

# Culininaire

ALBERTA / FOOD & DRINK / RECIPES :: VOLUME 7 NO.3 :: JULY/AUGUST 2018

## SUMMER OF SEAFOOD ALBERTA'S THE PLACE!



**FEEDING  
A CROWD**  
LOW STRESS  
OUTDOOR  
ENTERTAINING

**ROAD  
TRIPPING:  
EATING AND DRINKING  
WELL IN ALBERTA**

**15**  
**SUMMER  
RECIPES**  
TO MAKE AT  
HOME



Ketchup: Canada's Condiment | Summer Drinks | Make Your Own Granita



**We are what  
we eat.**

**So let's eat  
better.**

**SHOP LOCAL AT BLUSH LANE  
ORGANIC MARKET**

**CALGARY**

**ASPEN WOODS 3000 - 10 ASPEN STONE BLVD. SW | MARDAL LOOP 2044 33 AVE SW  
BRIDGELAND 617 MEREDITH ROAD NE | CALGARY FARMERS MARKET 510 - 77 AVE SE**

**EDMONTON**

**WHYTE AVE 8135 - 102 ST NW**

**Blush Lane**  
**ORGANIC MARKET**  
SUSTAINABLE / LOCAL / SEASONAL







VOLUME 7 / ISSUE #3 JULY/AUGUST 2018

## Features

- |   |   |  |
|---|---|--|
| <p>16 Culinary Road Trips<br/>It's road trip season! Hop in the car and bring your appetite; Alberta is packed with delicious eats for you and your family!<br/><i>by Stephanie Arsenault with Linda Garson</i></p> | <p>21 Backyard Entertaining For A Crowd<br/>Everyone on the guest list is there to enjoy – including you – but cooking outdoors can be stressful... so we bring you help from the pros<br/><i>by Linda Garson</i></p> | <p>24 Fresh Fish in Alberta<br/>There is plenty of fresh seafood available in Alberta, but how does it get from the ocean onto our plates? We found the answers by asking those in the know!<br/><i>by Elizabeth Chorney-Booth</i></p> |
| <p>30 Ketchup<br/>A passionately Canadian condiment<br/><i>by Jonah Kimmel</i></p>  | <p>38 July/August Refreshers<br/>Cool brews, mixable libations, and ready to drink<br/><i>by Tom Firth and Linda Garson</i></p>   |  |
| <p>32 Mint...<br/>Koftas, Tzatziki and Beyond<br/><i>by Morris Lemire</i></p>   | <p>40 Making The Case<br/>...for summer sipping<br/><i>by Tom Firth</i></p>   |  |
| <p>34 Barley and Malt<br/>...Alberta's silent exports<br/><i>by David Nuttall</i></p>   | <p>42 Open That Bottle<br/>David Yip, Co-Owner, City Fish<br/><i>by Linda Garson</i></p>  |  |

## Departments

- 6 Shout Outs
- 8 Off The Menu –  
Buon Giorno's Calamari Napoletana
- 9 Book Review – Japanese Whisky: The Ultimate Guide to the World's Most Desirable Spirit
- 10 Chefs' Tips and Tricks: The Summer of Seafood
- 28 Step By Step: Granita

### On the Cover:

We love the compliments on our front covers this year, so more thanks go to Ingrid Kuenzel for her seemingly simple (but we know, technically challenging!) beautiful scallop imagery on our front cover this issue.



# Letter From The Editor



Canada Day is over, so now it officially must be festival season. And Alberta does festivals so very well!

This month and next, you could literally go to several festivals every weekend to enjoy whatever takes your fancy – from rodeo to dragon boats, to fireworks, to all types of music... but of course my absolute

favourites are the food festivals, and we're spoiled for choice this summer.

There are hundreds of results on [travelalberta.com](http://travelalberta.com); some well-known and well-loved such as Taste of Edmonton and Taste of Calgary, Open Farm Days and Taber Cornfest, but you'll find Carstairs Beef & Barley Days, Taste of the Heartland, Savour Strathcona County, and many, many more fascinating and delicious festivals to tempt you.

It's a great opportunity to get out and discover more of our province too. As we're based in Calgary, we have a pretty good idea of what's happening here, and all the news and goss, but sometimes we don't hear of news, events, and openings in other towns and cities.

We love sharing all the wonderful food and beverage stories around the province, and if you hear of anything we ought to know, please do get in touch at

[culinairemagazine.ca/contact-us](http://culinairemagazine.ca/contact-us), we are always very happy to hear from you!

Meanwhile, we're very busy behind the scenes – judging for Alberta's biggest and most prestigious awards for wine, beer, spirits, and mixers – our 6th annual Alberta Beverage Awards starts July 16. It's a huge undertaking, and if you produce or import alcoholic beverages in Alberta and haven't entered your products, then be very quick to get them in front of our 25 expert judges.

We're also finalising all the arrangements for our 3rd annual Edmonton Treasure hunt on September 8; it will be another very fun and memorable day for Edmonton. Have you registered for it yet? Don't delay!

I hope you have a wonderfully relaxing summer, and look forward to chatting in September.

Cheers,  
Linda Garson, Editor-in-Chief

**SPINELLI**  
**ITALIAN**  
CENTRE  
SHOP

## Pranzo al fresco.

(PRAN-zo al FRESS-coh)

Explore the art of dining outdoors. Gather family and friends and make some memories. Fresco means 'fresh', which is how we approach summer at our shops – with an abundance of delicious, seasonal fruits and vegetables.

**Perfect for your backyard barbecue.**

Grocery. Bakery. Deli. Café.  
EDMONTON Little Italy | Southside | West End  
CALGARY Willow Park  
[italiancentre.ca](http://italiancentre.ca)



# Culinaire

ALBERTA / FOOD & DRINK / RECIPES

**Editor-in-Chief/Publisher:** Linda Garson  
linda@culinairemagazine.ca

**Sales Director:** John Tatton  
403-616-5231  
john@culinairemagazine.ca

**Sales Consultant:** Gillian Roberts  
403-990-1512  
gillian@culinairemagazine.ca

**Multimedia Editor:** web@culinairemagazine.ca

**Contributing Drinks Editor:** Tom Firth  
tom@culinairemagazine.ca

**Contributing Photographer:** Ingrid Kuenzel

**Design:** Emily Vance

**Contributors:** Stephanie Arsenault  
Anna Brooks  
Elizabeth Chorney-Booth  
Jonah Kimmel  
Dong Kim  
Renee Kohlman  
Morris Lemire  
David Nuttall

To read about our talented team of contributors, please visit us online at [culinairemagazine.ca](http://culinairemagazine.ca).



Contact us at:  
Culinaire Magazine  
#1203, 804 -3<sup>rd</sup> Avenue SW  
Calgary, AB T2P 0G9  
403-870-9802

info@culinairemagazine.ca  
[www.facebook.com/CulinaireMagazine](http://www.facebook.com/CulinaireMagazine)  
Twitter: @culinairemag  
Instagram: @culinairemag

For subscriptions, competitions and to read Culinaire online:  
[culinairemagazine.ca](http://culinairemagazine.ca)

## Our Contributors



### < Stephanie Arsenault

Stephanie is a freelance food and travel writer and photographer, and the creator of the website, GlobalDish.ca. She has a background in journalism, travel and tourism, wine, and beer, and when she's not writing

or taking photos, Stephanie can be found baking up a storm in the kitchen, hiking in the Rockies, or with a glass of craft beer in one hand and a fork in the other.



### < Jonah Kimmel

Jonah is a self-proclaimed food nerd who loves learning about the science of food and cooking. He began his career teaching cooking classes for Williams Sonoma, and decided to enrol in culinary school.

As a chef, he has honed his skills in major epicurean centres from Toronto to Melbourne, and now calls Montreal home. When he's not thinking about food, Jonah has a penchant for foraged foods, the Great White North, and all things outdoors.



### < Renée Kohlman

Renée Kohlman is a pastry chef, food writer, and recipe developer living in Saskatoon. With 20 years of professional cooking experience, she counts her lucky stars every day that she has turned

her passion for food into a career she loves. Her popular blog, Sweetsugarbean, and regular column in the Saskatoon StarPhoenix have provided her with exciting opportunities. Her cookbook, All the Sweet Things, (TouchWood Editions) was published in 2017.

25<sup>th</sup>  
ANNIVERSARY  
FOUNDED 1993

EXCELLENCE  
IS OUR  
TRADITION.

BURROWING OWL  
estate winery  
2014  
Meritage  
750ml BC VQA Okanagan Valley 14.9% Estate Bottled

CELEBRATING 25 YEARS  
BURROWING OWL  
estate winery

Black Sage Road, Oliver BC  
1-877-498-0620  
[burrowingowlwine.ca](http://burrowingowlwine.ca)

All Trademarks presented in this magazine are owned by the registered owner. All advertisements appearing in this magazine are the sole responsibility of the person, business or corporation advertising their product or service. For more information on Culinaire Magazine's Privacy Policy and Intention of Use, please see our website at [www.culinairemagazine.ca](http://www.culinairemagazine.ca). All content, photographs and articles appearing in this magazine are represented by the contributor as original content and the contributor will hold Culinaire Magazine harmless against any and all damages that may arise from their contribution. All public correspondence, which may include, but is not limited to letters, e-mail, images and contact information, received by Culinaire Magazine becomes the property of Culinaire Magazine and is subject to publication. Culinaire Magazine may not be held responsible for the safety or return of any unsolicited manuscripts, photographs and other materials. Reproduction of this publication in whole or in part without written consent from Culinaire Magazine is strictly prohibited.



# Shout Outs...

## News on the beef front...

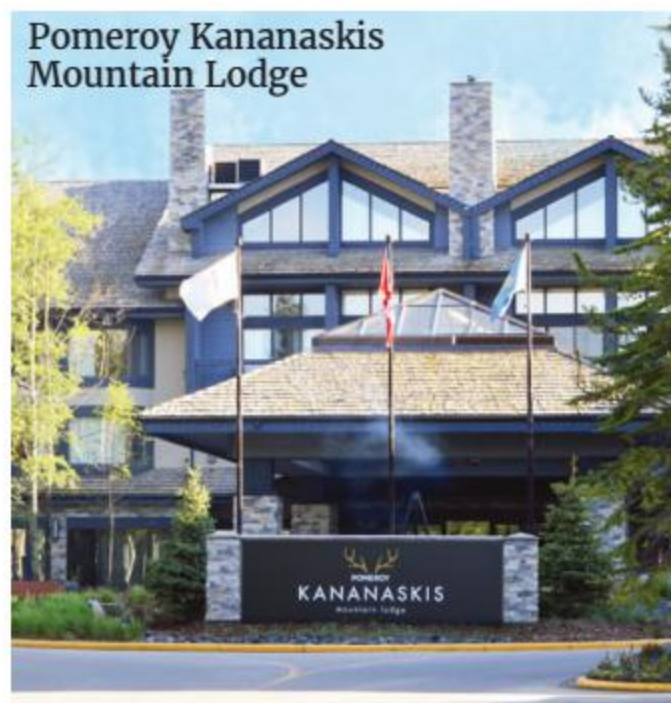
All **Calgary Co-op**'s food stores are now exclusively selling fresh Alberta beef, building on the long partnership between the co-operative and Alberta farmers and ranchers. The "Only Alberta Beef" commitment is the first time a major grocery retailer in Calgary and area is promising only locally produced fresh beef.

And **Modern Steak** has introduced Modern Benchmark – their own line of hand-selected steaks from Canada's highest rated Black Angus bull for marbling, which they purchased 18 months ago. On the menu, you'll find top grade AAA fillet, striploin, T Bone, and Ribeye to buy while you dine, and take home with you.

Space doesn't allow much detail on all the recent openings, so sign up for our monthly newsletter at [culinairemagazine.ca](http://culinairemagazine.ca) to read lots more!

## News from the mountains...

You won't recognise the former Delta Lodge at Kananaskis. After an outstanding \$36 million renovation, it's transformed into the impressive **Pomeroy Kananaskis Mountain Lodge**. Executive Chef Eric Beaupré oversees the four eateries at the Lodge: The Cedar Room, a fine dining mountain chophouse;



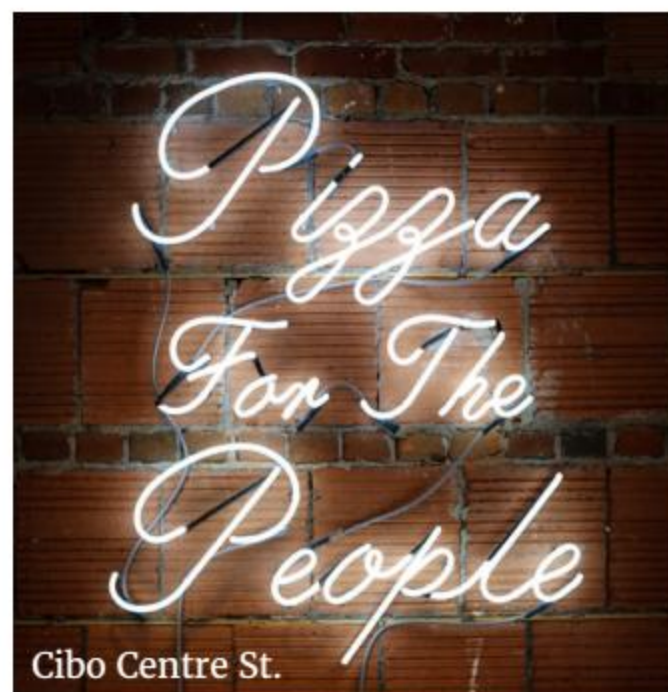
Forte Italian Restaurant, with a strong family focus, and where one of the best breakfast buffets around is to be found; Blacktail Bar, an upscale lounge serving sharing dishes and celebrating local brews; and Woody's Pub, casual and lively with a log cabin feel, and a panoramic view of the mountains from the rooftop patio.



Fairmont Banff Springs' Bow Valley Grill has also had a major makeover, and has reopened as **The Vermillion Room**, a gorgeous brasserie in a grand space, serving elegant French dishes. Daily specials include Coquille St. Jacques on Mondays through to Sunday Côtes De Boeuf – 10oz ribeye with all the accompaniments you hope for. The weekend brunch at The Springs is legendary, and now you'll find it here from 11am to 3pm, but there's an extensive all-day menu too with dishes from Bison Bourguignon to Bouillabaisse, as well as Steak De Chou-fleur!

We haven't uncovered any openings in Edmonton this month, so keep us posted at [culinairemagazine.ca/contact-us](http://culinairemagazine.ca/contact-us). Meanwhile in Calgary...

**Buffo** has opened inside Saks Fifth Avenue in the CF Chinook Centre (you can access it directly from the car park too). Now Oliver & Bonacini's 4th Alberta restaurant after The Guild, Sub Rosa, and Hudson, Buffo is a stylish and casual Italian eatery with excellent food. But as the kitchen is headed up by Chef Michel Nop (latterly of Foreign Concept), you already know it's going



to be good. Expect a choice of pizzas, homemade pastas, arancini, calamari, salads, and great cocktails too!

Scopa Neighbourhood Italian has reopened as the new **Cibo Centre St.**, little sister to Cibo 17th Ave, and with a similar menu focused on sharing, pizza, and nightly food and drink specials, like half-priced pasta and \$5 pizza happy hour with \$4 beer and \$4 wine. Part of the Creative Restaurants family, Cibo Centre St's team is led by Chef Justin Lall, who's cooking up brunch, lunch, and dinner.

**Big Fish** has reopened on time after its refurbishment! Look for the big blue fish on the wall by the new patio, where you can enjoy Head Chef Andrew Tsang's popular evening menu, as well as weekday lunches and weekend brunches – all Ocean Wise, and supporting Mealshare.

**ATCO Blue Flame Kitchen** has just opened a state-of-the-art Learning Centre in Lincoln Park. Seven executive chefs are tending garden beds of herbs, vegetables and fruit, as well as onsite beehives, for Kitchen Café which is open to all for breakfast and lunch, with specialty coffees and a full menu of artisanal food to eat-in or grab and go. Kids Camp runs July and August, and hands-on cooking classes, corporate team building and private events, start in the fall. Four meeting rooms can be rented evenings and weekends.





**SLOW POKE  
BUYS LUNCH!**

A romp through Mother Nature's backyard, whether you're hiking or biking deserves a refreshing reward. With many restaurants, eateries and coffee shops to choose from, there's so much to experience before or after a visit to the woods. Come take a deep breath of the freshest air and step into an experience only Bragg Creek can deliver.



Welcome to your  
**Senses**

The Bragg Creek & Area Chamber of Commerce



Proudly supported by  
**ROCKY VIEW COUNTY**  
Cultivating Communities  
[www.rockyview.ca](http://www.rockyview.ca)





# Off The Menu

by LINDA GARSON photography by INGRID KUENZEL

We received an email from a reader who wrote:

*“It would be wonderful if you could get me the recipe for Calamari at Buon Giorno Restaurant on 17th Avenue S.W. They make the best Calamari I have ever tasted. It is different than most because it is in a tomato based sauce. It is so good.”*  
—Christine R.

Many thanks to May and Claudio Carnali at Calgary’s Buon Giorno, for sharing the recipe for their calamari. Now we all want to eat it!

## Buon Giorno Ristorante Italiano’s Calamari Napoletana

Serves 2

225 g squid tubes (we like to use the size U/10)

1 cup flour to coat the squid tubes

To taste salt

Canola or corn oil for deep frying

1 Tbs (15 mL) olive oil

1–2 cloves garlic, diced

Chili flakes

1 cup (240 mL) good tomato sauce (preferably made with San Marzano tomatoes)

**1.** Thaw squid (if frozen) and cut tubes into slices approximately 8 mm thick.

**2.** Place flour in a bowl, and season with salt.

**3.** Place canola or corn oil in a deep frying pan and heat to 375° F.

**4.** In another skillet sauté the garlic and the chili flakes in a tablespoon of olive oil until the garlic becomes slightly browned, and then add the tomato sauce and simmer for 5 minutes.

**5.** When canola/corn oil is at temperature dip the calamari into the flour and deep fry until crispy.

**6.** Drain excess oil on a napkin and then add to the hot tomato sauce.

**7.** Toss a few times until the calamari is coated, and then plate.

If there’s a dish in a restaurant in Alberta that you’d love to make at home, let us know at [culinairemagazine.ca/contact-us](http://culinairemagazine.ca/contact-us), and we’ll do our very best to track down the recipe for you!





# Book Review by TOM FIRTH

## Japanese Whisky: The Ultimate Guide to the World's Most Desirable Spirit

Brian Ashcroft with Idzuhiko Ueda and Yuji Kawasaki

Tuttle 2018 \$24.95

It's a rare book indeed that claims to be the Ultimate Guide to something and manages to deliver on pretty well every level. That said, if you have any interest in Japanese whisky as an enthusiast or even as a drinks professional, this is possibly the only book you'd need on the topic.

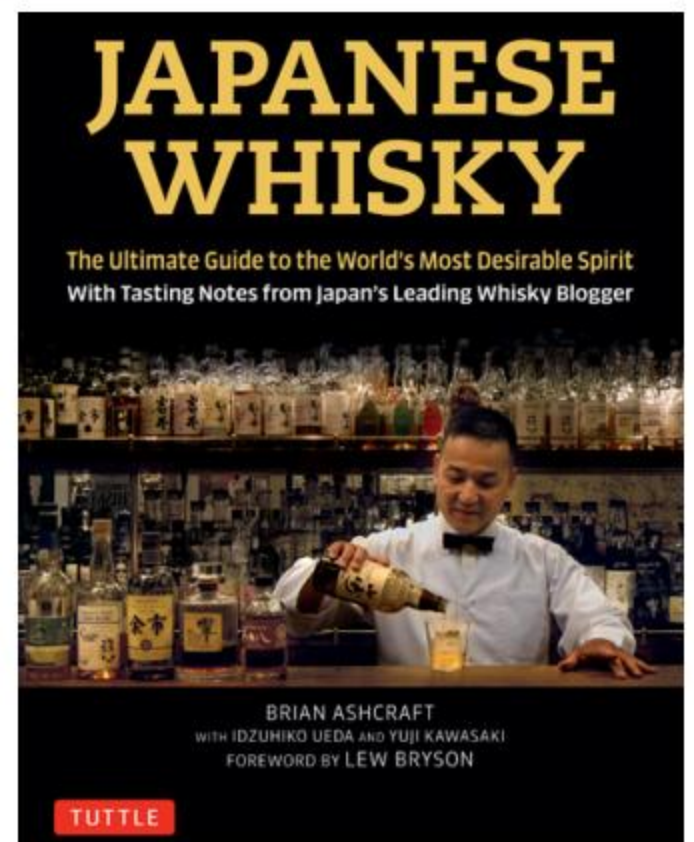
Peppered throughout with beautiful and evocative photos, it's an easy book to get caught up flipping pages through, but each clearly identified section is detailed, well-written and remarkably concise. Covering everything from making cocktails to the history of the spirit, water, barrels, and plenty of insight into why Japanese whiskies are winning

awards and shelf space at home and in bars around the world.

The second part of the book functions as a directory of notable distilleries, large and small, with a good amount of detail and background on each. Some distilleries will be available to Canadian readers, while others might warrant a trip to Japan if you can swing it, or convince the family to plan a vacation there.

Perhaps most important to whisky collectors of all stripes are the tasting notes for each of the distilleries. Not overly verbose, I found them to less often rely on descriptions, but rather context indicating how to best enjoy it, or what sort of spirit aficionado (bourbon, scotch, etc.) might appreciate it.

The tasting notes are scored out of 100, though I wasn't able to find out any sort of guide to how they were scored.



Perhaps refreshingly, all the scores aren't nestled in the range of the high-80s and mid-90s, so perhaps those 65s and 55s are meaningful, though I suspect that interested whisky drinkers will be happy to try just about any whisky from a well-regarded Japanese distiller, and enjoy the journey.

**:: Watch out Edmonton, we're coming back! ::**

**Saturday September 8, 2018 is the date**

**Entries are pouring in for our 3rd Annual Edmonton Treasure Hunt!**

And we know why – our first two Edmonton Culinaire Treasure Hunts were so popular that they both quickly sold out. So we've planned new and exciting destinations to discover this year, with new treats!

Trivia questions about participating restaurants, markets, and stores reveal the answers for where to dash off to receive your treat, get your passport stamped, and maybe come away with a little culinary gift too!

There are fabulous prizes for the people who visit the most locations, wear the best costumes, have the funniest team names, tweet the funniest photos... and lots, lots more!

Register today to be one of the lucky people to take part in this culinary adventure on Saturday September 8, 2018! It's a very fun and rewarding day, so grab a partner and sign up as a team of two, or sign up solo.

To reserve your spot, visit [culinairemagazine.ca/culinaire-treasure-hunt-2/](http://culinairemagazine.ca/culinaire-treasure-hunt-2/) follow us on Twitter @culinairemag for the latest details, and like us on Facebook to keep up with the news!

 /CulinaireMagazine  @culinairemag  culinairemag  [culinairemagazine.ca](http://culinairemagazine.ca)

**:: It's going to be another day to remember for Edmonton! ::**



# Chefs' Tips & Tricks!

## The Summer of Seafood

by ANNA BROOKS photography by INGRID KUENZEL and DONG KIM

Alberta may be landlocked, but there's definitely no shortage of fantastic seafood-forward restaurants where you can gorge on anything and everything under the sea.

For our special summer issue, we asked five local chefs their tips and tricks for some of our favourite seafood snacks!

Who knows seafood better than Big Fish? With a whole new look after its reopening in June, the renowned seafood spot off Edmonton Trail in Calgary really is a catch. Using all fresh seafood (that can be a feat in a dry place like Calgary!), chef Saravanan Balasubramani says the focus is on "dockside" style food.

All those mouthwatering dishes you think you can only get at restaurants like Big Fish — mussels steamed in green curry, and crispy calamari with lemon caper aioli — can be made at home, too.



Chef Saravanan Balasubramani

"If you want to try making calamari, don't use flour, make it with batter," Balasubramani says. "Add some light beer to the batter, it will give it a good consistency. Dip your squid in the batter and fry it, and it will turn out really well."

Squid seems daunting to try cooking at home, but Balasubramani says it doesn't have to be so complicated — squid can actually substitute for just about any other protein in a dish.

Want to really impress your guests? Try making Balasubramani's kimchee aioli, a perfect pairing with any type of seafood!

### Kimchee Aioli

**1/2 head** medium-sized Napa cabbage  
**1/4 cup** salt  
**8 cups (2 L)** cold water  
**6** garlic cloves, grated  
**1 1/2 Tbs** ginger, grated  
**2 Tbs (30 mL)** fish sauce  
**2 Tbs + 2 tsp (40 mL)** Sambal chili sauce  
**3** green onions, cut into thin strips  
**500 g** Daikon, peeled and grated  
**1/2 tsp** honey

- 1.** Slice cabbage lengthwise into six even wedges. Cut each wedge into small strips, removing tough stems.
- 2.** Massage cabbage with salt to help with fermentation. Soak salted cabbage in cold water for two hours. Rinse well and squeeze out excess moisture. Dry on paper towels.
- 3.** Mix remaining ingredients together in a large bowl. Add cabbage and mix.
- 4.** Put everything into a clean glass jar (must be clean!). Saran wrap, and screw lid on tightly. Label and date jar. Store for two days at room temperature for fermentation.
- 5.** After fermentation is complete, refrigerate. Keeps for 30 days.

### For Aioli

Mix together 1 cup (240 mL) mayonnaise, 1 cup kimchee, 1 Tbs garlic shallot puree, 1 Tbs lemon juice, and salt and pepper to taste.

Serve with calamari, prawns, fish and chips, or any white fish!







Ervin Bushi  
Growing up by the balmy seaside in Greece, fish has always been way of life for Ervin Bushi, owner of Broken Plate Kitchen & Bar in Calgary.

Hunting for razor clams, plucking mussels from the rocks and fishing for octopus in the summer has informed Bushi's style of cooking today, which is keeping seafood dishes fresh and simple.

"What I like about seafood is you don't need to mask it," Bushi says. "All you need is salt, pepper, lemon, and good quality olive oil — you want to be able to taste the fish."

With milder mollusks like scallops, Bushi likes to dress his dishes up with a bit of fresh fruit and a hint of herb. For a bright summer snack, he recommends poached lobster with watermelon and mint, or scallops and strawberries with (of course) a glass of rosé.

Try Bushi's light and easy recipe for scallop carpaccio with fresh strawberries!

### Scallop Carpaccio

Serves 6

6 dry-packed, fresh sea scallops (muscle tabs removed)

1 cup frisee lettuce

To taste sea salt and ground black pepper

#### For vinaigrette:

1/2 cup (120 mL) extra virgin olive oil  
1/4 cup (60 mL) fresh squeezed lemon juice

1/2 cup of fresh strawberries, diced

3 mint leaves, finely chopped

10 pink peppercorns, crushed

1 shallot, finely chopped

1. Slice scallops horizontally into six thin rounds. Arrange scallop rounds in a circle on individual pieces of plastic wrap. Cover with another piece of plastic wrap. Using a flat mallet, lightly pound until scallops are all a uniform thickness. Refrigerate until ready to use.

2. In a mixing bowl, combine all ingredients for the vinaigrette. Refrigerate for 10 minutes. Chill six plates in refrigerator.

3. When ready to serve, peel the top layer of the plastic wrap off the scallops. Invert each portion of scallop rounds onto a plate, and peel off the remaining plastic wrap.

Lemons and seafood were meant for each other

4. Place frisee lettuce on the centre of the plate. Evenly distribute the strawberry and mint vinaigrette among plates, and season. Serve immediately.

Note: Try this dish with grapes or grilled watermelon. Can substitute sea salt for pink Himalayan or red Hawaiian salt!





Hosting some of the biggest names in music from all over North America, The Grey Eagle Resort and Casino in Calgary is also known for great food. And with three different restaurants to choose from (plus a seafood buffet on Thursday nights!), you can find just about any seafood dish your heart desires. One of Executive Chef Bill Alexander's favourites is smoked maple and bison salmon, which you can find at the casino's indigenous-inspired restaurant, Little Chief.

During the summer, Alexander says he incorporates lighter items onto the menu like shrimp tacos, lime ceviche and just about anything with lemon. Fresh, simple seafood dishes can easily be replicated by any capable home cook, as long as you keep an eye on the cooking temperature, Alexander says.

"When you're cooking things like prawns or squid, if they're cooked too much they become extremely rubbery," he says. "When I think of prawns, I think of veggies — they should have a snap texture to them. I don't know many people fond of mushy, overcooked vegetables, and it's the same with seafood."

While items like prawns and squid can be a little finicky, Alexander says the great



Executive Chef Bill Alexander



thing is all the different ways you can cook them. Whether boiled, grilled or on the barbecue, the trick is to keep cook times quick — Alexander says boiling prawns only takes two minutes, tops.

Surprise your guests with Alexander's delicious recipe for squid stuffed with crab and cream cheese!

### Crab and Cream Cheese Stuffed Squid

Serves 6

6 calamari tubes  
 1 green onion, finely chopped  
 2 garlic cloves, minced  
 1 cup cooked crab meat, diced  
 ½ Tbs lemon juice  
 85 g cream cheese, cut in cubes and softened

#### For sauce:

⅓ cup butter  
 1 garlic clove, minced  
 170 g cream cheese, cut in cubes and softened  
 1½ cups (350 mL) milk  
 140 g parmesan cheese, grated  
 Pinch black pepper  
 ⅓ cup Romano cheese, grated  
 1 medium-sized tomato, diced, for garnish

**1.** Preheat oven 350° F. Rinse calamari tubes and pat dry.

**2.** In a large bowl, stir together onions, garlic, crab, lemon juice and cream cheese.

**3.** Spoon mixture evenly into each squid tube leaving some room at the end of the squid tube as it will shrink during cooking. Fasten ends shut with a toothpick.

**4.** Arrange stuffed squid tubes in a single layer on a baking sheet. Set aside.

**5.** In a saucepan, melt butter over medium heat. Stir in garlic and cream cheese. Cook until cream cheese melts.

**6.** Whisk in milk and cook through until hot. Remove from heat. Stir in Parmesan cheese and pepper.

**7.** Pour sauce mixture over squid tubes in baking dish. Sprinkle with Romano cheese. Bake uncovered until cheese is browned and sauce begins to bubble.





# OPEN RANGE

STEAKS CHOPS LOUNGE

The perfect destination for your Stampede gathering  
to enjoy local Alberta game meat prepared  
by Red Seal Chefs!

**SPECIALIZING IN ALBERTA RAISED BEEF & LAMB**

**GAME MEAT: ELK, BISON, WILD BOAR**

**PRIVATE FUNCTIONS**

**[WWW.OPEN-RANGE.CA](http://WWW.OPEN-RANGE.CA)**





Executive Chef Corey McGuire

In the cozy, red-walled room at Tzin Wine & Tapas, Executive Chef Corey McGuire is serving up all sorts of Spanish tapas, like prawns with chorizo, grits and charred tomato salsa. Raw is in this summer season, and one of McGuire's favourite seafood snacks is raw striped prawns tossed in a bit of sea salt served with a fresh salsa.

"Shrimp is so easy to overcook. It gets rubbery and loses a lot of flavour," he says. "When it's raw, it has a

nice crunch to it and you're not losing any flavours or textures — that watery brininess really comes through."

For a fresh, summer flavour, try McGuire's recipe for grilled scallops with mojo de perijil!

### Grilled Scallops with Mojo de Perijil (Parsley Sauce)

Serves 4

- 400 g or 10 scallops
- 6 g kosher salt
- 1 cup parsley leaves
- 1 clove of garlic, smashed
- ¾ cup (185 mL) canola oil
- 2 Tbs (30 mL) white wine vinegar
- 1 tsp salt

**1.** Remove rough muscle from side of scallop and discard. Toss scallops and salt together in a bowl and rest for 20 minutes.



**2.** Rinse scallops under cold water and pat dry with paper towel. Grill over medium-heat until just warmed through, about one minute per side.

**3.** Blend remaining ingredients until smooth. Drizzle with mojo de perijil.

Slurping down oysters in a curvy room made up of bright wooden panels, you almost feel like you're aboard a ship at Wishbone, off Jasper Avenue in downtown Edmonton.

"There are so many different flavours and textures when working with seafood," Kozak says. "Ensuring you've taken the time and care to properly cook the ingredients will always deliver a delicious finished plate."

Kozak's top tip for cooking shellfish (or any seafood) is lemon, lemon, and more lemon.



Chef Brayden Kozak



"Lemons and seafood were meant for each other," he says. "Don't just use the juice either. Buy yourself a microplane and use that zest!"

For a citrusy spin on summer seafood, try Kozak's recipe for shrimp ceviche with lime, avocado and jalapeno!

### Shrimp Ceviche

Serves 4

- 1 cup fresh shrimp, tails and shells removed, cut in thirds
- 3 limes, juiced and zested
- 1 avocado, diced

- 1 jalapeño, seeded and finely diced
- ½ bunch cilantro, roughly chopped
- ¼ cup (60 mL) olive oil
- Salt and pepper to taste

**1.** Combine ingredients in a glass or plastic bowl. Season with salt and pepper.

**2.** Marinate for 10 minutes before serving. Serve with tortilla chips or small pieces of toasted baguette.

*Anna Brooks is an award-winning journalist and graduate student currently living and studying in New York City.*



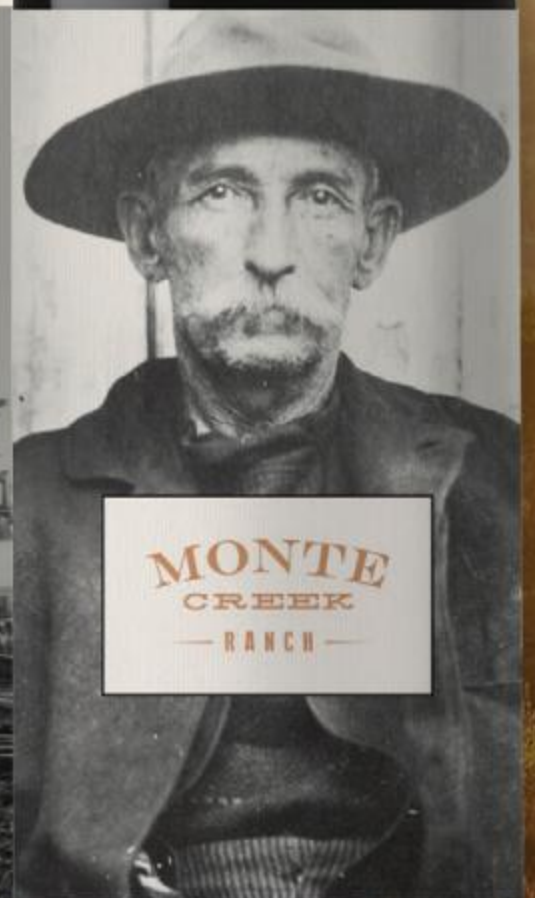
# Experience

THE NEXT FRONTIER IN  
BC WINEMAKING



MONTE  
CREEK  
— RANCH —

2016  
HANDS UP WHITE  
*British Columbia*



MONTE  
CREEK  
— RANCH —

2016  
HANDS UP RED  
*British Columbia*

MONTECREEKRANCHWINERY.COM





# Culinary Road Trips: Around Calgary And Edmonton

by **STEPHANIE ARSENAULT**  
with **LINDA GARSON**

The days are long, the sun is hot, and it's the perfect time to get outta town. Yes, it's summer – otherwise known as road trip season – so hop in the car and bring your appetite; Alberta is packed with delicious eats!

## Southern Alberta

For those not wanting to head too far out of town, Airdrie's **Hayloft Restaurant** (5101, 403 Mackenzie Way SW) is a delight. Headed up by executive chef,

Jason Barton-Browne (formerly of Calgary's Teatro Ristorante), the menu is simple yet elevated, and is anchored by local and house-made ingredients. Drop in on the weekend for brunch or afternoon tea, and feast on items like Baked Egg Bolognese, Braised Beef Hash, or an assortment of sweet and savoury bites with tea.

Not far away, in Airdrie's oldest house, is **First & Vine** (136 1 Avenue N). Chef Mike Frayne, of Notable and The Nash, is cooking up a gourmet menu of small and large plates. Try the Grilled Romaine Heart Caesar with roasted garlic tahini dressing, and Cherry Tomato Bruschetta with housemade ricotta

– both memorable. If it's lunchtime, take advantage of Vine & Dash – “Inspirational Soup”, artisan greens, a drink and a sweet bite – and all at a very sweet price!



First & Vine





Before you leave Airdrie, stop by the brand new **Fitzsimmons Brewing** (220 East Lake Boulevard NE), the first and only microbrewery in Airdrie. Drop by for a tour, a flight, a nibble – or just to enjoy their East Lake Amber that took the top prize in the first annual Alberta Beer Awards in the Amber/Dark Hoppy Sessionable Beer category.

Despite its name, Carstairs' **Burger Baron** (853 Centre Street) boasts some finger lickin' good fried chicken – not of the Kentucky variety – that is definitely worth the trip. The drive-thru/walk up restaurant is also known for its milkshakes and curly fries, and, of course, old-fashioned burgers.

Just outside Carstairs, **PaSu Farm** has a restaurant, as well as a gift shop with sheepskin items, natural fibre clothing, their own handmade lotions, homemade soups, curries, pies, and loose-leaf teas. An absolutely must have is Sunday afternoon tea with the best fluffy scones cooked fresh when you arrive, served with clotted cream, raspberry jam, and a fruit bowl. Or try the Saturday evening grilled meat South African BBQ, and Sunday lunch buffet.

For the full hive-to-glass experience, head northwest to **Fallentimber Meadery** (Township Road 302, Water Valley) and enjoy a tour and tasting. The meadery is only open on Saturdays and Sundays, so plan accordingly. Most importantly, pick up some honey while you're there, and a bottle or two of their beloved Meadjito to enjoy on the patio at home.

Hot days are perfect for a visit to the historic **Markerville Creamery Museum**



(114 Creamery Way, Markerville). Wander through the exhibits, and then grab a scoop of ice cream or a traditional Icelandic dish (like pickled herring!) at the Kaffistofa Coffee Shop.

Just east of the Calgary city limits, you'll find **Township 24 Brewery and Bottle Shop** (210, 100 Rainbow Road, Chestermere). It may be small, but its beers are mighty in flavour, and the space is inviting. If you're hungry, grab some beef jerky in the taproom or order in

from a local restaurant (they have take-out menus on hand).

If you are much further south and a little more east, check out **Coulee Brew Co.** (4085 2nd Avenue South, Lethbridge) – an incredible brewery serving up an assortment of their own beer alongside some of the best craft in Alberta. Grab a bite at the on-site grill, Taps, and indulge in some drool-worthy pub food, like the Piggy Puffs or the Brick Oven Nachos (made for sharing).



**Island Lake Lodge**

**Explore Your Happy Place**



**Stay . Spa . Hike . Bike . Dine.**

Located on 7,000 acres just outside of Fernie BC, our 2 restaurants and lodges are a must stop for those seeking a special culinary experience.

We encourage our chefs to expand their creative flair to make your mountain dining unforgettable.

Check our website for menus, spa specials, guided hiking, packages and other info

islandlakelodge.com 1.250.423.3700 Follow: @islandlakelodge #ferniefoodie



Tucked away in picturesque Elkwater, **Camp Cookhouse and General Store** (44 Lakeview Drive) make everything in house; from the bread to the bacon, they bake and butcher as much as they can. Don't leave without trying the Beans and Cornbread, Cheesy Grits, or the Mystery Meat (changes daily, check the board!).

If a case of the meat sweats is your goal, you're in luck. **Big Sky BBQ**, just south of Calgary in Okotoks, is every meat-lovers dream. Order a platter for the whole crew or pick and choose from the menu to your liking. Try the OMGWTF (five-pound sandwich for four), Fired Up Pig Tails (stuffed jalapenos of your dreams), and meat by the pound.

Even if you're in a rush, you can still get some good grub on the go. Enter: High River's **Hitchin' Post** (14, 12th Avenue SE). This drive-thru dive offers old-school milkshakes, burgers, and deep-fried everything, so there's bound to be something that'll hit the spot.

West of Calgary in Bragg Creek, the food scene is quite impressive. **The Italian Farmhouse** (20 Balsam Avenue) features family-style dining and a menu with irresistible items like



The Italian Farmhouse



The Bavarian Inn

Campanelle Barese, Salsiccia Pizza, and Calamari All'Arrabiata.

For classic German dishes, **The Bavarian Inn** (75 White Avenue, Bragg Creek) is the place to go. Enjoy items like Wiener Schnitzel and Cucumber Salad on their sunny patio throughout the summer.

Get your fix of wholesome goodness at **The Heart of Bragg Creek** (12 Balsam Avenue), and even take in a yoga class while you're at it. The vegan café/yoga studio serves baked goods, coffee and tea, soup, salad, and open-faced toast.

A favourite of locals, and popular with cyclists passing through town, **Cochrane Coffee Traders** (114 2nd Avenue West) has been a bit of an institution for many



The Heart of Bragg Creek



Communita Café

years. Grab a coffee and a muffin, a piece of crumble or a slice of loaf, or head right to the roasterie (117 River Avenue) for the freshest cup of joe in town.

For fans of Thai food, the authentic, vegetarian dishes at Cochrane's **Thai Onzon** (115 5th Avenue West) will certainly do the trick. Try the Papaya Salad, Pad Kuew Tiew Kee Mao (stir-fried vegetables with drunken noodles and egg), and finish up your meal with some Kaoneaw Wanjai (sticky rice with fresh mango) for a bona fide Thai meal.

If you're looking for the best view in town (and some seriously good grub!), head to Canmore's **Iron Goat Pub & Grill** (703 Benchlands Trail). Their glass patio faces the Three Sisters, so you can get an eyeful of the beauty of the Rockies while feasting on dishes like their Greek Bruschetta or a Side Rib Stack).

For those looking for more wholesome, nutritious items, try **Communita Café** (117, 1001 6th Avenue, Canmore). This vegan-friendly spot has an assortment of tea, coffee, soups, sandwiches, and



Bison burger...  
with the works?

Whatever you're having...

We've Got a Wine  
for That!




**ALIGRA**  
WINE & SPIRITS

West Edmonton Mall • Entrance 58  
780.483.1083 • [www.aligrawineandspirits.com](http://www.aligrawineandspirits.com)

 @Aligrawine  [facebook.com/aligrawine](https://facebook.com/aligrawine)

YAKIMAMA  
SOCIAL KITCHEN + BAR



2008 AIRPORT ROAD NE  
587-232-0538 | [YAKIMAYYC.CA](http://YAKIMAYYC.CA)

BLACK HILLS  
ESTATE WINERY  
P R E S E N T I N G

SUNSET  
HAPPY HOUR

DAILY THROUGHOUT JULY & AUGUST | 4-7 PM

2-FOR-1 PORTFOLIO TASTINGS

FREESTYLE FRIDAYS WITH OUR FUNKY DJ

LOUNGE VIBES ON OUR SCENIC VINEYARD PATIO



FOR MORE INFORMATION & RESERVATIONS:

[WWW.BLACKHILLSWINERY.COM](http://WWW.BLACKHILLSWINERY.COM) | 250.498.0666





Bicycle Café

much more. Grab a Mega Fresh Bowl or a Mountain Veggie Wrap and fuel up for the rest of your trip.

Who would have thought that the best coffee in town would be in a bike shop? Canmore's **Bicycle Café** (102, 630 Main Street) serves up Stumptown coffee (and a few small bites) in a super-cool bike shop that plays a big part in the community. If you're lucky, you might even get to sneak in a visit with Jasper, the shop dog.

## Northern Alberta

East of Edmonton, Wainwright's **Honeypot Eatery & Pub** (823 2nd Avenue) has been the go-to spot for locals for years. Fill up on one of Honeypot's Alberta beef-based dishes, like the Smoked Brisket Donair, BBQ Bacon Meatloaf, or the Shepherd's Pie.

Take a step back in time with a stop at the **Downtown Diner** (10209A 100th Avenue, Fort Saskatchewan) and indulge in a Cinnamon Bun for Two, a Fruit Loop Milkshake, or a Chili Cheeseburger. Visitors swear it's worth the trip, so grab your sweetheart (and some antacids), and head on up to Fort Sask.

**Olde Smokey's BBQ Shack** (4839 50th Street, Rocky Mountain House) is a classic BBQ joint that serves up platters and single meats, alongside some seriously delicious side dishes. Be sure to try out a variety of meats, and

the Pulled Pork Mac 'n' Cheese. Local bands regularly take the stage at Olde Smokey's, so if you're there at the right time, you're in for a heck of a night.

An Alberta favourite, **Blindman Brewing's** taproom (Bay F, 3413 53rd Avenue) in Lacombe has beer flights, pints, snacks, and coffee. Their award-winning beer makes for an excellent tap list, and if you can, make sure you try the seasonal brews, as they're extra delicious and won't be around for long.

**Cilantro & Chive** (5021 50th Street, Lacombe) is well known for their food made with fresh, simple ingredients, family-friendly menu, and their seriously awesome craft beer list. A Diamond award winner for Alberta content, in 2017's Alberta's Finest Drinks Lists too.



Folding Mountain Brewing



Chartier

Try their Brome Lake Braised Duck Wings, Roasted Corn Garden Flatbread, and their Pierogi Casserole.

Ponoka isn't a typical road trip spot, but now that the new **Siding 14 Brewing Company** (3520 67th Street) is open, it's about to be. There's a nice sunny patio on site for those gorgeous summer days, an awesome taproom, and there are often visiting food trucks to help keep bellies full.

Downtown Bowmont you'll find **Chartier** (5012 50th Street), a rustic, French-style brasserie. The restaurant is actually the product of a successful Kickstarter campaign, so you know they're worth the trip! Try the Haricots Vert, Pork Belly, and the Mussels. As an added bonus, their homemade sourdough is so good, they've opened up a bread window (so you can take a loaf home!) that's open Tuesday thru Sunday.

The Alberta beer industry is clearly blowing up, and small towns, like Hinton, are creating some seriously good beer. **Folding Mountain Brewing** (49321 Highway 16, Jasper East) is located right at the edge of Jasper National Park, and in addition to their house-made brews, they have a kitchen with a nice, simple menu. Try the Brewery Kale Salad, FMB Classic Tomato Soup, and the Kettle Chips – they'll fit beautifully alongside a few tasters of their brews.

*Stephanie is a food and travel writer, photographer, and the creator of GlobalDish.ca. When she's not writing or taking photos, she can be found with a glass of craft beer in one hand and a fork in the other.*



# Backyard Entertaining For A Crowd

by LINDA GARSON photography by INGRID KUENZEL

Having friends and family over to share good food and drinks outside is one of the joys of summer for us.

But feeding a crowd can be stressful, so we asked the pros for recipes and advice to make sure the day goes smoothly.

*Mise en place* is a term that we use everyday in our kitchen," says Sharon Day, chef/owner of Calgary's Indulge Catering. "It's a French culinary phrase that means 'everything in its place'. To us, as caterers, feeding thousands of guests in a day, it means being prepared for anything!"

She suggests keeping your menu simple for the best success. Plan a menu that you can prepare ahead of time, and don't choose items that take a lot of last minute preparation. Marinades, dressings, and sauces can be prepared one or two days in advance.

"Plan your platters, bowls, serving utensils, and table settings, and make lists for the menu but also for all the accoutrements that you'll need," Day adds.

"And if it's in the budget, hire some help. Don't rely on friends and neighbours to tend the bar or keep everything tidy. Everyone on the guest list should be there to enjoy, and that includes you!"

Impress your guests with Indulge Catering's Chef Carmie Nearing's marinated kebabs and dipping sauces!





## Savoury Summer Kebabs

Serves 10

**1.1 Kg** pork loin, 5 cm cubes  
**1.1 Kg** chicken breast, 5 cm cubes  
**20** crimini mushrooms  
**2** yellow and **2** orange bell peppers, 5 cm cubes  
**2** red onions, 5 cm cubes  
**1** yellow and **1** green zucchini, 5 cm cubes  
**20** fingerling potatoes, cut in half and blanched

### Marinade for Kebabs

**1 cup (240 mL)** extra virgin olive oil  
**½ cup (120 mL)** fresh lemon juice  
**2 Tbs** flat leaf parsley, chopped  
**2 tsp** minced garlic  
**1 tsp** kosher salt  
**1 tsp** black pepper

**1.** Mix marinade ingredients together and marinate meat and vegetables in separate bowls for at least 30 minutes.

**2.** Skewer meats and vegetables on individual skewers, approximately 10 pieces on each skewer if using 30 cm skewers. Refrigerate until ready to grill.

**3.** Grill kebabs on direct heat turning often until cooked through.

To accompany the skewers, Alberta Pulse Growers' Rainbow Salad is a colourful crowd-pleaser, always popular at summer gatherings, and a favourite with hosts too, as it can be made in advance and keeps well if dressing is added at the table.

Yellow peas and lentils are grown locally by Alberta farmers, and the fresh veggies are readily available now.

The texture of cooked split yellow peas and lentils complements the crunch of carrots, apples or grapes, cabbage and peppers. Yum!

## Harissa

Makes ½ cup

**6 Tbs (90 mL)** extra virgin olive oil  
**6 cloves** garlic, minced  
**2 Tbs** paprika  
**1 Tbs** ground coriander  
**1 Tbs** dried Aleppo pepper  
**1 tsp** ground cumin  
**¾ tsp** caraway seed  
**½ tsp** salt

Combine all ingredients in a pan and heat until bubbling and very fragrant, or microwave about 1 minute, stirring half way through. Let cool completely.

## Tahini-Lemon Dipping Sauce

Makes 1 cup

**½ cup (120 mL)** tahini  
**¼ cup (60 mL)** fresh lemon juice  
**¼ cup (60 mL)** extra virgin olive oil  
**2 Tbs** cold water  
**1 tsp** garlic, minced  
**1 tsp** Za'atar  
**½ tsp** kosher salt

Blend all ingredients on medium speed for 30 seconds. If too thick, add additional cold water. Sauce should be smooth.

## Rainbow Salad

Serves 10-12

**½ cup** dried yellow split peas, rinsed and drained  
**1 cup** dried green lentils, rinsed and drained  
**2** apples, diced, or **2 cups** sliced green grapes  
**1 cup** grated carrot  
**1 cup** grated purple cabbage  
**1 cup** diced sweet yellow or red pepper

### Topping:

**3** green onions, finely sliced  
**½ cup** grated or crumbled cheese (Blue, Cheddar, Gouda, Edam, Brick)  
**¼ cup** pecan pieces, toasted  
**¼ cup** dried cranberries

### Dressing:

**¼ cup (60 mL)** apple cider vinegar  
**¼ cup (60 mL)** canola oil, cold pressed if available  
**2 Tbs (30 mL)** liquid honey  
**2 tsp (10 mL)** Dijon mustard  
**2 cloves** garlic, finely minced

**1.** In a saucepan, combine 1 cup (250 mL) water and split peas. Cover and bring to a gentle boil then reduce heat and simmer until moisture is absorbed and peas are tender, but not mushy, about 20 minutes. Drain, gently rinse and cool.

**2.** In a separate saucepan combine 2 cups (500 mL) water and lentils. Cover and



bring to a gentle boil, then reduce heat and simmer until moisture is absorbed and lentils are tender, about 20 minutes. Drain, gently rinse and cool.

**3.** Meanwhile, combine dressing ingredients and set aside.

**4.** In a clear/glass salad bowl, layer ingredients starting with the cabbage, pepper, fruit, yellow peas, carrot and ending with lentils (or whichever order you prefer).

**5.** Sprinkle topping ingredients evenly over the cooked lentils.

**6.** Serve with dressing on the side to drizzle over the salad once it's plated.



Now our menu's planned, what about drinks? We asked local distilleries in Edmonton and Calgary to create pitcher cocktails for us all to enjoy outside.

Ivan Cilic, of Burwood Distillery, predicts this year's trends are going to not only be healthier alternative cocktails, getting away from sugars and artificial flavourings, but also using produce from our own back yards.

"Pairing herbaceous flavours with fresh, naturally sweet fruits and the raw taste of Burwood Honey Liqueur (Medica) makes this delightfully light, waist-friendly, and mouth-watering Sangria ideal for impressing the neighbours," he says.

### From the Garden to the Glass, Burwood's Sangria

- 2 peaches, sliced
- 1 cup frozen berries
- 1 blood orange, sliced
- 3 sprigs basil (optional more for garnish)
- 3 mint sprigs
- 1 cup orange or blood orange juice
- 1/3 cup Burwood Honey Liqueur
- 1 bottle Pinot Grigio
- 15 oz kombucha (citrus or berry flavoured)

Combine all ingredients in a pitcher and serve in a wine glass over ice, garnished with basil and mint.

It's great for those hot Alberta summers in the backyard when you need some tasty hydration

"This cocktail is very fruit forward and refreshing, which is great for those hot Alberta summers in the backyard when you need some tasty hydration," says Hansen Distillery mixologist, Rylan Martin.



"The first thing you notice is the floral aroma with some subtle bitter notes from the hibiscus tea. The tart lemon and rhubarb flavour is balanced out by the honey and lychee sweetness," he adds.

### Backyard Trouble

- 3 cups brewed hibiscus tea
- 1 1/2 cups of Rhubarb "Jam"
- 1/4 cup fresh squeezed lemon juice
- 1 - 2 cups Hansen Trouble Gin
- 1 cup chopped fresh lychee pieces
- 8-10 spears fresh rhubarb

Add rhubarb "jam", lemon juice and gin to the pitcher with the cooled tea, and as much ice as you can. Stir to combine.

Add 2 tablespoons lychee pieces and a spear of fresh rhubarb to each glass.

### Hibiscus Tea

Steep 3 Tbs loose hibiscus rose hip tea in 3 cups boiling water until deep red, no more than 3 minutes, so it doesn't become bitter. Pour into pitcher and let cool.

### Rhubarb "Jam"

Add 2 cups finely chopped fresh rhubarb, 1 cup honey, 1/2 cup water and a pinch of kosher salt to a pot and bring to boil. Simmer, stirring occasionally for about 10 minutes to make a sauce. Let cool.





# Fresh Fish In Alberta

by ELIZABETH CHORNEY-BOOTH

While we'll always be known as proponents of beef country, here in Alberta, we like our seafood. We always have — but traditionally, like a lot of people in land-locked locales, many Albertans have felt like they've had to travel to enjoy high-quality fresh seafood.

So many of us rave about the lobster rolls in the Maritimes or the shellfish in San Francisco, but then stick solely to good ol' meat and potatoes once we're back in our home province.

The truth is, however, that despite the distance between Alberta and any ocean, there is plenty of fresh seafood available right here at home. One just has to look for it and ask plenty of questions to make sure that it's the real deal.

Brad Conrad, the General Manager of Rodney's Oyster House in Calgary says that when he was working at the original Rodney's in Toronto he

almost never heard concerns about where the restaurant was getting its fresh seafood. But even though Toronto is also nowhere near an ocean, for some reason, Albertans are more sceptical about the availability of fresh seafood.

The truth is.. there is plenty of fresh seafood available right here at home

“Toronto is landlocked. You don't get shrimp, lobsters, mussels, oysters or crab in Lake Ontario,” Conrad says. “But the

question of how we got seafood there never came up. I've been in Calgary three and a half years and people ask about it all the time. I love educating people about what we do. Calgarians are becoming better and better about understanding and appreciating good seafood.”

Conrad points out that a good 95 percent of restaurants offer some kind of seafood, be it different versions of shrimp curry served at Indian restaurants, fish burgers at fast food joints, or the expertly prepared BC salmon being delicately plated at fine-dining restaurants. None of those products are being fished in Alberta either, but because dedicated seafood restaurants like Rodney's are



**ckua**  
radionetwork

**HANDMADE**

**TUNE IN**

CKUA.COM @CKUARADIO

**ORGANIC RADIO**

Available on the App Store  
GET IT ON Google Play

**Urban grub**  
Real Food Made Easy

**"The best food I've found in Calgary"**  
*-Google Review*

**Made Meals Made Better, Made Easy!**

bistro open weekdays  
breakfast, lunch & take-away

urbangrub.ca 403.723.4012  
5524 1A St. SW, Calgary AB. T2H 0E7

**indulge | CATERING**

A tiny little division of Indulge Catering Inc.

**NARAMATA BENCH WINE COUNTRY**  
*Okanagan, BC*

**One of Canada's Premiere Wine Regions**

A Top Destination For Wine Enthusiasts  
Renowned Wines and Wineries  
Wine Country Hospitality  
Spectacular Scenery

f t i naramatawines  
**NaramataBench.com**

NARAMATA BENCH WINERIES ASSOCIATION

**Tailgate Party**  
Saturday, September 8  
at NARAMATA HERITAGE INN  
Join us to Celebrate Harvest

**28 Wineries ~ Local Cuisine ~ Live Music**

Tickets: \$125  
Info & Tickets at [www.naramatabench.com](http://www.naramatabench.com) or 1-800-656-0713

f t i naramatawines #naramatabench





“Since Icelandair started flying from Reykjavik there’s been lots of fish from Iceland coming in. It’s a little different — it’s better. The water’s colder so it’s a little fresher. It’s gorgeous, and comes on a six hour flight to Edmonton.”

The trick to feeling confident in fresh seafood is being educated and asking questions

priding themselves on serving ultra-fresh seafood (some so fresh that it’s kept alive in tanks in the back of the restaurant), many Albertans can’t get their heads around how that fish and shellfish is getting from the ocean onto their plates.

It isn’t hard to get ultra fresh seafood here, though it isn’t always cheap

The answer is actually fairly simple — it isn’t hard to get ultra fresh seafood here, though it isn’t always cheap.

“The answer is, we get fresh seafood here thanks to planes, trains and automobiles, or at least planes, automobiles and refrigeration,” Conrad says. “We can harvest oysters or go fish for lobsters and mussels and throw them on a plane and it’s here within six or seven hours. It’s dropped off at the airport and all shipped in refrigerated units.”

Rodney’s buys its Canadian seafood directly from the network of farmers and fishermen that it has built relationships with over the years, and also gets some

American seafood from an exporter in the Boston area. Other seafood companies in the province are going even farther afield: Sgambaro’s Signature Seafoods, an Edmonton-based fish processor that specializes in smoked salmon and Arctic char, gets fresh char flown in directly from Iceland.

“We get smaller char from Iceland, they’re about the size of a rainbow trout. We smoke them whole and then we package them and out they go,” says Robert Sgambaro.



Both Sgambaro and Conrad say that the trick to feeling confident in fresh seafood is being educated and asking questions. Rodney’s seafood comes in to the restaurant with harvest tags attached to each order and staff are more than happy to show customers the tags if they want to see the harvest dates and locations.

When buying fish or other seafood to cook at home, Sgambaro recommends eschewing big chain grocery stores and frequenting local fishmongers who are more apt to answer questions and are likely getting their seafood from reputable farms or distributors.

Albertans want fresh fish, but not enough of us are willing to pay the extra costs that come with flying or driving it in for it to be a ubiquitous product just yet, so it’s important to do some research and ask where it’s coming from.

“Nowadays people really care where their food comes from. For us, it’s all about educating people about oysters that just were harvested two days ago or the fresh lobsters in our tanks,” Conrad says.

“It’s cool now to do farm to table, but we’ve always done tide to table. We harvest it, we ship it and we shuck it.”

*Elizabeth Chorney-Booth is a Calgary-based freelance writer, who has been writing about music and food, and just about everything else for her entire adult life. Elizabeth is a published cookbook author and a regular contributor to CBC Radio.*



WE PUT  
THE BEST OF  
**CANADA**  
INTO OUR  
**BEEF**



This rub recipe works great with thick, tender and juicy steak cuts from the top sirloin, rib or striploin. The resulting sweet, savoury and charred flavours bring out the best in your beef and work beautifully with bold red wines or dark craft beers like black lagers, porters and stouts – a perfect pairing to summer evenings at home with friends and family.

**Chef Cameron Pappel**  
*Canadian Beef Centre of Excellence*

## CAMPFIRE COFFEE RUB

- 1/4 cup – ground coffee
- 1/4 cup – kosher salt
- 1/4 cup – brown sugar (or maple sugar)
- 2 tbsp – coarsely ground black pepper

## RECIPE

Combine ingredients and apply liberally. Beef can handle a generous amount of seasoning so make sure to apply that seasoning to every steak surface for optimum flavour. Store any remaining rub in a sealed container.

**Directions:** Rub **2 tablespoons** all over your favorite 8-10 oz steak cut. Grill to desired doneness. Use a meat thermometer to ensure for accuracy.

For more tips on grilling and other beef cooking techniques visit <https://canadabeef.ca/cooking-know-how/>



*Connect, Innovate and Inspire.*

[canadabeef.ca/cbce](https://canadabeef.ca/cbce)



# Step By Step: Granita

story and photography  
by RENEE KOHLMAN



We all remember the sno-cones of our youth. Syrupy sweet, and made of frightening, technicolour flavours, they hit the spot on scalding hot summer days.

Now that I'm a grown-up, I avoid sno-cones with all my might, but still want an icy, sweet, delicious dessert to soothe my summer soul.

Enter the granita.

Somewhere between a sorbet and a slushie, granita is the perfect dessert for when you're hot, sweaty, and have absolutely no desire to turn the oven on.

Plus, if you're looking for a reason to stick your head in the freezer, this is it.



Granita is an Italian frozen dessert not unlike sorbet, except that granita is made by hand and not a machine. The result is a coarser, flakier texture, almost like a fruity bowl of snow. The first bite of granita has a bit of crunch, then it will melt gloriously in your mouth.

It's so versatile too – serve it in a bowl to the kids, in pretty glasses at dinner, or just eat it out of the pan while sitting in the shade or standing in front of the fan.

This refreshing frozen fruit dessert is beautiful in its simplicity. Fresh fruit is blended with a bit of sugar and citrus juice, then frozen until icy, flaked with a fork and frozen again.

Who doesn't love a dessert that can be made in any kitchen, as long as there is a freezer and a shallow pan? Oh, and you need a fork.

The technique may be fairly primitive, but the result is sophisticated enough to serve at a dinner party in fancy glassware. And, you don't need extensive kitchen skills to make granita. Get the kids involved – they'll love scraping it up!

You can make granita out of almost any fruit puree, but when I want to cool down, I love biting into a big, cold



piece of watermelon. Be sure to buy the seedless variety of watermelon otherwise you'll have the tedious exercise of picking out the seeds. When hot and cranky, the last thing I want to do is pick out the seeds, so go seedless to save some grief!

I blended it up in a 12-cup food processor, but if yours isn't as large, do this step in batches. Being a bit of a perfectionist, I strained the pulp out so the resulting mixture is very smooth.

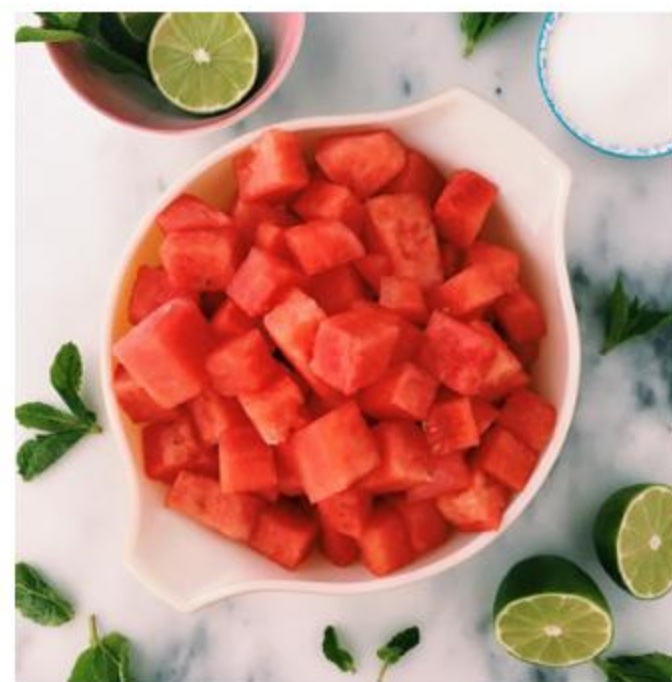
Watermelon loves lime and mint, so I stirred those into the puree along with a bit of sugar. At this point you could spike it with a small amount of vodka but don't go overboard otherwise the granita won't freeze.

An Italian frozen dessert not unlike sorbet, granita is made by hand

I like to freeze the granita for a few hours before I start scraping. At this point it's fairly solid and it flakes up nicely. Return to the freezer for another 30 minutes or so, then scrape again. Repeat the process until you have the desired texture and the whole pan is scraped up. The entire process can take several hours until you get the perfect flaky consistency for serving, so I like to start making granita in the morning.

Once you've scraped all the granita, you can serve immediately, or cover it and keep in the freezer until ready to serve. If you're really planning ahead, granita can be made up to a week in advance and stored in an airtight container. Flake with a fork before serving.

In all of its dairy-free glory, granita is a lovely dessert to serve to those who have dietary considerations, but if dairy isn't a concern, consider topping the watermelon granita with a dollop of lightly sweetened whipped cream.



## Watermelon, Lime and Mint Granita

Makes about 8-10 servings

**9 cups (2.25 L)** watermelon, seeded and cubed

**1/3 cup** granulated sugar

**1/3 cup (80 mL)** fresh lime juice

**1/2 cup** fresh mint, very finely chopped

**Pinch** salt

**1.** Place the watermelon in a food processor and blend until very smooth. If your food processor isn't very large, you may have to do this in batches.

**2.** Strain the watermelon juice through a fine mesh sieve and into a large bowl, forcing liquid out with a spatula. Discard the solids.

**3.** Stir together the watermelon puree, sugar, lime juice, mint, and salt. Be sure that all the sugar has dissolved. Pour the mixture into a shallow baking dish.

**4.** Place the mixture in the freezer, and freeze for about 3 hours. Begin to scrape thoroughly with a fork every 20 to 30 minutes for about 3½ hours, or until the granita resembles coarse crystals. Scrape one last time and spoon into parfait glasses or bowls. Top with a mint sprig.

Granita can be made up to a week in advance and stored in an airtight container. Flake with a fork before serving.

*Renée Kohlman is a busy food writer and recipe developer living in Saskatoon, Saskatchewan. Her debut cookbook All the Sweet Things was published last year.*



# Ketchup:

## A Passionately Canadian Condiment Shared With The World

by JONAH KIMMEL

France has Dijon mustard, Scandinavia calls mayonnaise it's condiment of choice, and in the United States Ranch dressing reigns supreme from coast to coast.

Here in Canada we call ketchup our own, as evidenced by multiple brands of ketchup-flavoured potato chips – and now Dorito's chips, too – available only in Canada.

But what are the origins of ketchup, and how did it become so ubiquitous to the Canadian palate?

Ketchup, originally “kôe-chiap” from China was a mixture of spices and fermented fish, providing its spiced, salty, and savoury, “umami” flavour profile. Travellers and traders from Europe would have first tasted this condiment in what is now Malaysia in the 18th century, helping it migrate back to England, where we find recipes approximating their discovery including everything from salted

mushrooms to immature walnuts and shellfish. Some recipes from the day included dried anchovies to contribute a salty, fermented fish taste to the domesticated recipes.

Eventually, ketchup made its way to North America with English settlers bound for the new colonies. The first surviving recipes with tomatoes are dated around 1812, using a native American plant believed to be cultivated in Mexico originally. Whole tomatoes gave the recipes a bright red colour and a thicker body than the thin, brown sauces made previously.

The Heinz brand, started by Henry J. Heinz, began producing ketchup in 1876. Its rise to popularity came

after devising and marketing a recipe which did not contain Sodium Benzoate or Coal Tar, both commonly used preservatives at the time, which were also gaining notoriety for being harmful to one's health.

By 1905, Heinz is reported to have sold five million bottles of this new-recipe ketchup that kept its long shelf life from additional sugar and increased pectin by using whole, ripe tomatoes.

The first surviving recipes with tomatoes are dated around 1812

Heinz manufactured ketchup in Leamington, Ontario, on the shores of Lake Erie, for over a century. In 2013, the plant closed as bottling and production moved out of Canada, prompting a well-publicized boycott of Heinz ketchup from many Canadian households.

Canadian company, Primo's, and American brand French's, historically known for pasta sauce and processed mustard respectively, then earnestly entered the fray for the ketchup crown.

Consumers, restaurants, and retailers alike were forced to reconsider where their ketchup loyalty lay, resulting in a heated rivalry between ketchup brands.

Support for ketchup as “Canada's condiment”, with Canadian content, contributed to significant gains in market share by French's and Primo's.





Why all the fuss over a lick of sauce you might ask? Ketchup's flavours are balanced between salty, sweet, sour, and savoury, with a thicker-than-coating consistency, making it the perfect pairing for many prepared foods, vegetable or otherwise.

This same, balanced, flavour profile makes it ideal as a base for sauces, where the thickness of the tomato paste provides body, adhesion, and mouthfeel, enhancing the properties of other ingredients in recipes like barbecue sauces, mops, pastes, or tapenades.

Mass-produced and quality-controlled ketchup from known brands like Heinz and French's provide a consistent

product. Easy as it may be to grab a bottle of premade ketchup from your local corner store, grocery, or pharmacy (where CAN'T you buy it?), people have long sought to remake the ketchup wheel for their own ends.

Utilizing local or specialty product...are great reasons to try your hand at making your own recipe

Adjusting texture to specific uses, utilizing local or specialty product, or catering to specific dietary needs, are all great reasons to try making your own recipe. If you find yourself reaching for the bottle of ketchup as much as the average kitchen, try and tinker with the recipe in search of a more personalized product, or just to appreciate all the work that went into the bottle on the shelf.

*Jonah is a self-proclaimed food nerd who loves learning everything about the science of food and cooking. As a chef, he has honed his skills in major epicurean centres from Toronto to Melbourne, and now calls Montreal home.*

## In the Kitchen

Think ketchup is only for shrimp and cocktail sauce? Make an oyster mignonette!

Mix **1 Tbs** with **¼ cup (60 mL)** fine sherry, red wine, or champagne vinegar to thin, add **¼** minced shallot, **1 Tbs** of finely cut French cornichon or garlic pickle, chopped fresh parsley, and cracked black pepper. Thin with water if needed.

Jazz up your pork ribs, Indonesian-style! Ketchup meet keecap! For four racks of ribs, combine ketchup, low-sodium soy sauce, rice wine, fresh ground cumin, ground or fresh grated turmeric, onion, and garlic powder to taste, and use to finish pork ribs, roast or grilled pork loin, or other white meat.

## Local Success!

Housemade ketchups are all the rage at a number of restaurants everywhere including Alberta. Calgary's own grilled cheese joint, Grate & Barrel's ketchup has become so popular that customers can now take it home.

Lower in salt and sugar than most big name brands, and made fresh, it's been a huge hit with kids (well-known aficionados of the grilled cheese arts), much to the surprise of owner Mhairi O'Donnell.

Earlier this year, O'Donnell raised \$10,000 via an ATB BoostR campaign to begin production, and now the homemade ketchup is available to buy at the restaurant, and soon, in markets and grocers near you!



Looking to Unwind.....  
Join us in our Lobby Patio.  
Featuring:  
New Summer Cocktails  
1/2 price Wine Wednesdays  
BBQ Lunch Fridays



No pool in your backyard?  
Need a weekend getaway?  
Hotel Blackfoot has  
everything you need!



[hotelblackfoot.com](http://hotelblackfoot.com)

5940 Blackfoot Trail SE  
403-252-2253



# Mint: Koftas, Tzatziki And Beyond

by MORRIS LEMIRE

Not even chewing gum, mouthwash, or menthol cigarettes have ruined mint. It remains on its culinary pedestal where it finds its way into countless dishes: sauces, salads, teas, meats, jams, jellies, and bar drinks.

Will that be a Gin & Tonic, a Mojito, a Mint Julep, or a Gimlet, perhaps?

It behaves in the kitchen like it does in the garden, finding its way into every nook and cranny; not really surprising, considering it has been around for thousands of years.

Mint's presence in so many cultures – China, India, the Levant, and North Africa – helps to explain how it spread to Spain and throughout the rest of Europe.

The Romans, Greeks and Arabs never went anywhere without it. Like salt, it's ubiquitous.

There are 18 species of mint and 13 named hybrid species. But here I'm focusing on spearmint (*Mentha spicata*) and its hybrid sister, peppermint (*Mentha piperita*), the two most common garden and grocery store varieties in Alberta.

These two also account for the bulk of mint farmed for essential oils, used by

big pharma, big tobacco, and big candy – 50 percent of the US mint crop goes into gum.

Most mints are perennial and easily propagated from root divisions, a process related to their habit of spreading and then staying put, becoming rooted. Apparently, (although I don't believe it) Alberta is the only 'southern' province in Canada where mint is not naturalized.

Mint's wanderlust is easily controlled by planting it in a pot. It likes dappled light, regular watering, and lots of cutting, and does well in out-of-the-way corners of the yard, including porches and balconies.

Come frost, bring your mint pot indoors, trim it, and continue cutting mint sprigs all winter.

Mint can be used fresh or dried. If you wish to dry the leaves, collect

them before the plant flowers, dry immediately and quickly; then store in a sealed container in a cool dark place.

Mint's wanderlust is easily controlled by planting it in a pot

Not that long ago, in some families, mint wasn't used beyond the Sunday lamb roast or odd cocktail garnish.

Then hippies went to Marrakesh, while global trade and the internet opened up a bigger world, and now we know and love it in tabbouleh, fattoush, ceviche, hari chutney and mint lassi...





## First the Mint and Yogurt Sauce, aka Tzatziki

**1½ cups (360 mL)** yogurt  
**1½ cups** mint leaves  
**1** medium cucumber, or four small ones, coarsely chopped  
**1 Tbs** fresh lemon juice  
**1 clove** garlic, peeled and coarsely chopped  
**¼ cup** of pine nuts (optional)  
**½ tsp** ground cumin  
**1 Tbs (15 mL)** olive oil  
**To taste** salt and pepper

There are two ways to make this sauce, smooth, or hand chopped. Either way works for our recipe, or, incidentally, as a salad dressing.

Hint: if smooth, combine everything into a food processor or a blender: the yogurt, mint leaves, cucumber, lemon, garlic, pine nuts, cumin, salt and pepper, and the olive oil. Blend until smooth.

Here is another Hot Tip:

Add two cups of cool vegetable stock and voila – you have a lovely cold Mint and Yogurt Soup. Garnish with a mint leaf frozen into an ice cube.

Alternatively to make it by hand, finely chop and mix everything in a large bowl. It's more time consuming, but the texture is wonderfully chewy and the bits and pieces recognizable.



Secondly, the recipe below offers the perfect opportunity to try Alberta's excellent lamb. Kofta is the Turkish name for a lamb kebab.

### Koftas

Serves 4

**450 g** ground lamb or beef  
**½** small onion, finely chopped  
**1 clove** garlic, softly crushed and finely chopped  
**Pinch** cayenne  
**¾ tsp** ground cumin  
**1 Tbs (15 mL)** olive oil  
**½ cup** packed mint, finely chopped  
**¼ cup** parsley, finely chopped  
**½ tsp** salt and pepper, or to taste

**1.** Mix the ingredients together, then pat and shape the ground lamb (or beef) into a sausage shape about 12 cm long and 3-4 cm thick.

**2.** Next, insert an oiled skewer through the middle length of the kebab, end to end. On a well oiled grill, barbecue for 8 minutes, or to your satisfaction.

**3.** Serve with the tzatziki, in pita bread if you wish.

A salad and a beer make this the perfect summer dish.

*Morris worked in the wine trade for 25 years. A keen gardener living in Edmonton, he writes on wine, food and the environment.*

THREE DISTINCT CONCEPTS,  
ONE FOOD PHILOSOPHY.



Part of the Canadian Rocky Mountain Resorts Family of Companies.

[theloftcalgary.ca](http://theloftcalgary.ca)



# Barley and Malt: Alberta's Silent Exports

by DAVID NUTTALL

Western-style agriculture began in Alberta as early as the late 18th Century, but really became important to the economy as European immigrants arrived through the 1800s.

Today, Alberta is Canada's second largest agricultural producer, and thanks to a unique diversity of landscapes and climates, produces a wide variety of crops. Five of them: wheat, barley, canola, oats, and rye, command most of the production and, fortunately for beer drinkers, four of them are used in beer (sorry canola!).

While raw grains can be used, brewers discovered by the Middle Ages that malted cereals made the best beer, and

today it is malt that provides the base for all beer styles. But what exactly is malt?

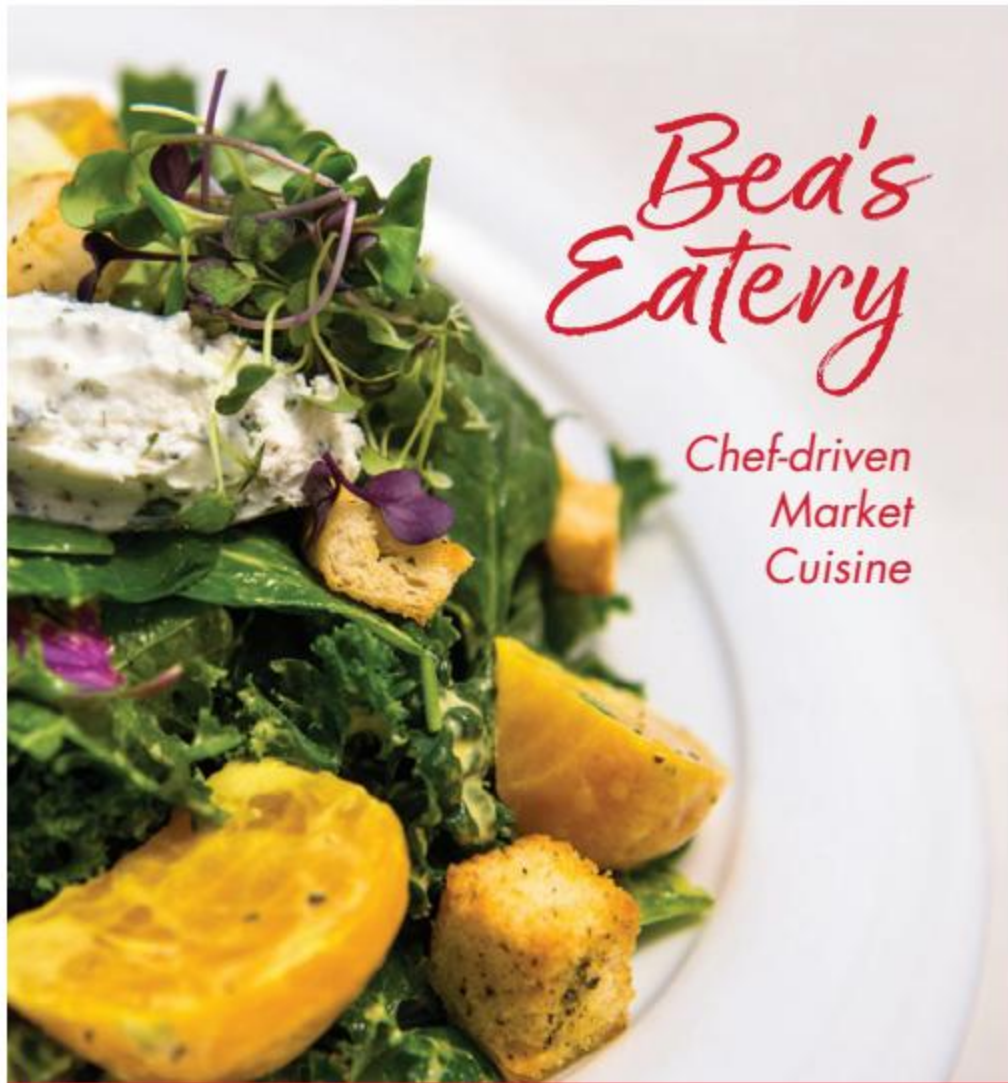
Most people know that along with yeast, water, and hops, it is one of the four main ingredients in beer. However, the word "malt" is both a noun and a verb, for it is malting that transforms grain to become malt, and for beer that main grain is barley.

However, not just any barley can become malt. First, the growing

conditions must be right. Alberta's combination of altitude, latitude, rainfall, long summer days, length of growing season, and climate, make it ideal for barley that is perfect for brewing beer.

When harvested, as many as 15 characteristics are inspected for quality, including essential conditions such as protein and moisture content, size of kernels, or that the barley is free from disease or blight, chemicals, frost and heat damage, and more. The barley that meets these specifications can demand premium prices and will get turned into malt. As much as 80 percent of Alberta barley does not meet the standard, and therefore gets sold for less to be used as livestock feed.





# Bea's Eatery

Chef-driven  
Market  
Cuisine

located inside Bite – Grocer & Eatery  
1023 9th ave S.E. Inglewood • beaseatery.com



## HEART of the HOME

Est. 2016

kitchenware • accessories • gifts

12539-102 AVE | EDMONTON, AB

780-705-4928

[heartofthehomeyeg.ca](http://heartofthehomeyeg.ca)



lovebitesphotos.com

# COME ENJOY THE OCEAN WITH US

BOOK US FOR YOUR NEXT PARTY OR GET TOGETHER - CALL TODAY!

- FRESH SUSTAINABLE SEAFOOD
- HAPPY HOUR MON TO SAT
- CALGARY'S BEST EVENT SPACE
- CORPORATE EVENTS UP TO 400 PEOPLE
- SHUCKING LESSONS & OYSTER 101'S
- GREAT FOR STAMPEDE PARTIES
- WEDDINGS, CATERING, OFFICE PARTIES

RODNEY'S OYSTER HOUSE  
355 10TH AVENUE SW, CALGARY, AB  
(403) 460-0026

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





Courtesy Red Shed



There are two main varieties of barley used in brewing, differentiated by the number of fertile flowers along the central stem. Two-row barley has only two kernels, while six-row has all six kernels fertile. Because two-row has bigger kernels but lower nitrogen, protein, and husk content, it is more suitable for craft beers.

Six-row barley produces bigger quantities and has more enzymes, which makes it better for beers that may have adjuncts added. While both types are grown in Alberta, it is two-row barley that has become the most revered by brewers.

Once the barley is harvested, the grains are sent to a malthouse. In Alberta, the oldest and largest is Canada Malting, in Calgary, which opened in 1913, and is

one of the largest facilities in the world. Rahr, in Alix, opened in 1993. Between these two operations, they make malt that gets sent to thousands of breweries worldwide.

Thanks to all the new craft breweries, there is now a need for more specialized malts, and five more malthouses have opened recently or are opening soon. A few of these are also getting into brewing as well, such as Origin from Strathmore, and Red Shed from Penhold.

Once at the malthouse, the grain goes through a multi-week process where it is dried, stored, steeped in water to allow it to sprout, and then air-dried to become green malt. Next, this malt is kiln dried and literally cooked to the desired colour and specifications. The resulting product is either a base malt or specialty malt, each with its own unique flavour, colour and sugar content. There are dozens of varieties, all with different names, that the brewer selects for his recipes.

While barley is by far the most common grain malted, other cereals such as wheat, rye, oats, and more, can also go through this process to become malted versions. Malt is involved in the first step in brewing (and distilling), where the extracted sugars combine with hot water to become the wort. This provides almost all the colour, sweetness, and body of the beer.

Even though our barley and malt gets shipped all over the world, foreign beers make no mention of Alberta on their labels. It has taken the local craft beer and spirits scene to highlight and promote Alberta barley and malt as an ingredient.

With all these new breweries, distilleries, and malthouses, what we are now seeing is unique malts attached to terroir. Because of Alberta's many varied regions, the same planting will result in different characteristics in different locations, creating almost "estate" like conditions, much like the wine industry has been promoting for centuries. As more experimentation takes place, it's possible proprietary grains will become coveted by the beer or spirits industries, fetching a premium price as well.

With more people getting involved; from the farmer, through the malthouse, to the brewery, and ultimately, the consumer, there is a growing awareness of the importance of barley and other crops, not just to the agricultural industry, but to alcohol industry as well.

The added bonus is, we get to drink them too. So, toast to Alberta barley with your next pint of local craft beer.



For more information see:

**Alberta Barley**, [albertabarley.com](http://albertabarley.com)

**Canada Malting Co.**, [canadamalting.com](http://canadamalting.com)

**Rahr Malting Canada Ltd.**, [rahr.com](http://rahr.com)

**Red Shed Malting**, [redshedmalting.ca](http://redshedmalting.ca)

**Hobo Malt**, [hobomalt.ca](http://hobomalt.ca)

**Hogarth Malt**, [hogarthmalt.ca](http://hogarthmalt.ca)

**Origin Malting and Brewing Co.**,  
[originmalting.com](http://originmalting.com)

**Malt House No. 9**  
[facebook.com/Malthousenumber9](https://facebook.com/Malthousenumber9)



# UNCORK EXTRAORDINARY

PROSECCO SUPERIORE DOCG



Connect with us

- [Santa Margherita Wines](#)
- [santamargheritawines](#)



CAMPAGNA FINANZIATA AI SENSI DEL REG. UE N. 1308/2013  
CAMPAIGN FINANCED ACCORDING TO EU REG. NO. 1308/2013

Find your nearest retailer using





# July August Refreshers

by TOM FIRTH and LINDA GARSON

While we normally talk spirits throughout the year, summers in Alberta are simply too nice to just dwell there. So in the “spirit”, and in celebration, of summer we’ve hit the streets before they get too hot and rounded up a number of cool brews, mixable libations, and ready to drinks to enjoy this summer.

## Beau’s “Wild Oats Series” Cavalier Bleu, Ontario

As a man who doesn’t mind a little fruit in his beer, and a big fan already of Beau’s, I was pretty darn stoked to try this strong, blueberry India Pale Ale. Hazy and purplish in the glass, the delicate balance of hop and blueberry is well maintained, and the 6 percent ABV or so gives it that extra oomph to make sure you know this is a serious beer. Serve with steaks, or anything with blueberries.

CSPC +802468 (600 mL bottle) \$11

## Leinenkugel’s Lemon Shandy, Canada

One could think of a shandy as beer with some extra flavours added, but also something that is a beer rather than a cooler, and fills a niche all its own. Leinenkugel’s lemon shandy is based around a lighter bodied wheat beer with a nice, but not overwhelming, tang of lemon. Perhaps a little waxy on the palate, but easygoing and refreshing for sure when the heat is here.

\$3-4 (473 mL can)

## Madjack Hard Flavoured Iced Tea, Quebec

I had no idea what to expect of a hard flavoured iced tea. It smells like tea with lemon, but with something spicy in the background. I could be very wrong, but I’d hazard a guess that there’s ginger involved in the making. I really like that it’s not

sweet, but nicely balanced between tea, lemon, and ginger beer-type flavours.

Great for summer outdoors or indoors. (473 mL can)

## Lolea Sangria, Spain

Who doesn’t love a little sangria when the temperature climbs? Though I’ll confess, I either need so much on hand that I have to make a large pitcher, or I only need a little... here is where the new, smaller bottles of Lolea come in. Perfectly refreshing, with sweeter fruits and a little bubble, it’s ready to go, or could be garnished a little at home with fresh fruit in a tall glass.

CSPC +793555 About \$16 (4 pk)

Will it be another summer of gin? It will in my house with so many bottles to discover!

## Nimbulus Modern Gin, Krang Spirits, Cochrane, Alberta

There’s nothing shy and retiring about Nimbulus, a brand new gin from Cochrane. The nose is unequivocally citrus, with juniper following fast on its heels. The palate is a bold statement too, with other flavours coming into play – definitely something green, and fragrant – angelica! And there’s real Sri Lankan Cinnamon, Coriander, and Grains of Paradise too. I really enjoyed it just with tonic water and ice; it makes a great G&T.

CSPC +960067 \$43

## Sipsmith London Dry Gin, London, England

“Sip” is what you’ll want to do with this gin; it’s a lady and she’s wearing a little black dress – demure and elegant. It opens with delicate notes of sweet lemon sherbet that follow right through to the finish. Chill down well and pass the olives, it just needs one or two and you’ll have a pretty perfect martini.

CSPC + 790763 \$52







**THE BLOCK**  
BY THE BLOCK

*Eat, Drink, Socialize  
on the*  
**BLOCK  
Patio**

**BREAKFAST, LUNCH, DINNER &  
*Happy Hour***

**f t i** @EatDrinkBlock #101- 2411 4th Street NW | BlockYYC.com



**2017 NATIONAL WINE AWARDS WINNER**  
WINE & SPIRITS AWARDS  
2017  
**WINERY OF THE YEAR**

**TOP 15 WINERIES IN CANADA  
TOP 7 WINERIES IN BC**  
*— 2017 National Wine Awards of Canada*

**JOIN US ON THE  
PATIO FOR  
LIVE MUSIC & FUN**

**BENCH1775.COM**  
1775 Naramata Rd, Penticton, BC  
250.490.4965 | info@bench1775.com

**THE ONLY STEAKHOUSE TO OWN ITS OWN BULL**

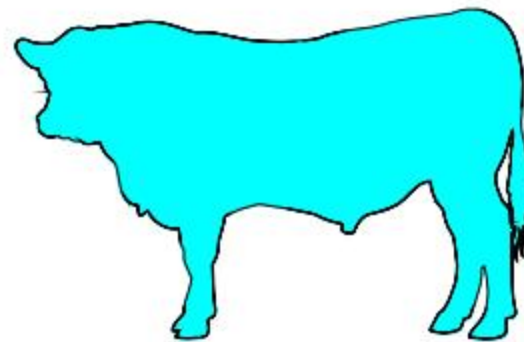
**OPENTABLE'S TOP 100  
RESTAURANT IN CANADA  
FOR A BIG NIGHT OUT**

**MODERN  
STEAK**

**STEAKHOUSE OF  
THE YEAR  
2016/17/18**

**f t i** @MODERNSTEAKCA  
IN THE HEART OF KENSINGTON  
107 10A STREET NW

**BOOKINGS PLEASE CALL  
403.670.6873 OR AT  
MODERNSTEAK.CA**



**WE BOUGHT THE BULL  
(AND THAT'S NO BULL...)**

Stephen Deere, restaurateur and owner of Modern Steak has partnered with Michael Munton, rancher and owner of Benchmark Angus in Warner, Alberta and purchase its own Bull and created Modern Benchmark.

Modern Steak is the first restaurant in Canada to go into partnership with a local ranch and purchase its own bull to guarantee the highest quality, local Alberta Beef available. There is local and then there is Modern Steak!

**WE ARE ALBERTA BEEF I ❤️ 🇨🇦 🍖**



# Making The Case For Summer Sipping

by TOM FIRTH

It's finally here, the wonderful, beautiful summers we get to enjoy in Alberta. Long, hot days, evenings that beckon relaxing times with friends or family on the deck or patio, and perhaps a cold one or two.

When I'm looking for wines to share over the summer months, I'm really looking for versatility. Not only do I just need a bottle or two to bring to a barbecue or get-together, I often don't know exactly what is on the menu, so I want to share wines that pair with a range of dishes (and even appetizers from chips and dips, to carefully prepared, homemade snacks).

These wines cover a gamut of regions and countries, and also a number of grapes, familiar and less-than-common.

While enjoying this year's too-short summer, feel free to reach for your corkscrew from time to time, since who wants to pick up a beer bottle cap off the deck?



*Tom is a freelance wine writer, wine consultant, and wine judge. He is the contributing Drinks Editor for Culinaire Magazine, and is the Competition Director for the Alberta Beverage Awards. Follow him on twitter @cowtownwine*



**Liquidity Wines 2016 Chardonnay**  
Okanagan Falls, British Columbia

A clean and expressive chardonnay, free from the constraints of excessive oak, with mixed apple fruits, peach, and nectarine flavours. A hint of sourdough creeps across the palate, well-complemented by a tight, mineral-laden finish. Break out the swordfish steaks or chicken kebabs. CSCP +777434 About \$26-28



**Clos du Soleil 2014 Signature**  
Similkameen Valley, British Columbia

A meritage-style blend from one of the coolest wine regions in Canada, Signature is the real deal, from the inky colour to the near-impenetrable depths of fruit and earth on the nose. Around 17 months of oak give a little backbone and soften the tannins, yielding a mildly fruit-driven experience. Would do well at an outdoor feast, gathered around a roasted beast, perhaps decanted first. Would also age well in the cellar up to around 2025-2028. CSCP +177204 \$52



**Avignonesi 2017 Rosato Cantaloro,**  
Tuscany, Italy

The first time Avignonesi has produced a rosé in its storied history, it's well worth the wait. Organically farmed and working towards biodynamic certification, this 100 percent sangiovese rosato is quite the quaffer. A touch of sweetness to the summer fruits finished off with a slightly bitter – but food friendly finish. Better buy two bottles, they'll go fast this summer. CSCP +800655 About \$21





**Liquidity Wines 2016 Pinot Noir  
Okanagan Falls, British Columbia**

I've long been a fan of pinots from the Okanagan Falls region, and with wine like this, it's not hard to see why. Cocoa powder, dried cherries, cranberry, and vegetable leaf with loads of spice on the nose, while flavour-wise tart, fruit driven, and so darn smooth. An excellent glass for sure.

CSPC +754435 About \$24-26



**Barone Ricasoli 2016 Albia Rosé  
Tuscany, Italy**

A classically Tuscan blend of sangiovese and merlot showcasing a very delicate nose of fresh cut flowers, peaches and strawberries, and perhaps talcum powder and white pepper. A tasty little number to enjoy on the deck, no food required.

CSPC +230912 \$16-17



**Sandhill 2017 Rosé  
Okanagan Valley, British Columbia**

Almost the very definition of a pretty little pink number. Soft berry fruits, rock candy, and candy cigarettes on the nose with some definite sweetness on the palate. Yes, it's on the sweet side, but not cloying at all, showing moderate, but noticeable acids. Serve well chilled with grilled seafoods, or salty appetizers.

CSPC +736523 \$18-20



**Chateau de la Gardine 2015  
Chateauneuf du Pape, Rhone, France**

Personally, I find the wines of Chateauneuf just as at home in the summer months as in the winter. The expert blend of several grapes complements earthy, braised dishes and seared steaks or juicy burgers year-round. Here, I'm loving the deep fruit tones with hints of cocoa, spice box, tobacco leaf, and much much more. Tannins will want some protein-rich food for sure. Summer in style this year.

CSPC +706971 About \$29



**Joseph Drouhin 2015 Vaudon  
Chablis, Chablis, France**

Quick word of advice for wine enthusiasts – never, ever turn down a glass of Chablis. One of the finest expressions of chardonnay, it's (much like this one) typically rife with tart, crisp apple fruits, intense mineral tones, and a long, graceful finish. I almost don't want to share it, but try to pair with shellfish, or lighter poultry dishes. Absolutely delicious.

CSPC +730705 \$27



**Santos da Casa 2015 Douro White  
Douro, Portugal**

Some of my favourite summertime white wines are those from the Douro, whose summers are outrageously hot and dry (much like a Calgary summer) and their wines are well suited to enjoying on a hot day. Tight citrus tones on the nose with a hint of mineral and rock candy, The palate is crisp, fruit laden, and very refreshing. A wine that can be served nice and cold, with seafood or light charcuterie.

CSPC +784720 \$17-18



**Avignonesi 2015 Vino Nobile  
di Montepulciano, Tuscany, Italy**

Looking for a well-made, complex, and well-priced red for hot weather? Lighter red in the glass, evoking pinot noir like colouring, or perhaps gamay, bright cherry fruit with dried herb and chaparral-style aromatics. Palate shows deeper berry fruits and milder tannins and weight. A real stunner, and something a little different for summer drinking.

CSPC +413278 About \$35



**Dry Creek 2016 Chenin Blanc  
Clarksburg, California**

Still haven't caught the bug for chenin blanc? May I recommend this one from California? Taking inspiration from Loire Valley examples of the grape, this beauty is all about the honey and lemon flavours with that mild "wooly" character (think Hudson Bay's scratchy blanket) the grape can achieve. Match up with seafood of almost any stripe in a shell or grilled poultry.

CSPC +281253 \$24



**Senorio de la Antigua 2012 Finca  
Cabanela Mencia, Castilla y Leon, Spain**

Mencia is one of the great underrated grapes of Spain. Confusingly, some wine labelled mencia is really cabernet franc, but not this one. Look for black cherry fruits, wonderfully intense floral characters, charred wood, lavender, and liquorice. A little lighter in body, it's a perfect summer sipper. Match with cured meats, sausage, or the like.

CSPC +788021 \$18-20





# Open That Bottle

story by **LINDA GARSON** photography by **INGRID KUENZEL**

“When I first came to Calgary you could only get frozen fish. You might get a few items fresh, but otherwise people are eating meat, meat, meat. Now people are starting to eat healthy,” says David Yip, co-owner of City Fish.

Yip came from Hong Kong to Calgary in 1982 as a teenager, and helped his brother who had a meat and seafood store. As they spoke English and Chinese, they did business in Chinatown and other restaurants too – Cannery Row and Don Quijote were early customers.

He helped with deliveries part time, and studied Civil Engineering full time until his brother asked if he'd like to go into the wholesale business with him. Oil had crashed, and civil engineers didn't have jobs, so he decided to give it a try. Yip, with his brother, Nelson, started City Fish in 1986.

“City Fish has been very lucky in Calgary; one reason is because after '88-'90 we were growing as the city grew. More people were coming here and more restaurants were opening up,” he says.

The turning point for fresh seafood was when Catch opened. “They wanted a small guy,” Yip explains. “A lot of chefs’

minds are, “if I want seafood, I want a seafood guy, if I want meat, I want a meat guy. If I want grocery, I want a grocery guy, I want somebody who specializes, and they can tell me when the product's coming, and how fresh the product is.”

Another turning point was the growth of Japanese food. “When I first started there were only five Japanese restaurants in town. Five. Now it's over 200 including the little cafeteria. It's big time. And I am lucky to have a Japanese line – salmon, tuna, unagi – so people phone me as I'm the only one really that has the variety of product to supply them,” Yip adds.

“Then last of all, we supply all the Calgary Co-ops as well, so it's a gradual growth of the business. It is 30 years now in business as City Fish, and I'm happy, and I never regret that day that my brother come to ask me, ‘do you want to do this,’ and I say yes.”

So what is the bottle that Yip is saving for a special occasion?

“The whisky from Japan is very good, and for the past few years has been very popular,” says Yip. “Before, it was under the radar and under-priced, then all of a sudden, in Asian countries, it's become very popular. Supply and demand has raised the price high.”

Yip's Hibiki is a limited edition 21-year old, which doesn't exist any more. Demand for the whisky is so great that all the old whisky has gone.

As Yip says, “you can't go back and make another 10 bottles. We looked in Tokyo and we found two bottles, and me and my friend just grabbed them. I would never open this for a long, long time, until a special, special occasion.”

And what might that special occasion be?

Yip did have a vintage bottle until last year when he had a party. After a few glasses of wine, his friends saw the bottle and... Yip generously opened it even though they'd already really had enough.

“The next day my wife gave me \*\*\*\*, because I'm supposed to be storing it like this one, Yip says with a sheepish smile.

“She was really upset about it, so in January, when we were in Japan, we saw this and she said “this time we hide it and not open it.” What occasion? I'd say an anniversary, a birthday, with a few friends and we might open it for enjoying it, not for shooters like the other bottle!”







# Three Thieves

*Liberators of Fine Wines*



**NEW TO ALBERTA!**  
Find your nearest retailer using



**LIQUOR  
CONNECT.COM**  
Alberta's liquor link.





— ✂ —  
**TASTE**  
**OF CALGARY**

**AUGUST 9-12<sup>TH</sup>**  
**EAU - CLAIRE - PLAZA**  
**[WWW.TASTEOFCALGARY.COM](http://WWW.TASTEOFCALGARY.COM)**