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Editor

Mary Bailey
marybee@telus.net

Publisher

BGP Publishing

Copy Editors

Lorraine Poulsen
Clarabell Thalheimer

Contributing Writers

Peter Bailey
Lauren Kalinowski
Leanne Smoliak
Pamela Young

Illustration/Photography

Pauline Yu Photography

Design and Prepress

Bossanova Communications Inc.

WebMeister

Gunnar Blodgett, COPA Jurist

Printer

CentralWeb

Distribution

Greenline Distribution

For editorial inquiries, information,
letters, suggestions or ideas, contact
The Tomato at 780.431.1802 or email
production@thetomato.ca.

For advertising information
call 780.431.1802.

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Contents

Features

- 6 Canada's Great Kitchen Party**
Introducing Edmonton's Kitchen Party Chefs
- 8 Favourite Fall Recipes**
From the Kitchen Party Chefs
- 16 Mayne Island Sojourn**
Eating and drinking on Mayne Island
—with a side dish of community | Pamela Young

Departments

- 4 Dish**
Gastronomic happenings around town
- 12 Beer Guy**
Roll out the barrel beer | Peter Bailey
- 14 Feeding People**
Nonna's rabbit | Lauren Kalinowski
- 20 The Smos at Home**
Friends for dinner | Leanne Smoliak
- 22 Kitchen Sink**
What's new and notable



Ian Nawrot, lead brewer at The Monolith, taps a barrel.

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Dish

eat your veg

“People don’t know what to do with garlic scapes, or leeks, or kohlrabi,” says Andrea Kristin, author of *Fresh Grown, Essential Guide to Use, Store + Make the Most of your Vegetables*. Andrea, her husband Denis Forstbauer and their family grow vegetables at Grey Arrow Farm near Camrose. They offer a CSA and online store from July-December and a saskatoon U-pick in season. *Fresh Grown* contains a wealth of information on how to approach your vegetable bounty.

Woven throughout the book is Andrea’s love of her family and their land and their obvious commitment to seasonal eating.

The book answers all the questions—what is that? How do I store it? How do I cook it? It details the various ways to preserve—freezing, canning, dehydrating and fermenting—in an easy-to-understand format. The recipes are technique-based, such as how to make a puree or a pesto, which increases confidence in the kitchen. Ditto with vegetable stock, which you then freeze, to make delicious soups all winter long.

Andrea calls her new book foundational, I call it genius.

What vegetable did Andrea not know about? “Celeriac, I didn’t know what it was until we started farming. It’s homey and comforting; I like it in stews or in a root veg pot pie.” Find *Fresh Grown* at greyarrowfarm.ca, Meuwly’s, Twig, Fika and the Lefse House in Camrose, and the TYRE Shop in Warburg. Spectacular photography by Andrea Kristin with additional photos by Denis Forstbauer, Jessica Musslewhite and Tracey Crown.

Fresh Grown, Essential Guide to Use, Store + Make the Most of your Vegetables, Grey Arrow Press, \$24 digital, \$42 softcover.



love spanish wine?

Don’t miss Mad Cool Vino Español Spain Uncorked in support of the Winspear Centre for Music Expansion Project, 6pm (VIP), Wednesday, October 2. Enjoy delicious wines that showcase the versatility, regionality and quality of Spanish wine, paired with multiple food stations by Filistix, Italian Centre, Partake and RGE RD. Tix: from \$103.75/p+, winspearcentre.com.



fall feast at out of bounds

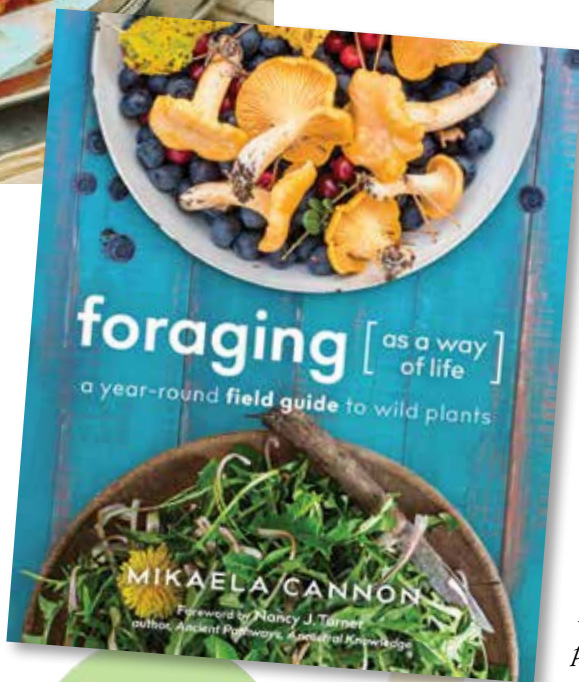
Fall N’ for Food on Friday, September 13, at Out of Bounds (Cattail Crossing Golf Club). Four delicious courses by chef Julia Kundera, plus, two guests will win a spot at the Cattail Crossing table at Edmonton’s Kitchen Party. Tix: \$65/p++, on OpenTable



go! go! go!

Check out Va, the newest Daniel Costa resto on the ground floor of the Citizen on Jasper. The idea is a contemporary Roman café specializing in, yes, coffee as well as delicious sandwiches on that delectable focaccia. And pizza! Opens at 7:30—start your day with a *marmellata crostino* and *caffè corretto*, end it with a late afternoon spritz and *pizza al taglio* (pizza by the cut, pictured.) Tuesday-Saturday, 7:30am-4pm.

More Corso Group news: Uccellino is leaving its downtown location and moving to the Citizen in October, and will have a new name, Olia. A new concept will take over the Uccellino space beside Bar Bricco in early 2025. Va, 10110 120 Street, 780-249-2445, va-yeg.ca.



save money on groceries, go foraging

Foraging as a Way of Life is an indispensable tool for finding tasty things to eat in the woods. Mikaela Cannon's new book features detailed descriptions of all the mushrooms, herbs, berries and other wild plants that are not only edible but delicious. Unique recipes too—nettle soup with aspen bark sourdough crackers, all the tonics and syrups, even chicory chocolate bars. There is something immensely satisfying about finding your own food, this book will help you do it safely and sustainably. Available at Chapters and Audrey's.

Foraging as a Way of Life, a year-round field guide to wild plants, New Society Publishers, \$44.95.



barrelling along

Barrel-aged and barrel-fermented beers may not be your regular tippie, but they are becoming a force in Canadian brewing. Find out what it's all about at Blind Enthusiasm's second annual Barrel Fest, 1pm-6pm, Saturday, September 14. Enjoy barrel-influenced beers (and cider) from 18 breweries, including Brasserie Dunham (Québec), Burdock (Toronto), Dageraad (Burnaby), 2 Crows Brewing (Halifax), Nokomis Craft Ales (Saskatchewan), Low Life Barrel House (Winnipeg), Blindman (Lacombe), Endeavour (St. Albert), as well as Brewsters, Campio, Trial & Ale and Sea Change from Edmonton. Visit blindenthusiasm.com for the complete lineup and all the deets. Tix: \$38 entry + \$4/pour, includes a commemorative glass. Ritchie Park, 7727 98 Street.

thank you grandpa wong

Ailynn and Jason Wong (the Yelo'd folks) have brought new life to the historic Hull Block in Chinatown with their ode to Jason's grandfather Charles: a charming ice cream shop called Little Bon Bon. There you will find outstanding ice creams inspired by Asian and Filipino flavours, such as pandan, ube and black sesame strawberry. We loved Jade, matcha with a cheesecake swirl and Loufu, orange with a licorice caramel, a grown-up version of the deliciously nostalgic tiger ice cream. Then there is Gpa Wong's Chocolate Superfudge. "He was a chocolate lover to say the least," says Ailynn. "He used to keep 1L pails of chocolate ice cream in their home freezer next to all the brownies and chocolates." Gpa Wong is responsible for another great dish too. "He opened the first of its kind Chinese restaurant and lounge in Thunder Bay, the Dragon Room. He popularized something we know as dry ribs and called them bon bons. Little Bon Bon is our homage to those roots." Feature scoops, coffee and teas, an excellent affogato, and you can roll your scoops in crunchy (candied) bon bon bits. Little Bon Bon, 9660 106 Avenue, Wednesday to Sunday, noon-9pm. 🍷



The Wong family from left: Ailynn, Jason and daughter Kenna.

Introducing Edmonton's Kitchen Party Chefs

Eight Edmonton and area chefs compete with their best dish, Thursday, October 10 at the Edmonton Convention Centre. The winner goes on to the Canadian Culinary Championships (CCC) this winter in Ottawa. We asked the chefs for their thoughts on the competition and a few hints on what they were cooking.



Tamara Solon
 Chartier and Mother Bakery

"I have my prep list ready," says chef Tamara Solon (Chartier). "I'm nervous and excited, I love this competition, but this is my first time leading a team."

"Super excited to get to participate. I've had a few conversations with other competitors. It's a really fun event."

Chef understands the key role mentorship plays in the education of a cook. "I have a dynamite team. Everyone is absolutely ecstatic to be doing this. We don't have a lot of opportunities for events like this, being in Beaumont. They are 100 per cent on board. We have seven apprentices on staff right now; if we can help them get fired up by things like this

competition, it inspires them to think about doing this as a career."

What about the dish?

"We are going the bison route, it's near and dear to our hearts. The preparation will showcase our team's skills in knifework and plating. We are pairing with Frind Estate Winery, but we haven't made the final choice yet."



Doreen Prei
 Riverview at Glenora Park

Chef Doreen Prei (Riverview at Glenora Park) is a seasoned competitor at Kitchen Party. The popular chef has podiumed several times and is often the People's Choice. Why another round? To show us that cooking in a retirement home doesn't mean terrible food. "I am so proud to be representing a retirement

home, first time in the entire country. We are changing the perception of food for seniors. Our clients have refined palates, they are open to all sorts of dishes and flavours. We are making a path to the future."

What is chef cooking this year? "I always did a hot dish but thought maybe I should come with a cold dish this time, and show my love of kaffir lime and lemongrass, the sweet/sour Asian component, but also the Baltic Sea of my childhood, a little bit of the saltiness. The wine is A Noble Blend from JoieFarm Winery. I love its texture, so great with food."



Eric Hanson
 The Marc

Eric Hanson (The Marc) is back for another podium shot (he won in 2016 and was the bronze medallist at CCC). Eric is known for his freewheeling style

and engaging juxtapositions on the plate. "I'm leaning savoury but with ingredients that aren't usually thought of as savoury," he says; "thinking foie, white truffle and white chocolate. I want to have a dish that's fun and surprising." Having just taken over The Marc kitchen earlier this summer, Eric has not had a lot of time to settle in. "Things are not completely dialed in yet. I've asked for some samples from Summerhill but haven't made a final decision on the wine. "When I have a good wine, I'll build the dish around it. I'm really looking forward to competing again."



Joseph Vuong
 Café Bicyclette

Joseph Vuong's (Café Bicyclette) dish is all worked out.

“My dish is a reflection on my upbringing, all the influences from my Chinese ethnic background—both north and south. The beef shank and brisket from Chatsworth Farm will incorporate northern Chinese-style braising; the southern Chinese element is fruit forward, more Cantonese style—the kind of dish that you would have to speak Cantonese to order in a restaurant—along with a poached prawn. It’s a take on chili crab, or a north south version of *escabeche*—kind of the history of China on the plate. The wine is Henry of Pelham Baco Noir.”

He’s confident his dish is well thought out, but he remains a little nervous about the night of. “I’m excited, it’s my first time being in a competition like this. But we are busy and not a big staff. We have weddings and events booked every night through the fall. We will need to be able to work with the NAIT students.”



Naga Singh
Belgravia Hub

Chef Naga Singh (Belgravia Hub) is new to Kitchen Party. “I’ve had so many thoughts going around in my head on what to do but I’ve settled on a dish that tells my story—where I came from, where I’ve been and where I’m going. My father was in the army. We moved around a lot, he was stationed in north-east India when I was born. There is a lot of hunting and Asian influences in the food in that region. When I worked at River Cree, I came to understand a lot of the influences were similar, especially the importance of nature. The idea is to

feature bison and put together east and west flavours using the techniques I’ve learned working with so many chefs.”

The beverage pairing is still up in the air, but “the team is pretty much ready,” he says. “We have enough staff and we have been training on every aspect of what we’re doing, to be comfortable with the dish and the competition. Everybody knows what they need to do.”



Max Straczek
Pryo Wood-Fired Grill & Kitchen

I’m excited,” says Max Straczek (Pyro). “It’s been a while since I’ve competed and it’s my first time at Kitchen Party.” Max is impressed with the sense of community he has found already. “I reached out to both Roger Ma and Alex Chen (previous Canadian Culinary champs),” he says. Both had time for me and they shared really good tips.”

Asking a chef about their favourite ingredient is like asking a parent which is their favourite child. They love them all, for different reasons.

“Since we started this project (L’oca) last year, I’ve fallen in love with North Country beef,” say Max; “but it could have just as easily been pork, we have so many great Alberta proteins available.”

Max was cagey about his dish, not wanting to get boxed in, but he says he’s leaning towards aged beef, maybe raw, with Japanese influences. “I am a big fan of acid and temperature changes in a dish, and tartare is a big thing for us. I’m very comfortable with it, a throwback to

my training in Poland,” he says. No word yet on the wine, we’ll just have to wait until October 10.



Jason Greene
Braven, JW Marriott

“I am fairly new to Edmonton, I didn’t grow up here, but I have grown to love it and love what people here are capable of,” says Jason Greene (Braven). “They have a nitty gritty, in the trenches work attitude and they geek out about stuff, like the Trial & Ale people. I like their mindset, sort of cowboy, or pirate—kind of disruptive. I fell in love with one of their beers, a bottle-conditioned specialty release in a 750 ml bottle, made with a similar process a winemaker would use. The flavours of a beer aged in a wine barrel are so effervescent and pop so much, you can build complexity in the dish like you would in a wine pairing.”

What about the dish?

“What I enjoy about food is linked to memories and feeling. Not Cordon Bleu, less scientific, more intuitive. I’m looking to create a dish based on two food memories —my first real taco experience in Edmonton, and my first misunderstanding with a chef, which led to an interesting conversation on sandwiches and how they are built.

“I had a more traditional route to learning in the kitchen. I didn’t go to cooking school, and I checked off all the tropes of a classic line cook, kind of a grunt, kind of a dirtbag in the kitchen. That was all I was. But I was grasping any morsel of knowledge anyone would

share and I had a strong propensity for work. Then I met Ryan O’Flynn (Gold, CCC 2015) and worked with him at the Westin Edmonton and at The Guild in Calgary. That started a different chapter.”

“This means a lot. I’m excited and really pumped about it. My corporate chefs, giants in the culinary scene, John Horne and Anthony Walsh (Oliver & Bonacini) recommended me. Competing was not something I had thought about. I just wanted to build cool teams and make tasty foods. Kitchen Party came along at just the right time.”



Julia Kundera
Out of Bounds Restaurant

“My staff and my kids said do it,” says Julia Kundera (Out of Bounds Restaurant). “Excited, you know, but I haven’t really had a lot of time to think about it. August is our busiest time of the year.” Julia’s restaurant career started with Café Mosaics on Whyte Avenue with her sister Zofia Trebaczkiewicz (the Kitchen at EPL; both are accomplished cooks and flavour mavens) followed by Two Rooms and Flavours. She remembers the tough times for restos in the 2010s, “it was very hard to get good people.” It’s a different story now, where the seasonality of a golf and winter club restaurant means a large staff to execute multiple events, weddings, private parties and banquets.

“A lot of our staff have been with me for years, really good and can get things done.” Her dish? Nothing is decided yet. “Exploring different things, try some things and see. I’m talking with Marius at Four Whistle Farm, thinking duck or goose.” 🍷



Favourite Fall Recipes from Kitchen Party Chefs

We asked the Great Kitchen Party chef contenders for favourite fall recipes—updated classics, easy desserts and two surprising ways to use pumpkin.

BBQ Scallops with Pumpkin Succotash

“There is an older couple in my neighbourhood that have a giant pumpkin patch, with what looks like a never-ending supply of pumpkins. Then, walking through the Old Strathcona Farmers’ Market I thought of a big bowl of succotash, really rich and stick to your ribs. Barbecue everything, and get a nice char on the super sweet scallops.”—chef Jason Greene, JW Marriott.

For the scallops

- 16 U/12 scallops
- 1 t salt
- 1 t cracked black pepper
- 1 t smoked paprika
- 2 T olive oil
- 1 T BBQ Sauce

Clean the abductor muscle from the scallops and marinate with the salt, pepper, smoked paprika, oil and the bbq sauce. Set aside and chill.

For the succotash:

- 1 lb slab bacon, diced into ¾-inch cubes
- 2 T butter
- 1 T canola oil

- 1 lb pumpkin, peeled and diced into ¾-inch cubes
- 1 med yellow onion, diced small
- 1 yellow zucchini, cut lengthwise, sliced into half moons
- 1 c shucked corn kernels
- 1 t salt
- 1 t cracked pepper
- ½ c heavy cream
- 2 T chopped Italian parsley
- 1 T chopped fresh thyme
- 2 T smoked paprika
- 2 c shaved Brussels sprouts
- 2 T lemon juice
- 1 t shaved basil leaves

Pre-heat BBQ to medium-high, about 350°F.

Using a large skillet (on the barbecue or on the stove top) render bacon slowly, stirring constantly until golden and lightly crispy. Remove from the pan and drain on paper towels.

Add the butter and oil to the pan and sauté the diced pumpkin until golden on one side, about 2 minutes.

Add the diced onion, zucchini, corn kernels, salt and pepper. Sauté until lightly golden in colour, about 4 minutes.

Add the bacon and cream. Continue to cook until pumpkin is tender to the fork.

Toss in parsley, thyme, smoked paprika, shaved sprouts and lemon juice. Sauté until cooked through. Taste the succotash and adjust seasoning if necessary. Reserve and keep warm.

Lightly season the grill with non-stick spray. Grill scallops, about 2 minutes per side.

To serve: spoon about 1 cup of succotash on four plates. Place 4 scallops per person in the center of the succotash. Garnish with basil, and a healthy drizzle of olive oil. If you have a finishing salt like Maldon or fleur de sel, now is the time to use it. Crack the Lambrusco and *salut* your guests.

Serves 4.

Baba Solon’s Pumpkin Verenyky

“My baba’s dumplings. This recipe makes about 45 dumplings and it’s ok to freeze some of the dumplings for later. Do not double the recipe though! Before serving, fry in a bit of butter and salt along with sage leaves.”—chef Tamara Solon, Chartier, Mother Bakery.

Pyrohy Dough

- 5 c flour
- 1 t baking powder
- 2 t kosher salt
- 1 whole egg
- 1½ c water, just above room temperature
- ½ c canola oil

Measure the dry ingredients into a medium-large mixing bowl. Beat the egg in a small bowl then add to the dry ingredients. Measure the oil and water in the same jug and pour ¾ of the liquid into the dry ingredients. Mix gently, adding the remaining liquid a little at a time, but do not overwork the dough. You want it soft but not smooth and definitely not sticky. You might not need all of the liquid. Let rest in the bowl wrapped in plastic wrap for 1 hour before rolling it out.

Herb Pumpkin Filling

- 6 lb sugar pumpkin
- ¼ c kosher salt
- 2 t dried ground rosemary
- 2 t dried ground sage
- 2 kosher salt
- 8 sage leaves (for garnish)

butter (for frying)
sour cream (for garnish)

Cut open the top of the pumpkin, scoop out the guts and seeds. Set aside the seeds for later. Make vertical cuts to get pumpkin strips. Take the skin off, then dice each strip into 1-inch cubes. Boil the pumpkin cubes in a large pot of water (5 L) with the salt until tender. Drain the water and reserve. Using a blender or food processor, process the pumpkin until smooth, using some of the water if it's too thick. Add the spices and remaining salt and mix well.

Let cool to room temperature before using.

Makes 2 L.

Dumplings

Cut the ball of dough into thirds and roll out a portion at a time. Do not flour the surface. Roll out super thin (to almost see through) in a rectangular shape to cut squares. The dough side on the counter will be slightly tacky and that gives it enough stickiness to hold together once you have added the filling. Be careful not to get any filling on the edges as they won't seal properly if you do. Fold in half, corner to corner, to form a triangle. Pinch the entire triangle edge closed carefully making sure no air is left.

Cook the dumplings in batches of 20 or so in boiling salted water until they float, about 4-5 minutes. While that is going, have a stick of butter in a large sauté pan browning. Add sage leaves and salt to the pan. Drain the dumplings and add to the pan, looking to caramelize both sides. Now, you are ready to plate and garnish with some of the fried sage leaves and sour cream.

Serves 4-8.

Shepherd's Pie

"I love a good shepherd's pie when the weather gets colder. Sometimes I like to add some spices or a touch of hot sauce to the beef mixture. Modest Meats has amazing ground beef and I use nice potatoes from Riverbend Gardens."
—Doreen Prei, Riverview Restaurant.

For the Filling

1 med onion, washed, peeled, cut in small dice
500 g ground beef
salt and pepper to taste
2 med carrots, washed, peeled, cut in small dice
2 T tomato paste

200 ml dry red wine
½ c cherry tomatoes, washed, halved
½ bunch flat leaf parsley, finely chopped
oil for frying

Preheat oven to 375°F.

Heat a big enough frying pan over medium to high heat. Once the frying pan is hot, add the oil and wait for about 10-20 seconds for the oil to heat up. Add the onions and season with salt. Stir constantly and reduce the heat to medium.

In a bowl, season the ground beef with salt and pepper and break it apart. Once the onions are caramelized, add the ground beef and cook until caramelized. Add the carrots and cook them for about 2 minutes and season with salt. Add the tomato paste and stir for about 20-30 seconds. Deglaze with red wine and wait until the wine is reduced. Add the cherry tomatoes and cook for about 5 minutes. Add the fresh parsley and turn off the heat. Check seasoning and reserve until the potatoes are done.

For the Topping

8-10 med russet potatoes, peeled, washed, cut in cubes
salt to taste
400 ml whipping cream (or more, depends on the potato)
1½ sticks butter, unsalted
200 g aged white cheddar, grated
75-100 ml canola oil

Place the potatoes in cold water and add salt. Cook the potatoes over medium heat until fork tender. Bring the cream and butter to a boil and keep hot. Once the potatoes are fork-tender, strain them and cover them partially with a kitchen towel so they can release any excess water, meaning you are steaming them out. This will take 3 minutes. Place the steamed-out potatoes back in the pot, add some salt and add the hot cream and butter mixture. Use a potato masher or ricer and add as much liquid as you desire. I like my mash softer, so I add more liquid. Check the seasoning. Potatoes need more salt than you think.

Pour the filling in a casserole dish and spoon the mashed potatoes over. This will be easiest if your mash is still warm. Sprinkle the cheddar cheese over the mash and bake for 30-45 minutes at 375°F.

Serve 6-8 depending on appetite.

Please see "Fall Recipes" on next page

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Fall Recipes

Continued from previous page

Blackened Coho with Gnocchi in Romesco Sauce

“For the fluffiest gnocchi, select potatoes high in starch, like Russet or Idaho. Handle the dough gently; excessive kneading can result in dense gnocchi. If the gnocchi feel sticky, lightly dust them with additional flour before cooking.” –Chef Naga Singh, Belgravia Hub.

- 2 fillets Coho salmon, skinless (6 oz each)
- 4 T blackened spice
- 1 c potato gnocchi (recipe below)
- 1 c Romesco sauce (recipe below)
- 2 T grated parmesan
- 2 t parsley, chopped
- 2 T crumbled feta cheese, if desired
- 2 olive oil
- salt and pepper, to taste
- handful arugula

Preheat oven to 365°F.

Coat the salmon fillets generously with blackened spice. Sear in a hot pan on one side until blackened. Flip over and transfer to the oven. Roast for 5-6 minutes until cooked through. Reserve.

Heat the oil in a pan, and sauté chopped garlic until fragrant. Add the Romesco sauce and incorporate the blanched gnocchi, tossing well to combine. Adjust seasoning with salt and pepper. Finish with a cube of butter, Parmesan and chopped parsley.

Potato Gnocchi

- 2 lg Russet or Idaho potatoes (about 1 pound)
- ½ c flour
- ¼ c semolina flour
- ¼ t salt
- ¼ t black pepper
- 1 T olive oil
- 2 egg yolks, lightly beaten

Preheat your oven to 350°F.

Bake the potatoes directly on the oven rack until tender, about 30 minutes. Once baked, let them cool slightly. Slice them in half and scoop the flesh into a large bowl. Using a potato ricer or a fine sieve, mash the potatoes until smooth.

Add the flour, salt, black pepper and egg yolks to the mashed potatoes. Mix gently

until a dough begins to form. Transfer the dough to a floured surface. Knead for about 5 minutes until it becomes smooth and elastic, being cautious not to overwork it.

Divide the dough into 4 equal pieces. Roll each piece into a long rope, approximately ¾-inch thick. Slice each rope into 1-inch pieces. Using the back of a fork, gently press into each gnocchi to create ridges, which helps the sauce cling.

Bring a large pot of salted water to a gentle boil. Add the gnocchi in batches and cook for 3-5 minutes until they float to the surface. Reserve.

Romesco Sauce

- 2 roasted red peppers, seeded
- 1 t chopped garlic
- 1 tomato, chopped
- 1 T chopped parsley
- 2 T raw skinless almonds
- 1 t wine vinegar or lemon juice
- ½ t salt
- ½ t smoked paprika

Blend all ingredients together in a food processor until smooth. Adjust seasoning to taste. Reserve.

Arrange the gnocchi on each plate. Place salmon on top and finish with a garnish of arugula salad tossed with olive oil, salt and pepper. Sprinkle crumbled feta over the arugula, if using.

Serves 2.

Bigos (Polish Hunter's Stew)

“Fancier than my mom’s but still rooted in the classic.” –chef Max Straczek, Pyro at Loca.

- ¼ lb unsalted butter
- 4 slices smoked bacon cut in lardons or strips
- 1 lg or 2 medium onions, peeled and thinly sliced
- 1 clove garlic, peeled and chopped
- 1 t crushed juniper berries and 1 tsp caraway seeds, tied in a muslin bag
- 300 ml white wine
- 50 ml white wine vinegar
- salt and black pepper to taste
- 1 med Savoy cabbage
- 1 T grapeseed oil
- 500 g smoked pork sausage, sliced

In a frying pan, melt the butter over medium heat. Add the bacon lardons and cook until they are lightly brown

and rendered. Add the onions, garlic, and the bag of juniper berries. Cook gently, stirring occasionally, until the onions are soft and lightly browned, about 20 minutes. Remove and discard the juniper berries. Pour the wine into the pan and bring to a boil. Let it reduce until you have a thin syrup, approximately 50-100 ml remaining. Stir in the white wine vinegar and continue cooking for another 5 minutes. Season with salt and freshly ground black pepper, then remove from the heat. Strain the onions, keeping both the onions and the cooking liquid aside. Halve the cabbage and remove the tough core. Separate the leaves and slice them into 5mm-wide strips.

Heat the oil in a saucepan over medium-high heat. Add the cabbage to the pan and cook for about 7 minutes, stirring occasionally. Mix in the reserved onions, bacon, cooking liquid and the sausage, then continue cooking for another 5 minutes, or until the cabbage is tender. Adjust the seasoning with salt and freshly ground black pepper before serving. Enjoy!

Serves 4-6.

Apple Haskap Crumble

"We use Rosy Farms haskaps in a lot of dishes. This crumble is a staff favourite,"
—Chef Joseph Vuong, Café Bicyclette.

- 8 Granny Smith apples, sliced
- 8 red apples (Pink Lady or another), sliced
- ½ c flour (can replace with GF flour)
- 1 c haskap berries (frozen is fine)
- ½ t cinnamon powder
- 2 c brown sugar
- ¼ t nutmeg
- ¼ t allspice powder
- ¼ t salt
- 1 T vanilla extract

For the Topping:

- 2 c oats (can use GF oats)
- 1 c brown sugar
- ½ c melted brown butter

Mix the apple slices with the flour and berries in a large bowl, making sure there are no flour lumps.

In a separate bowl, mix together the sugar, spices, salt and vanilla, then add to the apple slices. Divide between eight oven-safe individual baking dishes (or put in one large baking dish).

For the topping, mix the oats, brown sugar and melted butter together in the spice bowl, then portion out over the apple mixture. Lightly pack and bake at

350°F, for 25-30 minutes, until the tops are golden brown and the internal temp reaches 160°F. Serve warm with heavy cream or ice cream.

Serves 8.

Jablecznik (Polish Apple Cake)

"This apple cake is one of our family's favourite desserts. Easy to make and tastes great even a few days later. With all of the apples I have from my Dad's garden in the fall, I usually make batches of the apple filling, freeze and pull out as needed."
—chef Julia Kundera, Out of Bounds Restaurant.

- 1 c cold butter
- 2½ c flour
- 1 c sugar
- 2½ t baking powder
- ½ t baking soda
- 1 egg
- 1 egg yolk
- ½ c sour cream
- 1 t vanilla
- 1.5 kg tart apples
- 2 T lemon juice
- 4 T sugar
- 2 t cinnamon
- 1 c icing sugar
- 1 lemon

Pastry

Cut the butter into small cubes and blend with the dry ingredients. Mix together eggs, sour cream, vanilla, then stir into the flour mixture. Knead the dough to blend all of the ingredients. Shape into 2 balls and roll out into two 14-inch circles on parchment paper. Wrap the dough and refrigerate for one hour.

Filling

Peel and cut the apples into small wedges, place in a heavy bottomed pot and add the sugar and lemon juice.

Cover and cook until apples start to soften and most of the juices have evaporated. Let cool. (You can freeze batches if desired.)

Preheat the oven to 350°F.

Place one pastry circle on the bottom of a 14-inch cake pan. Spread the apple filling over the pastry and sprinkle cinnamon on top. Place the second pastry on top of the apple filling, prick the pastry with a fork. Bake until golden for about 40 minutes. When cake is cooling make a glaze with powdered sugar and lemon juice and spread on top of the cake.

Makes one cake. 🍷

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Beer Guy

Roll out the barrel beer

There are many, many U of A alumni who took their degrees and did some pretty great things.

And then there's Greg Zeschuk. He took his U of A medical degree and then made a sharp turn, co-founding BioWare, the hugely successful video game studio. Retiring from BioWare in 2012, Zeschuk turned to beer, launching Blind Enthusiasm Brewing, which includes Biera restaurant and two breweries. At the Ritchie Market brewery, they brew ales and lagers plus barrel-aged beers. A few blocks away is The Monolith, where they brew, age and blend barrel-fermented beers.

Located just off 99 Street (aka Happy Beer Street), The Monolith is a brooding, concrete three-story brewery and barrel house purpose-built to create barrel-fermented beers. Monolith head brewer Doug Checknita is the mastermind here, using knowledge gained from studies at Olds College and time working at Cantillon, the classic Lambic brewery in Belgium. We're talking Old World beers—layered, complex beers made slowly and with care. It's about combining traditional methods with modern technology and science. A tiny taproom on the ground floor hides the fact that there's big things happening behind the scenes. Just past the taproom is the brewhouse, a state-of-the-art take on a traditional Belgian Lambic brewery. I've seen many a brewhouse in my day, and this is one of the most impressive anywhere. Zeschuk told me that brewery people visiting from around Canada and farther afield consider The Monolith a must-stop.

The brewhouse is just the entrée to where the real magic happens. Up at the top of the building is a room containing a cool ship (*koelschip*), an open, flat circular steel vessel into which unfermented beer (*wort*) is pumped. In

the traditional Lambic (spontaneous fermentation) method, as the wort cools, it's exposed to fresh outside air. The wort is inoculated with the yeasts and micro-organisms found in that air, making for a truly local beer. Next, the wort goes into barrels, located in barrel rooms throughout the building, where the primary fermentation happens, right in the barrel. The Monolith has nearly 500 barrels at work, mostly former wine barrels made of sturdy French oak—big puncheons of 400 or 500 litres. Beer in The Monolith barrels can ferment for one, two, three, even four years. Blending is next. No beer goes right



from one barrel to a bottle—it's all blended in anywhere from two up to eight different barrels to create the best possible beer. It was five years before The Monolith's first release, A Measure of Patience, in 2019. Their first 100 per cent spontaneous fermentation beer, Spontaneous Manifesto, was released in 2023. About 75-80 per cent of The Monolith's beers are made via spontaneous fermentation now.

But why go to all this effort and expense for beers that appeal to a relatively small audience? In answer to that, Zeschuk poured me a glass of Homage to the Old Ones, following a tour of The Monolith. Homage is a very special blend of spontaneously fermented beer from four-year barrels. It won a gold medal at the World Beer Cup in 2024. This is a gorgeous beer with depth and complexity, bright and gently tart. Drinking this beer, one understands Zeschuk's enthusiasm. He and his team are doing something special, right here in Edmonton.

As Zeschuk put it to a visiting brewer from California's Firestone Walker, "I know it's crazy, but we're doing it anyway!"

Barrel beer picks

The 2nd Blind Enthusiasm Barrel Fest on September 14 celebrates these unique beers and the people who make them. It's a fantastic opportunity to try some special and rare beers. Greg Zeschuk picks some of his favourite beers (and a cider) coming to Barrel Fest.

Blind Enthusiasm Hands Across Canada, Edmonton

Launching at Barrel Fest this year is a malty, spicy amber ale aged in California port barrels for six months. It's a collaboration among the out-of-province breweries from Barrel Fest 2023, including 2 Crows (Halifax), Nokomis (Saskatchewan), Low Life (Winnipeg), and Category 12 (Saanich, BC).

Brasserie Dunham Vini Viti Vici 17 Dunham, QC

A sleepy little brewery in Quebec's Eastern Townships was transformed by Montréalers Sébastien Gagnon (owner) and Éloi Deit (brewer). It's one of the hippest breweries in Canada, making many interesting beers, including a bevy of barrel-aged beers. The Fest is a rare chance to try one of their wine-inspired beers, as they are seldom available outside Quebec.

Dageraad Decade Burnaby, BC

Dageraad (Flemish for daybreak or sunrise) was founded with the explicit goal to brew Belgian-style beers in Canada. Decade is a blend of mixed-culture saisons, brewed with barley, wheat, oats and spelt, barrel-aged for up to three years and blended, bottled and released this year for Dageraad's 10th anniversary.



Brewsters Blue Monk Bourbon Barley Wine, Calgary

Zeschuk calls Blue Monk one of the most underrated beers in Alberta, brewed for over 30 years by Brewsters. This 11 per cent ABV barley wine is aged in Jack Daniel's bourbon whiskey barrels, making for a rich, spicy beer.

Cabin Chapter 5, Calgary

Brewed for Cabin's 5th anniversary, this fruity, Belgian-style golden strong ale was barrel-aged in a mix of apple brandy and pinot grigio barrels. It's fruit forward with big vinous white wine notes and complex apple fruit esters, balanced with moderate oak character from the barrels.

Uncommon Cider YYC Community Cider, Calgary

Zeschuk says Uncommon's ciders are among Canada's best and highly recommends everything they do. Their Community Cider uses apples donated from backyard trees all over Calgary, making for a truly local cider. They hand press every apple, then ferment with the wild yeasts found on the apple skins. 🍷

Beer enthusiast Peter Bailey will see you on the Fest. He's on X/Twitter and Instagram as @Libarbarian



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Feeding People

Nonna's rabbit: *coniglio e pancetta con polenta*

Slow-cooked braised meats are the centrepiece of the Italian autumn harvest table. Especially rabbit.

My kids enjoy rabbit as much as I do, but sometimes we have to be careful how loud we say it. Walking through a PetSmart looking at the animals, my four-year old goes, 'Mom, rabbit, look, it's so yummy!' Another time we were at a kids' screening of Peter Rabbit and someone says, "mmmm rabbit! Mom, can you cook it for supper tonight?"

I've gotten weird looks, but it really is delicious and we love sharing our favourite dish with friends.

Rabbit is a cozy seasonal meal that cues the transition to fall and warms us through the winter. The kids and I learned to cook it using this recipe after a fall Sunday mass (in Italian) at Santa Maria Goretti. I sat with my kids' *nonna* (grandma), and her friend as they were talking about plans for Christmas meals. Already! It wasn't even Thanksgiving. Rabbit was always the centrepiece. We debated where to buy rabbit meat when you can't get it from the farm, and the best brand of cornmeal for polenta (Purity). Then we did a practice run of the Christmas rabbit with pancetta and polenta. My mouth has never been happier.

Rabbit is a mild, lean and tender meat. It suits a special occasion but is well received for any Sunday dinner once snow threatens to fall. Around here it's sourced from Quebec and available at butchers (The Butchery, Buffalo Valley Variety Meats, Ribeye Butcher Shop) by special order or frozen at the Italian

Centre Shop. Generally, it's sold whole, but if you can, quarter it like you would a chicken. Make sure you're generous with the pancetta and olive oil so it doesn't dry out. What doesn't taste good wrapped in pancetta?

Rabbit with Polenta and Pancetta

These are the cooking directions straight from the nonnas, much discussed and well-practised. In the nonna's recipe, the rich and creamy polenta cooks for much longer than the package says. It makes an ideal base for the moist, fork-tender rabbit flavoured with fresh herbs and pancetta.

The long cooking time makes it tender and flavourful. Both recipes take approximately one and a half hours to cook so they're ready together. I'd serve it with braised greens or a bright salad.

Rabbit

| | |
|------------|--------------------------|
| 1 | rabbit, quartered |
| 2 | bay leaves |
| ½ head | garlic, smashed |
| 3-4 sprigs | fresh rosemary and thyme |
| 300 g | pancetta, thinly sliced |
| 3 glugs | olive oil |

Wrap rabbit pieces with pancetta, securing with toothpicks. Brown each side until the pancetta is crispy. Mix remaining ingredients and toss with rabbit pieces so the meat is thoroughly coated.

Place in a shallow baking dish (like a lasagna pan) and cook covered for about 1 hour at 325°F. Check halfway through and if it's dry, add a splash of water to the bottom of the pan. (Pour water down the side of the pan so you don't wash the flavour off the meat.)

Remove foil and finish to brown in the oven for 15-20 minutes.

Lauren Kalinowski

Polenta

500 g cornmeal (1 package)
4.5 L water (in a 6-quart stock pot, about $\frac{3}{4}$ full, up to the handles)
1 stick unsalted butter
2 T salt
100 g each Pecorino Romano and Parmigiano Reggiano, grated

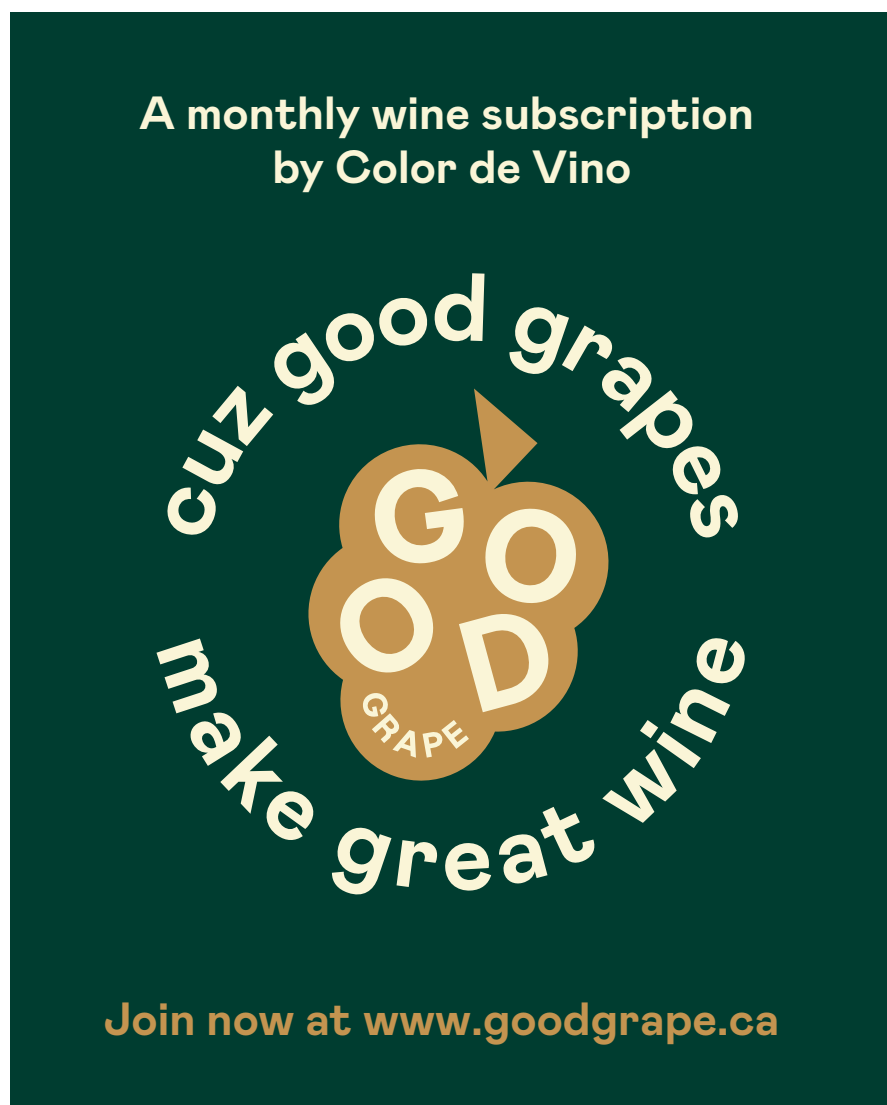
Salt the water, then boil, once boiling remove it from the heat. Add polenta slowly to the edge of the pot and whisk it in—this is to avoid clumps—and note the time. Continue to whisk over medium-low heat. When it starts to blip with large, infrequent bubbles, cover with

the pot lid and stir every few minutes for about half an hour (30 minutes after you have added the polenta). Remove the lid and stir often, scraping the bottom so it doesn't stick, and continue cooking until it's been on the stove for $1\frac{1}{2}$ hours total. Remove from the heat and whisk in the butter and then the cheeses. Add the roasted garlic from the rabbit if desired.

To serve: Place a generous scoop of polenta on individual plates or on a large platter. Top with the rabbit pieces and pour the juices over for flavour.

Serves 4 hungry adults. 🍷

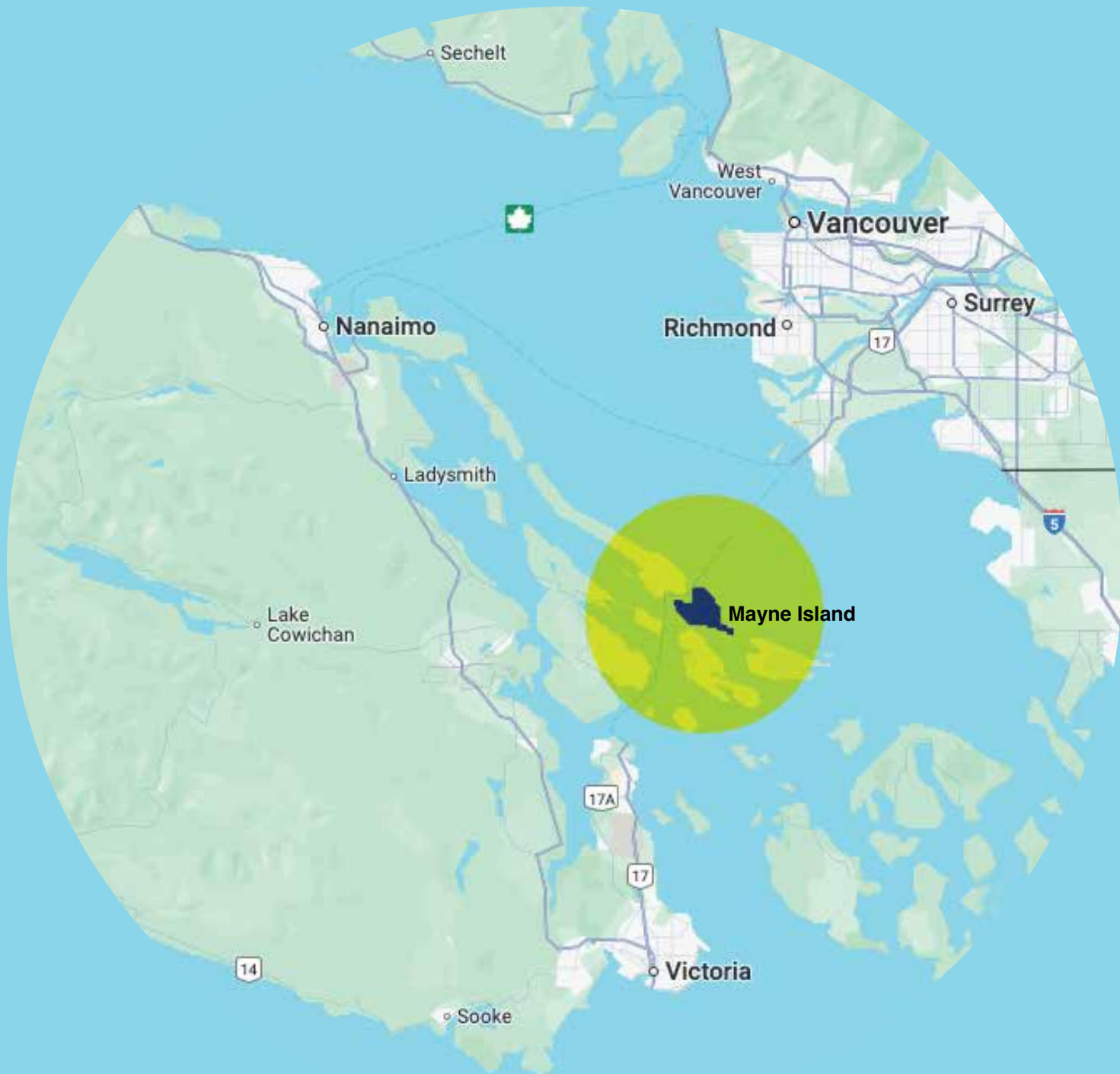
Writer Lauren Kalinowski always listens to the nonnas in the kitchen.



Mayne Island Sojourn

*Eating and drinking on Mayne Island
—with a side dish of community.*

— Pamela Young —





Coffee lovers queue at Mike and Carol Barnes' Espresso Equation on Mayne Island.

"I've had three Zoom meetings already this morning," says the guy ahead of me in the Espresso Equation coffee trailer lineup, "so I haven't had time to get down here for coffee."

"Three Zoom meetings before 10am? And no coffee?" says the woman at the takeout window. "What can I get started for you?"

I allow myself a small interior snicker. I've been in this guy's situation—but not today. It's the first morning of my four-day retreat on Mayne Island, one of the smaller southern Gulf Islands, in the Salish Sea between Vancouver and Vancouver Island. I've visited almost all the southern Gulfs, usually as a solo traveler, attracted by their relaxed, friendly, artsy vibe. Mayne Island is

quieter and more easily explored on foot, which is how I love to experience new places.

When it's my turn at the order window, I request the Golden Turmeric latte. Its ingredient list captures my imagination, reading like the jar labels on an apothecary's shelf—organic turmeric root powder, ginger root, lion's mane mushroom extract, turkey tail mushroom extract, turmeric extract, holy basil, cardamom and black pepper. "I've heard this latte gives people superpowers," says the barista with a smile, "but it doesn't actually have coffee in it; I don't want you to be sad when you get it." "No problem," I say. I take my latte to a bench in the shade of some towering cedars, just across the narrow parking lot.

The latte gives my tastebuds a puzzle to solve—it's creamy, a little earthy, a little spicy, and smells a bit medicinal, hence the promised superpowers, I guess. As I sip, I listen in on the conversation of a group of locals chatting together under a gazebo a few feet away, their mismatched chairs pulled together in a circle, admiring phone photos of someone's new grandson. A couple of minutes later, a few of them rush over to investigate the source of a loud clatter from the other end of the parking lot. "Oh, hi, Phyllis! Who put that parking barrier there? Way to announce your arrival with a bang!"

These are the types of interactions that Espresso Equation owners Mike and Carol Barnes enjoy watching from the trailer window. As part-time homeowners

on Mayne Island for several years, they discovered that, even on an island of 1,300 permanent and 1,000 temporary residents, it was possible to feel lonely. Residences are scattered around the heavily forested, 21 square kilometre island, sometimes in isolated locations and occupied by people seeking solitude. Few people were reaching out to the Barnes, and they wondered if others were experiencing the same sense of isolation. Opening the coffee trailer after they became permanent residents allowed them to marry their love of a quality cup of coffee with making connections between people in what they call the Forest Lounge, where I saw locals chatting the day I visited. Residents love

Please see "Mayne Island" on page 19



Top: Josh Wylder's whimsically named Give Pizza Chance, located across from the float plane dock; The Montrose Local, a popular spot for lunch and dinner in the Fernwood Centre.

Mayne Island

Continued from page 17

the Barnes' coffee equation—baristas who care about the details of making a quality cup, excellent beans, suitably stored and ground (the Barnes get theirs from Indigenous-owned Spirit Bear in Port Coquitlam) and a top-of-the-line espresso machine. But their customers value the sense of community they find just as much. When the Barnes close the trailer in the autumn, people tell them, “I can't wait until you reopen. What am I going to do? We're not going to see anybody.”

The next day, I walk to Miner's Bay, the Island's oceanside downtown where the Saturday outdoor farmers' market is in full swing. I reluctantly bypass the home baking booths and a long lineup for a Ukrainian buffet, saving my appetite for a platter-sized pizza at Give Pizza Chance, another trailer-based operation located right across from the float plane dock. Josh Wylder, the pie creator, maker and owner, combines his chef's training with his musical background to create wood-fired pizzas whose ingredients honour famous musicians. Josh says he puts “a lot of heart into balancing flavours and textures and coming up with some things you wouldn't think of.” I order the Ravi Shankar—savory chunks of tandoori chicken, red onion and red pepper, sweet mango chutney, crunchy toasted cashews with a crisp-on-the-edges and chewy inside crust—and gobble down slice after slice. I'm sorry I'm not on the island longer so I can sample the Guess Who, Josh's original creation for those who can't decide, or the Robert Plant, created as a result of a community contest, featuring spinach, red onion, grape tomatoes, artichoke hearts and fresh basil. I've also missed the Thursday evening Mayne Island Showcase, which Josh organizes and hosts, bringing together as many as 100 people to chow down on pizza and listen to musicians from on and off Mayne island. Next time.

The Montrose Local is another delightful find, one of several permanent businesses situated mid-island in the Fernwood Centre, a manor-style, sage green building with the shops grouped at street level along a shaded boardwalk. I'm instantly attracted to The Local's

vibe, its doors propped open, a few Victorian-style patio sets outside the entrance, with an adjacent grassy space with larger umbrella-sheltered tables and a small playground. As I examine the menu, a local drops by to show off his baby daughter to one of the servers, three children rocket around playing tag, and a couple have rummaged through the cafe's collection of games and set up a chess board next to their table.

That night, I experience an Instagram moment when the special arrives on a rectangular antique grey platter. The freshly-caught ling cod, delivered that day, takes centre stage. It's lightly panfried and moist, surrounded by pop-in-my-mouth fresh peas in a light lemon cream sauce. The potato croquettes are crispy outside and creamy inside. I'm so impressed I return for lunch a couple of days later and am surprised when one of the staff members greets me by name. I order the weekly grilled cheese and soup special. Not your average grilled cheese, but a layered delight of Italian deli meats, oozing cheese, with tart pickled red onion on thickly sliced toasted bread. The Guinness braised-onion and potato soup is thick, rich and malty sweet. I'm surprised when one of the servers offers dessert on the house as a token of appreciation for my return visit. I choose a limoncello tartufflo, savouring both its citrusy creaminess and the generosity of this little cafe. Steff McBurney, who co-owns The Local with partner Jeff McPherson says, “We really encourage people to share, to bond and connect over food. Food should be fun, a bright spot in your day.”

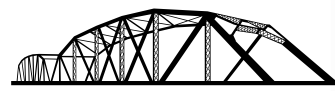
There were many fun, food-related bright spots in the days I spent on Mayne Island. Even though I ate all my meals alone, I was never lonely, and the welcome I received ensures that I'll be back.

Note: Hours of operation change depending on the season, power outages, availability of product, travel and family commitments. Check their social media accounts before you visit. 📍

Writer Pamela Young doesn't want too many people to know about Mayne Island, but she doesn't mind if you do.

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Friends for dinner

Autumn is the best time of the year to have impromptu casual dinner parties. The larder is full, at least ours is.

We will have spent much of August canning tomatoes, tomato sauce and cherries, pickling carrots, beets and cucumbers, making mustard pickle and freezing broad beans.

When the sun starts setting earlier our appetites increase. Instead of a quick grill of chicken or fish that has managed to sustain us though the summer we are craving big hunks of roasted or slow braised meat, fresh bread, perhaps a pie. All the better when we can share this with friends. It's time to send the invites out.

To purchase a dinner party-worthy piece of beef we now need to take out a loan, so we tend to go for pork or chicken. Brad and I love to cook with pork, it lends itself to any flavour combo. Whether Brad is going to roast a stunning porchetta or make a flavourful Penang curry or adobo, pork is a stunner. A big fat roast chicken is also a beautiful thing to behold. The freshly harvested garden will provide all the traditional trimmings. Nothing is better. We usually don't go any further than Acme Meat Market for either of these proteins.

While these dinner parties are impromptu and never big, usually four or six—sometimes invites go out day of—I still like to set a table. We own the fine china, and yes, I put it in the dishwasher, along with the vintage silver collected from rummage sales. Cloth napkins, Riedel wine glasses and candles finish the table. If you have the stuff, use the stuff. Dishwashers usually have a fine china setting now and even if they don't, I kinda like standing over the sink when everyone is gone, reflecting back over the evening. We have fabulous friends, the conversation is always fun and illuminating.

Brad and I never want our guests to bring anything (but they always do). We have enough stuff and we certainly have

enough wine. We will never get through the wine we have collected over the years. We want to share it. We are now drinking all the good stuff. What were we saving it for anyway? For that special occasion? Today is that special occasion.

Philippine Pork Stew (Adobo)

Adobo is ideal for a dinner party. This recipe can easily be doubled and the pork can be switched out with chicken thighs for another option. It is a sweet dish so we recommend that you complement it with a leafy salad dressed with a bright citrusy vinaigrette.

Part A

| | |
|----------|-------------------------|
| 2 T | oil |
| 2 lb | pork shoulder 1½" cubed |
| 1 lg | onion, finely diced |
| 1 c | red wine vinegar |
| ½ c | soy sauce |
| 2 | bay leaves |
| 6 cloves | garlic, crushed |
| 1 c | chicken stock |
| 1 T | cracked black pepper |

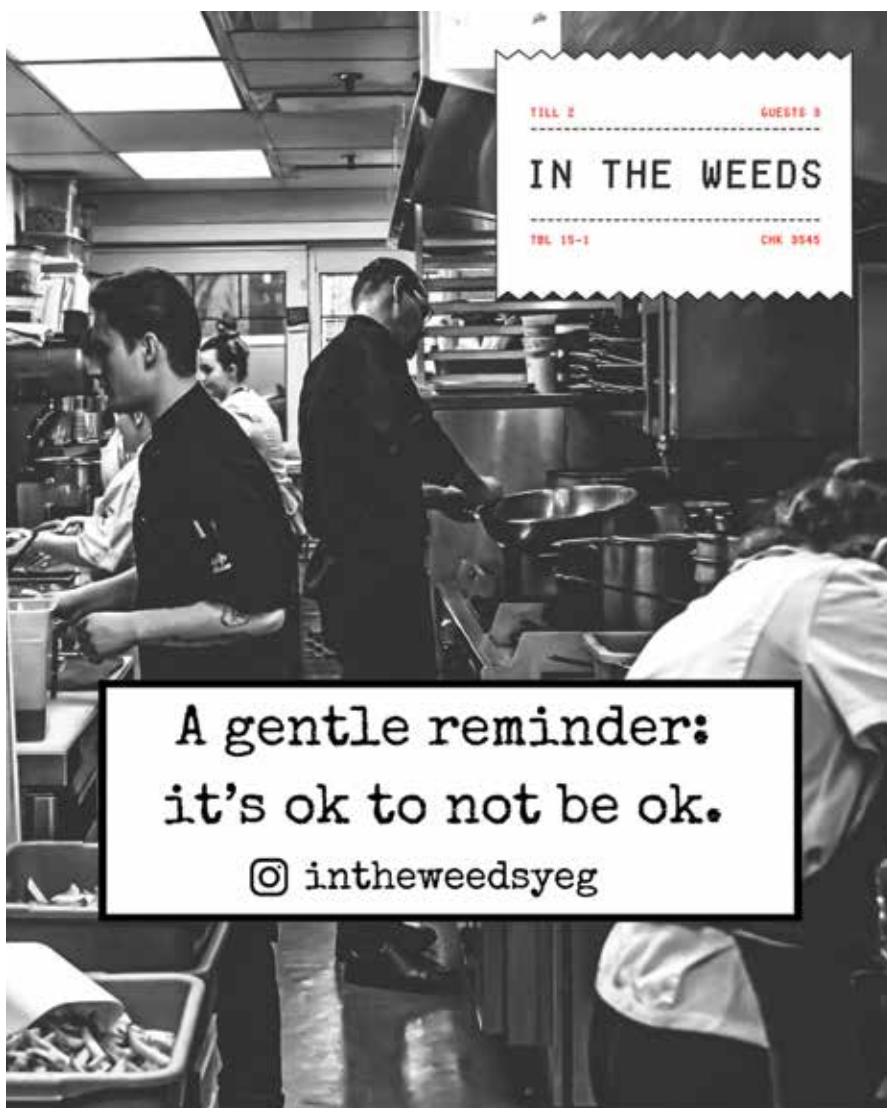
Part B

| | |
|-------|--------------|
| 1 can | coconut milk |
| 2 T | honey |
| 1 c | diced dates |

In a heavy-bottomed pot, sauté the pork until light golden brown. (Don't skip this step, it's important to brown the pork as this helps to develop the flavour of the stew.) Remove the pork from the pot and drain all of the fat. Add the onions, then deglaze with red wine vinegar and add the rest of part A. Mix well, add the pork back to the pot, cover and allow to gently simmer for 1½ hours. Remove the lid, take out the pork and keep warm, add part B and reduce the sauce to the consistency you would like, approximately 20-30 minutes. Add the pork pieces back to the pot and stir to cover with the sauce. Serve over steamed basmati or jasmine rice.

Serves 4 generously. 🍷

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."



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wine tastings
happenings and events

The YEG Hospitality community has come out in droves to support the **Jasper Hospitality Fund**, through donations (**Doughnut Party, Folding Mountain Brewery, Groupex, Jacek Chocolate Couture, The Marc, Meuwly's and Restaurants Canada**); events and popups (**RGE RD** barbecue weekend, **Awn Kitchen, Vagabond Pop-up at Take Care**) and product sales (**Chartier Jasper Jam, Popowich sausages, Vines Wines Merchants**). Thanks to the generosity of Edmontonians, the Fund sits at over \$30,000. Coming up is the **Sundance Ski Beer & Barbecue for Jasper** from 11:30am, Saturday, September 14. Pop by for a dog or a burger and a beverage and **Sosyal Scoops Ice Cream** (visit the warehouse sale too). And, on Tuesday, September 17, **JW Marriott and Bearhill Brewing** are having an afterwork party (from 4pm) in the **Ice District**. Details are developing for both events. Be there to support Jasper hospitality workers!

Chefs and cooks enjoy one free knife sharpening at **Knifewear Edmonton** (10816 Whyte Avenue, 587-521-2034, knifewear.com) on **Industry Mondays**. And, on September 16, meet special guest, Japanese knifemaker **Go Yoshizawa-san of Nigara Hamono**.

The **Canadian Liquor Store** (101, 18003 105 Avenue, 780-760-0831, canadianliquorstore.ca) holds a **Valpolicella Masterclass**, on Wednesday, September 18, from 7pm-9 pm with Italian wine expert **Marcia J. Hamm**. Taste outstanding examples of Classico, Superiore, Ripasso, Amarone and Recioto wines. Tix: \$40/p, visit canadianliquorstore.ca to book.

Taste the new releases of Argentina's **Luigi Bosca** at a tasting at **Vines in Riverbend** (2331 Rabbit Hill Road, 780-434-9444, vineswinemerchants.com) with brand ambassador **Lucimar Reis**, Tuesday, September 24. Tix: \$40/p, call 780-434-9444 to book.

Support **Butchery Team Canada** and their journey to the **World Butchers Challenge** at the **Meat Up in the Market** (Ritchie Market, 9570 76 Avenue), from 6pm-9pm, Wednesday, September 25. All proceeds to Butchery Team Canada.

Tix: \$100/p, from Acme Meats, includes one beer, food and entry to the draw for a hind quarter of beef (\$1,400 value).

Love Aussie wine? Don't miss this dinner. **Yalumba Rare and Fine Wine Dinner at Hayloft Steak and Fish** (639 Cameron Heights Drive, 780-249-0637, robertspencerhosp.com), 6:30pm, Thursday, October 3. Four delicious courses paired with eight wines along with special guest winemaker **Louisa Rose**. Tix: \$185/p++, showpass.com.

Join **Jacqueline Jacek** (Jacek Chocolate Couture) **Aric Johnson** (Folding Mountain Brewery) and **Peter Keith** (Meuwly's) for **The Ultimate Trio Tasting Experience**, Sunday, October 6, at Folding Mountain Brewery, Hinton. Two sessions, noon and 3pm. Tix: \$50/p, Jacek <https://jacekchocolate.com>. A portion of proceeds to the Jasper Hospitality Fund.

Check out the inaugural **Foodies Fest**, at the **Expo Centre**, Friday, October 4 to Sunday, October 6. Products to sample and buy and delicious food to eat, from merchants such as **Fuge Sausage, Gie's Cookery, Pyroghies Plus and Tanya-Ray** smoked salmon spreads. For all the deets and to buy tickets, visit yegfoodiesfest.com

Explore the offerings and samples at the **Fall Walk Around Tasting** at the **Canadian Liquor Store** (101, 18003 105 Avenue, 780-760-0831) Saturday, October 5, from 2pm-5pm.

Enjoy a dynamic night at **Edmonton's Kitchen Party**, Thursday, October 10 at the Edmonton Convention Centre. Eight terrific Edmonton and area chefs compete for the opportunity to go to the Canadian Culinary Championships: **Jason Greene**, Braven, JW Marriott; **Eric Hanson**, The Marc; **Julia Kundera**, Out of Bounds Restaurant; **Doreen Prei**, Riverview at Glenora Park; **Naga Singh**, Belgravia Hub; **Tamara Solon**, Chartier; **Max Straczek**, Pryo Wood-Fired Grill & Kitchen and **Joseph Vuong**, Café Bicyclette. Taste some of the best in Canadian wines, local craft brews and spirits. Enjoy outstanding entertainment by **Jim Cuddy, Anne Lindsay, Devin Cuddy, Sam Polley**, with special guest **Martin Kerr**. Kitchen Party supports MusiCounts, Spirit North and e4c Alberta. Tix: greatkitchenparty.com

Mark your calendars for **Castello di Volpaia** dinner at **RGE RD** (10643 123 Street), Thursday, October 24. Special guest is the wonderful **Federica Mascheroni**, of the family who own this exceptional Chianti estate, which dates back to the 12th century.

Part Two of the **2024 Terroir Symposium** happens November 2 and 3 in Calgary at the SAIT school of Hospitality and Tourism. Expect informative speakers and labs as well as innovative dinners with **Bobby Cortez, Kiki Aranita** and **Mark Best**, along with drinks entrepreneur **Jim Meehan** and aroma specialist, somm and sake master **Francois Chartier**. For all the deets and to buy tix visit terroirsymposium.com.

product news

Heart of the Home will be at the **124th Street Night Market** on September 13 with the delicious **Cawston Press** drinks and **Gourmet Du Village Dips**. Selected **Le Creuset** items are 25 per cent off in September, in-store shopping only, as well as **Zwilling Knife** promos, including free sharpening clinics. Fall hours are Monday-Saturday, 11am-5pm, Sunday, noon-4pm. Closed Labour Day and Thanksgiving Monday.

Vines Wines Riverbend (2331 Rabbit Hill Road, 780-434-9444, vineswinemerchants.com) is donating \$5/bottle of the specially marked **San Marzano Primitivo** from Puglia (\$19.99/b+) to the Jasper Hospitality Fund. It's a super drinkable red, ideal for fall dishes, buy a case!

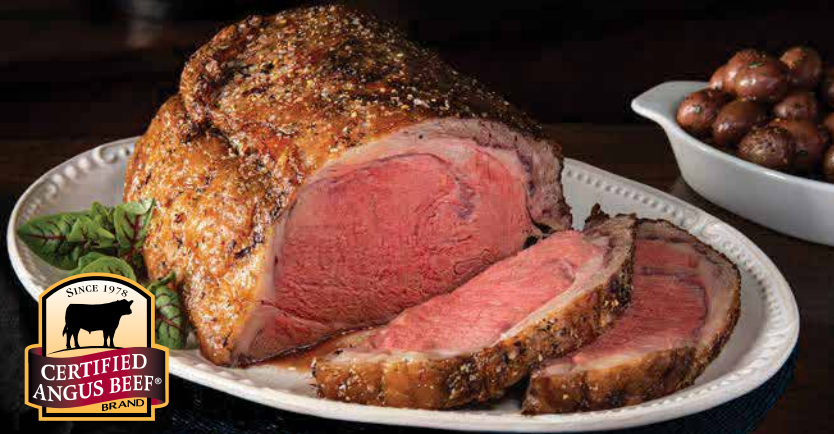
The **Bountiful Farmers' Market Gift Basket Giveaway** (bountifulmarkets.com) for September features five separate vendors. Enter to win by September 29. September 15 is the **Culinaire Treasure Hunt at Bountiful**. Deadline to enter is September 10 at culinairemagazine.ca/treasure-hunt.

Knifewear's Fall Garage Sale (10816 Whyte Avenue) is November 4-10. Find excellent deals on all sorts of great knives, including one-of-a-kind, and special orders. 🍷

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

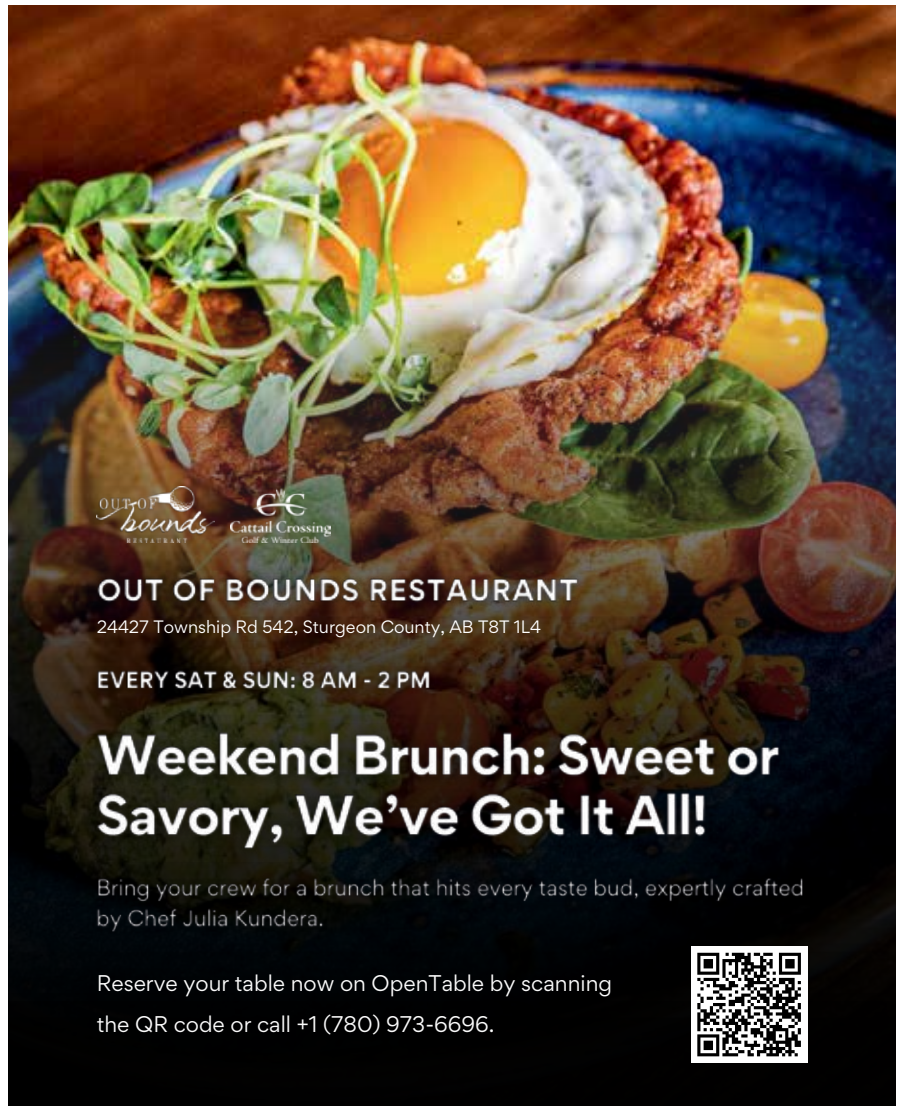


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JASPER HOSPITALITY FUND

We are all in mourning. To witness the destruction of the Jasper wildfire is heartbreaking. To every Jasper resident and the first responders risking their lives; we stand with you.

The entire community of Jasper is coming to grips with the loss and devastation. Many are hospitality workers, who come to Jasper to work during its bustling summer tourism season. Not only have many lost their homes and their jobs, many have little to no local financial or emotional support. It's crucial we get funds into their hands to help them rebuild their lives.

YEG Hospitality for Jasper is proud to partner with the Edmonton Community Foundation to support Jasper's hospitality and tourism community. ECF is working with the Banff Canmore Foundation, local municipalities and other Jasper-based charities to ensure that funds are distributed to the hospitality sector.

By combining efforts and resources, our fellow hospitality peers will get the assistance they need.

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