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Features

- 6 The Steakhouse Salad**
Easy to make and infinitely adaptable
- 10 Back to Ganges**
Discovering Salt Spring's burgeoning food scene | Pamela Young

Departments

- 4 Dish**
Gastronomic happenings around town
- 12 Wine Maven**
Mary Bailey
- 16 Feeding People**
We all scream for ice cream | Mary Bailey
- 20 Beer Guy**
Mountain Wedding | Peter Bailey
- 22 The Smos at Home**
Antonio is at all the best parties | Leanne Smoliak



A trio of salads from Hayloft's Paul Shufelt, recipes on page 6. Curtis Comeau Photography.



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alberta on the plate

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Dish



community natural foods opens old strathcona store

Community Natural Foods has opened their first Edmonton store in Old Strathcona (formerly the site of Planet Organic). It's spacious, bright and chock full of high-quality organic products—local meats, dairy, produce, all the supplements and the snacks. A café is coming soon. Sign up for the newsletter to be the first to know about sales and features and check out their ad on page 9 for a coupon. 7917 104 Street, communitynaturalfoods.com.



restaurant may opens on 124 street

May (formerly at the AGA, now in the Canteen space) is now on 124 Street. Brunch is Wednesday to Sunday until 3pm—farmer's cheese pancakes, bison patty on brioche, chorizo verde, cornbread with poached eggs and chimichurri. Dinner's shared plates by chef Bri Campbell include tender ricotta fritters, grilled broccolini, a toothsome aged striploin, risotto with unctuous short rib. We had a delicious dessert too—ube pavlova (pictured). Fun cocktail list and mostly local brews with a nice concise wine list. An attractive room with delicious food meant to be shared, can't beat that. 10522 124 Street, restaurantmay.ca.

darling opens on east whyte

Darling is a sweet spot, about 40 seats in a minimalist style with a secluded patio. The food, by chef Lindsay James, is tasty, snacky, meant to be shared. Brunch every day until 3pm (yes, brunch all day is a trend) for Turkish-style eggs (poached eggs, served with the house-made rye and a tangy herby yogurt, with subtle heat from a splash of chili oil). The ever changing wine list features low intervention winemaking. Oysters and the delicious red lentil dip with a glass of Austria's Reinisch Rotgipfler on the patio is a summer dream. Open daily from 11am, weekends from 10am. 9616 Whyte Avenue, darlingrestaurant.ca.





we fix you on jasper avenue

Fu's Repair Shop has a new home on Jasper Avenue, formerly occupied by The Station. Along with a larger seating area, there is a funky event space and plenty of room for dancing. The menu, by exec chef/co-owner Winnie Chen, sous chef Robert Takacs and team could be called new wave Chinese, a blend of traditional and modern—Peking duck arancini, crispy veggie dumplings, the crazy rich rice noodle was a Top100 dish this year. Outstanding cocktails by Niki Willis. It's a fun spot, open daily and until 2am on Fridays and Saturdays. 10524 Jasper Avenue, fusrepairshop.ca.



alberta open farm days

Open Farm Days, August 19-20, gives us the opportunity to learn about honey production, ride a tractor, participate in farm life. Some farms have organized tours and some supply tables for your own picnic lunch. Learn about no-till farming at Sundog Organic Farm in the Sturgeon River Valley, get up close to a bison herd near Olds, or visit Anohka Distillery. Chatsworth Farm near Vegreville will host an artisan market and barbecue, guided farm tours, music and machinery demos. Over 100 farms across the province are participating this year, albertaopenfarmdays.ca.

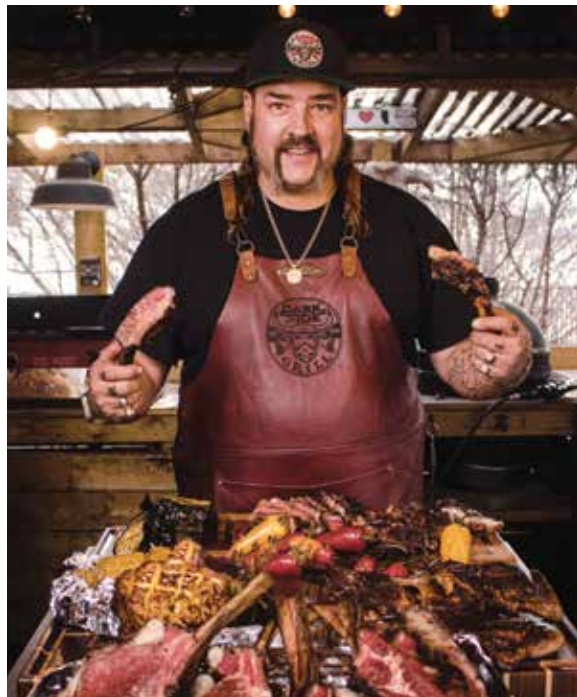
alberta on the plate

The 10 day dine-around festival is August 11-20. Restaurants right across the province feature set menus celebrating local food. Make a trip out of it—find details on where to eat, what to do and where to stay at albertaontheplate.com.



happy and olive opens in july

Veteran restaurateurs Frank and Andrea Olson (Canteen, Red Ox Inn) have a new spot in Crestwood called Happy & Olive. Expect daily coffee, lunch and dinner with weekend brunch. Dave and Ann Jackson, of Strathearn's The Wired Cup run the morning coffee business. We can't wait to do all of the above on the spectacular patio. 9640 142 Street, happyandolive.ca.



rural roots dinner features dark side of the grill

The Rural Roots Farmer Showcase at the George Pegg Botanic Garden happens Saturday, August 19 (during Open Farm Days) this year. Make a day of it—the vendor market is from 10am-4pm, dinner is at 5pm. Pitmaster, barbecue expert and all-round *bon homme* Mel Chmilar of Dark Side of the Grill is the featured chef. Visit pegggarden.org for more info and tickets.

teen cooking camps at get cooking

Get Cooking offers three different experiences for your kids this summer starting with

Gastronomic happenings around town

the Flavours of Europe Teen Culinary Odyssey (July 3-7 or July 31-August 4) and Global Gastronomy Teen Cooking Bootcamps (July 10-14 or August 7-11). For the pre-teens, aged 8-13, consider Family Fun in the Kitchen, a bootcamp for adults with kids, July 24 to 28. Get all the info and book at getcooking.ca.



the spirit of tiki is on the ave

Tiki Tiki is now open. Chef Earl Briones has created an easy-going menu featuring all-day brunch (brunch is life) as well as 11 different chicken wing possibilities, noodle bowls, and yes, Spam. Find all the tropical tiki cocktails including a Spam Caesar and 10 non-alcoholic cocktails too. Cool! The décor? All tiki all the time (most of which came out of co-owner Lonny Seguin's home). It's fun, silly and relaxed; the place to indulge in a little day drinking for sure. Seats 70, plus a colourful patio. Long live tiki! 10037 82 Avenue, @tikionwhyte.

love whisky? check out dram fine

Chelsey Belec and Pamela Dobbin started the Dram Fine podcast in 2019. They knew whisky was fascinating and wanted to share that idea with all. Their goal? "To move whisky out of stuffy rooms with old men in leather chairs, and showcase it as the sexy, fun, accessible spirit it is."

Their next move? The Street Spirit Festival. It's at the Grindstone Theatre, Sunday, July 16, from 3-8pm, featuring a live Dram Fine, whisky (Ardbeg, Glenfiddich, Glenmorangie, Edmonton's own Hansen) and DJs, emceed by Scottish musician and whisky lover Fiona McNeill. The Festival promises to be educational, approachable and fun for all who love the amber spirit.

Visit dramfine.com for all the deets. 🍷



THE STEAKHOUSE SALAD

What is a steakhouse salad? Salads that have graced steakhouse menus for decades. Nostalgic? Perhaps.

“Salads like the wedge are classics for a reason,” says Paul Shufelt, executive chef/owner of Hayloft Steak + Fish, “the perfect accompaniment to a big cut of steak. They are the counterpoint, cutting through the richness of beef or pork or bison. And greens, your mom is happy.”

Make with the best ingredients you can find—tomatoes, beets and arugula from your garden or the farmers’ markets, crisp and juicy iceberg lettuce, really good cheeses.

Easy to make and infinitely adaptable, steakhouse salads rock any occasion.

All photos Curtis Comeau Photography





The Wedge Salad

“Our wedge salad is a take on the classic, combining the simple flavour of iceberg, with lardons made from Irvings Farm thick-cut bacon and vine ripe tomatoes from Doef’s—more often than not larger tomatoes, heirlooms in the summer. We make our mayonnaise in house as well as the ketchup and relish.”—chef Paul Shufelt.

- 1 head iceberg lettuce (crisp and juicy) cut into four wedges.
- 2-3 tomatoes (depending on size) cut into wedges
- Hayloft’s Thousand Islands dressing
- lardons
- chopped chives

Hayloft’s Thousand Islands Dressing

- 1 c mayo
- ¼ c ketchup
- 3 t white vinegar
- 1 t sugar
- 3 T sweet green relish
- ¼ c minced red onion

Mix all the ingredients together. Make the day before to allow the flavours to develop.

Lardons

Cut thick cut (or slab) bacon into ¼-inch pieces about 1 inch long. Fry in a skillet over medium heat until the fat has rendered and the bacon is crisp, about 6-8 minutes. Drain on paper towels.

To serve: Dollop the dressing generously around the wedges of lettuce and the tomatoes. Scatter the lardons, toss the chives over and season to taste.

Serves 4.



Beet Salad

Hayloft serves a beet salad made with compressed red, yellow and candy cane beets, pickled onion drizzled with a punchy dressing and served with crumbled goat cheese, arugula and candied pecans. This is an easy home version that’s perfect made with fresh beets from your garden.

Vinaigrette

- 1 T Dijon mustard
- ½ c fresh orange juice
- 1 c extra virgin olive oil
- 4 T rice vinegar or fresh lemon juice
- scant ¼ c honey (or to taste)

Whisk together until combined. Reserve. You will have extra dressing.

- 4 beets (candy cane, yellow, red)
- ½ c (or so) goat cheese
- 2 c arugula
- salt and fresh-cracked pepper

Steam beets until they are 80 per cent cooked, still somewhat firm. Cooking time will depend on how fresh the beets are. When cool enough to handle, peel. When cold, use a mandolin to slice super thin or cut into wedges. Place in a bag with the vinaigrette for a few hours or overnight.

To serve: Lay the beets in concentric circles on a serving platter. Crumble cheese and greens. Drizzle over any extra dressing if desired.

Serves 4-6 depending on the size of the beets.

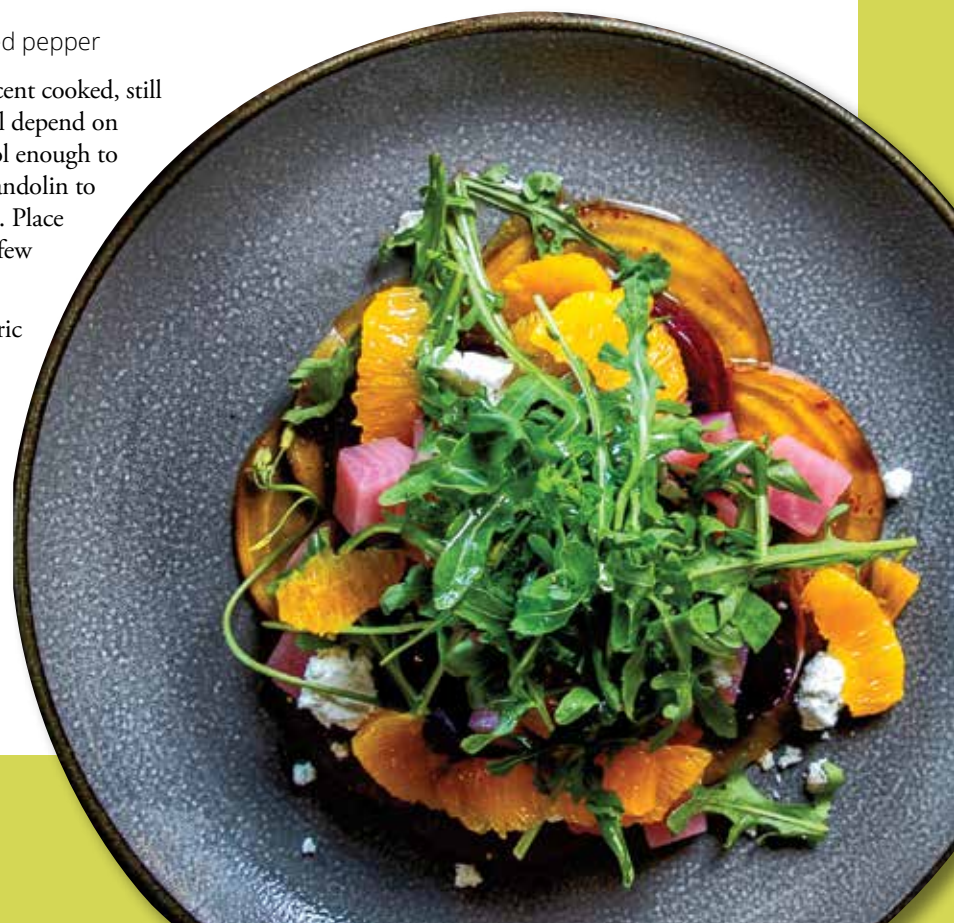
Summer Tomato Salad

“I love the flavour of balsamic on tomatoes, but don’t like the dark colour. This salad uses white balsamic instead. Keep the ratio of three to one balsamic to honey.”—chef Paul Shufelt.

- vine ripened tomatoes, sliced
- red onion, sliced or chopped
- crumbled Roquefort (or other blue cheese, or feta or goat cheese).
- extra virgin olive oil
- white balsamic
- honey
- fresh basil
- salt and fresh-cracked pepper

Heat the balsamic and honey together and reduce by about half.

To serve: Arrange the sliced tomato on a platter. Crumble over the cheese and scatter the onion. Drizzle with a good fruity extra virgin olive oil and the honey-balsamic mixture. Toss over fresh basil and season to taste. 🍷



Back to Ganges

Discovering Salt Spring's burgeoning food scene

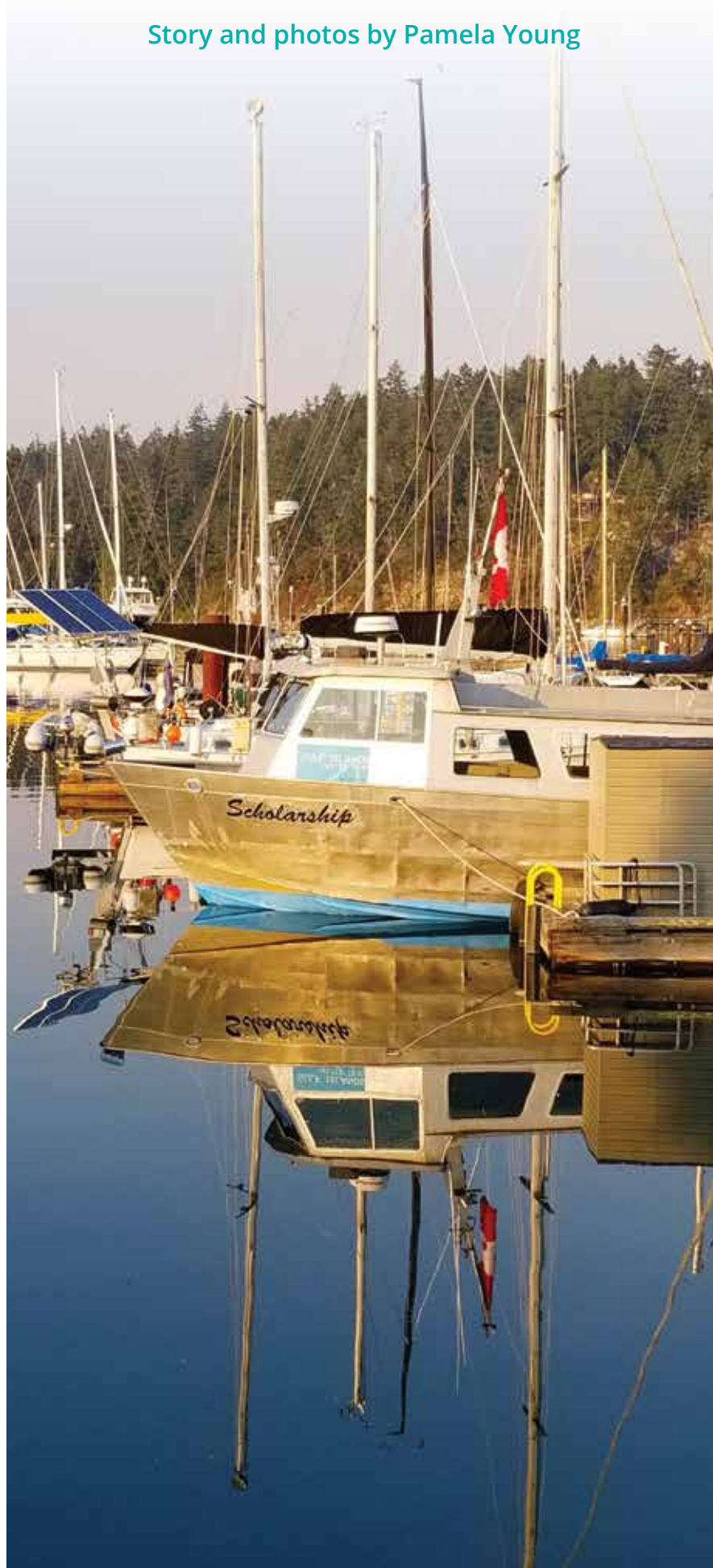
Story and photos by Pamela Young

I settle in with a heather-infused local beer on the Moby's Pub deck, savouring the view of Ganges Harbour. The water ripples up to a rocky beach, the boats in the marina riding quietly at anchor. A squawking seagull wheels in and lands on the dock. I'm glad for the glowing heater next to my table—in spite of the more-like-August-than-October warmth on Salt Spring Island today, autumn evenings by the ocean still feel like autumn.

The first time I sat on this deck was a sultry August evening in 1992. When I arrived at the Wisteria Guest House, the owners Dee Hellicar and Jean Brown—always the Wisteria Sisters to me—recommended a newly-opened pub down the road. At the time, this was a big deal because there wasn't much choice on Salt Spring—a few places in the Ganges townsite, pubs at the ferry terminals and restaurants at a couple of slightly upscale hotels.

Salt Spring had cuddled up to my heart in the 1980s, and I adopted it as my solo escape from all things Edmonton. For a few days every year, I immersed myself in the quietly quirky Salt Spring culture, surrounded by artisans, aging hippies and assorted others whose quest for an alternative lifestyle had attracted them to the Island.

I took my Salt Spring recollections out of the attic last fall when I was looking for a gentle post-pandemic travel destination. It had been twenty years since my last visit, and I was curious to see how the Island had changed. The float plane from Vancouver dropped me off at the Ganges dock, and with my memory leading the way, I dragged my wheelite suitcase behind me until I saw the familiar Wisteria Guest House sign. Although the sisters had sold long ago, the open front door and display of pumpkins on the porch in the fall sunshine told me that I'd be as welcome here as when Dee and Jean were the proprietors.



The Scholarship brings students from other Gulf Islands to high school on Salt Spring.

The Cheese Stands Alone

David Wood, the owner of Salt Spring Island Cheese company, joined me for coffee in Ganges on my first Salt Spring morning. We reminisced about the 1990's version of the small-batch food scene—farmers and bakers and other culinary makers selling their goods at the Saturday market, from their homes, or from honour box roadside stands, with few aspirations to grow their businesses.

When David and his wife left Toronto in 1990, looking for a rural setting to raise their children and a home-based, money-making opportunity, they had a more upscale concept in mind. They became cheesemakers, something neither of them had ever done. They bought sheep, learned how to care for and milk them, acquainted themselves with the cheese-making process, built a barn and a milking parlour. Six years later, Saltspring Island Cheese opened its doors. A year after that, they began producing cheese from Vancouver Island goat milk, which now accounts for 100 per cent of the company's cheese production. They added a farm shop in 2004, a seasonal cafe in 2012, and now employ a staff of between 25 and 45 people, shipping 75 per cent of their cheese off-island.

Salt Spring Island Cheese was a frontrunner in Saltspring's now burgeoning artisan food scene, which has paralleled the continuous arrival of many affluent permanent residents and second homeowners. I looked longingly at a map that shows small batch food businesses in all corners of the Island: Woodshed Provisions for gourmet soups, mains and desserts; the Saltspring Kitchen Co. for jams, preserves and hot sauces; Garry Oaks Estate Winery and Salt Spring Wild Cider. Coming to Salt Spring as a foot passenger has advantages, but I'd need a vehicle to access most of these businesses from Ganges. Memo to self for my next visit.



David Wood's Cheese Company cafe.

A Jewish Deli on an Island with More Bears Than Jews: “The business plan of a madman.”

This is how Howard Busgang describes his decision to leave his LA-based comedy writing career to open a Jewish smoked meat deli on Salt Spring. In 2017, Howard’s wife fell in love with the Island on the ferry ride. When they walked by a vacant bakery near the outskirts of Ganges, she said; ‘Why don’t we open a little smoked meat place and if it doesn’t work out, you’ll have an office to write in.’ Howard had been smoking meat for family and friends in an

attempt to recapture the flavours of his Montreal childhood. Although he had no experience running a restaurant, Howard says her plan “sounded reasonable to me.”

In June 2018, he and his family launched Buzzy’s Luncheonette, its name inspired by Busgang’s family nickname and



Wilensky’s Light Lunch, a 90-year-old Montreal cafe, which embodied the nostalgia, warmth and memories of a simpler time that Busgang wanted for his deli.

Although they were nervous about their chances of success—Howard

Please see “Ganges” on next page



Top: Howard (Buzzy) Busgang of Buzzy’s Luncheonette, above his tasty Island-smoked corned beef sandwich.

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Ganges

From page 9

admits they didn't know how to work the cash register the night before they opened—Salt Springers provided encouragement, offers of bread for the sandwiches and home-grown cucumbers for making pickles. They lined up for the cheekily-named smoked meat sandwiches—the Hungry Jew and the Rabinowitz—his wife's latkes and rugelach, the chance to read the jokes on the wall and to sit at a table reserved for Barbra Streisand.

Howard is thrilled that customers love Buzzy's food. But he hopes his passion project serves an even greater goal. "We love people so much. We want them to remember the experience of coming to visit us. It's one thing to serve the public good food, but it's another thing to feed their soul."

Service Station for the Lighthearted

On the second day, I spotted a restaurant close to the south edge of Ganges that I could have sworn was a gas station the last time I was here.

Mike Jacobsen doesn't remember the gas station itself. But after he and his wife moved to Salt Spring in November 2022, he often walked by the building that housed it and was intrigued by its 1950's vibe. "Something cool needs to be in that space," he thought. With more than 20 years of experience at places like Tofino's

Shelter Restaurant, Toronto's King Taps and the Cactus Club corporate office, he was ready to take on a new project. He contacted the building's tenant, took over the space in May 2022, and opened the Cassette Cafe and Dive Bar less than three months later.

The Cassette Cafe, which occupies the space where service station customers would have bought a pop, booked repairs and paid for their gas, is a nod to Mike's nostalgia for the 1980s tape deck and VCR era. The Dive Bar captures the unvarnished garage atmosphere. Both the Dive Bar and the Cafe exude a gritty charm. Mike loves the juxtaposition of patrons enjoying "delicious food and drinks with great people and a fun vibe in a former gas station."

*"I know not all
that may be coming,
but be it what it will,
I'll go to it laughing."*

Herman Melville
Moby Dick

My visit to Moby's was like going home. In its 30-plus years, it's survived multiple owners, a brief closure, a stint as an upscale oyster bar, tough financial times and a pandemic. Dale Schweighardt, who brought years of pub management experience with him when he took over Moby's in 2013, recalls his early struggles



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to win over the community. But the residents warmed up to him and to Moby's when he and his wife bought a house on Salt Spring. "When I invested in the community, then people were ready to invest in me."

Since then, Dale has created a popular gathering place, where all ages are welcomed. The menu features creative choices and the entertainment reflects diverse musical tastes. He's accomplished his vision with tenacity and good humour. A sign on Moby's new patio tells patrons that although the patio is dog friendly, "Loud, aggressive or wandering animals will be asked to leave. So will their pets."

In the 1990s, three days in Ganges was more than enough time to sample most of Salt Spring's food offerings. Now, thanks to the imagination, risk taking and persistence of the Island's food trailblazers, I'd need a month—and a vehicle—to sample everything on the menu. As I reboard the float plane, I'm already mulling over how to do just that.

Author's Notes

1. Salt Spring and Saltspring are both acceptable spellings.
2. The first inhabitants of Salt Spring Island, Hul'q'umi'num and SENĆOTEN speakers, called the Island Cuan, which means each end, or Klaathem, which means salt. Ganges village is known as Shiyá'hw̓t/ SYOWT, meaning place of caution, possibly in reference to a sea monster believed to live in the harbour. 🌊

Pamela Young is an Edmonton-based writer who dreams of a Salt Spring life.



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Wine Maven Summer Drinking



Juanita Roos (Color de Vino), Valter Fissore (Elvio Cogno) and Stacey-Jo Strombecky (2851 Selections) at Uccellino.

Valter Fissore, winemaker and viticulturalist at his family winery, **Elvio Cogno**, held a master class at RGE RD. Elvio Cogno is in Ravera, in the Novello commune, in Italy's Piedmont region. Valter's father-in-law "knew the potential of this cru, he had great knowledge of the territory," said Valter.

"My family spent a lot of time to save Nascetta, 30 years ago no one had it," says Valter. "I would taste old vintages and think wow, why are we doing Chardonnay or Sauvignon Blanc in the Langhe? We produced 800 bottles the first year. There are around 40 producers of Nascetta now, and Nascetta Day for the first time this year."

We tasted three vintages of the Nascetta to get a better feel for this relatively unknown grape variety. Let's just say many Nascetta aficionados came out of that tasting.

"We are winegrowers, I always say that because it's important. We don't buy any grapes," says Valter. "We are traditional. We didn't adopt the short fermentations, barrique, roto fermenters for Barolo. Our concept has remained the same—tradition, passion, terroir, identity."

"We are organic production, we have farmed sustainably for the last 12 years. We found that the wines became more juicy, more harmonic. We're not talking about organic because it's trendy, or to sell more wine. We do it to leave the natural and to preserve, first of all, our health."

2021 Nascetta del Comune di Novello Anas-Cëtta has an attractive lemon-lime character, with a hint of sage, beautiful herbaceousness and savouriness. Aromatic, weight without heaviness, salinity and a lovely linear acidity brings freshness. Exceptional wine, worth every penny. On the list at RGE RD, also at Color de Vino, deVine Wines, Prestige.

2021 Dolcetto d'Alba DOC Mandorlo is a pretty ruby colour, with red fruit and violet aromas, elegant soft tannins, a delight. A delicious Dolcetto, the perfect summer red. Drink slightly chilled with salad niçoise. Find at Color de Vino, deVine Wines, Prestige, and on the list at the Marc.

2021 Langhe Nebbiolo DOC Montegrilli fruity and floral (roses, tea) no time in wood contributes to the freshness. Beautiful texture, velvety, not heavy but with presence. Super drinkable, well-priced, darn delicious. Find on the list at Tryst, at Color de Vino, deVine Wines, Lacombe Park Sprits, Prestige and some Wine and Beyonds.



Christina Masciangelo (Salivate Wines) and Matthias Steinlechner (Gruber Röschitz) at deVine Wines.

Matthias Steinlechner hosted a tasting at deVine Wines to help us explore Austria's **Gruber Röschitz**. Ewald, Maria and Christian Gruber make wine on the Röschitz in the northern Weinviertel region of Austria. Here, Grüner Veltliner is king, over 50 per cent of their land is planted to that intriguing variety. Riesling, St. Laurent and Pinot Noir also thrive in the mostly granitic with sandy loess soil. One word to characterize Gruber Röschitz wines? Energetic. Not quantifiable perhaps, but that's the impression. The farm has been organic since 2013. The 2019 Black Label Riesling is everything Riesling lovers look for—barely there residual sugar, textural, chewy, tasting of yellow fruit and some petrol. So delicious. The St. Laurent was a lovely surprise—medium bodied, blueberry and plum on the palate, mouth filling without heaviness and so juicy.

2021 Grüner Veltliner Reipersberg, a single vineyard Grüner, is delicious—lively citrus aromas, complex flavours, tasty minerality and spot-on acidity with a long finish. Drink with fish dishes, Caesar salad, white pizza.

The **2022 St. Laurent Rosé** is bright and juicy, tasting of fresh berries with a nice taut seam of acidity keeping things fresh. Drink with hummus and crudité, bratwurst on a bun.

2020 Black Label Pinot Noir has deliciously dark fruit aromas with an undertone of herbs and violets. Juicy, a little sinewy in the best possible way. Roast chicken, grilled salmon, mushroom pasta.

Find at Color de Vino, deVine Wines and better wine shops.

Mary Bailey



Nicolas Mailly (centre) of Paul Jaboulet Aîné with RGE RD's Blair Lebsack and Caitlin Fulton in the RGE RD kitchen.

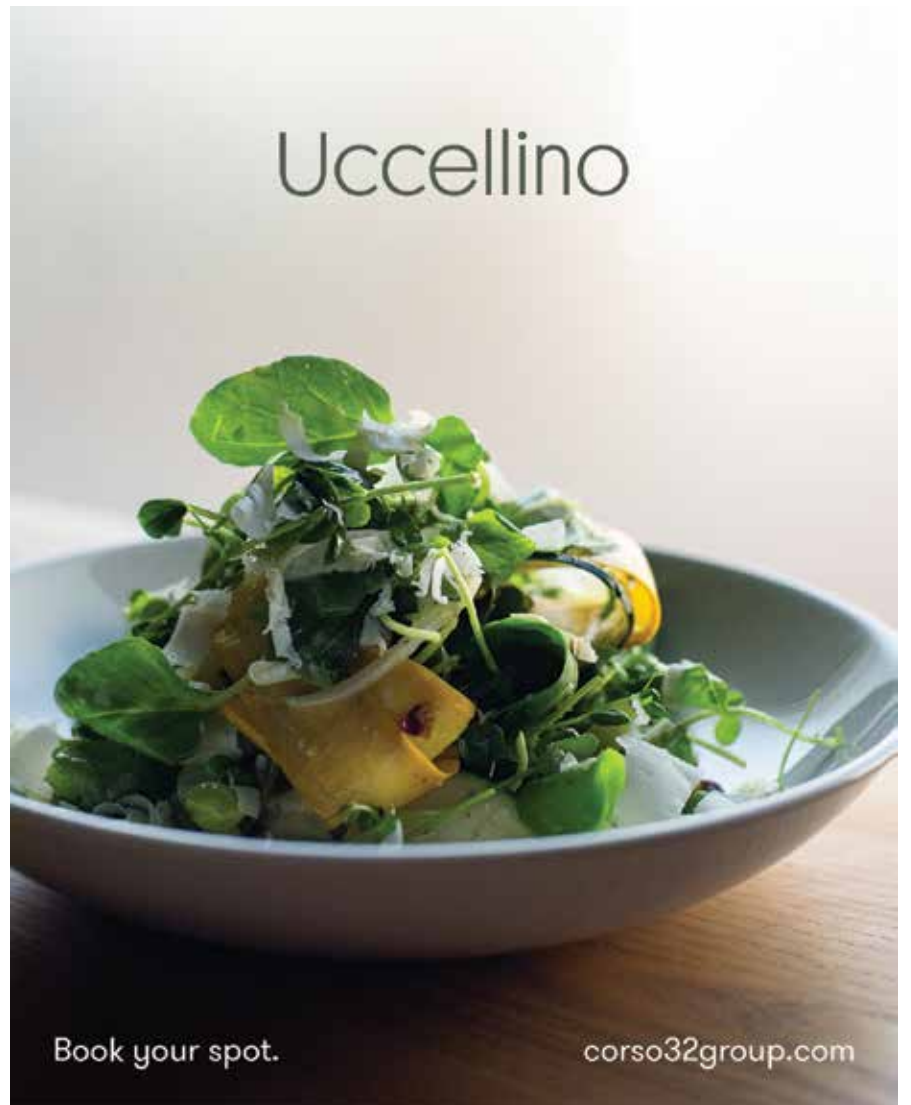
Nicolas Mielly, export director of the Rhône Valley's **Paul Jaboulet Aîné** hosted a tasting at RGE RD recently. The storied house was bought by the Frey family in 2006 and is now under the direction of Caroline Frey, who is in the process of transforming the estate towards a sustainable future. Jaboulet achieved organic certification in 2016 and there is a concerted move to biodynamic practices in the vineyards, particularly Hermitage and Crozes-Hermitage. Jaboulet is best known for the iconic La Chappelle, a blend of vertiginous plots on the Hermitage hill (including les Bessards, les Greffieux, le Méal, les Rocoules). The work they are doing in Crozes-Hermitage also deserves attention—on the steep granitic slopes, Domaine de Roure is becoming a biodiverse habitat that also happens to grow grapes.

Lucky us to be able taste two vintages of La Chapelle, 2019 and 2020. Those fortunate to put these wines in their cellars will be rewarded with some of the best Syrah the northern Rhône can produce—majestic yet elegant, effortless, powerful and complex with the characteristic smoky bacon fat, floral and white pepper aromas and flavours coupled with dense and generous black fruit and silky tannins. Wow.

Parallèle 45 Côtes Du Rhône Blanc is primarily Grenache Blanc, silky, not too fleshy, white flowers and stone fruit, with a lovely seam of acidity that keeps the wine refreshing. Super drinkable, one for the fridge door all summer long.

2020 Crozes-Hermitage Domaine de Roure Rouge possesses gorgeous aromas of white pepper, smoke, black fruit, subtle herbs. Well-balanced acidity, lots of tension, powerful yet elegant with a long finish, a delicious wine that will stay the course. Drink with grilled meats and vegetables.

Please see "Wine Maven" on next page



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Wine Maven

Continued from previous page

2020 Hermitage La Masion Bleue is named after the building where Jaboulet kept grapes for straw wine (*vin de paille*, which, sadly, they don't make any more). Often called the petite hermitage as it shares so many attributes with La Chapelle—the meaty smoky bacon aromas, the power, the complexity. Drink with roast meats, game or lamb, mushroom dishes.



What a treat to learn about the Similkameen and its wines from **Clos de Soleil's Michael Clark** (general manager, co-owner and winemaker). This central B.C. wine region, west of the Okanagan, is beginning to get the attention it deserves. In brief: the dramatic temperature change from day (hot) to night (cool) and the 2,600 plus hours of sunshine. The reliable afternoon breezes lessen disease pressure. The sheer mountain cliffs and orientation of the valley's nooks and crannies create unique microclimates for winegrowing and the rocky mineral-rich soils are ideal for the Bordeaux varieties that Clos de Soleil planted, beginning in 2006. "The minerality, especially graphite is a signifier of Similkameen wine, not just ours," says Michael. "The idea is to be transparent as possible; not get in the way of nature. I want the terroir to show through."

The estate is certified organic and managed biodynamically. "It's a farming philosophy that views the farm as an eco-system," says Michael. "What we're trying to achieve is lots of life on the farm."

The **2021 Pinot Gris** is lovely, with a wonderful mid-palate and texture, not heavy or too fruity, but elegant and oh so drinkable, with persistent, balanced acidity and minerality.

2020 Capella White Meritage is a Sauvignon Blanc, Semillon blend in the tradition of white Bordeaux. Exceptional, 100 per cent wild ferment in puncheons—bright aromas and flavours of yellow stone fruit, a little delicious salinity, with crisp acidity and a lovely texture, stony finish. Drink with shellfish, creamy pastas, roast chicken.

2020 Black Label Célestiale Red Blend is mostly Merlot with some Cab Sauv, Cab Franc, Malbec and Petit Verdot. Briary red fruit, red licorice, walnut, cocoa, spice, ripe and present, soft, appealingly chunky tannins, mid-weight, long finish. Beautiful juicy acidity keeps things fresh. Drink with grilled lamb chops, mushrooms.

2019 White Label Signature Red Meritage is a Merlot/Cab Sauv blend with Cab Franc, Malbec and Petit Verdot. Aromatic, good tension, silky tannins, super long finish. Elegant, possessing a lovely delicacy along with power. Wild ferment. Drink now or cellar for up to a decade. Drink with your best steak cut.

2020 Winemaker's Series Syrah. Michael is planting Syrah at Clos de Soleil because he is very excited about its future in the Similkameen. Juicy and delicious, lovely white pepper, black olive, blueberry and sagebrush aromas, tasting of raspberries, plums, dark chocolate and spice. Very pretty nose, nicely structured, a welcoming wine. Co-fermented with the Viognier in concrete, aged in French oak, five per cent new, bottled unfiltered and unfiltered. Drink with starlight.





Aurelio Montes with Julie Peglau (left) and Lisa Rogers of Icon Wines.

Aurelio Montes came to Calgary to taste through several vintages of his family estate, **Montes**, in the Apalta Valley, the first boutique winery in Chile. “My father was working for a different company—at that time, Chilean wine was known as cheap and quite bad,” says Aurelio. “After travelling and tasting, he thought; ‘we can compete with that.’ He found three amazing partners, all experts in different areas and no one had any money. We started in a small place, I remember as a child using buckets to fill the bottles. Now, we have the beautiful buildings. We are the only winery in Chile where the owners are generational winemakers and we are one of the biggest producers of premium wine, not volume, in Chile.”

Montes is best known for their Folly Syrah and Cabernet-based wines, but they have a special love for (the usually unloved) Carménère. “It is one of the most challenging grapes I’ve ever worked with,” says Aurelio. “Hard to grow, hard to harvest, hard to ferment. It took us 10 years to make our first Carménère. We thought Carménère was like Merlot, but we discovered that it needed to be harvested much later, in May.”

Purple Angel was the first Carménère to get the world’s attention. They add eight per cent Petit Verdot—“it has huge affinity, full of muscle, so tough, so deep,” says Aurelio.

The new Carménère project is Wings. “The hillside faces south, it’s cooler, the wine is spicy, it has round, easy sophisticated tannins. The blend is with Cabernet Franc. The final style was a big discussion with my father and the two wings signify the two of us, you need two wings to fly,” says Aurelio.

The **2020 Wings Carménère** is lovely and round, with the pretty bell pepper characteristics of Carménère, surrounded by juicy red and black fruit. Intense blackberry aromas, generous flavours, soft tannins. Aurelio says this wine is meant to be drunk with slow cooked rather than grilled foods.

2019 Montes Folly has complex aromas of white pepper, balsamic, red and black fruit flavours. Elegant, balanced acidity, love the finish of this 100 per cent Syrah. Drink with anything off the grill.

2020 Montes Alpha M is a blend of 80 per cent Cabernet Sauvignon, 10 per cent Cabernet Franc and five per cent each of Merlot and Petit Verdot. Elegant, balanced, complex, tobacco, cassis, some leather, spicy, silky tannins. Aurelio says to pair with music (the second glass with something to eat), “I love to drink this by itself, so many layers.”

Please see “Wine Maven” on page 18.

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Kind Ice Cream

“We talked about it for years,” says Candyce Morris, co-owner of Kind Ice Cream along with her sister Nicole Bhar and sister-in-law Paula Shyba. “Would an ice cream shop work in Edmonton?” In 2019 they took the leap and opened Kind Ice Cream in Ritchie (9551 76 Avenue) with the intention of creating a beautiful community-based shop where all are welcome. Highlands (6507 112 Avenue) followed in 2021 and Oliver (12017 102 Avenue) opened earlier this year. They are

lovely people making delicious, hands-on ice cream. The strawberry can't be beat and the feature flavours are a lot of fun (Dunkaroos anyone?) as are their Spotify play lists. It's about more than ice cream. It's about bringing people together and serving up joy.



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Annie Rue Ice Cream

Tanya Rumak named her year-old ice cream shop in Parkallen after her two grandmothers. “I have wanted to do ice cream for a long time,” says Tanya. “Ice cream shops are the best, the most laughs and smiles. People are excited and happy; they may come in a bad mood but they leave happy.” Annie Rue does cones, scoops and pints; lemon cream pie, cookies and cream and wild blueberry are the top flavours. We are crazy about the feature flavour rhubarb cardamom. They make six four litre batches at a time, the definition of small batch. “Edmonton has a cool ice cream culture, hot and sunny days are scoop days, cold and rainy days become pint days,” says Tanya. 6531 111 Street.








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Little Bear Gelato

Franck Bouilhol started making high-quality gelato at his FanFan Patisserie. Now he is all-in on the frozen treats, making sorbet, gelato and ice cream pucks in dreamy flavours. I am a big fan of the champagne sorbet, the pistachio gelato and the chocolate malt. Find Little Bear at the Bountiful, Downtown and Old Strathcona Farmers' Markets, Culina To Go, Meuwly's, Rossonero Trattoria, H&W Capilano, Catch of the Week, Italian Centre Shops, Uproot Food Collective. Little Bear will be at Taste of Edmonton,

Mary Bailey

the Thursday 124 Grand Market and the St. Albert Farmers' Market on Saturdays. Find the Little Bear wagon outside Dalla Tavola Zenari downtown all summer long.

Made by Marcus

Marcus Purtzki's chef and science background makes for some amazing ice cream. The flavours can be unusual and sophisticated, like the vegan mango and espelette pepper sorbet, or hay. Also recommended, the passion fruit basil, Ace coffee and cocoa nib and the lemon curd blueberry. The ice cream cakes are spectacular. Three shops in Calgary and two in Edmonton, Wilfred's (10429 121 Street) for pints and cake and down a laneway off Whyte Ave (10426 82 Avenue) for scoops, cones and pints, open until 11pm every day.



Yelo'd

Ailynn and Jason Wong opened a tiny ice cream shop on Whyte Avenue five years ago. It was a smash hit immediately. "We keep the focus on Aisan and Filipino flavours, (such as kalamansi and ube) which can be tricky to find and keep on hand," says Ailynn. Now, they have moved to a bigger spot in the Dominion Hotel

with a full bakery counter, over two dozen flavours of ice cream and soft serve. Their affogato, espresso with mango or champorado (chocolate) is a big hit as is the Filipino Neapolitan (ube, pandan and mangga). The Sosyal Scoops truck will be bringing terrific flavours to you at farmers' markets and events this summer. We look forward to the Yelo'd/Kind collab on National Ice Cream Day, July 15, 10324 82 Avenue.

Pinocchio Ice Cream

Pinocchio Ice Cream is the granddaddy of Edmonton ice cream. Tom Ursino took over the family business, started in 1981 by Salvatore Ursino and Berto Bertuccio, in 2005. Many Edmonton restos have delicious custom flavours developed by Pinocchio. You can find the single serve cups or pints at Andy's IGA, Blush Lane, Bon Ton Bakery, Careit Urban Deli, Community Natural Foods, all the Italian Centre Shops. Try the coconut, Sicilian pistachio and the chocolate hazelnut.

Twice Cream

Twice Cream, tucked into a 1920's building across the street from Westmount Park, opened last summer and it's a charm. Romeo and Lilly have created a welcoming spot with terrific ice cream. The Michel Cluizel Chocolate and the dark cherry lemon curd? Outstanding. There is a selection of rotating and dairy-free flavours including the amazing black sesame. Enjoy your cone while watching the sunset at the picnic tables in front of the shop, 10983 127 Street. 🌅

Mary Bailey only eats ice cream in the daylight.



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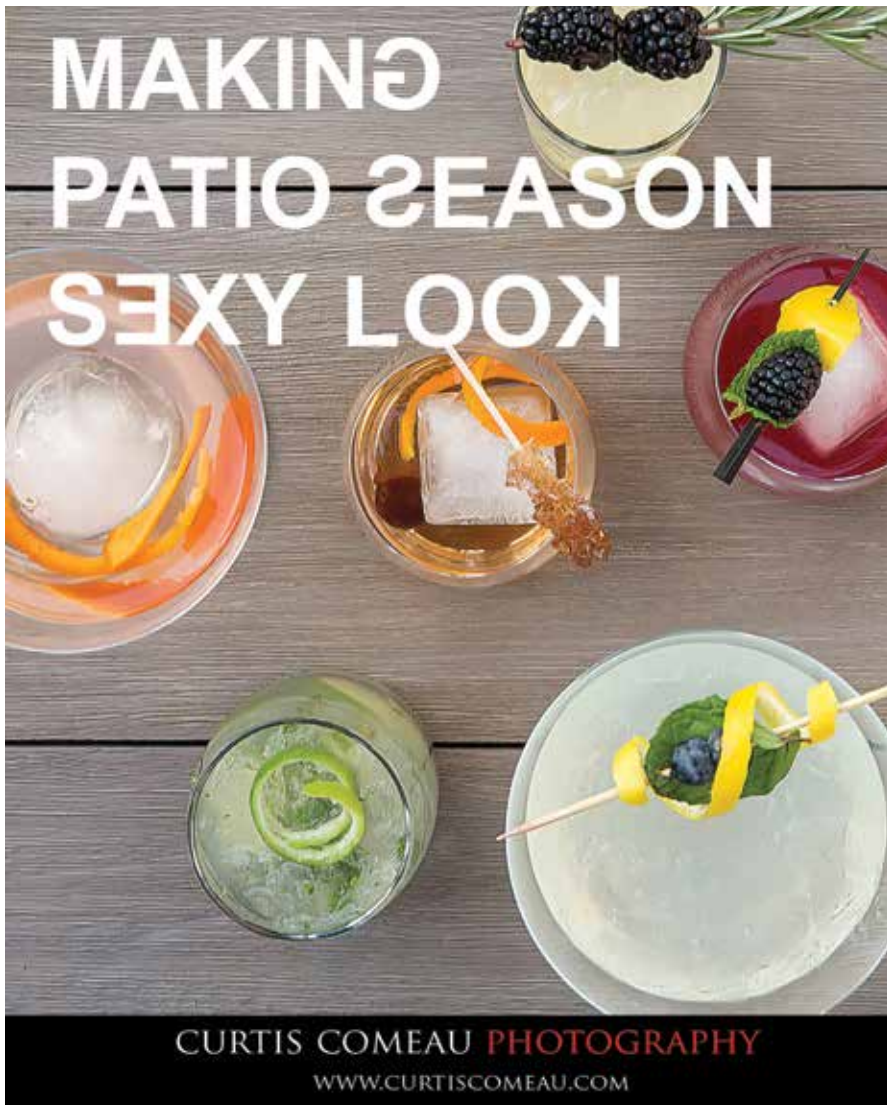
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Wine Maven

Continued from page 15.

Brad Ford's parents Lowell and Pauline bought the land near Salem, Oregon in 2000 (now in the Mount Pisgah AVA). The first vintage of **Illaha** was 2004. "We are a family operation, a small boutique winery—we share the same aspirations," said Brad during a visit to Edmonton this May. Brad and his wife Bethany utilize regenerative agriculture practices in the vineyards to make wines that reflect the terroir. The wines are a delight—particularly the wild ferment Pinot Noir and the Pinot Gris.

2022 Pinot Gris is delicious, floral, peachy fresh and aromatic with nice herbaceous notes. The partial ferment in big, neutral French oak contributes to the lovely texture.

2021 Willamette Valley Pinot Noir has fresh strawberry notes, beautiful acidity. Drink slightly chilled, this wine can handle rich foods, pork chops, fatty fish, creamy pastas.

2020 Bon Sauvage Pinot Noir possesses wafting aromas of sweet strawberry with lovely notes of forest floor, dried leaf, fine tannins, well-structured red berry fruit, velvety texture, an ideal Oregon Pinot. Drink now with grilled salmon or put away for a few years to further develop.

2022 Pinta Negra Rosé (Lisbon, Portugal) is an easy-going Portuguese rosé is made from the Aragonez grape variety in the Lisbon region. A bargain, fresh and floral, with red berry flavours and a hint of minerality. You'll find it on many a list this summer—by the glass at May and Central Social Hall and by the bottle at Bin 104, Glenora Fine Wines and Liquor Select.

How easy is this? **Gigglewater** bubbles in a can is ready for picnicking, camping, or sipping at the lake. Keep a few four-packs in the fridge for impromptu Aperol Spritz making. In both white and rosé. Easy peasy. Find pretty much everywhere.

2022 Telmo Rodriguez Basa Blanco (Rueda, Spain) is a tasty white, a blend of mostly Verdejo with eight per cent Viura. We are big fans of the wines of Telmo Rodríguez and the Basa is no exception. Lemony citrus, fresh herbs, green apple, outstanding with vegetable dishes like a beet salad; its fresh acidity cuts through the richness of fried chicken or calamari.

Second-generation master distiller Tim Vos makes **Van Gogh Espresso Vodka** using Columbian coffee beans and a proprietary double-infusion method. The result? A vibrant and bold espresso vodka with clear coffee flavours and a subtle citrus hit. The drink of the summer is the espresso martini. Here's how: pour 1 shot espresso, 2 shots Van Gogh Espresso Vodka, 1 shot (or a splash) **Strathcona Spirits Velvet Cream**. Shake over ice in a martini shaker until cold and frothy. Pour into a martini glass and garnish with three coffee beans if desired. ☘

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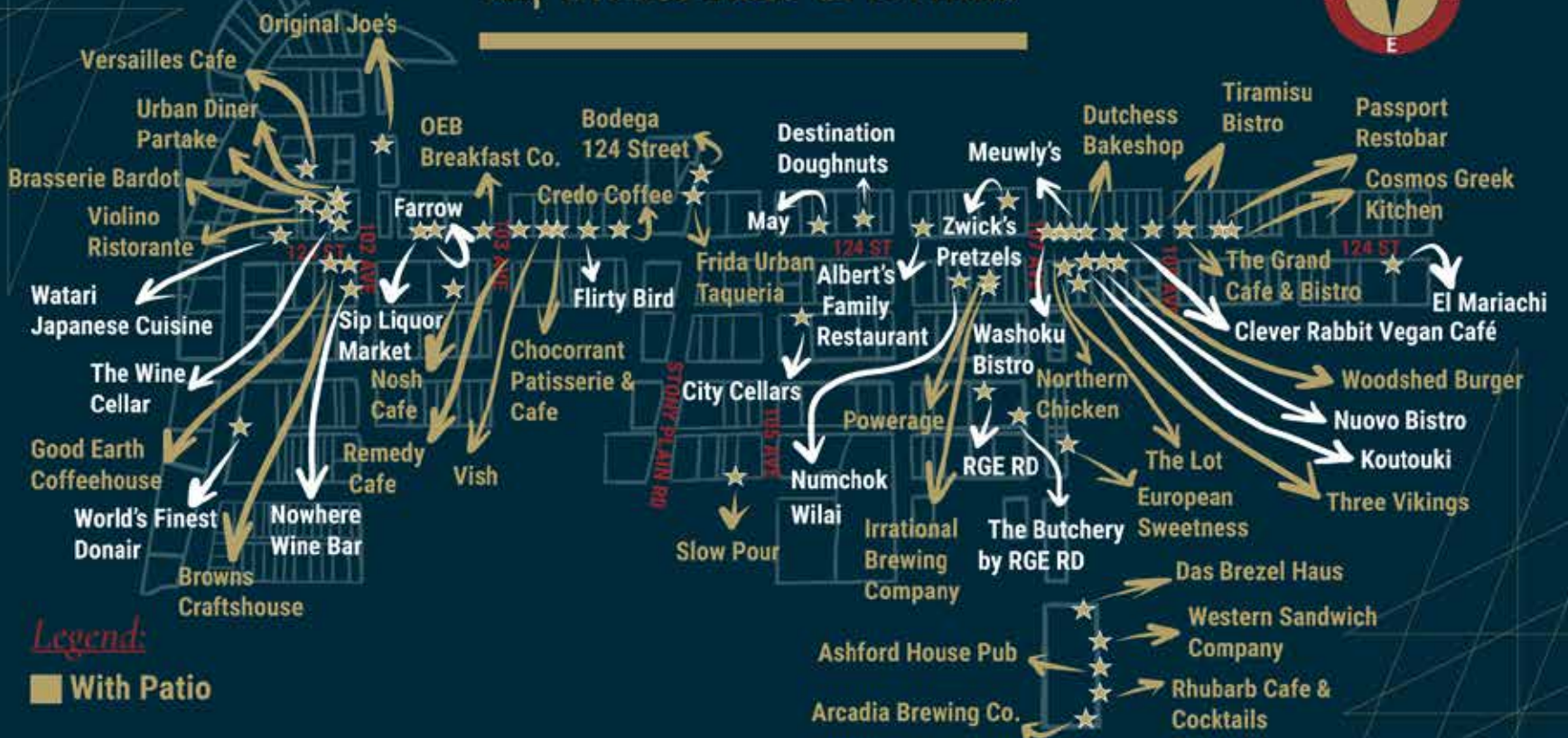
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Beer Guy

Mountain wedding

The sun was out. The bride was beautiful, the groom handsome. The clouds cleared from the Three Sisters and Ha Ling Peak as the knot was tied. And then the beer flowed.

After many years together, my son and his fiancée were married this May in Canmore. Their romance began at UBC in Vancouver, blossoming over a shared passion for skiing, cycling and more skiing. And beer. Fabulous B.C. craft beer. Being my son, Will comes by his craft beer love honestly, as does Sierra, whose dad is a long-time home brewer. My wife and I first met the future in-laws over beers at the Brewhouse in Whistler. Skiing is important but so is après-ski.

So, when my wife and I took on the task of organizing the bar for the wedding, the pressure was on. While the choice of wine and other drink options came relatively easily, it will come as no surprise that I obsessed about the beer list, worrying that the wedding guests would be expecting something exceptional. I've written about over 500 beers for *The Tomato* and tried many hundreds more. My favourite beer shop, Sherbrooke Liquor, has over 2,500 beers in their glorious beer fridge. Asking a beer guy to choose six favourite beers invokes the paradox of choice: an abundance of options requires more effort to choose and leaves one unhappy with any choice.

I had to learn a few things along the way. If you face a similar dilemma, begin by narrowing the choices. For us that meant going as local as possible—and building on the history of the couple.

First, only Alberta craft beer, then some B.C. beer. Second, small cans over tall boys. There were two reasons for this: less waste when someone leaves their beer on a table to hit the dance floor, and party rental shops (inexplicably) don't rent suitable pint glasses.

With the decision to go with small cans, our choices were dramatically narrowed. Still, I needed to be reminded that this was a wedding, not a meeting of the beer club. You need to have something for everyone, but not everything for everyone. We decided to focus on popular beer styles: IPA (both west and east coast), lager (both light and Pilsner), pale ale and brown ale. A selection of six beers seemed reasonable. At first glance,



Before the shopping was complete, we couldn't resist including a fruited sour and two non-alcoholic beers. And, for the non-beer drinkers, ciders, coolers and canned cocktails.

What turned out to be most popular? Olé tequila canned cocktails, as predicted by my son, who knew the audience well! The pale ale from 33 Acres and the light lager from Sea Change were the most popular beers. A shout-out, as well, to Canmore Brewing where we hosted the rehearsal party on Friday. It was a delight to see family and friends trying out some of the great Canmore beers like the Railway Avenue Rye IPA in a favourite après-ski space.

In the end, we returned a lot of beer (yes, you can do this!) but we have no regrets about going a little overboard. It's not often you can share a passion so unreservedly and bring so much joy to those you love on such a happy occasion. Here's to the happy couple!

Wedding six pack

Six beers that kept thirsty wedding guests dancing on a warm Canmore evening.



33 Acres of Ocean Pale Ale, Vancouver, B.C.

In the mid 2010s, Will and Sierra, Will's sister Claire and a few other UBC undergrads lived in a little house in Vancouver's West Point Grey neighbourhood. Visiting from Edmonton, I'd leave with some 33 Acres Pale Ale. Today a sip of this classic west coast pale ale brings me right back to those Vancouver days.

Last Best IPA, Calgary

A no-apologies, bitter, piney and fruity west coast American IPA from Last Best, the Calgary representative in the Bearhill Brewing group, along with Campio Brewing (Edmonton), Banff Ave Brewing (Banff), and Jasper Brewing (Jasper). If you like classic hoppy IPAs like Red Racer or Fat Tug, you'll enjoy this one.



Snake Lake Sidewinder IPA, Sylvan Lake

A soft, refreshing, hazy IPA that proved more and more popular as the night wore on as the music got louder and dance floor got crowded. Big juicy hops (Simcoe, Mosaic and Columbus) plus a medium malt backbone make for a very quaffable beer.

Sea Change Death Wave Light Lager, Edmonton

Sea Change calls this their lawn mowing beer, pre-game beer, post-workout beer, so why not their dancing-up-a-storm on the dance floor beer too? At 4 per cent ABV this very light, crisp, quaffable lager proved popular with the sweaty and thirsty dancers! Gold Winner for Light Lager at the 2020 Canadian Brewing Awards.



Fahr Pils, Turner Valley

Balancing off the Sea Change light lager was the heavier and maltier Fahr Pils, a southern German, Black Forest-style pilsner, balanced between crisp bitterness and smooth malt body, copper brown in the glass.

Hoyne Dark Matter, Victoria, B.C.

It was too warm for a stout or a porter at the wedding, but we needed something darker and meltier for after dinner, so Sierra's suggestion of the classic American Brown Ale from Victoria's Hoyne Brewing was a good one. 🍷



Peter Bailey assures you the best is yet to come. He's on Twitter and Instagram as @Libarbarian.



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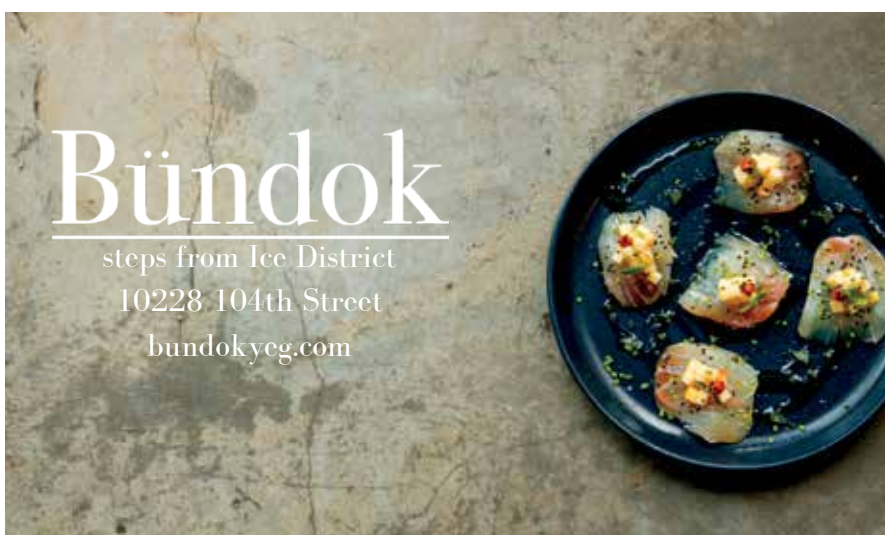
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The Smos at Home

Leanne Smoliak

Antonio is at all the best parties

Antonio is the first to arrive, the last to leave and never disappoints.

Outdoor entertaining is in full swing at the Smos. Garden parties are our favourites. We designed our yard to host large gatherings for casual, food-focused summer merrymaking.

Summer cooking is done outside. We cook with a big Vermont Castings gas grill, a Weber kettle charcoal grill, a Japanese yakitori and Antonio, a California-made forno pizza oven. The gas grill doesn't get much use in the summer. It is primarily for the winter and sits close to the patio doors. Although, during fire season, it may be the only grill that gets any use this year. We are lovers of lump charcoal and wood. The Weber is our steak grill. We often fire it up with wood only. Nothing cooks a nice fatty ribeye better. When we think of steak in our house, we don't leave out pork. Prime cut beef steaks every weekend is not possible, pork is just as good, or better, and amazing value.

The yakitori grill is fun for grilling skewered meats over charcoal. It's interactive and perfect for little appetizers—street-style marinated chicken, beef, pork, vegetables or fish.

And then there is Antonio. If you know Brad at all, you know he names everything. Antonio has been a member of our family for 10 years. He is part of every occasion and is always the center

of attention. There is an art to getting Antonio to perform at his finest and Brad has this mastered. Most people would start and stop at pizza. Not us, pizza is only the beginning. Brad's dough, the absolute best I have come across, makes the perfect thin (but not too thin) crust, soft, with some bubbles, crusty crackly edges, and just the right chew. We lay out some toppings—the simple Margherita wins every time—prosciutto with arugula, Fuge Italian sausage with mushroom are great choices too. Next up is something roasted. Often a spatchcocked chicken, or a whole fish stuffed with fresh herbs and lemon. We also roast every vegetable imaginable. Tossed with some good butter or olive oil and fresh herbs, nothing says summer more.

Antonio can even bake a pie. By the time dinner is winding down Antonio's temperature has decreased, and he is ready to get dessert going. A cherry crostata is the perfect choice for a mid-summer treat.

After dessert, when the sun is setting, Brad stokes Antonio with fresh wood and we have a roaring fire. Everyone cozies up and we spend the rest of the evening enjoying the twinkling lights of the yard and the glow of the fire, resting comfortably with our full bellies. 🍷

Leanne Smoliak's greatest compliment came from her father-in-law: "She's the perfect Ukrainian wife, she keeps a full fridge and a well-stocked bar."



Brad and Antonio making pizza.



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