

SAVOR THIS™

Fall/Winter 2012 Volume 4 Issue 3 A publication of The American Institute of Wine & Food®



Chef Ken prepping a truffle dish (photo by Eric Risberg)

The Primal Appeal of Fresh Truffles

What's new at AIWF
The Gift of Membership
Holiday Entertaining
Tips & Recipes

AIWF Chapter Happenings

SAVOR THIS™ Is a publication in association with The American Institute of Wine & Food® founded in 1981 by Julia Child, Robert Mondavi and Richard Graff, and others.

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Contents

2 What's New at AIWF

6 The Primal Appeal
of Fresh Truffles

11 Chapter Events

12 New York Chapter:
Julia@100: A Celebration

13 The Dayton Chapter
Working Together with
the Local Community

16 AIWF Business Members

17 Holiday Entertaining

26 From the Garden:
Comeback Kale

29 Travel & Adventure:
Quebec City Memories



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Visit www.aiwf.org



We invite you to donate to The Julia Child contribution for The AIWF. Julia Child Circle contributions allow The AIWF to continue fulfilling our mission, as there continue to be many opportunities for growth and expansion for The AIWF in 2013 and the years to come.

With your donation of \$1,000 or more, you will join the 2013 Julia Child Circle and will additionally be recognized in an upcoming issue of Savor This® and on AIWF's Website.

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About AIWF Days of Taste®

The American Institute of Wine & Food's signature program since 1994. A discovery-based program which teams up chefs, food professionals, farmers and teachers that introduce elementary school aged children to the basic elements of taste, providing a hands-on educational experience, from farm to table through an exploration of food and nutrition.

- Provides fun-filled interactive taste experience, addressing some of the common food issues faced by today's children
- Discovering the world of flavors.
- Understanding how the five senses are used to appreciate food.
- Enriching their food vocabulary.
- Developing curiosity and a positive attitude towards new foods.
- Learning the link between food and good health.

What is Days of Taste® On Demand?

An educational & resource website with administrative tools designed to:

- Assists children's organizations with scheduling a Days of Taste® Program
- Chefs participation and resources
- Offers a user-friendly program curriculum
- Provides program administrative tools and resources
- Online or telephone program support
- Delivers a greater outreach for educating children about where their food comes from and making wiser choices when choosing the foods they eat
- And much more...

'In this age of fast and frozen foods, we want to teach school children about real food-where it is grown and how it is produced so they can develop an understanding and appreciation of how good, fresh food is supposed to taste.'

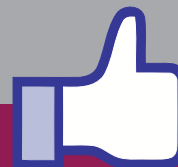
- Julia Child

The American Institute of Wine & Food (AIWF) is a national non-profit founded in 1981 by Julia Child, Robert Mondavi, Richard Graff and others dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table and grants culinary scholarships to aspiring students and runs a national Days of Taste® program that teaches children about the culinary arts and nutrition.





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1. Go To [Facebook.com/aiwfnational](https://www.facebook.com/aiwfnational) and "LIKE" page &
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All names included in "Likes" or submitted "Cooking Tips" between the dates of November 15 until November 30, 2012 will go into a random drawing. Winners will be notified through a Facebook message on or before December 15, 2012.



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The Primal Appeal of Fresh Truffles

BY CHEF KEN FRANK, EXECUTIVE CHEF/OWNER LA TOQUE – NAPA



Chef Ken Frank cleaning truffles in his kitchen

There is simply no other food to rival the fresh truffle. I have yet to find words to easily describe the aroma and flavor of truffle. It's intoxicating, both subtle and powerful at the same time. Truffle has an appeal that is almost primal. Maybe we share a snippet of DNA with the pig.

When I started cooking in Los Angeles in the early seventies, canned truffles were common in the best French kitchens, Chefs slavishly copying the classic dishes that called for them. But the price just didn't seem worth it. Colleagues who had cooked with fresh ones in France insisted that if I had ever smelled a fresh truffle, which could perfume an entire kitchen, I would understand. So the quest began.

Cooking at Club Elysée, in the Winter of 1977, I heard about an Italian in Sacramento who was importing fresh black truffles. I ordered a pound, flew to Sacramento, picked up a car and drove to Corti Brothers. Little did I know then that Darryl Corti was exactly the man to point me in the right direction. He made sure I left with a few great bottles of wine too. Truffles in hand, I headed to visit my cousins in Chico where we stored the truffles overnight in a container with fresh whole eggs. The next morning we made omelets with fresh truffle and I was hooked. To this day I know of no



Jean-Charles Boisset leads a song and toast for the Truffle Lunch at Raymond Vineyards

better advice than to keep truffles with eggs. The amount of truffle flavor and perfume they absorb through the pores in the shell is simply a miracle of nature.

Truffles are the fruiting body of a fungus that grows underground in a partnership with the roots of a host tree. While there are many species of truffles, white and black, only a few are considered to be of great culinary im-

portance. It's tempting to try and rank them but I find it better to appreciate each for their own distinctive attributes. To keep them straight it is vital to use the latin names for the different species.

The rarest of all, the *Tuber magnatum pico*, is commonly called a white truffle or Alba truffle. It is still only hunted in the wild as efforts to cultivate it have so far been unsuccessful. It is found only in a very small geographical range from Piemonte down through Umbria and east into Croatia. It ripens in the fall from October through early January. It is the most pungent of the truffles with a sharp, somewhat vegetal leeky garlicky aroma. Invariably shaved raw over risotto, pasta, pizza or carpaccio, the sheer power of the perfume from a good specimen is amazing.

There are two important black truffles. *Tuber melanosporum*, commonly known as the black winter truffle or Perigord truffle, is the classic black truffle of French Cuisine. It is found in the wild in France and Italy, in a much broader range than the white truffle, but most now come from cultivated plantations. The first black winter



Truffles & Wine Dinner – inside-out – at La Toque (photo by Faith Echtermeyer)

truffles begin to ripen before Christmas, but the heart of the season runs from mid-January to early March. It packs a little less “punch”, the flavor is less sharp and vegetal than the white truffle. I find it more earthy and there's a subtle sweetness in the aroma of the best ones. Black truffle is often cooked into dishes, most famously Paté de Foie Gras and under the skin of a chicken where it infuses its flavor into the meat. It too can be shaved raw over foods to great effect. Unlike the white truffle, I find it lends itself to both sweet and savory dishes. It makes terrific ice cream. Truffle ice cream can be simple perfection, in the same way as vanilla.

The other black truffle of note goes by two latin names. *Tuber uncinatum*, or Burgundy truffle and *Tuber aestivum*, referred to as a summer truffle, are in fact the same. They fruit in the fall, their season going well into December. They have a black outer shell and a light brown interior with the distinctive veining pattern that you find in all truffles. This species has made a comeback in recent years due to the

remarkable success in cultivation. The flavor is similar to the black Winter truffle, but much less pronounced. They typically fetch about a quarter to a third of the price of *Tuber melanosporum*.

Cultivation techniques have made great strides, particularly in the last decade. Both species of black truffle discussed here are now grown around the world. Once a suitable location is identified, the secret is to scientifically create soil and other growth conditions that are conducive for truffle growth and then plant trees, often oaks or hazelnuts, whose root systems have been inoculated with the truffle spores. A successful planting can start to yield truffles in as little as five years. Properly managed, a truffle orchard will produce for decades. While you can make truffles grow under a tree, you still need a dog to sniff them out and pinpoint the location so they can be carefully dug by hand. Winter truffles from the Southern Hemisphere are of course in season during the summer months in the Northern Hemisphere.



Truffle Croque Madame

The crop has been getting stronger for the last few years and this past Summer they finally achieved true market scale. There are plantations in the US on track to begin harvesting fresh truffles in the next couple of years.

There is not necessarily a discernable flavor difference between wild and cultivated, each truffle is unique. The key to quality is the sorting of fresh truffles by an experienced hand. The large, evenly shaped, well perfumed truffles found in the best restaurants represent a small fraction of the total harvest. That is why it is so important to deal with sources you know and trust.

No ingredient in the kitchen has mesmerized me this long, I have spent every Winter since that first omelet in the pursuit of truffle perfection. Slowly I have come to understand how to coax the best out of truffles. The first thing is to start with the very best fresh truffles. The price is always so extreme that there's no wisdom in saving a little



Festival attendees touch and smell the truffles destined for lunch (photo by Jana Waldinger)

*Shaving Truffles**Stand Up Gourmet Will Durst in the kitchen with Chef Ken Frank*

money and getting the #2's. That in mind, use plenty, skimping on truffles is a fool's errand. For me it's all or nothing. Granted I am very spoiled, blessed every year with an abundance of fresh truffles for months on end. I enjoy every minute.

It's also important to use them quickly. Truffle aroma is very volatile, the major flavor components have a very low boiling point. I find it instructive to think of truffle aroma as having a "half life". Top quality fresh truffles, properly stored, have full perfume and flavor for close to a week. By the second week it starts to drop quickly and by the third it's a fraction of when it was first dug. Truffle professionals rarely store truffles in rice these days. The current best practice is to wash truffles in cold water, pat them dry and individually wrap

them in a clean a paper towel. Keep them in the refrigerator but don't let them freeze. I always store them with eggs. You never have too many truffled eggs.

Getting the most out of truffles is about making good choices. The trick is to pick foods that will allow the truffle flavor to develop and shine. Truffle flavor does very well with fat and protein. That's why eggs, butter and cheese are such great vehicles for truffle. Foods high in acid, citrus and tomato for example, tend to dull truffle flavor except in the smallest quantity. Hot spicy flavors simply overpower truffle. Long simmered dishes dull the flavor too. Since the flavor compounds have a low flash point, the flavor is boiled out. Add fresh chopped truffle near the end.

Over the years I have become very much the truffle purist. I banished truffle oil from my kitchen almost 15 years ago. Truffle oil first came on the scene in the eighties when scientists successfully replicated the flavor compounds in the laboratory. This is the same amazing science that has made every flavor of jelly bean possible, but it's all fake. In retrospect, it should have been obvious that if you could infuse truffle flavor into olive oil by natural means, the Romans would have figured it out. Truffle oil is simply too good to be true. Do the math. A little tiny scrap, of an often inferior species of truffle, is not going to infuse a few ounces of oil with the flavor of a Kilo of fresh truffle.

To make things worse, truffle oil is an enabler. Why spend 800 dollars on real

black winter truffles when you can buy flavorless Chinese truffles for 40 bucks and drizzle the food with truffle oil. Adding insult to injury, some people have now become desensitized to the flavor of true fresh truffle. To me truffle oil stains the palate for hours and ruins every dish that follows.

There are a couple of good ways to enjoy truffle out of season. Flash frozen truffles have very good flavor. They lack the intense perfume of fresh, but they are delicious. You can also make very good truffle butter yourself by mixing a good amount of finely chopped fresh truffle with butter and keeping it frozen. It's not the same as fresh, but with pasta and a little really good cheese in June, it's still pretty tasty.

Ken Frank is executive chef and owner of La Toque and the host chef for the annual Napa Truffle Festival. Chef Frank's 31st annual Truffle Dinner kicks off on January 7, 2012 and the Napa Truffle Festival takes place January 18-21, 2013. More information is available at NapaTruffleFestival.com.

*Chef Ken Frank*

Ravioli "Sunny side up" with Farm Egg and Truffle Butter



Serves 4

4 fresh farm eggs (plus one egg for egg wash)

1 sheet fresh pasta (eight 5 inch squares)

½ cup cooked white beans

½ cup ricotta cheese

4 tablespoons finely chopped fresh truffle

3 ounces good sweet butter

Salt

In a tightly sealed jar, store whole eggs with fresh truffles in the refrigerator for at least 48 hours. This is critical to allow the truffle flavor to infuse. Puree well cooked white beans in food processor until smooth. Add ricotta and half of the chopped truffle and mix well to incorporate. Season with salt to taste. Load truffled bean/ricotta mixture into a pastry bag. Pipe a 3 inch circle of the bean/cheese mixture onto 4 of the pasta squares making sure the whole in the center will be the perfect size to gently cradle a raw egg yolk. Without breaking, carefully place a truffled egg yolk in the center, brush the perimeter with egg wash and carefully press the top sheet of pasta around the yolk. Trim the rim to give each piece the free form shape of a fried egg. Cook 3 minutes in boiling salted water. In the meantime warm the butter and remaining fresh truffle in a sauté pan, season with salt and swirl in a small amount of the pasta cooking liquid to make a sauce. Place each ravioli on a plate and spoon truffle butter on top.❀

3rd Annual



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TRUFFLE
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AMERICAN TRUFFLE COMPANY

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January 18-21, 2013



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Napa, CA*



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*Quince
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**The
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*And culinary adventure
of a lifetime!*

Truffles anyone? Join in the fun, science and culinary adventure of a lifetime in pursuit of the rare and delectable black winter Périgord truffle (aka black diamond) — which will be discussed, examined, probed, prepared, demonstrated and, finally, paired with wines and feasted upon for breakfast, lunch and dinner! New this year: wild mushroom forage!



For more information and tickets, visit napatrufflefestival.com.

Reserve your tickets now!



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Event Calendar
always updating.
For more information
on chapter events,
please click
“Local Chapters”
at www.aiwf.org.

NOVEMBER 2012

- 1 **Local Libations** – Chicago (IL)
- 4 **RIDE THE “CHEESE LOVER’S LIMITED”** – Santa Barbara (CA)
- 5 **I LOVE CRAB CAKES!** – Washington (DC)
- 6 **El Meson Dine Around** – Dayton (OH)
- 7 **Annual Fundraiser for Days of Taste® and educational programming** – AIWF New York (NY)
- 8 **Nora Restaurant and Bar** – AIWF Dallas/Ft. Worth (TX)
- 8 **Gunpowder Bison BBQ & Bonfire** – AIWF Baltimore (MD)
- 9 **Pinot Days Dinner** – AIWF Chicago (IL)
- 10 **Bourbon Tasting** – AIWF Dayton (OH)
- 12 **Books for Cooks** – AIWF Monterey Bay (CA)
- 12 **Days of Taste® “SUCCESS” Party - Come One Come All-** AIWF Kansas City (MO)
- 13 **Happy Hour at Royal Sonesta Harbor Court** – AIWF Baltimore (MD)
- 13 **Villa Capri-Poway & Carmel Valley** – AIWF San Diego (CA)
- 14 **Gala Dinner & Scholarship Auction - The Top of the Hub** – AIWF Boston (MA)
- 14 – 17 **NOT JUST ANY “PORT” IN A STORM** – AIWF Wichita (KS)
- 14 – 17 **Villa Capri - Carmel Valley** – AIWF San Diego (CA)
- 14 – 17 **San Diego Bay Wine & Food Festival** – *Special AIWF Discount*
- 15 **Bradley Center VIP Room** – AIWF Milwaukee (WI)
- 17 **Monica’s Nueva Cocina** – AIWF Dallas/Ft. Worth (TX)
- 19 **Cooking Class-Appetizers** – AIWF Dayton (OH)

- 27 **Sisu Uptown Resort** – AIWF Dallas/Ft. Worth (TX)
- 30 **Bread Making Class and Book Signing with Nick Malgieri** – AIWF Baltimore (MD)

DECEMBER 2012

- 1 **Holiday Celebration of the Wines of Gloria Ferrer** – AIWF Wichita (KS)
- 4 **Winter Fundraiser** – AIWF New York (NY)
- 5 **Holiday Dinner at Maggie’s** – Santa Barbara (CA)
- 7 **Ladies Charitable Luncheon** – AIWF Dayton (OH)
- 9 **Gingerbread House Party** – AIWF Milwaukee (WI)
- 12 **The Garlic’s as High as an Elephant’s Eye** – AIWF Piedmont (NC)
- 12 **Annual Christmas Party** – AIWF Monterey Bay (CA)
- 14 **Christmas Gala** – AIWF Dayton (OH)
- 19 **Holiday Party at Orion Ballroom** – AIWF Dallas/Ft. Worth (TX)

JANUARY 2013

- 5 **Art Perfect Pairing** – AIWF Dayton (OH)
- 17 **Three-Vertical Tasting of Hidden Ridge Vineyard Cabernet Sauvignon** – AIWF Wichita (KS)
- 21 **c.1880** – AIWF Milwaukee (WI)
- 27 **9th Annual Culinary School BBQ Battle** – AIWF South Florida (FL)
- 29 **Remote Dine Around TBD** – AIWF Dayton (OH)

BY CHRISTINE PANAS, AIWF NEW YORK CHAPTER CHAIR
PHOTOS PETER DOYLE



Above – From left to right: AIWF NY Board Member Gennaro Pecchia, Guest, Sylvia Weinstock, LDNY Chair Melanie Young, AIWF NY Chair Christine Panas, LDNY Member & AIWF NY Board Member Caroline Stuart, Guest, Guest, AIWF NY Board Member Allison Bennett

Right – Julia Child's 100th Birthday Cake from Sylvia Weinstock Cakes



Left – AIWF NY Chair Christine Panas



Above – From left to right: Chef Alain Sailhac, Sylvia Weinstock, Chef Jacques Torres, Alex Prud'homme, Chef Andre Soltner

JULIA@100: A Celebration

On Wednesday, September 12th, the AIWF NY in collaboration with Les Dames d'Escoffier NY celebrated Julia Child's 100th birthday at the Consulate General of France. We had the honor of being the first event held at the Consulate under the new Consul, Bertrand Lotholary. Mr. Lotholary gave a wonderful and warm speech about Julia's experiences in France.

Alex Prud'homme, nephew of Julia Child, also spoke about his experience collaborating with her on her signature work, *My Life in France*. Also in attendance were Andre Soltner and Alain Sailhac, two culinary luminaries and friends of Julia.

Over 250 guests enjoyed an array of

delicious passed hors d'oeuvres created by Diane Gordon Catering. They also were treated to a special cake commemorating Julia's *My Life in France*, created by the inimitable Sylvia Weinstock.

Members of LDNY and the AIWF NY along with guests and fans of Julia toasted Julia and her life's work. Said AIWF NY Chair, Christine Panas, about Julia, "She gave so much joy and so much inspiration to so many people for so many years. And as we celebrate her tonight, I can think of only two words to sum up what we all feel: Delicious and Joyful."

In her remarks, Melanie Young, president of LDNY NY remembered Julia's induction into the organization and her

commitment to the LDNY mission.

Photos of the event can be found on the AIWF New York Facebook page.

We thank the following donors for making the event such a wonderful success:

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Les Trois Petit Cochons
Petrossian
Robinson's Prime Reserve
Southern Wine & Spirits
Woodrich Dairy, Jarlsberg Cheese USA ❖

BY SANDIE GEIB, PUBLICITY CO-CHAIR AIWF DAYTON CHAPTER

The Dayton Chapter Working Together with the Local Community

The Dayton Chapter of AIWF began fall with the start of our Days of Taste Program working with two area elementary schools, Southdale Elementary in Kettering and Wright Brothers Elementary in Dayton, serving a total of 150 students.



Even the bees wanted to be a part of the day!



An educational experience that nourished body and soul



Rosemary Eisenhauer and children from Southdale Elementary



Hands on education for the students at Southdale Elementary in Kettering, OH



"Leaves you can eat"

Robert Evans, a member of the Dayton Chapter Board of Directors, chairs the planning committee for this event. The remainder of the committee is comprised of AIWF members and school representatives. Through the dedication and hard work of the committee, the Days of Taste Program in Dayton has grown and continued to be supported and encouraged by the local community and businesses.

The 2012 Dayton Chapter Days of Taste program includes: A visit to Rosemary's Garden, hosted by Rosemary Eisenhauer, an in-school lesson on the texture and taste of foods with local Chef Carrie Walters and Dayton Racquet Club Executive Chef Jack Skilliter, and culminating with a celebration luncheon at the Dayton Racquet Club featuring the culinary skills of Chef Skilliter, including lessons on meal preparation, etiquette and manners.

The visit to Rosemary's Garden occurred during the week of September 10th and was a fantastic experience not only for the school children, but also for the AIWF volunteers as well.

Dayton has been fortunate to be able to build upon the relationship that has been cultivated with Jonathon Cooper, Principal of Southdale Elementary as we work to expand and grow this program. In the spring of 2012, a garden was dedicated at Southdale elementary by the students that participated in the 2011 Days of Taste Program. The garden appropriately name "Rosemary's Mini Garden" is an example of the in-classroom and out of classroom experiences that are making a difference in the lives of the children that are able to participate in this program.

continued...



Experiencing herbs first hand with Janet "The Herb Lady"



Principal Jonathon Cooper and Rosemary Eisenhauer dedicate Rosemary's Mini Garden



The dedicated volunteers of the Dayton AIWF Chapter



"Roots and Tubers"



Rosemary Eisenhauer and children from Southdale Elementary

The Days of Taste program is made possible in part by the member events that are held throughout the year. These include wine pairing dinners, New Member Welcome Gathering, and a yearly themed special event for members and guests. These themed events, “Great Gatsby” and “Murder on the Orient Express” have proved to be popular events with both AIWF members and guests alike. These experiences help to raise funds for the annual Days of Taste program, and are a recruitment opportunity to grow the Dayton chapter.

The Dayton Chapter continues to grow and thrive under the guidance of a dedicated board of directors, membership and program committees.

We invite you to join us the next time you are in the Dayton area. ❀



The Bourbon Tasting was a tremendous success



“Great Gatsby”



Poolside Wine Tasting



“Murder on the Orient Express”

AIWF would like to thank the following sponsor/partners and industry contributors. Their dedication to the success of our mission is valuable and we appreciate their continued commitment to AIWF and its public education about food and drink.

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Warming Fall Drinks

WRITTEN BY DIANA DE CICCO
POSTED ON WWW.SHEKNOWS.COM



Once the cool weather hits its time to switch your fruity summer cocktails for drinks with warm and cozy fall flavors. Seasonal ingredients from apples to pumpkins make tasty libations that celebrate autumn.

Making fall cocktails

Just about any type of liquor can be used to make fall cocktails, as most liquor delivers that coveted warm fuzzy feeling. Rum, gin, vodka, whisky, brandy, bitters, amaretto, scotch, and schnapps are especially good choices. Don't forget the flavored liquors or liqueurs, which can add one more dimension of fall flavors.

To bring fall into your drink, use seasonal fruits and vegetables like apples, cranberry, pumpkin, honey, beets, chestnuts, grapes, and pomegranates. Herbs and spices like thyme, rosemary, tarragon, sage, pumpkin pie spice, cinnamon, nutmeg, and cloves further resound the fall season.

To finish off your fall cocktails, be sure to garnish with a few pieces of fresh fruit, vegetable or herbs featured in your drink.

Butterscotch Cinnamon

Apple Pie Martini

Serves 1

1 shot cinnamon schnapps
1 cup chilled apple juice
1 shot butterscotch schnapps

Whipped cream, for garnish
Ground cinnamon or cinnamon stick,
for garnish

Directions: Pour cinnamon schnapps into a martini glass. Pour apple juice over schnapps then pour butterscotch schnapps over apple juice. Place a dollop of whipped cream on top of drink and sprinkle with cinnamon or add a cinnamon stick for garnish.

Berry Nutty on the Rocks

Serves 1

1 shot whiskey

1 shot amaretto liqueur

2 splashes of cranberry juice

3 to 4 fresh cranberries

Directions: Fill a double old-fashioned glass halfway with ice. Pour whiskey, amaretto, and cranberry juice over ice. Gently stir and garnish with a few cranberries.

Pomegranate Fizz

Serves 1

A few pomegranate seeds

1 shot pomegranate liquor

1 ounce pomegranate juice

A few splashes Champagne

Directions: Place a few pomegranate seeds in the bottom of a Champagne glass. Pour pomegranate liquor and pomegranate juice in glass then top with a few splashes of Champagne. ❖



Skip the Flowers, Go for Gourds: Setting the Thanksgiving Table



(Credit: Michael Graydon and Nikole Herriott)

Florist Roberta Bendavid has been adorning the rooms at New York's Gramercy Tavern for 18 years. But she doesn't always rely on blooms to set the scene, as this gorgeous Thanksgiving table shows. She tells us how to create a tableau that is as chic as it is seasonal.

SKIP THE FLOWERS

This is the one holiday where you don't want flowers. Take your cues instead from the season's bounty.

GO OFF-CENTER

Find one focal point for your centerpiece, and then ... put it to the side. "This savory cabbage is such an extraordinary specimen," says Bendavid. "But it's most interesting when it's not centered."

BRANCH OUT

A crab apple branch is the backbone of this autumnal tablescape. Find one at a flower or farmers' market (or, if you're lucky, your own backyard), then trim it to fit the shape of your table. Curved branches often offer the most intriguing possibilities.

MAKE VIGNETTES

Place small groupings of vegetables and plants, like these artichokes and rose-hip clusters, at different points along the table. Bendavid also loves the dazzling shapes and colors of fall gourds, beets, Turkish eggplants, and sweet peppers.

COLOR COORDINATE

Pick a palette and go from there. Autumnal russets and corals are represented here with pears and lady apples,

but white gourds and green apples and pears are also striking.

LET IT BREATHE

Be sure to leave some negative space--otherwise things can get too dense. And don't forget to save room for the food!

LOOK HIGH & LOW

Use branches and candles of varying heights to create dramatic shadows.

GET PERSPECTIVE

Each seat provides a different view, so include something for everyone to look at.

EXPERIMENT

Above all, follow your imagination. Why not try quince, grapevines, clusters of grapes, mini pumpkins, and more? ❖

Holiday Dinner Wine Pairings



Holiday dinners are a great time to try new wines with favorite recipes of old. Will it be ham, turkey, goose or prime rib? If you are looking for new wine options to complement your holiday meal, then

look no further, here is a terrific selection of versatile whites and reds that are sure to enhance your Christmas gathering, varietals picked for both their presence and adaptability.

Wines to Serve with **Glazed Ham**

Reds: Beajolais Nouveau, Pinot Noir, Zinfandel, Tempranillo

Whites: Riesling and Gewurztraminer

Wines to Serve with **Roasted Turkey**

Reds: Pinot Noir, Zinfandel, Syrah/Shiraz, Beajolais Nouveau

Whites: Sauvignon Blanc, Viognier, Riesling, Gewurztraminer

Wines to Serve with **Goose or Duck**

Reds: Zinfandel, Red Burgundy, Tempranillo

Whites: Chardonnay, Sauvignon Blanc

Wines to Serve with **Prime Rib**

Reds: Cabernet Sauvignon, Zinfandel, Shiraz, Tempranillo

Whites: Typically white wines have a difficult time holding up to the bold flavors found in red meats, so while it is possible to enjoy white wines with ❖

Colin Cowie on Holiday Entertaining

The party planner extraordinaire shares his foolproof holiday tactics

BY INGRID ABRAMOVITCH, *Reprinted from ELLE Decor*



A drinks station lets Cowie's guests serve themselves.

Egg nog and mistletoe are fine traditions, but sometimes a holiday party needs a novel spin. Party planner extraordinaire Colin Cowie is never short of ideas; he is as adept at entertaining Oprah Winfrey's 500 closest friends (he orchestrated her daytime TV farewell extravaganza last May) as he is at hosting an intimate dinner party at home in his swank Manhattan penthouse. A native of Zambia, Cowie—who recently launched an ambitious online site, ColinCowieWeddings.com—here shares his foolproof holiday tactics. Think chic and, best of all, easy: "Light the candles, put on music, and make your guests feel welcome," Cowie says. "Just relax, because everybody is going to have a good time."

Life of the Party

- If you want to show people your real sense of style, open your house to them. The key is to set everything up the night before. That way, the day of the party, I just have to put food and drinks out, and I'll still have time to shower, shave, and change into a new shirt. Dress up. If you're a hostess, buy new shoes and a lipstick, and put your hair up. A gracious host is unflustered and has a great story to tell.
- Be resourceful. It's not humanly possible to do it all. Buy the turkey and make the soup. Maybe you like setting a table, but food's not your thing. FedEx is one of my favorite entertaining tools. Order seafood from Joe's Stone Crab, ribs from Hickory House, or a ham from Harry and David. Serve it with wine and sourdough rolls. Let guests help themselves.

Holiday Decor

- Start with a color theme: red, brown and gold, white and silver, or purple with turquoise and lime. Use the colors for your invitation and decorations. Create vignettes—groupings of candles, ornaments, and flowers.
- The artificial trees of today look so real, and you can reuse them next year. If you miss the scent, you can get fragrant candles that smell like pine. A tree should have at least 100 lights per foot. Try fresh flowers on a Christmas tree: Put red roses in test tubes and nestle them in the branches. Last year I did a turquoise tree and used green spider mums.
- For a dinner party, I set my table to the nines. One Thanksgiving, my theme was a secret garden, with moss and twigs at each place setting; or I'll go contemporary, with glass, manzanita branches, and miniature white pumpkins.

Five Essentials

1. Serve a signature cocktail. Set up a drinks station with glasses and a beverage dispenser so guests can serve themselves. Or hire a mixologist—they're rock stars these days.
2. Play great music. Don't make it all about Santa. Take your best cocktail playlist and mix in about 20 percent holiday songs.
3. Set up food stations. I like charcuterie, smoked salmon and rye bread (with frozen vodka or aquavit), and one warm dish like turkey stew, chicken pot pie, or risotto. To serve, have a tray of espresso cups and spoons at the ready so people can have a taste.
4. Assemble a colorful guest list. Don't always invite the same people. Mix it up.
5. Good lighting is a must. Not too bright; use dimmers. There's no such thing as too many candles. Votives, pillars, tapers—use them everywhere.

Social Qs

- Today, we live in a much more casual society: Some people text, e-mail, or use Cocodot.com or Paperless Post to send out invitations, and all are fine. If you e-mail an invite, send it two weeks in advance so people can plan. As long as good taste prevails, you can do anything.
- At a seated dinner, I don't do well with unexpected guests. I am to tabletop what Imelda Marcos is to shoes: I can't resist buying a good plate. But even I don't have 16 of everything.
- A guest makes an effort—dressing up, arriving on time, having something to say. So keep politics and religion out of it. Afterward, a timely flower arrangement, handwritten thank you, or phone call to the host gets big points. ❖

Cranberry Beaujolais Sauce

for Thanksgiving Turkey

FROM *WINE IN THE KITCHEN: RECIPES FOR THE HOME COOK*
BY AIMEE N. YOUNGS

Beaujolais is a French wine of Gamay grapes, fermented for just a few weeks, and released to the world each year on the third Thursday of November. It is light and fruity, and should be drank chilled to about 55°F. It makes a good table wine for Thanksgiving Day, and should be consumed within a year of bottling.

Makes 8-10 servings.

2 tablespoons light butter
1 small onion, minced
1 cup water
1 cup Beaujolais wine
3/4 cup sugar
3 tablespoons cornstarch
2 cups fresh or frozen cranberries
1 Thanksgiving turkey, cooked according to package directions

- In a medium saucepan, melt butter over medium-low heat.
- Add onion and sauté until translucent, about 5-7 minutes.
- Add water, wine, sugar, and cornstarch.
- Heat until boiling, stirring constantly.
- Lower heat, then add cranberries.
- Simmer, stirring occasionally for 10 minutes.
- Remove from heat.
- Serve topped over slices of Thanksgiving turkey.

Do-it-Yourself Edible Gift Ideas



Becky Luigart-Stayner, Text: Maggie Gordon

Jams and Marmelades

Homemade jams and spreads like our five-star Cranberry-Orange Marmalade (pictured) can be a sweet, affordable gift for your neighbors.

[Click for recipe.](#)



Kate Mathis

Chocolate-Dipped Pretzels

From *Homemade Christmas Food Gifts - Homemade Christmas Gifts in a Jar - Good Housekeeping*

These pretzels are super-easy to whip up to give as a gift. Dip them a day ahead, and pack them in a box lined with waxed tissue paper. Don't

forget to add a note, or simply remind your friends that pretzels are best eaten within a week — if they're even around that long!

[Check out our Chocolate-Dipped Pretzels Recipe for complete instructions.](#)



Kate Mathis

Chai-Spiced Tea Loaves

From *Homemade Christmas Food Gifts - Homemade Christmas Gifts in a Jar - Good Housekeeping*

Chai spice tastes great in your tea mug and even better in these moist and tender loaf cakes. Bake these do-ahead gifts up to three months ahead — just cool them, wrap tightly in foil, and freeze. When ready to share, thaw at room temperature, unwrapped (to prevent condensation from building up inside the foil), and gift wrap as desired. If you don't have mini loaf pans, you can find the disposable aluminum ones in your supermarket.

[Check out our Chai-Spiced Tea Loaves Recipe for complete instructions.](#)

Curried Lentil Soup

From *Homemade Christmas Food Gifts - Homemade Christmas Gifts in a Jar - Good Housekeeping*



Kate Mathis

Dried lentils and seasonings are layered into a beribboned mason jar to create this inexpensive, one-of-a-kind holiday gift.

[Check out our Curried Lentil Soup Recipe for complete instructions.](#)



Charles Schiller

Chocolate Bark

From *Homemade Christmas Food Gifts - Edible Christmas Food Gift Ideas - Country Living*

This tasty treat is simple to make, thanks to just one basic ingredient: chocolate. Add extra flavor with dried fruits and nuts.

[Recipe: Chocolate Bark](#) ❖



RECIPE BY GALE GAND, AIWF AMBASSADOR, JAMES
BEARD AWARD WINNING & MICHELIN STAR PASTRY CHEF

Gingerbread Cookies



One batch of dough will give you about two dozen cookies; if you plan to double the recipe, make two separate batches. You can add color to the cookies by coloring the icing or by using white icing, then dusting the icing with colored sugar before it sets. After it sets, knock off the excess. The latter gives a prettier, more sparkly effect. String the finished cookies on stout wire and run them along your banisters, mantels, or coil them up into a wreath or centerpiece. Light candles to catch the twinkle in the sugar crystals.

Ingredients

Gingerbread:

8 ounces (2 sticks) unsalted butter, softened at room temperature
3/4 cup packed light brown sugar
1 egg
1/2 cup dark molasses (not blackstrap)
1/2 teaspoon pure vanilla extract
3 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon ground cinnamon
2 teaspoons ground ginger
1/4 teaspoon ground cloves

Royal Icing:

2 cups or more confectioners' sugar
3 tablespoons milk
1 teaspoon egg white*

Decorating:

Raisins, as needed
White chocolate chips, as needed
Various food coloring
Various colors of sanding sugar
Equipment: Pastry bag fitted with small, round tip; cookie cutters in the shape of gingerbread men and women, dreidels, Christmas tree ornaments, and snowflakes; wire, string or yarn for stringing

Directions

Make the Gingerbread: In a mixer fitted with a paddle attachment, cream the butter until smooth. Add the sugar and mix. Add the eggs and mix. Add the molasses and vanilla and mix.

Sift the flour, baking soda, salt, cinnamon, ginger, and cloves together. Working in batches and mixing after each addition until just combined, add the dry ingredients to the butter-sugar mixture. Shape the dough into a thick disk, wrap in waxed paper, and refrigerate 1 to 2 hours.

Preheat the oven to 350 degrees F.

Grease 1 or 2 cookie sheets. On a lightly floured surface, roll the dough out 1/4-inch thick and cut out with desired cookie cutters.

To make the Royal Icing: In a mixer, blend the confectioners' sugar, milk, and egg white together. Add more sugar to get a pipe-able consistency.

To make Gingerbread Men and Women: Use gingerbread man and woman cookie cutters and cut out the cookies, re-rolling the scraps as needed. Decorate them with raisins and white chocolate chips for eyes, nose, mouth, and buttons down the front.

Bake until firm, 8 to 10 minutes, and let cool on the pan.

Meanwhile, add some festive colors to your icing with food coloring and lay out colored sugars in small glass bowls with spoons. Using a pastry bag fitted with the smallest plain tip, pipe a few colorful borders or white borders and coat with sanding sugar. When set, add more lines of icing in white.

To make ornaments: Use any holiday-themed cookie cutter to cut out the cookies, re-rolling the scraps as needed. If you plan to hang the cookies, use a toothpick to make holes in the cookies about 1/8-inch wide, keeping in mind that the holes will shrink as the cookies bake and puff up a bit. Bake until firm, 8 to 10 minutes, and let cool on the pan. Meanwhile, color some of your icing in festive colors with food coloring, or use colored sugars. Using a pastry bag fitted with the smallest plain tip, pipe a few colorful borders and decorations on the cookies. When set, add more lines of icing in white. Let the icing harden before threading the cookies onto wire, string, or yarn for hanging. ❖



Celebrating “Auld Lang Syne” in Fashion

New Year's Toasts

In the New Year, may your right hand always be stretched out in friendship, but never in want. ~ Traditional Irish toast

Stir the eggnog, lift the toddy, Happy New Year, everybody. ~ Phyllis McGinley

Here's to us all, God bless us every one! ~ from Charles Dickens' A Christmas Carol

Here's a toast to the future, A toast to the past, And a toast to our friends, far and near. May the future be pleasant; The past a bright dream; May our friends remain faithful and dear.

~ Anonymous

Cheers to you, Cheers to me, Have a Happy New Year's Eve!

New Year's Quotes

For last year's words belong to last year's language And next year's words await another voice. And to make an end is to make a beginning. ~ T.S. Eliot

New Year's Day is every man's birthday. ~ Charles Lamb

Each age has deemed the new-born year The fittest time for festal cheer.

~ Sir Walter Scott

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. ~ Bill Vaughn

Ring out the old, ring in the new, Ring, happy bells, across the snow: The

year is going, let him go; Ring out the false, ring in the true.

~ Lord Alfred Tennyson

Always bear in mind that your own resolution to succeed is more important than any one thing. ~ Abraham Lincoln

The future belongs to those who believe in the beauty of their dreams.

~ Eleanor Roosevelt

Serving Champagne and Sparkling Wines

Bring the New Year in with a bang, not your Champagne! To open a bottle of bubbly without the infamous “pop,” you will need to have it properly chilled to about 45 degrees (easily accomplished by refrigerating for three hours before opening or placing in a full bucket of ice and water for 20 minutes) and gently ease the cork from the bottle.

The Battle of the Cork

There is about 80 pounds-per-square-inch of pressure behind the cork, so carefully remove the foil covering and wire hood. Next ease the cork out, by securing the cork and turning the bottle (held at a 45 degree angle). Once the cork sighs open you are ready to pour. Fluted glasses are best for Champagne and sparkling wines as they encourage the bubbles to collect and rise to the top allowing the full aroma to concentrate near the surface. Go

slow when pouring the bubbly, to avoid frothing, and allow glasses to settle a moment before topping them off.

Champagne and Sparkling Wine Storage

Once opened, Champagne and sparkling wines may be stored for a few days in the refrigerator with the help of a handy Champagne stopper, which helps to keep the wine from oxidizing too rapidly. As for long-term storage, Champagnes and sparkling wines may be cellared horizontally like other wines, but do not necessarily benefit from additional aging.

Pairing Champagne and Sparkling Wines with Food

Champagnes and many sparkling wines tend to pair well with a variety of appetizers, both mild and strong cheeses and hold up particularly well with spicy Asian cuisine. Chips and popcorn, pizza that's light on the tomato sauce, nuts and Mexican food all pair surprisingly well with Champagne due to the salt factor. Bubbly wine is generally more versatile than still wines for pairing with food, making it an ideal celebratory drink that may accommodate occasions ranging from New Year's Parties to weddings.

Source: Stacy Slinkard,
About.com Guide ❖

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For more information,
please click [HERE](#)



Deadline to apply and receive before holidays is 12/14/12.
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Comeback Kale

A surprise star of the vegetable world, kale is back and better than ever.

Remember those curly green leaves resting on the side of pasta-filled plates, or on the salad bar as a display for other, more desirable dishes? Kale once was relegated to garnish status, but today, kale is so much more. Like a has-been star suddenly rediscovered and brought back into the spotlight, kale is now the hot vegetable of the culinary world. You'll find kale's crisp, vitamin-rich leaves taking center stage in everything from smoothies to soups to snack chips.

Kale should be easy to find at your local grocery or farmers market, but it's also just as easy, if not easier, to grow. It's one of the most cold-tolerant and resilient vegetable plants. Plant kale in the fall, when cool weather brings out its wonderfully sweet, nutty flavor. Set out plants again in early spring. As long as you protect the young plants from severe cold winds with a cover, they will grow steadily for months until summer, when plants begin to flower.

When shopping for kale, you may notice some distinctly different options defined by the leaf shape and texture.

Many people are familiar with curly kale, also called Scotch kale, which is bright green with very curly leaves. It's the type most often used as a garnish, but it has many other uses.

Another kind is called black kale but also known as Tuscan, Italian, or Dinosaur kale. The leaves have a darker green, bluish tint and are elongated and flat with a crinkled texture. Lacinato is a specific heirloom variety of black kale that's grown very popular in recent years. Red, or Russian, kale has frilly edges and red-purple stems. Red and black kale varieties tend to be more tender than curly varieties. Try different kale varieties to find your favorite.

Growing Kale

Kale can be grown from seed or transplants. Sow seeds as soon as the ground can be worked in the spring,



Lacinato kale grows in the Wishard Slow Food Garden at White River State Park in downtown Indianapolis.

or set out transplants 3 to 5 weeks before the last frost. Plant again in late summer 6 to 8 weeks before the first frost for fall and winter harvests, and continue planting throughout the fall in zones 8, 9, and 10. Kale grows best in full sun, but it is one of the few vegetables that will tolerate partial shade. Plants that receive fewer than 6 hours of sun daily will not be as stocky or leafy as those that get ample sun, but they will still be tasty. Like collards, kale likes fertile soil to grow fast and produce tender leaves. Enrich the soil with compost and fertilizer before setting out the seedlings.



In this garden, curly Winterbor kale is used as a border plant for height, structure, and fullness.



Kale is both edible and ornamental. At this Michigan State University garden, dark blue-green Lacinato kale contrasts beautifully with sunflowers and lantana.

A nice, even supply of water—about 1 to 1.5 inches of water per week—should be plenty for growing kale. Mulch with compost, finely ground leaves, weed-free hay, straw, pine needles, or finely ground bark to keep the soil cool and moist and to keep down weeds. Mulching will also help keep the leaves free of splashing soil for a clean harvest. Spring-planted kale may stay small until warmer soil temperatures trigger vigorous growth. Kale planted in late summer or early fall may sulk through spells of hot weather. When conditions improve, the plants will take off, quickly multiplying in size.

Kale often grows as a carefree crop, but there are a few insects that like kale as much as people do. Velvety green cabbageworms often can be found chewing holes in kale leaves, though they are more likely to feed on cabbage, broccoli, and cauliflower than to bother your kale. Pick cabbageworms off your kale when you see them. Also watch for outbreaks of gray-green cabbage aphids, which often gather in clusters within the folds of frilly kale leaves. Treat small problems with insecticidal soap, and pick off and discard badly infested leaves.

Harvesting Kale

Like collards, kale leaves are sweetest in the fall, after they've been hit by a light frost. Pick the oldest leaves from the lowest section of the plants, discarding those that appear yellowed or ragged. Pick your way up the stalk, taking as many leaves as you like, as long as you leave at least four leaves intact at each plant's top (this is known as the growing crown). Kale will produce new leaves all winter in zones 7 to 10. In climates where hard freezes are frequent, kale often survives winter with

additional cold protection from thick mulch, row covers, or plastic tunnels.

Overwintered plants promptly bolt in spring, producing yellow flowers and signaling that it's time to remove the plants and make room for other crops. You can allow the plants to flower and cut the stems for a pretty, though short-lived, arrangement. After harvesting, wash the leaves thoroughly and store them in a plastic bag in the refrigerator. Most cooks remove the tough stems, especially for fresh use, but if you leave them on and cook the kale, the stems will become more tender. ❀

Bonnie Plants is the largest supplier of vegetable and herb plants in North America. Find information about kale and other vegetables and herbs at www.bonnieplants.com.

How to Use Kale in the Kitchen

Kale is extremely versatile. Use it like you would spinach, but remember that kale leaves are tougher, more like collards, so they'll need a touch more cooking time. Here are a few ideas for using kale in your kitchen.

Fresh from the Garden

- Chop finely and mix with lemon juice, olive oil, and pine nuts for kale salad
- Mix chopped or sliced leaves with lettuces in a green salad

On the Stovetop

- Sauté with olive oil or butter, garlic, and onion for a side dish
- Stir-fry with ginger or garlic and serve with rice or Asian noodles
- Add kale to nearly any fall or winter soup recipe

In the Oven

- Bake kale au gratin with Parmesan and pancetta
- Make kale chip snacks in the oven or in a dehydrator

Kale Chips

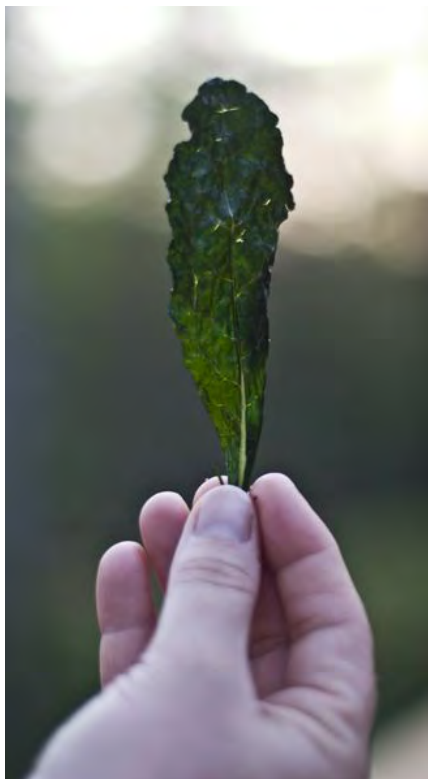
These popular snacks are easy to make.

Ingredients

- 1 bunch kale
- 2 tablespoons olive oil
- Fine sea salt (optional)

Instructions

Remove ribs from kale and cut into 2-inch pieces. Toss with olive oil and a little sea salt, if desired. Arrange on baking sheet or dehydrator trays. In oven, bake for 15 to 20 minutes at 275 degrees F, turning leaves after 10 minutes. Avoid overcooking. In dehydrator, dry for 8 to 10 hours (or overnight) at approximately 100 degrees F.



Lovely kale chips make a tasty and healthy snack.



Store kale chips in a glass jar or container to preserve crispness.



St-Roch gets a fresh dusting of snow. Quebec City's new chic district takes its name from the church.

Flying into Quebec City in winter I thought of my father, who was French Canadian and born in the small town of Châteauguay. He was proud of his heritage and every few years would drive us 300 miles from our Massachusetts home, across into Vermont, through upstate New York, around Lake Champlain and across the St. Lawrence River to visit his boyhood home. I loved visiting the farm where he was born and remarkably, the shed where he was really born was still standing on the property.

We would feed the livestock and chickens, milk the cows, make cheese, tend the fields and vegetables, eat the honey from the hives on our morning toast and marvel at the imperial quarts of milk, delivered by horse drawn carts through the streets of Montreal and Quebec City. They were bigger than those in the United States, with a bulging neck that would collect the cream for the adult's coffee.

Then there was the delicious honey butter that came in crocks and also



Old Town Quebec City

Quebec City Memories

BY JOHN BLANCHETTE

graced the toast when we dined with our big city relatives in Montreal and Quebec City. And the distinctive flavor of the fresh pressed cider from Macintosh apples and, of course, the maple syrup and candies have a special place in my memory.

My father loved hockey and golf, the major Canadian pass-times. He was good at them both and played on the Boston University team, before

WWII interrupted his education. The last time I had visited the city I was 16. College would interrupt my return for many more years.

When we landed the weather and flora were confused. They had just gone through a very mild winter and the week before temperatures had reached into the 70s. Alas, I was never to see those days. Temperatures plunged into the teens, and brave new



Canadian Ciders

buds were shivering in the cold along with me. It even snowed on my final day in the city. It will be my Christmas card photo.

My memories of Quebec City were dim. I remembered wandering the narrow and enchanting streets of Old Town (Vieux-Quebec), now a UNESCO World Heritage site composed of Basse-Ville (Lower Town) and High Town (Haute-Ville). The period architecture dates back 400 years and reminds one of Europe, especially with French floating in the air.

I remembered the Marche, where the local farmers sold their goods on the weekends, and the immensity and utterly stunning beauty of Hotel Frontenac, perched above the city wall (the only one still standing in North America) next to the cannons and gunnery placements that guarded this narrowing of the St. Lawrence River, so crucial in the fighting between the English and French for control of the Canadian Territory and entry into the great lakes and mid-America. According to local lore it is

the most photographed hotel in the world.

The British may have won the battle which ceded them the country, but they could not pry the language nor the heritage from French Canada. The name Quebec is not French however, it



is derived from the Algonquin language and means "narrowing of the river."

After so many years I looked forward to visiting our friendly northern neighbors, a warm cap upon our communal head, even in the cold of winter. I



Shopping at the Marche

was staying at the new four-star TRYP Quebec Hotel PUR, www.tryphotels.com, in the St-Roch District, a former working class, poor neighborhood that was going through a revival. "This is the first hotel in North America from TRYP by Wyndham," said Daniel del Olmo, brand senior vice president.

Mayor Regis Lebeaume had made revitalization a priority, pouring money into redevelopment. New galleries, restaurants, clubs and shops have turned it into one of the chicest locations in town. Cirque du Soleil has set up headquarters here and offers free shows in the summer.

St-Roch Church is the largest in Quebec City and the focal point of the community. The church is located across the street from TRYP Pur and it was to be the scene of a most unusual event.

I was picked up at the airport by the hotel limousine and enjoyed a glass of champagne on my way into town. Pur is French for pure and architect Caroline Lajoie has created a quality atmosphere that is innovative, minimalist, sleek and open. The hotel offers free internet and wifi, but my favorite area was the spa, with a dry sauna to chase the winter cold, a large lap pool and exercise room.

Table, Bar Gastronomique is run by inventive young chef Francois Prive. The restaurant kitchen is in the center of the room surrounded by well spaced tables that allow easy conversation. Food is eclectic, seasonal, creative and often small plates.

On a visit to St-Roch, a neo-Gothic/Roman church completed in 1923, Chef Francois and staff surprised us with a catered event inside the church. For someone like myself, raised in a conservative Catholic environment, it gave me a secret pleasure to be breaking some unwritten rules. Tables were decorated on the Altar sanctuary and we dined to

live opera sung from the pulpit. Every time I walked past the tabernacle I had to fight the urge to genuflect.

The best way to get a full view of this city of just over 500,000 is to take the ferry across the St. Lawrence River to Levis. The ancient skyline reveals itself upon the promontory and Hotel Frontenac's full majesty is impressive.

When you return to the dock begin a walking tour of Old Town, both lower and upper. Easy access is a \$1.50 ride on the Funiculaire up to Haute-Ville. It's a relatively compact town that can be covered in a few hours at a leisurely pace. The buildings and town squares are distinct and lovely, and the narrow lanes make for great window shopping.

Make sure to visit the Musee des Beaux-Arts, which is on the grounds of the Plains of Abraham battlefield (1759) that determined British dominion over Canada and the end of French colonization. In the 1763 Treaty of Paris the territory was officially ceded to England for good.

I also enjoyed La Korrigane brewpub on Dorchester Street, www.korrigane.ca. Make sure to ask for the five-glass taster so you can enjoy the range of beers, from a fresh blueberry lager to a dark chocolate stout.

Speaking of chocolate, don't miss the sweetest part of the city tour, a visit to 634 rue Saint-Jean and the Chocolate Museum. Yes, tastes are part of the tour, www.chocomusee.com.

One of the more unusual shops was Benjo, www.benjo.ca, a toy store



View of Hotel Frontenac from Ferry, the most photographed hotel in the world.



on steroids with a staff of grown up 10-year-olds who love teasing the customers. Make sure to take the zany train ride around the store and through the tunnel into the back room fantasy land. And watch out for the employee operated flying sharks, darting toy helicopters and the five-foot robot who loves to squirt water on shoppers.



Three photos of the Montmorency Falls

The city is hockey mad and is building a \$400 million sports complex to try and lure a new club to replace the Nordics, who left for Denver a few years ago.

About seven miles northeast of Quebec City are the thundering Montmorency Falls, named by explorer Samuel de Champlain of lake fame for his patron, the Duke of Montmorency. At 227 feet tall they are the tallest in North America and nearly 100 feet higher than Niagara Falls, but far narrower. For the fool-hardy there is a footbridge that spans the falls with spectacular views.

In winter snowboarders make use of the the spray from the falls. It coats the nearby rocks with continuously falling powder snow. There are also a number of excellent ski resorts within an hour of town.

Visiting Quebec City again after so many years brought back a flood of memories that had been hidden away for some time, and I'm glad they're finally back again.

For housing options, restaurant information, shopping tips, event listings, guidebooks, brochures and maps, contact the Quebec City Tourist Office (877) 783-1608, www.quebecregion.com. ❖



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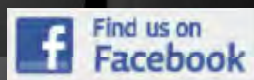
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The AIWF is dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table. The American Institute of Wine & Food® is one of the few national organizations with the unique combination of dedicated wine and food enthusiasts and professionals. Wine and food enthusiasts get to meet and learn from renowned chefs, winemakers, authors, culinary historians, and food producers, while industry professionals have the opportunity to know and understand their core consumers.

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