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# HOLIDAY BITES

*Scrumptious nibbles to wow at your yuletide fete*

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DECEMBER 2015

PHOTOGRAPHY: JAMES TSE

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PHOTOGRAPHY: JAMES TSE; PROP-STYLIST: CAROLYN SOUCH; CREATIVE DIRECTION: JESSICA HOTSON (GIFTS); SUPPLIED BY HGTV CANADA (KITCHEN TOUR)



**KITCHEN TOUR  
CHIP AND JOANNA GAINES**

*HGTV Canada's Fixer Upper stars share the secrets behind a country-chic kitchen.*

In HGTV Canada's *Fixer Upper*, Chip and Joanna Gaines—he's the lead contractor; she's the designer—help a newlywed couple renovate their riverside house in Waco, Texas, to attract visits from a combined seven children from both their previous marriages. To feed this modern-day Brady Bunch, the kitchen gets special attention. Here are four essential elements of a country-chic kitchen.

amplify the considerable natural light.

**Riding the subway**

The backsplash is made from stone tile, but the subway pattern gives it a more modern look than traditional square tiles. It also adds a subtle hint of colour to the room.

**Wood is good**

Incorporating wood is essential to get that country feel. Vintage-style wood and metal stools have been lined up under the breakfast bar in the living room. Wooden support beams were added to the ceiling and to the top of the windows in the dining area, warming the space with their earthy tones.

**Think apron sink**

A stylish apron sink was installed with an elegant steel faucet. The crisp white contrasts nicely with the dark granite countertops.

**White and light**

Light-blue walls and a vivid white ceiling keep the room bright and modern. New white wooden cabinets further

NEW EPISODES OF *FIXER UPPER* AIR THURSDAYS AT 10 P.M. ON HGTV CANADA.





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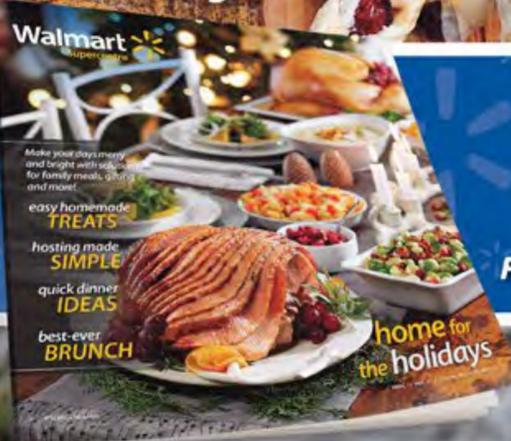
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# home for the holidays

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## brown sugar glazed ham

This tender, flavourful roast is ready in just over an hour.



## finishing touches

Fizzy Pom-Orange Soda



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Spiced Peanuts  
This yummy snack packs a little kick.

Gourmet Popcorn  
Popcorn toppings are so easy and so impressive.



## SWEET GIFTS

## READY. SET. BAKE.

When you give the gift of baking, you need recipes that can be made ahead and are loved by all. From tender, buttery shortbreads to crunchy, nutty biscotti, these cookies will make you a star over the holidays.

## GRAMMIE BENT'S DUNKIN' GINGERSNAPS

Courtesy of Marsha Clarke

Makes 36

## Ingredients

¼ cup (175 mL) butter  
½ cup (125 mL) fancy-grade molasses  
1 large egg  
2½ cups (625 mL) all-purpose flour  
2 tsp (10 mL) baking soda  
1 tsp (5 mL) ground cinnamon  
1 tsp (5 mL) ground ginger  
½ tsp (2 mL) ground cloves  
¼ tsp (1 mL) salt  
Granulated sugar for rolling

## Directions

- Preheat oven to 350°F (180°C). Line baking sheets with parchment paper.
- In mixing bowl, blend together butter, molasses and egg until combined. Stir in flour, baking soda, cinnamon, ginger, cloves and salt until well combined.
- Shape dough into 1-inch (2.5-cm) balls; roll in sugar. Place balls on prepared baking sheets. Press with fork to flatten slightly. Bake for 10 to 12 minutes or until bottoms are golden. Transfer to rack to cool.

## ANNA OLSON'S SCOTTISH PAN SHORTBREAD

Makes 16

## Ingredients

¾ cup (175 mL) unsalted butter, at room temperature  
½ cup (125 mL) packed light brown sugar  
1¼ cup (300 mL) all-purpose flour  
¼ cup (60 mL) brown rice flour  
½ tsp (2 mL) salt

## Directions

- Preheat oven to 300°F (150°C). Grease a 9-inch removable-bottom fluted tart tin and place on baking tray.
- Beat butter and brown sugar vigorously by hand or using beaters or a mixer fitted with the paddle attachment until pale and fluffy, about 3 minutes. Be sure to beat butter and sugar together well to ensure the shortbread will hold together, and will “snap” and melt away when bitten.
- In a separate bowl, sift together the flour, rice flour and salt. Add to the butter mixture and mix until blended. Using floured hands, press dough into the prepared pan. Use

a fork to dock the shortbread right through to the bottom and bake until just lightly browned, about 1 hour.

- Remove from the oven and use a sharp knife to cut shortbread into 16 wedges. Let cool in the tin.
- This shortbread improves over a few days and can be frozen. Store in an airtight container for up to 10 days.

## ANNA OLSON'S CLASSIC CRANBERRY ALMOND BISCOTTI

Makes 36

## Ingredients

¾ cup (175 mL) granulated sugar  
½ cup (125 mL) vegetable oil  
2 large eggs  
2 tbsp (30 mL) finely grated lemon zest  
¾ tsp (4 mL) pure almond extract  
¾ cup (175 mL) whole raw almonds  
½ cup (125 mL) dried cranberries  
1¼ cup (425 mL) all-purpose flour  
2 tsp (10 mL) baking powder  
½ tsp (2 mL) fine sea salt  
½ tsp (2 mL) ground nutmeg

1 large egg whisked with 2 tbsp (30 mL) water, for brushing

## Directions

- Preheat oven to 325°F (160°C) and line baking tray with parchment paper.
- In a large mixing bowl, whisk together sugar, oil, eggs, lemon zest and almond extract. Stir in almonds and cranberries.
- In a separate bowl, sift flour, baking powder, salt and nutmeg; add to wet mixture and stir until completely blended. Shape dough into 2 logs about 12-inches long; place on the baking tray and, with floured hands, pat down to flatten. Brush logs with egg mixture and bake until a rich golden brown, about 35 minutes. Cool logs on the baking tray until warm to the touch.
- Using a sharp serrated knife, slice logs into cookies just over ½-inch (1 cm) thick. Place back on baking tray, leaving some space between them (you may need a second tray); return them to the oven to bake until lightly browned, about 20 minutes. Remove from the baking tray to cool completely.

## ASK A CHEF

## HOST LIKE A PRO



Whether it's a handful of close friends or the whole office crew, entertaining is a stressful undertaking. Chopped Canada judge chef Mark McEwan tells us how to put the fun back in holiday hosting.

## STOCKING THE BAR

When it comes to buying booze, McEwan recommends playing it safe by over-stocking. “The good thing is that alcohol doesn't go bad,” he says with a laugh. “As long as you don't open them, you can return bottles to the LCBO.” He estimates that the average person will drink three glasses of wine at a holiday party, and if there is a cocktail on offer, plan on a little more than one each. He also urges hosts to let guests drink at their own pace. “Don't push it on them. Let them prompt you.”

## BUBBLY GREETING

Since preparing cocktails can be quite time-consuming, McEwan suggests preming a ready libation—something whisky-based for winter is best—and setting it out on ice with lowball glasses and a bowl of jumbo ice cubes. But ideally he recommends greeting guests with a glass of champagne or sparkling wine. “It's incredibly simple, incredibly festive, and the majority of people really enjoy it. I love a little bubbly.”

## SIMPLE START

For nibbles during the cocktail hour, McEwan relies on a cheese-and-salami board served with toasted baguette rounds brushed with extra-virgin olive oil. “It's all set up ahead of time and ready to go.” For an easy appetizer, it's hard to go wrong with a mushroom purée soup. “Just sprinkle it with a few chives and you've got an inexpensive first course that appears more luxurious than it is.”

## IN A STEW

To feed a crowd on a budget, McEwan suggests some type of stew, such as veal with root vegetables or a beef bourguignon. “You make it in the morning and it gets better as it sits. Serve it with soft polenta, which you can also make ahead, and you have no work to do at dinner time.” If your fridge is getting full, he suggests using an often overlooked backup. “Winter is great because your garage is a refrigerator.”

## THINK LIKE A CHEF

Getting organized before a party goes beyond cooking ahead. McEwan says to think through every step of every process and get it ready. “When guests arrive, you don't want to be reaching for a pot and filling it with water. That pot should be on the stove, the water salted and hot, and any utensils you need beside it. When a chef sets up their station, they live and die by their mise en place. Get into the same frame of mind for a party, and you'll look like a pro.”

CHOPPED CANADA TEEN TOURNAMENT AIRS SATURDAYS AT 9 P.M. ON FOOD NETWORK CANADA. A NEW SEASON OF CHOPPED CANADA PREMIERES ON JANUARY 9 AT 9 P.M.

## THIRSTY

## PARTY WINES

Four festive bottles under \$15 to quench any holiday thirst.

BY ERIC VELLEND

## 1. Villa Sandi Il Fresco Prosecco, from \$14

This great-value Italian sparkler outperforms most of the competition on the Prosecco shelf. It's fresh, clean and bright with notes of lemon and pear, and a frothy mousse. Chill well and pour as a guest-greeting aperitivo with mixed nuts, prosciutto-wrapped grissini, and smoked salmon canapés.

## 2. Cono Sur Bicicleta Chardonnay 2014, from \$10

Take one sip of this terrific unoaked Chardonnay from Chile's Central Valley, and the first thing that will come to your mind is “Wow—I can't believe this is only 10 bucks!” An outright steal at this price, it offers pineapple aromas, a silky texture and riveting acidity. It's excellent with shellfish, including the ubiquitous holiday shrimp ring.

## 3. Errazuriz Estate Series Pinot Noir 2013, from \$14

While most New World Pinots go for fruit over finesse, this bottle from Chile's Aconcagua Valley draws you in with its old-school charm. Tart, herbal and spicy, it continues to seduce with cranberry flavours and a long, lingering finish. Pour with beet and ricotta crostini, stuffed mushrooms, and mini cheeseburgers.

## 4. The Wolftrap Syrah Mourvèdre Viognier 2014, from \$14

From South Africa's Boekenhoutskloof—say that five times fast—this consistently delicious red has a small splash of Viognier, a white grape that amps up the aromatics. It's a full-bodied wine, bursting with cassia and cocoa, juicy acidity and a beguilingly smoky finish. Serve with little beef empanadas and spiced lamb chops.



PHOTOGRAPHY: JAMES TSE; FOOD STYLIST: ADELE SHAW; PROP STYLIST: CAROLYN SOUCH; CREATIVE DIRECTION: JESSICA HORTON; (TABLE TOP)

## APPETIZING

## AMAZING GRAZE

Whether you're hosting the office party or a neighbourhood drop-in, our superb spread of holiday nibbles has got you covered. From Thai-spiced chicken satays to Michael Smith's famous shrimp cocktail, sate your guests in style.



## CHICKEN SATAYS

Courtesy of Trish Magwood  
Makes 24

## Ingredients

24 bamboo skewers  
2 tsp (10 mL) vegetable oil  
2 cloves garlic, minced  
1 can (400 mL) coconut milk  
(Note: avoid light or low fat)  
4 tsp (20 mL) fish sauce  
2 tsp (10 mL) brown sugar  
1 tsp (5 mL) red curry paste  
4 tsp (20 mL) chopped cilantro  
1 tsp (5 mL) salt  
½ tsp (2 mL) pepper  
2 lbs (1 kg) boneless, skinless chicken breasts, cut into finger-size strips  
Peanut sauce

## Directions

- In a baking dish, soak bamboo skewers in water, for at least 1 hour. Reserve.
- Heat oil in small skillet over medium heat, fry garlic until fragrant and lightly browned, about 1 minute. Let cool.
- In a large bowl, combine coconut milk, fish sauce, sugar, curry paste, cilantro, salt, pepper, cooled garlic and any remaining oil. Add chicken and toss to coat. Refrigerate up to 4 hours.
- Remove chicken from marinade. Thread onto soaked skewers.
- Preheat barbecue or grill pan over high heat. Lightly oil grate or pan. Cook, turning once, until cooked through, about 5 to 7 minutes. Serve immediately with peanut sauce.

## MICHAEL SMITH'S SHRIMP COCKTAIL

Serves 4

## Ingredients

Poached Shrimp  
3 cups (750 mL) water  
1 cup (250 mL) white wine  
Juice and zest of 1 small lemon  
1 onion, thinly sliced  
2 cloves garlic, thinly sliced  
2 bay leaves  
2 tsp (10 mL) salt  
1 lb (500 g) frozen zipper back shrimp (16–20 count), thawed  
Cocktail Sauce  
1 cup (250 mL) ketchup  
½ cup (125 mL) prepared horseradish, drained  
1 tsp (5 mL) soy sauce  
1 tsp (5 mL) Worcestershire sauce  
Juice and zest of 1 small lemon

## Directions

**Poached Shrimp**  
1. Pour the water and wine into a saucepan over medium-high heat. Add the lemon, onion, garlic, bay leaves and salt; bring to a full simmer and continue cooking for a few minutes to build the flavours. Add shrimp and stir; cover with a tight-fitting lid, remove from heat and let stand 10 minutes. Drain and transfer to baking tray to cool. Peel leaving tail sections intact. Refrigerate until ready to serve with cocktail sauce.

**Cocktail Sauce**  
1. Whisk together the ketchup, horseradish, soy sauce, Worcestershire, lemon juice and zest.

## SPICED EGGPLANT DIP WITH CRUDITES AND FLATBREAD

Courtesy of Bal Arneson

Serves 6 to 8

## Ingredients

1 large eggplant  
5 tbsp (75 mL) grape seed oil, divided  
2 tsp (30 mL) finely grated ginger  
1 tsp (5 mL) ground fennel seed  
1 tsp (5 mL) ground cumin  
1 tsp (5 mL) ground coriander  
½ tsp (2 mL) ground cardamom  
½ tsp (2 mL) smoked paprika  
3 tbsp (45 mL) ground almonds  
2 tsp (30 mL) chopped cilantro  
1 tsp (5 mL) mayonnaise  
Salt and pepper to taste  
Assorted cut raw vegetables  
Breadsticks and crisp flatbread

## Directions

- Preheat oven to 350°F (180°C).
- Cut eggplant in half lengthwise. Brush cut sides with 1 tsp (5 mL) oil; place on parchment-lined baking sheet, cut side down. Bake until very soft, about 45 minutes to 1 hour. When cool enough to handle, scoop out flesh. (Discard skins.) Chop flesh and place in mixing bowl. Set aside.
- Heat remaining oil in small fry pan over medium heat. When hot, add ginger and spices. Cook for 1 minute. Add almonds and stir, letting them toast slightly in the hot oil. Scrape into bowl with eggplant flesh, cilantro and mayonnaise and mix. Season with salt and pepper.
- Serve with cut vegetables, breadsticks and flatbread.

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## BOOK SHELF

A trio of Food Network Canada superstars has taken over the cookbook shelf this fall with these terrific titles.

BY ERIC VELLEND



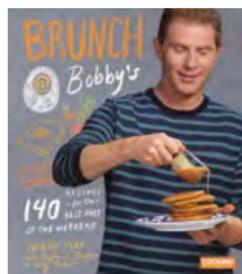
## LAWSON AND ORDER

Simply Nigella by Nigella Lawson (Appetite by Random House, \$45) With its soothing cover art, simple recipes and clean design, Nigella Lawson's latest makes a strong case for the therapeutic benefits of cooking. She urges you to get lost in the “rituals of chopping, stirring, tasting”—and you'll do just that as you whip up new classics like Sweet Potato Macaroni and Cheese, and Slow-Cooker Moroccan Chicken Stew. Any home cook would be thrilled to find this book under their tree. NEW SERIES SIMPLY NIGELLA PREMIERES JANUARY 9 ON FOOD NETWORK CANADA.



## HEALTHY &amp; HAPPY

Everyday Super Food by Jamie Oliver (HarperCollins, \$38) While Jamie Oliver rose to stardom on his Naked Chef comfort food, the ebullient Brit is making his mark as a health food guru with this latest title. Delicious dishes like Sizzling Moroccan Shrimp with Fluffy Couscous and Rainbow Salsa prove that you can eat wholesome meals without sacrificing flavour. Each recipe is rigorously tested, gorgeously shot and costs, on average, just \$4 per person. Bonus: all the nutritional info is included.



## MIDDAY MAGIC

Brunch at Bobby's by Bobby Flay with Stephanie Banyas and Sally Jackson (Clarkson Potter, \$39) The 13th cookbook from ageless wonder Bobby Flay focuses on everybody's favourite weekend meal: brunch. From hot drinks to homemade preserves, this book has everything you need to host a memorable midday feast. There are plenty of his patented big flavours in dishes like Eggs Poached in Mole, and the baking chapter is especially strong with keepers like Browned Butter Banana Bread. BEAT BOBBY FLAY AIRS MONDAYS AT 9 P.M. ON FOOD NETWORK CANADA.



PHOTOGRAPHY: JAMES TSE; FOOD STYLIST: ADELE SHAW; PROP STYLIST: CAROLYN SOUCH; CREATIVE DIRECTION: JESSICA HOTSON

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**CROSTINI WITH SWEET PEA MASH**  
 Courtesy of Trish Magwood  
 Makes 32

- Ingredients**  
*Roasted Garlic*  
 1 head garlic  
 1 tbsp (15 ml) olive oil  
*Sweet Pea Mash*  
 3 cups (750 ml) frozen peas  
 1 small shallot, peeled  
 1 clove garlic, peeled  
 ½ cup (125 ml) grated Parmesan cheese  
 1 head roasted garlic  
 ½ cup (80 ml) quality extra-virgin olive oil  
 Kosher salt and freshly ground pepper to taste  
 1 long French-style baguette  
 ¼ cup (60 ml) olive oil

- Directions**  
**Roasted Garlic**  
 1. Preheat oven to 425°F (220°C)  
 2. Using a sharp knife, remove a thin crosswise slice from the top of the garlic. Drizzle with oil and wrap loosely in foil. Transfer to a baking sheet and bake, until tender, about 45 minutes. When cool, squeeze roasted garlic out of skins.

- Sweet Pea Mash**  
 1. Run frozen peas under warm tap water to thaw. Drain and reserve.  
 2. In a food processor, pulse shallot and garlic until finely chopped. Add the peas, cheese and roasted garlic, and pulse until smooth. With food processor running, drizzle extra-virgin olive oil through feed tube. Once combined, season with salt and pepper.  
 3. Preheat oven to 350°F (180°C)  
 4. Slice baguette into 32 ½-inch (1 cm) slices and lay on a baking sheet. Brush with olive oil and season

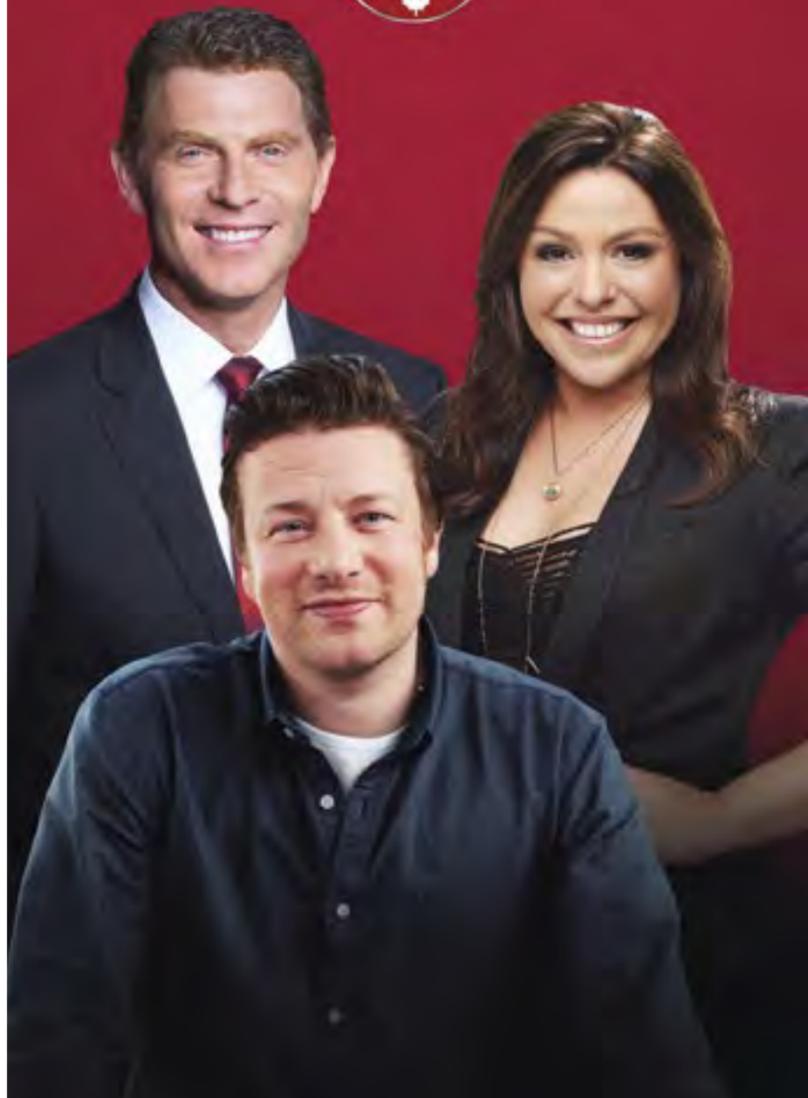
lightly with salt. Bake until lightly golden, about 10 to 15 minutes.  
 5. Top each baguette slice with 1 tbsp (15 ml) sweet pea mash and serve.

**SPINACH AND PROSCIUTTO PARTY WHEELS**  
 Courtesy of Alison Kent  
 Makes 36

- Ingredients**  
 8 oz (250 g) washed spinach leaves  
 2 square sheets (each 10-inch/25 cm) rolled puff pastry, thawed  
 ¼ cup (60 ml) Dijon mustard  
 8 large thin slices prosciutto  
 ½ cup (125 ml) shredded Mozzarella cheese  
 ¼ cup (60 ml) grated Parmesan cheese

- Directions**  
 1. In a saucepan over medium-high heat, add spinach with a splash of water. Cover and simmer until wilted, 1 or 2 minutes. Drain and let cool; squeeze out excess liquid and chop.  
 2. Working one sheet at a time, on a lightly floured surface, un-roll pastry. Spread half of the mustard to within ½ inch (1 cm) of edge. Arrange half of the prosciutto in single layer overtop, followed by half of the spinach. Sprinkle with half of both cheeses.  
 3. Lightly brush border with water. Starting at one side, roll up firmly, pinching along seam to seal. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour.  
 4. Preheat oven to 425°F (220°C).  
 5. Remove plastic wrap from rolls. Using serrated knife trim ends. Cut crosswise into ½-inch (1 cm) thick slices. Place on parchment-lined baking sheets.  
 6. Bake until golden and puffed, 12 to 15 minutes.

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