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THE TOMATO

food & drink



Hello Spring!

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This group represents just a fraction of Alberta's Asian food community.

Stand with us and take action to denounce and eliminate race-based hate.

#StopAsianHateAlberta

#StopRaceBasedHate

Editor

Mary Bailey
marybee@telus.net

Publisher

BGP Publishing

Copy Editor

Shauna Faragini

Contributing Writers

Peter Bailey
Margaux Burgess
Pamela Young

Illustration/Photography

Curtis Comeau Photography
iStock

Design and Prepress

Bossanova Communications Inc.

WebMeister

Gunnar Blodgett, COPA Jurist

Printer

CentralWeb

Distribution

Greenline Distribution

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On the cover: springtime planting, CasarsaGuru photo.

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The Tomato Food and Drink Kitchen Design Awards 2019

Built a new kitchen lately?

Proud of it? Enter your kitchen in the
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TKDA is open to architects, builders, contractors, designers, developers, and do-it-yourselfers, offering awards in several categories, including outdoor kitchens.

See submission rules and regulations at thetomato.ca.

Submissions Open **Saturday, May 1, 2021**

Submissions Close **Monday, May 31, 2021**

Winners will be featured in the July/August issue of The Tomato, online at thetomato.ca and in all press releases and materials related to the TKDA.

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james grant is top bartender in the nation

James Grant took home the gold from the World Class Canada competition held in March. The competition, open to professional bartender regional winners, has seven challenges. “Every challenge tests a different skill,” said James. “This year we had to make a cordial to use with Johnny Walker Black, do an on-camera interview, make a cocktail focused on sustainability, submit an entire menu concept and cost it and make a drink based on the Junos. Mine was an homage to Neil Young.” While he is feeling bittersweet that the global competition in Madrid will be virtual, James looks forward to going to Sydney next year as part of the support team. While watering holes are closed, find James at Color de Vino. And, make the Cold as Ice freezer martini he served for the At Home Challenge.



stop asian hate

Jessie Cayabo, Linda Hoang and Carmen Cheng want you to think again. Jessie, a culinary PR pro, Linda, social media maven @lindork and Carmen, Calgary-based food writer @foodkarmablog, have started an awareness campaign called #StopAsianHateAlberta. (See the poster on page 2.)

“When I saw the news about the 75-year-old grandmother being attacked in San Francisco; it was devastating,” says Jessie. “She’s the same size and frame as my grandma. I talked with Carmen and Linda, they were feeling the same way. Worried for family members. We decided to do something and engage one of the most high-profile groups of Asians in the community—food and hospitality pros. Business owners, chefs. We wanted to put faces to the pain Asians are feeling today because of racial hate. We need people to understand—it’s not ok to love and support Asian culture and cuisine but turn a blind eye to hate and racism towards people who look like us.”

“When Jessie asked me to support the poster I thought of my mother, she was a nurse and would walk me to school,” says Ariel del Rosario (co-owner Filistix). “I think as a community we took so much for granted—kids in school used to call me chink. Some have even turned out to be my closest friends. I was fine with it back then. But now, times change and we realize that it’s not fine.”

“I was born in Edmonton, this is my home,” says Alysia Lok (Caramunchies). “Growing up I don’t think I had much exposure to direct racism. There were racist moments, but we were taught to go with the flow, to laugh things off. Being brought up Asian, we don’t talk about these things. It’s weird, the things people make fun of are positive things, like being smart at math. If you don’t make a big deal about it, it’s not a big deal—until it becomes a big deal.”

Cold as Ice

- 435 ml Tanqueray No. Ten gin
- 60 ml Chamomile grappa
- 125 ml blanc vermouth
- 125 ml fino Sherry
- 5 ml grapefruit bitters

Combine all ingredients in a non-reactive container and stir without ice. Transfer to a clean 750 ml bottle and place in the freezer overnight. To serve pour 3 oz of the frozen martini batch into a chilled martini glass. Garnish with a twist of grapefruit zest.



contact reno

pays it forward

Paul Foster of Contact Renovations came up with a genius way to bring some attention to our beleaguered restaurant community. He asked trades and colleagues to help sponsor Pay it Forward. Here’s how it works; Paul goes to a restaurant or café, buys gift cards, has a contest on Instagram and gives away the cards.

He’s doing it again this spring with Fesyk Marketing, Optimax Benefits, Fox & Forth and us (we did it with Eleanor et Laurent). Join in to help out, email info@contactrenovations.ca.



love your kitchen?

Show it off in the Tomato Kitchen Design Awards (TKDA).

Whether it’s a reno or a new build, or you are a homeowner, designer or builder, there is a category for you. And commercial spaces too. Enter at thetomato.ca by May 31.



more ways to get kind ice cream in your belly

The second Kind Ice Cream just opened in the Highlands across the street from the Gibbard Block. The new spot is bigger, has outdoor seating and a colourful mural by the artist Tallulah Fontaine. Scooping 12-9pm daily. Kind Highlands, 6507 112 Avenue. 🍦

Photos from top: winner James Grant; Contact Reno’s ingenious idea; The Tomato Kitchen Design Awards; Kind Ice Cream’s new location.

RAISING OUR SPIRITS

Cocktails in the Time of Covid

PAMELA YOUNG

The Long Hello

“Pastis? You know pastis?”

A small smile of approval tugged at our waiter’s mouth. It was July 2013. On our first evening in Caromb, a tiny community in the Provence-Alpes-Côte d’Azur region of southeastern France, Lorne and I were trying out Rick Steves’ mantra: “To connect with the locals, drink what the locals drink.” So far, it seemed to be working.

Somehow, in Canada, the pre-dinner drink tradition had eluded us. But in France, *apero*, transitioning between the workday and the evening leisure hours with a drink and a few snacks, is part of the culture. And in Provence, pastis is the apero drink of choice.

The waiter reappeared with two tumblers on his tray, each half an inch full of amber liquid; a small jug of water, sweating condensation; and a bowl of black olives. We added the water to our glasses and, like alchemical magic, the pastis swirled into a cloud the color of buttercream. The first sip was heaven, a licoricey, slightly herbal taste of Provençal summer.

Having a pastis on our deck in Edmonton brought back fond memories of our French vacation. As the autumn evenings chilled and chased us inside, we craved a cozier drink before dinner. On recommendations from the staff at deVine Wines and Spirits, we began to explore amaro, a bittersweet Italian liqueur tasting of orange and spice, a warm invitation to our taste buds before winter Sunday suppers.

Over the next seven years, we dabbled in other pre-dinner drinks—gin and tonic, Aperol spritzers, prosecco. But our lives were busy with full time jobs, the joy of attending live theater and movies, going out with friends and planning our next vacation. Further

immersing ourselves in the world of aperitifs was not on our priority list.

Hard Times

And then, March 2020.

Doors closed against the virus, we worked from home and monitored the news. Alternated weeks doing the grocery shopping. Watched the remaining plays in our Theater Network season disappear. Wondered if we should be wearing masks, in spite of the government telling us we didn’t have to. Learned Zoom.

Our pre-dinner drink tradition continued but didn’t take on greater significance than before. As the ice melted outside, we were too busy planning ways to escape the house. I walked with friends, opting for wide paths where we could keep our distance. Lorne went for long bike rides. I played pickleball and planted many, many packets of flower seeds I had ordered online, thinking bedding plants might be in short supply. We went camping and tried not to think of where we might have gone if the world hadn’t closed its doors too.

Eeyore’s Requiem

“Days. Weeks. Months. Who knows?” – Eeyore the donkey, on how long it might take to get Pooh out of the honey hole.

The darker, colder days of autumn and the second Covid wave joined forces to boot our butts back inside after a shot glass of summer freedom. The somewhat cozy social isolation of last March now felt claustrophobic. How long would we be stuck inside this time?

One Saturday in November, Lorne arrived home from Silk Road Spice Merchants with two books by Brad Thomas Parsons—*Bitters* and *Amaro*—and a traveler’s box set containing five

mini bottles of bitters. “Maybe I’ll get into making us a cocktail before dinner sometimes,” he said, kicking back in his recliner to read.

The next night, he served me a Negroni. Its festive cranberry hue made me feel a little more cheerful and its symphony of bittersweet flavors with herbal and fruity accents lifted my spirits a lot.

The next weekend, having read most of the *Bitters* book, Lorne realized his meager supply of cocktail making paraphernalia—a shaker and a jigger without measurement markings—wouldn’t be sufficient for the stirred not shaken cocktail recipes he wanted to try. He found a set of Japanese-made metal implements on clearance at Knifewear: a mixing glass; a jigger with milliliter lines; a long, spiral-handled muddling spoon; and a Hawthorn strainer, named for a Boston bar and designed to hold back all but the liquid when pouring the cocktail from the mixer to the glass. He would wait to make us Manhattans. The graceful coupe glasses in which they’re traditionally served were out of stock all over Edmonton. Luckily, he had found some online which should arrive in a couple of weeks.

Transformation

Our liquor cabinet then—meagre at best. Two or three gift bottles of good Scotch. Rum from a tropical vacation. A bit of brandy left over from dousing Christmas cakes. A too-old bottle of Baileys. Frangelico.

Our liquor cabinet now—the appearance and aroma of a 19th century apothecary. Angostura, in its oversized label à la Don Cherry’s collar. Fernet Branca, an Italian amaro which, like many bitters, began its life as a patent medicine, known to have been offered to cholera patients. Psychaud’s

Bitters, which when coupled with Sazerac Rye whiskey forms the basis of New Orleans’ official cocktail (the Sazerac) and the introduction to Lorne’s Cajun-themed Sunday dinner the week of Mardi Gras. Green Chartreuse, its grassy color the result of 130 herbs and plants known to only two Chartreuse Monks, whom we bet weren’t allowed to travel together even before Covid. Luxardo Maraschino cherries made from marasca cherries. If you think these bear any resemblance to the radioactive-red Shirley Temple garnishes of your youth, treat yourself to a jar.* There’s no going back.

Foregone Conclusion

The past year has contained very little that was either foregone or conclusive. And we’ve certainly had times when Eeyore’s description of Saturday nights at his house has crept into our psyche—“end of the road, nothing to do, and no hope of things getting better.”

But when I’m finishing up the Sunday Times crossword and Lorne sets a cocktail down beside me—its name, ingredients, and historical anecdotes kept a secret until serving time—my novelty-deprived spirit does a little dance. My first sip tells me that somehow, we’ve managed to make it to the end of another week.

No wonder the cocktail hour is becoming a permanent tradition at our house and, hopefully soon, out of our house as well. 🍷

Pamela Young is looking forward to sipping a Negroni somewhere in Italy. Lorne Dmitruk has just added to his cocktail paraphernalia with a book on pastis and a citrus juicer.

**Find Luxardo Maraschino at the Italian Centre Shops and Color de Vino.*

COCKTAIL RECIPES

The Long Hello

Damon Boelte, Prime Meats, Brooklyn NY

- ¾ oz apple brandy (preferably Clear Creek)
- ¾ oz St. Germain elderflower liqueur
- 1 dash Fee Brothers whiskey barrel-aged bitters or Fee Brothers old fashion Aromatic Bitters
- Champagne (or dry sparkling wine)
- freshly grated nutmeg

Combine apple brandy, elderflower liqueur and bitters in a mixing glass.

Add ice and stir until chilled.

Strain into a chilled coupe glass or flute and top off with Champagne.

Garnish with grated nutmeg.

Hard Times

Feast Restaurant, New York

- 2 oz Collective Arts Rhubarb & Hibiscus gin
- ½ oz ea Campari, Pineau des Charentes (or Lillet Blanc) and grapefruit liqueur
- 2 dashes Peychaud's bitters

Place all ingredients in a mixing glass, then strain into a double rocks glass with fresh ice. Garnish with a strip of citrus peel or a stirrer cut from a stalk of rhubarb.

Eeyore's Requiem

Toby Maloney, Violet Hour, Chicago

- 1½ oz Campari
- ½ oz Tanqueray gin
- ¼ oz Cynar
- ¼ oz Fernet Branca

- 1 oz Dolin Blanc vermouth
- 15 drops orange bitters (Fee's, Regan's, or a mix)
- 3 twists orange

Fill a mixing glass with ice. Add Campari, Tanqueray, Cynar, Fernet, vermouth, and bitters. Stir until well chilled and strain into serving glass. Twist orange peel over drink to express oils and discard.

Transformation

Jekyll and Hyde Club, Greenwich Village

- 2 oz light rum
- 1 oz orange juice
- 2 oz blackberry brandy
- 2 oz strawberry puree
- 1 c ice

In a blender, combine ingredients and blend until smooth.

Pour into a large glass and serve.

Foregone Conclusion

A.J. Rathbun

- 3 oz Cesari Sangiovese Riserva or another intense, full-bodied red wine
- 1½ oz dark rum
- 1 oz Galliano Ristretto coffee liqueur
- ½ oz Punt e Mes

Fill a cocktail shaker or mixing glass halfway full with cracked ice. Add everything. Stir well.

Strain into a goblet or wine glass or two, if you feel like sharing—this is a good-sized drink and sharing might not be bad.

COCKTAIL ACCOUTREMENTS

DanESCO Wood Muddler

Muddlers crush fruit or herbs and spices to release flavour, essential for mojitos, caipirinhas and sangria. Think of it as the bartender's mortar and pestle, \$10. Find at Barb's Kitchen Centre, Bella Casa, Color de Vino, Freson's Rabbit Hill, Spruce Grove and Stony Plain; Gifts and Gadgets (Spruce Grove), Heart of the Home, Italian Centre West and South.

Belberry Elderflower Syrup

Belberry makes exquisite high-quality syrups. Add a splash to a glass of sparkling wine, soda or tonic. Or, use in a cocktail. \$23. Find at Italian Centre North, South and West.



Bittermilk No. 5 Charred Grapefruit Tonic

The charred grapefruit skin adds flavour and complexity as does a hint of sea salt along with lime, lemon and cinchona bark. Vary your gin and tonic routine, add a shot of mezcal or tequila or gussy up a glass of mineral water, \$23. Find at Italian Centre North, South and West.

Split Tree Cold Brewed Coffee Cocktail and Soda Mix

Brighten up your iced coffee or your

espresso martini with this bold and bitter blend, made with Ethiopian Moka Harar coffee and zero sugar, \$16. Find at Bon Ton Bakery, Freson's Rabbit Hill, Italian Centre North, South and West, Maven & Grace, Secret Sweets, Swish and Company.

Gimber

This delicious ginger concentrate is made with fresh ginger, lemon, cane sugar and herbs and spices. Add to soda water with mint leaves, with or without spirit, add to a Bloody Mary

or drink with hot water if you are feeling a little under the weather. For ginger lovers, \$40 large, \$26 small. Find at Bon Ton Bakery, Freson's Rabbit Hill, Home & Cottages, Italian Centre South and West, Lift Me Up Market, Maven & Grace, Swish and Company.

OXO Good Grips Citrus Juicer

Remember those metal citrus presses everybody brings home from Mexico? This one is better—super efficient, sturdy and gets all the juice, \$27.

Find at Barb's Kitchen Centre, Color de Vino, Freson's Stony Plain and Fort Saskatchewan, Italian Centre West.

Hello Spring!

Edmonton chefs and cooking instructors welcome the season with recipes brimming with fresh spring flavours.

Rhubarb Cordial

"Rhubarb doesn't freeze well. I prefer to preserve the abundance in the garden in a delicious cordial. Add to soda water, sparkling wine or gin." -Kaelin Whittaker, Awn Kitchen.

4 kg	rhubarb, cut into 5cm lengths
400 ml	water
1.2 kg	granulated sugar juice of 4 lemons

Place the rhubarb in a saucepan, add the water and slowly bring to the boil, immediately turn down to a simmer. Cover and leave to stew for 30 minutes to 1 hour (until the rhubarb has broken down). Turn off the heat and allow to cool a little bit. Strain the rhubarb through cheesecloth for 6 hours or overnight if possible, don't be tempted to squeeze or you will end up with a cloudy cordial. Measure the juice and pour into a clean saucepan, for each litre of juice, add 600 g sugar with the lemon juice. Heat, stirring, until the sugar is fully dissolved. Bring to the boil before placing in sterilized bottles or jars. Keeps for about a year in a cool dark place.

Makes 3-4 litres.

Radish Top and Grilled Ramp Chimichurri

"This sauce is a great accompaniment to grilled beef, pork and lamb. Also great with fish and vegetables. I usually get ramps from Mona Foods and radishes at Sunrise or Reclaim at the farmers markets." -Davina Moraiko, chef de cuisine, RGE RD.

2 lg	ramps
1½ c	finely chopped radish tops
2 cloves	minced garlic
1 sm	cayenne pepper, seeded and finely chopped
½ c	red wine vinegar
¾ c	first-pressed canola oil (Highwood Crossing canola oil, find at Mona Foods or Blush Lane Market)
1 t	kosher salt

On medium heat, grill whole ramps until slightly charred. Let cool.

Combine minced garlic, finely chopped cayenne pepper, red wine vinegar and salt in a bowl. Let sit for 10 minutes. Finely chop the grilled ramps and stir into the bowl. Let sit for 10 minutes. Stir in the radish tops. Whisk in the first pressed canola oil.

Makes 2 cups.

Pickled Alberta Wild Mushrooms

"This is such a quick, easy and bright way to preserve wild mushrooms. Add to a salad, garnish a charcuterie board or serve with a beautiful grilled steak. I put them on a breakfast sandwich this morning and wow is all I can say. If you are not in the business of foraging your own wild mushrooms, you can always check in with one of Alberta's many mushroom farmers." -Chef Bri Campbell, Three Vikings

250 g	fresh wild mushrooms
3 c	apple cider vinegar
1¼ c	white sugar
1 stick	cinnamon
5 cloves	garlic
3 sprigs	fresh thyme
1 T	kosher salt
1 t	chili flakes

To begin, weigh out mushrooms. If your mushrooms have woody, tough stems you can remove them. Brush off any dirt with a dry clean kitchen towel. Place in a container that can be sealed airtight, or in a sterilized jar.

Combine the vinegar with the sugar, cinnamon stick, garlic cloves, thyme, salt, and chili flakes in a nonreactive pot. Bring everything to a simmer to make sure all sugar and salt has dissolved. Pour the simmering hot liquid over mushrooms, cover and place in the fridge for a minimum of 48 hours. Can be stored in the fridge for a month. Makes 1- 1 L jar or 2- 500 ml jars.

Asparagus and Radish Salad with Spring Onion

"We wait so long in Alberta to taste the new season. This easy and delicious salad celebrates three of the first spring ingredients in such a wonderful way." -Kaelin Whittaker, Awn Kitchen.

250 g	asparagus
75 g	radish
2-3	spring onions
3 T	olive oil
2 t	cider vinegar
¼ t	dry mustard salt and pepper

Prepare your vegetables by slicing the asparagus on an angle to create elongated oval slivers, the radish into thin rounds and chop the spring onion finely. Place the olive oil, vinegar, mustard, salt and pepper into a small jam jar, cover and shake well. Toss vegetables well with the dressing. It is best to make this salad an hour or two before serving, leaving it in the fridge to marinate.

Spinach and Rosemary Soup

"The subtle hint of rosemary along with good stock is what makes the recipe." -Kaelin Whittaker, Awn Kitchen

50 g	butter
110 g	onion, chopped
150 g	potatoes, chopped
350 g	spinach (tough stalks removed)
600 ml	homemade chicken or vegetable stock
425 ml	whole milk (use Rock Ridge Jersey milk for richness)
1 T	freshly chopped rosemary
	salt and pepper to taste

Melt the butter in a heavy bottomed saucepan, add the onion and potato, season with salt and pepper. Sweat for about ten minutes on medium heat. Add the stock, bring to the boil then simmer until the potatoes are fully cooked. Add the spinach and cook for no more than 5 minutes until tender, uncovered. Blitz in a blender, add the milk and rosemary. Taste and correct the seasoning adding more salt and pepper if needed. Serve with softly whipped cream and chive flowers.

Serves 4-6.

Citrus Spaghetti with Ramp and Pecorino Cream Sauce, Peas, Asparagus, Morel Mushrooms and Melted Cherry Tomatoes

"This dish is lovely with grilled shrimps or vanilla and butter poached lobster. You can also substitute the morels with any other mushrooms." -Chef Doreen Prei, food consultant, CBC Radio Active columnist

Ramp and Pecorino Cream Sauce

1 bunch	fresh ramps, washed and cleaned, leaves only (keep the stems to grill on the barbecue another time)
	salt and freshly-cracked pepper to taste
500 ml	cream
1 bunch	fresh basil
250 g	Pecorino, finely grated

Place the cream in a pot and simmer until the cream is reduced by half on medium high heat. Stir once in a while. Add the ramps and basil to the cream and puree with a hand blender or in a blender. Add the Pecorino and season with salt and pepper. Keep hot.

Peas, Asparagus, Morel Mushrooms and Melted Cherry Tomatoes

100 g	morel mushrooms, cleaned, cut in rings
250 g	cherry tomatoes, cut in half
8 stalks	asparagus, cut in rings
100 g	peas (fresh or frozen)
	extra virgin olive oil
	salt to taste

Heat up a big frying pan (big enough so you can add the cream sauce and toss the spaghetti in) on medium high heat. Once hot, add the olive oil and morel mushrooms and season with salt. Sauté for about 3 minutes, then add the cherry tomatoes, season them with salt, stirring constantly. Once they start falling apart, add the cream sauce and bring to a boil. Stir in the asparagus and peas and cook for 1 minute. Remove the pan from the heat and toss in the spaghetti.

Citrus Spaghetti

300 g	spaghetti
	salt
1	preserved lemon, pits removed, skin finely diced
	extra virgin olive oil
	zest of 1 lemon

Bring a pot with water to a boil and season with salt. Add the spaghetti and cook *al dente*. Drain and add the olive oil, lemon zest, preserved lemon dices and season with salt. Toss with the cream sauce and serve. Serve immediately and enjoy.

Serves 2.

Please see "Spring" on next page.



all about home



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Spring

Continued from previous page.

Spring Onion and Pea Buckwheat Tart

“Serve with a zesty pea shoot salad.” -Ellen Mitchell, Baijiu

Tart shell

1 c	buckwheat flour
1 c	all-purpose flour
1 c	(½ stick) butter, cold
1 t	salt
8 T	ice water

In a large bowl, whisk together the buckwheat flour, all-purpose flour and salt. Using a cheese grater, grate the cold butter and add to the bowl with the flour. Prepare a bowl of water with ice cubes and a tablespoon measuring spoon ready beside your mixing bowl so that your ice water is handy when you are ready for it. Use your hands to combine the butter and flour into a sandy mixture. Brush handfuls of the flour mixture in between your hands as if you were wiping them off, so that you are creating elongated pieces of butter that are coated in the flour. Work quickly and don't worry too much about it being overly uniform, as the shreds of butter will create flakiness in your crust.

Sprinkle 6 tablespoons ice water over the flour and butter mixture and press together with your hands. If it still seems too sandy, add another 2 tablespoons or more if necessary. Work the dough into a flat round disc (this shape will make it easier to roll out later). Wrap and let rest in the fridge for 30 minutes to an hour.

Sprinkle your work surface lightly with all-purpose flour and use a rolling pin to roll the dough into a large circular sheet. You want it to be about a half centimeter thick. Carefully lay the dough over your tart pan or pie plate and trim the edges.

To blind bake the tart, lay a piece of parchment inside the shell and fill with dry rice or beans. Bake for 15 minutes at 400°F. Carefully remove the parchment with the beans or rice and bake for another 10 minutes, until lightly golden and crispy looking across the bottom of the pan. This may take longer if you are using a glass pie plate.

Filling

3	eggs
3	egg yolks
1½ c	heavy cream
2 T	smooth Dijon mustard
1 t	salt
6-8	spring onions
24	shelling peas (snap or English)

While the pastry is resting, slice the spring onions in half lengthwise. Heat a tablespoon of oil in a pan over medium. Gently sear the cut sides of the spring onions until they are a nice golden colour. Turn them over and season the cut side with salt. Remove from heat and let them cool in the pan so that they soften as they cool. Shell the peas and set aside.

While the crust is blind baking, whisk together the eggs, egg yolks, cream, mustard and salt to create a custard. Set aside.

Remove the crust from the oven and arrange the spring onions inside it, alternating end to end so that each piece has some greens and some whites. Follow with the shelled peas and then pour the custard mixture into the crust. Fill to about 90 per cent full as it will puff a little bit. Return the tart to the oven and bake for 15 minutes at 400°F.

Cool the tart about 10 minutes before slicing, top with parsley and serve with a pea shoot salad if using.

Stinging Nettle Tagliatelle with Tomatoes, Ricotta and Dandelion Greens or Lamb's Quarters

“I served this pasta as a course at our Open Farm Days Dinner at Prairie Gardens last year. You can substitute arugula or nasturtium leaves for the wild greens, in which case you can stir the leaves into the pasta without pan-searing first. At Get Cooking we dry our nettle stems on sheet pans after we pick the leaves, then use them to make a nettle powder. You will find dandelion greens in early May and lamb's quarters in early June.” -Kathryn Joel, Get Cooking

Nettle Pasta

375 g	00 flour (or you can use all-purpose flour)
75 g	stinging nettle leaves (use gloves)
3 lg	eggs
	pinch of salt

Heat a large pot of water, adding salt. Fill a bowl with water, adding ice to create an ice bath. Blanch the nettles in the boiling salted water, for just 30 seconds to a minute, then drain and refresh in the ice water bath. Drain and dry the nettles well—squeeze them dry in a tea towel. Finely chop the cooked nettles.

Pour the flour onto your work surface and make a wide well in the center. Pour the eggs into the well and beat them together with a fork. Using the fork, start mixing the flour into the eggs from the inside edges of the well. As you start to combine the eggs with flour, add the chopped nettles to the egg. Continue mixing the flour into the eggs and nettles, using the fork then your hands, until you have a firm, kneadable dough that isn't too dry. Stop incorporating flour when your dough has reached the right consistency. (It is easier to adjust a dough that is too wet, than a dough that is too dry.) Knead the dough for about 10 minutes, until it is smooth and elastic (if you push your finger into the dough it should be moist but not sticky, and it should spring back). Wrap the dough tightly in plastic wrap and set aside to rest for at least 30 minutes to allow the gluten to relax. If you are resting it for more than an hour, you can rest your dough in your fridge. When you're ready to roll out your dough, cut it in two and flatten one half with a rolling pin or your hands (wrap the other half back up in plastic wrap or it will dry out). Sprinkle a small amount of flour onto your pasta machine rollers and your work surface before you start rolling. If your dough is sticky you may need to use more flour.

Roll the dough through the machine, one setting at a time, starting at the widest setting and working your way down to the third or fourth setting. Now fold the rolled dough. Depending on the length use a book fold, or fold the ends into the center, and then fold again: the goal is for the cut sides to be about as wide as the rollers on your machine so you can roll it through again and achieve a wide, even sheet of pasta. Once your pasta is folded, start rolling it again, starting at the widest setting. When you have rolled it through all of the settings (or the second last depending on your machine—you should be able to see your hand through your pasta), cut it into appropriate lengths and lay it on a floured tea towel to dry for a few minutes. You could also hang it over a broom handle or a pasta rack. When the pasta feels dry but still pliable, you can cut it with your machine, or by hand, into tagliatelle. Leave to dry for 10 minutes or so on a lightly floured tea towel. Now it is ready to cook, or you can form it into bundles and leave it to dry.

Sauce

3 T	extra-virgin olive oil
1 sm	onion, finely chopped
2 cloves	garlic, finely chopped
1 sprig	fresh oregano, leaves picked and chopped
1	fresh red chili, chopped (remove the seeds to reduce the heat)
350 g	chopped heirloom tomatoes, or cherry tomatoes halved lengthways
1 glass	white wine
	salt and pepper to taste
150 g	dandelion greens, or lamb's quarters, washed, stemmed and sliced if needed
	zest of 1 lemon, and juice, to taste
100 g	ricotta, drained, if it is high in moisture content
	salt and pepper to taste
handful	Italian flat leaf parsley, chopped
	freshly grated Pecorino Romano cheese, to serve

Heat the oil in a pan and sweat the onion until softened, about 5 minutes.

Add the garlic, chili and oregano and stir for just a minute, until fragrant.

Now add the tomatoes, stirring to combine, then stir in the white wine, and a pinch of salt. Simmer for 15 to 20 minutes, and season to taste. Meanwhile, heat olive oil in a sauté pan, and add the dandelion greens, or lamb's quarters, to wilt for a minute or two. Season with lemon juice and salt.

Cook the pasta in plenty of well-salted boiling water until just *al dente*. Drain the cooked pasta, retaining some of the cooking water. Add the cooked pasta to the tomato sauce and combine over a gentle heat adding a little of the pasta cooking water as needed. Stir in the wilted greens, then gently stir in the ricotta together with the parsley and lemon zest and salt and pepper to taste. Don't overmix, the ricotta should still have some texture. Serve with grated Pecorino.

Serves 4 as a main course. 🍷

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Kaelin Whittaker, Awn Kitchen Café and Workshop

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.

Six years ago Kaelin Whittaker went to cooking school, in Ireland, the famous Ballymaloe. You could say it changed her life—from education major to cooking school and café owner. She went for the love of food.

“The decision to start the Ruby Apron came quite naturally once I came back—it was like there was a need to share, to educate.”

Since then, Kaelin has become known for her sourdough classes, growing relationships with local farmers and the movement towards simplicity and sustainability.

“I think I went mostly because it was on a 100-acre organic farm—it was about

the ingredients as much as technique. After 12 weeks at Ballymaloe, I realized I wanted to work closely with people, to help them learn about food, to share how simple it can be and to build confidence.

“Take bread for example. The myth of bread is that it’s hard, you can’t have hot hands—all these ideas about why you can’t make bread. My goal is to get rid of the fear. You just have to see value in it and want to cook.

“When people share a photo of something they made or send me a note saying they enjoyed a class, it’s rewarding to see their success. It’s why I do what I do.

“Food brings people together. When I see eight strangers sit down to dinner together at the end of class, they start to chat, the sounds of the busy kitchen fade away. People slowing down and eating together. That’s what it’s about for me.”

Back in 2015, Kaelin named her school, the one she started when she was still working full time, after her grandmother Ruby and because she loves aprons.

The new project needed something else. “I first heard the word awn while standing in a research plot at the University of Alberta farm. It is the stiff bristle on the flower of grains such as rye and barley. What we do in classes is all about the ingredients—organic flour, local seasonal vegetables, responsibly



raised meats from local ranchers. Yet, is there anything more Alberta than a grain field?”

Awn Café and Workshop opens in the Lansdowne Shopping Centre in June. In the meantime, visit Kaelin’s lively Instagram or awnkitchen.com.

Hometown?

Edmonton.

Years cooking?

Six, professionally.

Where would you like to live?

Rural Alberta. I would love to live on a farm, with laying hens, a couple of pigs, a dairy cow and lots and lots of veggies. And a cooking school.

Your favourite food and drink?

Craft beer and simple food—Blindman Pale Ale with a roast chicken dinner.

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

Probably teaching elementary school.

What do you most appreciate in your friends?

Honesty, kindness, empathy and fun.

Your favourite qualities in a dish?

Simplicity. Where you can taste the good ingredients

A cook?

Understanding, appreciation and respect of good food, which comes through in the final dish.

Who would be at your dream dinner table?

My grandmother Molly, who was said to be the best dinner party host. Alice Waters. Myrtle Allen of Ballymaloe House, the matriarch of Irish cuisine. I got to spend an afternoon in the kitchen with her. Darina Allen, her daughter-in-law, who founded the Ballymaloe Cookery School with her brother Rory O’Connell. Skye Gyngell, of Spring

Resto in London—forward thinking and very sustainable.

Who would cook?

Rory O’Connell.

Which words or phrases do you most overuse?

Pivot! Transparency. Lovely.

Current culinary obsession/exploration?

You could say I’m obsessed with flour. It’s such a simple ingredient and we give it no thought. And we need to give it lots of thought. I’m trying to learn more always.

Meaningful/crazy cooking experience?

Making sausage in Sicily with Christian Puglisi (Copenhagen). Breaking down the pig, the respect for it and the Sicilian bread sausage and meatballs.

Best (cooking) thing that ever happened to you?

Going to Ballymaloe in 2014 was at the right time in my life. I was interested in local and in-season cooking, sustainable cooking, Ballymaloe broadened that and gave me tools. When I came home there was a responsibility to share good honest food, to bring people together.

Mentors?

Darina at Ballymaloe, Erin Bunting who has a cooking school in Northern Ireland and I learn a lot from the farmers I work with.

Favourite casual cheap and cheerful/afterwork food?

Soft boiled egg with buttery soldiers.

Philosophy?

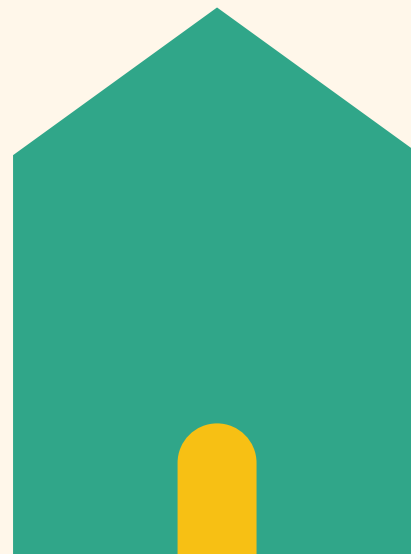
I believe in simple food, seasonal food, local food. I teach attainable recipes with ingredients that are easy to get and cook every day.

What’s next?

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A HONEY OF A DRINK

MARGAUX BURGESS

As proper spring weather approaches and we look forward to our long sunny days, we are not the only creatures readying for summer. Alberta's 25 billion honey bees are ready to get to work after their long retreat into winter clusters. (Honey bees don't hibernate—rather they stay active in the hive to keep the temperature around 26°C and the queen alive.) Almost half of Canada's premium honey comes from Alberta. The favourable mix of alfalfa, clover, fireweed and wildflowers make for plentiful and diverse foraging lands for the bees and high-quality honey for us.

Honey is rich with antioxidants, has antimicrobial properties and a lower glycemic index than sugar. Like all sugars, it is fermentable. Around 10,000 years ago, water, yeast and time happened upon a flagon of honey and what was created—mead—is arguably the world's oldest fermented beverage.

Also known as ambrosia or nectar in ancient texts, mead was viewed as the drink of the gods and related with royalty. It was associated with the god Bacchus long before wine was, and literary references to mead are found in works like *Beowulf*, *The Canterbury Tales* and *Bulfinch's Mythology*, *The Age of Fable*. Traces of mead were found in King Tutankhamun's tomb. The mythology of mead lingers with the honeymoon, the traditional gift of a moon's cycle worth of mead (honey-wine) to a newlywed couple.

The making of mead is a little bit science and a little bit art, needing only three ingredients—honey, water and yeast—to begin the fermentation process and creating ethanol from sugar. Mead

is gluten-free (as long as no gluten is added) and can be enjoyed in a variety of styles and flavours.

It is easy to assume mead is sweet, it does come from honey after all, but

mead ranges from dry, crisp styles fit for a patio, to very sweet styles that are perfect with a dessert at the end of a meal.

In addition to classic mead made in the traditional way, there are many other varieties and styles that the *mazer* (mead-maker) can create. *Melomel* is mead made with fruit. If made with apples it is called a *cyser* (think cider), if made with grapes it's called a *pyment*. Pyments can be white, rosé or red just like wine. *Metheglin* is a spiced mead and *braggot*, for the beer-lovers, is mead blended with beer. Some braggots are also carbonated for an even more beer-like beverage. *Bochet*, made with caramelized honey, is an ideal finish to a meal due to its extra intensity.

Regardless of the style, honey is still the number one ingredient in quality mead. Similar to grapes for wine, honey is able to communicate a sense of place indicating where it is from and what sort of nectar the bees were collecting. The floral source will determine the characteristics of the honey and hence the mead in your glass. For example, wildflower honey comes from undefined flower sources and is versatile with mild floral undertones. Alfalfa honey is pale in colour with a delicate beeswax flavour and aroma and clover honey has a sweet floral aroma and a mild taste that is similar to actual clover blossoms. All three are used for mead-making here in Alberta.

WHAT TO LOOK FOR WHEN TASTING MEAD

Well-made meads have a balance of pleasant honey flavour, sweetness, acidity, tannins and alcohol. Any additions (fruits, spices) should be well-integrated and the final mead should be cohesive and enjoyable.

Tasting mead is not so different than tasting wine. There are characteristics to look for and clues to the type of mead and quality. Honey contributes flavour and aromatics (instead of grapes) as do any additions. There are any number of flavour combinations that can make for a wonderfully complex and enjoyable beverage. Balance and integration are key.

APPEARANCE

Mead should be clear with good to brilliant clarity. Meads can have carbonation so there may be the presence of bubbles. The colour depends on the type of honey used and any additions. Crystal clear, bright examples are the ideal.

AROMA

Mead should smell of honey and have a pleasant and clean aroma. The intensity depends on the alcoholic strength, type of honey and style of mead but there should always be a discernable honey character. Aromatics may also include fruity, floral or spicy notes. Complexity is valued and if a variety of honey is declared the variety should be recognizable.

FLAVOUR

The intensity of the honey flavour is based on the sweetness of the mead (the sweeter the mead the more intense the honey character on the nose and palette). Mead can range from very dry to very sweet but should never be cloying or unbalanced. Complexity of flavour indicates quality (as it does in wine). If fruit or spice have been added, their flavours should be noticeable and true. 🍯

For more info on tasting and judging mead visit: dev.bjcp.org/style/2015/mead



There is a dynamic range of producers of mead all across the province from the north around Grand Prairie to down south to Okotoks and beyond. With many awards won, Alberta is a great place to dive into mead.

Chinook Honey and Chinook Arch Meadery in Okotoks was the first commercial meadery in Alberta. Starting with hobby hives in 1995, a change to Alberta laws to support cottage wineries allowed the opening of the meadery in 2007. Founders Art and Cherie Andrews are a great resource to the mead industry in Alberta and their years of experience are communicated via the glass in the diversity of their meads.

Fallentimber in Water Valley has had hives even longer, since the late '60s and the meadery was established in 2010. Brothers Nathan and Colin Ryan work tirelessly on their line-up to offer more traditional styles as well as canned hopped, melomels and metheglin meads, perfect for luring beer and cider lovers to the world of mead.

Stolen Harvest is new to the scene, founded in 2020 in Grovedale in Northern Alberta and it's already winning medals, including from the World Mead Challenge in Chicago. Mazer and co-owner Kristeva Dowling offer traditional, melomel and bochet meads.

Many of the meaderies across Alberta have tasting rooms on-site where you can taste through the line-up and learn directly from the producers how their mead is made and why it tastes the way it does. What better way to see the province than a tour full of wildflowers, bees, honey and mead all the while showing support to some of our unique local producers?

MUST TRY MEADS

Chinook Honey King Arthur's Dry is a more modern interpretation of a traditional dry mead, made from a blend of alfalfa and clover honeys that give a delicate floral character while not overpowering the honey aromatics. Off-dry and crisp with a long finish, this is great as an aperitif or with pork or poultry.

Fallentimber Meadjito is a wonderful introduction to mead and perfect for anyone who enjoys a mojito. Branded as a session mead this is canned, carbonated, lightly sweet and refreshing. A flavourful blend of mint, lime and honey that is super quaffable at 5.5 per cent abv.

Stolen Harvest Coffee Bochet makes for an excellent post-dinner sweet digestif. Caramelizing the honey gives added intensity and complexity while the coffee flavour adds balance. Great on its own or excellent with sticky toffee pudding, crème caramel or dark chocolate.

An award winner at the World Mead Challenge. 🍷

Margaux Burgess has completed her WSET diploma and the BJCP mead judging certification but that doesn't stop her from doing all the research. She's probably telling someone to try a Meadjito or a Chardonnay right now. Find her on Instagram @margauxleahelaine.



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Beer Guy

Saison Season

We've had winter, fool's spring, second winter, false spring and third winter. Now, it's finally *saison* season.

It's time to return the porters and stouts to the back of the fridge, break out the shorts and sundresses and reach for saisons and other patio-friendly beers. Saison means season *en français* and refers to a style of beer originally brewed seasonally in Hainaut, a province of Wallonia, the French-speaking region of southern Belgium. Just across the border in France's Nord-Pas de Calais region a similar style called *bière de garde* (beer for keeping) is brewed. Together the two styles are known as Farmhouse ales.

They're called Farmhouse ales because historically they were brewed in farmhouses over the cold winter months and then released in spring and consumed over the summer by thirsty farmhands. Being regional and rural beers, the history of Farmhouse ales is a bit murky. We do know the beer was rough and rustic warm-fermented ale, made from whichever locally-grown grains were at hand—barley, wheat, rye and spelt, probably matured in wood. Both were highly carbonated and dry, with saison hoppy and fruity, *bière de garde* malty and yeasty. As the years went by, tastes changed with urbanization and commercialization and the popularity of saison waned. In the tiny Belgian village of Tourpes, farmhouse brewery Brasserie Dupont kept the faith, shifting their saison recipe in the 1940s to accommodate modern tastes and bumping up the alcohol to 6.5 per cent. Praise from beer writer Michael Jackson helped make Brasserie Dupont's Saison Dumont the model version of the style. Writing about Saison Dupont, brewer

Garrett Oliver said, "If I were forced to choose one style to drink for the rest of my life, saison would have to be it." In the 1980s Saison Dupont began export to North America, where it inspired craft brewers to reinvent the style.

Today it is North American brewers who are defining what a modern saison is, just like they did for British IPA.

Blindman Brewing co-founder Hans Doef agreed with my suggestion that saison is a blank canvas for brewers. He noted that "it is a style which is so broad: fruity, hoppy, dark, malty, sour and everything in between. The yeast

character of saison is the connecting

point." Trial & Ale Brewing co-founder Ryan (surname withheld by request)

agreed, noting saison is an anything goes style with saison yeast being the common thread.

Ryan identified New World saisons as very dry, hoppy, highly carbonated with a yeast-derived flavour that can range from super fruity to super spicy and anywhere

in between. He also noted that "there's nowhere to hide with a style this dry, so it's a more difficult style for brewers to maintain."

Hans Doef talked about being inspired by Belgian beers "in all their variety and complexity". Blindman even went to the trouble and expense of importing white oak *foeders* (giant oak barrels) from France in order to brew Belgian styles authentically. Blindman brews in town, but one can easily see the link back to those farmhouse breweries in Flanders many years ago. It all comes back to the land and the people who farm that land. As Doef notes: "We are very connected to our local farmers in Central Alberta. We're trying to marry our local flavour and history with the Belgian local flavour and history."



Cruquet, Wallonia, Mark Posters (l) Photo

Saison Season Six Pack

Sample these seasonal sippers at brewery patios (they would love to see you!) Or pick them up at quality beer shops like Sherbrook Liquor, Color De Vino, Keg n Cork and Liquor Select.



Saison Dupont, Belgium

The classic old world saison against which all saisons are measured, still inspiring new world brewers today. Made with pilsner malt, house saison yeast and Goldings hops. It pours like spring morning sunshine, orange-golden in the glass, with a bright white head. Fruity, earthy nose and then bitter, soft and dry on the palate. A world class beer worth seeking out.

Blindman Dwarf Sour Cherry Saison, Lacombe

Blindman co-founder Kirk Zembal wrote on this beer's label, "this is my favourite beer we've ever made." This is indeed a special saison—brewed in 2018, spent a year in foeder, then another year in conditioning tanks with Prairie-grown dwarf sour cherries. This is a fruit bomb of a saison, exploding with tart cherry taste.



Trial & Ale A Saison Apparent, Edmonton

Trial & Ale call this beer "an ode to saison", bringing to mind the long ago days of working the Wallonian fields. This outstanding beer is barrel fermented with a careful blend of yeasts, using a mix of malts, including Pilsner, rye, wheat, Munich and oats plus noble hops Hallertau and Saaz. Funky, earthy and deliciously dry.

Sawback Wild Sour Saison, Red Deer

Winning a silver medal at the 2020 Alberta beer awards for an earlier saison, here Sawback kicks it up a notch. This is a complex sour saison aged 406 days in a white oak foeder, soured with *Lactobacillus brevis*. A crisp, tart, highly carbonated, refreshing saison.



Situation Afternoon Tea Saison, Edmonton

One of Situation's early innovations, brewing a saison and then infusing tea post-fermentation, plus a selection of fruit that changes seasonally. It really is a classic summer patio beer, tannic-dry but fruity.

Rural Routes Happy Travels Lemon Chiffon Saison, Leduc

Very much a New World, non-traditional saison here, with actual lemon chiffon cakes added during the boil. Highly carbonated, funk on the nose, a bit of peppery spice with a super dry finish. 🍋

When this thing is over Peter Bailey vows to cycle Wallonia sampling saisons. He's on Twitter and Instagram as @Libarbarian.





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some Savvy in the fridge. It's one of the few wines that actually works with the classic spring veg. The **Château Argadens**, a beautiful blend of Sauvignon Blanc and Semillon, is crisp and delicious. Elegant, with hints of citrus, tangerine and stone, medium body with a good long finish. 2018 Château Argadens Bordeaux Blanc (France), \$25.



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de Cuyo Malbec is one of the first Argentine wines with a designation of origin (DOC). Think of this as a guarantee if you will, a promise that the grapes come from a specific place and are grown and harvested in a certain way. World Malbec Day (April 17) reintroduced us to this forthright wine, with its fresh and complex aromas, silky palate, fine rolling tannins, bold and rich red fruit and a long finish. A terrific bottle for sausages, lamb or flank steak on the grill. 2018 Luigi Bosca DOC Lujan de Cuyo Malbec (Argentina), \$28.



Check out these graceful

spirits from MD Distillery in St Albert.

The **Still One Vodka** is made using a sophisticated distilling system that makes the most of the ingredients, 100 per cent Alberta wheat and water. Clean and oh so smooth with artful fruity notes, excellent chilled or in a cocktail.

The **Dry Gin** is produced with eight botanicals in a double infusion process, perfect for a stellar G & T. MD also has a stylish tasting room with a menu designed by one of our favourite chefs, Julia Kundera. Pick-up only for now. MD Distillery Still One Vodka (Canada).



Mary Bailey



Vision Grüner Veltliner
(Austria), \$66/3 litre box.

Markus Huber has solved summer wine drinking. The **Vision Grüner Veltliner** is light, crisp and fresh, with peachy stone fruit and lemony lime flavours; elegant, a rich mid-palate and a long finish. The wine is wild fermented from organically grown grapes (the winery is certified bio). And it comes in a box, better for the environment. It has been rare to get this level of quality in a box, let's hope the movement continues. Markus Huber 2019



The alt gin category keeps getting better and better. New this spring is **Ceder's Pink Rose**, a delightful drop made with juniper, rose and hibiscus. The key to Cedar's is the full mid-palate, which is usually supplied by alcohol and is often missing in other non-alcoholic drinks.

Make a Ceder's Pink and tonic, garnish with raspberries and fresh mint. Or, if you want to get fancy add a splash of rhubarb syrup. Ceder's Pink Rose Distilled Non-Alcoholic Spirit, 500ml (Sweden), \$25.

Find at Bon Ton Bakery, Freson's Rabbit Hill and Fort Saskatchewan, Heart of the Home, Home & Cottages, Italian Centre North, South and West, Lift Me Up Market, Maven & Grace, Swish and Company.

Didn't everybody start enjoying everything in a can



last year? Eau Claire's newest canned cocktail is their first whisky-based beverage, **Rupert's Whisky Sassafras**. Made with Eau Claire's handcrafted sarsaparilla syrup, cloves and birch bark. A fun, not too sweet, slightly spicy cocktail with citrus, vanilla and subtle (and delicious) bubble gum notes. Eau Claire Rupert's Whisky Sassafras (Canada), 4-pack, \$15. 🍷

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Restaurant buzz

Inside dining is closed for now—patios and take-away are where it's at. Explore all the delicious meal kits, pop-ups and feature take-out menus that independent restaurants have created for you. Indulge.

Zio's by Bricco (10347 Jasper Avenue, 780-424-5588, corso32group.com) joins **Corso at Home** and **Uccellino to Go** to offer the delicious flavours of chef Daniel Costa's restaurants. Inspired by Bricco's popular Soprano's Night events and featuring casual Italian-American inspired dishes such as a chicken parm or fried eggplant sandwich and baked pasta, it's even better than Karen's ziti. Order Friday, Saturday and Sunday nights from 4-9pm, last order at 8pm, bricco-to-go, corso32group.com.

Chartier (5012 50 Street, Beaumont, 780-737-3633, dinechartier.com) has created several pre-order packages for **Mother's Day**, ranging from bake-at-home cinnamon buns or specialty chocolates (\$21) to mimosa kits or takeaway three-course dinners (\$45), picnic boxes (\$80) and charcuterie boards (\$95). Or, reserve a patio table for May 8 or 9. Find all the deets at dinechartier.com/mothers-day-pre-order.

Buok Fresh Korean Kitchen (10707 100 Avenue, 780-244-2865, buokfresh.ca) introduces cold noodle salads for spring and summer—Kimchi Bibim-Guksu, Sesame Bibim-Guksu and Bulgogi Bibim-Guksu. Savoury, complex flavours and well-priced too.

The Glass Monkey (5842 111 Street, 780-760-2228, theglassmonkey.ca) has new delicious offerings for spring—small plates such as house-cured Chinook salmon gravlax on a corn blini or the savoury Asian noodle salad with seared ahi tuna. Large plates include duck confit with a sweet Thai chili glaze and risotto with scallops and tiger prawns. They have an extensive retail wine shop set up to order with your take-away as well as signature cocktails, available to go, \$6 each. Reservations are available on the charming patio.

at the cooking schools

The new **Awn Kitchen** (104 5124 122 Street, awnkitchen.com) has construction delays. The good news is they expect to be opening in June. Yay! We look forward to taking a class in person and having lunch in what will be a gorgeous space. In the meantime, there are two cool farm tours coming up: Lazuli Farms on May 16 and Chatsworth Farm on May 30. Visit awnkitchen.com for all the deets.

The new virtual schedule is up at **Get Cooking**. In **Delicious and Nutritious, Cooking with the Season**, **Jenn** and **Will Kotowicz** encourage conversations around health, community and seasonality. Will is a chef and partner at **Meuwly's** and Jenn is a functional nutrition and lifestyle practitioner, so you know it will be tasty, June 28, \$25. **Addie Raghavan** and **Kathryn Joel** make a celebratory **Mother's Day Brunch** with smoked salmon benedict and Mimosas, May 9, \$27.50. Join Kathryn and Addie for a classic cheese soufflé for **Mother's Day Lunch** and a festive French 75 Champagne cocktail, May 9, \$25. Visit getcooking.ca to see the entire schedule and to book.

product news

Join sommelier **Margaux Burgess** (DipWSET) for a rose-tinted virtual wine tour around the world. Learn why rosé is a wine for all to enjoy, any time of the year, on Wednesday, May 19, 7pm, \$75. Register at the City Cellar website, citycellarsedmonton.com.

The Art of Charcuterie offers a special **Mother's Day Duo Box**. Along with delicacies by **Meuwly's** chef **Roger Letourneau**, **Fleur Jaune** cheese and Meuwly's savoury lavender salami, the box contains a **Wick'd Petals** handmade botanical candle, a **Studio Bloom** posy and **Duchess Bake Shop** macarons. Beautiful. The Duo Box is available for pick-up on May 8 and May 9, at Meuwly's (10706 124 Street), \$139+. Order via artofcharcuterie.ca.

Heart of the Home (12539 102 Avenue, 780-705-4928, heartofthehomeyeg.ca). is open for in store and online shopping with shipping or curbside pick-up available. Check out the offerings for Mother's and Father's Day and sign up for the newsletter at heartofthehomeyeg.ca. Lots of lovely new things for spring.

Knifewear (10820 82 Avenue, 587-521-2034, knifewear.com) is offering something special for local chefs and cooks experiencing hard times. "We just want them to know that we appreciate them and understand the difficulties they are facing," says store manager **Kris Armitage**. Bring in one or two knives from your roll and they'll sharpen it for free.

Sherbrooke (sherbrookeliqor.com) has opened a new shop at 9271 50 Street, super handy for people in Capilano and further east. Expect their amazing beer and sake selection as well as whisky and wine. No events right now, but check out their online ordering, easy peasy!

The Sundog Organic Farm CSA is a bit different than most. They offer three sizes, from one-two people to larger families with lots of flexibility. And no work share! They have expanded the farm share pick-up locations to six—Awn Kitchen, Strathcona Farmers' Market, Uproot Food Collective, Breadlove Bakehouse in St. Albert and Fort Saskatchewan and Gibbons. If you love super fresh local veg, sign up at sundogorganicfarm.ca/farmshare.

Joys of Cooking

Before I started Zinter Brown I went to cooking school in Italy, the Italian Culinary Institute for Foreigners in Costigliole d'Asti. I was immersed in the local cuisine and culture for four months—cooking every day in a castle surrounded by vineyards—so different from what I knew (I had been a nurse). It was a magical time. -Joanne Zinter

A castle. A hill. A town. Italian cuisine.

A grey castle derelict and stark

Harbours a sleek chef's kitchen. Modern.

TV screens. Stations prepared for chef arrivals:

Apprehension

Deboned rabbit trussed, rolled in fresh herbs,

swimming in oil of olives. Aroma heady. Tastes savoury.

Fresh pasta. Soft bread. Earthy cheese.

Pastry rolled thin on counter tops of marble:

Anticipation

Wine cellars. Musty. Vintage wine bottles. Dusty.

Open to unleash earthy scents, mature and round with

Orange hues and mellow flavours that awaken the senses

Amidst heady scents from gardens bathed in sunlight:

Exhilaration.

As new friends share new experiences

cares of the past recede—give way to new conversations.

Like the blends of old wine and the flavours of new food

this adventure brings its own admixtures and offerings:

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From *Poems from Life as it Happens*, edited by Jane Ross. Find at Audreys Books or the Battle River Writing Centre, source21@telus.net. 🍷

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



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