

ANNA

MAKE EVERYDAY SPECIAL

*“Live as if you have only today.
Dream as if you will live
forever”*



EVERYTHING-ANNA.COM

Figs stuffed with goat cheese and basil, wrapped in prosciutto, drizzled with balsamic reduction

For anyone who has ever followed their dreams
or wishes that they had

As we were planning this issue, I came across some old files I had put together long, long ago. I was surprised to see a few words I had written on a little piece of paper, 'what do I want to do'? It took me back to a time when I was lost in my career and exactly as it says, I didn't know what I wanted to do.

As I looked further, it seemed the answers were all right there. A thread of scraps and notes jotted this way and that pulling it all together. Favorite songs and inspirational quotes and words scribbled on sticky notes; simple, special, minimal and beautiful they said.



JOIN US ~

BREAKFAST TELEVISION MANITOBA

Every second Tuesday of the month, 7:15 and 7:45 am

COOKING DEMO

August 23, 2008, 11-3 pm

D.A. Neil's, 485 Berry St, Winnipeg, Manitoba 204 953 2345

Congratulations to Laura Cotroneo of Manitoba, winner of a Kitchen Aid mixer in our Renew and Win contest.

Today, as I look at the magazine I realize it all began with a dream. From the way it is named rather than dated, to the simple quote on the lower right hand corner of the cover. I know this magazine was meant to be. And with the help of a beautiful article that was written about us a few months ago, our phones have been ringing off the hook. People call to say they love the magazine, and they want to buy every issue. *Thank you for creating a visual moment of peace*, one caller said. *Thank you, thank you, thank you*, we say in return.

With music and quotes playing an important roll in the inspiration of each issue, it was Louis Armstrong who played his part here. In the midst of our challenges, longings and dreams his lovely song, *wonderful world*, brings it all into perspective and reminds us of the wonderful world in which we already live. As I listen to the lyrics now, I know that although its important to follow your dreams, its blue skies and flowers, babies and friendships and love that makes it all worth while.

And so here it is all together, another labour of love, named *wonderful* after that beautiful song. With skies of blue and simple beautiful recipes; from my mother's special *roll kuchen* recipe to best friends in the park enjoying buttermilk fried chicken and sweet potato chips. Smokey prawns, spicy chicken and fabulous ribs to cook for the one you love and six friends for dinner with goat cheese stuffed figs and a lovely herb crusted lamb! With lovely white peonies snipped from my neighbor Catherine's garden, the entire issue really is wonderful.

Today it seems, the title has not only inspired the content of the magazine but the writer as well. For someone who used to long for so much, I long for little, (well there is that property in Paris, but I'm not quite ready for it yet). I just want to hold on to this feeling of wonderful, as right now that is exactly how I feel. I hope that as you turn these pages it will inspire you and make you feel the same.

Enjoy!

Mari

P.S. If you would like to subscribe to ANNA Magazine or buy it for a friend please visit annamagazine.ca or call our toll free number 866 274 5439.



contents



What I Have Learned - Follow your dreams 13
Inside each of us is a dream and the only way to a fulfilled life is to follow it. Persistence and determination are the only way to make it happen.

Manners and Etiquette - The art of letter writing 17
Letter writing, which seems almost forgotten, is still one of life's simple pleasures. Romantic and priceless, it captures a moment in time and can be enjoyed for years to come.

Make Everyday Special - Picnic in the park 21
Best friends in lovely dresses and a picnic packed with buttermilk fried chicken, red cabbage slaw, fresh fruit salad, sweet potato chips and an ice cream sandwich cake!

Traditions - A childhood memory 39
My mother's *roll kuchen* served the traditional way and some fabulous alternatives; as an appetizer with porcini mushroom topping and as dessert with ice cream and blueberry compote.

Friends Over – A dinner party for six 73
From shopping to dessert, a complete guide to hosting a dinner party with ease! Delicious herb crusted lamb and a luscious banana coconut cream pie are part of a menu that takes surprisingly little time to make.

COVER STYLING AND PHOTOGRAPHY MARI LOEWEN

PICTURED: GOAT CHEESE STUFFED FIGS WITH PROSCIUTTO AND BALSAMIC REDUCTION (SEE PAGE 78)

*Exceptional
at keeping food
and secrets.*



KitchenAid.ca



FOR THE WAY IT'S MADE.®

Experience the KitchenAid® Architect® Series II refrigerator. It features advanced LCD controls and our exclusive ExtendFresh™ temperature management system that keeps conditions just right in every compartment. Because sharing fresh food goes hand in hand with sharing fresh details.

KSRS25RSMS model shown here. © Registered trademark/™ Trademark of KitchenAid, U.S.A., KitchenAid Canada licensee in Canada. 2008 All rights reserved.



Everyday Easy – Cooking for the one you love

49

An entire section made to be multi-occasional and interchangeable. Whether you are grilling indoors or out; cooking for 1 or 20, these recipes could make anyone fall in love, we sure did.

Salads and sides

Grilled vegetables with marjoram lemon vinaigrette
Roasted garlic mashed potatoes
Caramelized onion, roasted corn, and avocado salad
with smoked paprika prawns
Roasted garlic baguette
Potato straws
Grilled zucchini

Main

Grilled rib-eye with mixed peppercorns
Baby back ribs with smokey BBQ sauce
Fresh tuna with roasted corn relish
Roasted chicken breast with Cajun rub
Lobster with herb butter

Recipe Index


88

This issue's recipes at your fingertips

Subscription

Enjoy 4 issues annually of ANNA delivered right to your door. Complete and mail the subscription card in this issue or visit our website — annamagazine.ca to subscribe or call toll free 866.274.5439.





Live as if you have only today.
Dream as if you will live forever.

When I was very young, I remember climbing to the highest bough of a large apple tree that grew in my Mother's garden. I would sit there and dream a thousand dreams. The things I longed to be, the people I wished to meet, the world I hoped to see. I had a vivid imagination and a repertoire of dreams. Why not me? I used to think.

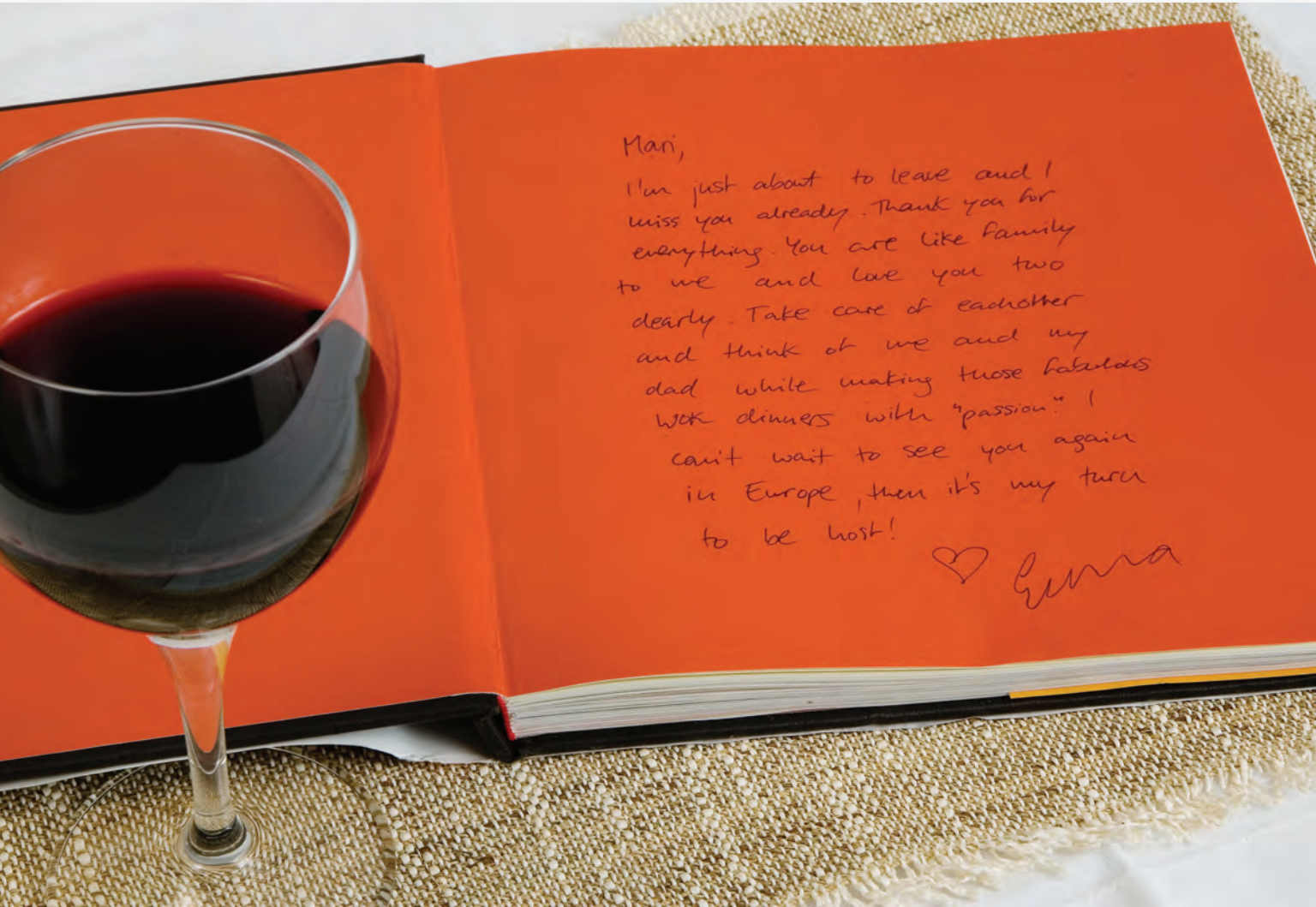
In grade 2, I told my best friend I thought I could fly. I'm sure her intentions were good, when she told another friend who told another and soon they had me standing on a chair in the middle of the playground, taunting me to try. At 17, I told a boyfriend my hopes of traveling the world. *Call me when you get there*, he said. Thinking back now, what seemed quite reasonable to me, may not have seemed so possible to others.

In 1983, a line in the movie Flashdance would change my life forever. Eighteen year old Alexandra, a welder in a steel mill, falls in love with her boss, Nick. When she shares with him her secret dream of becoming a ballet dancer, he encourages her to pursue her dream. She goes to the conservatory to ask for an application form for an audition, but walks out when she realizes that she lacks any formal dance training. Heartbroken she tells Nick, who says, *don't you understand? When you give up your dreams you die.*

I loved that movie, and that summer I watched it over and over and over again. It made me feel alive inside and re-ignited my dreams; although the torn up t-shirts and leg warmers are long gone, one thing stayed with me; the power of a dream and the ability to make it happen. Still today, when challenges arise, I hear a quiet voice inside of me saying, *when you give up your dreams you die.*

I know each one of us has a dream, maybe one that has never been told to another. And the moment we dare think about it; a million reasons as to why it won't work, begin to appear. I say, dream it anyway. Dare to talk about it, write it down over and over and place it in a secret spot. With all the modern day talk of vision boards and the law of attraction, there are many resources out there that can help you begin. All I can say is that until you understand how it works, it does seem impossible.

Following your dreams has little to do with money, timing or luck. It has everything to do with persistence and determination and listening to little messages along the way.



Mari,

I'm just about to leave and I miss you already. Thank you for everything. You are like family to me and love you two dearly. Take care of each other and think of me and my dad while making those fabulous week dinners with "passion." I can't wait to see you again in Europe, then it's my turn to be host!

♥ Anna

The art of letter writing

Letter writing though near forgotten, is still one of life's simple pleasures.

Something magical happens when ink touches paper; as though innermost thoughts come to life. More personal than a telephone call, more intimate than even a conversation. A letter is priceless; a gift that captures a moment in time and nothing, oh nothing can replace it.

A beautifully composed letter. Few things are more wonderful. Here are some special ones we found...

1749, Johann Wolfgang von Goethe to Charlotte von Stein Goethe

I can't help loving you more than is good for me; I shall feel all the happier when I see you again. I am always conscious of my nearness to you, your presence never leaves me. In you, I have a measure for every woman, for everyone; in your love a measure for all that is to be. Adieu, you whom I love a thousand times.

1790, Mozart to his wife, Constance

While I was writing this last page, tear after tear fell on the paper. But I must cheer up—catch!—An astonishing number of kisses are flying about—The deuce!—I see a whole crowd of them! Ha! Ha!...I have just caught three—They are delicious! Adieu—Dearest, most beloved little wife—take care of your health—and don't think of walking into town. Do write and tell me how you like our new quarters—Adieu. I kiss you millions of times.

1919, To F. Scott Fitzgerald from his wife Zelda

Don't you think I was made for you? I feel like you had me ordered—and I was delivered to you—to be worn—I want you to wear me, like a watch—charm or a button hole bouquet—to the world.

1935, Winston Churchill to his wife Clementine

My darling Clemmie, in your letter from Madras you wrote some words very dear to me, about my having enriched your life. I cannot tell you what pleasure this gave me, because I always feel so overwhelmingly in your debt, if there can be accounts in love. What it has been to me to live all these years in your heart and companionship no phrases can convey.



Make-up, Melanie Drain and Julie Noel for Bobbi Brown Cosmetics, Holt Renfrew, Winnipeg, Canada 204.926.8105
Dresses and vintage jewelry, Poppie Clothing, 2-1724 Corydon Avenue, Winnipeg, Canada, 204.488.7311
Shoes, Soul Shoes & Accessories, 167 Lilac Street, Winnipeg, Canada, 204.432.7685



P icnic in the P ark

STYLING MARI LOEWEN AND KARI WARDROP

PHOTOGRAPHY KAREN HARRINGTON

A return to lovely dresses and taking the time to make an old fashioned lunch. Enjoying Shirley Temple slushes, appreciating beautiful summer days and being best friends.

A return to picnics in the park with baskets packed with the finest. Yummy buttermilk fried chicken and creamy coleslaw, sweet potato chips and fresh fruit salad. And with plenty of ice to keep it cool, a delicious ice cream sandwich cake!

*I see trees of green...red roses too
I see em bloom...for me and for you*

MAKE EVERYDAY SPECIAL





*The colors of a rainbow...
so pretty...in the sky*

*Are also on the faces...
of people...going by*

Fruit salad with lime vinaigrette

8 strawberries, sliced
1 mango, peeled and sliced
Small watermelon, peeled and sliced
Small honeydew, peeled and sliced

Lime vinaigrette

½ cup superfine sugar
½ cup water
1 tablespoon lime zest
Juice of 1 lime

To make vinaigrette, whisk together ingredients in small saucepan over medium heat until sugar dissolves. Remove from heat and set aside. Place salad ingredients individually on serving plate and spoon syrup over just before serving. Serves 4.





MAKE EVERYDAY SPECIAL

Buttermilk fried chicken

6 chicken breasts, bone in, skin on
3 cups buttermilk
2 cups all-purpose flour
1 teaspoon cayenne pepper
1 tablespoon coarse salt
1 tablespoon cracked black pepper
Vegetable oil for frying

Rinse chicken and pat dry with paper towel. Place in large bowl and cover with buttermilk; refrigerate overnight.

Preheat oven to 350°. Heat oil in large skillet to medium high heat. Combine flour, salt, cayenne and black pepper in a large bowl; remove chicken from buttermilk and dredge each piece individually in the flour, then place about 3 pieces at a time into the oil. Fry for about 3 minutes each side or until golden. Remove from oil and drain on paper towels for a minute before placing on baking sheet. Bake for 30-40 minutes. Serve immediately. Serves 4.

Red cabbage slaw

1 small head red cabbage, shredded
1 red pepper, thinly sliced
4 carrots, grated or julienned
3 green onions, finely sliced

Celery and mayo dressing

1/2 cup mayonnaise
2 tablespoons sugar
1 tablespoon white vinegar
1 teaspoon celery seed
Coarse salt and cracked black pepper

Whisk together dressing ingredients and refrigerate for up to an hour. Combine all slaw ingredients in large bowl and pour dressing over top; toss well and serve immediately.



Shirley Temple slush

2 cups orange juice
2 cups ginger ale
2 cups crushed ice
Grenadine syrup
Maraschino cherries
and lemon slices to garnish

Place orange juice, ginger ale and crushed ice in a blender until slushy. To serve, pour into individual glasses, splash with grenadine; top with cherries and lemon slices. Serve immediately.

Slush can be made ahead and stored in the freezer in a plastic freezer bag until serving time.







Sweet potato chips with chipolte mayo

4 large sweet potatoes
Vegetable oil for frying
Coarse salt and cracked black pepper

Chipolte mayo

1 cup mayonnaise
1 canned chipolte pepper, finely minced
1 tablespoon adobo sauce*

For mayo, combine all ingredients in a food processor and blend well. Can be refrigerated for up to 2 weeks.

Slice potatoes $\frac{1}{8}$ -inch thick on a mandolin. Heat oil in large skillet to medium high heat. Fry handfuls of potato slices about 3-5 minutes, tossing to cook evenly. Remove and drain on paper towel. Repeat with remaining slices and sprinkle generously with salt and pepper. Serve with chipolte mayo.

You can make potato chips ahead of time and store in a paper bag to maintain crispness.

***Chipolte peppers can be found in specialty food stores and come packed in adobo sauce.**







Ice cream sandwich cake

- 1 cup butter, softened
- 2 cups white sugar
- 1 teaspoon vanilla
- 2 eggs
- 1/2 cup cocoa
- 2 3/4 cups sifted flour
- 1 1/2 teaspoons salt
- 1 cup macadamia nuts, coarsely chopped
- 8 ounces white chocolate, coarsely chopped
- Pint of good vanilla ice cream

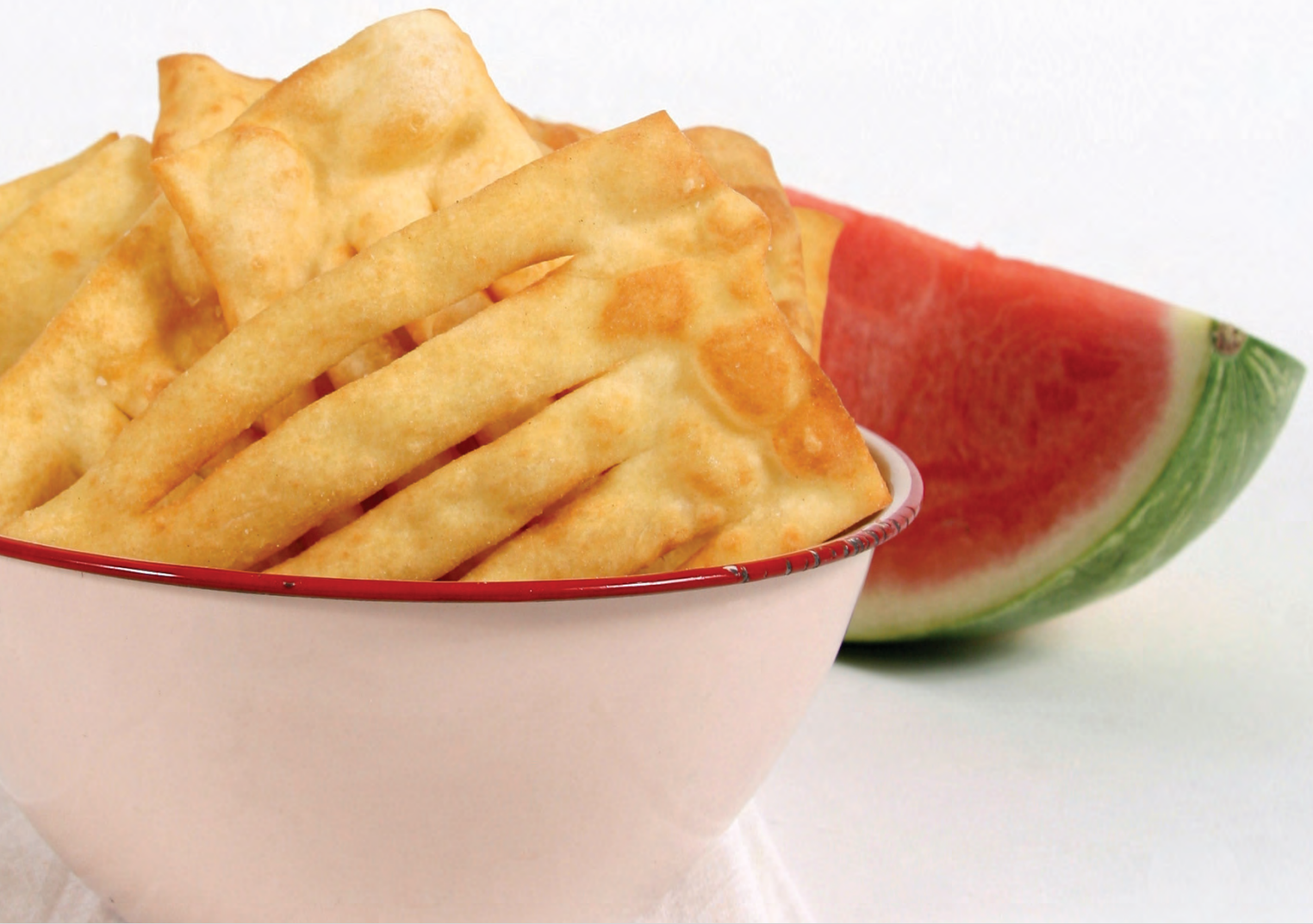
Preheat oven to 375°. Roast nuts on baking sheet with parchment paper for about 5 minutes. Set aside to cool.

In the bowl of an electric mixer, cream butter and sugar, then add vanilla and eggs, one at a time and beat until light and fluffy. In another bowl, sift together all dry ingredients and add to butter mixture a little at a time until incorporated. Add nuts and chocolate and mix well. Wrap dough in plastic and refrigerate up to half an hour. Remove from plastic and divide into 4 pieces. Place each piece onto parchment paper and press down with palm of hand to form a 6-inch disk. Bake for 8-10 minutes each.

To assemble, place a cookie on bottom of cake stand or plate, cover with a layer of ice cream; layer until all cookies are used. Cover cake with plastic and freeze. Can be stored up to 1 week.



*And I think to myself
what a wonderful world.*





R oll kuchen

STYLING AND RECIPES MARI LOEWEN
PHOTOGRAPHY KAREN HARRINGTON

In my family roll kuchen are a traditional summertime treat that when served with large slices of watermelon become the entire meal! A few simple ingredients are blended to become a soft salty dough, that is rolled, cut, twisted and fried; depending on how you like them, they can be thin and crispy or light and fluffy.

When I was growing up, my parents took great pride in serving this meal. My mother would spend hours making these delicate little treats. She would prepare them and stack them between pieces of wax paper on cookie sheets where they would wait until just before dinner.

Picking a watermelon on Saturdays became a traditional family affair! I remember truckloads of watermelon on sale in a certain lot in my hometown, like today's farmer's markets. They were the biggest most beautiful watermelons I had ever seen.

My father took his time in choosing the very best one and when it came time for dinner, he would cut it into large wedges. I couldn't wait to bite into the fleshiest, reddest part of this large piece; I always wished he would serve it that way, but he always cut these luscious quarters into smaller more manageable portions.

My mother would heat her large well-aged cast iron frying pan and fill it with vegetable oil. She and my father took turns frying every single one; there seemed to be hundreds of them! We would hang around the stove and eat them hot out of the pan, and just as we realized we had eaten nearly half of them, the watermelon was served and it was time for dinner.

Here, we discovered the trick to thin and crispy was drying the rolled dough slightly for a few hours before frying. Thin and crispy, light and fluffy, with watermelon, without watermelon, as an appetizer or as a gooey ice cream dessert. Any way we tried them, these lovely little parcels were devoured in seconds.

From my mother's kitchen to yours, here is her very special recipe made in a variety of ways, perhaps not quite as good as hers but we did the best we could.



Roll Kuchen (pastry)

4 cups all-purpose flour
1 ½ teaspoons baking powder
2 teaspoons salt
1 cup whipping cream
1 cup milk
4 eggs
Vegetable oil for frying

1 large watermelon

Sift dry ingredients into a bowl and make well in the centre; add remaining ingredients and mix well by hand. Place on floured surface and knead for a few minutes. Roll to ¼-inch thickness and cut into 2 x 4-inch strips; cut slits into each piece. Heat oil in large skillet to medium high heat and fry pastry until golden brown; about 1 minute each side. Drain on paper towels and serve immediately with watermelon wedges.

Bruschetta with porcini mushroom topping

Prepare pastry as in recipe on page 42. Roll to $\frac{1}{8}$ -inch thickness and cut into 3 x 3-inch squares with slits cut into each piece. Place on parchment paper and allow to rest for several hours before frying. Dough can be slightly dry when frying.

Porcini mushroom topping

2 fresh porcini mushrooms
2 tablespoons butter
2 tablespoons olive oil
2 medium shallots, finely chopped
1 tablespoon thyme, chopped
2 cups white mushrooms, coarsely chopped
2 tablespoons marsala wine
 $\frac{1}{2}$ cup light cream
Coarse salt and cracked black pepper

In a heavy skillet over medium high heat, place first 6 ingredients and cook until mushrooms first release their liquid and pan dries out, about 5 minutes. Add wine and cook for another minute; add cream and reduce for about 3 minutes. Salt and pepper to taste; spoon onto pastry crisps and serve.







Shortcake with blueberry compote

2 $\frac{1}{2}$ cups fresh blueberries
 $\frac{1}{3}$ cup sugar
 $\frac{1}{3}$ cup water

In a small saucepan over medium heat, simmer 1 $\frac{1}{2}$ cups blueberries, sugar and water until berries burst, stirring often, about 10 minutes. Add remaining berries. Cook until compote coats spoon, stirring often, about 8 minutes. Set aside.

Using pastry as prepared in recipe on page 42, cut into 3-inch rounds; place one onto each individual dish and top with ice cream. Layer with another pastry, add another scoop of ice cream and top with blueberry compote.



 **Manitoba
Egg Producers**

www.eggs.mb.ca

Peach, Honey and Almond Omelette

This fruit-filled omelette is ideal for brunch or dessert.

1/2 cup sliced peaches
1 teaspoon liquid honey
drop of vanilla extract
2 eggs
1 teaspoon butter
1 tablespoon sliced almonds, toasted
icing sugar*

Combine peaches, honey and vanilla in a small bowl; set aside. Whisk eggs in a small bowl. Melt butter in a 6-inch (15 cm) non-stick skillet over medium-high heat; swirl to coat pan. Pour in eggs. As mixture begins to set, lift the edges with spatula to allow the uncooked egg to flow underneath. Cook until bottom is set and top is almost set. Spread peaches and almonds over half of the omelette. Fold the other half over the peaches, using the spatula, and tilt skillet so that the omelette slides out of the pan. Sprinkle with icing sugar. Serve immediately.

*Use fresh or canned peaches. Make sure the peaches are dry; pat them lightly with paper towel.

**Kurt & Tami Siemens
and family**
Egg Farmers
Rosenort, Manitoba





Fish for a compliment

PHILLY LETS YOU GET SAUCY WITH SALMON

20 Minute Skillet Salmon

Prep 10 min, Total 20 min

Makes 4 servings

2 tsp oil

4 salmon fillets (1 lb/500 g)

$\frac{3}{4}$ cup skim milk

125 g (1/2 of 250-g tub) PHILADELPHIA

Herb & Garlic Light*

$\frac{1}{2}$ cup chopped cucumbers

2 Tbsp chopped fresh dill

Heat oil in large skillet on medium-high heat. Add salmon; cook 5 min. on each side or until salmon flakes easily with a fork. Remove from skillet; cover to keep warm. Add milk and PHILLY to skillet; cook and stir until PHILLY is melted and mixture is well blended. Stir in cucumbers and dill.

Return salmon to skillet. Cook 2 min. or until heated through. Serve salmon topped with PHILLY sauce.



COOKING WITH PHILLY — A LITTLE TASTE OF HEAVEN

Get inspired at cookingwithphilly.ca

* PHILADELPHIA Herb & Garlic Cream Cheese Light—
40% Less Fat than our Regular PHILADELPHIA Herb & Garlic Cream Cheese



A close-up photograph of several slices of zucchini and red bell pepper, charred and grilled, resting on a piece of light-colored parchment paper. The vegetables are arranged vertically on the left side of the page, partially overlapping the text area.

Cooking for the one you love

STYLING AND RECIPES MARI LOEWEN
PHOTOGRAPHY KAREN HARRINGTON

On the cover of a 1961 Good Housekeeping magazine it says ‘to make him love you’. The corresponding article at first glance, seemed silly; upon further thought, quite lovely. I took the liberty of printing a small section of it here for you...

Beautiful food is an affair of the heart. Always has been. And when a woman starts to dream of cooking something special for someone special—you know it’s serious. That’s our especially pleasurable subject this month: Cooking for the one you love.

Why not set the table in party dress before he comes home. And why not copycat the dish he raved about in that too-expensive restaurant he took you to on your anniversary? It’s ham steak and fig fritters, which get together like long lost friends sharing the tender touch of a maple syrup and cider sauce. The latter blend brilliantly too. So do you. Isn’t it marvelous how you look forward to each other’s company all day long?

That was nearly 50 years ago, and as much as we would like to think things have changed, and perhaps the dynamics of our relationships have, the concept is so very true today.

I say, fabulous food, regardless of who you are, can make anyone fall in love, and the day we were in the test kitchen creating these beauties certainly proved that. We tested them, added to them and tasted them. We discovered marjoram on vegetables, smoked paprika on prawns, liquid smoke in BBQ sauce and spices that transformed our kitchen into a Cajun heaven.

In the end, we all agreed the recipes were to die for; an entire section made to be multi-occasional and interchangeable. Whether you are grilling indoors or out; whether you are cooking for 1 or 20, we dare you to find someone you love and take the same approach; see what happens.

These recipes could make anyone fall in love, we sure did.

Grilled vegetables with marjoram lemon vinaigrette

2 large Yukon gold potatoes, unpeeled,
sliced to $\frac{1}{3}$ -inch thickness
3 zucchini, sliced diagonally to $\frac{1}{3}$ -inch thickness
1 large red bell pepper, quartered
Olive oil for brushing

Vinaigrette

3 tablespoons lemon juice
2 tablespoons shallots, finely chopped
2 tablespoons marjoram, chopped
1 teaspoon lemon zest
 $\frac{1}{4}$ cup extra-virgin olive oil

Preheat outdoor grill or heavy skillet to medium
high heat. In a large bowl, whisk vinaigrette
ingredients together until emulsified; set aside.

Place potato slices into pot with salted water
and boil for about 4 minutes; drain. Place all
vegetables into bowl, pour over vinaigrette
and toss to coat. Grill vegetables for about
2-3 minutes each side or until tender.
Serves 4-6.





Roasted chicken breast with Cajun rub

4 chicken breasts, bone in, skin on

Cajun rub

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon mustard powder
- 3/4 teaspoon ground white pepper
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon thyme, dried
- 1/2 teaspoon oregano, dried
- 1 tablespoon sweet paprika
- 1 tablespoon coarse salt

For rub, mix together all ingredients in a small bowl and set aside.

Preheat oven to 350°. Rinse chicken and pat dry with paper towel. Liberally spread rub under skin and all over breasts. Place onto glass baking dish and cook uncovered for 40 minutes. Preheat outdoor grill to medium heat and place chicken on grill for about 10 minutes or until cooked through. Serves 4.

Potato straws

4 large Yukon gold potatoes
Vegetable oil for frying
Coarse salt

Peel potatoes and using a mandolin, slice potatoes into long shoestring thin straws. Rinse in cold water and drain on paper towels. Preheat oil in large skillet or deep fryer to medium high heat. Place potato straws into oil in batches and fry until crispy. Drain on paper towels, sprinkle with salt and serve.





Baby back ribs with smokey BBQ sauce

3 racks pork back ribs
2 cups of prepared barbecue sauce
(recipe below)

BBQ sauce

2 cups ketchup
1 small onion, finely chopped
1 tablespoon garlic, finely chopped
4 cups water
1 cup cider vinegar
2 tablespoons paprika
1 tablespoon honey
¼ cup dark brown sugar
¼ cup chili powder
¼ cup lemon juice
3 tablespoons Worcestershire sauce
4 teaspoons liquid smoke
Coarse salt and cracked black pepper

Prepare sauce beforehand to chill overnight. To make sauce, combine all ingredients in a large pot over medium heat and bring to a slow boil, stirring occasionally, about 30 minutes. Remove from heat and strain to remove onion and garlic. Cool to room temperature and chill in refrigerator overnight.

Preheat oven to 300°. Cut racks into thirds; place in glass baking dish and bake covered for 1 ½ hours. Remove from oven and brush liberally with BBQ sauce; bake covered another ½ hour or until tender. Remove from oven and transfer to outdoor grill, preheated to medium high heat. Brush liberally with more BBQ sauce and grill for about 5-7 minutes or until sauce caramelizes slightly. Remove from grill and serve immediately. Serves 4-6.





A serving of *sensational*

For a quick dinner, prepare pasta and serve with De Luca's very own Alba brand basil pesto.



De Luca's 
Specialty Foods Cooking School & Restaurant Ltd.

950 Portage Avenue
Winnipeg, Manitoba
204 774 7617
www.deluca.ca

Caramelized onion, roasted corn and avocado salad with smoked paprika prawns

12 jumbo prawns, peeled
6 red pearl onions
3 ears of corn, husked
2 teaspoons smoked paprika
1/4 cup extra-virgin olive oil
Coarse salt and cracked black pepper
6 skewers (if wooden, soak in water overnight)
1 ciabatta loaf, sliced diagonally
2 avocados, pitted, peeled and cut into 3/4-inch cubes
1 package arugula

Vinaigrette

6 tablespoons orange juice
3 1/2 tablespoons white wine vinegar
2 tablespoons fresh chives, chopped
1 1/2 teaspoons orange zest
1/4 cup olive oil

Preheat outdoor grill or stovetop skillet to medium high heat. In a small bowl, whisk vinaigrette ingredients until emulsified; set aside.

Thread prawns onto 3 skewers and onions onto remaining 3 skewers. Brush prawns, onions and bread with olive oil and sprinkle with salt and pepper. Rub paprika liberally onto prawns. Place corn onto grill and cook for about 4-6 minutes. Meanwhile grill prawns and onions until cooked about 2 minutes each side for prawns; onions until caramelized slightly. Grill bread slices until golden. Remove all from grill and place onto work surface. Remove prawns and onions from skewers, cut corn from cob and place all into large bowl with avocado and arugula. Pour over vinaigrette; toss and serve with grilled bread. Serves 4-6.



The Zester



The woodworking tool that crossed over to the kitchen and began the Microplane revolution.

Effortlessly grates citrus zest, chocolate, coconut, ginger, garlic and even hard cheeses into fine lacey wisps.



 **d.a.Niels**
Gourmet Kitchenware

485 Berry Street
Winnipeg, Manitoba
204.953.2345
1.800.338.7573

Roasted garlic mashed potatoes

4 Yukon gold potatoes
4 tablespoons butter
¼ cup whole milk or light cream
Coarse salt and cracked black pepper
1 whole garlic bulb, roasted
2 tablespoons olive oil

1 hour prior to cooking potatoes, preheat oven to 350°. Cut off top of garlic bulb horizontally and place on large piece of foil, drizzle with olive oil and wrap. Bake 30 minutes or until fragrant. Remove from oven and set aside.

Place potatoes in pot, cover with water and bring to a boil; reduce heat slightly and keep at rolling boil for about 20 minutes or until tender. Drain and add butter, milk, salt and pepper; squeeze garlic cloves from bulb and add to potatoes. Mash until desired smoothness. Serves 4–6.

A pairing of unforgettable

For a quick salad, layer pear, blue cheese and seared sliced pancetta on a bed of arugula. Drizzle with olive oil and balsamic vinegar.



Fresh tuna with roasted corn relish

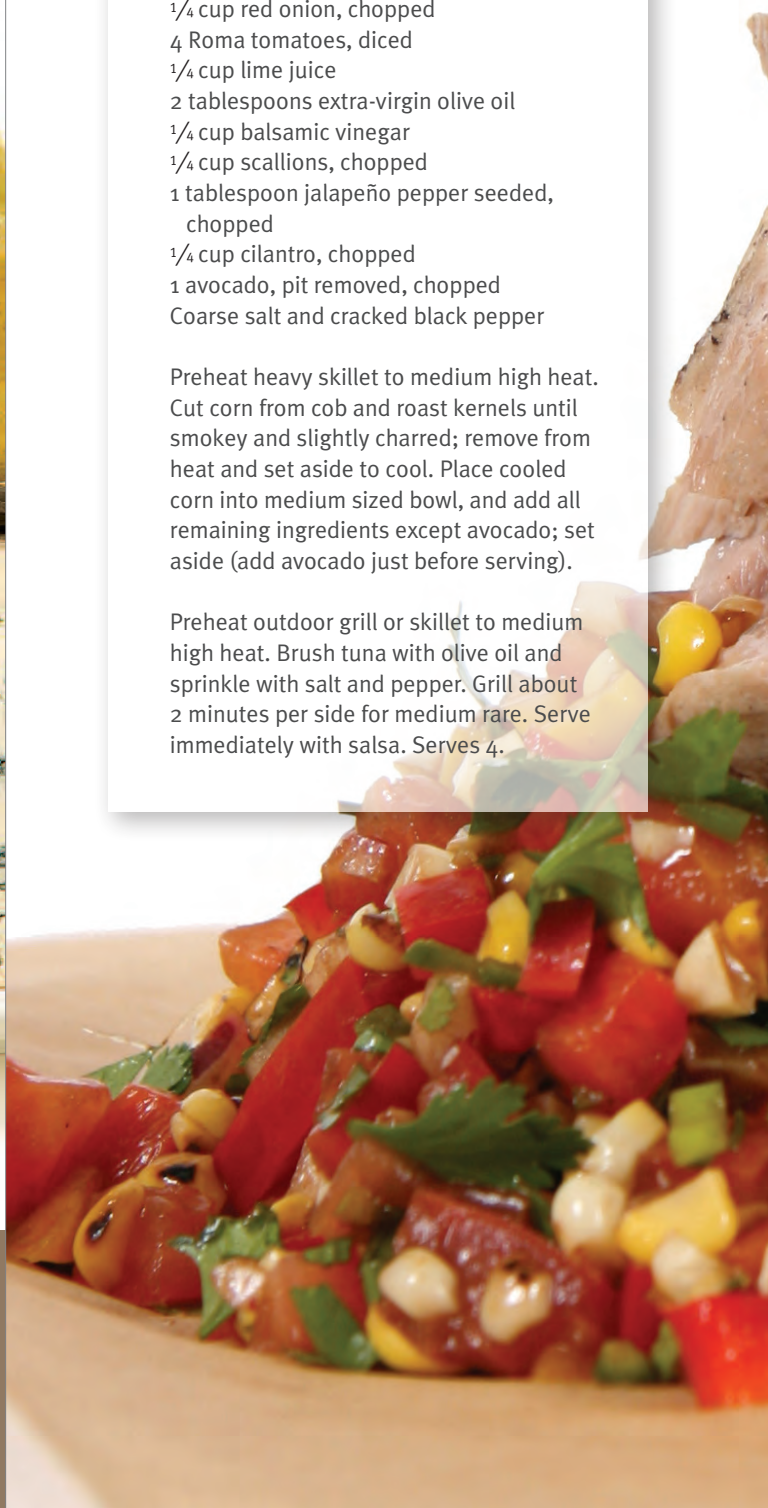
4 4-ounce sushi grade tuna steaks
1 tablespoon olive oil
Coarse salt and cracked black pepper

Roasted corn relish

4 ears corn, husked
1/2 red pepper, finely chopped
1/2 yellow pepper, finely chopped
1/4 cup red onion, chopped
4 Roma tomatoes, diced
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup balsamic vinegar
1/4 cup scallions, chopped
1 tablespoon jalapeño pepper seeded, chopped
1/4 cup cilantro, chopped
1 avocado, pit removed, chopped
Coarse salt and cracked black pepper

Preheat heavy skillet to medium high heat. Cut corn from cob and roast kernels until smokey and slightly charred; remove from heat and set aside to cool. Place cooled corn into medium sized bowl, and add all remaining ingredients except avocado; set aside (add avocado just before serving).

Preheat outdoor grill or skillet to medium high heat. Brush tuna with olive oil and sprinkle with salt and pepper. Grill about 2 minutes per side for medium rare. Serve immediately with salsa. Serves 4.



De Luca's
Specialty Foods Cooking School & Restaurant Ltd.

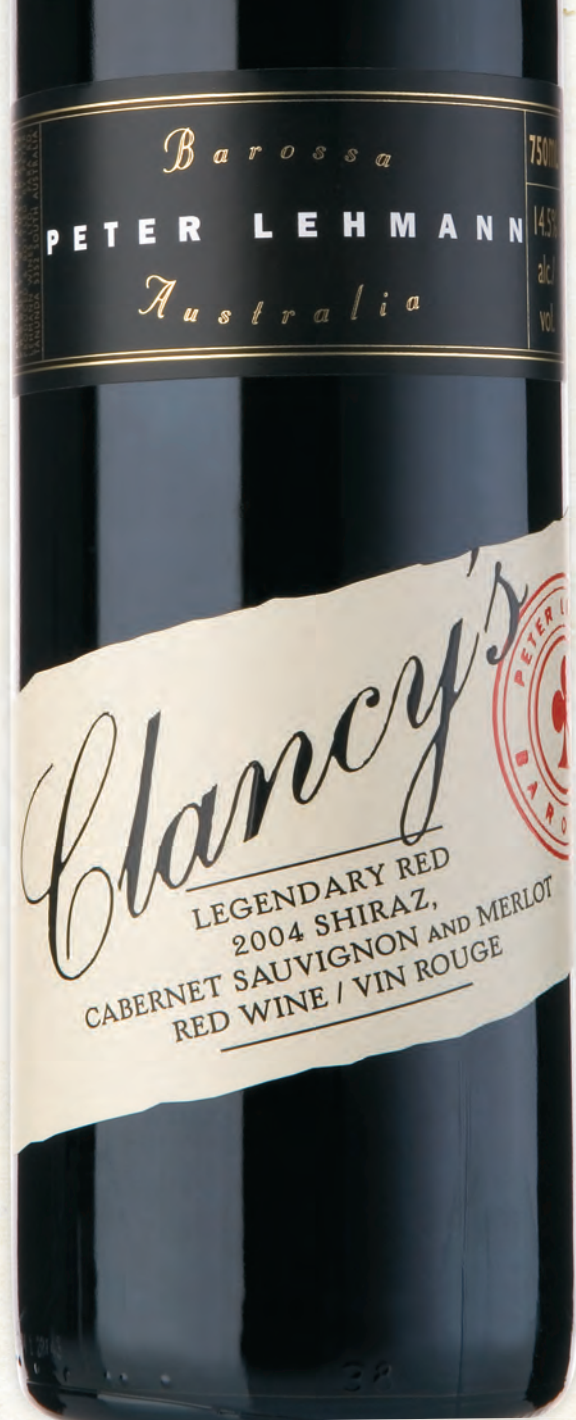


950 Portage Avenue
Winnipeg, Manitoba
204 774 7617
www.deluca.ca





EVERYDAY EASY



Grilled rib-eye with mixed peppercorns

4 well aged rib-eye steaks
2 tablespoons mixed peppercorns, crushed
Coarse salt and cracked black pepper

Allow steaks to rest at room temperature at least 2 hours prior to cooking. Heat outdoor grill or indoor skillet to medium high heat. Generously sprinkle steaks with peppercorns, salt and pepper and grill about 3 minutes each side for medium rare.

Serves 4.

The legendary red from
Australia's legendary
Barossa Valley.

Peter
LEHMANN
of the Barossa

2003 & 2006 International Winemaker of the Year
International Wine and Spirit Competition

www.peterlehmannwines.com

Lobster with herb butter

- 6 large lobster tails
- 1 teaspoon coarse salt
- 1 cup butter
- 2 teaspoons lemon juice
- 2 teaspoons Italian parsley, chopped
- 2 teaspoons chives, chopped
- 2 teaspoons basil, chopped

Bring a large pot of water to boil, add salt and place lobster tails inside. Reduce heat to medium for about 6 minutes; remove lobster from pot and drain on paper towels. Place lobster onto medium to high preheated outdoor grill; drizzle with herb butter and cook for another 2 minutes. Place on serving dish and drizzle with more herb butter just before serving. Serves 6.





Grilled zucchini

3 large zucchini
¼ cup olive oil
Coarse salt and cracked black pepper

Peel zucchini with potato peeler and cut lengthwise into quarters. Cut off top wedge of seeds with knife and cut into long thin strips. Place in large bowl and toss with olive oil, salt and pepper and place on preheated grill at medium to high heat for up to 2 minutes each side. Remove from grill and serve immediately. Serves 4–6.



Winnipeg

all inclusive

In Winnipeg, you'll discover the perfect balance between your life and your goals mixed with strong economic opportunities, a welcoming community and a city filled with arts, festivals and entertainment.

For all things Winnipeg – from information on business and the economy, to life in the city, to the latest news on things to see and do – Destination Winnipeg is your source: **work, live or play.**

For more information, call
204.943.1970, toll-free at
1.800.665.0204 or online at
www.destinationwinnipeg.ca

Roasted garlic baguette

- 1 large baguette
- 1/4 cup butter, softened
- 1 garlic bulb, roasted (see garlic mashed potatoes on page 61 for roasting instructions)

Preheat oven to 350°. Cut baguette lengthwise and spread open. In a small bowl place butter and garlic cloves squeezed from bulb, mix well. Spread garlic butter liberally on both sides of baguette and wrap in tin foil. Bake for up to 20 minutes. Slice before serving. Serves 4–6.





*"Truly great friends are hard to find,
difficult to leave, and impossible to forget."*

STYLING KARI WARDROP
PHOTOGRAPHY MARI LOEWEN

Hosting a dinner party for friends is like saying, "I love you, let me make you dinner". The best way to begin a dinner party is to pick up the phone and invite someone over. This will certainly get the ball rolling.

If the conversation is good, the dinnerware will go unnoticed. Of course, it's always nice to pair a really great conversation with food that's, like true friends, unforgettable.

Whether you are an experienced entertainer or new to the game, use this complete guide to cooking dinner for six, with easy make-ahead recipes that are sure to impress.





dinner for six

MENU

to begin

gin and tonic served with lime
crispy shrimp wontons with
sesame ginger dressing

starter

a favorite red
goat cheese stuffed figs with
prosciutto and balsamic reduction

main

another favorite red
lentil, red pepper and olive salad
herb crusted lamb

dessert

coconut banana cream pie with
bittersweet chocolate crust



As your friends arrive, greet them with a platter of gin and tonic and crispy wontons, a sure way to get the party started.

FRIENDS OVER



Paper, Mokuba White tableware, Brian Gluckstein, The Bay

Crispy shrimp wontons with sesame ginger dressing

12 jumbo shrimp, coarsely chopped
 1/4 cup scallions, chopped
 2 teaspoons sesame oil
 1 tablespoon dry sherry
 2 teaspoons cornstarch
 1 teaspoon sugar
 Coarse salt and cracked black pepper
 1 package spring roll wrappers

Dressing

1/4 cup light soy sauce
 1/4 cup rice wine vinegar
 1 tablespoon fresh ginger, grated
 1 tablespoon sugar
 1 tablespoon sesame oil

To make dressing, mix all ingredients in small bowl and set aside. Can be made up to 2 days ahead if stored in airtight container refrigerated.

Preheat oven to 350°. Prepare small cupcake tin with vegetable spray. Place all ingredients, except wrappers, in a bowl and mix well by hand. Place wrapper on a flat surface and place tablespoon of mixture onto middle. Scoop sides around and up and twist slightly. Place into cupcake tin as they are made. Bake for 8-10 minutes or until tops are golden. Serve warm with dipping sauce. Makes 24.

To ensure seafood freshness, prepared wontons can only be stored covered, in refrigerator for up to 6 hours, before baking.

Gin and tonic

Pour 1 ounce gin into a glass of ice; add tonic water and garnish with slice of lime. Single serving.



allow some time between courses to give each dish the attention it deserves.

A return to simple beautiful tea

When we first opened our store 4 years ago, we sold mostly black tea. Our goal was always to transform the way people drink tea. Today our passion for creatively blending sun dried fresh fruit with organic herbs and spices has done just that. Our combinations are beautiful, the fragrances unforgettable and the flavors have people talking all around town.

For blends fabulous enough to create memories, visit our boutique on Academy Road and find your own story to tell.

417 Academy Road
Winnipeg, Manitoba
204.489.5460
corneliabean.com

May we suggest...

ginko green tea martini - prepared tea with equal parts blueberry vodka, shaken with ice and served with fresh blueberries.



Goat cheese stuffed figs with prosciutto and balsamic reduction

- 12 fresh black mission figs*
- 6 ounces soft goat cheese
- 3 basil leaves, chopped
- 6 slices prosciutto, cut in half lengthwise
- 1/2 cup balsamic vinegar
- 1/4 cup brown sugar

Preheat oven to 450°. Place goat cheese and basil in small bowl and mix well. Slice partway through each fig, and place a tablespoon of goat cheese onto each fig; wrap a slice of prosciutto around the entire fig and place on baking dish lined with parchment paper. Bake for about 8 minutes. Meanwhile, place balsamic vinegar and sugar in skillet and bring to boil, reduce and allow mixture to become syrupy or caramelized, about 3 or 4 minutes. Remove figs from oven and pour syrup over figs; return to oven for another minute or 2. Serve immediately. Serves 6.

*If figs are out of season, use quartered, cored pears.

*When everyone is settled at the table,
begin the affair with goat cheese stuffed figs
and a bottle of your favorite red.*



*It's time for the lovely herb crusted lamb,
served on a bed of lentil salad.*



Herb crusted lamb

2 racks of lamb, frenched
 Extra-virgin olive oil
 Coarse salt and cracked black pepper
 1 cup flat leaf parsley
 1 tablespoon rosemary
 1 tablespoon thyme
 3 garlic cloves
 1 cup white bread crumbs
 4 tablespoons butter
 2 teaspoons lemon zest

Combine herbs, garlic, breadcrumbs, butter and lemon zest in food processor until finely ground. Can be made up to two days ahead if refrigerated.

Allow lamb to rest at room temperature for 2 hours prior to cooking. Preheat oven to 450°. Place lamb in large roasting pan fat side up. Rub with olive oil and sprinkle with salt and pepper. Roast for 10 minutes. Remove from oven and press herb mixture onto lamb; return to oven for another 20 minutes. Remove from oven, cover with foil and allow to rest for 15 minutes. Cut into 2-chop portions and serve. Serves 6.

Lentil, red pepper and black olive salad

1 1/2 cups lentils, uncooked
 1 cup chick peas, drained
 15 cherry tomatoes, sliced
 1/2 cup black olives, pitted
 1/2 cup red pepper, chopped
 1/2 cup carrot, shredded or julienned
 2 basil leaves, torn in pieces

Balsamic vinaigrette

1/2 cup olive oil
 2 tablespoons balsamic vinegar
 Coarse salt and cracked black pepper

For vinaigrette, mix ingredients in a small bowl and whisk until emulsified. Can be made up to two days ahead and stored in airtight container at room temperature.

In a pot over medium to high heat, cover lentils with water and bring to a boil; reduce heat and simmer until tender, approximately 30 minutes. Remove from heat; drain and cool. Place lentils in serving bowl with remaining ingredients and toss with dressing. Allow to rest overnight or at least 4 hours before serving to allow flavours to fuse. Serves 6.



*And finally (what took that little extra time to make)
now makes it all worthwhile, coconut banana cream pie
with bittersweet chocolate crust!*



Coconut banana cream pie with bittersweet chocolate crust

Cream

1/2 cup sugar
2 tablespoons all-purpose flour
3 tablespoons cornstarch
1/4 teaspoon salt
3 cups whole milk
4 egg yolks
1 vanilla bean, seeds scraped
1/4 cup butter, softened
1/2 cup sweetened coconut, shredded

Crust

1 cup whole wheat flour
1/4 cup all-purpose flour
1/2 cup bittersweet chocolate, finely chopped
2 tablespoons cocoa
2 tablespoons sugar
1/4 teaspoon salt
1/2 cup butter, softened
1 tablespoon ice water
1/2 teaspoon vanilla

3 bananas

For cream, sift first four ingredients into a heavy saucepan. Over medium heat, gradually whisk in milk until smooth. Whisk in yolks, vanilla seeds with scraped pod and bring to a rolling boil for 1 minute, about 8 minutes in total. Remove from heat, discard vanilla pod, whisk in butter and coconut and transfer to bowl. Press plastic wrap onto surface to prevent skin from forming. Chill in refrigerator overnight or at least 4 hours.

For crust, preheat oven to 375°. Combine first 6 ingredients in food processor until finely ground. Transfer to bowl and blend in butter until coarse. Mix ice water with vanilla and sprinkle on top; gather together to form dough. Wrap tightly and chill at least 2 hours.

Spray 9-inch pie dish with cooking spray. Roll dough between 2 sheets parchment or wax paper to 1/4-inch thickness or 12-inch round. Remove top parchment and turn dough onto dish; even edges and create desired pattern. Bake for 25-30 minutes. Remove and cool completely before layering cream with bananas onto crust. Serves 6.

*Ohhhh, what's that amazing flavour?
It's the cream infused with real vanilla bean!*

shopping

(before going shopping, photocopy list and cross off ingredients you already have)

Liquor store

bottle of good gin
red wine (a good rule is 1 bottle for every 2 guests)
dry sherry, 1 tablespoon

Butcher/fish market

lamb, 2 racks, frenched
shrimp, 12, jumbo

Market

bananas, 3
balsamic vinegar, 2 tablespoons
basil leaves, 2
black olives, 1/2 cup
butter, 1 cup
carrot, 1/2 cup
cherry tomatoes, 15
chick peas, 1 cup
chocolate, 1/2 cup bittersweet
coarse salt
cocoa, 2 tablespoons
coconut, 1/2 cup, shredded, sweetened
cornstarch, 5 tablespoons
cracked black pepper
eggs, 4
flour, all-purpose, 1/2 cup
fresh ginger, 1 tablespoon
fresh rosemary, 1 tablespoon
fresh thyme, 1 tablespoon
garlic, 3 cloves
ice
lemon, 1
lentils, 1 1/2 cups
lime, 1
olive oil, 1 cup
parsley, flat leaf, 1 cup
red pepper, 1/2 cup
rice wine vinegar, 1/4 cup
scallions, 1/4 cup
sesame oil, 3 tablespoons
soy sauce, 1/4 cup light
sugar, 1 cup
tonic water
vanilla bean, 1
vanilla, 1/2 teaspoon
white bread crumbs, 1 cup
whole milk, 3 cups
whole wheat flour, 1 cup
wonton wrappers, 1 package



cooking

1 day ahead

- prepare vinaigrette for wontons
- prepare lentil salad and toss with vinaigrette
- prepare pie crust and cream (do not assemble with banana until just before serving)
- prepare herb mixture for lamb

The day of

- prepare wontons (do not bake until just before serving)
- stuff figs and wrap with prosciutto
- prepare lamb and place in roaster

Just before serving

- set out gin and glasses; place ice in bucket and slice lime wedges
- bake wontons
- prepare balsamic vinaigrette and bake with figs
- cook lamb and cut into 2-chop servings
- layer bananas and cream onto pie crust

RECIPE INDEX

condiments, beverages

celery and mayo dressing.....	28
chipolte mayo.....	31
gin and tonic	77
Shirley Temple slush.....	29

salads, sides

bruschetta with porcini mushroom topping.....	43
caramelized onion, roasted corn and avacodo salad with smoked paprika prawns.....	58
crispy shrimp wontons with sesame ginger dressing.....	77
fruit salad with lime vinaigrette.....	26
goat cheese stuffed figs with prosciutto and balsamic reduction.....	78
grilled vegetables with marjoram lemon vinaigrette.....	52
grilled zucchini.....	69
lentil, red pepper and black olive salad	81
potato straws.....	54
red cabbage slaw with celery and mayo dressing.....	28
roasted garlic mashed potatoes.....	61
roasted garlic baguette.....	70
roll kuchen (fritters).....	42
sweet potato chips with chipolte mayo	31

lunch, dinner

baby back ribs with smokey BBQ sauce.....	56
buttermilk fried chicken.....	28
fresh tuna with roasted corn relish.....	62
grilled rib-eye with mixed peppercorns.....	65
herb crusted rack of lamb	81
lobster with herb butter.....	66
roasted chicken breast with cajun rub	53

dessert

coconut banana cream pie with bittersweet chocolate crust.....	83
ice cream sandwich cake.....	33
shortcake with blueberry compote	45



After more than 20 years in this business, I know that for most, the complexities of investing can be intimidating. The thing I tell people is that it is just not that hard. Really.

At the Cunningham Group of RBC Dominion Securities, we bring investment clarity to its simplest form. When a client walks into our office, we sit them down and teach them, we empower them with confidence, we help them understand how their money can work for them.

Whether we are working with foundations, corporations or managing personal wealth with retirement, estate and insurance planning solutions, our strength with clients is keeping things simple. At the end of it all, those who sit around our table feel like family.

Call us.

A handwritten signature in black ink, appearing to read 'Leigh Cunningham', with a long, sweeping tail.

Leigh Cunningham

*Vice President, Investment Advisor
RBC Dominion Securities
204.982.2647*

*Manitoba Award of Distinction –
Investment Dealers Association of Canada*

Professional Wealth Management Since 1901

