

ANNA

MAKE EVERYDAY SPECIAL

“Personal style is all about quiet confidence. It’s about trusting yourself and treating yourself with respect.”



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

Someone asked my copy editor if ANNA Magazine was created by someone with money and an abundance of time. For a moment I felt almost silly, then it made me laugh, so I decided to share some of the truth. Although named after my mother, the reason it exists, lies with my father. At the age of seventeen, a fierce determination for a better life brought him to Canada and not knowing a word of English, he found work.

He was so grateful to be working, he told us, it never occurred to him to break for lunch or to simply ask for the time. With a quiet confidence and a modesty that kept him well hidden, throughout his life, I watched him pursue his passions. First as a cabinet maker, then a grandfather clock maker, a dentist, a strawberry farm hobbyist, a wooden steam engine designer and finally at the age of 65, a self-taught musician. My father, inventor, creator, entrepreneur, humanitarian and violinist, rarely misses a church service and falls on his knees to hug his grandchildren is most likely the reason this magazine exists. And although I do not recall him actually saying so, his actions taught me that anything is possible.



So to me it makes perfect sense, that with hardly a proper set of pots and a modest stove, my tiny home kitchen became my test kitchen and a few coats of white paint transformed my dining room into a photography studio. This is where it all begins; the cooking, testing, styling and writing; with recipes, linens, props and dishes strewn about. And at the end of the it all, is the part I love most. When it's all come together, hot off the press, looking at it for the first time and turning each beautiful page. I am so grateful for the businesses that supported me, the advertisers that believed in me and the many friends who helped me.

Inspired by a 1953 *Vogue* magazine and a few Audrey Hepburn prints, it has taken its form, and become essentially a picture book of beautiful photographs, styled with fabulous things, from Vera Wang and Mokuba ribbon to vintage dresses and precious antiques, with fabulous food and beautiful faces—here it is, our very special third issue, *Style and Purpose*.

Thank you once again you for allowing me to share my dream with you and if for now it's only from my home kitchen, I promise as we are able, to bring you the very best, from Tuscany to Paris, it's all part of the plan. So as you look at these pages and cook your way through, know that it was woven together by a few people who dared to dream. May it inspire you to pursue your dreams and remind you that your true style, should in some small way make someone's world a better place.

Enjoy!

Mari

P.S. If you would like to subscribe to ANNA Magazine or buy it for a friend, please visit www.annamagazine.ca



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Photography by Daniel Wexler

Winner of the 2012 CHBA National SAM Award



MARIC HOMES

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the beauty of it all

When he was a young boy, he used to come visit an elderly woman who lived next door to my house. From my own yard, I could see him, sitting on her wooden steps. Carefree and full of life. A real confidence about him. The world at his command. That was 30 years ago. I would hear about him from time to time but never really got to know him well. Today, I am sitting across from him and we're having lunch. He's in real estate and we have called him to give him our best pitch. I am talking about how I want to make a difference, a magazine with heart. I am telling him how he can embrace that message by being a part of it. "I know what you are trying to do", he says, "and I like it." Then our conversation changes.

"When my marriage ended, everything in my life changed. Where I lived, where I got my mail, in the blink of an eye it was gone. One day I was going about my usual way and next I could not find a way to breathe through it. Grief and sadness moved in like a thick fog. Everything I knew had changed. My mind was always racing. I couldn't stop it long enough to make a decision. I would jump in my car and drive for hours and hours. I drove 6,000 miles to see my parents. After speaking with them, I wanted to leave, so restless. I felt I was going crazy. My heart was aching, I had never felt anything like it before. I didn't know what to do, I felt lost. It took about a year and slowly I began to see a light, a glimmer of hope. Today, this experience has completely changed me, it has made me real. I have a story and I find myself sharing it with others who have their own obstacles to overcome. I feel like I'm really here for a reason and that's to be the best person I can be. I feel healthy, happy and ready to begin a new phase in my life. The human spirit is an incredible thing. I see everything in a new light. I am working on forgiveness."

As you can see, Daryl did decide to embrace our message and I chose to write about him because his story touched my heart, I understood. Thanks to his natural good looks and to the team at *Harry Rosen*, who dressed him in the very best, Daryl had a look that made the photographer's job a breeze. I was unable to attend the shoot, but when I called to check in, I received the grandest review. From the staff at *Harry Rosen* to the design team, I heard—so easy to work with, such humility and maturity, a real calm about him, such style.

I know that beyond the Hugo Boss and the polished shoes lies something no one can change. Daryl's true sense of style, the way he presents himself, the way others feel when they are around him, his honesty and determination and his kindness. His ability to overcome and his willingness to forgive. I know that great joy and great success await him.

In this journey we call life, we all have obstacles to overcome, and some may seem insurmountable. The beauty of life is that the right people will come along at just the right time. And they are meant to be, to say "I have been there, I understand." To bring hope, for a future much brighter than we can imagine at the time.

From my own experiences, I know, that when you find your way through it all, it's important to understand the lesson and to make a decision to forgive. Forgiveness frees us and allows us to move forward. Not to forgive imprisons us in the past and locks out all potential for change. When we forgive, we set a prisoner free and then discover that the prisoner we set free was us. Only then can we discover the person we were truly meant to be.

*"Out of suffering have emerged the strongest souls;
the most massive characters are seared with scars."*

Kahlil Gibran



elements of style

Few people, famous or otherwise, exhibit the grace and strength of Audrey Hepburn. Born in 1929, Hepburn became an icon for classic style. The ease and almost regal poise with which she carried herself is a quality still admired years later, by women of all ages.

In an effort to emulate Hepburn's style, countless beauties have donned numerous versions of the little black dress. While some look elegant, most fail to capture the complexity, intelligence, sensitivity, and simplicity that embodied Audrey Hepburn. Her personal style was more an expression of her inner beauty, about living her life with purpose, than it was about a dress.

Personal style is all about quiet confidence. It's about trusting yourself and treating yourself with respect. It's about choosing to accept the things about yourself that you cannot change, and all the while, celebrating your imperfections. It's about making choices that are good for you and being deliberate in all that you do.

There's an integrity that comes with being oneself on purpose. When you learn who you are, what you wear doesn't affect the way you feel about yourself as much as it used to. And, when you're proud of the person you've become, you realize that true style means paying attention to how you present yourself, without really caring if anyone else notices that you did.

Most importantly, there's a recognition that your personal style is reflected in your everyday actions. How you handle challenges, how you treat people, your manners, your personal standards, and the impressions and kindnesses you extend to others. All of these are what create an authentic personal style.

*Text by Lewena Bayer/Karen Mallett
The Civility Group Inc.
Canada's Etiquette Experts
www.thecivilitygroup.com*

make everyday special



lunch with a friend

I used to love having lunch with my friend Tara. She was a writer and when I first met her she was working for a food magazine and always looking for a review. I use to accompany her on some of her assignments and it was on these occasions that my love affair with words began. Tara was as passionate about eating the food as she was about writing about it. We would drive clear across the city for her favorite cookies, chatting all the while. I loved to listen to her stories. It seemed there was always something exciting going on. She had a way with words. Tara is one of my favorite writers; and when she writes her words dance on the page. She has since fallen desperately in love and moved away. I don't see her much, but I think of her often and when I do, I am reminded of our lingering lunches and fabulous chats.

We all know, it's not so much about the food than the person you are sharing it with, but this spectacular lobster cobb salad makes it a perfect match. The sweetness of the lobster, the smoky bacon with blue cheese, the texture of the avocado—together they are indescribable and only better paired with a glass of chilled white wine.

Lobster Cobb Salad

2 large Atlantic lobster tails
 2 ripe avocados, peeled and diced
 ½ cup blue cheese (English Stilton is my favorite)
 6 slices bacon, cooked and crumbled
 1 small bunch arugula leaves
 1 cup cherry or grape tomatoes

Vinaigrette

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

To prepare the vinaigrette, whisk all ingredients together in a small bowl until emulsified. Set aside at room temperature. Bring a large pot of water to boil, add 1 teaspoon salt and place lobster tails inside. Reduce heat to medium and cook for about 6 minutes. Remove from heat and let lobster sit in hot water for another 3 minutes. Remove, drain, chop coarsely, set aside. Place arugula leaves, tomatoes and vinaigrette in large bowl and toss. Add avocado and lobster, tossing slightly so as not to mush avocado. Crumble bacon and blue cheese on top and serve immediately. Serves 2 generously.

Wine Pairing

Winery – Madfish
 Grape – Sauvignon Blanc / Semillon
 Year – 2005
 Country – Australia
 Price(approx.) – \$15 CDN

“Delicious & crisp, a blend that delivers vibrant flavours with floral notes and fuller texture. A great partner for seafood.”





TRADITIONS

a birthday party with flair

CAKE AND DESIGN ELEMENTS BY CARISSA L. ROMANS
RECIPES AND STYLING, MARI LOEWEN
PHOTOGRAPHY, ROSS CORNISH



When it comes to birthdays, it's true—I am obsessed. I remember the excitement of my own birthday parties when I was a little girl, hotdogs and cupcakes and friends dressed in their very best. I remember one birthday in particular, I was seven and Edna was my best friend.

She was wearing a beautiful dress, it was chocolate brown plaid with an empire waist, tied with a brown velvet ribbon. It very well could have been Louis Vuitton or Prada, but if her mother was anything like mine, I'm quite sure she sewed it herself. Edna brought me a present and I couldn't wait to open it. Finally it was time. I tore open the paper... it was sparkly and beautiful, a perfect silver heart surrounded by a million little clear gemstones. I was sure they were diamonds. I loved it.



One day it slipped into a tiny crack that was between the kitchen counter and the wall. I couldn't reach it. My mother couldn't reach it. I never forgot about it...

When my daughter was born, I promised to make each of her birthdays extra special. Not over-indulgent costly affairs with extravagant gifts, too much food and fancy loot bags. Rather finding ways to invite as many friends as possible, serve simple food and each year, a very special cake.



And here, with Audrey Hepburn as our inspiration, we decided on a dress-up party, with fancy hats and sparkly bracelets, candy sticks and jelly beans, homemade invitations and goodie bags. French fries and chicken sticks, pink soda in fancy glasses and a hat cake—one her guests would not soon forget.

*The table has been set,
the dress has been chosen
and guests are on their way...*



*Sipping on sodas...
the friends have arrived in ooooh,
their finest...*



*Giggles and nibbles
and silliness and fun...
oh, what a time!*



Parmesan Chicken Finger Sticks

3 boneless chicken breasts
1 cup all-purpose flour
1 ½ teaspoons kosher salt
2 eggs
1 cup bread crumbs
½ cup freshly grated Parmesan cheese
Butter
Extra-virgin olive oil
Ice cream sticks

Lay chicken breasts flat on cutting board and cut each breast into 4 or 5 large strips. Combine the flour and salt on a dinner plate. Beat the eggs with 1 tablespoon water on a second plate. Combine the Parmesan cheese and bread crumbs on a third plate. Dredge the chicken breasts on both sides in the flour mixture, then dip both sides into the egg mixture and roll in bread crumbs, pressing lightly to coat. Heat 1 tablespoon butter and 1 tablespoon olive oil in a large sauté pan and cook chicken strips on medium-low heat for about 3 minutes on each side, until cooked just through. Add more butter and oil and cook the remaining strips. Insert ice cream sticks into the chicken strips and serve. Serves 6.

French Fries

5 or 6 large Yukon Gold potatoes
Vegetable oil for frying
Sea salt

Cut potatoes lengthwise into ¼ or ½-inch sticks, rinse in cold water and drain on paper towels. Pour oil into large pot, about 2 or 3 inches deep. Fry potato sticks in batches, about 3 minutes per batch, stirring occasionally with metal tongs. Remove from oil and drain on paper towel. Place potato sticks back into the oil for another 3 minutes (in batches), remove and drain on paper towel. Sprinkle with sea salt and serve. Serves 6.



TRADITIONS



*And finally, making its entrance,
elegant and beautiful, the moment
we've all longed for—bittersweet
chocolate and delightful buttercream,
moist and lovely, trimmed simply with
ribbon and fondant, tinted with blush...*







Chocolate Buttercream

1 cup unsalted butter
 ¾ cup cocoa
 1 ½ teaspoons vanilla
 4 cups sifted confectioner's sugar
 4–5 tablespoons milk

Cream butter with electric mixer on medium speed until light and fluffy. Add vanilla and gradually add the sugar, one cup at a time, and beat for another 3–4 minutes. Scrape the sides of the bowl often. When all the sugar has been added the icing will appear dry. Add milk one tablespoon at a time and beat until light and fluffy. Refrigerate in an airtight container when not in use. Can be stored in the refrigerator for up to 2 weeks. Whip again before using. Makes 3 cups.

Fondant icing can be purchased at craft supply stores or at special bake shops and tinted with food colouring paste. Instructions for applying are included.



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*A party to remember...
and now a quick nap.*







swept away

RECIPES AND STYLING, MARI LOEWEN PHOTOGRAPHY, ROSS CORNISH

IL DIVO, Siempre is playing in the background and the beautiful lyrics transform my kitchen into an alluring corner of Tuscan heaven. As the music fills the room, I get swept away, to a beautiful countryside, flowers all around me, people everywhere, children are playing. I can hear the chatter from the nearby markets. I see the stretch of vineyard down the road.

Music has a magical way of transporting you to moments in time, or places you have only dreamed of. As of late, I have dreamed of a particular place, La Cucina Caldesi, a Tuscan Cookery School run by Giancarlo and Katie Caldesi of *Return to Tuscany*, my favorite cooking show. I have contacted them for enrollment, but I can't wait. I've surrounded myself with recipes and today, I have decided, I want to learn.

An authentic Italian order of service, I understand, begins with a drink at the door, then continues on through the night. I love that. I'll begin my lesson with basic dough and cook my way through to dessert. And with all that food, I'll make some calls, create some excitement and invite my neighbours for a try.







There is no need for complicated methods. Flour, water, salt and yeast, it's that simple. The kneading is what makes all the difference. Eight short minutes and the dough becomes perfectly elastic and smooth. After forty minutes of rising, the options are endless.

Trimmed or twisted, baked or fried, this dough becomes the base for fabulous!

Basic Dough

4 cups all-purpose flour
2 cups warm water
1 tablespoon salt
1 tablespoon fast-rising yeast

In a large bowl, combine flour, salt, yeast and gradually add water. With your hands, bring ingredients together until a soft ball forms. Run the dough around the bowl until the bowl is clean of flour. Transfer dough to a floured surface and knead. With the ball of your hands push the dough forward then tuck under and under. Continue this process for 8 minutes. Brush with a teaspoon of olive oil, place back into the bowl and cover with plastic wrap. Set in a warm place to rise for 40 minutes.

This dough can be stored in plastic bags in the refrigerator for several days or in the freezer for up to a month. Allow frozen dough to thaw overnight in the refrigerator before using.

dough



Breadsticks



Breadsticks

Preheat oven to 400°. Prepare dough as in basic dough recipe (see previous page) and when rising time is complete, place dough onto floured surface and roll to approximately 1/2-inch thickness. The dough can be cut into strips and twisted or cut into squares or simply stretched in your hand. Place onto baking sheet, brush with extra-virgin olive oil and sprinkle with coarse salt or chopped fresh rosemary, or simply leave it bare. Place in oven and bake for 8–10 minutes.

Serve with chunky marinara sauce (page 49) or pour equal amounts of extra-virgin olive oil and balsamic vinegar into a dish for dipping.

Rosalie Rattai REALTOR

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pizza

What makes pizza extraordinary is the freshest ingredients and the very best cheeses. Provolone has a great stretch and a fabulous flavour and mixes well with mozzarella. A well-aged Parmesan makes all the difference and should be purchased whole then grated just before using. Bocconcini are small balls formed from fresh mozzarella and are irresistible. Try them all, they really take pizza to a whole new level.

Pizza

For the base

Basic dough recipe (page 45)

Basic tomato sauce recipe, puréed in a food processor (see recipe on the right)

Preheat oven to 400°. Prepare dough according to recipe and roll to ¼ to ½-inch thickness. Place onto non-stick baking sheet or pizza stone. Brush with puréed tomato sauce and add any of the topping choices below, beginning with the cheeses followed by the other ingredients. Bake for approximately 20 minutes or until golden. Remove and serve immediately. Makes one large pizza and serves 2–4.

Prawn and pineapple

½ lb prawns, shelled and de-veined
½ cup fresh pineapple
1 cup mozzarella cheese, coarsely grated
¼ cup well-aged Parmesan cheese, grated

Genoa salami, provolone and mozzarella

20–30 slices Genoa salami
1 cup mozzarella cheese, coarsely grated
1 cup provolone cheese, coarsely grated
¼ cup well-aged Parmesan cheese, grated

Margherita

4 Roma tomatoes, thinly sliced
4–5 small bocconcini cheese balls, thinly sliced
4–6 fresh basil leaves, torn into pieces
¼ cup well-aged Parmesan cheese, grated

Italian sausage, provolone and mozzarella

2 hot Italian sausages, removed from skin and sautéed for 5 minutes
1 cup mozzarella, coarsely grated
1 cup provolone cheese, coarsely grated
¼ cup well-aged Parmesan cheese, grated

Four Easy Sauces

In the past, I have used too many ingredients to make a basic tomato sauce, thinking it complex. Here I learn that it's just so easy. Tomatoes, olive oil, basil and salt make a great base. Leave the tomatoes chunky for marinara sauce, purée for pizza or pasta or add cream and garlic for rose. And another two, basil pesto and alfredo, equally as easy to make.

BASIC TOMATO SAUCE (MARINARA)

1 can (28 fl. oz.) diced tomatoes
¾ cup extra-virgin olive oil
4 fresh basil leaves
1 teaspoon coarse salt or more to taste

In a large stock pot, place olive oil and tomatoes and cook on medium heat for about 20 minutes. Tear basil leaves and add to sauce. Add salt and reduce heat to simmer for another 20 minutes.

TOMATO CREAM SAUCE (ROSE)

1 can (28 fl. oz.) diced tomatoes
1 cup whipping cream
2 cloves garlic, chopped
¾ cup extra-virgin olive oil
4 fresh basil leaves

In a large stock pot, place garlic and olive oil and sauté for about 2 minutes. Add tomatoes and cook on medium heat for about 20 minutes. Tear basil leaves and add to sauce. Reduce heat and simmer for another 20 minutes. Add cream and increase heat to medium for another 5–10 minutes.

GARLIC CREAM SAUCE (ALFREDO)

2 cups whipping cream
2–3 garlic cloves, finely chopped
1 teaspoon coarse salt or more to taste

In a heavy-base sauce pan add cream and garlic. Over medium to high heat bring to a boil then immediately reduce heat to medium and keep at a rolling boil for approximately 10 minutes, stirring often. Add salt and reduce heat to a simmer and cook for another 10 minutes or until cream becomes thick and smooth.

BASIL PESTO

¾ cup fresh basil leaves
¼ cup pine nuts
2 garlic cloves
½ cup well-aged Parmesan cheese, grated
¼ cup extra-virgin olive oil
Pinch of coarse salt and cracked black pepper

Combine all ingredients, except the olive oil in a food processor on low speed until well ground. With the processor running, slowly add the olive oil until creamy sauce forms. Pesto should not be heated, rather used at room temperature and mixed into warm pasta. Pesto can be stored in the refrigerator for several days in or the freezer for up to a month.



Italian Antipasto

Serve antipasto as individual portions. On small plates, arrange 2 slices each of prosciutto, Genoa salami and copicollo, a few olives, provolone cheese, artichoke hearts, marinated eggplant and your favorite bread crisps.



Asparagus with Prosciutto

12 spears of asparagus, stems peeled
12 prosciutto slices
½ cup well-aged Parmesan cheese, grated
½ cup gruyere, grated

Preheat oven to 400°. Cut tough ends from asparagus spears and peel remaining stem with potato peeler. Wrap each spear with a prosciutto slice and line up on baking sheet. Grate cheeses and mix together and spread over asparagus. Bake for approximately 5 minutes, remove from oven and serve immediately. Serves 6.

appetizers



Calamari with Tsatsiki

Calamari

1 pound fresh calamari hoods and tentacles
1 cup semolina flour
1 cup cornstarch, sifted
1 teaspoon coarse salt
1 cup vegetable oil
1 lemon

Tsatsiki

½ English cucumber, peeled,
seeded and chopped
1 cup yogurt, whole plain
¼ teaspoon coarse salt
2 garlic cloves
1 teaspoon fresh lemon juice

Place all ingredients in a blender and blend for a minute or two. Set aside in refrigerator.

Rinse calamari and on a cutting board, slice hoods into ¼-inch rings, leave tentacles as they are. Drain on paper towels. Bread calamari by placing semolina flour, cornstarch and salt in a large bowl. Place all calamari into the flour mixture at the same time and run through with your hands until each piece is coated. Pour oil in a deep frying pan or skillet and over medium to high heat fry calamari in batches for about 30–40 seconds, then remove and drain on paper towels. Continue until all calamari has been fried.

Just before serving, squeeze lemon over calamari and sprinkle lightly with coarse salt. Serve with lemon wedges and tsatsiki. Serves 6.



Seared Scallops in Lemon Butter

12 scallops
4 tablespoons butter
1 teaspoon grated lemon rind
1 green onion
Pinch of coarse salt and cracked black pepper

Scallops can be purchased frozen then thawed overnight in refrigerator. Melt butter in saucepan and add lemon rind. Sprinkle scallops with salt and cook over high heat for 40 seconds on each side. Remove and serve on bed of thinly sliced green onion. Serves 6.

**Penne with Tomato Cream**

- 1 can (28 fl oz) diced tomatoes
- 1 cup whipping cream
- 2 cloves garlic, minced
- ¼ cup extra-virgin olive oil
- 4 fresh basil leaves
- 1 package penne pasta (semolina or whole grain)

Place garlic and olive oil in a large stock pot and sauté for about 2 minutes. Add tomatoes and cook on medium heat for about 20 minutes. Tear basil leaves and add to sauce. Reduce heat and simmer for another 20 minutes. Add cream and increase heat to bring sauce to a slow rolling boil for another 5–10 minutes. Meanwhile in another large pot, prepare pasta according to package. Drain pasta and stir in sauce. Serve immediately with freshly grated Parmesan cheese. Serves 6.

entrées



Spaghetti with Pesto

$\frac{1}{2}$ cup fresh basil leaves

$\frac{1}{4}$ cup pine nuts

2 garlic cloves

$\frac{1}{3}$ cup well-aged Parmesan, grated

$\frac{1}{2}$ cup extra-virgin olive oil

Pinch of coarse salt and cracked black pepper

1 package spaghetti

Combine all ingredients, except the olive oil in a food processor on low speed until well ground. With the processor running, slowly add the olive oil until creamy sauce forms. Prepare pasta according to package directions, drain and stir in pesto. Serve immediately with freshly grated Parmesan cheese. Serves 6.



Chicken Pepper Fettuccini with Garlic Cream Sauce

- 4 chicken breasts, skinless and boneless
- 1 large red pepper, thinly sliced
- 1 large yellow pepper, thinly sliced
- 1 cup bread crumbs
- 1 cup all-purpose flour
- 2 eggs, slightly beaten
- Salt & pepper to taste
- ½ cup extra-virgin olive oil
- 1 package fettuccini pasta
- 2 cups whipping cream
- 2–3 garlic cloves, finely chopped
- 1 teaspoon coarse salt or more to taste

In a heavy-base saucepan add cream and garlic. Over medium to high heat bring to a boil then immediately reduce heat to medium and keep at a rolling boil for approximately 10 minutes, stirring often. Add salt and reduce heat to a simmer and cook for another 10 minutes or until cream becomes thick and smooth. Meanwhile, prepare pasta according to package directions.

Prepare chicken, by placing each breast separately into a plastic bag and pounding with a meat hammer until slightly flattened. Be careful not to over pound as chicken will fall apart. Bread the chicken by placing flour in one dinner plate, eggs in another, crumbs, salt and pepper in a third. Dredge each piece of chicken first in flour, then in the egg mixture and then in bread crumbs. Pour olive oil in a deep frying pan or skillet and over medium heat sauté each breast for 3 minutes on each side. Do not overload the skillet, sauté only 2 breasts at a time if space permits. Remove chicken and drain on paper towel, set aside.

Heat 2 tablespoons extra-virgin olive oil in heavy-base skillet and sauté peppers for about 2 minutes. Drain pasta and toss with cream sauce. Place pasta in bowls and top with sliced chicken and peppers. Serves 6–8.



Linguine with Italian Sausage and Peppers

- 1 can (28 fl. oz.) diced tomatoes
- ¼ cup extra-virgin olive oil
- 4 fresh basil leaves
- 1 teaspoon coarse salt or more to taste
- 2 hot Italian sausages
- 1 large red pepper, thinly sliced
- 1 large yellow pepper, thinly sliced
- 1 package linguini pasta

Preheat oven to 400°. Place sausage on baking sheet and place in oven to bake for 20–30 minutes. Meanwhile, in a large stock pot, place olive oil and tomatoes and cook on medium heat for about 20 minutes. Tear basil leaves and add to sauce. Add salt and reduce heat to simmer for another 20 minutes. Remove from heat and purée in food processor, set aside.

Prepare pasta according to package directions and remove sausage from oven. In a heavy saucepan, heat 2 tablespoons extra-virgin olive oil and sauté peppers on medium heat for about 2 minutes, then add to puréed sauce. Slice sausage and add to sauce. Drain pasta and toss with sauce, peppers and sausage. Serve immediately. Serves 6–8.



Chicken Parmesan

Chicken

4 chicken breasts, skinless and boneless
 1 cup bread crumbs
 1 cup all-purpose flour
 2 eggs
 2 tablespoons water
 Salt & pepper to taste
 ½ cup extra-virgin olive oil

Sauce

1 can (28 fl. oz.) diced tomatoes
 ½ cup extra-virgin olive oil
 ½ red onion, finely chopped
 1 teaspoon coarse salt
 Fresh basil leaves, torn apart
 1 cup mozzarella cheese, grated
 Parmesan cheese shavings
 (use a well-aged Parmesan like Reggiano)

Pour olive oil into a large pot over medium heat and sauté onions for about 10 minutes or until slightly golden. Add tomatoes, salt and basil leaves. Bring to a boil and then reduce to a simmer for about 40 minutes, stirring occasionally. The sauce can be prepared ahead of time and stored in the refrigerator for up to 3 days.

To prepare chicken, place each breast separately into a plastic bag and pound with a meat hammer until slightly flattened. Be careful not to over pound as chicken will fall apart. Bread the chicken by placing flour in one dinner plate, eggs and water (slightly beaten) in another, crumbs, salt and pepper in a third. Dredge each piece of chicken first in flour, then in the egg mixture and then in bread crumbs. Pour olive oil in a deep frying pan or skillet and over medium heat sauté each breast for 3 minutes on each side. Do not overload the skillet, sauté only 2 breasts at a time if space permits. Remove chicken and drain on paper towel, set aside.

Preheat oven to 350°. Line the bottom of a large glass baking dish with chicken, top with tomato sauce, and finish with 1 cup mozzarella cheese sprinkled over the entire dish. Bake for about 20 minutes or until cheese is bubbly and golden. Serve each chicken breast with a generous shaving of well-aged Parmesan cheese. Serves 4.

work



live



play



Good things
come in small
boxes

Winnipeg

all inclusive

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Pancetta, Blue Cheese and Pear

- 12–14 slices pancetta
- 3 pears, thinly sliced
- Approx 8 ounces, English Stilton blue cheese, sliced
- 3 cups arugula
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar

Fry pancetta in heavy-base frying pan until crispy and golden. Remove and drain on paper towel. Toss arugula in combination of olive oil and vinegar and arrange on serving plates. Arrange cheese, pancetta and pear on top and serve. Serves 6.

salads



Prosciutto and Melon

1 melon, peeled and cut into 1 inch pieces
8 slices prosciutto, cut in half
3 cups arugula
½ cup balsamic vinegar
¼ cup brown sugar
Cracked black pepper

Place small amount of arugula onto each serving plate, wrap prosciutto around pieces of melon and place on top. Place vinegar and sugar in small pot over high heat, and bring to boil to thicken. Remove from heat and spoon over each salad, sprinkle with pepper and serve. Serves 6.



Tomato, Basil and Bocconcini Cheese

3 Roma tomatoes, thinly sliced
12 fresh basil leaves
3-4 bocconcini balls, thinly sliced
¼ cup extra-virgin olive oil
Good splash balsamic vinegar
Pinch of coarse salt and cracked black pepper

Arrange tomato, basil and cheese on serving plates. Drizzle with combination of oil and vinegar, sprinkle with salt and pepper and serve. Serves 6.



Strawberries, Balsamic Vinegar and Cracked Black Pepper

- 12–14 fresh strawberries, sliced
- Good quality vanilla ice cream
- ½ cup balsamic vinegar
- ¼ cup brown sugar
- 1 tablespoon cracked black pepper

In small bowl whisk together sugar, vinegar and black pepper. Place two scoops of ice cream in serving dishes, top with sliced strawberries and drizzle well with balsamic vinegar, sugar and pepper combination. Sprinkle additional black pepper on top. Serve immediately. Serves 6.



Espresso Biscuits and Ice Cream

12 Italian lady finger biscuits
Good-quality vanilla ice cream
1 cup prepared espresso
Good-quality dark chocolate

Prepare coffee, dip fingers slightly into coffee and arrange on serving dishes. Top with ice cream, drizzle with more coffee and shavings of chocolate. Serve immediately.
Serves 6.

desserts

Shaun's Wine Pairings

Winery – Tolaini
Wine – Duesanti Toscana IGT
Grape – Cabernet Sauvignon / Merlot / Cabernet Franc
Year – 2003
Country – Italy
Price(approx.) – \$54.95 CDN

“Deep fruit accentuated by oak help present this elegant, full-bodied wine. An Italian classic Bordeaux blend.”

Winery – Lurton
Grape – Pinot Gris
Year – 2006
Country – Argentina
Price(approx.) - \$11.20 CDN

“Peaches, apricots and pears. Intense aromas and a warm, spicy texture help balance this food-friendly wine.”

Winery – Montalto
Grape – Nero d'Avola / Cabernet Sauvignon
Year – 2003
Country – Italy
Price(approx.) – \$8.95 CDN

“A rich, well structured wine loaded with dark fruit. Sample it with tomato based dishes.”

Winery – Masi
Name – Paso Doble
Grape – Malbec / Corvina
Year – 2004
Country – Argentina
Price(approx.) – \$15 CDN

“This Italian-made, Argentinian blend has nice tannins and is bursting with dry flavour; holds its character throughout to create a satisfying balance.”

Winery – Masi
Style – Recioto della Valpolicella
Year – 2002
Country – Italy
Price(approx.) – \$49.99 CDN

“This seductively sweet red will pull you in to its embrace. Pair with rich desserts or chocolate.”

If someone were to ask about my favourite wine I probably couldn't answer easily, as there are simply so many different grapes and blends and tastes and savours that it would be difficult to narrow down to just one.

If someone were to ask, however, about my favourite wine country, we'd be talking about Italy for the next hour.

Don't get me wrong; I love good wine—no matter where in the world it comes from. But there is something naturally alluring and sophisticated contained within a glass of Amarone, Barolo, Brunello, or Chianti (to name a few delicious styles).

The personality and traditions of Italian winemaking have created a strong sense of national pride that is discernible in their drink.

An astounding eight billion bottles of wine are produced in Italy every year, yet somehow wineries are able to remain true to indigenous grapes dating back more than 4,000 years. Across Italy's 20 wine regions are more local grape varieties than anywhere else in the world, and they are responsible for some of the most distinctive wines on earth. As well, regional foods are often prepared specifically to enhance a particular wine from the same area and vice versa.

As wine lovers, this all adds up to a treasured playground for our palates.

in love... with wine

With hundreds of grapes and styles, Italian reds are generally firm, earthy with a slight acidity, giving them a smooth texture and elegant taste. Italian whites, like the classic Pinot Grigio, are crisp with mineral undertones.

Both are usually light to medium-bodied, allowing flavours from Italian foods to penetrate, and both represent the methods and passions that have withstood the test of time for this Old World wine country. A wonderful recipe for the soul.

So, while you can see how difficult it would be to choose just one favourite, we've narrowed the list to 5 of the most amazing Italian wines that have filled our glasses recently.

**Mezzomondo, Negroamaro Di Puglia
2003 / 2005**

Absolutely one of the best-valued red wines found anywhere, from any country. It's rich and velvety smooth, with soft tannins and a longer finish.

Masi Costasera, Amarone

This wine has a raisin-like quality, similar to port, because of the fermentation of the dried grapes used. A unique and fulfilling experience.

Bartolomio Breganze, Vespaiolo Frizzante

This is a fantastic, refreshing sparkling white with a fresh, yet mineral, feel that bubbles happily throughout the mouth.

**Castigliocondo Frescobaldi,
Brunello di Montalcino**

This traditional red is complex and puts forth a rustic taste and aroma, with pleasant tannins.

Peppoli, Chianti Classico, 2004

The bouquet on this wine is memorable, with aromas of pepper, vanilla and cherry.

Enjoy!

Shaun & Tammy

While Tammy adores Italy too, her favourite wine-producing country is South Africa, which we will explore in an upcoming issue of ANNA Magazine!





An Affair to Remember

There comes a time when we all deserve a night that is truly special. When a menu requires just a little extra effort, where every detail is planned to perfection. An exquisitely set table with champagne flutes and candlesticks.

What could be sweeter than an Oscar party with girlfriends in their finest and a magical menu with champagne truffle pie.

After all the effort, slip into something sparkly, find someone to hover over you and get ready for a night of bubbly conversation.

CONCEPT AND RECIPES, LINDSAY EVANS
STYLING, MARI LOEWEN
PHOTOGRAPHY, ROSS CORNISH

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BONE CHINA, YERA WANG, GROSSGRAIN BY WIDOWOOD AT THE BAY, MARTINI STEINWARE, SPIEGELAU AT THE BAY
MARTINI GLASSES, CRYSTALLINE BY HOUSE & HOME AT THE BAY





OVAL SERVING TRAY, CHATEAU BY BRIAN GLUCKSTEIN AT THE BAY

Crispy Wonton Cups with Tuna Tartare and Avocado Crème

Wonton cups

24 wonton wrappers
Extra-virgin olive oil

Tuna Tartare

1 pound sashimi-quality yellow fin or blue fin tuna fillet, finely diced
2 red chillies, seeded and finely diced
4 tablespoons fresh lime juice, to taste
Zest of 1 lime, grated
2-3 tablespoons toasted sesame oil
1-2 tablespoons soy sauce, to taste
2 tablespoons fresh ginger, grated
Sea salt and cracked black pepper to taste

Avocado Crème

1 large ripe avocado
¼ cup crème fraîche
Juice of ½ a lemon
2 tablespoons black sesame seeds, toasted

Preheat oven to 350°. Use a 1 ¼-inch round cookie cutter to cut out a circle from each wonton wrapper. Brush the insides of a mini muffin tin with olive oil. Push wonton wrappers into the holes of the muffin tin and brush with olive oil. Place in oven for 5–7 minutes or until golden and crisp. Remove from oven and allow to cool. These can be made 2–3 days ahead and stored in an airtight container.

To make the tuna tartare, combine the tuna, red chillies, lime juice, lime zest, sesame oil, soy sauce and fresh ginger in a bowl and mix well. Place in the refrigerator for at least an hour to allow the flavors to mingle.

To make the avocado crème, using a fork or food processor, combine the avocado flesh, crème fraîche, lemon juice and sea salt to taste. Mix until smooth. To assemble, place a dollop of avocado crème in each wonton cup and top with tuna tartare. Garnish with toasted black sesame seeds. Makes 24.

If you cannot find toasted sesame oil, pure sesame oil can be used.

Full fat sour cream can be substituted for crème fraîche.

Black sesame seeds can be purchased in Asian or specialty food stores or toasted white sesame seeds can be used.



Leek, Parsnip and Pear Soup with Crispy Leeks

2 tablespoons butter
 1 tablespoon extra-virgin olive oil
 2 shallots, finely diced
 2 leeks, white and light green part only, chopped
 1 ½ cups white wine
 5 firm ripe pears, peeled and chopped
 6 large parsnips, peeled and chopped
 3 large baking potatoes, peeled and chopped
 4 cups vegetable stock or chicken stock
 1 cup water
 Sea salt and cracked black pepper to taste
 1 cup whipping cream
 Splash of champagne vinegar
 1 leek, sliced finely for garnish
 ½ cup sour cream or crème fraîche

Heat butter in a large heavy stock pot over medium heat. Add shallots and chopped leeks and sauté for 7-10 minutes until softened but not golden. Add the wine and allow to cook off. Once the wine has evaporated, add the pears, parsnips and potatoes and stir well until combined. Add the vegetable or chicken stock to just cover the vegetables (add the extra cup of water to cover if necessary). Increase heat and bring to a boil then reduce heat and simmer until the vegetables are tender. Place the soup, whipping cream and a splash of champagne vinegar in a blender or use a hand blender to purée until smooth. Season well with sea salt and cracked black pepper.

In a frying pan, heat a small amount of oil and fry the remaining sliced leeks until crispy. To serve, spoon soup into warmed bowls. Top with a spoonful of crème fraîche and bunch of crispy leeks. Serves 6.

Champagne vinegar can be found in specialty food stores or can be substituted with white wine or apple cider vinegar.



CHANDLER CANDLESTICK, CRISTAL D'ARQUES PARIS AT THE B&B, DINING TABLE BY WELINK ANTIQUE COMPANY, CUBE OTTOMAN AND LEFT MIRROR BY THESE FOUR WALLS



Fennel and Apple Slaw with Crispy Jumbo Shrimp

Fennel and Apple Slaw

½ cup red onion, sliced very thinly
 1 cup Granny Smith apple, peeled and cubed
 Juice of 1 lemon
 2 cups fennel, thinly sliced or shaved
 2 red grapefruits, segmented
 2 cups arugula or delicate salad leaves

Champagne Vinaigrette

3 tablespoons champagne vinegar
 1 tablespoon lemon juice
 ⅔ cup extra-virgin olive oil
 Sea salt and cracked black pepper

Crispy Jumbo Shrimp

24 jumbo shrimp, peeled and de-veined
 3 cups Panko (Japanese breadcrumbs)
 ½ cup tarragon or flat leaf parsley, finely chopped
 Zest of 2 lemons
 1 cup grated Parmesan cheese
 3 large eggs
 1–2 cups flour, seasoned with salt and pepper

To prepare the salad, combine the red onion, fennel, apple and grapefruit in a bowl. If not using immediately, squeeze the juice of 1 lemon over apple and store separately to prevent browning. When ready to assemble, combine the apple with the other ingredients. For the vinaigrette, combine the champagne vinegar, lemon juice, sea salt, cracked black pepper and olive oil in a jar and shake well. Can be refrigerated for up to 2 days.

To make the shrimp, preheat oven to 425°. Oil a baking sheet and set aside. Combine Panko, tarragon, lemon zest, sea salt, cracked black pepper and grated Parmesan in a bowl. Place eggs into a separate bowl and whisk together. Place seasoned flour into a separate bowl. First, dust shrimp in the flour and shake off any excess. Then dip into the egg mixture and finally, toss in the Panko mixture until well-coated. Place shrimp on the oiled baking sheet and bake in oven for approximately 12 minutes or until golden and crispy.

To assemble, dress the slaw with the vinaigrette and toss. Place a small amount of the delicate salad leaves slightly off centre on a small plate. Top with 1 cup fennel slaw and place 3 large shrimp to the side of the slaw. Sprinkle with sea salt and serve. Serves 6.



Asian Beef Fillet with Peanut and Cilantro Pesto, Oven-Roasted Potatoes and Vine Tomatoes

Asian Beef Fillet

1 three-pound beef fillet, trimmed

Marinade

2 red chillies, deseeded and roughly chopped

3 cloves garlic, minced

2 tablespoons fresh ginger, grated

2 tablespoons extra-virgin olive oil

2 tablespoons sesame oil

2 tablespoons honey

5 tablespoons soy sauce

2 tablespoons lime juice

Peanut Cilantro Pesto

½ cup unsalted peanuts or cashews

5 large bunches coriander, roughly chopped

5 green onions, roughly chopped

2 red chillies, seeded and chopped

2 tablespoons fresh ginger, grated

2 tablespoons toasted sesame oil

2 tablespoons soy sauce combined with

1 tablespoon sugar

1 tablespoon rice wine vinegar

Juice of 1 lemon

Sea salt and cracked black pepper

Oven-Roasted Potatoes

2 pounds Yukon Gold potatoes

Zest of 2 lemons

2 tablespoons chopped fresh thyme

2 cloves garlic, crushed

¼ cup extra-virgin olive oil

Sea salt and fresh cracked pepper

Oven-Roasted Tomatoes

Vine tomatoes

Extra-virgin olive oil

Sea salt and cracked black pepper

To prepare beef, place all of the marinade ingredients into the bowl of a food processor and blend until smooth. Pour over the beef and place in the refrigerator to marinate for at least 6 hours.

To make pesto, place all ingredients in a food processor and blend until well-combined.

Preheat oven to 400°. In a large bowl toss potatoes with the olive oil, lemon zest, thyme, garlic, sea salt and fresh cracked pepper. Spread evenly onto a large baking sheet. Bake in oven for approximately 45 minutes until golden and crispy on the outside and fluffy on the inside.

Combine tomatoes, olive oil, sea salt and cracked black pepper on a large baking sheet and toss well. Roast in oven for approximately 30–40 minutes until blistered and softened.

Heat oil in a large heavy-base frying pan until hot. Sear beef for approximately 2 minutes on all sides. Remove the beef from the pan, place into a large roasting pan and roast in the oven for approximately 25–30 minutes. Remove from oven, let rest for 10 minutes, then cut into ½–1 inch slices to serve. Serves 6.





Champagne Truffle Pie

200 g best-quality bittersweet chocolate, finely chopped
 ½ cup whipping cream
 2 tablespoons champagne
 1 ½ cups crushed chocolate cookie wafers
 ⅓ cup melted butter
 ¼ cup cocoa

Place chopped chocolate in a medium-sized heat proof bowl. In a small saucepan bring the whipping cream to a slow rolling bowl. Immediately pour hot cream into the bowl containing the chopped chocolate and stir until all of the chocolate has melted and the mixture is smooth and creamy. Add the champagne and stir until smooth.

Preheat oven to 350°. Combine melted butter with crushed wafers, press into 8-inch tart pan. Bake for 8 minutes. Remove from oven and cool. Pour melted chocolate into crust and place in freezer for up to 2 hours. When ready to serve, sift cocoa over top of pie and cut into wedges. Serves 6–8.

Friends Over Party Checklist**3 weeks before**

- Decide on guest list and theme
- Create handwritten invitations and mail
- Finalize the menu and cocktail list

2 weeks before

- Decide on flowers and table setting
- Purchase items you may need including candles, napkins and vases
- Make a list of all serving platters, dishes and stemware that you have and place rental order for what you need

1 week before

- Purchase champagne, spirit and mixes required for your chosen cocktails
- Finalize grocery list
- Decide on music

3 days before

- Purchase groceries
- Order tuna (it should be fresh)
- Make your wonton cups and store in an airtight container
- Clean the house

The day before

- Purchase flowers and arrange
- Purchase last-minute groceries
- Set up bar area and ensure you have ice
- Make soup, pesto and champagne vinaigrette, refrigerate

The day of

- Set the table
- Pick up tuna
- Marinate the beef
- Make the champagne truffle pie and place in freezer
- Make tuna tartare and avocado crème and refrigerate
- Make crispy leeks for soup garnish and keep at room temperature
- Make crispy prawns
- Combine the fennel salad ingredients (without the vinaigrette)



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after a while...

After a while you learn

The subtle difference between holding a hand and
chaining a soul

And you learn that love doesn't mean leaning and
company doesn't always mean security

And you begin to learn that kisses aren't promises
and you begin to accept your defeats
with your head up and your eyes ahead
with the grace of a woman not the grief of a child

And you learn to build your roads on today
as tomorrow's ground is too uncertain for plans
and futures have a way of falling down in mid-flight

After a while you learn

That even sunshine burns if you get too much,
So you plant your own garden and decorate your own soul
instead of waiting for someone to bring you flowers

And you learn

That you really can endure
That you really are strong
And you learn
And you learn

Author Unknown