

Your monthly guide to the best of Nova Scotia's culinary scene



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LIFE IS A BOWL FULL OF CHERRIES



July in Nova Scotia is cherry picking season. Whether you're looking for sweet or tart, you can find these delicious little treasures locally. A highly perishable fruit, cherries are only in season for a short time in Nova Scotia, and have an even shorter shelf-life once you have them at home. Make sure you store them in your fridge to get the longest life possible! Head out and pick some cherries (and all kinds of other seasonal fruits & veggies!) at some of these great farms:

UPICK CHERRY FARMS

Dempsey Corner Orchards

2717 Hwy 221 Aylesford
Telephone: 902-847-1855
Products available for picking: apples,
pears, peaches, plums, cherries, corn,
pumpkins

Inglis Farm

2611 Hwy 201, Tupperville
Telephone: 902-665-2427
Products available for picking: apples, plums,
pears, cherries



FEATURED EDINING.CA RECIPES

[Deep Dish Cherry Cobbler](#) ▪ [Poached Summer Peaches with Cherries](#) ▪ [Sweet Cherry-Chocolate Bombe](#)

Wines of the month



During the hot summer months, we naturally reach for a light, refreshing and chilled wine to quench our thirst. The best deck and patio wines have crisp, lively acidity and distinctive fruit character and naturally Rosés come to mind. Not the sweet White Zinfandels or Blush wines, the best Rosés are often the drier, bigger style made from Rhone grapes like Syrah, Grenache and Carignan.

**Les Grandes Vignes Rosé
Cotes Du Rhone, France
\$15.74
(exclusive to Premier Wines)**

From the excellent co-op Les Vignerons d'Estezargues, in the warm Cotes du Rhone region of France, this Rosé was made "naturally". That is, using wild yeasts, no enzymes, no filtering, and minimal sulfites (only added during bottling, not during fermentation). This Rosé shows lots of character with raspberry and watermelon aromas followed by sour cherry and zesty lime flavors. It will carry over well with BBQ sauces and BBQ foods, particularly, sausage, pork, shrimp and grilled fish.

Cheers!

Drew Curlett
*Sommelier and Licensee Sales
Premier Wines
1535 Dresden Row, Halifax, NS*

Great wine at super prices is always the hosts challenge when a group of friends join you on the deck for a summer BBQ.

The place to look for these types of wines is South Africa and Argentina. Why? Land is less expensive, labour is available and investments are welcome.

Glen Carlou near Paarl, South Africa is part of the Hess Group of wineries, they produce a white and red wine called **Tortoise Hill** (white \$14.50, red \$15.50).

The white is a blend of Sauvignon Blanc/Viognier, while the red is Cabernet Sauvignon/ Zinfandel, both wines show a lot of fruit for the price and are very refreshing wines built to drink without food, or to enhance those traditional summer meals.

To ensure your wines are perfect temperature on the deck always use an ice bucket for the whites and don't be afraid to put that warm bottle of red on the kitchen shelf in the fridge for 30 minutes prior to serving. Hot wine never makes the meal taste better or the day more pleasant.

Enjoy!
John Stuart
*Bishop's Cellar
1477 Lower Water Street, Halifax, NS*

UPCOMING WINE TASTING EVENTS

Sommelier's Favorites

Date: Wednesday July 10, 2009

Time: 6:30-8:00

Cost: \$25 per person

Premier Wines Sommelier, Drew Curlett will share with you many of his favorites and better yet, all the wines cost under \$30 with most retailing under \$20. Various wine styles are represented from numerous countries and regions around the world. Included is food pairing suggestions and a 10% discount on any wines purchased after the tasting. Space is limited.

[Click here to reserve.](#)

Nova Scotia's Greatest Sips: Our Award Winning Wines

Date: Wednesday July 22, 2009

Time: 6:30-8:00

Cost: \$30 per person

Nova Scotia wineries recently received an unprecedented 28 awards at this year's All Canadian Wine Championships. Awards and accolades for our local wines such as this, are forcing people to take notice of Nova Scotia as high quality and diverse winemaking area. This tasting will highlight award winners from the All Canadian Wine Championships as well as the first ever Atlantic Canadian Wine Awards. Included is food pairing suggestions and a 10% discount on any wines purchased after the tasting. Space is limited.

[Click here to reserve.](#)

Find Les Grades Vignes Rosé at:

Find Glen Carlou wines at:

STEP INTO THE PAST

The Fortress of Louisbourg is known for offering visitors a taste of 18th century living, but now they are offering a real taste of 18th century-style food.

In June there was a pilot program for 18th Century Culinary Workshops. A one-of-a-kind three-day program, the 18th Century Culinary Workshop gives everyone from professional chefs to at-home cooks the opportunity for first-hand experience preparing food as it was prepared at the French Fortress in the 1700s.

For the first time, the doors of the Engineer's kitchen are open to those who want to learn the art of French cooking using both old-fashioned open-hearth and state-of-the-art modern kitchens.

This is a one-of-a-kind experience and a new and exciting way to walk through Nova Scotian history. If you are interested in a unique, hands-on culinary experience this is a vacation opportunity like no other.

For workshop dates, prices and availability, call (902) 733-3552 or email laurel.martell@pc.gc.ca.

LANE'S PRIVATEERS 18TH CENTURY DINNER - FRIDAY, JULY 3 @ 7PM

Simeon Perkins 18th Century Wine tasting and dinner. Featuring a four course 18th Century Dinner including: Talmouses ~ a savory tart with Bachamel and Cheddar, Salmon and Halibut Soup, Pork and Chicken Pie with Seasonal Greens and Strawberry and Raspberry Shortcake with 18th Century Chocolate. 6 Wines will be chosen by Sommelier Susan Lane to accompany the 18th century feast. Louisbourg Historian, Anne Marie Lane Jonah will recount stories of feasts in 18th Century Liverpool according to passages from Simeon Perkins Diary.

Reserved Seating for \$69/ person.



Canadian Blood Services

Thank you to all of you who participated in the RANS Victoria Day Blood Drive in May. And special recognition goes to those member of the staffs of The Carleton and Hamachi Group who took the time to give.

We would also like to congratulate Angel Saulnier and Tim McLaughlin for participating in the drive, and winning tickets to Catch: The Nova Scotia Seafood Festival and the 2010 Savour food & wine Show, respectively.

We encourage you to think about giving blood all year round! One hour of your time saves three lives!

PERFECT STORM

Wolfville's Tempest Restaurant Amongst Healthiest in Canada

Wolfville's Tempest Restaurant has been named one of the Healthiest Restaurants in Canada in the Summer 2009 issue of Best Health Magazine. This is, of course, not the only recognition Tempest was awarded this year. Once again, Tempest was recognized as one of the best restaurants in Canada in the 2009-10 edition of Where to Eat in Canada.



"Tempest is committed to preparing the best local fresh ingredients that result in a great dining experience" says Chef and co-owner Michael Howell. "We are delighted to be recognized by Best Health Magazine as this vets our raison d'etre as a restaurant. We do not eschew the flavours and techniques that create great cuisine, but if we can reduce unhealthy additives, make a dish completely vegan or prepare a six course completely gluten free menu for a keen diner a la minute, we can be proud of the recognition that Best Health bestows upon us. As a chef who believes inherently in the Slow Food movement and its relevance in the restaurant sphere, I am as committed as ever to extol the virtues and health benefits of locally produced food"

For more information on Tempest, and to check out their healthy menu, visit www.tempest.ca.

SWORDFISH

SeaChoice Profiles: Nova Scotia Harpooned Swordfish

As nice as it is to have company, dinner guests don't always give a lot of notice, leaving you to whip something up in a few short hours. Hurrying to your local grocer, you notice that the catch of the day is "harpooned swordfish." Looking delicious in the seafood case, you cross your fingers as you consult SeaChoice's handy Canada Seafood Guide. While longlined swordfish lie squarely in the "Avoid" category, it thankfully turns out that harpooned swordfish are a "Best Choice." It also turns out that these steaks are a great last-minute choice, as they have a sophisticated taste and can be grilled or roasted in less than fifteen minutes.

Swordfish are summer visitors off Nova Scotia's coast, following the warming Atlantic waters up from Florida by late June. Along with a streamlined silvery-blue physique, these stately fish possess a sharp, sword-like bill that allows them to cut through the water at speeds over 100 kilometers per hour. By night, they feed by diving into the chilly depths after smaller fish, especially squid, and then spend their days basking, or "finning," near the surface in the warmth of the gulf stream.

Nova Scotia's harpoon swordfish fishery is a unique hunt-like fishery with a rich cultural tradition. Mature swordfish are targeted by small boats on calm, clear afternoons. Fishermen have to sight the fish at the surface, where adults bask in the warmer surface waters after a night of feeding. When one is spotted, the harpooner attempts to spear it with a 4 to 5 meter long harpoon attached to a line.

This fishery is one of the last of its kind worldwide, which is truly a shame since it is also one of the most sustainable fisheries. There is no habitat damage or by-catch, as mature swordfish are targeted on the surface one at a time. As well, because harpooning requires a calm day on the water and a considerable wait time for a large fish to appear at the surface, there are natural limits to exploitation.

The Canadian harpoon swordfishery was a sustainable part of coastal community life for many years, until the 1960s, when longlining was introduced. These pelagic fishing lines stretch 25 to 50 miles in length and are baited with hundreds of hooks. A longline catches everything in its path, including juvenile and non-target fish, endangered tuna species, sharks, turtles, and even the occasional whale.

Nova Scotian harpooners pride themselves not only on the sustainability of their fishery, but also on the high quality of their catch. Their superior product is a result of the careful handling of each swordfish after it is harpooned, which preserves the amazing flavour, texture, and colour of the meat. Swordfish has a distinct, meaty flavour that is best accompanied by a simple dressing.

Grocers often fail to label how or where particular fish are caught. It is important to ask your fishmonger these questions, expressing your desire for sustainable options in the seafood case. While most of the swordfish on the market is currently longlined, consumers have the power to affect trends and make delicious, sustainable alternatives more readily available. By choosing to dine on harpooned swordfish, you are not only supporting a fascinating artisanal fishery, but you are also consuming a "Best Choice" option based on the five sustainability criteria used in SeaChoice fisheries assessments.

These criteria include inherent vulnerability to fishing pressure; status of wild stocks; nature and extent of discarded bycatch; effect of fishing practices on habitats and ecosystems; and effectiveness of the management regime. Swordfish can be quickly marinated in olive oil, rosemary, lemon, pepper and garlic, and then grilled for four to six minutes on each side, or roasted in the oven. These meaty steaks pair well with new potatoes and steamed seasonal veggies, or a simple rice stir fry. Your surprise guests will be thrilled by the flavour, presentation and, best of all, the guilt-free aftertaste that accompanies a SeaChoice "Best Choice" meal. This year's harpooning season begins on July 1st.

For more information about sourcing this year's catch from the Nova Scotia Swordfish Harpoon Association, contact [SeaChoice](#) Atlantic Coordinator Rob Johnson at (902) 446 4840 or seachoiceatlantic@gmail.com.



By Sadie Beaton, Ecology Action Centre

FEATURED RECIPE



GRILLED SWORDFISH WITH TOMATO CHUTNEY

INGREDIENTS:

- 2 6- to 8-ounce fresh swordfish or halibut steaks, cut 1 inch thick
- 2 teaspoons olive oil
- 1 small leek or 2 green onions, chopped (1/4 cup)
- 1 cup chopped, seeded tomato
- 1/4 cup snipped fresh basil
- 1 tablespoon drained capers
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 2 teaspoons olive oil

For tomato chutney, in a medium saucepan heat 2 teaspoons olive oil over medium heat. Add leek and cook just until tender. Remove from heat. Stir in tomato, basil, capers, black pepper, and salt. Cover and keep warm.

Rinse fish; pat dry with paper towels. Brush both sides of fish with 2 teaspoons olive oil. Place fish on the rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning once. Cut each fish steak in half.

Serve the fish with tomato chutney. Makes 4 servings.

FEATURED EVENT

2ND ANNUAL WINE & ART GALA

Monday July 13th, 2009

Held at the Shore Club, sample over 40 wines from all over the World, together with lots of tasty finger foods.

The Aspotogan Arts Group will be on hand displaying their works, and each artist has donated one work of art which will be auctioned off by celebrity auctioneer - Mr. Leahy (John Dunsworth).

All proceeds from the evening will go to Cancer Research. Tickets are just \$25 and can be reserved by calling 857-9555.

For more information on our events visit www.shoreclub.ca



Congratulations also to Bitter End owners Mark Sadofsky, Andrew Carroll and Mike Leigh on their latest venture, The Loose Cannon, a Scottish pub that will be opening on Argyle Street in a few weeks.