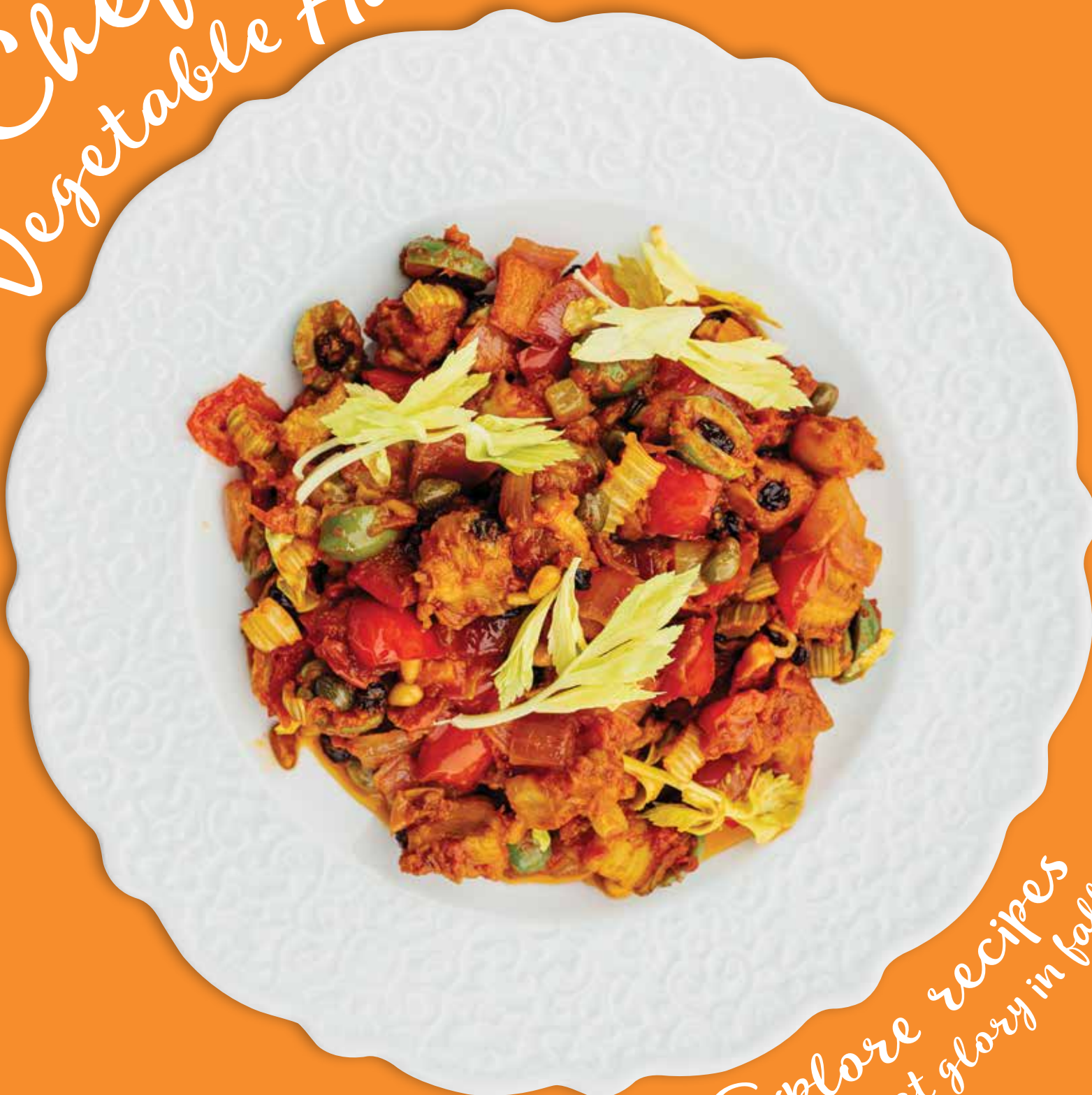


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THE TOMATO

food & drink

*Chefs'
Vegetable Harvest*



*Explore recipes
that glory in fall's bounty.*



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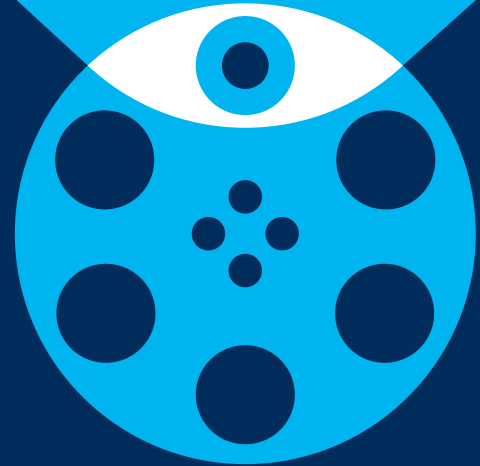
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Editor

Mary Bailey
marybee@telus.net

Publisher

BGP Publishing

Copy Editor

Shauna Faragini

Contributing Writers

Peter Bailey
Myles Mellor

Illustration/Photography

Dong Kim
Gerry Rassmussen
Tara Smith
Chris Stenberg
Samantha Yeung-Canafranca

Advertising Sales

Tara Smith

Design and Prepress

Bossanova Communications Inc.

WebMeister

Gunnar Blodgett, COPA Jurist

Printer

CentralWeb

Distribution

Greenline Distribution

For editorial inquiries, information,
letters, suggestions or ideas,
contact The Tomato at 780.431.1802
or email marybee@telus.net.

For advertising information
call 780.431.1802.

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On the cover: Daniel Costa's Caponata, see recipe on page 6. Photo by Dong Kim.

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Modern Canadian Cuisine

ice is nice

Lots to discover at the new JW Marriott Ice District (10344 102 Street, 780-784-7950, marriott.com). Kindred Food + Drink is a bright and spacious spot for breakfast, lunch, brunch and casual dinner. Kindred's chef de cuisine, Jason Greene, cooked with Corey McGuire at Tzin and Ryan O'Flynn (Canadian Culinary Champion 2015) at the Westin. Excellent bacon and eggs and loved the carrot cake, big enough for four people, and the crazy and delicious table-sized chicken pot pie. The Braven chef de cuisine is Jeremy Korten. Braven is all about classic steak house done with aplomb—wedge salad, shrimp cocktail, creamed spinach, seafood tower, several cuts of steak and old-school Chateaubriand—as well as three-course prix fixe (\$49) ideal for pre-game dinners—in a clubby gentlemen's cigar room ambiance. Happy hour in the Lobby Bar is from 3-6pm and 9pm-close—loved the Edmonton Negroni. There is also Alchemy, a tiny jewel box of a cocktail lounge on the fifth floor, with the entrance secreted behind a bookcase and a huge patio, opening soon.

Mary Bailey photo



toast culture includes pizza

Check out the new Toast Culture (11965 Jasper Avenue, 780-761-4482, toastculture.com) in the Pearl Tower. The café is a welcome addition to this stretch of Jasper with its friendly casual vibe, modern look and seriously tasty food. Yes, there is avocado toast (with bacon or without) a really good breakfast of eggs and fennel sausage, with roast potatoes, and at night, well-executed pizza. We're crazy about the smoked salmon toast. Breads are from Bon Ton Bakery, coffee from Ace, meats from Meuwly's.

Chef/co-owner Josh Wilhelm is a congenial host, we expect this will become your new daily hang. Excellent coffee.



handmade patty of grass-fed beef, gorgeous bacon, griddled onions on a gluten-free bun that is more than edible, it's tasty. Cave doesn't use dairy, or products with gluten or soy. You won't miss it, the food is delicious. Owner/chef Dave Kantor works closely with Bear and the Flower Farm for pork and Top Grass for beef. He was a regular chef at one time, becoming an expert in cooking for those with food sensitivities after marrying his wife Jennifer. Look for the special

Beast Dinners throughout the year.

the art of the japanese highball

What's the big deal about the the Japanese highball? It's all about the quality of the ingredients and, yes, a completely persnickety (some would say obsessive) attitude towards the making of the drink.

Samantha Yeung-Canafranca and her husband Rod Canafranca of Filistix (10621 100 Avenue, 780-716-4708, filistix.com) worked in Hong Kong at two top notch restaurants, Ronin and Yardbird, both owned by former Albertans. (Ronin is on the Asia Top 50 Restaurants list.)

"Yardbird is known for its attention to the Japanese highball," says Samantha. "We started to learn about ice—how it affects the carbonation, which soda is best, and the importance of the right whisky.

"We thought it would be something great to bring to Edmonton. Here most highballs are made with cheap whisky and soda out of the gun," she says.

Samantha Yeung-Canafranca photo



Top: from left chefs Jason Greene, Anthony Walsh and Jeremy Korten; centre left a Toast Culture offering; centre right the burger at Cave Beastro; above: Filistix' Rod Canafranca makes a Japanese highball.

"When it's only three ingredients, spirit, mixer and garnish, what you use makes all the difference.

"We work with a local ice producer who makes a completely clear ice; it has no air and doesn't dilute the drink. The cube is cut to the same height as the glass and is 1¾-inch thick. Our glasses are thinner which helps make the aromatics more evident. We also tie the highball menu into our food menu by using ingredients like tamarind and calamansi."

The highballs at Filistix are impeccably balanced (not boozy) and taste the same from the start to the finish—a beautiful drink.

now, this is a burger

Burger fans must try the burger at Cave Beastro (102, 6104 104 Street 780-540-2283, the-cave.ca);

wahkohtowin

Shane Chartrand is the chef for the bison-based celebratory dinner on Saturday, September 21, part of the Battle River Lieutenant Governor of Alberta Distinguished Artist Awards. "Wahkohtowin means working together, neighbourliness and kinship— all guiding values for what we are doing in our region," says Jane Ross, co-chair. The bison for the dinner was culled ceremonially from the Maskwacis herd. "In keeping with the spirit of wahkohtowin, the menu was planned around locality and affordability," says Jane. It's deliciously straightforward—roast Maskwacis bison with root vegetables, seasonal and foraged greens, fluffy bannock, potato lefse and a wild saskatoon and rhubarb crumble for dessert. The program includes notes about the ritual and ceremonial aspects of the foods. Events get underway at 2pm. Tix: \$50, <http://camroselive.ca/event/lieutenant-governor-of-alberta-distinguished-artist-awards>. For all the events during the Battle River 2019 Lieutenant Governor Arts Awards of Alberta, visit <https://www.battleriverarts.ca/calendar>. 🍷

Chefs' Vegetable Harvest

Explore recipes that glory in fall's bounty

Late summer is the time for eggplant, tomatoes, floury potatoes, all the beets, various kales, peppers and the hard squash family. Hardy herbs like thyme, rosemary, oregano and sage sweeten the air. Some vegetables are actually better in the fall – after the frost root vegetables get sweeter.

Caponata

This quintessential Sicilian dish is found throughout the island. Like so many other recipes in Italy there are countless versions and variations which vary from town to town and family to family. Eggplants were introduced to the island of Sicily by the Arabs in the middle ages along with pine nuts and raisins and since then, these ingredients have become a fixture in the island's cookery. Although each region in Italy has their own cuisine, I find that Sicily has a unique path of flavours carved out by centuries of invasions and influences. The Arabs dominated Sicily from 827-1091 which left the strongest influence on the cuisine and the flavours of this caponata showcase that.

The balance of agrodolce flavours and so many unctuous textures makes this one of my favourite ways to start an autumn meal. Enjoy caponata as an antipasto along with cured meats and cheeses or as a side with roasted meats and fish. I like to eat caponata on its own with a piece of crusty bread and a glass of Nerello Mascalese. –Daniel Costa, Corso 32

Tomato Sauce

- 4 c fresh ripe juicy tomatoes (ideally Roma or cocktail tomatoes), roughly chopped or coarsely blitzed in a food processor or 1 796 ml can of San Marzano Tomatoes, crushed by hand
- 2 cloves garlic, peeled and left whole
- ¼ c extra virgin olive oil (preferably Sicilian)
- ¼ c dried currants
- 1 t salt

Heat the olive oil and whole cloves of garlic in a large pot or wide frying pan over medium high heat. Once the garlic is lightly golden add the tomatoes and salt. Cook for approximately 15

minutes, stir occasionally until the consistency is thick and concentrated but not a paste. Add the currants and allow to cook for a further 2 minutes. Remove from the heat.

Vegetables

- 2 med eggplant, I prefer Graffiti Eggplant (easily found at the farmers markets), peeled and cut into large dice; toss with 1 tablespoon of salt until ready for use
- 3 red bell peppers, cut into large dice
- 1 red onion, cut into large dice
- 2 sticks celery, cut into large dice
- ¾ c pitted Nocellara olives, halved
- ¼ c capers, rinsed in cold water (if using salt packed capers soak for 3 hours and change the water every hour)
- ⅓ c pine nuts
- olive oil for frying
- 1 c white sugar
- 2 t red wine vinegar

Heat 1.5-2 inches of olive oil in a wide pot to 350°F. Ensure there is at least 4 inches remaining to the top your pot to avoid boiling over. In order: fry the peppers, then celery, then eggplant, then onion. Fry each separately until lightly golden. Remove with a perforated spoon and drain on a paper towel.

Add the fried vegetables, pine nuts, olives, capers, sugar and red wine vinegar to the tomato sauce. Return the pot to high heat, cook for 5 minutes stirring constantly. Allow the caponata to cool to room temperature before serving.

Serves 4-6.

Alberta Minestrone

Brad Smoliak, Kitchen by Brad

- 2 c white beans, soaked overnight
- 4 L chicken stock or water
- ¼ c canola oil
- ¼ c bacon, diced
- 1 c onion, diced
- 1 c carrots, diced
- 1 c celery, diced
- 1 c cabbage, shredded
- 1 c potatoes diced or quartered
- 28 oz can tomatoes, rough chopped, or use fresh
- 1 c chopped zucchini
- 1 T dried oregano
- 1 t red chillies flakes
- 2 c spinach, chopped kale or any type of green
- 1 c Parmesan cheese
- salt and pepper
- (Optional vegetables such as pearl onions, mushrooms)

Soak the beans, overnight, drain and add to the chicken stock. Bring to a boil and simmer until beans are soft, 1½ hours. (If you do not soak the beans overnight, you will have to cook the beans longer in the chicken stock). Once the beans are cooked, drain and purée half of the beans, then mix the whole beans and pureed beans together. Set aside.

While the beans are simmering, heat the oil and cook the bacon until it starts to render the fat. Add the onions and carrots, celery, cabbage, potatoes, stirring to make sure the vegetables are

well coated with some of the fat. Add the tomatoes, zucchini, oregano, chiles and the beans. Simmer over low heat for 1 hour, stirring frequently. After 1 hour and all of the vegetables are cooked, remove from heat and stir in the spinach and the cheese. Season, cover with a lid and let the soup steep for 10 minutes, stir then serve. If the soup is too thick, you may want to add a little chicken stock or water.

Serves 4-6.

Potato, Sausage and Kale Soup

This recipe works best with really good sausage and bacon so grab some good stuff from Meuwly's or your local butcher! –Ryan Hotchkiss, Bündok

- 4 slices bacon, cut into lardons
- 1 lb sausage, something with some spice such as chorizo, taken out of the casing if fresh or roughly chopped if cured
- 2 T olive oil plus more for serving
- 1 onion, medium diced
- 2 lbs Yukon Gold potatoes, peeled
- 3 cloves garlic, minced
- 2 L chicken or vegetable stock
- 1 bunch green or purple kale, cut or torn into 1x1-inch pieces, thoroughly washed
- salt and pepper to taste

Place bacon, sausage and oil in a large pot on medium heat. Cook until the fat is rendered out and the meats are cooked. Remove some fat if there is an excess; should be just enough to cover the bottom of the pot. Throw in onion,

garlic and potatoes and cook until just tender.

Add stock and cook until potatoes are cooked. Add kale and cook until kale is done. Add the sausage and bacon back in and season to taste.

Serves 4-6.

Local Potato with Roasted Garlic Verde Dressing

Andrew Fung, XIX Nineteen

Pre-heat oven to 375°F.

3 lb	local farmer potato
¼ c	extra virgin olive oil or canola oil
1½ t	kosher salt
1 t	black pepper

Cut the potato in half or quarters. Toss in olive oil, salt, pepper. Roast for 25 to 40 minutes.

Roasted Garlic Verde Dressing

250 ml	oven-dried kale
750 ml	canola oil
75 ml	grainy Dijon mustard
75 ml	Dijon mustard
150 ml	lemon juice
125 ml	chopped parsley
4 cloves	roasted garlic, chopped
2 t	salt
1 t	pepper

Blend all the ingredients well with a hand blender. When potatoes are cooked, drizzle kale dressing on top before serving.

Serves 4-6 with leftover dressing.

Sahnenkartoffel (Sour Creamed Potatoes)

My favourite comfort food recipe for freshly dug potatoes. –Harold Wollin, Blue Chair Café

3 lb	potatoes, preferably all small ones. Or, cut large potatoes into bite size pieces.
¼ c	bacon, cut into small pieces
1 T	butter
1 c	sour cream
2 T	fresh dill, chopped

Cover the potatoes with water, and boil with ½ teaspoon salt until tender. Strain and hold ready. Render the bacon in a large frying pan (large enough to

hold the potatoes) adding the butter to prevent burning. Retain all the fat. Add the sour cream and dill. Stir gently to heat the cream, then add the cooked potatoes and fold gently to coat. Serve hot.

Serves 4-6.

Fall Wheat Berry Salad with Sesame Dressing

Kaelin Whittaker, The Ruby Apron

150 g	wheat berries
1 lg	zucchini, cut into thick rounds
1 head	broccoli, broken into small florets
1 sm	squash, peeled and cut into 1-inch cubes
	a good handful of kale, removed from the stalk and roughly torn
2-4 T	olive oil
	salt and pepper

Bring a large saucepan of water to the boil with a generous pinch of salt, add the wheat berries, bring back up to the boil, turn down to a gentle simmer. Cook the wheat berries for 1 hour until they are tender but still have a bit of bite. Drain and place on a baking tray to cool.

Preheat the oven to 400°F, prepare the zucchini and broccoli and squash. Place in a large bowl, toss with the oil and season with salt and pepper. Place the vegetables on to a large baking tray and bake in a preheated oven for 15-20 minutes or until the vegetables are tender. To prepare the kale, heat a tablespoon of oil in a large frying pan, add the kale, season with salt and pepper and sauté until wilted.

Sesame Dressing

2 T	white sesame seeds
1 clove	garlic, crushed
1	red chile, seeds removed and finely chopped
3 cm piece	fresh ginger, peeled and finely chopped
100 ml	olive oil
1 T	grainy mustard
1 t	honey
½ t	salt
	juice of ½ lemon

Put the sesame seeds, crushed garlic, chopped chile and ginger into a small frying pan, gently heat for 2-3 minutes, add the olive oil and heat for another 2-3 minutes. Remove from the heat. Add the honey, salt and lemon juice and set aside.

To serve: mix the prepared vegetables with the cooled wheat berries, toss with ¾ of the dressing. Taste and adjust the seasoning, depending on how much dressing has absorbed into the wheat berries, you may want to dress with a bit extra.

Serves 4-6.

Kale and Toasted Pumpkin Seed Salad

Chef Shane Chartrand's salad combines both fried and blanched kale with an irresistible taste of fall, fresh pumpkin seeds. From his new cook book Tawāw: Progressive Indigenous Cuisine, available in October.

1 lb	baby kale leaves, divided
20	Brussels sprout leaves (about 2 Brussels sprouts)
6	green onions, green parts only, cut into 2-inch lengths
	canola oil
½ t	fleur de sel plus extra for seasoning
2 T	unsalted raw pumpkin seeds

Bring a large pot of salted water to a rapid boil. Prepare an ice water bath (a large bowl filled with cold water and ice cubes). Submerge about one-quarter of the kale leaves and all the sprout leaves and green onions in the boiling water. Cook for about 30 seconds (you want the leaves to be tender but still resilient). Using a wire-mesh scoop or slotted spoon, transfer the blanched greens to the prepared ice water bath and submerge for about 30 seconds. Scoop out the cooled greens, shake off any excess liquid and pat dry with a clean cloth or paper towel. Set aside.

Preheat a deep-fryer to 350°F or pour about 3 inches of oil into a deep pot. (If you have a splatter screen for the top of the pot, it will soon come in handy.) Line a baking sheet with paper towel. Immerse the remaining kale leaves in the hot oil (make sure the leaves are very dry so the oil won't splatter too much). At first it will bubble vigorously, but as the moisture cooks out, there will be less activity. Fry until the leaves turn medium brown around the edges, about 20 seconds (the leaves should be crunchy but still flexible). Using a wire

mesh scoop or slotted spoon, scoop out the leaves and give them a gentle shake over the deep-fryer. Turn the leaves out onto the prepared baking sheet. Season. Set aside.

In a dry cast iron or heavy sauté pan over medium heat, toast the pumpkin seeds until they are a light golden colour. Reserve.

To serve, combine the deep-fried kale and the blanched greens in a bowl. Drizzle with the dressing and toss gently to coat all of the greens. Turn on to a nice platter and top with the toasted pumpkin seeds. Finish with a sprinkling of fleur de sel.

Serves 2.

Dressing

2 T	cold-pressed canola oil or extra-virgin olive oil
1 T	finely grated lemon zest
	juice of ½ lemon
¼ t	salt

Whisk together the oil, lemon zest, lemon juice, and salt in a small bowl.

Roasted Fall Vegetables

The trick to nicely roasted fall vegetables is to cut them all the same size. In the fall I prefer to leave the skins on my acorn squash, carrots and parsnips, I enjoy the contrast once they've been roasted off. –Spencer Thompson, The Marc

1	parsnip, chopped
1	carrot, chopped
4	shallot, peeled and halved
8	Brussels sprouts, halved
1	acorn squash, seeded and chopped
4 T	olive oil
3 T	honey
1 T	apple cider vinegar
	salt and pepper to taste
	paprika or <i>pimentón</i> (smoked Spanish paprika) optional

Continued next page.



Chefs' Vegetables

Continued from previous page.

Pre heat the oven to 375°F.

Arrange the vegetables on a baking pan lined with parchment paper. Don't overcrowd—use two pans if necessary. Drizzle the vegetables with the oil, honey, apple cider vinegar and salt and pepper. The sprouts, parsnips, carrots will cook within roughly 25 minutes, the shallots and squash will require about 45 minutes. Carefully turn the vegetables over halfway through and remove them from the tray as they are cooked, allowing them to cool off.

Serves 4-6.

Squash with Feta and Kale Pesto

Kaelin Whitaker, *The Ruby Apron*

1 med	squash
4 T	olive oil
	freshly-ground pepper
200 g	kale
70 g	Parmesan cheese
60 g	your favourite nut
	juice of 1 lemon
	olive oil, about 150 ml
150 g	goat feta (I love the feta from Rock Ridge Dairy)
1	chile, seeds removed, roughly chopped
	salt and freshly-ground pepper

Cut the squash in half, remove the seeds and slice into 1-inch thick moons (do not remove the skin). In a large bowl, toss the squash with the oil and season with salt and pepper. Roast in a preheated oven (400°F) for 30-45 minutes until the squash is tender and the edges are just beginning to colour. (The time may vary depending on the variety of squash you are using.) Meanwhile, place the kale, cheese and the nuts into a food processor and blitz, adding the olive oil slowly, until you have a thick pesto. Taste and correct the seasoning, adding salt if needed and the lemon juice.

Place the roasted squash pieces on a large serving platter, crumble over the feta and dot with the pesto and chilies.

Serves 4-6.

Spinach Potato Pie

Serve this at your next brunch or as part of Thanksgiving celebrations. —Larry Steward, Hardware Grill

2½ lb	peeled and hand-grated baked potato
2½ lb	spinach, chiffonade, lightly wilted (make sure it's not wet)
½ lb	cheese mix (cheddar, jack, parmesan- your favourite mix)
6	eggs
2 t	salt
1 T	lemon juice

Mix all ingredients very well by hand. Place into a sprayed 12" x 16" cake or loaf pan. Bake at 350°F for approximately 1 hour 20 minutes. (Can be baked in sprayed 3" custard cups; bake for 1 hour.) Cool overnight, cut in 16 with a serrated knife. Serve with romesco sauce and caponata.

Makes 16 pieces.

Romesco Sauce

3 oz	roasted red peppers
¾ t	finely minced garlic
¼ c	sliced almonds, toasted
1 T	tomato paste
1 T	chopped flat leaf parsley
2 T	Sherry vinegar
½ t	smoked paprika
½ t	cayenne pepper
½ t	sea salt
¼ t	ground black pepper
¼ c	extra virgin olive oil

Blend all ingredients in a food processor to smooth. Slowly add oil while the processor is running until emulsified.

Makes about 1 cup.

Broiled Salmon with Squash Miso Purée and Browned Butter

Levi Biddlecomb, *Why Not Café*

4 pieces	wild salmon (about 5 oz each)
4 t	sugar
2 t	salt
½	squash, (butternut or acorn) peeled, seeded and roughly chopped

2 c	butter, divided, 1 cup diced and very cold	2 T	tomato paste
3 T	miso paste	2 med	tomatoes, chopped
	zest of 1 lemon	1 t	whole black peppercorns
2 sprigs	thyme, leaves finely chopped	1-2	bay leaves
	juice of 1 lemon	1 T	brown sugar or palm sugar
⅓ c	crushed toasted cashews (optional)	¼ c	chicken liver spread (optional)
4	green onions thinly sliced on the bias (optional)	2 c	chicken stock
16	halved cherry tomatoes	1 med	carrot, ½ inch dice

Boil the squash in salted water until very tender. Strain and add to a blender with the miso paste and lemon zest. Add the cold butter, 1 cube at a time through the top of the blender. Puree until smooth. Check for seasoning and reserve.

Turn your broiler on and place the rack as close as possible to the element. Mix the salt and sugar together, then coat each piece of salmon. Place the salmon on foil-lined baking sheet and broil until the sugar caramelizes, it will be dark, but not burned. Watch closely to make sure it doesn't burn, the fish will be medium rare. Meanwhile, make the brown butter: Add 1 c butter to a saucepan and simmer on medium heat until the milk solids start to turn a medium brown and the butter starts to smell nutty. Remove from the heat, add the lemon juice and thyme, stir thoroughly. Reserve.

To serve: Ladle the squash purée onto a warmed platter. Place the fish on top, then garnish with the cherry tomatoes and nuts. Drizzle browned butter over. Garnish with the green onion and cashews if using.

Serves 4.

Lamb Shank Kaldereta

Kaldereta is a tomato-based stew usually made with beef (baka) or goat (kambing). Our version is a take on Kalderetang Kambing using lamb shanks. Kaldereta is directly influenced by the 300 years of Spanish occupation in the Philippines—the name of the dish is derived from the Spanish word caldera meaning cauldron. Though this dish contains a ton of umami, it is the addition of the liver paste or liver spread that gives it that richness which is characteristic of this stew. —Ariel del Rosario, Filistix

2-3 lbs	lamb shanks (approximately 4 pcs)
2 T	canola oil
4-5 cloves	garlic, minced
2 med	onions, chopped
¼ c	soy sauce
1 t	fish sauce

Season the lamb shanks with salt and pepper and set aside. In a large heavy-bottomed Dutch oven or stock pot on medium high, heat the oil and brown the lamb shanks on all sides, approximately 5-6 minutes. Remove the shanks and set aside. Turn down the heat to medium and add the garlic and onions and sauté for 1 minute.

Add the soy sauce, fish sauce, tomato paste, tomatoes, peppercorns, bay leaf, sugar and chicken liver paste. Sauté for another minute, then add the chicken stock.

Reintroduce the shanks and residual liquid into the pot and turn the heat to medium high until the liquid just begins to boil. Then turn down to medium low and simmer with lid on for minimum 2 hours, or until meat is falling off the bone tender.

After 1 hour has elapsed, add the carrot, sweet potato, red and green peppers and chilies.

Once the desired tenderness has been achieved, add the green olives and simmer for an additional 5 minutes. Adjust the seasoning to your liking.

Place shanks into a large serving bowl and spoon sauce over and around the shanks. Serve hot with plenty of steamed rice. Serves 4-6.



Zucchini Lasagna

Veggie-packed and gluten-free. It uses up the zucchini that might be a bit long in the tooth, takes advantage of spinach's second coming and is nice and cheesy to boot. Adapted from a recipe by Donna Hay.

- 8 med zucchini (yellow or green) sliced into 1/16-inch ribbons
- extra virgin olive oil, for brushing, plus 2 tablespoons extra
- sea salt and cracked black pepper
- 1 sm onion, chopped
- 2 cloves garlic, crushed
- 2 T chopped oregano
- 1 bunch Swiss chard, washed, trimmed and blanched
- 1 bunch spinach, washed, trimmed and blanched
- 2¼ c fresh ricotta
- 1 T finely grated lemon rind
- 1 c flat-leaf parsley, finely chopped
- ¾ c grated mozzarella
- ¾ c finely-grated Parmesan

Preheat oven to 425°F.

Place the zucchini in a single layer on a baking pan lined with parchment. Brush both sides of the ribbons with oil and sprinkle with salt. Roast for 12-14 minutes or until golden. Heat the extra oil in a medium pan over medium heat. Add the onion, garlic and oregano and cook for 4 to 5 minutes or until softened. Allow to cool slightly. Place the greens in in a clean tea towel and squeeze to remove any excess liquid. Roughly chop, add to the onion mixture and stir to combine.

Place the ricotta, lemon rind, parsley, salt and pepper in a bowl and mix to combine. Reserve.

Line the base of a lightly greased 9x9-inch baking dish with one-third of the roasted zucchini. Top with half the ricotta mixture and half the greens mixture. Sprinkle with one-third of the mozzarella and Parmesan. Top with half the remaining zucchini, and the remaining ricotta and greens mixtures and half the remaining cheeses. For the last layer, top with the remaining zucchini and the rest of the cheeses. Bake for 10 to 15 minutes or until crisp and golden. Serve with a fresh tomato salsa.

Serve 4-6.

Grilled Cabbage Caesar Salad

There is beautiful Savoy cabbage at the farmers markets now. This salad takes the savoury anchovy, garlic and cheese flavours of a classic Caesar salad and runs with it. Grill your cabbage on the barbecue or in a skillet. Adapted from a recipe by chef Andrew Carmellini.

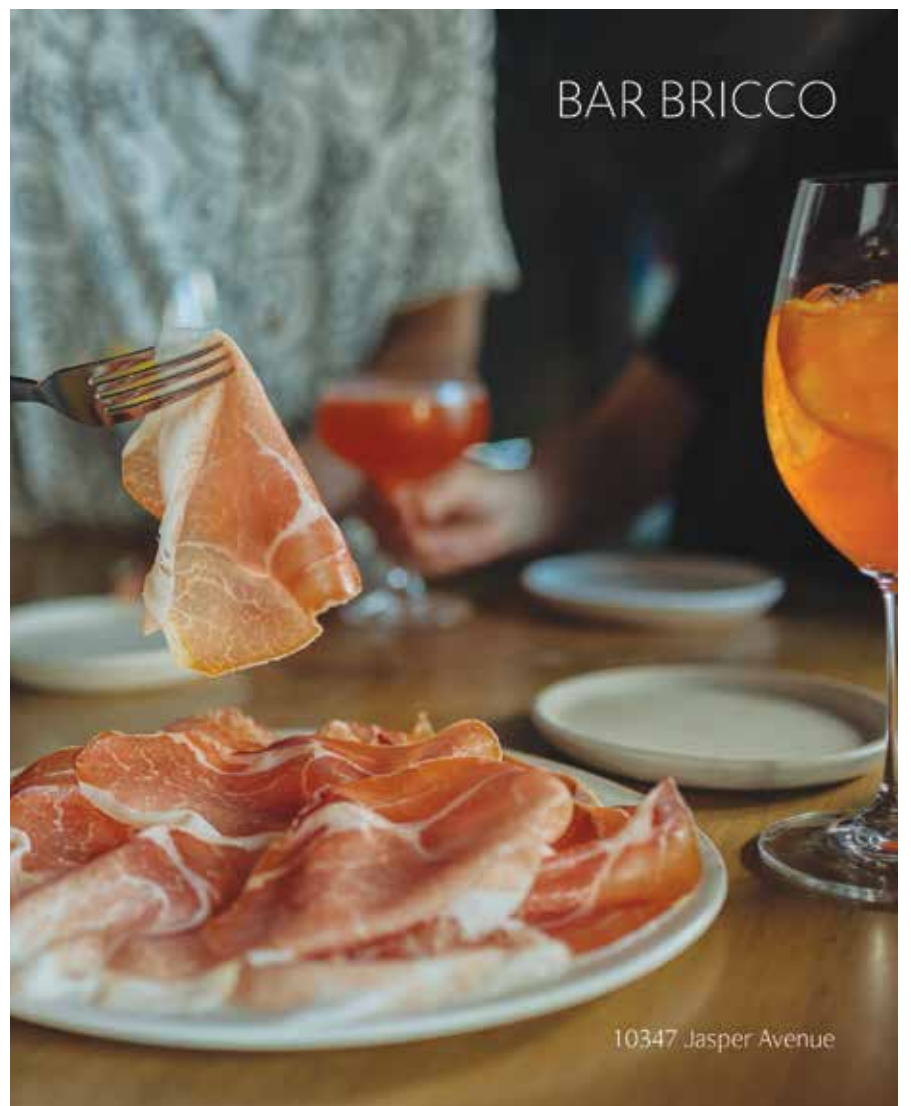
- 2 sm heads Savoy cabbage (2 lb.)
- 1 T kosher salt
- freshly ground black pepper
- 1 c extra-virgin olive oil
- 10 lrg garlic cloves, finely minced (about a ¼c), divided
- 1 T finely grated orange zest
- ½ c fresh orange juice
- 1 T finely grated lemon zest
- ⅓ c fresh lemon juice
- 6 oil-cured anchovy fillets, finely minced (1 T)
- 1 T capers, finely minced
- 1 T golden raisins, finely minced
- ½ c + 2 T extra-virgin olive oil, divided
- kosher salt
- freshly ground black pepper
- 1 c panko bread crumbs
- 1 c finely-grated aged pecorino cheese, plus more for topping
- 3 *boquerones* (marinated white anchovies), optional

Prepare the cabbage: Split each head of cabbage lengthwise into quarters, leaving the core in place in order to hold the leaves together during cooking. Place the quarters on a large rimmed baking sheet, cut-side up. Season with salt and pepper to taste and drizzle with oil; rub all over the cabbage, focusing on the cut sides so that the seasoned oil seep in between the leaves. Let marinate, uncovered, for 30-40 minutes.

Meanwhile, make the vinaigrette: In a medium bowl, add 1 tablespoon of the garlic, the citrus zest and juices, anchovies, capers and raisins. Stir to combine. Slowly whisk in a ½ cup of oil; season to taste. Set the vinaigrette aside.

Make the panko: In a large skillet over medium heat, add the remaining 2 tablespoons oil and 3 tablespoons garlic. Cook, stirring frequently, until the garlic just begins to turn golden, 1-1½ minutes. Add the panko and gently stir to combine.

Continued on page 27.



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Drinks

Pinot Gris to the Rescue

Pinot Gris may be your best bet with Thanksgiving dinner

Finding a wine to keep everyone happy at Thanksgiving can be an exercise in frustration. Your cousin only drinks beer. His wife only likes red. Your mother-in-law? Well, she's never happy. And so on.

We say drink what you like and get Pinot Gris on your radar—a wine that is brilliant with the varied flavours and textures found on the holiday table.

Pinot Gris shares a genetic ancestry with Pinot Noir as well as the cone-shaped grape cluster. Although we think of Gris as a white grape, it's actually a deep purple-grey with reddish tinges when ripe.

You could say there are two main styles of Gris: The Alsatian, big, rich, heavy wines with high alcohol and spicy flavours. The Italian versions, called Pinot Grigio, are lighter, refreshing with finesse and vivacity.

Canadian Gris, especially from British Columbia, often straddle the two styles, not as massive as the Alsatian but with a bit more oomph than the delicate northern Italian examples. Delicacy is not what's needed at the Thanksgiving table. The nuance of a great white Burgundy (or red Burgundy for that matter) will be lost in the cacophony. You need a wine that will knit together all those flavours—gravy, stuffing, brown sugar squash, salad, cranberry sauce and, oh yeah, the roast turkey. The wines below do it with *savoir-faire*.

Even your mother-in-law will be happy.



2018 A Sunday in August

This wine might not have power to see you through the entire dinner but do start the evening with it. It's flirty, spritzy, fruity (think candied grapefruit) with a bit of funk due to the fermentation with ambient yeasts and extended skin contact (hence the colour) and, as the wine maker says, "to add to the general feeling of adventure." He also added eight per cent Riesling to the blend for acid and structure. A bit cloudy due to its unfiltered and unfiltered nature, it's the ideal wine to be drinking on the 50th anniversary of Woodstock.



2018 Bench 1775

Expect subtle flavours of apple and pear along with citrus (La Boule's lemon tart) in this mid-weight Gris from Naramata. There are some nice mineral notes on the finish too.



2018 40 Knots

This is a quieter, subtler style of Gris with a lovely tight structure, great acidity and some savoury herb notes—bring on the stuffing. Flavours of Granny Smith apple, Okanagan nectarine with moderate weight and a not-so-heavy texture in the mouth. Loving what this winery near Comox is up to with their wines in the 10-12 per cent alcohol range. This Gris comes in at 11.9 per cent.

2018 Blasted Church

This is the wine to serve to the religious folks at your table. Maybe not. The cheeky label is just part of the fun. Compelling autumnal aromas of honey, spice, pears and stone fruit with fruity tangerine and nectarine in the flavour and a long finish. Well-balanced, not too heavy in the mouth. Fresh.



2018 Burrowing Owl

A classic full-bodied Alsatian-style Gris with a lot of presence and power. Everything is in balance in this well-made wine—from the pear, melon and apple blossom aromas to the complex flavours of citrus and cloves, wet stone and stone fruit. This wine rolls along the palate to a stunning finish.



2018 Cedar Creek Platinum

This is the second vintage of Gris in the Platinum series, all the fruit is from Block 7. A beautiful wine, with lots of concentration and the surprise of a little botrytis adding complexity. It has sweetness impeccably balanced with acidity. Fermentation in concrete egg and wood adds to the texture and overall effect of this wine. It's rich and spicy, for lovers of full throttle Pinot Gris. 🍷

Mary Bailey holds the Wine Sprit Education Trust Diploma and is an ISG certified sommelier. She loves everything about Thanksgiving.



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21st Century Farming

Growing vegetables in a changing climate at Sundog Farm

Mary Bailey

Kaelin Whittaker from the Ruby Apron and I spent a morning with Jenny and James Berkenbosch at their farm north of Edmonton. What we saw and heard was disheartening—a rude reminder that farming is always risky, this year more than ever.

James and Jenny are a decade into growing organic vegetables at Sundog Farm. James was a cabinet-maker and Jenny an art and English teacher when they decided that growing food was what they wanted to do as a family. James' parents are Ruth and Dennis Vriend, who operated an organic farm south of the city and sold the vegetables at the Old Strathcona Farmers' Market for decades. James and Jenny relied on their 30 years of experience and knowledge, especially in the beginning.

But nothing could have prepared them for this season. "This is top of the line soil, sandy loam," says James. But even with that, the weather has spelled disaster.

"This is not a fun story," says Jenny, as we start to walk around the fields. Today, everything looks different. Fields of carrots lie ruined by flooding. Water pooling where it has never pooled before. There are yellowing leaves in some fields, stunted plants in others and crops several weeks behind where they need to be. The corn has just started to tassel out.

Jenny and James planted onions and leeks, several varieties of carrots, potatoes and beans, corn, all the brassicas, radishes, spinaches, garlic, fennel, herbs, lettuces, beets, summer turnips, mustard, kohlrabi, rutabaga, parsnips, celery and celeriac, summer and winter squash, field cucumbers, kales, swiss chard and other greens. The strawberries and rhubarb are perennial and the sunchokes come back every year. This is their 11th season growing vegetables and the ninth at this usually lovely farm on a dead-end road near the Sturgeon River.

"It's like we had this continuous source of water," says Jenny. "When it did heat up, the moisture would go into the clouds and come right back down again. We know hail, one year we had hail eight times. We have never seen this much rain; never experienced this sort of flooding. We weren't able to plant successive crops this year as

Continued on next page.



Jenny and James Berkenbosch with Molly



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21st Century Farming

Continued from previous page

the fields were too wet to get into. We won't have any more lettuces or baby greens," she says.

"The brassicas are hit, the potatoes are doing ok," says James. "The fall crop is an issue, if we don't get the heat."

Walking through the wet and flooded fields is sobering. It's the side of farming nobody wants to see or talk about. We worry about extra weeds and having to mow the lawn more often. They worry about how to pay the bills. "All told, we'll be down about 50 per cent this year," says Jenny. "We were able to send one of our workers to an apiary, but the other we may have to send home."

As we think about that, Jenny breaks down. All the bright and sunny feelings

we associate with farming and farmers markets have been drowned.

Along with a lousy crop the markets are slow. "We took on the Old Strathcona Market this year," says Jenny. "The plan was to take over Dan and Cristine's booth." (The long stand on the east wall where two generations of Vriends have sold vegetables.) "But that didn't happen. And downtown, we're not sure if it's because of the flip flop about the location or that there is fewer vendors there or because it's too cold and rainy, but numbers are way way down."

Jenny has been remarkably open about their situation, something they think many farmers are in, even they are not talking about it. They are not your stoic grandfather-type farmer. "I feel like we were one of the first to say, hey, we are taking a hit here.

"We have been transparent about it. And, we have had some support. People are saying, 'Ok, today we'll buy what you have,'" says Jenny. "A friend said; 'people get the opportunity to really know what supporting your local farmer means. To be connected to your source of food on every level.'"

"This is reality," says Kaelin. "You buy what's there. It's not always going to be what you thought you came for." Of course, this leads off into a conversation about how people don't cook anymore.

"We're wrestling with, do we keep going?" says Jenny. "Last year was not good, our product was fine, but people don't show up in September due to the smoke and the snow. Do we limp out the season? Seems illogical to keep on going."

There is still beauty in the desolation. Fields of leeks are a variation on a blue green theme. The buckwheat is blooming between the rows. Sunchoke blossoms, like tiny sunflowers, wink among the leaves. Jenny shows us the delicate flowers from purple carrots sown in that patch last year.

Jenny uses this inspiration in her other vocation. She is a painter and often works with agricultural ideas. Her studio is up a set of colourful stairs and looks out on the fields. We wander among a few paintings in different stages of completion." I love it up here, gives me joy," says Jenny.

I am writing this a few weeks after the visit, on a sunny breezy day in August, one of the few sunny days we've had this season. If we had had more of these this story would be vastly different. I check in with Jenny.

"We've made peace I think," she says. "We mowed what looked really depressing. We lowered our expectations for the year. We'll cut back on a few things. We'll adjust and do what it takes.

"And we are feeling good about the support we've been shown." 🍷

Mary Bailey is the editor of The Tomato Food & Drink.

*Left: Jenny in her studio.
Right: cover crop buckwheat (top)
and washed-out carrots (below).*





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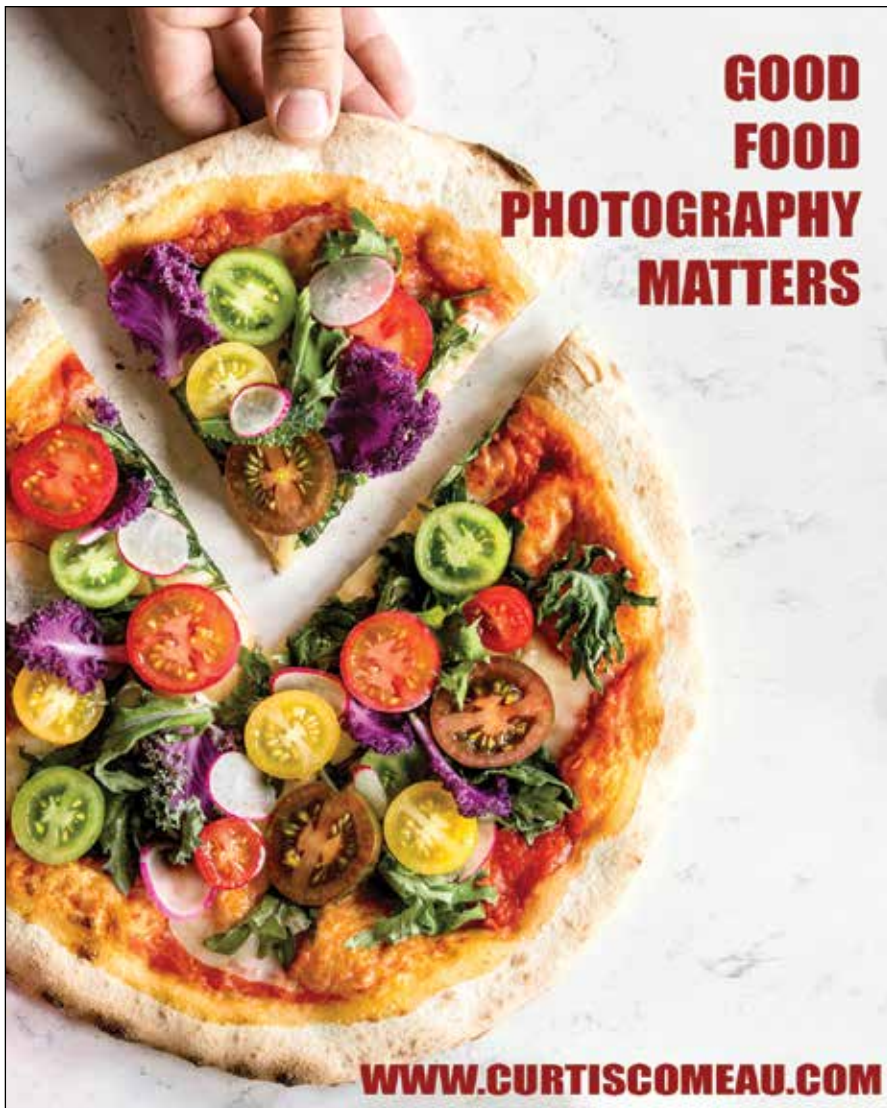
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Beer Guy

Be true to your brew

“These are the golden years, the best years of your life. Enjoy them.”

My uncle Pete gave me this advice back in 1984, when I was a student at the University of Alberta. At the time I had no money, no girlfriend, no car and no job prospects. I was sweating away at an overdue essay on a crappy typewriter with keys that stuck. I lived in a back room of a decaying old house next to a tiny bathroom in which the toilet was rotting through the floor. Golden years? Ha!

Uncle Pete was wrong. Life got better—richer and more full over the years. But he wasn't entirely wrong. A happy marriage, wonderful kids, great friends and a fulfilling career all have their roots in those golden undergrad years. And it all started with beer. No, really.

I was starting second year at UofA, after a lonely first year living at home with my parents and commuting to school. Walking down 87th Avenue, I heard Bob Marley pulsing from on high, coming from the roof of a big brick house across from Garneau School. I stopped on the sidewalk out front and looked up to where guys were drinking beer in the sun on a rooftop balcony. I thought to myself, “Why am I down here and not up there?” Soon enough I had joined Phi Delta Theta fraternity, had moved into that back room and my life changed for the better.

They say male friendships are made shoulder to shoulder—doing things together. Back then what we did together was drink beer. We bonded while standing shoulder to shoulder at the bar in the basement, talking long into the night. Or sitting all night on

the roof, watching the sun come up. These friendships born of beer became enduring, lifelong friendships.

Beer has sustained these friendships in the decades since undergrad. My good friend Dale and I have worked to maintain our friendship, despite not living in the same city since UofA days. I've visited him in Nebraska, North Carolina and Windsor, met up with him at other places, and beer always plays a key role. Our wider crowd of friends from UofA scattered across the globe, so Dale had the brilliant idea of everyone meeting annually for a Boys' Weekend

at an agreed-to spot in North America. The important thing with these trips is who you're with, not where you go. It's about the bonding, not the beer. Well sure, but picking a destination involves a months-long debate.

Starting with Montreal in 2006, we've been all over the place, from New York City to New Orleans, from Denver to

Detroit. We spend our time walking about, searching out classic dive bars, craft beer bars and breweries, perhaps squeezing in a little culture here or there. In 2019, we met up in Austin, Texas, where my favourite was Easy Tiger, a beer garden beside a creek, just off busy 6th Street.

When I talk about our Boys' Weekend, other men say they wish they had a trip like this. You can, I say. Men, certainly men of my age, are reluctant to expose themselves emotionally by reaching out. You haven't talked to your old friend in years? So what. Reach out. Get off Facebook and go for a beer. I bet your old pal feels exactly the same way.

Photo credit: Worcester College, University of Oxford. Detail from Conversation Piece: Worcester College, Oxford, by Edward Irvine Halliday, (1902–1984), ©the artist's estate.



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Scholastic six

In my undergrad years it was slim pickings for good beer, with the only choice between lagers from the big three: Molson, Labatt and Carling O'Keefe.

What beery riches today's students have to choose from! Here's six academically-themed Alberta beers to start with.



Theoretically Brewing Study Buddy Hefeweizen, Lethbridge

Like The Big Bang Theory? Theoretically Brewing is for you, founded by two self-declared science nerds from the University of Lethbridge. Here Brew Master (and UofL chemistry prof) Kris Fischer serves up a sunny, light wheat beer to support your after-class patio needs.

Big Rock Traditional, Calgary

UofA students quaffing Trad at RATT or the Black Dog may not know how radical a beer Traditional was back in 1985. Big Rock founder Ed McNally entered the lager-centric Alberta market with an English-style brown ale that showcased the nutty, malty goodness of Alberta barley. Rest in Power Ed!



Cabin Sunshine Rain IPA, Calgary

If I had a time machine, I'd bring an IPA like Sunshine Rain back to mid-80s UofA. This beer would have blown our minds. Here Cabin combines the attributes of a Northeast and a Northwest IPA—assertively flavourful, hoppy, yet balanced rather than bitter, with a solid tropical punch.

Olds College Brewery Aggie Ale, Olds

This September marks the 7th cohort in the Olds College Brewmaster & Brewery Operations Management program. Program graduates can be found throughout the Alberta brewing industry and beyond. Brewed at the College, Aggie Ale is an amber ale that focuses on Alberta malts.



Snake Lake Varsity Hall Red Ale, Sylvan Lake

Red Deer College is to become Red Deer University. I hope this doesn't slow the flow of Red Deerians coming to Edmonton. Some of my favourite people at UofA were from Red Deer. This biscuity red ale is Snake Lake's tribute to Varsity Hall, a legendary local live jazz and dancing spot in the 50s and 60s.

Sea Change Prairie Fairy, Edmonton

In the 80s Whyte Ave wasn't much, with a long, beerless section between the Strathcona Hotel and UofA. In recent years there's been a sea change, with breweries like Situation, Polar Park, Blind Enthusiasm and Omen opening nearby. Sea Change brews this delicious, pink-hued, fruity wheat ale, sales of which support Fruit Loop, a LGBTQ2+ organization. 🍷



Peter Bailey can't show you the secret handshake. Even still. He's on Twitter and Instagram as @Libarbarian.



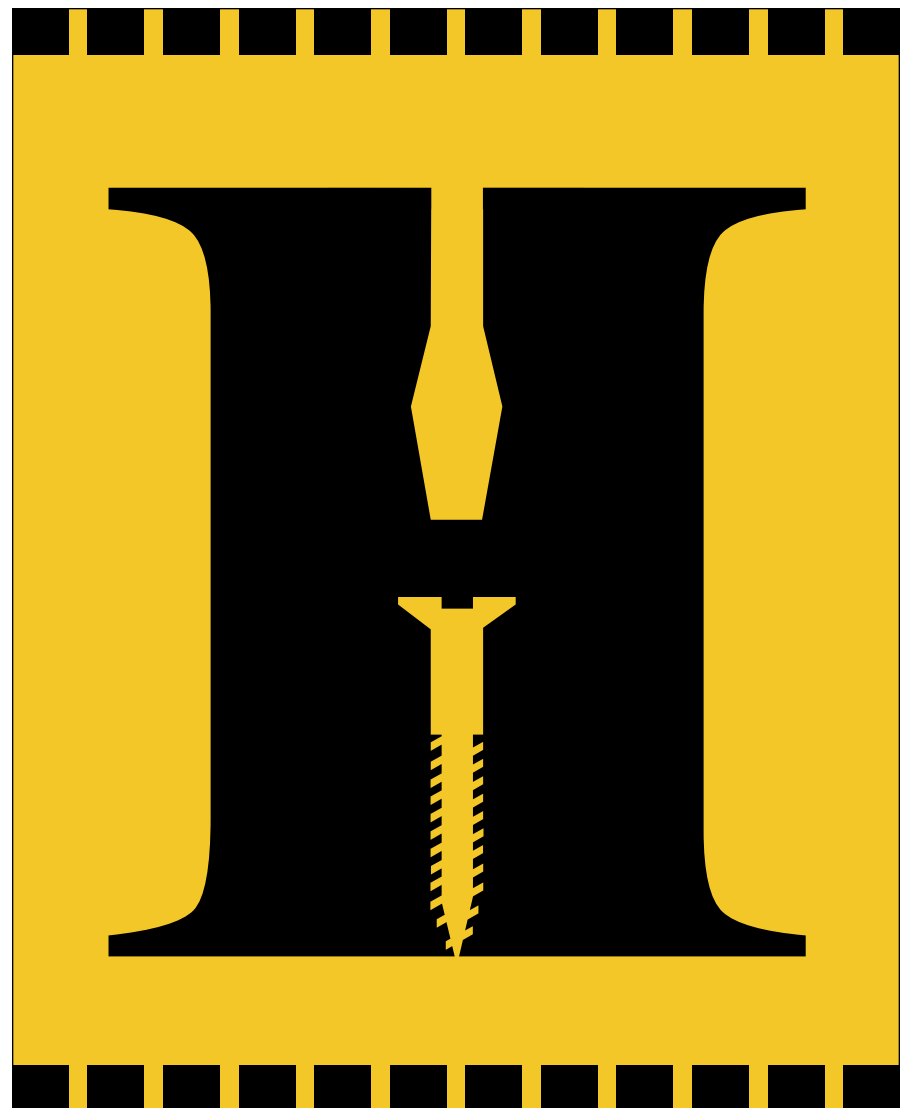
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SIXTY YEARS

Q & A with Teresa Spinelli, President, Italian Centre Shop

— Mary Bailey —

The Italian Centre Shop is 60 years old this year. Frank Spinelli opened the store on 95 Street and 108a Avenue in 1959; his wife Rina was the cashier. It quickly became the centre of the Italian community. First it was Italian newspapers, coffee, soft drinks and pasta—a taste of home. Then it was wine grapes and specialty items from Europe. (I once asked Ralph Stabile, the buyer, why they had so many brands of coffee on offer. ‘Because we have to bring in the coffee from everyone’s home town’ was his reply.) Generations have shopped there and not just Italians.

Now it attracts shoppers who like great food, well-priced items from Canada and

Europe and the community vibe. I love prowling the aisles for oils and vinegars, local vegetables, meats and dairy, my favourite dried pasta, haunting the deli counter for white anchovies.

You can tell the seasons by the produce aisles at the Italian Centre Shop. Spring is heralded by the baby eggplants, glistening like jewels, followed by *carciofi* (artichokes) with their lovely purple and sage green colouring. The fennel disappears, only to come back more fragrant than ever. Fresh figs announce mid-summer, along with the astounding bounty from the Okanagan—field tomatoes, eggplants, stone fruit and riot of peppers. Rusty-coloured persimmons,

best to eat dead ripe, sit wrapped in their purple and green paper in October, then it’s the chestnuts of winter and the holidays. The store fills with towering stacks of brightly packaged panettone; then on to the dove-shaped *colombe* bread at Easter.

Frank’s daughter Teresa Spinelli took over the business in 2001 after losing both her brother and father in quick succession, growing it from a small grocery in little Italy to four stores in Edmonton and Calgary.

Tell us about the past 10 years

Wow, it went by so fast! It was 12 years ago when we opened the second store.

Now we have four stores and will open two next year. That would never have happened without a great team.

How did you build that great team?

For me it was never about selling stuff. I didn’t set out thinking let’s have several stores. It came about because I wanted to create opportunity for our people. It’s about people; what can I do to create an environment where they can motivate themselves? What are their goals?

It was baby steps at first. People were used to my dad, what did I know? The changes came from listening, hearing what they needed.

At that time, we had no roles, we all did everything. People needed to know who to listen to, so one of the first baby steps was making departments and creating role descriptions.

Staff said they didn't know how to do their jobs. So we started training (still working on that, it's ongoing). We found out that some people didn't like their jobs—they wanted to be in the deli, not on cashier, for example, so we made it easier to move. We do that much better now, move people around the different stores and departments.

People told us they wanted benefits. So, we did that.

I hired someone to audit HR practices, so we would be paying as well as chain stores, even though at the time we were one store with 30 employees.

I am always learning. I find that things happen when a person isn't clear about their role or they don't have the support and we find that different people thrive under different management styles. We want to help provide the tools for them to do their best in the job.

Tell us about something that didn't work

Massimo's. We discovered that running a standalone restaurant wasn't for us. It was a failure for many reasons: I didn't know the restaurant business; if you don't understand something you need to learn it and spend time there, but I didn't have that time. We have a saying in Italian; *'Locchio del padrone, ingrassa il cavallo.'* It means when you keep an eye on your business, it grows.

It was during the boom and staff were hard to find. We hired staff from Italy and their vision was very different from the casual place we had thought we wanted.

Now we use that space for the ready-made meals. We are clear about what we want that to be—it's not gourmet, it's easy and tasty food for busy people. I'm big on eating at home and eating with family. At least eat together. Food tastes better with people. Sitting down and eating in front of your computer is not good! Neither is stopping for fast food. But life is busy—go to soccer practice, then pick up a lasagne.

What's new?

We are starting work on the kitchen

at the south side store this fall. This is interesting; Debaji's was supposed to go in there. They had planned a kitchen in that space. We didn't do that; we aren't good at that kind of thing—sushi bar, cheese bar. They were ahead of their time for sure.

In the beginning we were selling to cooks. But that's changed. We are realizing how many people need help to cook. We are always being asked to do cooking classes. But our cafés are busy, we can't really use that space for chef visits or events. So, we decided to build a kitchen.

We are working on new locations in Calgary; we would like to have at least three stores there but it's very hard to find the space we need. And another store in the Edmonton area. We will build rather than taking over existing spaces, so we will have the model store, with enough offices and everything else. Takes a lot of planning.

My son Massimo is growing up in the aisles, just like I did. The other day he told me he wanted to be the president of the Italian Centre Shop. I told him he would have to get a degree and work somewhere else for at least three years. He said, 'that's not what you did.' Kids! He wanted to know how old I was when I took over the company. I was 39. He has a passion for people, but he's got to earn it and he's got to want it. He loves it now, but I don't know if he'll love it next year. I just want him to be happy.

We are trying to do more on climate change. We are working with the City of Edmonton to reduce gas emissions; we got rid of plastic cutlery and hope to be free of plastic bags in the next couple of years; we are keeping up with what best for the environment. It's part of being a community. My dad always said: the more you give the more you get back. We are all in this together.

What do you see in 10 years?

I'll still be working that's for sure, I don't plan on retiring. I hope we have a store or two in a different province and I hope we are doing more for the community.

Teresa's last word

The table is where friendships are made, business is done, family bonds. All walks together, it all works. The world is a better place at least for a few hours. 🍷



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The Proust Culinary Questionnaire

Filistix

In the late nineteenth century, French novelist Marcel Proust participated in an exercise which could be thought of as the Facebook of its era—he answered a questionnaire about himself in a friend's Confession Album.

Proust's answers have been published, in one form or another, for more than a century. Many have used the questionnaire for their own devices, the most notable being Vanity Fair's Proust Questionnaire featuring celebrities. The Tomato gives it a culinary twist.

Roel Canafranca and Ariel del Rosario have been putting out tasty food for over a decade: in their trailer on Rice Howard Way; in their truck at the downtown market and at MacEwan and UofA. Their journey could have ended there when Aramark ended their lease at both locations. Happily, reps from UofA tasted their food at the first What the Truck Festival and invited them to the Students' Union Building (SUB).

They decided to take the plunge—opening a well-designed spot in the Financial Building downtown, offering casual lunch during the day (with all compostable plates and cutlery) and a delicious, more refined dining experience at night. You will still find them in SUB and at various festivals in the summer, but the truck is gone. They sold it to Boocho last year.

Filistix, 10621 100 Avenue,
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Hometown

“Edmonton,” say Roel and Ariel.

Years cooking

“25,” says Roel; “30,” says Ariel.

“We got our first kitchen jobs in high school,” says Ariel.

Where would you like to live?

“Edmonton. I love my city,” says Roel.

“Bohol, an island in the Philippines,” says Ariel.

Your Favourite food/drink?

“Eggplant torta and steamed rice,” says Roel. “A torta is a Filipino style omelette.”

“Do I have to pick just one?” says Ariel. “Sunrise brand soya bean milk, really fresh uni, banh mi from Nhon Hoa, crispy pata (pork shanks), Nurnberger bratwurst, profiteroles, chocolate mousse, medium rare ribeye, tonkotsu ramen from Jangara, sukiyaki beef from Matsuya.”

What would you be doing if you weren't cooking?

“I can't imagine my life without cooking,” says Roel.

“Developing new business concepts and launching them,” says Ariel.



Roel (L) and Ariel of Filistix

What do you most appreciate in your friends?

“Loyalty and a sense of humor,” says Ariel.

“Positivity, determination and hard work,” says Roel.

In a dish?

“Savoury and spicy. I’ve been putting Sambal Bajak on everything lately,” says Roel.

“Balance and depth of flavour,” says Ariel. “Southeast Asian cuisine is a perfect example.”

In a cook?

“Being humble and grateful,” says Roel.

“A willingness to learn and continuously improve,” says Ariel.

In a wine?

“I’m more of an ice-cold Coke kind of guy,” says Roel. “Me too,” says Ariel.

Which words or phrases do you most overuse?

“Buddy,” says Roel. “Buddy,” says Ariel.

Who would be at your dream dinner table?

“Music composers Richard D. James and Oliver Lieb,” says Roel.

“David Chang, José Mourinho, Jo Koy, Bruce Lee, Rafael Nadal, Manny Pacquiao and Nicole Ponceca,” says Ariel.

Who would cook?

“Mom,” says Roel.

“A collaboration between Jordy Navarra (Toyo Eatery), Chad Valencia (Lasa LA), Tom Cunanan (Bad Saint), Charles Olalia (Ma’am Sir LA), all new school Filipino chefs,” says Ariel.

Current culinary obsession or exploration

“Our ongoing discovery of Filipino food, the use of *patis* (fish sauce) and *bagoong* (fermented shrimp paste),” they both say.

Best (cooking) thing that ever happened to you?

“The opening of our University of Alberta CAB location,” they both say.

Meaningful/crazy food experience?

“Working at the Sunflower Café back in 1998,” says Roel. “I worked with amazing people.”

“Line cook at Café Select,” says Ariel. “It was the first time I was ever thrown into the fire and handled dinners on my own.”

Mentors?

“My mom,” says Roel. “My maternal grandmother,” says Ariel.

Favourite casual cheap and cheerful/afterwork food?

“I’ve been bringing home our Bagoong XO fried rice everyday lately; it’s an umami explosion,” says Roel.

“I don’t really eat out after work anymore, but I used to go to Garden Bakery, late night at Café Select, Chin Kee,” says Ariel. “When I eat out now it’s usually The Marc, Lee House, Japanese Kobe Bistro or New Dragon Palace.”

Philosophy

“Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration,” says Roel.

“Do good, be good, work hard, try your best, don’t give up, family first,” says Ariel.

What’s next

“Working on our new downtown location,” says Roel.

“Likewise,” says Ariel. 🍷



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Wine Maven



Tara Smith photo

Steve Richmond and William Bincoletto are the new operators of **Vines Wine Merchants** in Riverbend. They bought out former owner Dave Gummer earlier this summer. He had opened the store in 2004, the first fine wine shop in south west Edmonton. Both William and Steve joined in the fall of 2006. “We are extremely excited to be in this new venture,” says William. “Our job is to make sure we continue what Dave did so well—to continue his legacy of professionalism, with the customer always at the top of the pyramid,” says William. “The whisky wall was Steve’s idea, and we have over 300 spirits from \$50-\$25,000—those kinds of products are really hard to find. Being Italian, I’m very proud of our Italian section. And we are looking at new things, like natural wines. I have to open my eyes to new possibilities.

“Wine is my life, my soul,” says William. “It’s my 46th year in wine since I took sommelier training in Paris. I was there during the Judgement of Paris—I used to shop at Steven Spurrier’s store!”

William Bincoletto (L) and Steve Richmond of Vines.

No need to put away the pinks, we might get some rosé drinking weather yet. **The Gerard Bertrand Gris Blanc IGP Pays D’oc Rosé** is everything you want in a rosé from the south of France—pale coral colour, bone dry, delicate berry flavours. Drink with crudité and hummus and think of the beach.

Pink cava can often be too sweet and quite ordinary. Not this cava. **The Roger Goulart Coral Rosé Cava** possesses a fine bubble with fresh persistent flavours of strawberries and cream. The Grenache and Pinot Noir blend has brut level sweetness (8g/l), yet presents dry due to the lovely acidity.

It spends nine months on the lees which creates less toastiness and more fruitiness. Think brunch, aperitif, fall weddings, popcorn.



Chris Stenberg photo



Mary Bailey



Mt Boucherie's 2017 Merlot will keep

your guests happy. It's an ideal wine for fall, with its gentle tannins and sumptuous mouth feel.

The fruit is from sites in Okanagan Falls, South Cawston and Osoyoos. It offers lots of dark fruit Merlot character—black cherry and chocolate, with plummy spice notes, medium acidity and a fairly long finish.

If you love Chenin Blanc,

or Gruner or Verdejo, Godello needs to be in your refrigerator. Dry, with citrus and floral aromas, a hit of salinity and a minerally backbone. Bonus—the pleasingly dense texture and long finish. Godello, a white grape native to Galicia in northwest Spain, is being brought back from obscurity by a few growers and winemakers.

The **Pagos de Galir Godello** is a relatively new-to-the-market bottling, ideal with vegetables like squash or pumpkin and fried bits.



Harry McWatters died in his Summerland

home on July 23. He was 74. Harry was an indefatigable supporter of BC wine since 1968. He founded Sumac Ridge Estate Winery in 1980, where he released Canada's first traditional method sparkling wine, and See Ya Later Ranch Estate in 1994. After selling both to Vincor in 2000, he stayed on as president of the wineries and VP of Vincor, then launched Vintage Consulting in 2008, which led to Time, Evolve Cellars and the McWatters collection.

Harry moved things forward. As founding chair of the British Columbia Wine Institute, which led to the creation of VQA Canada, he was instrumental in creating change that allowed BC estate wineries to grow and prosper.

Harry celebrated his 50th vintage in 2017. He was a true advocate for BC wine. He was a great guy to be around—always ready with a quip, a quote, or a laugh. Condolences to his family, his friends and his colleagues. 🍷

Harry pouring at Time Winery, Kelowna.

EVENT CALENDAR

THU, SEPTEMBER 5

YEG Women in Wine Cash Mob
Rice Howard Way

WED, SEPTEMBER 11

Little Engine Winery Dinner
Rge Rd, 780-447-4577

THU, SEPTEMBER 12

Brewski/Pohjala Tasting
Sherbrooke Liquor, 780-455-4556

FRI, SEP 13 & SAT, SEP 14

Banff Whisky Experience
banffwhiskyexperience.com

FRI, SEPTEMBER 13

Mac and Cheese and Sausages Pop-up
Lunch, Kitchen by Brad, 780-757-7704

FRI, SEPTEMBER 13

Little Engine Winery with Steven
French, The Butternut Tree
780-760-2271

SAT, SEPTEMBER 14

By the Light of the Harvest Moon
Dinner, Castor Community Hall,
403-882-3935 or Eventbrite

SAT, SEPTEMBER 14

Bitchin' Belgians Tasting
Sherbrooke Liquor, 780-455-4556

TUE, SEPTEMBER 17

Tequilas 101 Metro Continuing
Education Tasting, Aligra Wine &
Spirits, metrocontinuingeducation.ca

WED, SEPTEMBER 18

Monkey Business Dinner with Umamu
Winery, Glass Monkey, 780-760-2228

WED, SEPTEMBER 18

Chef's Pop-up, Filistix, 780-716-4708

THU, SEPTEMBER 19

Kitchen by Brad Old Red Barn Dinner
Old Red Barn in Leduc County,
kitchenbybrad.ca

FRI, SEP 20; SAT, SEP 21

The Mashing: Spirits Cider
and Beer Festival, Remax Field,
albertabeerfestivals.com/tickets

SAT, SEPTEMBER 21

Tracy's Brunch, Kitchen by Brad,
780-757-7704

SAT, SEP 21, OCT 19

Undercover Wine
Sherbrooke Liquor, 780-455-4556

MON, SEPTEMBER 23

Fall Wine 101 Class
Aligra Wine & Spirits
aligrawineandspirits.com/events

TUE, SEPTEMBER 24

Finca Decero Winery Dinner with
Stephanie Morton-Small
Rge Rd, Eventbrite

WED, SEPTEMBER 28

Market Steak & Lobster Night
Freson Bros Fort Saskatchewan and
Stony Plain

SAT, SEPTEMBER 28

Luigi Bosca Dinner with Alberto Arizu
Nineteen St. Albert, 780-569-1819

THU, OCTOBER 3

Belgian Beer Dinner for Joey Moss
Literacy Centre, Harts Table & Bar
780-488-4278

FRI, OCTOBER 11

That's Life Sake Tasting
Sherbrooke Liquor, 780-455-4556

TUE, OCTOBER 15

Yalumba Dinner with Jane Ferrari
Ernest's at NAIT, Eventbrite

THU, OCTOBER 17

Pop the Cork Metro Continuing
Education Tasting, Aligra Wine &
Spirits, metrocontinuingeducation.ca

FRI, OCT 18-SAT, OCT 26

Alberta Beer Week Tap Takeover
Sherbrooke Liquor, Eventbrite

SAT, OCTOBER 19

Oktoberfest Fundraiser for the
Edmonton Down Syndrome
Society Woodvale Hall, edss.ca/
oktoberfest-2019

Meet the 2019 chef competitors

Nine of Edmonton's best chefs are ready to wow 700 guests and eight judges at the Kitchen Party on October 10. It's a talented lineup, with eight veterans returning to compete and one newbie, chef Spencer Thompson of The Marc.

Each chef plans a dish around a pairing with a Canadian winery, brewery or distiller in order to win gold and a trip to the Canadian Culinary Championships (CCC) in early 2020.

It's a great time too. Top-notch food and drink, live music, special guests, feverish bidding on travel and a silent auction.

Canada's Great Kitchen Party celebrates Canadian talent in food, sports and music. Funds raised support amateur sport via B2ten; MusiCounts, which provides musical instruments to lower income children and the Community Food Centres Canada which runs healthy food programs for low-income Canadians across the country.

For information and tickets visit: greatkitchenparty.com.



Serge Belair, Shaw Conference Centre

Serge is the executive chef of the Shaw Conference Centre where he leads a team of kitchen professionals in preparing over 250,000 meals each year. "My first job was in a restaurant in an old house in the Gatineau. The kitchen there was the size of my office now." This is his second time competing at CGKP, placing silver last year. "I'm excited," he says. "Last year was awesome and I am better prepared this year. I'm going with duck from Four Whistle Farm, a play on spice, paired with a wine from Dirty Laundry."



**Levi Biddlecombe
 Why Not Café & Bar**

Levi's experience includes a food truck and an appearance on *Chopped Canada* before opening the eclectic Why Not Café. This is his third time competing.

"I'm sick of not being on the podium," he says. "This year I really want to nail it, so I'm doing something different with salmon and lime and coconut and pairing it with the Collective Arts Pina Colada Sour. I love to compete. This is the biggest food competition in Edmonton; being part of it is incredible and humbling."



Scott Downey, The Butternut Tree

The chef/owner of the Butternut Tree garnered a bronze last year, his first time at Kitchen Party. "I'm really excited. We have a better idea of what happens now. We are ready. We're planning to push the boundaries this year with tuna and hemp, pairing it with Little Engine's 2016 Chardonnay, such a great wine."



JP Dublado, SC at the River Cree

JP is a SAIT graduate who competed as part of the River Café team and also

helped chef Jinhee Lee in Calgary the year she took gold at the CCC. JP has been with SC for almost a year and became chef de cuisine a few months ago. "I haven't decided yet on the final dish, but it will be luxurious and rich. We'll pair it with Howling Bluff Sauvignon Blanc Semillon blend."



Eric Hansen, Prairie Noodle Shop

Chef Eric Hansen took bronze at the Canadian Culinary championships in 2017. Now he's back, ready to compete again. "I have just about decided; it'll be either sparkling rosé with lobster or Pinot Noir with salmon. It all depends on the wine."



Ryan Hotchkiss, Bündok

A St. Albert native, Ryan moved to Whistler shortly after high school where his culinary career began in the same place where so many cooks start—in

the dish pit. Ryan gained experience at several good restaurants including Jack's Grill and Bar Bricco before opening Bündok in early 2017. He was the bronze medallist in his first foray to Gold Medal Plates.

"We are making a modern version of an old English dish with lamb liver, kidney and leeks," says Ryan. "For the pastry we are making our own butter and pairing the dish with a Meritage. I'm relaxed and excited. This is my third time competing—it has a different feel this year. We have some new guys on the team and they are champing at the bit."



Doreen Prei, Zinc

Fans know Doreen from her weekly stint on CBC Radio or from Get Cooking or the Fairmont Hotel Macdonald. Now, she's back in the kitchen at Zinc as the executive chef, and back to competing at the Kitchen Party. She is a fierce competitor, taking a silver and gold in her previous competitions. She's keeping mum about her dish and pairing—you know it's going to be a contender.



Medi Tabtoub, Vivo Windermere

Medi's food journey started with training in Paris. After moving to Vancouver with his Canadian wife, Medi worked at Blue

Water Cafe and Hawksworth. He moved to Edmonton to be closer to family and explore all the opportunities that a rapidly growing city has to offer.

Last year he narrowly missed the podium in an extremely close finish. "I'm a bit nervous," he says, "I want to do well. "For sure it will be a red wine but not sure which Okanagan wine yet. Thinking it's going to be duck, a classic French dish, but deconstructed."



Spencer Thompson, The Marc

A NAIT culinary grad, Spencer credits his apprenticeship with Sonny Sung of the Sorrentino's Group for teaching the precision needed for high-level cooking. He has worked in several kitchens around town and ran his own restaurant and catering company, before taking over the exec chef position at The Marc. While a teenager, Spencer spent a season cooking at a summer camp—meals for 80 people, three times a day plus snacks. And he did all the dishes. That early experience may come in handy for the 700 plus guests on October 10. This is his first Kitchen Party Competition.

"I visited Clos de Soleil a few years back and fell in love, says Spencer. "I have chosen their Fumé Blanc, so balanced and crisp, super nice with the sweetbreads. Yes, we'll be the crazy ones pan-searing for 700." 🍷



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The Tomato Food and Drink Kitchen Design Awards 2019



We made a mistake in the July/August story about the kitchen design winners, wrongly identifying Brenda Brix's design firm. She is with AMR Design. Alair Homes was the contractor. Cabinets and countertops were supplied by Waygood's Kitchens. Thank you for all the mail pointing out the error.

Best Renovation

Brenda Brix, AMR Design

Our clients were in need of a space where they could entertain but would also be somewhat separated from the formal living and formal dining rooms. The goal of this renovation was to create custom storage solutions and to highlight the views from the window's ample natural light with a classic mid-century modern feel.

We relocated an oversized laundry room to the second floor in order to expand the once tiny closed-off kitchen into a functional open space with a walk-in pantry with closed door storage, wine fridge and a drop zone for their family.

The star of this room is the handmade heath tile in a watery blue colour. This feature includes a walnut surround that was practical in that it hid the electrical and mechanical elements while also framing the feature tile wall and creating a frame for the windows.

Another feature was the coffee bar space which houses a custom waste center, complete with space for recycling and compost, and a display for the pottery collection. The clients also wanted to ensure that they were making energy efficient choices in this renovation and as such, we used LED lighting, Energy Star rated appliances and quartz counter tops along with other high-end, built to last materials.

What the judges said:

They worked within a somewhat awkward space yet achieved efficiency and created a specific identity.

They didn't overdo display and worked around the windows well.

There are some nice touches—light fixtures, the coffee area, the visual textures work well together.

Like the setup of the seating area in the kitchen. 🍷

Chefs' Vegetables

Continued from page 9.

Turn the heat down to medium-low and continue cooking and stirring until the panko is evenly toasted and crispy, 5-7 minutes more. Season with salt and pepper to taste. Transfer the panko to a large baking sheet and set aside to cool to room temperature.

Preheat a cast-iron grill pan or skillet over very high heat. Once the pan is hot, add the cabbage, cut-side down. Cook, turning occasionally, until the cabbage is charred all over, 10-12 minutes. Or, follow the same procedure on your barbecue grill. Using tongs, transfer cabbage to a large heatproof bowl and cover tightly. Set the cabbage aside to steam until the centers are tender when poked with a knife, 15-20 minutes.

Once the cabbage is tender and cool enough to handle, cut the quarters crosswise into large chunks, about 2-inches wide. Return to the bowl and add the cheese, vinaigrette, and half of the panko. Toss well to coat, then transfer the salad to a wide, shallow bowl. Top with the remaining panko, more pepper and pecorino and the white anchovies (if using). Serve warm or at room temperature.

Serves 4-6.

Thai-ish Cucumber and Tomato Salad

Not quite ready to move on from the light and fresh tastes of summer? This Thai-influenced tomato and cucumber salad does the trick. Adapted from a recipe by chef Alexa Weibel.

3 sm	fresh cucumbers
	kosher salt
3 t	granulated sugar
1½ t	fresh lime zest
3 T	lime juice (from 2 limes)
4 t	fish sauce
1 T	canola oil
1 T	very thinly sliced green serrano chile (about ½ large chile)
1 clove	garlic, finely grated
1 c	cherry tomatoes and small tomatoes, halved or quartered, depending on size
½ c	torn fresh basil
½ c	small sprigs cilantro
¼ sm	red onion, very thinly sliced

1	(1-inch) piece fresh ginger, peeled and cut into matchsticks
¼ c	roasted salted peanuts, coarsely chopped (optional)

Create stripes on the exterior of the cucumbers by running the tines of a fork along the length of the skin. Halve the cucumbers lengthwise, (seed if necessary) then cut crosswise into 1/2-inch pieces. Transfer to a colander and toss with 1 teaspoon salt and half the sugar. Reserve.

In a large bowl, whisk together the lime zest and juice, fish sauce, oil, chile, garlic and the remaining sugar.

Just before serving, add the tomatoes, basil, cilantro, red onion, ginger, cucumbers and half the nuts to the dressing; toss to coat. Transfer to a bowl or platter, top with remaining nuts and serve immediately.

Serves 4-6.

Burnt Beet Root Carpaccio

This is best made with summer beets, when they are still quite small and soft. The charring takes away moisture and brings out that sweet minerality that beets possess in spades. If you are lucky enough to have an outdoor pizza oven roast the beets in there; otherwise, a very hot oven will do. Adapted from a recipe by Israeli chef Eyal Shani, Gourmet Traveler.

8-10 sm	beetroot
	grated horseradish, to serve
2 t	extra virgin olive oil or cold-pressed canola oil
30 gm	finely grated fresh horseradish mixed with 100 gm crème fraîche (or prepared horseradish if the other isn't available)
	salt to taste

Preheat a wood-fired oven to high, or your home oven to 500°F. Scrub the beets under cold running water. Place on a baking tray lined with parchment and roast until charred and they have lost about half their weight, about 1-1¼ hours. Remove and set aside to cool (1½-2 hours, depending on size). Thinly slice the beets with a sharp knife and spread over a plate, with the discs slightly overlapping. Sprinkle with salt to taste and grated horseradish, drizzle with olive oil and serve with a spoonful of horseradish crème fraîche. Serve at room temperature.

Serves 6-8. 🍷



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restaurant buzz

Cibo Bistro (11244 104 Avenue, 780-757-2426, cibobistro.com) has been creating delicious dishes this season with zucchini blossoms—stuffing with oxtail ragu; topping crostini with shaved zucchini and blossom petals; and adorning orecchiette with ragu Calabrese, blossoms and Crotonese cheese. So good.

Christian Mena and **Lino Oliveira** of **Sabor** are opening another **Bodega Tapas & Wine Bar**, their fourth, in St. Albert at 1 Hebert Road sometime in September. Lucky St. Albertans!

Look forward to the second **OEB Breakfast Co.** opening in early September at 10240 124 Street in the former North 53 space.

Lyon (10335 83 Avenue, 780-433-0123, lyonrestaurant.ca) is now open in the old Pack Rat Louie in Strathcona. The large menu hews to French bistro—duck liver paté, nicoise salad, Lyonnaise potatoes. We can't wait to try the escargot spaetzle. The lemon pizza is back, though it's now called a flatbread. The exec chef is **Jan Trittenbach**, coming home in a sense—Jan was the chef at Pack Rat for several years. Welcome back to the south side Jan!

Chef **Roger Létourneau** left Bar Clementine this summer and is helping out behind the stoves at **Café Linnea**. Can't wait to hear what he's up to next.

The Smokey Bear (8223 104 Street) opens sometime this fall. No, it is not a smoked meat joint, but they will cook a lot of things on open fire. More intel in the next issue.

If you haven't visited **Formosa Bistro** in Strathcona Square (9314 34 Avenue, 780-503-0110, formosabistro.com) yet, do that right now. The food is terrific. Bold clear flavours, well-executed dishes and the Formosa Sour cocktail is delish. The popcorn chicken is addictive; loved the cold sesame noodle salad and the pork dishes were toothsome and well-

balanced. The fried sweet potatoes came with a tantalizing dried plum dust, adding a sweet/sour tang to the dish. Check it out!

Kind Ice Cream (9551 76 Avenue, 587-759-0080, kindicecream.ca). We're expecting Camping (s'mores-ish) Maple Bourbon Pecan and Salted Caramel to be on the autumn menu at Kind Ice Cream in Ritchie. But, will there be pumpkin spice? Pop in and find out!

Nate Box and **Michael Forgie** of Black Box Hospitality Group are adding a few more businesses to their stable. The group raised over \$100,000 for the **Gibbard Block** (6427 112 Avenue) in a Kickstarter campaign last year. The **Highlands Liquor Store** opened in mid-August; **June's Delicatessen** (think bagels and pastrami) and **Fox Burger** (craft beer and burgers) are not far behind. Expect them to be open any day now. The Highlands neighbourhood is developing a very nice food and drink scene with the Gibbard joining Bodega and Mandolin Coffee and Books.

Dinners, tastings, happenings and events

Rge Rd (10643 123 Street, 780-447-4577, rgerd.ca) is having a five-course dinner paired with wines from Naramata's **Little Engine Winery** (including the highest Decanter World Wine Awards-scored Canadian Chardonnay, 92 points) on Wednesday, September 11, 6:30pm. Tix: \$125/p ++, call 780-447-4577 or email hello@rgerd.ca to reserve a spot.

Pop-ups at Kitchen by Brad (10130 105 Street, 780-757-7704, kitchenbybrad.ca): **Friday Mac and Cheese and Sausages**, Friday, September 13, 11:30am-1pm. Tix: \$10/p+ and **Tracy's Brunch**, Saturday, September 21 with two seatings, 11-11:30am and 1pm-1:30pm. Tix \$18/p+. Book pop-ups via the website, kitchenbybrad.ca.

The Butternut Tree (9707 110 Street, 780-760-2271, thebutternuttree.ca) is

having a wine dinner Friday, September 13, 6pm, featuring **Little Engine Winery** with special guest, proprietor **Steven French**. The menu features the Platinum Pinot Noir, which is exclusive to the Butternut. As well, the Fortified Tawny (which is usually reserved for wine club members only) will be poured with dessert. It promises to be a special night. Tix: \$180/p all in, call to reserve.

By the Light of the Harvest Moon, A Celebration of Creativity & Community, is on Saturday, September 14, in the Castor Community Hall. The menu, inspired by the three sisters (squash, corn and beans) is from the **Prairie Farm Project** (Lady's Hat, Redtail and Lazy T Farms) with libations from Calgary's Metrovino and the Balzac Craft Brewery. The dinner is part of the **Battle River 2019 Lieutenant Governor Arts Awards of Alberta**. Tix: \$65/p+, call Kathleen, 403-882-3935 or Eventbrite.ca. For all the events visit battleriverarts.ca/calendar.

The next **Monkey Business Dinner** at the **Glass Monkey** (5842 111 Street, 780-760-2228, theglassmonkey.ca) is on Wednesday, September 18, 6:30pm featuring Margaret River's **Umamu Winery**. Didn't reserve in time? A second Umamu Dinner will happen Thursday, September 19, if the first night sells out. Tix: \$89/p++, call or email janine@theglassmonkey.ca.

There is one more **Kitchen by Brad Old Red Barn Dinner** this year on Thursday, September 19, 6:30pm. Enjoy a menu focused on Alberta-inspired cuisine with a Ukrainian twist. Also featured are select Canadian wines. Tix: \$157.50/p all in, kitchenbybrad.ca.

Also at **Rge Rd**, on September 24, enjoy a winemaker's dinner with special guest **Stephanie Morton-Small** from **Finca Decero** in Mendoza. Tix: \$166.50/p+ available on Eventbrite.

Freson Bros. Fresh Market is having **Steak & Lobster Night** at both the Fort Saskatchewan (150 Westpark Blvd) and Stony Plain locations (4416 48 Street)

on Wednesday, September 28 from 4-9pm. Enjoy Alberta beef strip loin and an Atlantic lobster tail with all the fixins for \$30/p. No reservations required. Alberta craft beer and select wines are available at the Fort Saskatchewan location. Get on down!

Enjoy a delightful dinner with an icon of Argentine wine, **Alberto Arizu**, proprietor, **Luigi Bosca**, Saturday, September 28, 6pm, at **Nineteen St. Albert**, (150 Bellerose Drive, 780-569-1819, dinenineteen.com). Four wines, five courses. Tix: \$95/++, call to book.

Love Belgian beer? Sample all your favourite brews while supporting the **Joey Moss Literacy Centre for Excellence** at the **Belgian Beer Dinner**, Thursday, October 3, 6:30pm, at **Harts Table & Bar** (14229 23 Avenue, 780-488-4278, centuryhospitality.com/harts). Tix: \$100/p all in, call to book.

Dine with the irrepressible **Jane Ferrari** of **Yalumba Family Winemakers**, Tuesday, October 15, 6pm at **Ernest's at NAIT** (10701 118 Avenue, 780-471-8676). Five wines with four courses. Tix \$99.59/++, Eventbrite.

Warm up your stein muscles for the annual **Oktoberfest Fundraiser for the Edmonton Down Syndrome Society**, Saturday, Oktober 19, 6pm, at the Woodvale Hall (4540 50 Street). What's happening? Erdinger beer tasting, dinner, prizes and draws, silent auction, beer pong, a DJ and a barrel full of laughs. Funds raised support developmental programs for individuals with Down syndrome. Tix: \$65/p, or tables of 10: \$599, edss.ca/oktoberfest-2019.

Check out the **YEG Women in Wine Cash Mob** at **Bianco** (#120, 10020 101 Avenue, Rice Howard Way) on Thursday, September 5. Come for drinks and snacks on the patio.

Lots of tasting opportunities at **Sherbrooke** (11819 St Albert Trail, 780-455-4556, sherbrookeliqor.com) coming up: **Brewski/Pohjala**

what's new and notable

Tasting, Thursday, September 12; **Bitchin' Belgians Tasting** Saturday, September 14; **Undercover Wine**, Saturdays, September 21 and October 19; **That's Life Sake Floor Pour**, Friday, September 27 and a tasting on Friday, October 11. **Alberta Beer Week Tap Takeover** is Friday, October 18-Saturday October 26. More info: Eventbrite.

New this fall is the **Banff Whisky Experience**, two days of classes and one grand tasting event on September 13 and 14. For all the deets and to purchase tix, visit banffwhiskyexperience.com.

Aligra Wine & Spirits (1423, 8882 170 Street, Entrance 58, WEM, 780-483-1083, aligrawineandspirits.com) has partnered with **Metro Continuing Education** for a series of classes. **Tequilas 101**, Tuesday, September 17 and **Pop the Cork**, Thursday, October 17. To register, visit metrocontinuingeducation.ca/adult-continuing-education/program-areas/passions-pastimes. The **Fall Wine 101** class is September 23, 6:30pm, \$35/p. Register at aligrawineandspirits.com.

The Mashing Spirits, Cider, and Beer Festival happens at ReMax Field (10233 96 Avenue), Friday, September 20 and Saturday, September 21. Tix: \$20-\$50, albertabeerfestivals.com/tickets.

Experience rum drinking in a whole new light at the **Edmonton Rum Festival**, Friday, November 1, 7pm, at the Delta Edmonton South (4404 Gateway Boulevard). There will be over 75 rums to sample, while enjoying hors d'oeuvres. All proceeds to the MS Society. Tix: \$85/p+, Eventbrite.

Chef **Shane Chartrand's** cook book *Tawâw: Progressive Indigenous Cuisine*, will be at book shops in October. There will be a book launch at Audrey's (tba) and it will be featured at both Calgary's Wordfest and Edmonton LitFest. We do have a recipe from *Tawâw*: find it in Chef's harvest recipes, pg 7.

back to school

Upcoming classes at **Kitchen by Brad** (10130 105 Street, 780-757-7704, kitchenbybrad.ca): **Plant-based Cooking with Tracy**, Saturdays, September 14 and October 12. Take advantage of what the fall markets have to offer to create easy to make fall dishes. Learn some cooking tips too. **Ukrainian Farm House**: Saturdays, September 28 and October 19. Brad sticks to the Gido (Ukrainian grandfather) Diet: you can eat whatever you want as long as you make it yourself. Learn to make pickle soup, borsch salt, roasted cabbage roll vegetables, grilled rib with lemon fenugreek vinaigrette and whey roasted chicken. Book via kitchenbybrad.ca.

Are you an agri-food entrepreneur looking for a mentor? Join the **AFC Business Mentor Program**. The intro session is Thursday, September 26, 6pm at Fifendekel (12028 149 Street). Tix: \$50/p+, Eventbrite.

There are spots available in various classes at **The Ruby Apron** this fall—**Farm Tour and Class at Coen Farm**, September 29; **Autumn Pies**, October 6; **Short Crust and Choux Pastry**, October 8. If you are wanting to take a sourdough class with Kaelin, there are a few spots left in the December 3 **Intro to Sourdough**. Book at therubyapron.ca and don't delay!

Nait's Event Management courses start September 21; **Kitchen Skills** start October 15. Find all course descriptions via NAIT's website, under Continuing Education at nait.ca.

Italian wine educator **Marcia J. Hamm** introduces the **VIA Italian Wine Maestro** a certification program especially suited to lovers of Italian wine. There are two eight-week sessions this fall, starting September 14 and November 9. For all the info and to register visit joyofwine.org/education.

Send interesting food and drink news for *Kitchen Sink* to hello@thetomato.ca.



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Metro Cinema is a community-based non-profit society devoted to the exhibition and promotion of Canadian, international, and independent film and video.

Adult: \$13, Student/Senior: \$10 (\$8 matinee), Child: \$8

metrocinema.org



All-You-Can-Eat-Cereal Cartoon Party September 7 @ 10AM

The cartoon lineup is always a mystery, but you'll see both faves and obscurities spanning the 40s through the 80s, all punctuated with vintage commercials and PSAs!

Adults: \$16, Students/Seniors: \$14, Kids (12 & under): \$12. Tickets include cereal.

Love, Antosha

Opens September 19

Anton Yelchin left an indelible legacy as an actor. Through his journals and other writings, his photography, the original music he wrote, and interviews with his family, friends, and colleagues, this film looks not just at Anton's impressive career, but at a broader portrait of the man.



Harry Potter: The Early Years October 14

Metro presents the first three *Harry Potter* movies. Come for one film (regular admission), or for \$24 you can get a day-pass and come for all three!

12:30 Sorcerer's Stone
3:30 Chamber of Secrets
6:30 - Prisoner of Azkaban

Metro Cinema at the Garneau

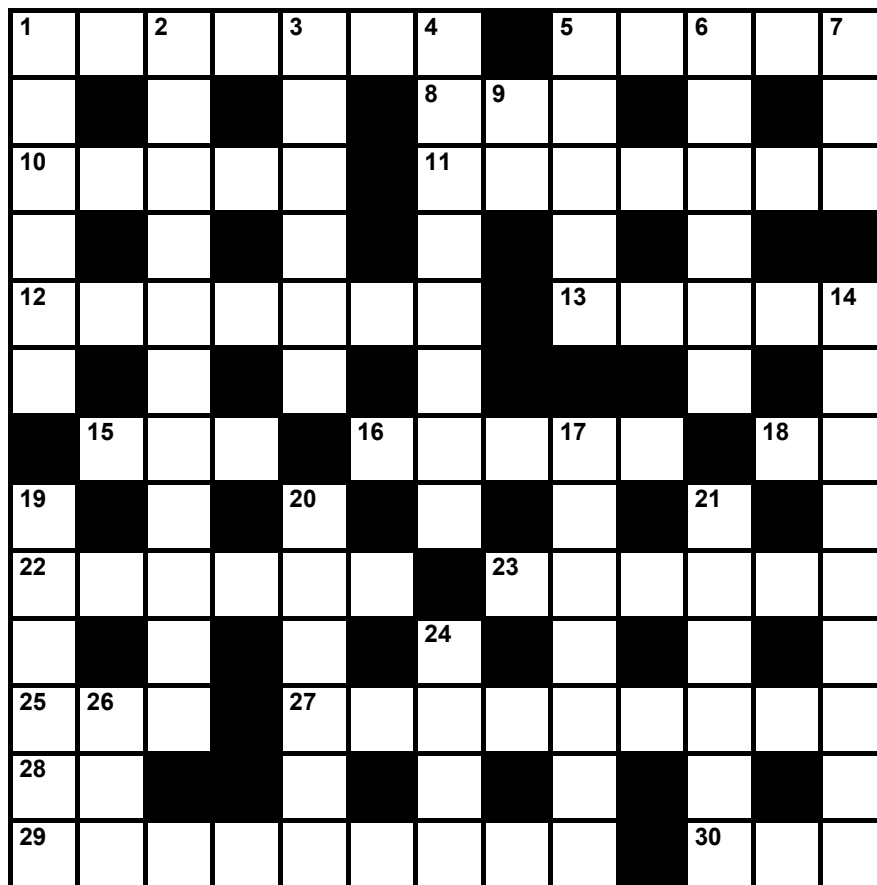
8712-109 Street | metrocinema.org

Metro Cinema receives ongoing support from these Arts Funders:



Tomato Crossword

Myles Mellor

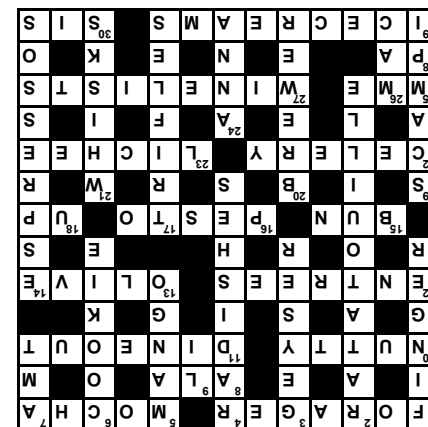


Across

- 1 One who finds food in the wild
- 5 Frappuccino flavor
- 8 Restaurant menu phrase
- 10 Like many chocolate bars
- 11 Have dinner at an Open Farm Day, for example, 2 words
- 12 Filet Mignon and Truffled Turkey, for example
- 13 Mediterranean salad fruit
- 15 Hamburger go-with
- 16 ___ alla genovese
- 18 Bulk ___
- 22 Essential part of "ants on a log"
- 23 Chinese fruit
- 25 Madame, for short
- 27 Sommelier's discussion items, 2 words
- 28 Dad, for short
- 29 Butter Pecan and Cherry Vanilla, for example- 2 words
- 30 Lisa to Bart

Down

- 1 Whiskey measure
- 2 Vegetable stew
- 3 Natural gusher
- 4 Red pungent roots
- 5 Yellowish-red fruit
- 6 Gingersnap, e.g.
- 7 Quantity in a recipe, abbr.
- 9 Roman 51
- 14 Strong brews
- 17 Desserts with sponge cake layers
- 19 Seafood entree
- 20 Annex Ale Project or Dandy Ales, for example
- 21 Mixers in the kitchen
- 24 First name in a Tolstoy novel
- 26 "Big" burger



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