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california style

Winter

CAEC
CALIFORNIA AGRICULTURAL EXPORT COUNCIL

The Healthy Chef

Cooking with healthy, nutritious products from C•A•L•I•F•O•R•N•I•A

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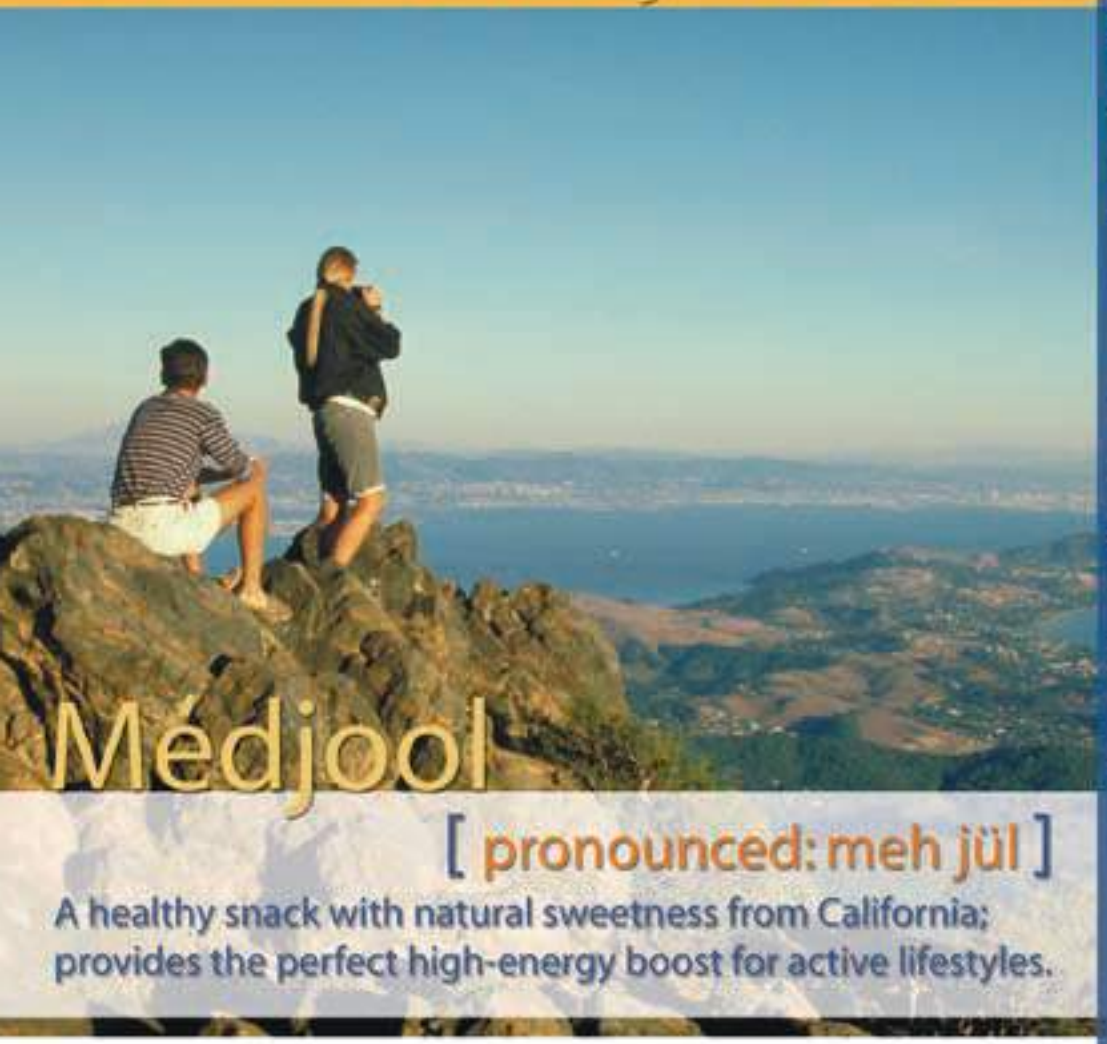

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natural energy

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California Olive Oil Council
Kingsburg Orchards
California Pommegranate Council
California Walnut Commission
California Fig Advisory Board
Assorted Stock Photography

This seventh edition of
SIMPLY GOURMET - CALIFORNIA STYLE

was prepared by

KlasAct Communications Ltd. and
Creative Expressions Graphic Design Studio
and was distributed by direct mail
in December 2007

For information on
Simply Gourmet - California Style
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Canada Post Publication # 41156533
Customer # 7210953
If undelivereable, please return to KlasAct Communications,
#800 - 15355, 24th Ave., Surrey BC V4A 2H9

A message from the California Agricultural Export Council

The Internet is really a great thing. My musings about this issue of Simply Gourmet California Style brought me to the subject of California Cuisine, which resulted in a Google search of the term, which ultimately landed me on Wikipedia. That online encyclopedia's definition of California Cuisine really struck a chord with me – allow me to quote:

California Cuisine is a style of cuisine marked by an interest in "fusion" – integrating disparate cooking styles and ingredients – and is freshly prepared using local ingredients. The food is typically prepared with particularly strong attention to presentation.

The entry goes on to talk about Alice Waters, Wolfgang Puck, and Jeremiah Tower, and their addition to California Cuisine. Following the link to further explore Chef Tower's contribution, I landed on a review by (former) San Francisco Chronicle Staff Writer Kim Severson, who writes that Tower "is undeniably a brilliant and erudite chef who influenced hundreds of American chefs and showed the country that fresh, high-quality ingredients not killed with technique could win the day."

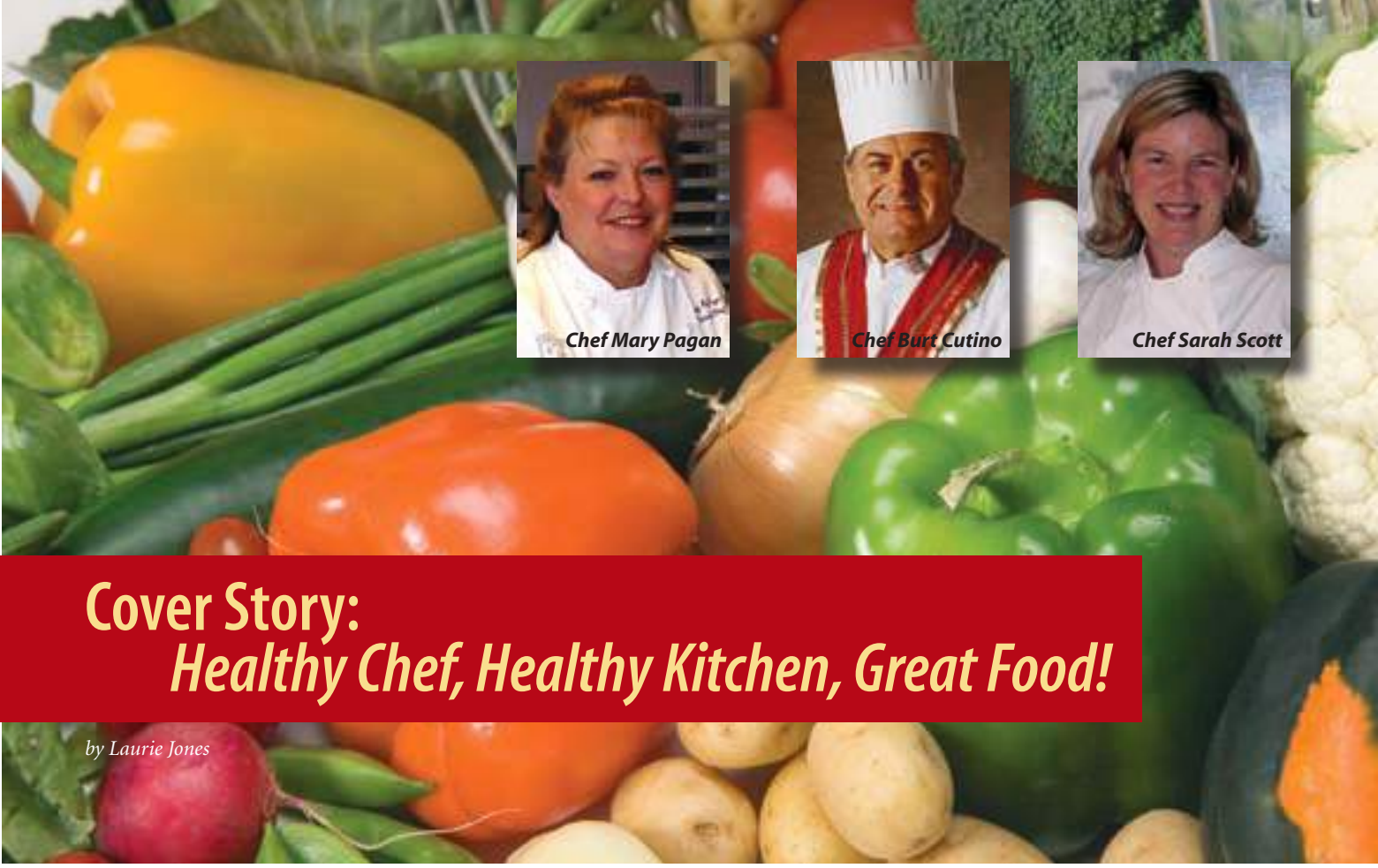
That last part, provided by Ms. Severson, is the missing link that completes the definition, and rounds out what I have intrinsically felt – that California Cuisine is based almost entirely on the quality of the ingredients, and it is a great chef who can recognize the individual characteristics of each ingredient.

The basic traits of California Cuisine can be found in many of the top restaurants around the world – only in each case, they call it local cuisine. And rightly so, since the original culinary revolution that was characterized by California Cuisine has spread throughout the world, and the once revolutionary idea of combining fresh local ingredients in a non-traditional manner has been adopted by chefs worldwide – and they have made it their own.

Does this mean that California is no longer relevant on the world culinary scene? Absolutely not. Even California farmers recognize this and have responded by providing a wider range of products, experimenting with production systems to expand availability, and reducing environmental impact. The market today demands that – and more. Everyone is on the lookout for what's new and what's different. Many dining establishments cater to clientele that expects something new each time they visit the place – and the chefs pass that demand on to the farmers.

I hope you keep that in mind while perusing the pages of Simply Gourmet California Style. The recipe and serving suggestions presented here are to spark your imagination, in the hopes that you will use these ingredients in producing your own symphony.

Fred Klose
President, CAEC



Cover Story: *Healthy Chef, Healthy Kitchen, Great Food!*

by Laurie Jones

In the past few years, chefs across North America have come to embrace the change to healthy eating and are making adjustments not only to their menus but also the way foods are prepared. Use local products whenever possible, and don't hide the natural taste with overpowering sauces. Canadian and California chefs agree that lighter is better, in most cases, and now offer a wide variety of tasty changes to facilitate this new approach to culinary creativity and healthy lifestyles.

The BC Chefs Association has embraced California Cuisine for years, and in association with Simply Gourmet – California Style and the California Agricultural Export Council, celebrated this fresh style of cuisine at last year's Good Vibrations gala event at the Vancouver Four Seasons Hotel. "B.C. chefs support our 5–to–10 a Day program wholeheartedly, which certainly involves California products," says John Sears, president of the B.C. Produce Marketing Association.

"Our Healthy Chef competition in Vancouver, which runs in the spring of each year, attracts many chefs and their brigades from various hotels and restaurants. Last year we had 11 teams. The B.C. Chefs Association is instrumental in putting this event together," he adds. "At the BCPMA, we are delighted with the support the B.C. chefs have given us in encouraging British Columbians and Canadians to eat a healthier diet by selecting fresh fruits and vegetables."

Culinary consultant Chef Sarah Scott works with many California wineries and uses her many years of experience to develop healthy, tasty meals that create a perfect blend of food and wine. "I'm usually working with an array of wines, everything from rosé to a Cabernet or Zinfandel and with that, I cook with the full spectrum of proteins," says Scott. "Having said that, more than ever now I am working with wild fish rather than farm raised, grass-fed beef and other naturally raised products." She is also focusing on staying in season and as close to local as possible in her food purchases.

While many restaurants in the region where Chef Scott works are higher-end fine dining establishments where patrons still enjoy ultimate indulgences, healthy eating still comes into play. "There is an emphasis on produce, salads and healthy choices on the proteins, without the rich sauces," says Scott. "Sauces are still important, but now they include a

continued on next page

As consumers continue to embrace healthier lifestyles, expectations when dining out have increased as well. "The bar has definitely been raised and from what I've seen, restaurant patrons are choosing menu items that include whole grains, light texture and a move away from huge meals."

simple reduction of a chicken or beef stock with herbs. California style usually indicates lighter choices such as a salsa on fish or even an herb butter to accent the dish."

One style of cooking that Chef Scott is known for is using Umami – the practice of balancing taste. For decades, the status quo was that there were four tastes – salty, sweet, sour and bitter, or acidic. "Umami is the fifth recognized taste. There is an actual taste receptor on the tongue that perceives the presence of glutamates in food, including glutanic acids and certain riboneucleic acids. Some people call it 'savouriness' or 'deliciousness' in food. When there is a high level of Umami present, such as with aged parmesan cheese, which is one of the foods that is highest in Umami taste, it is not salty, sweet, sour or bitter. It is also present in ripe fruits and vegetables."

As consumers continue to embrace healthier lifestyles, expectations when dining out have increased as well. "The bar has definitely been raised and from what I've seen, restaurant patrons are choosing menu items that include whole grains, light texture and a move away from huge meals," says Scott. "It's a positive direction for sure."

Chef Burt Cutino, owner of the famous Sardine Factory in Monterey, California, is well aware of the trend towards healthier cooking. "I believe this is a national trend as not only the health community but we ourselves are concerned with the issue of obesity," says Cutino. "As professional chefs, we have a responsibility to the consumer to give them dishes that are tasty but not fattening. We have a great challenge ahead of us but on the positive side it makes chefs use their creativity to come up with dishes that meet the taste factor." Practicing what he preaches, Chef Cutino changed his own eating plan and lost over 70 pounds in the last year.

California style usually indicates lighter choices such as a salsa on fish or even an herb butter to accent the dish.

In his early days of training, Cutino learned from top European chefs who believed in the sensory pleasure of heavy sauces and creamed everything. "While we have, for the most part, moved away from this type of cooking by incorporating lighter dishes it can't be eliminated completely, we have many customers coming in who still want a richer choice on the menu," says Cutino. "Sometimes we're caught in the middle, just like portion control where some customers want larger portions, some are satisfied with smaller meals."

At the Sardine Factory, Chef Cutino has leaned toward healthier dishes for many years, even before the current trend arrived. "I thought if we could create the flavours through beurre blancs and vinaigrettes we could achieve great new choices without the heavy fat. One dish we've had on the menu for 15 years is broiled swordfish done with a vinaigrette saturation. We use capers, sun-dried tomatoes, and roasted pine nuts added to a champagne vinegar or another wine-based vinegar and season well with herbs which gives a wonderful flavour. Sometimes our customers request just plain, broiled fish or seafood and that is no problem at all."

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"We are also trying to get away from a heavy starch addition. In some cases, the meal does not include a potato variation at all but rather a wider selection of vegetables," says Cutino. "Some vegetables can be prepared as a starch substitute, such as cauliflower prepared in a chicken stock base, drained and mashed with herbs. Many root vegetables can be used in the same way." He adds that a balance of high glycemic and low glycemic foods are also taken into consideration when he is preparing his menus. "Colour presentation on the plate is important, but can be done with many healthy foods that do not include high glycemic content."

Chef Mary Pagan, owner of the Culinary Center of Monterey, teaches her students methods in the preparation of classical meals as well as lighter entrées in order to prepare the future chefs for a multitude of career options. "Most people who dine out now are looking for creative new choices with international flavours," says Pagan. "Because of where the school is based, just outside of the Salinas Valley which has been dubbed the salad bowl of California, we use tons of vegetables in our meal preparation. Our chefs need to know the perceived value on the plate. It's more than just a piece of meat, it is the vegetable presentation that brings the plate alive."

One class that is included in the culinary centre's curriculum is California Cooks Fresh. "Students learn about flavour content, what's in season, cost factors and ways to use California produce to create a healthy, colourful meal," says Pagan. Continuing her own education, Pagan attended a seven-month Agnowledge program."One of the really interesting things I learned is that three counties in California make up 50 percent of the produce exported by the United States, and 60 percent of that produce exported goes to Canada."

So with the cornucopia of choices available to her, what are Chef Pagan's favorite dishes to make? "I'm always partial to anything made with Heirloom tomatoes or corn," she says. "But when they are in season, one of my favourite things to make is a watermelon and cucumber salad that has jalapenos, ginger and fresh mint. Adding a soft lemon juice draws the juice from the cucumber and watermelon, and when it marinates with the ginger and fresh mint it makes its own dressing. It's fabulous."

Consumers are ultimately aware that healthy eating equals healthy bodies. With new product choices and preparation techniques changing every day, creating a healthy kitchen that produces healthy foods is easier than ever. ■

Vegetable *Report:* California New Potatoes

by Susan Millar

POTATO PHOTOS COMPLIMENTS OF CAEC (CALIFORNIA AGRICULTURAL EXPORT COUNCIL).

California new potatoes are not a variety of potato, nor do their size, colour, and shape signify newness. So what are they?

In a word, new potatoes are "new"! Fresh from the ground, these seasonal favourites are dug, packed and immediately shipped to market, never stored.

That all adds up to great taste because these potatoes at the height of their flavour. New potatoes usually have thin skins, a waxy texture and are low in starch because the sugars have not yet converted to starch, thereby making them sweet.

Early summer is the best time for serving these little delights with menu selections offering light side dishes and great salads for light warm-weather eating. May to July is when they are most readily available, but California growers are working on making them a year-round commodity.

Grown primarily in California's fertile San Joaquin Valley, the most popular varieties include:

Yukon Golds - Round or oval shape with pale gold skins and golden flesh. Features a rich buttery flavour.

Norkotah Russets - Elongated oval shape with brown skin. The white flesh of these potatoes turns fluffy when cooked.

Long Whites - Also known as White Rose potatoes, this long and slender shaped variety has smooth white skins with firm white flesh.

Round Reds - Round shape with red skins. Features a firm white interior and a moist, clean flavour.

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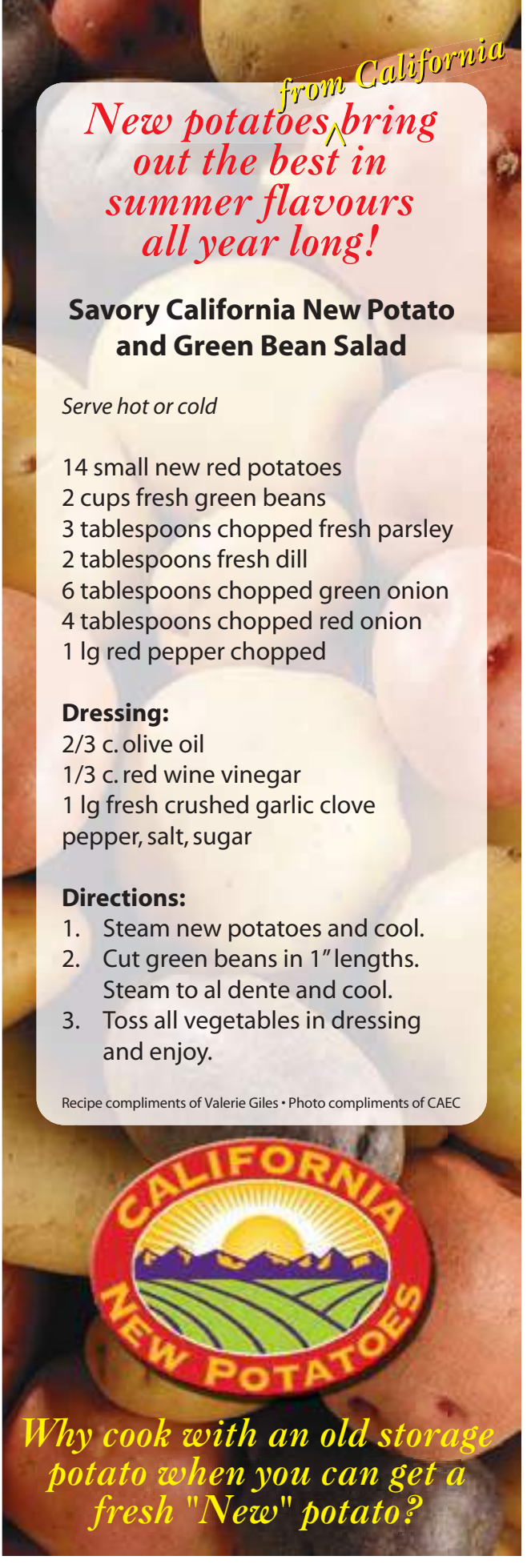

Savory California New Potato and Green Bean Salad

Serve hot or cold

14 small new red potatoes
2 cups fresh green beans
3 tablespoons chopped fresh parsley
2 tablespoons fresh dill
6 tablespoons chopped green onion
4 tablespoons chopped red onion
1 lg red pepper chopped

Dressing:
2/3 c. olive oil
1/3 c. red wine vinegar
1 lg fresh crushed garlic clove
pepper, salt, sugar

Directions:
1. Steam new potatoes and cool.
2. Cut green beans in 1" lengths. Steam to al dente and cool.
3. Toss all vegetables in dressing and enjoy.

Recipe compliments of Valerie Giles • Photo compliments of CAEC

Buying and storing tips

To get the best results with your meals choose smooth, firm, fairly clean potatoes. If a potato is wrinkled, sprouting, cut or have dark spots or a green appearance, it is past its prime and is starting to spoil.

Prolonged storage in light can cause uncooked potatoes to turn green. Green potatoes may contain a substance called solanine, which can have a bitter flavour and can be toxic. To prevent potatoes from greening, they should be stored in a dark, cool place that is well ventilated. Do not store them in a plastic bag in a humid area – you'll guarantee fast spoilage.

Possibilities Galore!

The delicate flavours of new potatoes lend themselves well to a wide variety of uses. You can combine them with almost anything – herbs, spices, meat, seafood, fresh fruits and vegetables.

A simple side dish of potatoes with butter, salt and pepper is delicious on its own. Or you can top new potatoes with sautéed onions and shredded mozzarella cheese, melted; crumbled feta cheese, sliced olives and chopped tomatoes. Smoked salmon, capers and grated red onions is another colourful meal, or make up your own combination. All you need is some flavour, imagination and creative flair.

These potatoes can be peeled or just lightly brush their skins to clean them and take advantage of that extra taste and nutrition that the skins lend to a dish. California new potatoes also cook faster than regular ones – a bonus in the hot summer weather.

Tasty and Nutritious

New potatoes are not only versatile and tasty, but they are nutritious. Fat free, cholesterol free, saturated fat free and sodium free, they are high in Vitamin C and a good source of potassium, Vitamin B6 and dietary fiber. One medium potato has only 100 to 120 calories.

Nutrition Facts

Serving Size 1 large (136 g)

Amount Per Serving

Total Fat	trace
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrate	27g
Dietary Fiber	1.9g
Protein	2g

Source: Government of Canada

Grilled Chicken, Potato and Melon *Salad*

A refreshing meal in itself combining from all food groups—carbohydrates, vegetables, fruit, fat and protein. Enjoy this fresh, flavourful salad for lunch or dinner, anytime throughout the year.

Prep Time: 30 minutes Makes 2 to 3 servings

Ingredients

4 cups – packed of mixed California lettuce
2 boneless skinless chicken breasts, grilled or roasted and cut into bite-sized strips
1-1/2 cups sliced cooked California New Potatoes
1-1/2 cups fresh melon chunks (watermelon, cantaloupe, honeydew, or a mix)
1/2 cup halved seedless red or green grapes
Light blue cheese or French dressing

Directions

In a large bowl, toss the mixed lettuce, chicken, potato slices, melons and grapes.
Drizzle dressing over salad and toss lightly to coat.
Serve in melon shells or on chilled dinner plates.

Chef's *corner*

by Laurie Jones

Canadian Chef Frank Abbinante has been in the culinary industry for over 25 years and considers fruits and vegetables staples of his craft. Having access to California products year-round helps keep his plates fresh and colourful. "My concept of cooking is taking a very light approach – allowing the natural taste of the food to come through. I've combined sliced California almonds or pecans, added fresh citrus like lime and fresh herbs to make a delicious pork stuffing.

Chef Frank uses fruits such as plums and peaches to make fresh salsas and chutneys. "I'm also a big fan of taking nectarines and peaches and grilling them on a barbecue or skillet. The natural sugars caramelize themselves and it makes a beautiful dessert. For a unique presentation, skewer fresh strawberries on rosemary sprigs and grill them. The smoky flavour combined with the sweet fruit is amazing."

Of course, no chef would be without a favourite use for California avocados. "I love using avocado in all types of salads, and main dishes to keep the taste light and natural. For a meal salad, I combine seared prawns with avocado, pour fresh-squeezed lime juice, a little extra virgin olive oil, mint sprig and sea salt. Quick, easy and healthy."

Chef Frank has worked with prestigious hotels and restaurants in Vancouver and internationally. At 24 he topped 300 other candidates to earn his position as executive chef at the Canadian Pavillion at Expo 88 in Brisbane, Australia. While there, where he spent three years opening restaurants and teaching at the exclusive Tivoli private club and culinary school for young apprentices. He is a regular guest chef on local television shows, and has been a corporate chef for companies locally and overseas.

The *Pleasure* of Pomegranates

Origin

This fruit originated in tropical Asia but has been cultivated throughout the Mediterranean and the Middle East. History credits Spanish padres with bringing pomegranates to California more than 200 years ago.

Arils

The ruby coloured fruit we refer to as seeds are called arils. Each aril is a delicious sac of juice that surrounds a seed. Pomegranates contain 840 arils that are compartmentalized between shiny, tough membranes. The arils range form pink to dark red. Whether you swallow the seeds or spit them out is a matter of personal preference.

Flavour

Sweet with a hint of tartness. Early season varieties (Granada and Early Foothill) have a higher sugar content and sweeter taste than the Wonderful.

Nutrition

The edible fruit from one medium pomegranate (5 ounces) contains 104 calories, 1.5 g protein, 26.4 g carbohydrates, 9 mg vitamin C and 399 mg potassium.

Yield

One medium pomegranate weighs about 9 ounces and yields about 5 ounces of fruit (3/4 cup) and 4 ounces (1/2 cup) of juice.

Cooking

Pomegranates add colour, flavour and texture to appetizers, salads, entrees and desserts. Pomegranate juice tastes delicious when sweetened. Reducing the sweetened juice makes syrup. Unsweetened juice adds tart flavour and colour to beverages, glazes, sauces, dressings and desserts.

For more information and recipes, go to www.pomegranates.org

PHOTO COURTESY OF THE CALIFORNIA POMEGRANATE COUNCIL

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Fresh Fruit *Report*

by Vera Kerr

PLUOT PHOTO COMPLIMENTS OF KINGSBURG ORCHARDS

Tree fruit from California is always a welcome site on any plate or basket. But in the 1930s, dust storms devastated the industry. Since then, however, the orchards have been revived and hybrid varieties have been created to produce exciting new offerings. The multi-billion dollar tree fruit industry is lead by California growers who produce tons of peaches, nectarines and plums every year, with many other fruits available seasonally.

Hand picked and sorted, growers in California's "fruit basket to the world" carefully select their top products to be shipped to international customers in the hospitality industry. With consumer awareness of healthy eating, more and more fruits are finding their way to the tables of the most distinguished menus.

Hybrid success

The Pluot was derived by Kingsburg Orchards by combining plum and apricot varieties to create a fruit that is sweeter than the ones from which it was created. With 30 to choose from, the summertime favourite Pluot can dress any dish with taste and colour. Some of the more uniquely named choices are the Dinosaur Egg, the Flavor Heart and October Yummy, the latest of the crops.

The Aprium hybrid combines 75 percent apricot and 25 percent plum, creating a fruit that bears the distinctively sweet flavour of the apricot and the juiciness and firmness of the plum. Four choices of Aprium varieties include Honey Gold, Golden Sweet, Sugar Gold and Brittany Gold.

Seasonal availability

The majority of tree fruits are available from May through September, with one or two additions leading into October. California producers yield enough fruit to supply international buyers with product for both consumer and food-service customers.

Apricots:	Late April through June
Apriums:	Late April and first week of May; late June
White Apricots:	Mid-April through August
White Nectarines:	Late May through August
Pluots:	Mid-May through August; mid-September; first week October
Yellow Peaches:	Late April through August
Yellow Nectarines:	Late May through August
Plums:	Mid-May through September
Asian Pears:	August through September; first week October

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Taste delights: *Fresh California Apricot-Cherry Salsa*

This colourful, sprightly, fresh fruit salsa combines apricots and cherries with green onions and herbs punctuated by a lively hint of jalapeno pepper. Pair salsa with grilled, roasted or sautéed meat, poultry or seafood. Especially appealing on warm summer days.

Prep Time: 10 minutes Makes 10-12 (1/4 cup servings)

Ingredients

2 cups fresh, California apricots, pitted and diced
1 1/2 cups fresh, California cherries, pitted and halfed
1/2 cup thinly sliced green onion
1 tablespoon finely shredded, fresh basil
1/2 tablespoon chopped, fresh thyme
2 teaspoons finely chopped jalapeno pepper
1 large clove garlic, chopped finely
2 tablespoons fresh orange juice
2 tablespoons fresh lime juice
1 tablespoon honey
1/2 teaspoon salt

Directions

Combine apricots, cherries, green onions, basil, thyme and jalapeno peppers; reserve. Whisk together orange juice, lime juice, honey and salt; fold into reserved fruit mixture. Chill several hours to marry flavours. Serve at room temperature.

For more information, visit www.califapricot.com.
Source: News Canada

Nutrition

All fruit is well documented for the health benefits they derive. Added vitamin C, potassium, vitamin A, minerals and no fat content is only the start of many reasons to add fruit to a balanced lifestyle and healthy eating. Peaches, plums and nectarines contain beneficial phytonutrients, antioxidants, and carotenoids. Peaches and plums are known to contain flavonoids.

Phytonutrients may help reduce the risk of chronic diseases such as cancer, heart disease, arthritis and eye ailments. While the old adage of carrots make you see better may still be valid with the betacarotene, peaches, plums and nectarines can also make the same claim. In addition, lutein and zezxanthin filter and shield the eye from sunlight, protecting against age-related eye disorders such as macular degeneration and cataracts.

The term antioxidant now has a place in common North American language. The main benefit noted on antioxidants is the way they help to reduce damage caused by free radicals and oxidization, as well as stimulating the immune system.

Flavenoids, which are found in peaches and plums, have been shown to protect against cancer and heart disease.

Just the nutrition facts, Ma'am

Chefs, food manufacturers and consumers alike have all had their awareness of nutrition values in foods increased in recent years with the familiar recap now mandated on all products. Here is a small example of how fruits keep us all healthy:

Peaches

Nutrition Facts
Serving Size 1 medium 2 2/3 (150g)

Amount Per Serving

Calories 59	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A	10%
Vitamin C	17%
Calcium	1%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nectarines

Nutrition Facts
Serving Size 1 medium 2 1/2 (142g)

Amount Per Serving

Calories 62	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	10%
Sugars 11g	
Protein 2g	
Vitamin A	9 %
Vitamin C	13%
Calcium	1%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Apricots

Nutrition Facts
Serving Size 1 apricot 35g (35g)

Amount Per Serving

Calories 17	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 3g	
Protein 0g	
Vitamin A	13%
Vitamin C	6%
Calcium	0%
Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Plums

Nutrition Facts
Serving Size 1 fruit 2 1/8 (66g)

Amount Per Serving

Calories 30	Calories from Fat 2
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 0g	
Vitamin A	5%
Vitamin C	10%
Calcium	0%
Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Canadian Food Industry goes *Nuts* for California Product

by Laurie Jones

The 2007 Canadian International Food & Beverage show in Toronto was the place to be on February 18-20 for the second annual California Walnut Inspirations Contest.

The winner of this year's Best in Show category, and a $10,000 prize, was Chantelle Gorham of Northwest Fudge Factory for her Walnut and Fudge Crunch.

"I'm so excited about this win," exclaimed Ms. Gorham of winning the contest. "I enjoyed meeting fellow competitors from across Canada and competing against such unique and delicious walnut products." On winning $10,000, Ms. Gorham said, "I'm thrilled about the prize and I plan on using it towards getting my new product on the market."

Sponsored by the California Walnut Commission (CWC), the California Walnut Inspirations Contest is a new product development contest intended to encourage food industry professionals from across Canada to develop innovative and unique recipes that incorporate California walnuts as a key ingredient. Competitors showcased their masterpieces in Baked Goods and Snacks, Desserts, Breads, Confectionary, Main Dishes and Sides and Freestyle categories in front of a panel of industry experts.

Competitors represented many areas of the multi-faceted Canadian food industry and included: product manufacturers, foodservice companies, product developers, culinary professionals, private professional bakers and retail grocery professionals. The contest was hosted by Mairlyn Smith, cookbook author, television personality and professional foodie.

Judges from the food industry and media were tasked with choosing category winners and a Best in Show winner from 18 exceptional walnut products in the six categories. Judging criteria was based on taste, appearance, innovative use of California walnuts, quantity of California walnuts used and marketability with possible bonus points for nutrition.

The next Canadian Food & Beverage Show + HostEx will be held in Toronto, March 2-4, 2008 where contestants will be judged by food industry professionals and food media alike. For more info, go to www.walnutinfo.com/inspirations2008

Other winners included:

Ralf Tschenscher of the Lesaffre Yeast Corporation, Vancouver, British Columbia, won the Breads category and went on to take second place overall with a $3,000 cash prize for his California Walnut Apple Breakfast Bread. He was also 4th Runner up for his Walnut Crunch in the Baked Goods & Snacks category.

Liako Dertilis and Pamela MacDonald of Curious Epicureans, Toronto, Ontario, won the Main Dishes and Sides category and went on to win third place overall for a $1,000 prize for their California Walnut Stuffed Pasta with Fig & Prosciutto.

Martin Givens of La Rocca Creative Cakes, Toronto, Ontario was 3rd Runner up and winner of the Desserts category for his Walnut Caramel Pear Cake.

Sherri-Ann Harrison of Sunny Crunch Foods Ltd., Markham, Ontario was 5th Runner up for her Muesli Multigrain Cereal and winner of the Freestyle category.

The contest was promoted to food professionals across Canada through advertising in trade publications, direct mail and www.walnutinfo.com. The California Walnut Commission is already planning next year's competition and encouraging food professionals to get inspired and develop new, innovative walnut products that will encourage Canadian consumers to taste the difference California walnuts make.

Nuts *Report*

California's unique growing regions are the perfect setting for producing bumper crops of delicious, healthy nuts which add a wealth of taste and colour to culinary creations. Two products featured by the California Agriculture Export Council are walnuts and pecans, staple products in any chef's pantry. Between 2000 – 2005, California walnut shipments into Canada increased by 86 per cent to 15 million pounds.

Walnuts

This sweet nut not only has a solid place in the preparation of everything from appetizers to desserts, it is also a leading food in the quest for additional omega-3 fat requirements.

Significant variance in global growing standards has resulted in disparity in the quality of walnuts imported into Canada. Unlike some walnuts grown elsewhere, California walnuts are known for their superior quality and taste.

The mild climate and deep fertile soil in California's Central Valley – from Redding to Bakersfield – provide the ideal growing conditions for the world's premium walnuts. Harvested at their peak, they are then carefully sorted, cleaned, dried and prepared for shipment.

California walnut varieties

There are 37 varieties of walnuts grown in California. However, four varieties account for over 80 per cent of total production: Chandler, Hartley, Payne and Serr.

Nutrition facts

- Walnuts are considered an "essential" type of fat because the human body cannot produce omega-3s. We have to obtain our omega-3s from food sources.

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Golden Quinoa Salad *with Mango & California Walnuts*

Ancient Inca, Modern India. One of the most sacred foods of the Incas of South America, quinoa was so highly revered for its nourishing and delicious qualities that it was called the Mother Grain. At the start of the year, the Incan emperor would sow the first seeds with a golden planting stick to ensure a successful harvest. Curry has its own, mystical origins halfway around the world in India. Combine the two worlds in this delicious and nutritious dish made with California walnuts.

Dressing

1/3 cup (75 mL) plain low-fat yogurt
1 tbsp (15 ml) minced gingerroot
1/2 tsp (2 ml) each, salt and pepper
2 tbsp (30 ml) lime juice
2 tsp (10 ml) curry powder
1/4 cup (50 ml) extra virgin olive oil

In medium bowl, whisk together yogurt, lime juice, ginger, curry, salt, pepper and oil. Set aside.

Salad

1 cup (250 ml) quinoa
1 red pepper, sliced
1 chili pepper, finely chopped
2 ripe mangoes, chopped
1 green onion, thinly sliced
1/3 cup (75 ml) chopped fresh mint
1 cup (250 ml) California Walnuts, toasted and roughly chopped

1. Add quinoa to a large saucepan of boiling salted water. Cook 10 minutes.
2. Pour quinoa into a fine strainer, reserving cooking liquid. Return cooking liquid to pan and place quinoa, in strainer, over cooking liquid.
3. Cover with lid or foil and continue to steam about 10 minutes more or until quinoa is tender. Let cool.
4. In bowl, combine quinoa and dressing until well combined.
5. Gently stir in mango, red pepper, green onion, chilies, mint and walnuts.

COURTESY OF THE CALIFORNIA WALNUT COMMISSION

Makes 4 servings.

California Walnut *and Caramelized Onion Pizza*

Famous for being Italian, pizza has long been enjoyed in many forms by cultures around the world including the ancient Egyptians, Greeks and Romans. This tempting version is topped with California walnuts, caramelized onions and pesto.

Yield: 16 servings, each approx. 4 oz [125 g]

Ingredients

6 tbsp (90 ml) olive oil, divided
4 medium red onions, sliced
Salt and pepper
2 tbsp (30 ml) cornmeal
15 oz. (425 g) refrigerated or prepared pizza dough
1/2 cup (125 ml) prepared basil pesto
1/2 cup (125 ml) goat cheese, crumbled
1 cup (250 ml) California walnuts, coarsely chopped

Directions

HEAT 4 tbsp [60 mL] of the olive oil in a large skillet. Add onions; cook, stirring often until caramelized. Season with salt and pepper; set aside.

SPRINKLE 2 baking sheets with cornmeal. Divide dough in half; using hands or rolling pin, shape into 2 oblong crusts, each approximately 6 x 14-inches [15 x 35 cm]. Spread pesto over each crust; top with onions. Sprinkle with cheese and walnuts. Brush edges with remaining oil.

COURTESY OF THE CALIFORNIA WALNUT COMMISSION

- Walnuts are the only nut with a significant amount of omega-3s. Numerous studies have concluded that omega-3s help reduce the risk of heart disease, cancer, stroke, diabetes, high blood pressure, obesity and clinical depression.

- According to the U.S. National Academy of Sciences, "recommended daily intake values for alphalinolenic acid, which is an omega-3 fatty acid, is 1.6 grams for men and 1.1 grams for women.[1] " A 1.5 ounce serving of walnuts contains 3.8 grams of omega-3s.

1 U.S. National Academy of Sciences website; "Dietary Reference Intakes For Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids", Joanne R. Lupton, Ph.D.

Tip: Shriveled nutmeats mean the nuts have passed their prime.

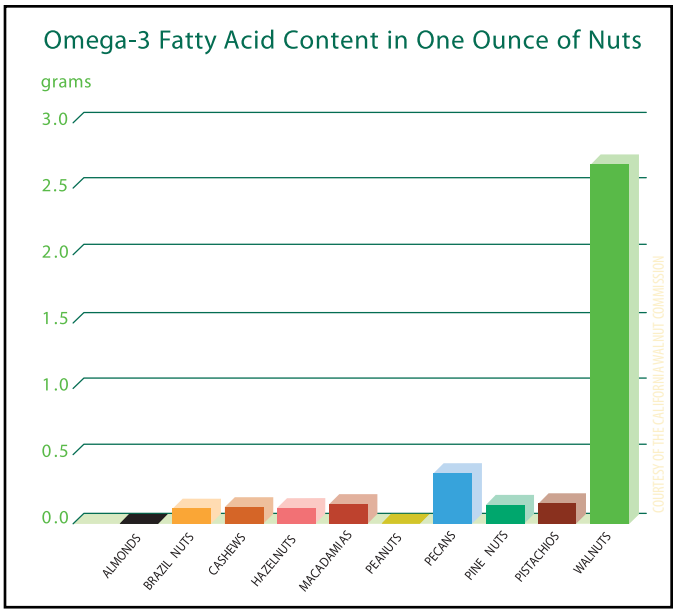
Pecans

As far back as the 16th century, the pecan has been a part of the North American diet. It is considered one of the most valuable North American nut species, but chefs and other culinary professionals have their own view on its value. They know that pecans are more than just the base ingredient for a favourite pecan pie. From a Spinach Pecan Quiche to Pecan Four-Cheese Pizza or Pecan Crusted Sole to a simple Lemon Pecan Green Beans side dish, this healthy nut can be used in endless gourmet cuisine choices.

Pecans – the "other" protein dish

Pecans can also be substituted for meat, poultry, fish, beans and seeds in the diet. They are included in these groups because the flavourful nut contains approximately the same amount of protein and nutrients.

- Eating one ounce of pecans (or about 20 halves) equals two servings from the meat and bean group and two teaspoons of oil. That means you still have three servings of meat and four teaspoons of oil left each day.



Pecan nutrition

New research from Loma Linda University (LLU) shows that adding just a handful of pecans to your diet each day may inhibit unwanted oxidation of blood lipids, thus helping reduce the risk of heart disease. Researchers suggest that this positive effect was in part due to the pecan's significant content of vitamin E.

"Plant foods, including pecans, are rich sources of phytochemicals that can have a unique effect on the body," says LLU researcher Ella Haddad, DrPH, associate professor, department of nutrition, School of Public Health. Pecans contain different forms of vitamin E – known as tocopherols – which protects fats from oxidation. Pecans are especially rich in one form of vitamin E – gamma tocopherol.

Tricks for storing and using pecans

- Shelled pecans can be kept in the refrigerator for about nine months and for up to two years in the freezer.

- Pecans can be thawed and refrozen repeatedly during the two-year freezing period without loss of flavour or texture.

Dried Fruits *Report*

by Laurie Jones

Inset Photo above shows Fresh & Dried Calimyrna & Mission Figs

PHOTOS CONTRIBUTED BY CALIFORNIA FIG ADVISORY BOARD

Dried fruits can make a world of difference when preparing meals and they are also a handy, nutritious way to get your 5-to10-a-day serving. Products represented by the California Agriculture Export Council include Medjool Dates and Figs.

Medjool Dates

Once a delicacy for royalty in the Moroccan desert, the Medjool date has been around since approximately 4,000 B.C., as there is archaeological evidence of date cultivation at that time in eastern Arabia. Today, however, Medjool dates are a staple of the modern culinary world, from fruit snacks to additions to great gourmet dishes.

Nutritious treat

California Medjool dates have a bundle of nutrients and energy boosters. Included are a variety of B-complex vitamins - thiamin, riboflavin, niacin, vitamin B-6 and pantothenic acid. Magnesium, iron, potassium and fiber are also available through this powerhouse fruit. Adding to the benefits is that these dates are cholesterol, sodium and fat free.

The average date tree can grow as high as eighty feet tall. Date farmers must be patient for harvest as it takes about seven years for the tree to bear fruit. But once it does, the date palm can bear fruit for the next century or so. Because this makes it a valuable commodity, the trees can be handed down from generation to generation, still creating an income for each subsequent owner.

Medjool Dates

Nutrition Facts

Serving Size 1 date, pitted 24g (24 g)

Amount Per Serving	
Calories 66	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 16g	
Protein 0g	
Vitamin A 1% • Vitamin C	0%
Calcium 2% • Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

NUTRITIONAL DATA AND IMAGES COURTESY OF WWW.NUTRITIONDATA.COM

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Appetizer Delights: *Fig and Walnut Amuse-Bouche*

For a simple yet stunning appetizer, these bite-sized morsels are incredibly delicious. The combination of fresh figs, prosciutto, gorgonzola cheese and walnuts is exceptionally good.

Ingredients

8 medium sized figs
4 oz. (80 gm) gorgonzola cheese
16 slices prosciutto
32 California walnut halves, toasted

Directions

1. Cut the tip off of the figs and quarter lengthwise.
2. Cut each piece of prosciutto in half, lengthwise.
3. Wrap a piece of prosciutto around the bottom each fig quarter so that the fig is nestled in the prosciutto.
4. Spread 1 tsp (5 mL) of Gorgonzola over each fig and top each with a toasted walnut half.
5. Serve at room temperature as an hors d'oeuvre or on a bed of baby arugula and drizzle with aged balsamic as a starter.

Makes 32 pieces.

Source: www.walnutinfo.com

Figs: The Fitness Fruit

Most of us have heard of the famous Fig Newton cookie, but for creative chefs and fig connoisseurs, the enjoyment of this ancient delicacy goes far beyond. With a growing season that spans from May through January for fresh fruit, and the availability of dried figs year-round, this is an ideal product to add to any menu plan.

The fig dates back to ancient Egypt, with references throughout time. A papyrus from 1552 BC extols the fig as a tonic good for the entire body. After the Romans declared that the god Baccus had introduced the fig to mankind, the fig tree became sacred in southwestern Asia, Egypt, Italy and Greece.

Today the tree is not quite the sacred plant that it was. But both fresh and dried figs are still hold value in that they are a great resource for good nutrition. They contain more calcium, potassium, and iron than other common fruits. A bonus is that they are fat-free, sodium-free and cholesterol-free. Disease-fighting antioxidants can also be found in fresh figs. High in fiber, one and a half figs provide 20 percent of recommended daily intake. Is it any wonder figs have become known as The Fitness Fruit?

Tip from the California Fig Commission:

Blend low-fat cream, ricotta or cottage cheese with some California figs to create a great spread for toast or bagels, or as a dip for sliced fresh fruit.

Types of figs and growing seasons include:

Black Mission – late May to late November
Calimyrna – mid-July to mid-September
Kadota – late May to early November
Brown Turkey – late May to early January

PHOTO CONTRIBUTED BY CALIFORNIA FIG ADVISORY BOARD

Good Vibrations Gala Evening

by Vera Kerr

Last September, the Good Vibrations celebration of California food and wine event, held at Vancouver's Four Seasons Hotel, was a great success. Executive Chefs Rafael Gonzolas, from the Vancouver property and Ashley James, from the Four Seasons Los Angeles in Beverly Hills hotel, combined their creative talents to produce a meal to remember.

"It was a pleasure to come to Vancouver for the Good Vibrations event. Chef Rafael and I worked closely, via e-mail, to put the menu together with consideration of products that related to the sponsors," says Chef Ashley. "When it came time to actually prepare the dishes, I worked on the appetizer and the entrée. I even discovered some new products myself. There was a Gouda cheese that was absolutely outstanding. It was a very enjoyable experience overall."

He adds that having the camera in the kitchen filming the food preparation process was an interesting addition for guests, as they could see what was going on from the dining room.

"We had a lot of people come up to us and say 'thank you', which of course made us feel like we did a good job. Of course, the fundraising aspect for the Mental Health Association was a great way for us to give back through our profession."

Chef Ashley James (shown here left) with his team

The Wines

Paired With

The kitchen was busy preparing for all the guests.

Rare Picholine olive trees, a French variety, planted on the Cohn property in 1875

California's *exploding* Olive Oil Production

By John Schreiner

Almost dormant for 60 years, California olive oil production has exploded since the early 1990s, when Americans discovered the healthy Mediterranean diet. Today's olive processing mills are turning out more about 400,000 gallons a year, triple the production a decade ago, with wineries accounting for about 15% of the state's extra virgin olive oil.

Sonoma County's Bruce Cohn pioneered estate-grown olive oil in 1990 by resuming pressing olives produced by the trees, then 115 years old, that had been offering only shade around the B.R. Cohn winery and the family home. Today, that has grown into a specialty food products business that rivals his wine sales. The business includes wine vinegar, balsamic vinegar and a bread dipping product that Cohn developed in his own kitchen, where the Mediterranean diet is supreme.

"Wine definitely complements food," Cohn believes. "I always cook with wine. The wine's in my left hand and the spoon I am stirring with is in the right hand."

Now one of California's most respected vintners, Cohn's empire of food and wine has grown with remarkable serendipity, considering that he started his business career managing The Doobie Brothers, California rockers who sold 40 million records in the 1970s. They are still together, belting out classics like *China Grove* and *Jesus Is Just Alright,* and Cohn is still their manager.

"I have 10 phone lines in my office," he says. "Three are for The Doobie Brothers, three are for the winery, three are for the olive oil company and one is a private line."

Cohn grew up on a goat dairy farm in Sonoma County, not far from his winery, but, after getting a degree in broadcasting and communications, went to work in San Francisco in 1968 as a television engineer. On the side, he managed a rehearsal hall for musicians, where he met the newly-formed Doobie Brothers band, becoming their manager in 1970. It was a hectic life, with the band travelling extensively and doing 150 concerts a year. He set up a pension plan for the band in 1972. The plan administrator, Stan Berdie, was a connoisseur of California wine, a stroke of luck for Cohn, as it turned out.

"What ties it all together is how North Americans have embraced the Mediterranean diet"

In 1974, wanting his children to grow up as he had on a Sonoma farm, Cohn bought a ranch that included a neglected 14-acre vineyard and eight acres of ancient olive trees that he was advised to keep for their shade. He called the ranch Olive Hill.

"I really didn't know much about vineyards," says Cohn, immersing himself in books on viticulture while on tour with The Doobies. Then Stan Berdie introduced him to the late Charles Wagner, whose Caymus Vineyards even then was a star among

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California Olive Oil Council (COOC)

California has had an historical and commercial connection to olive oil production going back to the eighteenth century when Spanish missionary priests made olive oil from the orchards at the twenty-one missions from San Diego to Sonoma. The first planting was in 1789 at the San Diego mission and many of the missions still retain some of the original plantings. The first commercial production was a mill in Ventura in 1871. By 1885, California growers were producing oil from approximately 2,000 acres and several mills were in operation. However, the industry never increased to any significant size due to strong economic competition from European imports and seed oils.

Now, however, California has come out on the winning end in international taste tests. This spring, Apollo Olive Oil's Sierra Blend won a "Top Ten in the World" honor in the 2006 OLIO Awards sponsored by Der Feinschmecker magazine in Germany. Using a prototype milling techniques known as under-vacuum, Apollo has been concentrating on perfecting their milling so that the fruit is processed in the absence of oxygen. According to owner/grower/miller Steven Dambeck, Apollo's " under vacuum method is key in that oxygenation is limited, so polyphenols are retained providing optimum health benefits and flavour protection.

In France, two California oils won gold medals in the Huiles Du Monde event for the first time. The delighted producers were the California Olive Ranch and Calolea.

Alan Greene, Vice President of Sales and Marketing for the California Olive Ranch was excited to win gold in France. "We are very, very proud to receive such positive reactions to this as well as all of the other awards we have received domestically," he says. "To medal in France is terrific as we were competing in Europe's home court".

California Olive Ranch is currently the largest olive oil producer in the state. "In 2006 we added 540,000 trees to our production on our Artois property," says Greene. "In 2007, we added another 607,000 trees on property we purchased next to the Artois property. In trees we now have over 1,400,000 in the ground. By 2011 we will be producing over 1 million gallons per year. We've gone faster than we thought we could 18 months ago."

With a gold medal in hand, California Olive Ranch sees that recent increase in prices globally for extra virgin olive oil has provided markets for California produced olive oil that did not exist before. Pricing may correct itself over the long term, but this has allowed buyers opportunities to try California olive oils and learn about their unique flavour profile and complexity.

Calolea, a family run enterprise also won a gold medal at the 2006 Huiles du Monde in France. Doubling year over year in production and sales, the Keller family still sells at 12 or so farmer's markets each week. Additonally, they sell to restaurants and retails stores as well as on the Internet. And the gold medal? Michael Keller is thrilled. Keller explains, "There is a legitimacy attached to a win in Europe by a California producer, we have long been waiting for California to be recognized and this is very helpful". Keller sees export opportunities in the future, especially the Canadian and Japanese markets.

Learn more about the COOC at www.cooc.com

California wineries. Wagner agreed to mentor Cohn, making wine from Olive Hill grapes in 1978. "He said it was the best Cabernet he had ever had from Sonoma Valley and I had better get my name on a label," Cohn says.

Busy managing The Doobies and other bands, Cohn sold his grapes for another five years. Gundlach-Bundschu, another rising star, began releasing Olive Hill vineyard-designated Cabernets, one of which President Ronald Reagan took along on a state visit to China in 1982. That finally spurred Cohn to start his own brand. "I figured I had better get some of the accolades for myself," he says. "Everybody was winning gold medals" with Olive Hill grapes.

His first winemaker came from the cellar at Gundlach-Bunschu, a young woman named Helen Turley, who was exceptionally gifted. Starting in 1984, she made B.R. Cohn's first four vintages; the *lowest-scoring* wine was a mere 92. "She made a name for herself with my grapes," Cohn suggests, "and I made a name for my winery with her wine expertise."

The winemakers he has employed since have enjoyed continued success, in part due to the remarkable terroir of the Olive Hill ranch. The geothermal springs under the ranch have kept it frost-free for at least 70 years, giving the vines a two-week start on the season. Sonoma Mountain (elevation 3,500 feet), directly behind the ranch, shelters it from cool Pacific air. As a result, growing conditions compare to some of the best Cabernet Sauvignon sites in Napa Valley. Over the years, Cohn has removed Chardonnay and Pinot Noir – the site is too warm for them – and now has 100 acres totally dedicated to Cabernet Sauvignon. The winery's primary products are 4,300 cases of Olive Hill Cabernet, including the very best, 300 cases released as Special Selection.

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In the early 1990s, the winery also began buying grapes, blending them with Olive Hill fruit to make a value-priced Silver Label Cabernet, now a 40,000-case brand that sells nationally.

The olive trees are the rare Picholine variety, a French variety that were planted on the property in 1875. Most olive varieties grown in California are either Spanish or Italian. Olive oil pressing went into serious decline in the 1930s when cheaper corn and peanut oils came along. In 1990, when Bruce Cohn decided to process his olives, there only was one company still in business in the state.

Cohn was not setting out to trigger the resurgence in winery-grown olive oil when he started. He and his family had watched his trees drop their harvest for years, with his children tracking the olive residue into the house, until his wife asked him to do something with the olives, or pull out the carpets. The B. R. Cohn Olive Oil Company was born.

"It's definitely growing as fast as the winery," he says. "We do gourmet vinegars, four different olive oils –one's an organic. And then we have flavoured oil, garlic and basil oil; and bread dipper; and marinade. And I have food products under B.R. Cohn. We are doing olive tapenades, mustards, pasta sauces, meat sauces and all kinds of things."

What ties it all together is how North Americans have embraced the Mediterranean diet, which has "wine in every recipe – and if it isn't, you are drinking it with the meal, anyway."

As for the Doobie Brothers, Cohn's earnings as their manager gave him the cash to buy the Olive Hill ranch in the first place and he has not forgotten that. B.R. Cohn makes a popular wine called Doobie Red, a fund raiser for the National Veteran's Association that has raised more than $2 million during the past 19 years through wine sales and winery concerts each fall. ■

Chef Aaron Brooks has come a long way, literally, from his early days in the culinary world. Originally from Surfers Paradise on the Gold Coast of Australia, Chef Aaron has now been happily working as the at the Four Seasons Vancouver for four years as the Executive Sous Chef.

After he began his apprenticeship in Queensland, Australia ten years ago, Chef Aaron worked in numerous hotels and restaurants throughout southeast Queensland, Melbourne and the Victorian Alps before moving to Canada.

He enjoys Vancouver for its multiculturalism, world influences, fresh local produce and abundance of high quality restaurants.

Aaron Brooks

A perfect ending . . .
to a perfect meal.

Contributed by Chef Aaron Brooks

Californian Olive Oil and Lemon Granite, *Nectarines Poached with Tarragon*

Clean and tart, this refreshing granite is indeed a perfect ending to a perfect meal.

Ingredients

10 oz milk
3 oz simple syrup
¼ cup Californian olive oil
¾ cup sugar
2 California nectarines, halved, sliced and pitted
½ oz lemon zest
3 oz lemon juice
1 cup Californian white wine
4 sprigs tarragon

Directions

Add milk, lemon zest and simple syrup to pot and bring to a boil then cool down.
Whisk in lemon juice and Californian olive oil.
Place in stainless steel bowl in freezer. Whisk through every 10 minutes or so to from granite.
In a small pot add Californian white wine, simple syrup and 2 sprigs of tarragon.
Bring to simmer and poach nectarine for 10 minutes until soft. Cool in syrup.
To serve place Californian nectarine pieces in deep bowl with some of the poaching liquor.
Top with a scoop of granite and garnish with fresh picked tarragon.

Beautiful and rustic, Bruce Cohn's wine and vineyard estate is in Sonoma County, California not far from San Francisco..

GREAT RECIPES *from the* GOLDEN STATE

Marcus vonAlbrecht
• Chef of the Year,British Columbia 2005
• Canadian Corporate Chef Binner Marketing and Sales

Artichoke *and* Mushroom Salad

Serves : 2
Preparation Time :1:30 hour

6 fresh California artichoke hearts
1/4 large California red onion — thinly sliced
2 medium vine rippened California tomatoes
1/4 pound fresh chantelle mushrooms — thinly sliced
1 medium California avocado, sliced
1/4 cup olive oil
3/4 tablespoon California apple cider vinegar
Juice of one California lemon
1/4 teaspoon prepared mustard
1/8 teaspoon salt
1/16 teaspoon pepper
1/4 small can anchovies — optional
1 head frizee lettuce
1/4 teaspoon fresh parsley — minced

Preparation

1. About 1.5 hours before serving, cut out artichoke hearts and cook in salted water for 15 minutes, remove and cool.
2. In large bowl with fork or wire whisk, mix oil, vinegar, lemon juice, mustard, salt and pepper.
3. Add artichoke, onions, tomatoes, mushrooms avocados and anchovies; toss gently to coat with dressing.
4. Cover and refrigerate at least 1 hour, stirring occasionally.
5. To serve, line a chilled plate with lettuce leaves. Spoon vegetables and dressing onto lettuce leaves. Sprinkle parsley on top.

Per Serving: 46 Calories; 1g Fat (9.7% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 192mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Fruit *Crumble*

Serving Size : 10
Preparation Time : 0:40

1pint of fresh California blackberries
1 pint of fresh California raspberries
2 large fresh white peaches
1 tsp. cinnamon
½ cup of brown sugar
2 tablespoons corn starch
1 tsp. of nutmeg
1 ½ cups of rolled oats
¼ pound of butter
½ cup of flour

Preparation

1. Mix oats, butter & flour together and set aside.
2. Combine all fruits in a bowl, add sugar, spices and corn starch.
3. Mix well and put into 14" x 12" greased pan with oat mixture.
4. Top with oat mixture and bake at 350F for 20 minutes or until golden brown.
5. Crumble should be spooned out of pan and places into individual bowls.
6. Garnish with a small amount of thick yogurt

Per Serving: 444 Calories; 13g Fat (25.6% calories from fat); 8g Protein; 76g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 117mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates.

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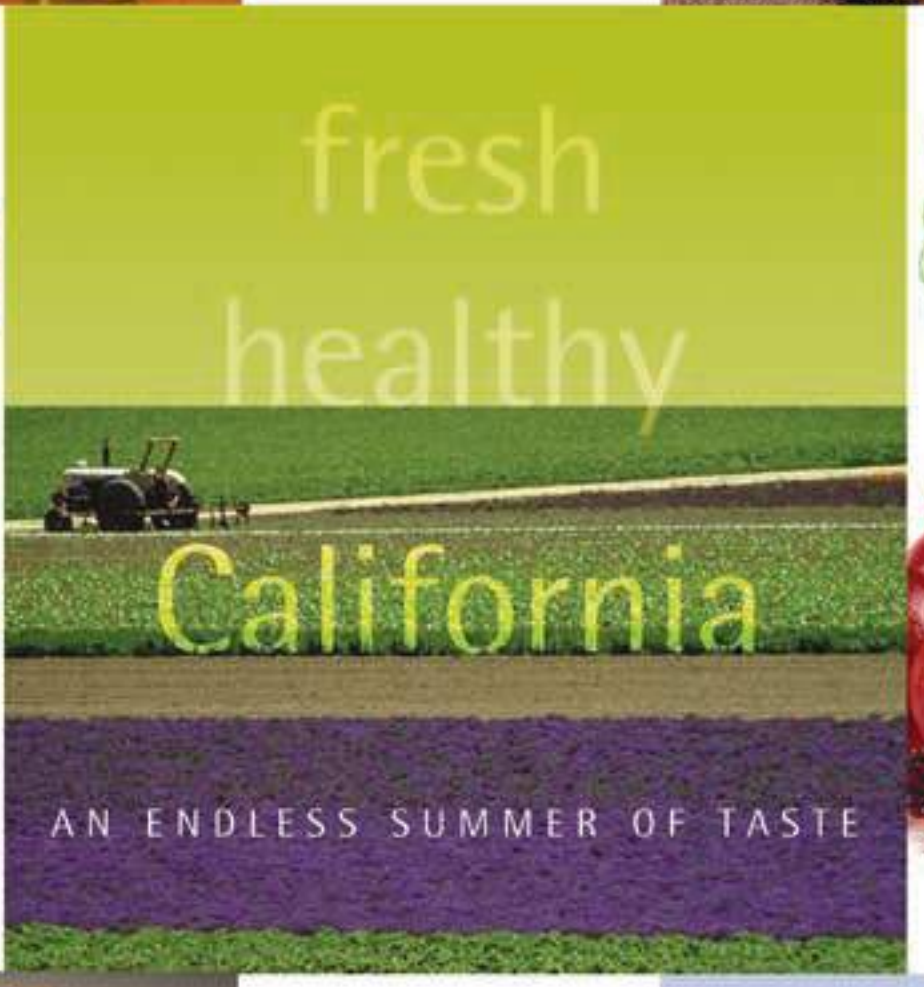

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California Medjool Date Council

Contact the California Agricultural Export Council for information on California food products, recipes and promotional support.

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KlasArt Communications Ltd.
Canada Post Publication # 41156533