flame an orange peel for garnish.

\* To flame peel, using a small flame, heat the skin of the peel for a few seconds. Then squeeze the oil into the drink.



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SAME GREAT MINGLING.**

Our Lions Winter Ale comes along with some great new friends including Island Lager, Infamous IPA, and Maple Shack Cream Ale in this seasons Winter Mingler 12-pack from Granville Island Brewing.



**THE  
WINTER MINGLER**  
12 BOTTLES  
4 STYLES





**AMARO MONTENEGRO**

Italy **\$36.49** 601484

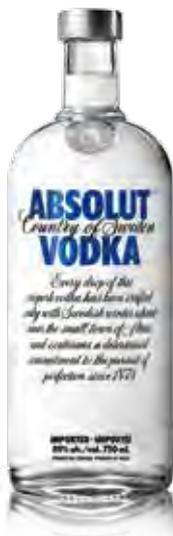
Made using more than 40 herbs, citrus and spices, this amber spirit offers aromas of orange peel, coriander and vanilla that lead to a bittersweet, botanical palate.



**ABSOLUT VODKA**

Sweden **\$23.99** 110056

Made using winter wheat and water from the Swedish town of Åhus, this popular vodka is clean, full-bodied and smooth, with hints of grain, dried fruit and black pepper spice.



**ST. SPIRITO**

- 1 oz (30 ml) El Dorado 15 Year Guyana Demerera Rum
- 1 oz (30 ml) Averna Amaro
- ½ oz (15 ml) Okanagan Spirits Framboise (Raspberry Liqueur)
- ¾ oz (22 ml) lime juice
- ¼ oz (7 ml) simple syrup
- 2 dashes Angostura Bitters
- 1-in (2.5 cm) piece orange peel

Stir ingredients, except for orange peel, in a shaker glass with ice. Shake and strain into a cocktail coupe glass filled with ice. Twist orange peel over the top of the drink to express the oils.



**AVERNA AMARO SICILIANO**

Italy **\$38.99** 536672

This popular Italian liqueur is still produced from the original 1868 recipe. Intense herb, citrus, orange rind and spice notes walk the fine line between bitter and sweet.



**OKANAGAN SPIRITS RASPBERRY**

Canada **\$32.99** 799627 375 ml

Made from 100 percent BC raspberries, this liqueur is brimming with sweet, ripe raspberry flavours. With balanced acidity and a long, aromatic finish, it will add serious flair to any cocktail.



**EL DORADO 15 YEAR OLD SPECIAL RESERVE**

Guyana **\$55.99** 329797

A fantastic, cognac-like rum, offering caramel, candied orange and dark chocolate aromas to go with a rounded, full-bodied palate loaded with grilled pineapple and oaky spice flavours.

# CELEBRATE *Game Day!*



SPICY GRILLED HONEY AND  
LEMON CHICKEN WINGS

PAIRS WITH CHILI VERDE QUESO FUNDIDO



**CENTRAL CITY  
 RED RACER ISA**

Canada **\$16.79** 70839  
 12 x 355 ml

Spice calls for bold and fresh (but not heavy) beer, which is Red Racer ISA's calling card. Billed as an "India Session Ale," it features extroverted hops without the hefty alcohol content.



CHILI VERDE QUESO FUNDIDO



**HOEGAARDEN**

Belgium **\$15.49** 554089  
 6 x 330 ml

For pairing prowess, match like with like: Hoegaarden's aromatics and exotic spice notes play well with recipes that feature citrus zest, multiple spices and cilantro.



PAIRS WITH SPICY GRILLED HONEY AND LEMON CHICKEN WINGS



**WHISTLER BEAR  
 PAW HONEY LAGER**

Canada **\$11.79** 364364  
 6 x 330 ml

Crisp Cluster and Nugget hops brewed with 100 percent organic BC honey mark this fresh and smooth, easygoing local lager that marries well with honey-marinated chicken wings.



**KILKENNY  
 IRISH CREAM ALE**

Ireland **\$10.49** 793810  
 4 x 500 ml

The classic, smooth profile of Kilkenny pours perfectly with a creamy ranch dipping sauce, while the Irish red ale's roasted malt and caramel notes tackle grill-induced smokiness.



# BREWS & BITES

BEER & FOOD PAIRING GUIDE



# GAME CHANGING MATCHUPS.

START PAIRING AT [BREWSANDBITES.CA](http://BREWSANDBITES.CA)



**BRIGHT & BALANCED**

## HONEY GARLIC WINGS

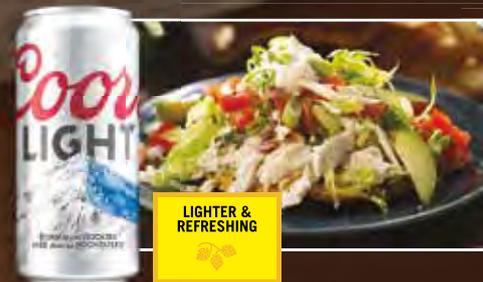
The sweetness of the wings complements the light, malty sweetness of **Molson Canadian**. The clean and crisp finish of the beer cuts through the garlic and onion spice in the wings, creating the perfect pairing for your next get together.



**BRIGHT & BALANCED**

## PORK APRICOT MEATLOAF

The sweetness from the apricots is balanced perfectly by the subtle tartness from the **Heineken**. The beer's acidity cuts through the fattiness of the pork and the lively hop character is a wonderful complement to the tender richness of the dish.



**LIGHTER & REFRESHING**

## SMOKED COD TOSTADA

The subtle fruity notes of **Coors Light** complement the lime flavours in this dish. The clean hop finish of the beer balances the smoky flavours from the cod, while the light body provides a refreshing balance to the creaminess from the cheese and sour cream.

CELEBRATE **GAME DAY**



GARLIC KNOTS WITH ROASTED TOMATO DIP

PAIRS WITH GARLIC KNOTS WITH ROASTED TOMATO DIP



**BITBURGER PREMIUM TALL CAN**

Germany **\$1.99** 394536 500 ml

This German pilsner pours clear and gold, and goes down easy while offering nuances of cereal grains and earthiness, making it a crisp, amiable food pairing partner.



**STEAMWORKS PILSNER**

Canada **\$11.79** 862300 6 x 330 ml

A great all-round food partner, its fresh stance and unwavering bitterness providing a fine background for many a meal, from doughy, yeasty goodness to fried chicken.



PAIRS WITH STOUT BROWNIES



STOUT BROWNIES



**PHILLIPS LONGBOAT CHOCOLATE PORTER**

Canada **\$5.09** 172031 650 ml

Dark brownies call for dark beer, and Phillips Longboat Chocolate Porter hints at its dessert pairing prowess. Rich roasted malts and cocoa powder make this a fine chocolate partner.



**DESCHUTES BLACK BUTTE PORTER**

Canada **\$5.79** 698738 650 ml

It's heavy on the smoky notes, while offering oodles of rich chocolate and coffee bean. It also pulls yeoman's duty in an ice cream Porter float.



# BACK TO YOUR *Roots*



POMMES ANNA WITH  
TURNIP, CARROTS AND  
WALNUT GRATIN



PAIRS WITH POMMES ANNA WITH TURNIP, CARROTS AND WALNUT GRATIN



 **00**  
**DE MORGENZON DMZ WESTERN CAPE CHARDONNAY**  
 South Africa **\$18.49** 227587  
 White peach, lemon curd, apple and vanilla all emerge from this stunning Chardonnay. The bright streak of acidity keeps you coming back to the glass.



GREEK PARSNIP POUTINE WITH CREAMY TZATZIKI DRESSING

 **00**  
**CHAPOUTIER BILA HAUT CÔTES DU ROUSSILLON VILLAGES**

France **\$13.79** 40790  
 This blend of Syrah, Grenache and Carignan has impressive aromas of dark berry fruits, herbs and pepper spice, tons of minerality, medium-bodied richness, and a soft, elegant mouth feel.



PAIRS WITH GREEK PARSNIP POUTINE WITH CREAMY TZATZIKI DRESSING



 **00**  
**NOBILO REGIONAL COLLECTION MARLBOROUGH SAUVIGNON BLANC**  
 New Zealand **\$14.49** 623264  
 Passion fruit, grapefruit and lemon grass flow from the glass. Medium-bodied and intensely fruited in the mouth, it has a crisp acid backbone and a long, tangy finish.



 **00** **VQA WINE**  
**MISSION HILL FIVE VINEYARDS PINOT BLANC**  
 BC VQA **\$13.99** 300301  
 This delightful Pinot Blanc has honeydew melon, Bosc pear, citrus, green apple and light spice aromas and flavours with a rounded, softly textured, nicely balanced palate.



# SAPPORO

LEGENDARY BĪRU



AD





SIMPLE SOURDOUGH AND ROASTED BEETROOT HUMMUS

PAIRS WITH ROASTED BEETROOT HUMMUS



 **00**  **JARDIN EN FLEURS  
TOURAINES  
SAUVIGNON BLANC**

France **\$19.99** 569723  
Bright freshness and  
minerality mark this racy  
Sauvignon Blanc from the  
Loire Valley. The palate  
is precise and zesty  
with flavours of lemon,  
gooseberry and pear.



 **00** **ST. HALLETT  
POACHER'S  
SEMILLON  
SAUVIGNON**

Australia **\$14.49** 535963  
Blended with a splash of  
Riesling, this lively white  
is loaded with tropical  
fruit, passion fruit and  
citrus. The palate is  
balanced with lingering  
acidity and a crisp finish.

# ALCOHOL & PREGNANCY DON'T MIX

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& BABIES NEED  
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PAIRS WITH MINI COCONUT-CARROT LOAVES



**MÖSELLAND ARS VITIS RIESLING**

Germany **\$16.49** 914762  
Green apple, white peach, floral and honey aromas lead to a lush palate with lightly sweet fruit flavours, refreshing acidity and a crisp, pineapple-tinged finish.



**ALVEAR MEDIUM DRY**

Spain **\$18.49** 112789  
This tasty amontillado offers toasted nut, dried fruit, raisin and orange rind notes to go with a smooth, medium-bodied palate. A touch of sweetness lingers on the finish.



MINI COCONUT-CARROT LOAVES

# GO NUTS FOR *Doughnuts!*





DARK STAR

LEMON CHURROS WITH LEMON GLAZE

## DARK STAR

1 oz (30 ml) Kamora Coffee Liqueur  
 ½ oz (15 ml) butterscotch schnapps  
 1 oz (30 ml) Jim Beam Black Bourbon  
 hot coffee  
 cinnamon stick, for garnish

Combine all ingredients, except coffee, into a mug and stir. Top up with hot coffee. Garnish with a cinnamon stick.



### KAMORA COFFEE

Mexico \$14.99 129411

Intense aromas of freshly made espresso emerge from the glass and open to a satiny smooth palate with rich coffee, vanilla and caramel notes.



### JIM BEAM 6 YEAR OLD BLACK BOURBON

USA \$25.49 537209

An intense and complex bourbon with caramel, vanilla and toasted oak aromas. The palate is smooth and slightly sweet with toffee and citrus notes that lead into a long finish.



**BAILEYS™**

&

**COFFEE**

WHY NOT ADD A  
LITTLE BAILEYS™?



**f BAILEYS**

Find delicious recipes at [the bar.com](http://thebar.com)™

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## BAILEYS IRISH COFFEE

2 oz (60 ml) Baileys Original Irish Cream  
6 oz (180 ml) hot coffee  
1 oz (30 ml) Irish whiskey  
whipped cream (optional)

Combine Baileys, coffee and Irish whiskey in glass. Top with whipped cream if desired.



### BAILEYS ORIGINAL IRISH CREAM

Ireland **\$26.49** 5959

Thick, creamy and sweet, Baileys Original offers aromas of coffee, chocolate and hazelnut leading to white chocolate, vanilla and toasted nuts on the palate. A whiskey note lingers on the smooth finish.



### JAMESON IRISH WHISKEY

Ireland **\$31.99** 10157

Ireland's quintessential whisky opens with subtle aromas of white flower, toasted wood and sherry. The palate is smooth and balanced with spicy vanilla, honey and orchard fruit notes.



BAILEYS IRISH COFFEE

BAKED PUMPKIN SPICE CAKE DOUGHNUTS

## ESPRESSO MARTINI

1 oz (30 ml) Kahlúa  
2 oz (60 ml) vodka  
1 oz (30 ml) espresso  
chocolate-covered coffee beans, for garnish

In a cocktail shaker, shake Kahlúa, vodka and espresso with ice. Strain into a cocktail glass. Garnish with chocolate covered coffee beans.



### KAHLÚA

Mexico **\$24.99** 123315

Made using Mexican Arabica coffee beans and a rum base, this liqueur offers freshly brewed coffee aromas with flavours of coffee, cocoa and a hint of spice.



### FOOTHILLS VODKA

Canada **\$23.99** 876334

This wheat-free, gluten-free vodka is made from 100 percent corn and is distilled 10 times to achieve the utmost purity and smoothness for sensitive consumers.



ESPRESSO MARTINI

COCONUT CUSTARD-FILLED PORTUGUESE MALASADAS

the  
cocktail  
menu

Welcome! Have a seat and peruse our Cocktail Menu, featuring bourbon, with original recipes from **Bar Stars Alex Black and Rhett Williams**. Recreate these fabulous libations at home, add friends and enjoy!

# BOURBON



**BULLEIT FRONTIER  
BOURBON**

USA \$35.99 774273

The exceptionally high rye content gives this stunning bourbon a distinctively bold and spicy character, along with intensified notes of orange zest, maple, toasted oak and nutmeg.

## THE RAILBIRD

2 oz (60 ml) Bulleit Bourbon  
1/3 oz (10 ml) peach jam  
3/4 oz (22 ml) honey syrup\*  
1/2 oz (15 ml) lemon juice  
ginger beer  
1-in (2.5 cm) piece lemon peel

Stir ingredients, except for ginger beer and lemon peel, with ice in a shaker glass. Shake and strain over ice in a Collins glass. Top with ginger beer and garnish with a lemon twist.

\* To make honey syrup, combine equal parts honey and water in a small saucepan. Stir over low heat to blend and dissolve honey. Refrigerate until ready to use. Can be refrigerated in a jar for several weeks.



## HADDONFIELD

1 oz (30 ml) Knob Creek Bourbon  
1 oz (30 ml) Père Magloire Calvados  
½ oz (15 ml) sweet sherry  
¼ oz (7 ml) Green Chartreuse  
4 dashes Angostura bitters

Stir ingredients with ice in a shaker glass. Shake and strain over ice in a coupe glass.



### **KNOB CREEK 9 YEAR OLD SMALL BATCH BOURBON**

USA **\$45.99** 326009

Crafted in small batches, this big, full-flavoured bourbon captures the senses with maple syrup aromas, caramel sweetness and rich oak, vanilla and spice flavours with a long, dry finish.



### **PÈRE-MAGLOIRE FINE V.S. CALVADOS**

France **\$52.99** 163436

Produced from a single distillation of apple cider from Normandy, this Calvados is bold and fresh with sharp flavours of ripe apple and floral fruits.



### **GREEN CHARTREUSE**

France **\$39.49** 37333

Made with 130 different herbs, botanicals, roots, flowers and spices by Carthusian monks in the French Alps, this is a powerful liqueur with a complex, bittersweet, botanical palate.

 **GUINNESS**<sup>®</sup>  
**BLONDE**  
*American Lager*<sup>™/MC</sup>





**ST-GERMAIN  
ELDERFLOWER  
LIQUEUR**

France **\$45.99** 874107  
Made from freshly picked elderflower blossoms, this gorgeous liqueur has exotic aromas of elderflower and lychee with luscious floral, citrus and tropical fruit flavours on the palate.



**BUFFALO TRACE  
KENTUCKY  
BOURBON**

USA **\$39.99** 605063  
Warm, spicy and complex, this classy bourbon expresses rich aromas and flavours of sweet vanilla, toffee, brown sugar, oak and honey with touches of smoke.



**SILVER SPUR**

1½ oz (45 ml) Buffalo Trace Bourbon  
¾ oz (22 ml) St-Germain  
¾ oz (22 ml) lime juice  
¼ oz (7 ml) turbinado simple syrup\*  
2 dashes grapefruit bitters

Shake all ingredients with ice in a shaker glass. Shake and strain twice before pouring into a coupe glass.

\* To make turbinado simple syrup, combine equal parts by volume of turbinado sugar (raw cane sugar) and water on the stove. Simmer, but do not boil, and stir occasionally until the sugar has dissolved. Store in a jar in the refrigerator until ready to use.

# Slow Cookin'



EGGPLANT CAPONATA

## HEARTY STEWS AND BRAISES

**F**all's cooler weather cries out for rib-sticking, soul-warming stews and braises. Luckily, these are dishes that are as satisfying to make as they are to eat.

These hearty slow cooked meals are great for feeding a crowd, taste better the next day and can even have a second life as a ragu served over pasta or rice. Even better, they make the most of inexpensive cuts of meat and humble vegetables, so they are as budget friendly as they are delicious.

Some are fancy enough to serve at a dinner party – think savoury braised short ribs, a fragrant Moroccan tagine or a wine-soaked boeuf bourguignon. Others, such as a pork pot roast or spicy curry, are ideal for casual, everyday meals and make-ahead weeknight suppers, especially if you prepare a big batch and freeze it.

Braising and stewing are similar techniques, and the terms are often used interchangeably. They both involve cooking food in liquid over low heat. Where the difference lies is that braising, which is also known as pot-roasting, involves cooking big hunks of meat partially submerged in liquid, while stewing features small, uniform pieces of meat and/or vegetables fully covered in a liquid that will form a gravy. That means slow cookers are actually tools for braising. In addition, while braising inevitably features meat, stews can feature meat or vegetables or both, and are often thickened with flour or cornstarch.

In both cases, the low temperatures, moist environment and long cooking time help break down the connective tissues, gelatin and collagen in meat, which adds a gloriously rich flavour to the sauce, while making the meat fall-apart tender. That's why stewing and braising are the preferred methods for

cooking tougher cuts of meat, which, happily, are often the most flavourful and inexpensive ones.

Unless you are making an all-vegetable dish, the process usually starts with browning meat in hot oil in a large pot or Dutch oven. This is not to seal in the juices, as some have suggested, but to add a savoury, caramelized note to the finished dish. If meat is dredged in flour first, it also adds body to the sauce. And ground meats should always be browned and drained, so they don't clump together or add grease to the dish as they cook.

The next step is to build an aromatic base. Remove the meat from the hot oil; if there is a lot of oil in the pan, you can pour some of it off. Then add your aromatic vegetables, which are typically onions, garlic, carrots, celery and the like, chopped fine. Cook them until they are soft and lightly golden brown; they will virtually dissolve into the sauce as they cook, adding body and flavour.

Next you will add your liquids. Stock, wine and beer all make great choices; you can also add crushed or chopped tomatoes, for even more flavour and colour. Return the meat to the pot along with flavouring ingredients such as soy sauce, vinegar, dried herbs and spices. Bring the liquid to a simmer, cover the pot and cook it, very, very slowly so the meat doesn't toughen up, either over low heat on the stovetop, or in the oven. Over the next few hours, a miraculous transformation will take place and you will have a pot of perfectly tender meat in a gloriously rich, fragrant sauce.

(Note that if you're cooking a vegetable stew, you will likely need very little liquid, as most veggies already contain lots of water, and your cooking time will be a lot shorter.)

**NEW**

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“ These are dishes that are as satisfying to make as they are to eat. ”

If you're adding vegetables to your stew, do so about half an hour before the end of your cooking time, so they don't dissolve into mush. If your stew needs thickening, you can create a paste of flour and butter called "*beurre manié*" and stir it into the liquid. At the very end, you can sprinkle in delicate aromatics such as chopped parsley or basil.

By now, your kitchen will be filled with a tantalizing fragrance that lures all hungry friends and family to the table. Serve your stews and braises with a simple starch – chewy peasant

bread, buttery mashed potatoes, toothsome noodles or rice – that will soak up that velvety sauce. And relax in the knowledge that leftovers will taste even better as the flavours develop overnight. If the meat falls apart, that just makes it perfect for tossing with pasta the next day.

Delicious, easy, economical and a fantastic way to feed a crowd – no wonder braising is one of our favourite ways to cook. If you haven't pulled your Dutch oven out of the cupboard yet, what are you waiting for?



KIMCHI AND PORK STEW



CHICKEN TAGINE

PAIRS WITH KIMCHI AND PORK STEW



 **03**  
**DR. LOOSEN MOSEL RIESLING**  
 Germany **\$16.99** 599274  
 Refreshingly fruity, with lush peach and nectarine notes, this is an ideal pairing for Asian flavours, plus its low alcohol (8.5 percent) also makes it a great brunch wine.



 **00**  
**LOUIS JADOT BEAUJOLAIS VILLAGE COMBES AUX JACQUES**  
 France **\$21.99** 469924  
 Can you pair red wine with Asian flavours? Absolutely, especially when it's this light, fruity Gamay from Beaujolais, loaded with bright red berry notes.

 **00**  
**CUSUMANO SICILIA NERO D'AVOLA**  
 Italy **\$16.49** 143610  
 The tangy flavours of caponata can overwhelm most wines, but not this sturdy choice, with its robust notes of cherry, plum, coffee and spice.



 **00** **EXCLUSIVE**  
**TREVINI PRIMO PUGLIA MERLOT PRIMITIVO**  
 Italy **\$12.99** 470807  
 Bold and fruity, with notes of blackberry and vanilla, as well as firm tannins and a lengthy finish, this blend pairs well with big Mediterranean flavours.



PAIRS WITH EGGPLANT CAPONATA

PAIRS WITH CHICKEN TAGINE



 **00**  
**LES FLEURS DU MAL CEVENNES ROSE**  
 France **\$13.99** 360073  
 The bright red cherry, strawberry and citrusy notes of this budget-friendly dry rosé are a good companion to the complex flavours of Moroccan cuisine.



 **00**  
**LA VIEILLE FERME VENTOUX ROSE**  
 France **\$12.49** 559393  
 Deceptively complex for such a light, dry, good-value wine from the Perrin family – expect floral notes, refreshing red-berry flavours and just a hint of licorice.

# COZY *Autumn* POT PIES



BEEF AND MUSHROOM POT PIE



**CÉLINE TURENNE**

Céline Turenne has more than 30 years' experience cooking for friends and family. Her travels throughout Canada, Europe and the United States, as well as her passion for reading about and shopping for food, have been influential in keeping her informed about food trends and discovering what people are really eating.

FOR RECIPES, SEE INDEX ON PAGE 122

PAIRS WITH BEEF AND MUSHROOM POT PIE



**CONO SUR SINGLE VINEYARD BLOCK 21 VIENTO MAR PINOT NOIR**

Chile **\$17.99** 221028

This fantastic Pinot Noir from the coastal region of the Valle de San Antonio in Chile delivers perfume, elegance and complexity at an astonishing price.



ROASTED VEGETABLE POT PIE



**COLUMBIA CREST GRAND ESTATES MERLOT**

USA **\$17.49** 263418

This lush Washington Merlot has rich aromas and flavours of plum, blackberry, cassis, chocolate and spice with a smooth, velvety finish. Excellent value!



PAIRS WITH ROASTED VEGETABLE POT PIE



**DOMAINE HOUCHEART COTES DE PROVENCE ROSÉ**

France **\$17.99** 252338

Beautifully fresh, fruity and expressive, this rosé gives up plenty of ripe strawberry, raspberry and redcurrant in a medium-bodied, nicely textured and charming profile.



**CASAL GARCIA VINHO VERDE**

Portugal **\$10.29** 400531

This is a light, fresh and delicate white with floral and citrus notes. Enjoy as an aperitif or paired with a variety of foods including Asian cuisine, salads and seafood.



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shot-for-shot,  
have a word  
with yourself.**

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**preventable**  
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BRANCH**



FISH AND SEAFOOD PIE

PAIRS WITH FISH AND SEAFOOD PIE



 **00**  
**KIM CRAWFORD  
 MARLBOROUGH  
 SAUVIGNON BLANC**  
 New Zealand **\$18.99** 100594  
 This well-loved Sauvignon  
 Blanc has lifted aromas  
 of lime, passion fruit  
 and herbs with a light-  
 to medium-bodied,  
 well-balanced palate  
 and a long, crisp finish.



 **01**  **VQA**  
**SUMAC RIDGE  
 PRIVATE RESERVE  
 PINOT NOIR**  
 BC VQA **\$13.99** 657114  
 Red cherry, raspberry  
 and light pepper spice  
 mark this delicious and  
 affordable BC Pinot Noir.  
 The palate is delicate and  
 smooth with balanced  
 acidity and a juicy finish.

# SPECIAL EVENTS & TASTINGS

Join us for this fantastic selection of wine seminars and tasting events. Times and dates are accurate as of press time. For updates and last-minute additions, please visit [bcliquorstores.com/event](http://bcliquorstores.com/event). To receive monthly updates and exclusive special announcements please subscribe at [bcliquorstores.com/e-news](http://bcliquorstores.com/e-news).

-  WINE
-  BEER/CIDERS /COOLERS
-  SPIRITS
-  COOKING DEMO
-  MIXED PRODUCTS

## SEPTEMBER

### 39<sup>TH</sup> & CAMBIE

#### REDEFINE RUM DAY WITH BACARDI FRIDAY, SEPTEMBER 2 3:00 P.M. - 6:00 P.M.

Take the time to savour and enjoy three outstanding Bacardi rums. The Bacardi 8 Year Old, Bacardi Maestro, and Bacardi Oakheart stand on their own, but they also enhance a variety of tasty cocktails. This will surely redefine how you enjoy rum.



#### JACK DANIEL'S 150<sup>TH</sup> ANNIVERSARY PARTY FRIDAY, SEPTEMBER 9 4:00 P.M. - 8:00 P.M.

Jack Daniel's Distillery celebrates their 150<sup>th</sup> Anniversary. Join the celebration of this internationally revered, classic American icon, by tasting the "original craft whiskey" portfolio and take a virtual reality tour of the Jack Daniel's Distillery in Lynchburg, Tennessee. Jack Daniel's Brand Ambassador, Gerry Jobe, and Ryan Cheverie will lead guests on an extraordinary journey through the world of whiskey. Special prizes will be given away as well.

#### CELEBRATE AUTUMN WITH LANGUEDOC ROUSSILLON WINES SATURDAY, SEPTEMBER 10 1:00 P.M. - 5:00 P.M.

Autumn is the perfect time to enjoy wines from the Languedoc Roussillon region in the South of France! The wines are a perfect match for fall fare, friends and family.

#### PROSPECT WINERY: A TRIBUTE TO THE OKANAGAN FRIDAY, SEPTEMBER 16 4:00 P.M. - 6:00 P.M.

Take a trip to the Okanagan with Prospect wines. Sample a selection of this classic Okanagan brand paired with west coast cuisine – a perfect match! Learn about the unique terroir and micro climate of the Okanagan from the Prospect Winery representative and get tips on pairing these delectable wines with your meals.

#### OYSTERS AND OYSTER BAY SATURDAY, SEPTEMBER 17 3:00 P.M. - 6:00 P.M.

Savour the irresistible flavours of Oyster Bay and oysters! Taste the stunning range of Oyster Bay wines served with specially paired canapés. Truly, this is a match made in heaven.

#### BC LIQUOR STORES NEW & EXCLUSIVES THURSDAY, SEPTEMBER 22

*\*Time of tasting varies per store.  
Please check the announcement board at each BC Liquor Store location.*  
Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines – only available at BC

Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to learn about the latest and greatest products that will be the perfect accompaniment to your everyday meals or that special occasion.

**This event will be at multiple BC Liquor Stores. Please see [bcliquorstores.com](http://bcliquorstores.com) for details.**

#### DISCOVER WINES OF CALIFORNIA FRIDAY, SEPTEMBER 23 2:30 P.M. - 6:30 P.M.

Californians are known to be serious about wine and relaxed about everything else. When you're surrounded by natural wonder and constant sunshine, it's pretty easy to smile and, of course, a glass of California wine always helps – join us and Discover California Wines!



#### RÉMY MARTIN FOOD AND COGNAC PAIRING THURSDAY, SEPTEMBER 29 5:30 P.M. - 8:00 P.M.

Join Olivia Tran, National Brand Ambassador for Louis XIII and Rémy Martin Cognac, for a seated event focusing on the authenticity of provenance and unrivaled production of Rémy Martin cognacs. Highlights will

be the uniqueness and versatility of the Rémy Martin 1738 Accord Royal. Taste the 1738, the Rémy VSOP and Rémy XO Excellence Fine Champagne with delicious food pairings prepared by Bon Vivant Catering with chef Dino Renaerts. Olivia will also present mixology options for the 1738.

**Tickets are \$25** and available at the 39<sup>th</sup> & Cambie Customer Service Counter.

## OCTOBER

### **A TASTE OF CHILE** TUESDAY, OCTOBER 18 3:00 P.M. - 7:00 P.M.

Taste the exotic flavours of Chile and find out why Cono Sur is so popular in BC! This will be a casual tasting with tapas to pair with the wines.



### **ENJOY THE WORLD'S MOST AWARDED RUM WITH BACARDI** WEDNESDAY, OCTOBER 19 3:00 P.M. - 6:00 P.M.

Take some time to savour and enjoy three outstanding Bacardi rums! The Bacardi 8 Year Old, Bacardi Maestro, and Bacardi Oakheart stand on their own, but they also enhance a variety of tasty cocktails. This will surely redefine how you enjoy rum.

### **FLAVOURS OF ITALY** THURSDAY, OCTOBER 20 4:00 P.M. - 7:00 P.M.

Explore a selection of the newest listings and best-selling premium Italian classics available at BC Liquor Stores. Try these delectable wines together with some authentic Italian and regional delicacies.

### **GRANVILLE ISLAND BREWING - MADE FOR MINGLING** FRIDAY, OCTOBER 21 4:00 P.M. - 7:00 P.M. SATURDAY, OCTOBER 22 1:00 P.M. - 5:00 P.M.

“It takes all kinds. We make all kinds.” Granville Island’s Winter Mingler has the flavours that are made to mingle, which is why each beer will be paired with its own West Coast inspired food pairing, offering consumers

the chance to taste the full breadth of the Winter Mingler offering.

**This event will be at multiple BC Liquor Stores. Please see [bcliqorstores.com](http://bcliqorstores.com) for details.**

### **EXPERIENCE ITALY WITH FARNESE** SUNDAY, OCTOBER 23 3:00 P.M. - 7:00 P.M.

Taste the exotic flavours of Italy and find out why Farnese is making its mark in BC! Enjoy samples of Italian antipasti to pair with the wines.

### **BURGUNDY AND OREGON, DISCOVER DROUHIN FAMILY WINES** MONDAY, OCTOBER 24 6:00 P.M. - 8:00 P.M.

Join Laurent Drouhin, 5th generation of the Drouhin wine family of Burgundy. Laurent will take you through a stellar line up of Pinot Noir and Chablis from Burgundy, France and two wines from the family’s property in Oregon. Don’t miss this opportunity to learn and taste the nuances of these great wines.

**Tickets are \$30** and available at the 39<sup>th</sup> & Cambie Customer Service Counter.



### **HALLOWINE WITH CASILLERO DEL DIABLO** WEDNESDAY, OCTOBER 26 3:00 P.M. - 7:00 P.M.

Do you dare to taste the wines from the Devil’s Cellar? Join Casillero del Diablo for some spooky charcuterie and Halloween treats paired with a selection of their delicious wines. Celebrate “Hallowine” with Casillero del Diablo!

### **BC LIQUOR STORES NEW & EXCLUSIVES** THURSDAY, OCTOBER 27

*\*Time of tasting varies per store. Please check the announcement board at each BC Liquor Store location.*

Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines – only available at BC Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to learn about the latest and greatest products that will be

the perfect accompaniment to your everyday meals or that special occasion.

**This event will be at multiple BC Liquor Stores. Please see [bcliqorstores.com](http://bcliqorstores.com) for details.**

### **A NIGHT IN ARGENTINA WITH RODOLFO SADLER** FRIDAY, OCTOBER 28 6:30 P.M. - 8:30 P.M.

For the first time in Vancouver, Mascota Vineyards Winemaker, Rodolfo Sadler, also known as “OPI,” will conduct a special tasting seminar featuring a selection of outstanding Mascota wines. Learn about Argentine wines and what makes them special from the master winemaker himself and enjoy Argentine specialties to pair with each wine. Limited release wines will be part of this event so don’t miss out on this special treat!

**Tickets are \$20** and available at the 39<sup>th</sup> & Cambie Customer Service Counter.



### **DISCOVER THE INTRIGUE OF JAPAN WITH SAPPORO** SATURDAY, OCTOBER 29 3:30 P.M. - 6:30 P.M.

Discover the intrigue of Japan with Sapporo. Join us for crisp, refreshing samples of Japan’s oldest brand, Sapporo, along with perfectly paired appetizers. This month only – enter for a chance to win a Legendary Biru premier beer fridge.

### **BEAUJOLAIS, THE PERFECT DINNER PAIRING** SUNDAY, OCTOBER 30 1:00 P.M. - 5:00 P.M.

Beaujolais, burgers, and Gamay! Come and taste Beaujolais – one of the most food-friendly wines to be enjoyed all year round. Learn the perfect dinner pairing recipes to go along with these delicious wines.

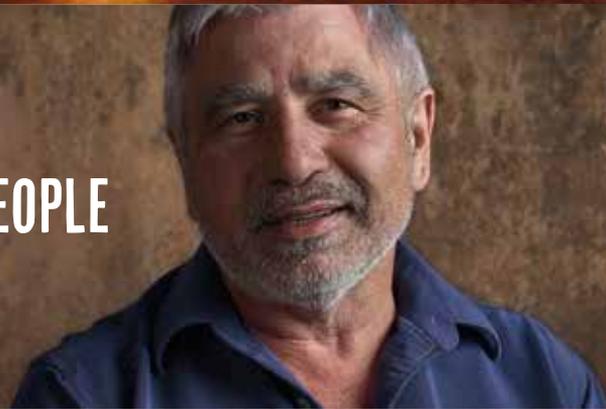
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# NOVEMBER



**THE MACALLAN RARE CASK – LIMITED EDITION BOTTLE STOPPER EVENT**

**THURSDAY, NOVEMBER 3  
7:00 P.M. - 9:00 P.M.**

Join Macallan Brand Ambassador, Dan Volway, for a unique whisky tasting event featuring three outstanding Macallan whiskies. Taste the Macallan Rare Cask, the Macallan Sienna, and the Macallan Amber and experience what makes these whiskies stand out from the rest. A gift with purchase of a limited edition Macallan bottle stopper will be available for the first 50 customers who will purchase the Rare Cask.

**RARE DRAMS MORRISON & MACKAY CASK EXCLUSIVE WHISKY TASTING**

**FRIDAY, NOVEMBER 4  
6:00 P.M. - 8:00 P.M.**

Be the first to sample the very rare and very special 1987 Macallan Celebration of the Cask “Black Gold” – aged 29 years in a single sherry cask. Brand Ambassador Peter MacKay of Morrison & MacKay Whisky Merchants will be taking guests through four whiskies including the “Black Gold.” This single cask is exclusive to BC Liquor Stores and only 234 bottles are available for sale. Don’t miss your chance to taste this special whisky valued up to \$1,300.

**Tickets are \$45** and will be available starting October, they can be purchased at the 39<sup>th</sup> & Cambie Customer Service Counter.

**2016 PREMIUM SPIRITS RELEASE SATURDAY, NOVEMBER 5  
9:30 A.M. - 11:30 A.M.**

Join our BC Liquor Stores Product Consultants for a special complimentary tasting and food pairing featuring select products from the 2016 Spirits Release. Taste these celebrated sought-after whiskies as they are officially unveiled to BC. Don’t miss out on this opportunity to explore and sample the flavor profiles of these high end products!

**This event will be at multiple BC Liquor Stores. Please see [bcliqorstores.com](http://bcliqorstores.com) for details.**

**PREMIUM SCOTCH TASTING WITH MIKE NICOLSON SATURDAY, NOVEMBER 5  
11:30 A.M. - 1:30 P.M.**

Join Master Distiller, Mike Nicolson, for a tasting and educational tour through Scotland. Taste a selection of premium scotch whiskies and discover the unique taste profiles of each.



**THE ART OF THE DALMORE SATURDAY, NOVEMBER 5  
2:30 P.M. - 4:30 P.M.**

Jonathan Driver, Rare Whisky Director of Dalmore, will be going through the history of the Dalmore and how they became one of the most prestigious distilleries in the world. He will feature a tasting of the 12 YO, 15 YO and the Dalmore Cigar Malt Reserve. Learn also about the super premium Constellation line available at 39<sup>th</sup> and Cambie, which range in price from \$10,700 – \$35,000.

**BC LIQUOR STORES NEW & EXCLUSIVES THURSDAY, NOVEMBER 17**

*\*Time of tasting varies per store. Please check the announcement board at each BC Liquor Store location. Looking to excite your palate with something NEW? Join our BC Liquor Store Product Consultants each month for an opportunity to taste new and exclusive wines – only available at BC Liquor Stores. This is also your chance to talk one-on-one with our Product Consultants to learn about the latest and greatest products that will be the perfect accompaniment to your everyday meals or that special occasion.*

**This event will be at multiple BC Liquor Stores. Please see [bcliqorstores.com](http://bcliqorstores.com) for details.**



**ENJOY THE WORLD’S MOST AWARDED RUM WITH BACARDI FRIDAY, NOVEMBER 25  
3:00 P.M. - 6:00 P.M.**

Take the time to savour and enjoy three outstanding Bacardi rums! The Bacardi 8 Year Old, Bacardi Maestro, and Bacardi Oakheart stand on their own, but they also enhance a variety of tasty cocktails. This will surely redefine how you enjoy rum.

**DISCOVER GREY GOOSE VODKA AND BOMBAY SAPPHIRE SATURDAY, NOVEMBER 26  
3:00 P.M. - 6:00 P.M.**

Discover the complex and refined taste of Bombay Sapphire and Grey Goose – carefully crafted gin and premium vodka perfect for blending in exceptional cocktails!



# What to serve?

Check the app to find pairing suggestions for that special meal.



## BC LIQUOR STORES

**BC LIQUORSTORES**  
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[www.bcliqorstores.com](http://www.bcliqorstores.com)



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## Stuffed Tapas

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### STUFFED MUSSELS

- ¼ cup (60 ml) extra-virgin olive oil
- ½ yellow onion, peeled and finely chopped
- 2 garlic cloves, minced
- 1 cup (250 ml) canned puréed tomatoes
- 1 tbsp (15 ml) tomato paste
- 1 roasted red bell pepper, puréed
- ½ cup (125 ml) basmati rice, rinsed and soaked in water for 10 minutes and drained
- 2 tbsp (30 ml) currants
- 1 tbsp (15 ml) each, finely chopped mint and finely chopped dill
- 24 mussels, scrubbed, discarding any that remain open when tapped
- ¼ cup (60 ml) white wine
- 1 tbsp (15 ml) flat-leaf parsley, roughly chopped
- 1 lemon, cut into wedges

- 1 Heat oil in a medium-sized saucepan. Add onions and garlic and sweat over medium heat, stirring occasionally, until soft and translucent. Add puréed tomatoes, tomato paste, red pepper and rice. Add just enough boiling water to cover rice and simmer, uncovered, until liquid is absorbed and rice is tender. Remove from heat. Cool, and fold in currants, mint and dill.
- 2 Heat a large, heavy-bottomed saucepan with a lid over medium-high heat. Add mussels and wine. Cover and steam just until mussels have started to open, so that you can easily stuff them. Do not fully cook. Remove the mussels from saucepan and lay them in a single layer on a baking tray, discarding any that did not open. Reserve liquid in pan and set aside.
- 3 Once mussels are cool enough to handle, use a small paring knife to cut each one through the muscle that attaches to the inside shell. Stuff each mussel with about 2 tbsp (30 ml) of the rice mixture.
- 4 Return stuffed mussels to saucepan in a single layer with reserved liquid. Cover tightly and cook over medium heat for another 5 minutes.
- 5 This dish can be served warm or cold. Garnish with chopped parsley and lemon wedges.

Makes 24 mussels

#### PAIRS WITH

**Fern Walk Pinot Gris**  
BC VQA \$16.99 796011

**El Petit Bonhomme Rueda Verdejo**  
Spain \$13.49 79046

BC LIQUORSTORES

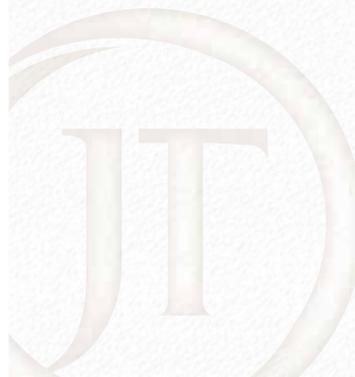


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## BOCCONCINI-STUFFED MEATBALLS IN TOMATO SAUCE

### TOMATO SAUCE

2 tbsp (30 ml) olive oil  
½ small yellow onion, chopped  
28 oz (796 ml) can puréed tomatoes  
1 pinch crushed red pepper flakes  
½ tsp salt

**1** In a large, heavy-bottomed saucepan, heat oil. Add onion and sauté over medium heat until soft and translucent. Add puréed tomatoes, red pepper flakes and salt, simmer, covered, for 10 minutes. Remove from heat and cover to keep warm while preparing meatballs.

### BOCCONCINI-STUFFED MEATBALLS

2 slices white bread, crusts removed  
½ cup (125 ml) milk  
1 lb (500 g) ground pork  
1 lb (500 g) ground beef  
1 egg, whisked  
1 garlic clove, minced  
¼ small yellow onion, minced  
1 tsp (5 ml) dried oregano  
2 tsp (10 ml) tomato paste  
2 tsp (10 ml) kosher salt  
1 tsp (5 ml) ground black pepper  
12 x 1-in (2.5 cm) bocconcini balls  
Tomato Sauce  
5 sprigs fresh basil

**1** Preheat oven to 400 F (200 C).

**2** In a large bowl, combine bread and milk. Soak for 5 minutes, then mash into a paste using a fork. Add meat, egg, garlic, onion, oregano, tomato paste, salt and pepper and mix until evenly blended.

**3** Divide meat mixture into 12 equal portions and roll each into a meatball. Press a bocconcini ball into the centre of each meatball, sealing it inside the ground meat. Place meatballs on a parchment-lined baking tray. Bake in centre of oven for 10 minutes. Using a slotted spoon, transfer meatballs to the saucepan with Tomato Sauce.

**4** Cover and simmer for 10 minutes or until dish is piping hot and meatballs are cooked through. Garnish with basil and serve.

*Serves 4 to 6*

### PAIRS WITH

**Ruffino Il Ducale Toscana**  
Italy **\$15.99** 872572

**Ruffino Chianti**  
Italy **\$11.99** 1743



## SPOT PRAWN-STUFFED EGGPLANT

### OYSTER AND GARLIC SAUCE

- 3 garlic cloves, minced
- 2 tsp (10 ml) vegetable oil
- ½ cup (125 ml) chicken broth
- 2 tbsp (30 ml) oyster sauce
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) granulated sugar
- 1 tbsp (15 ml) cornstarch
- ½ cup (125 ml) water

- 1** In a small, heavy-bottomed saucepan, sauté garlic in vegetable oil over medium heat until golden.
- 2** Add chicken broth, oyster sauce, soy sauce and sugar. Stir and bring to a boil. In a small bowl, stir cornstarch and water to blend. Whisk into chicken broth mixture

and bring to a boil. Boil just until thickened, about 30 seconds. Serve with Stuffed Eggplant.

### STUFFED EGGPLANT

- ½ lb (250 g) spot prawns
- 2 tsp (10 ml) cornstarch
- 1 garlic clove, minced
- 1 tsp (5 ml) peeled and minced fresh ginger root
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) granulated sugar
- 1 tsp (5 ml) Shaoxing cooking wine
- 1 whole green onion, minced
- 2 Japanese eggplants, sliced into 1-in (1.25 cm) slices
- 2 tbsp (30 ml) vegetable oil, plus extra if needed
- 6 sprigs cilantro

- 1** Peel spot prawns and remove heads and tails. Devein and place prawns in a food processor. Add cornstarch, garlic, ginger, soy sauce, sugar and cooking wine to food processor. Pulse until a coarse paste forms. Remove prawn mixture to a bowl and stir in green onion.
- 2** Sandwich about 1 tbsp (15 ml) of the prawn mixture between two slices of eggplant. Repeat with remaining eggplant and stuffing.
- 3** Heat vegetable oil in a frying pan large

enough to hold eggplant in a single layer.

- 4** Working in batches, fry the stuffed eggplant over medium heat for about 12 minutes on each side until golden brown. Add more oil if necessary.
- 5** Once all the eggplant has been browned, return them to the pan in a single layer. Add ½ cup (125 ml) water. Cover and steam for 8 minutes, or until you can easily pierce eggplant with a knife.
- 6** Place on a platter and drizzle with Oyster Garlic Sauce. Garnish with cilantro.

*Serves 4*

### PAIRS WITH

**Leitz Dragonstone Rheingau Riesling**  
Germany \$18.99 41756

**Hakutsuru Junmai Ginjo Sake**  
Japan \$9.49 210823 300 ml



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## CREAMY CORN-STUFFED PEPPERS

- 10 ears of corn, husk and silk removed
- 1 tbsp (15 ml) butter, melted
- 2 green peppers, cut in half lengthwise
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) red onion, finely diced
- 2 cloves garlic, minced
- ¼ tsp (1 ml) Mexican oregano (or marjoram)
- ½ tsp (2 ml) kosher salt
- 1 pinch ground black pepper
- ½ cup (125 ml) sour cream
- ½ cup (125 ml) queso fresco or cow feta cheese, crumbled, divided
- ¼ bunch of cilantro, picked off the stems and roughly chopped
- 1 lime, quartered

- 1 Preheat a barbecue to medium heat.
- 2 Brush the corn with butter and grill for about 2 minutes on each side. The corn doesn't have to be cooked all the way through, but the grill marks will add flavour. Cool and cut the kernels from the cob, set aside.
- 3 Remove heart and seeds from the green peppers and discard. Keep the stem part of the pepper intact. Brush the outside of the peppers with olive oil and grill for 3 to 4 minutes on all of the outside edges. Don't overcook. The peppers need to retain their shape. Set aside.
- 4 Preheat oven to 375 F (190C).
- 5 Sauté onion and garlic over medium heat until soft, then add the Mexican oregano, salt, and pepper. Cook for another 2 to 3 minutes. Let cool slightly and add the corn kernels, sour cream, and half of the queso fresco. Mix until combined and fill the peppers. Sprinkle the remaining queso fresco over the peppers.
- 6 Bake for about 10 minutes, until the filling is melted and bubbly. Garnish with cilantro and serve with lime pieces.

*Serves 4*

### PAIRS WITH

**Torres Viña Esmeralda Catalunya**

Spain **\$15.99** 165316

**Berton Metal Label Vermentino**

Australia **\$14.49** 643122

## Sweet Potato Creations

from page 18



### SWEET POTATO AND MAPLE SYRUP PANNA COTTA

1 large or 2 small unpeeled sweet potatoes  
1 cup (250 ml) homogenized milk  
1 tbsp (15 ml) gelatin  
1 cup (250 ml) buttermilk  
1 cup (250 ml) whipping cream  
¼ cup (60 ml) maple syrup  
1 tsp (10 ml) cinnamon  
1 tsp (5 ml) vanilla extract  
whipped cream, for garnish

- 1 Preheat oven to 425 F (210 C).
- 2 Pierce sweet potato with a fork. Bake in oven until tender and fully cooked, about 40 to 55 minutes, depending on size. Cool to touch. Cut in half lengthwise and scoop out flesh into a large bowl. Mash well with potato masher. Measure out 1 cup (250 ml) mashed sweet potato.
- 3 Place homogenized milk in a medium-sized saucepan. Sprinkle gelatin over milk and let sit for 5 minutes or until gelatin softens.
- 4 In a blender, combine buttermilk, whipping cream, mashed sweet potato, maple syrup and cinnamon. Blend until smooth.
- 5 Heat softened gelatin and milk mixture over low heat, stirring until gelatin is dissolved. Stir in sweet potato mixture and cook over medium heat, stirring well until mixture starts to steam. Remove from heat and stir in vanilla.
- 6 Ladle into 8 x ½ cup (125 ml) ramekins. Transfer to refrigerator and chill until firm. Garnish with a dollop of whipped cream and Hazelnut Brittle.

Makes 8 x ½ cup (125 ml) servings

### SALTED HAZELNUT BRITTLE

1 cup (250 ml) granulated sugar  
½ cup (125 ml) water  
1 tsp (5 ml) corn syrup or agave syrup  
½ cup (125 ml) toasted hazelnuts, coarsely chopped  
½ tsp (2 ml) kosher salt

- 1 Line a baking sheet with parchment paper. Mix together sugar, water and corn syrup in a medium, heavy-bottomed saucepan. Cook over medium-high heat, without stirring, until it starts to caramelize to a light golden brown, about 13 minutes. Gently swirl saucepan until mixture is a deep amber colour, about 1 more minute.
- 2 Remove immediately from heat and quickly stir in nuts and salt. Pour immediately onto the prepared baking sheet, spreading in an even layer. Let cool. Once cool and hardened, break into shards.

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USA \$27.49 366948

**Martini Asti**  
Italy \$12.49 1875



### SWEET POTATO GNOCCHI

#### SWEET POTATO GNOCCHI

2 lbs (1 kg) unpeeled sweet potatoes  
 $\frac{2}{3}$  cup (175 ml) ricotta cheese  
 1 tsp (5 ml) salt  
 $\frac{1}{2}$  tsp (2 ml) ground cinnamon  
 $\frac{1}{4}$  tsp (1 ml) ground nutmeg  
 $\frac{1}{4}$  tsp (1 ml) ground cloves

$\frac{1}{4}$  tsp (1 ml) freshly ground black pepper  
 $\frac{1}{4}$  cups (300 ml) all-purpose flour, plus more for work surface, about  $\frac{1}{2}$  cup (75 ml)

- 1 Preheat oven to 425 F (210 C).
- 2 Pierce sweet potatoes with a fork. Bake in oven until tender and fully cooked, about 40 to 55 minutes, depending on size. Cool to touch. Cut in half lengthwise and scoop out flesh into a large bowl. Mash sweet potato flesh and measure out 2 cups (500 ml), discarding remainder or saving for another use. Add ricotta and spices. Mix until well blended.
- 3 Add flour,  $\frac{1}{2}$  cup (125 ml) at a time until a soft dough forms. Lightly flour a clean work surface. Divide dough into 6 equal balls. Roll out each ball into a 1-in (2.5 cm) thick rope. Cut each rope into 1-in (2.5 cm) pieces to make gnocchi. Roll the gnocchi with tines of a fork. Transfer gnocchi to a large baking sheet. Repeat with remaining dough.
- 4 Meanwhile, bring a large pot of salted water to a boil over high heat. Add gnocchi in 3 to 4 batches and cook until tender but still al dente, or firm to the bite. Remove with a slotted spoon to a baking sheet. Loosely cover with foil to keep warm while cooking remaining gnocchi.

#### SAGE AND MAPLE BUTTER

$\frac{1}{2}$  cup (125 ml) unsalted butter  
 18 to 24 fresh sage leaves  
 $\frac{1}{2}$  tsp (2 ml) ground cinnamon  
 2 tbsp (30 ml) maple syrup  
 sea salt and freshly ground black pepper, to taste

- 1 In frying pan, melt butter over medium heat. When melted, add sage leaves and swirl occasionally until foam subsides and solids begin to brown. Remove from heat and stir in cinnamon and maple syrup. Season with salt and black pepper. Add Sweet Potato Gnocchi and toss to coat evenly. Serve immediately.

Serves 6

### PAIRS WITH

**Fontanafredda Briccotondo Piemont Barbera**  
Italy \$18.49 898718

**Columbia Valley Chardonnay**  
USA \$19.79 232439



## SWEET POTATO TURNOVERS

½ lb (250 g) unpeeled sweet potatoes  
½ lb (250 ml) Granny Smith apples, peeled, cored and cut into fine ¼-in (0.5 cm) dice  
2 tbsp (30 ml) granulated sugar, plus extra for dusting  
½ cup (75 ml) whole blanched almonds, ground in food processor  
½ tsp (2 ml) ground cinnamon  
½ tsp (2 ml) ground ginger  
¼ cup (60 ml) finely chopped crystallized ginger  
1 pkg (or 2 sheets) frozen puff pastry, thawed  
all-purpose flour, for rolling  
1 large egg, beaten

- 1 Preheat oven to 400 F (200 C). Line 2 baking sheets with parchment paper.
- 2 Pierce potatoes with a fork. Bake in oven until tender and fully cooked, about 40 to 55 minutes, depending on size. Cool to touch. Cut in half lengthwise and scoop out flesh into a large bowl. Mash with potato masher or fork. Mix in apples, sugar, almonds, cinnamon, ground ginger and chopped ginger. Set aside.
- 3 Lightly dust a large cutting board with flour. Roll out 1 of the pastry sheets to ⅛-in (3 cm) thickness. Cut out circles using a 3½-in (8.75 cm) cookie cutter, making as many circles from the dough as possible.
- 4 Place a heaping tbsp (15 ml) of the filling on each circle. Brush bottom edge of pastry lightly with egg wash, then fold circles in half to form a half moon. Press the edges together with a fork to seal and arrange on a parchment paper-lined baking sheet. Repeat with remaining dough and filling, collecting scraps of dough and rolling out. Brush tops of turnover with egg wash and sprinkle with sugar.
- 5 Bake on prepared baking sheets until golden brown, about 12 to 15 minutes. Remove and allow to cool for 5 minutes before serving. Best served warm with vanilla ice cream or whipped cream.

*Makes about 18 turnovers*

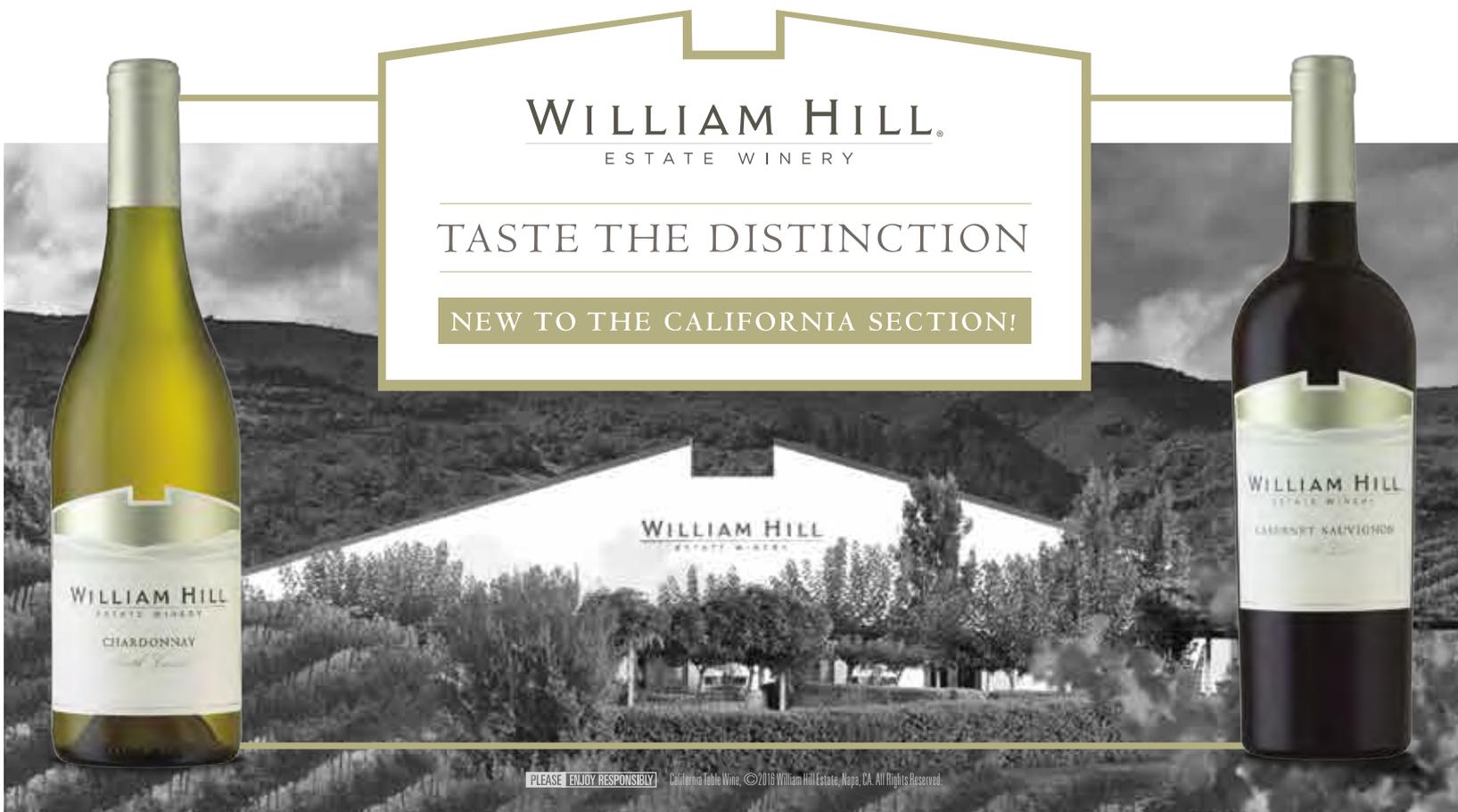
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**Bonterra Organic Mendocino County Chardonnay**  
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**Carmen Reserva Viognier**  
Chile **\$12.29** 604348

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## How Do You Like Your Apples?

from page 22



### APPLE STREUSEL KUCHEN TORTE

#### STREUSEL TOPPING

1 cup (250 ml) granulated sugar  
 ½ cup (125 ml) butter, melted  
 ¼ cup all-purpose flour  
 2 tsp (10 ml) cinnamon

**1** Mix together sugar, butter, flour and cinnamon until a crumble mixture forms. Set aside.

Makes ¾ cup (175 ml)

#### KUCHEN TORTE

¾ cup (75 ml) soft butter  
 ½ cup (125 ml) granulated sugar  
 3 large eggs  
 1 tsp (5 ml) vanilla extract  
 ½ cup (125 ml) milk  
 1½ cups (375 ml) all-purpose flour  
 2 tsp (10 ml) baking powder  
 ½ tsp (2 ml) baking soda  
 ½ tsp (2 ml) salt  
 4 to 5 apples, peeled, cored and sliced, ¼-in (0.5 cm) thick  
 whipped cream or vanilla ice cream

**1** Preheat oven to 350 F (180 C). Grease bottom and sides of a 9-in (23 cm) springform pan with butter and line bottom with parchment paper. Set aside.

**2** In a large bowl, beat butter and sugar together with an electric mixer until fluffy. Add eggs, vanilla and milk and beat together until smooth. Stir in flour, baking powder, baking soda and salt until smooth and blended. Spread batter onto bottom of prepared pan. Arrange apples over batter. Evenly sprinkle Streusel Topping over apples.

**3** Bake until apples are tender and a skewer

inserted in the centre comes out clean.

Topping should be golden. Remove and cool in pan on a wire rack before running a knife around inside of pan and removing the sides. Serve with whipped cream or vanilla ice cream.

Serves 8 to 10

#### PAIRS WITH

**Crown Royal Apple**  
 Canada \$25.99 609644

**Domaine Pinnacle Ice Cider**  
 Canada \$26.49 7674 375 ml



## KOHLRABI SALAD WITH APPLES

- 2 medium kohlrabi, about 2 lbs (1 kg), peeled and thinly sliced  
 2 unpeeled Granny Smith apples, cored and thinly sliced  
 ½ tsp (2 ml) finely grated lemon zest  
 1 tbsp (15 ml) lemon juice  
 1 tbsp (15 ml) white balsamic or white wine vinegar  
 2 tbsp (30 ml) extra-virgin olive oil, divided  
 sea salt and freshly ground black pepper  
 ½ cup (125 ml) torn fresh mint leaves  
 ½ cup (125 ml) toasted hazelnuts, chopped  
 ¼ cup (50 ml) shaved pecorino or Parmesan whole mint leaves, for garnish, optional
- In a large mixing bowl, toss together kohlrabi, apple, lemon zest, lemon juice, vinegar with half the olive oil. Season to taste.

Add mint and gently toss just to combine.

- In a small bowl, toss hazelnuts and remaining olive oil. Season to taste. Divide kohlrabi salad among plates and top with hazelnuts and pecorino. Garnish with more mint leaves if desired.

Serves 4 to 6

### PAIRS WITH

- Gray Monk Chardonnay Unwooded**  
 BC VQA \$14.79 501114  
**La Chablisienne La Pierrelée Chablis**  
 France \$29.49 359844



## APPLE AND CHEESE ROSE TARTLETS

- 2 red unpeeled apples, halved, cored and thinly sliced  
 2 tbsp (30 ml) lemon juice  
 ¼ cup (50 ml) water  
 1 sheet, frozen puff pastry, thawed  
 all-purpose flour, for rolling pastry  
 ½ cup (125 g) plain cream cheese, softened  
 4 tbsp (60 ml) granulated sugar  
 1 tsp (5 ml) cinnamon  
 ½ cup (125 ml) grated sharp cheddar cheese (optional)
- Preheat oven to 375 F (190 C). Generously grease a muffin tin with butter or cooking spray. Set aside.
  - Place apple slices in a bowl. Top with lemon juice and water. Microwave 3 minutes or until apples are slightly softened. Remove

FREIXENET

# THE BLACK

COCKTAILS COLLECTION

By JAVIER DE LAS MUELAS



## FRENCH 75

### INGREDIENTS

- 1/2 teaspoon Galliano liqueur
- 1/2 oz. fresh lemon juice
- 1/4 oz. simple syrup
- 3/4 oz. gin
- 4 oz. Freixenet Cordon Negro Brut Cava

### GARNISH

Lemon wheel inside of glass and a real maraschino cherry

### STEPS

Shake all ingredients (except for Freixenet) with ice and pour into a highball glass.

\*

Add Freixenet and stir gently.

*Freixenet*  
 CAVA



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apples and pat dry on paper towel. Set aside.

**3** Lightly dust counter surface with flour. Roll out puff pastry and cut into 4 even-sized strips lengthwise, about 3-in (7.5 cm) wide. Spread a thin layer of cream cheese over pastry. Mix together sugar and cinnamon in a small bowl and sprinkle about a tsp (5 ml) over the cream cheese. Sprinkle a bit of cheddar cheese over each strip.

**4** Arrange apple slices, overlapping pieces over top half of the pastry strip and making sure the rounded part of the apple is sticking out of the top of the pastry. Fold bottom half of the puff pastry up over the bottom of apple slices. Starting from one end, roll up pastry like a rosette, enclosing the apple slices. Place in muffin tins, apple-side up.

**5** Bake for 35 to 40 minutes or until golden brown. Remove from oven and cool 10 minutes. Remove from muffin tins and set on wire rack. Serve warm or at room temperature. Serve with whipped cream or ice cream.

*Makes 4*

PAIRS WITH

**Sandhill Estate Chardonnay**

BC VQA \$15.99 541193

**CedarCreek Chardonnay**

BC VQA \$14.99 237974

## Beautiful Beans

*from page 40*



### PERSIAN CHICKPEA SALAD WITH POMEGRANATE DRESSING

#### POMEGRANATE DRESSING

¼ cup (60 ml) extra-virgin olive oil  
1 tbsp (15 ml) pomegranate molasses  
1 tbsp (15 ml) lemon juice

**1** Combine olive oil, pomegranate molasses and lemon juice in a small bowl. Whisk until emulsified. Transfer to a small jar and refrigerate until ready to use.

*Makes ½ cup (75 ml)*

#### SALAD

1¼ cups (325 ml) dried chickpeas, soaked overnight in cold water<sup>1</sup>  
2 firm ripe tomatoes, cored and diced  
2 heirloom purple carrots, peeled and shaved lengthwise into strips  
3 cups (750 ml) baby arugula, washed and patted dry  
½ small red onion, thinly sliced, separated into rings  
½ cup (75 ml) each finely chopped cilantro, Italian parsley and Thai basil  
4 oz (125 g) Macedonian feta, crumbled  
½ pomegranate, seeds only

<sup>1</sup> Substitute 2 cups (500 ml) canned chickpeas, if desired.

**1** Place chickpeas in bowl and cover with cold water with a couple inches (5 cm) to spare. Soak overnight then drain and rinse. Place in a large saucepan and cover generously with cold water again. Bring to a boil over medium-high heat. Cover, with lid ajar, reduce heat to medium-low and simmer until chickpeas are tender, about 30 to 40 minutes. When tender, drain and place in a large bowl. Set aside to cool. Discard any skins that may have popped off during cooking.

**2** Add tomatoes, carrots, arugula and onion to cooled chickpeas. Top with chopped herbs. Refrigerate until ready to serve.

**3** Drizzle salad with dressing. Gently toss to evenly distribute. Transfer to a serving platter and scatter cheese and pomegranate seeds over top. Serve immediately.

*Serves 6*

#### PAIRS WITH

**Whitehaven Marlborough Sauvignon Blanc**  
New Zealand **\$17.99** 300368

**Fontana Candida Roma Bianco**  
Italy **\$12.99** 496802



## FAVA BEANS WITH FRESH RICOTTA ON GARLIC CROSTINIS

#### GARLIC-INFUSED RICOTTA

8 cups (2 L) whole milk  
1 cup (250 ml) whipping cream  
½ tsp (2 ml) salt  
3 tbsp (45 ml) lemon juice  
1 garlic clove, smashed and minced

**1** Line a large sieve with cheesecloth and place over a large bowl or saucepan. Set aside.

**2** Combine milk, cream and salt in a large heavy saucepan. Bring to a full rolling boil over medium-high heat. Then reduce heat to low and add lemon juice and garlic. Simmer, stirring constantly, until mixture curdles, about 2 minutes.

**3** Pour mixture into sieve over bowl or saucepan and set aside to drain for about 1 hour. Discard liquid and transfer ricotta to a plastic container with a tight-fitting lid.

Refrigerate until chilled. Can be refrigerated for up to 2 days.

*Makes about 3½ cups (875 ml)*

#### CROSTINIS

¼ cup (60 ml) olive oil  
1 large garlic clove, smashed and minced  
1 long whole wheat baguette, cut into ½-in (1.25 cm) slices  
salt and freshly ground black pepper, to taste

**1** Preheat oven to 350 F (180 C).

**2** Warm olive oil and garlic in a measuring cup in the microwave, to infuse garlic flavours. Place baguette slices in a single layer on a parchment-lined baking sheet. Brush with olive oil. Season with salt and pepper.

**3** Bake for 8 to 10 minutes or until crisp. Remove baking sheet to a rack to cool. Can be made ahead and stored in a tightly covered container for a couple of days.

#### FAVA BEANS

1½ cups (375 ml) shelled fava beans  
2 tbsp (30 ml) olive oil  
½ cup (125 ml) diced sweet onion  
3 tbsp (45 ml) finely chopped fresh mint  
2 tbsp (30 ml) full-fat sour cream  
2 tbsp (30 ml) lemon-infused olive oil, plus extra  
salt and freshly ground black pepper, to taste  
pea shoots and mint, for garnish

**1** Bring a large saucepan of water to a boil. Add fava beans and blanch for 1 minute. Drain and plunge into ice water. Drain again and, using your fingers, pinch off the skins and discard. Place ½ cup (75 ml) beans in a small bowl and set aside. Place remaining beans in a larger bowl. Coarsely mash with a fork. Set aside.

**2** Heat olive oil in a heavy frying pan over medium heat. Add onion and sauté until soft and clear. Do not brown. Transfer to mashed fava beans along with mint, sour cream, lemon oil, and salt and pepper to taste. Gently fold together to blend. Fold in whole fava beans.

**3** To serve, smear a generous spoonful of fresh ricotta on baguette slices. Spoon fava bean mixture on top. Drizzle with a little lemon oil and garnish with some pea shoots. Add an extra grating of black pepper and serve.

*Makes about 32*

#### PAIRS WITH

**William Fèvre Petit Chablis**  
France **\$23.49** 811232

**Protea Chenin Blanc**  
South Africa **\$12.99** 777953



## PULLED CHICKEN AND BLACK BEAN NACHOS

#### PICO DE GALLO

4 ripe tomatoes, cored and finely diced  
½ small yellow onion, finely minced  
½ cup (125 ml) chopped cilantro  
½ lime, juice only  
½ red or green jalapeño pepper, seeded and finely minced  
2 tbsp (30 ml) extra-virgin olive oil  
salt and freshly ground black pepper, to taste

**1** Combine all ingredients in a bowl. Gently fold together. Set aside for flavours to blend.

*Makes 2 cups (500 ml)*

#### AVOCADO CREMA

1 ripe Haas avocado  
½ cup (125 ml) Mexican crema<sup>2</sup> or sour cream  
½ lime, juice only  
salt and freshly ground black pepper, to taste

**1** Peel avocado and coarsely chop. Place in a blender along with Mexican crema and lime juice. Whirl to blend, scraping down sides of bowl occasionally. Continue processing until very smooth.

**2** Transfer to a squeeze tube and refrigerate.

*Makes ¾ cup (175 ml)*

#### PULLED CHICKEN

2 tbsp (30 ml) olive oil, plus extra if needed  
10 boneless, skinless chicken thighs  
1 large sweet onion, diced  
4 large garlic cloves, smashed and minced  
2 tsp (10 ml) brown sugar  
2 tsp (10 ml) each ground cumin, ground coriander, oregano and smoked paprika  
1 tsp (5 ml) salt  
2 tbsp (30 ml) red wine vinegar  
28 oz (796 ml) can fire-roasted diced tomatoes, including juice  
1 canned chipotle chili in adobe sauce, minced, about 1 tbsp (15 ml)  
14 oz (398 ml) can red kidney or black beans, rinsed and drained  
20 oz (600 g) bag unseasoned tortilla chips  
1 ripe but firm Haas avocado, peeled, pitted and sliced

<sup>2</sup> available at Mexican specialty store

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1 cup (250 ml) grated Oaxaca or Monterey Jack cheese  
chopped cilantro, for garnish

**1** Preheat oven to 350 F (180 C). Heat oil in a large heavy, oven-safe saucepan with a tight-fitting lid over medium-high heat. Add chicken, a few pieces at a time being careful not to overcrowd. Sauté, uncovered, until golden. Remove to a separate dish and repeat until all the chicken is lightly golden.

**2** Add onion to pan and sauté until soft and clear. Add a splash more oil if needed. Stir in garlic and sauté for 1 more minute. Stir in sugar and spices. Deglaze pan with vinegar. Add tomatoes and chipotle chili and stir to mix. Return chicken to saucepan, tucking pieces into mixture in an even layer. Bring to a low simmer. Cover with lid and bake for 35 to 40 minutes.

**3** Remove saucepan from oven. Leave oven at 350 F (180 C). Using tongs, remove chicken thighs to a large bowl and let cool until you can handle with your fingers. Shred chicken with a fork and return to sauce in saucepan along with beans. Return to the stove and gently simmer to warm beans. Taste and add more seasonings as desired.

**4** Scatter  $\frac{2}{3}$  of the chips on a large baking tray layering with warm chicken and bean mixture and grated cheese. Add more chips and cheese. Bake tray in preheated oven until cheese is golden and bubbly, about 10 to 12 minutes. Remove and sprinkle with cilantro. Serve with Pico de Gallo, sliced avocado and Avocado Crema.

*Serves 8*

PAIRS WITH

**Maison Des Bulliats Régnié**  
France **\$19.99** 137760

**Ruffino Lumina Pinot Grigio Delle Venezie**  
Italy **\$12.49** 102764

## Thanksgiving Sides

*from page 50*



### GINGER ROASTED PUMPKIN AND MILLET SALAD

2 lbs (1 kg) pumpkin or butternut squash, peeled and cut into 1-in (2.5 cm) pieces  
1 medium-sized red onion, cut into 16 wedges  
1 tbsp (15 ml) peeled, freshly grated ginger root  
2 bird's eye chilies, thinly sliced into rounds  
2 garlic cloves, minced  
2 tbsp (30 ml) grapeseed oil  
1 tbsp (15 ml) maple syrup  
salt and pepper, to taste

1 cup (250 ml) millet  
 2 cups (500 ml) water  
 3 tbsp (45 ml) extra-virgin olive oil, divided  
 2 tbsp (30 ml) lime juice  
 1 cup (250 ml) each roughly chopped fresh mint leaves and fresh cilantro  
 ½ cup (125 ml) pomegranate seeds  
 4 oz (125 ml) goat's cheese, crumbled

**1** Preheat oven to 400 F (200 C). Place a rimmed baking sheet in oven while preheating.

**2** In a large bowl, toss together pumpkin pieces with red onion, ginger, chilies, garlic, grapeseed oil, maple syrup and a good pinch each of salt and pepper. Tumble onto hot baking sheet and bake, stirring once or twice until pumpkin is tender and lightly browned, about 25 to 30 minutes. Remove from oven and set aside to cool.

**3** Meanwhile, place millet into a large dry saucepan and toast, stirring often, over medium heat until grains start to pop and become fragrant, about 4 to 5 minutes. Stir water and a pinch of salt into toasted millet. Increase heat to high and bring mixture to a boil. Once boiling, lower heat to low, stir in 1 tbsp (15 ml) olive oil and cover saucepan. Simmer for 15 minutes. Avoid lifting lid or stirring. Remove saucepan from heat and rest, covered, for 10 minutes to fully absorb water. Fluff with a fork and set aside, partially covered, to keep warm.

**4** Scrape pumpkin mixture and browned bits into a large bowl. Add millet and toss together. Add remaining 2 tbsp (30 ml) olive oil, lime juice, herbs and pomegranate seeds, folding in gently to combine. Season to taste with more salt and pepper. Transfer to a serving bowl and scatter with goat's cheese. Serve immediately while warm.

*Serves 6*

PAIRS WITH

**Selbach Mosel Riesling**  
 Germany **\$15.99** 23242

**Smoking Loon Viognier**  
 USA **\$13.49** 128801



**BUTTERNUT SQUASH AND MUSHROOM BRAID**

4 cups (1 L) cubed butternut squash, cut into 1-in (2.5 cm) pieces  
 3 tbsp (45 ml) grapeseed oil, divided  
 salt and pepper, to taste  
 ½ tsp (2 ml) each dried sage, dried thyme and dried oregano  
 ½ large red onion, thinly sliced  
 3 garlic cloves, minced  
 6 oz (180 g) mixed mushrooms, trimmed and sliced  
 5 oz (140 g) baby spinach  
 all-purpose flour, for rolling  
 14 oz (400 g) puff pastry  
 ¼ cup (60 ml) crumbled feta cheese  
 1 large egg  
 1 tbsp (15 ml) water

**1** Preheat oven to 425 F (230 C). Place a rimmed baking sheet in oven while preheating.

**2** In a large bowl, toss butternut squash with 1 tbsp (15 ml) oil, a good pinch of salt and pepper, sage, thyme and oregano. Tumble onto hot baking sheet and bake, stirring occasionally, until squash is easily pierced with a knife, about 20 to 25 minutes. Remove and cool on baking sheet to room temperature before transferring to a large bowl.

**3** Meanwhile, in a large frying pan, warm remaining 2 tbsp (30 ml) oil over medium heat. Add onions and sauté until just starting to soften, about 2 minutes. Add garlic and cook another minute before stirring in mushrooms and a pinch of salt. Cook mushrooms, stirring occasionally, until lightly browned, about 8 to 10 minutes. Transfer mixture to bowl along with squash and set aside.

**4** Return frying pan to stove on medium-low heat and add spinach and a splash of water. Cook, stirring constantly, until spinach is wilted, about 2 minutes. Transfer to a fine-meshed sieve over a bowl and drain until cool enough to handle. Squeeze out as much water as possible, then chop roughly. Add to mushroom mixture and toss to combine. Season lightly with additional salt and pepper to taste. Set aside.

**5** Lightly flour a work surface and roll out puff pastry to form a rectangle about 10 x 13-in (25 cm x 33 cm). Transfer to a

parchment-lined baking sheet. Imagine pastry divided lengthwise into thirds. Cut slits 1-in (2.5 cm) apart on long, outside edges of pastry. Keep middle strip down the centre of pastry uncut. Cut and discard corner cut slits on each corner of pastry. Spread squash filling mixture down middle of uncut portion of dough leaving about 1-in (2.5 cm) on either end. Sprinkle feta over filling. Begin at bottom end of pastry. Fold 1-in (2.5 cm) lip of dough over filling. Fold first strip of dough on right over filling at a slight angle. Fold first strip of dough on left over filling, overlapping first strip. Continue folding strips of dough from alternate sides to form a braided pattern. Once braided, fold top 1-in (2.5 cm) lip of dough over filling, tucking it under braided strips.

**6** In a small bowl, whisk together egg and water. Brush braid with egg wash and bake until pastry is golden brown, about 25 to 30 minutes. Let cool 15 minutes. Slice and serve warm or at room temperature.

*Serves 6*

PAIRS WITH

**Jean-Claude Boisset Les Ursulines Bourgogne Pinot Noir**  
 France **\$24.99** 582411

**Sterling Vintner's Collection Chardonnay**  
 USA **\$13.29** 643874



**ACORN SQUASH WITH CHERRY AND PECAN CHUTNEY**

CHERRY AND PECAN CHUTNEY

2 tbsp (30 ml) grapeseed oil  
 2 shallots, peeled and diced  
 2 garlic clove, minced  
 2 cups (500 ml) dried tart cherries  
 ½ cup (125 ml) dry white wine  
 1 tbsp (15 ml) maple syrup  
 pinch each, ground nutmeg, ground cinnamon and crushed red pepper flakes  
 salt, to taste  
 1 cup (250 ml) pecans halves, roughly chopped

**1** In a medium saucepan, warm oil over medium heat. Add shallots and cook, stirring often, until translucent, about 4 minutes.



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Stir in garlic and let cook another minute. Add cherries, wine, maple syrup and seasonings. Increase heat to medium-high. Bring mixture to a boil, reduce heat to medium-low and simmer, uncovered, stirring often, until thickened and slightly sticky, about 10 minutes. Stir in pecans. Transfer chutney to a bowl and cool to room temperature. Chutney may be kept refrigerated in an airtight container for 4 days.

#### ROASTED ACORN SQUASH

2 cups (500 ml) apple cider  
½ cup (125 ml) unsalted butter  
2 tsp (10 ml) fresh rosemary leaves, minced  
2 tsp (10 ml) thyme leaves, minced  
1 tbsp (15 ml) sage leaves, chopped  
2 large acorn squash, cut in half and seeded  
salt and pepper, to taste  
2 tbsp (30 ml) chopped parsley, for garnish

**1** Preheat oven to 375 F (190 C).

**2** In a small saucepan, reduce apple cider over high heat to a ¼ cup (60 ml). Reduce heat to medium-low and stir in butter, rosemary, thyme and sage. Once butter has melted, continue to simmer for another 2 minutes, stirring occasionally. Set aside, keeping warm.

**3** Slice acorn squash into ¾-in (2 cm) half-moons. Place in a single layer on a parchment-lined baking sheet. Brush with half the apple cider mixture and season lightly with salt and pepper. Bake for 15 minutes, brush squash with remaining apple cider mixture and continue to bake for another 10 to 15 minutes, until squash is soft.

**4** Transfer warm squash to a serving platter, top with chutney and garnish with a sprinkle of parsley. Serve immediately while squash is still warm.

Serves 8

#### PAIRS WITH

**Murphy Goode Pinot Noir**  
USA \$19.99 608075

**Château Ste. Michelle Riesling**  
USA \$15.49 232512



## BRÛLÉE CRANBERRY TART

#### WALNUT CRUST

1¼ cups (310 ml) raw walnut halves or walnut pieces  
1 cup (250 ml) white rice flour  
¼ tsp (1 ml) salt  
6 tbsp (90 ml) unsalted butter, softened  
½ cup (125 ml) granulated sugar

**1** Heat oven to 350 F (180 C). In a food processor, grind walnuts with half the rice flour until mixture resembles coarse cornmeal. Add remaining rice flour and salt and pulse 4 times. In a medium-sized bowl, cream butter and sugar together with a wooden spoon for a couple of minutes until pale and thick. Add nut mixture and stir until dough comes together. If it seems

crumbly, add some cold water, 1 tsp (5 ml) at a time, making sure not to exceed 2 tbsp (30 ml) total. Press dough evenly into a 10-in (25 cm) fluted tart pan. Prick bottom of crust with a fork and freeze for 30 minutes or up to several days if desired. Bake chilled tart shell until lightly browned, about 15 minutes. Cool at room temperature on a wire rack.

#### CRANBERRY FILLING

12 oz (340 g) fresh cranberries  
1 cup (250 ml) granulated sugar  
¼ cup (60 ml) orange juice  
1 tsp (5 ml) orange zest  
½ vanilla bean, split in half  
½ cup (125 ml) unsalted butter, cut into cubes  
2 large eggs  
2 large egg yolks

- 1 Place cranberries, sugar, orange juice and zest and vanilla bean in a medium-sized saucepan over medium heat. Bring to a simmer and cook until cranberries have popped and softened, about 10 minutes. Transfer to a sieve set over a bowl, use a rubber spatula and press cranberry liquid into bowl. Whisk butter into warm cranberry liquid.
- 2 Place eggs and egg yolks in a large bowl and whisk lightly. Slowly whisk a cup of warm cranberry mixture into eggs to temper, then add remaining cranberry mixture and whisk to combine.
- 3 Return cranberry mixture to saucepan and cook, stirring constantly with a wooden spoon over low heat until just bubbling and thickened, about 10 minutes. Strain through a fine-meshed sieve into a non-reactive bowl. Cool to room temperature. If not using right away, cover filling with plastic wrap, pressing wrap onto surface of filling to prevent a skin from forming, and refrigerate. Filling may be made up to 1 day ahead and refrigerated until ready to use.
- 4 Preheat oven to 350 F (180 C). Pour cooled cranberry filling into prebaked tart shell and smooth top with a spatula. Bake for 10 minutes to set filling. Cool on a wire rack at room temperature. Tart may be stored, lightly covered with plastic wrap at room temperature for up to 2 days.

#### SPARKLING CRANBERRIES

½ cup (125 ml) granulated sugar, plus extra for coating  
½ cup (125 ml) water  
1½ cups (375 ml) fresh cranberries

- 1 Place cranberries in a medium-sized bowl.
- 2 In a small saucepan, stir together sugar and water over medium-high heat until simmering and sugar has dissolved. Remove saucepan from heat and cool mixture until warm to the touch. Pour over cranberries. Cover bowl with plastic wrap and refrigerate overnight.
- 3 Using a slotted spoon, remove berries from syrup and place on a wire cooling rack with a piece of parchment paper placed underneath. Spread berries so they are not touching each other and let dry for 1 hour at room temperature.
- 4 Working in batches, roll a handful of berries at a time in extra granulated sugar to coat. Place sugared cranberries on a parchment-lined baking sheet and continue coating remaining berries. Let cranberries dry for two hours at room temperature before using. Cranberries may be stored in an airtight container at room temperature for 2 days.

Makes 1½ cups (375 ml)

#### GARNISH

½ cup (125 ml) whipping cream  
½ tsp (2 ml) vanilla extract  
2 tbsp (30 ml) icing sugar, sifted  
2 tbsp (30 ml) granulated sugar

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orange zest, for garnish  
Sparkling Cranberries, for garnish

**1** In a chilled bowl, whip cream until soft peaks form, about 4 minutes. Add vanilla extract and icing sugar and continue to whip until stiff peaks form. Sprinkle granulated sugar evenly over top of tart, leaving a ½-in (1.25 cm) border. Let stand for 5 minutes.

**2** Using a blowtorch and holding flame at least ½-in (1 cm) from surface, move flame back and forth over sugar until bubbling and dark amber. Let stand for 5 minutes before dolloping whipped cream in centre of tart and topping with Sparkling Cranberries and curls of orange zest. Serve immediately.

Serves 8

PAIRS WITH

**Quails Gate Fortified Vintage Foch 2014**  
BC VQA \$25.99 638148 375 ml

**Kvv Classic Cape Tawny**  
South Africa \$10.49 17434

**Trick or Sweet?**

from page 60



**SPIRITED TARTS**

**LIMONCELLO CURD**

6 large egg yolks  
1 cup (250 ml) granulated sugar  
½ cup (125 ml) lemon juice  
1 tbsp (15 ml) lemon zest  
½ cup (125 ml) cold unsalted butter, diced  
¼ cup (60 ml) limoncello liqueur

**1** Fill a medium-sized saucepan with 1½-in (3.5 cm) water and bring to a simmer over medium-high heat. Meanwhile, in a medium-sized glass or stainless steel bowl,

whisk together egg yolks and sugar until thick and pale, about 2 minutes. Add lemon juice and zest and whisk to combine.

**2** Set bowl with egg mixture over simmering water, making sure bowl does not touch water, and whisk constantly until mixture thickens and coats back of a spoon, about 9 to 11 minutes.

**3** Remove bowl from heat and whisk in butter until blended. Stir in limoncello. Strain curd through fine-meshed sieve set over a bowl. Cover curd with plastic wrap, pressing wrap onto surface of curd to prevent a skin from forming. Chill in refrigerator until cold. Curd may be made up to 4 days ahead and kept refrigerated until ready to use.

**GRANOLA CRUST**

1½ tbsp (21 ml) light brown sugar  
1½ tbsp (21 ml) vegetable oil  
1½ tbsp (21 ml) liquid clover honey  
1 tsp (5 ml) vanilla extract  
½ cup (125 ml) toasted hazelnuts  
1 cup (125 ml) large-flaked rolled oats  
¼ tsp (1 ml) salt

**1** Preheat oven to 300 F (150 C). Generously grease eight 3-in (8 cm) tartlet moulds before setting on a baking tray. Set aside.

**2** In a small saucepan, stir together brown sugar, oil and honey over medium heat until sugar has dissolved, about 2 minutes. Remove from heat and stir in vanilla extract.

**3** In a food processor, pulse hazelnuts until coarsely chopped. Add oats and salt, and pulse until finely ground. Add brown sugar mixture and pulse again 4 or 5 times until well combined. Press 2 tbsp (30 ml) mixture into bottom and up sides of each tartlet mold. Bake until golden brown, about 20 to 25 minutes.

**4** Let granola crusts cool in moulds for 20 minutes. Gently remove crusts from moulds using a thin pairing knife to loosen. Transfer to a wire rack and cool completely to room temperature. May be made up to 5 days ahead and stored in an airtight container at room temperature.

### MERINGUE GHOSTS

1 cup (250 ml) granulated sugar  
½ cup (125 ml) water  
5 large egg whites, at room temperature  
¼ tsp (0.5 ml) table salt  
¼ tsp (0.5 ml) cream of tartar  
brown gel food colouring, for garnish

**1** Shortly before serving, bring sugar and water to a boil in a small saucepan over medium-high heat. Reduce heat to medium and simmer until soft-ball stage registering 235 F (113 C) on a candy thermometer, about 3 to 5 minutes. As mixture cooks, occasionally wash down sides of pan with a wet pastry brush to prevent sugar crystals from forming.

**2** In a large bowl whip together egg whites and salt with an electric mixer until frothy. Add cream of tartar and increase speed to medium, whipping until soft peaks form, about 3 minutes. With mixer at medium speed, pour hot sugar syrup in a very thin stream down side of bowl. Once all syrup has been added, increase mixer speed to medium-high and whisk until egg whites are firm and glossy and mixing bowl is cool to the touch, 6 to 8 minutes. Transfer meringue to a piping bag fitted with a round piping tip 1½-in (3.5 cm) wide.

**3** To assemble tarts, fill each shell with limoncello curd and smooth to create a flat top. Pipe meringue ghost shapes onto curd. Dip a small paintbrush in brown gel and dot meringue to form eyes and mouth of ghost. Serve immediately.

*Makes 8*



### GHOST PILOT

1½ oz (45 ml) Star of Bombay Gin  
½ oz (15 ml) Crème de Cacao  
½ oz (15 ml) peppermint schnapps  
¼ oz (7 ml) lemon juice

**1** Shake gin, cacao, peppermint schnapps and lemon juice in a shaker glass with ice until very cold. Strain into a chilled cocktail glass and enjoy.

### PRODUCTS IN GHOST PILOT

**Bombay Sapphire Star of Bombay**  
United Kingdom **\$45.99** 653436

**McGuinness Crème De Cacao White**  
Canada **\$18.49** 196345



### PUMPKIN CANNOLI

#### CANNOLI SHELL

20 round dumpling wrappers  
¼ cup (60 ml) unsalted butter, melted

**1** Preheat oven to 375 F (190 C). Using a pastry brush, coat both sides of each wonton with a generous layer of butter. Wrap one buttered wonton around a cannoli form and place on a baking sheet, seam side down. Repeat with remaining wontons. Bake turning once or twice until golden brown and crisp, about 7 to 10 minutes. Do not overcook. Remove shells from form and place on a rack to cool. Repeat until all shells are baked. May be made up to 2 days ahead and stored in an airtight container at room temperature before use.

#### FILLING

1 cup (250 ml) mascarpone cheese  
½ cup (125 ml) ricotta cheese  
¾ cup (175 ml) pumpkin purée

¾ cup (175 ml) icing sugar, plus extra if needed

1 tbsp (15 ml) golden or spiced rum  
pinch freshly grated nutmeg  
1 tsp (5 ml) vanilla extract  
½ cup (125 ml) whipping cream  
6 oz (180 g) dark chocolate, chopped  
½ cup (125 ml) pistachios, crushed

**1** In bowl of a stand mixer fitted with paddle attachment, mix together mascarpone, ricotta, pumpkin purée, icing sugar, rum, nutmeg and vanilla until well combined and smooth. In a medium-sized bowl and mixer fitted with a wire whisk attachment, whip cream until firm peaks form, about 3 minutes. Using a rubber spatula, fold whipped cream into mascarpone mixture. Transfer filling to a piping bag fitted with a large star tip.

**2** To assemble cannoli, melt chocolate in a double boiler until smooth. Dip end of each wonton shell into chocolate. Dip chocolate-covered ends into crushed pistachios before setting shells on a parchment-lined baking tray, seam side up. Allow chocolate to harden and set in refrigerator for about 15 minutes. Remove shells from baking tray and pipe filling into both ends. Place filled shells back on baking tray and drizzle remaining melted chocolate over cannoli. Set chocolate by refrigerating cannoli another 10 to 15 minutes before serving with a light dusting of icing sugar, if desired.

*Makes 20 cannoli*



### TAR PIT

1 oz (30 ml) Diplomatico Reserva Rum  
½ oz (15 ml) Galliano Liqueur  
½ oz (15 ml) butterscotch liqueur  
1 oz (30 ml) chilled espresso

**1** Shake rum, Galliano, butterscotch liqueur and espresso with ice in a shaker glass until very cold. Strain into a cocktail coupe glass and garnish with coffee beans.

### PRODUCTS IN TAR PIT

**Diplomatico Reserva**  
Venezuela **\$39.49** 529156

**Galliano**  
France **\$18.99** 508168 375 ml

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### SPICED ALE AND PRETZEL CARMELS

12 oz (355 ml) IPA beer, divided  
2 cups (500 ml) granulated sugar  
1 cup (250 ml) firmly packed light brown sugar  
1 cup (250 ml) unsalted butter  
1 cup (250 ml) whipping cream  
1 cup (250 ml) clear corn syrup  
½ tsp (2 ml) cinnamon  
¾ cup (75 ml) broken pretzel sticks or about 40 mini pretzels

**1** In a small saucepan, bring 1 cup (250 ml) IPA beer to a simmer over medium heat. Cook until beer has been reduced to 1 tsp (5 ml), about 20 minutes. Remove from heat and set aside.

**2** Grease a 13 x 9-in (33 cm x 23 cm) baking pan with butter and line with two sheets of crisscrossed parchment paper. Alternatively, lightly spray two silicone moulds, each with twenty 1-in (2.5 cm) square cavities, with cooking oil.

**3** In a 4 quart (4 L) heavy-bottomed saucepan, stir together remaining beer, granulated sugar, brown sugar, butter, whipping cream and corn syrup. Place over medium heat and simmer while stirring occasionally. Increase heat to medium-high and bring to a boil. Boil, stirring frequently to prevent scorching, until mixture reaches 244 F to 246 F (118 C to 119 C) on a candy thermometer, about 30 minutes. Remove from heat and stir in beer reduction and cinnamon. Immediately pour into prepared pan or moulds and top with pretzel sticks or mini pretzels. Refrigerate until firm, about 2 hours.

**4** Remove caramel block onto a cutting board that has been lightly greased with vegetable oil and peel off parchment paper. Position pretzel side up and, using a lightly oiled knife, cut into 1-in (2.5 cm) squares. If using silicone moulds, simply pop out caramels. Wrap individual caramels in squares of parchment or wax paper.

Caramels may be stored in an airtight container and refrigerated for up to 2 weeks.

*Makes 40 large caramels*



### MAPLE STREET FLOAT

1 oz (30 ml) Makers Mark Bourbon  
1½ oz (45 ml) Sortilege Maple Liqueur  
3 oz (90 ml) chilled soda water  
1 scoop vanilla ice cream

**1** Stir bourbon and liqueur with ice in a shaker glass and strain into a Collins glass. Pour enough chilled soda into glass leaving 2-in (3 cm) space at the top. Garnish with a large scoop of vanilla ice cream.

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## PRODUCTS IN MAPLE STREET FLOAT

**Sortilège Canadian Whisky & Maple Syrup**  
Canada **\$34.49** 169961

**Maker's Mark Kentucky Bourbon**  
USA **\$45.99** 103747

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## SALTED TOFFEE BACON BARK

45 to 50 salted saltine crackers  
1 cup + ¼ cup (310 ml) unsalted butter, divided  
1 cup (250 ml) dark brown sugar  
14 cups (3.5 L) mini marshmallows  
1 tbsp (15 ml) Malden sea salt  
3 oz (90 ml) bourbon  
3 cups (750 ml) dark chocolate chips, divided  
5 strips crispy bacon, minced  
¼ cup (60 ml) raw pumpkin seeds

**1** Preheat oven to 400 F (200 C). Line a jelly roll pan with aluminum foil, allowing at least ½-in (1 cm) of overhang on all sides. Grease aluminum foil with a good layer of melted butter before laying out crackers in a single layer. Break crackers as needed to fill entire bottom of pan.

**2** In a medium-sized saucepan, stir together 1 cup (250 ml) butter and brown sugar over medium heat. Once butter has melted and mixture is well combined, allow to come to a boil. Let boil for 2 more minutes, stirring continuously. Then, immediately pour mixture over crackers and spread to cover in an even layer. Bake until very bubbly, about 5 to 8 minutes. Remove from oven and sprinkle with 1 cup (250 ml) chocolate chips. Melt chocolate chips for 4 minutes. Spread over toffee surface in a thin layer. Set aside to cool to room temperature. Place in freezer for 30 minutes.

**3** In a medium-sized saucepan, stir together remaining ¼ cup (60 ml) butter, marshmallows and bourbon over medium-low heat until marshmallows are melted and mixture is smooth. Spread marshmallow sauce over frozen chocolate layer using a rubber spatula. Sprinkle with sea salt before chilling in freezer until marshmallow layer is firm, about 15 to 20 minutes.

**4** Meanwhile, fill a medium-sized

saucepan with 1½-in (3.5 cm) water and bring to a simmer over medium heat. Place remaining chocolate chips in a heatproof bowl and set over simmering water. Stir constantly until chocolate is melted and smooth. Working quickly, pour chocolate over marshmallow layer and spread into an even layer. Before chocolate sets, sprinkle with bacon bits and pumpkin seeds. Freeze bark until top chocolate layer is firm, about 10 to 15 minutes.

**5** When ready to serve, remove bark from pan using foil overhang before carefully peeling foil away from hardened bark. Cut into pieces using a sharp knife. Serve while still chilled, as bark will become soft at room temperature. Bark may be refrigerated in an airtight container for up to 3 days.

*Serves 10 to 12*



## ORCHARD FIRE

1 oz (30 ml) Peloton de la Muerete Mezcal  
1½ oz (45 ml) Fireball  
3 oz (45 ml) William's Sir Perry Pear Cider  
¼ oz (7 ml) grenadine syrup

**1** Fill a tall glass with crushed ice. Pour the mezcal and Fireball over crushed ice and top it off with pear cider. Add more crushed ice to completely fill the glass. Drizzle grenadine over the crushed ice to finish.

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## PRODUCTS IN ORCHARD FIRE

**Peloton De La Muerte Mezcal**  
Mexico **\$45.99** 751321

**Fireball**  
Canada **\$22.49** 447953

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## Classic Italian

*from page 64*



## BISTECCA FLORENTINA SERVED WITH ARUGULA SALAD

### ARUGULA SALAD

8 cups (2 L) baby arugula, rinsed, drained and spun dry  
1 tbsp (15 ml) balsamic vinegar  
3 tbsp (45 ml) extra-virgin olive oil  
coarse sea salt  
freshly ground coarse black pepper

**1** In a small mixing bowl, whisk the extra-virgin olive oil and balsamic vinegar. Toss with arugula and season to taste with sea salt and freshly ground black pepper.

### BISTECCA FLORENTINA

4 sprigs fresh rosemary, coarsely chopped  
3 tbsp (45 ml) olive oil  
coarse sea salt, to taste  
freshly ground coarse black pepper, to taste  
2½ lb (1.25 kg) porterhouse steak, about 2-in (5 cm) thick  
large Parmesan curls, for garnish  
lemon wedges, for garnish

**1** In a small mixing bowl, combine rosemary, olive oil, sea salt and freshly ground black pepper. Brush or rub into steak and allow to marinate at room temperature for 1 hour.

**2** Preheat grill to high.

**3** Place steak onto grill and cook until a dark, golden brown crust forms on the underside (not burnt), 5 to 6 minutes for medium-rare, depending on thickness of steak. Flip steak and continue cooking until golden on the opposite side, about 5 to 6 more minutes.

**4** Or, to cook steak on the stove, preheat oven to 450 F (230 C) and heat a large, cast iron frying pan on the burner. When pan is piping hot, brush a little olive oil over the bottom. Using tongs, place steak in centre of sizzling pan. Cook until the underside of steak is seared golden brown, about 4 minutes. Turn steak over and place pan in oven. Roast about 6 more minutes, for medium-rare.

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**5** Remove steak to a carving board and let rest 5 to 10 minutes before carving. While cooling, prepare Arugula Salad.

**6** Slice steak and arrange on a warmed platter and top with dressed salad. Garnish with Parmesan curls and lemon wedges.

Serves 6

#### PAIRS WITH

**Fontodi, Chianti Classico**  
Italy **\$32.99** 533315

**Castiglion del Bosco Rosso di Montalcino**  
Italy **\$25.99** 628974



## STUFFED EGGPLANT WITH LAMB SERVED WITH SAFFRON RICE

3 medium-sized Italian eggplants  
1 cup (250 ml) olive oil  
2 tbsp (30 ml) butter  
1 large yellow onion, peeled and finely chopped  
½ tsp (2 ml) each, crushed red pepper and dried oregano  
3 garlic cloves, finely chopped  
1 lb (500 g) ground lamb  
3 to 4 ripe plum tomatoes, blanched, peeled, seeded and chopped  
1 green bell pepper, cored, seeded and cut into ½-in (1.25 cm) dice  
1 red bell pepper, cored, seeded and cut into

½-in (1.25 cm) dice  
salt and freshly ground black pepper, to taste  
½ cup (125 ml) flat-leaf parsley, finely chopped  
2 tbsp (30 ml) lemon juice  
1 cup (250 ml) water  
2 tbsp (30 ml) tomato paste  
¼ cup (50 ml) grated Parmesan

**1** Peel eggplant lengthwise in ½-in (1.25 cm) strips “zebra-style,” leaving a ½-in (1.25 cm) strip of skin between each peel. Cut eggplant in half, lengthwise, and score the inner flat surface a few times with the tip of a paring knife.

**2** Heat olive oil in a large deep frying pan. In batches, fry eggplant, flat-side down first, until golden and begins to soften. Turn frequently. Place eggplant on a paper towel-lined baking sheet to drain, then transfer to a single layer in a large baking dish. Cut a deep slit lengthwise in each eggplant. Set aside.

**3** Preheat oven to 350 F (180 C).

**4** Heat butter in frying pan and add onion, red pepper and oregano. Sauté until soft and fragrant, about 5 minutes. Add garlic and sauté for 2 more minutes. Add lamb and cook for 10 minutes, breaking up meat with

a fork to separate. Add tomatoes and bell peppers. Season with salt and pepper and sauté until all juices have evaporated, about 5 more minutes. Mix in parsley and lemon juice. Remove from heat and allow to cool slightly.

**5** Stuff eggplant tightly with lamb mixture, enlarging eggplant opening with your hand. In a small bowl, mix together water and tomato paste and pour into baking dish around eggplant. Sprinkle eggplant with Parmesan. Cover and bake 30 to 40 minutes, or until tender.

*Serves 4 to 6*

#### SAFFRON RICE

2 cups (500 ml) long grain or basmati rice  
1 tbsp (15 ml) butter  
2 tbsp (30 ml) olive oil  
1 small yellow onion, peeled and finely chopped  
3 large pinches saffron threads  
3¾ cups (925 ml) chicken stock  
1 tsp (5 ml) salt

**1** Rinse rice in cold water three to four times until water is clear. Drain and set aside.

**2** In a heavy saucepan, heat butter and olive oil over medium heat. Add onion and saffron and sauté until onion is translucent and mixture is fragrant. Add drained rice and stir well to absorb, about a minute. Add chicken stock and bring to a boil. Cover tightly with a lid, reduce heat to low and simmer, about 20 minutes. Do not lift lid until rice is cooked. Fluff rice with fork and serve immediately.

*Makes about 6 cups (1.5 L)*

#### PAIRS WITH

**Feudo Maccari Nero d'Avola**  
Italy **\$18.49** 144923

**Vigneti Zabù Il Passo Nerello Mascalese Nero d'Avola**  
Italy **\$21.49** 699835



## TAGLIATELLE BOLOGNESE SERVED WITH GRILLED GARLIC BREAD

¾ cup (175 ml) olive oil, divided  
2 oz (60 g) pancetta, coarsely chopped  
½ lb (250 g) lean ground beef  
¼ lb (125 g) ground veal  
¼ lb (125 g) ground pork or Italian sausage (casings removed)  
3 garlic cloves, finely minced  
1 large yellow onion, peeled and finely chopped  
2 small carrots, peeled and finely chopped  
2 celery stalks, finely chopped  
1 x 28 oz (796 ml) can crushed plum tomatoes  
2 cups (500 ml) dry red wine  
1 tsp (5 ml) crushed red pepper  
½ tsp (2 ml) nutmeg  
¼ cup (60 ml) flat-leaf parsley, coarsely chopped  
2 tsp (10 ml) dried oregano  
3 tbsp (45 ml) fresh rosemary, coarsely chopped  
1 piece Parmesan rind, about 3-in (7.5 cm) square (optional)  
2 tsp (10 ml) brown sugar  
sea salt and freshly ground black pepper, to taste  
2 lbs (1 kg) fresh tagliatelle  
1 tbsp (125 ml) salt  
freshly grated Parmesan, for garnish

**1** In a large frying pan, heat ¼ cup (60 ml) olive oil over medium heat. Add pancetta and sauté for 1 minute. Gradually add ground meat and cook just until browned, breaking up any large pieces with a fork, about 5 minutes. Remove meat with a slotted spoon to a fine-meshed sieve to drain any excess fat.

**2** In a very large Dutch oven, heat remaining olive oil over medium-high. Add garlic and sauté until golden, about 3 minutes. Add onion, carrots and celery and cook until onion is translucent. Stir in drained meat, tomatoes, wine, crushed red pepper, nutmeg, parsley and half the oregano and rosemary. Stir and bring to a simmer. Add Parmesan rind and brown sugar and season to taste. Simmer slowly over low heat, uncovered, about 1½ hours, stirring occasionally to prevent bottom from sticking and burning.

**3** In a large saucepan, bring 24 cups (6 L) water with 1 tbsp (15 ml) salt to a boil over high heat. Add pasta and stir well. Cover until it returns to a boil. Uncover and boil just until pasta is al dente.

**4** Reserve ¾ cup (175 ml) cooking water and thoroughly drain pasta. Add pasta to sauce and mix well, adding a bit of the reserved water if needed to evenly coat pasta. Cover and cook 1 minute. Season with remaining spices, to taste and serve immediately with freshly grated Parmesan.

*Serves 6 for a main or 8 as an appetizer*

#### GRILLED GARLIC BREAD

1 cup (250 ml) unsalted butter  
4 garlic cloves, minced  
1 tbsp (15 ml) sea salt  
½ cup flat-leaf parsley, finely chopped  
freshly ground black pepper  
2 large crusty French loaves, halved horizontally

**1** Preheat grill. Heat butter in a small saucepan with garlic and salt over medium heat, stirring until melted. Cool slightly and stir in chopped parsley and black pepper to taste. Brush sides of bread with half the garlic butter. Grill bread cut sides down, about 2 minutes. Flip and brush with remaining garlic butter. Grill until golden, about 2 to 3 more minutes. Slice and serve.

*Serves 8*

#### PAIRS WITH

**Poderi dal Nespoli Il Nespoli Sangiovese di Romagna Superiore Riserva**  
Italy **\$19.49** 401141

**Medici Ermete Concerto Lambrusco Reggiano Frizzante**  
Italy **\$19.99** 571968

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## AnnaLena

from page 70



### MISO MUSSELS WITH TOGARASHI-DASHI MARINATED TURNIPS

#### TOGARASHI-DASHI MARINATED TURNIPS

8 cups (2 L) water  
½ tbsp (7 ml) dried Bonito flakes<sup>1</sup>  
½ tbsp (7 ml) Kombu, dried seaweed<sup>1</sup>  
4 fresh lemons, zest and juice  
¾ cup + 2 tsp (160 ml) tamari sauce  
¼ cup (60 ml) each mirin (Japanese rice wine) and liquid honey  
2 cups (500 ml) baby turnips, halved  
6 tbsp (90 ml) sesame oil  
2 tbsp (30 ml) togarashi spice, to taste<sup>1</sup>  
¼ cup (60 ml) cilantro leaves  
¼ cup (60 ml) sesame seeds

- 1** To make dashi, place water in a medium-sized saucepan with Bonito flakes and Kombu. Bring to boil, then remove from the heat and set aside to cool and for flavours to marinate.
- 2** Strain dashi and return to saucepan. Whisk in lemon zest and juice, tamari, mirin and honey. Bring to a gentle boil. Add turnips and cook over medium-high heat, with lid ajar, for 20 minutes or until tender when pierced and flavour is absorbed from dashi. Cooking time will vary depending on size of turnips.
- 3** Remove turnips from liquid and place in a large bowl. Drizzle with sesame oil and toss to coat. Season with togarashi spice according to taste. Cover and set aside.

#### MISO MUSSELS

1 lb (500 g) mussels, scrubbed and de-bearded discarding any that remain open when tapped  
1¼ cups (310 ml) white wine  
¾ cup + 2 tbsp (200 ml) whipping cream  
¾ cup + 2 tbsp (200 ml) unsalted butter, at room temperature  
¼ cup (60 ml) blonde miso paste  
2 tbsp (30 ml) lemon juice

- 1** Preheat a large, heavy saucepan over medium-high heat. When very hot, add mussels to the dry pan. Immediately pour wine over the mussels. It will boil rapidly. Cover and cook for 1 minute.
- 2** As soon as mussels open, remove from the heat. Using tongs, remove mussels from hot liquid to a separate bowl. Save liquid. Discard any mussels that remain closed. You can leave mussels in their open shells or remove the shells and discard.
- 3** Place saved liquid in a smaller saucepan. Cook over medium-high heat until reduced to about ¼ cup (60 ml). Whisk in cream. Return to a boil and continue cooking until reduced by half. Whisk in butter and miso paste. Add lemon juice and adjust to taste.

<sup>1</sup> Available in various grocery stores and specialty Japanese markets.

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**4** To serve, plate Miso Mussels with turnips, and garnish with cilantro and sesame seeds.

*Serves 2*

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PAIRS WITH

**Domäne Wachau Terraces Grüner Veltliner**  
Austria **\$15.99** 583955

**Château La Gravelle Muscadet Sèvre et Maine Sur Lie**  
France **\$15.99** 411066

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### WAGYU SHORTRIB WITH BROCCOLI, BABY POTATO, TALLOW EMULSION AND ONION JAM

#### WAGYU SHORT RIBS

1 lb (500 g) boneless wagyu beef short ribs  
kosher salt  
freshly ground pepper

**1** Using an immersion circulator (sous vide), warm a water bath to 140 F (60 C). Generously season beef with salt and pepper and tightly seal in a food saver bag such as a ziplock bag. Place meat in water bath and cook for 24 hours. Alternately, use a large Dutch oven with water and cook in the oven at 140 F (60 C) for 24 hours.

**2** Remove from water bath and place beef,

still in bag, into an ice-water bath. Once fully cooled, remove from bath and discard bag. Place beef, uncovered, on a shallow platter. Refrigerate overnight for meat to dry.

**3** Preheat oven to 425 F (220 C). Preheat dry, oven-safe frying pan over high heat. When piping hot, add beef to dry pan and sear on all sides just until browned. Then place pan with beef into oven and bake long enough to warm the meat through, about 5 minutes.

**4** Remove from oven and place meat on a cutting board. Let rest for 10 minutes before cutting and serving.

*Serves 4*

#### CONFIT BABY POTATO

1 whole garlic head  
1 lb (500 g) baby potatoes  
1 cup (250 ml) olive oil, plus extra, if needed

**1** Cut whole garlic in half to expose the cloves and place in a small saucepan with baby potatoes. Pour enough olive oil over potatoes and garlic to cover potatoes completely.

**2** Place saucepan over medium-high heat and bring oil temperature to 194 F (90 C). Reduce heat if necessary in order to maintain oil temperature until potatoes are

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cooked through, about 1 hour. Remove from heat and cool potatoes in oil until they can safely be removed. Using a slotted spoon, remove potatoes from oil to a bowl and refrigerate, uncovered, until completely cooled. Once cooled, remove from fridge and cut in half.

**3** Preheat oven to 425 F (220 C). Place potato in a hot, dry, oven-safe frying pan and lightly sear the flat sides of the cut potatoes. Once lightly seared, place pan with potatoes in oven for a couple of minutes until warmed through.

#### ROASTED BROCCOLI

1 head broccoli  
olive oil  
salt

**1** Preheat oven to 425 F (220 C). Cut broccoli into pieces so that each stem has a couple of florets still attached. Place in a bowl and generously coat with olive oil and a little salt. Preheat dry, oven-safe frying pan over high heat. When piping hot, add broccoli and cook until lightly seared and begins to colour on one side. Place broccoli in oven for 5 to 6 minutes to roast until done as desired, but still a little crisp.

#### TALLOW EMULSION

3 egg yolks  
2 tbsp (30 ml) lemon juice  
1 cup (250 ml) tallow or clarified butter  
salt, to taste

**1** Place egg yolks and lemon juice in a blender and whirl just until combined, about a few seconds. Set blender with egg mixture aside. Warm tallow in a saucepan until it reaches 155 F (68 C) on a meat thermometer. Remove from heat. With blender and egg yolks whirling at low speed, slowly add tallow bit by bit, not too quickly or the eggs will separate. Season with salt to taste.

#### ONION JAM

2 large yellow onions, julienned  
½ cup (125 ml) granulated sugar  
¾ cup (175 ml) white wine vinegar

**1** Sauté onions in a heavy-bottomed saucepan over medium-high heat, continuously stirring until onions start to color. Add sugar and white wine vinegar. Stew onion until liquid is almost completely reduced, resulting in a sweet and savoury Onion Jam. Transfer to a glass jar and cool before serving. Can be refrigerated in a covered container for a few days.

*Makes 1 cup (250 ml)*

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#### PAIRS WITH

##### La Fiole Du Pape Châteauneuf-Du-Pape

France **\$39.99** 12286

##### Juan Gil Jumilla

Spain **\$23.49** 195859

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## VANILLA TAPIOCA PUDDING WITH PEAR BARLEY ICE CREAM

*Recipe by pastry chef Diana von Kalnassy*

#### TAPIOCA PUDDING

3 cups (750 ml) milk  
½ cup + 2 tbsp (100 ml) whipping cream  
1 vanilla bean  
⅔ cup (150 ml) tapioca pearls  
½ cup (75 ml) granulated sugar

**1** Combine milk, cream and vanilla bean in a medium-sized saucepan. Cook over high heat until it begins to bubble around the edges. Reduce heat to medium.

**2** Rinse tapioca pearls under cold water to wash off excess starch, then add to simmering liquid. Cook until tapioca has softened and mixture is nicely thickened, about 15 to 20 minutes. Remove from heat and set aside.

#### PEARL BARLEY

6 cups (1.5 L) milk  
1½ cups (375 ml) pearl barley  
1 cup (250 ml) granulated sugar  
½ cup + 3 tbsp (120 ml) Trimoline invert sugar<sup>1</sup> or clear corn syrup

**1** Combine ingredients in a medium-sized saucepan. Stir over medium heat until simmering. Continue cooking, stirring occasionally over medium heat until barley is tender, about 30 to 45 minutes. Once barley is fully cooked, turn heat to low and steep for another 30 minutes.

**2** Strain mixture through a fine-meshed strainer and transfer to an ice cream maker. Freeze according to manufacturer's instructions.

**3** When firm, place in a container with a

<sup>1</sup> Trimoline invert sugar is a commercially prepared glucose/fructose syrup sold in specialty cake shops.

tight-fitting lid and store in the freezer until ready to serve.

*Make 6 cups (1.5 L)*

#### POACHED PEARS

2 cups (500 ml) water  
1½ cups (375 ml) granulated sugar  
1 cinnamon stick  
1 vanilla bean  
2 bay leaves  
2 star anise  
3 firm but ripe pears, peeled and sliced

**1** Combine water, sugar and spices in a medium-sized saucepan over medium heat and simmer. Reduce heat to low, add pears and simmer uncovered, until soft, about 30 minutes. Remove from heat and thoroughly cool pears in syrup. Drain pears and set aside until ready to use.

#### CHOCOLATE BATTER

1 cup (250 ml) all-purpose flour  
½ cup (125 ml) cocoa powder  
½ cup (125 ml) granulated sugar  
1 tbsp (15 ml) baking powder  
1 tbsp (15 ml) rice flour  
1 cup (250 ml) sparkling water

**1** Preheat deep fryer to 325 F (170 C). Place dry ingredients in a large mixing bowl. Whisk together to blend. Continuing to whisk, slowly add sparkling water until well combined and batter is smooth.

**2** Add drained, poached pears to batter and gently turn in mixture to evenly coat. Using 2 forks, remove one batter-coated pear at a time and place in preheated deep fryer. Fry for about 1½ minutes, gently turning for even browning. Then remove to a separate dish and repeat with remaining two pears.

**3** To serve, place a pear alongside Tapioca Pudding and top with a scoop of Barley Ice Cream.

*Serves 3*

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#### PAIRS WITH

##### Wente Morning Fog Chardonnay

USA **\$18.99** 175430

##### Bailly Lapierre Crémant de Bourgogne Brut Réserve

France **\$22.79** 657742

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## Celebrate Game Day

from page 90



### SPICY GRILLED HONEY AND LEMON CHICKEN WINGS

- 3 garlic cloves, minced
- 2 tsp (10 ml) kosher salt
- ¼ tsp (1 ml) ground black pepper
- 3 tbsp (15 ml) extra-virgin olive oil
- 2 lbs (1 kg) chicken wings
- ¾ cup (175 ml) liquid honey
- 2 lemons, zest and juice
- ¼ cup (60 ml) store-bought hot sauce
- 1 tbsp (15 ml) chopped flat-leaf parsley
- 2 whole green onions, diagonally sliced

1 Combine garlic, salt, pepper and oil in a large bowl. Whisk to blend. Add chicken

wings and turn to evenly coat. Set aside to marinate while making sauce.

2 In a small saucepan, combine honey, lemon zest and juice, and hot sauce. Bring to a boil over medium-high heat, stirring to blend. Remove from heat and transfer to a large bowl. Set aside.

3 Preheat oven to 350 F (180 C). Line a baking sheet with shallow sides with foil or parchment paper. Spread wings out on baking sheet in a single layer and bake for about 30 minutes, turning with tongs after 15 minutes for even baking.

4 When wings are done, add to large bowl with sauce and toss together to evenly coat. Transfer to a serving platter and sprinkle with parsley and green onions.

Serves 4 to 6

#### PAIRS WITH

**Whistler Bear Paw Honey Lager**  
Canada \$11.79 364364 6 x 330 ml

**Kilkenny Irish Cream Ale**  
Ireland \$10.49 793810 4 x 500 ml



### CHILI VERDE QUESO FUNDIDO

- 5 oz (140 g) boneless, skinless chicken breast
- 1 tsp (5 ml) kosher salt
- 1 pinch ground black pepper
- 1 tbsp (15 ml) olive oil
- ½ small yellow onion, chopped
- 1 garlic clove, chopped
- 1 tsp (5 ml) ground cumin
- ½ tsp (2 ml) oregano
- 13 oz (398 ml) can tomatillos, crushed
- ½ cup (125 ml) water
- 1 jalapeño, seeded and finely chopped
- ½ lb (250 g) each Monterey Jack cheese and mozzarella cheese, shredded
- 6 sprigs cilantro
- 1 lime, cut into wedges
- 2 cups (500 g) tortilla chips

1 Season chicken with salt and pepper.

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Heat oil in a small frying pan over medium-high heat. Add chicken and sear for about 2 minutes on each side, or until golden brown. Remove chicken from pan and set aside.

**2** Reduce heat to medium. Add onion, clove, cumin and oregano to pan. Sauté, stirring often, until the onions are translucent. Return chicken to pan, along with tomatillos and water. Cover pan with lid and cook over medium heat for about 20 minutes, or until juices from chicken run clear.

**3** Preheat oven to 375 F (190 C). Remove chicken from sauce and place in a shallow bowl until cool enough to handle. Set sauce aside. Shred chicken and add back to sauce, folding in to blend.

**4** In a 1 L oven-proof dish or small cast iron pan, layer cheeses and chicken in sauce, starting and ending with a layer of cheese. Bake until cheese is melted and bubbly. Garnish with cilantro and serve with lime and chips.

*Serves 4 to 6*

## PAIRS WITH

### Hoegaarden

Belgium **\$15.49** 554089 6 x 330 ml

### Central City Red Racer ISA

Canada **\$16.79** 70839 12 x 355 ml



## GARLIC KNOTS WITH ROASTED TOMATO DIP

### GARLIC BUTTER

¼ cup (60 ml) butter  
4 garlic cloves, minced

**1** In a small saucepan, melt butter with garlic over medium heat. Remove from heat and keep warm until needed.

### ROASTED TOMATO SAUCE

½ small yellow onion, chopped  
2 tbsp (30 ml) extra-virgin olive oil  
1 pinch crushed red pepper flakes  
14 oz (398 ml) diced fire-roasted tomatoes  
1 tsp (5 ml) salt

**1** In a small saucepan over medium heat, sweat onion in olive oil until soft and translucent. Add crushed red pepper flakes. Add tomatoes and simmer, covered, over low heat for about 15 to 20 minutes. Remove from the heat and purée in a blender until smooth. Serve with Garlic Knot as a dip.

### GARLIC KNOT DOUGH

2 tsp (10 ml) active dry yeast  
2 tbsp (30 ml) warm water  
1 cup (250 ml) milk  
2 eggs, divided  
¼ cup (60 ml) unsalted butter, melted  
3 cups (375 ml) all-purpose flour, plus extra for kneading  
1 tsp (5 ml) kosher salt, plus extra

3 tbsp (45 ml) granulated sugar  
¼ cup (60 ml) whipping cream  
¼ cup (60 ml) grated Parmesan  
6 sprigs chives, chopped

**1** In a medium-sized bowl, sprinkle yeast over warm water until yeast is dissolved and bubbly. Add milk, 1 egg and melted butter. Whisk to blend.

**2** In a large bowl, mix flour, salt and sugar. Add wet ingredients to flour mixture and mix with a wooden spoon until it comes together. Lightly dust a board with flour. Turn dough out onto a floured board and knead for about 10 minutes, or until dough is smooth and elastic.

**3** Place dough in a clean bowl and cover with a damp towel or plastic wrap. Let dough rise at room temperature for about 2 hours, or until doubled.

**4** Punch dough down and divide into 12 even-sized balls. Roll each dough ball into a rope and tie into a loose knot. Place knots onto a parchment covered sheet pan, at least 3-in (8 cm) apart. Cover with a damp towel and let rise for 30 to 45 minutes.

**5** Preheat oven to 375 F (190 C). Whisk remaining egg in a small bowl with whipping cream and a pinch of salt. Brush over dough knots.

**6** Bake in the preheated oven for about 20 minutes, or until golden brown. Remove from oven and brush with Garlic Butter and sprinkle with Parmesan and chives. Serve with Roasted Tomato Sauce for dipping.

*Serves 12*

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#### PAIRS WITH

**Bitburger Premium Tall Can**  
Germany **\$1.99** 394536 500 ml

**Steamworks Pilsner**  
Canada **\$11.79** 862300 6 x 330 ml

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### STOUT BROWNIES

1 cup (250 ml) unsalted butter  
6 oz (180 g) dark chocolate  
½ cup (125 ml) stout beer  
2 cups (500 ml) granulated sugar  
1½ cups (375 ml) all-purpose flour  
⅔ cup (150 ml) cocoa powder  
1 tsp (5 ml) baking powder  
1 tsp (5 ml) kosher salt  
4 eggs  
1 tsp (10 ml) vanilla extract

**1** Preheat oven to 325 F (160 C). Grease a 9 x 14-in (22 x 35 cm) baking dish and line with parchment.

**2** In a double boiler, melt butter, dark chocolate and stout, stirring just until blended and melted. Remove from simmering water and set aside to slightly cool before adding remaining ingredients.

**3** In a large bowl, sift sugar, flour, cocoa powder, baking powder and salt.

**4** In a small bowl, whisk eggs and vanilla extract. Slowly whisk eggs into slightly cooled, melted chocolate until blended. Add chocolate mixture to flour and fold in using a rubber spatula until no lumps remain. Pour batter into greased pan and smooth the top.

**5** Bake for 30 minutes or until a cake tester inserted in the centre comes out clean. Rotate pan halfway through baking. Remove pan to a wire rack to cool. Then cut into squares and serve.

*Makes 12 brownies*

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#### PAIRS WITH

**Phillips Longboat Chocolate Porter**  
Canada **\$5.09** 172031 650 ml

**Deschutes Black Butte Porter**  
Canada **\$5.79** 698738 650 ml

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## Back to Your Roots

*from page 94*



### POMMES ANNA WITH TURNIP, CARROTS AND WALNUT GRATIN

#### POMMES ANNA

1 medium-sized turnip, about 1 lb (500 g)  
4 large russet potatoes  
2 jumbo carrots  
¼ cup (60 ml) olive oil, plus extra  
¼ cup (125 ml) unsalted butter, melted  
1 tbsp (15 ml) dried leaf thyme  
2 tsp (10 ml) smoked paprika  
1 tsp (5 ml) salt  
1 tsp (5 ml) black pepper

**1** Preheat oven to 400 F (200 C). Lightly rub a 10-in (25 cm) cast iron frying pan with oil.

**2** Cut turnip in half. Peel and thinly slice into half-moons. Place in a large bowl. Peel and cut potatoes into ¼-in (0.25 cm) round slices and place in another bowl with cold water. Peel carrots and cut into ¼-in (0.25 cm) rounds. Place in another bowl.

**3** In a small bowl, combine olive oil, butter, thyme, smoked paprika, salt and pepper. Briskly blend with a fork. Place a single layer of turnip slices, slightly overlapping, in bottom of cast iron pan. Generously brush with olive oil mixture.

**4** Drain potato slices and pat dry. Arrange a layer of overlapped potato slices on top of turnip. Generously brush with olive oil mixture. Apply a layer of overlapped carrot slices and brush with olive oil mixture.

**5** Repeat layering with turnip, potatoes and carrots and brushing with oil mixture, ending with carrots. Drizzle any remaining olive oil mixture around the inside edge of pan. Set aside while making Gratin.

#### WALNUT GRATIN

½ cup (125 ml) chopped walnuts  
½ cup (125 ml) fresh ground bread crumbs  
⅓ cup (75 ml) coarsely grated Parmesan  
½ tsp (2 ml) dried leaf thyme

**1** Combine all ingredients in a small bowl and stir to blend. Spoon into centre of



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Pommes Anna. Overwrap pan with foil. Bake for 35 minutes or until turnip is almost tender. Remove foil and continue baking until all layers are tender and top and edges are golden and crisp. Remove and place on a rack for 10 minutes before cutting into wedges or scooping and serving.

Serves 8

PAIRS WITH

**Chapoutier Bila Haut Côtes du Roussillon Villages**

France \$13.79 40790

**De Morgenzon DMZ Western Cape Chardonnay**

South Africa \$18.49 227587



GREEK PARSNIP POUTINE WITH CREAMY TZATZIKI DRESSING

CREAMY TZATZIKI DRESSING

- ½ unpeeled English cucumber
- ¼ cup (60 ml) spreadable plain cream cheese
- 2 tbsp (30 ml) fresh minced dill
- 2 tbsp (30 ml) lemon juice
- 1 tbsp (15 ml) olive oil
- 1 garlic clove, smashed and minced
- ¼ tsp (1 ml) kosher salt
- freshly ground black pepper, to taste

**1** Cut cucumber in half and scrape out the seeds. Coarsely chop and place in a high-speed blender. Add remaining dressing ingredients and whirl until creamy and

smooth. Add more seasonings, to taste. Transfer to a squeeze tube with a rather large spout. Can be made ahead and refrigerated for a couple of days.

Makes 1 cup (250 ml)

GREEK PARSNIP POUTINE

- 4 large parsnips, peeled and trimmed
- 3 tbsp (45 ml) olive oil
- 2 tbsp (30 ml) finely minced fresh rosemary
- 1 tsp (5 ml) ground cumin
- salt and freshly ground black pepper, to taste
- 14 oz (398 ml) can butter beans, rinsed and drained
- ½ unpeeled English cucumber, diced
- ½ cup (125 ml) minced fresh Italian parsley
- ¼ cup (60 ml) sliced pitted kalamata olives
- 2 tbsp (30 ml) capers, rinsed and drained
- 1/4 cup (60 ml) Macedonian feta, crumbled, for garnish
- 2 tbsp (30 ml) pine nuts, toasted, for garnish

**1** Preheat oven to 425 F (220 C). Cut peeled parsnips into 3 x ¼-in (8 x 0.5 cm) even-sized fries. Place in a bowl. Drizzle with olive oil and sprinkle with rosemary, cumin, salt and pepper. Toss to coat. Spread out in a single layer on a parchment-lined baking sheet. Roast in oven for 20 minutes.

**2** Flip fries and continue to roast for 10 to

15 minutes longer until they are fork tender and beginning to turn golden. When done, remove from oven and place baking sheet on a rack for about 5 minutes. Fries will firm up while resting.

**3** While fries are baking, combine beans, cucumber, parsley, olives and capers in a large bowl. Gently toss together and set aside.

**4** To serve, divide fries among serving dishes. Top with bean mixture and drizzle with Creamy Tzatziki Dressing. Sprinkle with crumbled feta and toasted pine nuts. Serve at room temperature.

Serves 4

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#### PAIRS WITH

**Nobilo Regional Collection Marlborough Sauvignon Blanc**

New Zealand **\$14.49** 623264

**Mission Hill Five Vineyards Pinot Blanc**

BC VQA **\$13.99** 300301

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## SIMPLE SOURDOUGH AND ROASTED BEETROOT HUMMUS

### SOURDOUGH BREAD

3 cups (750 ml) all-purpose or bread flour, plus extra

2 tsp (10 ml) kosher salt

2 tsp (10 ml) dried thyme

½ tsp (2 ml) active dry yeast

1½ cups (375 ml) water, at room temperature

**1** In a very large bowl, combine flour, salt, thyme and yeast. Stir in water until blended. Mixture will be very sticky. Grease or spray a piece of plastic wrap with oil and place oil-side down over bowl. Set aside on kitchen counter to rest for 10 hours or overnight until it's tripled in bulk.

**2** Lightly dust counter with some extra flour. Turn dough out onto floured surface and gently form into a ball. Dough will be quite loose and shaggy. Place dough in the centre of a smooth dish towel dusted generously with flour. Set aside to slightly rise for 1½ hours.

**3** An hour before baking bread, preheat oven to 425 F (220 C). Using a 10-in (25 cm) round cast iron frying pan with a lid or Dutch oven, place in oven without lid to preheat for at least 40 minutes.

**4** When dough has rested for 1½ hours, gently tip into dry, preheated cast iron pan or Dutch oven. Lightly dust inside of lid with flour and place over top of dough in pan to tightly seal. Bake for 30 minutes, remove lid and bake for another 15 to 20 more minutes until crust is nice and golden and sounds hollow when tapped. Remove pan from oven and immediately transfer loaf to a wire rack to cool. Cut into thick slices or cubes.

### BEETROOT HUMMUS

6 medium-sized beets, trimmed

1 whole head garlic

1 red chili pepper, seeded and chopped

½ cup (125 ml) plain Greek yogurt

3 tbsp (45 ml) extra-virgin olive oil

1 tbsp (15 ml) pure maple syrup



APOTHIC



 APOTHICWINE

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DISCOVER YOUR DARK SIDE

1 tbsp (15 ml) za'atar seasoning<sup>1</sup>  
salt and freshly ground black pepper, to taste

**1** Preheat oven to 350 F (180 C). Place beets in a small roasting pan just large enough to hold them. Slice a thin layer from top of garlic to expose the cloves. Tuck in middle of the beets. Add ¼ cup (60 ml) water. Cover pan tightly. Bake for 1 hour or until beets are very tender.

**2** Remove and set aside until cool enough to handle. Peel and dice beets. Place in a high-speed blender along with remaining ingredients except for goat's cheese and green onions. Pulse contents to blend. Then whirl at high speed, scraping down the sides of the bowl occasionally, until mixture is very smooth and silky. Transfer to a covered container until ready to serve. Can be refrigerated for a couple of days.

#### GARNISHES FOR HUMMUS

crumbled goat's cheese  
chopped green onion  
2 tbsp (30 ml) chopped walnuts, toasted  
assorted vegetables for dipping

**1** To serve, sprinkle hummus with goat's cheese, walnuts and green onions. Serve with chunks of sourdough bread and assorted vegetables for dipping.

*Serves 4 to 6*

#### PAIRS WITH

**Jardin En Fleurs Touraine Sauvignon Blanc**  
France **\$19.99** 569723

**St. Hallett Poacher's Semillon Sauvignon**  
Australia **\$14.49** 535963



## MINI COCONUT CARROT LOAVES

#### TOPPING

¼ cup (60 ml) coconut sugar  
¼ cup (60 ml) all-purpose flour  
¼ cup (60 ml) chopped pecans  
¼ cup (60 ml) unsalted butter, softened  
1 tsp (5 ml) cinnamon

**1** Combine topping ingredients together

<sup>1</sup> Za'atar is a seasoning of 2 tbsp (30 ml) each of minced fresh thyme and toasted sesame seeds. 2 tsp (10 ml) sumac powder and ½ tsp (2 ml) coarse salt. It can be purchased in specialty gourmet food shops.

in a small bowl. Stir until crumbly and evenly blended. Set aside.

#### LOAVES

2 cups (500 ml) grated carrots  
1 cup (250 ml) coconut sugar  
2 eggs  
¾ cup (175 ml) coconut oil, melted and cooled  
1 tsp (5 ml) vanilla  
1 tsp (5 ml) finely grated orange peel  
2½ cups (625 ml) all-purpose flour  
1 tsp (5 ml) baking powder  
1 tsp (5 ml) baking soda  
1 tsp (5 ml) cinnamon  
½ tsp (2 ml) salt  
generous pinches each ground cloves and nutmeg  
½ cup (125 ml) sweetened shredded coconut  
½ cup (125 ml) chopped pecans, toasted

**1** Preheat oven to 350 F (180 C). Grease and line three 5 x 2 x 2-in (13 x 5 x 5 cm) mini loaf pans.

**2** In a large bowl, combine carrots, sugar, eggs, oil, vanilla and orange peel. Briskly stir to blend.

**3** In a separate, medium-sized bowl, combine flour, baking powder and soda, salt and seasonings. Stir to blend. Gradually fold into carrot mixture. Stir in coconut and pecans. Mixture will be quite thick and lumpy.

**4** Divide among loaf pans and gently tap each pan on the counter to remove any air bubbles. Smooth the tops with a spatula. Sprinkle with equal amounts of Topping. Bake for 35 to 40 minutes or until a cake tester comes out clean. Remove from oven and cool in tins on wire rack for 15 minutes before turning out and cooling completely. To store, wrap in parchment paper or place in cookie tins and refrigerate. Best served the next day for easy slicing.

*Makes 3 loaves*

#### PAIRS WITH

**Möselland Ars Vitis Riesling**  
Germany **\$16.49** 914762

**Alvear Medium Dry**  
Spain **\$18.49** 112789

## Go Nuts For Doughnuts!

*from page 100*



## BASIC BAKED DOUGHNUTS

1¼ cups (425 ml) all-purpose flour  
4 tsp (20 ml) baking powder  
¾ cup (75 ml) berry sugar  
½ tsp (2 ml) salt  
¾ cup (150 ml) milk  
2 large eggs, beaten  
½ tsp (2 ml) vanilla extract  
3 tbsp (45 ml) melted butter

**1** Preheat oven to 375 F (190 C). Grease a 6 x 1 cup (250 ml) doughnut pan.

**2** In a large bowl, sift together flour and baking powder. Mix in sugar and salt. Make a well in the centre. Set aside.

**3** In another large bowl, blend together milk, eggs, vanilla extract and melted butter with an electric mixer until smooth. Pour into centre of flour mixture and stir together until smooth.

**4** Spoon batter into a large pastry bag fitted with a large plain tip. Pipe batter into pan and fill about two-thirds full. Bake for 10 to 15 minutes, or until risen and golden, and just firm to touch. Let cool in pan for 5 minutes. Turn out onto wire rack to cool completely. Repeat with remaining dough, rinsing and greasing the pan each time. Cool doughnuts completely before dipping into Glazes.

*Makes 16*

#### MARASCHINO AMARETTO GLAZE

2 cups (500 ml) icing sugar, sifted  
¼ cup (60 ml) maraschino cherry syrup  
1 tbsp (15 ml) amaretto liqueur  
⅛ tsp (0.5 ml) salt

**1** Whisk all ingredients in a mixing bowl and blend until smooth.

*Makes 1 cup (250 ml)*

#### ORANGE GLAZE

2 cups (500 ml) icing sugar, sifted  
1 tbsp (15 ml) orange zest  
3 tbsp (45 ml) orange juice  
1 tbsp (15 ml) orange liqueur  
pinch salt

**1** Whisk all ingredients in a mixing bowl and blend until smooth.

*Makes 1 cup (250 ml)*

#### LIMONCELLO GLAZE

2 cups (500 ml) icing sugar, sifted  
1 tbsp (15 ml) lemon zest  
2 tbsp (30 ml) lemon juice  
2 tbsp (30 ml) limoncello liqueur  
pinch salt

**1** Whisk all ingredients in a mixing bowl and blend until smooth.

*Makes 1 cup (250 ml)*

#### CHOCOLATE AND IRISH CREAM GANACHE

3 oz (90 g) grated milk chocolate  
2 cups (500 ml) icing sugar, sifted  
pinch salt  
¼ cup (60 ml) Irish cream liqueur

**1** In a mixing bowl, mix together chocolate, icing sugar and salt. In a saucepan, add liqueur to 2 tbsp (30 ml) water and bring to a boil. Pour over chocolate mixture and let sit 2 minutes without stirring. Whisk until smooth.

*Makes 1 cup (250 ml)*



## LEMON CHURROS WITH LEMON GLAZE

#### LEMON GLAZE

1 cup (250 ml) icing sugar, sifted  
2 tbsp (30 ml) lemon juice

**1** In a medium-sized bowl, mix ingredients together until blended and smooth.

*Makes 1 cup (250 ml)*

#### CINNAMON SUGAR

½ cup (125 ml) sugar  
2 tsp (10 ml) cinnamon

**1** In a small bowl, mix sugar and cinnamon together until blended.

*Makes ½ cup (125 ml)*

#### LEMON CHURROS

½ cup (125 ml) unsalted butter, cut into small pieces  
1¼ cups (300 ml) water  
1 cup (250 ml) all-purpose flour  
large pinch salt  
2 extra-large eggs, beaten  
1 lemon, zest only  
oil, for deep frying  
finely chopped toasted pistachios, optional

**1** In a large saucepan, heat butter and water over medium heat until butter has melted. Bring to a boil, remove from heat and stir in flour and salt. Beat thoroughly until mixture is smooth and comes away from the sides of the saucepan. Allow to cool 5 minutes, then gradually beat in eggs to make a thick and glossy paste. Beat in lemon rind.

**2** Heat 2-in (5 cm) vegetable oil to 325 F (170 C) in a deep fryer or a heavy, deep Dutch oven over medium heat. Line a baking sheet with paper toweling and set aside.

**3** Spoon churro paste into a large pastry bag fitted with a large star tip and pipe five 6-in (15 cm) strands into hot oil. Fry, turning frequently, 3 to 5 minutes until crisp, golden and cooked through. Remove with a slotted spoon and drain on baking sheet. Allow to cool slightly.

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**4** Drizzle with Lemon Glaze then sprinkle with chopped pistachios or toss into Cinnamon Sugar.

Makes 15

#### PRODUCTS IN DARK STAR

##### Kamora Coffee

Mexico **\$14.99** 129411

##### Jim Beam 6 Year Old Black Bourbon

USA **\$25.49** 537209



## BAKED PUMPKIN SPICE CAKE DOUGHNUTS

#### SPICE MAPLE GLAZE

2 cups (500 ml) icing sugar, sifted  
1 tsp (5 ml) cinnamon  
3 tbsp (45 ml) milk  
1 tbsp (15 ml) maple syrup

**1** To make glaze, sift together icing sugar and cinnamon into mixing bowl. Add milk and maple syrup and stir until smooth. Dip the top of each doughnut into glaze, invert onto wire racks to allow glaze to settle.

Makes 1 cup (250 ml)

#### DOUGHNUTS

2 cups (500 ml) all-purpose flour  
4 tsp (20 ml) baking powder  
1 tsp (5 ml) salt  
2 tsp (10 ml) ground cinnamon  
½ tsp (2 ml) each ground nutmeg and ground ginger  
6 tbsp (90 ml) butter, softened  
½ cup (125 ml) packed light brown sugar  
2 extra-large eggs  
2 tsp (10 ml) vanilla extract  
2 tbsp (30 ml) milk  
1 cup (250 ml) canned pure pumpkin purée (not pumpkin pie filling)

**1** Preheat oven to 375 F (190 C). Grease a 6 x 1 cup doughnut pan.

**2** In a large mixing bowl, sift together flour, baking powder, salt, cinnamon, nutmeg and ginger.

**3** In another large mixing bowl, beat butter and brown sugar with an electric mixer until light and fluffy. Gradually beat in eggs, vanilla, milk and canned pumpkin. Fold in flour mixture until well combined.

**4** Spoon batter into a large pastry bag fitted with a large plain tip. Pipe batter into pan and fill about two-thirds full. Place in preheated oven and bake for 15 minutes until risen, golden, and just firm to touch. Let cool for 5 minutes, then turn out onto wire rack to cool completely. Repeat with remaining dough. Dip into Spice Maple Glaze and serve. Best served the same day they are made.

Makes 12 doughnuts

#### PRODUCTS IN BAILEYS IRISH COFFEE

##### Baileys Original Irish Cream

Ireland **\$26.49** 5959

##### Jameson Irish Whiskey

Ireland **\$31.99** 10157



## COCONUT CUSTARD-FILLED PORTUGUESE MALASADAS

#### COCONUT CUSTARD FILLING

2 cups (500 ml) coconut milk  
1 cup (250 ml) water, divided  
½ cup (125 ml) granulated sugar  
¼ cup (50 ml) cornstarch  
½ tsp (2 ml) + 1 tsp (5 ml) vanilla extract

**1** In a saucepan, mix together coconut milk, ½ cup (125 ml) water and sugar. Stir over medium heat and bring to a light boil.

**2** In a small bowl, whisk together remaining ½ cup (125 ml) water and cornstarch. Add to coconut milk mixture. Whisk until it comes to a boil and thickens. Remove from heat and stir in ½ tsp (2 ml) vanilla extract. Cool to room temperature, cover with plastic wrap and refrigerate for at least 2 hours.

#### MALASADAS

1 pkg dry active yeast, about 1 tbsp (15 ml)  
1½ cups (375 ml) granulated sugar, divided  
¼ cup (50 ml) warm water  
3 large eggs  
½ cup (125 ml) milk  
½ cup (125 ml) half & half  
2 tbsp (30 ml) unsalted butter, melted  
¼ tsp (1 ml) salt  
4 cups (1 L) bread flour, plus extra for dusting  
2 tsp (10 ml) nutmeg  
vegetable oil, for frying  
sugar, for coating

**1** In a small bowl, combine yeast, 1 tsp (5 ml) sugar with 2 tbsp (30 ml) warm water. Mix until yeast dissolves. Set aside until foamy, about 5 minutes.

**2** In a large bowl, beat eggs with an electric stand mixer until light and lemon-coloured. Add yeast mixture, ½ cup (125 ml) sugar, milk, half & half, melted butter and salt. Mix at medium speed until combined. Slowly beat in flour until smooth.

**3** Transfer to a lightly greased bowl and cover loosely with plastic wrap and a tea towel. Set aside in a warm place until dough doubles in size, about 1½ hours. Punch dough down, then with oiled hands, pinch off pieces about a size of a golf ball. Place on greased baking sheets. Cover with a clean dish towel and set aside in a warm place to rise again for 20 minutes.

**4** Lightly flour surface to roll dough and line 2 baking sheets with parchment paper. Grease parchment paper and set aside. Place remaining sugar in a shallow mixing bowl. Set aside.

**5** Roll dough on floured surface into a 12-in (30 cm) square about ½-in (1.25 cm) thick. Cut into 3-in (8 cm) squares or circles and place on prepared baking sheets 3-in (8 cm) apart. Gather and reuse scraps. Cover loosely with plastic wrap and set in a warm place until doubled in size, about 1 hour.

**6** As dough is rising the second time, heat about 2-in (5 cm) vegetable oil to 325 F (170 C) in a deep fryer or a heavy, deep Dutch oven over medium heat.

**7** Using scissors, cut Malasadas out of parchment paper, leaving about 1-in (2.5 cm) around the sides of each. The paper makes it easier to transfer them to the frying oil. Working in batches, place two of them into the hot oil, paper side up. Use tongs to peel off and discard paper. Cook, flipping once, until puffed and golden, 2 to 3 minutes. Transfer to a baking sheet on a wire rack. Repeat with remaining Malasadas. Let cool completely then toss with sugar.

**8** Using the tip of a paring knife, cut a ½-in (1.25 cm) deep slit into one end of each Malasada. Slide a chopstick in the hole and carefully move from right to left a couple times to create a pocket for the filling.

**9** Transfer Coconut Custard Filling to a small pastry bag fitted with a medium round tip. Carefully insert just the tip of the pastry bag into the slit and gently squeeze pastry bag until the Malasada feels just full. Repeat until all are filled. These are best served the day they are made.

Makes 12

#### PRODUCTS IN ESPRESSO MARTINI

##### Kahlua

Mexico **\$24.99** 123315

##### Foothills Vodka

Canada **\$23.99** 876334

## Slow Cookin'

from page 108



### EGGPLANT CAPONATA

½ cup (125 ml) extra-virgin olive oil, plus extra, if needed

- 1 eggplant, cut into 1-in (2.5 cm) cubes
- 1 small yellow onion, peeled and diced
- 4 celery stalks, cut into 1-in (2.5 cm) pieces
- 1 garlic clove, minced
- 1 tsp (5 ml) kosher salt
- 1 pinch ground black pepper
- 1 pinch crushed red pepper flakes
- 2 tbsp (30 ml) capers, roughly chopped
- 3 tbsp (45 ml) balsamic vinegar
- 2 tsp (10 ml) granulated sugar
- 14 oz (398 ml) can diced Italian tomatoes
- 1 tsp (5 ml) flat-leaf parsley, chopped
- 1 tsp (5 ml) lemon juice

**1** In a large frying pan, heat olive oil over medium-high heat. Sauté the eggplant in a single layer (do this in batches if needed), until golden brown on all sides, adding more oil if necessary. Remove eggplant to a separate dish when done.

**2** Reduce heat to medium. Add onion, celery, garlic, salt, pepper and red pepper flakes. Sauté until softened. Add capers, balsamic, sugar and diced tomatoes. Simmer for about 10 minutes.

**3** Remove from heat and add eggplant, parsley and lemon juice. Fold in to combine. Adjust seasoning to taste and serve with crusty Italian bread. Best served at room temperature. Can be refrigerated in a tightly covered container for up to 12 days.

Serves 4 to 6

#### PAIRS WITH

##### Cusumano Sicilia Nero d'Avola

Italy **\$16.49** 143610

##### Trevini Primo Puglia Merlot Primitivo

Italy **\$12.99** 470807



## WOLF BLASS

## INTERNATIONAL WINE CHALLENGE

## RED WINEMAKER OF THE YEAR 2016

HERE'S *to the* CHASE



# UNDO ORDINARY



## KIMCHI AND PORK STEW

- 1 cup (250 ml) chicken stock
- 1 tbsp (15 ml) gochujang (Korean chili paste)
- 1 lb (500 g) boneless pork shoulder, trimmed and cut into 1-in (2.5 cm) cubes
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) pepper
- 2 cups (500 ml) kimchi, roughly chopped
- 1 yellow onion, peeled and sliced
- 1 garlic clove, crushed
- ½-in (1.25 cm) slice ginger root, peeled and halved
- 2 whole green onions, diagonally sliced
- 1 tsp (5 ml) sesame oil
- 12 oz (350 g) pkg medium tofu, cut into 1-in (2.5 cm) slices

- 1** In a small bowl, combine chicken stock and gochujang, and stir to blend. Set aside
- 2** Place pork cubes in a large Dutch oven or heavy-bottomed saucepan. Sprinkle with salt and pepper. Spread kimchi over top, along with onion, garlic, ginger, and half the green onion. Pour chicken stock over top. Cover tightly with lid and bring to a boil over medium-high heat. Reduce heat and simmer, covered for about 45 minutes or until pork is tender.
- 3** Drizzle sesame oil over stew and arrange tofu slices on top. Using a spoon, pour some of the pan juices over tofu. Cover and simmer for another 15 minutes. Serve stew in shallow bowls and garnish with green onions.

*Serves 4 to 6*

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### PAIRS WITH

**Dr. Loosen Mosel Riesling**  
Germany **\$16.99** 599274

**Louis Jadot Beaujolais Village Combes aux Jacques**  
France **\$21.99** 469924

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## CHICKEN TAGINE

8 chicken thighs, skin on, bone in  
 2 tsp (10 ml) kosher salt  
 ¼ tsp (2 ml) ground black pepper  
 2 tbsp (30 ml) vegetable oil, plus extra if needed  
 1 medium yellow onion, peeled and sliced  
 2 garlic cloves, sliced  
 ¼-in (0.5 cm) slice peeled ginger root  
 2 tbsp (30 ml) ground cumin  
 1 tbsp (15 ml) ground coriander  
 long, thin cinnamon stick  
 1 cup (250 ml) chicken stock  
 2 tbsp (30 ml) liquid honey  
 28 oz (796 ml) can chickpeas, drained and rinsed  
 ¼ cup (60 ml) dried apricots, halved  
 ¼ cup (60 ml) assorted olives  
 1 tsp (5 ml) preserved lemon, chopped  
 1 tbsp (15 ml) chopped cilantro  
 2 tbsp (30 ml) chopped parsley  
 ½ lemon, zest and juice

**1** Season chicken with salt and pepper. In a large, heavy-bottomed saucepan or Dutch oven, heat oil over medium-high heat. Brown chicken in batches, removing to a separate dish once browned.

**2** Reduce heat to medium. Add onion, garlic and ginger and cook until onion is soft and translucent. Add a little more oil if necessary. Add cumin, coriander and cinnamon and sauté for another 5 minutes.

**3** Return chicken to saucepan. Add chicken stock, honey, chickpeas, apricots, olives, and preserved lemon. Bring to a boil. Cover, reduce heat and simmer for about 40 minutes, or until juices run clear when chicken is pierced with a fork.

**4** Uncover, remove cinnamon stick and ginger root and discard. Stir in the lemon juice and parsley. Garnish with cilantro and serve with couscous.

*Serves 4 to 6*

### PAIRS WITH

**Les Fleurs du Mal Cevennes Rosé**  
 France **\$13.99** 360073

**La Vieille Ferme Ventoux Rosé**  
 France **\$12.49** 559393

## Cozy Autumn Pot Pies

*from page 114*



### BEEF AND MUSHROOM POT PIE

¼ cup (60 ml) olive oil, divided, plus extra for oiling dishes  
 2 lbs (1 kg) stewing beef, cut into 1-in (2 cm) cubes  
 salt and freshly ground black pepper, to taste  
 4 slices bacon or pancetta, diced  
 1 yellow onion, chopped  
 4 cups (1 L) mixed mushrooms (portobello, white button, crimini, shiitake, oyster, trumpet or chanterelles), trimmed and cut to same size  
 2 tbsp (30 ml) tomato paste  
 ¼ cup (60 ml) all-purpose flour  
 1 cup (250 ml) beef stock  
 1 cup (250 ml) red wine  
 4 sprigs fresh thyme  
 2 to 3 medium unpeeled russet potatoes, scrubbed  
 ¼ cup (60 ml) melted butter, for brushing

**1** Preheat oven to 325 F (160 C). Oil 4 x 2 cup (500 ml) individual casserole dishes or a 12 cup (3 L) baking dish.

**2** In a large, heavy-bottomed saucepan, heat 2 tbsp (30 ml) oil over medium-high heat. Pat beef cubes dry with paper toweling and season with salt and pepper. Brown beef in batches, transferring to a bowl as they are done using a slotted spoon. Add bacon or pancetta to pan and cook until crisp. Remove with a slotted spoon and add to beef.

**3** Drain fat from pan and add remaining 2 tbsp (30 ml) oil. Add onions and mushrooms and sauté, stirring often, until liquid is evaporated, about 10 to 12 minutes. Stir in tomato paste and sauté, stirring occasionally, for 2 minutes. Sprinkle with flour and continue to sauté for 1 minute. Whisk in beef stock and red wine until smooth. Add fresh thyme.

**4** Return beef mixture and any accumulated juices to pan and gently fold in. Divide mixture among prepared casserole dishes. Cover each dish with foil and bake until beef is tender, about 1 hour. Remove dishes from oven and set aside.

**5** Increase oven temperature to 400 F (200 C).

**6** To make topping, thinly slice unpeeled potatoes using a very sharp knife. Arrange in a circle over each dish overlapping potatoes, leaving a small opening in the middle to allow steam to escape. Brush with melted butter, season with salt and pepper and bake for 30 minutes, or until filling is bubbling and potato crust is golden.

*Serves 4*

### PAIRS WITH

**Kim Crawford Marlborough Sauvignon Blanc**  
 New Zealand **\$18.99** 100594

**Sumac Ridge Private Reserve Pinot Noir**  
 BC VQA **\$13.99** 657114



### ROASTED VEGETABLE POT PIE

6 cups (1.5 L) mixed root vegetables (carrot, turnip, parsnip, squash, yam), cut into ½-in (1 cm) cubes  
 1 yellow onion, diced  
 2 garlic cloves, minced  
 4 sprigs fresh thyme  
 ¼ cup (60 ml) extra-virgin olive oil, divided, plus extra for oiling pan  
 salt and freshly ground black pepper  
 4 tbsp (60 ml) olive oil  
 6 tbsp (90 ml) all-purpose flour  
 2 cups (500 ml) vegetable broth  
 pinch of grated nutmeg  
 salt and freshly ground black pepper, to taste  
 1 sheet puff pastry<sup>1</sup>  
 1 egg yolk, lightly beaten with 1 tsp (5 ml) cold water

**1** Preheat oven to 400 F (200 C).

**2** Place vegetables, onion, garlic and thyme in a large bowl and add 2 tbsp (30 ml) olive oil. Toss to coat and place on a baking sheet. Season with salt and pepper to taste.

<sup>1</sup> For a vegan dish, purchase puff pastry made with vegetable shortening and omit egg wash.

Roast until almost tender, about 30 minutes. Stir occasionally.

**3** While vegetables are baking, prepare sauce. In a large saucepan, heat 2 tbsp (30 ml) olive oil over medium heat. Add flour and whisk until smooth. Cook for 2 minutes, whisking constantly. Gradually add stock and whisk until smooth. Increase heat to medium and simmer, whisking constantly, for 2 minutes until slightly thickened. Remove pan from heat.

**4** Oil a 9 x 9-in (23 x 23 cm) square baking pan or other shallow baking dish. Add roasted vegetables to sauce; fold in to combine and pour into pan. Let cool to room temperature.

**5** Meanwhile, roll out puff pastry to fit pan allowing 1-in (2 cm) to overhang edge of dish for creating a primped decorative edge. Brush edge of dish with beaten egg and lay pastry over top of filling. Crimp edge to seal. Brush pastry with more beaten egg and slash top of pie to allow steam to escape during baking.

**6** Place pan on baking sheet to catch any drips and bake for 30 to 45 minutes, or until filling is hot and puff pastry is cooked through and golden-brown.

*Serves 4*

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#### PAIRS WITH

**Domaine Houchart Cotes de Provence Rosé**  
France **\$17.99** 252338

**Casal Garcia Vinho Verde**  
Portugal **\$10.29** 400531

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## FISH AND SEAFOOD POT PIE

4 cups (1 L) water  
¼ cup (60 ml) white vermouth  
1 lemon, thinly sliced  
1 bay leaf  
1 lb (500 g) wild pink salmon fillet  
1 lb (500 g) firm, white fish, such as halibut or haddock  
½ lb (250 g) scallops, heel removed  
½ lb (250 g) medium-sized prawns, shelled and deveined  
4 tbsp (60 ml) butter  
6 tbsp (90 ml) all-purpose flour  
1 tsp (5 ml) lemon juice  
¼ tsp (1 ml) each, salt, black pepper and nutmeg  
1 tsp (15 ml) finely chopped fresh dill  
3 cups (750 ml) mashed potatoes<sup>1</sup>

**1** Preheat oven to 400 F (200 C).

**2** In a large saucepan add water, vermouth, lemon and bay leaf. Bring to a boil; reduce heat to simmer. Add salmon and poach, covered, for 4 to 5 minutes, or until desired doneness. Remove with a slotted spoon to a large bowl and reserve. Repeat with white fish, simmer in hot broth and add to bowl once cooked. Poach scallops for 2 minutes in poaching liquid and remove with slotted spoon to bowl. Repeat with prawns.

**3** Once all seafood has been poached, strain poaching liquid through a fine-meshed sieve set over a bowl and reserve. When salmon and white fish have cooled, remove from bowl and discard skin. Break fish into chunks.

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<sup>1</sup> Cook and mash enough potatoes to cover pot pie with ½-in (1 cm) thick potato layer. Season with salt and freshly ground black pepper before spreading over pie.

**4** To prepare sauce, in a large saucepan melt butter over medium heat. Add flour and whisk in until smooth. Cook for 2 minutes, whisking constantly. Gradually whisk in 2 cups (500 ml) of reserved poaching liquid until smooth. Increase heat to medium and bring mixture to a simmer, whisking constantly. Remove pan from heat and whisk vigorously to break up any lumps. Add lemon juice, salt, pepper, nutmeg and dill and stir well.

**5** Gently fold fish, scallops and prawns into sauce and pour into a 12 cup (3 L) baking dish. Top with mashed potatoes, spreading evenly using the edge of a spoon to create scallop shapes in the surface (like fish scales) making sure potatoes are level for even browning during baking.

**6** Bake, uncovered, for 35 to 40 minutes until top is golden and filling is bubbly.

*Serves 8*

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#### PAIRS WITH

**Columbia Crest Grand Estates Merlot**  
USA **\$17.49** 263418

**Cono Sur Single Vineyard Block 21 Viento Mar Pinot Noir**  
Chile **\$17.99** 221028

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# WINE & CHEESE

## Perfect together



Gruyère is a nutty, medium-firm Swiss cheese made from cow's milk. Light reds such as Beaujolais or Pinot Noir pair nicely.



### DUBOEUF BEAUJOLAIS

France **\$13.49** 212480  
The aromatic red berry fruit nose opens to a palate of ripe strawberry, cherry and raspberry flavours, juicy acidity and fine tannins. Serve slightly chilled.



### FONSECA TERRA PRIMA RESERVE ORGANIC

Portugal **\$28.49** 697177  
Made with organically grown grapes, this fantastic Port is dense and lush, offering ripe black cherry, cassis and plum notes with integrated tannins, lifted acidity and a velvety texture.

Blue cheeses need wines that are sweet and fruity with good acidity in order to balance the bold, complex flavours and salty, savoury body.



Camembert is a soft, creamy, surface-ripened cheese made from cow's milk. The bubbles and acidity in sparkling wines offer a nice contrast to this rich cheese.



### MUMM NAPA BRUT PRESTIGE

USA **\$24.49** 265678  
Delivering a lot of complexity for the price, this sparkler offers aromas of fresh apple, pear and biscuit. The palate is medium-bodied, with elegant acidity, crisp structure and a lingering finish.



### CHATEAU DE SANCERRE SANCERRE

France **\$27.99** 164582  
Herbal, citrus and floral aromas open to a rich, round and nicely textured palate with crisp acidity and subtle flavours of grapefruit, lemon blossom and minerals.

Goat's cheeses can range in taste from strong and pungent, to delicate and mild. The bright acidity, fruity and grassy flavours of Sauvignon Blanc are the perfect foil.



# ANEJO TEQUILA OF THE YEAR

- BAR BUSINESS SPIRITS COMPETITION 2016



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