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spread



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

It's Harvest Season!

eDining.ca



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September, 2008

Check out these events in the month of September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labour Day 1	2	3	2008 NS Wine Festival Kick-off Party at Taboo 4	5	6
Torpedo Ray's Treasure Hunt Dive at the Shore club 7	Wine & Art Gala at the Shore Club! 8	9	10	The Trews Rock it Out at the Shore Club! 11	12	13
Terry Fox Run at the Shore Club 14	15	16	Wine Visions 2nd Annual Bouchard Burgundy Dinner at Onyx 17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Check the [eDining Events & Happenings](#) page for upcoming events like: [Delta Seafood Festival 4-Course Lobster Supper](#) all month long & more!

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Indian Food

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Curries, Masalas and Naan, Oh My!

The rising popularity of Indian Food throughout the world dates back to as far as the 16th century. European merchants went to India for trading purposes, and always returned with valuable spices. When India became a British Colony in the later half of the 1800's, trade increased and many people from India chose to move to England. As such, Indian restaurants became more and more prevalent. Today, there are over 10,000 Indian restaurants in Britain alone. The 1st Indian eatery was opened in London's Portman's Square in 1809. It was called Hindustani Coffee House

Usually, minimal fat is used, and cooking is at low heat so that the natural oils are brought out and maintain the natural aroma. Indian cuisine is characterized by its sophisticated and subtle use of many spices and herbs grown across the Indian subcontinent and also for the widespread practice of vegetarianism

across its society. Considered by some to be one of the world's most diverse cuisines, each family of this cuisine is characterized by a wide assortment of dishes and cooking techniques. As a consequence, Indian cuisine varies from region to region, reflecting the varied demographics of the ethnically diverse subcontinent. The colonial period introduced European cooking styles to India adding to its flexibility and diversity. Indian cuisine has also influenced cuisines across the world, especially those from South East Asia.

While very popular, Indian food has only just begun to see it's rise in popularity in Nova Scotia. With restaurants like the Taj Mahal (www.tajmahal7wonders.com or 902-492-8251) on South St. and Curry Village (<http://www.curryvillage.ca>, or 902-429-5010) on Brenton Place, we have some excellent examples of the finest Indian cuisine within our reach.

To kick-off the 2008 Fall Wine Festival, the Winery Association of Nova Scotia is hosting their launch party at Halifax's hottest new nightclub, Taboo. Sample great Nova Scotia wine as well as food from Taste of Nova Scotia members in a fun, party atmosphere. The launch celebration is just the beginning of two months of Fall Wine Festival activities!

On Thursday September 4th, the Winery Association of Nova Scotia will launch the 2008 Nova Scotia Fall Wine Festival will from 5:00 pm - 7:00 pm with a public reception.

Tickets are \$35.00 each for the public reception and gives the chance to sample wines from six Nova Scotia wineries plus quality local food creations from our Taste of Nova Scotia Chefs at Five Fisherman, Little Fish, Chives Canadian Bistro and more.

Tickets: Contact Janice MacDonald at (902) 492-9291, ext 114 or
taste@tasteofnovascotia.com Taboo Nightclub 1735 Grafton Street, Halifax

www.taboonightclub.ca

www.winesofnovascotia.ca

Wallace Fraser, former President of the Canadian Association of Professional Sommeliers, Atlantic Chapter, has recently taken a trip to the Centre Vinicole- the oldest union of producers of champagne. It comprises 82 winemaking cooperatives representing more than 5000 vineyards. His first stop was to Chateau Mouton Rothschild, built in 1981.

Fraser, who is currently Sommelier for Vincor Canada gives us what feels like a guided tour through the facility at Chateau Mouton, where he is shown the scientific processes by which Baron Phillippe de Rothschild's famous wine is made.

To read Wallace Fraser's account of his trip to the Chateau, click here:

[A Sense of Wonder at Chateau Mouton Rothschild, by Wallace Fraser](#)

The Trellis Café in Hubbards continues to grow as a venue for great music, as well as "Real Food Since 1985". Every Thursday night the kitchen party continues to grow in the lounge with an acoustic music jam where all musicians and voices are welcome.

Both Friday and Saturday evenings enjoy entertainment with dinner, from the best South Shore blues with Morgan Davis, to Canadian folk singer-songwriter, Cheryl Gaudet. Music, artwork and food - local, home made and home grown! Daily 8am to 9pm and later on the weekends.

<http://www.trelliscafe.com>



September at White Point Beach Resort

Saturday September 20th - NS Fall Harvest Culinary and Wine Festival celebrating an all Nova Scotia line-up consisting of:

Chef's Magic Culinary Class with Chef Alan Crosby; *Off the Vine Tasting* with our Sommelier; and our *Taste of Nova Scotia Fall Harvest Fine Food and Friends Dinner* featuring a delightful Nova Scotian infused 5 - 6 wine paired course menu prepared by our Executive Chef Alan Crosby. Limited availability. Reservations Required.

Taste of Nova Scotia Fall Harvest Fine Food and Friends Chef's Table Dinner

\$60 per person plus tax and gratuities.

Reservations required. For Dinner only, call the Seawatch Dining Room at 1.902.354.2711 Ext. 383

*Overnight Packages from \$179.98 per person**

Including 2 nights room accommodation, Chef's Magic Culinary Class, Off the Vine Tasting, Taste of Nova Scotia Fall Harvest Fine Food and Friends Dinner

This month in the Nova Scotia Business Journal, White Point Beach Resort received the 2008 Value award for Nova Scotia from WestJet. The announcement was initially made for the Resort category of the award in West Jet's onboard magazine, up!

Throughout 2008, WestJet customers were invited to nominate their favourite getaways in several different categories, including resorts, in all WestJet destinations. Winners were chosen by WestJet flyers who read up! And voted.

"White Point Beach Resort is honoured to be recognized by WestJet guests," says Managing Director Doug Fawthrop. "We are proud of the experiences we offer and are delighted with this award."

<http://www.whitepoint.com/home.html>

On Wednesday, September 17, culinary enthusiasts will have the opportunity to sample dishes like *escargot croquette*, *panko crusted*, *fennel sauce* and a *saffron aioli* at ONYX.

This year marks Wine Visions 2nd annual Bouchard Burgundy Dinner, with Chef Luc Bouchard.

Chef Bouchard is a ninth generation descendent of the Bouchard family. He is the export director for American markets and International Duty Free, for Bouchard Pere & Fils, one of the oldest and most distinguished Burgundy houses. To reserve your spot at this fantastic opportunity, please contact Kyle at ONYX: 902-428-5680

Friday, September 5th is the next Tap into Progress event, 2nd level of Historic Properties from 5-7pm...sponsored by Banrock Station and C100...\$10 at the door gets you a drink, a chance to win some prizes and your cover for the lower deck pub downstairs...and all of the proceeds go to The Canadian Progress Club, Halifax Cornwallis which supports Phoenix Youth Programs, Nova Scotia Special Olympics, HomeBridge Society and many other community charities.

Bok Choy

Bok Choy is in the peak of its season. It is a type of Chinese cabbage, as one of the World's Healthiest Food. It is characterized by a loose, bulbous cluster of dark green leaves with firm stems. Great for stir fries, it has a mild flavor that is a great complement to other vegetables, chicken, and fish.

Nutritional Value

One cup of bok choy contains approximately 138% of the daily value (DV) for vitamin A, 87% DV for vitamin C, 23% for vitamin B6 and 18% DV for calcium. It has a higher concentration of beta-carotene than any other type of cabbage.

<http://www.whfoods.com>

Try a new recipe today!



[Fish en Papillote with Bok Choy](#) and more in the [recipes](#) section of eDining.ca!

send us your feedback

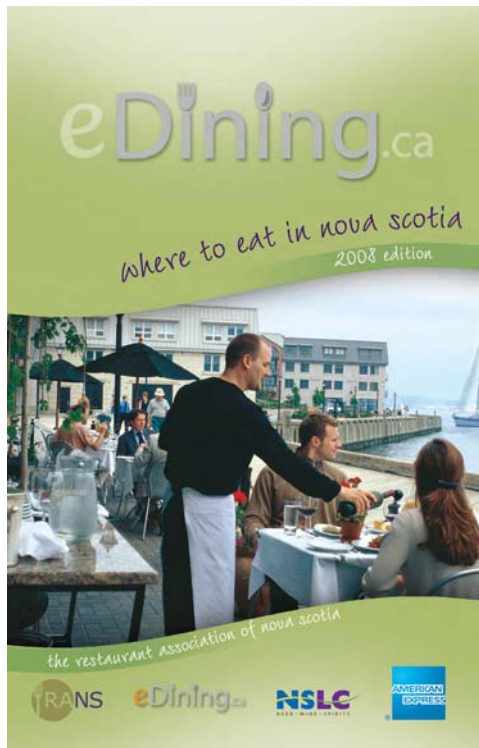
Want to see a special product featured in our next issue?

Want us to profile a restaurant you recently heard of? Need cooking tips?

Send us an [e-mail](#)

IMPORTANT:

For more information on the Maple Leaf product recall issue, visit the Government of Canada website at: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/listeria-eng.php>



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

[your place to shop for unique world-class wine, beer and spirits.](#)