



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



Photos: Tammy Fancy

### Savour Food & Wine Show

Almost 700 guests packed Halifax's Marriott Harbourfront Hotel ballrooms on February 26 for the 2009 **Savour Food and Wine Show**. As foodies enthusiastically socialized, sipped and sampled their way through the wares of over 50 exhibitors, Savour certainly lived up to its moniker as the year's most mingle-licious event! Luxurious wines and spirits, flavourful food and luscious desserts... the votes are tallied and we are delighted to present this year's awards for **BEST IN SHOW**:

Scotch enthusiasts are invited to attend a special whisky nosing hosted by Ian Millar. Millar, Glenfiddich's Global Brand Ambassador, will be nosing a selection of 12-year-old, 15-year-old, 18-year-old and 21-year-old Glenfiddich Whisky.

Wednesday, March 4 @ 2pm  
The Elephant and Castle, Halifax

Please RSVP to Chris Collins at [ccollins@pmacanada.com](mailto:ccollins@pmacanada.com) or call 902.483.6246



#### BEST HOT FOOD

- **CUT, Kobe Beef Burger**

Runners-up  
Il Mercato  
Seven  
Ryan Duffy's

#### BEST COLD FOOD

- **Hamachi House**

Runners-up  
Italian Gourmet  
Le Caveau  
White Point Beach Resort

#### BEST DESSERT

- **Scanway**

Runners-up  
Il Mercato  
Italian Gourmet  
Innovative Beverages' chocolate dipped strawberries

#### BEST WINE

- **Fresita Sparkling Wine, Innovative Beverages**

Runners-up  
Zuccardi Organic Chardonnay,  
Bishop's Cellar  
Prost (sparkling), Jost Wines  
Campo Viejo Reserva,  
Corby Distillers

#### BEST DRINK (mixed, cocktail, beer or spirit)

- **Mosaic, Martini**

Runners-up  
Tideview Cider  
Cruzan Black Strap  
Rum, Maxxium  
Guinness, Durty Nelly's

#### BEST BOOTH

- **Il Mercato**

Runners-up  
Hamachi Group  
Scanway  
CUT Steakhouse



Visit [savourfoodandwine.com](http://savourfoodandwine.com) »



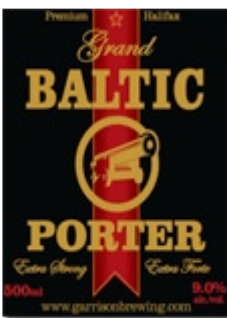
Photo: RCR Hospitality Group



### The local burger joint is all grown up!

CUT has just launched a brand new menu downstairs in The Grill, featuring extraordinary versions of traditional grill favourites. Burgers, poutine, fish & chips — they're all here, but there's nothing typical about them. Order your specialty burger topped with halloumi, brie or smoked applewood cheeses, house-made truffle mayo, kosher dills and even foie gras. Enjoy a side of house-cut fries with chipotle aioli for dipping. Top it all off with an old-fashioned milkshake. Due to popular demand, the Lobster Poutine and several other classic Grill at CUT favourites are still available on the new menu. It's everything you love about the idea of a traditional burger joint but with a jolt of gourmet sophistication! Learn more <http://www.cutsteakhouse.ca/>

### Baltic Porter Wins Big at World Championships!



Award-winning Halifax microbrewer, Garrison Brewing Co., scored big at the World Beer Championships in Chicago this past January. Garrison's latest winter seasonal, Grand Baltic Porter, received a gold medal and an "Exceptional" rating with a score of 94/100. The score is the highest rating ever received by an East Coast brewery. "I'm very happy with the results," says Garrison brewmaster, Daniel Girard. "This is a truly complex and original brew and it's great to see a flavoured porter like this be recognized."

Grand Baltic Porter was brewed with a complex blend of dark malts, the uncommon addition of molasses and the infusion of dates, which has created a rich, berry-like and malty sweetness dominated by licorice and caramel notes. It is a great complement to rich dishes, such as beef stews and General Tao chicken and is excellent with chocolate. Grand Baltic Porter is available from the brewery and through private stores in Halifax until April.

Garrison also received a silver medal for its seasonal Martello Stout, marked by rich flavours of toffee, melted chocolate and roast espresso. For more information visit [www.garrisonbrewing.com](http://www.garrisonbrewing.com)



Photos: FID



### Evolutions

This month, **FID** fans will have to satisfy themselves with only a delicious sense of anticipation, as the restaurant closes during March for renovations. Chef/proprietor Dennis Johnston says he'll be unveiling Fid's next evolution — which includes a new look, a new menu and new modest pricing — in early April. What won't change, Dennis assures us, are the passion, commitment to sustainable and local foods, high service and great downtown Halifax location that foodies expect from FID. We can't wait to see what this culinary wizard has up his sleeve! [Learn more about FID »](#)



Photo: Murphy's

Halifax's waterfront boardwalk is a summer destination for thousands. Don't you wish you could enjoy that atmosphere all year long? Thanks to a new renovation that will be revealed in May, **Murphy's on the Water Restaurant and Gift Store** will be open year-round starting in 2009. New windows will ensure every guest has a fabulous waterfront view, the gift shop will offer an open market atmosphere, and the building's updated decor will complement its history. And with the addition of a 400-pound live lobster tank, a new menu will showcase traditional Nova Scotia delicacies along with customer favourites. [Learn more »](#)

### A glass a day...

A full-bodied red wine is wonderful for chasing away those late-winter blues, and **Premier Wine & Spirits** is hosting several tasting events this month.

#### You say Shiraz, I say Syrah

Tuesday, March 10 @ 6:30 pm  
In Europe and South America this noble grape is known as Syrah, while in Australia and South Africa it goes by the name Shiraz. Whether standing alone or in one of the world's most famous blends, and whichever name it goes by, this grape produces spicy, rich and concentrated red wines. This tasting will feature eight wines from six countries around the globe.  
\$25 plus tax per person

#### Pinot Passion

Tuesday, March 24 @ 6:30 pm  
Pinot Noir is considered by many to be the world's greatest grape variety. From its home in Burgundy, France to celebrated New World regions in New Zealand, California and Oregon, the "Heartbreak Grape" is renowned for its silky complexity. Explore Pinot Noir and members of the Pinot family, such as Pinot Grigio and Pinotage, in this informative tasting.  
\$32 plus tax per person

All tasting events include information and food pairing suggestions for each wine from Sommelier Drew Curlett. Participants also receive a 10-percent discount on their wine purchases following the tasting. Reservations are required and fees must be paid in advance. Please email [dcurlett@rogers.blackberry.net](mailto:dcurlett@rogers.blackberry.net) to reserve your spot today!



### Awards and Recognition



Nova Scotian foodies are fortunate to have a variety of distinctive fine-dining establishments that embody the experience of high-quality, imaginative cuisine and exemplary service in upscale surroundings. The CAA/AAA recently announced its list of Four-Diamond status restaurants, and several Halifax eateries were among those chosen for the coveted honour.

Longstanding winners **Bish World Cuisine** and **da Maurizio** were recognized for their fourth and seventh years respectively, while **Gio** earned the designation for the second time, and **Cut Contemporary Steakhouse** achieved the honour in its inaugural year. The **Halifax Marriott Harbourfront** received the nod for hotels for the twenty-fourth year, while the **Prince George Hotel** earned the designation for the seventh time. A world-recognized rating system, the independent CAA/AAA rating program is the only one that applies to the whole of North America.

Congratulations also to the successful **Hamachi Group of Restaurants** for its gold win for Small Business of the Year at the recent **2009 Halifax Business Awards**. Established in 2001, the company has grown from the original Hamachi House to include three other locations (Hamachi Steakhouse, Hamachi Grill and Hamachi Kita) as well as Rogi Orazio, Brussels Restaurant and Brasserie, and Ekaterina's Fine Chocolates. By providing quality products and an entertaining, cultural dining experience, Hamachi Group has expanded and enlivened Nova Scotia's culinary landscape. Visit [Hamachi](#) »



Photo: Dean Casavechia

### Celebrating local April flavours



Many of the foods we eat are world travelers by the time they end up on our plates. Like a growing number of chefs, eDining.ca supports the practice of eating food that's locally available and in season. A dinner celebrating local food and wine will be held on Wednesday, April 29 at the **Old Orchard Inn** in Greenwich. Presented by Valley farmers, wine makers, chefs and community organizations, **April Flavours** will create an opportunity for diners to sample the wonderful foods that are available in the early spring in Nova Scotia, and to learn more about the importance of sustainable local food. Hors d'oeuvres will be served at 6 pm followed by the main feast at 7 pm, desserts and coffee. Tickets are \$25 and funds will help support school gardens. For tickets please call 902-542-3442 or 902-542-1455, or email [info@gaspereauwine.com](mailto:info@gaspereauwine.com)

