

t h e

spread



your monthly guide to what's happening in the culinary scene

eDining.ca



Warm food to brighten your mood!

Check out our new [videos](#), access hundreds of [recipes](#) and Nova Scotia [restaurant listings!](#) at [eDining.ca](#)

Lest We Forget



November 2008

Check out these events in the month of November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Game & Ale at Stories ~ Nov.1-30. Bish en Espana ~ Nov. 10-15. Bear River Vineyard Tasting ~ Nov. 28-30. Every Thursday + Friday: Music at Trellis Café. See eDining calendar for more events!						1 Trellis Café Dinner + Music
2 Game & Ale at Stories in the Haliburton	3	4	5	6 Appleton Rum Nosing + Tasting at Saege Bistro	7	8
9	10 Wine 101 at Bishop's Cellar	11 Bish en Espana	12	13 Acoustic Music Jam at Trellis Cafe	14	15
16	17	18	19 Seafood Fondue at Charlotte Lane	20 Shrimp + Brew at Garrison Brewing Co.	21	22
23	24	25 Dinner + Music at Charlotte Lane	26	27	28 NSLC Tasting	29 Bear River Wine Tasting
30						

Inside

2

A Heated Solution to a Chili Problem

3

Wine 101 – get schooled this season

4

Warm up to the Taste of Culture



A Heated Solution for a **Chili** Problem

With winter on way its way and the temperature dropping, kitchens in Nova Scotia should begin to heat up! One of the best ways to warm up when coming in from the brisk air this season is to stir up a delicious pot of chili or stew.

Most “hot bowl” recipes are quite easy to make and require little preparation time. With harvest season drawing to a close in our province, local farmers’ markets are offering the last buckets of fresh, local produce. Everything from delicious corn, sweet potatoes, and green peas are available just for a few more weeks – so stock up + freeze them!

Chilies and stews taste great when they’re first served, but as most people would agree, they taste even better the next day. Enjoying a hot bowl a day or two later - when the flavours have had time to mix and intensify - creates an unforgettable food experience.

A great website to check out for recipes is eDining.ca. There are lots of popular chili recipes and even more recipes for a wide variety of stews. For your next potluck, try serving your friends a bowl of [Tennessee Chili](#) - a tasty recipe that includes ground chicken, onion, red

kidney beans, and tomatoes. If stew is what you like, then why not prepare a classic crowd pleaser like [Beef Barley Stew](#). Another great website to find recipes is kraftcanada.com. Kraft offers a ton of meal ideas and is a great resource for finding delicious and diverse recipes that would appeal to anyone.

Regardless of which “hot bowl” dish you choose, be sure to accompany it with fresh baked bread or biscuits to soak up that last bit of flavour.

As the season changes and temperature drops, remember that a delicious bowl of chili or stew is definitely a heated solution to a *chili* problem!

Head’s up for H(eat)ing up Halifax!

During February’s [Savour food and wine Festival](#), the Alzheimer’s Society of Nova Scotia holds a week-long event called H(eat)ing Up Halifax. Participating HRM restaurants create a special HOT BOWL for their menu and donates \$5 from each sale to the society!

Visit [H\(eat\)ing up Halifax](#) for more information.

Wanted: Wine Enthusiasts

How much do you know about wine?

If you're looking to have some fun, enjoy great wine and maybe learn a thing or two, try spending an evening with accredited sommelier, Alanna McIntyre, from Bishop's Cellar.

On November 10, Alanna will be hosting a two-hour wine tasting called Wine 101. It's part of a series of six single sessions called Discover Wines, geared toward to beginner wine enthusiasts and wine connoisseurs alike.

Participants of Wine 101 will explore the main components of wine and learn how to evaluate and describe the wines they taste.

To register, receive more information, or reserve your space, call Alanna at (902) 490-2675 or e-mail alanna@bishops cellar.com.



STRAWBERRY BUBBLES FROM CHILE

The NSLC is bubbling with excitement with the introduction of a new Chilean sparkling wine called Fresita.

Described as "strawberry bubbles from Chile," Fresita is a light and tempting blend of premium white wine infused with handpicked strawberries from Patagonia.

Freista boasts flavours of praline, almond, stone fruits and white chocolate followed by a hint of grape and citrus.



Chedabucto Bay Trap-Caught "Shrimp and Brews" Event

The Chedabucto Bay trap-shrimp fishery, a community-based fishery that supports the coastal communities of Canso and Arichat, along with Seachoice Atlantic, is hosting a "Shrimp and Brews" event at the Garrison Brewery on Nov 20th from 7:00 p.m. – 10:00 p.m. Chefs from local restaurants will be preparing the trap-shrimp in a variety of ways and award-winning Garrison beer will be available for pairing with the dishes.

Tickets are \$15. Please contact the Ecology Action Centre for tickets @ 902-429-2202.

Correction: On page three of the September issue of *the Spread*, a link to an article written by Wallace Fraser on his visit to Chateau Mouton Rothschild failed. Click below to view the full article: [A Sense of Wonder at Chateau Mouton Rothschild](#).

Warm up to the Taste of Culture

If traveling to faraway places and experiencing new cultures first-hand is not exactly in your budget right now – fear not. You can still experience the taste of culture through the wonder of food right here at home!

Nova Scotia has quite a large multicultural population. And with all that cultural diversity comes many different and unique flavours of the world! Add diversity to your diet this month by trying some warm and hearty food with an ethnic flare, like [Bulgarian Beef Stew](#) or brew up a [Turkish coffee](#).

There are many diverse delights to be found all over Nova Scotia, so start searching your dining options today!

HOT SPOTS TO FIND WARM FOOD

Mediterranean Food: [Mezza Mediterranean Grill](#)

- Ever tried **Laham B'Agein**? Open faced flat bread baked with a topping of ground lamb and beef, tomatoes, red onions, pine nuts and fresh lemon.
- Also, visit [The Bistro](#) for Mediterranean cuisine.

Irish Food: [Jamieson's Irish House and Grill](#)

- Order the **Classic Homemade Irish Stew** that is prepared with lamb, potatoes, and fresh vegetables, simmered with herbs
- Also, visit [Paddy's Pub](#) for Irish fare.

French Food: [Sebastien's Bistro](#)

- Try the **Soupe à l'oignon gratinée (French onion soup)**. Beef broth, Chicken broth, yellow onions – delicious
- Also, visit [Fleur de Sel](#) for French delights.

International Culinary Lingo

Bisque

[bihsk]

A thick, rich soup usually consisting of pureed seafood (sometimes fowl or vegetables) and cream.

Goulash

[GOO-lahsh]

Known as *gulyás* in its native Hungary, goulash is a stew made with beef or other meat and vegetables and flavored with Hungarian [PAPRIKA](#). It's sometimes garnished with dollops of sour cream and often served with buttered noodles.

The above culinary lingo was inspired by cold weather and sourced from [epicurious.com](#).

Tempest's Ethnic Buffets Return!

On November 5th and 6th the taste of China is coming to the Tempest World Cuisine Restaurant in Wolfville, NS.

Chef Michael Howell will be serving up mouth watering Asian delicacies like Cantonese Spicy Fried Squid.

For more details click on [Taste of China](#) or call 902-542-0588. Don't miss out on this flavorful event!!

~POTATOES~

Whether you're a sucker for an oven baked potato or just can't resist the smell of crispy warm French fries, there is no denying that potatoes are as delicious as they are versatile.

Inca Indians in Peru were the first to cultivate potatoes in about 200 BC and for hundreds of years this root vegetable has provided even the most uninspired cook unlimited meal options.

Some nutritional facts to note about potatoes are that despite being made up of 80% water, a potato the size of a computer mouse contains only 130 calories. They are also great source of vitamin C as well as fiber. To reduce the calorie count, instead of using salt and butter, try using much healthier alternative toppings like a spicy salsa or diced up basil and chives.

The United Nations declared 2008 [The Year of the Potato!!](#)

Check out this new spin on an classic potato recipe!
[Herb + roasted garlic creamy mashed potatoes!](#)



Surprise your family by adding [Deep-Fried Potato Skins](#) to any dish...

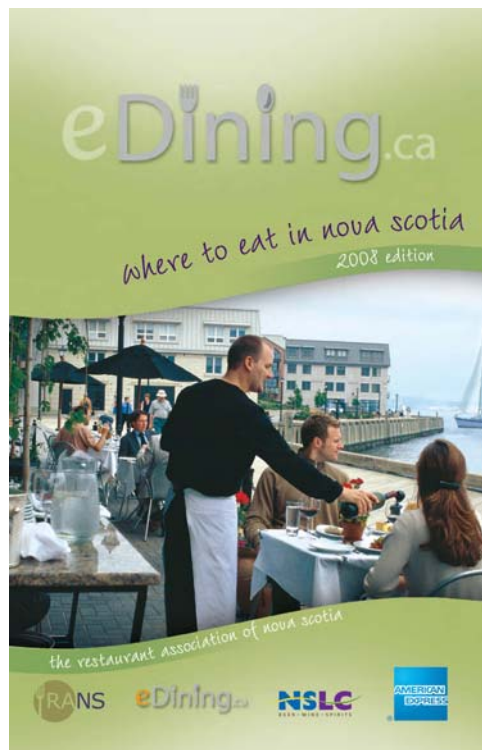
Or try this delicious [scallop potatoes](#) recipe

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And don't forget! Pick up your copy of *eDining.ca* – *where to eat in nova scotia* - at your favourite restaurant or local NSLC to find out what's cooking in Nova Scotia!



 Bishop's Cellar

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