

**Cookbook with an ethical message**

Whitecap Books is helping readers make smart seafood choices with the release of a new cookbook this holiday season. The Ocean Wise Cookbook delivers recipes for sustainable seafood stocks and offers tips on how to save from straining the ocean. – QMI AGENCY



**Pub culture comes to Yaletown**

Donnelly Group has added a new twist to classic pub culture with The New Oxford in Yaletown. Trevor Kallies, beverage director at the 1144 Homer St. watering hole, has created a menu with several signature drinks, along with a selection of featured whiskeys, wine and beer. – QMI AGENCY

**Toast to the holiday season**



My favourite part of December is spending time with family and friends. The holiday season is often spent toasting a good meal, a great host or another year.

Beer makes a fine addition to the holidays and often acts as a social elixir. It helps fill the room with laughter while stories pour out.

**My Pick: Maple Stout – Cannery Brewing Company, Penticton**

This beer is a little sinful as it combines the great aroma of maple with a silky mouth feel. It has a delightful syrupy finish of maple and roasted malts. Although the maple flavour is strong, the heavy dark malt undertones are balanced by the sweetness.

Beers like Maple Stout can be served with or as breakfast or dessert. Sometimes beers like this are best as a standalone as they can be too delectable to be served with overbearing food.

This stout should be shared with friends as it has powerful flavours in a bottle too rich to be hoarded by just one person.

Listen to Just Here For The Beer Radio live Mondays at 6 p.m. on AM 650, or visit [justthereforthebeer.com](http://justthereforthebeer.com)

**VEGAN QUEST**

**A feast that won't weigh you down**



Ten years ago, if someone told me in future I would be sitting at a table with my vegan comrades putting a chef to the task, I'd say they were nuts.

Now nuts are a staple of my diet and somehow I've arrived at West Restaurant on South Granville in my journey, raw vegan. Not only did chef David Gunawan prepare a multi-course wonder, but bartender David Bain rose to the occasion and paired each course with a raw vegan and alcohol-free beverage.

In the tradition of all fine restaurants, an amuse bouche arrived at the table



The best garden variety dish is the fifth course which was made from Sunchoke Puree, Heirloom Carrots, Watermelon Radish, raw Walnuts and cold pickled Sea Asparagus. PHOTO RAJ TANEJA

first – celery sorbet with young celery and a granulated malt. Given the creativity in this dish, it was a sign of things to come. Four more courses, a

pre-dessert, dessert and a small raw-vegan treat at the bill presentation graced our table, all paired with an equally-special beverage.

The first beverage Bain delivered to our table was a mixture of unpasteurized, unfiltered Okanagan apple juice, homemade oregat and finished with lemon. I could tell our bartender was an accomplished mixologist.

The first dish that inspired the cocktail was a Braeburn apple slaw and a Mutzu apple linguine finished with homemade almond milk. When I queried our server, he informed me the apple noodle took shape with the help of agar.

At the end of the meal, I

had a brief moment to hear Gunawan's thoughts. He didn't say much but what he did say stuck. "Being more intentional and deliberate about what you're consuming on a day-to-day basis, I think is respectable," he said. "In this day and age, we never know where our food is coming from and what's in our food. [Being raw vegan] is cool."

I wholeheartedly agree.

Raj Taneja is part technologist, part entrepreneur, part social media thought leader and part foodie. Vegan comrades, he's lost it and needs your help. Someone send him a steak. His twitter username is @tinhead.

**Chalet-chic experience a winner**



Let's face it, heading to Whistler isn't exactly economical. After shelling out for the ski lift, hotels and transportation, there may not be a lot left in the vacation budget for fine-dining. So if you can only afford to treat yourself to one stellar meal on your next-week-end getaway to B.C.'s world-famous ski resort, you want to make sure you pick the right eating establishment.

Now don't get me wrong, there are plenty of great places for casual dining in the village. But when it comes to five-star dining, there are really only a handful of restaurants that truly deserve such a top-notch rating – Araxi is definitely one of them.

Whether you order something from the raw bar like the seared albacore tuna with ponzu sauce (\$14.50), or something from the main menu like the to-die-for buffalo ricotta and truffle gnocchi (\$27.50), or something from the grill like

the lamb loin, you just can't go wrong at Araxi.

And it's not just the amazing West Coast cuisine. Everything from the classically warm, chalet-chic atmosphere to the expert staff makes for a thoroughly enjoyable dining experience.

If you're not sure which vino will bring out the best in your food, wine director Samantha Rahn is there to help. Or you can kick it freestyle and pick your grape – it doesn't matter because you can't really go wrong there.



Not just a feast for the eyes, the ebi mayo dish packs a great flavour. PHOTO SUBMITTED

**Canyon Lights at Capilano Suspension Bridge**  
 Dec. 3, 2010 - Jan. 2, 2011 5 pm to 9 pm  
[www.capbridge.com/canyonlights](http://www.capbridge.com/canyonlights)

**CAPILANO SUSPENSION BRIDGE**  
**24H TASTE**

**Q: What is the name of our Canyon Lights glass blower?**  
 Enter to WIN a prize pack for CANYON LIGHTS by emailing [van24win@sunmedia.ca](mailto:van24win@sunmedia.ca) the answer to today's trivia question. Include your complete contact info and "Canyon Lights" in the subject line. Entries must be submitted by noon of the following publish date to qualify. Rules and regulations available at [vancouver.24hrs.ca](http://vancouver.24hrs.ca).