



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



## Celebrate spring with seafood

Spring has officially sprung, and our winter-worn palates are already craving the lighter, fresher flavours of seasonal Nova Scotia food products. That's why we here at [eDining.ca](http://eDining.ca) and our local restaurateurs are getting so excited about the upcoming first annual **Nova Scotia Seafood Festival**. Produced by the Department of Fisheries & Aquaculture, CATCH will take place June 27-28 at the Cunard Centre in Halifax.

This premier showcase of Nova Scotia's seafood products will feature myriad special events and tasty activities. Let your tastebuds explore a world of seafood possibilities at the Seafood Grand Tasting Room and participate in wine and seafood pairing events. At the Seafood Sensations Culinary Theatre, learn great new recipes from famous foodies like Anna Olson, host of Food Network's *Fresh with Anna Olson* show, who will appear on stage to create unique meals using her mantra "eat fresh, eat local." Move to some live music. And be sure to check out the thrilling "Chef vs Chef" culinary competition. It's a weekend of sensory delights featuring the seafood Nova Scotia is famous for.

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, which will run June 14 to 26 as a lead-in to the seafood festival. Restaurants across Nova Scotia will be showcasing their culinary expertise with fresh seafood, by offering "Ocean-to-Plate" three-course dinner meals with a fixed price point of \$35, \$45 or \$55. Keep watching the website for updates as the list of participating restaurants grows!

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](http://eDining.ca)!



**CATCH**  
THE NOVA SCOTIA  
Seafood Festival

**NOVA SCOTIA**  
Fisheries and Aquaculture

## Spring spotlight on Asparagus

The arrival of fresh asparagus in our grocery aisles, farmer's markets and restaurant menus heralds the welcome arrival of spring. These fleshy spears, topped with compact bud-like heads, are succulent and tender and have been considered a delicacy since ancient times.

Harvested at 6-8 inches tall, asparagus features a striking green colour, although white varieties (grown underground to inhibit its development of chlorophyll) and purple varieties (3 inches tall and featuring a fruitier flavour) may also be available.

When buying asparagus, look for firm, thin stems with deep green or purplish closed tips. The cut ends should not be too woody. Store in the refrigerator with the ends wrapped in a damp paper towel and use within two days of purchase. While it is not necessary to peel asparagus, snap off the fibrous base and wash under cold water to remove any sand or soil residues before cooking.

Try roasting asparagus along with vegetables such as pattypan squash and beets for a delectable hors d'oeuvre or side-dish. Serve steamed asparagus with light lemon vinaigrette for a delightfully refreshing salad. Or toss freshly cooked pasta with asparagus, olive oil and your favorite pasta spices.

Click here for more great asparagus recipes at eDining.ca! »



## Nova Scotia food & wine enthusiastically toasted on international website

The [Culinary Media Network](#) is an online food lover's portal founded by editor-in-chief Jennifer Iannolo and Chef Mark Tafoya. CMN started as Jennifer's personal food blog, and quickly grew into online magazine The Gilded Fork. A finalist for Best Food/Drink Site at the 2005 World Food Media Awards, the site features audio and video programming including the world's first all-food podcast network as well as articles, recipes and food blogs.

Based in New York, Jennifer and Mark travel the globe – and they absolutely love it here in Nova Scotia. "We are focusing on the roots of cuisine itself, and celebrating the art of experiencing food, wine and culture via the senses in cooking, in tasting – and in understanding. In short, we are food philosophers," says Jennifer.

Jennifer and Mark capped a recent tour of our region by stopping by the [Savour food & wine show](#) in February, where they rubbed shoulders with some of our province's finest chefs and sampled the flavours of Nova Scotia. They raved about our fresh seafood and unique products, such as the locally harvest sea parsley used by Chef Dennis Johnston at Fid.



Listen in as Chef Mark Tafoya chats at Savour with Chef Michael Howell from Tempest Restaurant and tastes some wine from Blomidon Estates.

[Link to audio MP3 here »](#)

Take a behind-the-scenes peek at the Savour Show as Mark & Jennifer visit with Chefs Sean Doucet, Michael Howell, Dennis Johnston and more! [Watch CMN's video tour of Savour here »](#)

## Career opportunity for wine enthusiast

[Sainte-Famille Wines](#) is looking for account representatives to work 3-4 hours on chosen days Mon- Fri. Applicants must have knowledge of wine and food. Areas to be covered are Yarmouth-Digby, Bridgewater, Valley, Metro, Truro, New Glasgow, Antigonish, and Cape Breton. Please submit resume to the attention of Suzanne Corkum, at [scorkum@st-famille.com](mailto:scorkum@st-famille.com) or fax 902-798-9418.

## Wine lovers rejoice: California Wine Fair Returns!



Attention wine lovers, it's time to uncork California's sunshine in a bottle! Join us on Wednesday, April 8, from 7 to 9:30 pm for the 2009 California Wine Fair, hosted by Harold Foster, the Consul General of the United States of America in Halifax, Pier 21 and the Society of American Wines, Halifax Chapter.

This event offers visitors the unique opportunity to sample from more than 130 premium wines from over 40 of the Golden State's top wineries. Come and explore the remarkable diversity of high-quality Californian wines, many of them otherwise unavailable in Nova

Scotia. A selection will be for sale at the temporary, on-site NSLC store.

Tickets are \$45 and can be purchased at Pier 21, select NSLC stores, Bishop's Cellar, Seven and Premium Wine and Spirits. Proceeds from this event go to Pier 21. Call 902-425-7770 for more information.



## Tideview cider hits the spot

**Tideview Vintage Cider** recently received some positive attention from the Chronicle-Herald's resident sommelier, columnist Sean Wood, who found the varieties he tasted refreshing and delicious.

Tideview ciders are produced from heritage apple varieties such as Golden Russet and Ribston Pippin, which are grown in the Annapolis Valley by partners including Noggins Corner Farm in Greenwich. The market for traditional hard ciders is growing, as more people seek lower-alcohol alternatives for wine, or lighter tasting options than beer.



Wood awarded the 2007 Heritage Dry Vintage Cider, 2007 Golden Russet Dry Vintage Cider, and 2007 Festive Sparkler three stars each, rating them an exceptional value. Tideview's 2007 vintages can be purchased at Premier Wine & Spirits and at the Halifax Farmers' Market, while the company's previous releases are also available at Port of Wines locations, Bishop's Cellar and the Noggins Corner Farm Market.



## Garrison's Ultimate Brew-Off

This April, the award-winning Garrison Brewery is launching its inaugural "Garrison Ultimate Brew-Off," an annual competition for hot-shot home-brewers across the Maritimes. Participants will be asked to produce a five-gallon/20-litre batch of beer based on a pre-determined beer style – this year's style is standard/ordinary bitter. Each entry will receive a written review with the top four each receiving a prize. The best beer overall will be scaled up to commercial size by our Brewmaster, Daniel Girard, which the winning home-brewer will assist in brewing as a Garrison seasonal! This is intended to be an annual event, with a different style chosen each year. The deadline to register is April 30th, with samples due by Tuesday, May 19th.

[Click here for contest regulations and an entry form »](#)

For more information visit [www.garrisonbrewing.com](http://www.garrisonbrewing.com)