

BRING ON THE LAMB



For centuries, lamb has played a starring role in celebrations around the world. Lamb is gaining popularity in Nova Scotia as a whole new generation of chefs and home cooks discover that we produce some of the best lamb in the world! Lamb is a popular choice for dining out but don't shy away from preparing it at home since it is relatively easy! Lamb is perfectly satisfying in stews, roasts and other comforting recipes for those upcoming cold winter months.

General Description: Lamb chops are a perfect choice for a quickly cooked dinner and are outstanding cooked on a charcoal grill. Chops are pieces of meat that are "chopped" through the bone and are small enough to serve as individual (or sometimes two) portions. Lamb chops are usually grilled, broiled, or pan-fried at high heat. The most elegant (and expensive) choices are rib and loin chops. Sirloin and leg chops are leaner and not quite as tender, but they're good if not overcooked.



The most economical chops come from the shoulder. Shoulder chops are a bit chewy and can be fatty, but they're very flavorful and relatively inexpensive. Round bone chops or arm chops from the shoulder contain a cross section of the arm bone. Tender blade chops include a portion of the shoulder-blade bone and the continuation of the rib-eye muscle. A Saratoga chop is a bonless blade chop that is skewered to maintain its shape.

Rib chops are the creme de la creme of lamb chops. They usually contain one rib per chop, but a double-cut rib, which includes two ribs, will be thicker and juicier.

If the meat is cut away to expose the bare rib bone, it's called a French(ed) chop (see the picture) and is more expensive.

Part of Animal: Because lamb is relatively tender, chops may be cut from everywhere except the tough shanks and the underside or belly.

Characteristics: Each type of chop is different, depending on which part of the lamb it was cut from.

How to Choose: Look for a well-rounded form with light colored meat, white fat and red-streaked bones. Choose rib and loin chops with the largest centre eye muscle and the least amount of fat and "tail".

Amount to Buy: Lamb chops generally run 2 - 8 ounces each and should be cut at least 1 inch thick; assume one or two per person.

Storage: Store lamb chops up to 2 days refrigerated; 3 days if oiled or marinated.

Preparation:

1. Rub seasonings into the lamb and allow to rest at room temperature for 1 hour.
2. Grill, pan-fry, or broil to desired doneness, about 15 to 20 minutes total. Top with herb butter, if desired.

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FEATURED eDINING.CA RECIPES

▪ [STICKY LAMB CHOPS](#) ▪

4TH ANNUAL RANS AGM & AWARDS DINNER

The fourth annual RANS AGM & Awards Dinner will take place Wednesday, November 9th, 2011 at Casino Nova Scotia in the Schooner Room and it will be the best one yet! Like last year we will be holding a seminar before the AGM as a little educational event but this year we'll be looking at Social Media for Restaurants - what to do and how to do it.

Radian 6 will take a look at the different social media tools that currently exist and show you what you should be doing to connect with your audiences and how to best connect with them. Doesn't matter if you're a beginner or if you've been at this for months, this seminar is for everyone.

The seminar will run from 5 - 6 pm and will be followed by the AGM portion of the evening. To keep the AGM simplified all reports will be sent out electronically in advance with the approvals taking place at the meeting. All Executive and Board of Director nominations will also take place during the meeting.

Once the business portion of the evening is wrapped up it's time to enjoy the Select Nova Scotia sponsored reception with Nova Scotia wines. At 7pm the 4th Annual Awards Dinner begins so join your industry colleagues as we celebrate achievements over the past year and hand out some great awards.

[Click here](#) for more information on the AGM, the awards or to book your spot today!

5TH ANNUAL AUTUMN BEER & GAME AT STORIES

From October 20 - November 30 Stories at the Halliburton will feature their 5th Annual pairing of game and beers.

Chef Scott Vail has cleverly paired some of his best game dishes such as boar, bison and guinea hen with a bold selection of local and international craft ales.

At only \$95 per person, this includes a five course game inspired blind tasting with beer pairing. Taxes and gratuity are extra. Please note that the entire table must participate.

For more information call (902) 444-4400 and to make reservations visit www.storiesdining.com

SLOW MOTION FOOD FILM FESTIVAL

The 2011 Slow Motion Food Film Festival will take place November 11-14, in Wolfville for the second time.

Boasting over 29 films, screenings include 15 shorts and 14 features from Canada and countries around the world. Several filmmakers will also be on hand for the screening of their films.

The film fest both entertains and raises awareness of some compelling global issues such as health, food security, and the importance of bees to the balance and continuation of ecosystems. There is definitely something for everyone – food, film and wine lovers alike.

The line-up includes the Canadian premiere of Perfect Sense, starring Ewan McGregor which premiered at Sundance and continues to gain momentum through festival play around the world.

Other Festival highlights include:

- Canadian premiere of El Camino del Vino.
- A Matter of Taste, screened at SXSW and Tribeca Film Festivals, along with El Bulli: Cooking in Progress, which was screened at SXSW, provide the ultimate foodie films behind the scenes with some of the world's most eccentric and famous chefs.
- Amazing Food Race at the Wolfville Famers' Market on November 12, 2011.

A full schedule and ticket purchase is available online at www.slowmotionfilmfest.ca or visit www.ticketpro.ca, or call 1-888-311-9090.

LOTHAR'S CAFE UNDER RENOVATIONS

For the month of November, Lothar's Cafe will be CLOSED for renovations. In December they are Open for pre-booked parties, including your next holiday party, on a set menu at any day and time until December 22. Catering is also available if you are staying in! Book your party early as they are filling up quickly.

New Year's Eve, Lothar's is open with a 5-Course-Gourmet Dinner with two Seating's: one at 5pm and one at 8:30pm. Reservations ARE required!

For more information call Lothar's at 902-875-3697 or visit www.lothars-cafe.ca

VOTE FOR THE BAY OF FUNDY

There's only a few days left to [vote for](#) the Bay of Fundy in the New7 Wonders of Nature contest. The Bay of Fundy hosts an amazing array of lobster, scallops, mussels, smoked salmon and other fresh fish it provides. Nova Scotian wines and produce are also influenced by the Bay.

If you haven't voted yet do so today to make sure the Bay of Fundy is recognized around the world for the beauty we all know well.

FALL AT TRELIS CAFE

Winter Hours are now in effect at Trellis Cafe but you can still get your fix. Monday, Tuesday Wednesday they are closed, Thursday – 11:30am – 9pm and later (Lunch, Dinner & Acoustic Music Jam Night), Friday – 11:30am – 9pm and later (Lunch & Dinner With Entertainment 7:30-9:30), Saturday – 9am -9 pm and later (Breakfast, Brunch & Dinner With Entertainment 7:30-9:30) and Sunday – 9am - 8pm (Breakfast, Brunch & Sunday Night Roast Dinner)

Sunday Night Roast Dinners: Dinner & Dessert with Coffee or Tea \$16.95 (regular menu is also available)

November 6 & 27 – Roast Lamb, November 13 – Roast Chicken, November 20 – Roast Beef

Gift Certificates are available in any denomination and are good for all seasons! Purchases may be made at the Cafe, by phone and can be delivered or mailed.

For Christmas Home Catering, Baking or booking a private function at the Café, please call Wilma 857-1188 or trelliscafe@ns.aliantzinc.ca

Tickets for New Year's Eve are on sale now. Only 50 tickets are on sale so get yours today!

Check out the menus and entertainment schedule at www.trelliscafe.com

LANE'S PRIVATEER INN HOSTS SEVERAL EVENTS

Visit Lane's Privateer Inn for one of their fantastic events listed below, a delicious dinner or a great stay!

French Wine Tasting - November 12 - 7:00pm

Sommelier Corinne Maund presents a unique opportunity to experience some of France's greatest wines from its many wine-making regions — six wines from Sancerre to Champagne, from Burgundy to Bordeaux. This tasting will be accompanied by a plate of French cheeses, charcuterie, and artisan breads.

Call 1 800 794-3332 to reserve your glasses now! \$35/person ~ Overnight packages available.

The Full Monty Package
To celebrate the Astor Theatre Society's production of The Full Monty, Lane's Privateer Inn presents our Full Monty Package — a three-course dinner for two, tickets to the show date of your choice, overnight accommodation in a Queen room overlooking the Mersey River, and a full hot breakfast the next morning. Package starts at \$105/person based on double occupancy.

Show dates are November 17, 18, 19 & 20 and November 25 & 26. (Show contains adult language and situations.)

For further information, contact Lane's Privateer Inn at 1 800 794-3332.

TROUT POINT LODGE RECEIVES RECOGNITION

Departures has selected Trout Point Lodge of Nova Scotia for its list of the world's top 10 "Foodie Getaways." The upscale publication of American Express Publishing, which also prints Food & Wine and Travel & Leisure magazines, selected 10 "culinary experiences worth planning a trip around." View the [online article](#) and slideshow by author Marnie Hanel.

The article lists Trout Point's Nova Scotia Seafood Cooking School, which has offered culinary vacations every year since 2000 alongside other food-related vacation experiences such as Chef Jean-Georges Vongerichten's Master Course in New York City and Copenhagen's Noma, rated 2011's "World's Best Restaurant" by San Pellegrino World's 50 Best Restaurants awards.

The article says: "Jaunt to this Relais & Chateaux hideaway three hours outside of Halifax to learn how to select and prepare seafood from water to table." Trout Point is singled out for teaching specialty techniques, such as hot and cold smoking as well as "take-home tips for your local fish market." The cooking vacations consist of 2-night, 3-day all inclusive packages, including cooking instruction and field trips.

Trout Point Lodge offers 8 rooms, 2 suites, and 2 cottages on the banks of the Tusket River adjacent to the Tobetic Wilderness Area. It is Nova Scotia's only member of Relais & Chateaux and won the Parks Canada Sustainable Tourism Award in 2007. The National Geographic Society singled out Trout Point's culinary programs for praise in its worldwide Geotourism Challenge: The Power of Place.

For more information about Trout Point Lodge visit www.troutpoint.com.

BRUNSWICK STREET MISSION BREAKFAST

The Brunswick Street Mission will be holding its 5th Annual Mission Breakfast November 17th from 7:30am - 9am at the World Trade and Convention Centre.

Tickets are \$100 a person and grant you access to Stewart McInnes' speech "Is Poverty Good for Business?"

For more information or to book your ticket visit www.brunswickstreetmission.org or call (902) 423-4605

BLOMIDON ESTATE WINERY RELEASES TWO NEW VINTAGES

Blomidon Estate Winery recently released two new vintages. The 2008 Reserve Chardonnay was fermented in French oak barrels to produce a rich, smooth and balanced wine with a deliciously long finish. Floral aromas mix with pear, peach and butter-scotch in this refreshingly crisp Nova Scotian grown Chardonnay, which makes an ideal pairing with lobster, chowders and soft white cheeses.

The 2010 Seyval Blanc is a luscious white wine with notes of honeydew melon, zesty lime and crisp, fresh pear. From the ocean side vineyard, this off-dry, well-balanced wine would pair beautifully with oysters, scallops or lighter vegetarian dishes.

Visit Blomidon at the winery, the Halifax Farmer's Market, private wine stores and select NSLC locations.

VISIT HALIFAX THROUGH AN APP

Destination Halifax recently launched their "Visit Halifax" app, a mobile concierge for Halifax. This customized and interactive app has GPS-enabled maps, weather updates, festivals and events information and the ability to save your favorite points of interest with a tap of the finger.

RANS has been a major contributor of information for the app, syncing our eDining restaurant information with their app. For more information about the app or to download it yourself visit www.destinationhalifax.com

SUPPER CLUBS FOR THE HOLIDAY SEASON

Have you given any thought to your holiday party yet? Why not a personalized Supper Club for your gang.

Fid Resto has been holding Monday night Supper Clubs for over nine years. Once you decide on a three course menu, Dennis coaches you through the menu and then you get to eat what you have created.

The minimum number of people required is eight but we can also accommodate up to 40. Corporate Supper Clubs are a great way to celebrate with your colleagues or create a team building atmosphere.

You can combine cooking with Dennis, a martini lesson, a wine, whiskey or beer tasting all at once. The Supper Clubs could also make a great holiday gift for your favorite group of people.

Drop them a line at fidresto2@gmail.com or ring 422-9162.



eRoots launch for Global Food Security

Return to Eden... Where there is

Enough Food.

For Everyone.

Everywhere.

Where: The Wooden Monkey - 1707 Grafton Street, Halifax, NS

When: Sunday, 1-4 p.m. November 6, 2011

We look forward to growing with you!

Contact us for more information

tel: 902 252 3911

e-mail: eRoots@chalice.ca

web: www.eRoots.ca



A Chalice food security initiative

Generously sponsored by The Wooden Monkey

**Bring along your friends, family and colleagues to learn about eRoots and Chalice and how you can be a part of establishing Global Food Security. Light Refreshments will be provided.*

Special gifts for the first 50 people!

CHARLOTTE LANE CAFE SERVER WINS SOUTH SHORE AWARD

Earlier this month, the Shelburne and Area Chamber of Commerce handed out some awards and Cora Beck, long time employee and favourite server at Charlotte Lane Cafe & Gift Shop was awarded Employee of the Year.

Cora has been working with owners Roland and Kathleen for over 15 years. She's known and loved by all the regulars and tourists alike. She provides a welcoming smile, infectious attitude and informed guidance to everyone who dines at Charlotte Lane. Her personality generates an aura of excitement that is contagious and speaks to the love she has of the community, the guests, the establishment and the food she is proud to serve.

Congratulations to Cora for being named Employee of the Year in the community where she works and lives.

PRODUCT UPDATES

Check out the Limited Time Offers that are available to the general public by clicking [HERE](#). Looking for a new product or what to know what's no longer available at the NSLC? Click [HERE](#) to find out the latest listings and de-listings.

For great drink recipes, educational videos, products and much more visit www.mynslc.com

THE WINE: BODEGAS MONTECILLO

Bodegas Montecillo began its rich tradition of crafting wines in 1874. Our expert winemakers select only the finest grapes for this Crianza, aged in selected handcrafted oak barrels.

PRODUCTION AREA: RIOJA

Rioja is a region exceptionally endowed for the cultivation of wine, synonymous with quality and tradition. Rioja owes its renown to an enviable location within Spain's cool north, with variations in altitude, chalky clay soils, plenty of rain and long springs and autumns.

GRAPE VARIETY: Tempranillo.

PRODUCTION

At a constant temperature of 26°C/79°F, with maceration period in contact with the skins for 12 days. The second fermentation took place spontaneously in underground tanks, after which the wine was transferred to handcrafted oak casks, where it was aged for 12 months minimum. The wine stays a longer period in bottle before its release.

TASTING NOTES

Color: Red great color, clean and brilliant.

Aroma: Mature fruit aromas, mainly cherries, interwoven with subtle nuances of oak and licorice.

Taste: Ample and pleasant. Enhanced on the palate with fruit and aging notes.

RECOMMENDATIONS

Ideal with dishes such as seared lamb chops, roast beef, lightly spicy chicken, grilled steak, stews and even pasta.

Serving suggestion: 17°C/63°F

MONTECILLO AWARDS AND ACCOLADES



MONTECILLO CRIANZA



BODEGAS MONTECILLO - RIOJA - SPAIN

NOVEMBER WINE TASTINGS AT



BISHOP'S CELLAR LAUNCHES VIDEOS

Bishop's Cellar has created a series of tutorial videos to help you brush up on a few skills or learn all about wine service! If you find yourself asking How to open a wine bottle properly, how to open a bottle of sparkling wine or even what the different type of wine closures are, your answers are now only a simple click away.

Visit [Bishop's Cellar](#) to watch Sommelier Erin Horton walk you through these great wine basics.

The Wines of Alsace

Friday November 18th, 2011
5:00pm – 7:00pm – Bishop's Cellar



This tasting will highlight the aromatic finds from our trip to Alsace last spring. Each winery we visited welcomed us in and shared their stories. As these wineries remain small and predominately family run, you can taste the attention to detail and care that has gone into making these outstanding wines.

With selections from Rolly Gassman, Gustave Lorentz and Zind Humbrecht we have a great representation of the area and lots of stories to share. To accompany tonight's tasting there will be an array of Asian inspired dishes perfect for the featured aromatic wines.

Tickets are \$20 at the door. Please RSVP via telephone (490-2675) or [email](#).

Staff Holiday Wish List

Friday December 2nd, 2011
5:00pm – 7:00pm – Bishop's Cellar

One of the perks of working at Bishop's Cellar is the opportunity to taste and explore the world of wine. There are always those products that we can't wait to taste again or the ones we have to wait for a special occasion to open. This is that tasting! We will be opening the wines that the staff hope will be under their tree this holiday season.

Join us for a tasting of 9 wines that will showcase the best that we have tasted (or anticipated) in 2011. Chef Renee Lavalley, author of [feistychef.ca](#) will be providing an assortment of delectable dishes. This will be the tasting of the year and we extremely excited to explore some fantastic wines with you!

Tickets are \$30 at the door. Please RSVP via telephone (490-2675) or [email](#).

RESTAURANT BUZZ

Check in to *The Spread* every month to find out what's happening in the food & beverage industry across the province.

- Press Gang has a new chef. Beth Muise, a Sydney, NS native has taken over and made a few menu changes including a new Prix Fixe menu.

- Mix Fresh Kitchen has closed and reopened as La Trinidad Lounge & The Listening Room open Tues - Sat from 5pm - late.

- The space on Quinpool that once housed Spartan for years and for a short time Louly's Egyptian cuisine has a new owner. Wasabi Fine Cuisine will open as a sushi house.

- Ratinaud Fresh Cuisine opens on Gottingen Street. The catering operation and deli offers a selection of different charcuterie (pate, rilette, sausage and dry cured meat) and take-home prepared food.

- Rock Island Bistro has closed and in its place will be 308 South by Tarek's, the third restaurant in a successful line opened by Tarek Kostek.