

COOK the HOOD

A Cookbook With a Difference
to Make a Difference



Kitsilano, Vancouver 2010

Barbara-Jo's Books to Cooks

Address: 1740 West 2nd Ave. Telephone: (604) 688-6755 Website: www.bookstocooks.com

An absolute treasure chest of cookbooks, wine books and periodicals from around the world including rare finds. Unique and useful kitchen tools are also for sale. With a fully-appointed kitchen, cooking classes and demonstrations are held featuring recipes from new and notable books.



"Kitsilano is a cooking neighbourhood. The people that live here embrace the farmers markets and Granville Island Public Market, truly appreciating the wonderful food available here."

Barbara-Jo McIntosh, Proprietress

The B.C.L.T. Serves 2

Ingredients:

LEMON CHIVE MAYONNAISE INGREDIENTS:

- 1 large egg yolk
- Zest of half a lemon
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- Salt to taste
- Fresh ground pepper to taste
- ¼ cup vegetable oil
- 1 tablespoon chives, finally chopped

OTHER INGREDIENTS:

- 2 thick slices of Pancetta
 - ½ cup (125 grams) of Dungeness crabmeat (make sure you have a few legs)
 - 1 tomato, cut into thick slices
 - Handful of seasonal mixed greens
 - ¼ cup lemon chive mayonnaise (recipe above)
 - Sea salt and freshly ground black pepper
 - 2 Portuguese buns
1. In a bowl whisk until smooth, egg yolk, lemon zest, 1½ teaspoons lemon juice, mustard and a pinch of salt and pepper.
 2. Continue to whisk while adding the oil, drop by drop. Once the mixture begins to thicken you can add the remaining oil in a slow, steady stream, whisking continuously.
 3. Once all the oil has been incorporated, taste and season with more salt and pepper. If the mayonnaise is too thick, thin with remaining lemon juice. Add chives.



4. In a skillet, fry the pancetta over medium heat until crisp. Transfer to a plate lined with paper towel to drain, and set aside.
5. Mix 2 tablespoons of the mayonnaise with the crabmeat and set aside.
6. Half the buns and toast lightly.
7. Spread half of the remaining mayonnaise onto the bottom of one of the buns. Top with some of the greens and a few tomato slices. Season tomato slices with salt and pepper. Place half of the crab mixture over the tomato and top with some more lettuce. Finish the sandwich with one slice of pancetta and the top bun. Repeat with second Portuguese bun.

Homemade mayonnaise is best eaten within a day or two of making. Leftover mayonnaise pairs beautifully with almost any type of fish or meat (especially barbecued) or with steamed or raw vegetables and salads.



WOOF! Dog Shoppe

Address: 1905 West 1st Ave. Telephone: (604) 568-4212 Website: www.woofdogshoppe.com

Focussing on nutrition, Woof! offers dog and cat food in dry, canned and raw forms. Only the highest quality foods are sold here - no animal by-products, no corn. They offer grooming services for dogs and cats, as well as a U-Wash option plus toys, treats and accessories. Training classes for your pooch from puppy kindergarten to behaviour modification are available.



"I love being in the store. I love it because my customers are my neighbours and my neighbours have become my friends!"

Yuki Cripps, Owner

Organic Yummy Treats

Ingredients:

2 cups organic kamut flour
½ cup organic all-purpose flour
1 teaspoon cinnamon
2 tablespoon flax seeds
1 cup cooked and mashed yam or sweet potato
¼ cup cranberries, chopped
1 egg
½ cup extra-virgin olive oil

1. Pre-heat oven to 325° F.
2. Mix all ingredients in a large bowl.
3. Form dough and kneed for 5 minutes.
4. Roll dough ¼ inch thick and cut out with bone shaped cookie cutter. Bake for 15 minutes. Serve once cooled.

NOT FOR HUMAN CONSUMPTION!



Watermark Restaurant and Lounge

Address: 1305 Arbutus St. Telephone: (604) 738-5487 Website: www.watermarkrestaurant.ca

A Kitsilano beachfront site that has been a Vancouver destination for food and fun for more than a hundred years! Their menu reflects the best of both traditional and contemporary seafood, while incorporating the unique international flavours of Vancouver.



"From fresh seafood to vegetarian selections to surf 'n' turf, wherever possible we strive to utilize a variety of local and organic ingredients on our menu."

Chef David Shaw

Watermark Restaurant and Lounge

Pan-seared Halibut Fillet with Sweet Pepper Seasoning accompanied with Green Rice and Seasonal Vegetables Serves 5

Ingredients:

5 pieces of fresh halibut (6 ounces each)

SEASONING INGREDIENTS:

1 teaspoon paprika

1 teaspoon Espelette pepper

1 teaspoon white sugar

¼ teaspoon salt

GREEN RICE INGREDIENTS:

2 cups Basmati rice, washed

2 cups water

¼ cup fresh mint, chopped

¼ cup asparagus, blanched and chopped

½ cup spinach, blanched

Salt & pepper, to taste

1. Mix all dry spices in a bowl and grind in a spice grinder or use a mortar and pestle.
2. Rinse rice well, twice, and then put in a large saucepan ready to be used on the stovetop.
3. Place mint, asparagus, spinach and water in a blender and blend. Add salt and pepper to taste.
4. Add the green mixture into the washed rice in the saucepan, mix well and then bring to boil. Cook for 15 minutes until rice is tender. Remove from heat.



5. To cook halibut pre-heat a pan on stovetop to high heat.
6. Pat the fillets dry and lightly season with dry seasoning mixture. Place in hot pan, season side down. Sear till lightly brown (approximately 3 minutes) and turn over. Lower heat to medium for an additional 4 minutes.
7. Serve halibut with a portion of the green rice and some fresh seasonal vegetables on a warm plate.



Kitsilano: A Progressively Fresh and Ready Neighbourhood!

Kitsilano—or Kits as the locals call it—is one of Vancouver’s most distinguished neighbourhoods, known for its counterculture origins and its current cosmopolitan development.

The neighbourhood’s distinctive character dates back to the 1960’s, when inexpensive rental property prices brought many counterculture activists together to make Kitsilano one of the most subversive spots of the time. Environmental and political crusades, such as Greenpeace and the Green Party, trace their roots back to Kitsilano. Within that progressive environment, various vegetarian restaurants, health food stores, community pubs, and alternative shops flourished in the area, some of which remain to this day.

Of course, many things have changed in Kitsilano since the 1960’s, especially the property prices! The lure of the beaches, natural scenery and proximity to the city’s downtown have resulted in a gentrification seen in many parts of Vancouver. The tie-dyed t-shirts of the sixties have been replaced by sleek, chic yoga-wear. Yet present development is not exactly incongruous with the neighbourhood’s radical past. Rather, Kitsilano culture has evolved to accommodate activism with sophistication.

Imbedded in Kitsilano culture are tenets of conscious living, environmental concern, and social awareness. These are not mere trends of a passing era, but are still alive in the lifestyles and businesses promoted throughout the neighbourhood.

Kitsilano continues to foster creativity and a strong sense of community. This is evident with neighbourhood-hosted events such as Vancouver Folk Music Festival, Bard on the Beach, Greek Days, and Hippie Daze. While the area is very well-known for its numerous yoga and art studios, it is particularly renowned for its unique eateries, markets, family-owned stores and speciality shops.

The food establishments located in Kitsilano also reflect the active and progressive lifestyles of its inhabitants. There are many hearty organic places to be found along the main streets of West 4th and West Broadway. The most fastidious of diet practitioners - ranging from vegetarians, vegans, raw foodists to fruitarians - is guaranteed to find something from the variety of healthy and sustainable offerings around the area.

The logo for kitsilano.ca features the text "kitsilano.ca" in a blue, lowercase, sans-serif font. Above the letter "i" in "ilano" is a small, stylized blue bird icon in flight.

One of the most recent food movements to have gained momentum is the drive to recognize local produce and Kitsilano is at the forefront. Given Kitsilano's environmental and political sensibilities, it comes as no surprise that the authors of the 100 Mile Diet lived in the neighbourhood when they embarked upon their adventure of eating locally.

On the opposite end of the spectrum, Kitsilano is also slowly becoming home to many ethnic restaurants, which are considered an integral part of the neighbourhood. These multicultural venues reflect Vancouver's increasing diversity over the years.

A welcoming space to coffee lovers, wine enthusiasts and dessert fiends, both visitors and locals hang out to unwind in the many watering holes dotted throughout the neighbourhood. What makes Kitsilano such an ideal spot to enjoy a slow cup of chai latte, a glass of Reising, or a box of raspberry truffles is its relaxed pace and intimate atmosphere, which is markedly different from the busy buzz of downtown Vancouver.

Typified by the neighbourhood's culture and elegance, the Kitsilano dining experience is nothing less than the finest of gustatory delights, boasting some of the most renowned chefs in North America, if not the world. Not only does Kitsilano guarantee fresh and sustainable cuisines, but it also serves up the most luxurious and innovative edible creations which will satisfy even the most hedonistic of gourmands.

With this Kitsilano Cook the 'Hood edition, we hope that you can bring home some of Kitsilano's best recipes to translate in your own kitchens. And if this book inspires you to seek out more of our culinary expertise, we would be very happy for you to come visit us to enjoy all that our neighbourhood has to offer.



Written by Frances Cabahug

Photo by David Ingram

kitsilano.ca

East is East / Chai Gallery

Address: 3243 West Broadway Telephone: (604) 734-5881

East is East captures the vibrant energy and ambiance of the quaintness and beauty of the ancient Silk Road. These two delicious eateries specialize in thoughtfully prepared recipes with local and organic ingredients that will take you on a journey similar to that which Marco Polo himself experienced!



"It's a pleasure to work with people who enjoy what we offer: enjoying taking their time, each other's company and appreciating that food is such a vital and integral necessity of life. Everyone enjoys that everything here is made in such a meticulous and caring way."

Sonya Vikoulovski, Manager

Pan of the Caravan Serves 2

Ingredients:

- 5 long Chinese eggplants
 - 1 large onion, diced finely
 - 1 tablespoon ginger, crushed
 - 2 tablespoons garlic, crushed
 - 1 bunch cilantro, chopped
 - 3 fresh tomatoes, chopped
 - 3 tablespoons tomato paste
 - 3 tablespoons fresh squeezed lime or lemon juice
 - 3 ripe mangos or 1 cup of canned mango pulp
 - 1 teaspoon cumin
 - 1 hot fresh chili pepper, chopped
 - 6 tablespoons grated goat feta cheese
 - 4 tablespoons ghee or oil
 - 1 cup tomato sauce
- Garnish: 2 red or green Anaheim peppers chopped & a few sundried tomatoes, chopped

1. Wash and cut eggplants from middle in to two pieces then slice them thinly. Sprinkle some salt on each slice, leave for a few minutes.
2. In a pan, heat a tablespoon of ghee or oil, and then pan fry the eggplants on each side for a few minutes. Set them aside. (Or brush them with oil or ghee put them on pan and bake for a few minutes until eggplant is soft.)

For the Sauce:

3. Pan-fry onion in one tablespoon of oil/ghee for a few minutes then add the garlic and ginger to the pan and continue frying.



4. Add chopped tomatoes, pepper, lime juice, cumin, and cilantro. Fry for a few minutes then add tomato paste, mangos and the canned tomato sauce.
5. Allow to simmer and then transfer it into a blender or food processor with the chili pepper, making it into a fine paste.
6. Place four sliced eggplants at the bottom of a large frypan, top it with sauce and 1 to 1½ tablespoons grated feta. Repeat this process for four layers. Before serving put the pan on low heat, cover, let it simmer with cheese.
7. Then the pan of the caravan is ready to serve with some garnish.

For the Garnish:

8. Pan-fry Anaheim peppers with chopped sundried tomatoes and finely chopped cilantro (or fresh mint).



FOOD
SECURITY

Community Gardens of Kitsilano

“Sow the seed and watch it grow!”

The food you grow yourself is the best you ever taste and the components of the flavour can be many...

- ✿ The safety in knowing where the food you eat came from and what made it grow
- ✿ The child who saw a seed becoming food
- ✿ The change in your pocket
- ✿ The waste you reduced by recycling it into compost
- ✿ The fossil fuel saved
- ✿ The harmful pesticides and fertilizers avoided
- ✿ The health benefits and sense of achievement enjoyed
- ✿ The first bite savoured

Vegetables and herbs can be grown at Community Gardens, at city allotments, on rooftops, in planters on balconies and in tubs on window shelves.

For more information and details of community gardens in the neighbourhood, visit:
www.cityfarmer.org/vanccomgard83.html
or telephone (604)257-8400



Community Gardens of Kitsilano



“There are five gardens that run along the rail corridor in Kitsilano and actually look like one as each starts where the next one ends. Gardened mostly by people living in the area, the Maple Garden is the city’s oldest community “shared” garden, setting a precedent for the development of more community gardens since that time.”

City of Vancouver, Community Services and Social Planning



“The philosophy of our community garden is this: to promote organic gardening methods; foster inter-generational cooperation and community initiatives; enhance the beauty of the neighbourhood through the creation of a vibrant urban green space; and, contribute to sustainability through urban food production.”

Gardeners at Cypress Community garden