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community maker

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XIX

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On the cover: Goldie Hazrah, restaurateur, Curtis Comeau Photography.

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open farm days
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Alberta Open Farm days is a terrific opportunity to get outside—to visit a farm, to discover something new and to have a unique culinary experience. Over 50 farms have something going on the second weekend in August, such as farm tours and a mini market at Chatsworth Farm near Vermillion, where you will meet some adorable dogs, cats and several varieties of fowl on their livestock tours. Or, visit The Alberta Hemp Works near Barrhead, for hemp demos and a local Famers' Market with a barbecue lunch by Droptine Custom Meats. The Alberta Hemp Works story is interesting. They are a new, women-led business working to develop markets for the industrial hemp they grow, such as hemp seed oil and construction products. Or visit the George Pegg Botanic Garden near Gunn for the Country



Mary Bailey photo

Fair and long table dinner followed by an open-air concert. Open Farm Days acts as an incubator for agri-tourism and rural sustainability. This is the 10th annual. Find the adventure that appeals to you and your family at albertaopenfarmdays.ca.

lone pine + growlery = delicious

Ready to drink (RTD) is one of the biggest trends in beverages now, so why not support the local guys? Lone Pine Distilling (10375 59 Avenue, 587-469-8099, lonepinedistilling.ca) and the Growlerly Beer Company (40 Airport Road NW, 587-497-7714, growlerlybeer.com) have collaborated on a new RTD called Mango Orange Vodka Soda. Tasty, not too sweet, only five per cent ABV, with zesty orange and tropical mango flavours. Available at Lone Pine and the Growlerly as well as several famers markets (South Common, Ottewell, Ritchie, Hazeldean, Windemere, SW Edmonton). A pack of six 355ml cans is \$18.

Mary Bailey photo



a-maiiz-ing

Chef Israel Alvarez Molina was in Edmonton before he moved to Victoria and set up a business called MAiiz Nixtamal Tortilleria. We miss his cooking. Chef is an evangelist for the nixtamal process. You can taste why—deeper flavours, better texture, a beautiful fresh aroma—the difference between tortillas made in an industrial process and those made by nixtamalization.

What is it? Dried corn kernels (chef uses organic corn from Armstrong) are boiled with pickling lime (also known as slaked lime or calcium hydroxide) then ground into masa.

In addition to using this time-honoured process, Israel brought in a special grinding mill from Mexico. The result? A silky, elastic dough (masa) that makes really delicious tortillas. Healthier too, as the process creates more available protein and vitamins. Next time you are in Victoria—actually, this is a really good reason to go to Victoria—pop into MAiiz Nixtamal. It's easy to find, tucked into Chinatown (540 Fisgard Street, Victoria, B.C., 778-433-1544, maiiz.ca).

summer patio party
must-haves at bella casa

Bella Casa (9646 142 Street, 780-437-4190, bellacasadcl.com) is stocked for summer fun, with a fun and practical assortment of tableware, accessories and Gourmet Village mixes and rubs. Pick up the durable and easy-to-use acrylic tumblers in three styles (\$12-\$20) plus a pitcher, \$52. As well, serving pieces from Mud Pie include a marble charcuterie board, a beautiful ceramic baker with wood lid, and a burger and hot dog server (\$69-\$106). End the night with s'mores made on the Mud Pie mini tabletop fire pit, \$62.50. Come on summer! 🍷

Top: kids meet a baby chick during Open Farm Days at Chatsworth Farm. Middle: Chef Israel Alvarez at his Victoria restaurant. Far left: the delish results of Lone Pine and The Growlerly's collaboration. Below: elegant and durable glassware at Bella Casa.





The Tomato Kitchen Design Awards

Top Kitchens 2022

Every year we ask the design and building community to enter their favourite projects. Our judges look for design that answers the brief and that offer clever solutions to space and structural confines. And of course, kitchens that look great and work even better.

The top kitchens this year were all renovations, over \$40K.

Tania Bosch, Bouwen Construction

“The client had fallen in love with this property, due to the location and its charm and character. But, the kitchen needed updating and they desired a more open living space and main floor laundry. AMR Design relocated the garage and basement access and pulled from the existing garage space to achieve everything on the wish list.”

This was the judges favourite kitchen. They loved the simplicity, the layout, the wood and the touches of colour.

“Nicely done! Surprising details throughout, and a good mix of finishes.”

“It’s a thoughtful design with really beautiful wood.”



TOP KITCHEN #1



Paul Foster, Contact Renovations

“What they had was a small, segregated kitchen with very little natural light. The room was isolated from the adjacent rooms, and the restricted layout was not conducive to entertaining. Now, everything about this kitchen is beautiful, but the showstopper is the 10-foot folding window system. The window provides tons of natural lighting and the ability to serve and host guests directly from the kitchen into the sunroom. The combination of white and rift oak two-tone cabinets, light coloured quartz countertops and a geometric backsplash tile put a modern twist on mid-century design.”

The judges were impressed with how this renovation dealt with the structural challenges and opened up the room to the sunroom and beyond. They also found it very efficient, with cabinets close to the dishwasher, with good workspace and liked the downdraft ventilation.

“It relates well to the rest of the house and has a pleasant mix of finishes.

“Love the amount of counterspace and that inset wood shelf, very attractive.”

Please see “Top Kitchens” on next page



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Top Kitchens

Continued from previous page

TOP KITCHEN #3

Paul Foster, Contact Renovations

"The clients dreamed of turning their narrow and cramped kitchen into an open-concept, multi-use space with a contemporary aesthetic. They wanted better lighting, more room for storage and display, and uniform flooring to tie the rooms together. We removed the ceiling bulkhead and fireplace, both of which made the space feel cramped and cluttered. We replaced the L-shaped counters with an island to improve flow. Full-height cabinetry made for ample storage. Changing the layout opened up the kitchen and brought attention to the beautiful ravine view. Sleek black stainless steel appliances and a stunning black faucet offer a more contemporary look. Looking at the before and after pictures, it's hard to tell that this open, clean, sophisticated kitchen was once dark and cluttered."



The judges loved the more open layout. "The kitchen looks so much bigger now and those big windows at the end of the space are lovely."

"The colour scheme is fresh, the dark grey and light wood, really like that. And that's a gorgeous faucet."

Please see "Top Kitchens" on page 12



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The tastes of summer

Vine tomatoes, B.C. stone fruit, Alberta berries, Taber corn—on the grill.
A collection of recipes that don't require you to turn on the stove.

— Mary Bailey —

These recipes are written for a gas barbecue. If you use charcoal like I do, you'll know when your coals are ready.

Il Portico Radicchio Corsi

One of the standout dishes from the beloved Il Portico restaurant was the grilled radicchio. I asked Patrick Saurette, (then Il Portico's manager, now owner of The Marc with his wife Doris) to share the recipe. "The Corsi family were partners in Il Portico, and they brought this appetizer from their other restaurant Café Roma in Vancouver. We always served it in threes, it was Mario Corsi's philosophy—few ingredients, keep it simple, keep it fresh."

radicchio
bocconcini
Parma ham (prosciutto)
sun dried cherries
mesclun greens or spring mix
shaved Parmigiano

Make the Vinaigrette

1 c red wine vinegar
2 t cherry syrup (Polish, find at the Italian Centre)
finely chopped shallot
kosher salt and freshly cracked pepper

Wrap the Parma ham around a bocconcini and place on a radicchio leaf. Roll it up tightly and place seam side down in a container. It's best to do this the night before. They stay rolled that way.

Take out of the fridge and drizzle with olive oil. Grill over high heat.

Watch them carefully. Turn once. Take off the grill when you have a good mark on the outside and the cheese had melted a bit. Pour some of the vinaigrette over when you take off the grill.

Place three on each plate which has a little salad on it. Season. Sprinkle with the cherries and shaved parmesan and drizzle with remaining vinaigrette.

Grilled Peaches with Burrata

When you tire of eating ripe B.C. peaches over the sink, try using them in a savoury way. You can use either peaches and nectarines, and if you don't want to use burrata, try the recipe for homemade ricotta and use that instead. Adapted from a recipe by Elena Silcock.

4 peaches, or so, depending on size, cut into wedges
olive oil
½ bag arugula or two butter lettuces
sm bunch Italian parsley, stemmed
sm bunch basil, torn, for garnish
½ t chopped fresh thyme
1 or 2 lg burrata or 3-4 small homemade ricotta

Dressing

Squeeze about half a lemon into 2-3 tablespoons of extra virgin olive oil. Whisk until combined. Season to taste.

Brush the peaches with oil and grill face down over medium heat until there are marks and the fruit is somewhat warm. Toss the greens and parsley with the thyme and dressing. Start with a small amount and increase until it's dressed the way you like. Leave a little dressing to drizzle later.

Plate the greens on a platter. Arrange the grilled stone fruit attractively and tuck the burrata in and around the fruit—if using large, break into a few pieces. Garnish with the torn basil leaves. Crack some pepper and toss a little finishing salt. Serves 6-8.

Stone Fruit Slaw

This easy slaw is a lovely partner to chicken, pork or fish.

1 T grated peeled fresh ginger
1 T unseasoned rice vinegar or champagne vinegar
1 T olive oil
1 t (packed) light brown sugar
⅛ t crushed red pepper flakes
5 or so firm stone fruit such as plums, apricots nectarines and peaches, julienned
2 scallions, thinly sliced diagonally
kosher salt and freshly cracked black pepper

Whisk first 6 ingredients in a medium bowl. Add the fruit and scallions; toss gently to coat. Season to taste.

Serves 4-6.

Grilled Bacon-wrapped Dates

Why heat up the oven when you can make this old school appetizer outside?

24 Medjool dates, pitted
⅓ c blue cheese, crumbled (or creamy goat's cheese)
⅓ c cream cheese or mascarpone
1 t fresh lemon juice
½ t kosher salt
¼ t freshly ground pepper
½ c walnut halves, toasted and halved lengthwise
6 slices bacon, cut thin and crosswise into 4 pieces
fresh thyme, for garnish
honey and extra-virgin olive oil, for serving

Preheat grill to medium-high.

In a medium bowl, combine the cheeses, salt and pepper and lemon juice. Using a hand mixer, beat at medium speed until thoroughly blended and fluffy. Refrigerate until firm.

Using a small spoon, stuff each date with the blue cheese filling, then tuck in a piece of toasted walnut. Wrap each date with a piece of bacon, secure it with a toothpick and transfer to a baking sheet.

Grill the wrapped stuffed dates for about 15 minutes, turning them with tongs once or twice so the bacon crisps on all sides. Put the browned dates on a platter, scatter some fresh thyme and serve warm, with a drizzle of honey and olive oil. Or use quince syrup like they do at Bodega.

Serves 6-8.

Tomato Tonnato

This recipe from the New Yorker by Helen Rosner is a revelation. I just didn't get the classic Italian dish vitello tonnato. But put the sauce on tomatoes and somehow it all makes sense.

"The appeal of a summer tonnato is its sheer forehead-slapping easiness: plug in a blender or food processor, throw in a big scoop of mayo, a can of good-quality tuna with its oil, a heaping spoonful of brined capers. Blend it all with a few hearty glugs of olive oil, a squeeze of lemon, a clove or two of peeled garlic, and an anchovy fillet. (No salt—my God, you don't need to add salt.) A scant teaspoon of ice-cold water blended in at the very end, somehow, miraculously, makes the whole thing glossy and light. If the whole thing weren't so relentlessly, elegantly Italian, I'm sure the fresh-food snobs would sneer down their noses at a dish so reliant upon a heap of cans and bottles." —Helen Rosner

For the tonnato sauce

1 tin	(3 to 4 oz.) high-quality tuna packed in olive oil
1 fillet	anchovy (or more, if you like things punchy)
¼ c	mayonnaise
¼ c	olive oil
	juice of ½ lemon (about 2 to 3 T)
1 T	capers in brine, drained
1 clove	garlic, peeled
1 t	ice-cold water

For serving

5-7	(depending on size) firm, flavourful tomatoes
	kosher salt
2 T	fresh basil leaves, roughly torn
	freshly-cracked black pepper

In a blender or food processor, combine all ingredients (including the tuna oil), except water, and blend until the mixture achieves a pale, silken consistency, slightly thicker than cake batter, pausing and scraping down the sides as needed. Add ice-cold water and blend for another 10 to 15 seconds until the sauce takes on a slightly glossy texture. If the mixture feels too thick or lumpy, add more ice-cold water, 1 teaspoon at a time, until you reach the desired consistency. Transfer tonnato to a serving bowl, cover tightly with plastic wrap, and transfer to the refrigerator to set for 30 minutes or up to 3 days.

Wash tomatoes and remove their stems. Using a very sharp knife, slice tomatoes latitudinally into ½-inch rounds. On a serving platter, arrange a single layer of tomato slices, and dust sparingly with kosher salt. If more tomatoes remain, arrange them on top of the lower layer and sprinkle each slice with a few grains of salt. Just before serving, remove the prepared tonnato sauce from the fridge and stir to incorporate any oil that may have separated. Spoon about half the tonnato sauce over the tomatoes, reserving the remainder for another day. Garnish with basil leaves and several coarse grinds of black pepper.

The Simplest, Easiest, Most Delicious Summer Potatoes

I love the potatoes that come into the markets and the CSA's mid summer—the small new potatoes, so tender they need very little cooking with the skins on. This is more of a technique than a recipe.

Make foil packets with about 3-5 potatoes in each. Add fresh herbs

(rosemary and thyme are nice), salt, pepper and a bit of butter. Place the packets on the grill and cook until you can pierce the potatoes easily with a knife. Move around the grill if you think they are getting too much heat. They are best when they are fully cooked with a few dark marks. Tear off the foil and plop the potatoes into a bowl. Be careful of the hot steam. Check for seasoning and serve.

Rosemary Chicken Skewers

This marinade keeps the chicken moist while grilling.

½ sm	white onion, finely chopped
3 cloves	garlic, minced
½ t	crushed red pepper
1 t	minced rosemary
¼ c	fresh lemon juice
¼ c	extra-virgin olive oil
8-12	boneless, skinless chicken thighs, cut into 1½-inch pieces
	kosher salt and fresh cracked pepper
8 sprigs	sturdy 12-inch rosemary, leaves on bottom half removed
	lime wedges, for serving

Heat the grill to medium. Oil the grate.

In a large bowl, combine the onion, garlic, chiles, minced rosemary, lemon juice and olive oil; set aside ¼ cup of the marinade. Season the chicken and add to the bowl. Mix well, cover and marinate for 30 minutes.

Remove the chicken from the marinade and thread the pieces onto the rosemary skewers; discard the used marinade. Grill the chicken over moderate heat, turning occasionally and basting with the reserved marinade, until golden and cooked through, 15 to 20 minutes. Serve with the lime.

Makes 8-10 skewers.

Nectarines with Labneh

Find labneh at the Happy Camel in the Bountiful and Old Strathcona Farmers' Markets. Adapted from a recipe by Sabrina Ghayour.

4 lg	ripe nectarines, halved and stones removed
	olive oil, for drizzling
2 c	labneh (or ricotta)
½ c	toasted hazelnuts, chopped
1 t	chili flakes (optional)
2 T	clear honey

Please see "Summer" on page 13

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Top Kitchens

Continued from page 9

TOP COMMERCIAL

Awn Kitchen

“The teaching kitchen had to be flexible—large enough to accommodate 16 people but small enough for a group of six to feel at ease. We wanted a homey feel, not a commercial kitchen feel, so students would feel comfortable making the recipes they learned here at home. The island functions as a workspace for groups working together, especially for bread and pastry baking. The Peachwood Custom Cabinetry is sturdy and the Dekton countertops keep the space bright yet warm—the countertops are great for both pastry and bread. We built the space through the pandemic and faced other supply chain issues (like an appliance package delivered without ovens), delays with permitting, and had to work around Covid-19 restrictions. We also have a small commercial kitchen with hood fan, dishwasher, sink, hand sink, bread oven and counter space.”

The judges like the separate dining area and found the working kitchen to be a really nice space. “Pleasant, feels homey, a place you’d like to come to.”

“The lighting is good, bright and without shadows. Like the white cabinetry with all the wood.” 🍷



Our Judges

Rebecca Gagne, co-owner of Cucina Bella, has been designing kitchens since 1996. She is a CKD (Certified Kitchen Designer, National Kitchen and Bath Association) and instructs the Metro Continuing Education Kitchen Planning Course, cucinabella.ca.

Michele Roach, principal and co-owner of Wolski Design Group is a minimalist-design pioneer, animal print enthusiast and self-proclaimed creative problem solver with a soft spot for logistical nightmares, wolskidesign.com

All photos supplied by entrants.

Summer

Continued from page 11

handful mint leaves, stacked, rolled tightly and finely sliced into thin ribbons (chiffonade)
finishing salt

Heat the grill to medium.

Drizzle the halves olive oil and season generously with pepper. Grill until the fruit is soft and you have nice grill marks.

Spread the labneh on a platter and arrange the nectarines on top. Drizzle with a little olive oil, scatter finishing salt, the chili flakes if using and the toasted hazelnuts. Drizzle with honey and scatter mint over. Take to the table to serve.

Serves 6-8.

Smitten Kitchen's Ricotta

Make this with Rock Ridge Dairy's jersey milk and you will never go back to commercial ricotta. Spread on toast, use as a vegetable dip or eat by the spoonful.

4 c whole milk
¼ c heavy cream
½ t kosher salt
3 T freshly squeezed lemon juice

Line a fine-mesh or other tiny-holed strainer with a layer or two of cheesecloth and set it over a large bowl with enough clearance (that the bottom of the strainer won't touch the bowl once it has 4 cups of liquid in it) or the cheese won't drain. In a heavy medium-large saucepan, heat the milk, cream and salt over medium-high heat until just below a simmer—it will look like it's foaming and register just below 200°F. Remove the pot from the heat and stir in lemon juice. Let it sit for 5 minutes, then pour it through the cheesecloth. Drain for 10 minutes, or until it's a nice soft ricotta consistency, and up to 10 minutes longer if needed. (The amount of time it takes to drain has to do with the size of your cheesecloth holes.) Transfer ricotta to a bowl to serve. Drizzle with olive oil, and finish with salt and pepper.

Corn Potato Salad

This combines the two of the best things about summer, fresh corn and new potatoes. Make in the morning when it's cool.

1 ear fresh yellow corn, medium-sized, husk and silk removed
7 c baby red potatoes, cut into 1-inch pieces

1 sm yellow onion, finely chopped
3 t white wine vinegar
3 med celery stalks, finely chopped (about 1 cup)
¾ c mayonnaise
3 t fresh basil, chopped
1 t fresh dill, chopped, plus dill sprigs, for garnish
kosher salt and fresh cracked black pepper

Boil the corn in lots of salted water for 4 minutes. Set aside until cool enough to handle.

Return water to a boil over medium-high. Add the potatoes and cook until tender, about 15 minutes. Drain and let cool.

Combine the onion and vinegar in a large bowl and let stand for 10 minutes. Stir in the celery, mayonnaise, and herbs, 2½ teaspoons salt and a few generous cracks of pepper.

Cut the kernels from cob. (Save the cob for stock.) Add the kernels and potatoes to onion mixture; stir until well mixed. Cover and chill at least 1 hour or up to 3 days. To serve: check seasoning and garnish with dill sprigs.

Serves 6-8.

Lemon Posset

An easy dessert that highlights summer berries. Make in the morning, when it's cool, it'll be ready for dinner. If you have some pretty antique glassware this is the time to use it.

2 lg lemons
⅔ c superfine sugar
2 c heavy cream
1 c raspberries or blueberries, for garnish

Zest and juice the lemons. You should have about a half cup of juice. Pour ½ cup of lemon juice into a small saucepan. Add the grated zest and the sugar. Stir well to combine and bring the mixture to a slow, gentle simmer. Remove from heat and reserve.

In a medium-sized pot, bring the cream to a gentle boil over low heat. Keep it gentle! Slowly whisk the lemon syrup into the hot cream. Let the posset cool slightly and strain if desired. Then pour into six small cups or glasses. Bring to room temperature. Chill in the refrigerator for at least 4 hours. Remove from the refrigerator and leave at room temperature for at least 5 minutes before serving.

To serve, scatter fresh raspberries, blueberries or strawberries over top.
Serves 6. 🍷

Mary Bailey cooks everything on her Weber all summer long.

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Feeding People

Goldie Hazrah, community maker

Monsoon Bistro's Goldie Hazrah opens Goldie's in Leduc's new senior living complex, Telford Mews

Goldie Hazrah never set out to be a restaurateur. "I didn't even like to cook until I got married," she says. "We were partners in Haweli (downtown) with another couple, we sold in 2011. When Ricky's downtown came along it was perfect. It was a morning business—our kids were young and in sports. Then Ricky's offered the Ricky's on Gateway, and the opportunity to open a restaurant in the other end of the property."

Goldie opened Monsoon Bistro and Bar in 2021 in that space. Curtis Comeau, the photographer, told me about this fantastic Indian restaurant with a really nice owner. He was right.

Goldie has a knack for making friends. Greg Christenson of Christenson Development used to meet friends for breakfast at Ricky's. "Greg was a

customer on Saturday mornings," says Goldie. "I would grab a cup of coffee with them—all good friends."

When Christenson got involved in Telford Mews—a beautiful new building in Leduc for independent senior living, designed by architect Doug Sollows, built by Telford Construction and managed by Christenson—he saw an opportunity to bring Goldie on board.

"We're finding that integrating (the outside) more broadly is what people want," says Greg. "We rarely have the opportunity to take a dining room and make it public. But here, the ground floor is all amenities, more than a regular apartment or retirement home has. It's on a main street and has visibility. It's fun, uplifting and financially viable. The magic is public and residents mixing.

"A good developer understands the importance of creating community. Not any restaurant can just be slid in, you need a Goldie—she's curious and

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Left to right: Sonny Sung, the patio at Goldie's, Goldie Hazrah.

Mary Bailey

chatty—an owner who has the appetite to build relationships.”

A good restaurateur also understands the importance of creating community.

“A lot of seniors go to the Ricky’s downtown and I made a lot of senior friends,” says Goldie. “More than the food is the company. When we open to the public visitors can come have lunch here. Residents can meet their families here.”

Sonny Sung (long-time exec chef at Sorrentino’s, now consulting) joined forces with Goldie to create the menu and train the staff. Goldie met Sonny through Bryan Hall, another member of the Saturday breakfast group.

“It’s my first time working closely with the seniors and I learned a lot,” says Sonny. “I listened to what they wanted, then made the menu.”

Goldie’s is open to residents only for now, but expects to be open to the public later in the summer. The current

menu is straightforward, not gourmet, and it was a steep learning curve.

“Some of our clients were accustomed to packaged food, and here we offer a healthier cuisine. Our soups are made in-house, less sodium—minestrone, mushroom, beef barley. Mulligatawny. We make the salads and sandwiches—chicken or salmon or Italian cold cuts—every single day. We make the dressings. We don’t buy commercial 1000 Islands, for example. My goal is to help them understand good food, using good product.

“They love the fresh vegetables, steamed and roasted and they love the mashed potatoes.”

“I love it,” says Goldie. “It is a really good project for me and a good collaboration with Greg’s company. The seniors get variety and a social space where they can meet family and friends.

“Those seniors, they are a gift.” 🍷

Mary Bailey is the editor of The Tomato.



Curtis Comeau Photography


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Wine Maven



We are big fans on Sicily's **Feudo Montoni**, with their organic practices and delicious wines in lighter weight bottles. Their high altitude (500-700 meters) vineyards on clay and sandy soils in central Sicily all face east. Fields of wheat and olive groves create a barrier around the vineyards, and local winds help keep the vines healthy.

The **2020 Catarratto del Masso** has beautiful floral and citrus notes, a little salty, with a pleasing texture. Long length and so, so good. Drink with fish and shellfish dishes, and creamy pastas.

The **2020 Feudo Montoni Rose Di Adele** displays the pretty flavours of the Nerello Mascalese grape in spades—roses and violets, fresh strawberry, a little spicy and just the right amount of astringency to keep things fresh. This may become your go-to rosé this summer.

On to the **2018 Feudo Montoni Lagnusa Nero D'Avola**. *Lagnusa*, in Sicilian, means lazy and for decades this area has been called that due to its low production, which we now know, of course, is good. Fermented in cement and aged in both old oak and in bottle. The result? A complex red, with berry fruit, especially cherry, along with some spice and darker fruit notes. A lovely wine—fresh, not overblown, with a savoury leanness on the finish. Drink with rare tuna, grilled meats and charcuterie. All priced around \$45. Find these delicious wines on the wine lists at RGE Rd and Uccellino.

“Poland is experiencing a renaissance in Alberta,” says **Jim Pettinger** of YEG Liquor. “We are expecting a shipment of Sliwowitz, cranberry vodka and potato vodka.” In the meantime, Jim is excited about the **Bialy Bocian** vodkas in four flavours—quince (*pigma*) lemon with honey, black currant and cherry. They come in a handy 200 ml size to make trying them easier, \$12 each. And then there is **Spirytus** (1.75 L, \$100). It's a popular high proof Polish grain spirit that's used to make **Nalewka** (essentially, fruit macerated in Spirytus). “It's medicinal!” says Jim.



Jim is also excited about the Pravda beer collaboration with Alberta brewers. The **Pravda Brewery** in Ukraine started a crisis relief project asking brewers around the world to make beer—so far, over \$1million dollars has been donated to support Ukraine and provide food and shelter in Europe (brewforukraine.beer). This one, with the cheeky label, is the **Putin Huylo Dry Hopped Golden Ale** by **Half Hitch Brewing Company** in Cochrane. Find at better beer shops.



David Piera, sales director for Spanish wine company CVNE, was in town to talk about **CVNE Gran Reservas**. Over dinner at **Sabor** (still thinking about the scallops, the sea bass and those croquettes) David talked about what makes these wines so special. The 140 year-old family company has roots deep in Rioja and vineyards in both Rioja Alavesa and Rioja Alta.

The **Cune Gran Reserva 2015**, \$40 (Rioja Alta) is fleshy, more ready to drink, with more plum and dark fruit flavours. “Maturation of the Tempranillo is different in Rioja Alta,” says David. “Richer and riper in a warmer year.”

Vina Real Gran Reserva 2014, \$63 (Rioja Alavesa) has lovely floral and subtle tobacco notes, soft tannins, elegant, taut yet juicy, well-knit, texture-y. Grown on the slopes in a cooler year, the fruit is a bit shy, youthful. “Love this in the mouth, light and velvety, expressive,” says David. Drink now or put in the basement for a few years.

The **Imperial Gran Reserva 2014**, \$85 (Rioja Alta) is “the flagship wine, from three villages only and only in the best years. Collected by hand in small boxes. Let them rest for 24 hours. Vinified by plot, blend later, age in bottle as we do make only in the best years and no attention is spared by winemaker Maria Larrea,” says David. A big wine, a monster really, richer, darker, less forward with great concentration and velvety texture. Drink now after opening for several hours. “It’s approachable, but it’s still a baby.”



For summer drinking, nothing beats the **Cune Rose Cava Brut**, \$21, 70 per cent Garnacha and 30 per cent Pinot Noir. It’s the palest pink with fine bubbles, tasting of strawberry and red plum, impeccably balanced. CVNE, being a Rioja producer, bought an existing winery in Penedes (“the size of Calgary,” says David). Expect good things.



2020 Winery of Good Hope Bush Vine Chenin Blanc, \$22. Pretty nose, lovely acidity, lots of flavour and body with a lovely persistence on the finish. Refreshing. Nice minimal winemaking—ambient yeast, on lees for four months to create texture and balance. It’s a delight to get a wine of this quality at this price. Drink with grilled chicken, tacos or grain bowls. Find at Color de

Vino, Crestwood, Sherbrooke, Devine, Prestige. 🍷

All price are approximate. Find at Color de Vino, Crestwood, Sherbrooke, Devine, Prestige and other better wine shops, not all products in every store.

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TOMATO **bite**

Beer Guy

Beer in the burbs

“There is no there there.”
 – Gertrude Stein

Stein was referring to her hometown of Oakland, California, but she could have been talking about one of Edmonton’s suburbs like, say, Sherwood Park. Sorry, Parkers (Sherwoodians? Parkites?), I’ve worked in rival St. Albert for over twenty years and know the rhetoric: Sherwood Park isn’t a city, it’s a hamlet; there’s no downtown, etc. It is (or should be) just good-natured rivalry. Here’s the reality: both are great communities, full of interesting people living fulfilling lives. But in our polarized post-pandemic world, sometimes city people, myself included, are guilty of believing the stereotypes about the suburbs and the bedroom communities around Edmonton.

Stereotypes are quickly dispelled when we get out of our bubbles and talk to real people. This is where craft beer comes in. Once upon a time craft beer was perceived to be only for urban hipsters and foodies. Today craft beer is for everyone. And a real strength of Alberta craft beer comes from the breweries in small towns across the province. These breweries are deeply connected to their communities, supporting them and, in turn, being supported by them.

Growing up in Spruce Grove, Amelia Gillett has seen it grow from a small rural town to today’s bustling suburban city of almost 40,000 people. Amelia is the general manager of RavenWolf Brewing in Spruce Grove, which is owned by her parents Jan and Randal Gillett. Jan is a community builder, who founded the Parkland Pregnancy Support Centre and serves as a Spruce Grove city councillor. Randal retired in 2020 after 32 years with Spruceland Millworks and was urged by his wife and three daughters to

turn his homebrewing hobby into a real brewery.

Community is at the core of what they want to do. “This community has given so much to us. We want to give back to the community that was there for us, for our family,” says Amelia. And the community really has been there for RavenWolf. The brewery and taproom opened April 8, 2021. One day later the Province ordered taprooms to move to patio-only service. The Gilletts had focussed all their efforts on creating a first-rate indoor taproom and had no patio. But a callout to the community resulted in people donating enough tables and chairs for RavenWolf to open a makeshift patio.

Spruce Grove may not be a small town anymore but that caring, small-town spirit continues.

Like many small town craft breweries, RavenWolf is a hidden gem that surprises visitors. Located in a nondescript industrial strip mall, once inside the front door you’re in a different world. Amelia says they were going for a British steampunk vibe, evoking a Victorian era English pub. There are no TVs at RavenWolf. They want people



focussed on each other, not on screens. “It’s about people connecting with each other, getting back to a simpler way of life where you are talking to the people beside you, or at the next table,” says Amanda. A feeling of community, a sense of belonging, of people knowing their neighbours is what we all want—city people, rural people, suburban people.

At their best, craft breweries build community by bringing people together. This summer let’s leave our bubbles, head down the street, out to the burbs or further afield and share a pint with our fellow humans.

Burbs beer six pack

Take a summer daytrip. Travel out beyond the Henday to visit six superb craft breweries.



70 Acre Bossman Lager, Sherwood Park

A nice day? Hit up 70 Acre and its impressive 100-seat taproom or sunny patio, try a flight of their beers plus a Neapolitan style pizza and then head to a show over at Sherwood Park's Millennium Place. Bossman Lager was 70 Acre's first beer, a light bodied, malt-forward golden lager.

Endeavour End of Trail Pale Ale, St. Albert

A new, summery version of Endeavour's End of Trail Pale Ale uses French Barbe Rouge hops from the Alsace region. These hops produce red fruit aromas and flavours of currant, strawberry and cherry. Go for a walk in nearby Riverlot 56 and then pop by Endeavour's sunny parking lot patio.



RavenWolf Grove City Kölsch, Spruce Grove

Fun fact: Oilers star Leon Draisaitl is from Cologne (Köln), the home of kölsch ale. I bet Leon would approve of this delicious kölsch, brewed with Alberta hops and malt. Fun fact two: all the burgers for McDonald's Canada are produced at a plant in Spruce Grove, just around the corner from RavenWolf.

Rural Routes Humu Humu Tropical Sour, Leduc

To see a *humuhumunukunukuāpua'a* fish you need to go to Hawaii, and to get to Hawaii, you have to go to Leduc. That's because Edmonton International Airport is actually in Leduc. Easier—try Rural Routes Humu Humu Tropical Sour, made with passionfruit, guava and peach purée. Pair on the patio with a dish from their inventive food program.



Sea Change Man Crush Mandarin Ale, Beaumont

Beaumont surprises with deep Francophone heritage, founded as a French colony in 1895 on land purchased from the Hudson Bay Company. The imposing St. Vital Church is down main street from Chartier, the excellent French restaurant, and Sea Change Brewing's Beaumont taproom. Man Crush is a highly crushable fruit beer made with orange puree, perfect for summer patios.

Town Square Cornerstone IPA, Edmonton

Back in the day, Edmonton south of Ellerslie Road was terra incognita, marked on maps with "Here be dragons." Today the deep south is bustling, Town Square Brewing joined by Workshop Eatery and Woodshed Burgers. Nearby, The Orchards neighbourhood won CBC's Best Burb contest. Cornerstone IPA is a classic west coast IPA, a gold medal IPA at the 2021 Alberta Beer Awards. 🍷



Peter Bailey believes community is built best over a pint of beer. He's @Libarbarian on Twitter and Instagram.

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Planning a trip to PEI this summer? Don't miss the Island Walk.

Vanessa Chiasson



Cape Tyron Lighthouse, along the Island Walk.

Tourism PEI photo

Prince Edward Island's sensational new Island Walk introduces visitors to tiny eateries, breweries, and seafood shops, along with plenty of adventure. This 700-kilometre trek circumnavigates the province and has quickly earned a reputation as Canada's answer to the Camino de Santiago. As I learned firsthand, it's also a gateway to explore PEI's less-visited east side.

The sweet little hamlet St. Peters Bay offers gorgeous views and incredible hiking. This is where I started my very own PEI hiking experience, three days of exploring the eastern trails, and it was so pretty I didn't want to leave.



The Black & White Cafe, St. Peters Landing.

Trip Advisor photo

A tiny foodie paradise awaits beside the trailhead. The shops of St. Peters Landing have everything you need to fuel your trek. The Black & White Café serves breakfast burritos, fresh muffins (including my favourite, strawberry-basil), a long list of espresso drinks and giant Nanaimo bars. Its neighbour, Maritime Marzipan, is stocked with a wide variety of confections and homemade chocolate. Just a few steps away is Rick's Fish 'n' Chips. Their tagline is hilarious but true: "Nine out of ten locals will tell you we have the best fish and chips in PEI. That other guy has terrible taste. Nobody listens to

him." In addition to all the ocean-side classics you'd expect, you'll also find live music, great pub food (like garlic fingers with donair dipping sauce, a Maritime favourite) and local beer on tap.

Greenwich Beach, part of Prince Edward Island National Park, is just down the road. While it's a bold move to declare any particular stretch of sand to be the best in the province, I'm going to do just that as nothing compares to Greenwich's pristine beauty. These soft dunes and expansive ocean views scream vacation. With a little luck, you may have it all to yourself as I did as it's the least-visited beach within the park.

Expect to be captivated by tiny Elmira, just minutes from the province's northeast tip. The Elmira Railway Museum captures a time when this sleepy hamlet was once a busy hub. Those hiking north on the Elmira Road will be rewarded for their adventurous spirit when they stumble across the One Tuna Café. Feast on classic lobster rolls or poke bowls seasoned with carrot, ginger, sesame and soy then grab thick slabs of tuna and halibut steaks for the cottage grill.

Save room to indulge in the ice cream just down the road at the East Point Lighthouse. Marking PEI's easternmost point, this pretty red and white lighthouse, also called the Confederation Lighthouse, dates to 1867. But as delightful as the heritage displays are, the real treat here is the incredible ice cream. Cherry On Top Creamery serves up a mix of traditional classics (like brown sugar vanilla) and modern flavours (including those inspired by Friends and Harry Potter) and their homemade waffle cones earn raves.

Eastern PEI's incredible trails and treats are equally irresistible towards the south shore. In Souris, you'll find yummy delights like The Lobster Shack (a prime spot for lobster rolls and cook-at-home seafood), 21 Breakwater (serving gourmet burgers, creative sandwiches, and delicious fries), and another branch of Cherry On Top. Nearby is Basin Head Provincial Park. The high silica content in the sand produces a squeaking hum when you walk at the Singing Sands Beach. I stomped around for more than an hour, delighted by the little peeps and trills my flip-flops produced.

Most visits to eastern PEI wrap up in Montague, the gateway to the Nova Scotia ferry and my trip was no exception. Home to a thriving foodie scene, great coffee options and breweries, Montague is fast gaining a reputation as a favourite stop for Island walkers. Bogside Brewing has more than a dozen beers on hand (including several with Rolling Stones-inspired names), plus ciders made from local apples and cranberries. At Copper Bottom, PEI's first craft brewery, beers and small bites are enjoyed on their patio, which offers pretty views of the Montague River.

Whether you're crossing over to Nova Scotia or heading back to Charlottetown, a final feast is always a good idea. In the small community of Murray Harbour, you'll find exceptional seafood right at the wharf, but I tend to go for a different PEI classic at the nearby Oceans Acres campground: Fries with The Works. This delectable mess of French fries, gravy, ground beef and peas is the Island's answer to poutine and, if you're anything like me, you'll come back for it again and again.

A stop in Charlottetown is a chance to indulge in the perfect lobster roll. No trip to Prince Edward Island is complete without one—or several. At Water Prince Corner Shop, the elegantly understated lobster roll combines ultra-fresh meat, mayonnaise, and lettuce on a buttered, grilled bun. Simple but satisfying, their lobster roll won the 2021 PEI Lobster Love contest. Those looking for a



Water Prince Corner Shop's lobster roll.

restaurant experience will appreciate Lobster On The Wharf, which offers a traditional roll and jazzes up the toasted bun with garlic and tarragon-infused butter.

At Dave's Lobster, you can personalize your roll with a choice of three sizes, weigh in on chives versus celery and request a choice of cold meat with mayo or hot meat with melted butter (or even do half-and-half!) And if you want a unique take, head to Terry's Berries food truck. Their Salt Daddy Lobster Melt takes the classic lobster roll filling and puts it on a crusty ciabatta bun and adds chives, duxelles and melted cheese. 🍷

Vanessa Chiasson is a travel writer based in Ottawa. A frequent visitor to PEI, she first started hiking the Island Walk in 2021 and will return again this summer. TurnipseedTravel.com



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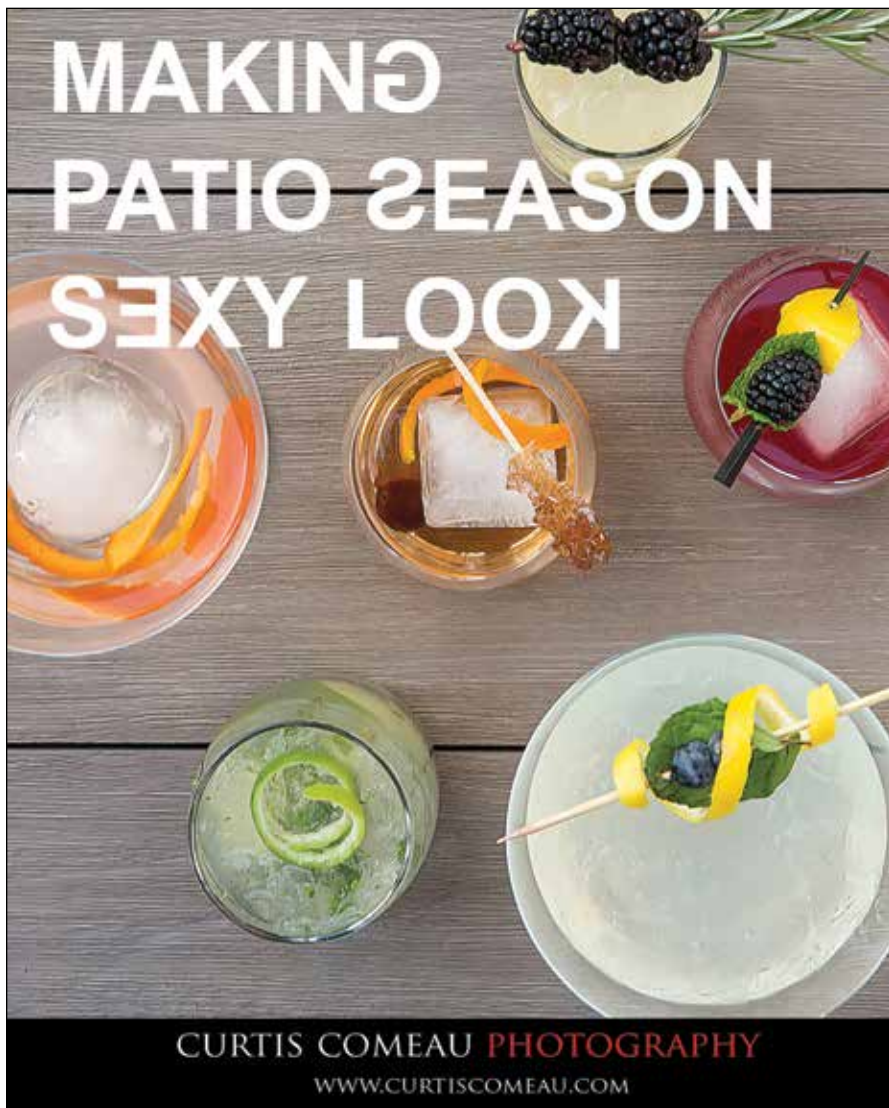
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Kitchen Sink

What's new and notable

restaurant buzz

If you're wondering where to hang out on summer afternoons or evenings, check out **124 Street**. Find croissant and specialty pastry at **Duchess Bake Shop**; make a picnic at **Meuwly's**; have cocktails at **Partake** and tacos at **Frida Urban Taqueria**; enjoy the lively patios at **Tiramisu** and **Original Joe's**, terrific burgers at **Woodshed** and cool pub vibes at **Three Vikings**. Don't miss the **124 Grand Markets** Thursdays and Sundays.

Downtown's **Say Uncle** (10184 104 Street) is becoming a **Northern Chicken**, making it two locations for the sassy fried chicken joint.

The **Monolith Taproom** (9919 78 Avenue, 587-525-2337, blindenthusiasm.ca/the-monolith) is now open Thursday, Friday, 4–10pm; Saturday, 2–10pm; Sunday 2–8pm. Enjoy **Blind Enthusiasm** and Monolith barrel-aged beers, and a menu designed to be top-notch with beer—cheeses, Meuwly's sausage and Biera focaccia in the intimate space.

product news

The **Popowich Meat Company** (6853 170 Street, 587-462-8926, popowichmeatcompany.ca) has added a few new flavours to their 30 plus repertoire of popular and delicious sausages—lemon dill chicken sausage, a chipotle with dried mango and apricot pork sausage and we can't wait to try the pork sausage, made with Miss Vickie's Spicy Dill Pickle chips. They usually have about six flavours available at the counter and another 10 or so frozen. Prices range from \$11–\$14 for a package of four. Want a bespoke flavour made just for you? They can do that too (minimum of 40 sausages per custom flavour).

Don't miss the **Birthday Bash**, July 6–10, at **Heart of the Home** (12539 102 Avenue, 780-705-4928, heartofthehomeyeg.ca) with prizes, tasty samples and 10 per cent off your purchases. Kitchen Grips oven mitts are 20 per cent off in July and the **Sidewalk Sale** is July 23–31.

happenings and events

Enjoy **Art in the Market**, 11am–3pm, July 17, at the **Bountiful Farmers' Market** (3696 97 Street). Look forward to an artistic adventure and a complimentary sweet treat. Explore art stations throughout the market featuring painting, colouring, clay sculpting, needlework and chalk.

Enjoy a sparkling night at **Bubbles on Beauvert**, July 9 and August 13, at the **Fairmont Jasper Park Lodge**. Expect sparkling wine and fine culinary creations enjoyed with live music while soaking in the majestic mountain views from Beauvert Plateau. Tix: \$149/p+, jasper-park-lodge.com.

Century Park Cellars (2349 111 Street, 780 395-0503 centuryparkcellars.com) has a fun lineup of tasting for the summer: Gin, July 9; Craft Beer, July 15; RTDs, August 6 and The Last of the Patio Wines, August 20. Check the website closer to the date for more info. Dive in, summer is short.

Alberta on the Plate happens August 12–21 (during Local Food Week) and that means terrific menus featuring local famers and producers at restaurants across the province. Like at Dalla and Three Vikings in Edmonton, Tekarra Lodge in Jasper, Blindman Brewing in Lacombe, The Twisted Fork in St Paul and Donna Mac in Calgary. There are lots more! Visit AlbertaOnThePlate.com to see the full list and to plan your route.

Canada's Great Kitchen Party is back, Thursday, October 27 at the Edmonton Convention Centre. Chef lists are not finalized yet, but you know it's a fun time. Tix: greatkitchenparty.com.

Find fun events downtown every Saturday from 11am–3pm at **Al Fresco on 104**. Check out the Al Fresco event page at edmontondowntown.com.

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



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