

CANADA'S PREMIER FINE HOME AND LIFESTYLE MAGAZINE

# DREAM HOUSE

KITCHENS  
& BATHS



SPA-TACULAR  
DESTINATIONS



\$6.95 CAD/USD  
MAR/APR 2008  
WWW.DREAMHOUSEMAGAZINE.COM  
PUBLICATIONS MAIL AGREEMENT  
#40720576  
Display Until May 15, 2008



## Mandira by the Sea

The maestro of West Coast

architecture comes to Comox



Chef David Wong

# Body and Soul

BY DEB PODURGIEL



*"Food without wine is a corpse; wine without food is a ghost; united and well matched they are as body and soul, living partners."*

— André Louis Simon (1877-1970)

What is the drive and passion that compels culinary connoisseurs and obsessed onophiles to accomplish and create extraordinary things? André Louis Simon was one of London, England's leading champagne shippers for Pommery for 33 years of his life; the next 33 years, he was president of the Wine and Food Society. If this were not enough, during the Second World War, Simon researched, wrote and edited *A Concise Encyclopedia of Gastronomy*, which sold an unprecedented 100,000 copies.

Then there is the Bocuse d'Or – the most prestigious award for French cuisine in the world. The haute gastronomy, culinary competition held biennially in Lyon, France, tests the knowledge, stamina, creativity and confidence of 24 young chefs representing the best in their country – in public, live and for all the world to see. Author, Culinary Instructor, and in 1987, Founder and President of the Bocuse d'Or, Paul Bocuse is considered to be one of the most influential French chefs of the 20th Century and acclaimed for his prominence in conceiving nouvelle cuisine, a culinary style which avoids heavy cream and butter sauces, emphasizing instead on fresh ingredients, natural flavours and textures. If cooking with fresh and natural ingredients sounds simple, it's not. The artful masterpieces created during these culinary Olympics are a testimony to this.

Chef David Wong, chef instructor at The International Culinary School at The Art Institute of Vancouver, will vouch for this. In 2007, Chef Wong became Canada's representative for the 2009 Bocuse d'Or. He brings with him over 11 years of culinary experience, including the Fairmont Hotel and Resorts as executive sous chef and chef, and has won several culinary competitions including the 2005 Le Salon Culinaire Mondial in Basel, Switzerland, as a member of Culinary Team Canada.

"Focus, patience, attention to detail and perfection" are the cornerstones as he prepares for the 2009 competition. He will need these as the throng of supporters, onlookers, media and judges add to the well-organized mayhem, passion and furor of the Bocuse d'Or kitchen.

He also hopes his experience as a chef instructor will gain him a greater sense of patience and understanding. He says he has no idea what the ingredients will be for the 2009 Bocuse d'Or, but does know he will need to practice the smallest details of his dish 30 times or more before the event. And, unlike some competitions where only presentation is key, presentation will need to transcend imagination, and the delicately created morsels will also need to taste fantastic – all within a tightly prescribed time period.

and budget. But he says he is ready for it and will also be ready to “pass the experience on” to 15 to 30 young culinarians when it is all said and done.

Some of his wine-food pairing suggestions and preferences are for Sunday brunch.

“I love sparkling Shiraz matched with soft poached duck egg, with a thyme Hollandaise and roasted salsify,” he says. “The effervescence of the wine is a great foil for the fattiness of the Hollandaise while the earthy qualities are echoed by the roasted salsify,” he adds.

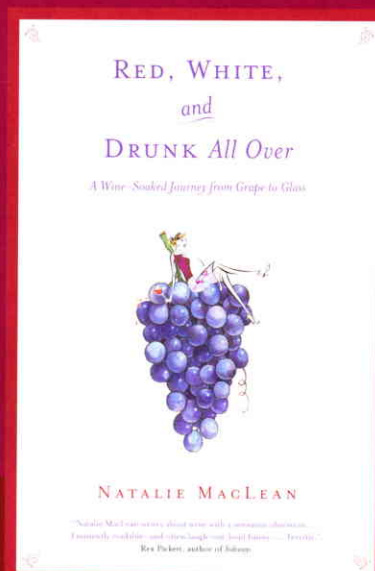
“As a starter, a lightly roasted, sweet Baja scallop with sea urchin butter and pickled cucumber works with a peachy Viognier. The Viognier has enough richness to match the seared, sweet scallop. For a whitefish entrée, like sous vide sablefish with star anise, lemon and confit shallot brandade – this goes great with Gewurztraminer because the floral qualities of the dish marry perfectly with the wine.

“For a meat entrée, I have tried a Spanish Tempranillo with black cherry aroma, with a slow-roasted breast of squab, poached egg and sherry vinegar reduction. The Tempranillo with its berry notes goes well with fowl, has a good length and well-balanced tannins. For a more robust meat dish like venison, I had on the menu at the Fairmont Hotel Macdonald, a seared venison loin with an aged sherry and rosemary glaze served with candied tomato gnocchi. A Spanish Grenache goes great with this dish as the robust gaminess of the meat is matched well with the green pepper and earthiness of the wine.

“I love sweets, but I usually find myself finishing with cheese. A great combo is a Blossom’s blue cheese with foie gras ganache – essentially cured foie gras torchon – which has been pureed. Very decadent, rich and perfect with a Penfolds Port.” Aside from Chef Wong’s suggestions, I recently had a bison striploin and a bison burger, both with a thyme, soy and brown sugar marinade, which were excellent with an Argentinean Malbec. Not as common, I sampled kangaroo striploin, simply pan-fried in olive oil, and served with a raspberry-balsamic vinegar reduction, which also blended well with the Malbec, but really took off with a Wyndham Estate Cabernet Sauvignon. Stands to reason—if you’re going to eat ‘roo, go Australian.

Cheers! DH

## Wine Words



### RED, WHITE, AND DRUNK ALL OVER

*A Wine-Soaked Journey from Grape to Glass* (305 pages)

Author: Natalie MacLean

Published by Anchor Canada (Random House, Inc.)

*Red, White, and Drunk All Over* is a refreshing, delightful read and true to its promise, is *A Wine-Soaked Journey from Grape to Glass*. It is near to impossible to write about wine history, terroir, viticulture and even food and wine pairing without it all sounding the same at some point. Yet, Natalie MacLean weaves a wine storybook so rich with imagery, you can smell the musty, wine-filled cellars, visualize the journey to each vineyard visited, taste that tomato sauce that needs Italian, and laugh as she tries her hand at riddling a Roederer Cristal champagne, only to suggest “perhaps you could launch a label called Cloudy Cristal. It would be ideal for divorces, sentencing days, and other moments when life looks dim.” In short, the reader is right there all the time – never a spectator.