

ANNA

classics | ISSUE 18

MAKE EVERYDAY SPECIAL

Being a classic is more than about being a favourite. It's about tradition, history and being true to itself.



celebrating **5** years!

From our collection of the finest, comes **savory and spectacular** coconut shrimp with mango and cilantro.



Happy five-year anniversary, ANNA Magazine! Wow, where does the time go?

The past five years have been a combination of extremes: challenging, exhausting, exciting, rewarding. Musing back on it now, I have to wonder what we were thinking. But then really, what were we expecting? Everything would run smoothly?

As Howard Schultz put it in his latest book *Onward* (which I haven't been able to put down since I bought it), *The entrepreneurial journey is not for everyone. The highs are high and the rewards are thrilling. But the lows can break your heart. Entrepreneurs must love what they do to such a degree that doing it is worth the sacrifice and, at times, pain. But doing anything else, is unimaginable.*

I remember one night, at a casual gathering of friends over sushi, someone asked me, as people often do, *How's the magazine?* My usual, *It's great*, was quickly replaced with tears running down my face, and *It's been a challenging week*. The few moments of silence at the table made it obvious that perhaps I had said more than I should.

Then there are those who understand completely, and you will see many of them have made their way onto the pages of this issue as supporters and advertisers. We have worked with these stellar entrepreneurs to creatively weave their passion into ours.

I particularly love how the coconut mango shrimp on our cover have a slight resemblance to Wasabi's spicy mango prawns on the back. *I love it Mari, people who love to cook love to eat out! It makes perfect sense!* William, of Wasabi said when I showed it to him.

I have to say, meeting William has left me a bit star-struck. Not only because I love spicy mango prawns, but also because I suspect that on any given day, before the line-ups begin, he's answered a ton of emails and returned a million calls, designed a new menu, approved a few ads and felt a panic or two. And still, night after night, without fail, for his customers he delivers flavours and dishes with passion enough to spark a romance.

I hope that as you continue to read ANNA Magazine you will feel this way about us. With every issue, we have gone to our edge and done our very best. And here, in our very special 18th issue, we remember the classics and have showcased some of our very favourites; from ANNA's shrimp on the front to Wasabi's prawns on the back and everything wonderful in between. Recipes that have been with us for many years, carefully chosen for this issue. I hope they will become your favourites as well.

As we move into the next 5 years, we are committed to making ANNA Magazine even better, and continue our mission of food and inspiration in the form of a magazine, one that will live in the hearts and homes of readers everywhere!

From the beginning, we wanted ANNA Magazine to be special, to be longed for. Each issue would bring a simple thought... one that would stay with you, along with it, our very important philosophy of *making everyday special*. And the best way we knew how, was through the generosity of cooking a recipe and sharing it with someone special, whether for your family, your friends or your neighbours.

And of course... inviting friends for dinner, cutting toast in the shape of hearts and lighting candles at dinnertime!

Enjoy!

Mari

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Contents

What I have learned - Dreams come true

8

Living the life of your dreams means savouring each precious moment along the way.

Our favourite feature

11

Remembering our favourite feature from issue *Style and Purpose*, which debuted in the spring of 2007 and was the first issue that sold out, we think we know why.



Spread a little love on pizza night.

Philly Margherita Pizza

Prep: 10 min. Total: 25 min. Makes: 4 servings

1	ready-to-use baked pizza crust (12 inch)	90 g	Philadelphia Brick Cream Cheese (about 1/3 of 250g pkg.)
1/2 cup	pizza sauce		
2	plum tomatoes, sliced	1/4 cup	fresh basil leaves

HEAT oven to 375°F. SPREAD crust with pizza sauce; top with tomatoes. BREAK *Philly* into small pieces; add to pizza. BAKE 15 min. or until crust is golden brown. Top with basil.

Substitution: You can also crumble 1/3 cup of cold spreadable cream cheese over the pizza instead.



cookingwithphilly.ca





Contents

The Classics

20

Over the years, our pages have been filled with divine dishes that define who we are as a magazine. Here we remember a collection of our favourites.

ON THE COVER coconut shrimp with mango and cilantro 35
COVER STYLING marisa curatolo
PHOTOGRAPHY cory aronec
COVER QUOTE tara kaprowy

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*Whatever you can do, or dream you can,
begin it. Boldness has genius, power
and magic in it.*



Dreams come true.

Many years ago at a job interview, I was asked to write a 10-year plan, one that included a list of business and personal goals.

The aim was to write down anything I dared dream about. I left the interview feeling inspired, and over the next week, I transformed my thoughts into their request. When I presented my plan at our next meeting, the person interviewing me said, *“Wow! I have never had anyone come back with such an extensive list.”* Little did he know, I had been sketching and planning this list my whole life. It was just that someone had finally inspired me to write it down.

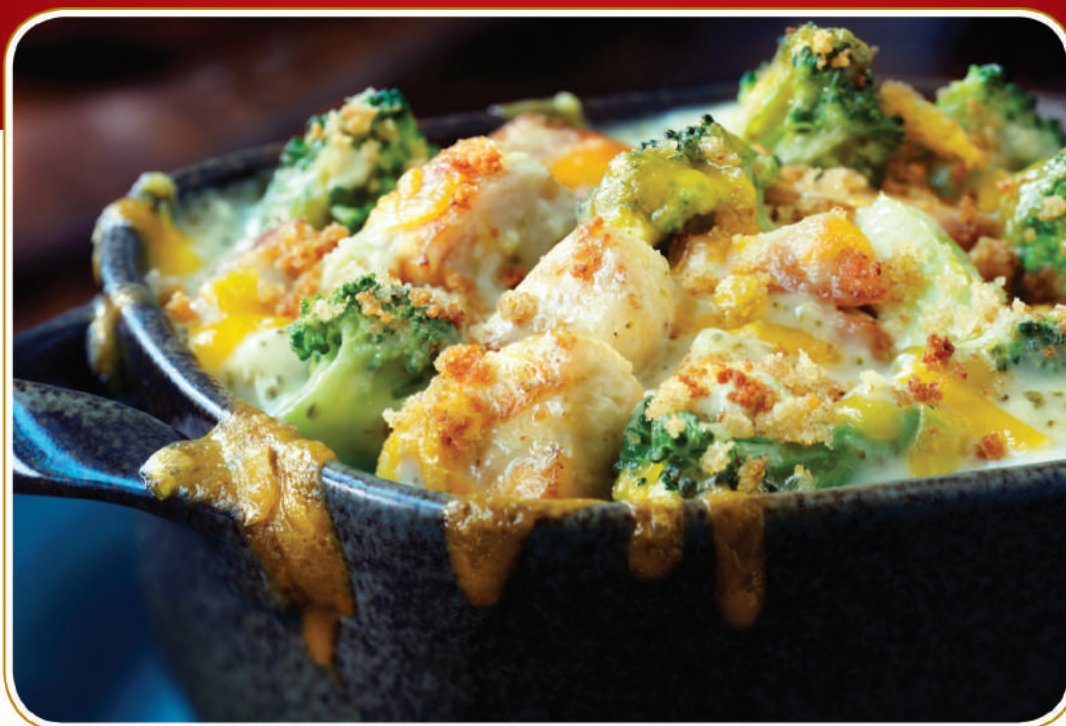
Years later, I found this original note and as I read it through, I was shocked to see that it had all happened. Throughout my life, I have longed to live my dream and I know that dreams can come true. Over the past 5 years the meaning of that has changed for me. It is not about a celebration at the end of it all, rather special moments along the way. None of anything else matters all that much. Moments pass and they can never be relived.

When I think back now, the truth is, the magazine really was borne of necessity. As a single mother, I wanted to lend my young daughter the privileges of a stay-at-home parent; the most important of which was walking her to and from school each day. Running the magazine from my home allowed me that. Most mornings, our kitchen would be filled with neighborhood kids looking for a last minute snack or a left-over crepe just before we would all head out together. Perhaps this wasn't so much a privilege for my daughter as it was for me. I loved walking with them, listening to their little stories and hearing their laughter along the way.

These are moments I will never forget, and that is my real dream come true.

Dreams do come true, and a Land Rover was always part of the list. Thank you to Land Rover Winnipeg for lending to the ANNA creative team a brand new Land Rover LR2. Driving around in style makes all of our jobs so much more fun!

**WHO WANTS TO EAT CHICKEN AND
BROCCOLI EVERY NIGHT?
WITH THESE RECIPES YOU'D BE SURPRISED.**



FOR WEEKNIGHT DINNERS THAT CLICK VISIT COOKWITHCAMPBELLS.CA

EASY CHICKEN BROCCOLI DIVAN WITH FUSILLI

3 cups	hot cooked broccoli florets
2 cups	cubed, cooked, skinless chicken breast
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Low Fat Cream of Broccoli Soup
1/3 cup	1% milk
1/2 cup	shredded light Cheddar cheese
2 tbsp	dry bread crumbs
1 tsp	margarine or butter, melted
3 cups	uncooked tri-coloured fusilli



Prep: 10 min Cook Time: 25 min Serves: 4

1. Arrange broccoli and chicken in 1.5 qt (1.5 L) baking dish. Pour in mixture of soup and milk. Sprinkle with cheese. Top with mixture of bread crumbs and margarine.
2. Bake at 425°F (220°C) until heated through – about 25 minutes.
3. Cook fusilli according to package directions, omitting salt, and serve immediately with divan.

Per serving: 480 kcal, 8g fat, 590mg sodium,
62g carbohydrates, 5g fibre, 39g protein, 20% DV calcium

Rediscover.



M'm! M'm! Good!®

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our favourite feature

Written by Tara Kaprowy

Style & Purpose.

Some of our most faithful readers will remember our issue *Style and Purpose*, which debuted in the spring of 2007 and was the first issue that sold out. While reviewing our work of the past five years, we think we know why.

It has a little something to do with an Audrey Hepburn-themed birthday party, complete with rosy soda, glorious hats and a grand cake with a brown ribbon tied around a perfectly smooth pink fondant. Birthdays are a big deal at ANNA magazine, and each of us goes all out, especially for our kids. As for me, I just finished birthday season, in which my, my husband's and my stepdaughter's birthdays fall within a few weeks.

Each year in January, at night when she's tucked into bed and fragrant with toothpaste, Gabrielle and I start planning her special day. That's how we came up with the Hawaiian theme complete with a parade of tiki torches leading up to the house, a year later the international theme featuring lasagna, spring rolls and chocolate fondue, and last year the 1960s theme, whose happy-face table confetti I'm still picking out of the rug. This year, Gabrielle, for reasons unknown, wanted an owl theme that would only be complete, of course, with matching owl-themed cake.

I was immediately doubtful I'd be able to pull this off, knowing that even the circles I draw are more ovoid than round. Forming and decorating an entire cake to resemble a wise bird seemed, in a word, impossible. But after weeks of thought, I decided it wasn't so much what the cake looked like as the memory it made during the creation.

So, we made buttercream icing. And then we made buttercream icing some more. With the help of food colouring and chocolate, we eventually had a palette. On the day before her party, we baked a simple vanilla cake, whose recipe has long been a best friend, and I told Gabrielle to go and get her apron on. Then I let her go.

Grabbing the spatula, the kid got to work, coating her canvas first in a startling green. Then came the bird, which she decided should be in mid-flight. Soon, it had a beak and eyes, it had squiggly feathers and legs and, suddenly, her owl-themed cake was gorgeous. After years of trying to pull off the perfect party — only to be so exhausted by the end that my irritability was probably the only take-away memory — I relearned the beauty of simplicity this year.

That's the same lesson that the Audrey Hepburn party taught: That a dress-up party with fancy hats, jelly beans and chicken sticks is just as fabulous as a costly, extravagant affair.

Better yet, the memories it creates are clear, not cluttered by over-indulgence.



An Audrey Hepburn styled birthday party, a fancy hat cake with rich chocolate and lush buttercream



Whether we like it or not, kids just love chicken fingers. So, for a special birthday, make them from scratch, using Parmesan to give them a sophisticated kick and a popsicle stick to make them extra fun.

Parmesan chicken finger sticks

Style and Purpose, Issue 3

Photography Ross Cornish Recipes and Styling Mari Loewen/Carisa L. Romans

3 (5-ounce) boneless, skinless chicken breasts
Coarse salt and cracked black pepper to season
1 cup all-purpose flour
2 eggs, beaten
½ cup freshly grated Parmesan cheese
1 cup dry bread crumbs
1 tablespoon butter
1 tablespoon extra virgin olive oil
12 to 15 popsicle sticks

Cut each chicken breast into 4 or 5 strips lengthwise, across grain; season with salt and pepper. Place flour in shallow plate. Place eggs in another shallow plate. Combine Parmesan cheese and bread crumbs in third shallow plate. Dredge chicken breasts first in flour, then egg, then bread crumb mixture, pressing lightly to coat both sides.

In large skillet, heat butter with olive oil over medium heat and cook chicken strips 3 minutes each side or until just cooked through. Insert popsicle sticks into chicken strips and serve. Serves 6.

French fries

5 or 6 large Yukon Gold potatoes
Canola oil for frying
Coarse salt

Cut potatoes lengthwise into ¼-inch sticks, rinse in cold water and drain on paper towels. Heat 2 to 3 inches oil in large skillet; fry potatoes in batches, about 3 minutes per batch, stirring occasionally with metal tongs. Remove and drain on paper towels. Repeat with remaining potatoes. Place potato back into oil for another 3 minutes (in batches), remove and drain on paper towels. Sprinkle with salt. Serves 6.



OUR FAVOURITE FEATURE



*If you bungle raising your children,
I don't think anything else you do
well matters very much.* - Jacqueline Kennedy Onassis

Nothing says birthday party like a rich, moist chocolate cake. Below you'll find the perfect recipe, which is both delicious and speedy to bake. Top that with chocolate buttercream and you've got a celebration.

Moist chocolate cake with chocolate buttercream

Style and Purpose, Issue 3

Photography Ross Cornish Recipes and Styling Mari Loewen/Carisa L. Romans

3 cups all-purpose flour, sifted
3 cups sugar
1 1/2 cups cocoa powder, sifted
1 tablespoon baking soda
1 1/2 teaspoons baking powder
2 teaspoons salt
3 eggs
1 1/2 cups buttermilk
3/4 cup canola oil
1 1/2 teaspoons vanilla
1 tablespoon strong prepared coffee
1 1/2 cups warm water

Preheat oven to 350°F. Grease 3 8-inch round cake pans and line with parchment paper; set aside. Place flour, sugar, cocoa, baking soda, baking powder and salt into bowl of electric mixer. Beat at low speed to combine. Add remaining ingredients and beat at medium speed for about 3 minutes or until completely incorporated. Divide batter evenly into cake pans; bake for 30 to 35 minutes or until skewer inserted in centre comes out clean. Remove from oven and cool for 5 minutes; invert cake onto cooling rack and cool completely.

Using buttercream recipe on following page, frost cake as desired.

Chocolate buttercream

Style and Purpose, Issue 3

Photography Ross Cornish Recipes and Styling Mari Loewen/Carisa L. Romans

1 cup unsalted butter, room temperature

4 cups icing sugar, sifted

$\frac{3}{4}$ cup cocoa, sifted

1 $\frac{1}{2}$ teaspoons vanilla

4 to 5 tablespoons milk

Cream butter, icing sugar and cocoa with electric mixer on medium speed until light and fluffy. Add vanilla and beat until incorporated. Add milk 1 tablespoon at a time and beat until light and fluffy.

Cake shown was covered with fondant available at craft supply stores or specialty bake shops.

Written by Tara Kaprowy

Simply ANNA's best.

When we were putting together our fabulous fifth-anniversary issue, we quickly realized what the celebration needed most was a tribute to our recipes.

Over the years, our pages have been filled with divine dishes that define who we are as a magazine. Our goal is to present you with new ideas, new flavours, new ways of cooking, and our recipes embody that ethic.

Our job, then, was to sift through and pull only the best recipes we've featured over ANNA's interesting life. That prompted us to wonder what it is that makes a recipe great.

What immediately came to mind are recipes that we crave. Somehow, no matter how many times we make them, these recipes don't get old, in large part because they always deliver. And because we crave them, these dishes are part of our regular rotation, appearing on our table once a week or even just once a season. Either way, they're recipes that stay with us over the years and, as such, become part of the culture of our kitchen.

A good recipe should also be correct so you can trust it completely. For this, we need precise ingredient measurements, but, also, precise method. I learned this a few weeks ago when making chocolate buttercream icing and things turned into a sandy, oily mess because the recipe hadn't mentioned that the chocolate needed to cool completely before being added to the meringue. Not only was I irritated that I'd have to start over, but my trust was gone.

Moreover, a great recipe is one that is coveted, one that gets people talking and asking for your secret. There is no louder praise than when there is consensus that something is delicious. And while what we really want to do is help you cook delicious food, having people tell you it's fantastic isn't bad either.

So, after our appraisal, we sifted and pulled and came up with a list of 23 recipes we think of as our finest collection of excellent eating. Some came from ANNA's toddler years, when we collected from friends and adapted from our favourite food publications. Some are the original masterworks of food editor Marisa Curatolo. All of them tell a story. Turn to them when you suffer from a culinary brain freeze, whether it's what to make for dinner on a Tuesday or what to make to guarantee that holiday meal is pitch perfect.

We begin our collection with a true sweetheart of our repertoire, one so close to us we decided it should make this season's cover, this dish has the advantages of being simple, fast and sparkling with high notes thanks to its lemony cilantro and sweet mango.

Coconut shrimp with mango and cilantro

Grateful, Issue 14

Photography Cory Aronec Recipe and Styling Marisa Curatolo

1 pound large raw shrimp, tails on
Coarse salt and freshly ground pepper, to season
2 tablespoons unsalted butter
2 cloves garlic, minced
1 red pepper, finely diced
½ cup chopped mango
1 cup canned coconut milk
1 tablespoon fresh lime juice
1 teaspoon hot chili sauce
1 tablespoon fish sauce
1 teaspoon sugar
Fresh cilantro leaves, to garnish

Rinse shrimp in cold water and season with salt and pepper. In a large skillet, heat 1 tablespoon butter over high heat. Add shrimp and cook 1 to 2 minutes; remove and set aside.

In same skillet, add remaining butter, garlic, red pepper and mango. Cook over medium heat 2 minutes. Stir in coconut milk, lime juice, chili sauce, and fish sauce; cook 5 to 7 minutes, until sauce thickens. Stir in sugar. Return shrimp to skillet and cook another minute, or until heated through. Garnish with cilantro leaves. Serves 4 to 6.





“Decadent” is not often a word that describes a salad, but in this case, with sweet lobster meat, buttery avocado and smoky bacon, it’s the only word that will do.

Lobster cobb salad with blue cheese and arugula

Style and Purpose, Issue 3

Photography Ross Cornish Recipes and Styling Mari Loewen

2 large Atlantic lobster tails
1 cup arugula
1 cup cherry or grape tomatoes
2 ripe avocados, peeled and diced
6 slices bacon, cooked and crumbled
½ cup blue cheese, English Stilton or Danish blue

Vinaigrette

1 ½ tablespoons Dijon mustard
¼ cup extra virgin olive oil
Juice of 2 lemons
1 teaspoon coarse salt
Cracked black pepper

For vinaigrette, whisk all ingredients in small bowl until blended; set aside.

Bring to boil large pot of salted water, add lobster and cook, covered, for about 6 minutes. Turn off heat and allow lobster to sit in hot water for another 3 minutes. Remove, drain, chop; set aside.

In large serving bowl, toss arugula with tomatoes and vinaigrette; add lobster and avocado and toss lightly. Crumble bacon and blue cheese over salad and serve immediately. Serves 4.

The comforting flavours of Italy embrace these scallops, which are seared so that a delicate crust plays off their pillowy center. We use good-quality olives in this dish for heightened flavour.

Pan-seared sea scallops with tomato and olive

Peace, Issue 13

Photography Cory Aronec Recipe and Styling Marisa Curatolo

1 ½ pounds large, frozen sea scallops, thawed
Coarse salt and freshly ground pepper, to season
1 tablespoon olive oil
2 cloves garlic, minced
3 Roma tomatoes, peeled, seeded, and chopped
6 kalamata olives, pitted and chopped
½ cup dry white wine
¼ cup unsalted butter, cubed and chilled
¼ cup chopped fresh flat-leaf parsley

In a large skillet, heat oil over medium-high heat. Pat scallops dry and season with salt and pepper. Sear 3 minutes per side and remove from pan; set aside. Add garlic to the same pan and cook 1 minute. Add tomatoes, olives, and white wine; cook for 3 to 5 minutes. Whisk in cold butter. Return scallops to skillet and warm with sauce. Transfer to a platter and sprinkle with parsley. Serves 8.





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It's all in the wrist for this gorgeous dish, which involves gingerly flipping the salmon a few times. But the effort is worth it, particularly given the contrast between crispy potatoes and silky salmon. We suggest using a mandolin set on a thickness grade of $\frac{1}{8}$ -inch for slicing the potatoes.

Potato crusted salmon with lemon basil butter

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

4 6-ounce salmon fillets
2 Yukon Gold potatoes, thinly sliced
Coarse salt and cracked black pepper
 $\frac{1}{4}$ cup canola oil

Lemon basil butter

$\frac{1}{2}$ cup unsalted butter
 $\frac{1}{2}$ cup chopped fresh basil
2 tablespoons lemon zest
 $\frac{1}{4}$ teaspoon coarse salt
 $\frac{1}{4}$ cup fresh lemon juice

For lemon basil butter, combine all ingredients in saucepan and warm over low heat; set aside.

Preheat oven to 375°F. Pat salmon dry; set aside. Arrange potatoes firmly onto flesh side of fillets. Season with salt and pepper. Heat oil in heavy skillet to medium heat. Place fish potato-side down into skillet and fry until golden brown, about 3 minutes. Gently lift fillets from pan and place on parchment lined baking dish potato side up. Place in oven and bake for 7 to 8 minutes. Remove from oven and drizzle with warm lemon basil butter to serve. Serves 4.



We served this recipe at a party when we first launched the magazine, and people in the neighbourhood were talking about it years later. The fresh seafood makes the difference, as does the sherry-spiked dipping sauce.

Spring rolls stuffed with crab, halibut and shrimp

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

¾ pound fresh crab meat
 ½ pound fresh halibut, chopped
 ¼ pound shrimp, deveined, peeled and chopped
 ½ tablespoon fresh ginger, peeled and minced
 ½ tablespoon lemon grass, minced
 1 small red onion, minced
 ¼ cup green onions, chopped
 ¼ cup fresh cilantro
 ¼ cup Thai basil leaves, chopped
 2 teaspoons cornstarch
 ¼ cup Panko bread crumbs
 3 egg whites, beaten
 2 teaspoons fish sauce
 Coarse salt and freshly ground pepper

 1 package (25 sheets) spring roll wrappers
 2 egg whites, beaten, for wash
 Canola oil for frying

Sesame ginger soy dip

1 tablespoon fresh ginger, minced
 1 tablespoon minced garlic
 ¼ cup light soy sauce
 ¼ cup sherry or rice wine vinegar
 1 tablespoon sugar
 1 tablespoon sesame oil

For dip, combine all ingredients in bowl; set aside.

In medium bowl, break up crab meat lightly and set aside. In another larger bowl, place halibut and shrimp and all remaining ingredients and stir to combine. Gently fold in crab meat.

To assemble spring rolls, working with one wrapper at a time, place 2 tablespoons filling on lower half of wrapper. Fold bottom up and over filling. Brush outer edges with egg wash. Fold in sides and roll up tightly. Transfer to parchment lined baking sheet. Repeat with remaining wrappers.

In large skillet, heat 2 inches oil over medium heat. Fry spring rolls in batches until golden about 2 minutes each side. Drain on paper towels. Serve immediately with dip. Makes 25.





Roasted corn and avocado salad with smoked paprika prawns

Wonderful, Issue 7

Photography Ross Cornish Recipe and Styling Mari Loewen

12 jumbo prawns, deveined and peeled
 2 teaspoons smoked paprika
 6 red pearl onions, peeled
 ¼ cup extra virgin olive oil
 Coarse salt and cracked black pepper
 6 skewers (if wooden, soak in water overnight)
 1 cup canned corn, drained
 2 avocados, peeled, halved, pitted and cubed
 4 cups arugula
 1 ciabatta loaf, sliced diagonally

Vinaigrette

⅓ cup fresh orange juice
 3 ½ tablespoons white wine vinegar
 2 tablespoons chopped fresh chives
 1 ½ teaspoons orange zest
 ¼ cup olive oil

For vinaigrette, in small bowl, whisk all ingredients until blended; set aside.

Preheat grill to medium-high heat. In medium bowl, toss prawns in paprika and thread onto 3 skewers. Thread onions onto remaining skewers. Brush both with olive oil, season with salt and pepper and grill, about 3 minutes per side. Brush ciabatta with olive oil and place on grill until golden. Remove prawns and onions from skewers. In large serving bowl, toss prawns, onions, corn, avocado and arugula with vinaigrette. Serve immediately with grilled bread. Serves 4.





These are some of our favourite recipes: when four little ingredients come together and make something spectacular. And that's exactly what these wings are, especially when served immediately out of the oil when they're ultra crispy.

Chicken drumettes with hot sauce

Brilliance, Issue 9

Photography Ross Cornish Recipe and Styling Mari Loewen

2 pounds chicken wings and drumettes

½ cup Frank's hot sauce

Coarse salt

Canola oil for frying

Rinse chicken and pat dry with paper towels. In large skillet, heat oil to medium-high heat and fry chicken in batches (do not overload skillet), about 10 to 15 minutes per batch. Remove from oil with slotted spoon and drain on paper towels. In large bowl, toss drumettes with hot sauce, sprinkle with salt. Serve immediately. Serves 6.



We created this recipe for a client, and it ran on our back cover in 2009. It ended up being the most talked-about recipe of the issue, and, since, we've made it for many family birthdays and dinner parties. The homemade rub, combining sugar and spice, is what sets it above.

Baby back dry ribs with sweet paprika rub

Happiness, Issue 11

Photography Ross Cornish Recipe and Styling Marisa Curatolo

2 baby back pork ribs, full racks
1/3 cup Hungarian sweet paprika
1/4 cup onion powder
2 tablespoons chili powder
3 tablespoons ground cumin
1/2 cup firmly packed brown sugar
2 tablespoons coarse salt
2 tablespoons freshly ground pepper

Combine all dry ingredients in a medium bowl; set aside. Rinse ribs in cold water, pat dry. Cut into 4-rib portions and coat generously with rub. Cover and refrigerate 2 hours or overnight. Allow ribs to stand at room temperature 1 hour before cooking.

Preheat oven to 300°F. Place ribs, meaty side up, into a Dutch oven, close the lid and cook 2 to 3 hours, or until tender. Remove from oven, and let rest 10 minutes. Slice into individual 1-rib portions. Serves 4.



We can honestly say this is the best chicken satay recipe we've ever tried. The recipe looks complicated, but roasting your own spices and using real peanuts in the peanut sauce truly elevate the popular dish. We made this recipe at our first-issue launch at The Bay. We skewered about 300 of these, but only used about 100 as the power kept shutting off the hibachi-like cook tops. Luckily, no one knew, and the crowd went crazy.

Indonesian chicken satay with peanut sauce

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

Satay

4 (5-ounce) boneless, skinless chicken breasts
 32 12-inch bamboo skewers
 4 teaspoons coriander seeds
 4 teaspoons cumin seeds
 4 cloves garlic, finely minced
 ¼ cup packed brown sugar
 ¼ cup fish sauce
 ¼ cup canola oil
 ¾ cup tamarind concentrate

Peanut sauce

½ cup canola oil
 ½ cup raw peanuts
 2 fresh Serrano peppers, seeded and minced
 2 tablespoons minced, fresh ginger
 4 cloves garlic, minced
 ⅓ cup coconut milk
 1 teaspoon soy sauce
 1 tablespoon fish sauce
 1 teaspoon sugar
 1 tablespoon fresh lime juice
 1 teaspoon coarse salt
 ¼ cup chopped fresh cilantro leaves

For satays, cut chicken across grain into 1-ounce strips; thread each one onto skewer. Set aside.

Toast coriander and cumin in dry skillet over low heat; mix with wooden spoon until fragrant. Transfer to spice mill or clean coffee grinder and grind to fine powder. Transfer to medium bowl, add garlic, brown sugar, fish sauce, oil and tamarind; stir to combine. Spread liberally over skewered chicken. Cover and refrigerate for at least 30 minutes or overnight.

For peanut sauce, heat oil in small skillet until nearly smoking, turn off heat, and add peanuts. Leave until peanuts turn just golden; remove with slotted spoon and cool slightly. Place peanuts into food processor and pulse to rough paste. Add peppers, ginger and garlic; pulse to combine. Add remaining ingredients, except cilantro, and pulse until smooth. Stir in cilantro. Place in small serving bowl.

Under broiler, grill satays, 1 minute per side or until no longer pink inside. Serve with peanut sauce.





This is definitely one recipe we turn to again and again. With its simple, tangy tomato sauce and oozing mozzarella, this comforting dish is from a recipe inspired by our friends at De Luca's in Winnipeg.

Chicken Parmesan with tomato sauce

Style and Purpose, Issue 3

Photography Ross Cornish Recipes and Styling Mari Loewen

4 (5-ounce) boneless, skinless chicken breasts
Coarse salt and freshly ground pepper
1 cup all-purpose flour
2 eggs, beaten
1 cup fresh bread crumbs
1 cup mozzarella cheese, grated
Parmesan cheese, shaved, to serve
¼ cup canola oil for frying

Tomato sauce

½ cup extra virgin olive oil
½ small onion, finely chopped
1 (28-ounce) canned diced tomatoes
1 teaspoon coarse salt
Fresh basil leaves, chopped

For tomato sauce, heat olive oil in large skillet over medium heat and cook onions about 10 minutes. Add tomatoes and salt and bring to boil; reduce heat, stir in basil and simmer 40 minutes; set aside.

For chicken, season with salt and pepper. Pound fillets; set aside. Place flour in shallow bowl. Place beaten eggs in another shallow bowl. Place bread crumbs in third shallow bowl. Dip chicken into flour, then egg, then bread crumbs, pressing to coat. Heat oil in large skillet over medium heat and fry chicken fillets until golden, about 3 minutes each side. Remove from heat and drain on paper towels.

Preheat oven to 350°F. Place chicken into large glass baking dish, top with tomato sauce and mozzarella cheese. Bake for 20 minutes or until cheese is bubbly and golden. Top with shaved Parmesan cheese. Serves 4.



“This is my daughter’s favourite recipe, which was inspired by one I found in *Delicious* magazine. I have made it for Isabella almost monthly for the past five years. With a rich, lemon-spiked sauce and bacon to boot, it’s a definite keeper.” – Mari

Lemon honey chicken with parsnip mash

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

4 (5-ounce) chicken breast fillets, bone in, skin on
 Coarse salt and cracked black pepper, to season
 3 tablespoons unsalted butter, softened
 2 tablespoons olive oil
 Zest of 2 lemons
 $\frac{2}{3}$ cup good quality chicken stock
 Juice of 1 lemon
 1 $\frac{1}{2}$ tablespoons honey
 1 bay leaf
 1 tablespoon all-purpose flour
 8 strips of cooked bacon, to serve

Parsnip mash

4 parsnips, peeled, chopped
 4 medium potatoes, peeled, chopped
 Pinch of freshly grated nutmeg
 3 tablespoons butter, unsalted
 $\frac{1}{4}$ cup whole milk
 $\frac{1}{2}$ teaspoon coarse salt

Season chicken with salt and pepper. In large skillet, melt 1 tablespoon butter with oil over medium heat. Add chicken and lemon rind and cook chicken 3 minutes per side until well browned; remove and set aside. Add chicken stock, lemon juice, honey and bay leaf. Mix remaining butter with flour and slowly whisk into liquid. Stir until slightly thickened, about 2 minutes. Return chicken to skillet; simmer 8 to 10 minutes or until cooked through.

For parsnip mash, boil parsnips and potatoes together in salted water for 8 to 10 minutes or until tender. Drain and add nutmeg, butter and milk and mash until smooth. Season to taste. Divide potato mash onto 4 plates. Top with chicken and bacon, drizzle with sauce. Serves 4.

On top of filling the house with the most amazing aroma while it braises, this lamb curry has all of the beauty of a one-pot meal: satisfying, comforting and even better the next day.

Lamb curry

Change, Issue 16

Photography Cory Aronec Recipe and Styling Marisa Curatolo

2 pounds boneless leg of lamb, trimmed of excess fat,
cut into 1-inch cubes
Coarse salt and freshly ground pepper
2 tablespoons canola oil
1 small onion, finely chopped
2 cloves garlic, minced
3 tablespoons curry mix (recipe below)
2 cups good quality chicken stock
1 cup chopped tomatoes
1 cinnamon stick
½ cup golden raisins
½ cup plain yogurt
¼ cup chopped fresh cilantro

Curry mix

2 tablespoons garam masala
1 teaspoon red pepper flakes
1 teaspoon whole black peppercorns
1 tablespoon cumin seeds
1 teaspoon coriander seeds
2 teaspoons ground turmeric

For curry mix, toast spices in dry skillet over low heat; mix with wooden spoon until fragrant. Transfer to spice mill or clean coffee grinder and grind to fine powder; set aside.

For lamb, preheat oven to 300°F. Season lamb with salt and pepper in medium bowl. In large, ovenproof Dutch oven, heat half oil over high heat; cook lamb in batches, until browned all over, adding more oil if needed. Transfer to large plate.

Reduce heat to medium-low. Add remaining oil, onions and garlic; cook for 4 minutes or until onions are soft. Stir in curry spices and cook for 2 minutes. Add chicken stock, tomatoes and cinnamon stick; scrape up brown bits on bottom of pan. Return lamb and any accumulated juices to pan. Bring to boil; cover and transfer to oven. Cook for about 2 hours. Remove from oven; add raisins. Return to oven and cook until raisins are tender, 20 to 30 minutes. Discard cinnamon stick. Mix in yogurt and chopped cilantro. Adjust seasoning if necessary. Serves 6.



“Our food editor Marisa talked me into running this recipe for a holiday issue, and it has since become one of my favourites. It’s easy to make, but the flavours of the house-cured salmon, lemon cream and crisp-tender potatoes are definitely celebration-worthy” – Mari

Dill cured salmon with potato cakes and lemon cream

Peace, Issue 13

Photography Cory Aronec Recipe and Styling Marisa Curatolo

1 (2-pound) centre-cut piece salmon
½ cup sugar
½ cup kosher salt
1 bunch fresh dill, coarsely chopped, plus more for garnish

Lemon cream

1 (4-ounce) package cream cheese
2 tablespoons 35% cream
2 teaspoons grated lemon zest

Potato cakes

2 large red potatoes, peeled
Coarse salt and freshly ground pepper, to season
2 tablespoons canola oil

Rinse salmon and pat dry. In medium bowl, combine sugar and salt and rub entire salmon generously, front and back; sprinkle with dill. Wrap tightly with several layers of plastic wrap. Place in a shallow glass dish and weigh down with another heavy dish or pan. Let fish cure in refrigerator 2 days, turning over after 24 hours. To serve, remove fish from wrapping and thoroughly rinse. Set aside.

For lemon cream, in small bowl, combine all ingredients. Cover and chill until ready to use, up to 1 day.

Grate potatoes and place in clean kitchen towel. Squeeze out excess moisture; season with salt and pepper. Heat oil in a non-stick skillet over medium heat. Add small mounds of potatoes to skillet. Cook 2 minutes per side. Remove and place on parchment lined baking sheet. Warm potato cakes in 350°F oven for 10 minutes prior to serving. To serve, top cakes with dollop of lemon cream and slices of cured salmon. Serves 8.









“This is just a fabulous combination. The recipe is inspired by Fresh Café in Winnipeg, where I have it all the time. And look at that photo – those are the best poached eggs I’ve ever seen.” – Mari

Poached eggs, sweet potato pancakes with tomato sauce and kale

Joy, Issue 4

Photography Ross Cornish Recipe and Styling Mari Loewen

10 eggs

1 large sweet potato, peeled and finely shredded

¼ cup all-purpose flour

1 teaspoon salt

½ teaspoon cracked black pepper

Canola oil for frying

8 to 10 kale leaves, steamed

Tomato sauce

¼ cup extra virgin olive oil

1 (28-ounce) can diced tomatoes

½ teaspoon coarse salt

For tomato sauce, heat oil in large saucepan, add tomatoes and cook on medium heat, about 20 minutes. Add salt and reduce heat to simmer another 20 minutes. Remove from heat and set aside.

For potato pancakes, place potatoes in clean kitchen towel. Squeeze out excess moisture; transfer to large bowl. Add 2 eggs, flour, salt, pepper and stir to combine. Heat oil in large, heavy skillet over medium heat. Add small mounds of potatoes to skillet; flatten slightly with spatula. Fry until golden, about 5 minutes each side. Fry in batches, adding oil to skillet as needed. Drain on paper towels.

To poach eggs, fill deep skillet with 3 to 4 inches of water; bring to boil and reduce to simmer. Break each of the 8 remaining eggs into small bowl and slip carefully into simmering water by lowering lip of the bowl just below the surface of the water and letting egg flow out. Cover skillet and turn off heat. Set timer for exactly 4 minutes for medium-firm yolks. Remove eggs from water with slotted spoon and drain on paper towels.

To serve, layer 2 potato pancakes, 2 kale leaves, 2 eggs and ½ cup tomato sauce on 4 individual plates. Serve immediately. Serves 4.



“These ran on our very first cover, and they’re to die for. I used to make them weekly for Isabella’s friends as they came by to pick her up for school. I would have about 10 kids in my kitchen eating crêpes right out of the pan.” – Mari

Caramelized crêpes

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

½ cup unsalted butter, melted
¼ cup fine sugar
1 teaspoon ground cinnamon
2 cups all-purpose flour
2 tablespoons sugar
2 teaspoons salt
3 cups milk
5 eggs
1 teaspoon vanilla

Combine ¼ cup butter, sugar and cinnamon; set aside.

Combine flour, sugar and salt in large bowl. In another bowl, combine milk, eggs and vanilla and gradually whisk into flour mixture until smooth. Cover and let stand 20 minutes.

Brush crêpe pan with butter and heat over medium heat. Pour ⅓-cup of mixture onto pan and gently tip pan to spread evenly to sides. Cook for 2 minutes each side or until golden; set aside. Repeat with remaining batter.

Brush each crêpe with sugar cinnamon mixture, return to pan and cook for 1 minute per side or until caramelized and crispy. Serves 6 to 8.



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It can be hard to find a yam recipe that doesn't mash the tubers up and top them with marshmallows. But in this version, the humble yam is given the California treatment, which transforms it into a brilliantly hued beauty. Mint lifts it up, as do green onions and a dollop of mayo.

Roasted yam salad

Change, Issue 16

Photography Cory Aronec Recipe and Styling Marisa Curatolo

2 medium yams (about 4 cups) peeled and cubed
2 tablespoons olive oil
1 tablespoon honey
Coarse salt and cracked pepper, to season
2 tablespoons fresh lemon juice
1 tablespoon mayonnaise
¼ cup extra virgin olive oil
⅓ cup chopped green onions
¼ cup fresh mint leaves

Preheat oven to 400°F. Toss yams with olive oil and honey in medium bowl. Place on parchment lined baking sheet. Season with salt and pepper and roast 30 to 40 minutes or until soft. In medium bowl, combine lemon juice, mayonnaise and extra virgin olive oil; add yams and green onions. Toss well and sprinkle with mint. Serves 4 to 6.





A nod to a similar version at Jamie Kennedy's Wine Bar in Toronto, this dish is all about texture, with the smooth goat cheese playing off its panko crust, the tender arugula paired with dressed-up olives. We also love the method of descending the delicate goat cheese disks in oil, rather than simply flipping them, which can cause them to crumble.

Panko crusted goat cheese and olives with arugula and honey

Brilliance, Issue 9

Photography Karen Harrington | Recipe and Styling Mari Loewen

2 eggs, beaten
1 cup Panko bread crumbs
½ cup flour
1 (4-ounce) package goat cheese
12 green olives, pitted
5 cups baby arugula
Warmed honey to drizzle
Canola oil for frying

Place eggs, bread crumbs and flour in separate shallow dishes. Slice goat cheese into 8 slices, form into disks. Dip each into egg, then press each side into bread crumbs; place on parchment lined dish. Pat olives dry. Roll in flour, then dip into egg and roll in bread crumbs; place on same parchment lined dish, set side.

Heat oil in small skillet to medium-high heat; fry goat cheese disks and olives for 10 to 20 seconds or until golden. Drain on paper towels.

To serve, divide arugula on 4 serving plates. Top with goat cheese and olives; drizzle with warmed honey. Serve immediately. Serves 4.

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Just reading the ingredient list of this spectacular soup should be enough to make you hungry, especially on a cold winter evening. Its short method should show you what makes this recipe especially fantastic is it's not hard to pull off.

Sweet potato and peanut soup

Change, Issue 16

Photography Cory Aronec Recipe and Styling Marisa Curatolo

2 tablespoons unsalted butter
1 medium onion, chopped
4 cloves garlic, minced
1 tablespoon minced fresh ginger
2 cups diced sweet potato
1 cup canned coconut milk
2 cups canned diced tomatoes
½ cup canned pumpkin purée
2 cups good quality chicken stock
1 tablespoon honey
½ cup natural peanut butter
¼ cup fresh lime juice
Coarse salt and cracked black pepper, to taste
Chopped peanuts and cilantro, to garnish

In large heavy saucepan, melt butter over medium-high heat. Add onion and cook until golden, about 5 minutes; add garlic and continue to cook for 1 minute. Add ginger and sweet potato and cook for another 10 minutes. Add coconut milk, tomatoes, pumpkin purée, chicken stock and honey. Bring to boil; simmer for 40 minutes or until sweet potatoes are tender. Purée ½ soup with hand blender. Return soup to saucepan. Add peanut butter and lime juice and ¼ cup water if soup is too thick. Heat through and season with salt and pepper. Ladle into bowls and sprinkle with chopped peanuts and cilantro. Serve 6 to 8.

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“This takes a bit of time, but the result is worth it. I once made this pie and, while bringing it to the dinner table, it slipped off its cake stand and smashed onto the floor. I looked down and realized, if I were alone, I wouldn’t be above licking it up.” – Mari

Chocolate cream pie

Friends and Celebrations, Issue 2

Photography Ross Cornish Recipe and Styling Mari Loewen

⅔ cup sugar
 ½ cup all-purpose flour
 ½ teaspoon salt
 2 cups milk
 3 egg yolks, beaten slightly
 2 tablespoons unsalted butter, softened
 2 teaspoons vanilla
 6 tablespoons cocoa powder mixed with 2 tablespoons melted butter
 to form chocolate paste

Pastry

1 cup all-purpose flour
 ½ teaspoon salt
 ⅓ cup vegetable shortening, chilled
 1 tablespoon cold butter, chilled
 2 tablespoons water

Whipped cream

2 cups 35% cream
 1 teaspoon vanilla
 ¼ cup icing sugar, sifted

For pastry, preheat oven to 450°F. Butter 9-inch spring form pan. Place flour and salt in food processor and pulse to combine. Add shortening and butter and pulse until mixture resembles coarse meal. Add water with machine running, drop by drop until dough comes together. Press dough into flat round; wrap and chill for at least 2 hours. Partially roll chilled pastry on floured surface and press into prepared pan; bake for 10 to 12 minutes or until golden. Set aside to cool.

For chocolate cream, in double boiler over medium-high heat, combine sugar, flour and salt and gradually whisk in milk until incorporated. Stir constantly for about 10 minutes until thickened; remove from heat. In another bowl, whisk egg yolks, gradually whisk into hot mixture, place back onto double boiler and cook until thickened. Remove from heat and add butter, vanilla, and chocolate paste. Mix until well incorporated. Pour onto baked crust. Cover and chill.

For cream, place cream and vanilla into bowl and mix on high for 1 minute. Gradually add icing sugar and beat on high until thick peaks form, about 3 to 5 minutes. Be careful not to overbeat. Serves 8.

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“This has been Isabella’s birthday cake since I can remember. It was a recipe we found at Grandma Sheila’s house. We made it our own, and it is incredible. It takes some time to make, but the end result is a masterpiece.” – Mari

Chocolate cookie torte with cocoa cream

Premier, Issue 1

Photography Ross Cornish Recipe and Styling Mari Loewen

1 cup unsalted butter
2 cups sugar
2 eggs
½ cup cocoa powder mixed with 3 tablespoons melted butter
1 teaspoon vanilla
2 ¾ cups all-purpose flour, sifted
1 ½ teaspoons coarse salt
1 cup ground walnuts
Icing sugar for dusting

Cocoa cream

2 cups 35% cream, chilled
1 teaspoon vanilla
¼ cup icing sugar, sifted
3 tablespoons cocoa powder, sifted

Place butter and sugar in bowl of electric mixer and beat at medium-high until light and fluffy. Add eggs, 1 at a time; beat until well incorporated. Add cocoa powder mixture; beat until well incorporated. In another bowl, sift flour and salt and gradually add to butter mixture; beat at low speed for 1 minute. Add vanilla and beat to combine. Add walnuts and beat to combine. Divide dough into ⅓-cup sized portions.

Preheat oven to 375°F. To make layers, place each dough portion between 2 large pieces of wax paper and roll each into approximately 9-inch round and ¼-inch thickness. Place each cookie individually onto parchment lined baking sheet, by removing one side of wax paper and placing cookie-side down onto parchment, removing second wax paper. Bake for 6 to 8 minutes each; remove from oven and carefully transfer to cooling rack. Repeat until all cookies are baked.

For cocoa cream, place cream and vanilla into bowl and mix on high for 1 minute. Gradually add icing sugar and cocoa and beat on high until thick peaks form, about 3 to 5 minutes. Be careful not to overbeat.

To assemble torte, place ¼ cup cocoa cream directly onto cake stand, then layer with cooled cookies, using approximately ¼-cup cream between each layer. Leave top of final layer without cream and dust with icing sugar. Serve chilled. Serves up to 16.



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