

- 42 **CELEBRITY RENTALS**
Homes Away from Hollywood
By Laura Goldstein
- 98 **SOCIETY**
Versace Home Opening and Dutch Design
By Hadani Ditmars
- 114 **ART FIX: MUSEUM OF VANCOUVER**
Historical Sartorialism
By Courtney Rosborough
- 120 **COMMUNITY CHARACTER: THE WEST END**
Vancouver's Most Pretigious Neighbourhood
By Bruce Macdonald
- 122 **EPICURE: COASTAL BRILLIANCE**
The Best from the West
By Chef Nicholas Nutting
- 133 **FAST & LUXURIOUS: YOUR CHARIOT AWAITS**
The Crème de la Crème of the World's Fine Automobiles
By Tony Whitney
- 144 **LOOKING FORWARD**



EPICURE WHET YOUR
APPETITE

COASTAL BRILLIANCE

THE BEST FROM THE WEST





THERE IS NO SHORTAGE OF GREAT PLACES TO EAT IN CANADA, AND FAR-FLUNG GEMS ARE OFTEN OVERSHADOWED BY THEIR BIG CITY CONTEMPORARIES. BUT WHEN TRAVEL MAGAZINE *ENROUTE* RELEASED ITS LIST OF THE BEST NEW RESTAURANTS IN THE COUNTRY, THE TOP SPOT DIDN'T GO TO AN ESTABLISHMENT IN TORONTO OR VANCOUVER—IT WENT TO TOFINO'S WOLF IN THE FOG.

Led by chef Nicholas Nutting, Wolf in the Fog places a strong focus on local, fresh, in-season ingredients. We asked the popular restaurant to send a few delicious wintry recipes our way.

CHARRED HUMBOLDT SQUID WITH VIETNAMESE SLAW

12 oz.	Humboldt Squid, cleaned and scored on both sides
1 tsp.	grape seed oil
1	lime

DRESSING

2 tsp.	fish sauce
2 tsp.	minced ginger
2 tsp.	minced garlic
2 tsp.	Sambal
1 tsp.	lime zest
4 sprigs	cilantro

Combine all ingredients in a mixing bowl. Using half the dressing, marinate squid for 1 hour prior to cooking.

SALAD

1	carrot
1	cucumber
1	daikon radish
1	shallot
4 leaves	thai basil
2 sprigs	fresh cilantro

salt and pepper to taste

Slice carrot, cucumber and daikon lengthwise. Combine all salad ingredients and dress with remaining dressing.

Preheat a sauté pan on high heat. Add grape seed oil and heat almost to smoke point. Sear squid on each side for 45 seconds, pull pan away from heat and squeeze lime juice over squid. Rest squid for 2 minutes and slice thinly. Place over salad and serve.



CARROT GNOCCHI WITH HAZELNUTS AND GOUDA

4 russet potatoes, skin pierced with a paring knife
1 tbsp heaped, carotene (see carotene instructions below)
1 egg
2-3 cups all-purpose flour

¼ cup gouda cheese
¼ cup roasted carrots
¼ cup roasted onions

sautéed mixed wild mushrooms
chives
celery leaves
toasted hazelnuts

For carotene, juice fresh carrots to make about 8½ cups, or two litres, of juice. Store-bought carrot juice may also be used. Put juice in a tall pot with a squeeze of lemon juice, and bring to a low simmer. The carotene will separate from the clear liquid. Strain through a coffee filter to capture it.

Pre-roast carrots and onions.

Bake potatoes in oven at 375° F for 90 minutes to two hours; until soft. Mash in a medium-sized bowl. Make a well in the centre of the processed potato and combine carotene and egg while the mixture is hot. Mix gently until evenly coloured throughout. Fold in flour and mix gently until a soft, but workable dough is formed.

Form gnocchi by rolling dough into a ½-inch log and cutting into 1-inch cylinders. Blanch the gnocchi in salted water until they float, then leave them floating for another 30 seconds. Reserve on an oiled tray.

To finish, melt 2 tbsp unsalted butter in a sauté pan. Add gnocchi and cook until golden. Add sautéed wild mushrooms, pre-roasted carrots and onions. Top with gouda cheese and gratinée under the broiler. Garnish with celery leaves and chives.



BAR MANAGER HAILEY PASEMKO'S CEDAR SOUR

2 oz.	cedar rye*
1 oz.	lemon juice
¾ oz.	lemon thyme syrup**
1	egg white

Dry shake without ice, and then shake again with ice. Double strain into a chilled rocks glass. Serve neat and garnish with cherries.

*CEDAR RYE

1.14 L bottle Wiser's Deluxe Whisky
4 inch section of a cedar shim or shingle

Sterilize the cedar shim by scrubbing off any dirt or dust and then soaking in warm salt water for 1 hour. Soak in fresh warm water to remove any saltiness from the wood. Chop the wood down and put in a clean glass with the Wiser's. Let stand 5-7 days and filter out all wood particles from the rye.

**LEMON THYME SYRUP

1 cup	fresh lemon thyme (alternative: 1/4 cup thyme and rind of half a lemon)
4 cups	sugar
4 cups	water

Combine water and sugar in saucepan. Bring to a boil and remove from heat. Ensure the sugar has completely dissolved. Place the lemon thyme in a container and pour the hot sugar syrup over it. Let cool before refrigerating and leave overnight to infuse. Strain out herbs the next day. Keep refrigerated. ■

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