

COOK the HOOD

A Cookbook With a Difference
to Make a Difference



West End, Vancouver 2010

EXPERIENCE VANCOUVER'S WEST END!

Nestled between English Bay and Stanley Park, Vancouver's West End is home to some of the city's most diverse people, panoramic views and cosmopolitan shopping. The area spans Davie Street (west of Burrard), Denman Street, and lower Robson. Along these 20 blocks, businesses and residents from around the globe create a unique neighbourhood experience within a buzzing metropolis.



The neighbourhood offers an eclectic mix of boutiques and specialty shops, socially-conscious businesses and a very vibrant night scene. The area is the heartland of Vancouver's gay community and the home of the world-renowned Vancouver Pride Parade. And, with one of Vancouver's unique cultural and social mixes, comes an array of cuisines unparalleled in the city.

For food lovers, a walk through the West End rivals a trip around the world: tastes, textures, sounds and smells transport the hungry guest to the furthest corners of the globe - and to culinary destinations a little closer to home. Whitewashed tavernas serve some of the city's finest Greek dishes. Cross the street, and succumb to the aromas of Indian fare. Pubs serve winning nachos, club sandwiches and wings. Burger joints flame-cook juicy burgers to order. Rekindle a love of West Coast cuisine with the finest local seafood. Whether you're craving East African barbecue, schawarma, or burritos, the West End is Vancouver's culinary gateway to adventure.



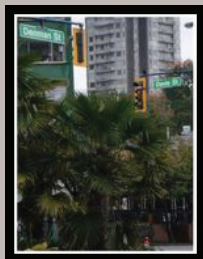
West End

Here against Vancouver's shoreline, the West End boasts Asian cuisine to sate the most discerning appetite. Japan is only as far as a platter of fresh sashimi, a steaming bowl of ramen, or an intimate gathering of friends around an izakaya table. Fall in love with the sweetness of Thai food, or the spice of a Singaporean curry. Sample award-winning Malaysian food - as hot as you dare - or watch your stir-fry sizzle at a Mongolian restaurant. Savour won ton, dim sum, handmade noodles and the delicate flavours of China. Korean barbecue, kimchi and bibimpap evoke the enchanting warmth of a meal in Seoul. Each restaurant brings the tastes of the Pacific a little closer.

Europhiles, too, will find a gustatory oasis in the West End's European delis, stocked with imported sweets and savouries, fragrant cheeses and cured meats. Those seeking a foray across the Atlantic need look no further than the candle-lit tables of an Italian restaurant or French bistro. Tapas bars invigorate the jaded palette. Ukraine beckons from a bowl of deep-red borscht or a plate of steaming perogies - no passport required!

For the unapologetic sweet tooth, a visit to the West End feels like coming home. Independently-owned ice cream shops display velvety gelato in every imaginable colour behind glass. The smell of airy pastry filled with fresh cream beckons from down the road. Specialty bakeries, cookie and cupcake shops routinely break iron-clad diets. 1950s-style pies, cakes, flans and thick, hand-mixed milkshakes bring unadulterated decadence to a weeknight out - and ensure that every indulgence is one worth repeating.

On behalf of the people that make this neighbourhood one of Vancouver's tastiest destinations, we proudly invite you to experience Vancouver's West End!



The West End Business Association
www.westendbia.com

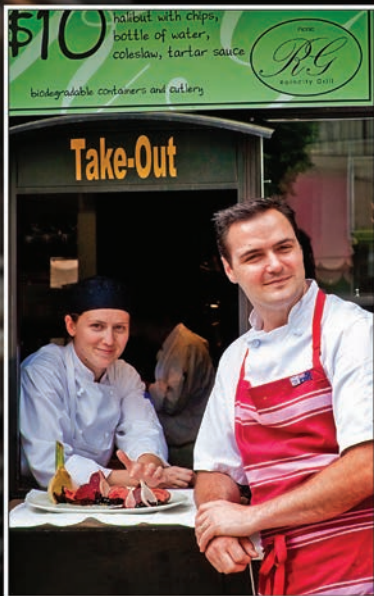
Address: 411 - 1033 Davie Street
Telephone: (604) 696-0144



Raincity Grill

Address: 1193 Denman Street Telephone: (604) 685-7337 www.raincitygrill.com

Raincity Grill has become a fixture in the West End, capturing the essence of Vancouver in food, wine and atmosphere. The menu is developed and focused on locally sourced seafood, game, poultry, and organic vegetables.



“Our location is an inspiration because we are right next to the ocean. We get to see our fishermen going out to catch fresh seafood for our kitchen- the fisherman’s wharf can be seen right through our dining room window.”

Peter Robertson, Chef

Peace River Bison with Glazed North Arm Farm Beetroot, Hannah Brook Farms Fennel and Blueberry Jus Serves 6

Ingredients:

- 6 portions of bison sirloin (180 grams each)
- 5 beetroot (eg. chioga, golden, white, purple)
- 1 ounce Venturi-Schulze Balsamic Vinegrette
- 2 sprigs thyme
- 2-3 tablespoons butter
- 1 bay leaf
- 2 heads of fennel
- 1 teaspoon fireweed honey

FOR THE JUS:

- 1 cup chicken stock
- ½ cup demi-glaze
- 1 cup blueberries
- 25 millilitres (1/8 cup) chardonnay vinegar
- 1 tablespoon fireweed honey

For preparation of beetroot and fennel first refer to page 88.

For the Bison: (Served Rare)

1. Clean the bison and remove the sinew. Half an hour before cooking, remove from fridge, season and allow to come to room temperature.
2. Pre heat oven to 350°F. Set out a large oven-safe pan over medium heat for 4 minutes.
3. Remove excess moisture from bison (use a paper towel). Add a small amount of oil to the pan and sear bison on all sides until evenly browned. Transfer pan to oven for 12-18 minutes. Remove pan from oven, add a tablespoon of butter to the pan along with the thyme and bay leaf. Coat the bison with butter and rest in a warm place for a further 10 minutes. Carve.



For the jus:

4. In a small pan, on medium-low heat, bring the honey to a dark caramel, add the chardonnay vinegar and bring back to a simmer. Reduce by 2/3, then add chicken stock and reduce by 1/2.
5. Add the demi-glaze, adjust seasoning, add the blueberries, bring back to a simmer, adjust seasoning and set aside.

To serve:

6. Warm 6 plates in the oven. Draw a pattern on the plates using the beetroot puree, then arrange the carved bison, beetroot, beetroot tops, braised fennel and finish with the blueberry jus.





A Loving Spoonful

"No One Living With HIV or AIDS Should Live With Hunger"

Community Programs

- ✿ Daily Meals program – provides nutritionally balanced, easy-to-reheat meals and snack items, delivered weekly as a food supplement, to the home of primarily housebound individuals whose health and mobility as a result of HIV or AIDS puts them at risk of malnutrition and in need of critical food security.
- ✿ Family Pantry program – provides fresh fruit and vegetables, pantry essentials, juice, bread and dairy products on a weekly basis to families where one or both parents – and in many cases with one or more children - are living with HIV or AIDS. The aim is to provide each family member with 50% of their recommended intake of fruit and vegetables per day, and encourage healthy eating in a family setting.
- ✿ Emergency Service program – provides full nutrition for at least six weeks to those who have recently been discharged from hospital or who have acute medical needs and limited or no mobility. An essential component of any recovery process is nutrition. This program was developed in response to an increasing number of individuals affected by HIV or AIDS becoming homebound and unable to source food for themselves.
- ✿ Dining Out For Life® is an annual fundraising event involving the generous participation of volunteers, corporate sponsors, restaurants, and of course support from participating diners. Every year since 1993, Over 200 restaurants from Whistler to White Rock and into the Fraser Valley join the fight against AIDS by donating 25% of their food sales during this important event. All money raised goes to A Loving Spoonful and The Vancouver Friends For Life Society.

For more information please visit their website at: www.alovingspoonful.org

Or if you would like to get involved please contact:
Email: info@alovingspoonful.org
Telephone: (604) 682-6325

To learn more about The Vancouver Friends for Life Society,
visit www.friendsforlife.ca

A LOVING SPOONFUL



"Dining out is a number one pastime for Vancouverites, and there is such a variety of excellent restaurants in this city. The simple concept of donating just by doing what you would do anyway such as enjoying a meal at a restaurant with family or friends, really gets people's attention, and the event gets more successful every year."



"There is not a week that goes by where we don't see some kind of success story. From a simple smile or thank-you from one of our clients to the many cards and letters we receive sincerely stating that without our support a client would not have made it. Food as medicine is a critical concept, and one which we strive to promote at any opportunity."

John Britton, Director of Client Services

Tango's Gourmet Meats

Address: 865 Denman Street Telephone: (604) 681-2121 Website: www.tangosgourmetmeats.com

Save time and money with gourmet-prepared natural, free-range speciality chicken, beef, lamb and pork. Tango's proudly offers a wide variety of deli meats, imported and local cheeses and freezer packs for singles and families.



"It's been a great experience operating our business here. I love coming to work in the West End. There are always different people to meet – and a pretty exciting place to work!"

Brandon Adams, Owner

Tango's Gourmet Turkey Roulade Serves 4

Ingredients:

2-3 pounds turkey breast, butterflied
1 pound ground turkey meat
6 small shallots, finely chopped
1 clove garlic, finely chopped
¼ cup dried cranberries
1 tablespoon orange zest (approximately the
zest of one orange)
1 teaspoon fresh thyme, finely chopped
½ teaspoon fresh sage, finely chopped
¼ ounce Cognac or quality brandy
1 tablespoon butter
1 egg



1. Preheat oven to 350° F.
2. In a pan, sweat the shallots and garlic with butter until they are soft and translucent. Set aside until cool.
3. Mix the cooled garlic and shallot mixture with ground turkey meat in a medium-sized bowl, adding cranberries, orange zest, thyme, sage, egg and Cognac at the same time. Season this mixture with salt and pepper according to taste.
4. Next, take the boneless turkey breast and lay it flat on a clean cutting board with the skin side down. Place the ground turkey meat mixture on the flattened turkey breast so that it can be rolled into a cylinder. Tie the filled turkey breast with butcher's twine or place in a netting.*
5. Place the tied roulade on a sheet pan and cook for approximately 1 hour and fifteen minutes. The skin should look golden brown and the roulade firm to the touch. If you have a meat thermometer, check to ensure that the internal temperature has reached 150° F.
6. Remove from the oven and cover the roulade with tinfoil and let it rest at least 10-15 minutes before slicing and serving with your favourite festive sides.

**Ask your local butcher for twine or netting, they are generally more than willing to spare some.*



Cardero Bottega

Address: 1016 Cardero Street Telephone: (604) 689-0450 Website: www.carderobottega.com

Cardero Bottega is a chef-inspired delicatessen in the heart of the West End. Known for some of the city's best sandwiches it also offers a delicious array of Italian ingredients. The prices are competitive and the cooking tips are free.



"We moved here from the East Coast and hardly knew anybody in Vancouver when we first opened our business. The community has given us their full support and we've learned more about the people and neighbourhood through our daily interactions with our valued customers."

Nathalie & Tim Harris, Owners

Warm Truffle Polenta & Mushroom Salad Serves 4

Ingredients:

- 4 individual tart pans
- 1 cup instant truffle polenta
- 750 ml (3 cups) vegetable or chicken stock
- 2 tablespoons butter
- 1/4 cup grated Parmigiano Reggiano
- 12 slices pancetta, sliced thinly
- 1 1/2 cups wild mushrooms, sliced
- 4 cups mixed greens
- 1/2 to 1 teaspoon white truffle oil plus some to garnish
- Crema di balsamico with white truffle, chives and shavings of Parmigiano Reggiano to garnish

1. Butter the tart pans and set aside.
2. In a large pot, bring stock to a simmer.
3. Slowly whisk the polenta into the simmering stock over medium-low heat. Switch to a spoon and continue to cook and stir for 3 to 5 minutes.
4. Remove from heat and mix in the butter and Parmigiano Reggiano.
5. Quickly fill the tart pans with the warm polenta. Depending on the size of tart shell used you may have leftover polenta that can be used in a frittata or sliced, brushed with oil and grilled on the barbecue.
6. Let polenta cool and set, approx. 2 hours.
7. In a large frying pan, crisp the pancetta over medium heat, saving the fat to fry the mushrooms with.



8. In the same pan over medium-high heat, fry the mushrooms in 2 or 3 batches and set aside.
9. Remove the polenta from the moulds and reheat in the oven at 350° F on a cookie sheet.
10. In a salad bowl add the greens, warm mushrooms, crisp pancetta and ½ to 1 teaspoon white truffle oil.
11. Season with Fleur de Sel and pepper then fold gently to combine.
12. To serve, place a polenta tart in the centre of each plate. Top with a mound of mushroom salad mixture. Drizzle with Crema di Balsamico and more white truffle oil. Sprinkle with chopped chives and shavings of Parmigiano Reggiano.



FOOD
SECURITY

Vancouver Public Space Network

"Growing Vancouver's Food Security ...One Row at a Time!"

The Vancouver Public Space Network is a grassroots collective that engages in advocacy, outreach and education on public space issues in and around Vancouver, including the West End. Their 'Greenspaces Working Group' is active in a number of areas – whether it is getting their hands dirty with a planting mission, cleaning-up a greenway or advocating for the well-being of a neighbourhood park.



The Vancouver Public Space Network is working to expand the number of gardens and gardening opportunities in the West End neighbourhood.

For more information visit their website at: www.vancouverpublicspace.ca
Or to get involved please contact by e-mail at: info@vancouverpublicspace.ca
Or telephone: (778) 239-7544

Vancouver Public Space Network



“Vancouver’s neighbourhoods are full of grey, under-used spaces. Our philosophy? Green them!”

“We’re working on a concept called ‘Community Composting’ – trying to find a way to enable residents of high-density areas to compost their food waste.”



“Guerrilla greening can be as simple as planting a few seedlings in an abandoned lot or as elaborate as developing a local community garden.”

Vancouver Fire Hall No. 6

Address: 1001 Nicola Street Telephone: (604) 665-6006 Website: www.vancouver.ca/fire

For the highly respected men and women of Firehall No. 6 to respond to a wide variety of emergency incidents in the Vancouver West End they require healthy, well-balanced, hearty meals to keep them in peak performance. Meals are prepared with passion and precision and are savoured and enjoyed together in the heart of the firehouse – the kitchen!



"Let me share some basic fire safety tips for the kitchen: always have a fire extinguisher that is up-to-date and you know how to use it. Don't wear loose clothing when cooking and try to keep children at a safe distance. Never leave food unattended that is cooking and never, repeat, never throw water on a grease fire."

No.6 Fire Hall Fire Fighters

Smokey Cured Salmon with Sundried Tomato Risotto Serves 8

Ingredients:

SALMON:

- 8 pieces of salmon (6 ounce pieces)
- 1 ½ cups soy sauce
- ½ cup honey
- ½ cup water
- 1-2 teaspoons chilli flakes
- 1 good handful (using both hands) of alder chips, package in aluminum foil

RISOTTO:

- 250 gram bag of sun-dried tomatoes, cut julienne
- 5 cups chicken broth mixed with 2 cups water
- 2 shallots, chopped
- 2 garlic clove, minced
- 4 tablespoons olive oil
- 2 cups Arborio rice
- 4 tablespoons fresh basil, chopped plus full stem
- ½ cup freshly grated Parmesan



1. Lay salmon pieces skin-side down out on a cookie sheet. Mix soy sauce, honey, water and chilli flakes well and pour evenly over salmon to cover. Allow to marinate for 1 hour.
2. Heat barbeque to high heat on one side and unheated on the other. Place packaged aged alder chips on heated side. Close lid and allow to smoke.
3. Meanwhile, in a large saucepan sauté the shallots and garlic with the olive oil over moderately low heat, stirring, until they are softened. Add the rice, stirring until each grain is coated with oil.
4. Add two cups of stock mixture and the basil stem and cook the mixture over moderate heat, stirring constantly, until the liquid is absorbed. Continue adding the liquid, 1 cup at a time, stirring constantly and letting each portion be absorbed before adding the next, until the rice is tender but still al dente. The rice should take about 17 minutes to become al dente.
5. Once the risotto is al dente, gently place salmon skin-side down directly on to the well-greased barbeque rack on the unheated side. Close lid. (Remember your fire safety rules! Ask someone to keep an eye on the risotto).
6. Stir the risotto and add the sundried tomatoes, basil, Parmesan, salt and pepper to taste and stir.
7. Gently remove salmon from barbeque, turn off heat. Serve on a plate with hot risotto, fresh asparagus or a side salad.

