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EXCEPTIONAL RECIPES FROM COAST TO COAST

Every year, following a lot of amazing travelling and eating, Air Canada's enRoute magazine presents its annual guide to Canada's Best New Restaurants, an epic epicurean task that proudly promotes the culinary arts in this country.

American Express dining is a natural partner, since its dining program offers remarkable meals from coast to coast, be it through over 30 exclusive dining events, special cardmember benefits, or getting rewarded by simply swiping your American Express card at the end of a memorable evening.

Dig in to Savio Volpe's pouchy handmade pasta during a family dinner in Vancouver, or linger over a communal al fresco feast at PEI's Fireworks. You'll find them here, along with doable recipes for the enthusiastic home cook. It's about giving Canada's restaurant scene the international recognition it deserves. We hope you eat it up.

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2016 TOP 10 LISTING

1. **KISSA TANTO** Vancouver, BC
2. **ALO** Toronto, ON
3. **FIREWORKS** Bay Fortune, PEI
4. **AGRIUS** Victoria, BC
5. **FOXY** Montreal, QC
6. **AGRIKOL** Montreal, QC
7. **KRAKEN CRU** Quebec City, QC
8. **LE FANTÔME** Montreal, QC
9. **HIGHWAYMAN** Halifax, NS
10. **SAVIO VOLPE** Vancouver, BC

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ALO 🍁 TORONTO





Chef Patrick Kriss's Alo gets all the details right. The milk buns with house butter are reason enough to grab a banquette in the cool, modern room, a rickety elevator ride up from the commotion of Toronto's Queen and Spadina. You're transported to a space whirling with tailored servers dishing out artful plates, from sea urchin and potato to Hokkaido sea scallops with Meyer lemon. They deserve your full attention. The same can be said for this French mushroom dish, simple and admirable in every way.

ALO TORONTO
Patrick Kriss CHEF
alorestaurant.com

MOREL À LA CRÈME

SERVES 4

PREP 20 min **ACTIVE COOKING** 25 min **TOTAL** 45 min

½ CUP freshly shucked English peas
½ BUNCH pencil asparagus, trimmed of woody bases
½ CUP freshly shucked fava beans
1-2 TBSP butter
½ LB fresh morel mushrooms (though any mushroom will work)
1 French shallot, minced
¼ CUP white wine or dry vermouth
⅔ CUP chicken jus or reduced chicken stock boosted with roasted chicken bones
salt to taste
¼ CUP sliced herbs for garnish (such as chives, and tarragon, plus asparagus tips and pea pods)
½ CUP crème fraîche

1 Put a medium pot of salted water on high heat and bring to a boil. Have a large bowl of ice water standing by.

2 Blanch your peas, favas, and asparagus separately to soften and cook slightly (1-2 minutes for peas, 2-3 minutes for favas, 3-4 minutes for asparagus.) Plunge the vegetables in the ice bath after cooking to keep them vibrant green. Drain well on paper towel. Slice asparagus into bite sized pieces. Set vegetables aside.

3 To prepare the dish, heat a large skillet over medium heat. Once moderately hot, add a tablespoon of butter being careful not to burn it. Once melted and foamy, add the morels and sauté until they start to soften. Add more butter if skillet becomes too dry. Season with salt. Add shallots and sweat for 1 minute. Deglaze with wine and reduce the liquid until the pan is dry. Lower heat to medium and add the jus or stock. Coat mushrooms thoroughly. They should be glazed with jus, not soupy.

4 Add blanched vegetables and toss to warm through. Add fresh herbs to your serving bowl, along with crème fraîche. Lightly fold herbs and crème fraîche into the mushrooms and taste again for seasoning. Garnish with snipped chives.

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FIREWORKS ✶ BAY FORTUNE





Nothing says Prince Edward Island more than fresh seafood – and chef Michael Smith. His signature chowder reflects the celebratory nature at Fireworks, where strangers feast like friends in Bay Fortune, an area so picturesque it puts postcards to shame. Wander the undulating lawns leading down to the Bay, and the epic gardens where 100,000 plants and 320 varieties grow. When it's feasting time, a team of young chefs put out a communal, immersive experience of just-foraged salads, wood-oven bread, and roasted local meats, fish and vegetables, cooked while you watch.

FIREWORKS BAY FORTUNE, PEI
Michael Smith CHEF PROPRIETOR
innatbayfortune.com

EAST COAST SEAFOOD CHOWDER

SERVES 4-6

PREP 15 min **ACTIVE COOKING** 35 min **TOTAL** 50 min

2 slices bacon, chopped
1 large cooking onion, diced
2 celery stalks, diced
1 large carrot, diced
¼ CUP dry white wine
2 LBS fresh mussels in their shells
1 CUP 35% cream
2 CUPS milk
10 OZ jar bay clams in their broth
2 TSP salt
freshly ground black pepper
1 bay leaf
1 large potato, unpeeled and diced
1 LB fresh local seafood such as
lobster, scallops and oysters
¼ CUP chopped flat leaf parsley
2 green onions, chopped

1 In a large heavy-bottomed saucepan set over medium heat, brown the bacon until crisp. Add onions, celery and carrot and sauté with bacon until their colours brighten, about 2-3 minutes. Add wine and mussels. Bring to a boil then lower to simmer and cook, covered, until mussels open, about 5 minutes. Remove shells and discard, and remove meaty mussels and set aside.

2 Stir in cream, milk, bay clams, salt and pepper and bay leaf. Bring to a simmer then add in potato and cook until potatoes are tender, about 15 minutes or so.

3 Add your choice of fresh seafood and reserved mussels. Return pot to a simmer and when seafood is just cooked, stir in parsley and green onion. Ladle out into bowls and serve with your favourite biscuits!

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FOXY ✨ MONTRÉAL





Dyan Solomon and Éric Girard, owners of Old Montreal's Olive + Gourmando (a heartwarming café since 1998) – launched Foxy a year ago, done up in grey felt like a cozy suit. There are no gas cooktops or electric ovens in the Griffintown hotspot. Just chef Leigh Roper helming the hardwood, as everything is cooked over wood-fire. First bites include flavour-jammed cashew hummus, and lobster with a smoked crème fraîche. Then comes hanger steak with burnt onions, and crisp-skinned sea bass with dill aioli. It's food that's as original as it is timeless.

FOXY MONTRÉAL
Leigh Roper CHEF
 foxy.restaurant

CASHEW DIP

SERVES 4

INACTIVE PREP 24 hrs (soaking)

PREP 10 min

ACTIVE COOKING 15 min

TOTAL 24 hrs 25 min

FOR CASHEW DIP:

2 CUPS roasted unsalted cashews

4 TBSP olive oil

2 cloves garlic, minced

5 TBSP tahini

¼ CUP lemon juice

1 ½ TSP Kosher salt

½ CUP hot water

1 bunch dill, finely chopped

FOR TOPPING:

3 TBSP roasted unsalted cashews,
chopped

1 TBSP dried onion flakes

1 TBSP dill seeds

TO SERVE:

1 TSP spicy chili oil (homemade
or store-bought)

zest of **1** lemon

Seasonal raw vegetables or crackers

1 To make the dip, soak the cashews overnight in water. The following day, drain the cashews and discard the water.

2 In a small frying pan over medium-low heat, sweat the garlic gently in olive oil until golden.

3 In a food processor, blitz the soaked cashews with the garlic and olive oil, tahini, lemon juice and salt. When it starts to come together, slowly add the hot water. Add the dill and pulse a few times, until combined.

4 To make the crunchy topping, in a small pan over medium-low heat, toast the cashews, onion flakes, and dill seeds until fragrant.

5 To serve, artfully spread the dip on a plate or in a bowl. Drizzle with spicy chili oil, and sprinkle with crunchy topping and lemon zest. Serve with raw seasonal vegetables, and crackers.

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LE FANTÔME ✶ MONTRÉAL





The antique host stand in this Montreal restaurant looks like an altar, the cascade of drippy melted candlewax setting the mood for a theatrical tasting menu by Chef Jason Morris. You're surrounded by art, oversized abstracts on the walls, the ceramics on the tables, and of course the food in those gorgeous vessels. Think: Cured arctic char spiced like a Montreal bagel and schmear, poached halibut with morels and kombu purée, and the wicked PBFGJ sandwich (PB & Foie Gras & Jam).

LE FANTÔME MONTREAL

Jason Morris CHEF & Kabir Kapoor CO-OWNER

restofantome.ca

MONTREAL BAGEL

SERVES 4-6 **INACTIVE PREP** 2 hrs (curing & resting) **PREP** 10 min **ACTIVE COOKING** 15 min **TOTAL** 2 hrs 25 min

FOR CURED ARCTIC CHAR

4-5 OZ fresh Arctic char filets, skin and pin bones intact
1 CUP fine Kosher salt
1 CUP white sugar
 zest of **2** lemons and **1** lime
12 juniper berries
12 black peppercorns
10 sprigs of thyme
 olive oil for brushing

FOR BAGEL SEASONING

¼ CUP white sesame seeds
¼ CUP black sesame seeds
2 TBSP crispy shallots, crushed
 big pinch of Maldon salt

FOR CUCUMBER CRÈME FRAICHE

1 CUP simple syrup
2 English cucumbers, peeled and chopped
1 CUP crème fraîche

FOR PLATING

about **1 TBSP** maple syrup
 Bagel Seasoning (see recipe)
1 lemon, cut into wedges

1 For the cure, mix all ingredients together and totally cover the filets, top, bottom and sides, for approximately an hour or until the flesh starts to get firm and feel a bit leathery. Rinse cure off, and pat filets dry. Rest in refrigerator for 1 hour.

2 Remove pin bones and gently brush the skin with some olive oil. Place on a baking sheet, skin side up under a hot broiler for 2-3 minutes or until the fat under the skin starts melting just enough so that you can peel away the skin, starting at the tail-end. Discard skin. Cool fish in refrigerator

3 For bagel seasoning, gently roast both black and white sesame seeds in a large skillet until fragrant and light brown. Set aside to cool. Add crushed fried shallots and season with Maldon salt.

4 To make cucumber crème fraîche, in a blender, blitz 1 cup simple syrup with cucumbers. Blend until smooth then pass through a fine mesh sieve. In a medium bowl, combine 1 cup of the cucumber juice with crème fraîche, stirring to combine.

5 Brush the darker skin side of the fish with maple syrup and dip it in the bagel seasoning to crust it. Place a dollop of cucumber crème fraîche on four chilled plates, and serve with a wedge of fresh lemon and more bagel seasoning.

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SAVIO VOLPE ✶ VANCOUVER





Many roads led Mark Perrier, chef and co-proprietor of Savio Volpe, to open this B.C. interpretation of a classic osteria; a place where regionality and rusticity reign in the open kitchen, be it spring salmon or handmade ravioli with greens and ricotta. Simple and substantial, wood-smoke trails many head-turning dishes into the modern dining room, as bottles of Italian wines inspire lively conversation, forkfuls of kale salad and twirls of tagliatelle alla Bolognese, as evening turns to night.

SAVIO VOLPE VANCOUVER
Mark Perrier CHEF & CO-PROPRIETOR
 saviovolpe.com

FUSILLI WITH LAMB SUGO & SUNDRIED ZUCCHINI

SERVES 4 **INACTIVE PREP** 26 hrs (curing & braising) **PREP** 15 min **ACTIVE COOKING** 45 min **TOTAL** 27 hrs

FOR THE DISH

- 1 recipe lamb sugo (see below)
- 2 **OZ** sundried zucchini (available at specialty Italian shops)
- 1 **LB** (454 g) hand-rolled fusilli or store-bought penne or rigatoni
- ½ **CUP** ricotta salata, crumbled, to finish

FOR LAMB SUGO

- 5 **LBS** bone-in lamb (shoulder, shanks, neck), rubbed with kosher salt, refrigerated overnight
- 4 **TBSP** olive oil, divided
- 8 whole garlic cloves
- 1 bunch fresh basil, divided
- pinch of red pepper flakes
- 2 **TBSP** tomato paste
- 1 **CUP** red wine
- 2 16 oz cans whole peeled plum tomatoes, sieved
- salt to taste

1 Remove lamb from fridge and rub off salt with paper towels. In a large roasting pan over high heat, add 2 tbsp of oil. When smoking hot, add lamb and sear until browned on all sides. Remove lamb from pan and discard oil. Preheat oven to 300°F.

2 Add remaining 2 tbsp of olive oil to the roasting pan and warm over low heat. Add whole garlic cloves and cook slowly until evenly and deeply browned, about 20 minutes. Add half the basil and the red pepper flakes, frying until aromatic, about 1-2 minutes. Add tomato paste, stir, and cook for 5 minutes more, until it turns brick red.

3 Deglaze the pan with the red wine, add lamb back in with sieved tomatoes. Cover and braise in preheated oven until the meat is tender and falling off the bone 2-3 hours. Remove from oven and allow meat to cool in the sauce, pick the meat from the bones and add it back to the sauce. Taste for seasoning. Set aside.

4 Bring a large pot of heavily salted water to a boil. Bring a kettle to a boil and rehydrate zucchini in hot water until it has a slightly chewy texture, like a cooked mushroom. Remove from water and pat dry.

5 In a large skillet over medium heat, add a touch of olive oil and sauté rehydrated zucchini for 3-5 minutes. Add the sugo and stir until combined. Lower heat to a simmer.

6 Cook the pasta in the boiling water until almost al dente. Spoon a few small ladles of pasta water into the sugo, drain and combine in the pan, finishing cooking in the sugo.

7 Add torn basil to the pan. Taste for seasoning. Garnish with the ricotta salata.

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TUSCAN KALE SALAD

SERVES 4

PREP 15 min **ACTIVE COOKING** 15 min **TOTAL** 30 min

FOR SALAD

- 2 bunches of black Tuscan kale
- ½ CUP finely grated Pecorino Romano cheese
- 1/3 CUP Lemon Pepper Dressing (see recipe below)
- ½ CUP pangrattato (see recipe below)

FOR LEMON PEPPER DRESSING:

- 1 clove garlic
- ¼ TSP black peppercorns
- 2 anchovy fillets (ideally salt packed)
- ¼ TSP Kosher salt
- ¼ CUP fresh lemon juice
- ¾ CUP extra virgin olive oil

FOR PANGRATTATO:

- 1 clove garlic
- ⅓ CUP extra virgin olive oil
- 1 CUP breadcrumbs
- salt to taste

1 For dressing, combine the garlic, peppercorns, anchovy and salt in a mortar, use a pestle to pound into a fine paste. Add the lemon juice and combine. Drizzle in the olive oil and stir to combine. Taste for seasoning, adding more salt if necessary.

2 For pangrattato, crush the garlic clove in a medium frying pan. Cover with olive oil and place over high heat. Cook the garlic until golden and then discard. Add bread crumbs to hot garlic oil and fry until golden, stirring often. Season with salt and drain onto paper towel. Once cool, store at room temp in a sealed container.

3 To prepare the salad, strip the stems from the kale and slice the leaves as thinly as possible. Add the dressing and massage into the leaves for roughly 30 seconds to tenderize the kale. Add most of the cheese and pangrattato, combining until mixed evenly, reserving a touch for garnish. Serve in a large wooden salad bowl and garnish with the remaining cheese and pangrattato.

Serve with Fusilli with Lamb Sugo and Sundried Zucchini. Recipe on page 12.

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With American Express Invites®*, you can get access to some truly unique food and drink experiences in the city.¹ From specially curated menus to offers at neighbourhood hotspots, we always bring something special to the table.



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¹Must be 19 years of age or older and must have a valid government-issued identification to consume alcoholic beverages. Please drink responsibly.

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ANTLER 🍁 TORONTO





It's rare to find a game-focused restaurant in Toronto, and rarer still to find its hunter-chef is just as passionate about foraging as he is about hunting. Chef Michael Hunter is clearly equally at home in his Dundas Street West kitchen as he is in Ontario's forests. His dishes are composed of local, seasonal and wild ingredients, stirred into cocktails like the Foraged Cedar Gin Sour, a rack of deer crusted with the burnt ash of herbs, and wild mushroom tarte tatins, crisp and buttery, heaped with meaty chanterelles.

ANTLER TORONTO
Michael Hunter CHEF
 antlerkitchenbar.com

WILD MUSHROOM TARTE TATIN

SERVES 6

PREP 10 min **ACTIVE COOKING AND BAKING** 1.5 hrs **TOTAL** 1 hr 40 min

FOR CARAMELIZED ONIONS

2 Spanish onions, thinly sliced
 2 TBSP butter
 2 TBSP olive oil
 2/3 CUP Brandy
 salt to taste

FOR SORREL PESTO

2 bunches sorrel, trimmed of stems
 1/4 CUP chili-spiced olive oil
 1 TBSP confit garlic
 1 TBSP grated Parmesan cheese
 salt and pepper to taste

FOR TARTES:

1 pre-rolled sheet all-butter puff pastry
 1 1/2 LBS wild mushrooms (such as morels), cleaned and chopped
 5 SPRIGS thyme
 5 OZ cold butter, cut into cubes
 salt and pepper to taste
 chili flakes to taste
 6 TBSP Sorrel Pesto for garnish

Special equipment: 6 x 3.5" cast iron pans and 3.5" ring cutter

1 To caramelize onions, place a medium pot over high heat, add thinly-sliced onions, butter and oil, continuously stirring for a few minutes. Reduce to medium and cover. Stir every 5-8 minutes until onions are soft and translucent. Turn heat up to high, continuously stir until sugars in the onions start to caramelize and turn brown (up to 40 minutes). Add brandy and cook off the alcohol. Season to taste with salt.

2 For sorrel pesto, rough-chop the leaves and purée in a blender with garlic confit, Parmesan, salt and pepper. Slowly add chili oil and purée until smooth. Preheat oven to 350°F.

3 Cut 6 rounds of pastry with ring cutter. Heat mini cast-iron pans over medium heat and disperse butter evenly. Sauté equally divided mushrooms in each until softened. Add equal amounts of caramelized onions, thyme leaves, chilli flakes, salt and pepper, then top with a round of puff pastry.

4 Finish on a baking sheet in preheated oven for 30-45 minutes or until pastry is puffed and golden and cooked through.

5 Carefully flip out tarts onto serving plates and garnish with sorrel pesto.

Serve with Spice Ash Venison Chops with Ragu. Recipe on page 17.

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ANTLER TORONTO
antlerkitchenbar.com

SPICE ASH VENISON CHOPS WITH RAGU

SERVES 6

PREP 30 min

INACTIVE COOKING 3 hrs (braising & roasting)

ACTIVE COOKING 40 min

TOTAL 4 hrs 10 min

FOR SPICE ASH

- 5 cinnamon sticks
- 2 TBSP green cardamom pods
- 2 TBSP juniper berries
- 2 TBSP cloves
- 2 TBSP allspice
- 2 TBSP coriander

FOR VENISON RAGU

- 2 TBSP vegetable oil
- 2 KG venison meat, roughly chopped salt and pepper
- 1 Spanish onion, diced
- 1 carrot, diced
- 2 stalks celery, diced
- 6 Roma tomatoes, diced
- 4 cloves garlic, minced
- 1 ½ CUPS (350 ml) red wine
- 2 L dark venison stock
- 1 **BOUQUET** garni (thyme, parsley, and bay leaves tied with butcher's twine)
- 3 CUPS (200 g) dried wild mushrooms salt and pepper to taste

FOR VENISON RACK

- 1 TBSP vegetable oil
- 1 8-9 rib Frenched venison rack (ask your butcher to do this) salt and pepper

1 For spice ash, toss all ingredients on a sheet pan and under broiler until blackened to ash (without catching on fire). When cool, grind in a Vitamix or coffee grinder into a powder. Sift through a fine mesh sieve. Preheat oven to 325°F.

2 For ragu, place a large skillet over high heat. Season chopped venison meat generously with salt and pepper. Add oil to hot skillet and add venison. Do not stir until the meat has started to caramelize. Stir and continue cooking until nicely caramelized all over. Transfer meat to a roasting pan, and add onions, carrot, celery and tomatoes to the same skillet. Sauté for 2-3 minutes or until the vegetables start to caramelize. Add minced garlic and stir. Deglaze with red wine.

3 Transfer vegetables to roasting pan with venison meat, and add stock, bouquet garni, dried mushrooms and salt and pepper to taste. Cover tightly with foil.

4 Roast in preheated oven for 2.5 hours or until the meat is tender. You may reduce the liquid further on the stovetop to thicken the ragu if desired. Increase oven temperature to 350°F.

5 For the venison rack, remove any remaining silver skin from the meat, and season the venison generously with salt and pepper. Rub the spice ash to coat the meat, then truss the rack with butcher's twine. (Remaining spice ash may be stored in an airtight jar for several weeks.)

6 To a large ovenproof skillet over high heat, add vegetable oil. Sear meat on all sides in hot skillet then transfer skillet to oven and roast until internal temperature is 120°F (this should take around 25 minutes). Rest for 10 minutes before slicing into chops. Serve on top of ragu with mashed potatoes if desired.



AMERICAN EXPRESS PRESENTS EXCEPTIONAL DINING AT SOME OF CANADA'S BEST NEW RESTAURANTS

American Express Cardmembers and their guests indulged in private, specially curated dining experiences at some of the country's hottest restaurants, as featured in Air Canada enRoute's 2016 ranking of Canada's best new restaurants.

WORLD-CLASS DINNER WITH PATRICK KRISS

RANKED #2

Cardmembers were eager to spend the evening in one of the country's most beautiful dining rooms alongside one of the country's most sought-after chefs. Award-winning Patrick Kriss did not disappoint. Guests were treated to a Champagne and canapé reception in the bar, followed by a world-class five-course dinner in the restaurant's ultra-chic lounge. Kriss set the tone for each course as he passionately introduced the food and explained the menu.

THE CHEF'S TABLE AT NIGHTINGALE

HONOURARY NOMINEE

Vancouver's Nightingale treated Cardmembers to a one-of-a-kind experience: for one night only, they designed a carefully crafted six-course menu with wine pairings in place of their customary shared plates. Chef David Hawksworth delighted in the rare opportunity to tell a story with his meal from beginning to end and delivered a custom menu of fresh and vibrant modern Canadian cuisine in the gorgeous new space overlooking the open concept kitchen.

CHEF FERNANDO TROCCA SERVES UP WOOD FIRE GRILLING AT CHARBAR

NOMINEE

Calgary's charbar opened its doors to Argentinian guest Chef Fernando Trocca for an exclusive evening of wood fire grilling – the same grilling traditions of Argentina that sparked the inspirations for charbar. Cardmembers were thrilled by this special collaboration dinner – Trocca and the charbar team were the ideal match. The simplistic, seasonal menu featured impressive, melt-in-your-mouth cuts of 100+ day dry-aged beef.

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MONTREAL PLAZA ✨ MONTREAL





What chefs Charles-Antoine Crete and Cheryl Johnson do at Montreal Plaza is ingredient-driven cuisine, presented beautifully but without fanfare. Clink glasses of natural rose while slurping back chopped whelks gratineed in miso butter and crumbs. The chefs are protégés of culinary landmark Toque!, and that heritage shines in precise technique, thoughtful presentation and powerful flavours. A simple starter of fresh tomato and Matane shrimp from the St. Lawrence, illustrates this in the most delicious way.

MONTREAL PLAZA MONTREAL

Charles-Antoine Crete CHEF

montrealplaza.com

TOMATO & SHRIMP SALAD

SERVES 4

PREP 10 min **ACTIVE COOKING** 5 min **TOTAL** 15 min

4 medium-sized ripe red tomatoes
5 OZ cooked Matane shrimp (or salad shrimp)
4 TSP mayonnaise
1 TSP lemon juice
1 TBSP French shallots, finely minced
1 TBSP finely chopped chives
salt and pepper to taste
½ CUP crushed croutons
¼ CUP leaves of mixed fresh herbs (basil, dill, mint, etc.)
olive oil for drizzling

- 1** Bring a medium pot of water to a boil.
- 2** Fill a large bowl with icy water.
- 3** With the tip of a paring knife, slice an X on the bottom of each tomato, just enough to pierce the skin. Submerge the tomatoes in boiling water for 10-15 seconds and then place them in ice water. Remove from water and gently peel off the skins. Set tomatoes aside.
- 4** In a medium bowl, mix together the cooked shrimp, mayonnaise, lemon juice, shallots and chives. Season with salt and pepper to taste. Set aside.
- 5** Cut a thin slice from the base of each tomato to allow it to stand on a plate. Put a dab of mayonnaise in the centre of each plate to stabilize tomatoes. With an apple corer, remove tomato cores, and then slice each tomato in half horizontally.
- 6** When ready to serve, add croutons to the shrimp mixture and top the bottom half of the tomatoes with it. Sprinkle with fresh herbs of your choice, then place the top half of the tomato on top to “reconstruct” it. Drizzle with olive oil.

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MISSION ✶ VANCOUVER





Curtis Luk wowed with his creativity on Top Chef Canada, and now he's doing the same in his Kitsilano restaurant, which does two tasting menus a night – one for protein eaters, the other for vegetarians. And so goes a languid evening of Dungeness crab with pickled cucumber, smoked potato and charred onion spatzle, and hearty roasted cauliflower tossed in a pumpkinseed dressing — best when paired with Old World wines, and service to match.

MISSION VANCOUVER
Curtis Luk CHEF
missionkits.ca

ROASTED CAULIFLOWER

SERVES 4

PREP 10 min **ACTIVE COOKING** 35 min **TOTAL** 45 min

2 CUPS shelled toasted pumpkin seeds
½ CUP olive oil
½ CUP lemon juice and water
as needed
salt to taste
¼ CUP grapeseed oil
1 HEAD white cauliflower
microgreens for garnish (optional)

- 1** Preheat oven to 350°F.
- 2** Place the pumpkin seeds, olive oil and lemon juice in a blender and blitz until smooth. If the mixture looks too thick or oily, slowly add water until it is the consistency of a thin mayonnaise. Season with salt.
- 3** Remove the tough core and leaves of the cauliflower and cut into golf ball-sized florets.
- 4** In a large skillet over high heat, add grapeseed oil. When the oil starts to smoke, place the cauliflower florets in the pan, making sure it is in one layer. (You may have to do this in two batches if pan isn't large enough.) Season with salt and cook until the bottom of the cauliflower is brown. Turn florets over, and cook for another minute, then place in preheated oven to finish cooking until tender.
- 5** Drain roasted cauliflower on paper towel then toss in a bowl with with about 1/3 of a cup of pumpkin seed dressing. Turn out onto platter.

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CHARBAR ✪ CALGARY





Calgary's charbar opened its doors to Argentinian guest Chef Fernando Trocca for an exclusive evening of wood fire grilling – the same grilling traditions of Argentina that sparked the inspirations for charbar. Cardmembers were thrilled by this special collaboration dinner – Trocca and the charbar team were the ideal match. The simplistic, seasonal menu featured impressive, melt-in-your-mouth cuts of 100+ day dry-aged beef.

CHARBAR CALGARY

Jessica Pelland EXECUTIVE CHEF

Co-owners Connie DeSousa, John Jackson CHEFS

charbar.ca

CHARRED NAPA CABBAGE

SERVES 4

PREP 20 min ACTIVE COOKING 15 min TOTAL 35 min

- ¼ CUP wild rice (substitute puffed quinoa)
- sunflower or grapeseed oil
- 2 CUPS Napa cabbage (one large head in total)
- 2 CUPS charred Napa cabbage (see recipe below)
- 1 avocado, chopped
- 2 seedless oranges, peeled and segmented
- 1 TBSP sherry vinegar
- 4 TBSP olive oil
- salt to taste
- ½ CUP sprouted lentils
- ¼ CUP fresh mint, chiffonade (thinly sliced)
- 2 TBSP sunflower seeds, toasted
- 2 TBSP pumpkin seeds, toasted

1 To make puffed wild rice, coat a frying pan with ¼ inch of sunflower or grapeseed oil and heat over high until it reaches 500 degrees, or just begins to smoke. Add 2 tablespoons of uncooked wild rice. When it begins to puff, quickly remove the pan from heat. With a slotted spoon, remove puffed wild rice and place on paper towel to drain the oil. Season with salt to taste. Alternately, puffed quinoa is a great substitute that adds a wonderful nutty crunch.

2 Slice Napa cabbage in half horizontally. Grill one half over a medium-hot grill, or on the stove in a grill pan, until you see a light char on the cut side (approx. 5 minutes of grilling). Set aside to cool.

3 Finely slice both the charred cabbage and the raw cabbage into a slaw (approx. ¼-inch slices) and add to a medium-sized bowl. Add sliced avocado and orange segments.

4 In a small bowl, whisk together sherry vinegar and olive oil, add salt to taste, then pour over cabbage mixture and gently toss.

5 On a large serving platter, pile cabbage mixture in the centre as high as you can. Sprinkle generously with sprouted lentils, mint, puffed wild rice and toasted sunflower and pumpkin seeds.

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CHABROL ✦ TORONTO





Chabrol is a tiny restaurant with a French heart in Toronto's Yorkville neighbourhood, where chef Doug Penfold creates classics boosted by great ingredients. Try a few small plates like a tartine of rabbit with braised endive. Some French cheeses. A Puy lentil salad. The apple tarte with sabayon will be baking while you wine and dine. There's so much finesse coming out of such a wee space, especially in the case of Ttoro, a celebration of fish and seafood with a remarkable depth of flavour.

CHABROL TORONTO
Doug Penfold CHEF
 chabrolrestaurant.com

TTORO

SERVES 4

PREP 20 min

INACTIVE COOKING 3.5 hrs

ACTIVE COOKING 20 min

TOTAL 4 hrs 10 min

FOR FISH STOCK:

- 2 LBS whitefish bones
- 8 CUPS cold water
- ½ CUP dry white wine
- 1 CLOVE garlic, smashed
- 1 bay leaf
- 1 carrot, peeled
- 2 celery stalks
- a handful of parsley stems

FOR TTORO BASE:

- 3 TBSP olive oil
- 1 large cooking onion, diced
- 1 clove garlic, chopped
- salt and white pepper to taste
- 1 green pepper, cored and diced
- 4 Roma tomatoes, cored and diced
- 6 cups fish stock (see recipe below)
- 1 pinch Iranian saffron

PUTTING THE TTORO TOGETHER:

- 4 CUPS Ttoro base (see recipe above)
- 8 large, high-quality shrimp, cleaned
- 16 mussels
- 12 OZ of 3 types of whitefish, portioned into 1 oz pieces for each guest (that's 3 oz per guest)
- 12 cooked fingerling potatoes, sliced in half lengthwise
- ¼ CUP flat leaf parsley, chopped
- 2 TBSP unsalted butter
- salt and white pepper to taste

1 For fish stock, cover fish bones with cold water, bring to a simmer, and skim off impurities. Add wine, garlic, bay leaf, vegetables and parsley stems. Simmer on low for two hours, until stock is fragrant. Strain through a fine mesh sieve into a bowl, and cool over an ice bath in a larger bowl.

2 For Ttoro base, in a medium saucepan over medium heat, sweat onions and garlic in olive oil and season with salt and white pepper. Cook until onion is just translucent. Add green pepper and sweat until soft, then add tomatoes and cook until soft. Add prepared fish stock and saffron and bring to a boil, then lower to a simmer for 1 1/2 hours.

3 When cool enough to safely blend, add to a Vitamix on high speed and blitz until completely smooth. Use remaining fish stock to adjust consistency if too thick. Adjust seasoning to taste.

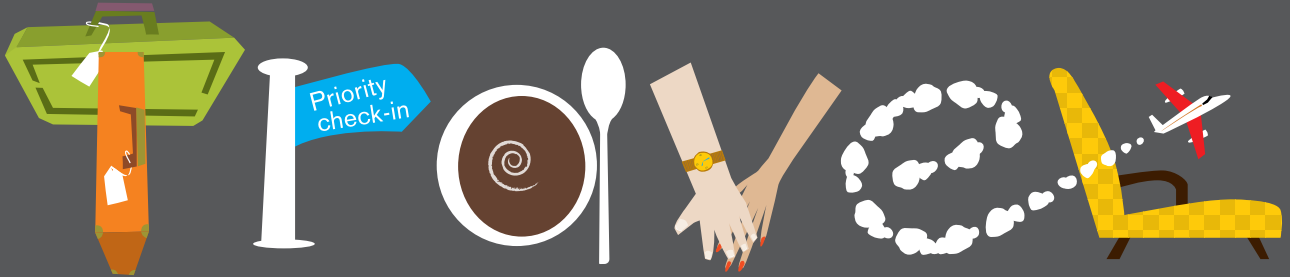
4 Place a large pot over medium-low heat and place all of the Ttoro base, and all of the fish, seafood, and potatoes in the pot. Warm slowly until it reaches a slow boil and fish, mussels and shrimp are properly cooked. Gently spoon pieces of fish, seafood, and potatoes equally in four dinner bowls and bring remaining base to a boil. Remove from heat and whisk in butter. Season with salt and pepper. Add parsley. Pour broth over fish and seafood in bowls. Serve with baguette and high-quality butter.

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