

ANNA

unwind | ISSUE 19

MAKE EVERYDAY SPECIAL

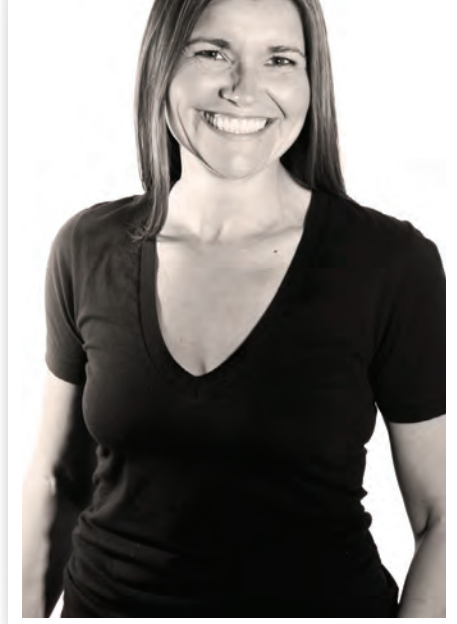
*And forget not that the earth delights
to feel your bare feet and the winds
long to play with your hair.*



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A Mediterranean barbecue pulls friends together for a feast under the warm, summer sun.



Stepping into a new role.

“And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.” Our front cover quote says it all. It’s the summer of 2011, and I’m watching my 14-year-old have the time of her life. From catching buses to outdoor festivals to days at the beach, making plans for sleepovers and sleeping in, it’s all about friends and fun. Although this newfound freedom she has discovered is liberating for her, it’s about letting go for me.

When I was 14, we had a different agenda. Although we had tons of fun, my friend Frieda and I were entrepreneurs. *“If you want it, you will have to find a way to get it,”* my dad used to say. And so we did. We used to ride our bikes an hour into town to buy bags of Old Dutch chips and Mr. Big bars that we would balance on our bikes all the way home and sell to neighbourhood kids in our playhouse store. I can still remember the sweet sound of clanging silver as kids emptied their pockets. And if there were farmers’ beets to hoe, Frieda and I were first in line. For \$16 a row, we got right to work. The rows were long and the sun was hot, but she was hoeing for a guitar and I for a new bike, and we chatted and laughed all the while. For us working and fun went hand in hand. These are some of *my* fondest summertime memories.

This past spring I wrote a memo to my team: *I am and have always been committed to creating a magazine that will bring inspiration to its reader, with simple everyday recipes, beautiful photography, inspiring editorial and exceptional design. Although I have been very involved in each aspect of editorial, and loved every minute of it, it is time for me to move on, to focus on the growth this magazine deserves. We all have a big job to do, but we have the finest team. I have no doubt we will have the best product yet.*

And as you look through this issue, you will see they rose to the occasion. Lovely and talented, they fit like a glove. And I know they have lovingly laboured over each page just the way I used to. Thank you to each of you, for your passion and dedication and loyalty. You did a fantastic job!

Just as I was at 14, I am still an entrepreneur at heart. I love the thrill of business, I love meeting new people and I love adventure. My new role will allow me all of that. There are so many possibilities, there is so much left to do, from Vancouver, to Toronto to New York. I can't wait to get there.

Regardless of where my travels take me, there are few things I enjoy more than cooking for people I love. And with a 14-year-old around, my agenda at home has changed as well. What used to be crêpes for breakfast has turned into pancakes after midnight, and I love every minute of it.

And so enjoy this wonderful summer issue, called *Unwind*. It's fabulous and gorgeous, from houseguest etiquette to Mediterranean BBQ, summertime sangritas to iced tiramisu, simple pastas and beautiful salads, this issue is packed with the finest.

Although I step into another role with the magazine, I will still remain here to share my thoughts and experiences with you in each issue. But as for the details, let the team decide. They are the best in the industry, and I know you will agree.

Enjoy.

Mari

PS... Check out our fabulous subscriber rewards program, where for 2 years of ANNA you receive a beautiful, sterling silver Hilary Druxman necklace, designed exclusively for ANNA Magazine. And if you're a subscriber already, pass this offer on to a friend. See following page for offer.



A note from the editor.

When I was a kid, summer mornings at my best friend's cabin always started with a round of waterskiing. Around 8, her dad would haul us out of bed and tell us to get on our swimsuits, which were still uncomfortably damp from the evening before. While the thought of jumping in the icy water spawned goose bumps, her mom would soften the blow with a fresh batch of blueberry muffins, which would still be so warm from the oven the sweet squirt of blueberry juice would burn my tongue.

Looking out the window, I realize this morning is exactly like those ones were—the fog off the lawn makes everything look milky and still. Though the lake is far away, in a few minutes I'm going to head into the kitchen to make a batch of blueberry muffins. See, I have a new recipe to try and folding together the resulting batter will be one of the most joyous parts of my day.

My love affair with cooking started after I moved to a small town seven years ago. After a quick pass down Main Street showed me Dairy Queen was the extent of my dining options, I realized if I wanted something good to eat I was going to have to make it myself.

So began my foray into food magazines, which taught me my kitchen could transport me anywhere. While I loved the freedom these pages gave me, I was also deeply entranced by what they were making me do—beating egg whites, skinning tomatoes, browning butter. Soon, the tips of my fingers smelled like garlic all the time. I haunted kitchen stores in search of the perfectly sized whisk. And when I scooped the pulpy seeds out of a vanilla bean for the first time, life got larger. I had become, I was happy to learn, a cook.

By then my second love, writing, had veered in the direction of my favourite pastime. Though I was a crime beat reporter for a newspaper, my columns were increasingly filled with the simplest stories

from my kitchen, whether that was making batch after batch of failed hollandaise or learning how to can tomatoes. I was pleased to discover a hard knot of readers knew exactly from where I was coming.

The idea that I could one day introduce someone to cooking through writing was a dream. Then I remembered ANNA and sent founder and publisher Mari Loewen (whom I worked with years ago) a note. Now here I am and I am thrilled to fill the editor's seat.

For me, cooking is as much about deciding what to make for dinner as it is about creating an experience—just as those muffins did for me. In the following pages, we help you do both, whether that means hosting a Mediterranean-themed barbecue (page 25), pulling together pasta dinners on the fly (page 64) or gifting a man in your life with a special meal (page 41). As has become tradition with ANNA, the recipes are meant to inspire, teach and feed your culinary soul. I hope you enjoy.

Eat well,

A handwritten signature in cursive script that reads "Tara".

Tara Kaprowy
Editor

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Spread a little dill-ish.

Greek Chicken with Tzatziki Sauce

Prep: 15 min. | Total: 45 min. | Makes: 4 servings

1/2 cup	Philadelphia Dill Cream Cheese Product	1 clove	garlic, minced
6 Tbsp.	milk	1lb.	boneless skinless chicken breasts, cut into bite-size pieces
1 Tbsp.	lemon juice		
1	green onion, chopped	1/4 cup	finely chopped English cucumbers

WHISK *Philly*, milk, lemon juice, green onion, and garlic until well blended. Pour half over chicken in medium bowl to marinate. Stir cucumbers into remaining half to create tzatziki sauce. Refrigerate both 20 min. HEAT barbecue to medium-high heat. Remove chicken from marinade; discard marinade. Cut chicken into pieces and thread onto 8 skewers. Grill 8 to 10 min. or until done, turning occasionally. SERVE with tzatziki sauce and your favourite sides.



cookingwithphilly.ca

“I regret that my best friend and I live so far apart but also that she and her daughter couldn’t have stayed longer.”

Staying welcome.

With these months filled with friends and family, be reminded of what it means to be a good houseguest.

A few weeks ago, I was writing at the dining room table when little baby Greta walked in carrying a can of paprika in one hand and a teddy bear in the other. As she wobbled toward me clutching her finds, I could hear my best friend Kristin clamoring in the kitchen, a room that was increasingly smelling like an oatmeal cookie.

Kristin and Greta had been staying with us for five sun-drenched days, a visit that was filled with lots of walks, catching up, drinking wine and, of course, cooking together. When they left, and I was faced with finding baby spoons, bibs and finger puppets in their wake, their departure was one only of regret—regret that my best friend and I live so far apart but also that she and her daughter couldn't have stayed longer.

That, I realized, is exactly how one should feel when a houseguest leaves.

With the summer months upon us, visiting with friends and family is part and parcel of the glory of the season. But as you pack up the car and head to someone's cabin or home, keep in mind there are two kinds of houseguests: good ones and very, very bad ones.

To be a good houseguest, there are a few simple rules to follow to make sure your hosts don't regret their invitation.

First, be clear about how long you're staying. I learned this rule a few years ago when a woman was bemoaning the impending visit of her mother-in-law. While their relationship was tenuous anyway, the fact that the mother-in-law always cleverly neglected to outline the length of her visit, which in the past had lasted up to two weeks, made things much worse. Dealing with houseguests, even the best ones, is disruptive both to one's schedule and the cleanliness of one's home, so it's best to be clear about how long that's going to last.

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Second, help out. Even if your hosts insist they don't need any assistance, insist back. Figure out where the glasses and plates go in the cupboards, haul out the vacuum and give the living room a quick once over, peel the potatoes, make the coffee in the morning if you're up first. The key here is not to offer, a move that will only be declined, but step in and do it. In this regard, tread lightly though. You don't need to take on swimming pool maintenance or rewire the DVD player. Just help out with the little stuff that adds up.

Third, keep your stuff together. Even in a large home, it doesn't take a lot of shoes, sunglasses, iPods or books to clutter things up. As such, bring your stuff to your room to keep it out of the way. If you're visiting with your kids, insist they do the same. Keeping the main areas like the kitchen and living room clear minimizes your presence, however welcome it might be.

Fourth, occupy yourself. A good houseguest is one that doesn't make their hosts feel like they need to be entertained. In the middle of the afternoon, head to your room for a nap, go outside to read a book or even round up all the kids and take them for a nature walk. Alone time is always golden, so gift your hosts with it.

Lastly, cook. It doesn't have to be a fancy meal, but you should make at least one. Even if you didn't buy the groceries—though it's a nice touch if you arrive with some—kicking your hostess out of the kitchen for a few hours is always appreciated.

After I walked into the kitchen with baby Greta a few weeks ago, Kristin floored me when I discovered a spice cake baking in the oven. She had chosen a recipe from one of my cookbooks, found all the ingredients in my cupboards and whipped it together without asking me a single "Where's the" question. All the while, she had done the prepping for that night's dinner. It's stuff like that that makes parting such sweet sorrow.

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Flowers, Beyond Flowers; Salt and pepper shakers, Birks; Flatware, napkins, glass dish, napkin rings, pewter-look bowl, Noble Savage Interiors; embroidered fabrics, linen (Kravet), West Textiles Fabric Resource Centre; dinner plates, Moroccan glasses, serving spoon, cake lifters, Marisa Curatolo; sangrita pitcher, potato bowl, The Bay; platter, Sharon's Linens China and Gifts

Summer sophistication.

An elegant Mediterranean meal for a
midsummer night's evening.

When it comes to grilling out, we often think of boisterous times on the deck, beer in icy mugs and saucy-faced kids gnawing on ribs. Those times are great, but sometimes in the summer we crave sophisticated gatherings where we can pull out our best silver, snip bouquets of hydrangea for the table and quietly unwind with friends.

To do so, we put together a Mediterranean-style barbecue, one that still features the countless merits of the grill but keeps the atmosphere elegant. Tequila-spiked sangritas kick off the gathering, with grilled eggplant dip and slightly charred naan bread to follow. Kebabs skewered with lamb and cherry tomatoes are topped with a fresh dill and parsley salsa and then paired with a roasted potato and caramelized onion salad. The salad, which can be served warm or cold, skips the traditional mayo and, instead, is kissed with just a light vinaigrette. And rather than just ice cream, we present an iced tiramisu, perfect if your gathering moves outside to the porch after dinner.

And so you have an elegant meal for a midsummer night's evening—one that is both refined and speaks of the season.

Sangrita

½ cup tequila
2 cups fresh orange juice
2 teaspoons grenadine
Crushed ice
4 pinches cayenne pepper, to garnish
1 sliced lime, to garnish

In large pitcher, combine tequila, orange juice and grenadine; stir until blended. Pour into four ice-filled glasses. Sprinkle each drink with a pinch of cayenne pepper and garnish with lime slices. Serves 4.



Grilled eggplant dip

2 large Japanese eggplants, sliced lengthwise
2 tablespoons olive oil
¼ cup chopped Italian flat-leaf parsley
2 tablespoons extra virgin olive oil
¼ cup fresh lemon juice
2 cloves garlic, pressed
⅛ teaspoon coarse salt
Freshly ground pepper, to taste
½ cup chopped pecans, toasted
½ cup crumbled creamy Bulgarian feta cheese
3 slices naan bread

Brush both sides of eggplant with olive oil. Place slices on grill directly over medium heat. Grill about 5 to 6 minutes or until tender, turning once halfway through grilling. Remove from heat and cool slightly. Chop eggplant.

In medium bowl, combine chopped eggplant, parsley, extra virgin olive oil, lemon juice, garlic, salt and pepper. Stir in pecans and feta cheese.

To grill bread, brush naan lightly with olive oil. Place on grill 30 seconds per side. Cut into wedges. Serve with eggplant dip. Serves 6.







Lamb kebab with dill and parsley salsa

2 tablespoons olive oil
2 tablespoons fresh lemon juice
3 cloves garlic, pressed
2 tablespoons dry sherry or red wine
1 teaspoon ground cumin
2 teaspoons coriander seeds, toasted and crushed
1 teaspoon dried chile flakes
1 teaspoon coarse salt
1½ pounds boneless leg of lamb, trimmed and cut into 1½ -inch cubes
6 large cherry tomatoes
Cracked black pepper, to season
6 large bamboo skewers, soaked in cold water
Canola oil, for brushing

Mix together olive oil, lemon juice, garlic, sherry, cumin, coriander, chile flakes and salt. Toss with lamb until coated. Marinate for 2 hours or up to 6 hours. Thread a few pieces of lamb onto skewers, add one cherry tomato for centre, then thread more lamb pieces. Sprinkle with crushed pepper.

Preheat grill to medium-high heat. Brush kebabs with oil and grill until medium rare, about 12 minutes, turning often. Serves 6.

Dill and parsley salsa

½ cup chopped fresh parsley
¼ cup chopped fresh dill
¼ cup chopped fresh mint
¼ cup sliced green onions
¼ cup chopped red onion
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
Coarse salt and freshly ground pepper, to taste

Mix all ingredients in medium bowl, season with salt and pepper. Cover and chill until ready to serve. Makes 1 cup.

Roasted potato and caramelized onion salad

1 pound baby potatoes, washed
1 pound cipollini or small white onions, peeled
2 tablespoons olive oil
Coarse salt and freshly ground pepper, to taste
¼ cup extra virgin olive oil
1 tablespoon white wine vinegar
2 cloves garlic, minced
1 teaspoon Dijon mustard
¼ cup chopped fresh mint

Preheat oven to 350° F. Toss potatoes and onions with olive oil in medium bowl. Place on parchment-lined baking sheet. Season with salt and pepper and roast 25 to 30 minutes or until soft and golden. In medium bowl, combine extra virgin olive oil, vinegar, garlic and Dijon. Add potatoes and onions. Toss well and sprinkle with mint. Serves 4 to 6.





FRIENDS OVER

Iced tiramisu

$\frac{2}{3}$ cup cold water
 $\frac{1}{2}$ cup sugar
2 cups mascarpone or cream cheese, softened
1 teaspoon vanilla
 $\frac{1}{2}$ cup espresso or strong coffee
7-9 small ladyfinger biscuits
2 cups premium coffee ice cream, slightly softened
Cocoa powder, to garnish

Line sides and bottom of loaf pan with parchment. Set aside. In small saucepan, combine water and sugar over medium heat. Bring to boil and lower to simmer, about 2 minutes. Remove from heat and let syrup cool to room temperature.

Beat mascarpone with sugar mixture in electric mixer, scraping down sides and bottom of bowl. Beat in vanilla.

Line bottom of loaf pan with ladyfingers, cutting to fit. With pastry brush, soak fingers with espresso. Pour mascarpone filling evenly into pan. Cover and freeze 1 hour.

Spread ice cream onto mascarpone, smooth top. Cover and freeze 3 to 4 hours or overnight.

To assemble, gently lift tiramisu from pan. Place on serving platter and dust top with cocoa powder. Serves 8.

Ladyfingers are available at Italian specialty stores or at well-stocked grocery stores. Choose biscuits that are less than one inch in width. If that size is unavailable, cut to fit.







Let's hear it for the boys.

After a hard day of outdoor labouring, present this special meal to the man in your life, a dinner that is unapologetically rich.

For the past few weeks, I've been reading status updates posted on Facebook by my former boss. He has, it seems, embarked on a hard wood flooring project, which involves tearing out the old linoleum and replacing it with stylish birch. I can't say I'm savvy when it comes to home renovation, but I can say installing hard wood has got to be up there in terms of D.I.Y. difficulty level.

But over the weeks, as he's written of the arduous undertaking, I realize there are a lot of husbands and dads out there using warm pockets of their summer months to attack projects that have been saved up over the winter, most of which—trimming the hedges, fixing the boat motor, pressure-washing the deck—involve a raucous winding up rather than a cool winding down.

As such, we thought we'd put together a meal just for him, a man meal, of sorts, that represents the perfect thank you after a long day of toiling. It is, we're pleased to report, a wholly unapologetic dinner that, like that new circular saw, doesn't mess around. Consider that we offer recipes for two types of flavoured butter, one with herbs, another with luscious red pepper, a core of red meat, potatoes cooked over coals, bread studded with bacon, and a rich rhubarb cake for dessert. While the meal doesn't come right out and bark, it definitely makes an impression.

So one day this summer, after the sun has beat down particularly hard and the trees have become especially trim, present this meal as a gift and toast to a hard day's night.



Grilled corn on the cob with herb butter

Herb butter

½ cup unsalted butter, softened
2 tablespoons chopped fresh chives
1 tablespoon chopped fresh parsley
1 teaspoon grated lime zest
1 tablespoon fresh lime juice
Coarse salt and freshly ground pepper, to taste

8 ears corn, husks on

In small bowl, blend butter, chives, parsley, lime zest and juice. Season with salt and pepper. Cover and chill.

Husk corn, leaving tender inner leaves attached. Pull leaves back gently and remove silk. Pull husks back over corncob. Soak in water for 20 minutes. Preheat grill to medium-high heat. Drain corn and place on lightly-oiled grill.

Grill for 12-15 minutes, turning several times. Remove from grill, discard husks and rub each corncob with herb butter. Serves 8.

MAKE EVERYDAY SPECIAL





Cast iron skillet, knife, Marisa Curatolo; Natural linen (Kravet), West Textiles Fabric Resource Centre

Buttercream dreams
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Potato bundles

3 medium Yukon Gold potatoes, sliced crosswise
into ¼-inch rounds
½ white onion, thinly sliced
2 tablespoons unsalted butter
1 tablespoon chopped fresh thyme
½ teaspoon coarse salt
⅛ teaspoon freshly ground pepper

Divide potatoes and onions equally among six 10 x 12-inch pieces of heavy-duty aluminum foil covered with parchment paper. Top each bundle with butter; sprinkle with thyme, salt and pepper. Bring opposite short ends of foil together over vegetables and fold down several times. Fold unsealed ends toward vegetables and crimp tightly.

Grill, covered, over medium heat for 10-15 minutes on each side or until potatoes are tender. Remove from grill and carefully tear open packages. Serves 6.

Chile-rubbed rib eye steaks with roasted red pepper butter

Roasted red pepper butter

1 roasted red pepper, finely chopped
¼ cup unsalted butter, softened
2 cloves garlic, minced
1 tablespoon maple syrup
⅛ teaspoon coarse salt

¼ cup olive oil
1 tablespoon fresh lime juice
2 teaspoons cayenne pepper
1 teaspoon sweet paprika
4 (6-ounce) rib eye steaks, 1 ½-inches thick
Sea salt and freshly ground pepper

Blend red pepper, butter, garlic, maple syrup and salt in small bowl. Cover and chill until firm.

Preheat grill to high heat. Lightly oil grill and reduce to medium-high heat. In small bowl, combine olive oil, lime juice, cayenne and paprika. Brush steaks with spice mixture and generously sprinkle with salt and pepper. Grill steaks 6 minutes per side for medium-rare. Remove from grill.

Cover and let stand 10 minutes. Top each steak with roasted red pepper butter. Serves 4.

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Skillet bacon and cheese cornbread

Butter, for greasing
1 cup all-purpose flour
2 cups finely-ground cornmeal
1 tablespoon baking powder
1 teaspoon salt
2 eggs
1 cup milk
1 1/2 cups cream-style corn
1/3 cup canola oil
6 ounces cooked bacon, crumbed
1 cup shredded sharp cheddar cheese

Preheat oven to 350° F. Generously grease 8-inch cast-iron skillet or square baking pan with butter.

In large bowl, whisk together flour, cornmeal, baking powder and salt. In another bowl, beat together eggs, milk, creamed corn and canola oil. Add egg mixture to flour mixture and stir until just combined (batter should be lumpy).

Spoon batter into prepared pan. Sprinkle top with bacon and cheese. Bake until golden for 20-25 minutes or until wooden toothpick inserted near centre comes out clean. Cool skillet on wire rack for 10 minutes. Gently run knife around edges of pan, cut into thick slices. Serves 6 to 8.



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Rhubarb cake with rhubarb compote

Streusel topping

1/3 cup unsalted butter, softened
 3/4 cup flour
 1/4 cup brown sugar
 1/2 teaspoon ground cardamom

Cake

8 ounces cream cheese, softened
 1/2 cup unsalted butter, softened
 1/2 cup brown sugar
 1/4 cup sugar
 1/4 cup milk
 1 teaspoon fresh lemon juice
 2 eggs
 2 cups all-purpose flour
 1/2 teaspoon ground cardamom
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 2 cups chopped fresh or frozen rhubarb

Rhubarb compote

2 cups sliced fresh or frozen rhubarb
 1/4 cup water
 1 tablespoon sugar
 1 tablespoon fresh lemon juice
 Whipping cream, to garnish

Preheat oven to 350° F. Grease one 8 x 8-inch square pan. Line bottom of pan with parchment paper; set aside.

For streusel topping, using pastry blender or your fingers, combine all ingredients to resemble coarse meal. Set aside.

Using electric mixer fitted with paddle attachment, beat cream cheese, butter and sugars until light and fluffy. Beat in milk and lemon juice. Add eggs one at a time, beating well after each addition. Scrape bottom and sides of bowl. In large bowl, sift together flour, cardamom, baking powder and soda. Add flour mixture to cream cheese mixture and combine. Pour batter into prepared pan. Top with chopped rhubarb and streusel topping. Bake 40 to 45 minutes or until toothpick inserted in centre comes out clean. Turn out onto rack and peel off parchment. Let cool.

In medium saucepan, combine all rhubarb compote ingredients. Cook over medium heat for 10 to 12 minutes or until fruit is softened, stirring occasionally.

To assemble, cut cake into wedges and top with warm rhubarb compote and whipping cream. Serves 8.



Cake plate, Marisa Curatolo

Watermelon granita

1 1/2 cups sugar
3 cups water
7 cups very ripe watermelon, removed from rind and cut into chunks
1/2 cup fresh lemon juice
Mint leaves, to garnish

Place 13 x 9-inch baking dish, preferably metal, in freezer. In small saucepan, combine sugar with water. Bring to simmer over medium heat and cook, swirling occasionally, until sugar dissolves, about 5 minutes. Let cool completely. In food processor or blender, combine watermelon in batches with sugar syrup and lemon juice. Process until smooth, about 30 seconds.

Pour mixture into metal pan and freeze for 30 minutes or until ice crystals form on top. Stir well with fork and place back in freezer. Continue freezing until all liquid is frozen, approximately 3 to 4 hours.

To serve, use tines of fork to break up granita and scoop into chilled glasses. Garnish with mint leaves. Serves 8 to 10.

Make ahead tip... the granitas can be made up to three days ahead and keep in the freezer for one week. For an extra kick, add 1 ounce vodka to each glass before adding granita.



MAKE EVERYDAY SPECIAL

EVERYDAY EASY — GRILL



The weekday grill.

Four glorious barbecue recipes that are perfect for a from-scratch dinner in the middle of the week.

Last June, when we went to the deck to turn on the barbecue for the first time of the year, the burners failed to ignite. The next day, after getting a new tank of propane, they failed again. A week later, after the repairman came to take a look, we learned we needed new burners that, true, were still under warranty but would take six weeks to arrive.

As each day passed that we remained grill-less, my husband William and I grew increasingly desperate. Soon, I was contemplating how best to approach our neighbours, to whom we've only waved, to see if we could hop on their deck to use their Jenn-Air for a few minutes.

Imagining myself knocking on the door with a plate of steaks and an ingratiating smile, I realized how frantic I'd become. Grilling, I learned the hard way, is as essential to summer as hockey is to winter.

As such, we knew we couldn't have a summer issue without featuring some amazing from-the-grill recipes. And because the grill is a woman's best friend during the week—hello, zero cleanup—we wanted to make sure these dishes were ones you could pull together after you got home from work. So we present recipes for trout, chicken, burgers and flank steak.

You'll notice all of the recipes suggest oiling the grill before putting on the meat or fish. The purpose of oiling a grill, which is sometimes called seasoning a grill, is to prevent things from sticking. To do so, once the grill is hot, liberally brush the grates with vegetable or canola oil. It's best to use a silicon brush, but food editor Marisa Curatolo said using a regular pastry brush can also do the trick.

Photography **Rebecca Schroeder Croft**, Recipes/Food Styling **Marisa Curatolo**, Prop Styling **Kari Wardop**, Copy **Tara Kaprowy**
Platter, Sharon's Linens China and Gifts; tea towel, Noble Savage Interiors



Stone platter, These Four Walls

Whole trout with herbs

4 whole trout, about 12 ounces each, heads and tails intact
1 cup chopped fresh herbs, such as flat-leaf Italian parsley,
thyme and rosemary, divided
1 teaspoon coarse salt, divided
Freshly ground pepper, to taste
¼ cup extra virgin olive oil
Lemon wedges, to serve

Rinse trout under cold water and pat dry.

Sprinkle exterior and cavity of each fish with ¼ teaspoon salt, and season with pepper. Place herbs in cavity of each fish. Brush with olive oil and tie with kitchen twine.

Place fish on an oiled, preheated grill over medium heat. Cook for 4 minutes per side. Serve with lemon wedges and remaining herbs. Serves 4.



Chicken with classic barbecue sauce

4 chicken thighs and legs, skin and bones intact
Coarse salt and ground pepper, to season
 $\frac{3}{4}$ cup classic barbecue sauce (see page 76)

Heat grill to medium-high heat. Season chicken breasts with salt and pepper. Place chicken, skin side down, on oiled grill.

Grill chicken 10 to 14 minutes per side or until thermometer inserted in thickest part of meat registers 160° F. Continue to cook 6 to 8 minutes longer. Brush with barbecue sauce 1 minute before chicken is ready. Serve with additional sauce if desired. Serves 4.

Flank steak with grilled baby peppers

1 tablespoon extra virgin olive oil
1 tablespoon fresh lemon juice
2 tablespoons sherry or sherry wine vinegar
1 tablespoon finely minced anchovies or anchovy paste
2 teaspoons curry paste or powder
1 tablespoon chopped fresh parsley
4 cloves garlic, minced
Coarse salt and freshly ground pepper, to season
1 (2- to 3-pound) flank steak
2 tablespoons olive oil
2 each baby red, yellow and orange peppers,
halved and grilled

In small bowl, whisk together olive oil, lemon juice, sherry, anchovies, curry paste, parsley, and garlic. Season with salt and pepper.

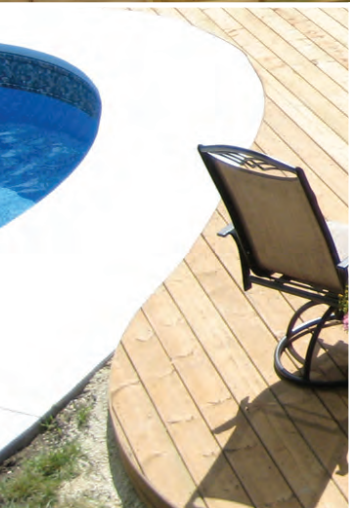
Score both sides of flank steak in crisscross pattern, cutting about $\frac{1}{8}$ -inch deep into meat. Place meat in shallow bowl and rub all over with olive oil mixture. Cover and marinate at room temperature for an hour or overnight in refrigerator.

Preheat grill to high heat. Lightly oil grill and reduce to medium-high heat. Season steak with salt and pepper. Grill flank steak 8 to 9 minutes per side for medium-rare. Remove from grill. Cover and let stand 10 minutes before slicing. Brush peppers with oil and grill 2 minutes per side. Serve with sliced meat. Serves 6.





Platter, Sharon's Linens China and Gifts; Napkin, Noble Savage Interiors; Blue linen, West Textiles Fabric Resource Centre



Havarti stuffed burgers

- 1 egg
- ¼ cup dry breadcrumbs
- 4 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon freshly ground pepper
- 1 teaspoon coarse salt
- 1 teaspoon Worcestershire
- 1 ½ pounds lean ground beef
- 3 ounces havarti cheese, cut into 6 cubes
- 6 hamburger buns, toasted
- Tomato slices, iceberg lettuce, sliced red onions

In large bowl, whisk together egg, breadcrumbs, garlic, parsley, pepper, salt and Worcestershire. Mix in beef.

Form beef into 6 patties, about ¾-inch thick. Place cube of cheese in center of patty and cover with ground meat.

Heat grill to medium-high heat. Place burgers on well-oiled grill rack. Grill burgers 7 minutes per side or until desired doneness.

To serve, place burgers on bottom half of toasted buns and garnish each with slice of tomato, lettuce leaves and red onion. Cover with tops of buns. Serves 6.

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Fasta pasta.

Turn to a trusty standby on busy nights when you need dinner in a pinch.

Regardless of the time of year, there is always room in our hearts for pasta. And while summer doesn't seem like the most obvious time to indulge, consider this scenario: you just got home from work, you didn't have time to go to the grocery store, soccer practice is in an hour and you're out of propane for the grill. Sound familiar?

In this case, we promise these pasta recipes will deliver, partly because they're fast and easy, but also because they use ingredients that you have in your cupboard, your freezer, your fridge or growing, right now, in your garden.

With little prep work involved past mincing garlic and chopping herbs, all of these lovelies can easily be ready for the table in under 30 minutes. And they're healthy and kid-friendly, to boot. So, as you're agonizing with the fridge door open, do a 180-degree turn and head to the cupboard. The pasta is there waiting for you.



Penne with tuna and orange

1 (1/2-pound) package penne
2 tablespoons olive oil
1/2 medium onion, chopped
4 cloves garlic, minced
1/4 teaspoon red pepper flakes
1 3/4 cups canned diced tomatoes
2 tablespoons capers, rinsed
1/2 cup kalamata olives, pitted and chopped
2 tablespoons grated orange zest
1/2 cup freshly squeezed orange juice
1 (6-ounce) can Italian tuna packed in oil, drained
1/4 cup freshly grated Pecorino Romano
1/4 cup chopped Italian flat-leaf parsley
Coarse salt and freshly ground pepper, to taste

In large pot of boiling, salted water, cook pasta until tender but firm, about 10 to 12 minutes. Drain and return to pot.

Meanwhile, heat olive oil in large skillet over medium heat. Add onion, garlic and red pepper flakes. Cook 3 to 4 minutes, or until onions are translucent. Stir in tomatoes, capers, olives, and orange zest. Bring mixture to boil. Lower to simmer and add orange juice. Cook 20 to 25 minutes, stirring occasionally. Add tuna and cook 3 to 4 minutes longer. Add drained pasta and cook another 2 to 4 minutes or until heated through. Sprinkle with cheese and parsley. Season with salt and pepper. Serves 4.

Capellini with leeks and spicy eggplant

3 tablespoons unsalted butter
2 cloves garlic, minced
1 cup thinly sliced leeks, white and pale green parts only
1 cup jarred spicy eggplant, chopped
1 cup good quality chicken stock
1 (4-ounce) log goat cheese
Coarse salt and freshly ground pepper, to taste
1 (1/2-pound) package capellini
Grated Parmesan cheese, to serve

Melt butter in large skillet over medium heat. Add garlic and cook 1 minute until fragrant. Add leeks and spicy eggplant. Cook 2 minutes or until leeks are softened. Add chicken stock. Bring mixture to boil, lower to simmer. Stir in goat cheese. Season with salt and pepper.

Meanwhile, in large pot of boiling, salted water, cook pasta until tender but firm, about 3 to 4 minutes. Drain and return to pot. Add sauce and toss to coat. Sprinkle with Parmesan. Serves 4.

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Creamy linguine with pesto peas

1 (1/2-pound) package linguine
1 cup frozen baby peas
3 tablespoons unsalted butter
1/4 cup heavy whipping cream
1/2 cup ricotta cheese
2 tablespoons pesto sauce
1/2 cup freshly grated Parmesan cheese, plus more for serving
Coarse salt and freshly ground pepper, to taste

In large pot of boiling, salted water, cook pasta until tender but firm, about 6 to 8 minutes. Add peas last minute of cooking. Drain and set aside.

Meanwhile, melt butter in large skillet over medium heat. Add cream and bring to boil. Reduce to simmer and cook 5 minutes until slightly thickened. Stir in ricotta and pesto. Add pasta and peas and cook 3 to 4 minutes. Sprinkle with Parmesan cheese. Season with salt and pepper; toss well. Transfer to serving bowl and serve with additional cheese. Serves 4.

Farfalle with white beans and spinach

1 (1/2-pound) package farfalle
1/2 cup extra virgin olive oil
5 cloves garlic, minced
1 (14-ounce) can cannellini beans, drained and rinsed
1 teaspoon minced fresh thyme
1 teaspoon minced fresh rosemary
1 pound fresh baby spinach, washed
1/2 cup freshly grated Parmesan cheese
Coarse salt and freshly ground pepper, to taste

In large pot of boiling, salted water, cook pasta until tender but firm, about 10 to 12 minutes. Reserve 1/2 cup pasta water; drain pasta.

Meanwhile, heat olive oil in large skillet over medium heat. Add garlic and cook 3 minutes or until fragrant. Add beans, cooked pasta, thyme, rosemary and spinach. Toss well. Add reserved pasta water and cook 1 minute or until spinach is wilted and pasta is heated through. Sprinkle with cheese and season with salt and pepper. Serves 4.



Classic barbecue sauce

2 tablespoons olive oil
2 cloves garlic, minced
 $\frac{1}{2}$ medium onion, chopped
1 cup canned diced tomatoes
1 cup ketchup
1 teaspoon Worcestershire sauce
 $\frac{1}{4}$ cup fresh lemon juice
1 tablespoon molasses
1 tablespoon cider vinegar
2 teaspoons Dijon mustard
2 tablespoons brown sugar
1 teaspoon coarse salt

Heat oil in medium saucepan over low heat. Add garlic and onion. Cook until fragrant, about 5 minutes. Add remaining ingredients, and bring to boil. Reduce to simmer and cook, uncovered, for 20 to 25 minutes, stirring occasionally. Remove from heat and let cool. Using hand-held blender, blend sauce until smooth. Season with more salt if needed. Makes $2\frac{1}{2}$ cups.

And, to mix things up or to suit all tastes in the family...

Asian

Combine 1 cup classic barbecue sauce with 1 tablespoon soy sauce, 1 tablespoon rice vinegar, and 1 teaspoon chopped fresh ginger. Cook for 5 minutes over medium heat to blend flavours.

Spicy

Combine 1 cup classic barbecue sauce with $\frac{1}{4}$ cup coconut milk, $\frac{1}{3}$ cup chopped pistachios, and 1 minced jalapeño chile (seeds and ribs can be removed for less spicy alternative). Cook for 5 minutes over medium heat to blend flavours.

Sweet

Combine 1 cup classic barbecue sauce with $\frac{1}{2}$ cup apricot jam and 1 tablespoon maple syrup. Cook for 5 minutes or medium heat to blend flavours.

BBQ bliss.

Ahhh, the perfect barbecue sauce: the holy grail of grill masters, the separator of men from the boys, the one condiment in the grocery store that nearly has its own aisle.

Having this recipe under your belt (or gun holster, as the case may be) might be the best secret you ever kept.

Though barbecue sauce has a high mystique factor for its take-it-to-the-grave ingredients, the best versions are almost always very simple to make from scratch. The base always starts with ketchup, so invest in the highest quality you can find (organic varieties usually skip the high-fructose corn syrup). Brown sugar usually has a role, as do Worcestershire and cider vinegar.

Molasses is another common ingredient and, as such, we recommend the unsulfured varieties, which generally have a lighter, cleaner sugar-cane flavour.

In our rendition, food editor Marisa Curatolo adds a cup of diced tomatoes, which lends the mixture a freshness that's just not found in bottled barbecue. Minced onion and garlic (no powders here) also add a boost, which is then multiplied when the entire mixture is spun with a hand-held blender. The result is a smooth, classic sauce that, no matter how cartoony the label or how catchy the brand name, is far superior to anything pre-packaged.

While the sauce is excellent on its own—we brush it on Texas-style barbecue chicken on page 60—it's also delightfully flexible. This means you can make one batch—which lasts about a week in the fridge or can be frozen up to a month—and, with the addition of a couple of ingredients, alter it to suit the next night's dinner or your diners' tastes.

Here we offer three alternatives using the same barbecue base: Asian, sweet and spicy. All would be best suited to barbecued chicken, ribs or as a topping for burgers.

You'll notice the barbecue base recipe makes 2 ½ cups, but you'll likely only need about a cup for each meal. If you do start with, say, classic barbecue chicken the first night, be sure to pour out what you need into a separate container. It's easy to contaminate the entire mixture by accidentally dipping a used basting brush into it.

As always, don't be afraid to experiment. This sauce ain't no fragile hollandaise. It's hardy, partner.



Yes, you are seeing double.

Milk's favourite cookie. **Now golden, with double the crème.**





The lightness of summer being.

Embrace the lightness of the season with summer salads that are deliciously portable and easy to pull together.

One of the best things about this season is how light things get. Gone are the snowsuits and boot bags, gone are the Dutch oven and brandy snifters, gone are the hockey pads and textbooks. Instead there are just swimsuits and Bing cherries in a bag and cheesy romance novels that make you cringe but somehow feed your soul anyway. Tables are replaced by picnic blankets, loons reinvent dinner music and campfires become stoves.

Interestingly, this very lightness breeds togetherness. With the season so delightfully easy, so, too, do our gatherings become. Maybe it's just hamburgers on the grill before a baseball game. Maybe a trip to the farmers market turns into happy hour with cantaloupe and prosciutto. Maybe lunch is sandwiches on the dock with thick slices of bread and heirloom tomatoes. Always, these little meals are memorable, in large part because of their ease and purity.

In keeping with the lightness of the season, we present a series of salads, perfect additions to these breezy summer meals. All of them are delightfully portable or do well keeping in the fridge until friends arrive. To get ready, all they need is a quick fluffing and a light summer meal is ready for the table—wherever or whatever that happens to be.

Iceberg lettuce with blue cheese dressing

1 small head iceberg lettuce, cut into large pieces
 ½ cup chopped walnuts, toasted
 ½ cup quartered radishes
 ½ cup chopped green onions

Blue cheese dressing

1 tablespoon white wine vinegar
 3 ounces Danish blue cheese, crumbled
 ½ cup buttermilk
 ½ cup sour cream
 1 teaspoon sugar
 2 tablespoons chopped Italian flat-leaf parsley
 Coarse salt and freshly ground pepper, to taste

On large platter, arrange piles of lettuce, walnuts, radishes and green onions. In small bowl, whisk together all dressing ingredients. Serve with dressing on side. Serves 6.

Quinoa cucumber salad

¾ cup quinoa
 1½ cups chicken stock or water
 1 cup chopped cucumbers
 8 grape tomatoes, sliced
 ½ cup sliced green onions
 ¼ cup chopped fresh mint leaves
 2 tablespoons chopped fresh dill
 ¼ cup fresh lemon juice
 ½ cup extra virgin olive oil
 Coarse salt and freshly ground pepper, to taste

Rinse quinoa under cold water. In medium saucepan, combine quinoa with chicken stock or water. Bring to boil. Turn heat to low. Cover with lid and cook 15 to 17 minutes. Remove from heat and let stand 5 minutes. Fluff quinoa and let cool. Add cucumbers, tomatoes, green onions, mint and dill. Pour in lemon juice and olive oil. Season with salt and pepper and toss well to coat. Serves 6.



Carrot and radicchio slaw

2 tablespoons balsamic vinegar
¼ cup extra virgin olive oil
1 teaspoon sugar
1 teaspoon Dijon mustard
¼ teaspoon coarse salt and freshly ground pepper, to taste
2 cups julienned carrots
1 cup thinly sliced radicchio or red cabbage
¼ cup sliced green onions
½ cup hulled sunflower seeds, toasted


In small bowl, whisk together balsamic, olive oil, sugar, mustard, salt and pepper. Set aside.

Mix together carrots, radicchio and onions in large bowl. Add dressing and toss to coat. Cover and chill 30 minutes. Add sunflower seeds prior to serving. Serves 4 to 6.





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Lentil salad with sun-dried tomatoes and goat cheese

1/3 cup red wine vinegar
1 tablespoon minced shallot
1 tablespoon Dijon mustard
1/4 cup olive oil
Coarse salt and freshly ground pepper, to taste
1 cup green lentils, rinsed
1/3 cup chopped sun-dried tomatoes
1/2 cup chopped red onion
2 tablespoons chopped fresh thyme
2 tablespoons chopped Italian flat-leaf parsley
2 cloves garlic, minced
1 (4-ounce) log fresh goat cheese

In small bowl, combine vinegar, shallot and mustard. Gradually whisk in oil. Season with salt and pepper.

In medium pot of boiling, salted water, cook lentils until just tender, about 25 minutes. Drain and rinse well. Let stand until cool. Add tomatoes, onion, thyme, parsley and garlic and mix gently. Season with salt and pepper. Cover and chill 1 hour. Crumble goat cheese over salad and mix gently to combine prior to serving. Serves 6.

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Good to know.

It's one of those annoying little realities: you cut up some apple slices for the kids and, soon thereafter, brown spots start to form, resulting in the inevitable "ewww" from the audience. How to keep those brown spots at bay? Dip the slices in lemon-lime soda. Works every time.

