

the  
spread

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

(our new look deserves a  
new name...  
hope you like it!)

eDining.ca

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Nova Scotia restaurant listing  
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Videos coming soon!

June, 2008

Check out these events in the  
month of June



Inside

Fine Food & Friends:  
5 Chefs, 5 Courses

2

Fall into a Ring of Fire in  
Windsor on Friday the 13<sup>th</sup>

3

Halifax Seaport's 2<sup>nd</sup>  
Annual BEERFEST

4

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<a href="#">Farmers' Market Investment Info Session</a> , 3:30 p.m. at Fid 1	<a href="#">Caymus Vineyards Wine Tasting Dinner</a> , 7:00 p.m. at Seven 2	3	4	<a href="#">Highland Park and MacAllan Scotch Tasting Dinner</a> , 6:30 p.m. at ONYX	6	7
<a href="#">2008 Atlantic Canada Wine Symposium</a> at the Old Orchard Inn, Wolfville 8	9	10	11	12	<a href="#">Ring of Fire Motorcycle Rally</a> , Windsor 13	14
	16	17	18	19	20	21

All Month Long

[Gourmet by Night](#), 3-course dinner, BYOW, Italian Gourmet

Check the [eDining Events & Happenings](#) page  
for upcoming events



## The James Beard House

On November 5, 1986, the James Beard Foundation officially opened the James Beard House "to provide a center for the culinary arts and to continue to foster the interest James Beard inspired in all aspects of food, its preparation and presentation."

[www.jamesbeard.org](http://www.jamesbeard.org)

### Fine Food & Friends:

Fundraising dinner for top Nova Scotia Chefs taking off to New York City's James Beard House

How often do any of us have the chance to eat food prepared by the likes of Michael Howell of **Tempest World Cuisine**, Craig Flinn of **Chives Canadian Bistro**, Martin Ruiz Salvador of **Fleur de Sel**, Dennis Johnson of **Fid**, or Ray Bear of **Bear**?

On **June 8**, these five chefs will be working together to create five fantastic courses that will be sure to delight the senses. These Taste of Nova Scotia chefs will be preparing a Nova Scotia inspired menu to raise funds for their trip to represent Nova Scotia at the prestigious James Beard House in New York City.

The Fine Food & Friends fundraising dinner will be a celebration of local flavours, including a selection of Nova Scotia wines paired with each course. A reception beginning at 6 p.m. will be followed by dinner at 7 p.m., where Costas Halavrezos of CBC Radio's

Maritime Noon will MC. The dinner will be held at the Juno Tower at CFB Halifax.

Proceeds from the dinner will help the chefs raise funds for the ingredients, wine, products, and travel arrangements they require to put the entire dinner together on August 7 in New York City at the James Beard House.

Tickets for the dinner are \$200.00 each, or \$1400.00 for a table of eight. Wine pairings, taxes and gratuity are included. Tickets may be purchased by contacting Janice MacDonald at (902) 492-9291, ext 114 or [taste@tasteofnovascotia.com](mailto:taste@tasteofnovascotia.com).

For more information about Fine Food & Friends as well as Taste of Nova Scotia, visit [www.tasteofnovascotia.com](http://www.tasteofnovascotia.com).

While you're in Windsor, take the time to check out:

- [The Spitfire Arms Alehouse](#)
- [Sainte Famille Winery](#)
- [Cocoa Pesto Bistro](#)
- [Woodshire Inn and Bistro](#)
- [The Peg and Wire Coffee House](#)



### Just In...

The Italian Gourmet has received a small shipment of **reversible pizza and baking stones** from Artifacts in Clay located in Chester, NS.

Homemade pizza fans will love this uniquely designed clay tool.

**The Italian Gourmet** is now booking reservations for

### **Gourmet by Night**

An evening of fine dining where curtains fall and an intimate atmosphere is created for your small special occasion or milestone birthday.

Featuring the celebration is **Spumoni Torte**, a three-layer combination of chocolate cake, cherry filling and pistachio buttercream (runner-up in the Best Dessert Category at the 2008 Savour food & wine Show).

Three courses \$45  
BYOWine Corkage \$5  
(Visit our neighbor, Port of Wines)

For **reservations** please contact [italiangourmet@eastlink.ca](mailto:italiangourmet@eastlink.ca) or 423-7880.

**Please ask for Kate**

*\*Minimum of eight reservations required.*

August 16, 2008 in Halifax will mark the 2<sup>nd</sup> annual [Seaport BEERFEST](#), where over 125 beers from around the world can be sampled. For \$35, visitors will be able to stroll through the tented boardwalk in the beautiful Halifax Seaport (near Pier 21) and enjoy over 55 different breweries, live music and a variety of food vendors.



BEERFEST this year promises to be even better than its inaugural run, with more booths, more food and even more beer. Organizers are working with the Ecology Action centre, doing their part to make BEERFEST more “green”. Re-usable souvenir sample cups, beer in draught kegs, returnable bottles, as well as more “green” options will be onsite. With these changes, BEERFEST will be a much more sustainable festival for years to come.

This year, an exciting new event has been added to the recipe. A Brewmaster's dinner will be held on Friday, August 15, where diners will have the chance to sit and chat with local brewmaster. Seminars will also be on the menu for BEERFEST, giving visitors the chance to learn more about the brewing process.

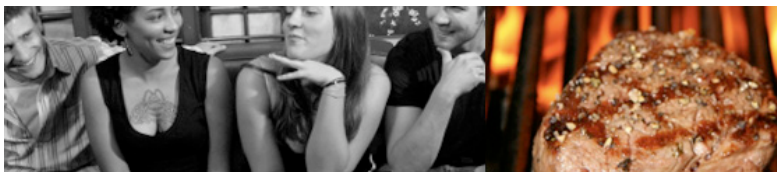
Mark August 16 in your calendars, and keep checking the [edining.ca](#) calendar for more details about BEERFEST and other exciting events.

**Tickets for BEERFEST will be available at your local NSLC.**

## Words of the month

**Raw foodism** is a lifestyle including the consumption of uncooked, unprocessed, and often organic foods as a large percentage of the diet. There are several different variations of a raw foodism lifestyle: it may include raw fruits, vegetables, nuts and seeds, eggs, fish, meat, and unpasteurized dairy products. Someone who considers themselves a raw foodist is a person who consumes primarily or only raw food.

- 1 **Ceviche (Seviche):**  
Raw fish and/or shellfish in a citrus marinade.
- 2 **Tartare:**  
Ground or finely chopped, seasoned raw meat like beef or tuna. May or may not come mounded, and with a raw egg.
- 3 **Carpaccio:**  
Wafer-thin slices of raw beef served cold. Named after the Renaissance Venetian painter.



## RESTAURANT SPOTLIGHT

Ryan Duffy's:  
A new twist on an old favourite

Ryan Duffy's has always been the place to go for a mouth-watering steak, not to mention the stiff drinks and their renowned Caesar salad that's made before your eyes.

There is no disputing the place Ryan Duffy's has earned in the hearts of locals and visitors alike. As of the beginning of May, Ryan Duffy's relocated, moving from its original spot on Spring Garden. Ryan Duffy's is now located on Bedford Row, attached to the Radisson.

With the move, the owners have taken the opportunity to renovate what used to be East Side Mario's. With a sleek, sexy new interior and the same great food, the new Ryan Duffy's is sure to attract even the most stringent of herbivore. They have also chosen to include a breakfast menu to cater not only to the guests at the Radisson, but to the most dedicated steak lover as well.

The new Ryan Duffy's will be sure to delight with mouth-watering dishes, the new breakfast and brunch menus and the brand new location.

[Ryan Duffy's](#)  
1650 Bedford Row  
Halifax, N.S.

[Blomidon Estate Winery](#) is pleased to announce their just-released 2006 Estate Chardonnay.

The Chardonnay is fermented to a smooth and balanced flavour, with oak integrated into its cool climate fruit aroma,s and further softened to this dry wine's natural acidity.

Only 320 cases of the vintage were produced. Made with 100% Nova Scotia grapes, it pairs well with other Nova Scotia products like lobster, Digby scallops, and salmon.

Blomidon Estate Winery's Summer Hours are now in effect: 11:00 a.m. – 6:00 p.m.



# Strawberries

The month of June tends to yield a lot of fresh and versatile products. Take a trip to the market and you'll find tomatoes, peaches, corn, green beans and strawberries, among other fantastic fresh products.

While there are many healthy choices, strawberries are an excellent source of vitamin C and manganese. They also qualify as a very good source of dietary fibre and iodine, as well as potassium, vitamin B5, and omega-3 fatty acids.

In one study, strawberries topped the list of eight foods most linked to lower rates of cancer deaths among a group of over 1,000 elderly people. Those eating strawberries were three times less likely to develop cancer compared to those eating few or no strawberries. ([www.whfoods.com](http://www.whfoods.com))

Try a new strawberry recipe:



[Strawberry Orange Pavlova](#) and more in the [recipes](#) section of [eDining.ca](http://eDining.ca)!

eDining.ca

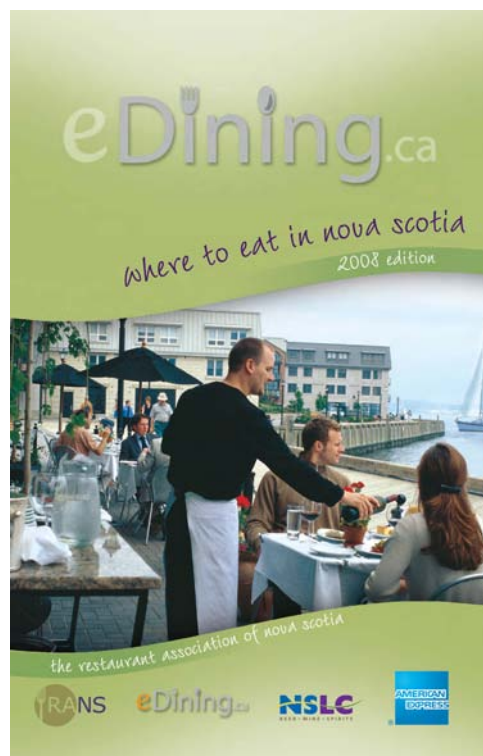
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Want us to profile a restaurant you recently heard of?

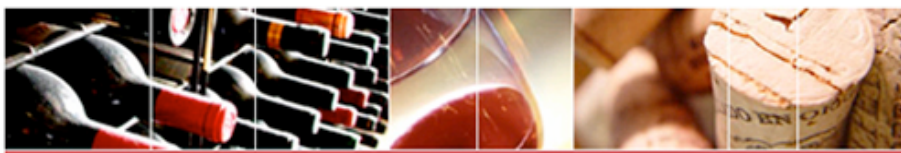
Need cooking tips?

Send us an [e-mail](#) and we'll help you out!



Our new 2008 dining guides are here!

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.