

# FLAVOURS™

FOOD. DRINK. LIFE.

## The Kitchen issue

COMPLIMENTARY

SPRING 2015

Shiraz & Spice  
Braised Beef  
Short Ribs  
RECIPE P. 63

**IN THIS ISSUE:** We celebrate our favourite room in the house with an issue dedicated to the kitchen. We check out a great kitchen reno, learn how to stock the pantry and update our cooking skills. And that's just for starters. **PLUS:** We visit Vancouver and learn why Canada's foodiest city is the perfect home for the country's foodiest festival.

## SPRING FORWARD

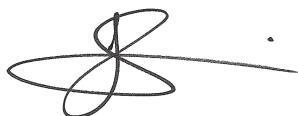
I'll admit it, I'm a bit jealous. When I saw the photos of Julie Van Rosendaal's new La Cornue Albertine range, I may even have cried a little. But doing a kitchen makeover, badly needed as it is, has always seemed like too much work, too much money and way too much time eating takeout. Now I'm inspired – the popular cookbook author has made it look so easy (and beautiful), as you'll see in her story about how she achieved the kitchen of her dreams, p. 38. (You'll also want to check out Van Rosendaal's newest cookbook, *Gatherings*, from Whitecap.)

In fact, this whole issue is devoted to the kitchen. In these pages we cover everything from finding the essential kitchen gadgets you'll crave (At Home, p. 18) to brushing up on your kitchen skills with the help of Western Canada's top culinary schools (p. 29). We also give you advice on how to stock your pantry (see writer Don Genova's new column on p. 66) and how to cook easy and delicious weeknight suppers from the staples we have on hand (p. 24).

For even more ideas about what to cook this spring, be sure to swing by the EAT! Vancouver Food + Cooking Festival, April 26 to May 3, and check out the many collaborative dinners, workshops and much more. We give you a sneak peak of some of the star chefs who'll be coming to town for the big event starting on p. 46.



Joanne Sasvari  
jsasvari@fulcrum.ca



Meanwhile, we've done our own makeover in the pages of FLAVOURS. Check out our new SIPS section, which features great advice on how to pair food and wine and how to stock your home bar. Plus SIPS columnist Shelley Boettcher introduces you to what's sure to become your new favourite white wine.

Now that's the kind of spring makeover I can live with.



### More than OK

When FLAVOURS decided to go back to school to photograph our skills feature, it was easy to decide on Okanagan College in Kelowna. It's still a young school, but located as it is in the heart of British Columbia's wine country, it has quickly become a major player in one of Canada's most exciting culinary destinations.

Since 2010, it's also been the host of the annual Canadian Culinary Championships, the country's Stanley Cup of cooking competitions. Each February, 11 of Canada's most talented elite chefs meet to match whisks and wits in a demanding competition that features a black box showdown, mystery wine pairing and gala dinner for 500. Students are put to work helping with everything from chopping vegetables to plating dishes. It's great preparation for when they go out to work in the Okanagan's growing number of world-class restaurants.

For more information about the college, go to [Okanagan.bc.ca](http://Okanagan.bc.ca); to learn more about Kelowna and its growing culinary scene, visit [tourismkelowna.com](http://tourismkelowna.com) or call Tourism Kelowna at 1-800-663-4345.

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Joanne Sasvari: photo by Wayne Leidenfrost. Okanagan College photo by Joann Pai.



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# SKILLS. SET.

*Improve your cooking techniques  
with these lessons learned from the  
West's best culinary schools*

STORIES BY ROSLYNE BUCHANAN, CJ KATZ, LISA MONFORTON,  
ROBIN SUMMERFIELD AND KATE ZIMMERMAN

There are certain basic skills every home cook should have. How to chop an onion, for instance. Or how to make chicken stock. And yet many of us stumble our way through recipes, brutally hacking up our vegetables and relying on store-bought broth because no one ever taught us how to do it right.

Here at FLAVOURS, we decided it was time to hone those skills. And so we sent our writers back to school; in fact, we sent them to five of the top cooking schools across Western Canada to talk to the experts training our next generation of chefs.

There they learned how to braise, sauté and whisk, how to make stock and how to use a knife properly. In the following pages they'll share what they learned with you. They also picked up some terrific recipes, so you can put your improved skills to work making great food your whole family will enjoy.

Then we asked the students at Okanagan College in Kelowna to make those recipes for us, and we photographed them in action. The college is home to the Canadian Culinary Championships, held each February, and is fast becoming a centre of culinary excellence in a region that's developing a world-class reputation as both a food and wine destination. We figured if the students could make these dishes, so can you.

Make this the year you become truly proficient in the kitchen. You'll save time, stress and money. And it all starts right here . . . ▶



Photography by Joann Rai. Food Styling by Chef Bernard Casavant.

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# BRAISING

BY ROSLYNE BUCHANAN

**THE SCHOOL:** Okanagan College Culinary Arts, Kelowna, okanagan.bc.ca

**THE INSTRUCTOR:** Apprenticeship Instructor and Culinary Arts Chair Geoffrey Couper

**THE SKILL:** Braising

*What you're likely doing wrong:* The devil is in the details in this combination-cooking method. Couper says, "Each step is critical to locking in flavour and allowing the connective tissues to break down fully to create a tender dish." Mistakes include inadequate searing, not braising for long enough and/or with too much heat, letting liquid run dry or turning it into stew by adding too much, or not resting the braised dish before serving.

*How to do it right:* Use a simple process to first sear the meat or vegetable in the pan, then add some liquid, cover it, cook slowly

over low heat, and allow to rest before eating it. Couper says the rich aroma of a slowly braised meal filling the air as you step inside on a chilly day stirs a hunger that touches deep into our DNA. "It is one of the most primal ways of cooking that dates to the first meals cooked in vessels over fire and it appeals to our appetite at an elemental level," he says. "Braising is a fantastic technique to make meat and dense vegetables tender and draws out maximum flavour. Truly it is the alchemy of the kitchen."

*Additional tips:* Couper says, "9.5 out of 10 times, chefs prefer braised foods" and have go-to recipes like short ribs or classic coq au vin (chicken in red wine). "Those cheap tougher cuts, the well-exercised muscles and tendons actually equal intense taste," he says. And braises taste even better the next day: Cool and store in the fridge, skim excess fat, warm up in liquid to a simmer and serve.

Shiraz & Spice  
Braised Beef  
Short Ribs

RECIPE P. 63



# STOCK & SOUPS

BY ROBIN SUMMERFIELD

**THE SCHOOL:** Red River College, Culinary Arts Program  
Winnipeg, rrc.mb.ca

**THE INSTRUCTOR:** Chef Terry Gereta

**THE SKILL:** Making stock

*What you're likely doing wrong:*  
Don't forget to skim the foamy grey skin off the top of boiling stock. This residue, if left in, will make your soup cloudy. Don't add aromatics or additional ingredients, other than onions, carrots and celery, to your stock base. At this very early stage, adding more ingredients will dull the brightness of flavours in your soup. Keep the base pure. Wait until after the stock comes to boil and is skimmed before adding aromatics.

*How to do it right:*  
A great stock is the foundation of all great soups, stews and sauces.

Build your stock thoughtfully and every dish will zing with flavour. Rinse smaller bones, especially chicken, before putting them in the stockpot. Left in, bloody bones add an iron taste to soup. Use approximately 50 per cent onions and 25 per cent each of carrots and celery. Add the vegetables, stir once or twice only, bring to a boil and skim foam. Reduce heat to a low simmer to coax the flavour from the bones. The bigger the bones, the longer the cooking time. Simmer fish stock for 45 minutes; chicken for three to four hours; and beef overnight.

*Additional tips:*  
Marrow and collagen bones – and the gelatin that emerges during boiling – deliver the most flavour, depth and body to stocks. You can keep or remove your base vegetables from your finished stock. Build your soup flavour slowly adding herbs and spices, produce and additional ingredients systematically. The best soups have simple flavours that complement, not compete.

# SAUTÉING

BY CJ KATZ

**THE SCHOOL:** Saskatchewan Polytechnic, Saskatoon, saskpolytech.ca

**THE INSTRUCTOR:** Culinary Instructor Moe Mathieu

**THE SKILL:** Sautéing

*What you're likely doing wrong:*  
Temperature is key, says culinary instructor Moe Mathieu from Saskatchewan Polytechnic in Saskatoon. "A common mistake is not allowing the pan or the oil to heat enough. I often see ingredients being added before the pan is hot enough, causing the temperature to drop and steam to be created." Mathieu recommends adding a droplet or two of water to the pan. "If the pan is hot enough, the droplets will pop and move. If they just sit there and evaporate slowly, it's not hot enough."

*How to do it right:*  
Sautéing? Frying? Is there a difference? "Definitely," Mathieu says. "Sautéing is not supposed to be frying. Sautéing is done over medium-high to high heat with a small amount of oil. It's for items that require no browning like shrimp, garlic, or even fruit."

The word is derived from the French "sauter," which means "to skip" or "to jump." At the right temperature, your ingredients should jump and sizzle when they hit the hot pan but not brown or caramelize. Pan-frying, by comparison is done over medium-high heat

with a larger amount of oil. It's for thicker foods that need longer cooking and browning, like pork chops or fried chicken. Stir-frying is an Asian technique where food cooks over very high heat very quickly to maintain its original colour and crispness.

"Proper sautéing requires a lot of wrist action with the ingredients being swirled and tossed. Everything is in constant motion," says Mathieu. And don't fret if you can't get that chef-like wrist thing happening – just use a spatula to keep things moving.

*Additional tips:*  
Use fat with a high smoke point for sautéing and frying. Excellent choices are canola, grape seed, lard, clarified butter or camelina.

Splurge and buy the best pan: Look for a thick round pan of heavy-gauge metal. Excellent choices are copper-lined pans coated with stainless steel or nickel. Calphalon aluminum is also a good choice, along with the tried-and-true cast iron. Although cast iron is slow to get up to temperature, it creates uniform heat once it's hot and can withstand very high temperatures without warping.

*Remember:*  
A sauté pan has sloping sides to keep the food moving, while a fry pan typically has higher, straighter sides. Stir-frying is done in a wok.



## Steelhead Trout with Raspberry and Tarragon

Recipe from Moe Mathieu, culinary instructor at Saskatchewan Polytechnic.

**MAKES** 2 SERVINGS  
**PREP TIME** 15 MINUTES  
**COOKING TIME** 10 TO 12 MINUTES

- 2 steelhead trout filets, 4 oz (120 g) each, rinsed and patted dry
- ½ cup (125 mL) flour
- Salt and pepper to taste
- ½ cup (125 mL) clarified butter
- 12 raspberries
- 2 sprigs of tarragon, leaves removed and roughly chopped or torn

1. Create a dredge for the trout using the flour, salt and pepper. Lightly coat trout with the seasoned flour.
2. Put clarified butter in a sauté pan and bring heat up to medium-high. Place fish, presentation side down in the pan and sauté until light golden brown. Flip trout over and cook until golden brown on the other side and fish begins to flake. Remove fish and set aside on a plate. Cover to keep warm.
3. Add the raspberries and tarragon to the pan drippings and quickly cook until raspberries almost burst and tarragon softens. Season to taste.
4. Pour raspberry and tarragon sauce over trout and serve.



Duck Stock  
RECIPE P. 63

# KNIFE SKILLS

BY KATE ZIMMERMAN



**THE SCHOOL:** Pacific Institute of Culinary Arts, Vancouver, [picachef.com](http://picachef.com)  
**THE INSTRUCTOR:** Executive Director and Program Director Julian Bond  
**THE SKILL:** Knife skills

## What you're likely doing wrong:

Using a poor, dull knife, your chances of success are minimal. Invest in a good eight- to 10-inch (23- to 25-cm) chef's knife made of forged stainless steel, with a riveted handle and a comfortable grip. Regularly employ a steel to hone the knife and realign its microscopic teeth, and a stone to sharpen it. Use a thick wooden chopping board, never glass. And never put your knives in the dishwasher – hand-wash and dry them and they'll last for years.

## How to do it right:

Sprinkle some flour over a wooden cutting board, then practise rocking the knife on the board without lifting it off. The flour will show the path of the knife; you want the path to be straight, with you in complete control. Use a "claw" grip on the item you're chopping, so one or two middle knuckles of your non-chopping hand push against the blade, keeping the foodstuff in place.

## Additional tips:

All you really need is a good chef's knife and a good pair of tongs. A chef's knife, which is thicker on one side than the other, can even fillet, skin and debone a salmon.

Always square off a vegetable or piece of fruit before you use it. Cut the tips off a carrot, for instance, then cut off one rounded edge so it doesn't move while you're chopping it.

"The biggest tip of all is you never use your eyes," says Bond. "If you're bent over what you chop, staring at it, it's hard on your back. You should be able to stand up straight, look around, but if you're using your sense of touch, you can still be chopping."



## Greek Salad

Recipe by Chef Julian Bond, Pacific Institute of Culinary Arts.

**MAKES 4 TO 6 SERVINGS**  
**PREP TIME 10 MINUTES**

- 3 tomatoes, seeds and ribs removed, chopped into large dice
- 2 red peppers, seeds and ribs removed, chopped into large dice
- 1 English cucumber, chopped into large dice (optional: remove centre seeds)
- ½ red onion, chopped into medium dice
- 3 tbsp (45 mL) Champagne vinegar
- 1 tbsp (15 mL) Dijon mustard
- 1 shallot, minced
- 1 sprig fresh oregano or ½ tsp (2 mL) dried oregano
- ¼ cup (60 mL) olive oil
- Sea salt and freshly ground pepper to taste
- ½ cup (125 mL) Kalamata olives
- ½ cup (125 mL) feta cheese, cut into small cubes

**1.** Dice all the vegetables and mix them together in a bowl. **2.** In a separate bowl, combine the vinegar, mustard, shallot, and oregano. Whisking constantly, slowly add the olive oil. Season the vinaigrette to taste with salt and pepper. **3.** Add the vinaigrette to the vegetables and toss. **4.** Top with the olives and crumbled feta cheese.



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**CAYMAN ISLANDS**  
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# WHISKING

BY LISA MONFORTON

**THE SCHOOL:** Northern Alberta Institute of Technology, Edmonton, nait.ca  
**THE INSTRUCTOR:** Chef Instructor Ian Campbell  
**THE SKILL:** Whisking (beating, whipping and, in general, incorporating air)

*What you're likely doing wrong:*  
 "People think you have to beat it like crazy," says Ian Campbell, chef/instructor at NAIT. Not so, he advises, at least not if you don't want a sore arm or egg whites that lie limp or don't form the fluffy stiff peaks you're after.

*How to do it right:*  
 "It basically comes down to wrist action," says Campbell. But there's an art to the task, which Julia Child introduced to the world on her cooking show in 1963. "What you're essentially doing is fluffing things up – often cream or egg yolks – to incorporate air." He teaches his students to go side to side in the bowl, and make motions as if you're drawing the letter "O." Lift your whisk up out of the bowl incorporating air and then back down. "Things will whip up faster this way."

*Additional tips:*  
 If you're making meringue or a hollandaise-style sauce, the eggs should be at room temperature. If you're using cream, it should be chilled, but not cold.

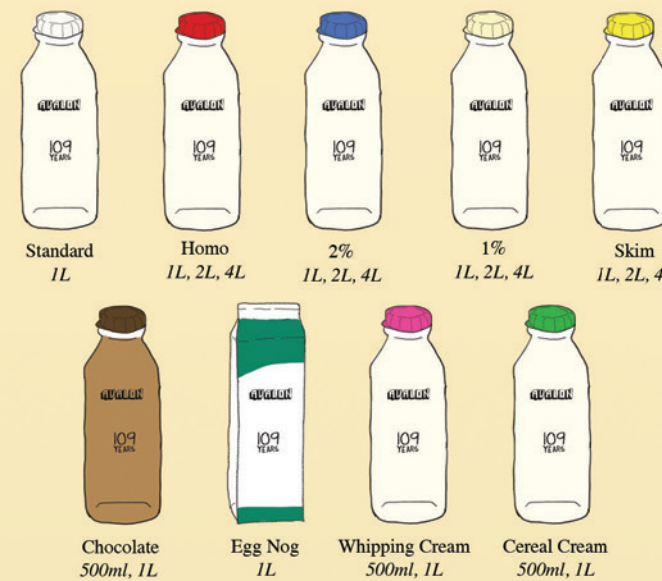
There are several types of whisks, but the balloon whisk – made famous by Julia Child – is good for just about every whisking task. The piano wire or French whip, which is similar to a balloon whisk but narrower, is also popular among chefs because it can be used for everything from soufflés to gravies. (Other styles include ball, flat and spiral whisks, which each have their specific uses.) Look for soft grip handles, which are comfortable and don't transfer heat.

And, of course, "you can do it the lazy way" by using a hand blender or stand mixer, says Campbell, but if you're working with small amounts, by hand is the best. ■

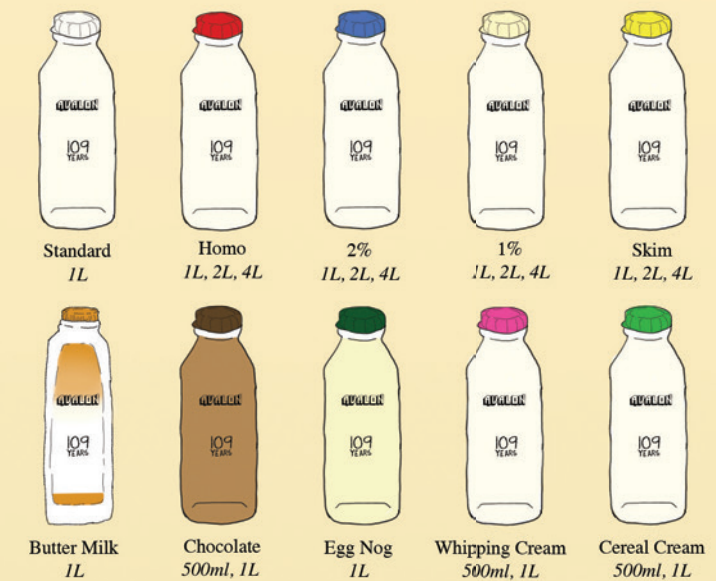


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