

Ideas include Blasted Church honey, C Restaurant salt, Naramata fruit wine

B.C.-made gifts for the foodie in your life

By Tim Pawsey

HOPING FOR A COOL yule? Then check out this line-up of goodies for the well-seasoned foodie. Given the surging interest in everything local, this year we're bent on primarily giving B.C.-produced items.

We're still chuckling at the latest from the ever fertile mind of Bernie Hadley Beauregard (of Blasted Church and Lotusland fame): a brand new line of honeys. "Worker Bee" is busy "flying" all over the place. On these intriguing labels (by Blasted Church artist Monika Melnychuk) you can catch this busy fellow on his travels going through security, sitting on the plane and checking in at his hotel. In the jar, the novel blends range from espresso to cranberry, raspberry, and—for the purists—creamed clover. A tasteful chuckle indeed. Find them at Leslie Stowe, Saffron, Taylorwood Wines, Dig This and Urban Fare. Next from the BHB stable: organic beef from Nomad Cows, but more on that later.

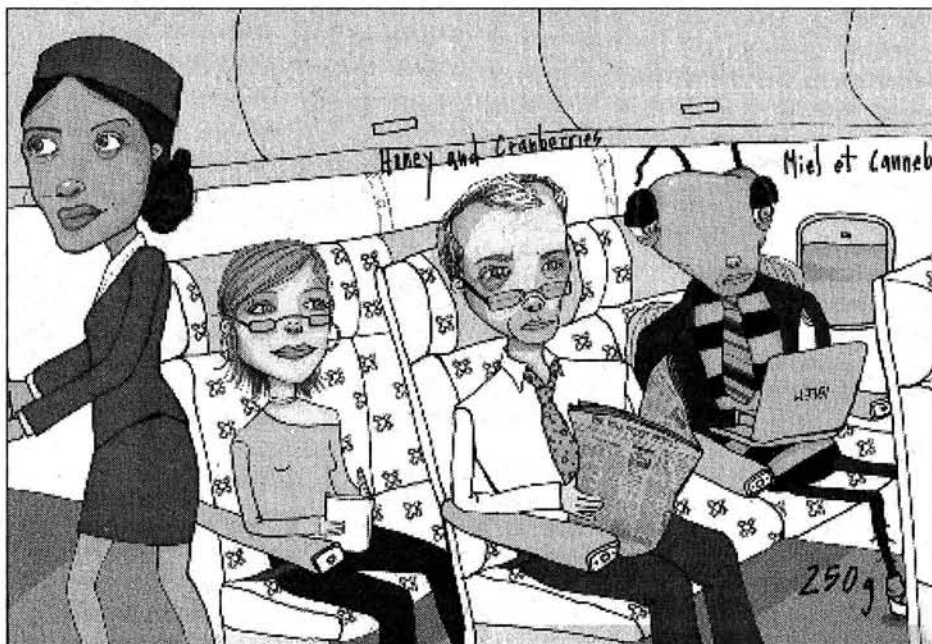
★★★

Most people know C Restaurant for its cutting-edge, responsible take on contemporary seafood, but owner Harry Kambolis and chef Robert Clark have also been busy developing a line of stylish food products that started with smoked Skeena salmon.

Ideal stocking stuffers, their neatly packaged sea salts come in smart black and silver packages and are great for perking up any dish. They range from an excellent coarse and briny grey sea salt to a hearty and complex, red clay-toned Hawaiian, and a zesty citrus salt. Our favourites are potent smoked sea salt flakes that instill a quick barbecue hint into anything you choose and black sesame salt—perfect for curries or Asian style salads. Find them at most gourmet shops, along with C's latest offering: red onion and caper crackers.

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Got a serious home chef



The latest product from the fertile mind of Bernie Hadley Beauregard is a line of honey called Worker Bee. The artwork on the jars is by Blasted Church artist Monika Melnychuk.

in your life? Nothing that a quick visit to Cookworks (1548 West Broadway, 377 Howe St.) won't solve. Go crazy on silicone pastry brushes, garlic twists, OXO mix and measure sets, heat proof silicone spatulas or roll up one of those always handy Silpat non-stick baking sheets. Fondue sets are apparently back with a vengeance, while Calphalon is the stainless steel cookware of choice.

Wondering what to put in that fondue pot? Les Amis du Fromage (1752 West 2nd., 604-732-4218) will wrap up a special mix of grated emmenthal, gruyere, Vacherin, Appenzeller or whatever your cheesy heart desires. In fact, if you don't have a fondue pot, they'll even lend you one. While you're at it, check out their range of boxed raw milk cheeses, from great Camembert like full-flavoured La Rustique and creamy Sainte Mère Médaille to the sinfully delicious and silky Le Coutances. (Don't forget the Stilton, or your B.C. taste from David Wood or Poplar Grove.)

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Another store guaranteed to inspire: The Gourmet Warehouse (1856 Pandora St., 604-253-3022) is a treasure trove of choice where you can find literally everything the culinary love in

your life desires, from premium cookware to the best oils, vinegars, spices and books. What's hot? Owner-chef Caren McSherry says, "New wasabi mayo for slathering on halibut to make it taste sensational, anything silicone (because it's foodsafe), panini presses, which have gone from being trendy and upscale to being regular household items, and pink Hawaii or Murray River salts."

★★★

One of the season's more unique—and touching—treats comes from Elephant Island, the Naramata orchard winery that's increasingly becoming the fruit winery by which all others are measured. The Little King 2002 is the winery's first méthode champenoise, and it's also a tribute to winery owners Miranda and Del Halladay's son Rex, who died of accidental suffocation three hours after birth. Whether it's the flavoured Crab apple, the luscious black currant or the hard-to-find port-style Stellaport, I've rarely tasted anything I didn't like from Elephant Island, and this stylish, crisp, clean sparkler (made from an apple base with raspberry dosage) is no exception. May it be the first of several vintages.

The wine was made with the collaborative effort of a

lot of Naramata wine types (and others), with all proceeds going to B.C. Children's Hospital to support education in post-natal care. Limited, \$21.95, only from the winery, 250-496-5522.