

Celebrate the holidays with tasty food and tasteful gifts!

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December 2008

Check out these events in the month of December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	New Zealand Wine Tasting @ Tempest 3	4	Birding Weekend @ White Point 5	6
Hajj Day! 7	Bodhi Day! 8	Eid al-Adha! 9	10	11	Festive "Chef's Table" Dinner @ White Point 12	13
The Kilted Grill House Open House 14	Christmas around the World @ Tempest 15	16	17	18	19	20
21	Hanukkah Begins! 22	23	24	Merry Christmas! 25	Kwanzaa Begins! 26	27
28	Hijra! 29	30	NYE @ Onyx ; Tempest ; Trellis Café ; The Kilted Grill House ; The Halifax Club 31	Happy New Year!	Check the eDining.ca events calendar regularly for more December celebrations!	

Inside

2

A month of many celebrations and flavours

3

Savour food & wine Show tickets are perfect for Christmas!

4

Wine pairings for the holiday season!



A month of many celebrations and *flavours*

For many Nova Scotians, the month of December brings about thoughts of beautifully decorated Christmas trees, a delicious turkey dinner, and of course the opening of Christmas presents. In reality, that description of a traditional North American Christmas is only an excerpt from the book of celebrations that are held this month around the world. While these celebrations may differ from one culture to another, they all share at least one thing in common: the importance of family time, which conveniently enough is made possible over a festive feast!

As far as what is being served, a traditional North American feast usually consists of turkey, stuffing, mashed potatoes, turnips, carrots, peas, cranberry sauce and, of course, gravy! However, if you were to spend the holidays with a very distant relative living in Mexico, Eastern Europe, or the Philippines, you might be surprised at what they're eating.

In Mexico, like many other places, the traditional Christmas meal varies depending on the region in which you live. Common dishes would include various tropical fruits as well as salads with ingredients like beets, jicama, and peanuts. Delicious stews and tamales would be found at the table along with some sort of seafood.

In areas of Eastern Europe like Poland, Ukraine, and Lithuania, there is an elaborate and ritualized meal of twelve meatless dishes that is served, so you would likely find food like fried carp (a fresh water fish) and potato salad.

In the Philippines, the Christmas dinner is given the name *Noche Buena*, which in English means "good night". Filipino food is full of flavour and their *Noche Buena* is no exception. Traditional fare usually includes lechon (roasted pig), rellenong manok (stuffed chicken), mechado (beef stew), or caldereta (spicy beef stew).

So, depending on whether you choose to eat gravy-smothered turkey for your festive feast or fried carp, just remember that it's not about what you eat that's important, but rather who you eat with.

HAPPY HOLIDAYS!!

A World of Events at Tempest!

If it seems like Tempest World Cuisine Restaurant in Wolfville always has exciting new events happening, it's because they do! With the month of December being no exception, Chef Michael Howell and his gang have some pretty appetizing promotions.

December 3 ~ Danny Hewitt from Innovative Beverages features a New Zealand wine tasting dinner. Tickets are just \$69 for seven wines and seven courses of New Zealand inspired recipes!

December 15 to the 24th ~ Tempest is celebrating "Christmas around the World" where a three course Christmas menu is only \$26.95!

www.tempest.ca

Hit the Beach for the Holidays...

While you may not want to take a barefoot stroll along any Nova Scotian beach this time of year, you may enjoy a getaway to White Point Beach Resort. This festive season, why not leave the holiday headaches at home and spend a few days at White Point? The whole family can enjoy great food, fireside chats, and a swim in the pool, or a day at the spa.

In the spirit of Christmas, White Point Beach Resort is offering some pretty attractive package deals that are hard to pass up. To celebrate the holidays and bring in the New Year, White Point is pulling out all the stops with a jammed packed calendar of events, which includes *Christmas by the Sea* and *New Year's by the Sea*.

On Dec 13, enjoy a night of festive music during the *Christmas Ceilidh by the Sea* with ECMA winner, Troy MacGilivray.

White Point also offers gift certificates, which make for a great gift ideas and last minute stocking stuffers!

Check out www.whitepoint.com for more information.



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Top 3 Restaurants & Bars to *Ring in the New Year*

Depending on whether you're planning to celebrate last year's accomplishments or proclaim next year's resolutions, the following is a list of some hot spots to do so.



Onyx: Onyx is bringing in the New Year with style and flavour. Call Kyle at 428-5680 for ticket information; [click here](#) to view the NYE menu.

Opa Greek Taverna: Opa is definitely known for serving up some of the best Greek cuisine in town, but their New Year's Eve menu is really something else. [Click here](#) to view menu and to find out how to get tickets!

Trellis Café: Live music, delicious food, and friendly faces is what you will find at Trellis Café on December 31st. [Click here](#) to find out how to get tickets to an amazing night on the South Shore!

Holiday Wine Pairings ~This holiday season, Sommelier Alanna McIntyre, Bishop's Cellar, recommends these **fantastic wines** for your **festive celebrations**:

~ To kick off your holiday party, serve some bubbly! Try **Masottina Extra Dry Prosecco, Italy** (\$26) or **Montaudon Champagne, France** (\$48).

~For the traditional turkey dinner, put a red and white at the table. Choose a Chardonnay like **Spires Barossa Valley Estate Chardonnay, Australia** (\$18) or **Spy Valley Chardonnay, Marlborough New Zealand** (\$29) or a Pinot Noir like **William Cole Pinot Noir, Casablanca, Chile** (\$17) or **Quails Gate Pinot Noir, Okanagan Valley, BC, Canada** (\$33).

~Serve up some delicious Nova Scotian Ice Wine with all of your sweet selections this season. Keep a chilled bottle of Ice Wine from Jost Vineyards, Blomidon Estate Winery, Gaspereau Vineyards, and Sainte Famille Wines handy.

For all of Alanna's seasonal pairings, click [here](#).



Holiday Lingo

Nog - A nickname for eggnog
2. Any beverage made with beaten egg, milk and usually liquor. 3. In certain parts of England the term "nog" refers to strong ale.

Ficelle- French for "twine" or "string," referring to a long, very thin loaf of French bread, about half the size of a baguette.

Fino - This pale, delicate, very dry Spanish wine is considered by many to be the world's finest sherry. Finos are excellent when young, but should not be aged because they don't improve and may lose some of their vitality. They are often served chilled as an aperitif.

The above culinary lingo was inspired by cold weather and sourced from epicurious.com.



The Spitfire Arms in Windsor is running a **holiday beer promotion**. Purchase Stella, Leffe, Bass, Boddingtons, Becks or Hoegaarden for your chance to win The European Masters glassware plus the grand prize: a Garmin GPS valued at \$250.00. Check out www.Spitfirearms.com for more information.

Cranberries

Seeing **red** these days? No wonder! It's that time of year where cranberry sauce, dessert, and cocktails are as customary during the holiday season as the turkey. Cranberries in any shape or form are a delicious complement to your feasting feast as they heighten the flavour of everything on your plate.

The name cranberry derives from "craneberry", which was what the first European settlers in America called the cranberry bush because the expanding flower, stem, calyx, and petals of resembled the neck, head, and bill of a crane (bird).

Nova Scotians are fortunate to live in an area of the world where cranberries grow in abundance. As a result of this good fortune, they have grown up enjoying cranberry-infused recipes. For your festive feast this year, try adding a [Cranberry and Bread Stuffing](#) or amaze your dinner guests by serving up a [Cranberry and Clementine Meringue Roulade](#) for dessert. You can find these recipes and many more holiday recipe ideas by heading to [eDining.ca](#).

Excite your taste buds with [this cranberry apple crisp recipe!](#)



Or try...

[Cranberry-Pumpkin Scones](#)

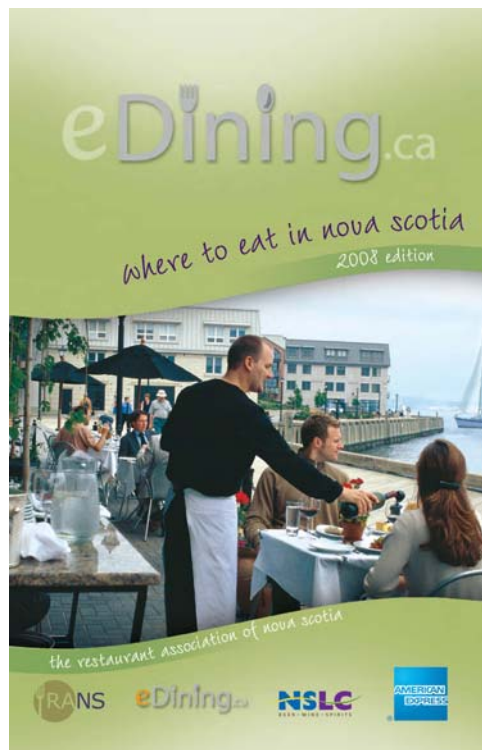


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