

JOY

ANNA

MAKE EVERYDAY SPECIAL

“Whatever it is that brings you joy – pursue it, do it, feel it, and call it happiness.”



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Breakfast in bed with luscious French toast, maple pancetta and eggs Benedict.

It is with absolute joy I introduce our anniversary issue! What a year it has been! We have defied the odds. We have made mistakes, we have had meltdowns, we have had great reviews, we have been noticed on the bookstore shelf and we have made a difference. I humbly applaud the efforts of every single person involved.

It seems like only yesterday, the night we launched our very first issue, and I remember all too well the planning of every little detail. As we all know, things don't always go according to plan and that night was no exception. I'm so glad I decided to take a deep breath and go with it as today, all I care to remember is the joy. Although it was relief rather than joy, seeing the magazines arrive just minutes before the doors opened, it was certainly joy I felt seeing my friends and family and the many guests who had gathered to support me. And I fondly remember, at the end of the night, completely exhausted, my daughter and I climbing into my bed with take out French fries and creamy root beer.

"This is making everyday special, Mom," she said.



P.S.

If you enjoy this magazine please take the time to peruse through the advertisements woven throughout, as without them we could not continue to be. Each one of our advertisers is passionate about our concept and I in return wish them continued success. Should you require their services, please tell them you saw their ad in ANNA Magazine.

In that moment, I agreed with her. Perhaps "takeout" is not the best representation of our magazine concept, but it's the simplest things that create our best memories and that is what this magazine is all about.

Someone recently shared with me this. "In life, we have the ability to choose exactly where we can be at any given moment, and if we are not in the place we wish to be, we should ask ourselves why." As I thought about where I wish to be, it quickly came to me – above all, I wish to feel joy. As life can at any moment present sadness, we have to learn to redefine joy and then it appears in its simplest form. Whether it's helping a stranger, eating French fries in bed, enjoying the first hydrangea that peeks out of the shrub, calling a friend or simply sitting beside someone you love, joy really is all around us.

In this issue we celebrate joy and the many ways it presents itself, along with, of course, more wonderful recipes. They come to you now not only from my dining room studio and my own backyard, but from a Queen Street apartment overlooking the park. From fabulous desserts to breakfast in bed with the very best lemon hollandaise, unforgettable maple pancetta and caramelized pear scones; from horseradish mayo on grilled steak baguettes to a wonderful collection of everyday easy Asian recipes. I invite you to try every single one.

As you read this issue, I'll be on my way to Tuscany to celebrate another joy: the wedding of my very special friends Pauline Lord and Peter Neagle. I'm so excited. I have been told Tuscany will change my life forever and I can't wait to bring it all back here to share with you. Until then, may you believe that life is meant to be joyous and understand its greatest mystery – when you give it, you receive it!

I will never stop thanking you for buying my magazine and sharing it with so many of your friends, for writing me and inspiring me to continue on. It is certainly because of you that I have this joy and a great joy it is!

Enjoy!

Mari



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what i have learned



joy in its simplest form

Her shop is beautiful with cashmere and silk and floral brocade. Elegantly dressed mannequins line the windows and simple glass shelves flaunt their exquisite wares: scarves and jewelry, notepaper and handbags and lovely snow globes.

I see her. She remembers me and kisses my cheek. She wraps a scarf around my neck. I'm looking for one, for my friend, it's his birthday. *Get him this one and buy one for yourself.* I take two, someone rings up the sale. She wraps them in tissue, a perfect parcel sealed with a tag. Thank you.

I turn to walk away. I want to tell her, I'm not sure that I should. I turn back. I'm so sorry, I say, I just heard the story and all this time I didn't know. She looks at me for a moment. I feel anxious. I'm so sorry, so sorry, I just wanted you to know. *Thank you,* she says. She follows me to the door. *I'll tell you sometime.* She looks deep into my eyes. Her shop is full of people.

Months have passed and I run into her again. She's sitting alone sipping a coffee and enjoying a book. So beautiful, a beaded gold bracelet hangs from her wrist. She waves at me and we share a quick hello. *You should come see me, we should have lunch.* She gives me her number and we make plans to meet.

On a sunny afternoon we meet, just her and I.

When I was young I thought nothing of lifestyle or wealth or prestige. I grew with ordinary longings for family, and ultimate love. I imagined myself surrounded by children and beautiful days. Then I met my husband and we fell in love. We were so happy, I knew he was the one. We had five lovely children, they are all unique. Our life took on such meaning. He became a dentist and I fell in love with design. I remember, every day he would call me, "Beverley," he'd say, "I'm going golfing but I'll be right home." He was a good husband. We had a good life.

On a vacation in St. Martin, I got a phone call from my eldest son, "Please come home Mom, something is terribly wrong." In desperation and in what seemed like an eternity, we finally got home. I could see something had happened to one of my sons. His speech, his eyes—he was sad, the things he was saying. We rushed him in, I was stricken with fear. I cried to the doctor, please listen to me. Please, please listen to me. We were released a short time later, with what seemed like hardly a care. Perhaps he needed independence, a place of his own. I left feeling helpless, I was in such despair.

A serving of sensational

She begins to cry, across from me in the diner,
she cries.

Through her tears she manages to say, *He took his life that day... and my husband, he was never the same. Those were the years when I couldn't breathe. The grief is beyond what one can comprehend and it never goes away.*

We are silent for along while and together we cry, for the son she lost and her husband who passed away.

For some of us joy is found in that perfect dress we long for in a shop window or the car of our dreams. How do we find it when life is unfair and we are faced with a sadness that scars our soul?

Beverley tells me:

It never leaves you, but after 15 years I have found a special place in my heart to place the grief. And somehow, someway you reinvent yourself. You see life in a whole new way. If ever I meet a person with a story to tell, for the rest of my life I will listen and I will never tell them that I've heard it before. If you know someone in crisis, please call them and say, I want to spend time with you, I am taking you out. They just need you to listen, without giving advice. Over and over they need you to listen. They are not capable of telling you. Or calling you. They need you to call.

Today I find joy in simple things, like a quick phone call from my kids and sending presents to my grandchildren. And then she smiles her grandest smile. I have an enormous oversized bed and my grandchildren know when they come over, we spread towels all over it and we pretend it's a beach. We make long skewers of marshmallows and we roast them over our pretend fire and we laugh and we giggle and there it is, in its most simple, most beautiful form: joy.

Serve good chocolate instead of dessert. Pair bittersweet with dessert wine, port or coffee liquor and let your guests break off pieces to nibble as they sip.



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manners & etiquette

the pursuit of happiness

What makes you happy?

Aristotle believed that virtues led to happiness. He said that knowing and choosing what was right while avoiding what was wrong, essentially being good, would bring about a joyful emotional state.

The ancient Greeks had a slightly different perspective. They believed that happiness was more about activity than emotion; that it was by being all that you could be, by reaching your full potential, and by consistently striving to achieve a high standard that you would find happiness.

If you are one of the modern-day majority who are tired, busy, and completely stressed out most of the time, happiness may be something you hardly have time to think about, never mind pursue. But for those who do have opportunity to find their bliss, or to think about what makes them smile, many would agree that joy can often be explained by a combination of both Aristotle's and the ancient Greeks' theories on happiness.

Specifically, as the ancient Greeks suggested, happy is something you do – choices you make, goals you achieve, or consistent acts of kindness that you extend to yourself or others, even attitudes you exhibit. At the same time, Aristotle's idea that being happy is something you feel also applies: happiness happens when your actions suit your conscience, when you stick to your personal standards and when you do what's right even though it's difficult, and especially when your thoughts are of others rather than of yourself. These are most often the moments of true happiness.

And so, in your pursuit of happiness, consider the moments when you have felt the most joy, measure the impact of those moments, and then think about how you can combine action, high standards and emotion with virtue and then plan to re-create that happiness.

For example, if accumulating things such as a new car or another handbag makes you happy, just imagine how good it might feel to gather things to pass along to someone who has fewer of them than you. If unexpected gifts make you happy, think how much joy could come from giving spontaneously to others. Or, if achieving your personal goals is cause for joyful celebration, make an effort to encourage others to achieve their goals and then share in their joy when they celebrate.

Keeping a promise, overcoming a challenge, a few quiet moments with a hot cup of coffee, defending a friend, helping a stranger, smelling the roses, spending time with a loved one... whatever it is that brings you joy – pursue it, do it, feel it, and call it happiness!



breakfast in bed...

On a recent trip to Toronto, after early morning media appointments and business meetings, I promised my daughter, for her enduring patience, anything she wished. Above all, she wished to return to our hotel room, watch a movie and order room service. So we made our way back, crawled into our crisp made-up beds and she made the call.

And then it arrived. A table perfectly set, with white linen napkins and fresh flowers and fancy silver serving trays. And of all the places we could have gone, there we were with the traffic rushing by below, enjoying room service and watching a movie on a very oversized television. It was heavenly and calming and wonderful. The perfect way to end the day.

You don't have to go to a fancy hotel to enjoy room service, you can have it right in your own home. I love breakfast food and for me room service would best be served in the morning. Breakfast in bed... there are few things in life more luxurious.

We've created an absolutely extravagant breakfast menu of my very favorite foods with lemon French toast and real maple syrup, caramelized pear scones with toasted hazelnuts, homemade granola with fresh berries and pistachios, scrambled eggs with maple pancetta, sweet potato pancakes with tomato salsa, and finally, the purest, lightest, yummiest lemon hollandaise over poached eggs, back bacon and fresh asparagus!

For just one day, take the time to let go and indulge. Forget your schedule, turn off the telephone, place fresh flowers beside your bed, gather all your favorite magazines and treat yourself to your very own room service!

Lemon French toast with pure maple syrup

1 large loaf of French bread
6 eggs
1 ½ cups whole milk
1 teaspoon grated lemon zest
½ teaspoon vanilla
1 tablespoon honey
½ teaspoon salt
Vegetable oil for sautéing
Pure maple syrup and butter for serving

Preheat oven to 250° F. Slice French loaf into ¾-inch thick slices. In a large bowl, whisk together remaining ingredients and pour into a large shallow baking dish. Place bread into egg mixture and soak up to 5 minutes, turning once. Heat 1 tablespoon butter and 1 tablespoon vegetable oil in a large sauté pan over medium heat. Sauté bread slices for approximately 2-3 minutes on each side, until puffy and golden. Keep cooked French toast in oven to warm until all slices have been sautéed. Add additional butter and oil, as needed, to cook all remaining slices. Serve immediately with pure maple syrup and butter. Serves 4-6.

Caramelized pear and hazelnut scones with whipped butter and honey

3 cups all-purpose flour
½ cup sugar
2 ½ teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
¾ cup cold butter, cut into small pieces
¾ cup chopped hazelnuts
¾ cup caramelized pears (recipe below)
¾ cup plus 2 tablespoons light cream
¼ cup milk
¼ cup sugar (for sprinkling tops)
Whipped butter and honey for serving

Preheat oven to 425° F. In a large bowl, stir together flour, sugar, baking powder, baking soda and salt. Work butter into dry ingredients with fingertips until mixture resembles coarse cornmeal. Add hazelnuts and caramelized pears and toss with dry ingredients. Add ¾ cream and the milk and stir gently with a large spoon until just combined. Turn dough out onto a floured work surface or a sheet of parchment paper. Gently knead until dough holds together (dough will be fairly moist) and press into a thick 10-inch round. Cut into 8 wedges and transfer to a parchment lined baking sheet. Brush tops of each scone with remaining 2 tablespoons cream and sprinkle with sugar. Bake 14-16 minutes or until puffed, golden and cooked through. Remove from oven and cool. Serve with whipped butter and honey. Makes 8.

Caramelized pears

3 pears, cored and cut into ¾-inch wedges (with peel)
2 tablespoons butter
2 teaspoons sugar

To caramelize pears, melt butter in a skillet over medium heat. Add pears and sugar and cook 5-7 minutes on each side until golden brown. Set aside to cool.



MAKE EVERYDAY SPECIAL



GLASSWARE: THE BAY

Homemade granola parfait with raspberries and pistachios

1 cup homemade granola (recipe below)
½ cup pistachio nuts, coarsely chopped
2 cups vanilla yogurt
2 cups fresh raspberries
½ cup honey

Preheat oven to 350° F. Place pistachios evenly on baking sheet. Bake 3-5 minutes. Set aside to cool. In the bowl of a food processor, combine yogurt with 1 cup of fresh raspberries and pulse to combine. Divide prepared granola between 4 large glasses. Top each with a drizzle of honey and a layer of raspberry yogurt. Garnish each glass with fresh raspberries and pistachios. Serve immediately. Serves 4.

Homemade granola

4 cups large rolled oats
¼ cup wheat germ
¼ cup raw sunflower seeds
1 cup almonds, coarsely chopped
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg (freshly ground is best)
¼ cup butter
½ cup honey

Preheat oven to 300° F. Line 2 baking sheets with parchment paper. In a large bowl combine all dry ingredients and stir well to combine. In another bowl, melt butter with honey (microwave for about 1 minute) and pour over dry ingredients. Stir well. Spread onto baking sheets and bake until golden, about 20-25 minutes. Remove from oven and cool. Store up to 1 week in an airtight plastic container. Makes 6 cups.



Scrambled eggs with tomatoes, spinach and maple pancetta

4 sheets phyllo pastry
¼ cup melted butter
8 eggs
¼ cup light cream or milk
½ cup grated gruyère cheese
16 cherry tomatoes on the vine
4 fresh thyme sprigs, chopped
3 tablespoons extra-virgin olive oil
8 slices pancetta
2 tablespoons maple syrup
2 cups fresh baby spinach
Sea salt and cracked black pepper to taste

Preheat oven to 375° F. To make phyllo cups, lay one sheet of phyllo on a clean flat surface and brush with melted butter. Lay another sheet of phyllo on top of the first and brush again with melted butter. Using a pastry cutter or sharp knife, cut into 8 large squares. Layer 2 squares on top of each other at different angles. Push into large muffin tin to create cup shape. Repeat with remaining phyllo squares to make a total of 4 cup shapes. Bake 5-7 minutes or until golden at tips. Set aside to cool. These may be stored up to 1 week in an airtight container.

Increase oven to 400° F. In a medium bowl, combine tomatoes, 2 tablespoons olive oil, sea salt and cracked black pepper. Spread in an even layer on a parchment lined baking sheet and sprinkle with thyme. Bake 8-10 minutes. Set aside to cool.

Fry pancetta on a grill pan over medium-high heat 1 minute each side. Brush with maple syrup and fry 30 seconds more on each side. Remove from pan and set aside.

Heat 1 tablespoon olive oil in skillet over medium-high heat. Add spinach leaves and toss for approximately 30 seconds until just wilted. Remove from heat and season with salt and pepper.

In a large bowl, whisk together eggs, cream, sea salt and pepper. Add grated gruyère and stir to combine. Melt butter in a large skillet over low to medium heat, add egg mixture and cook 30 seconds to 1 minute until set around the edges. Gently fold mixture from outside toward inside until completely set being careful not to overcook. Remove from heat.

To assemble, place phyllo cups on serving plates and fill with scrambled eggs. Divide tomatoes, pancetta and spinach evenly on each plate. Serve immediately. Makes 4 servings.



Sweet potato pancakes with poached eggs, kale and tomato salsa

8 sweet potato pancakes
8 poached eggs
8-10 steamed kale leaves
2 cups tomato salsa

Prepare potato pancakes, poached eggs, kale and tomato salsa as recipes indicate below. To assemble, place 2 potato pancakes on each individual plate, top with 2 kale leaves, 2 eggs, and about ½ cup tomato salsa. Serve immediately. Makes 4 servings.

Sweet potato pancakes

1 large sweet potato
2 eggs
¼ cup all-purpose flour
1 teaspoon salt
½ teaspoon cracked black pepper
¼ cup vegetable oil

Shred potato with a grater or mandolin and place in large bowl of water to rinse. Using your hands, squeeze out as much liquid as you can from the potatoes and transfer to a large bowl. Add eggs, flour, salt and pepper and stir well to combine. In a large heavy skillet, heat some of the oil over medium-high heat. Spoon ¼ cup of batter for each pancake onto the hot skillet, flatten with the back of the spoon. Fry until the bottom of the pancakes are nicely browned, about 3 minutes each side. Fry in batches, adding oil to the skillet as needed. Drain on paper towels.

Poached eggs

8 eggs

Oil bottom of a deep skillet or pan and fill with about 3-4 inches of water, enough to cover eggs. Bring water to a boil and reduce to a simmer before adding the eggs. Break each egg into a separate small bowl. Slip each egg carefully into simmering water by lowering the lip of the bowl just below the surface of the water and letting the egg flow out. Immediately cover with a lid and turn off heat. Set a timer for exactly 4 minutes for medium-firm yolks. Remove eggs from water with a slotted spoon and drain on paper towel until ready to assemble.

Steamed kale

8-10 large fresh kale leaves
1 tablespoon butter
2 tablespoons water

Rinse kale well in a large bowl of cold water. Place in colander, drain and trim stems. Melt butter with water in a heavy skillet over medium-high heat. Add kale, cook and stir 1 minute. Cover and steam another 3-5 minutes or until wilted and tender but not soft, stirring occasionally. Remove from skillet and transfer to a warming dish until ready to use.

Tomato salsa

1 can (796 ml) diced tomatoes
¼ cup extra-virgin olive oil
1 teaspoon coarse salt or more to taste

In a large stock pot, add olive oil and tomatoes and cook on medium heat, about 20 minutes. Add salt and reduce heat to simmer another 20 minutes. Remove from heat and set aside. Makes about 2 cups.



Eggs benedict with asparagus and lemon hollandaise sauce

8 poached eggs (see recipe on page 31)
12 slices back bacon
4 slices multi-grain bread, sliced 1-inch thick
12 asparagus spears
1 tablespoon extra-virgin olive oil
Coarse salt and cracked black pepper
Lemon hollandaise sauce (recipe below)

In a heavy skillet over medium to high heat, cook bacon for 2 minutes each side or until cooked through. Set aside and keep warm. Peel asparagus stems with potato peeler, cut off tough ends (about 1 inch) and discard; cook in salted boiling water until just crisp-tender, approximately 3-4 minutes for thick stalks. Remove from heat, drain, and toss with olive oil, salt and pepper and keep warm.

To assemble, use a 4 to 6-inch round cookie cutter to cut rounds from centre of bread slices. Butter both sides of each round and grill in skillet over medium heat for about 2 minutes each side or until golden. Place one bread round on each serving plate and top with 3 slices bacon, 3 asparagus spears, 2 poached eggs and $\frac{1}{4}$ cup lemon hollandaise sauce. Serve immediately. Makes 4.

Lemon hollandaise sauce

3 egg yolks, room temperature
4 $\frac{1}{2}$ teaspoons water, room temperature
4 $\frac{1}{2}$ teaspoons fresh lemon juice
 $\frac{1}{2}$ cup unsalted butter, melted and cooled
Coarse salt

Whisk yolks in a large heatproof glass bowl until they begin to turn pale, about 1 minute. Whisk in water. Set bowl over a pan of barely simmering water; heat yolk mixture, whisking vigorously, until pale and thickened, 2-3 minutes. Remove bowl from pan. Whisk in lemon juice. Whisking constantly, pour in melted butter gradually until thickened. Season with salt to taste. Serve immediately.

To reheat leftover lemon hollandaise sauce, whisk again over bowl of simmering water and warm gradually so mixture does not separate.

*A splash of
fabulous*

Perfectly roasted coffee beans, hand ground, French pressed and served with steamed milk. Nothing compares to a perfectly made cup of coffee.

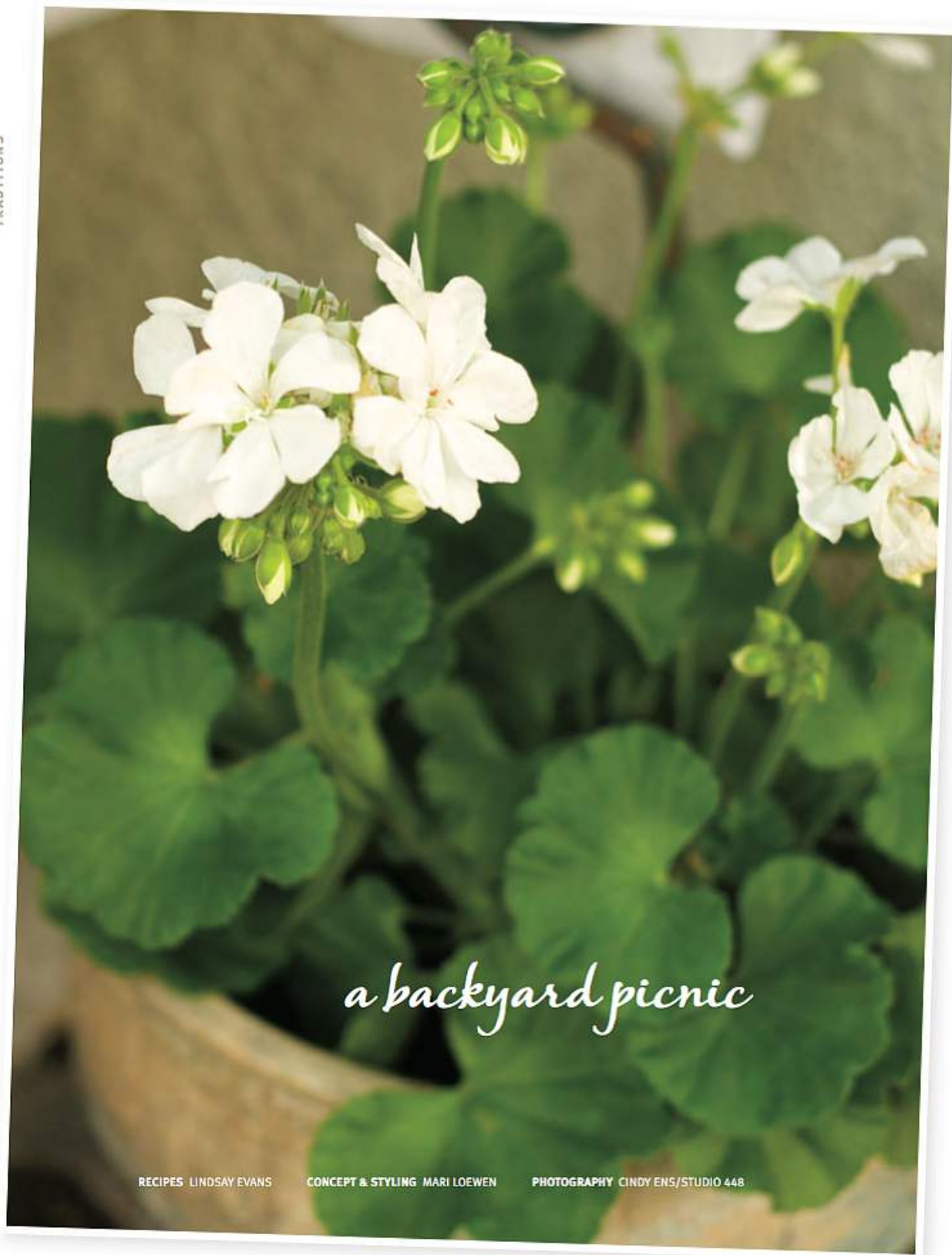
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traditions



a backyard picnic

RECIPES LINDSAY EVANS

CONCEPT & STYLING MARI LOEWEN

PHOTOGRAPHY CINDY ENS/STUDIO 448



Since we bought our home six years ago, I've spent my summers clearing out badly neglected shrubs and years of old debris. Although the work seemed endless, I always imagined that one day my backyard would have that old European feel I dreamed of.

I began to gather special things. Old flower pots from yard sales and flagstone my friend Josephine was removing from her backyard. Paving stone my grandfather brought over in the trunk of his car and insisted on carrying, each one, into my garage for storage (they were left over from the stone he used in his yard over 40 years ago). A wooden flower stand my father made for my mother as a wedding gift, fabulous recycled brick I've been told may have come from an old downtown warehouse and a hammock we bought on a Mexican vacation.

Today, although my yard is far from complete, with grass growing in patches, eaves that need fixing and a house that needs painting, I am lying in my hammock under a giant cascading oak with the world seemingly passing by overhead.

The stones have been placed, my hydrangeas are blooming, the herbs are growing and simple geraniums fill my pots. I am looking across my yard and realize all the special things have found their place and my yard has become a patchwork of beautiful memories. And although it is far from perfect, I feel joy. Complete, pure, blissful, wonderful, peaceful, joy.

Whether you're planning a picnic in the park or your very own backyard, here are some great recipes I hope you will love. Grilled steak baguettes with horseradish mayo, aged cheddar and arugula. Baby new potato salad with champagne Dijon vinaigrette, fresh pea shoot and radish salad and mixed berry shortcakes with vanilla mascarpone and fresh whipped cream!

Finding joy in your own backyard is special – adding friends and great food makes it perfect.



Baguette sandwich with grilled steak, horseradish mayo, arugula and aged cheddar

½ pound New York steak
 Olive oil for brushing
 2 large baguettes, sliced in half lengthwise
 5 ounces (150 g) aged white cheddar, sliced
 4 plum tomatoes, sliced
 2 cups baby arugula
 ½ cup mayonnaise
 Juice of ½ lemon
 Zest of 1 lemon
 4-inch piece of fresh horseradish
 (or ½ cup store bought prepared horseradish)
 Sea salt and cracked black pepper

To make the horseradish mayo, in a small bowl combine the mayonnaise, lemon juice, lemon zest, grated horseradish, sea salt and lots of cracked black pepper. This can be made up to 3 days in advance and stored in an airtight container in your refrigerator.

Heat a grill pan or barbecue over medium high heat. Brush the steak with olive oil and season generously with sea salt and cracked black pepper. Sear the steak 3-4 minutes on each side until medium-rare or until cooked to your likeness. Remove from the pan and allow to sit at least 10 minutes. Slice thinly. Spread the baguette generously with the horseradish mayonnaise, then layer cheddar, steak, tomatoes, and arugula. Cut each baguette into 4 sections. Serves 8.



Flavor-infused water

Green apple, ginger and mint

Place slices of green apple, ginger and fresh mint leaves in a large glass jug and top with fresh water. Allow the flavors to infuse into the water for at least an hour in the fridge prior to serving. Top with ice and serve.

Lemon and lime

Place long slices of lemon and lime zest, and the juice of 1 lemon and 1 lime into a large glass jug and top with fresh water. Allow the flavors to infuse into the water for at least an hour in the fridge prior to serving. Top with ice and serve.

Mixed berry

Place a selection of raspberries, sliced strawberries, blueberries and blackberries into a large glass jug and top with fresh water. Allow the flavors to infuse into the water for at least an hour in the fridge prior to serving. Top with ice and serve.



*A touch of
extraordinary*

**Baby new potato salad
with green beans, arugula
and champagne Dijon vinaigrette**

20 small white potatoes
20 small red potatoes
2 cups green beans, blanched
and cooled in an ice bath
1 bag baby arugula
1 bunch chives, snipped
Sea salt and cracked black pepper

Champagne Dijon vinaigrette

3 tablespoons champagne vinegar
1 large spoon mayonnaise
¼ cup Dijon mustard
1 tablespoon sour cream
Juice of 1-2 lemons
Zest of 2 lemons

In a small bowl, whisk together champagne vinegar, mayonnaise, Dijon, sour cream, lemon zest and lemon juice until well combined. Set aside.

Bring a large pot of salted water to a boil and add potatoes. Boil uncovered 10-15 minutes or until soft when pierced with a knife. Drain, allow to cool and cut each potato in half.

In a large bowl, combine potatoes, green beans and arugula. Pour vinaigrette over the potato mixture and toss until well combined. Season generously with sea salt and cracked black pepper and garnish with fresh chives. Serves 8.

For a quick dessert,
sprinkle brown sugar
and cracked black pepper
over fresh strawberries,
top with vanilla ice cream
and a drizzle of good
balsamic vinegar.



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Fresh pea shoot and radish salad with lemon yogurt dressing

3 cups assorted baby greens
2 cups fresh pea or radish shoots
¼ cup thinly sliced radishes
1 Granny Smith apple, cored and sliced
½ cup mint leaves

Lemon yogurt dressing

1 egg yolk
½ teaspoon Dijon mustard
1 cup olive oil
2 tablespoons plain yogurt
¼ cup lemon juice
Zest of 1 lemon
2 teaspoons sugar

In the bowl of a food processor, combine egg yolk and Dijon. Gradually pour the olive oil in a thin stream until the mixture is thickened and emulsified. Add yogurt, lemon juice, lemon zest and sugar and combine well. Set aside.

In a large bowl, combine baby greens, pea or radish shoots, sliced radishes, apple and mint leaves. Pour lemon yogurt dressing over salad and toss to coat. Serves 8.





*A drizzle of
extravagance*



For an instant appetizer,
slice a baguette and
serve with good olive
oil for dipping.

Mixed berry shortcakes with vanilla mascarpone

- 1 large store bought pound cake
- 4 cups mixed berries (blueberries, raspberries,
strawberries, blackberries)
- 1/2 cup sugar
- 2 teaspoons lemon juice
- 1 cup mascarpone cheese
(or soft cream cheese)
- 1 1/4 cups heavy cream
- 2 teaspoons vanilla
- 2-3 teaspoons icing sugar

In a bowl, combine berries, sugar and lemon
juice. Set aside. In another bowl, combine the
mascarpone, 1/4 cup cream, vanilla and icing sugar
to taste. Set aside.

Whip the remaining 1 cup cream until soft peaks
form. Slice the pound cake into 8 thick slices and
place on serving plates. Add a drizzle of the berry
juices, then 1/2 cup of vanilla mascarpone, a spoon
of mixed berries and top with a dollop of whipped
cream. Serves 8.

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*Your magazine is so beautiful,
it's always been my dream...*

It all began with an email she sent me one day. She wanted to help. We shared a quick phone call and she gave me her best pitch. There was something special about her, she stayed on my mind. I wasn't sure how it could work.

And then the timing was right. It was our first national television appearance and I needed some help. I called her up to ask for ideas on how we could handle the food preparation for our segment. She immediately and most graciously offered her catering studio space, her dishes and utensils and anything we needed. It was such a great favour I just couldn't refuse.

With suitcases full of ingredients and my daughter in tow, we made it into Toronto. Anxious and excited, we called Lindsay and made plans to meet. A coffee at Starbucks quickly turned to her driving us around and introducing us to Toronto's finest. We saw beautiful homes and glamorous boutiques, the very best food markets, her favorite flower shops and kitchen supply stores. When she dropped us at our hotel, my daughter said, "Mom, I love her. And I love her ballerina style shoes." "Me too," I said, "and what a fabulous belt." Lindsay had turned out to be a perfect date.

Hiring someone based on their fashion sense may seem a bit unconventional, but I do have to admit I fell in love with Lindsay not only for her passion and her manner but her impeccable style. And when she told me she made beautiful food, I believed her.

When we got home, I called her up and proposed her this gig, 20 pages of whatever she wished...

*We decided it should be Asian,
with starters and entrées, salads and desserts.
As you peek through this section, I'm sure you will agree,
hiring Lindsay was a good decision,
regardless of how it came to be...*



Appetizers

Tuna and wasabi open face sushi
Crab cakes with chipotle aioli
Chicken breast skewers with peanut sauce
Lobster salad rolls with lime chili dipping sauce

Salads

Soba noodle salad
Herb and baby greens salad with blueberry vinaigrette
Asian crunch salad

Entrées

Grilled salmon fillet with lemon and herb mayo
Coconut steamed mussels
Beef stir-fry
Soy and honey roasted chicken breast with
sweet potato wedges

Desserts

Mango and lemongrass sorbet
Tropical fruit with honey yogurt dip
Pistachio macarons

Appetizers

Tuna and wasabi open face sushi

- 2 cups sushi rice
- 2 cups water
- 2 tablespoons rice wine vinegar
- 2 teaspoons sugar
- 4 ounces sashimi quality tuna
sliced into 2-3 long thin logs about 1-inch wide
- ¼ cup toasted black and white sesame seeds
- 4 tablespoons wasabi paste
- Radish sprouts to garnish
- Pickled ginger and soy sauce for dipping

To make sushi rice, place the rice and water in a rice cooker and cook according to manufacturer's directions. Transfer to a large shallow non-metallic dish. Add rice wine vinegar and sugar and, using a flat paddle spoon, combine for 5 minutes or until cool. Using slightly wetted hands, shape rice into 1-inch flat balls. Cover with a damp cloth and set aside.

Spread sesame seeds in a shallow bowl and roll each slice of tuna, crusting each side. Slice into 24 squares. To assemble, place rice balls on a platter, spread a pea-size amount of wasabi paste over each rice ball, top with a slice of tuna and garnish with a couple of sprouts. Serve with pickled ginger and bowls of soy sauce. Makes 24.

Crab cakes with chipotle aioli

- ¼ cup mayonnaise
- 1 egg yolk
- 1 tablespoon Dijon mustard
- 2 teaspoons lime juice
- Zest of 1 lime
- 1 large handful cilantro, finely chopped
- 5 green onions, thinly sliced
- ¼ cup red pepper, chopped
- 2 green chilies, seeded and finely chopped
- 1 teaspoon Asian chili sauce
- 1 pound cooked white crab meat, drained
- Sea salt and cracked black pepper
- 2 cups panko breadcrumbs
- 1 cup toasted black and white sesame seeds
- Sunflower oil for frying

Chipotle aioli

- ¼ cup canned chipotle chilies
- 1 cup mayonnaise
- Juice of ½ lemon

To make chipotle aioli, place chilies, mayonnaise and lemon juice in the bowl of a food processor and purée until smooth. This can be made up to 1 week ahead and stored in an airtight container in your refrigerator.

To make crab cakes, in a medium bowl, combine mayonnaise, egg yolk, Dijon, lime juice, lime zest, cilantro, green onions, red pepper, green chili and Asian chili sauce. Flake in crab meat and stir to combine. Season with sea salt and cracked black pepper. Form crab mixture into small patties approximately 1 inch in diameter. Combine panko breadcrumbs and sesame seeds in a shallow dish and toss each crab cake in mixture to coat well.

Heat oil in a large frying pan. Working in batches, fry cakes 3 minutes on each side or until golden brown. Serve warm with chipotle aioli. Makes 40.

*She wrote every recipe and scoured the best shops
looking for trays and napkins and special props...*



Chicken breast skewers with peanut sauce

4 chicken breasts, boneless, skinless
 3 tablespoons soy sauce
 3 tablespoons sesame oil
 2 tablespoons fish sauce
 1 teaspoon honey
 2 red chillies, seeded and finely chopped
 1 clove garlic, finely chopped
 1 tablespoon grated ginger
 3 tablespoons chopped cilantro
 24 bamboo skewers, soaked in water for at least 30 minutes

Peanut sauce

1 tablespoon vegetable oil
 1 shallot or small onion, finely chopped
 2 cloves garlic, crushed
 1 red chili, seeded and finely chopped
 2 tablespoons dark soy sauce
 1 tablespoon brown sugar
 ½ cup coconut milk
 ½ cup smooth peanut butter
 Juice of 2 limes
 Pinch of salt
 Boiling water

To make peanut sauce, heat oil in a small saucepan over medium high heat. Add shallot and garlic and sauté 5-7 minutes or until crispy. Add chili, soy, brown sugar, coconut milk, peanut butter and lime juice. Bring to a boil and allow to simmer 5 minutes or until thickened. If too thick, add boiling water, one tablespoon at a time, until sauce reaches desired consistency. Add a pinch of salt to taste and allow to cool.

To make marinade, in a small bowl, combine soy, sesame oil, fish sauce, honey, red chillies, garlic, ginger and cilantro. Slice each chicken breast into 6 long strips and place in a bowl. Pour marinade over chicken, cover and chill overnight. Thread chicken strips onto bamboo skewers and heat a grill pan or barbecue. Grill skewers 5 minutes on each side or until cooked through. Serve with peanut sauce. Makes 24.

Lobster salad rolls with lime chili dipping sauce

20 large rice paper wraps
 2 cups cooked lobster meat, sliced
 1 ripe mango, peeled and thinly sliced
 1 ripe avocado, peeled and thinly sliced
 1 red pepper, julienned
 1 yellow pepper, julienned
 1 cup snow peas, thinly sliced
 1 cup roasted peanuts, roughly chopped
 1 cup radish sprouts
 20 mint leaves

Lime chili dipping sauce

Juice of 2-3 limes
 2 tablespoons soy sauce
 1 teaspoon sugar
 1 teaspoon fish sauce
 1 tablespoon sweet chili sauce
 1 tablespoon cilantro, finely chopped

To make the dipping sauce, in a small bowl, whisk together the lime juice, soy sauce, sugar, fish sauce, and sweet chili sauce. Add the chopped cilantro. Set aside.

To make lobster salad rolls, prepare all ingredients as directed and arrange in separate piles on a large platter. Lay a large clean tea towel on a flat surface and fill a large bowl with hot water. To assemble rolls, dip one rice paper wrap into hot water and let sit for 30 seconds or until it is soft and pliable. Remove carefully from bowl and lay flat on the tea towel. Blot with paper towel to absorb any excess water. Place ingredients 2 inches from the bottom of the wrap starting with 1 slice avocado, 1 slice mango, a couple slices lobster meat, 2 slices red pepper, 2 slices yellow pepper, a couple of peanuts and 1 mint leaf. To roll, carefully fold bottom edge of rice paper wrap up and over the ingredients and roll over once to secure ingredients. Carefully fold in both edges and continue to roll up like a cigar. Repeat with remaining wraps and ingredients. Rolls can be sliced on a diagonal and served immediately or kept in an airtight container (covered with a damp cloth or paper towel) in the fridge for up to 6 hours until ready to serve. Serve with lime chili dipping sauce. Makes 20.



I arrived in Toronto. I had come to direct.
As I opened the door, oh, what a surprise!
Her beautiful apartment had become a fabulous set!
I saw all the beautiful food. She'd prepared quite a fare...

*And there in her Queen Street apartment, overlooking the park,
she prepared every dish and styled every shot...*

EVERYDAY EASY - ASIAN



Salads

Soba noodle salad

10 ounces dried soba noodles
 4 green onions, sliced
 2 tablespoons grapeseed oil
 2 tablespoons ginger, finely chopped
 2 cloves garlic, finely chopped
 14 ounces shitake mushrooms, halved
 2 cups sliced rapini or broccoli
 Sea salt and cracked black pepper
 3 tablespoons toasted black and white sesame seeds
 3 tablespoons pickled ginger

Wasabi soy vinaigrette

2 tablespoons soy sauce
 1 tablespoon sesame oil
 1 1/2 teaspoons honey
 2 tablespoons rice wine vinegar
 1 tablespoon wasabi paste

To make wasabi soy vinaigrette, place the soy, sesame oil, honey, rice wine vinegar and wasabi paste in a small bowl and whisk until smooth.

Bring a large pot of water to boil. Add soba noodles and cook approximately 3 minutes until just tender. Rinse under cold water and drain well. Place noodles in a large bowl and toss with sliced green onions and 2 tablespoons of the vinaigrette. Set aside.

Heat grapeseed oil in a large sauté pan over medium-high heat. Add ginger and garlic and stir fry 1 minute until softened and fragrant. Add the mushrooms and cook 3-5 minutes. Add rapini or broccoli and the remaining vinaigrette and cook 2 minutes. Remove from heat and season with salt and pepper to taste. Toss mushroom mixture with soba noodles. Arrange in large bowls and garnish with toasted sesame seeds and pickled ginger. Serves 8.



Herb and baby greens salad with blueberry vinaigrette

2 cups baby salad leaves
 1 cup baby arugula
 1 cup mixed herbs (thai basil, mint, cilantro)
 4 green onions, thinly sliced
 1 cup crumbled goat cheese
 ½ cup slivered almonds, toasted

Blueberry vinaigrette

1 cup fresh blueberries
 2 teaspoons sugar
 Juice of 1 lemon
 1 teaspoon sesame oil

To make blueberry vinaigrette, place ½ cup of the blueberries in a medium saucepan over medium heat. Add sugar and lemon juice and stir until sugar dissolves and blueberries release their blue color. Push through a sieve and whisk in sesame oil and remaining blueberries. Set aside.

In a large bowl, combine baby salad leaves, baby arugula, herbs, and sliced green onions. Drizzle with vinaigrette and pile loosely onto small serving plates. Crumble goat cheese on top and garnish with slivered almonds. Serves 6.

Asian crunch salad

1 head of red cabbage, shredded
 1 cup baby arugula
 1 cup snow peas
 1 red pepper, julienned
 1 yellow pepper, julienned
 1 firm mango, peeled and thinly sliced
 1 cup bean sprouts
 1 handful mint leaves
 1 handful cilantro, chopped
 Large handful toasted cashews, coarsely chopped

Lime vinaigrette

Juice of 3 limes
 1 tablespoon soy sauce
 1 teaspoon fish sauce
 1 tablespoon sesame oil
 1 tablespoon grated ginger
 1 red chili, seeded and finely chopped

To make lime vinaigrette, in a small bowl, combine lime juice, soy sauce, fish sauce, sesame oil, ginger and red chili. In a large bowl, combine red cabbage, arugula, snow peas, red pepper, yellow pepper, mango, bean sprouts and mint leaves. Pour the vinaigrette over slaw ingredients and toss well. Garnish with toasted cashews and chopped cilantro. Serves 8.



Entrées

Grilled salmon fillet with lemon and herb mayo

6 salmon fillets
Olive oil for brushing
Sea salt and cracked black pepper
3 cups green beans, trimmed

Lemon and herb mayo

1 cup mayonnaise
½ cup cilantro, chopped
½ cup Thai basil, chopped
½ cup flat leaf parsley, chopped
2 teaspoons lemon juice
Zest of 1 lemon
Sea salt and cracked black pepper

To make lemon and herb mayonnaise, combine all ingredients in a small bowl and mix well. Set aside.

Preheat oven to 400° F. Heat a grill pan over medium-high heat. Brush salmon fillets with oil and season with salt and pepper. Place salmon fillets in grill pan, skin side up, and sear 2 minutes. Flip and place in oven 8 minutes, or until cooked through.

While salmon is in oven, place a steamer over a pot of simmering water and steam green beans 3 minutes until softened but still crisp. Remove from heat and serve alongside salmon and lemon herb mayo.
Serves 6.



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Coconut steamed mussels

2 pounds fresh mussels, cleaned and de-bearded
2 tablespoons vegetable oil
1 stalk lemongrass, bruised with the back of a knife
2 tablespoons finely chopped ginger
1/2 red chili, seeded and finely chopped
2-3 tablespoons red curry paste, mild
1 cup white wine
1 can (398 ml) coconut milk
1 tablespoon fish sauce
2 teaspoons sugar
1 1/2 tablespoons sherry
3 tablespoons lime juice
1/4 cup chopped cilantro
1/4 teaspoon coarse salt

In a large saucepan over medium-high heat, heat 2 tablespoons of vegetable oil. Add lemongrass stalk, ginger and chili and sauté 1 minute. Add curry paste and stir 1 minute. Add white wine, coconut milk, fish sauce, sugar, sherry and lime juice and stir to combine. Bring to boil then reduce heat and simmer, about 10 minutes. Remove lemongrass stalk from pot and discard. Add mussels and stir to combine. Cover and allow to steam 3-5 minutes or until mussels have opened. Stir in cilantro and pour into a large bowl, discarding any mussels that remain closed. Serve with crusty bread. Serves 4-6.

*I tried crab cakes and lobster rolls, stir fry and salmon,
chicken and mussels and sauces and dips,
oh how delish...*





Beef stir-fry

1 tablespoon peanut oil
1 pound beef fillet, thinly sliced
Sea salt and cracked black pepper
1 clove garlic, crushed
1 tablespoon finely chopped ginger
1 red chili, seeded and finely chopped
5 ounces shitake mushrooms
5 ounces enoki mushrooms
1 cup snow peas
1 cup baby bok choy
½ cup bean sprouts
1 tablespoon cornstarch
2 tablespoons soy sauce
2 tablespoons mirin
1 teaspoon sesame oil
½ teaspoon honey
2 tablespoons teriyaki sauce
4 green onions, thinly sliced
1 red chili, seeded and julienned

In a small bowl, combine cornstarch, soy, mirin, sesame oil, honey and teriyaki sauce. Set aside.

Heat peanut oil in a large wok or skillet over high heat. Season beef slices with sea salt and pepper and stir-fry 3-4 minutes. Remove and set aside.

Add garlic, ginger, and red chili to wok and stir-fry 1-2 minutes or until softened. Add mushrooms, snow peas, baby bok choy and bean sprouts and stir-fry 2 minutes until softened. Add soy mixture, return beef slices to wok and toss to combine. Garnish with sliced green onions and julienned red chili. Serve on a bed of rice noodles. Serves 6.

work



live



play



Good things
come in small
boxes



Winnipeg

all inclusive

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Soy and honey roasted chicken breast with sweet potato wedges

6 chicken breasts, boneless, with skin
Few sprigs lemon thyme
2 tablespoons soy sauce
1/4 cup honey
2 tablespoons finely chopped ginger
1 teaspoon red chili flakes
3 tablespoons olive oil
1 tablespoon brown sugar
Sea salt and cracked black pepper

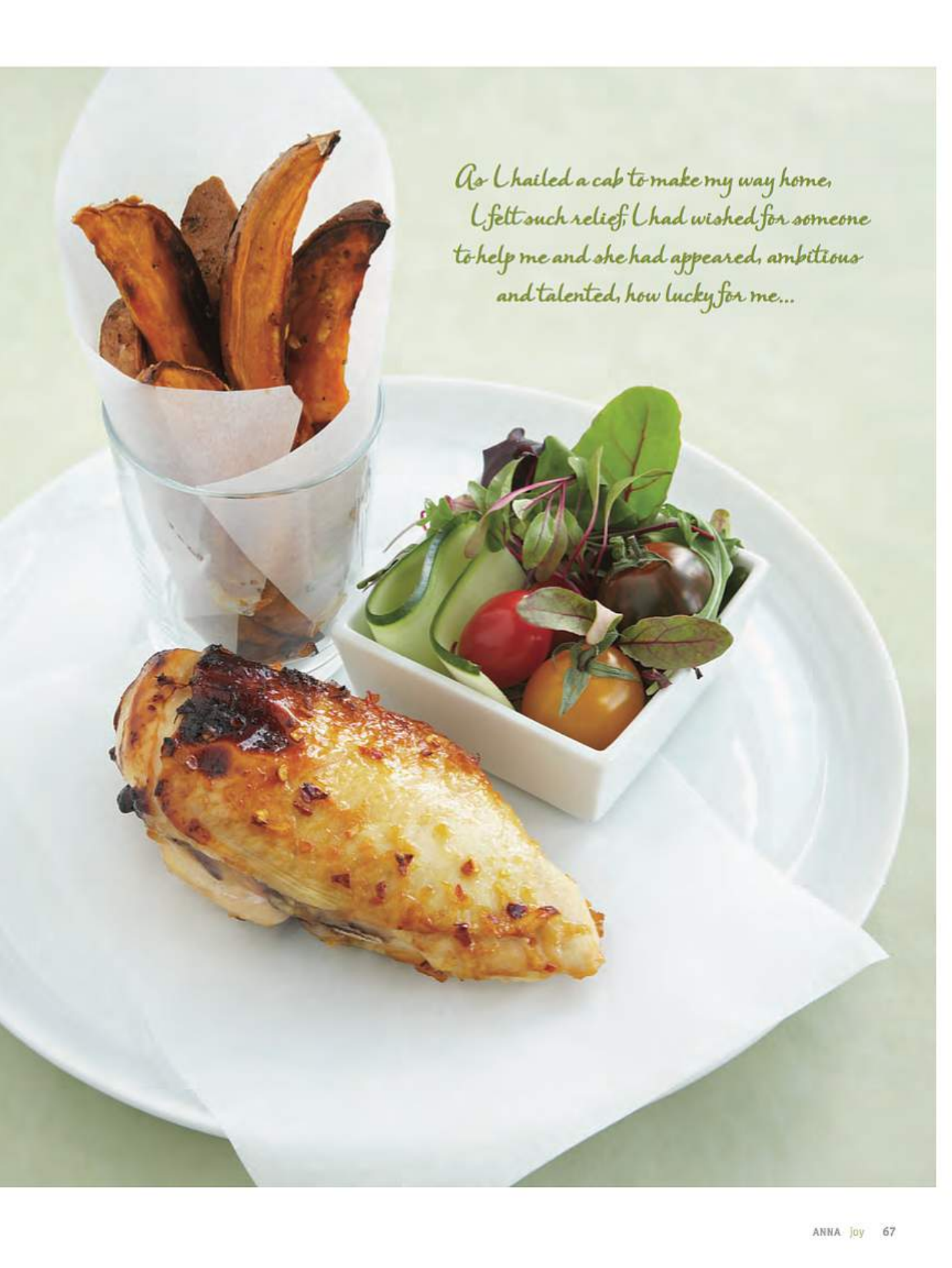
Sweet potato wedges

4 sweet potatoes, cut into wedges
2 tablespoons olive oil
1 teaspoon red chili flakes
Sea salt and cracked black pepper

Preheat oven to 425° F. In a small bowl, combine the soy, honey, ginger, red chili flakes, olive oil, brown sugar, sea salt and pepper. Set aside.

To make sweet potato wedges, combine sweet potatoes, olive oil, red chili flakes, sea salt and cracked black pepper in a large bowl. Spread in an even layer on a parchment lined baking sheet and roast in oven 45 minutes or until soft and golden.

Place the chicken breasts in a parchment lined baking dish and brush with soy mixture. Scatter lemon thyme over top. Roast 45-50 minutes or until caramelized and cooked through. Serve with a fresh green salad. Serves 6.



*As I hailed a cab to make my way home,
I felt such relief; I had wished for someone
to help me and she had appeared, ambitious
and talented, how lucky for me...*

Desserts



Tropical fruit with honey yogurt dip

- 1 cup vanilla yogurt
- 1 tablespoon honey
- 1 mango, peeled and cubed
- 1 papaya, peeled and cubed
- 20 blackberries
- 1 Japanese plum, peeled and cubed

In a small bowl, combine the honey and vanilla yogurt. Thread fruit onto each bamboo skewer. To serve, place a small amount of yogurt mixture in the bottom of a small glass or bowl. Place fruit skewer on top and serve. Makes 10.

Mango and lemongrass sorbet

- 1 cup water
- $\frac{3}{4}$ cup sugar
- 2 stalks lemongrass, chopped into 1-inch pieces
- 2 ripe mangoes, peeled and chopped
- $\frac{1}{4}$ cup lime juice

Place the water, sugar and lemongrass in a medium saucepan and bring to a simmer. Stir constantly until sugar has dissolved. Strain into a bowl and allow to cool. Combine chopped mangoes and lime juice in the bowl of a food processor and purée until smooth. Pour prepared syrup into mango purée, pour into a shallow freezer-safe container and freeze 6 hours, or until set. Before serving allow to sit out for a few minutes to soften. Scoop into bowls or small glasses. Serves 8.



Pistachio macaroons

- 2 egg whites
- $\frac{1}{2}$ cup sugar
- $1\frac{1}{4}$ cups coarsely ground pistachios
- $1\frac{1}{2}$ cups shredded coconut
- 4 ounces (120 g) best quality dark chocolate, coarsely chopped
- $\frac{1}{4}$ cup heavy cream

Preheat oven to 350° F. In a medium bowl, combine egg whites, sugar, pistachios and coconut. Form into $1\frac{1}{2}$ -inch balls, place on a parchment lined baking sheet. Flatten slightly. Bake 10-12 minutes or until golden. Allow to cool.

Heat cream in a small saucepan over medium-high heat until bubbles form. Add the chocolate and stir until smooth. Allow to cool. Spread chocolate between two cookies and sandwich together. Alternatively, dip each macaroon in chocolate. Place in the refrigerator until chocolate sets. Makes 12.

*Thank you Lindsay, you went above and beyond,
it was stylish and beautiful, just like you...*

Here's a little secret we wanted you to know:

*I found a great belt and Isabella found her shoes...
although you've graced the pages of our magazine,
we each wanted our own little part of you.*



friends over



my greatest joy...

*Your room is so beautiful, a periwinkle blue,
with a border of large bunnies and a crib not quite new.
Grandma sewed all the linens, a perfect pale blue,
with ruffley edges and embroidery too.*

*Big puffy clouds hang over your window, the lamp has been
painted and an ottoman built new, we found it in a magazine
so Auntie Kari made one just like it, special for you.*

*I bought some flea market jars to keep your room neat,
and found an old broken chair that had quite a squeak.
We've fixed it now and covered it too, it's soft and it rocks
and it's as good as new.*

*I've ironed all your things, and hung them in place.
Hats and dresses and little socks too. There's Peter Rabbit
and Tigger and Piglet and Roo, sitting on the window sill,
(they've been there for hours) just waiting for you.*

*I was so scared, so scared and then I saw you.
You were so little, so tiny, so perfectly new.
In an instant I loved you, I cried tears of joy.*

*I looked at you for hours, yours was the prettiest face I'd seen.
I held you and rocked you, I could have stayed there forever,
it's the best place I've been...*



*We called friends to say, we've got her, we've got her
we can't decide on her name, and then in an instant
we chose it, the most perfect one.*

*I'd tiptoe into your room at night to hold you up and rock you,
you smelled so wonderful, I loved you so much.*

*I wrote you letters and recorded your sounds,
I close my eyes and listen to them now.*

*Friends stopped by with flowers and wishes for
laughter and happiness and a lifetime of kisses.*

*I made cakes and tartlets and little meringues,
cheesecakes with apples and caramel pecan,
skewers with berries and white chocolate cream.*

*So many treats for everyone to enjoy,
to celebrate our baby, who brought so much joy!*



Vanilla cake with meringue buttercream and fig confiture

Cake

1 cup butter, softened
 2 cups sugar
 4 eggs
 2 teaspoons vanilla
 2 $\frac{1}{3}$ cups cake flour, sifted
 2 teaspoons baking powder
 Pinch of salt
 1 cup milk

Heat oven to 325° F. Butter two round 8-inch cake pans. Line the base with parchment paper and butter and flour the parchment paper. Cream together butter and sugar in the bowl of an electric mixer fitted with paddle attachment until light in colour and fluffy, about 4 minutes. Add vanilla and eggs, one at time, beating well between additions.

Sift together flour, baking powder, and salt. Add to egg mixture in three additions, alternating with milk, starting and ending with flour. Pour batter into pans and bake 45-50 minutes or until the top is golden brown and a tester inserted into the centre comes out clean. Cool in pans 10 minutes. Invert cakes onto wire rack and remove parchment paper. Makes two 8-inch cakes.

Meringue buttercream

$\frac{1}{3}$ cup heavy cream
 3 egg whites
 $\frac{1}{4}$ cup sugar
 1 cup unsalted butter, cut into pieces, softened
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt
 1 cup store bought fig confiture (or jam)

Place heavy cream into the bowl of an electric mixer fitted with the whisk attachment; beat on medium-high speed until soft peaks form, about 4 minutes. Transfer to a medium bowl. Refrigerate 1 hour.

Whisk egg whites and sugar in the clean bowl of mixer set over a pan of simmering water until sugar has dissolved and mixture registers 160° F on a candy thermometer, about 2-3 minutes. Attach bowl to mixer fitted with a clean whisk attachment; beat on high speed until slightly cooled and stiff (but not dry) peaks form, about 5 minutes. Fit mixer with paddle attachment and on medium-low speed, add butter, several pieces at a time, mixing well after each addition (meringue will deflate slightly as butter is added). Add vanilla and salt. Continue mixing until buttercream comes together, about 3-5 minutes. Fold in whipped cream with a rubber spatula. Use immediately. Makes about 4 cups.

To ice cake:

Ensure the cakes are completely cooled, then layer the cakes with fig confiture and crumb coat the entire cake with a very thin layer of buttercream. Refrigerate 1 hour. When chilled, cover the entire cake with remaining buttercream. Keep refrigerated until ready to serve. Serves 16-18.



Chocolate caramel pecan cheesecake

1 cup pecans, coarsely chopped
1 ½ cups graham wafer crumbs
6 tablespoons melted butter
3-8 ounce (250 g) packages cream cheese, softened
1 cup sugar
1 teaspoon vanilla
3 eggs
10 ounces (285 g) semisweet chocolate,
coarsely chopped

Caramel filling

½ cup butter
½ cup packed brown sugar
2 tablespoons corn syrup
½ cup sweetened condensed milk

To make caramel filling, combine butter, sugar, corn syrup and milk in double boiler and whisk over medium heat 5 minutes or until thickened. Remove from heat and set aside.

Preheat oven to 325° F. Arrange pecans on baking sheet evenly and toast, about 8 minutes. Remove from oven and cool.

To make base, mix graham crumbs and melted butter, press onto bottom and 1-inch up the sides of 9-inch springform pan. Bake 10 minutes. Remove from oven and reserving ¼ cup caramel filling, pour remaining onto base. Arrange ¾ cup pecans on top of caramel mixture.

Beat cream cheese, sugar and vanilla until smooth. Beat in eggs one at a time, mixing until just blended. Place chocolate in small bowl and microwave until just melted. Reserving ¼ cup melted chocolate, add remaining to cream cheese mixture and beat until just blended. Pour mixture over caramel pecan base. Bake 50 minutes or until set. Remove from oven and run knife around rim of pan to loosen cake and cool. Refrigerate overnight. Sprinkle with chopped pecans, remaining caramel filling and melted chocolate. Serves up to 16.



Apple and toasted almond cheese torte

Pastry

- 1/2 cup butter
- 1 cup flour
- 1/3 cup sugar
- 1/4 teaspoon vanilla

Filling

- 2-8 ounce (250 g) packages cream cheese, softened
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla

Topping

- 1/3 cup sugar, mixed with 1/2 teaspoon cinnamon
- 4 Granny Smith apples, peeled, cored, sliced thinly
- 1/4 cup sliced almonds, toasted

Preheat oven to 450° F. Arrange almonds evenly on baking sheet and toast 3-5 minutes or until golden. Remove and cool.

With electric mixer, combine pastry ingredients and press into the bottom and up the sides of a 9-inch springform pan, set aside. In a clean mixing bowl, combine filling ingredients and beat until smooth, about 8-10 minutes. Pour into crust. Arrange apples over filling and sprinkle with the sugar and cinnamon mixture. Arrange toasted almonds on top and bake at 450° F, about 10 minutes. Reduce heat to 400° F and bake another 30 minutes or until set. Serves up to 16.



Lemon tartlets with fresh berries

Pastry

1 cup butter, softened
 ¾ cups icing sugar, sifted
 ¼ teaspoon vanilla
 ½ tablespoon grated lemon zest
 7 egg yolks
 3 cups cake flour, sifted

Filling

2 eggs
 ½ cup sugar
 5 tablespoons heavy cream
 ½ teaspoon grated lemon zest
 ¼ cup lemon juice

To make pastry, in electric mixer fitted with the paddle attachment, combine butter, icing sugar, vanilla and lemon zest on medium speed 5 minutes. Add egg yolks, one at a time, and beat well after each addition. Add cake flour all at once and beat on low speed until just combined. Turn pastry out onto a flat surface and form into a round. Cover with plastic wrap and refrigerate at least 1 hour.

Preheat oven to 350° F. Roll pastry out on a lightly floured surface to ⅛-inch thick. Using a 2 ¼-inch cookie cutter, cut rounds to fit into a mini muffin tin. Prick bottoms with a fork and place in freezer 10 minutes. Bake 10-12 minutes or until golden. Allow to cool.

In a medium bowl, whip eggs and sugar 4 minutes or until light and fluffy. In a separate bowl, whip heavy cream on high speed until stiff peaks form. Set aside. Add the lemon zest and juice to the egg and sugar mixture and stir to combine. Gently fold in whipped cream. Fill each tart shell ¾ full with lemon mixture. Bake 6-8 minutes or until set but soft. Top each tart with a dollop of whipped cream and a fresh berry. Makes 30.





Berry skewer shooters with white chocolate melt

2 cups blackberries
1 cup blueberries
2 cups raspberries
1/2 cup heavy cream
8 ounces (250 g) white chocolate,
coarsely chopped

Thread 2 blackberries, 2 raspberries and 3 blueberries onto each bamboo skewer and set aside.

In a small saucepan, heat cream over low heat until bubbles begin to appear. Remove from heat and add chocolate. Allow to sit 1 minute and then stir until smooth.

To serve, place a small amount of melted chocolate in the bottom of a shot glass or small glass. Top with a berry skewer and serve. Alternatively, place chocolate in a small dipping bowl and place skewers on a platter. Makes 12-14.



Meringue kisses with kiwi, banana, pineapple and blueberries

4 egg whites
 2 teaspoons cornstarch
 ½ teaspoon white vinegar
 1 ¾ cups sugar
 ½ teaspoon vanilla
 1 cup heavy cream, whipped with ½ teaspoon vanilla
 Sliced kiwi, banana, pineapple, blueberries

Preheat oven to 250° F. Place the egg whites in the bowl of a clean electric mixer. Beat until stiff peaks form. Gradually add the cornstarch, vinegar, sugar and vanilla and continue to beat until thick and glossy. Transfer mixture to a large piping bag and pipe 2 to 3-inch balls onto 2 parchment lined baking sheets. Make a small well in each ball with a spoon. Bake until crispy on outside, about 15-20 minutes. Reduce oven to 150° F and continue baking 1 hour. Turn off oven. Leave meringues in oven 2-3 hours to dry and cool.

Whip cream and vanilla with electric mixer until soft peaks form. To serve, top each meringue kiss with a dollop of whipped cream and fruit. Makes 36.

*May you follow your dreams and have lots of fun.
May you shoo away boyfriends until you find the right one.
May you make wise choices but if you should cry,
I will be here to hold you and help it pass by.*

*May you count your blessings and make lots of friends,
may you treat them with kindness and include every one.
Be kind to people and animals and all living things.
We were all brought here to share in the sorrows
and joys and all that life brings.*

*I'll love you forever. Forever and ever I'll love you the same.
I'm so happy, so joyful, so glad that you came.*

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caramelized pear and hazelnut scones	24
eggs benedict with asparagus and lemon hollandaise sauce	33
homemade granola parfait with raspberries and pistachios	27
lemon french toast with pure maple syrup	24
scrambled eggs with tomatoes, spinach and maple pancetta	29
sweet potato pancakes with poached eggs, kale and tomato salsa	31

beverages

green apple, ginger and mint water	41
lemon and lime water	41
mixed berry water	41

condiments/dressings

blueberry vinaigrette	59
champagne Dijon vinaigrette	43
chipotle aioli	52
horseradish mayo	41
lemon and herb mayo	61
lemon yogurt dressing	44
lime chili dipping sauce	54
lime vinaigrette	59
peanut sauce	54
wasabi soy vinaigrette	57

"The greater danger for most of us lies
not in setting our aim too high and falling short;
but in setting our aim too low, and achieving our mark."

Michelangelo