



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



Photo: NS Dept of Fisheries & Aquaculture

## This June, get hooked on fresh Nova Scotia seafood!

If you enjoy fresh Nova Scotia seafood, then make your way to the Cunard Centre in Halifax on June 27 and 28 for the **Catch! Nova Scotia Seafood Festival**. A festive, all-encompassing seafood-eating experience, CATCH will showcase of Nova Scotia seafood products and the hottest culinary trends. If you love seafood, want to learn the latest culinary techniques, collect new recipes, shop, and sample outstanding food and wine, don't miss Nova Scotia's premier seafood event of the year! Highlights include Taste of Nova Scotia booths, the Winery Association of Nova Scotia Wine Bar, the Great CATCH Chef Competition, the Food Network's Anna Olsen, loads of fantastic fresh, local seafood—and of course, recipes, recipes and more recipes! For tickets, details, recipes and more, visit [novascotiaseafoodfestival.ca](http://novascotiaseafoodfestival.ca).



Can't wait for June 27th? The **Restaurant Association of Nova Scotia** and CATCH are teaming up to introduce a new Dine Out Nova Scotia program, running June 14-26. Restaurants across Nova Scotia will be offering "Ocean-to-Plate" three-course dinner meals at fixed price points of \$35, \$45 or \$55. [Click here for the list of participating restaurants and their menus!](#)

But first, flip to page 2 of this month's Spread newsletter to see our feature recipe of the month, decadent Canadian Gold Seafood Crepes!



Where did you hear the latest foodie chatter?

A little bird told me!

Follow eDining on Twitter at <http://twitter.com/eDining>

And of course, you can always check out [videos](#), access hundreds of fabulous [recipes](#) and browse through Nova Scotia [restaurant listings](#), all at [eDining.ca!](#)

## Spring into seafood at The Halliburton

Photo: Robert Pretty



In celebration of Catch, Nova Scotia's spring seafood festival, **The Halliburton** is presenting a great culinary package that showcases Chef Scott Vail's six-course ocean-to-plate blind tasting menu. The package includes one night's lodging at The Halliburton, Halifax's historic boutique hotel, along with Chef Vail's Catch six-course tasting menu for two (on which Big Eye tuna, Queen crab and open water lobster are all sure to make appearances!). Guests will also receive a \$35 voucher for Clearwater Seafood, and complimentary breakfast and parking.

The Catch-6 package is available until June 30, from \$315 nightly per couple. The tasting menu alone is priced at \$55 per person as part of Dine Out Nova Scotia. Call 902-420-0658 for details and reservations, or visit [www.thehalliburton.com](http://www.thehalliburton.com).

## Congratulations to Best of Food winners

Photo: Scott Munn



Readers of *The Coast* have chosen their favourite spots to nosh around HRM. The paper's annual **Best of Food** awards ceremony was held May 25 at Bear – which was appropriate, since owner Chef Ray Bear took home the honours for Best New Restaurant. Among many awards in varying categories, Chef Craig Flinn was tapped for his best use of local ingredients at **Chives Canadian Bistro**, **Mosaic's** Cooper Tardival was named best bartender, **Fid** was

named best fine-dining establishment, and **Bishop's Cellar** won best wine/liquor store. Congratulations to all!

[See the full list of Coast readers' favourites here >](#)



Photo: NS Dept of Fisheries & Aquaculture

## Recipe of the month

### Canadian Gold Seafood Crepes

*This versatile recipe can be served as an elegant brunch or as a savoury dinner.*

- 2 cloves garlic, crushed
- 1/4 cup (60 mL) shrimp
- 1/4 cup (60 mL) scallops
- 1/4 cup (60 mL) lobster
- 1/4 cup (60 mL) haddock
- 1/4 cup (60 mL) salmon
- 1/4 cup (60 mL) heavy cream
- 1/4 cup (60 mL) white wine
- 2 Tbsp (25 mL) fresh dill, chopped
- salt and pepper to taste
- 4 crepes

Preheat a sauté pan and add a little olive oil. Sauté the garlic first, then add the seafood and sauté quickly. Deglaze the pan with white wine. Add the cream and reduce by three-quarters. Add the dill and simmer. Remove the mixture from the heat to cool. Season with salt and pepper. Take a crepe and add the mixture. Fold over the ends and roll into a cylinder. Place in an oven-proof pan and reheat to serve. Makes four crepes. *Recipe by: Chef Rob MacIsaac*



## Wine Tasting Events



### Port Pub and Bistro Wine Dinner

Thursday June 11th, 6:00 pm

\$75 per person (tax and tip included)

Looking for a fun and entertaining way to spend a Thursday evening? Enjoy an evening of delicious food and great wine at [The Port Pub and Bistro](#) in Port Williams. To purchase tickets, please call Jeremy Mott at 902-542-5555.

### California Wine Tasting

Friday June 12th, 5:00-7:00 pm

Bishop's Cellar, Lower Water St., Halifax

\$20 per person

What better way to enjoy a Friday evening than tasting high-end California wines? [Bishop's Cellar's](#) Friday night tasting series kicks back into gear with some of California's best, including the Fotinos Brother Pinot Noir, a new addition from Los Carneros that is sure to please. Please call 902-490-2675 to reserve your spot.

### Summer Patio Wines: Wine Tasting

Tuesday June 16, 6:30-8:00 pm

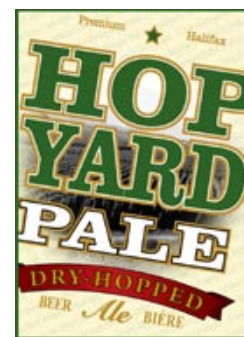
Premier Wine and Spirits, Dresden Row Market  
Birmingham Steet, Halifax

Cost: \$25 per person

The beverages we drink on the deck, the dock, or at the pool change with the season. [Premier Wine and Spirits'](#) tasting will feature eight wines ranging from cool summer sippers, rosés and sparklers to big BBQ wines. Space is limited. To reserve your spot, email Sommelier Drew Curlett at [dcurllett@rogers.blackberry.net](mailto:dcurllett@rogers.blackberry.net)

## C'mon, get hoppy!

[Garrison Brewing Co.](#) will be launching its latest seasonal ale at a special reception this Wednesday, June 3. From 5:30 to 8:00 pm, visit the brewery on Marginal Road in Halifax for a sampling of the exciting new "Hopyard Pale Ale" and enjoy this crisp, west-coast pale as you tour the newly expanded brewing facility. [Click here for details >](#)



## Celebrate Beer on the Pier this August

More than 2000 beer fans are expected to attend the third annual [Halifax Seaport Beerfest](#) on August 8, 2009. A true celebration of all things brewed, the Beerfest, held at the historic Halifax Seaport, will feature over 100 different beers and ciders from around the world. "Our goal is to create a world-class gathering of breweries each year in Halifax where people can sample new products, enjoy old favourites and enhance their beer knowledge in a spectacular outdoor festival setting," says Garrison Brewing Co. president and festival co-chair, Brian Titus.

Great beer deserves great food. New for 2009 is the addition of Taste of Nova Scotia food booths: Scanway Catering, The Port Pub Bistro and Sweet Spot Chocolate Shop will be selling local beer-inspired snacks for hungry festival-goers.

Tickets will be available in early July at select NSLC stores as well as Garrison Brewing Company for \$35 plus HST or \$40 at the door. For more information visit [www.seaportbeerfest.com](http://www.seaportbeerfest.com).





## Nova Scotia wines win international accolades

With 400 acres of vineyard, ten wineries and an ambitious growth plan, Nova Scotia's wine industry has made tremendous strides over the past decade, with recent vintages winning national and international accolades.

Crescendo, one of Nova Scotia's newest wines, made a sparkling debut at this year's Tasters Guild International Wine Competition. The vintage, which is the first sparkling wine created at Gaspereau Vineyards, took home a silver medal. Gaspereau also won a gold award for its L'Acadie Blanc 2008, gold for Reserve Port and double gold for Ortega/Vidal Ice Wine 2008. Jost Vineyards won numerous awards at the same competition, including gold for its L'Acadie Pinot Grigio 2007, Vidal Cayuga 2008 and Ortega Ice Wine 2008. [Click here to learn more about Gaspereau and Jost's Tasters Guild wins »](#)

Later, at the annual All Canadian Wine Championships in Ontario, Nova Scotia wineries brought home a record 28 awards. Jost Vineyard's 2007 Valley Roads Marechal Foch and Baco Noir were recognized as Canada's best in their categories, winning double gold awards.

Blomidon Estate Winery brought home the first-ever medal in the Chardonnay category for Nova Scotia. Its 2007 Reserve was fermented in French oak and aged on yeast lees to produce mouth filling, smooth and balanced flavours with oak integrated into its cool climate fruit aromas.

[See all 28 All Canadian award-winners here »](#)



## Breakfast treasures

We've all heard it said that a good breakfast is the most important meal of the day—and not just on the weekend. Now you can start your engine right at [The Italian Gourmet](#). The downtown Halifax café is now serving full and continental breakfast daily until 11:30 am. Complementing its always-delicious assortment of handmade breads and pastries, they're now offering fresh-made omelettes, eggs done your way, breakfast quiche, yummy French toast, crêpes and Nova Scotia smoked salmon. Call 902-423-7880 for details or [click to learn more »](#)

