

Guidebook & Cookbook

# Pacific Flavours

RECIPES FROM THE BEST CHEFS ON CANADA'S WEST COAST



VIRGINIA LEE/PHOTOGRAPHY BY HAMID ATTIE

# Pacific Flavours Guidebook Cookbook

**Joyce M. Wilson**



## **Pacific Flavours Guidebook Cookbook:**

*Pacific Flavours* Virginia Lee, 2000-08-01      **Pacific Flavours** Virginia Lee, 2000-01-01 *Pacific Flavours* captures contemporary Pacific cuisine with an exciting range of signature dishes from the top restaurants and inns in Vancouver Victoria Vancouver Island Whistler and the Okanagan Valley *Pacific Flavours* offers recipes for seafood specialties delicious desserts appealing appetizers salads entrées and breakfast foods Enjoy Grilled Fanny Bay Oysters with Smoked Paprika Mayonnaise Vichyssoise with Lobster Medallions Cinnamon Chili Rub Flank Steak Wild Salmon and Sorrel with Fresh Ginger Sauce Frangelico Mousse with Champagne Sabayon Even afternoon tea a Victoria favourite is included Author Virginia Lee obtained recipes from 43 independently selected fine dining establishments all of which have been adapted for home use Profiles describe food decor and facilities and maps help locate the establishments Beautifully illustrated with colour photographs *Pacific Flavours* is a cookbook and a guidebook for anyone visiting British Columbia and Canada's picturesque West Coast      **Pacific Flavours** Virginia Lee, 2008-04-17 The 3rd edition of the ultimate guidebook for an unforgettable culinary tour of British Columbia      *The Chowder Trail Cookbook* Elaine Elliot, Virginia Lee, 2014-06-20 What better way to get a taste of Nova Scotia than to enjoy a bowl of seafood chowder Visitors know that Nova Scotia is rich in history beauty and seafood In every town at every stop along your way you find Nova Scotians making chowder Now Nova Scotia boasts the world's first Chowder Trail featuring local restaurants offering outstanding chowders to visitors and residents alike Cookbook authors Elaine Elliot and Virginia Lee have selected the best of these recipes tested and adapted them for home use and brought them together in this appealing collection Every bowl of chowder tells a story of its community's roots and local harvest This collection of recipes offers home cooks many great ideas on how to use fresh seafood from the Atlantic coast combined with other seasonal ingredients to produce tempting tasty and healthy dishes      **Lobster** Elaine Elliot, Virginia Lee, 2014-06-20 This cookbook offers all kinds of great ideas for preparing Canada's east coast delicacy Of course there are instructions for the best boiled lobster anyone has ever tasted but there are also comfort food recipes for Lobster Poutine and Maritime Lobster Roll as well as fancier dishes like Butter Poached Lobster and even Lobster Truffle Gnocchi with Lobster Emulsion Authors Elaine Elliot and Virginia Lee went to some of Canada's finest chefs to get their best ideas for preparing lobster The cookbook includes a delicious and unusual Lobster Chowder Lobster Bisque and Lobster Soufflé Chef Stefan Czapalay has contributed some great new favourites like Lobster Mac n Cheese Lobster Shabu Shabu and Lobster Caesar Salad All the recipes have been adapted and tested for home cooking They are illustrated in full colour throughout the book As well there's an introduction that answers every question about lobsters when they are in season how to tell male from female how to pick the tastiest lobster with the most meat and how east coast Canadian lobster differs from its American lobster neighbour      **The East Coast's Best Lobster Rolls** Elaine Elliot, Virginia Lee, 2020-07-20 Lobster rolls are a unique East Coast speciality From the simplest dinner to the fanciest fine dining restaurant chefs compete to come up

with imaginative and tasty versions of this tasty dish This first in Canadian cookbooks features 50 fantastic recipes for lobster rolls and their accompaniments The best locally caught seafood combined with fresh local ingredients creates tempting tasty and healthy dishes The recipes have been gathered from diners food trucks and restaurants in all three Maritime provinces Many have won their chefs prizes and awards All have been tested by the authors Colour photographs accompany each dish The result is a great souvenir or gift from the Maritimes *Forthcoming Books* Rose Arny,2001-06 *Canadian Books in Print* ,2003 *Pacific Flavours* Virginia Lee,2008 **Quill & Quire** ,2008 **Canadian Books in Print. Author and Title Index** ,1975 *Canadian Book Review Annual* Joyce M. Wilson,2001 *Pacific Flavours* Hugh Carpenter,1989 A frequent traveller to the Orient the author has produced a book of food that combines Thai Vietnamese and Chinese seasonings with ingredients from his native Pacific coast The result is food that is light healthy and easy to prepare *Me'a Kai* Robert Oliver,Tracy Berno,Shiri Ram,2010 Winner of the 2011 Best Cookbook at the Gourmand Cookbook Awards The cuisines of the South Pacific island nations are noted for their sensational use of coconut cream fresh fruit and the most delicate fish Away from the big resort hotels skilled local cooks make the most delicious meals whose range would surprise most tourists Two years ago New Zealand born chef Robert Oliver who has had a stellar career in the United States restaurant industry went back to Fiji where he grew up to rediscover the art of Pacific cooking He travelled to Tonga Tahiti Samoa Fiji Vanuatu and the Cook Islands to track down the most skilled local cooks This outstanding landmark table thumper of a book brings together a treasury of South Pacific cooking arranged country by country with 90 plus recipes and photos that capture the essence of the Pacific And there s much more than just recipes it s a culinary journey Along the way Robert pauses to tell fascinating stories from his encounters with both local cooks and food producers Flipping through its pages is like going on holiday **Terrific Pacific Cookbook** Anya Von Bremzen,John Welchman,1995-01-01 Offering more than 260 recipes a collection of Thai Vietnamese Australian Malaysian and Indonesian dishes includes tropical fruits traditional meats aromatic soups and fragrant seafood in treats such as Gingered Salmon Parcels Shrimp and Shittake Ravioli and Jasmine Jazz Tiramisu *International Books in Print* ,1986 **Subject Guide to Books in Print** ,2001 *Books in Print* ,1991 *Canadian Periodical Index* ,1994 **Pacific Flavors** Hugh Carpenter,1988 Carpenter s cuisine combines Asian seasonings with American ingredients and results in food that is light healthy easy to prepare and simply delicious Napa Valley based Carpenter continues to influence the tastes and trends of contemporary cuisine as an innovative chef cooking teacher and author Over 140 recipes 85 full color photographs

## Enjoying the Track of Expression: An Psychological Symphony within **Pacific Flavours Guidebook Cookbook**

In some sort of used by screens and the ceaseless chatter of instant communication, the melodic elegance and emotional symphony developed by the prepared term usually diminish in to the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **Pacific Flavours Guidebook Cookbook** a stunning fictional value full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching assessment, we shall examine the book is key harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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