

## The EATBUZZ. café Victoria



Calab Anthony Boardin stopped by Sooka Harbour House to film a segment for his TV show "No Reservations". He's pictured here with the SHH crew: Micki Ogilvie, Chef Edward Tuson, Darcy Ladret, Jennifer Aronson, A.B., Matthew Phillips, Paul Shand, Joel Pollock

### PARTNERSHIPS

Simply Elegant Cuisine has just announced their partnership with Victoria Silver Threads to provide all the food for the Meals on Wheels program in the Greater Victoria area. Production begins September 17th. SEC is run by Steve Walker Duncan, the current president of Canadian Culinary Federation Victoria. SEC is moving to the Ambrosia Brant & Catering Centre.

[www.seconthesquare.com](http://www.seconthesquare.com)

A joint project between The Canadian Culinary Federation, BCRA, Tourism Victoria, The Hotel Association of Greater Victoria as well as city councillors and local businesses is underway this fall. The Victoria Youth Empowerment Hospitality Training Program has finally been approved for provincial funding along with the private sector and local support already committed. The program will take youth at risk and along with critical life skills offer training in many aspects of the hospitality industry and culinary arts. The first participants are expected to begin early September and when in full swing the project aims to graduate up to 80 young people per year.

### OPENINGS

Red Fish Blue Fish opened on Victoria's Inner Harbour in July, housed in a used sea bin (cargo container) which has been up-cycled. Branch led by chef Kunal Ghose (of

Vancouver's Go Fish), business manager Simon Sobolewski, fisherman Steve Johansen and designer Barbara Houston, this seafood taqueria, managed by April Olien, offers 100% Ocean Wise sanctioned local fish including Pacific halibut, wild salmon, albacore tuna, Qualicum scallops and Fanny Bay oysters. Red Fish Blue Fish aims to reduce its entire footprint. All food service materials are made from potato starch and are either compostable or recyclable. The green roof is topped with soil and will grow sedums and all food waste will be removed by reFUSE Food Waste. Daily from 11am-9pm.

[www.redfish-bluefish.com](http://www.redfish-bluefish.com)

Opening in the old SEC's on the Square location is Detour Dessert Lounge, promising to be a west coast modernization of the *Salon du Thé* in France. A full service dessert bar and café, they'll have a small savory menu and an operating liquor license. The primary focus will be on marketing fresh, home-made desserts baked on-site. Owner Zac Krenler and partners are committed to having 25% of the menu specifically designed to accommodate people who are making specific lifestyle food choices or who have dietary restrictions. i.e. vegan, silac, diabetic friendly. 588 0436.

### MUSHROOMS

Watch for The Mark's new fall mushroom tasting menu, and their widely expanded sake list, including product from Japan and the Pacific Northwest. [www.themark.ca](http://www.themark.ca) At Bear Mountain's Pinache, sample their Mushrooms Divine & Old World wine menu until the end of October. Executive Chef Iain Rennie and Sommelier Stuart Brown have teamed up to create a three course menu featuring morels, shitakes, Portobello, chanterelles, truffles and pines paired with hearty wines from France, Italy and Spain. Reservations recommended, [www.bearmountain.ca](http://www.bearmountain.ca) to view the full menu.

And if you want to pluck your own, join The Great Fall Mushroom Hunts at The Aerie, every Saturday in October. Get an inside look into a secret island cash crop – wild mushrooms – on this half-day adventure, concluding with a three-course lunch full of the –uh– fungi of your labour. [www.aerie.bc.ca](http://www.aerie.bc.ca)

### MOVES

The Marina Restaurant has two new Sous Chefs – newly promoted Matt Rissling who has worked under Executive Chef Jeff Keaniside for three years, and Stephan Drolot, who hails from The Barefoot Bistro. [www.marinarrestaurant.com](http://www.marinarrestaurant.com)

—Compiled by Trava Ring

Indigenous Canadian treats. As it turned out, to savour such [LUNCH III Page 20] Even wild!

And that's his point.

Wild foods picked from bushes and plants in their natural habitat have historically been looked at as camping snacks or survival food. However, with the introduction of these foods into the culinary stream, Forbes is tantalizing us with such gems as wild mushroom mustard, jellied salsa and Labrador sea vinegar (the latter makes a distinctively herbaceous vinaigrette). "Some chefs recognized the value and got it right away," says Forbes, who now sells to restaurants, hotels, gift, food and health stores as well as internet customers all over the world.

Invited by Slow Food Vancouver Island, Forbes is passionate about the delicious and nutritious wild foods he obtains from all over Canada yet insists they aren't intended just to impress the palate. Their use also helps sustain both the livelihood of the people who harvest the plants and the lands that surround them. All of the foods are gathered from their natural abundant habitat in areas that are away from roadways, factories and anywhere else they may be subjected to pollution. As a result, all of Forbes Wild Foods products are, by nature, purely organic.

Forbes's mission is to introduce us to satisfying ways of reconnecting with our food, getting interested in its origin and the purity of its content. Forbes Wild Foods can be found at Plenty Epicurean Pantry (1034 Fort St., Victoria) and can be bought online at [www.wildfoods.ca](http://www.wildfoods.ca). Try it! Your taste buds will thank you for it. —Rebecca Weisman

## AQUARIUM'S OCEAN WISE PROGRAM ANNOUNCES 10 NEW PARTICIPANTS

The Vancouver Aquarium has announced 10 new participants on Vancouver Island to its Ocean Wise program, an Aquarium conservation program that helps restaurants and their patrons make environmentally friendly seafood choices.

The following Vancouver Island restaurants have joined Ocean Wise:

- Blue Crab Bar & Grill @ Coast Hotel (Victoria)
- Boat Basin Restaurant (Ucluelet)
- Cactus Club Café (Victoria and Nanaimo)
- Lure Seafood Restaurant and Bar @ Delta Hotel Ocean Pointe (Victoria)
- Marina Restaurant (Victoria)
- Nimmo Bay Resorts Ltd. (Port McNeill)
- Red Fish Blue Fish (Victoria)
- Spinnakers Gastro BrewPub (Esquimalt)
- The Fairmont Empress (Victoria)
- The Landing West Coast Grill @ Pacific Shores Resort (Parksville)

The Ocean Wise program works with its restaurant and market partners to ensure that they have up-to-date information about sustainable seafood, which is caught in a way that creates minimal environmental impact and ensures the future health of the ocean. The Vancouver Aquarium's Ocean Wise team consults with each restaurant individually to select sustainable menu items, which are highlighted with the Ocean Wise logo so they can be easily identified by their patrons.

Ocean Wise was launched in Vancouver in January 2005 and now has 77 participants province-wide, including 99 restaurants locations, four market locations, a culinary school, a home delivery service, a private club and a university campus. The program expanded to Vancouver Island in May 2007.

For a full listing of partners, please visit [www.oceanwise.com/ida.org](http://www.oceanwise.com/ida.org).

September 9 – Feast of Fields Lower Mainland

From 1:15 pm at UBC Farm, sample local food and local wine with our top chefs. By Farm Folk/City Folk. Visit [fcf.bc.ca/feastofthefields.html](http://fcf.bc.ca/feastofthefields.html)