

Photo by Jason Busch

**Anne  
DesBrisay**

# Ottawa Cooks

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

**Nat's Bread Company**  
Natalie Harens

nat'sbreadcompany.ca

I MET NATALIE HARENS at a coffee shop at 6am in the morning. I was still sleeping; she was ready for bed. 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, grocery stores and delis around town. And now it's late at night. Or early. The Venezuela-born, self-taught baker trained Hamm's charring crew 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 a gleaming 50-year-old Stephen Bona's Italian restaurant in Westboro. For the past year, she has expanded to three Bona's Kappan Street locations, among the cooks' new favorite stops and talking points. As the cooks were leaving and talking the night through, but when Becca moved to our new home (page 42), she did too—the kitchen at St. Paul's University where she's finally above ground. "I can't wait to see my friends now!" I ask her. Why bread? "It's the perfect food. It's like art; it's like taking it from the tree to the oven," she says. It's the culture 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 sourdough. I love that." Her particular sourdough starter is called Stan. And Stan gets around, spiking loaves of superb bread to restaurant baskets across the city. [nat'sbreadcompany.ca](http://nat'sbreadcompany.ca)

## Four Seed Bread

In the bowl of a stand mixer, combine both flours, yeast and all other dry ingredients. Mix until no longer dry. Add about one-third of the water and the olive oil, mixing just briefly, mix just to combine (add more water as needed to help 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 cloth for 1 hour.

To make the seed mix, mix together all four seeds in a small bowl or zip-top bag. Turn the stand mixer to low speed and add the seed mix to the bowl. Knead the dough for 10 minutes until smooth and elastic.

Turn the dough onto a floured surface. Cover with a clean, dry kitchen cloth and let rise in a warm, draft-free spot for 2 hours.

Turn the dough onto a floured surface and roll into a log. Cut the log into four equal pieces. Place each piece onto a large parchment-lined baking sheet and shape into a boule. Place the boules in a large plastic bag and allow them to proof for another hour.

Using a bench scraper or a dull knife, cut the

**At Ainsi, we have two chefs,** open their own演绎 the art of local cooking fresh from our local providers. We like to serve them with several evocative ingredients. The best combination is our most popular and the most basic: Ward's Devon Ales. The Vinaigrette Lady makes fantastic dressings from local British Columbia berries. Her products are available online and at fine grocers.

I blend whisk together all of the ingredients for at least 20 minutes to till keep refrigerated in an airtight.

**WALTE** Place all of the ingredients in a bowl on medium heat. Cook for 2-3 minutes, then add the marinade in a separate place. Marinade for 15 minutes in the refrigerator. Then marinade again for 20 minutes. This will keep refrigerated in a week.

Large platter of crushed ice. Place separate to marinade or sandwich. Oysters and immediately place them in a marinade on the counter top. Try a different marinade on 3. They are best enjoyed if you put one marinade, as to not overwhelm.

**berry vinaigrette**  
¾ cup Vinaigrette Lady raspberry vinaigrette  
¾ cup Vinaigrette Lady blackberry vinaigrette  
¾ cup arugula  
3 passion fruits, strained  
4 sprigs thyme, leaves only  
**cucumber basil vinaigrette**  
1 English cucumber, peeled, seeded, halved lengthwise, then roughly chopped  
½ cup red wine vinegar  
½ cup extra virgin olive oil  
1 large shallot, peeled and diced  
1 tsp horseradish  
1 tbs Dijon mustard  
1 tbs lemon juice  
1 tbs maple syrup  
½ cup extra virgin olive oil  
cayenne pepper  
maldon salt  
½ lb fresh oysters, well-chilled  
Garnet, Zev, KuhPhi and Black Pearl are some of the best tasting.  
2 lemon, cut into quarters

159

**JAMES WALT**

# araxi

roots to shoots | FARM FRESH RECIPES

## gin & tonic

gin 6 oz  
The Balter  
with soda  
18 oz tonic  
Zen of  
Dinner  
sage  
lemon  
a  
cloves  
1 sprig t

Honey and  
a garnish  
with mint  
and gingers  
down the  
garlic  
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**Spice mix**  
1 Tbsp yellow mustard seeds  
1 Tbsp brown mustard seeds  
1 Tbsp fenugreek seeds  
1 Tbsp oil seeds  
1 Tbsp cumin  
1 Tbsp fennel  
1 Tbsp finely cracked black pepper  
2 Tbsp unpeeled paprika  
2 Tbsp coriander  
2 Tbsp liquid honey  
3 Tbsp brown sugar  
¾ cup warm water

**Slow-roasted pork shoulder sandwiches**  
1 ½ lb pork shoulder or pork butt, trimmed of fat if desired  
1 recipe Spice Mix (see here)  
2 Tbsp oil  
1 recipe Peach BBQ Sauce (see here)  
8 soft rolls, sliced open and lightly toasted  
4 fresh peaches, sliced  
½ to ¾ cup coleslaw (your favorite store-bought or good-quality store-bought)  
8 to 16 sprigs fresh cilantro

**Peach BBQ sauce**  
1 medium onion, diced  
3 Tbsp oil, divided  
½ red bell pepper, diced  
2 cups peach halves, diced  
½ cup peach pulp  
½ cup granulated sugar  
3 Tbsp apple cider vinegar  
3 Tbsp Worcestershire sauce  
1 Tbsp ketchup  
Tbsp light (tan) molasses  
3 Tbsp brown sugar  
1 Tbsp dried jalapeño peppers  
2 Tbsp Dijon mustard  
Pinch of red chili flakes  
Salt and freshly ground black pepper  
Juice of 1 lime, to taste

**Pork肩慢煮三明治**  
When we first opened our little cafe' gilled pork was...and still is...the thing. We served it on buns with cole slaw, and it was incomparable. This is what we came up with. We served the potatoe at the first Canadian Chef's Congress on Michael Stadlaner's Elementary Farms, cooked shoulder over a fire pit. We'll never forget it! The shoulder was so tender. This is just one way of using the pork. There are so many other!

**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 roasting pan. Using a hand, coat pork with oil mix and let sit for 1 to 1½ hours at room temperature, turning it a couple of times.

Preheat the oven to 425° 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 (or in oven to cool fully). While the pork is cooling, prepare the sauce.

**Peach BBQ sauce** In a medium sautepan, combine the onion and 1 Tbsp oil. Sauté over medium heat until soft, 10 to 15 minutes. Transfer to a food processor and puree with the meat and peppers until soft and chunky. Season with salt and pepper to taste and a squeeze of lime juice. (Will keep refrigerated for up to 7 days.)

**Pork sandwiches** Cut the pork into slices of whatever thickness you prefer. Heat oil in a cast-iron frying pan over medium or medium-high heat. Add the pork slices and cook both sides until crisp and slightly charred. Place the pork in a bun in a small bowl. Add the fried pork slices in ears.

**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 coleslaw. Garnish with sprigs of fresh cilantro.

**Serves 8**

## Slow-Roasted Pork Shoulder Sandwiches with Peach BBQ Sauce

Chef says: When we first opened our little cafe' gilled pork was...and still is...the thing. We served it on buns with cole slaw, and it was incomparable. This is what we came up with. We served the potatoe at the first Canadian Chef's Congress on Michael Stadlaner's Elementary Farms, cooked shoulder over a fire pit. We'll never forget it! The shoulder was so tender. This is just one way of using the pork. There are so many other!

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4 Tbsp oil seeds  
4 Tbsp caraway seeds  
1 Tbsp salt  
1 Tbsp freshly cracked black pepper  
2 tsp ground paprika  
2 bay leaf dried fishes  
3 Tbsp liquid honey  
1 cup water

1 recipe peach barbecue sauce  
2 Tbsp olive oil  
1 recipe Peach BBQ Sauce (see here)  
1 cup water  
1 Tbsp apple cider vinegar  
3 Tbsp Worcestershire sauce  
2 Tbsp light brown sugar  
1 Tbsp maple syrup  
2 dried anchovy fillets  
2 Tbsp Dijon mustard  
Pinch cayenne pepper  
Salt and freshly ground black pepper  
Juice of 1 lime, or to taste

Serves 8.

## Slow-Roasted Pork Shoulder Sandwiches with Peach BBQ Sauce

**Cook's tips:** When we first opened little cafe, 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 served the sandwiches at the Super Bowl, and they were a hit. —Markus Rasmussen, Executive Chef, cooked outdoors over a fire pit. We'll never forget the smell of smoke over the open flames. This is just the way of using the ingredients. There are so many other!

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

**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 2 hours at room temperature, turning it a couple of times.

Preheat the oven to 325°. Roast the pork uncovered for 2 hours, turning it once or twice while it cooks. If 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 ragu sauce.

**Peach BBQ sauce:** In a medium saucepan, combine all of the ingredients. Simmer over medium-low heat until soft, 20 to 30 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 squeeze of lime juice. (Will keep refrigerated in an airtight container for up to 1 month.)

**Finish the sandwiches:** Preheat the broiler. Cut slices of bread to match your plates. Heat olive oil in a cast iron frying pan over medium to medium-high heat. Add the pork slices and sear both sides until hot and slightly crispy in some places.

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

**To serve:** Arrange a light coating of ragu on each plate. Top with pork slices, a couple of slices of fresh peach and a little dressed cilantro. Garnish with sprigs of fresh cilantro.

Frasier Cafe | Simon and Schuster | 117

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moose &

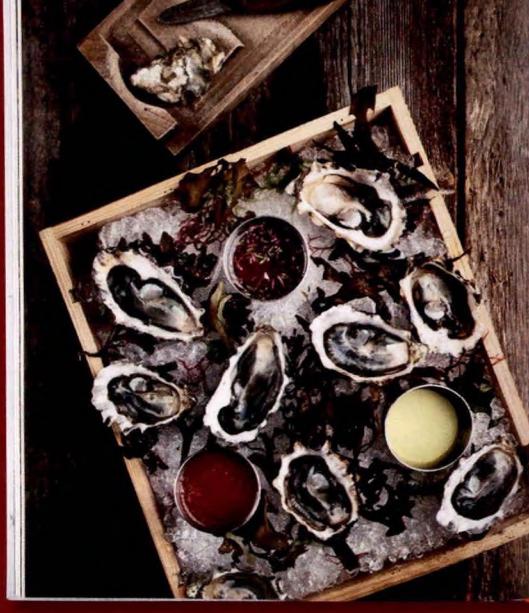
sage-infused simple syrup  
1 cup Simple Syrup (page 105)  
4 oz peach juice  
Fresh sage  
Cocktail  
Ice cubes  
1 Tbsp sage-infused simple syrup  
For serving:  
Ice cube  
Blackberries  
Sage leaves  
5 oz fresh lemon juice  
3 orange-infused simple syrup  
4 oz soda or sparkling water  
1 sprig sage, for garnish

**TAGE-INFUSED SIMPLE SYRUP:** Bring the simple syrup to a boil on high heat, add the sage and sage-infused boiling water to the syrup. Remove from heat and allow to cool completely. You can use the syrup as soon as it's cooled, but ideally it should be stored in the refrigerator for a few days and then used within a week. This will keep refrigerated for 1 to 2 weeks. —Contributed by Eric Asimov

**COCKTAIL:** Have ready 8 ounces of ice and 4 oz of the blackberry juice. Add a sprig of sage, 1/2 oz sage-infused simple syrup, 1/2 oz peach juice and 1/2 oz lime juice, then stir until chilled and the blueberries are mostly submerged. Fill each glass to full with ice, add 1 oz of mojito mix and top off with 4 oz of sparkling water. Garnish with a fresh basil leaf and a sprig of sage.



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CHILLED OYSTERS WITH THREE MIGNONNETTE

BERRY MIGNONETTE: In a

blender until well combined,

let the flavors blend. To

contain for 2 to 3 days

CUCUMBER-BASIL MIGNONETTE:

lettuce, salt and sugar)

until smooth. With the n

so until the mixture is

refrigerated in an airtight

SWETT AND SOUR PLUM M

in a small saucepan and bei

8 to 10 minutes, until th

the heat and let stand for

Pour the mignonette over

and until smooth. Set a fine

mesh strainer over it. U

until well chilled about

an airtight container for

to store. —Have ready

each of the three mignonettes.

Carefully shuck your oysters

on the ice. Arrange the

and garnish with lemon

each oyster; be sure to tr

on each oyster instead of

your taste.

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Cambridge

je n'ai pas l'expression, laissez me mettre les pieds sur la bretelle contrebas, mais ne griez pas ca cause de ce que je veux absolument saignier. C'est un peu qui a une certaine forme de plaisir, mais c'est une autre chose. Cela a marqué nos people assurément.

PHNOM PENH MARTINI

Une de mes amies vient du Cambodge et, sans penser que j'étais le seul Cambodgien ici, me demande : "Tu n'as pas d'amis cambodgiens ?" C'est à ce moment-là que je réalise que des personnes pleines d'humour et de générosité, surtout très délicates, comme ce cocktail.

Couperette ou verre à martini refroidi.

Décor: zestes de citron.

2 oz (60 ml) de saké Gekkeikan infusé à la citronnelle et à la lime kaffir séchée ou zeste de lime (recette ci-après)

½ oz (15 ml) de hibiki Privé

(vermouth sec)

Mettre tous les ingrédients dans un verre à mélanger.

Mélanger et ajouter 2 cuillères de basilic

d'une cuillère de basilic.

Filtrer dans le verre refroidi.

Garnir du zeste de citron.

SAKÉ INFUSÉ

4 feuilles de citronnelle

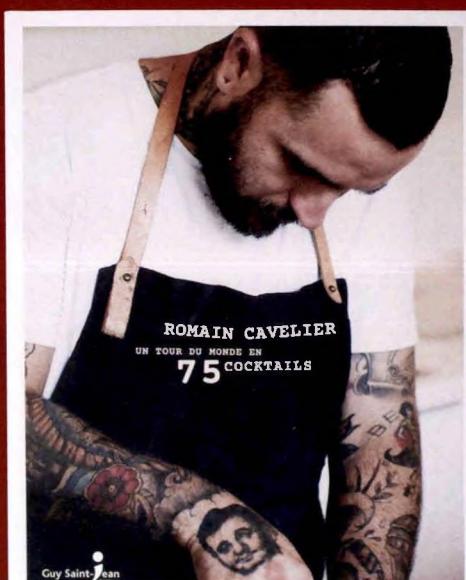
8 feuilles de lime kaffir séchées

20 oz (750 ml) de saké Gekkeikan

Mettre les bâtonnets de citronnelle coupés en tout petits morceaux et les feuilles de lime kaffir dans un pot Mason. Remplir de saké et bien fermer la boucle. Laisser infuser

2 semaines. Filtrer.

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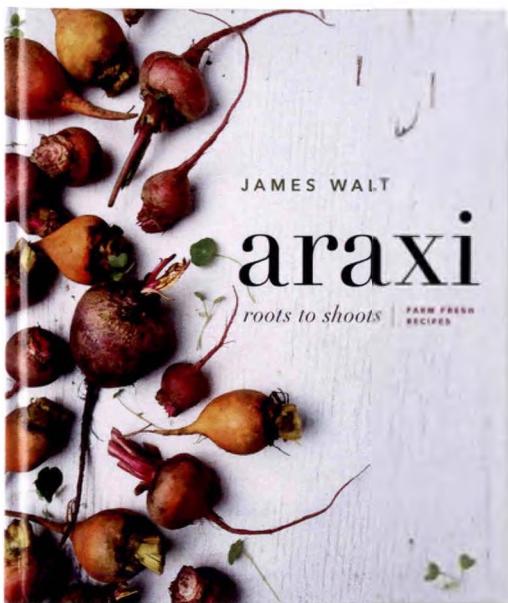


REFERENCE  
**First Prize**

OUVRAGES DE RÉFÉRENCE  
**Premier prix**

TITLE | TITRE  
**Araxi: Roots to Shoots:**  
**Farm Fresh Recipes**

DESIGNER | CONCEPTION GRAPHIQUE  
**Jessica Sullivan**



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.



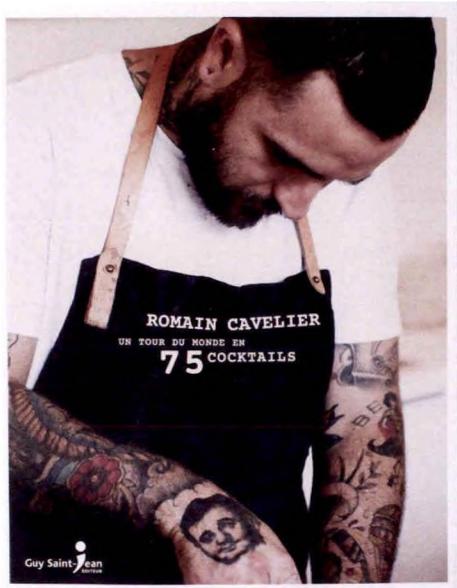
PUBLISHER | MAISON D'ÉDITION **Figure 1 Publishing** AUTHOR | AUTEUR **James Walt** PHOTOGRAPHERS | PHOTOGRAPHIE

**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**

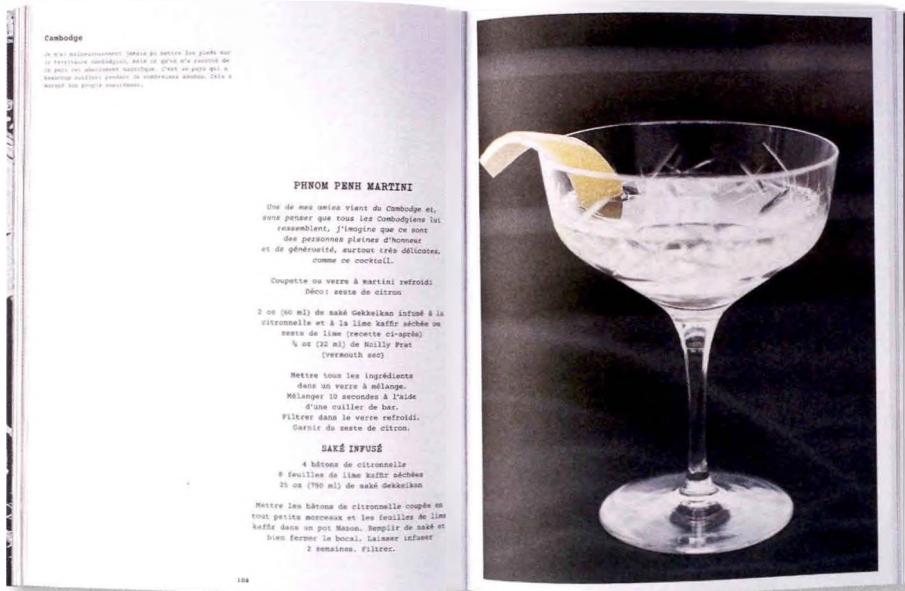
OUVRAGES DE RÉFÉRENCE  
**Deuxième prix**

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.



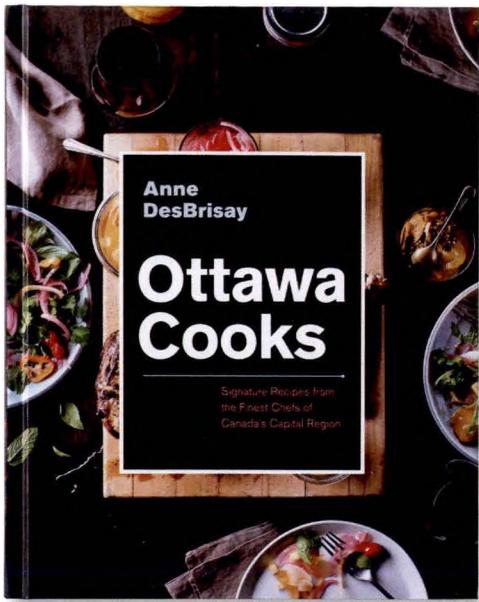
PUBLISHER | MAISON D'ÉDITION **Guy Saint-Jean Éditeur** AUTHOR | AUTEUR **Romain Cavelier** PHOTOGRAPHERS | PHOTOGRAPHIE **Compagnie et cie** PRINTER | IMPRIMERIE **Transcontinental** TYPEFACES | POLICES DE CARACTÈRES **Courier, Courier New, Courier Prime & Hotel Coral Essex** TRIM SIZE | FORMAT MASSICOTÉ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

REFERENCE  
Third Prize

OUVRAGES DE RÉFÉRENCE  
Troisième prix

TITLE | TITRE  
**Ottawa Cooks: Signature Recipes from the Finest Chefs of Canada's Capital Region**

DESIGNER | CONCEPTION GRAPHIQUE  
**Jessica Sullivan**



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.

An open page from the book. The left page features a black and white portrait of Natali Harra, founder of Nat's Bread Company. The right page contains a recipe for "Four Seed Bread". The recipe includes a list of ingredients and step-by-step instructions. There are also some smaller text blocks and a logo for "Nat's Bread Company" at the bottom.

PUBLISHER | MAISON D'ÉDITION **Figure 1 Publishing** AUTHOR | AUTEURE **Anne DesBrisay** PHOTOGRAPHER | PHOTOGRAPHIE  
**Christian Lalonde** PRINTER | IMPRIMERIE **C & C Offset** TYPEFACES | POLICES DE CARACTÈRES **Akzidenz-Grotesk Pro**,  
**Lyon Text** TRIM SIZE | FORMAT MASSICOTÉ **254 x 202 mm.** ISBN 9781927958537

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