

ANNA

inspire | ISSUE 22

MAKE EVERYDAY SPECIAL

*Everyone is dealing with something.
Love more generously, care more deeply,
speak more kindly...*



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Our readers are always asking for more... when we ask what they want more of, the answer is the same. Inspiration and personal stories... deep soul-touching stories... along with simple everyday recipes they can make for friends and family. It's what we are all looking for... a connection of some kind. It's really quite simple.

I am constantly reminded how much I need this in my own life. This past week, I had the pleasure once again, to spend a few glorious days in Toronto with my very dear friend, Belinda Albo. Although we only met a few years ago, our connection is really quite indescribable. Having both found ourselves in our forties as business owners and single mothers with teenage daughters and a few stories to share... we both feel our meeting was a gift. Whenever I spend time with her I return home feeling completely inspired! Inspired by her generosity and kindness, her overwhelming desire to be the best mother she can be and her ability in the midst of a hectic work day, to whip up a beautiful meal for friends and family and anyone else she happens to meet that day.

This weekend was no exception. From dog walking and grocery shopping to grand dinners with everyone crowding around the island chopping and slicing,

to sharing every personal detail of our lives, good and bad. It was another wonderful and memorable experience, filled with laughter and tears and inspiration and connection. Our time together really is what *making everyday special* is all about.

I came home thinking, the need for inspiration is bigger than ever, and we all need to be more honest about who we really are, share our personal experiences, connect to each other and be inspired by each other. My greatest connections with people have come from that. The moment we are really honest about ourselves, like... *my divorce was so awful, I wish I could have stayed in bed for the rest of my life, or I feel complete anxiety whenever I'm invited into a room full of people, or how can I find balance in the midst of responsibility and obligation* — yes these are all mine — a connection is made! For me, this is inspiration in its truest form.

In this, our lovely Spring issue... we hope to inspire you with a few personal stories and articles from people who have impacted us. Like the beautiful story of Danielle Diamond, founder of Xen Strength in New York (page 54) who overcame great personal adversity and found herself through the life-changing effects of yoga. Like Laura McDonald, of Golden Girl Finance, (page 78) who found herself in labour on a streetcar in Toronto,

without a dollar in her pocket, now focused on teaching every girl at every age to save, invest and build wealth. We also share with you Soul Coach, Kimberly Carroll's take on realizing that inspiration is all around us... with simple ways to bring it into our everyday lives (page 28).

Amidst all of this.... simple beautiful recipes. From Mother's Day with luscious challah French toast and eggs wrapped in prosciutto to lovely imperial cookies and ganache draped cupcakes, pound cake laced with berries and crème brûlée warmed with chai. Along with a lesson in breadmaking, a Greek inspired dinner, fabulous calamari, tender brisket and heavenly soufflé! We think it's our best issue yet!

Enjoy!

Mari

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What I have *learned.*

Recently, I met Terry Smith, founder of the very successful North American brand, Boyd Autobody. I knew of his business success and as I began to do some research prior to meeting with him, I was surprised to learn of his other success. The kind you only earn when life presents you with great adversity and you find the strength to overcome.

Two years ago, Terry had a devastating accident and after the surgery to repair a badly broken leg, he suffered a severe stroke, leaving him paralyzed on his left side. Although I walked into his office feeling prepared, I wasn't expecting the immediate connection. I felt inspired by what he had obviously faced. I remember thinking we are all dealing with something, but unless the injury is physical, our stories can easily remain tucked away without ever really making an impact. I left feeling I wanted to share more of my real self in hopes of inspiring someone else.

I believe the biggest life-changing event for me happened about 14 years ago. I remember precisely the moment... the one that would dramatically change the course of my life as I knew it. A small orange coloured sticky note with a happy face fell from my husband's blue jeans pocket, as I pulled them from the dryer. It was from someone... but it wasn't from me.

Something profound happened to me in that moment. A complete shift from reality to shock. I went on as usual, with a nagging underlying horrifying truth that I almost died trying to hide, but would eventually have to face. Nine months later, my marriage ended. This was far from a happy ending... rather an undignified, gut wrenching, please don't leave me, tearful, what am I going to do, awful words said, what about the baby, like a razor cutting through my heart, kind of ending. It was the weakest moment of my life.

I realize now it's the one thing I had feared the most. Something had been going on in my family for a long time, maybe forever, but we were all pretending, hoping for a happy ending. What I have learned is that life never allows us to go on pretending... life eventually gives us an opportunity to face reality.

I seldom share this story with anyone today, especially here. I have always felt it was too personal, I didn't want to hurt anyone. But now, 14 years later, I feel it's a waste not to share. We walked through all of its devastation and survived. Although, we are free of its hold and we have forgiven, it remains in our lives forever, like a physical injury almost. Now as a reminder of the path from which we came; the one we have moved forward from and continue to move forward from.

What I am saying here is not meant for sympathy, rather an understanding that every person is struggling with something. For some, it's the everyday annoyances they can't let go of, for others it's bigger like Terry Smith's accident... or bigger yet, my childhood friend Marilyn's family tragedy of losing her nephew to suicide and my cousin Toni who still looks for meaning in the horrifying loss of her mother, my aunt Nancy, who was killed by a drunk driver 30 years ago.

Oftentimes, I see people treating each other badly, saying unkind things to each other. Even when people think they aren't treating anyone badly, because of their own need to deal with something they haven't dealt with, they are treating others badly. This is the real tragedy.

Let's remember, everyone is fighting some kind of battle. Some are at different places with that, but we are all dealing with something. Let's be kinder than necessary, love more generously, care more deeply and speak more kindly. And when we have a personal story that we feel may help another person deal with their own, let's be confident enough to share it. This is inspiration in its truest form.



MAKE EVERYDAY SPECIAL

Becoming a *mother.*

“Of all the rights of women, the greatest is to be a mother.”

— LIN YUTANG

When I first found I was going to become a mother, it wasn't my freedom or independence I was afraid of losing... I was terrified of not being good enough, not being able to love enough. Funny, as I think about this today, I remember the exact moment these fears vanished for me. At six weeks, I was told the chances of having my baby were pretty slim... too many complications. At first I made sense of that... I guessed the timing wasn't right. Until one day, after what seemed like an eternity of waiting rooms and bedrest, in my doctor's office change room, I looked up and met my eyes in the mirror. Out of nowhere, I began to sob uncontrollably. Suddenly nothing else mattered... I felt an indescribable connection. I became a mother that day.

Today, my baby is “almost fifteen” years old. From the first pair of *Baby Gap* socks I ever put on her cute little feet to her Cinderella slippers, I can still hear clicking down the hallway, from walks to school with all her friends and early morning figure skating lessons, to a house full of sleepovers... I have enjoyed every single minute. And yes, it can be exhausting and I don't always know all the answers. What used to be simple questions have recently become more complex. Like how much allowance is the right amount or haven't I given it to you already or is the hair colour kit included in the allowance? Or how many times should a forgotten lunch be dropped off during a hectic workday, or is it normal for teenagers to want to crawl into my bed to watch movies or have slurpees on the couch? Whatever feels right, is my answer. In the end the only thing that matters is that I take in every moment... I wouldn't trade it for anything.

Just in time for Mother's Day, Beth's beautiful breakfast line-up. French toast, drizzled with orange and cinnamon and drowning in rhubarb and maple. Crispy, light... lovely! And salty prosciutto wrapped eggs with yolks that look like sunshine. Yum!

To be a mother is the greatest gift. And whether you wake up Mother's Day morning with someone there to make your breakfast, or you decide to have a breakfast party with friends... make it a celebration, a beautiful Mother's Day celebration.



My Mom. Her hands are like a blanket, her hair is like a feather, her face is like a very soft sheep, her voice is like the wind, her smile is like a watermelon.

— ISABELLA, AGE 6, MAY 2005.



Fruit salad with honey syrup

1 cantaloupe
1 honeydew
Fresh mint, to garnish

Honey syrup

2 tablespoons honey
2 tablespoons water
Juice of 1 lemon

For syrup, in small bowl whisk together honey, water, lemon juice.

Using a vegetable peeler, create ribbons of each melon. Arrange on serving platter and dress with syrup. Garnish with fresh mint. Serves 4.



Egg prosciutto nest

12 slices prosciutto, divided
4 eggs
Freshly ground pepper, to taste

Preheat oven to 375°F. Arrange 3 slices prosciutto inside an ovenproof ramekin, lining the sides and bottom. Repeat with three more ramekins. Crack one egg in centre of each dish. Place ramekins in middle of oven and cook for 10 to 15 minutes. Egg will continue to cook, so remove slightly underdone. Serves 4.



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French toast with rhubarb maple compote and orange cinnamon butter

6 eggs
3/4 cup milk
Pinch cinnamon
8 slices challah bread, or thick-cut white bread
4 tablespoons butter, divided

Orange cinnamon butter

1/2 cup butter, at room temperature
1/2 teaspoon cinnamon
Zest of 1 orange

Rhubarb maple compote

1/2 cup maple syrup
1 1/2 cups rhubarb, fresh or frozen

For cinnamon butter, in small mixing bowl, stir ingredients together until well combined. Roll into a log 1-inch in diameter using parchment or waxed paper. Refrigerate until ready to use. Unwrap and slice into rounds to serve.

For rhubarb compote, in small saucepan, over medium heat, simmer maple syrup and rhubarb until it starts to break down, about 10 minutes. Remove from heat. Serve warm or at room temperature.

For French toast, in a shallow dish, whisk eggs and milk with cinnamon. Dip slices of challah in egg mixture to coat and soak slightly. In non-stick pan, over medium-high heat, melt 1 tablespoon butter and fry bread slices, one or two at a time until golden brown and cooked through, adding butter as needed. Serve French toast topped with rhubarb maple compote and orange cinnamon butter. Serves 4.



Simple Ways to Inspire Your Everyday Life

In my twenties, I longed to live an “inspired” life – one that flowed effortlessly from my most magnificent essence. Unfortunately, the screaming ambition, garden-variety personal crises, and utter exhaustion always managed to drown out inspiration’s soft, breathy Marilyn Monroe-like voice. I yearned at a deep level for more meaning in my life, but figured this kind of exploration and expansion could only be achieved on some epiphany-laden trek to India or when I finally met that soulmate who would unlock my inner magic. What it took me an alarming amount of time to realize was that while I was waiting for that perfect moment to be inspired, I was turning into a robot, someone disconnected from her body, her joy, and the world around her.

Inspiration is the juice of life. So, if your soul has been feeling particularly parched, that means you need to start making inspiration a priority, as soon as possible. The challenge, of course, is how in the world to cultivate that inspiration in the midst of the debt, diapers, and deadlines of everyday life.

Well, the first thing I learned in my efforts to re-hydrate my own freeze-dried soul...if you want an inspired life, make sure “inspiration” is on your daily “to do” list! Yes, it all starts with blocking off a little “soul juicing” time in your schedule each day. Then, with that time you start looking for little threads of inspiration within your regular everyday life.... That’s right – starting exactly where you are and with exactly what you’ve got. I know it may not sound like the lightning bolt of inspiration you’ve been waiting to strike you, but don’t underestimate the power of small, consistent inspiration-building actions.... They were what gradually transformed me from Robo-Girl into the Soul Coach who specializes in helping others ignite their lives.

If you hear your life crying out for inspiration, you don’t have to go to some mountaintop in the Andes to find it. If you are ready to answer the call, here are some simple exercises to start mining your ordinary life for extraordinary inspiration...

Music – Music has an incredible way of instantly evoking feelings and energy, so put together an iTunes playlist guaranteed to make you soar! Here are a few good ones:

Feelin’ Good – Nina Simone

Walk On – U2

The Moldau – Bedrich Smetana

In Your Eyes – Peter Gabriel

So Much Magnificence – Miten with Deva Premal

Unwritten – Natasha Bedingfield

Welcome Home – Radical Face

Make Your Own Kind of Music – Mama Cass

Con Te Partirò – Andrea Bocelli

I Can See Clearly Now – Holly Cole Trio

Magic box – Fill a little chest or box with personal treasures like poems, photos, favourite quotes, and beautiful little objects to reach into when you need to be reminded of what inspiration looks and feels like.

Online Inspiration – The computer can be a real energy drainer, but it can also be a source of untold inspiration at your fingertips. Just a sampling...

gimundo.com serves up daily good news that makes the heart sing

ted.com offers sure-fire inspiring talks by remarkable people

500px.com is an inspiring photo community with simply breathtaking images

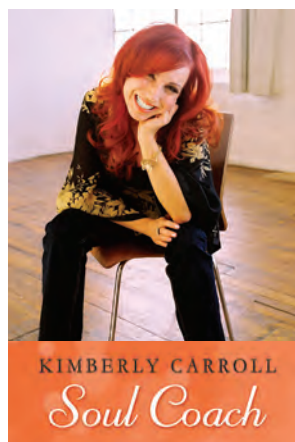
tut.com sends you personalized little reminders of your power, life's magic, and how much you're loved... right from the Universe!

Child Time – Spend quality time with a small child in your life. While interacting with them tune into their energy and try to embody it. Connect to how present and vibrant everything feels to them. Break out the crayons and create rainbows and magenta dragons together. Feel that boundless child-like creativity begin to rub off on you!

Gratitude – Being grateful creates the perfect space for inspiration to flow in. Every morning or night, make a list of 10 things you are grateful for in the past 24 hours – from the stranger who helped you with your grocery bags to that steaming soy vanilla latte to your strong healthy body. Big blessings, little inspirations... it doesn't matter. Be inspired by your own life.

Nature – There is a world of inspiration in every wildflower and every bird. Go for a night walk and breathe in the stars and moon, take your office meeting up to the rooftop, or simply fling your windows and doors wide open today and let that fresh air and sunlight pour in (just be sure not to let burglars also pour in).

Hugs – Embracing and being embraced by another being is a very tangible reminder of your connection to everybody and everything...including the flow of inspiration. Soak up all the affection you can in that hug and let it open your heart and spirit.



*“The very air
in which you
live is an
inspiration.”*

— WILLIAM HENRY MOODY

Kimberly Carroll is a certified Soul Coach and a television host/producer whose popular 6-Week body/mind/spirit bootcamps have been transforming lives from the inside out. For more about Kimberly, please visit: www.soulcoaching.org

It's time for *tea*.

Drink your tea and eat it too when favourite classics marry tea.

When Beth suggested infusing our all-time favourite tried and true recipes with something new... we were a little skeptical... but mostly intrigued. You know how one can get when it comes to classics, *leave them be*, I always say. She began to suggest matcha, lemon basil, chai and Earl Grey... a quick call in to our favourite tea boutique on Academy Road and she was on her way. After a few days in the kitchen... she paraded back in through the door, with a twinkle in her eye and balancing a tray of scents so sweet, it brought visitors peeking into our offices from next door.

Magically, a boardroom table became a test kitchen with disheveled rows of mouth-watering treats. Glistening ganache draped over cupcakes, moist with chocolate. Heavenly. Imperial cookies showered with pink icing and oozing with raspberry. *Better the next day*, she warned. Crumbs scattering and raspberry dripping... we couldn't wait. Perfect. And crème brûlée, the colour of cognac. *I have made this recipe hundreds of times, it works*. One for each of us. With custard jiggling on spoons... smooth and silky. Hmm, a hint of chai. And finally, a berry-laced buttery pound cake, perfectly weighted, drizzled with syrup, now crunchy. Nice.

A marriage made in heaven... in all regards. Beth suggested it was all about using the freshest tea... yes of course. We all agreed it had everything to do with the baker.

A return to simple beautiful tea



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Matcha imperial cookies

¾ cup butter, at room temperature
1 cup sugar
1 teaspoon matcha powder
2 eggs
2 ¼ cups flour, plus more for dusting
1 ½ teaspoons baking powder
Pinch salt
½ cup raspberry jam, for filling

Icing

1 cup icing sugar
2-3 tablespoons water
Food colouring, to tint (optional)

Using stand mixer or electric hand mixer, cream butter, sugar and matcha together. Add eggs, one at a time, scraping down after each addition.

In separate bowl, combine flour, baking powder and salt. Add dry ingredients to creamed mixture and mix until just combined.

Divide dough in half, form into 2 disks, cover in plastic wrap and refrigerate for 30 minutes.

Preheat oven to 350°F. Roll out chilled dough on lightly floured surface to ¼-inch thick. Make rounds using a 2-inch cookie cutter and lay on parchment-lined baking sheet. Bake for 10 to 12 minutes until cookies are set. Cookies will be lightly coloured on the bottom and will harden as they cool.

For icing, in small mixing bowl, whisk icing sugar with water, adding 1 tablespoon water at a time until desired consistency. Add food colouring, if using, to tint to desired colour. Dip half of cookies in icing. Allow icing to dry before assembling.

To assemble, place ½ to ¾ teaspoon jam on each un-iced cookie. Top with an iced cookie and gently press together to distribute jam. Best if assembled a few hours or up to one day before serving. Makes 40 to 48 cookies.



White tea and berry pound cake

1 cup butter, plus extra for greasing pan,
at room temperature
1 ½ cups sugar
Zest of 1 lemon
3 eggs, at room temperature
1 ¾ cups flour
½ teaspoon baking powder
½ cup milk, at room temperature
1 cup mixed berries, fresh or frozen

White tea syrup

¼ cup sugar
¼ cup water
1 tablespoon lemon basil loose-leaf white tea

For syrup, in small saucepan, over medium heat, combine sugar, water and tea, bring to a simmer. Turn off heat and allow to steep for 5 to 8 minutes. Strain to remove tea leaves, reserve syrup and allow to cool.

Preheat oven to 350°F. Grease and line 1 ½-quart loaf pan with parchment paper.

Using stand mixer fitted with paddle attachment or electric hand mixer, cream butter, sugar and lemon zest for 3 minutes. Add eggs, one at a time, scraping down bowl with spatula after each addition. In separate bowl, combine flour and baking powder. On low speed, alternating dry ingredients and milk, add to creamed mixture in 3 additions each, until just incorporated. Pour half of batter into loaf pan, top with half of berries. Cover with remaining batter, top with remaining berries. Bake for 1 ½ hours or until toothpick comes out clean. Allow cake to rest 10 to 15 minutes. Remove carefully from loaf pan and set on wire rack.

Using toothpick, poke 12 to 15 holes in top of cake. Pour cooled syrup over top of cake, a little bit at a time, allowing cake to absorb syrup between additions. Cool completely.



Earl Grey tea and chocolate cupcakes

1 tablespoon loose-leaf Earl Grey tea
 2 cups boiling water
 ½ cup canola oil
 1 cup cocoa
 1 cup sugar
 ½ cup brown sugar
 2 eggs
 2 cups flour
 1 teaspoon salt
 1 ½ teaspoons baking soda

Ganache

1 cup heavy whipping cream
 1 cup good-quality dark chocolate, chopped

Preheat oven to 350°F. Line muffin tins with paper liners.

In small, heatproof bowl, add boiling water to loose tea, steep 5 minutes, strain to remove tea leaves. In large mixing bowl, whisk tea with canola oil and cocoa. Whisk in sugars until combined, whisk in eggs. In separate bowl, mix together flour, salt and baking soda. Stir dry ingredients into wet ingredients until just combined. Fill baking cups three-quarters full, bake 20 minutes or until toothpick inserted in centre of cupcakes comes out clean. Place cupcakes on baking rack and let cool completely.

For ganache, place chopped chocolate in small bowl. In small saucepan, bring whipping cream to a boil. Pour cream over chocolate and let sit 1 minute. Whisk until smooth. Let ganache cool slightly.

Dip tops of cupcakes into ganache.
 Makes 20 to 24 cupcakes.



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restaurant scene.



CHRIS GAMA
CHEF DE CUISINE



RICHARD HANNA
GENERAL MANAGER



TRISTAN FOUCAULT
CHEF PARTNER



Chai tea crème brûlée

2 cups heavy whipping cream
1 ½ tablespoons loose-leaf masala chai tea
5 egg yolks
⅓ cup sugar, plus extra for caramelizing

In small saucepan, bring whipping cream to boil.
Turn off heat, add tea and let steep 6 minutes.

In medium-sized bowl, whisk yolks and sugar together.
Temper egg yolks by adding tea mixture a little bit at
a time, whisking constantly. Using fine-mesh strainer,
strain custard to remove tea leaves. Whisk and let cool
in ice bath or refrigerate overnight.

Preheat oven to 325°F. Place 6 espresso cups in roasting
pan. Divide cooled custard between cups, pour hot
water in bottom of roasting pan until it comes quarter
way up sides of cups. Bake until outside of custard
is set and centre still jiggles slightly, approximately
30-40 minutes. Allow to cool at room temperature
and chill in refrigerator before serving.

To serve, sprinkle 1 teaspoon sugar evenly over
surface of each custard and caramelize with butane
or propane torch. Serve immediately. Serves 6.

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Bread *from the heart.*

A lesson in bread making.

There are few things more pleasant than the smell of fresh bread baking in the oven. My mother takes great pride in her baking... it is an important role for her, and it always brings my dad into the kitchen, looking for a taste. Fresh warm bread, crusted just right... with chunks of chilled butter for him and homemade strawberry jam for her. Always, the smell of fresh bread wherever I am, brings memories as comforting as the bread itself.

Here, with Beth's step-by-step approach, you too can master bread making. From a classic white kissed with honey, a cinnamon raisin, puffy and golden to a savoury rolled loaf brushed with Parmesan and pesto, and there's nothing complicated about it. Treating your family to fresh bread from the oven will make them feel it coming from your heart.







Pesto French bread

1 batch white bread dough (recipe p.46), risen overnight
 1/4 cup freshly grated Parmesan cheese
 1/4 cup prepared pesto
 1 egg, lightly beaten

Punch down dough to deflate. Roll out dough on an unfloured surface into an 8 x 12-inch rectangle, keeping long end at counter's edge. Spread pesto on dough and sprinkle with Parmesan, leaving a 1-inch border. Roll up dough, pulling slightly, and seal seams well. Place loaf diagonally on baking sheet. Allow dough to rise at room temperature until it is doubled in size, about 1 1/2 hours.

Preheat oven to 400°F. Lightly brush loaf with beaten egg. Using sharp knife, carefully slash top of loaf diagonally several times. This will enable steam to escape as loaf bakes. Place loaf in centre of oven and let bake for 30-40 minutes or until crust is very dark brown, crispy and loaf feels light for its size. Immediately remove loaf from baking sheet and let cool on wire rack to maintain consistency of crust. Cool before serving.





Cinnamon raisin bread

- 1 batch white bread dough (recipe p.46), risen overnight
- 2 tablespoons butter, at room temperature, plus more for greasing pan
- ½ cup raisins
- 2 teaspoons cinnamon
- 3 tablespoons brown sugar

Grease 8-inch springform pan. In large mixing bowl, combine 2 tablespoons butter, raisins, cinnamon and brown sugar.

Punch down dough to deflate and place on unfloured surface. Using large knife or bench scraper, roughly chop dough into 1- to 2-inch pieces. Place dough bits in mixing bowl with cinnamon mixture and toss to combine. Place dough in prepared springform pan. Allow dough to rise at room temperature until it is doubled in size, about 1 ½ hours.

Preheat oven to 375°F. Place springform pan on baking sheet and place in centre of oven. Bake bread 30-45 minutes or until crust is dark brown and crispy. Immediately remove loaf from pan and cool on wire rack to maintain consistency of crust. Cool before serving.





In keeping with the surroundings of beautiful Assiniboine Park, our menu mirrors its greenness, featuring regional cuisine and sustainable local produce.



SIMON RESCH
CHEF

IAN VICKERS
GENERAL MANAGER



**TERRACE**
FIFTY-FIVE
FOOD & WINE

White bread dough

- 1 cup milk
- 2 tablespoons honey
- 1 teaspoon active dry yeast
- 3 cups bread flour
- 2 tablespoons butter, at room temperature
- 1 egg
- 1 ½ teaspoons salt

In a saucepan fitted with candy thermometer, over medium heat, warm milk and honey until mixture reaches 100° to 110°F. Add yeast and whisk to combine. Allow yeast to activate for about 10 minutes. The yeast will dissolve, bubble and foam slightly when activated.

In bowl of stand mixer fitted with dough hook attachment, combine flour, butter, egg and salt. Pour in yeast mixture. At low speed, mix dough until ball forms. Increase speed to medium. Knead dough by mixer for about 10 minutes or by hand on an unfloured surface until gluten develops. Gluten can be tested by stretching a small piece of dough until it is nearly transparent but doesn't tear.

Oil large bowl and roll dough ball inside to coat, leave dough in bowl. Cover with plastic wrap and let rise in refrigerator overnight. Dough can be used to make cinnamon raisin bread, pesto French bread or a white sandwich loaf.

White sandwich loaf

Punch down dough to deflate and place on unfloured surface. Grease loaf pan.

Roll out dough into a 4 x 6-inch rectangle, keeping long end at counter's edge. Roll up dough, pulling slightly, and seal seams well. Place in greased loaf pan. Allow dough to rise in loaf pan at room temperature until doubled in size, about 1 ½ hours.

Preheat oven to 400°F. Place loaf in centre of oven and let bake for 30-40 minutes or until crust is very dark brown, crispy and loaf feels light for its size. Immediately remove loaf from pan and let cool on wire rack to maintain consistency of crust. Cool before serving.

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Perfect *calamari.*

Three recipes for this treasure from the sea, including the classic version we all love.

What is it about calamari that has everyone vying for the title of who's had the best? There's hardly a menu around without it. Tender-crisp calamari, with rings and tentacles exotic and comforting, their crunch complimented only by a squeeze of lemon and a dip of tzatziki.

Here, Beth created three variations. First, the most classic version, dressed in a delicate coat of cornmeal, fried quickly, served restaurant style. Then, a salad with arugula and citrus with a topping of charred calamari flash-grilled and tossed with vinaigrette, ceviche-style. And finally, calamari becomes the shell for a ravioli-style filling, complete with spicy sausage sauced in tomato.

Available in tubes & tentacles in the fish section of most conventional grocery stores. Buying it frozen makes it from-the-sea fresh when it thaws. Perfect calamari, whether a novice or a pro, it's a recipe no cook should live without.



Bowl, The Bay.

Cornmeal crusted calamari

1 pound frozen squid tubes and tentacles, thawed
 ¾ cup flour
 ½ cup cornmeal
 ½ teaspoon coarse salt
 Coarse salt and freshly ground pepper, to taste
 Canola oil, for frying
 Fresh lemon wedges, to garnish

In large pot affixed with candy thermometer, heat canola oil to 375°F, making sure not to fill pot more than half way with oil.

Cut squid tubes into ½-inch thick rings and leave tentacles intact. In shallow dish, combine flour, cornmeal, salt and pepper. Dredge squid in flour mixture and shake off excess. Fry in small batches for 1-2 minutes, draining well on paper towel. Re-season with salt as soon as batches are finished frying. Best if served immediately, with tzatziki (page 74), and a squeeze of fresh lemon. Serves 4.

Grilled squid and arugula salad

½ pound frozen squid tubes and tentacles, thawed
 4 cups arugula
 2 oranges, peeled and cut into segments
 1 cup edamame beans, shelled and blanched
 Canola oil, for grilling

Vinaigrette

2 tablespoons cider vinegar
 ½ small red onion, thinly sliced
 1 tablespoon Dijon mustard
 1 teaspoon fresh ginger, minced
 1 tablespoon honey
 2 tablespoons orange juice
 1 tablespoon soy sauce
 2 tablespoons canola oil

For vinaigrette, in small saucepan, over medium heat, bring vinegar to simmer. Immediately remove from heat and add sliced onions to pickle. Place pickled onion along with any remaining vinegar in mixing bowl. Whisk in mustard, ginger and honey. Add orange juice, soy sauce and 2 tablespoons canola oil. Reserve until ready to use.

Coat squid with 1 tablespoon canola oil and grill over high heat for 1 minute on each side, until lightly charred and just cooked through. Toss grilled squid with vinaigrette and marinate in refrigerator for at least 1 hour or until ready to serve.

To serve, lay arugula on platter and top with squid and red onions in vinaigrette. Garnish with orange segments and edamame. Serves 4.



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Stuffed calamari in tomato sauce

½ pound hot Italian sausage, casings removed

¼ cup breadcrumbs

1 egg

1 tablespoon parsley, chopped

¾ pound frozen squid tubes, thawed

Tomato sauce

2 tablespoons olive oil

2 cloves garlic, minced

1 yellow onion, diced

2 tablespoons tomato paste

1 28-ounce can diced tomatoes

Coarse salt and freshly ground pepper, to taste

Mix sausage with breadcrumbs, egg and parsley until well combined. Using a piping bag, a small resealable bag with the corner cut or a small spoon, fill squid tubes half to two-thirds full with sausage mixture. Reserve.

For sauce, in large sauté pan, over medium heat, warm olive oil. Add garlic and onion and cook until translucent. Stir in tomato paste and cook about 2 minutes. Add tomatoes and reduce for 10 minutes. Season with salt and pepper. Reduce heat to low. Lay stuffed squid on tomato sauce and cover, braising for about 5 minutes or until sausage is just cooked through. Do not overcook, serve immediately. Serves 4 to 6.



Finding myself through yoga

After growing up very privileged, what some people might call a fantasy life, with Ferraris in the driveway, with a very unhappy family inside the house, I realize that money can't buy happiness, happiness comes from within. If you are going to be happy having a relationship with somebody, when you lose that relationship you'll be unhappy. So first you have to be happy on the inside. I came to these realizations after finding yoga.

I decided long ago that if I was going to represent any form of wellness that it had to be realistic. For me, for my friends and for my students. I'm not by nature a tan, skinny, chiseled instructor who works out three hours a day, and so I can't preach that to my students. I may not have the perfect body, but considering I'm 40 with two children and an ice cream habit, I look pretty good. More importantly, I feel good in my own skin. I am grateful for the journey I had to take in order to get here.

I remember the first time I felt *fat*. I was five years old and my cousin and I were playing tag in the back yard. I was chasing her around and when I caught up to her, not only did I tag her, I wrapped my arms around her so tightly we lost our balance and fell to the ground in laughter. My grandmother came running, screaming, *Dani you are going to crush her!* She didn't have to say anymore than that. Along with my parent's obsession with their weight I began my vicious cycle of working out, losing weight, gaining weight and feeling horrible about myself... all of it would tailspin out of control 16 years later, when my mother committed suicide.

In the seventh grade I decided, the only thing keeping me from nabbing a boyfriend like all my friends, was a pesky ten pounds. I remember picking up my mom's copy of *Fit For Life*, the first diet book I had ever seen and began

following her program of eating cucumber and mayonnaise sandwiches. After sticking to her program for a few months, I had lost not the 10 pounds but 10 more just to be safe. For the next four years, I pretty much maintained my weight by over-exercising and obsessing about everything I put into my mouth. I would follow my diet plan as long as I was home around good food, but when I went to my friends house, I would stuff my face with cookies, sugared cereal, and oh my god devil dogs, it all fell apart. Then I would feel bad about myself and not eat for two days.

After I left for college, my father's multimillion dollar guitar company went into bankruptcy, my grandfather died, my father left my mother and my mother eventually committed suicide. This was the hardest time in my life. All I wanted was to drown myself in the bottom of a pail of ice cream. Before I knew it, I had gained 20 pounds. I didn't feel like myself, I was tired all the time, my clothes didn't fit, and with four jobs just to pay my NYU tuition, I was struggling financially.

Clearly, I now know I was obsessing about my weight to distract my mind from the difficult situation I was facing with my parents, with my financial situation, and with my already distorted body-image. I was filling myself with food, to numb the pain I felt on the inside. Then I found yoga...

“It is better to live your own destiny imperfectly than to live an imitation of somebody else’s with perfection”

— BHAGAVAD GITA



Through yoga and meditation I learned the art of being mindful and present. I learned to use food as fuel for my body, rather than comfort my emotions. Eventually I got back on track and through yoga and acupuncture, I was able to get healthy, physically and mentally.

Now, I also have a realistic idea of what I can expect to look like, with a reasonable amount of time spent working out. I meditate for 20-30 minutes every morning, spend about 5-6 hours a week doing yoga, and 1 hour a week doing some sort of physical activity. If I want to treat myself to something I normally wouldn't eat, then at the next meal, I get back on track. My rule of thumb is 80% healthy and 20%, I eat whatever I want.

After almost 15 years of my practice I can honestly say it has been the meditation that has had the greatest effect on my life and on the lives of those around me. It has helped me to be a better mother, a better wife, a better friend, and a more compassionate teacher. It has taught me to be okay with myself, with the moment, and with whatever the universe throws my way.

Danielle Diamond, founder, Xen Strength. Danielle's new DVD entitled *Xen Strength Yoga*, which combines vinyasa yoga with weights, can be found on her website: Xenstrength.com

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Kale and cheddar soufflé

6 tablespoons butter, divided, at room temperature
3 tablespoons breadcrumbs
1/4 cup flour
1 1/2 cups milk, heated
1/4 teaspoon salt
Freshly ground pepper, to season
1 cup aged white cheddar, grated
6 eggs, separated, at room temperature
1/2 bunch (about 2 cups) kale, sliced into ribbons
1/4 teaspoon cream of tartar

Preheat oven to 375°F.

Grease an 8-inch soufflé dish with 2 tablespoons butter and coat with breadcrumbs, tapping out excess.

In saucepan, over medium heat, melt remaining 4 tablespoons butter. Using wooden spoon, stir in flour and cook for 3 minutes. Using a whisk, add milk a little at a time, whisking constantly to create a smooth cream sauce. Once milk is incorporated, cook 3 more minutes, stirring occasionally with a wooden spoon. Season with salt and pepper and remove from heat. Stir in grated cheddar and pour into large mixing bowl. Whisk egg yolks into warm cheese sauce one at a time. Stir in kale ribbons.

Using a stand mixer or electric hand mixer with whisk attachment, whip egg whites in large, clean bowl with cream of tartar, until white and fluffy, stiff but not dry. Stir 1/3 whipped egg whites into soufflé base. Gently fold 1/3 egg whites into soufflé, being careful not to deflate. Fold in final 1/3 egg whites until just incorporated. Pour soufflé batter in centre of prepared dish, making sure not to get any batter on rim. Place in oven on centre rack and bake, leaving undisturbed for 30 minutes.

After 30 minutes, gently open oven door and check for even browning. Carefully rotate soufflé as necessary and bake for another 5-15 minutes, until golden brown and just set in centre. Serve immediately. Serves 6 to 8.



A few classics *to call your own.*

We welcome Food Editor, Beth McWilliam with a few of her favourite recipes—ones we think will surely become favourites of yours. An unforgettable, delicate and fluffy soufflé with ribbons of kale and aged cheddar; a fork-tender brisket braised over time with onions and brown sugar; a savoury, eggy, potato and vegetable kugel; a tangy garlic pickled asparagus and lemon tarts with dollops of billowy meringue.



Start with the best fresh cuts

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PORK TENDERLOIN

CHICKEN
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Sweet and sour brisket with caramelized onions

4 large yellow onions, diced
3 tablespoons olive oil
1 cup brown sugar
2 cups ketchup
1 (7-pound) beef brisket
Coarse salt and freshly ground pepper, to season
¼ cup fresh lemon juice
1 cup water

In medium sauté pan, over medium-low heat, caramelize onions in olive oil for about 15 minutes or until golden brown. Reserve.

In small bowl, combine brown sugar and ketchup. Lay brisket in an aluminum roasting pan. Season on all sides with salt and pepper, coat with ketchup mixture. Top brisket with caramelized onions. Cover with aluminum foil and refrigerate overnight.

Preheat oven to 325°F. Add lemon juice and water to bottom of roasting pan. Braise until fork-tender, approximately 5 hours.

Remove from oven and allow brisket to rest in braising liquid until ready to slice. Transfer meat to cutting board. Skim fat from surface of the braising liquid and reserve liquid. Slice brisket against the grain, serve with braising liquid. Serves 10 to 12.

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Potato vegetable kugel

4 yellow onions, diced
4 tablespoons olive oil, divided
3 pounds Yukon gold potatoes
2 parsnips, peeled
3 carrots, peeled
2 zucchinis
Coarse salt and freshly ground pepper, to season
7 eggs
½ cup matzo meal
1 teaspoon baking powder

Preheat oven to 375°F. In large sauté pan, over medium-low heat, caramelize onions in 3 tablespoons olive oil for about 15 minutes or until golden brown. Allow to cool.

Using large-holed grating attachment on food processor, grate potatoes, cutting as necessary to fit feed tube. Using clean dishtowel, squeeze excess water out of grated potatoes in small batches and place in large bowl. Grate parsnips, carrots and zucchini in food processor. Combine with drained potatoes. Stir in caramelized onions. Season generously with salt and pepper.

In small mixing bowl, whisk eggs. Whisk in matzo meal and baking powder. Pour matzo mixture into potato mixture and stir to incorporate.

Grease 9 x 13-inch baking dish with remaining tablespoon olive oil. Pour in potato vegetable mixture and smooth surface. Bake uncovered for about 1 ½ hours until top is golden and centre of kugel is set. Serves 10 to 12.



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Lemon meringue tarts

Crust

1 cup whole almonds
1/2 cup brown sugar
1 cup coarse bread crumbs, unseasoned
1/2 cup melted butter, plus 1 tablespoon for greasing
1 egg white

Lemon curd

1 cup freshly-squeezed lemon juice
5 eggs
3/4 cup sugar
1/2 cup cold butter, cut into cubes

Meringue

3 egg whites, room temperature
1/8 teaspoon cream of tartar
1/2 cup sugar

For crust, preheat oven to 350°F. In food processor fitted with steel blade, pulse almonds with brown sugar and bread crumbs until reduced to coarse crumbs. Add melted butter and egg white and pulse a few more times. In greased muffin pan, place 3 tablespoons tart crust in each cup, pressing crust up sides. Bake for 10 minutes or until lightly golden. Cool completely before removing from pan.

For lemon curd, in small saucepan, over medium heat, bring lemon juice to simmer. In small bowl, whisk together eggs and sugar. Warm eggs by adding a quarter of hot lemon juice, whisk immediately. Add another quarter and whisk again. Pour egg mixture into remaining lemon juice and continue cooking over medium-low heat, whisking constantly until curd just begins to simmer. Remove immediately from heat and strain into clean bowl. Add cold butter and stir until melted. Fill tart crusts until almost full. Let cool completely.

For meringue, using stand mixer or electric hand mixer, whip egg whites until frothy. Add cream of tartar. On medium speed, whip until white and fluffy, add sugar, a tablespoon or two at a time until fully incorporated. Continue whipping until medium stiff peaks form. Decorate filled tarts with meringue. Brown peaks with a butane or propane torch, or broil briefly in oven. Makes 12 to 16 tarts.



Pickled asparagus

1 1/4 cups white vinegar
1 1/4 cups water
1 tablespoon sugar
1 tablespoon kosher salt
1 bunch raw asparagus
3 cloves garlic
2 stems fresh dill

In small saucepan, over high heat, bring vinegar, water, sugar and salt to a boil. Reserve.

Trim asparagus to fit a 1-quart canning jar or tall container with lid. Add garlic cloves, dill and asparagus in jar. Pour warm pickling liquid into jar and leave to cool on counter. Once cool, refrigerate for at least 3 days before serving. Serves 6 to 8.





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Greece comes *to the table.*

Something magical happens when
Greek cuisine is at the heart of
a dinner party.

The conversation is loud and lively. Platters are set right on the table, and dishes are doled out casually. A leg of lamb is carved at the head of the table, its faintly pink center fragrant and earthy. Inspired by the flavours of Greece this casual menu brings it home.

Greek cuisine is extremely healthy and is characterized most notably by the generous use of olive oil, featured prominently here, whether emulsified in the salad dressing, drizzled over potatoes or rubbed over the meat. Lamb is another staple of the Greek table especially in the spring, with the country's climate and terrain favouring the breeding of sheep and goat over cattle. Traditionally, sheep were also responsible for Greece's famous feta cheese, which is made by skimming milk curds and then packing and curing them in a brine. Greek yogurt, which is the base of the tzatziki, is unlike any other, with its whey having been strained to give it a denser texture. Because it's strained, it also has a higher protein content — up to 20 grams per cup.

Here, lamb grilled over an open flame, is accompanied by tangy potato salad, drenched in lemon. Spinach salad is flecked with dill and studded with feta. Thick, garlicky tzatziki is the cool and luscious accompaniment for golden pita made slightly crisp by a quick turn on the grill. The finale comes with frozen vanilla yogurt and silky fig syrup, with notes of orange and honey, topped with crunchy sugared walnuts.

The flavours of Greece are some of our favourites; try your hand at this delicious meal, whether for dinner or a casual lunch, it will become yours too.



Potato salad with roasted lemon and garlic

5 pounds new potatoes, halved
1 lemon, halved
1 tablespoon dried Greek oregano

Dressing

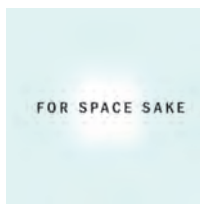
1 head garlic
1/3 cup olive oil
1/3 cup mayonnaise
Coarse salt and freshly ground pepper, to taste
1/2 red onion, thinly sliced

Preheat oven to 350°F. Slice top off head of garlic and wrap in tin foil. Place lemon in small baking dish cut side down. Roast lemon for 15 minutes and garlic for 45 minutes to 1 hour or until soft.

In medium-sized pot, place potatoes and cover with cold, salted water. Bring to boil over medium-high heat, simmer until potatoes are cooked through, about 10-15 minutes. Drain potatoes well and place in large bowl. While still hot, squeeze juice of roasted lemon and sprinkle oregano over potatoes.

For dressing, in separate bowl, gently squeeze roasted garlic cloves from bulbs and mash to a paste. Whisk garlic purée with olive oil, mayonnaise, salt and pepper. Set aside.

Once potatoes have cooled, toss with dressing and red onion. Refrigerate until ready to use. Tastes best if made a few hours or a day before being served. Serves 4 to 6.



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Greek boneless leg of lamb

2 tablespoons fresh rosemary
 16 cloves garlic, divided
 2 tablespoons honey
 Zest and juice of 1 lemon
 4 pounds boneless leg of lamb, untied
 2 tablespoons of olive oil
 Coarse salt and freshly ground pepper, to season

Chop rosemary together with 4 cloves garlic. Place in large, resealable plastic bag with honey, lemon juice and zest. Add leg of lamb and marinate in refrigerator overnight. Remove lamb from refrigerator about 1 hour before grilling.

Preheat grill on high heat, leaving one burner off. Remove lamb from bag and season inside generously with salt and pepper. Roll up and tie roast 4 to 6 times with kitchen twine. Using small knife, cut 12 slashes into surface of lamb and stuff remaining garlic (cut larger cloves in half) into each slash. Rub surface of lamb with 2 tablespoons of olive oil and season generously with salt and pepper.

Grill over indirect heat for approximately 1 ½ hours, turning occasionally for even browning or until meat thermometer reads 130°F for medium rare. Allow lamb to rest for at least 10 minutes before removing twine and serving. Serve 6 to 8.

Tzatziki

1 English cucumber
 2 cups plain Greek yogurt
 Juice of ½ lemon
 2 tablespoons fresh dill, chopped
 1 clove garlic, chopped
 Coarse salt and freshly ground pepper, to taste

Cut cucumber in half lengthwise. Using a spoon, remove seeds. Grate cucumber on large holes of a box grater. Squeeze excess water from grated cucumber using clean dish towel.

Place remaining ingredients in medium-sized bowl, add cucumber and stir to combine. Season with salt and pepper, to taste. Refrigerate until ready to use. Serves 6 to 8.

Spinach salad with lemon dill vinaigrette

10-11 ounces fresh baby spinach
 1 cup fresh peas, shelled
 2 green onions, chopped
 1 cup feta cheese, crumbled

Lemon dill vinaigrette

1 egg yolk
 Juice of ½ lemon
 1/3 cup olive oil
 1 tablespoon fresh dill, chopped
 1 ½ teaspoons sugar
 1/8 teaspoon salt
 Freshly ground pepper, to taste

For vinaigrette, in small jar with lid, shake vinaigrette ingredients until well combined. Refrigerate at least 2 hours for flavours to develop.

In large bowl, toss spinach, peas and onions with vinaigrette, top with feta cheese. Serves 6 to 8.



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Frozen yogurt and sugared walnuts with figs

Sugared walnuts

1 egg white
1 tablespoon honey
2 tablespoons brown sugar
1/2 teaspoon cinnamon
2 cups walnut halves, half left whole and half chopped

Figs in orange honey syrup

2 cups dried figs, cut in halves or quartered
1 1/2 cups water
1/2 cup honey
1/2 cup brown sugar
Zest of 1 orange
2 teaspoons cornstarch
2 tablespoons orange juice
4 cups frozen vanilla yogurt

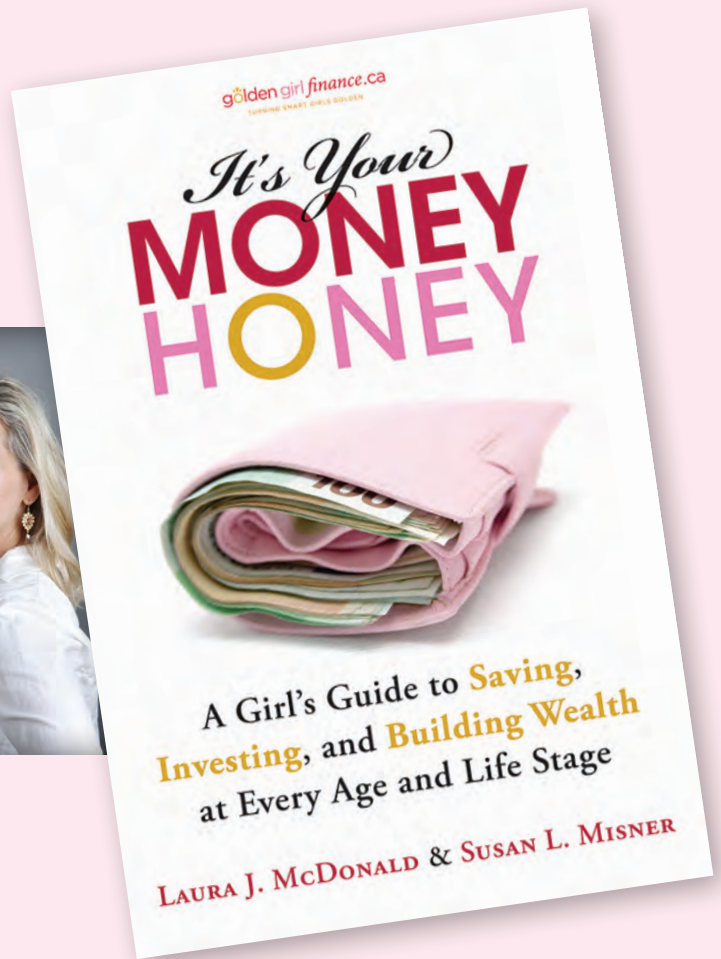
For walnuts, preheat oven to 350°F. In large bowl, whisk egg white with honey, sugar and cinnamon. Stir in walnuts. Strain through mesh strainer to remove excess egg white. Spread coated walnuts on parchment-lined baking sheet. Bake, turning once, for 8-10 minutes or until walnuts are toasted and golden brown.

For syrup, in medium saucepan, over medium heat, bring figs and water to boil. Simmer 5 minutes until water is reduced by half. Add honey, brown sugar and orange zest, simmer 5 more minutes.

In small bowl, whisk together cornstarch and orange juice. Whisk cornstarch mixture into fig mixture and return to boil for 1 minute or until syrup thickens. Cool slightly before serving.

To serve, spoon frozen yogurt into individual serving bowls. Top with sugared walnuts and warm figs in syrup. Serves 6 to 8.





Excerpt from the book: ***It's Your Money, Honey***
*A Girl's Guide to Saving, Investing, and Building Wealth
at Every Age and Life Stage* (John Wiley & Sons, 2012)

By Laura J. McDonald & Susan L. Misner,
Founders of GoldenGirlFinance.ca

Turning Smart Girls Golden

Let's Start at the Very Beginning.

We met at a dance class. A Storybook Ballet class, to be precise, for our pre-school daughters. Climbing out of minivans, each of us gripped the hands of little girls in baby pink leotards and elasticized slippers while juggling cellphones, juice boxes, and zip-lock bags of Cheerios (spilling out onto the pavement, of course). Our eyes met across the crowded parking lot. There was a faint recognition, a long ago memory of double dates, child-free nights, and carefree days. But we digress. Though we had been acquaintances a decade or so ago, we had not seen one another since. And those child-free nights were long gone.

Over the intervening years, each of us had gone on to build our careers, get married, and manage busy households. That day in the dance-studio parking lot, Susan was corralling her two little girls and Laura shepherded three. Five daughters under the age of four. (That's right, you don't want to end up next to our families on a plane.)

As we caught up over cold coffee in take-out cups and commiserated over sleepless nights and harried schedules, something clicked. We knew we were made to work together.

Susan had climbed the corporate ladder to become a top wealth-management advisor. Yet she was dismayed at seeing so many of her female friends—intelligent, educated, capable women—intimidated by investment advisors, unsure of their own finances and wary of economic explanations.

She instinctively knew that someone with a female perspective needed to reach out from the financial industry. A source that would understand women's lingo, would never undermine their opinions, and would assure them that all questions are valid and worthy of a legitimate response. The default voice of finance need not be male, she reasoned. And while the topics are often the same, why not change up the dialogue?

Enter Laura. A successful entrepreneur, writer, and communications consultant, she was financially clueless. Between juggling her job, her clients, and her three young children, Laura was quite content to leave the financial planning up to her husband. And yet, for an educated woman who was used to running her own business as well as a household, that didn't quite feel right.

Flashback a few years: Laura is nine months pregnant, taking the streetcar to the hospital while in labour with her first child, while her husband drove in from a long commute. Okay, so she wasn't entirely sure this was the real deal; babies do take way longer to pop out than those silly movies would suggest; and she secretly enjoyed possessing this little secret amidst unsuspecting passengers. But still—labour and public transport generally don't mix.

The issue that dogged Laura, however, was not 'what if my water breaks all over this stranger and his sci-fi novel?' The question was—why on earth did she not just take a cab? In fact, the reason she took the streetcar was that at 27 years old, she was plain broke. Not even \$20 to her name. How could she have let this happen? Here's how:

She was in the non-lucrative business of trying to build a career as an actress.

Hubby paid the bills and they never got a joint bank account.

Hubby had taken away her only credit card following a series of minor shopping indiscretions to “teach her a lesson” about spending what she didn’t have.

As a result, Laura found herself in their new city, where her husband had been transferred for work, with no family and few friends, and only a debit card... with a single-digit balance. No cash for a taxi, no credit card, and a baby kicking away feverishly at her stomach.

Sometime during that fateful streetcar ride, Laura realized that a man should never be a financial plan. No matter how confidently you act, how much knowledge and savvy you possess, regardless of how much respect you command among your colleagues and clients, you can still quite easily find yourself radically, financially, out of control.

And yet, life happens. Not too many years later, with two more babies under her belt, Laura still had not completely conquered the financial stuff (three kids in three years does that to a girl!), and continued to leave it up to her husband. She knew she should at least participate in the financial planning, but when you know so little, where do you begin? What questions do you ask? And above all else, who has the time?

The Female Economy

Clearly, Laura was not alone in feeling like she needed to get a grip on her financial circumstances and start taking control of what she owned—now and in the future. You see, women worldwide are becoming wealthier and more independent. Between 1980 and 2008, the number of women in the global workforce doubled to 1.2 billion. As of 2009, women controlled 27 per cent, or about \$20 trillion, of the world’s wealth. Better still, this figure is expected to grow by 8 per cent each year until 2014. (High five, ladies!)

*Laura found herself in their new city,
where her husband had been
transferred for work, with no family
and few friends, and only a debit card...
with a single-digit balance. No cash
for a taxi, no credit card, and a baby
kicking away feverishly at her stomach.*

Just to put that in perspective, the “female economy” represents more than \$5 trillion of incremental spending by women over the next several years. This is larger than the growth potential for India’s and China’s consumer economies.

The consensus? We have so much power! You’d think that financial advisors and consumer-marketing groups would be eating these statistics up like candy and dying to get their money-hungry fingers on us gals and our growing bank accounts. Yet companies often miss the mark, thinking if they brand their products pink—bam—they’ve cornered the women’s market.

Wake up, world! Not only do we think and react a lot differently than men (and not just in shades of pink), our lives follow much different paths than those of our brothers. Think about it:

We earn less. Currently, a woman earns just 83 cents (some studies suggest even less) for every dollar earned by a man. Takeaway: Our dollars have to stretch further to achieve the same lifestyle.

We are in the workforce for a shorter period of time. Between maternity leave, part-time work, and caring for kids, parents (and, yes, husbands), we generally end up dipping in and out of the workforce throughout our careers. Takeaway: We have smaller retirement savings and fewer earning years.

Once we hit 65, a woman can expect to live until she is 86 (on average), about three years longer than a man. Takeaway: Our Botox funds (oops!), we mean retirement savings, need to last longer.

Many women spend more of their lives alone—either by marrying later in life, getting divorced, being widowed, or choosing to remain single. Takeaway: We must be prepared to live self-sufficiently for a good chunk of our adult lives.

But here's the silver lining. Women's rising influence in the economy is starting to shake things up. After decades (or even centuries) of mothers nagging daughters about getting married, finally, in 2008, money replaced marriage as the number one topic of discussion between mothers and daughters. Thankfully today, 91 per cent of women surveyed said they are talking to family members about money. Investing, saving, spending, and anxieties and concern over money are the top financial topics being discussed.

We'll raise a glass of Pinot after a long hard day to that.

5 'golden' financial tips to consider:

1. **Don't lie awake at night worrying — get engaged (and we don't mean with a ring).**

Thirty percent of women said money stress is keeping them up at night. The first step? Dip your toes in financial waters by learning more about the industry and its terminology. There are a number of books and websites out there that discuss the world of finance in a down-to-earth kind of way, including www.goldengirlfinance.ca.

1. **Book a meeting with a financial advisor.**

If you have one already, but have always left that up to your significant other, meet with him or her on your own (keep it casual and grab a coffee). You need to be a part of this very important relationship now. Don't wait for a time of crisis.

1. **Understand that the stock market affects your everyday life (nearly everything you do).**

Similarly, you have a very real effect on the market itself via your everyday purchases. Think about it: Are you addicted to Starbucks or Tim Hortons coffee? Do you use Visa or MasterCard? These are all publicly traded companies.

1. **When paying down debt, don't forget about saving at the same time.**

You want to make this a habit now, so you don't turn to credit every time you're in a crunch.

1. **Pre-nups are big news, but what about looking at them in another way?**

While few of us come into marriage with significant assets to protect, a number of partners bring big debt to the table. Ultimately, in the wake of a separation, you want to protect yourself from taking this on too.



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The ANNA team just returned from a glorious week of Mexico... gorgeous beaches, fabulous food, lazy days... here's a sneak peak with much more to come in ANNA's summer issue!

Look forward to beautiful photography and a menu filled with Mexico's finest... delicate grilled flank steak with cumin and lime, shrimp tacos with homemade corn tortillas and mango slaw, crispy flatbread with tuna, avocado and pineapple, roasted tomatillo salsa, pico de gallo and chocolate chili flan just to name a few.

Experience the splendor

Winnipeg's finest steakhouse serves Canadian Prime, the best available beef in Canada. Exotic fresh fish and seafood are featured daily with live lobster, up to 6 pounds, flown in from P.E.I. weekly. 529 is also home of the highest rated wine list as winner of Wine Spectator Magazine's "Best of Award of Excellence" and boasts one of the province's most extensive and exciting wine cellars.
529 Wellington... equally rare and well done!

"Divine food, perfect ambiance; service is impeccably trained in every aspect of the operation, what bliss it is to feast on food with a flavour that is its own reward. This is how beef is supposed to taste."

— MARION WARHAFT ★★★★★



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