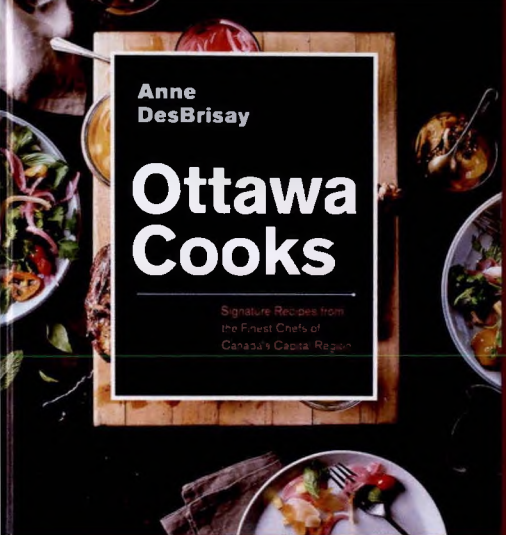


Anne DesBrisay

Ottawa Cooks

Signature Recipes from the Finest Chefs of Canada's Capital Region



Nat's Bread Company
Natalie Hanea



I MET NATALIE HANEA at a coffee shop at ten in the morning. I was still waking up. She was ready for bust. Her day's work starts as most of us are ending ours, delivering her artisanal loaves at daybreak to a dozen retail stores and a dozen more restaurants, before calling it night. It's a day. The Venues/Arts/Arts, Algonquin-trained Hanea's chaffing CV was lengthy before she decided to focus on bread and set a new course. She opened up Nat's Bread Company in 2013, first working in the basement of geezily & Stephen Beckta-run restaurant in Westboro. For a while, she moved to the basement of Beckta's Nepean Street location, among as the cooks were leaving, and baking the night through. But when Beckta moved to its new home (page 42), she did too—in the kitchen at St. Paul's University, where she's finally alone ground. "I can see the trees now! I ask her, why bread?" "I was always into it. I learned bread baking from my grandmother," she replies. It's the routine of bread baking she loves. How it commands full attention. "You need to know how to read it, notice how it changes with humidity, temperature, altitude, flour type. Especially the sourdoughs. Love that." Her particular sourdough starter is called Stan. And Stan gets around, spreading the joy of superb bread to restaurant baskets across the city. www.natsbread.com

Four Seed Bread

In the bowl of a stand mixer, combine both flours, yeast and all other seeds. Using your hand, mix together seeds and evenly dispersed throughout the flour. Add water of the water until the mix is well, using your hands. Mix until everything is well mixed. Add more water as needed to hold the dough together, ensuring that no dry flour remains. Let dough rest in the bowl of the stand mixer covered with a clean, dry kitchen towel for 30 minutes.

Fit stand mixer with the dough hook. Add salt to the dough and mix at low speed for 10 minutes, until the dough looks smooth and starts to pull away from the sides of the bowl. It will still feel sticky to the touch. If the dough has started pulling away from the sides of the bowl, continue mixing, checking every five minutes, until it has pulled away from the sides of the bowl. It should be twice as large as the ball of dough with olive oil. Place the dough in the bowl, cover with a clean, dry kitchen towel and let rise in a warm, draft-free location until doubled in size, 1 to 1½ hours.

Place a clean baking sheet with parchment paper. Cut a sheet of plastic wrap slightly larger than the baking sheet and grease it lightly with olive oil; set aside. Lightly dust a clean work surface with flour and turn the dough onto it. Using a bench scraper or a dull knife, cut the

At Araxi, we have system. Patrick, our star chef, reports the season's harvest was a little different, brought forth from our soil at 1000 feet. We like to serve those in a few several outstanding ingredients. The best ingredients in our most popular and the most loved. We use the best. The Virginia Lake, makes fantastic fresh from a region from the British Columbia forests. Her products are available online and at the grocers.

I bowl, which together all of the ingredients for at least 30 minutes to 10 keep refrigerated in an airtight container.

Place the cucumber, vinegar, shallot and onion in a medium bowl. Toss together and let sit for 10 minutes. Drain and pat dry. Place in a warm place.

Place all of the ingredients in a food processor. Pulse until finely chopped. Add the olive oil and pulse again. Refrigerate the sauce in a large bowl. Refrigerate the sauce in a large bowl.

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JAMES WALT

araxi

roots to shoots | FARM FRESH RECIPES

gin & tonic

Slow-Roasted Pork Shoulder Sandwiches with Peach BBQ Sauce

Slow-roasted pork shoulder sandwiches. Place pork in a large bowl. Using your hands, coat pork in spice mix and let sit for 1 to 1½ hours at room temperature, turning it a couple of times.

Preheat the oven to 275°F. Roast the pork uncovered for about 90 minutes, turning it once or twice while it cooks. The sugar in the marinade should be nice and brown and the pork cooked through to medium-rare. Remove from the oven and cool to room temperature. Cover and refrigerate for 1 hour to cool fully. While the pork is cooling, prepare the BBQ sauce.

Spice mix In a medium saucepan, combine all of the ingredients. Simmer over medium heat until soft, 20 to 25 minutes. Transfer the mixture to a food processor fitted with the metal blade and process until slightly chunky. Season with salt and pepper to taste and a splash of lime juice. (Will keep refrigerated in an airtight container for up to 7 days.)

Peach BBQ sauce Cut the pork into slices of whatever size you prefer. Heat olive oil in a cast-iron frying pan over medium to medium-high heat, add the pork slices and sear both sides until they are slightly crisp on one side. Place the seared meat in a small bowl. Add the bread slices to toast.

To serve Arrange a lightly toasted bun on each plate. Top with pork slices, a couple of slices of fresh peach and a little dressed cucumber. Garnish with sprigs of fresh cilantro.

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- 1 1/2 cups water
- 1/2 cup apple cider vinegar
- 1/2 cup Worcestershire sauce
- 1/2 cup apple cider
- 1/2 cup light brown sugar
- 1/2 cup brown sugar
- 1/2 cup Dijon mustard
- 1/2 cup fresh jalapeños
- 1/2 cup fresh ground black pepper
- Juice of 1 lime, or to taste

Slow-Roasted Pork Shoulder Sandwiches with Peach BBQ Sauce

Chick says: When we first opened our little café, pulled pork was—and still is—all the rage. We wanted to do something a little different, but still keep it recognizable. This is what we came up with. We started the purchase at the first Canadian Chef Congress in Montreal (Sturtevant's Eggplant Farm, cooked salt pork over a hot pit. We'll never forget the smell of the smoky pork over the open flames. This is just one way of using the pork. There are so many others!

Spice mix: Place all of the ingredients in a large bowl and stir until well combined. (Will keep refrigerated in an airtight container for 1 week.)

Slow-roasted pork shoulder sandwiches: Place pork in a large bowl. Using your hands, coat pork with spice mix and let sit for 1 to 1 1/2 hours at room temperature, turning it a couple of times.

Preheat the oven to 275°F. Roast the pork uncovered for about 90 minutes, turning it once or twice while it cooks (the sugars in the marinade should be nice and brown and the pork cooked through to medium-well). Remove from the oven and let cool to room temperature. Cover and

refrigerate for an hour to cool fully. While the pork is cooling, prepare the BBQ sauce.

Peach BBQ sauce: In a medium stockpot, combine all of the ingredients. Simmer over medium-low heat until soft, 10 to 15 minutes. Transfer the mixture to a food processor fitted with the metal blade and process until still slightly chunky. Season with salt and pepper to taste and a splash of olive oil. (Will keep refrigerated in an airtight container for up to 7 days.)

Finish sandwiches: Cut the pork into slices of whatever thickness you prefer. Place meat in a cast-iron frying pan over medium to medium-high heat. Add the pork slices and sear both sides until hot and slightly crisp in some places.

Place the warm BBQ sauce in a small bowl. Add the fried pork slices to coat.

To serve: Arrange a light coating of butter on each plate. Top with pork slices, a couple of slices of fresh pickled onions (if available), garnish with sprigs of fresh cilantro.

bramble on

Ingredients:
1/2 cup fresh raspberries
1/2 cup fresh strawberries
1/2 cup fresh blueberries
1/2 cup fresh blackberries
1/2 cup fresh raspberries
1/2 cup fresh strawberries
1/2 cup fresh blueberries
1/2 cup fresh blackberries
1/2 cup fresh raspberries
1/2 cup fresh strawberries
1/2 cup fresh blueberries
1/2 cup fresh blackberries

Instructions:
1. Wash and dry all berries.
2. Remove stems from raspberries, strawberries, and blueberries.
3. Wash and dry all berries.
4. Wash and dry all berries.
5. Wash and dry all berries.
6. Wash and dry all berries.
7. Wash and dry all berries.
8. Wash and dry all berries.
9. Wash and dry all berries.
10. Wash and dry all berries.

chilled oysters with three mignonettes

Ingredients:
1 dozen oysters on the half shell
1/2 cup fresh lemon juice
1/2 cup fresh dill
1/2 cup fresh shallots
1/2 cup fresh shallots
1/2 cup fresh shallots

Instructions:
1. Wash and dry all oysters.
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3. Wash and dry all oysters.
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8. Wash and dry all oysters.
9. Wash and dry all oysters.
10. Wash and dry all oysters.

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PISCO BITTER

si longtemps cherché le cocktail idéal à souligner les traditions péruviennes. C'est un plaisir de découvrir ce cocktail. Pérou, le Pisco Sour, que j'ai eu l'honneur de le découvrir avec la recette de Trinidad Sour!

Ce ne vous dit probablement rien. Trinidad Sour, mixé d'un vin de raisin rouge au monde qui contient 1 ou (30 ml) Angostero. Voilà dans le Pisco Bitter!

Coquette ou verre à martini refroidi.
Dose: rondelle de lime

- 1/2 oz (15 ml) de pisco 100
- 1/2 oz (15 ml) d'Angostero
- 1/2 oz (15 ml) de sirop d'agave
- 1/2 oz (15 ml) de jus de lime.

Mettre tous les ingrédients dans un shaker et secouer. Filtrer et servir dans le verre refroidi. Garnir de la rondelle de lime.

Romain Cavellier
UN TOUR DU MONDE EN 75 COCKTAILS

Guy Saint-Jean

Cambridge

De de mes amis vient de Cambridge et, sans penser que tous les Cambridgeiens lui ressemblent, j'aimais que ce soit une petite planète d'hommes et de génies, surtout très dévoués, comme ce cocktail.

PHNOM PENH MARTINI

Coquette ou verre à martini refroidi.
Dose: verre de citron

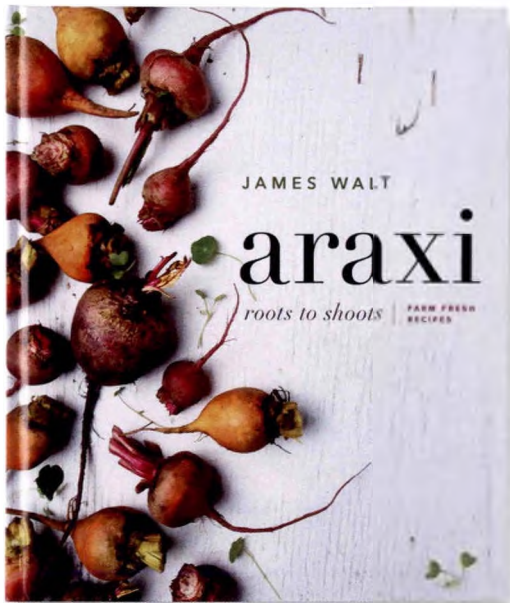
- 2 oz (60 ml) de saké Gekkeikan Infusé à la citronnelle et à la lime haïfêr séchée ou sauté de lime (reçette ci-jointe)
- 1/2 oz (15 ml) de Hollis Vint (vermouth sec)

Mettre tous les ingrédients dans un verre à mélange. Mélanger 10 secondes à l'aide d'une cuillère de bar. Filtrer dans le verre refroidi. Garnir du sauté de citron.

SAKÉ INFUSÉ

- 4 bâtons de citronnelle
- 4 bâtons de lime haïfêr séchées
- 25 oz (750 ml) de saké Gekkeikan

Mettre les bâtons de citronnelle coupés en trois petits morceaux et les feuilles de lime haïfêr dans un pot Mason. Remplir de saké et bien fermer le bocal. Laisser infuser 2 semaines. Filtrer.



Small details are handled with the same high level of care as the meals depicted in this well-balanced cookbook. The typography is impeccable, the colours are striking, and the endpapers are an appreciated flourish, uniting a very useable design with the beauty of a coffee table book.

Le souci apporté aux petits détails de ce livre reflète celui accordé aux plats présentés dans ce livre de recettes équilibrées. La typographie est impeccable, les couleurs sont frappantes et les pages de garde sont un ornement fort apprécié; cet ouvrage est le fruit de sa vocation utile et de la beauté d'un livre-objet.



PUBLISHER | MAISON D'ÉDITION **Figure 1 Publishing** AUTHOR | AUTEUR **James Walt** PHOTOGRAPHERS | PHOTOGRAPHIE
Alison Page & Issha Marie PRINTER | IMPRIMERIE **1010 Printing International Ltd.** TYPEFACES | POLICES DE CARACTÈRES
Linotype Didot, Avenir Next & Sentinel TRIM SIZE | FORMAT MASSICOTÉ **280 x 236 mm.** ISBN 9781927958735

REFERENCE
Second Prize

OUVRAGES DE RÉFÉRENCE
Deuxième prix

TITLE | TITRE
Un tour du monde en 75 cocktails

DESIGNERS | CONCEPTION GRAPHIQUE
Compagnie et Cie

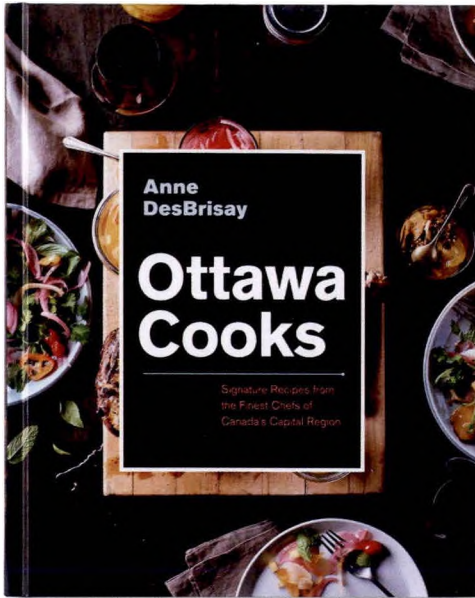


This bold design takes risks with grid use, type choices, and size and placement of text that mostly pay off, resulting in some eye-catching and memorable spreads. In a field of books using similar design approaches, the judges found the new ideas refreshing and necessary.

Cette conception graphique audacieuse prend des risques comme le choix de la grille, des caractères, de la taille et de l'emplacement du texte qui en valent le coût pour la plupart. Ces choix ont donné lieu à de doubles pages accrocheuses et mémorables. Parmi les livres ayant un concept similaire, le jury a noté dans celui-ci de nouvelles idées rafraîchissantes et nécessaires.



PUBLISHER | MAISON D'ÉDITION **Guy Saint-Jean Éditeur** AUTHOR | AUTEUR **Romain Cavellier** PHOTOGRAPHERS | PHOTOGRAPHIE **Compagnie et cie** PRINTER | IMPRIMERIE **Transcontinental** TYPEFACES | POLICES DE CARACTÈRES: **Courier, Courier New, Courier Prime & Hotel Coral Essex** (TRIM SIZE) | FORMAT MASSICOTÉ **241 x 190 mm**. ISBN 9782897582005



A handsome volume that achieves functionality without sacrificing beauty. The photos are fantastic, particularly those of the chefs, which add an uncommon layer of interest to the recipes.

Un beau volume fonctionnel, sans en sacrifier la beauté. Les photos sont fantastiques, en particulier celles des chefs, qui ajoutent un intérêt inhabituel aux recettes.



