



Sweet chilli broiled salmon

Island Flavours

So much more than a mere cookbook, *Seasonings: Flavours of the Southern Gulf Islands* (Harbour Publishing; \$29.95) overflows with **quirky info and gorgeous colour photographs**, not just of food but also of chefs, farms and spectacular island scenery. Authors Andrea and David Spalding, who live on Pender Island, profile **local foodie folks** such as guerrilla cheese maker David Rotsztain, “bread lady” Heather Campbell, “potato man” Roger Pettit and master gardener Linda Gilkeson, whose “Sex in the Garden” workshop is always popular. (Don’t get too excited: the topic is pollination.) The Spaldings recount **delightful tales about island eccentricities**, including

the Pizza Garden Project on Pender Island, smoked tofu sandwiches in the high school cafeteria on Salt Spring Island, and the ongoing battle between island gardeners and wild deer, who treat local gardens as all-you-can-eat buffets. Filled with info on **island festivals and fairs**, such as Nettlefest on Galiano Island and the Salt Spring Island Apple Festival, the book also includes **extensive write-ups about popular island fare**: lamb, oysters, BC spot prawns, lavender, mint, cheese, blackberries, mushrooms, locally produced beer and wines, and much more. Last but definitely not least are the recipes. Divided into four sections, one for each season, the **mouth-**

watering recipes include sweet chilli broiled salmon, snow peas and pea shoots (pictured at left; spring), lavender and lemon butterflied lamb (summer), rainforest mushroom soup (fall) and winter pear and apricot tart with red wine chocolate sauce (winter). If a Gulf Islands jaunt isn’t on your immediate agenda, this cookbook-cum-travel guide just might change your plans. Find it at local bookstores (page 15).—*Sheri Radford*



Large selection of beer and wine. \$-\$\$\$ L/D (daily). 10251 St. Edwards Dr., Richmond. 604-276-1180. www.chop.ca & **Map 3: C4**

GLOWBAL GRILL STEAKS & SATAY Hip Yaletown venue delivers an equally stylish menu with globally inspired dishes. Lush offerings include aged steaks, seafood and a variety of satays. \$\$-\$\$\$ L/D (daily), brunch (Sa-Su). 1079 Mainland St. 604-602-0835. www.glowbalgroup.com & **Map 1: D5**

THE KEG STEAKHOUSE AND BAR Steak, Where to Dine Awards since 2009. Grilled steaks, seafood and salads in a friendly, casual atmosphere. Specialties include prime rib and king crab. \$\$ L (M-F) at some locations, D (daily). 742 Thurlow St. 604-685-4388. & **Map 1: B5** 1011 Mainland St. 604-633-2534. & **Map 1: D5** 1499 Anderson St. 604-685-4735. www.kegsteakhouse.com & **Map 6: C3**

TAPAS

BIN 941 Tapas/Small Plate, Where to Dine Awards 2011. Diminutive dishes are packed with flavour at this trendy

and popular tapas and wine bar, where menu items change regularly. \$\$ D (daily). 941 Davie St. 604-683-1246. www.bin941.com & **Map 1: D4**

THE REFINERY Enjoy market-style dining with fresh seafood, artisan-cured meats, terrines and cheeses, all served alongside regional wines, hard-to-find bottles of beer, and delicious specialty cocktails. \$\$ D (Tu-Sa). 1115 Granville St. 604-687-8001. www.therefineryvancouver.com **Map 1: D5**

THAI

PINK ELEPHANT THAI Modern restaurant and bar with hot-pink banquettes serves authentic dishes from Thailand. Specializes in a variety of Thai tapas. \$\$-\$\$ L/D (daily). 1152 Alberni St. 604-646-8899. www.pinkelephantthai.com & **Map 1: B5**

SALATHAI Tropical atmosphere with healthy cuisine, including vegetarian variations. Try the Pa-Naeng: roast duck sautéed in red curry, coconut cream, peanuts and basil leaves. \$\$ L/D (daily). 102-888 Burrard St. 604-683-7999. www.salathai.ca & **Map 1: C4**

THAI HOUSE Other Asian, Where to Dine Awards 2011. Since 1986, this award-winning restaurant has delighted with fresh, imported ingredients and spices used in more than 100 dishes, including traditional, fusion, vegetarian and seafood. \$\$ L/D (daily). 1116 Robson St. 604-683-3383. **Map 1: C5** 1766 W. 7th Ave. 604-737-0088. www.thaihouse.com **Map 1: F2**

VEGETARIAN

HEIRLOOM This restaurant offers a variety of inventive vegetarian and gluten-free dishes, all made in-house. Try the avocado frites and the wild mushroom flatbread. \$\$-\$\$ B/L/D (daily). 1509 W. 12th Ave. 604-733-2231. www.heirloomrestaurant.ca **Map 4: D3**

WEST COAST

BISHOP'S John Bishop's establishment is praised for impeccable service and the changing menu featuring regional and local ingredients. The cellar is extensive, with Pacific Northwest wines at the fore. \$\$\$ D (daily). 2183 W. 4th Ave. 604-738-2025. www.bishopsonline.com **Map 1: F2**

COPPER CHIMNEY Boasts an eclectic West Coast menu with Indian accents. Dishes may include butter chicken, seafood salad and chili-lime tiger prawns. \$\$ B/D (daily), L (M-F). Hotel Le Soleil, 567 Hornby St. 604-689-8862. www.copperchimney.ca & **Map 1: B5**

DOCKSIDE RESTAURANT AND BREWING COMPANY The Granville Island Hotel's menu presents creative fresh seafood dishes alongside well-executed comfort food. Enjoy views of the city, water and mountains as well as a 50-foot wraparound aquarium. \$\$ B/L/D (daily), brunch (Su). 1253 Johnston St. 604-685-7070. www.docksidebrewing.com & **Map 6: B6**

FABLE Local farm-to-table cuisine by *Top Chef Canada* runner-up Trevor Bird, in a casual setting with chalkboard specials. \$\$ L (Tu-F), D (Tu-Sa), brunch (Sa-Su). 1944 W. 4th Ave. 604-732-1322. www.fablekitchen.ca & **Map 1: E2**

FORAGE Savour a deliciously sustainable meal. The diverse menu includes local ingredients, including the foraged mushrooms, served alongside fresh Okanagan goat cheese and caraway rye bread. \$\$-\$\$ B/D (daily), brunch (Sa-Su). Listel Hotel, 1300 Robson St. 604-661-1400. www.foragevancouver.com & **Map 1: B4**

HAWKSWORTH RESTAURANT Best New Restaurant, Where to Dine Awards 2011. Restaurant of the Year, Chef of the Year, Best New Restaurant, Best Upscale and Best New Design, *Vancouver* magazine 2012. Contemporary cuisine prepared with the freshest local and Canadian ingredients available. \$\$\$ B/L/D (daily), brunch (Sa-Su). Rosewood Hotel Georgia, 801 W. Georgia St. 604-673-7000. www.hawksworthrestaurant.com & **Map 1: C5**

THE OBSERVATORY Enjoy West Coast specialties in this lofty room on the top floor of Grouse Mountain's

Peak Chalet. The chefs use local ingredients for the menu, which features sustainable seafood. Free Skyride with reservation. \$\$\$ D (daily). 6400 Nancy Greene Way, North Vancouver. 604-998-4402. www.grousemountain.com & **Map 4: A4**

RAINCITY GRILL West Coast, Where to Dine Awards 2011. This elegant West End hot spot features a regional focus with imaginative appetizers and mains. Rare wines figure on the list. \$\$ L (M-F), D (daily), brunch (Sa-Su). 1193 Denman St. 604-685-7337. www.raincitygrill.com & **Map 1: B3**

WEST Best of Award of Excellence, *Wine Spectator* perennial winner. Main plates boast an array of seafood and meats with a distinctive West Coast spin. Appetizers, tasting menus and homemade desserts. Reservations advised. \$\$\$ L (M-Sa), D (daily), brunch (Su). 2881 Granville St. 604-738-8938. www.westrestaurant.com & **Map 4: D3**

PHOTO BY CHRISTINA SYMONS

» FRIENDLY

Make a new pal (or several) at the 16-seat communal table in Oakwood Canadian Bistro (page 60) in Kitsilano.