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CALGARY

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SCOTTSDALE

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ISSUE 29 Spring 2018

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The Road To The CANADIAN CULINARY CHAMPIONSHIPS

GOLD MEDAL PLATES

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GOLD

Alex Chen, Boulevard Kitchen & Oyster Bar, Vancouver

Paired with Sea Star 2016 Ortega, Pender Island, BC

SILVER

Éric Gonzalez, L'Atelier de Joël Robuchon, Montreal

Paired with Painted Rock 2013 Syrah, Okanagan Valley, BC

BRONZE

Barry Mooney, Gio Restaurant at The Prince George Hotel, Halifax

Paired with Benjamin Bridge NV Brut Rosé, Gaspereau Valley, NS

SAVE THE DATE

2018 REGIONAL EVENTS

- MONCTON** Saturday Sept 29
- OTTAWA** Thursday Oct 11
- EDMONTON** Wednesday Oct 17
- HALIFAX** Thursday Oct 18
- ST JOHN'S** Friday Oct 19
- VICTORIA** Thursday Oct 25
- SASKATOON** Saturday Oct 27
- TORONTO** Monday Oct 29
- CALGARY** Thursday Nov 1
- WINNIPEG** Thursday Nov 8
- REGINA** Friday Nov 9

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- The outstanding volunteers
- The judges who ensure a quality competition regionally and nationally
- The incredible Canadian singers and musicians who share their talent here and abroad
- The many donors of the silent and regional live auctions

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FOR PEOPLE WHO LOVE TO *read*, LOVE TO *eat*, AND LOVE TO *travel*

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INTERNATIONAL TASTE & TRAVEL MAGAZINE

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Digital Horizons

I DON'T KNOW how you spent your winter — cooking, enjoying the great outdoors, or sitting by the fire with a glass of wine and a good book — but I was huddled over computer screen with our digital team, working on a new website for TASTE&TRAVEL. It's been seven years and counting and we were well overdue for a refresh.

TASTE&TRAVEL remains a quarterly magazine but the new site allows us to publish content on a more frequent basis and tap into the social media pathways that define the way we now communicate. I've enjoyed developing new skills and I'm excited about the possibilities that the digital universe offers. Please visit the site and if you like what you see, share with others. Follow us on Pinterest and Twitter if you'd like to keep up with us moment by moment.

Back to the magazine — and in this issue, as usual, we're all over the globe — from New Zealand and the Napa Valley to China and Chile, finding out what makes people like us — who love to read, love to eat, and love to travel — tick. Waheeda Harris fell in love with a condiment in Sri Lanka. Nathan Fong found an amazing taco joint in Arizona. Catherine Van Brunschot rediscovered Calgary and Susie Ellison ate her way around New Zealand, exploring the vibrant café scene.

In the test kitchen we discovered the versatility of freekeh and the spicy cuisine of Kerala. I expanded my own culinary horizons by cooking from the book *Saladish* by Ilene Rosen.

On the home front, we've some fabulous pics of the Canadian Culinary Championships that took place in Kelowna in February. Congratulations to winning chef Alex Chen from Vancouver! I'm excited to be judging again in the 2018 Gold Medal Plates competition, at the Ottawa challenge in October. And I'm also looking forward to August 4, when the TASTE&TRAVEL team will be cooking up a storm for Food Day Canada.

Janet P. Boileau
PUBLISHER

Salut!



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Anita Stewart's

Food Day Canada[®]

FOOD DAY CANADA

AUGUST

4

2018

LANGDON HALL

A celebration of Canadian food and food producers

From coast to coast all across Canada, the country's top restaurants and leading chefs are showcasing Canadian ingredients with seasonal menus celebrating the bounty of land and sea.

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ON SATURDAY AUGUST 4, 2018

COOK CANADIAN!

GET THE D.I.Y. GUIDE AT
www.FoodDayCanada.ca



KitchenAid



**TASTE
& TRAVEL**

EVENT

CANADA

CANADA

CHEF Shane Chartrand

CHEF Mike Robins

CHEF Eric Gonzalez

CHEF Lorenzo Loseto

TASTE & TRAVEL MAGAZINE

The Road To The CANADIAN CULINARY CHAMPIONSHIPS
GOLD MEDAL PLATES
Presented by Deloitte.

CHEF Nick Jewczyk

Canadian Culinary Championships

THE 2018 CANADIAN CULINARY CHAMPIONSHIPS, a two-day event that took place in Kelowna BC in February, 2018 was a tight-run race by the eleven chefs who won gold in the Gold Medal Plates regional qualifier competition across Canada.

In the 12th edition of this prestigious national culinary competition, Chef Alex Chen from Boulevard Kitchen & Oyster Bar in Vancouver emerged as the winner, with Chef Eric Gonzalez of L'Atelier Joël Robuchon in Montreal taking the silver medal and Chef Barry Mooney of Gio in Nova Scotia the bronze.

CHEF James McFarland

CHEF Blake Flann

CHEF David Vinoya

CHEF Briana Kim



CHEF Shane Chartrand



CHEF Nick Jewczyk



CANADA

EVENT

CHEF Alex Chen

CANADA



CHEF Alex Chen



CHEF Mike Robins



CHEF Barry Moone



CHEF Blake Flann



CHEF David Vinoya



CHEF Lorenzo Loseto



CHEF Eric Gonzalez



CHEF Blake Flann



CHEF Briana Kim



CHEF Barry Moone



CHEF James McFarland

HOT OFF THE GRILL

>>> WHAT'S NEW IN THE WORLD OF CULINARY TRAVEL



Culinary Star Power on Holland America

Holland America Line is amplifying the star power of the culinary offerings aboard its fleet of 14 ships, including the line's newest ship *Nieuw Statendam*. Chef Ethan Stowell — whose highly acclaimed restaurants include Tivolàta, How to Cook a Wolf and Staple & Fancy Mercantile — has joined Holland America's Culinary Council, an elite team already including Master Chef Rudi Sodamin and international chefs Jonnie Boer, David Burke, Elizabeth Falkner and Jacques Torres. Chef Stowell will work collaboratively with the team to bring the unique flavours of Alaska and the Pacific Northwest on board Holland America's ships cruising the region. As well, all Holland America ships will feature menu items from Stowell including a signature appetizer and main course on each cruise's special Culinary Council menu.

www.hollandamerica.com



Wellness on Phu Quoc Island, Vietnam

Get a wellness boost at the new Fusion Resort Phu Quoc, an all-inclusive spa retreat on Vietnam's largest island. Located a

short flight from Ho Chi Minh City, this oceanfront hideaway features 97 contemporary villas inspired by the island's traditional coastal architecture, bamboo groves and fishing culture. Its luxurious spa offers 20 double treatment rooms set around a pepper orchard, where various types of pepper, herbs and spices are harvested for use in both treatments and at the hotel's three restaurants. The resort's culinary offerings include a range of cuisines designed by health and wellness expert and Executive Chef Edmond Kwan. The day begins with an expansive international breakfast buffet of dishes such as Vietnamese pho, fresh fruit and American pancakes. The menu at Pezcá, the resort's ocean-side restaurant, highlights the region's abundant seafood. www.fusionresortphuquoc.com



Old is New at The Broadview Hotel

Originally constructed in 1893, the iconic Broadview Hotel in Toronto's east end fell into disrepair over the past century. A recent \$25 million restoration has since restored the burnished red-brick building to its original glory, transforming it into a

58-room luxury boutique hotel and culinary hot spot. Highlights of the Broadview Hotel's impressive Romanesque Revival architecture include a facade of terracotta sculptures and a new soaring glass rooftop space offering views of the Don River and Toronto skyline. The Broadview Hotel also appeals to food fans both for the fine contemporary cuisine at its on-site restaurant, The Civic, and as a starting point for exploring the Leslieville neighbourhood, the city's newest food mecca.

www.thebroadviewhotel.ca

HOT OFF
THE GRILLCURATED BY
MICHELE PETERSON

PUERTO VALLARTA TOURISM

Puerto Vallarta
Celebrates 100th
Anniversary

In 2018, Puerto Vallarta commemorates 100 years as a municipality and in celebration of its anniversary will host a series of special events throughout the year. In May, the Mayo Fest 2018 will feature a range of cultural, artistic, sporting and culinary events for

residents and tourists alike. Book early for the 3-hour Mex-ology walking tour offered by Vallarta Food Tours featuring five stops with tastings of regional products such as tequila and *raicilla*, the artisanal agave spirit. Visitors can also explore Old Town Vallarta's food, culture and history on Vallarta Food Tours' new Bites & Bikes tour where tastings include *barbacoa* tacos, *carnitas*, *asada*, *sopes* and more, as well as visits to historic sites such as Guadalupe Church. www.visitpuertovallarta.com



ROWAN PALM SPRINGS

Turning up the Heat in Palm Springs

Care for a desert view with your Baja Kampachi? A mountain vista with your Dry Aged Duck? The hottest new hotel in sun-drenched Palm Springs is the Kimpton Rowan Palm Springs, the sexy centerpiece of the city's downtown revitalization. With a décor that emphasizes the arid beauty of the Coachella Valley and the *so-close-you-could-touch-them* San Jacinto Mountains, this 153-room boutique hotel ushers in the outdoors with a cinematic lobby window and a desert-tinged palette complete with a stylish cactus-coloured pair of layered loungers. The loftiest thing to hit the city in recent years, this seven-story property boasts two restaurants, mid-century modern design elements and the city's only rooftop pool. But the best way to savour the view is on the rooftop 4 Saints restaurant manned by Executive Chef Stephen Wambach, where shareable plates, contemporary American food with a strong French influence and a love for seasonal fare create a desert dining experience you won't want to miss. *By Carol Perehudoff*
www.rowanpalm Springs.com



MICHELE PETERSON

Tiny Chefs Program at Hyatt Ziva and Zilara Rose Hall Jamaica

The Hyatt Ziva and Zilara Rose Hall, all-inclusive luxury resorts in Jamaica, recently launched a community culinary initiative that's transforming lives. The Granville 404 project (named after the number of students) is taking place at Granville All-Ages School, a primary pre-K and elementary education facility located within a marginalized community 30 minutes from Montego Bay. Thanks to volunteer efforts and donations, Granville School's new community garden is producing crops of fresh vegetables plus there's a greenhouse, a nurse's station and even a new soccer field. Through the project's Tiny Chefs program students learn about farm-to-table production by growing, harvesting and then preparing ingredients under the mentorship of professional chefs at the resort. The project is also raising awareness of environmental stewardship. Vacationers can assist the Granville 404 project by donating supplies and volunteering to work in the community garden.

www.rosehall.ziva.hyatt.com



ANANTARA GRAPERUIT ROSEMARY

A Gin-inspired Journey in Zambia

Inspired by the era when explorer Sir David Livingstone first encountered Zambia's Victoria Falls and named them after his British queen, The Royal Livingstone Victoria Falls Zambia Hotel by Anantara has launched a gin-themed journey for guests. Set overlooking the impressive falls, the hotel's Gin Bar features 16 premium gins including Time Anchor's Livingstone Botanicals, crafted in Johannesburg of fynbos honey, sour figs, rose hips, rose geranium and indigenous honey bush. Another highlight of the gin menu is Mundambi Gin, produced by the New Harbour Distillery in Cape Town and infused with mundambi flower, a hibiscus plant indigenous to Southern Zambia. The hotel's gin journey also includes cocktails such as the classic Gin Fizz or an earthy Olive-Rosemary Martini. Gin enthusiasts can even invent their own cocktail in collaboration with the resident mixologist who will gather herbs and botanicals from the onsite garden. www.anantara.com



DAVID HAGERMAN

Hot for Hatay Turkey

Leading food tour operator Culinary Backstreets is hosting a special seven-day trip showcasing the culinary diversity of Istanbul and regional cuisine of Hatay, a province in southern Turkey. Organized in collaboration with author Robyn Eckhart and photographer David Hagerman, the team behind the cookbook *Istanbul & Beyond*, the tour will include visits with farmers, butchers, bakers and foragers to understand the products grown in the region as well as a vast range of local cheeses, salted yogurts and pickling techniques. Stops in markets, homes and authentic restaurants will offer a taste of family recipes and typical foods drawn from a cultural mosaic dating to 9000 BC. A two-day workshop is also available as an add-on to this May 2018 trip.

www.culinarybackstreets.com



Barbados' Most Celebrated Spirit

From January to April 2018, Barbados will host several experiences to showcase the island's rich sugar cane heritage, immersing visitors in the culture of rum's birthplace through distillery tours, dinners at plantation great houses, mixology road shows, cooking classes and educational lectures. Then, from May to August, the Crop Over Festival celebrates the end of the sugar cane season with an exciting extravaganza of live music, dusk-'til-dawn

parties, masquerade bands and culinary-themed street fairs. Rum celebrations continue through November when the annual Barbados Food and Rum Festival showcases the culinary heritage of the island as local chefs and mixologists are joined by a stellar roster of international chefs to create special culinary delights. www.visitbarbados.org



ESSEX RESORT AND SPA

Tasting Vermont at The Essex

From the moment guests walk into The Essex, Vermont's Culinary Resort and Spa, the culinary experience begins. The front desk is actually a bakery display and café, the rooms are designed in line with three culinary themes — The Art of Baking, The Harvest, and The Spice Rack. Restaurants Junction and The Tavern offer inventive, seasonal cuisine sourced from local purveyors and the hotel's own organic gardens, while the Cook's Academy is the perfect place for culinary exploration for seasoned kitchen pros as well as those who don't know their hollandaise from their béarnaise. Classes are small, so each student gets personalized instruction. Most classes include a three- or four-course meal, and recipes to take home. Class offerings vary throughout the year depending on the season and availability of fresh ingredients. The Academy also offers French and Italian wine classes that will make you an oenophile in record time. **By Damian March** www.essexresort.com

The Ultimate Friends' Getaway at Hacienda Petac

Hacienda Petac, a gorgeous (but affordable) five-star Mexican estate located in the heart of the Mayan world near Mérida hosts just one group at a time, making it the perfect location for families or friends to enjoy a luxurious getaway in their own private resort. The Hacienda's latest all-inclusive package, available from April 15 through October 15, 2018 for groups of four to fourteen people, includes four nights' accommodation, with no other guests on property, airport transfers, all meals, snacks and beverages (including house brand alcoholic drinks), a guided excursion to Mérida, or the ancient Maya city of Uxmal, one spa treatment or child activity per guest, optional cooking classes, high speed internet access and a full service staff including an on-site manager/concierge. In the evenings, there



HACIENDA PETAC

are cocktails on the terrace and dinner served by candlelight, often under the stars — a perfect time to swap stories over local Yucatan specialties. After dinner, there's the game room for fun, or the media room for movies — and maybe another round of margaritas.

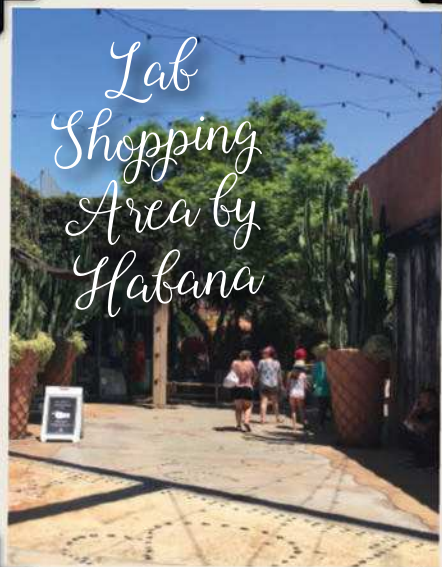
By Damian March
www.haciendapetac.com

Experience Grand Tetons Gastronomy at Signal Mountain Lodge



The Peaks Restaurant at Signal Mountain Lodge — the only lodging on the shores of Jackson Lake in Grand Teton National Park — offers regionally inspired dishes that enhance visitors' experience of the world-famous park. Prepared with locally sourced meats, sustainable fish and produce, the menu brings a taste of the Grand Tetons to life. Erik Kimball, Food & Beverage Director for Signal Mountain Lodge, sources beef from Wyoming Ranches such as Lockhart Cattle Company and bread from Persephone Bakery, both located in Jackson Hole, Wyoming. Cheese comes from regional suppliers including Manwaring Cheese in Rigby, Idaho, while he procures seasonal produce from Robinson Family Farm & Ranch in Star Valley, Wyoming. Dishes such as Crispy-skin fillets of Colorado White Bass, with lemon chermoula, Idaho potato and kale hash; or Grilled Ballard Farms bone-in pork chop, with chipotle apple jam, sweet potato and Brussels sprout hash showcase ingredients sourced from the beautiful surrounding landscape. Signal Mountain Lodge allows guests to experience invigorating mountain air and rugged wilderness from May through October. Guests enjoy staying in one of a variety of available accommodations, including country rooms, lakefront retreats and cozy log cabin units. **By Damian March**
www.signalmtnlodge.com

USA



Habana Ceviche Meatball

Holy Cow!

A hearty taste of Spain is being dished up by 'Top Chef' contestant Amar Santana. **Vaca** not only features fantastic grilled steak but also tapas like croquetas, piquillo peppers, and pulpo (grilled octopus) crafted with sunny Southern California ingredients. Drinks are superb, thanks in part to the restaurant's collaboration with one of the founders of **The Mixing Glass**, a shop at warehouse-turned-mall OC Mix specializing in craft spirits, bitters, glassware, and other bar accoutrements. www.vacarestaurant.com

FIRE AND NICE

ARC could be described as the hearth of **SOCO**, a sprawling interior design complex surrounding the **OC Mix**. Chef Noah Blöm (a.k.a. The Fire Whisperer) cooks and smokes everything over wood. Most items are savoury, indulgent, and worth every calorie, including the popular skirt steak with duck-fat potatoes and sea bass with corn, onions and peppers. Even the riffs on classic cocktails have a smoky twist. Other highlights at the complex include **Portola Coffee Lab's** decadent caffeinated drinks; **LCA's** wine tastings; and the Costa Mesa branch of **Greenleaf**

Gourmet Chopshop, offering beautifully crafted (and priced) salads and sandwiches. www.arcrestaurant.com
www.socoandtheocmix.com

RIPE ON THE VINE

Any mall made up of train containers, vintage campers and retro fixtures deserves a visit. **Old Vine**, occupying a shady corner of **The Camp**, fuels up weekend visitors with interesting omelets, house-made pastries and fruit preserves. Chef Mark McDonald's version of a nighttime campfire, meanwhile, takes the form of prix-fixe menus with a variety of creative sharing plates paired with small-producer wines. www.oldvinecafe.com

...And All That Jazz

Across the street at **The Lab** (a.k.a. 'the anti-mall'), the breezy **Habana** packs customers onto their patio with zesty Cuban favourites, including empanadas, bocaditos, Ropa Vieja, El Churasco (Cuban skirt steak), and a handful of original items (like crab cakes and goat cheese croquette salad). The food, along with freshly crafted mojitos and sangrias, has gotten such a buzz that it was spawning a second location in Laguna Beach at press time. www.habanacostamesa.com

PLACE: COSTA MESA, CA

DATE: January 2018

WEATHER: 20°C and sunny

TRAVELLER: Elyse Glickman

COUNTRY: USA

COSTA MESA

Amid COSTA MESA'S opulent beachfront resorts, palatial homes and ultra-high end malls, there's a new wave of boutique eateries surfing into the hearts of adventurous diners. Fearless chefs and restaurateurs have set down roots in repurposed railroad cars, trailers, warehouses and other non-traditional venues.



Vaca Cocktail



Greenleaf



HONG KONG

With HONG KONG Airlines now offering routes with reasonable rates to select North American destinations, including Vancouver, the Frangrant Harbour is more accessible than ever. Walking tours are the best way to discover the many charms of this Asian culinary hotspot.

STAY IN STYLE

Two new luxury accommodations have opened on the ever-expanding Kowloon frontier. The intimate 32-room boutique **Olympian Hong Kong** is set in the quieter reclaimed area of West Kowloon. Expansive rooms and suites offer magnificent views of Victoria Harbour. The spectacular **Kerry Hotel Hong Kong** is a vibrant urban lifestyle resort on Kowloon's waterfront, featuring spacious, contemporary rooms with sweeping views of the Hong Kong Island skyline, a stunning infinity pool, open terraces, gardens and four world-class restaurants.

www.theolympianhotel.com

www.shangri-la.com/hongkong/kerry

GIVE ME GRAFFITI

Embark on a one-hour-long **Soho Central Street Art Walking Tour** and hear the stories behind some amazing pieces of art while learning to recognize the different techniques and individual styles of various street artists.

www.klook.com/activity/1878-street-art-walking-tour-hong-kong



Graffiti



Hong Kong Skyline



Local Eats



Tai Po Market

PLACE: HONG KONG

DATE: May 2017

WEATHER: 28°C and humid

TRAVELLERS: Nathan Fong

COUNTRY: HONG KONG



Dragon

HONG KONG

Kowloon colour

Another worthwhile walking tour is through **Yau Ma Tei**, the colourful residential area of Kowloon. This tour showcases the many faces of the area, from the wholesale fruit market and Cantonese opera to the modern movie world, kitchenware shops and great local eating!
www.discoverhongkong.com/eng/see-do/tours-walks/guided-tours/explore-hong-kong/cultural-playground.jsp

LIVE LIKE A LOCAL

Venture to the New Territories to explore another culinary hotspot in **Tai Po Market**. This four-hour tour exposes you to the hustle and bustle of six family-run eateries in what was once an agricultural village and now a developed town of 300,000 residents. Immerse yourself in local life!
www.discoverhongkong.com/ca/see-do/tours-walks/guided-tours/explore-hong-kong/tai-po-market-foodie-tour.jsp

MONSTER MASH

If you're in the city during the Autumn Moon Festival head to the UNESCO Heritage **Giant Fire Dragon Dance** featuring an impressive dragon made up of thousands of burning incense sticks, fire and smoke held over three moon-fuelled nights. www.discoverhongkong.com/eng/see-do/culture-heritage/living-culture/tai-hang-fire-dragon-dance.jsp

JAPAN



*Noge West
Owner*

PLACE: Yokohama

DATE: December 2017

WEATHER: 8°C, with lingering fall foliage

TRAVELLER: Earl Bernard

COUNTRY: JAPAN

YOKOHAMA



Next Door Cafe



City View

Just a 30-minute commuter train ride away from glitzy Tokyo, YOKOHAMA evolved from a fishing village into Japan's 'Second City' after it became one of the first ports to welcome foreign trade in the 19th century. Crowds are more spread out and highlights include a lively waterfront and neighbourhoods with distinctive personalities and places to eat.

NOSHING IN NOGE

Design your own progressive dinner — Japanese style — by hopping through Noge's compact sushi bars, izakayas and beer bars. The tiny-but-ambitious **El Nubichinom** offers carefully curated selections served in snifter-type glasses for full sensory effect. **Noge West End** is not only noteworthy for its hard ciders, but also its elegantly approachable dishes fusing Japanese ingredients and European technique. **Noge Tabemono-yokocho** food court sports an arty backdrop and a Pan-Asian assortment of small plates and inexpensive dishes. Start with **Mugen's** addictive fried meat and seafood skewers with a huge Suntory whiskey soda. Noge is also walking distance from **Bar Grand Noble**, whose award-winning mixologist-founder puts local spins on classic cocktails.

www.ameblo.jp/el-nubichinom

www.noge-yokocho.jp

www.facebook.com/NogeWestEnd www.noble-aqua.com/bar_grandnoble/english.html

Ship Shape

Osanbashi Pier, built in 1894 and re-opened in 2002 as a passenger terminal, is also the site for a weekly farmers' market with vendors proffering everything from produce and home-grown snack foods to craft beers, sake and food truck fare. While there is no eating aboard the storied ship **NYK Hikawamaru**, one can visit the 1930s-era dining room and learn about how Charlie Chaplin developed a shipboard romance with tempura. **Hotel New Grand**, which turned 90 last year, offers solid Italian fare at Il Giardino and Panoramic Restaurant La Normandie, a splurge for its classic French menu and heavenly views of the port.

www.yokohamajapan.com/things-to-do/detail.php?id=97

www.hotel-newgrand.co.jp/english/restaurant/il-giardino.php

www.nyk.com/rekishi/e/exhibitions/hikawa.htm

FINE CHINA

Yokohama's Chinatown is the largest in Asia outside of China, with an interesting mix of familiar Chinese banquet restaurants and unexpected street foods such as egg tarts. The Motomachi area, a few blocks away, could be described as Europe through a Japanese lens, thanks to the influences of a diverse expatriate community arriving soon after Japan opened its doors to foreigners in the mid-19th century. There are many interesting homegrown boutiques as well fashionable cafés including the **Café Next Door** that perfectly personifies Motomachi. www.mutekiro.com/cafe

Soup of the Day

Cup Noodles Museum invites kids to design their own ramen and cup packaging. It is such a hot ticket that general admissions are sold on a first-come-first-serve basis. Reservations for the "My CUPNOODLES Factory" and "Chicken Ramen Factory Experience" are a must. www.cupnoodles-museum.jp/en/yokohama

PLACE: ZAGREB

DATE: October 2017

WEATHER: 12°C, brisk, refreshing fall weather

TRAVELLER: Jessica Korbell

COUNTRY: CROATIA

ORIENT EXPRESSIVE

The Esplanade Hotel, steps from Zagreb's Central Station and main square maintains a romantic vibe evoked by the Orient Express — the original luxury land cruise by rail.

The hotel's cocktail menu and fine dining venue Zinfandel's, under executive chef Ana Grgic, celebrate the aesthetics of the Art Deco era while pleasing diverse palates (gluten free, vegan, and halal included). It's also 10–20 minutes walking distance or a quick tram ride to Ilica, Zagreb's main street, where the innovative cocktail bars **Swanky Monkey** and **Bar Dežman** are located.

www.esplanade.hr

www.facebook.com/swankymonkeygarden

MARKET TO TABLE

Hemingway's, opposite the National Theater, features inventive Croatian twists on the Bloody Mary, Gin & Tonic and Negroni. While the menu skews French, steer towards something local, such as trout topped with a light sauce and whatever vegetables are in season. If you crave something specific to Zagreb that's not quite the old Eastern European standby, beeline to **Pod Zidom** for its constantly-changing menu of appetizers and mains crafted with fresh groceries brought directly from Dola Market. Astute waiters familiar with Croatia's wine growing regions expertly suggest food-wine pairings that are dazzling. www.hemingway.hr/lounge
www.facebook.com/PodZidom

Isn't that Rich

Chocolat 41 delivers extravagant, mostly chocolate ice cream flavours in a funky setting recalling the 1980s. The city's grand café has been transformed into



Craft Room



Pod Zidom Soup



Zagreb Cafes

ZAGREB

ZAGREB is a vibrant international city whose look and feel combines elements of historic and contemporary Vienna, Berlin and Eastern Europe. Its food culture follows suit, as restaurateurs and chefs take ingredients from the historic Dola Market and nearby purveyors to devise recipes that are at once modern and steadfastly Croatian.

Johann Franck (the Franck coffee is a national institution), with a steam punk-influenced indoor space and outdoor café seating. By day, it offers velvety coffee drinks, sweets and lunch items, and after sundown it's one of the city's coolest nightclubs. If you prefer a more intimate setting, go a few doors down to **Mala Kavana**, which presents an old Vienna vibe. www.johannfranck.hr

Hit the Trail

Craft beer is another cottage industry on the rise, and industry expert Ozren Kanceljak's favourite watering holes

include **The Craft Room**, a minimalist hunting lodge setting with about 200 bottled beers and a rotating selection of locally crafted brews, **Tolkien's House** (the city's first craft beer bar), **Ro&Do**, and **The Garden Brewery** on Zagreb's industrial outskirts. He also recommends **Bornstein**, a wine tasting room with character and history to spare. www.facebook.com/craftroombeer
www.facebook.com/tolkienszagreb
www.facebook.com/Ro.Do.Zagreb
www.thegarden.hr/brewery
www.bornstein.hr



Auberge Saint-Antoine

QUÉBEC CITY

by ANNE DESBRISAY

PHOTOS THIS SPREAD
CLOCKWISE FROM LEFT
Auberge Saint-
Antoine; Cannons
in Québec; Chef
Julien Ouellet.



I'm at Café-Bar Artéfact in Auberge Saint-Antoine seated comfortably beside a cannonball. It's of French manufacture, shot some 260 years ago from a small French cannon aimed, I would imagine, at the British. Still embedded in the hunk of wood in which it was found, it relaxes next to a section of stonework that was the base of a fortification called the Batterie Dauphine. The cannon is there as well, its guts plugged up to prevent the English conquerors from making use of it. All of these old treasures are behind glass next to my table.

The cocktail I've been handed, however, is thoroughly 21st century. So is the tray of snacks from the raw bar, and the comforts of rich velvet and white marble and soft, modern lighting.

I've come to Artéfact for respite from the drizzle and from the guided historical tour of Vieux Québec I had arranged through the hotel. That lesson began at the terrific little Musée du Fort, and continued along the charming cobblestone lanes of the fortified city. Then past the imposing Château Frontenac, up to the Citadelle and a tromp across the soggy fields of the Plains of Abraham. Eventually, a rewarding clamber down the steep steps from Upper Town to Lower Town, past the galleries, the cafés, the antique shops and museum, toward the mighty St Lawrence River and this beautiful hotel, built on one of Canada's richest archeological sites. »





PHOTOS THIS SPREAD
FROM LEFT Chez
Muffy; View
from Citadelle.

“My reward for all the learning and climbing in the autumn drizzle was a flute of Crémant de Bourgogne, in honour of my French cannon company. But if I thought I would escape the history lesson, I had picked the wrong bar.

Owned by the pioneering Price family of Québec, Auberge Saint-Antoine may be a splendid Relais et Châteaux property, with all the modern conveniences and attendant luxuries, but it is also a museum. Everywhere, behind peeking windows, embedded in walls and in the floor, along corridors, in the foyer, in the parking lot, and outside every room and suite, are displays both playful and thoughtful, of the artefacts and archaeological

objects unearthed during construction and expansion. The book on my lap, borrowed from my room, is a fantastic companion to the exhibits and displays — treasures dating back to the 1600s: coins, stemware, silverware and china, clothing and shoe leathers, iron utensils, clay pipes, and yes, vestiges of the old port and machinery of war. Called *Un passé plus-que-parfait* (‘Past Perfect’) by archeologist and art historian Camille Lapointe, it tells the story of this UNESCO World Heritage Site, evoking the shore, the wharves, the port and the families who called it home.

Chez Muffy

The best sorts of museums also feed us, and this one does that and very well. In

addition to the snacky fare offered at Artéfact, there is the principal restaurant, now called Chez Muffy. Formerly ‘Panache,’ the dining room of the Auberge Saint-Antoine was rechristened in 2017 in honour of Martha (Muffy) Bate Price, the Price family matriarch. Found in the only 19th century maritime warehouse still standing in Québec City, the stone walls, low-hanging beams, and deep windows overlooking the St Lawrence River evoke the romance of its many past lives. But the past feel of the restaurant — the formal, fine dining of Panache — has been ditched in favour of something much more casual and approachable. Chez Muffy is meant to suit the needs of a generation less enamoured with the trappings of fine




*...I've come to
Artéfact for respite
from the drizzle...*



dining. In the words of the hotel's newly installed executive chef, Julien Ouellet, "We wanted to see more of me in this restaurant." Ouellet is thirty-something, and his menu's focus on farmhouse cuisine, on sharing plates and charcuterie boards invites a younger crowd's exploration. It presents more options and fewer rules. Ouellet does offer a nightly tasting menu, if that's of interest, but

otherwise, the short, à la carte menu draws inspiration from places nearby. He continues the tradition of a hotel kitchen that's always worked with local producers — Quebec cheesemakers, cider houses, lamb farmers, maple producers, apple growers, eel fishers — and with the stunning harvest from Alexandre Faille, who works Auberge Saint-Antoine's extensive farm on Île d'Orléans. Faille was

responsible for providing the bittersweet baby pink radishes on a plate of the finest lamb I have ever tasted. Ouellet and his team nailed their preparation and plating. In Chez Muffy, a hotel that honours so deeply the past, now embraces the future of fine dining: using a breadth of ingredients that showcase the region, in ways that are playful, technically flawless, and absolutely delicious. 

Book
à

AUBERGE SAINT-ANTOINE offers archaeological tours of the hotel. You'll find them shorter (and drier) than those offered by the Tourist office. And they can be

followed with a drink and a meal.
www.saint-antoine.com

Chez Muffy
www.chezmuffy.com

ANNE DESBRISAY is an award-winning Canadian food writer, restaurant critic, editor and culinary judge.

Santiago Scene

by ELYSE GLICKMAN

PHOTOS
THIS SPREAD
San Cristobol
Peak city view;
Bocanariz flights.



ARGENTINE MALBEC HAS BEEN ON THE LIPS of wine drinkers for years, and because of this wine producers on the other side of the Andes in Chile have worked hard to elevate their wine game. Valle de Rosario and Casablanca, fertile swaths of land between Santiago and Valparaiso, are now dotted with wineries like Viña Matetic that are as atmospheric as their Argentinian counterparts and as prolific, especially when it comes to expressions of crisp Sauvignon Blancs and hearty Cabernet Sauvignon.»



WHERE ON EARTH

DINING

SANTIAGO SCENE

CHILE



...The buzz-worthy spots were either built into former private homes or decorated to look as if they were...



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT Seafood at *Restaurante 040*; Stopping for churros in *Bellavista*; The outskirts of *Central Market*; *Ambrosia* interior; Dining al fresco at *Ambrosia*; *Restaurante 040*.

◆ **IT TOOK A LITTLE MORE TIME FOR THE RESTAURANT** scene in Santiago to catch up. Back in 2012, I went to dinner and brunch at several fashionable restaurants serving gorgeously plated dishes paired with various Chilean wines. While the quality of the ingredients was top notch, some dishes fell short of the “wow factor” defining contemporary dining experiences elsewhere.

Of course, a lot can change in five years. Santiago’s restaurants, under the direction of a new generation of chefs, are turning out inventive dishes that are as thoughtfully conceived as they are beautiful. This, in turn, works to the advantage of Chilean wines, whose best characteristics are properly enhanced by the foods they are paired with.

In 2012, I had an eight-course dinner *Boragó*, which opened in 2007 and was still riding high on its reputation as a Santiago trailblazer. It was hidden in plain sight in a residential section of the *Vitacura* neighbourhood, with interior fusing minimalist chic and a rustic country sensibility I would later encounter at *Tierra del Sur*, a then-new five-star resort inside Patagonia’s *Torres del Paine* national park.

Every morsel was painstakingly arranged atop stone slabs standing in for plates (a nod to indigenous culture, the chefs informed us). Even with European formalities and wine pairings, the chefs stressed that all ingredients were Chilean, down to heirloom vegetables and herbs from the garden flanking their restaurant.

Boragó was described in local media as the Chilean version of *El Bulli* (the fabled Barcelona birthplace of molecular gastronomy). Even though one dish was topped with a savoury foam *a la El Bulli*, what stuck in my memory was how the kitchen made “Chilean” food cutting edge, especially when compared to the family-style formats of farmer’s market and hotel restaurants. Dishes included rockfish topped with a crunchy *chicharrón* (pig crackling) sauce and a deconstructed tomato foccacia.

That earlier visit provided an interesting context for what I would enjoy in 2017 and 2018. The newer restaurants, some of which made *San Pelligrino & Acqua Panna’s Top 50 Restaurants in South America* list, have their own philosophies on taking Chilean cuisine into the 21st century while staying true to its rich agricultural roots. Even with these accomplished, well-travelled younger chefs and restaurateurs adding internationalism into the mix, it says a lot that *Boragó* is still holding on tight to their dining destination status, and staying innovative.◆



SERVES 10

Gravlax with Avocado Purée

AS PREPARED BY Ambrosia restaurant in Santiago.

Gravlax

Salmon

1 fillet, scaled
and deboned

Lime Zest

from 1 lime

Orange Zest from
1 medium orange

Sugar 300 g

Coriander Seed

50 g

Fennel Seed 50 g

Fine-Textured Salt
100 g

Avocado Purée

Avocado 1 large

Plain Yogurt 1 cup

Lime Juice
from 1 lime

Coarse Sea Salt
to taste

Pepper to taste

- MIX** all the ingredients for the salmon marinade in a bowl.
- PLACE** the salmon on plastic wrap on a plate and cover it on both sides with the marinade.
- WRAP** the salmon firmly in the plastic wrap and refrigerate it with a weighted object on top for 24 hours.
- TURN** the salmon fillet over on the plate and refrigerate for another 24 hours.
- REMOVE** the salmon and wipe off excess mixture with a cloth.
- CUT** the fillet into thin slices.
- IN** a food processor, blend the avocado, yogurt, lemon, salt and pepper to make the dressing.
- PLATE** the salmon slices, with the avocado dressing in a bowl on the side.



«In the city's next-generation restaurants, the hallmarks of Spanish tapas and sharing plates set the stage for Santiago's modern food culture. Along with that, there are many charming Japanese influences (referred to as "*Nikkei*" in Peru and Chile) and a few Italian and French flourishes thrown in for good measure. While beef and lamb are generally and uniformly excellent, standouts remain the salmon and other swimming delicacies caught along the coastline.

Hotel restaurant chefs are taking strides towards modern adaptations of traditional recipes, favouring lighter side dishes and condiments that allow natural flavours of proteins and produce to shine through. A fine example is The Glass, a rooftop restaurant at the Cumbres Vitacura Hotel, whose clientele is a mix of business travellers and cruise ship passengers.

The Glass' menu introduces itself as offering "generations-old Chilean traditions rescued and revived using modern gastronomic techniques." Although the restaurant doesn't offer the kind of culinary adventure promised by Boragó and its successors, chef Claudio Úbeda has received numerous awards from top Chilean food magazines in 2016 and 2017 for his ability to craft dishes defying large hotel restaurant tropes. Although the menu included more eclectic selections such as sea urchins in fried bread and kidneys in a sherry sauce, I opted for basic appetizer and main course with beef and salmon, which were fresh, flavourful, and beautifully prepared. That said, it is not just large business hotel restaurants upping their gourmet game. The restaurant at the boutique hotel Luciano K, a revitalized Art Deco landmark building, has a strong following among young Santiago movers and shakers not only for its rooftop views and cocktails but also its fresh spin on classic dishes.

After a six-hour walking tour covering essential Santiago sites (Plaza De Armas, Cerro San Cristóbal) and several hip enclaves enlivened with street art, I was ready for a tasting of Chilean Carmeneré, Pinot Noir and Cabernet Sauvignon. Bocanáriz in the Lastarria neighbourhood, based on the packed bars and tables alone, was clearly the place to do that. The surroundings reminded me of neighbourhood wine bars I visited in Bordeaux, Rome, Seville, and Split, Croatia. There was the familiar library-style arrangement of wine bottles, numerous chalkboards scrawled with the night's specials, sturdy wooden tables, muted lighting, and witty gastronomy-themed quotes splashed on cream-coloured walls.

Our tasting was arranged ahead of time, and an interesting appetizer plate with pâté and cheese awaited us. A choice of a root vegetable tortellini or a lamb stew followed, as well as a dessert bursting with autumnal flavour and texture. The lamb stew, punctuated with dark leafy greens and mustard seeds, was an extraordinary partner for all the wines in the flight,

fastidiously labelled on paper tags attached to the glass stems.

By dinner time the next evening, it hit me that the buzz-worthy spots my food-focused hosts (executives for LATAM airlines promoting its restaurant-inspired food program for economy cabins) chose for us were either built into former private homes or decorated to look as if they were. Ambrosia, a family enterprise revitalized by the founders' daughter and San Pellegrino "Chef of the Year" Carolina Bazán and sommelier Rosario Onetto, was built into a modern bungalow-style house surrounded by wildflowers and tucked into a residential street in Vitacura.

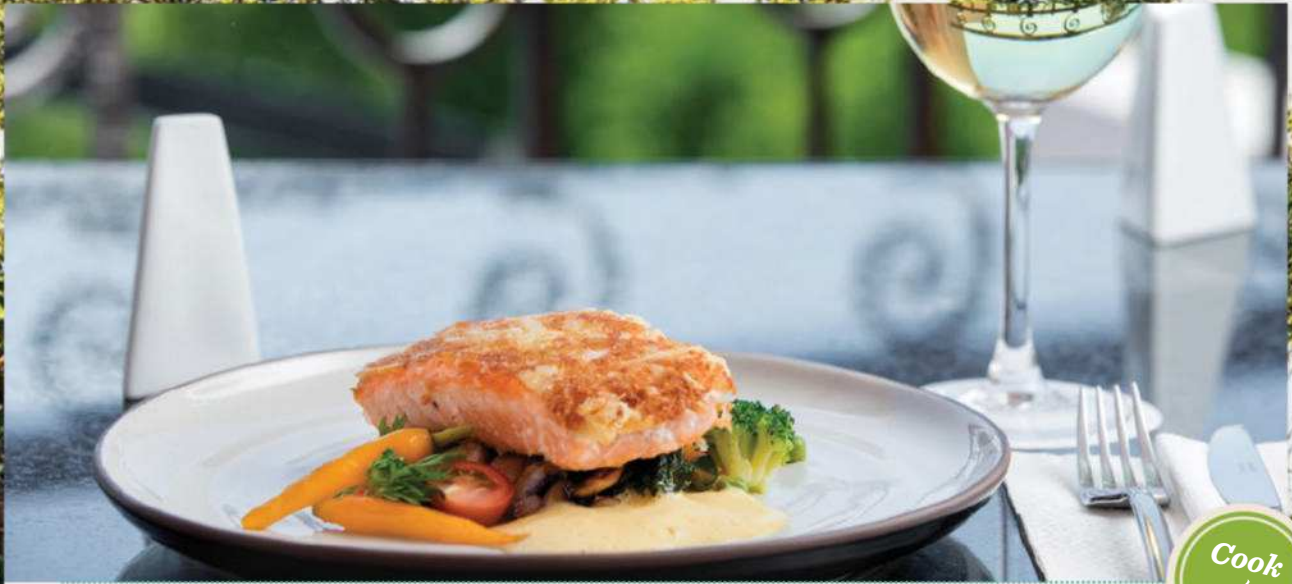
Ambrosia offers a six- or nine-course tasting meal. Our group started with shared seafood tapas that included breaded fish, octopus in a squid-ink reduction, and a variety of salmon, tuna, and langoustine tartare-like plates jauntily dressed with panko, cauliflower purée, quinoa and microgreens. Picking a main course was challenging, so we ordered a few of the signatures and shared: Ravioli filled with egg yolk, herbs and goat cheese; Sous vide-cooked beef accented with mustard seeds and green beans; and rockfish resting on risotto with beets topped with a pea purée.

Chilean wine pairings, naturally, were offered, but the cocktails were irresistible. Along with the bar's version of the classic pisco sour, there were a handful of excellent sweet and savoury cocktails, including a margarita seasoned and rimmed with *merken* (a blend of chili pepper, toasted coriander, and salt used by indigenous Mapuche people) and a zesty passionfruit mojito.

After a day trip to the wineries, my whirlwind food tour of Chile's capital region was winding down. As traffic cooperated, and there were a couple of extra hours to spare, one of my fellow travellers and I chose to spend it in the Bellavista area, dominated by bars and restaurants appealing to young artists and college kids. Patio Bellavista was a prime place to people-watch and buy a few small paintings to take home. As she was leaving on an earlier flight, my companion scheduled her own multi-course dinner at Restaurante 040, inside the Tinto Boutique Hotel on a quiet side street in the neighbourhood.

It did not take much to convince me to join her for a drink before heading to my own dinner with the rest of the group at Restaurante 99 in Vitacura. 040's selling points included a new bar menu and cocktail sipping room, and a food concept devised by Spanish-born Sergio Barroso, who lists a stint at El Bulli among his many globetrotting accomplishments. Though Barroso could thrive anywhere, he stated in local media that it was the natural bounty of Chile that convinced him to stay and further refine his art. It was also interesting to observe that several dishes had at marked Nikkei influence along with a few other Asian flavours.»

PHOTO
OPPOSITE
*The garden
at Ambrosia.*



SERVES 4

Salmon with Panko Parmesan Crust, with Spinach, Mushrooms and Bearnaise Sauce

THIS IS ONE of the most popular dishes at the boutique hotel Luciano K. It's a clever way to use both parts of an egg — whites in the crust for the fish, yolks in the sauce.

Salmon
1 x 750 g fillet,
skin on, deboned

**Parmigiano
Reggiano
Cheese**
150 g, grated

**Panko
Breadcrumbs**
300 g

Whites of 4
large eggs, yolks
reserved

Salt and Pepper
to taste

Vegetable Oil
for shallow frying

Olive Oil 1 Tbs

**Button
Mushrooms**
200 g

Fresh Lime Juice
a few drops

Spinach
1 small bunch

- WHISK** the egg whites until soft peaks form. Combine the panko with the parmesan cheese.
- CUT** the salmon into four equal portions. Season with salt and pepper. Coat the skinless side of each piece with egg white and press into the panko mixture to form a crust.
- HEAT** a small amount of oil in an ovenproof skillet over low heat. When it is shimmering, add the salmon fillets crust side down and cook until the crust is starting to crisp, then turn the fish over and transfer the pan to a 400°F oven to finish cooking, about 7 minutes.
- MEANWHILE**, clean the mushrooms with a damp cloth. Heat the olive oil in a skillet and sauté the mushrooms over medium heat until golden. Sprinkle with salt and lime juice and set aside. Wash the spinach and add it to the skillet. Sauté until wilted then add to the mushroom mixture and adjust the seasoning with salt and pepper.

Bearnaise Sauce

Butter 200 g

Yolks of 4 large eggs

Tarragon Vinegar
¼ cup

**Freshly Ground
Black Pepper** 1 tsp

Shallots
150 g, finely chopped

Salt to taste

- MELT** the butter in a bowl set over a pan of simmering water. Skim and foam from the surface, remove the pan from the heat and set aside, keeping the butter warm.
- IN** a small saucepan, bring the tarragon vinegar, shallots and pepper to a low boil and allow to reduce to 2 Tbs. Allow to cool until luke warm, then add to a mixing bowl with the egg yolks and whisk until frothy.
- RETURN** the pan of water to the stove and bring to a simmer. Set the bowl of egg mixture over the pan of water, making sure that the bottom of the bowl is not in contact with the water. Gradually whisk in the melted butter. As soon as the sauce thickens and is smooth, remove it from the heat, season with salt, and keep warm.

Cook
it



Visit

Restaurante 99
www.99restaurante.com/en

Ambrosia
www.ambrosia.cl

Bocanariz
www.bocanariz.cl

Borago
www.borago.cl

Restaurante 040
www.040.cl/en

Tinto Boutique Hotel
www.Tintoboutiquehotel.com

Hotel Cumbres Vitacura
www.cumbresvitacura.com

Luciano K/Terrace K
www.Lucianokhotel.com

Patio Bellavista
www.patiobellavista.cl

Viña Matetic
www.matetic.com

Click

Santiago Tourist
www.santiagotourist.com

Visit Chile
www.chile.travel/en

LATAM
www.latam.com

«I joined the rest of the group at Restaurante 9 at around 7.00 pm. This shoebox-sized restaurant had several touches reminiscent of Boragó, from the use of stone slabs and tree trunk slices as serving pieces, to golden lighting and rough-hewn furnishings. Chef Kurt Schmidt (a veteran of European gastronomic destinations Noma in Denmark, Azurmendi in Spain, and Santiago's own Boragó) has become a trailblazer in his own right, earning the repu dominated every course, along with surprising texture combinations, especially in a signature multi-mushroom dish. Dessert, though presented in a gravity defying fashion, was at its heart Christmas in a glass with wonderful flavours and textures of gingerbread, ice cream, and brown sugar.

The 1920s art deco building housing boutique hotel Luciano K (named for architect Luciano Kulczewski) dominated the skyline. While the 64-story Gran Torre Santiago now reigns as the tallest building in South America, Terrace K atop the property has its own strategy of making the classic building a culinary landmark in Lastarria.

The Terrace K kitchen's creativity is evident in the refreshing reinvention of tapas staples using Chilean seafood and produce. Delicious adaptations included crab cakes enlivened with ginger, ceviche croquettes coated in panko crumbs, and octopus marinated in mustard and citrus. The main courses could easily fit into a "continental dining" category, but have definitively South American tweaks. The spinach and ricotta angelotti gets extra texture from quinoa, while a *tapapecho* (Chilean brisket) enveloped in corn pastry and merlot sauce felt like an elevation of what might be served in a Chilean home during the holidays. 

Los Angeles-based writer **ELYSE GLICKMAN**'s last story for **TASTE & TRAVEL** was about Taiwan.



PHOTOS THIS
SPREAD CLOCKWISE
FROM TOP LEFT

Advertisement quoting
a poem by pablo
Neruda; Santiago
Plaza; Near San
Cristobol; Completo;
Gran Torre Santiago;
Wall mural in Neruda,
Santiago; Steak with
pumpkin risotto at
Luciano K.




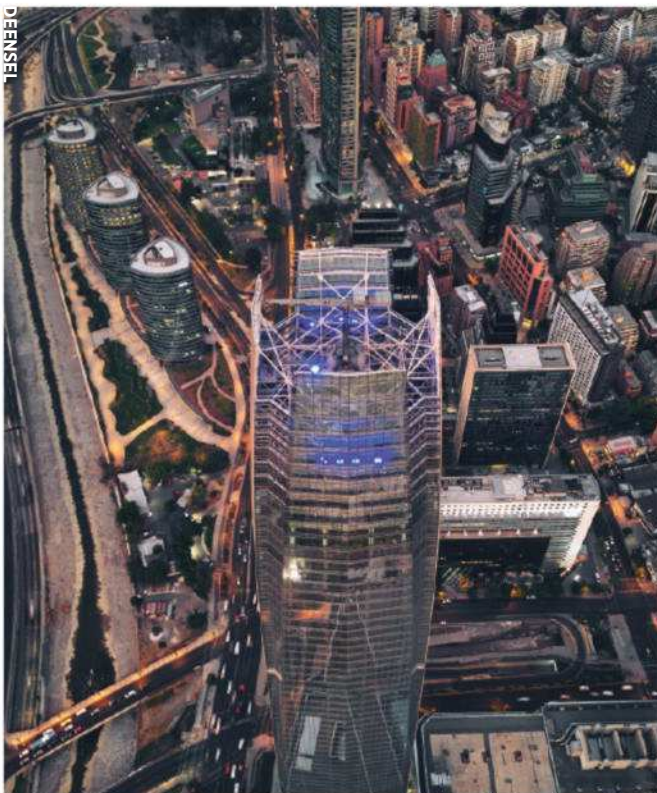
CHILE

Back On The Market

THE BEST PLACE TO EXPLORE life beyond the city's recent culinary boom is the Mercado Central de Chile, which opened in 1872 and today encompasses a sprawling produce market, and separate areas for fresh fish, beef, dairy products, herbs and spices, and other staples. Given its infrastructure and interesting sights (such as football-sized corn cobs, massive heads of lettuce, and a dizzying selection of fruit), a game plan for exploring the parts of the market you are most interested in is a must. It is also widely known that the cutesy eateries in the centre of the market's landmark building are planned out for tourists.

THE BEST PLACES TO GRAB A STREET FOOD SNACK or sit down for ultra-local specialties are along the peripheries of the main market or tucked away in narrow alleys between buildings. Seafood is the main draw, and given the bounty that comes from having the world's largest coastline, the number of only-in-Chile specialties will not disappoint. They include the tomato- and potato-based stew *caldillo de congrio* (rumored to be dish of choice for Chilean favourite literary son Pablo Neruda), *Locos Papas Mayo* (Chilean sea snails and potatoes topped with mayonnaise) and *Pastel de Jaiba* (a rich and cheesy crab casserole).

WHILE CHILEAN EMPANADAS ARE DELICIOUS, hot dogs — re-imagined as *completos* — are now the street food of choice in Santiago. Though topping combinations are practically endless (including those that are billed as 'Italiano' with pizza-inspired toppings), classic variations often include a (literal) mash-up of avocado, chopped tomato, sauerkraut, and dollops of mayonnaise. Dominó (no relation to the US pizza chain) is a top pick for local expressions of the American favourite introduced to Chile in the 1920s. Another is Charly Dog, noted not only for its high-quality meats, but also offering a vegetarian variation of the classic *completo*. 



DENISEL



Napa

WHERE ON EARTH

DAVID H. COLLIER

Seeking Wine Wisdom *in the* Napa Valley

by LAURA SUTHERLAND



PHOTO THIS SPREAD
Summer vineyards;
Wine pouring.

IT SEEMED SACRILEGIOUS — A PERFECTLY GOOD GLASS OF cabernet sauvignon filled to the brim with chunks of green pepper. But I accepted it gracefully, took a long sniff and passed it along. More glasses made the rounds containing things like five spice powder, mint, black olives, and cassia until we'd inhaled the aromas of eight different items steeping in cabernet. It was a sensory warm-up to help us understand the scent characteristics of this popular grape, the most commonly grown in the Napa Valley and the most widely planted wine grape in the world.

We'd already learned about colour, acidity, tannins and alcohol levels as a way to identify wine varieties, ages, and whether a wine was new or old world. Next — blind tasting five different cabs. Our teacher/sommelier stood at the white board waiting for us call to out our impressions as we sampled our first wine: "Smoke! Mocha! Black cherry! New world! Young!" And then onto the second cab: "Earthy! Tobacco! Pine! Leather!" »

«Since the Napa Valley is all about wine and food, we had decided to sharpen our skills and focus our visit on educating our palates. This particular class — *Nailed It! Cabernet Sauvignon* — was put on by CIA Copia in downtown Napa, a new cooking and wine education facility intended for consumers rather than professional chefs. A few miles up the Napa Valley in St Helena is its sister — the Culinary Academy of America CIA Greystone — intended for professional chefs in a building that looks like a grand manor out of the Scottish Highlands and has a fabulous kitchen shop and an inventive restaurant featuring student chefs.

After sampling and guessing we found out the pertinent facts about each wine — the winemaker, location, vintage and price. At the end of the class we voted on our favourite and the hands-down winner was a 2013 cab from Napa’s Honig Winery.

Ready to pair our new knowledge with food, my companion and I headed a few doors down to The Restaurant at CIA Copia to sample dishes like crispy tender chickpea pancakes studded with Copia olives, and spicy mussels with Calabrian chiles and grilled bread. Since we could Uber or Lyft the short distance back to our hotel, the Silverado Resort and Spa, we let our server suggest wine pairings with every course.

There are plenty of places to stay in the Napa Valley, but the Silverado’s proximity to the town of Napa (the largest town in the valley) and lively activities like golf, tennis, swimming, a kids program and a spa made it an easy choice. The Silverado sits in a quiet neighbourhood just off of the Silverado Trail, one of the two roads that traverse the length of the narrow, thirty-by-five-mile valley. It tends to be the quieter of the two roads and doesn’t have the traffic jams that can clog the other thoroughfare, Highway 129.

Tasting another stellar Napa Valley liquid was next on our agenda, and our education theme took us to Round Pond Estate, where we started the morning with a two-hour olive oil tasting class. As we parked the car, a sign reading “Honig” (the winner of our cabernet experience) pointed down the driveway so we decided to add it to our itinerary. But first there was olive oil to explore.

We learned about keeping the 100-year-old Spanish and the 28 different types of Italian olive trees happy and productive before heading into the processing area to see where the pressing, curing and brining magic happens. Once in the tasting room, we sampled olive oils from different types of trees and experienced the delicious ways that Round Pond’s extra virgin olive»



BOB MCCLLENAHAN COURTESY VISIT NAPA VALLEY



ROUND POND ESTATE

PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT Napa Valley sign; Olives at Round Pond Estate; Terrace at Round Pond Estate; Food pairing with sparkling wine; Springtime Napa cuisine.



BOB MCCLLENAHAN

JOSIAH ROE



ROUND POND ESTATE

Cook
&

LAURA SUTHERLAND

USA

SERVES 4

Short Ribs Braised in Red Wine

Beef Short Ribs

4 x 2" pieces, cut across the bone

Unsalted Butter 1 Tbs

Vegetable Oil 2 Tbs

Onion 1 medium, finely chopped

Celery 1 large rib, finely chopped

Garlic 3-4 cloves, minced

Carrot 1 large, finely chopped

Tomato Paste 2 Tbs

Flour 2 Tbs

Chicken or Beef Stock 2 cups

Dry Full-Bodied Red Wine 1 x 750 ml bottle

Salt and Pepper to taste

Cooked Polenta to serve it over

- 1 IN** a large cast iron or enameled pan, melt the butter, add the garlic, onion, celery and carrots and cover and cook 5 minutes, until slightly softened. Uncover and cook another 3-5 minutes until slightly browned. Stir in the tomato paste, cook for one minute, add the flour and cook one more minute, stirring constantly. Add the stock and red wine and bring to a simmer.
- 2 MEANWHILE**, in a large skillet, heat the oil until shimmering. Season the short ribs with salt and plenty of pepper, add them to the hot pan and cook over moderately high heat until they are well browned, about 10-15 minutes.
- 3 TRANSFER** the short ribs to the cast iron pan and cook partially covered over moderately low heat until very tender, approximately two hours.
- 4 TRANSFER** the short ribs to a plate. Strain the sauce and skim off some of the fat. Return the sauce to the pan and reduce for ten minutes until it's about two cups. Return the meat to the sauce and simmer over low until the meat is completely heated. Reseason to taste with salt and pepper.
- 5 SERVE** atop polenta.



...Like many of the wineries we visited, Round Pond is biodynamic...

«oils, vinegars and syrups can be used in food. Luckily we'd had a very light breakfast, because we sampled nine different artistic small bites, designed by the chef that creates Round Pond Winery's food and wine pairings that were next on our itinerary.

Across the road at the winery tasting room, we relaxed outside on a chic patio overlooking rolling hills of vineyards and the mountains that separate Napa from the Sonoma Valley and the Pacific Ocean. While our wine educator talked about the wines we tasted, we were served small bites paired with wine, like a mini steak sandwich and salmon rillettes with Meyer lemon olive oil. Like many of the wineries we visited, Round Pond is biodynamic and has a lavish six-acre organic garden on its grounds where chef Jamie Prouten takes inspiration for his menus.

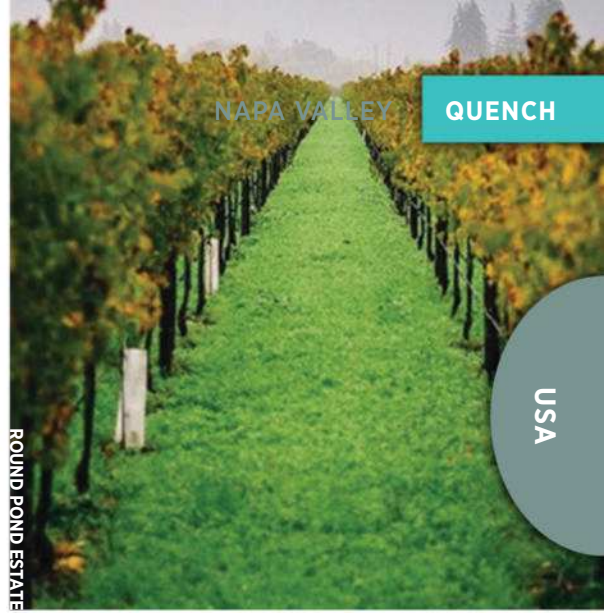
After calling and letting Honig know we wanted to visit, we headed down the driveway. Some wineries in Napa let you drop in unannounced for a tasting but others state "by reservation only" on their websites or road signs as a way for them to plan for visitors. It's casual and expected and you shouldn't be intimidated by it.

The weather was sunny so we sat outside and revisited the winning 2013 cab and a few other Honig wines. We just missed meeting the winery's golden retriever, who has been trained to sniff out a nearly invisible insect that feeds on tender young grapevines. When the highly trained working dog (and beloved pet) detects the insect, the infested plants are removed before the infestation can spread. It's one of many clever methods used by Napa vintners to eliminate pesticides.

A sophisticated wine collector friend insisted we take 'Aromatherapy with a Corkscrew' at St Supery Winery to further improve our scent identification skills. Our wine educator (who had been an actor in NYC and was now a very amusing sommelier) gestured for us to sit as he hugged a wooden box filled with 12 little blue glass jars as if to guard them from our prying eyes. After he had passed jars around for us to sniff, we guessed what they contained and sipped the first glass of wine to try to »



OLAF BECKMANN

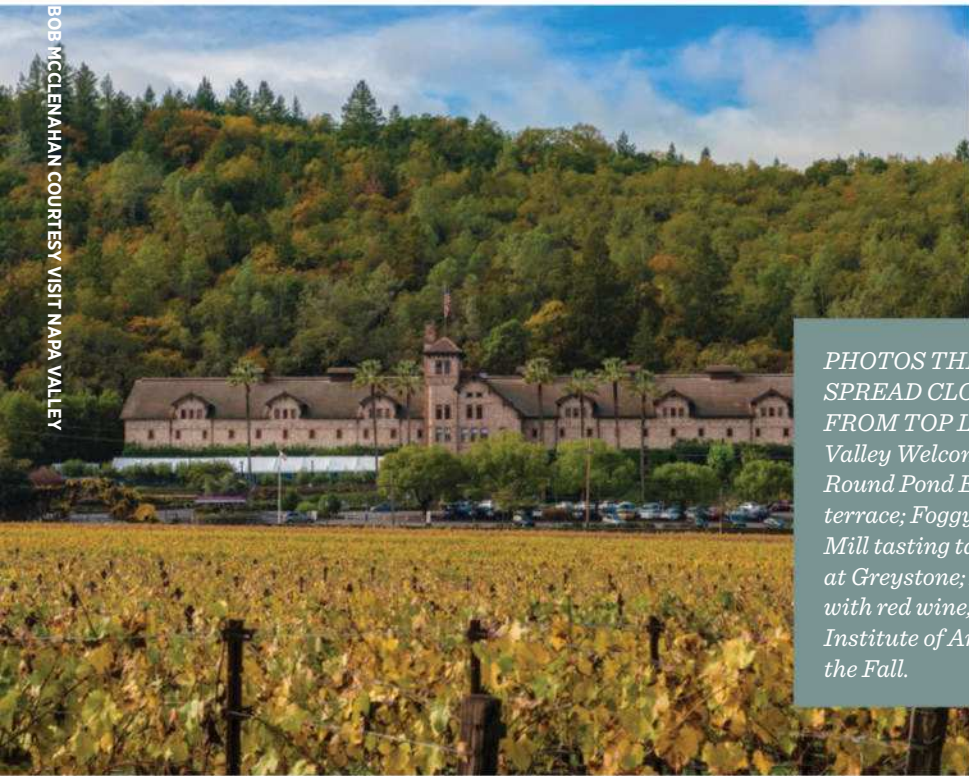


NAPA VALLEY

QUENCH

USA

ROUND POND ESTATE



BOB MCCLLENAHAN COURTESY VISIT NAPA VALLEY

PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT Napa Valley Welcome Center; Round Pond Estate terrace; Foggy vineyard; Mill tasting table; CIA at Greystone; A toast with red wine; Culinary Institute of America in the Fall.



ROUND POND ESTATE

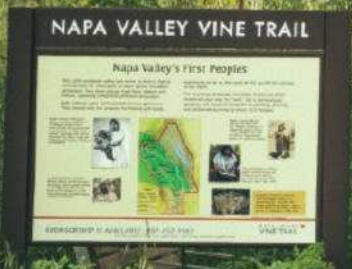


JOSIAH ROE COURTESY VISIT NAPA VALLEY.JPG



BOB MCCLLENAHAN


USA



THIS PHOTO Napa Valley Vine Trail.

«recognize the aromas of the items we had just inhaled: lychee, pink grapefruit and pineapple pointed to a sauvignon blanc, while maraschino cherries, anise and chocolate pointed to a cabernet sauvignon during our guessing game. “This is about training your brain,” our educator said, “and your palate will follow.”

Napa has been a winemaking region since the first winery was established by Charles Krug in 1861, and by 1889 there were more than 140 wineries in operation. The Napa wine scene chugged along at a moderate pace until 1976 when a blind tasting in Paris pitted cabernet sauvignons and chardonnays from California against the best French wines from Bordeaux and Burgundy. When the blind tasting was finished, judges gave top honors to a 1973 Napa Chateau Montelena chardonnay made by winemaker Mike Grgich. The wine world was stunned and the Napa Valley rocketed into prominence.

A few years later winemaker Mike opened his own winery — Grgich Wine Estates — and today he crafts a Paris Tasting Commemorative Chardonnay that recreates his award-winning wine. Reliving a bit of history seemed like the perfect way to wrap up our Napa Valley experience, and as we swirled, sniffed and sipped, we called out words to describe the taste: “crisp, citrus, tropical, toasty, apple, pear.” Right or wrong didn’t really matter. But our new confidence did. 

Culinary Institute of America at Copia
www.ciaatcopia.com

Culinary Institute of America at Greystone
www.ciarestaurantgroup.com/gatehouse-restaurant/

Grgich Wine Estates
www.grgich.com

Honig Vineyard and Winery
www.honigwine.com

The Restaurant at CIA Copia
www.ciaatcopia.com/the-restaurant-at-cia-copia/

Round Pond Estate
www.roundpond.com

Silverado Resort and Spa
www.silveradoresort.com

St. Supery Vineyards and Winery
www.stsupery.com

Click


Click


LAURA SUTHERLAND is a travel writer based in Northern California. You can contact her at LauraSutherland.net and follow her @ [WanderandTaste](https://twitter.com/WanderandTaste)



SERVES 4

Beet Salad with Peaches

A TRIBUTE TO the passing from spring to summer from Round Pond Estate's Chef Jamie Prouten.

Red Beets 3, baseball size

Golden Beets
3, baseball size

Round Pond Italian Varietal Extra Virgin Olive Oil¹ ¼ cup

Salt 1 Tbs

Black Pepper 1 tsp

Round Pond Estate Cabernet-Merlot Red Wine Vinegar¹ ½ cup

Water 1 cup

Round Pond Estate Blood Orange Olive Oil¹ 3 Tbs

Sherry Vinegar 1 Tbs

Salt 1 Tbs

Peaches 2, sliced

Goat Cheese 2 oz

Hazelnuts 4 Tbs, toasted

Radishes 4, thinly sliced

Fresh Tarragon Leaves
¼ cup, sliced

1 TOSS the beets in the extra virgin olive oil, salt and pepper. Place in a baking dish and add the red wine vinegar and water. Cover with foil and bake at 375°F for about 2 hours.

2 WHEN the beets have cooled, remove the skin by wiping with a kitchen towel. Cut into 1-inch cubes and place in a mixing bowl. Add blood orange olive oil, sherry vinegar and salt to the bowl and toss. Place the seasoned beets on a platter or in a large bowl and top with the remaining ingredients to complete the salad.

¹Round pond olive oils and vinegars are available online at www.roundpond.com or you can use whatever similar products are available to you.

*New Zealand*

WHERE ON EARTH

Kiwi CAFÉ CULTURE

I WENT TO SCHOOL IN NEW ZEALAND in an era when ‘caffs’ served strong tea in aluminum pots and white-bread sandwiches with fillings of grated cheese and onion, or cold spaghetti from a can. Servers were ladies in frilly aprons. These days you’ll recognize a Kiwi café by its gleaming Italian espresso machine and hip waitstaff dressed in black.

by SUSIE ELLISON



PHOTOS THIS SPREAD
 Coromandel view;
 Hand-painted chair
 at Wellington's
 Chocolate Fish;
 Dunedin's Vogel St
 Kitchen interior.



CAFÉ FOOD IS WHAT WE LIKE TO EAT

these days — in New York, London, even Paris. And Antipodean café culture sets the pace for the rest of the world. Ricotta Pancakes? Created at Bill's in Australia, circa 1990. Avocado Toast? So passé in New Zealand, from whence it came.

Cafés are where you'll see Kiwi culinary trends evolving. The line between café and restaurant is blurring — many small eateries are licensed and have menus that segue seamlessly from breakfast and brunch to lunch and dinner. Menus are short but cleverly conceived, ingredient driven, and created by people who wear their talent lightly. There's a casual sophistication, relaxed ambiance, friendly, unpretentious service. It's a refreshing scene — restaurant-quality food, without the 'tude.

New Zealand is a small island nation and many of the chefs and self-taught cooks helping café kitchens have travelled overseas and returned with ideas inspired by cuisines of other countries. New Zealand's climate ranges from sub-tropical in the far north to alpine down south, which means that while citrus fruit and avocados can be grown at one end of the country; apples, cherries and vineyards thrive at the other. High-quality ingredients, including seafood, pasture-raised meats, fresh dairy and produce from orchard and field, are available year-round. Craft brewing and winemaking are well-established industries. Add the influences of an inclusive, multicultural society and the natural Kiwi entrepreneurial spirit and it's easy to see why culinary creativity, like the sunrise, starts here and spreads to the rest of the world.»

...Culinary creativity, like the sunrise, starts here and spreads to the rest of the world...





PHOTOS THIS SPREAD
Auckland harbour;
Artisan bread at Olaf's.

«In the North

German-born chef and baker Olaf Blanke has Auckland's artisan bread market cornered, supplying rock star Kiwi chefs (Peter Gordon, Al Brown, Josh Emmett et al) in addition to his own café in suburban Mount Eden. Handcrafted sourdoughs and wild yeast ferments are the stars of a menu that transitions from breakfast and brunch to lunch. Pulled lamb shoulder slathered with tzatziki filled a sandwich made from chewy, cumin seed- and turmeric-inflected ciabatta. With a three-salad side (quinoa/roasted veg/fresh summer peas) and a hoppy brew called Semi Conductor, lunch at Olaf's was a delicious introduction to the current café scene in New Zealand.

In the suburb of Parnell, hanging plants, murals, fishbowl lights and candy-coloured chairs set the scene at Winona Forever, a bustling café named (reportedly) for Johnny Depp's tattoo. The vibe may be offbeat but the food is spot on. An acclaimed pastry chef is co-owner and the display of baked goods — towering layer cakes and gooey slices — is eye-popping. A short, interesting menu covers breakfast/brunch/lunch. I chose an oversized salmon hash cake topped with a luminously orange poached egg, with a chunky tomato chutney and a side of lightly spicy Asian slaw. A glass of Marlborough sauvignon blanc eased the impact of the noise level — deafening when this hugely popular place is full. ▶



MAKES 8

Vegetable Fritters

PACKED FULL OF veggies, these fritters are healthy and delicious, served on their own, or with a side of eggs for breakfast or salad for lunch.

Eggplant washed, unpeeled and cubed, 2 cups

Onion ½ a medium, finely chopped

Vegetable or Olive Oil 1 Tbs

Corn Kernels fresh or frozen, 1 cup

Carrot 1 medium, grated

Zucchini 1 small, grated

Red Bell Pepper ½, finely chopped

Fresh Herbs a handful, chopped

Eggs 2 large

Milk 2 Tbs

All-Purpose Flour ½ cup

Baking Powder 1 tsp

Dijon Mustard 1 Tbs

Salt and Freshly Ground Black Pepper to taste

Vegetable or Olive Oil for shallow frying

Butter about 3 tsp, for shallow frying

- HEAT** 1 Tbs of oil in a skillet and sauté the onion and eggplant for about 5 minutes, until the onions are translucent and the eggplant is soft. Scrape into a large mixing bowl, add the carrot, zucchini, bell pepper, corn and herbs and set aside.
- IN** another mixing bowl, whisk together the eggs, milk, flour, baking powder, mustard, salt and pepper, to make a thick batter.
- ADD** the batter to the bowl of vegetables and mix until well combined.
- HEAT** a quarter inch of oil and 1 tsp butter in the skillet. Add 1 tsp butter. Scoop half-cups of fritter mix into the pan and press down gently with a spatula to form a fritter shape. Fry, undisturbed, over medium heat, for about 5 minutes, or until the bottom of the fritter is golden brown and crisp. Flip the fritters and fry for another five minutes. Drain on paper towel. If frying in batches, add a teaspoon of butter to the pan with each new batch.
- THE** fritters can be made ahead and reheated in a microwave or low oven.
- TO** make the sandwich pictured on page 39, fill a ciabatta, baguette or crusty roll with a generous slick of mayo, a warm vegetable fritter, a freshly scrambled egg, a slice of camembert cheese and a few slices of tomato. Microwave for about 10 seconds to melt the cheese a little.



PHOTOS THIS SPREAD
CLOCKWISE FROM FAR
LEFT Lunch at Flock
in Tairua; Vegetable
Fritter sandwich;
Sweet treats at
Winona Forever;
Brunch at L'Oeuf;
Fresh tofu at the
Avondale Markets;
Giles Luncheonette
exterior; Lunch at
Giles Luncheonette
in Auckland;
Salmon hashcakes
at Winona Forever.



...Every dish crossing the pass from the open kitchen looked amazing...



«Sunday morning brought a relaxing reprieve at L'Oeuf, a hip enclave in residential Mount Albert. The menu is classically French, with Japanese, Cambodian and Korean influences kicking things up a notch. Every dish crossing the pass from the open kitchen looked amazing. Portobello mushrooms piled on a raft of toast sported a perky rosemary mast. Black sticky rice pudding, drizzled with coconut cream and garnished with kiwifruit, lychees and edible blossoms — pretty as a painting. I ordered poached eggs, a simple dish in which every element — tangy sourdough toast, free-range egg, cultured butter, a tangle of just-picked salad leaves — was perfect. At the next table, a stack of spinach-flecked waffles topped by a Jenga-tower of bacon. Generous helpings, casually but beautifully plated, low-key but efficient service, happy customers — L'Oeuf is a place worth seeking out.

L'Oeuf was my second breakfast, after a barbecue bao, pork and chive dumplings, and a tub of warm tofu with pickled Szechuan vegetables at the Avondale Market in West Auckland. This sprawling tent city offers a quick lesson in Auckland demographics. A sea of people in saris, hijabs, Polynesian prints and conical straw hats cheerfully haggle over everything from bitter melons and tempeh to taro roots and chrysanthemum leaves. New Zealand's multicultural citizens like to grow, sell, buy and cook their own familiar foods. And Kiwi chefs have learned how to use them.

Tucked into a narrow space next to the historic Hotel DeBrett in the Auckland CBD, Giles' Luncheonette has just a handful of tables that fill up quickly. Arriving just before lunch I missed the Gujarati-style Masala Eggs, said to be one of the most written about breakfasts in Auckland. But a brown bread 'bruschetta' with zingy sundried tomato pesto and a salad of wild rocket, feta and cherry tomatoes, from the lunch specials menu, was vibrantly fresh and tasty. And no charge for the sparkling water, including a refill.

Heading East

The Coromandel Peninsula is a finger-shaped extension of the North Island, just two hours from Auckland but a world apart — defined by mountains clad in hobbit forest, twisting roads and gorgeous scoops of beach. In some spots hot water bubbles out of the sand; in others, semi-precious gemstones are free for the taking. In the 1970s government land grants led to a number of hippy communes being established on the Peninsula. All but one have gone now but the back-to-the-land ethos is still strong. Fishermen, small-scale farmers and artisan food producers abound. Honey, wine, citrus, avocados, cheese, smoked fish and other handcrafted edibles are available at roadside stands and feature prominently on local menus.

Overlooking picturesque Kuaotunu Beach, Lukes' Kitchen started life in a caravan. Owner Luke Reilly surfed by day and dished up food for locals by night. Today the surf-shack theme unites a cluster of indoor and outdoor spaces anchored by a wood-burning pizza oven. The dress code»



SERVES 6

Israeli Couscous and Puy Lentil Salad

BRIGHT ORANGE PUMPKIN adds a splash of colour to many Kiwi café dishes. This salad is inspired by one I tasted at La Cigale French Market in Auckland.

Israeli Couscous
1 cup

Puy Lentils 1 cup

Carrot 1 large,
peeled and cut into
half moons

**Pumpkin or
Butternut Squash**
100 g, peeled
and cut into thin
wedges

Garlic 1 small clove,
minced

Fresh Parsley
chopped, ¼ cup

Fresh Chives a
handful, minced

**Extra Virgin Olive
Oil** ¼ cup

Fresh Lemon Juice
¼ cup

**Dijon or
Wholegrain
Mustard** 1 tsp

**Salt and Freshly
Ground Black
Pepper** to taste

Feta Cheese
75 g, crumbled

- 1 PUT** the couscous in a medium saucepan along with 1 ¾ cups water and bring to the boil. Reduce to a simmer and cook, covered, until the couscous is tender, about 20 minutes. Fluff with a fork and set aside to cool.
- 2 IN** another saucepan, bring 3 cups of water to a boil then add the lentils.
- 3 REDUCE** the heat to a simmer and cook, covered until the lentils are tender, about 20 minutes. Drain off any excess water and set aside to allow the lentils to cool.
- 4 TOSS** the carrot and pumpkin pieces in a little olive oil and roast in a 400°F oven for about 15 minutes, or until soft.
- 5 WHISK** together the olive oil, lemon juice, garlic, mustard, salt and pepper to make a dressing.
- 6 COMBINE** the couscous, lentils and roast vegetables with the dressing and feta cheese.
- 7 TASTE** for seasoning. Serve at room temperature.



«may be board shorts and manbun but the food and drink are a cut above barefoot casual. Seafood chowder, full of fresh mussels and local fish, rich with New Zealand dairy, is superb. Pizzas are thin-crust, blistered and topped with restraint. Salt and pepper calamari with a slick of aioli is as good this simple but oft abused appetizer gets. New Zealand wines are available by the glass and beers come from nearby Blue Fridge Brewery, another surfer start-up. A raspberry, chocolate and coconut muffin from the coffee counter was a lovely home-made treat.

Flock (as in birds) Kitchen & Bar is in Tairua, a pretty little town at the mouth of the Tairua River on the eastern coast of the Peninsula. Catch of the day, terakihi, a sweet, white-fleshed fish, featured in Asian dumplings with a sesame/soy dipping sauce, and in a pair of soft tacos. Scarlet slices of beet-cured salmon rested on a bed of just-picked herbs and salad greens. Accompanied by a fruity seasonal beer from Good George Brewing (two hours away in Hamilton) and a day of brilliant sunshine — perfect.

On the single road between Auckland and the Coromandel, it's impossible to miss the bright red tractor parked outside Bugger Café. There are many ways to parse the Antipodean verb/noun/adjective/expletive and here you'll learn them all with the aid of photos and aphorisms covering the walls. Novelty aside, excellent coffee and charming service staff are reason enough to stop in. Food is mostly home-made and fresh. A smoked fish pot pie, with chunks of kumara (New Zealand sweet potato) and a crusty grilled-cheese lid, delivered by a very tall young man in a turban, was scrumptious.

Café Central

New Zealand's capital city, Wellington, was the birthplace of modern Kiwi café culture, emerging from the doldrums of the 60s and 70s to become centre of all things cool, including music, film, food and coffee. Although the weather is reliably awful, residents of Windy Wellington love their city, its enviable hillside perch, compact centre and indie vibe. They're spoiled for choice when it comes to casual eateries, with reputedly more restaurants and bars per capita than New York City.

Salty Pidgin is one of the hottest tickets in town and a good example of the way in which restaurant and café models overlap. On weekends the doors open at 9:30 am with breakfast-y dishes such as yogurt and buttermilk pancakes or eggs on ciabatta with mushrooms and black pudding. During the week head chef Amy Gillies and her team offer a sophisticated dinner menu, with an extensive wine list, including more than 30 wines available by the glass.

After an uphill hike to Brooklyn, a gentrified historic neighbourhood with commanding views of the harbour, a pint of Parrot Dog Pilsner, one of several local craft beers on tap, hit the spot. With half an hour to spare before my friend



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT On the road in Kuaotunu; Luke's Kitchen chowder; Triple B Burger; Cauliflower bar snack at Salty Pidgin; Home-cooked goodness at Bugger; Bugger Café on the road to the Coromandel; Dinner at Salty Pidgin in Wellington; Fish Tacos at Flock in Tairua; Local brew at Flock; Beet-cured salmon at Flock.



arrived, I settled into a sunny window seat with a magazine from a thoughtfully provided stack.

Dinner began with an elegant Viognier from the Hawkes Bay region and a bar snack of crispy cauliflower nuggets with harissa-spiked mayo. A boat-shaped pide filled with smoked fish, lemon, parsley, pumpkin seeds and chard-like greens followed, easily enough for two. A salad of beets in an orange vinaigrette, with dabs of smoked ricotta — superlative. Service was attentive and efficient, not missing a beat despite the fact that by 8:00 pm every table and bar stool in the three-storey heritage building was occupied. ▶

SERVES 4

Smoked Fish Pie with Cheese Crust

INSPIRED BY THE delicious pie served at Bugger Café. In New Zealand, the smoked fish is likely to be snapper or local species terakihi but smoked trout or hot-smoked salmon will also work well.

Sweet Potato

1 small, peeled and cubed

Garlic

1 clove, minced

Onion 1 small, finely chopped

Butter 3 Tbs

All-Purpose Flour 3 Tbs

Full Fat Milk 2 cups, warmed

Wholegrain Mustard 1 Tbs

Fresh Lemon Juice ¼ cup

Freshly Ground Black Pepper 1 tsp

Ground Turmeric 1 tsp

Ground Ginger a pinch

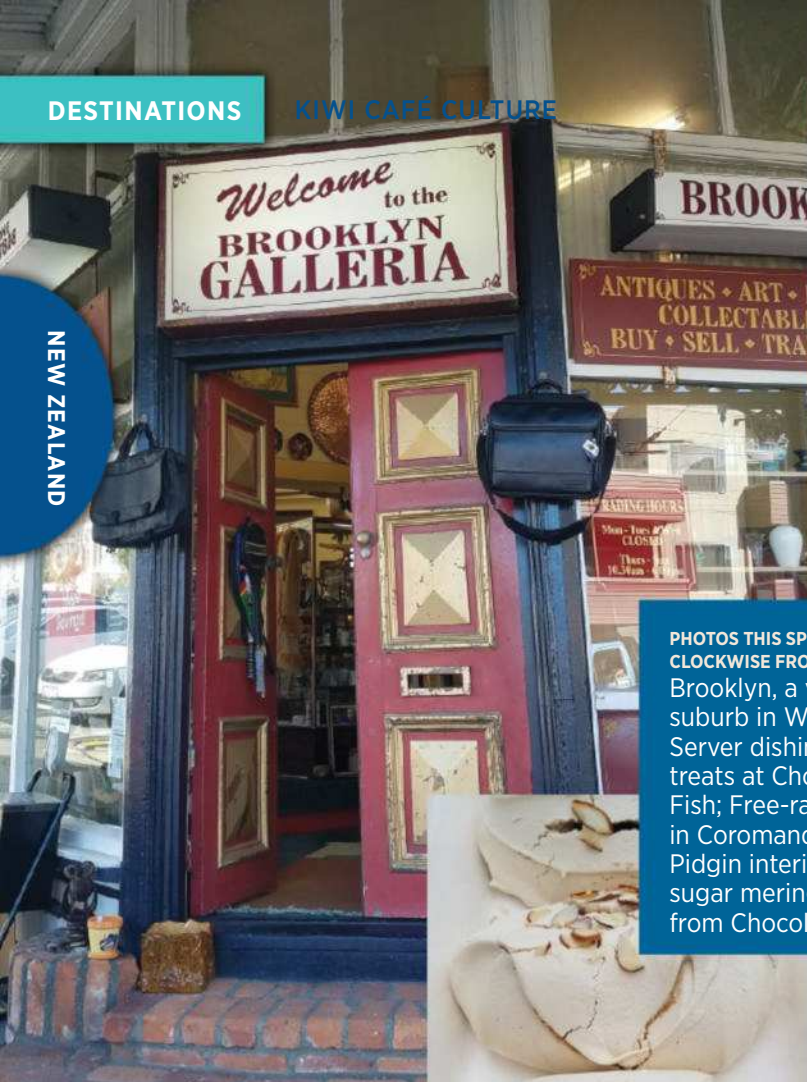
Ground Nutmeg a pinch

Smoked Fish Fillets

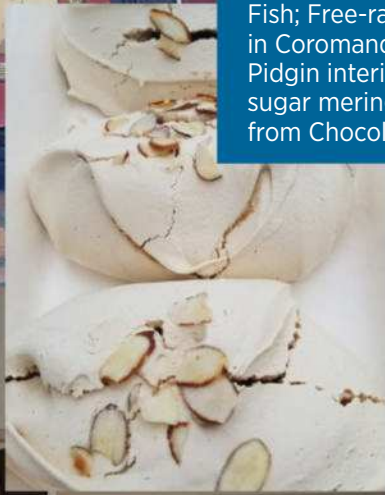
300 g, roughly chopped

Grated Cheddar Cheese 1 cup

- 1 SIMMER** the sweet potato cubes in water until just tender. Drain and set aside.
- 2 IN** a medium saucepan, melt the butter and sauté the onion until translucent. Add the garlic and sauté for a few seconds more until the garlic is fragrant. Stir in the flour.
- 3 GRADUALLY** whisk in the warmed milk, whisking continuously to avoid lumps. Cook over low heat until the sauce thickens, then stir in the mustard and pepper.
- 4 REMOVE** from the heat and fold in the smoked fish and cooked sweet potato.
- 5 SCRAPE** the mixture into an ovenproof dish, or 4 individual ramekins, and top with the grated cheese. Bake in a 350°F oven for 20 minutes, or until the cheese is bubbly and starting to brown. Be careful not to let it burn.



PHOTOS THIS SPREAD
CLOCKWISE FROM TOP LEFT
Brooklyn, a vintage suburb in Wellington;
Server dishing up treats at Chocolate Fish;
Free-range egg in Coromandel;
Salty Pidgin interior;
Brown sugar meringues from Chocolate Fish.




«Chocolate Fish Café (named for a classic Kiwi chocolate bar) was the quirkiest café I visited in New Zealand. Occupying the officer's mess and administrative buildings of a former naval base, Chocolate Fish sprawls across a variety of ramshackle indoor and outdoor spaces, including a screen porch and beanbag-strewn lawn with views of the rocky coastline. On a Saturday at noon — kids whizzing around on scooters, barbecues smoking — a long queue of customers snaked through the front door. Happily, the line moved quickly and the open kitchen was running like a well-oiled machine. Within minutes I was enjoying a plate of grilled scallops resting in a puddle of pea and horseradish purée with batons of roasted kumara on the side. (I'd seen the scallop divers in the water on my way to the café). A salad of rocket, apple, fennel, edamame and pickled shallots with a tart yuzu dressing balanced the sweetness of the kumara and plump little scallops. A crisp pint of Emerson's Pilsner to wash all down. My lunch date's 'Triple B' burger, a towering construction of bun, beef patty, cheese, crispy bacon, arugula, sliced gherkin aioli and a 3B (bacon, bourbon, tomato) jam, was outrageously tasty. The oversized brown sugar meringues we bought 'for later' didn't make it past the parking lot.

Down South

Way down in Dunedin, the South Island's Scottish heritage city, Vogel St Kitchen is an urban oasis hidden in a handsome historic warehouse. Bare brick, giant windows, exposed pipes and other industrial bits create a laid-back atmosphere with a vintage vibe. Thin crust pizzas, craft beers, elegant wines, lovely baked goods and excellent coffee, plus friendly

service, are just some of the reasons why Vogel St Kitchen has been dubbed 'Dunedin's coolest destination café.' That it was established by a mother of three with no restaurant experience typifies the spirit of enterprise that fuels many Kiwi café start-ups.

Another great discovery in Dunedin is Beam Me Up Bagels, where chewy Montreal-style rings are baked in the back of the shop and given a local spin with ingredients from the surrounding Otago region. 'Pigs in Space' with Whitestone cheddar, cream cheese and bacon from Havoc Farm, 'home of happy hogs' — lip-smacking. 'District 9', with Stewart Island smoked salmon, cream cheese, capers and pickled onions — classic and delicious.

Travelling in New Zealand, from the north of the North Island to the south of the South, I sampled a wide variety of Kiwi cafés, from slick urban eateries to casual country charmers. Whether helmed by professionals or self-taught cooks, the ethos was the same — respect for local ingredients and seasonality, globally inspired innovation and above all, a humble desire to give value for money and to feed people well in a convivial, appealing space. Isn't that what we all want? 



L'Oeuf
www.facebook.com/LOeuf

Winona Forever
www.winonaforever.co.nz

Rosie
www.rosieparnell.nz

Giles' Luncheonette
www.facebook.com/Giles-Luncheonette-250602358446328

Luke's Kitchen
<http://www.lukeskitchen.co.nz>

Flock Kitchen & Bar
www.flockkitchenandbar.com

Bugger Café
www.buggercafe.co.nz

Vogel St Kitchen
www.vogelstskitchen.nz

Beam Me Up Bagels
www.facebook.com/beammeupbagels

Salty Pidgin
www.saltypidgin.nz

Chocolate Fish Cafe
www.facebook.com/ChocolateFishCafe



SUSIE ELLISON is TASTE&TRAVEL's Travel Editor. She loves to eat, loves to read and loves to travel.



MAKES 12

Blueberry Bran Muffins

UNLIKE NORTH AMERICAN muffins which are cakey and very sweet, New Zealand muffins are wholesome treats. Bran muffins are the classic, usually made with raisins. I've used blueberries here, after a bun I found in Auckland.

All-Purpose Flour 1 cup

Baking Powder
1 tsp

Salt ½ tsp

Sugar
¼ cup

Wheat Bran¹
1 ½ cups

Butter 1 Tbs

Golden Syrup
or **Honey** 1 Tbs

Full Fat Milk
1 cup

Baking Soda
1 tsp

Fresh or Frozen Blueberries
1 cup

Egg
1 large, beaten

1 PREHEAT the oven to 373°F. Grease a 12-hole muffin tin with butter.

2 USING a fork in a medium mixing bowl, whisk together the flour, baking powder, salt, sugar and bran.

3 IN a small saucepan, melt the butter and golden syrup or honey.

4 IN a small bowl, dissolve the baking soda in the milk.

5 ADD the butter mixture, milk mixture, blueberries and beaten egg to the dry ingredients and mix quickly to combine. Don't over mix. Spoon into the muffin tin and bake for 12-15 minutes.

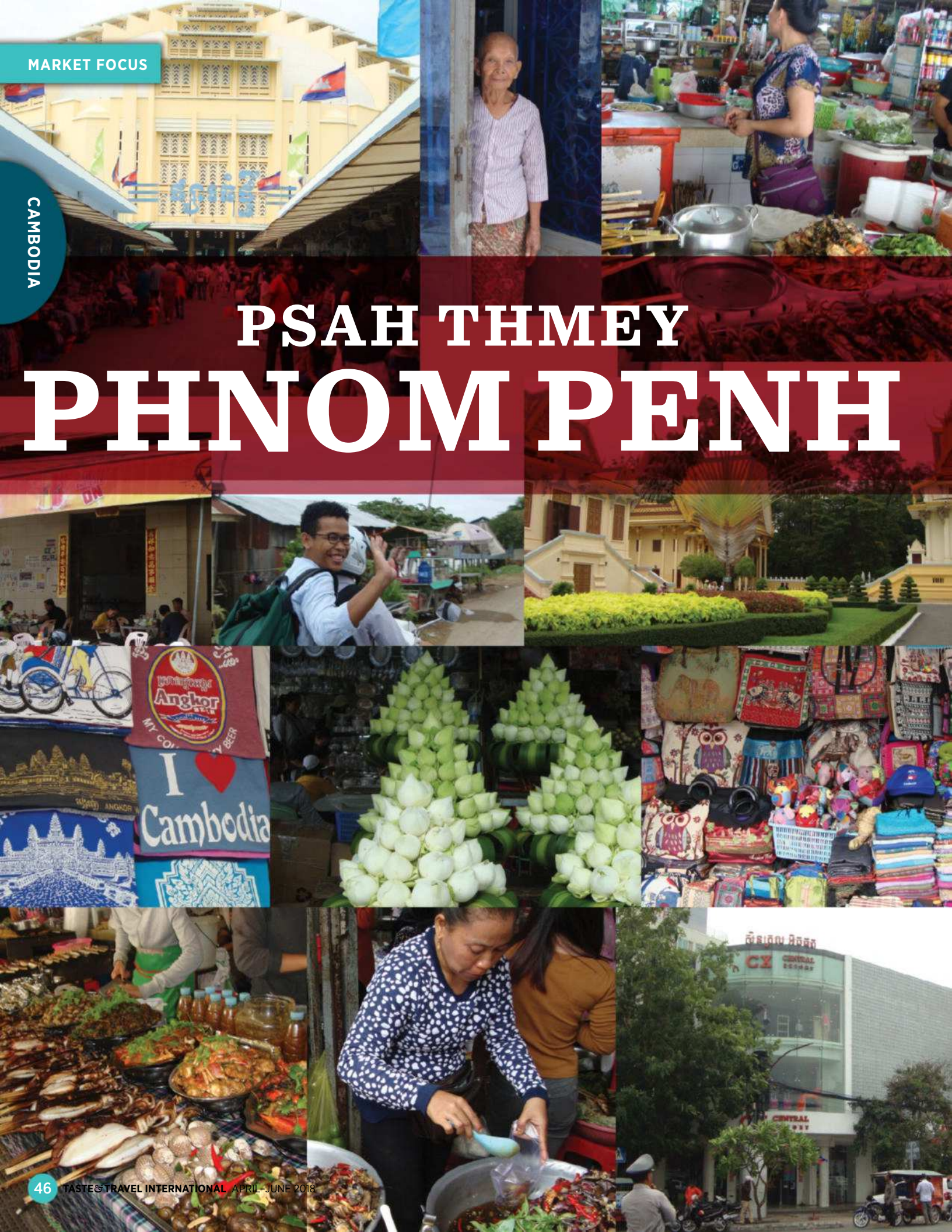
6 COOL on a wire rack. Muffins will keep for up to five days in a sealed container at room temperature.

¹ Such as Bob's Red Mill brand.

MARKET FOCUS

CAMBODIA

PSAH THMEY PHNOM PENH



Text and photography by Susan Bardi

CAMBODIA



Grilled Squid

MARKET FOCUS

PSAH THMEY

Why? Psah Thmey or *Central Market* is housed in a 1937 art deco building that was heavily bombed during the Franco-Thai war. Rebuilt after WWII, this landmark structure was subsequently renovated from 2009 to 2011. One of the largest markets in Asia, it is a combination of shops, stalls and farmers' market. Glass counters display gold and silver jewelry under the big dome while fabric merchants, electronics vendors and houseware stores line the four arms that extend from the central area. Fresh produce and seafood are also an integral part of this bright and colourful complex. Not to be missed is the barbequed seafood in the food hall. Taste the giant prawns and squid grilled to juicy perfection or if you are more adventurous, the deep fried chili crickets!

When?

Daily, 7 am–5 pm. 



PSAH THMEY

Between 126 Street and 136 Street
Neayok Souk, Phnom Penh
Phnom Penh

CAMBODIA



DINING

THE POWER OF POL

SRI LANKA



Sri Lanka

WHERE ON EARTH

The POWER of *Pol*

by WAHEEDA HARRIS



PHOTOS THIS SPREAD FROM LEFT
Coconuts for sale; Coconut shell cooking tools.

MAHEEDA HARRIS



SRI LANKA

STANDING IN THE SHADE of the palm trees, I watch as a farmer methodically carves and cuts a coconut with his machete. In less than a minute, he has created a hole in the tropical fruit and offered it up to drink. Within the young yellow-skinned coconut, the juice (or water as it's commonly called) is slightly cool and sweet. I try to drink delicately, but I'm soon tilting the coconut and slurping to ensure I capture the last drops of the sweet nectar. »



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT

Coconut with treacle;
Coconut husk rope; Dhal
curry ingredients; Sri
Lankan red lentils; Fresh
coconut ready to drink.



◀ **IT'S NOT MY FIRST ENCOUNTER** with this popular palm tree fruit, but in Sri Lanka, the coconut offers more than just a sweet thirst quencher, it's integral to the daily existence of the locals and a key ingredient of what's served at every meal.

Traversing this island nation with G Adventures, my group is exploring the well-known Buddhist sites, national parks and cities. As our small van heads along the country roads, fruit and vegetable stands are a regular fixture, piles of fresh coconuts on display. From the first meal of the day, coconut is on the menu, but it's not fresh coconut water or coconut milk — which have become the latest health obsession in North America — it's spicy *pol sambol*.

As I survey the breakfast offerings, I notice G CEO Sam Jayathilaka has a plate piled high with *pol sambol*. A mix of fresh grated coconut, garlic and spices is a dietary essential and one that I soon notice accompanies every meal. Unlike a Malaysian sambal that is a fiery chili paste, *pol sambol* has a creamy texture with a spicy aftertaste that provides a welcome contrast to curries and *appam* (fermented rice pancakes).

In Sri Lanka *pol sambol* accompanies curry and *kiribath* (milk rice), a creamy basmati rice dish made with coconut milk. An auspicious dish, this rice is traditionally served on the first of each month for breakfast, as part of the first meal of the new year and is often the first solid food given to a baby. A welcome addition to any meal, *kiribath* can be paired with dhal

(red lentil) curry, fish curry and with the fiery *lunumiris*, a sambol made with chili pepper, red onions, Maldive fish, salt, pepper and lime juice.

I make *pol sambol* and dhal curry a regular staple of my morning routine as I explore ancient Buddhist sites like Sri Dalada Maligawa in Kandy, the Golden Temple of Dambull, and the first historic capital of the country, Anuradhapura. And unlike its Indian counterpart, dhal curry in Sri Lanka always includes coconut milk, so I'm getting a double dose of fibre, B, C and E vitamins as well as selenium, magnesium, phosphorus, calcium and iron with every bite. I add *pol sambol* to enhance my *dosa*, another breakfast or lunch option, a Sri Lankan style crepe made from fermented rice and black mung beans and often stuffed with potato curry.



During a visit to the village of Hiriwadunna, I'm shown the time-honoured tradition of making coconut milk. Slicing the coconut in half, my teacher sits on a *thiruvalai*, a rectangular wood stool with short legs and a blade attached to a wood handle at the end to scrape the coconut. Placing a bowl below the blade, she quickly scrapes the coconut shavings into the bowl, her years of experience leaving not a trace of the white flesh behind. Carefully mixing in water while squeezing the grated coconut, she tips the liquid into the empty shell, the coconut milk now ready for cooking. I'm offered a taste, and the flavour is delicate — a welcome palate-pleasing drink.

After I indulge in a lunch of steamed and sautéed spicy vegetables and lake fish, I get to peek into my teacher's kitchen — a charcoal-fired cooking area with earthenware bowls. She tells me that she often uses coconut palm leaves in the open fire, as they add a smoky flavour to boiling water, another benefit of the coconut palm tree.

Fresh fruit is welcome after any meal in Sri Lanka, but I go for broke with a sweet treat, like *kakul dodol*, a sticky fudge made with coconut milk, rice flour »



SRI LANKA

SERVES 4

Sri Lankan Dhal Curry

CHEF DARSHANA NUWAN

serves this tasty lentil dish at the Big Game Tented Camp in Udawalawe National Park.

Red Lentils

150 g

Curry Powder

1 tsp

Chili Powder

1 tsp, or to taste

Turmeric

¼ tsp

Salt

½ Tbs

Garlic

2 cloves, chopped

Onion

1, sliced

Red or Green Chili

1, sliced

Cinnamon

1 stick

Curry Leaf, Screw Pine or Bay Leaf

1

Coconut Cream

100 ml

- 1 PLACE** the dhal in a saucepan and cover with water until the lentils are submerged. Add all ingredients except the coconut cream and mix well with spoon. Cook over medium heat for 10 minutes, with a lid. Check the dhal every two minutes and stir the lentils.
- 2 AFTER** 10 minutes, add the coconut cream and continue cooking on medium heat for another two minutes. Taste and add more salt or chili powder as preferred. Remove the cinnamon stick and curry/screw pine/bay leaf before serving.



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT
Fresh coconut ready to be grated;
Weaving coconut fronds; Chef
Darshana Nuwan; *Milk rice with*
fish curry; *Grated coconut.*





...Pol sambol has a creamy texture with a spicy aftertaste...



WAHEEDA HARRIS

MAKES 2 CUPS

Pol Sambol

THIS COCONUT CONDIMENT is a popular component of Sri Lankan meals.

Fresh Grated Coconut¹

2 cups

Chili Powder

to taste

Garlic

1 clove, crushed

Onions

2, thinly sliced

Salt

1 tsp

White Pepper

½ tsp

Red or Green Chili

1, sliced

Lime Juice

of 1 lime


1 **COMBINE** the coconut, chili powder, garlic, onions, salt, pepper and green chili, mixing well. Add the lime juice and taste, adding chili or salt as needed.

¹ *You can substitute desiccated coconut that has been heated in a frying pan or a microwave oven to bring out the natural oils.*

and jaggery (palm sugar) and hope I might find *watalappam* on a menu, a coconut custard pudding, traditionally served for Muslim weddings and religious holidays.

Although coconut is an essential of the Sri Lankan kitchen, its products are more than just edible. Coconut palm leaves are woven to create roofs for traditional homes or bound together to make a broom or as a floor mat, while coconut milk is cooked down to create oil which can be used as a fuel for an oil lamp. The husk of a mature coconut can be woven into a rope and even the shell can be re-used — as a container for cooking or as material to make kitchen implements like spoons and spatulas.

And with my last meals in Sri Lanka, staying on the quiet grounds of the Eco Camp near Udawalawe National Park, I get hands-on experience creating one of my new coconut obsessions. Our first pre-dinner meeting, with the distinctive shrieks of peacocks in the background, I'm learning how to make *pol sambol* with Chef Dana, squeezing the freshly grated coconut with onion and spices, before he puts together the ingredients for dhal curry. The fragrance of the mixture is a welcome hit to my senses, and I'm ready to taste.

As I enjoy a dinner of grilled meats and vegetables under the starry night sky of Udawalawe, I'm happily eating the dish with a side of *pol sambol*. This tasty sidekick is my newfound favourite and a welcome addition to my beloved collection of spicy condiments. 

Book

WAHEEDA HARRIS travelled with G Adventures on the National Geographic Journeys Discover Sri Lanka tour.
www.gadventures.com/trips/discover-sri-lanka/ASING/

Freelance journalist **WAHEEDA HARRIS** has been fortunate to explore six of the seven continents, happy to learn the culture, music, style and cuisine intrinsic to each, and insuring her hot sauce collection keeps growing.



Arizona

WHERE ON EARTH

Escape to Scottsdale

by NATHAN FONG
PHOTOGRAPHY BY MICHEL CHICOINE



...This resort is one of the most private and tranquil retreats I have visited...

THIS PHOTO In the grounds of The Boulders resort.

«From Phoenix's hectic Sky Harbor Airport, I head east towards Scottsdale, located in the 'Valley of the Sun,' in the northern reaches of the Sonoran Desert. As I'm driving through the arid, rust-hued mountains, tinted by the brilliance of the setting sun, the saguaros seem to move, bowing in their shadows as the sun slowly ebbs in the west.

A popular winter hub for the many Canadian snowbirds that flock to the warmer climes of Arizona, Scottsdale has been on the tourism radar since the 1950s when major developments started taking over the desert valley sprawl with luxurious resorts, tranquil spas and championship golf courses.

One of the original resorts, the Hotel Valley Ho, designed by Edward Varney, a student of Frank Lloyd-Wright, opened in 1956. It was known for its fashionable jet-age design and trendsetting guests, including movie stars and athletes. Placed on the Scottsdale Historic Register, the resort was saved from demolition in 2002 and restored to its original modernist design, with new-millennium touches. The Valley Ho still hosts fashionable guests and events, and is now considered one of the best-preserved mid-century hotels in the US.

In the foothills of the area's iconic Camelback Mountain, another modernist property, built in 1959, has been completely rebuilt and reopened last year with the original, appropriate name, Mountain Shadows.

The luxurious new resort is comprised of two parallel wings, one set in an expansive manicured desert landscape and the other with a spectacular bi-level pool and modern waterfall feature. The guestrooms are a mixture of mid-century modernism and contemporary design, with floor-to-ceiling glass, sumptuous natural light, private balconies and patios.

The 183-room resort has kept the original restaurant name, Hearth '61, with locally acclaimed, award-winning Executive

Chef Charles Wiley at the helm. He also oversees the signature ZuZu Restaurant at sister property, Hotel Valley Ho. He takes advantage of local, seasonal ingredients and traditional flavour pairings — modern American cuisine at its best. From the hearth, wood-roasted prawns are set atop a luscious smoked cheddar polenta accented with andouille sausage and earthy mushroom broth. A hearty 40-ounce aged Tomahawk ribeye for two hungry carnivores (or a small family), from the renowned Niman Ranch, comes pre-carved and basted with melting rosemary truffle butter, along with sides of thyme-roasted fingerlings, roasted Brussels sprouts in apple cider and charred young broccoli with lemon shallot butter and parmesan.

Farther up the mountain slope, just past Mountain Shadows, lies one of the area's original luxury properties, the Sanctuary Camelback Mountain Resort and Spa. This modern Southwestern resort is spread over some 50 sloping acres in the Camelback foothills. The accommodation, in private casitas, has some of the most striking interiors I've encountered in the region, with comfy Eames-style armchairs, solid glass tables and butterfly print shag area rugs, custom crafted wood furnishings, a wood-burning fireplace and a burnished, mirror-tiled bathroom with a white soaker tub and spacious glass shower. During the spectacular sunset, our private terrace was the showstopper, with its vista of the multiple shades of the fading sun, and the valley below with its awakening lights contrasting with the night sky's stars.»



PHOTOS THIS SPREAD FROM LEFT Sanctuary suite interior; Scottsdale sculpture.





USA

SERVES 4

Moroccan Spiced Rack of Lamb with Preserved Lemon Butter

THIS RECIPE FROM award-winning Hearth '61 chef Charles Wiley is a sensational Middle Eastern play on a rack of lamb dressed with lemon-infused butter.

Racks of Lamb 4 (4 bones each with fat cap attached)

Tandoori Spice Mix¹
1 cup

Kosher Salt
2 Tbs

Dry Mustard Powder
2 Tbs

Ground Nutmeg
2 tsp

Cardamom
2 tsp

Cinnamon
2 tsp

Olive Oil
as needed

Pea Sprouts or
Microgreens
to garnish

- MIX** all the spices together until well blended.
- COAT** the lamb racks with a bit of olive oil and dust with the spice mixture, rubbing in well.
- COVER** with plastic wrap and marinate overnight.
- PREHEAT** oven to 450°F.
- PLACE** the lamb racks in a baking dish and roast until caramelized and cooked to desired doneness, about 12–15 minutes for medium rare.
- REMOVE** from oven and allow the racks to rest 6–8 minutes.
- THEN** slice between the bones and serve. Spoon over a generous amount of the lemon butter and garnish with the pea sprouts or microgreens.

¹ *Tandoori spice mixtures sometimes contain a lot of salt. Taste first and if your mix is very salty, reduce the salt in the recipe.*

MAKES ABOUT 4 OZ

Preserved Lemon Butter

Lemon Peel
from 4 lemons

Sugar 2 Tbs

Salt ½ Tbs

Unsalted Butter
4 Tbs, chilled
and cut into
½-inch dice

- PLACE** the lemon peels in a saucepan and cover with cold water. Bring to a simmer and strain. Rinse the lemon peel in the saucepan and cover again with cold water. Bring to a simmer and strain. Repeat this process a total of five times.
- AFTER** the last strain, cover the lemon peel with just enough water to cover by ½-inch. Add the salt and sugar and simmer until the water evaporates by half.
- STRAIN** the water and reserve (just in case needed for consistency). Add the peel to a food processor or blender and puree until smooth. If too thick, add a bit of the reserved liquid. It should have the consistency of a thick custard.
- HEAT** the puree in a small saucepan and once hot, whisk in the butter a bit at a time until well emulsified. Set aside. Warm up before serving.

«The Sanctuary's spa is considered one of the top destination spas in the US, with its distinct modern desert architecture, unique amenities and extensive menu of Asian-inspired services in twelve tranquil indoor and outdoor treatment rooms.

The resort's award-winning Elements restaurant, headed by Food Network star Chef Beau MacMillan, features an innovative seasonal menu, focusing on farm-fresh American Cuisine with Asian accents. An exquisite appetizer of Kimchee Pork Belly floats on a bed of green onion grits accompanied with a fried egg and BBQ chicharrones. Locally farmed duck, infused with hints of coffee and spice is complemented with butternut squash, king trumpet mushrooms and Chinese broccoli, drizzled with a zinfandel reduction. There's always room for dessert, and especially for a tart lemon meringue pie, with blueberries and an updated coconut brown butter crust.

Not all is upscale and luxurious in Scottsdale, especially when it comes to the heart and soul of a simple Mexican cantina. Asking local Latinos where they like to grab a quick bite, I discover a couple of hidden gems amid the glitz and glamour of the luxury resorts. The family-owned Mercado Y Carniceria Cuernavaca is a wonderful Mexican supermarket. Beyond the aisles of aromatic dried chiles, mole mixes and vibrant coloured bottles of Jarritos soda (from hibiscus and tamarind to guava and sour apple) and the impressive butchery piled high with Mexican meat cuts and chicharrones, the tiny tacqueria at the back makes the effort of tracking down this neighbourhood institution worthwhile. I order a pair of tacos, double layered with fresh warm tortillas and stuffed with a generous portion of chile-tomato spiced shredded pork carnitas, topped with chopped white onion and cilantro. Feeling hunger pangs, I hastily take the wax paper-lined pink melamine plate to the sole arborite table and grab wonderful juicy bites of true *abuela cocinando* (grandmother cooking), liberally doused with the fiery house-made salsas sitting on the table. I laugh to myself as I'm the only one in the shop eating, watched over by the buxom, scantily clad cowgirls on the Bud Light poster next to me, who stare at my dripping but flavourful mess!

Another gem I've been told about is Tacos Chiwas. Originally located in a much smaller location, due to their following, the husband-and-wife owners reopened a few years ago in a former fast-food drive-in. These larger premises boast an immaculately organized kitchen and a simple menu showcasing tacos, including some of my favourites like lengua (tongue) and tripas (tripe), heartier burritos, and gorditas, the comforting masa dumplings stuffed with fillings such as rajas (roasted jalapenos, hatch chiles and asadero cheese) and picadillo (ground beef, carrots and potatoes).»

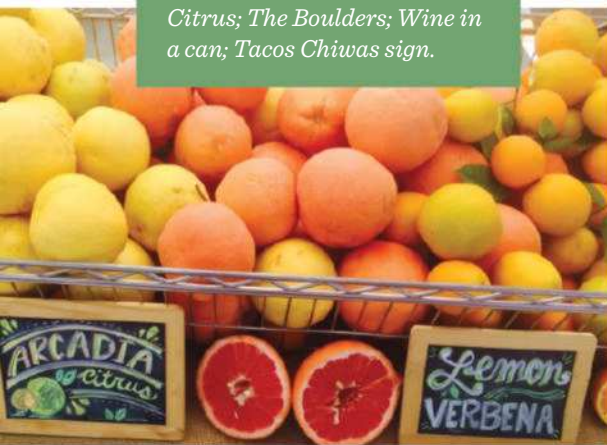


Cook
&

USA



PHOTOS THIS SPREAD
CLOCKWISE FROM TOP
LEFT Tacos at Tacos Chiwas;
The FnB selection; Arizona
Citrus; The Boulders; Wine in
a can; Tacos Chiwas sign.



SERVES 4-6

Arizona Freekeh Salad

ONE OF THE reasons FnB has become one of my favourite Scottsdale restaurants is the way executive chef Charlene Badman pairs grains with humble vegetables and exalts them into a glorified dish.

Vinaigrette

Garlic 1 large clove	Preserved Lemon 2 slices, minced
Chipotle Chile Flakes ½ tsp	Sea Salt 1 tsp
Ground Cumin 2 tsp, toasted	Black Pepper ½ tsp
Ground Coriander 1 tsp, toasted	Extra Virgin Olive Oil 1 cup
Lemon Juice ⅓ cup	

1 USING a microplane, grate the garlic clove. Stir the garlic and the next 7 ingredients (chile flakes to black pepper) together in small bowl. Let sit for at least an hour for the flavors to develop and the garlic to soften, then slowly whisk in the olive oil.

Salad

Cooked Freekeh or Wheat Berries 500 g	Asparagus 3 spears, sliced on a bias
Arugula chopped, ½ cup	Heirloom Carrots 3 small, sliced into thin rounds
Green Onions 2, green and white parts, sliced thin	Flat Leaf Parsley roughly chopped, ½ cup
Small Heirloom Tomatoes chopped, ½ cup	Cilantro chopped, ¼ cup
Fennel ½ bulb, thinly sliced	Mint chopped, ¼ cup
Summer Squash 1 small, sliced into thin rounds	Salt and Pepper to taste

2 IN a large bowl, toss the cooked freekeh with just enough of the vinaigrette to coat the grains. Let sit for at least 30 minutes to allow the freekeh to absorb the dressing. Toss in the remaining ingredients. Taste the salad and season with more dressing, salt and pepper to taste.



PHOTOS THIS SPREAD
 CLOCKWISE FROM
 TOP LEFT Sidewalk
 shrine; Spa cuisine at
 The Boulders; Saguaro
 sculpture in Scottsdale
 Old Town; Flowers thrive
 in sunny Arizona; Tacos
 at Mercado Cuernavaca;
 Mountain Shadows
 swimming pool.



SUSIE ELLISON





SUSIE ELLISON


«At one end of the scale, these two remarkable stops serve traditional tacqueria fare; at the other is the acclaimed Mission, located at the edge of Scottsdale Old Town. Since 2008, The Mission's talented Chef Matt Carter has been serving modern Latin cuisine in a sophisticated yet casual setting, blending influences from Spain, Mexico, Central and South America. From guacamole, prepared tableside with an aromatic and fiery chipotle purée garnished with roasted pepitas, to sinful duck empanadas touched with foie gras and an orange habanero glaze, and superb meats from the parilla cooked over pecan and mesquite, it's hard to go wrong. I order the porchetta — a juicy pork shoulder, stuffed with house made chorizo and cotija, set upon a velvety bean purée and sweet onion crema.

One of my personal favourites is the award-winning FnB in Old Town. This culinary hotspot, hosted by the knowledgeable local entrepreneur and wine specialist Pavle Nilic, with the brilliant James Beard nominee and award-winning Chef Charleen Badman in the kitchen, has become a must visit every time I head down to this desert valley paradise. Housed in the historic Craftsman Court, Milic has earned national recognition by curating the first Arizona-centric wine program complementing Badman's thoughtful, locally inspired cuisine.

Although the menu continually changes, Badman focuses primarily the best of the state's abundant agricultural output. I'm certainly not a vegetarian, but could be converted by her eclectic kitchen wizardry. Chilled Chinese long beans play along with preserved lemon, pea shoots and cured duck yolk. Summer squash are gently stewed and garnished with fresh ricotta and Calabrian chiles. Grilled eggplants are brilliant, dressed with pomegranate seeds, Aleppo pepper, adjika (the Slavic semi-spicy salsa), walnuts and yogurt.

On my very first visit to Scottsdale some 20 years ago, I enjoyed a spectacular stay at the Boulders Resort & Spa, located in North Scottsdale. Nestled remotely in the natural and beautiful Sonoran Desert amid ancient boulder formations, this resort is one of the most private and tranquil retreats I have visited. Accommodations feature comfortable southwestern-styled interiors in individual casitas or larger hacienda villas all built amongst towering boulder piles, with views of the award-winning golf course or the spectacular desert landscape. A luxurious, 33,000-square-foot spa is located in a secluded area, complete with a unique signature labyrinth for meditation and a magnificent private swimming pool built alongside one of the ancient boulder towers.

The resort boasts five superb restaurants and lounges, from the relaxing yet sophisticated Palo Verde, to superb Mexican cuisine at the Spotted Donkey Cantina and classic salads, appetizers and aged steaks paired with fine wines at The Grill Kitchen & Bar.

Scottsdale has something for everyone — a world-class art scene and glamorous fashion shopping in Old Town, championship golf courses and therapeutic spas, and a cornucopian choice of cuisines. Or like me... just plain chilling and being restored under the warm desert sun! 



Mountain Shadows Resort
www.mountainshadows.com

Hotel Valley Ho
www.hotelvalleyho.com

Sanctuary on Camelback Mountain Resort and Spa
www.sanctuaryoncamelback.com

The Boulders Resort & Spa
www.theboulders.com

Mercado Y Carniceria Cuernavaca
 2931 N 68th Street, Scottsdale

Taco Chiwas
www.tacochiwas.com

FnB
www.fnbrestaurant.com

The Mission
www.themissionaz.com



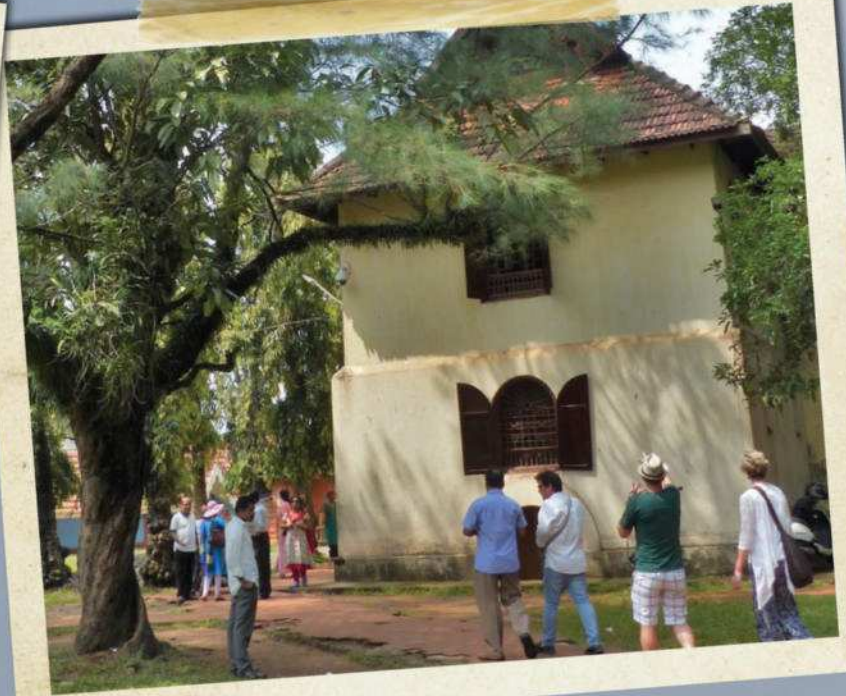
Vancouver born
NATHAN FONG
 segued from cooking and catering to a career as an award-winning food stylist for culinary print and film advertising with a distinguished international client list. For the past 28 years, he has hosted food and travel segments on the Shaw and GlobalTV networks and is a columnist for *The Vancouver Sun* and the Chinese lifestyle magazine *Boulevard*.
www.fongonfood.com



INDIA



STEVE DUNK



Profiles of



STEVE DUNK



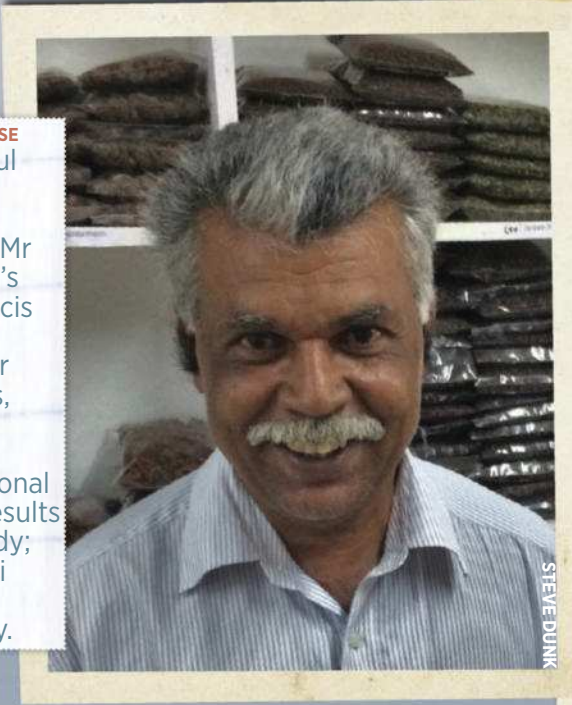
India

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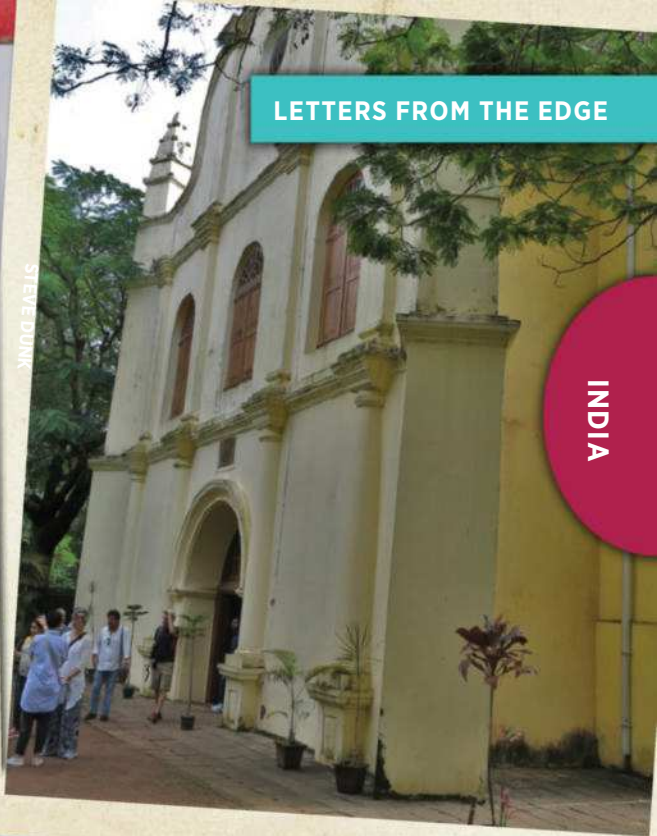


STEVE DUNK

PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT Nimmy Paul prepares prawns in her uruli cooking pot; Mattancherry Palace; Mr Abraham of Abraham's Spice Garden; St Francis Church, Fort Kochi; Rajkumar A. at Periyar National Park; Fungus, Periyar National Park; Common bushbrown butterfly, Periyar National Park; Cooking class results at Bar-B-Que Thekkady; Dhobi wallah at Dhobi Khana. **MAIN PHOTO** Rice fields of Alleppey.



STEVE DUNK



KERALA

by CATHERINE VAN BRUNSCHOT





PHOTOS THIS SPREAD
CLOCKWISE FROM TOP LEFT

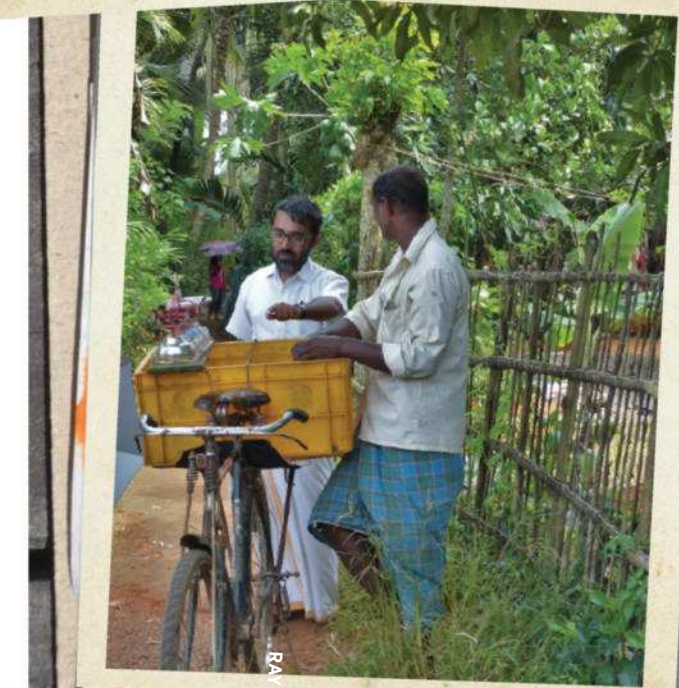
The author's cottage at Spice Village Resort; Kerala backwaters, Alleppey; Nutmeg fruit; Thomas greets an Alleppey fishmonger; Pathimugam bark tea.



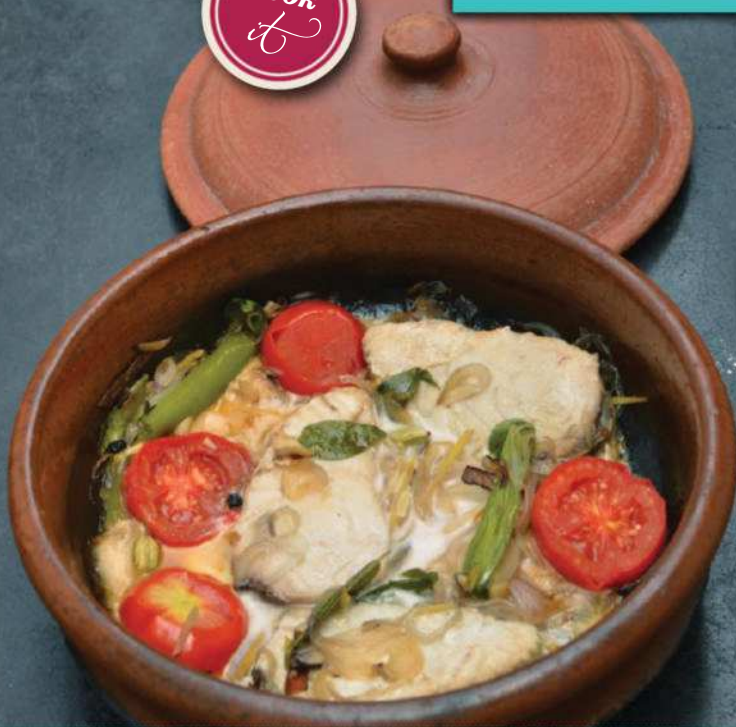
«THE SCREEN DOOR CREAKS a quiet complaint as I ease it shut and slide into a rattan chair. Beneath the low-thatched eaves of my cottage, I ponder the trees emerging from the morning mist and warm my hands gratefully on my coffee glass. According to the card on my nightstand, the brew is *podì kappi*, “the traditional black coffee of the local people in the High Range area.” I only know it is hot and dark and redolent with cardamom, cumin and fenugreek. As caffeine and sun make inroads on my hazy dawn, a soft hoot emerges from the canopy: an unseen langur monkey alerts his family to my presence.»



...To date, Kochi is a leader in the global spice trade...



NIMMY PAUL



SERVES 2-4 AS PART OF AN INDIAN MEAL

Meen Molee

Kerala-Style Fish Stew

MILD AND CREAMY meen molee is available everywhere in Kerala. This version by Nimmy Paul is perfect for those who prefer their Indian flavours with less heat.

Vegetable Oil 1 tsp

Ghee 1 tsp

Cinnamon Stick 1

Cloves 2 whole

Red Onion
1, thinly sliced

Green Chile
1, thinly sliced or minced

Fresh Ginger
1" piece, crushed

Curry Leaves 1 sprig (10-15 leaves)

Fish 250 g fillet

Tomato
1, thickly sliced

Salt to taste

Thick Coconut Milk or **Coconut Cream**
½ cup

- 1 HEAT** the oil and ghee in a wide clay, enamel, or non-stick pan over medium heat. Add the cinnamon stick and cloves and stir briefly until fragrant.
- 2 ADD** the onion, chile, ginger and curry leaves. Cook until the vegetables are softened.
- 3 PUSH** the mixture to the sides of the pan and place the fish in the pan in a single layer. Cook until one side is golden, then turn the fish and cook the second side.
- 4 PUSH** the fish to the side. Add the tomato and cook lightly.
- 5 BRING** all to the centre, making sure that the fish is covered with the vegetable mixture. Sprinkle with salt, remove from the heat and set aside to steep.
- 6 JUST** before serving, reheat until the pan begins to sizzle. Remove from the heat, stir in the coconut milk and serve.
- 7 DO** not reheat after adding coconut milk.

PHOTOS THIS SPREAD
FROM TOP LEFT

Fishing boats in Kochi harbour; Sheril prepares aloo masala at Bar-B-Que Thekkady; Photos of Nimmy Paul and her mother, circa 1970 and 2010; Peppercorns on the vine.

«The High Range peaks where I sit are the Western Ghats, a spine of mountains dividing the states of Kerala and Tamil Nadu in southern India. For the past days, I've been exploring the Kerala side, entering the region like legions before me through the port city of Kochi.

One hundred and sixty kilometres away and almost 900 metres below my current perch, Kochi sprawls across 17 islands, its harbour abuzz with container ships, ferries and commercial fishing boats, its thoroughfares spangled with billboards of local film and football stars. A field of shiny panels fuels its fully solar-powered airport — the world's first — that welcomed nearly 9 million travellers last year.

Local guides are quick to tell pale-skinned visitors like me that Kochi (formerly known as Cochin) was the first European settlement on the Indian subcontinent. Indeed, our tour of the Fort Kochi enclave boasts several notable remnants of colonial Europe. Mattancherry Palace, with its stunning murals of scenes from the Indian epics, was built by the Portuguese for the local Raja in 1555. St Francis Church reflects the tides of imperial fortune with both Portuguese and Dutch tombstones, and its newer British monument to the fallen of the First World War. Even the Dhobi Khana — a laundry collective where proud wallahs still wield the heavy flat-irons of their ancestral trade — can trace its origins to the need to keep colonial officers' uniforms pristine.

But long before European carracks and *fluyts* sailed here across the Arabian Sea, Kochi was an important trading centre, proffering spices to Babylonians, Egyptians, Greeks, Romans and Chinese since 3000 BC. Chief among these was pepper — a spice indigenous to Kerala. To date, Kochi is a leader in the global spice trade and is home to the International Pepper Exchange.

Pepper, too, remains a cornerstone of the local cuisine — together with coconut in its many forms — according to Kerala cooking guru, Nimmy Paul. Known for her focus on technique and her dedication to teaching that to others, Nimmy has appeared three times at the American Culinary Institute in Napa and has featured regularly in the international press. At her elegant Kochi cooking school, she takes us through the preparation of *Mezukuperry* (a garlic-and-chile-seasoned vegetable stir-fry); then a marinated prawn dish that makes the most of her *uruli* cookware (hammered from heavy bell metal). The Masala Curry fish up next is a recipe from her mother, she says, who died four years ago today. As she sautés ginger and garlic in coconut oil and adds curry leaves and coconut milk, Nimmy's



STEVE DUNK





references to her mother speak to a close life-long bond — as do a pair of tender photographs that I discover on an ensuing kitchen prow. Lunch includes a velvety squash soup and other entrées along with the demo dishes, and is presented in a series of beautifully plated courses, each dish more refined than fiery.

As with most perennial centres of trade, Kerala's cultural influences are diverse, evident not only in the series of building renovations that occurred at the hands of successive conquerors, but in the religious composition of the populace — which is 19 percent Christian, 25 percent Moslem and 55 percent Hindu. The cuisine reflects these myriad influences, too, and — in a break from most regions of India — includes beef.

The cultural diversity extends to the countryside, where we see elements of cross-pollination in religious architecture — such as the lotus flower that anchors a cross on a Roman Catholic church in Chennamkary village, and the Hindu-style pillar and tiered oil lamps that mark the church entrance. The man who points these out to us is Thomas Zacharia: rice farmer, Sunday School teacher, and our guide through the backwaters region of Alleppey. His is a Syrian Christian family, whose ancestors were among the first to begin the reclamation process that created these islands around 1000 AD — and his parents were the first in the area to begin hosting visitors, long before bridge construction put Kerala's scenic backwaters on the tourist trail.

But their Green Palms Homestay is less about the comfortable accommodation than it is about sharing the rhythms of community life with their guests: the cycles of flooding and draining the fields that produce short, fluffy Keralan rice; the nurturing of coconut groves for oil, milk, toddy and coir; the snake boat races, weddings and other rituals that mark the calendars of Hindu, Christian and Moslem neighbours alike. As we walk along the dikes and past the heavily nodding rice stalks, Thomas greets each villager by name. We take to the water in traditional jackfruit-and-coir canoes — an eco-friendly alternative to the houseboats whose burgeoning numbers now place serious strain on local waterways. Enamoured with kingfisher and bee-eater spotting, and the call-and-response folk songs chanted by Thomas and his canoe crew, we arrive late for the lunch prepared by Thomas' mother Anna and siblings, Maria and Matthew. It's a veritable feast of traditional Keralan food. »

Cook

LETTERS FROM THE EDGE



NIMMY PAUL

INDIA

SERVES 2-4
AS PART OF AN INDIAN MEAL

Mezukuperatty

Garlic Stir-Fried Vegetables

THIS STIR-FRY PERFECTED by Nimmy Paul is an excellent way to use any vegetables in season. Experiment with your own favourite combinations.

Vegetables

1 cup, cubed or julienned

Shallots

5, minced

Garlic

5 cloves, minced

Curry Leaves

1 sprig (10-15 leaves)

Chile Flakes

¼ tsp

Ground Turmeric

¼ tsp

Coconut Oil

1 Tbs

Salt

to taste

- 1 IF** using hard vegetables like potatoes, yams, beets, etc., parboil first with a few curry leaves, or chop finely.
- 2 CRUSH** the shallots and garlic together with salt in a mortar and pestle. Heat the oil in a heavy pan over medium-low heat. Add the crushed ingredients and cook until softened.
- 3 STIR** in the turmeric, curry leaves and chile flakes. Cook until caramel coloured.
- 4 ADD** the vegetables and stir-fry until tender.



SERVES 2–4 AS PART OF AN INDIAN MEAL

Masala Curry Fish

THIS FISH RECIPE, handed down to Nimmy Paul by her mother, features classic elements of Keralan cuisine — especially coconut milk and coconut oil.

Fish 250 g, cut into pieces

Coconut Oil
1 Tbs

Red Onion
1 large, minced

Green Chile
1, minced

Fresh Ginger
1" piece, crushed

Garlic
3 cloves, minced

Cumin Seed
½ tsp

Apple Cider Vinegar 1 Tbs

Indian Chile Powder 1 tsp

Ground Turmeric
¼ tsp

Curry Leaves
1 sprig (10–15 leaves)

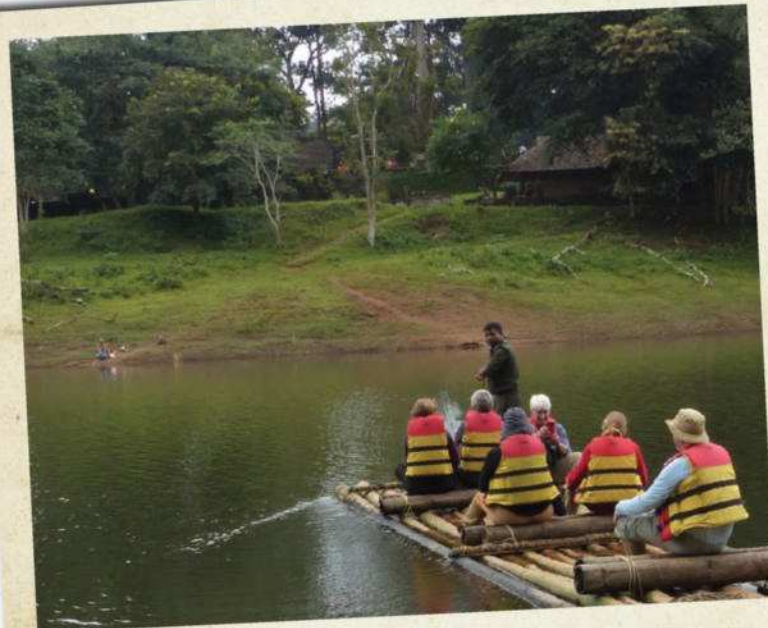
Coconut Milk
½ cup

1 HEAT the oil over medium heat in a clay pot or coated (Teflon or enamel) pan. Add the onion, chile, ginger, garlic and cumin seed and stir gently until caramel coloured. Stir in the cider vinegar. Remove from heat to cool slightly.

2 MIX the chile powder and turmeric in 2 Tbs water to create a paste. Add to the pot and return to the heat. Stir gently, cooking until the oil begins to separate from the mixture.

3 STIR in the curry leaves. Add the fish pieces, stirring gently to coat with the masala sauce. Cover and simmer until fish is done, about 10 minutes.

4 JUST before serving, drizzle in the coconut milk and combine gently.



including salads rife with coconut and pink flower petals; curries of duck (a local specialty), fish, water buffalo and potatoes; and sides of rice, *uddapams* and chutneys — all served on a large banana leaf and eaten with our fingers.

Then we're on the road again, heading inland through plantations of rubber and tea, climbing ever higher among the steep slopes of the Western Ghats. Our destination is the Spice Village Resort in Thekkady, one of twenty CGH Earth Experience hotels scattered across Kerala and Tamil Nadu, each eco-sensitive and individually designed to capture the essence of the place in which it is located. As we settle into thatched cottages modeled on those of the local Manan people, the night scent wafting through the 12-acre botanical garden leaves no question as to where we are: deep in the heart of spice country.

It's here that I commune over *podi kappi* with the shy langur monkeys. Here, too, that before my breakfast *dhosa* (a millet flour crepe, with sweet or savoury accompaniments), I choose from a selection of herbal tonics (like cumin-rich *jeera* water, or pink tea infused with sweet pathimugam bark). And here that the staff of 50 Mile Restaurant guide me through the tongue-twisting local specialties created from ingredients sourced — you guessed it — within fifty miles — and where I add a fiery quail dish and a dried beef salad to my list of Keralan favourites.

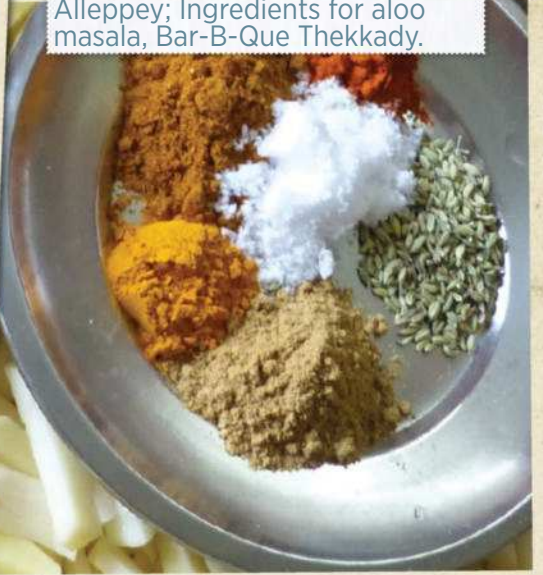
But there's much to discover beyond the resort. Beneath the pepper vines and nutmeg trees of Abraham's Spice Garden, Mr Abraham picks leaves and fruits for us to smell and taste from an encyclopedic collection of tropical edibles nurtured over 65 years by his grandfather and himself. A tall jackfruit anchors the garden as a bulwark against hunger, should all else fail — but it seems little fails here among the cacao and coffee, ginger and galangal, turmeric, basil, cardamom and citrus. Some of this edible wonderland finds its way into the curries and *thorans* of another banana-leaf-plated lunch — and we plunder more from the shelves of Abraham's comprehensive spice shop.

STEVE DUNK



PHOTOS THIS SPREAD FROM TOP LEFT

River crossing, Periyar National Park; Thomas of Green Palms Homestay, Alleppey; Church spire, Alleppey; Ingredients for aloo masala, Bar-B-Que Thekkady.



VICKI



Mattancherry Palace
www.facebook.com/pages/Mattancherry-Palace/129122997130152?rf=231064910262843

St Francis Church
www.stfrancischurch.org

Dhobi Khana
www.facebook.com/pages/Dhobi-Khana/2090442787848243

At Home with Nimmy & Paul
www.nimmypaul.com

Green Palms Homestay
www.greenpalmhomes.com

Spice Village Resort (50 Mile Restaurant)
www.cghearth.com/spice-village

For prime waterfront accommodations in Fort Kochi, check out sister hotel, Brunton Boatyard
www.cghearth.com/brunton-boatyard


Abraham's Spice Garden
www.abrahamspice.com

Periyar National Park
www.periyartigerreserve.org

Bar-B-Que Thekkady
barbqthekkady@gmail.com

Nearby Periyar National Park is an important tiger and elephant reserve, and the traditional homelands of two indigenous groups — semi-nomadic hunters, fishers and honey-harvesters whose ancestors may have arrived here in the first wave of homo sapiens out of Africa. Under the sharp-sighted guidance of indigenous park rangers Raj and Prakash, we discover monkeys and mongoose among the birdlife and wildflowers, and wild dogs on a sambar deer kill. Raj outlines the symbiotic relationship between a caterpillar and its host plant as thoroughly as he stalks a Malabar Grey Hornbill for an optimum photo-op. His palpable passion — as he cradles a newly-hatched dragonfly in his palm, or points to a quartet of Kerala bison cresting a ridge — is more than a little contagious, and our wildlife experiences become an indelible trip highlight.

If Raj is passionate, then Sheril — a former *tuk-tuk* driver and creator of Bar-B-Que Thekkady — is positively ebullient. In an energetic hands-on cooking experience, Sheril and his family guide our vegetable-chopping, coconut-grating and bread-shaping efforts, as we scribble notes and try to digitally capture both technique and laughter for posterity. I thrill in twirling and coiling the dough for my favourite *paratha* bread. Eventually, we enjoy the fruits of our labour with Sheril's signature dish — chicken marinated in spices for seven hours, then barbecued over a charcoal fire. Conscious that my Keralan highlands sojourn is coming soon to an end, I help myself to seconds and make a silent vow: to replicate Sheril's remarkable pineapple curry in my kitchen back home.

And, before I leave Kerala, to savour one more *podu kappi* in the morning mist. 

Calgary-based food and travel writer **CATHERINE VAN BRUNSCHOT** booked her tour to Kerala and beyond with Alberta Food Tours www.albertafoodtours.ca and is still trying to replicate Sheril's pineapple curry. You can read more of her work at www.catherinevanbrunschot.com

PHOTOS THIS SPREAD
CLOCKWISE FROM LEFT
Microgreens; Pudong skyline;
Peninsula Hotel cuisine.

From Farm to **in CHINA**

by JOANNA BOILEAU



THE ORGANIC FOOD MOVEMENT IS TAKING OFF IN CHINA. The country's booming economy and rapidly growing population is creating an educated, affluent middle class who are concerned about environmental issues and food safety and keen to buy fresh, organically grown produce for their families. Sustainable, organic products are not only seen as healthy but symbols of a luxury lifestyle — part and parcel of the new Chinese consumerism.»

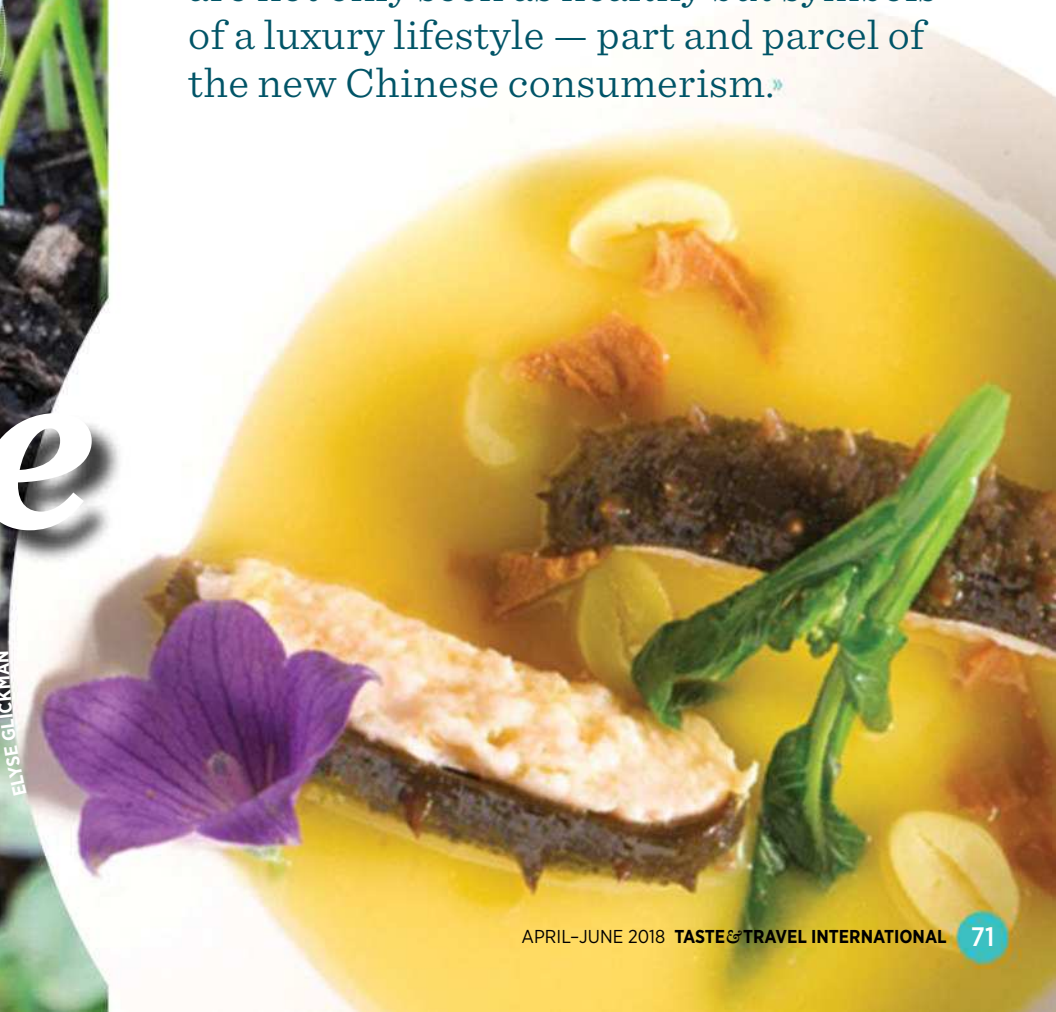


China

WHERE ON EARTH

Table

ELYSE GLICKMAN



DINING

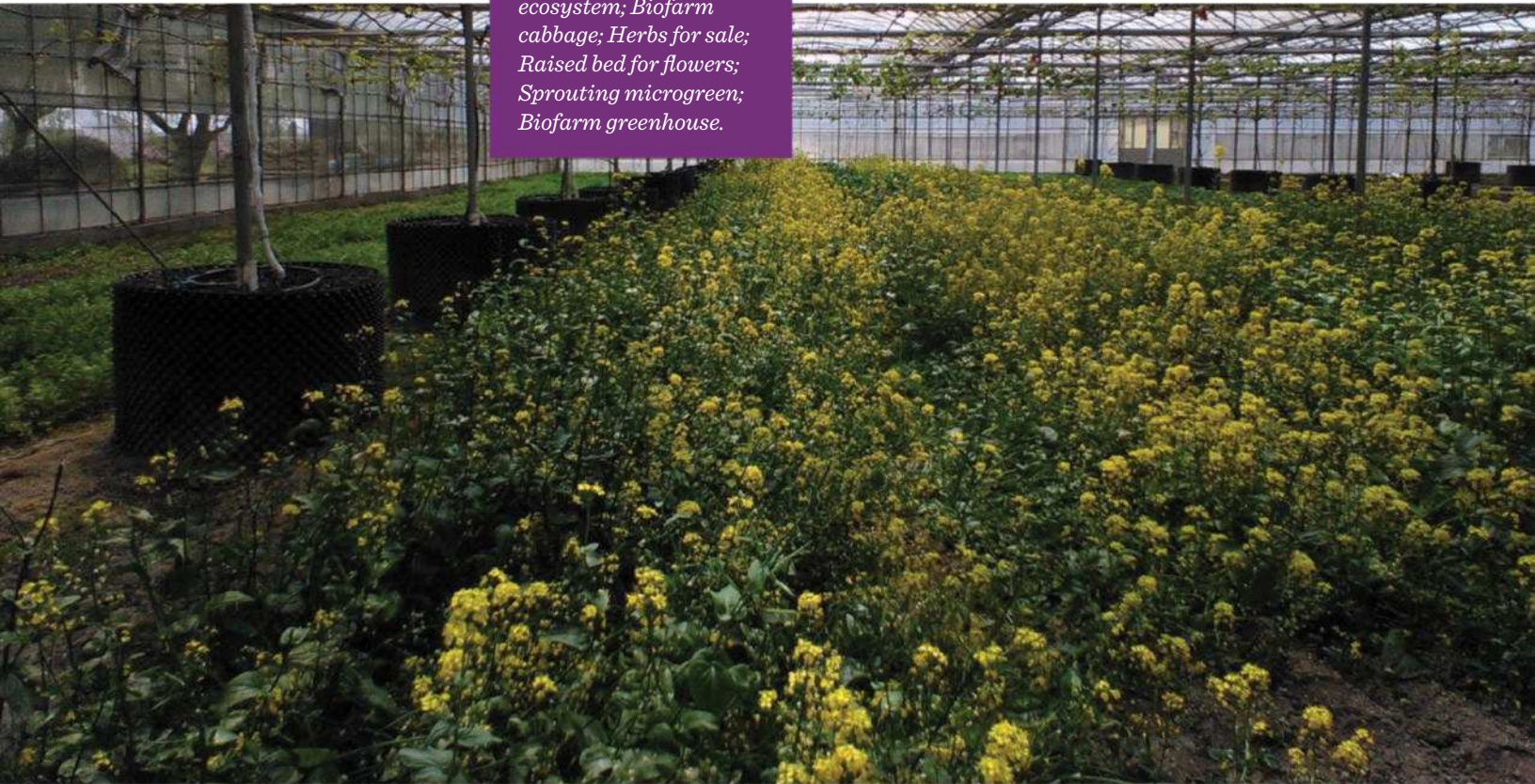
FROM FARM TO TABLE IN CHINA

CHINA



REBECCA SIEGEL

PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT
Organic salad; Goats support the Biofarm ecosystem; Biofarm cabbage; Herbs for sale; Raised bed for flowers; Sprouting microgreen; Biofarm greenhouse.





...Traditional knowledge is combined with modern hydroponic methods...



www.smartshanghai.com/venue/12375/biofarm


JOANNA BOILEAU is the author of *Chinese Market Gardening in Australia and New Zealand* (Palgrave Macmillan, 2017).

«It takes over an hour to drive through chaotic traffic from the highrises of central Shanghai to reach Biofarm, but at the end of the journey we discover an oasis of green. It's a welcome and surprising escape from the smog and crowds of China's biggest city, which has a population of over 24 million. We are greeted by our enthusiastic guide, originally from Taiwan, who explains how when she first came to live in China she was worried about the poor food standards and finding safe, healthy food. She discovered Biofarm, became a regular customer and was invited to join their education and advocacy team. Her key messages are simple — Biofarm is about growing food sustainably and supplying direct from farm to table; growing farmers who want to grow their own food and growing cooks who want to create healthy meals using fresh organic produce. Customers can be sure they are buying food free of chemical fertilisers, pesticides or growth hormones.

Our visit to Biofarm takes us through vast greenhouses and along pathways shaded by willow trees clad in spring green, bordered by canals. Along the way we meet the animals who contribute their manure to fertilise the soil — chickens, goats and pigs. Since Taiwanese businesswoman Sherrie Tian Yuejiao founded Biofarm in 2004 on 20 acres on the outskirts of Shanghai, the farm has expanded its acreage and transformed once degraded land into rich, productive soil.

Returning to traditional Chinese methods developed over centuries of intensive horticulture, the farm practices crop rotation, multi-cropping and inter-cropping, and liberal use of manure, compost and other natural fertilisers and pesticides. Traditional knowledge is combined with modern hydroponic methods. Biofarm employs around 60 people, and produces a wide range of seasonal fruit and vegetables year round in its greenhouses, including organic lettuces, salad greens, sprouts, micro-vegetables, edible flowers and herbs. Customers can purchase subscription food boxes, visit the farm to pick their own, or purchase freshly harvested fruit and vegetables at regular weekend markets. Biofarm markets its produce in supermarkets under its own brand, Ambrosia, and supplies high end hotels and restaurants in Shanghai including the Ritz Carlton, Hyatt, Peninsula and Marriot.

Biofarm hosts WWOOF (Willing Workers on Organic Farms) volunteers who live and work on the farm and runs 'grow your own' education programs and vegetarian cooking classes for adults and children. Our visit ends at the farm's kitchen and restaurant where we are served a delicious vegetarian meal — pumpkin soup, followed by fresh salads and chick pea rissoles, with organic apple juice from the farm's orchard in Shandong.

Shanghai Biofarm, located in Pudong close to the international airport, is a unique hands-on experience quite different from the standard tourist attractions Shanghai has to offer. 



...You'd be forgiven if you didn't know that Calgary is a great food town...

At Calgary Kindlay

by CATHERINE VAN BRUNSCHOT

Contains a Different Tea
sive to the Naked Leaf

CALGARY

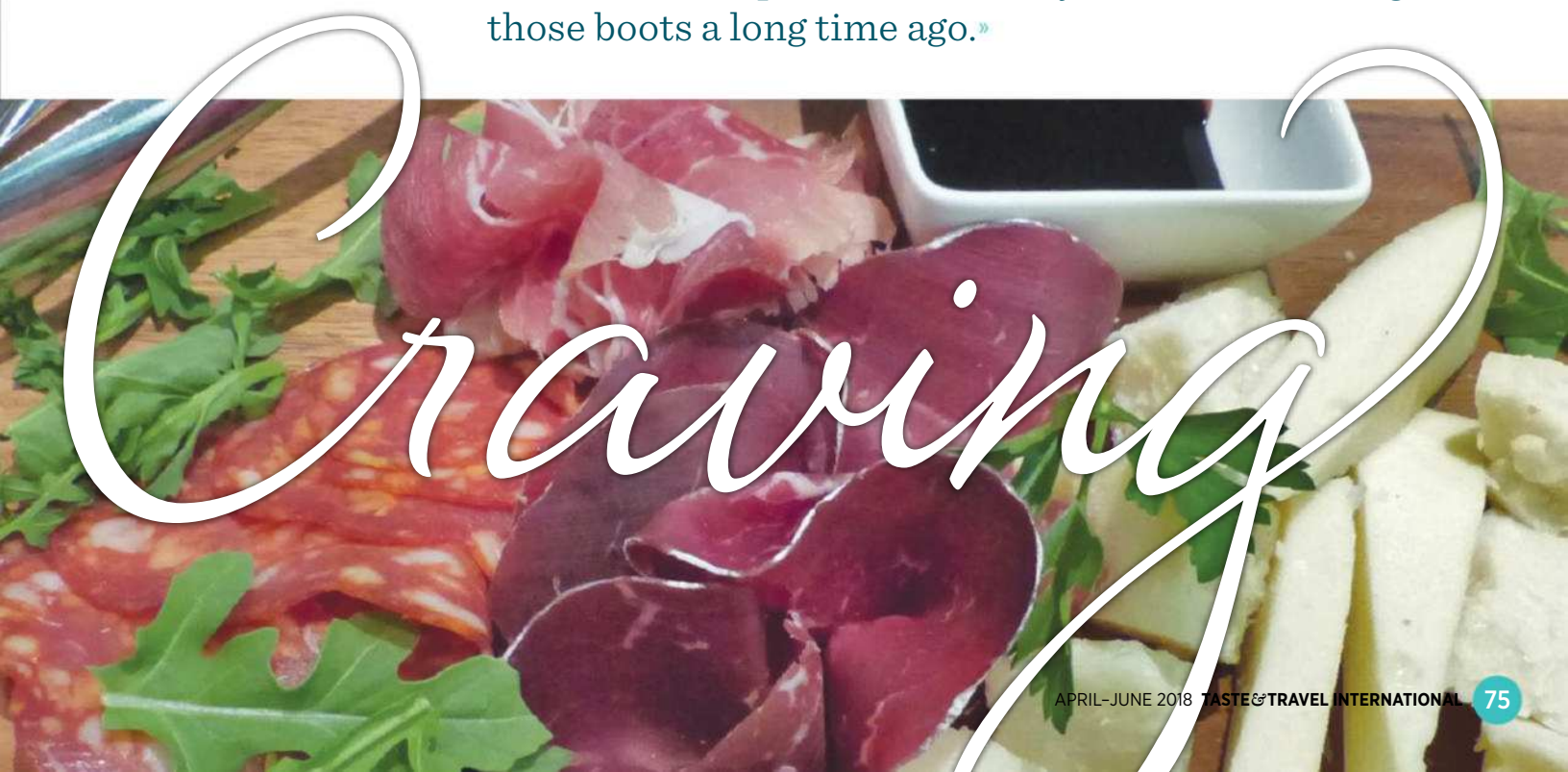
FOOD TOUR

CANADA



PHOTOS FROM
LEFT Calgary
skyline: Inside
The Naked
Leaf tea shop;
Charcuterie
board at
Pulcinella.

CALGARY. You may know it as the gateway to the Canadian Rockies and home to that annual celebration of cowboy culture called the Stampede. But this city of 1.2 million outgrew those boots a long time ago.»



CANADA



«While the pull of the mountains is as strong as it ever was and the pancake breakfasts still proliferate in July (though they might be called a 'PhoDown' or an 'Agahan' — or offer halal meat instead of bacon), Calgary's emerging East Village development has shone a spotlight on the riverfront and energized the city core. The New Central Library promises to be an architectural icon when it opens in 2018 and the stunning National Music Centre has proved since its 2016 opening to be a crucible of creativity for musicians of every flavour. Few other cities offer such a collaborative environment, say visiting musical artists. Visiting chefs say likewise.

You'd be forgiven if you didn't know that Calgary is a great food town. It's kind of a well-kept secret.

Except to those who've been paying attention.

Case in point: Who was the Gold Medal Winner of the Canadian Culinary Championships in 2017? It was Calgary's Jinhee Lee, Executive Chef for **Foreign Concept** restaurant (itself named Calgary's Top New Restaurant in 2016 by CBC food critic and *Calgary Herald* columnist, John Gilchrist, and one of the top restaurants in the country in 2017 according to Canada's 100 Best).

And who was the first woman to win the Food Network's *Top Chef Canada* — doing it the hard way in the 2017 All-Stars competition? You're correct if you said Calgary's Nicole Gomes, chef-owner of **Nicole Gourmet** catering and **Cluck N Cleaver** (one of the Globe and Mail's Top New Calgary Restaurants 2016).

Add headliners like **Rouge, Deane House, Charcut** and **The Nash**, and perennial A-Listers on Canada's Top 100 — like **Pigeonhole, River Cafe, Anju** and **Model Milk** — and you know the time is ripe for delving into Calgary's food culture.

Enter **Calgary Food Tours** — who've been trying to tell the world for more than a decade that the city's had a good thing going. Founded in 2006 by food writer, award-winning cookbook author and CBC Radio columnist, Karen Anderson, Calgary Food Tours offers an insider's view to some of the city's most interesting culinary neighbourhoods.

Take Kensington, for instance. Never as poor as its Toronto namesake was nor as affluent as the London original, Calgary's version was built in the early 1900s as the city's first suburb. It wears its decades-long attempts at gentrification like an ill-fitting suit — an evolutionary state that makes for surprises, sometimes urbane and sometimes dowdy.

Anderson is known for the strong relationships she has with chefs and shop owners who feature in her walking tours, and her **Craving Kensington** tour is no exception. It shows in the time and attention that each is willing to spend with tour guests. »

PHOTOS OPPOSITE PAGE CLOCKWISE FROM TOP LEFT Tea tins designed by local artists; Door logo at Peasant Cheese Shop; Comestibles at Peasant Cheese Shop; Kensington streetscape; Blooms for sale; Kensington Wine Market.



SERVES 8

Broiled Feta & Fennel on Mixed Microgreens

THIS QUICK APPETIZER created by Chef Crystal McKenzie at Peasant Cheese Shop is perfect for a casual get-together.

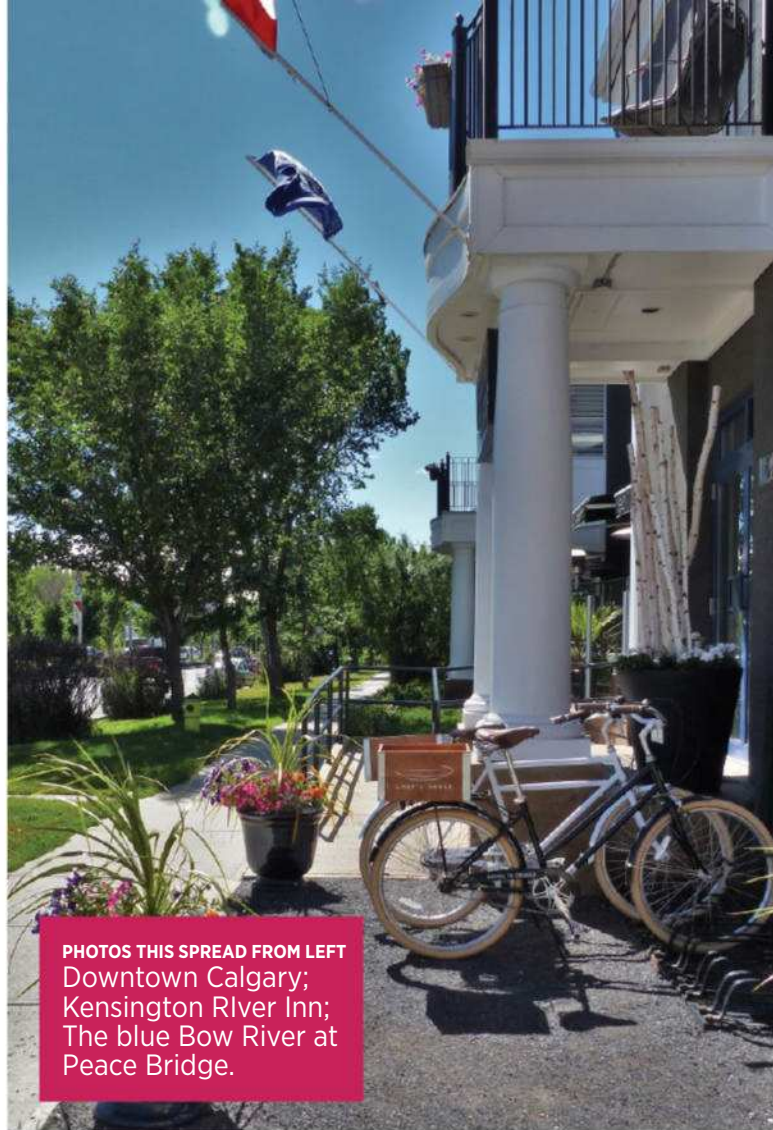
Feta 200 g	Juice of one lemon
Fennel 1 bulb, thinly sliced	Microgreens ¹ 1 cup
Olive Oil 1 tsp	Mixed Fresh Herbs ² 1 cup, chopped
Sumac 1 tsp	Crostini ³

- PLACE** feta and fennel on a baking tray. Sprinkle with olive oil and sumac.
- BROIL** in a 450°F oven for about 7 minutes or until fennel is wilted and feta is slightly browned.
- PLACE** micro greens and fresh herbs on a serving tray. Place feta on top of greens. Place fennel on top of feta.
- SPRINKLE** with lemon juice and serve with crostini.

¹ Chef McKenzie uses mustard greens — regular greens could be used as a substitute.

² McKenzie likes mint, oregano, and fennel fronds.

³ Packaged, or homemade by toasting olive-oil brushed baguette slices under the broiler.



PHOTOS THIS SPREAD FROM LEFT
Downtown Calgary;
Kensington River Inn;
The blue Bow River at
Peace Bridge.

«At family-owned **Pulcinella** restaurant where the tasting begins, the very charming Savino has been teaching Anderson Italian. He's the genial host for our charcuterie tasting and a generous pourer of Isonzo Sauvignon Blanc and award-winning Alpha Zeta V Valpolicella. But the feature attraction is the line-up of authentic Neapolitan pizza, which we tear and fold in traditional style. Pulcinella's Chef Domenic Tudda was the first in Canada to receive and maintain the strict certification of the *Associazione Pizzaiuoli Napoletani* that stipulates the origin of ingredients, the preparation process, and the precise temperature of the tiled pizza oven that dominates the room.

Next up is **The Naked Leaf** tea shop, tucked into the bottom of a former Masonic Lodge built in 1926. Here, former professional dancer, lifetime tea-drinker and owner Jonathan Kane pours us cups of cold-brewed Cinnamon Rooibos and Chai-Mint Green tea while he outlines the deep connections that tea has held historically for cultures around the globe. We nibble samples, too, of tea-infused chocolate — a sweet collaboration between Kane and an instructor at nearby SAIT Culinary School — while we browse the selection of loose teas, teaware, and tins featuring the work of local artists.

Further down the street, we slip into the tasting room of **Kensington Wine Market**, one of the first independent liquor stores to emerge in Calgary when the Alberta government privatized liquor sales in 1993. In addition to the usual array of

products, the shop sources items for which it can be the exclusive Calgary provider. Each of our heady tastings is presented by a different store expert: the wine gal pouring a glass of Bernard Fouquet Vouvray from the Loire Valley; the beer dude, an 8-Wired Semi-Conductor Sessional IPA from New Zealand; the scotch guy, a 24-year-old small-batch single malt from Cadenhead.

Right next door is **Peasant Cheese Shop**, where chef-turned-cheese-whiz Crystal McKenzie sells everything needed for an elegant charcuterie platter, including scores of cheeses, terrines and olive varieties from the cold case, plus shelves of locally-sourced and choice (read: French) imported products. For our tasting pleasure, McKenzie prepares slices of Haloumi cheese sautéed in olive oil and drizzled with house-made *sa/sa verde*, and fingers of ash-laced Morbier sided with Sweetie Drop peppers from the highlands of Peru.

Our next host is Cam Dobranski, chef-owner of **Brasserie Kensington**, the WineBar Kensington downstairs, and the (shipping) Container Bar that sits in the adjacent alley. Formally trained in both Alberta and Switzerland, Dobranski is a self-described 'freestyle' chef with an underground edge to his rustic-classical cuisine — a perfect match for the neighbourhood. He's also co-creator of the indie-style Medium Rare Chef Apparel worn by contestants on Top Chef Canada. Under a sombrero-wearing wild boar head, we sample the



SERVES 8

Duck Rillettes Quenelles & Watercress Canapés

A QUICK AND elegant appetizer created by Chef Crystal McKenzie at Peasant Cheese Shop.

Duck Rillettes
100 g

Chateau de Bourgogne Cheese 50 g

Caper Berries
3, minced

Cucumber
8 slices


Watercress¹
for garnish

- 1 LIGHTLY** fry duck rillettes to loosen and render a little of the fat.
- 2 REMOVE** the rind from the Chateau de Bourgogne and add to duck rillettes.
- 3 ADD** caper berries and mix.
- 4 SPOON** a half teaspoon of duck mixture onto each slice of cucumber.
- 5 GARNISH** with watercress.

¹ You can substitute tarragon or oregano.

brasserie's house poutine, made of Kennebec potatoes, duck-confit gravy and local cheese curds, perfectly-paired with Show Pony Pale Ale by local craft brewer, Last Best.

An ideal food tour ends with dessert — and for this we head to **Crave**, popular Calgary purveyor of cupcakes and cookies. Coming from a family of home-bakers in nearby High River, sisters Carolyn McIntyre Jackson and Jodi Willoughby hit the scene at the leading edge of the cupcake craze and have persisted beyond it, due largely to the handcrafted techniques and high quality ingredients used in their bakeries (think hand-cracked eggs and fresh butter and cream). We run a gauntlet of envious eyes from the customer queue as we make our way to the kitchen, where we ice (and eat) our own feather-light cupcakes.

We end our tour where we began — at **Kensington Riverside Inn**, Calgary's first Relais & Chateaux-designated property. Under the R&C banner of local authenticity and exceptional food, this art-filled boutique hotel offers Canadian cuisine just a stone's throw from the crimson Calatrava-designed Peace Bridge — and free bicycles with which to explore the riverside pathways. Our parting gift is a package of the inn's housemade granola, something by which to remember our slice of Calgary's inventive food culture — with nary a pancake in sight. 



The **Craving Kensington** tour now runs on Thursday nights from February to November. You'll hit some of Calgary's top restaurant stars on the **Savour 17th Ave SW** tour (including Anju) and **Inglewood Edibles — Made by Mavericks** (including Rouge and The Nash). Or meet ten of the best local food producers on the **Sunday Brunch and Calgary Farmers' Market Tour**. Calgary Food Tours is a division of Alberta Food Tours, which also offers walks in Edmonton and Canmore, and an annual culinary tour to India. www.albertafoodtours.ca



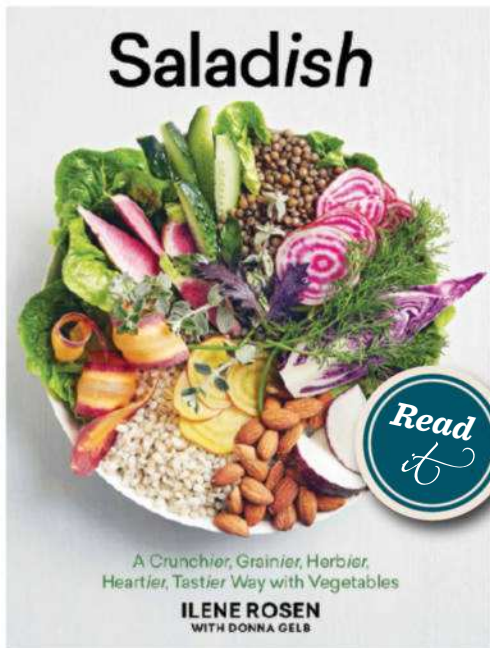
CATHERINE VAN BRUNSCHOT is a Calgary-based writer who contributes regularly to **TASTE & TRAVEL** — and is an incorrigible fan of Stampede Breakfasts. Read why at www.catherinevanbrunschot.com

BOOK REVIEW

REVIEWED BY JANET BOILEAU

Saladish

by Ilene Rosen with Donna Gelb
(ARTISAN, 2018)



I'M NOT A FAN OF RESTRICTIVE diets. To my mind the healthiest way to eat is omnivorously, unless there's a physiological necessity to avoid certain foods.

But I do like vegetables, a lot. *Saladish*, by chef Ilene Rosen with the help of food writer Donna Gelb, is full of refreshing and interesting ideas for *A Crunchier, Grainier, Herbier, Heartier, Tastier Way with Vegetables*. Rosen doesn't preach or try and limit our dietary choices but, by taking an inventive approach to the use of vegetables and rethinking the notion of salad, presents an opportunity to broaden them.

Rosen is both a chef and owner of a specialty food store in Brooklyn, New York. *Saladish* draws on her previous 15-year experience as savoury chef at City Bakery, a legendary eatery in the Flatiron district. Given free reign in the kitchen and close proximity to The Union Square Greenmarket, Chinatown and an international range of grocery stores, Rosen let her creativity fly. With a focus on fresh produce and hearty

grains and beans, she developed recipes she describes as "like a salad, yet so much more." Many, but not all, are vegetarian (animal products appear here and there in small amounts, used primarily as seasoning), some are substantial enough to make a meal, others are designed to be used in combination with other salads, or to serve as sides.

You'll need to do some specialist shopping before you start cooking. Rosen relies on a global pantry of full-flavoured ingredients to provide the zing that garnered her City Bakery salad bar a cult following. A pantry chapter outlines key ingredients, both familiar (vinegars, oils, beans...) and less so (yuzu kosho, gochugaru, schichimi togarashi...) and sourcing information is provided in the back of the book. I was able to round up everything I needed for the first five recipes I planned to test, with trips to an Asian supermarket, a Middle Eastern grocery and my local branch of Bulk Barn.

You'll also need to read the recipe all the way through and plan your cooking, as many dishes involve one or more sub-recipes. *Sweet Potatoes and Chickpeas, Bhel Puri Style*, for example, required me to make a tamarind dressing and a fresh onion and herb chutney, in addition to roasting sweet potatoes, toasting coconut and assembling the salad. The effort was worthwhile, the end result coming together in a satisfying and delicious harmony of textures and tastes. The raw onion chutney was too harsh for my liking — next time I'll soak the onions in water to reduce their bite — but this recipe is a keeper. I served it to carnivores as a main course, with nary a squeak about the lack of meat. The leftovers tasted even better the next day.

The recipes in *Saladish* are arranged by season, making use of vegetables that are at their best when locally sourced, but most of the dishes can also be made year-

round. Clever combinations of ingredients and the use of boldly flavoured condiments will brighten even supermarket produce if that's all you have access to at certain times of year.

In a chapter called *The Saladish Manifesto*, Rosen explains the key principles at work in her dishes, stressing the importance of fresh ingredients and building contrast in texture (*toothsome, fluffy, crunchy, crisp, hefty*) and flavour (*richness, sharpness, sweetness, saltiness, spiciness*). Once you've grasped these fundamentals, you have a template for developing your own creative dishes. Rosen has a seemingly innate ability to find quirky combinations that have a natural complementarity, ingredient relationships that had me wondering — why didn't anyone else think of that? Sections titled *Choose Your Style* give suggestions for altering the flavour profile of a dish (such as kale salad, roasted Japanese eggplants, mini tomatoes, Brussels sprouts) by swapping out some components. Taking these variations into account, along with instructions for making many condiments, pickles, dips and dressings, *Saladish* contains many more than the 85 recipes promised.

After the quite complex Sweet Potato recipe, *Toasty Broccoli with Curry Leaves and Coconut* was simple to prepare. Fresh curry leaves are fried in vegetable oil until crisp, and set aside. The flavoured oil is then use to fry the coconut chips and season the broccoli before it is roasted in the oven. Toasted chips and curry leaves come back as a garnish. A clever recipe — easy ▶



SERVES 6-8



Couscous and Spring Allium Mix

MY FAVOURITE MEMBERS of the onion family get together here, all at their spring best. Long stalks of green garlic are one of the earliest arrivals at the farmers' market. Chop the bulbs and the peeled, tender parts of the stalk for a very fresh-tasting burst of garlic flavour.

Spring Onions
2-4, depending
on size

Baby Leeks
2, rinsed

Scallions 4

Kosher Salt

Pearl Couscous
2 cups

**Extra Virgin Olive
Oil** 2 Tbs

Green Garlic 1-2
stalks (depending
on size and
potency), chopped

**Freshly Ground
Black Pepper**

**Watercress
Dressing** (recipe
follows) 1 cup, plus
more as needed

Frisée or other
Young Greens,
such as **Baby
Spinach** 2 handfuls,
torn into bite-size
pieces

Raw Cashews
 $\frac{1}{2}$ cup, toasted and
roughly chopped

- 1 TRIM** the spring onions, leeks, and scallions and separate the white parts from the tender greens. Discard any tough outer green leaves. Chop the white parts, and thinly slice the tender green parts on the diagonal. Reserve the white and green parts separately.
- 2 BRING** a large pot of salted water to a boil. Meanwhile, pour the couscous into a dry 9- or 10-inch skillet set over medium heat and toast, stirring often, for about 6 minutes, until light golden brown. Remove from the heat.
- 3 TIP** the couscous into the boiling water (set the skillet aside) and cook for about 8 minutes, until tender but not mushy. Drain in a colander and spread out on a sheet pan to cool completely, then transfer to a wide bowl.
- 4 HEAT** the olive oil in the skillet over medium heat and sauté the chopped white parts of the spring onions, leeks, and scallions and the green garlic, stirring, for several minutes, until softened but still slightly crisp; do not allow to brown. Remove from the heat and stir into the cooled couscous. Season to taste with salt and pepper. Let cool.
- 5 JUST** before serving, add half of the dressing to the couscous and toss. Add the frisée and sliced spring onion, leek, and scallion greens and toss again, adding more dressing if needed (the couscous soaks it up as it stands). Add the cashews and toss again, adjust the seasoning with salt and pepper, and serve.

MAKES ABOUT 1 $\frac{1}{2}$ CUPS

Watercress Dressing

Watercress 1 bunch

Dijon Mustard 1 Tbs

White Wine Vinegar
2 Tbs

**Flavorless Vegetable
Oil** $\frac{3}{4}$ cup

Kosher Salt and
**Freshly Ground
Black Pepper**

- 6 CUT** the lower stems off the watercress. Rinse and dry the leafy tops and remove and discard any thicker stems.
- 7 PUT** in the bowl of a food processor or in a blender and pulse until finely chopped, scraping down the sides as needed.
- 8 ADD** the mustard and vinegar and pulse to combine. With the motor running, drizzle in the oil, processing until the dressing is smooth.
- 9 SEASON** to taste with salt and pepper. Leftover dressing can be used as a dip for crudité. It will keep for several days in the refrigerator.

All recipes excerpted from *Saladish* by Ilene Rosen (Artisan Books). Copyright © 2018. Photographs by Joseph De Leo. Used with permission from the publisher.



SERVES 8

Sweet Potatoes and Chickpeas, Bhel Puri Style

INSPIRED BY A craving for Bhel Puri, my favorite Indian street food, I decided to make a salad with some of its key components: tamarind dressing, onion, mint, and cilantro — and, of course, Bhel mix.

The Potatoes

Sweet Potatoes 2 ¼ lbs, scrubbed and cut into 1" pieces

Flavorless Vegetable Oil 3 Tbs

Kosher Salt

Shredded Unsweetened Coconut
1 cup

Tamarind Dressing

Dijon Mustard 1 Tbs

Rice Vinegar 3 Tbs

Tamarind Concentrate ½ cup

Flavorless Vegetable Oil ½ cup

Kosher Salt

Cooked or Canned Chickpeas
2 cups, drained

Chopped Fresh Mint Leaves ¼ cup

Small Fresh Cilantro Sprigs ¼ cup

Freshly Ground Black Pepper

Bhel Mix or other **Indian Snack Mix**
¾ cup, plus 2 Tbs

Lime Wedges

Fresh Green Chutney (recipe to right)

- PREHEAT** the oven to 400°F.
- TOSS** the sweet potatoes with the oil and spread out on a sheet pan. Sprinkle with salt and roast for about 20 minutes, turning occasionally, until nicely browned outside and tender inside.
- SPREAD** the coconut out on a second sheet pan and toast in the oven for about 5 minutes, until fragrant and lightly coloured, stirring halfway through. Set aside.
- MAKE** the dressing: Put the mustard, rice vinegar, and tamarind liquid in the bowl of a food processor or in a blender and pulse to combine. With the motor running, drizzle in the oil. The mixture will be creamy. Add salt to taste.
- TRANSFER** the sweet potatoes to a serving bowl and toss with the chickpeas, herbs, and dressing. Season generously with salt and pepper. Let cool to room temperature. Just before serving, add the coconut and ¾ cup of the Bhel mix to the sweet potatoes and toss to combine.
- TOP** with the remaining 2 Tbs of Bhel mix and serve with lime wedges and the fresh green chutney.

«peasy and really tasty. I'll save you bother of weighing out half an ounce of curry leaves — a loosely packed cup is what you'll need.

A salad of Israeli couscous shot through with sautéed alliums (spring onion, leek, garlic scape), scattered with cashews and doused with a watercress dressing was an unusual but delicious way to showcase these harbingers of spring. I know what I'll do when ramps show up in my garden. I also learned from this recipe that toasting the couscous helps the grains stay firm once they are dressed. There are tips like this that will make you a better cook, sprinkled throughout *Saladish*.

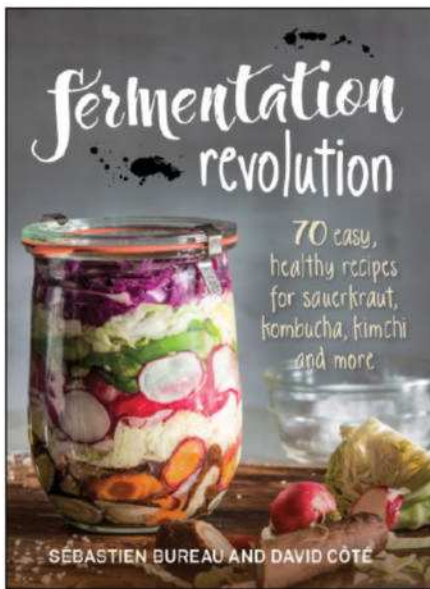
Another measuring niggly with the recipe for *Vietnamese-Style Tofu Salad*. The tofu soaks in a spicy marinade that calls for mirin, sambal oelek, rice vinegar, tamari, honey and 4 ½ teaspoons of vegetable oil. The difference a half teaspoon of oil makes in a marinade is negligible. Silly measurements like this are often the result of scaling down a catering-size recipe purely by the numbers. But the tofu — roasted in a hot oven until crisp-edged — and tossed with a homemade pickle of carrot and daikon, was wonderful.

Like Yotam Ottolenghi, Rosen has changed the way I think about salads and vegetables, bringing them in from the sidelines and making them the main focus of vibrant, healthy meals. While Ottolenghi draws on his Middle Eastern heritage for inspiration, Rosen goes wherever flavour is to be found. The ingredients for *Tofu Shirataki Noodles with Thai Basil Pesto* are waiting in my fridge. I'm planning to cook this book from start to finish. **TEXT**

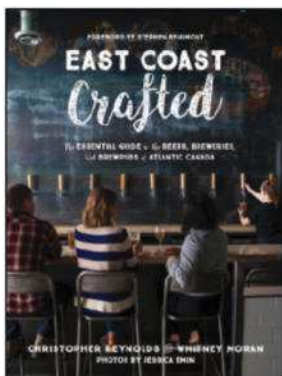
JANET BOILEAU is the publisher of **TASTE & TRAVEL** magazine.



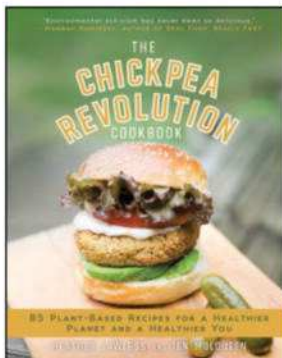
The TASTE&TRAVEL library contains books, old and new, that we use to cook and read our way around the world. Here are some recent additions.



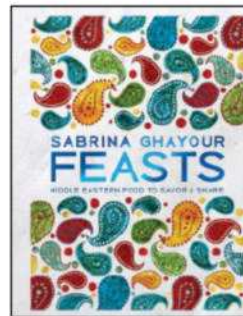
Fermentation Revolution by Sebastien Bureau and David Cote (Robert Rose, 2018) From kefir to kimchee, miso to mead, sauerkraut to sourdough, this practical guide helps to demystify a wide range of naturally fermented foods that pack a major nutritional punch. Step-by-step recipes are easy to follow, graded for difficulty (most are simple) and accompanied by gorgeous photography.



East Coast Crafted by Christopher Reynolds and Whitney Moran (Nimbus, 2017) Now may be the best time to be drinking suds. The craft beer movement has exploded in Canada, with the Atlantic Provinces currently holding the crown as the country's fastest growing beer-producing region. Reynolds and Moran introduce the people behind the pints in this timely guide to Atlantic Canada's burgeoning crop of breweries and brew pubs.



Chickpea Revolution by Heather Lawless and Jen Mulqueen (Skyhorse, 2018) As the title suggests, there's a manifesto (save the planet, save yourself) to digest along with some 85 recipes that show the versatility of this nutritious legume. You're probably familiar with hummus and falafel, but how about meringues and marshmallows made from chickpea cooking water?



Feasts by Sabrina Ghayour (Weldon Owen, 2018) Everyone seems to be in love with the colours and flavours of Middle Eastern cuisine and this latest volume from the award-winning British-Iranian cooking teacher and author is packed with both gorgeous photos and flavourful, but uncomplicated, recipes that can be combined to make a feast, be it simple or spectacular.



Where Chefs Eat (Phaidon, 2017) With 4500 restaurant recommendations garnered from 660 chefs, this third edition of WCE covers the full spectrum of eateries, from high end to hole-in-the-wall, all over the world. Well, not quite — you'll get plenty of suggestions for New York or London, none for Ottawa. At 1182 pages, the free app is a welcome bonus.

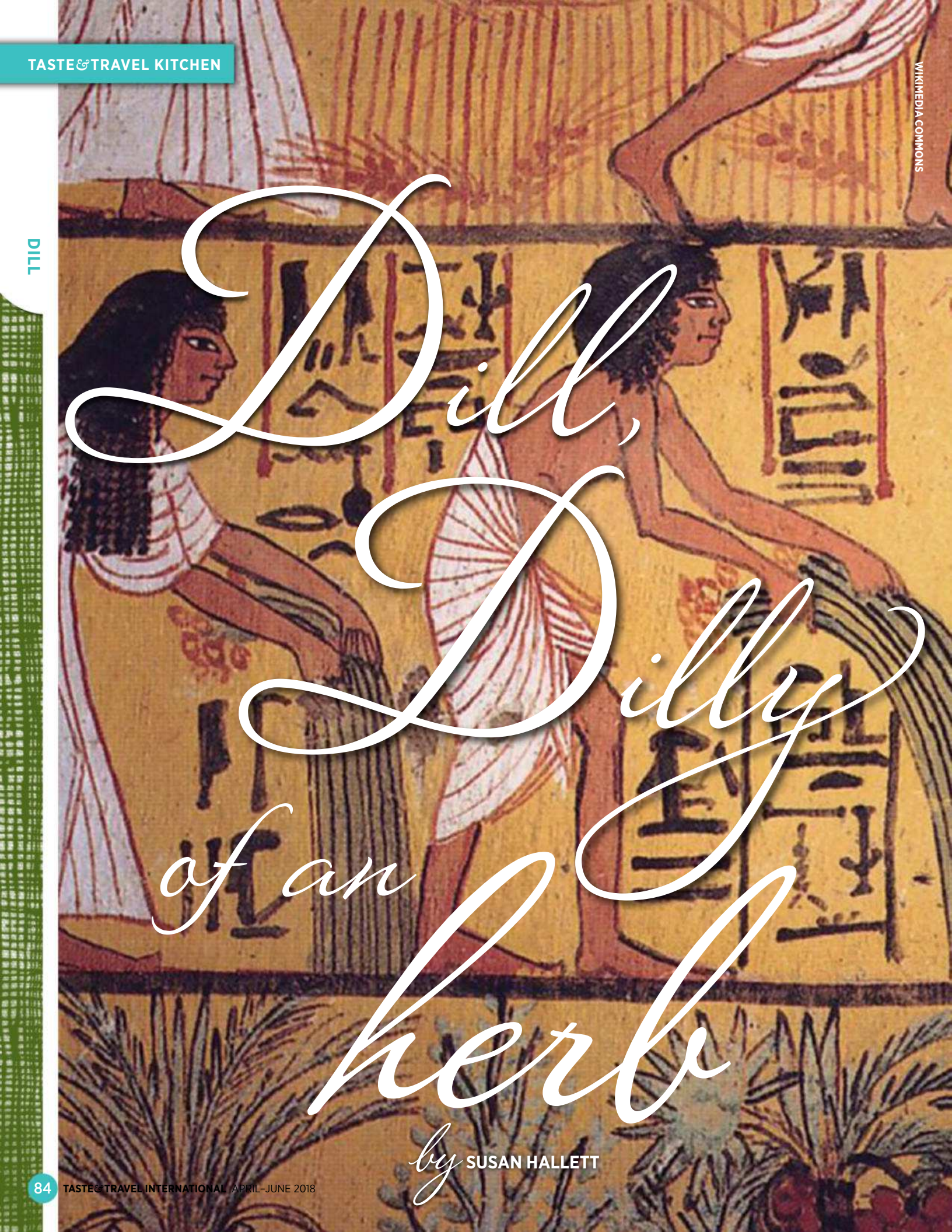


The Great Shellfish Cookbook by Matt Dean Pettit (Appetite, 2018) The Canadian author, a supplier of lobster and other seafood, shares his knowledge of how to buy, store, prepare and cook all kinds of shellfish and crustaceans. Recipes range from simple to sophisticated, covering the classics and introducing some that are more innovative. Plenty of inspiration here for shellfish fans.



Mediterranean Flavours by Canadian Living (Juniper, 2018) You know when you have a *Canadian Living* cookbook that the recipes are going to work because they have been meticulously tested with the home cook in mind. This book of vibrant Mediterranean dishes, from appetizers and snacks to mains and desserts, may be the only one you need to eat well or entertain this summer.

DILL

An ancient Egyptian wall painting depicting a domestic scene. On the left, a woman with long dark hair, wearing a white and red striped dress, is shown in profile, holding a large bundle of what appears to be harvested grain or herbs. On the right, a man with a beard, wearing a white and red striped kilt, is shown in profile, holding a similar bundle. The background is yellow with black hieroglyphs. The scene is set within a room with a wooden ceiling and a floor decorated with stylized plants. The overall style is characteristic of ancient Egyptian art, with flat colors and clear outlines.

Dill, Dilly of an herb

by SUSAN HALLETT



LIZ WEST

DILL, A HERB “of ancient reputation” according to *The Horizon Cookbook*, was recorded in the medical rolls of ancient Egypt and was so esteemed as a sedative, an aid to digestion and for relieving headaches, that eight seeds were discovered in the 18th Dynasty tomb of Amenhotep the Second on the mummy of Merenptah, the son of Rameses II. The find was discovered in 1898. It was common in ancient Egypt to bury seeds with soldiers to help heal wounds.

The Romans believed that dill brought good fortune and used the leaves to make wreaths to honour athletes and heroes. The common name for dill comes from the old Norse word *dylla*, probably meaning to calm or soothe. Nowadays, dill is a popular herb in Scandinavia, especially in Sweden where it is used as a seasoning for boiled lamb, and in Norway as an ingredient in the curing of gravlax. The potion resulting from steeping dill seeds in water was used as a carminative until fairly recently and oil of dill made from the seeds was used several centuries ago in charms against witchcraft.

Dill is native to western Asia as well as to Europe, especially the eastern Mediterranean region. It has, however, been cultivated for centuries on a small scale in the Scandinavian countries as well as in Britain, where seeds imported from other countries are processed for their oil, used medicinally because it contains carvone and limonene, fatty oil, proteins, tannins and mucilage. In North America, dill is grown commercially, and it is quite easy to find fresh dill throughout the summer in market gardens. »

PHOTOS THIS SPREAD
CLOCKWISE FROM LEFT
Harvesting dill in
Ancient Egypt;
Dill in flower.



SERVES 4

Rice Salad with Goat Cheese, Edamame and Dill

Vinaigrette

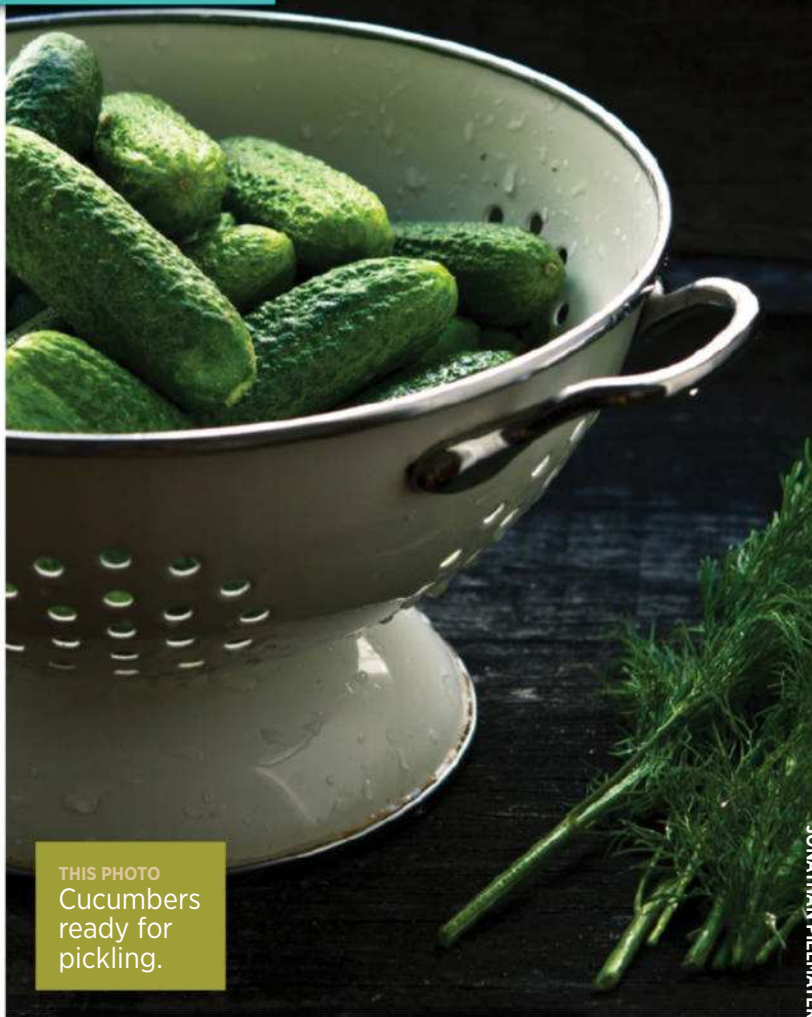
Olive Oil ¼ cup
Red Wine Vinegar
⅛ cup
Lemon Juice 2 Tbs
Soft Goat Cheese
½ cup
**Salt and Freshly
Ground Black
Pepper** to taste

- 1 WHIZ** all ingredients in a blender until creamy. Taste for seasoning and add more salt, pepper or lemon juice as needed.

Salad

**Cooked Basmati
Rice** 2 cups
Spring Onions 3,
white and green
parts chopped
Frozen Edamame or
Garden Peas ½ cup,
cooked and cooled
Fresh Dill a
generous handful,
chopped
Soft Goat Cheese
½ cup

- 2 TOSS** the salad ingredients with the dressing, saving a little goat cheese and dill for garnish.
- 3 PLATE** the salad and garnish with freshly cracked black pepper, dill and goat cheese.




THIS PHOTO
Cucumbers
ready for
pickling.

JONATHAN PIELMAYER

«Both seed and leaf of this feathery, pungent and rather bitter plant are in use practically all over the world in pickling and for flavouring sauces and salads. It is a welcome addition to fish and bean dishes, sour cream dips, dill butter, cucumber and cabbage salads as well as in potato dishes such as potato salad. Fresh dill leaves are absolutely delicious sprinkled on new potatoes. It may be a surprise to know that dill pickles, circa 2017 are the most common variety of pickles in North America. If you buy the type that must be kept refrigerated, such as my bottle of ‘Kosher Full Sour Pickles,’ these are barrel cured and very good for one’s health because of the probiotic content.

This Old World annual herb with its bluish-green, hollow branched stems and yellow flowers is a single species plant, yet part of the same family as carrots, fennel and cilantro — the Apiaceae family, *Umbelliferae/Apiaceae*, specifically *Anethum graveolens*. It is similar in taste to fennel. It is, however, distinguished from fennel because it is an annual, not a perennial, and by its hollow stem and the shape of its small, oval, seed-like fruit.

Once considered a medicinal herb, dill was an important ingredient in potions to treat coughs and headaches as well as colic and hiccups in babies. These days, dill and dill oil seem to be almost essential. Besides their use in kitchens around the world, especially in Europe, they are used by the food industry as a flavouring agent as well as in the making of liqueurs and cosmetics. 

SUSAN HALLETT is an Ottawa-based writer with a special interest in Eastern and Western Europe, history, travel, food and art.



MAKES ABOUT 3 CUPS

Tzatziki

HOME-MADE TZATZIKI IS simple to make and so much fresher than store-bought.

Cucumber
1 medium

Salt 1 tsp

Sugar 2 tsp

Fresh Mint
chopped,
1 Tbs

Fresh Dill
chopped,
2 Tbs

Garlic
1 small clove,
crushed

**White Wine
Vinegar**
2 Tbs

Plain Yogurt
2 cups

**Freshly
Ground
Black
Pepper**
to taste

- 1 PEEL** the cucumber and scoop out the seeds with a teaspoon. Chop finely and mix with the salt in a small bowl. Allow to stand for 20 minutes then rinse with cold water and drain well in a sieve.
- 2 COMBINE** the cucumber and all other ingredients in a mixing bowl. Allow to stand for 15 minutes for flavours to develop. Refrigerate for up to 24 hours until ready to serve, draining off any excess liquid that accumulates.

Vegetarian
Voyager

Cook

VEGE

Freekeh

SERVES 4

Freekeh Pilaf

Freekeh

Freekeh 1 cup	White Wine or Water ½ cup
Water 1 ¾ cups	Ground Cumin 1 tsp
Olive Oil 2 Tbs	Ground Turmeric 1 tsp
Onion 1 small, chopped	Ground Cinnamon ½ tsp
Celery 1 stalk, chopped	Salt and Freshly Ground Black Pepper to taste
Bell Pepper 1, chopped	Red Wine Vinegar 2 Tbs
Garlic 2 cloves, chopped	
Button Mushrooms 2 cups, chopped	


To Garnish

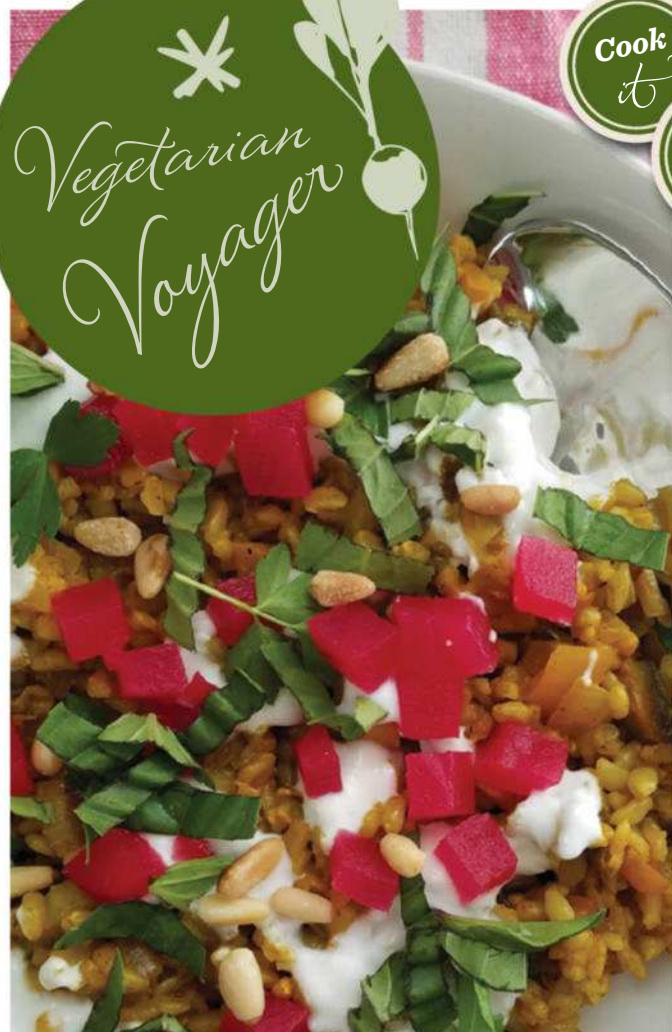
Plain Yogurt	Fresh Herbs
Middle Eastern Pickled Turnip	Toasted Pine Nuts

- 1 RINSE** the freekeh in cold water to remove any grit or dust.
- 2 BRING** the freekeh and fresh water to a boil in a saucepan then reduce the heat to a simmer and cook until the water is nearly all absorbed and the freekeh is tender, about 20–25 minutes. Drain in a sieve and set aside. Alternatively, you can cook the freekeh in a pressure cooker for ten minutes.
- 3 HEAT** the olive oil in a large skillet and sauté the onion, celery, bell pepper and mushrooms until soft, about 5 minutes. Add the garlic and sauté until the garlic is fragrant, about 1 minute more. Add the wine or water and scrape up the brown bits from the bottom of the pan.
- 4 ADD** the cooked freekeh, the spices, salt and pepper and stir to combine. Cook, tossing, until the freekeh is heated through. Turn off the heat and sprinkle with the vinegar. Taste for seasoning and add more salt and pepper if you like.
- 5 TO serve**, divide the pilaf into bowls, top with a swirl of yogurt, some chopped pickled turnip, pine nuts and a generous sprinkle of freshly chopped herbs.

IF YOU haven't yet discovered freekeh, you're in for a treat. Like farro, spelt and teff, freekeh is an ancient grain that is enjoying a resurgence among people seeking a healthier diet. It's a great protein source for vegetarians and offers a host of other nutritional benefits.

Freekeh, pronounced free-kuh (but go ahead and call it freaky!), is wheat that has been harvested when still green. The grain is roasted, then rubbed to remove the chaff. What's left is a nutritious whole food that's high in protein, fibre, vitamins and minerals. Freekeh delivers more protein than mature wheat and more than double the protein derived from rice. Its high fibre content promotes digestive health and a low glycaemic index means it's suitable for diabetics.

Aside from its health benefits, what we like most about freekeh is its chewy texture and unique flavour of woodsmoke. It's easy to cook and endlessly versatile—a perfect basis for building a nutritious and delicious vegetarian meal. 



Ottawa

OTTAWA

The Culinary Traveller's Guide

Neighbourhoods

BEECHWOOD An emerging Ottawa Eat Street with pubs, coffee shops, a kitchenware emporium, bakeries and a number of noteworthy restaurants.

BYWARD MARKET The area surrounding the ByWard Market is one of Ottawa's hottest and most central 'hoods. Along with the farmers' market itself, some of Ottawa's best restaurants and shops can be found here.

CHINATOWN Somerset St W. between Rochester St and Bay St is the best place to get your fill of cheap and tasty Asian eats. Just look for the opulent archway near Bronson Ave to know you're in the thick of it.

LITTLE ITALY Preston St (dubbed Corso Italia) is chock full of Italian pride — as well as some of the best eats in town. Keep an eye open for local events throughout the year.

MANOTICK Just south of the city is the charming riverside village of Manotick. Spend the day exploring the heritage district's boutiques, restaurants, cafés and specialty food shops and visit the historic **Watson's Mill** for a sack of stone-ground flour or a loaf of wholewheat bread.

THE GLEBE/OLD OTTAWA SOUTH While they're technically two separate neighbourhoods, both share a common main street (Bank St) and offer a plethora of fantastic restaurants and shops.

WELLINGTON WEST/HINTONBURG Wellington St W. encompasses the eclectic neighbourhoods of Wellington West and Hintonburg — two hot spots that are currently enjoying some serious gentrification.

WESTBORO The stretch of Richmond Rd between Island Park Dr. and Golden Ave is known for its tight-knit community vibe, as well as its ever-increasing array of great eateries and boutiques.

Cooking Classes

LE CORDON BLEU OTTAWA Day classes and workshops as well as professional courses. 453 Laurier Ave E. www.lcbottawa.com

OTTAWA CHINESE COOKING STUDIO Asian cuisine, evening classes. 211 Black Sage Cres. www.chinesecookingstudio.com

THE CULTURAL KITCHEN Specializes in Mexican cuisine. 836 Como Cres., Orleans. www.theculturalkitchen.com

THE URBAN ELEMENT Weeknight and weekend classes. 424 Parkdale Ave. www.theurbanelement.ca

C'EST BON COOKING Market tours and French cooking classes led by Chef Andrée Riffou. 361 Daly Ave. www.cestboncooking.ca



Ottawa's great tastes.

- Art-is-in Bread
- Beaver Tails
- Bekings Eggs
- Bridgehead Coffee
- Burgers from The Works
- Clarmell Farms Goat Cheese
- Cochrane's Dairy Milk
- Domaine Perrault Wines
- Elk Ranch Meats
- Maple Syrup
- Mariposa Farm Duck
- Mrs McGarrigle's Mustard
- O'Brien Farms Beef
- Ontario Honey
- Pascale's Ice Cream
- Pies by Life of Pie
- Quebec Cheeses
- Rochon Garden Strawberries
- Stella Luna Gelato
- Truffle Treasures
- Upper Canada Cranberries



Kitchen Stores

CHEF'S PARADISE This Old Ottawa South staple is heaven for amateur and professional chefs alike. 1314 Bank St. www.caparadis.com

J.D. ADAM John and Jennifer Adam's store crammed with kitchen and home accessories has been a fixture in the Glebe since 1988. 795 Bank St. www.jadam.ca

KITCHENALIA Small in size but still packed with all the gadgets and cookbooks you could ever want. 274A Richmond Rd.

MA CUISINE A huge shop with an equally huge selection and a great downtown location. 269 Dalhousie St.

JACOBSON'S A family-run emporium stocked with quality kitchenwares and gourmet treats. 141 Beechwood Ave. www.jacobsons.ca

Markets

BYWARD MARKET Open daily, 6 am–6 pm (hours vary depending on weather), year round. www.byward-market.com

OTTAWA PARKDALE MARKET Parkdale Ave. at Wellington. 7 days/week, 7 am–6 pm, late April–Dec. 24.

OTTAWA FARMERS' MARKET Lansdowne Park, Ottawa. Winter Market: Sundays, 10 am–3 pm, January–April. Summer Market: Sundays, 9 am–3 pm, May–November. **Byron Park, Westboro.** Saturdays, 9:30 am–3 pm, May–October. **Centrum Plaza, Orleans.** Fridays, 11 am–6 pm, May–October.

OTTAWA ORGANIC FARMERS' MARKET Open Saturday, 10 am–2 pm, year round. Behind the Canadian Tire store at the corner of **Heron Rd and Bank St.** (Indoors in winter). www.oofmarket.ca

For a complete listing of Ottawa area farmers' markets see www.farmersmarketsontario.com



Ottawa's great drinks.

- Beau's Beer
- Hogsback Brewing Company
- Kichesippi Beer

Toronto

BY SUSAN BARDI

The Culinary Traveller's Guide

Neighbourhoods

THE BEACHES A lakeside community just 15 minutes east of downtown, with an eclectic mix of shops, sidewalk cafés, restaurants, pubs and yoga studios. The boardwalk is a favourite place on a hot summer's day.

BLOOR WEST VILLAGE Bloor St West of High Park owes much of its identity to the Eastern European Community. Many European delis and bakeries remain alongside local eateries, cafés and shops.

CHINATOWNS Everything from housewares and Asian grocers to dim sum and noodle houses in this area around Dundas Ave W. and Spadina Ave. East Chinatown at Gerrard and Broadview Ave has plenty of pho restaurants and one of the best seafood stores in the city.

THE DANFORTH Danforth Ave from Broadview to Greenwood Ave is Toronto's Greektown and home of the annual 'Taste of the Danforth Festival,' celebrating Greek food and culture. Restaurants, pubs, cafés and clubs make this area a hot spot in the evening.

DISTILLERY DISTRICT The restored Distillery District is an ideal setting for local restaurants, design stores, cafés and art galleries. The **Case Goods Warehouse** is home to local artists' studios, custom jewellery, crafts and workshops.

THE ENTERTAINMENT DISTRICT This area of King St West between University Ave and Spadina Ave encompasses theatres, performing arts centres, Toronto's four major-league sports teams and an array of cultural and family attractions. Dining ranges from pubs and bars to upscale bistros.

KING ST EAST This burgeoning restaurant district includes fine dining establishments, high-end furniture design stores and the city's top culinary institute.

LESLIEVILLE Historically the lighting industry and film district east of the Don River, Leslieville is now one of Toronto's best brunch destinations and trendiest areas to dine, drink and shop. Great cafés, vintage shops and boutiques.

LITTLE ITALY Traditional bars and cafés and the best gelato are found in this Italian community along College St West. New martini bars and clubs make this area a lively night spot.

WEST QUEEN WEST This colorful neighbourhood on Queen West around Trinity Bellwoods Park is home to cutting edge art galleries, great eateries, specialty food stores, one-of-a-kind shops and night life hubs such the Drake and Gladstone hotels.

YORKVILLE Toronto's original 1960s bohemian enclave has long given way to designer boutiques, high-end hotels and restaurants. Sophisticated food shops and cafés dot this area of Cumberland and Yorkville.

Toronto's great tastes.

- Brick Street Bread
- Sunshine Farm Pickles
- Clement's Poultry
- Cumbrae Meats
- Delight's Handmade Organic Ice Cream
- Epi Breads
- From These Roots Jams
- Healthy Butcher
- Il Gelatiere
- Jensen Cheese
- Nude Bee Honey
- Mary Macleod's Shortbread
- Organic Meadows Eggs
- River's Edge Goat Dairy
- St John's Bakery
- The Big Carrot
- Western Cream Cheese

Toronto's great drinks.

- Augusta Ale
- Balzacs Coffee
- Brickworks Ciderhouse
- Steam Whistle Beer



Markets

KENSINGTON MARKET An eclectic mix of Latin American grocers, cafés, vintage clothing stores, restaurants, fresh produce, Portuguese bakeries, butchers, and cheese shops. **Nassau St between Augusta and Bellevue.** Open daily, year round. www.kensington-market.ca

ST LAWRENCE MARKET A Toronto landmark and largest indoor market in the city. Open Tuesday–Saturday, year round. Farmers Market, Saturday, 5 am–3 pm. Antique Market, Sunday, 5 am–5 pm. **Corner of Front St. and Jarvis St.** www.stlawrencemarket.com

EVERGREEN BRICK WORKS FARMER'S MARKET Saturday market featuring local organic producers. Free kids' activities. **544 Bayview Ave.** www.ebw.evergreen.ca

Cooking Classes

AHRODITE COOKS 201 Weston Rd, Ste 101 www.aphroditecooks.com

ARVINDA'S HEALTHY GOURMET INDIAN 876 Bathurst St. www.hgic.ca

BONNIE GORDON 868 Eglinton Ave. W. www.bonniegordoncollege.com

DISH COOKING STUDIO 390 Dupont St www.dishcookingstudio.com

THE CHEF UPSTAIRS 516 Mt Pleasant Rd. www.thechefupstairs.com

CIRILLO'S CULINARY ACADEMY 4894 Dundas St. W. www.cirillocademy.com

THE HEALTHY BUTCHER 298 Eglinton Ave. W. www.thehealthybutcher.com

LIAISON COLLEGE 205 Richmond St. W. www.liaisoncollege.com

NELLA CUCINA 876 Bathurst St. www.nellacucina.ca

VIVA TASTINGS St. Lawrence Market. www.vivatastings.com

Kitchen Stores

TEATRO VERDE CUCINA 2901 Bayview Ave.

PEPPERMILLS 2098 Yonge St.

GOOD EGG In Kensington Market at 267 Augusta Ave.

HIGH TECH 106 Front St E.

IQ LIVING 524 Danforth Ave.

DEGREES 2588 Yonge St.

PLACEWARES St Lawrence Market.

Montreal

BY EMILY KENNEDY

The Culinary Traveller's Guide

Neighbourhoods

OLD MONTREAL Lining the edge of the St Lawrence River is *Vieux Montreal* with its cobblestone streets, picturesque squares, old-world architecture, *quais*, cafés, fine dining and small parks. Charming, although narrow, Rue St Paul is where you'll find many artisans, while Rue de la Commune is a breezy waterfront street teeming with cyclists, wandering tourists and Cirque du Soleil patrons.

DOWNTOWN Rue Ste-Catherine is the busy hub of downtown with big-name fashion brands and department stores. But along Notre-Dame Ouest and Rue Charlevoix is a somewhat secluded eating and drinking scene. For example, **Restaurant Candide**, hidden in the back half of a church in the suburb called Little Burgundy, is a unique fine-dining experience.

LE PLATEAU MONT-ROYAL This is a hip area for eating out (only second in coolness to Mile End and Mile Ex), with a range of restaurants for all meals of the day, although if you eat at the famous **Au Pied du Cochon**, you may not need any other meals! You'll also find a healthy amount of BYOB bistros and big plates along Le Jardins de Panos.

MILE END, MILE EX and LITTLE ITALY Looking to do some culinary shopping? Little Italy is the best area for kitchen items. These neighbourhoods are also where you'll find some really unique, although not necessarily pricey, bistros, lounges and eateries as well as legendary bagel shops, and many cafés. Hip new Mile Ex is considered Montreal's most creative area, with hidden bars, brasseries and many boutique eateries.

Markets

MARCHÉ JEAN-TALON This is the city's largest food market, with several hundred stalls selling all kinds of fresh produce, and offering many taste tests! There are also several delis and cafés where you can get sandwiches, crêpes and other meals. 7075 Ave Casgrain, 7 am–6 pm Mon, Wed and Sat; to 8 pm Thu and Fri; to 5 pm Sun.



Montreal's great tastes.

There are many **local bagel** bakeries. For a fresh bagel any time of day, try St-Viateur Bagel (open 24 hours) at their 263 St-Viateur Ouest location.

Montreal **smoked meat** is available all over town, but try Schwartz's — a Montreal tradition since 1928 — and while you're there pick up some **Montreal steak spice** to bring home. Schwartz's Deli, 3895 Boul St-Laurent.

Visit Marché des Saveurs (in Marché Jean-Talon) for all kinds of **Quebécois delicacies**, such as **artisan cheeses**, **preserves**, **maple syrup** and more.

Don't leave Quebec without a taste of French-Canadian classics **poutine**, **tourtière**, **cretons** and **pouding chômeur**.

Some of Montreal's great brewers.

- Unibroue
- Microbrasserie de Charlevoix
- Le Trou du diable
- Les Trois Mousquetaires
- Goudale
- Bell Guele
- Brasseurs du Monde
- Dieu du Ciel
- Pit Caribou
- Le Castor
- Le Lièvre
- Les Soeurs Grises
- Brasseurs Illimités
- Brasseurs Dunham
- Le Bilboquet
- McAuslan
- L'Alchimiste
- Charlevoix



MARCHÉ ATWATER You'll find this market on the banks of the Canal de Lachine. Inside the vaulted hall are high-end delicatessens and specialty food shops, outside are various other vendors. 138 Ave Atwater, 7 am–6 pm Mon–Wed; to 7 pm Thu; to 8 pm Fri; to 5 pm Sat and Sun.

MARCHÉ BONSECOURS Built in 1847, this is Montreal's oldest public market, which sold meats and fresh produce right up until 1963. Although you won't find fresh ingredients here today, the neoclassical heritage building is still an edifice to be admired. It now houses several cafés, and boutique shops selling arts, crafts and fashion pieces. In warmer months a number of al fresco restaurants take over the front façade at 350 Saint-Paul Est. www.marchebonsecours.qc.ca

All of Montreal's markets are open year-round. For a complete listing of Montreal's farmers' markets see www.marchepublics-mtl.com

Kitchen Stores

LES TOUILLEURS
152 Avenue Laurier Ouest.

QUINCAILLERIE DANTE
6851 St-Dominique Street.

Calgary

BY STEPHANIE ARSENAULT

The Culinary Traveller's Guide

Neighbourhoods

KENSINGTON One of Calgary's most beloved neighbourhoods also offers up an impressive assortment of culinary gems. Pop by the **Oak Tree Tavern's** patio for a pint and some grub, or grab a seat at **Container Bar** and indulge in some Steak Tenderloin Tartare or Crispy Pigs Ears — at the city's most gourmet alleyway getup.

Want takeout? Grab a box of fried chicken, chips, and corn fritters at **Chicken on the Way**, a city favourite since 1958. If Naples-style pizza is your thing, make sure to stop by **Pulcinella** for a quick pie, and follow it up with a scoop of frozen goodness at **Amato Gelato**, just down the street.

DOWNTOWN There's no shortage of restaurants, cafés and shops in Calgary's downtown, and it's always growing. Grab a bottle of wine or craft beer at **Vine Styles** (in the design district, with a second location in Kensington), or stop by **Last Best Brewing & Distilling** for a house-made brew and a bite to eat. Top Chef alum, Nicole Gomes, recently opened **Cluck N Cleaver**, a fried chicken joint that brings the southern staple to a whole new level, or you can check out the **Palomino**, if you are looking for smokier, barbecued bites from down south.

If craft beer is your thing, be sure to visit one of the four **National** locations, or **Proof**, if you're in the mood for some serious cocktails. The nearby **Native Tongues** offers up an incredible tequila selection (along with drool-worthy Mexican cuisine), and **Thai Sa-on** (on 10th Avenue) has some of the best Thai food in the city.

Want to go gourmet? Make a reservation at **Pigeonhole**, touted as Canada's best restaurant, or grab some goodies to go at Eau Claire's **Alforno**.

INGLEWOOD One can spend hours upon hours just strolling around Inglewood, without any concern about whether or not they'll go hungry. Keep caffeinated at **Gravity**, grab a bottle or two of wine at **Brick's Wine Co.**, or pick up some spices to

complement dinner at the **Silk Road Spice Merchant**. Have a grumbling belly? Satisfy that hunger at some of the city's favourite restaurants: **Rouge**, the **Nash**, or (slightly west, in the East Village), **Charbar**.

4TH STREET Head to Mission for an incredible cultural mish-mash of culinary gems, like **Anejo** (tequila and Mexican food), **Wurst** (beer hall and German grub), **Bocce** (Italian at its finest), **Shokunin** (today-for Japanese), **Anju** (Korean fusion), and **La Boulangerie** (French pastries and more). You simply can't go wrong.

THE 'BURBS The trip to the far south's **Starbely** is totally worth it, and it's family-friendly, seven days a week. For a killer menu and a restaurant with a view, be sure to dine at Canadian Rocky Mountain Resorts' **Lakehouse** on Lake Bonavista.

While you're in the area, stop by **Willow Park Village** for some deliciousness at **Crave Cupcakes**, **Oil and Vinegar**,



Calgary's great tastes.

- Honey, mead, and candles from **Fallentimber Meadery**
- Pierogies from **Heritage Deli**
- Sausages from **Spolumbos**
- Sourdough bread from **Sidewalk Citizen**
- Cheese from **Janice Beaton**

Calgary's great drinks.

- **Tool Shed Brewing Co.**
- **Wild Rose Brewery**
- **The Dandy Brewing Company**
- **Cold Garden Beverage Company**
- **Goat Locker Brewing Co.**
- **Banded Peak Brewing Co.**
- **Eau Claire Distillery**
- **Big Rock Brewery**



CALGARY

North Sea Fish Market, **Second to None Meats**, **Willow Park Wines and Spirits**, and **Springbank Cheese**. What else could you ask for?

If you're on the west side of the city, check out the Indian food at **Nawab Restaurant**, grab some tapas at **Vin Room West**, and pick up a bottle of wine at **Merlo Vinoteca**.

Cooking Classes

Enjoy one of the many different classes at the **Cookbook Co.**, learn from the best at the SAIT-run **Culinary Campus**, or take in one of the interactive classes at Calgary's **Cuisine et Chateau**.

Kitchen Stores

Inglewood is easily one of the city's most culinary-focused neighbourhoods, so it's no surprise that two of the best kitchen shops are located there. Check out **Savour Fine Foods & Kitchenware** for everything cooking-related, or **Knifewear** for the finest selection in Japanese knives.

If you're in the downtown area, the **Cookbook Co.** is your best bet for specialty foods, kitchenware, cookbooks, and so much more.

Markets

The **Calgary Farmers' Market**, the **Market on MacLeod**, and the **Crossroads Market** are all year-round, but some of the markets within and on the outskirts of the city are must-see events, like the **Millarville Farmers' Market**, just south of Calgary.

Winnipeg

BY ANDREA RATUSKI

WINNIPEG

The Culinary Traveller's Guide

Neighbourhoods

DOWNTOWN Winnipeg's downtown is experiencing an exciting revitalization. A new arena, the MTS Centre, is drawing people back to the area, with new hotels, restaurants and bars opening, while older storefronts are spiffing up. The latest culinary addition is **The Merchant Kitchen** in the stylish Alt Hotel.

THE EXCHANGE Winnipeg's historic Exchange District has become a real arts hub, with new tech companies complementing the galleries and condo developments. Add to this the area's proximity to the bulk of the city's entertainment venues, and it's no surprise the streets are overflowing with restaurants and bars. **Deer + Almond** sets the creative standard, and **Peasant Cookery** impresses with house-made charcuterie. **Clementine** offers the most innovative breakfast and lunch options, **Chosabi** is the choice for casual Asian while **Cake-ology** is the place to head for sweets. Across Main Street look for options like **Carnaval Brazilian BBQ** and **The Mitchell Block**.

CORYDON AVENUE Once known as Little Italy for its abundance of trattorias, the strip is now home to many sushi restaurants. The street is still one of the best for a sunny drink on a terrace, a gelato at **Nucci's**, or leisurely stroll. Further west down Corydon, star newcomers **Chew** (and its **Store Next Door** bakery) and **Enoteca** rub elbows with popular **Bonfire Bistro** and **Mona Lisa**.

CHINATOWN The enormous Chinatown gate on King Street welcomes visitors to Winnipeg's original Chinese neighbourhood which features a cultural centre, Asian grocery stores and traditional Chinese restaurants.

ST. BONIFACE Across the magnificent Esplanade Riel over the Red River is Winnipeg's francophone community, home to the French-language university and bookstores, unique shops and cafés. A stroll up Provencher Boulevard takes you to **Chocolatier Constance Popp**, **Café Postal** and the lively nightspot, **Le Garage Bistro**. Around the corner, look for **Le Croissant** and **La Belle Baguette French** bakeries as well as **Bouchée Boucher** restaurant and butcher shop.

SHERBROOK STREET Once a little shabby, this strip between the Maryland Bridge and

Broadway is now a burgeoning restaurant district with a strong community spirit. Newcomer **Sherbrook Street Delicatessen** cozies up next to **Stella's** popular Café and Bakery. **The Tallest Poppy** offers comfort while **Boon Burger** attracts the vegan. **Thom Borgen Coffee and Tea** offers the very best warming drinks.

OSBORNE VILLAGE/SOUTH OSBORNE Still a hipster haven, The Village is chock-a-block full of unique shops and ever-changing restaurants, highlighted by tapas-slitting **Segovia** and **The Cornerstone**, with **Little Sister** pouring hot coffee around the corner. Nearby in Crescentwood, chef Scott Bagshaw has opened an Asian-French fusion place, **Mâquë**.

ACADEMY ROAD With its friendly and classy neighbourhood feel, Academy Road entices with exclusive and specialty clothing shops, welcoming outdoor patios and popular restaurants like **Fusion Grill**, **Pizzeria Gusto** and newbie **Fusion Experience**.

Winnipeg's great tastes.

- Bothwell Cheese
- Braman's Greens
- Chocolatier Constance Popp
- City Bread
- Cornelle Creme
- Flora and Farmer
- Greenland Gardens
- Gunn's Bakery
- Jeanne's Bakery
- Mordens' Chocolates
- Nature's Farm Eggs
- Old Dutch Potato Chips
- Perogies
- Pickerel
- Sleepy Owl Bakery
- Smoked Goldeye
- Tall Grass Prairie Bread Company
- Trappist Cheese



WEST END Ellice and Sargent Avenues are dotted with inexpensive ethnic eateries reflecting the diverse makeup of the neighbourhood.

THE FORKS Marking the historical meeting place of aboriginal peoples at the confluence of the Red and Assiniboine Rivers, The Forks is still a gathering place for shopping and outdoor activities year round, with a range of eateries. **The Common** is a new craft beer and wine kiosk in the renovated Food Hall. In season there is a Sunday Farmers' Market, 11 am-4 pm.

Markets

ST. NORBERT MARKET This enormous market just south of the perimeter features some of the region's finest farm-fresh produce, meats, baked goods and crafts. Live music. Saturday 8 am-3 pm and Wednesday 11 am-4 pm in season, **3514 Pembina Hwy, St. Norbert**.

DOWNTOWN FARMERS' MARKET A vibrant urban buzz, Thursday, 10 am-4 pm in season, **Manitoba Hydro Plaza**.

WOLSELEY FARMERS' MARKET Neighbourly vibe on a shaded plaza, Tuesday and Thursday, 3:30 pm-6:30 pm in season, **980 Palmerston Ave.**

JARDIN ST. LEON GARDENS Outdoor market offering fruits and vegetables in season. **419 St. Mary's Rd.**

CRAMPTON'S MARKET Features local, organic produce, meat and house-made breads. **1765 Waverley Ave.**

For all local listings visit www.fmam.ca

Cooking Classes

DE LUCA'S www.deluca.ca

THE FOOD STUDIO www.foodstudio.net

RED RIVER COLLEGE CULINARY WORKSHOPS www.rrc.ca

Kitchen Stores

d.a. NIELS

www.danielsgourmetkitchenware.ca

THE HAPPY COOKER

www.thehappycooker.ca

Winnipeg's great drinks.

- Farmery Estate Brewery
- Half Pints Brewing Co.
- Fort Garry Brewing Company 





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PAVLOVA & SCONES



PAVLOVA

Master the showstopping Kiwi dessert with award winning chef and recipe developer, **Genevieve Knights**. Simple to make and always impressive, Pavlova is a stunning make-ahead dessert that every cook who entertains will love. Genevieve is a natural teacher and her clear instructions are easy to follow. Master the classic Pav and then move on to her inspired variations. Gorgeous photographs and handy conversion tables for metric and imperial measures.

SCONES

Genevieve Knights learned how to make perfect scones from her grandmother. Determined to rescue this old fashioned treat, she wrote a primer on scone technique and developed a range of recipes that showcase the versatility of the scone and give it a modern twist.



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Vancouver

BY LINDA BATES

The Culinary Traveller's Guide

Neighbourhoods

COMMERCIAL DRIVE This traditionally Italian and Portuguese area on Vancouver's east side now includes professionals and hipsters galore. The street is lined with coffee bars, restaurants of many ethnicities, and unique stores like **Fratelli's Italian Bakery** and the organic butcher **Pastures to Plate**.

GASTOWN Vancouver's oldest neighbourhood has long waited for its day in the sun. Excellent restaurants and stores with original, locally made items are springing up everywhere. Pick up baked goods at **Brioche**, or fresh organic meat at **Save-On-Meats**.

VALETOWN This former warehouse district boasts some of Vancouver's best and most expensive restaurants, as well as the upscale food stores **Choices** and **Urban Fare**. Treat yourself to a meal at **Blue Water**, one of Vancouver's best seafood restaurants.

RICHMOND This suburb to the south of the city is a preferred destination for East Asian immigrants, mostly Chinese. Many say the best Chinese food in North America can be found here. As well as restaurants there are food stores and malls packed with East Asian products.

CHINATOWN The original home of Vancouver's Chinese immigrants still has terrific budget Chinese restaurants, bakeries and produce, and some new, eclectic restaurants. Pick up barbecue pork buns at **New Town Bakery** or head directly to **Phnom Penh** restaurant, a Vancouver institution, for Vietnamese/Cambodian food.

KITSILANO This hippie haven of the 1960s has morphed into an upscale, uber-hip strip. **Les Amis du Fromage** stocks 400–500 varieties of cheese and offers meals and cheese plates. **Terra Breads** features artisan breads and rustic pastries as well as a lunch menu.

SURREY It's a bit of a hike from downtown, but this suburb southeast of Vancouver is home to more than 100,000 immigrants of South Asian, mostly Punjabi, origin. There are countless restaurants and food stores, as well as sari and fabric stores, in the area around

Scott Road. (There's a smaller but still interesting Indian area at Main St. and 49th Ave in Vancouver.)

Markets

GRANVILLE ISLAND PUBLIC MARKET The granddaddy of Vancouver markets, with several square blocks of farmers' markets, artists' studios, performance spaces, restaurants and stores — including a top kitchenware store. Open daily, 9 am–7 pm. **1689 Johnston St.** www.granvilleisland.com

RICHMOND NIGHT MARKET Called the largest Asian night market outside of Asia, with prepared food, food products and other goods as well as performances from Chinese opera to Canto-pop. Open Friday and Saturday, 7 pm–11 pm, Sundays and holidays, 6 pm–11 pm, May 17–Oct. 14.

8351 River Rd., Richmond.
www.richmondnightmarket.com



Vancouver's great tastes.

- Raincoast Crisps
- Oyama Sausage
- Farmhouse Cheeses of Agassiz
- Salt Spring Island Lamb
- Yarrow Meadows Duck
- Oysters, Spot Prawns
- Northern Divine Caviar
- Sockeye Salmon, Sablefish
- Fraser Valley Berries
- Mikuni Wild Harvest Mushrooms
- Fraser Valley Grass-fed Beef



Vancouver's great drinks.

- Powell Street Craft Beer
- Granville Island Brewing Pale Ale
- Howe Sound Honey Pale Ale
- Okanagan Valley Wines

TROUT LAKE FARMER'S MARKET

A favourite for local and organic produce and crafts. 9 am–2 pm, Saturdays, May–Oct.

Trout Lake Park, East Vancouver.

For the entire list of farmers' markets in Vancouver, see www.eatlocal.org/markets

New and Notable

ABSINTHE BISTRO Chef Corey Pearson went to France from Vancouver after finishing culinary school. Now he's brought his considerable talent back home, creating light French-style dishes sans heavy sauces. The prix fixe menu changes every month; three courses are \$38 and two courses just \$28. The great food and the small bistro atmosphere can't be beat. **1260 Commercial Dr.** www.bistroabsinthe.com

BISTRO WAGON ROUGE More great affordable French bistro food. Brad Miller spent five years at the high-end Bistro Pastis before starting his own restaurant. The space is down near the docks, the former site of the Dockers Cafe. It could be parachuted into a little French village and feel right at home says restaurant critic Mia Stainsby. **1869 Powell St.**

ASK FOR LUIGI It's not Luigi at the helm, but Jean Christophe Poirier, who learned his trade in French restaurants — although here he's cooking Italian. Prepare to line up for his pastas (including a gluten-free one), sauces and appies. **305 Alexander St.** www.askforluigi.com

CUCHILLO Owner/chef Stu Irving has cooked at two of Vancouver's favourite restaurants, Asian-fusion Wild Rice and the now defunct Cobre. At Cuchillo the small plates tend toward Mexican but incorporate Peruvian, Chilean and Colombian dishes too. **261 Powell St.** www.cuchillo.ca

FARMER'S APPRENTICE Chef David Gunawan creates new recipes daily, on the spot. In summer, farmers bring in products that are at peak and Gunawan transforms them. Although meat dishes like quail and pork terrine are available, the restaurant tends to focus on vegetables. **1535 W. Sixth Ave.** www.farmersapprentice.ca

Cooking with TASTE & TRAVEL



WE'RE A BAND OF PRETTY adventurous travelling cooks here at TASTE & TRAVEL, not afraid to try our hand at frying an insect, skinning an eel or making pesto out of peanuts and shrimp. We've done some of the head-scratching for you — translating instructions like 'boil for two whistles,' and 'cook until done,' introducing a standard set of metric or imperial measures and suggesting substitutions for regionally specific ingredients that may be impossible to find where you are. We've tested all the recipes and presented them in a format that allows you to see at a glance if you have the ingredients at hand to begin cooking or need to plan a shopping trip. Other than that, we've left the recipes much as they came to us. Cooking from them is a journey of discovery that engages the mind as well as the hands and offers a window to other cultures that we want our readers to share. The one tool we consider indispensable in the kitchen is a digital scale with buttons that switch between metric and imperial measures. Armed with a scale, a measuring jug marked in millilitres and fluid ounces, and a set of measuring spoons, you have all you need to cook the recipes in each issue of TASTE & TRAVEL. If you get stuck, confused or otherwise need assistance with a recipe, help is just a click away at info@TasteAndTravelMagazine.com. Send us your questions and we'll do our best to answer them. We'd also like to hear your comments and welcome your feedback. 

Oven Temperature Conversion

275°F	140°C
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C



...We're not afraid to try our hand at frying an insect, skinning an eel or making pesto out of peanuts and shrimp...



AUTUMN Issue 29 Recipes



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INN CALIFORNIA *by* DAMIAN MARCH

The ranch at **Fess Parker Wine Country Inn & Spa** raises chickens, quail, rabbits, pigs, bees and over 200 hundred acres of orchards and vineyards. The restaurant's menu changes daily and is dictated by what's fresh on the ranch. www.cabbi.com/inns/fess-parker-wine-country-inn

The **Restaurant at JUSTIN Winery and Just Inn** specializes in dishes that reflect the changing seasons and a wine list featuring selections from around the world and rarities from the cellar. A seasonal five-course meal offers several options for each course and raises the art of wine-pairing to new heights. www.cabbi.com/inns/just-inn

Menus at The Michelin-starred **Farmhouse Inn** rely exclusively on what is fresh and seasonal in Sonoma County. For an elevated experience, the restaurant has partnered with five local wineries for the 2018 Winemaker Dinner Series, an evening of handcrafted wines perfectly paired with locally sourced fare. www.cabbi.com/inns/farmhouse-inn

At **First & Oak** at the **Mirabelle Inn**, seasonal menus feature small plates and tasting menus of three, four, or five courses, with dishes such as Salt-Baked Beets with Toasted Hazelnut; Roasted Pork Belly with a 63° Hen's Egg; and Caramel Apple Tiramisu. www.cabbi.com/inns/mirabelle-inn-restaurant

The French/Asian menu by Chef Budi Kazali at the **Ballard Inn and Gathering Table** features inventive shared plates and signature dishes highlighting local, seasonal produce and seafood. The newly redesigned restaurant offers a convivial atmosphere, impeccable service, and an excellent wine list showcasing regional wines. www.cabbi.com/inns/ballard-inn

The imaginative menu at **Sage Restaurant** at the **McCloud Hotel** near Mt Shasta changes with the seasons to include vegetables and herbs from their own garden. Local farmers and purveyors round out the menu with grass-fed beef, sustainable fish, handcrafted cheeses, honey harvested from the base of Mt Shasta and produce sourced from local CSAs. www.cabbi.com/inns/mccloud-hotel-bed-breakfast

Whether it's the best of the farmers' market, produce from the garden or even a wild mushroom foraged from the woods, Gillian Kite — chef, cookbook author and owner of **Calistoga's Wine Way** and **Craftsman Inns** — takes the best local ingredients to produce a stunning breakfast for her guests. She playfully blends the best of her European heritage and her American home to produce delightful dishes that please the palate and the eye, and that elevate classic favourites into works of art. www.cabbi.com/inns/calistoga-wine-way-inn ; www.cabbi.com/inns/craftsman-inn

A WELL-KNOWN TRAIT among bed and breakfast enthusiasts is a love of food. If you're California bound, here's a list of B&Bs where down-home hospitality is served with a side of world-class cuisine.



Ballard Inn

On California's redwood coast, **Carter House Inns' destination Restaurant 301** showcases herbs, greens and vegetables from the inn's own gardens as well as the region's finest seasonal delicacies, such as Humboldt Bay's Kumamoto oysters and fresh salmon from the Pacific. Guests may order a la carte, or enjoy a memorable five-course feast complete with wine pairings. www.cabbi.com/inns/carter-house-inns



Farmhouse Restaurant


The **Gables Wine Country Inn**, in the heart of Sonoma Wine Country, provides guests with a truly extraordinary three-course breakfast. The inn sources most of its ingredients locally, with some grown on the property. Throughout the year, the owners host multi-course wine-pairing dinners — complete with two-night stays at the inn — featuring wines from local Sonoma County wineries. www.cabbi.com/inns/gables-wine-country-inn



Sage Restaurant



Wine Hour buffet at Brewery Gulch Inn

Brewery Gulch Inn treats guests to a cooked-to-order breakfast featuring the inn's famous 'Millionaire's Bacon.' The evening wine hour includes a light dinner buffet that might offer pepper-seared scallops, Moroccan lamb, halibut escabeche, Dungeness crab cakes, and local wines and beers. Many guests choose to cancel their dinner reservations elsewhere in favour of the inn's spread. www.cabbi.com/inns/brewery-gulch-inn 



Rock Crab Devilled Eggs with Sea Urchin at Bear and Star



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DINING | **LUXURY HOTEL** | MUSIC | CONCIERGE

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