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WEDNESDAY, OCTOBER 15, 2014 | FINAL EDITION

Surrey seeks to hire 47 more Mounties

More front-line officers needed to increase police-to-population ratio



BRIAN MORTON AND TARA CARMAN
VANCOUVER SUN

Surrey council's police committee has endorsed a request by the city's RCMP chief for 47 more officers in the hope that increased staffing will help police prevent crime.

RCMP Chief Supt. Bill Fordy asked for the additional front-line officers after two studies examining policing in Surrey found that even though crime rates are dropping, the department is understaffed.

An analysis by the B.C. Ministry of Justice noted Surrey has the third lowest police-to-population ratio of 11 major B.C. cities (only Burnaby and Richmond were lower), coupled with a higher-than-average case burden.

"It is clear based on a variety of measures, such as the cop-to-pop ratio, the workload of members, the volume of serious and violent crimes, the quantity of calls for service and the ability of the detachment to be more proactive than reactive, that additional members for (general duty) are required," said a report compiled by four authors at the

University of the Fraser Valley.

The report noted that crime rates in the city dropped 11 per cent between 2009 and 2013, citing Statistics Canada figures.

Another analysis by the B.C. Ministry of Justice found that instances of all categories of crime in the city dropped between 2008 and 2012 despite an 11-per-cent increase in population over the same time period.

Fordy said Tuesday he is "very pleased" with the endorsement.

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Site C dam construction could begin as early as January

Environmental hurdles cleared, final decision up to B.C. cabinet

LARRY PYNN
VANCOUVER SUN

BC Hydro's planned \$7.9-billion Site C dam on the Peace River passed two governmental hurdles Tuesday, meaning construction could begin in January.

The federal government announced that the 1,100-megawatt dam should proceed, with conditions, despite the likelihood of "significant adverse environmental effects."

The fate of the controversial megaproject now rests with the province, which has supported the dam from the start. A cabinet decision is expected within weeks.

In announcing Ottawa's decision, Environment Minister Leona Aglukkaq said that environmental damages "are

justified in the circumstances" due to the considerable economic impact in northeast B.C.

Noting BC Hydro must fulfill more than 80 "legally binding conditions" throughout the life of the project, Aglukkaq said Site C will provide a source of "clean, renewable energy over the next 100 years" and will create about 10,000 direct person-years of employment through 2024.

"The Site C project ... underwent a thorough independent federal-provincial review by an independent panel," she added in a press release. "The environmental assessment process provided the scientific and technical expertise and the effective engagement of the public and aboriginal groups to enable an informed decision by both governments."

[CONTINUED ON A2](#)

OPINION

Glacial pace of Canadian legal system is an embarrassment

20 years later: Right-to-die case finally before Supreme Court of Canada

IAN MULGREW
VANCOUVER SUN



The Supreme Court of Canada hearing today on the right to die with dignity highlights the sclerosis of the country's legal system.

It has taken a generation — 20 years! — to have this fundamental issue come back before the high bench for reconsideration, despite the controversial 5-4 ruling in 1993.

There are many reasons it has taken until now, but no matter, it has been far too long.

The two women who launched this battle for assisted suicide have died — 89-year-old Kay Carter had to travel to

Switzerland to end her life.

That is tragic on all accounts. There have been massive changes in societal mores since the late Sue Rodriguez unsuccessfully challenged the validity of the Criminal Code prohibition against helping someone end their life.

And there have been seismic shifts in our conception of civil rights and individual autonomy — consider only the sea change

in attitudes toward gay marriage and marijuana.

Quebec recognized that new reality and recently passed a law allowing assisted suicide. The rest of the country needs to catch up.

Rodriguez went to her death in 1994 knowing it was a badly conflicted court that gave her a cold, unsympathetic shoulder.

My bet is she would be bitterly disappointed it has taken

this long for a reconsideration.

Using the courts to assert rights, overturn a bad law or resolve a dispute in this country, however, seems to have become nearly impossible unless you have at least a decade to spare and lots of cash.

Too many briefs turn into career litigation for lawyers — too many of them on the public tab — to the detriment of

democracy.

It was the last B.C. NDP government that initiated the landmark lawsuit against tobacco companies in 1998 and the trial date is still a year away.

You can bet that whatever the outcome, that case will be appealed years later to the Supreme Court, probably just in time for its 20th anniversary.

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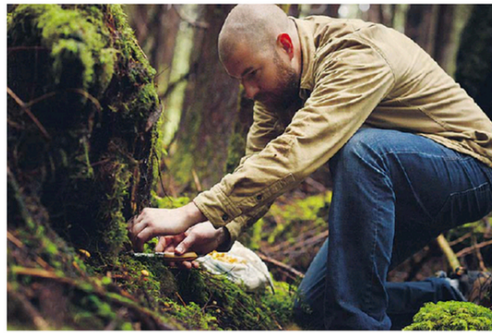


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FOOD

Rainforest foraging

Found mushrooms become gourmet meals with help of Tofino restaurateurs



Christopher Pouget forages for wild mushrooms in the Tofino rainforest. WWW.CHRISTOPHERPOUGET.COM



LUCY HYSLOP
SPECIAL TO THE SUN

It's not quite Tough Mudder, but it certainly feels like an assault course as we gingerly navigate through a flourish of ostrich ferns, shrubs and crumbling western cedar and Douglas fir trees in this remote Tofino forest. As testament to the dank October climes, Old Man's Beard lichen and mounds of moss are keeping us company at every turn. We're lapping up a West Coast facial as well as a few cheeky late-bursting dark salal berries and evergreen huckleberries.

It all feels like an appropriate rainforest homage to the mushrooms we're about to forage. Yet one step on the wrong part of the peaty undergrowth can make your boot sink further than expected and potentially disturb the morning's prize catch: chanterelle, yellowfoot, angel wings and hedgehog mushrooms.

We're being encouraged to look underneath logs, just as Joel Ashmore — the pastry chef who is taking us foraging along with two colleagues from Wolf in the Fog, one of the newest restaurants to open to notable fanfare in Tofino — scores first. Suddenly, he swoops down and deftly trims the forest floor of a cluster of 10 or so chanterelles.

"This is an absolutely prime patch here. Look at this honker," he says with a laugh. "Once you have your mushroom eyes, it's game on."

Sure enough there's a cascade of excited whoops, as our group of 10 foraging newbies — from Seattle, Montreal, Edmonton and Vancouver — start edging knives around the base of the varying fungus. With an average annual rainfall of 128 inches, the west coast of Vancouver Island is one of the most mushroom-populated areas of B.C., especially chanterelles.

From the latter's trumpet shape to the smaller brown-topped yellowfoot — both with their gill-like ridges under the tops — to the hedgehog with its more spiny underside, we're going in for the kill, no matter how small or challenging. Even a lonesome chanterelle tucked far away under the shade of a decaying log doesn't escape us. But only a couple of us even see the rare, celestial-looking bright-white angel wings growing out of a rotting tree.

"It's funny seeing people go for the first time because they quickly revert to being kids," says Ashmore, cleaning the soil off the mushroom stems and delicately placing them inside his striped basket (never use plastic bags — baskets and cloth bags are good for aerating the mushrooms and release their spores, he adds).

"I'm always surprised how disconnected people can be to the source of their food, so this is a great way to experience where it can be from, and this is pretty much the perfect type of forest for mushrooms to grow in."

Today we're in a second-growth clear-cut logging area that's open to the public off a gravel road just a few kilometres from Kennedy Lake, wading over brooks and sticking close to

the roots of trees to avoid sinking into the mud. It seems everyone in town are keen foragers, including chocolate makers who forage for wild blackberries from Clayquot Sound to add to their buttercream with dark chocolate in a white chocolate shell. Despite our happy haul, the area's been so picked over, the team doesn't feel it's committing a foraging faux pas.

"No good forager," as the Wolf's chef Nick Nutting puts it, "wants to share their secret spots."

For example, this year Nutting, who was previously restaurant chef and chef de cuisine at The Pointe Restaurant at the Wickaninnish Inn and at Montreal's Garçon, discovered a few pine, otherwise known as matsutake, mushrooms.

He excitedly explains how it's an elusive mushroom, normally found in the same spot on more clear forest floors under cedar or pine needles, and with an intense flavour.

"They're the holy grail for foragers. Nothing beats waking up to a crab omelette with pine mushrooms," he says. "The taste is very reminiscent of the smell of the forests they grow in. They have an earthy, exotic aroma; it's unmistakable. I love cooking with wild mushrooms because they're so delicious, diverse and beautiful. Any time I can mushroom hunt in Tofino, I do."

Soon we're so lost in a ground-searching mushroom moment that our group splits in two. Turn a Tofino forest into a puzzle, and you'd never be able to piece it together.

"So just remember to look up every once in a while and see where everyone is," advises the Wolf's front-of-house manager, Jorge Barandiaran, who was born in Peru but grew up in North Vancouver, then worked for a while at Blue Water Café and Campagnolo before moving to Tofino five

years ago. "It's good to keep spatial awareness and see where your group is."

From being outside to collecting your own supper, the reasons for foraging are obvious.

Ashmore likes to add an unusual chanterelle bread to the restaurant's mix and Barandiaran offers a useful storage suggestion. Because chanterelles tend not to dry particularly well, he says, it's best to sauté them slightly with onion before freezing.

Of course, they both agree it's important to go with an expert or consult a guidebook when foraging.

"If you're at all in doubt about the type of mushroom you may have, seek professional advice," Barandiaran says.

Our hour-and-a-half yield weighs in at about six pounds (worth about \$80). Not bad for a novice bunch only just learning how to focus its collective "mushroom eyes."

Later that night, we head out from Pacific Sands Beach Resort to feast on our pickings at the Wolf.

We enjoy Nutting's seaweed salad and tuna belly with angel wing mushrooms; halibut with chanterelles, leeks, turnip and apple; and carrot gnocci with wild mushrooms (hedgehogs, chanterelles, yellow foot) and Gouda. The overall distinctive smokey, peppery tastes wash over our palates — all made more intense, no doubt, due to the contribution of our own labour.

Exclusive forest-to-fork foraging experiences with chef Nick Nutting of Wolf in the Fog restaurant (wolfinthefog.com) run to Oct. 19, including mushroom foraging in a secret spot and a special three-course dinner featuring the foraged mushrooms. This seasonal adventure costs \$90 per person. Spaces are limited, so send an email to jorge@wolfinthefog.com to book.

FOOD & WINE

FROM THE FRONT

Foraged food lifts gnocchetti

Many different varieties of wild mushrooms will taste great in this dish

For the gnocchetti:

4 Russet potatoes
(skin pierced with a paring knife)
1 tbsp (15 mL), heaped of carrotene (see recipe below)
1 egg
2-3 cups (500 to 700 mL) all-purpose flour

Garnish:

Sautéed mixed wild mushrooms
¼ cup (60 mL) Gouda cheese
Chives
¼ cup (60 mL) each roasted carrots and onions
Celery leaves
Toasted hazelnuts

Bake potatoes in oven at 375 F (190 C) for 90 minutes to two hours until soft. Rice the potatoes into a medium-sized mixing bowl using a potato ricer (or mash really well if you don't have a ricer).

Form a well in the centre of the processed potato and combine carrotene 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 gnocchetti by rolling dough into a ½-inch (1 cm) thick log and cutting into 1-inch (2.5-cm) cylinders. Blanch the gnocchetti in salted water until they float,



Wild mushrooms are a highlight of this carrot gnocchetti with hazelnuts and Gouda cheese.

then leave them floating for another 30 seconds. Reserve on an oiled tray.

To finish, melt 2 tbsp (30 mL) unsalted butter in a sauté pan. Add gnocchetti 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.

* To make carrotene, juice fresh carrots (you need about 8½ cups, or two litres, of juice). Put juice in a tall pot with a squeeze of lemon juice and bring to a

low simmer. The carrotene will separate from the clear liquid. Strain through a coffee filter to capture it. Though not ideal, you can do this with store-bought carrot juice.

Makes 4 servings

RECIPE

Chanterelle Sourdough Bread

Levain:

3 tbsp (45 mL) mature wild yeast starter
1½ cups organic bread flour
1 cup water

Dough:

1 cup (315 mL) levain
5½ cups (1.3 litres) organic bread flour
1 cup (250 mL) whole wheat flour
3¼ cups (775 mL) water
4 tsp (20 mL) Kosher salt

Chanterelle filling:

1-2 cups (250 to 500 mL) chanterelles
1 cup (250 mL) dried chanterelles
Unsalted butter

Combine your wild yeast starter with 1½ cups (315 mL) organic bread flour and 1 cup (250 mL) water in a small bowl. Rest 4-8 hours at room temperature covered with a damp cloth.

Combine 1 cup (250 mL) of the prepared levain with 3 cups (750 mL) of water (left over levain can be kept to continue on your starter). Lightly stir together to incorporate. Combine flours and slowly add to the levain-water mixture while stirring with your hand. Ensure there is no dry flour left in the bowl. Lightly mix dough to incorporate. Allow to rest for 30 minutes at room temperature covered with a damp cloth. (Use cold water to wash off bread dough from your hands. Hot water will cause the dough to gum up and be harder to remove.)

Dissolve the salt in the remaining ¼ cup (60 mL) of water. Add this to the dough and squish with your hands. The dough will break apart and then reform. Mix until you can form a dough ball. At this stage, you can bulk proof (rather than divide) the dough at room temperature. After 1 hour into the bulk proof, give the dough a few good folds over itself to help develop its gluten structure.

Meanwhile, roughly chop chanterelles and dry sauté in a pan to release any water. Lightly sauté with minimal butter, remove from heat and set aside. Do not



Wolf in the Fog's Joel Ashmore and Jorge Barandian forage for chanterelles and other wild mushrooms in the rainforest.

use any salt. Grind dried chanterelles in a coffee grinder, blender or food processor into a fine dust. (Pieces are OK.)

Once you have a proofed dough (roughly double), turn it out onto a lightly floured counter. Using a bench scraper or a sharp knife, cut dough in half. Gently roll dough into two balls, being careful not to knock out too many bubbles. Dust lightly with flour and cover with a dry cloth.

After 30 minutes, flip each dough ball upside down on a lightly floured surface. Gently pat into a loose rectangle. Sprinkle half the chanterelle powder on each, followed by half of the sautéed chanterelles. Think of it like a pizza — cover as much as possible.

Roll the dough over itself lengthwise like you would a jelly roll or cinnamon bun. At this point you can decide what shape you would like to finish with. If you are using a Dutch oven or large pot with heavy lid for baking your bread, create a

ball shape by rolling dough from end to end again.

Lightly flour the ball of dough and place into a lightly oiled medium sized bowl or 8-12 in the fridge. If you proof in the fridge, remove 1-2 hours before you want to bake to take off the chill. The dough is unlikely to double, but it will noticeably grow in size. (Proofing over a longer period of time in the fridge increases flavour as well as time required to allow the bread to proof, 4 hours at room temperature or 8-12 hours in the fridge will produce a nicely risen dough.)

Cover lightly with a cloth and allow to proof for 2-4 hours at room temperature or 8-12 in the fridge. If you proof in the fridge, remove 1-2 hours before you want to bake to take off the chill. The dough is unlikely to double, but it will noticeably grow in size. (Proofing over a longer period of time in the fridge increases flavour as well as time required to allow the bread to proof, 4 hours at room temperature or 8-12 hours in the fridge will produce a nicely risen dough.)

Prepare your oven. Set to 500 F (260 C). Use either a baking stone or a Dutch oven to bake bread with — a sheet pan can be used in a pinch. In either case, heat the oven with either the stone or

pot inside. This helps to give the bread a properly hot environment as soon as possible.

When ready to bake, remove either the baking stone or Dutch oven from your oven. Lightly dust the top of a dough ball with flour. Check around the edges to make sure none of the dough is sticking to your bowl. Invert the bread onto the stone or into the Dutch oven, being careful as everything should be hot. (This takes some finesse — try to make it a fluid motion.)

Using a sharp knife, score the top of the loaf. Popular patterns are a square or diamond. Scoring the bread allows it to rise in a somewhat controlled way with no explosions out the side. Make sure not to score too deeply — about ½ an inch (1 cm) angled parallel with the surface is correct. If using a Dutch oven, place the lid on top.

Quickly get the bread into the oven and shut the door. If using a baking stone, mist the inside of the oven with water if possible. This steam helps to create a moist environment where the bread can rise without drying out too fast. If you are using a Dutch oven, the interior environment is well sealed, so you do not need to steam.

Turn the oven down to 450 F (230 C). Bake for 30-40 minutes. Check halfway through and remove the lid to allow the loaf to release its moisture for a better crust. The loaf should be well browned and sound hollow if hit on the bottom. Remove from the oven and place on a cooling rack or stand the loaf on its side. Allow to cool.

Set oven to 500 F (260 C) in preparation for the next loaf.

Enjoy! Sourdough bread lasts much longer than bread made with commercial yeast. You can expect it to last 5 days if kept in an air-tight environment. Do not keep bread in the fridge.

Makes 2 loaves