

INTERNATIONAL

TASTE & TRAVEL



Canada

WHERE ON EARTH

CANADA



THE

Insiders' LIST

by

ANITA STEWART



IF YOU ARE PLANNING on diving into Canada with a healthy appetite, you'll likely pick up guidebooks or search online for 'best of' lists. What you'll quickly learn is that it's not easy to understand a nation as large as ours. Here are some great chefs and tenacious restaurateurs who are quietly making a difference. These men and women understand that regional cuisine lasts longer than fashion. Instead they are in their kitchens and dining rooms creating the culinary nation we call Canada. They range from elegant and upscale to downright folksy and fun!



Miradoro patio

CANADA



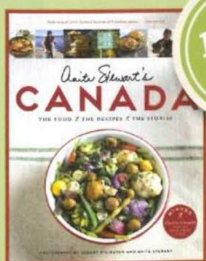
MIRADORO

Oliver, BC

Tinhorn Creek Vineyard is embedded in an area in the South Okanagan dubbed “the Golden Mile” and the very tip top of the Sonoran Desert. On the west bench of the valley, the vines have front row seating to the sunrise and sweet morning light — Gewürztraminer and Muscat love it. Across the valley, they soak up the heat and intense afternoon sun — the Merlot and Cabernet Franc couldn't be happier. The wines are luscious and, in the case of the reds, downright lusty. At the winery restaurant, Miradoro, Executive Chef Jeff Van Geest is one of BC's best — laden with talent and dedication to valley ingredients. For 2015 his spring menu is full of unique flavours inspired by locally sourced ingredients. A local arctic char entrée is complete with sunchoke purée, radicchio, roast shallots and *mosto cotto*, a syrup made with wine grapes. At dinner you may find orecchiette with sweet fennel sausage, garlic, braised greens, chiles and tomato to go with the Oldfield Series Merlot 2009. All year round, well-aged steak is grilled from Okanagan's Finest Angus and, with the heat of harissa and crushed potatoes spiked with chili, the flavours are big enough to be paired with the Oldfield Series 2Bench Red 2009. www.tinhorn.com



Miradoro Chef Jeff Van Geest



Read

ANITA STEWART, Canadian culinary activist, consultant and best selling author of 14 books, was appointed to the Order of Canada in January 2012. An honorary lifetime member of the Canadian Federation of Chefs and Cooks, Anita was recently named the first Food Laureate at the University of Guelph. In 2003 she founded the Canadian national celebration now known as Food Day Canada. She broadcasts regularly on CBC Radio. 