



MATTERS

Getting Your Goat ...

Getting buffalo-ed and finding olive

I have been cross-pollinating my stash of food finds since returning from my cross-Canada road trip (see EAT later August), mixing it with B.C.'s autumn bounty from organic markets and friends' gardens. So here this year, my little deli-by-garden is on a two-year hiatus (owing to its owner's inclusion) I returned delighted to see so many B.C. artisans and producers setting up shop at **Granville Island Market**. Just five to 10 minutes from my place. Recently I popped in on three or them.

TO MARKET

Carmel's Goat Cheese Artisan is a new daily staple in Granville Island's latest corner. One and Off's banner engraved to the Okanagan in the spring of 2003, they wanted to replicate the goat farm and goat cheese operation they had for 15 years in the Middle East. However, just as they were cutting the last shingle on the roof, the banners were all but wiped out by the 2005 Okanagan fire. Unlucky, they rebuilt and launched the first Carmel's products in the spring of 2006. The cheeses are unmistakably easy and some are whimsically named. **Goatpotato** is, as its name suggests, a blue cheese but finer than its neighbour, **homestead**. **Ave Merveil** is, as you might guess, a velvety smooth blue cheese. I am particularly fond of **Chobichou** with its runny, buttery middle but soft creamy rim. **Tuscany** is a pleasant semi-hard cheese reminiscent of Pecorino.

Roasted pepper and squash soup with smoked, dried chipotle peppers bought at Toronto's Kensington Market is probably the best squash soup I've made. Every autumn I make squash-baked soups—curried apple, carrot and vegetable, or tarted up with chili peppers and lime. A sprinkling of imported olives and a good grinding of Carmel's **L'Or Special Edition** hard goat cheese kicked this particular potage up a tasty notch. You can pop by Carmel's on your next Okanagan wine trip. The farm's neighbour is Cedar Creek Estate Winery. Informative website and online ordering: www.carmels-goats.com.

Some we eat buy and pack. **Prada** on vine, 1/2 lb. and stuff potatoes, carrots and onions from an organic garden in P.E.I. in my suitcase. Loni knows what security thought when the X-ray skeletoned a suitcase full of root vegetables. Many of those lion-faced veggie from that province's red sand became a curly bed on which to lay a rib roast of bison from **Hanson Bison Ranch**. So far, Hanson with wife, Janet, runs his farm from

at far, so often necessary when cooking game or extra lean meat. One slice of the rib roast did the job of two slices of most beef. It was that rich and satisfying. Granville Island Market is Hanson's own B.C. retail outlet for product and price list, special ordering and to be notified of Granville Island visits, email Soke at soke@hansonbison.com.

All animals are butchered at less than 24 months and are hormone and antibiotic-free. "To feed animals animal by-product is just plain stupid," says the third-generation farmer, **Lawrence Meets**—also a third-generation family—processed the meat. The superb cuts are courtesy of another local operation, **Degen's Meat Cutting**.

While seeking out Hanson, Jason Reich and Carmel's happened on the **Dunfarnville Olive Company** and owner Robert Tavistock, a newcomer to Granville Island, judging from the customers crowded about, the table is doing swimmingly.

"The stock loves to play with olives—like kids play with marbles," he says. "I start with the basic olive and go from there—finding flavour matches."

Among the 30 or so assortment for sale are lightly tick-



Jamie Pegg's

SOMETHING FISH

Average "caviar" comes from Sooke, of real caviar, has a mild smoky flavour like lampfish roe. A dollop of these eggs is fabulous. I purchased my set just from St. Lawrence Market in the regular was looking for a new news? It is extra friendly. Now I recover.

JELLIES ROLL

I love making herb jellies. It takes much all year round, just reach out into the garden and gather a bunch marjoram or a bunch of whatever lemon verbena is hanging on. I love jellies. And the savoury smells well and beyond are wonderful. The one well, well, because herbs hang on as using a ratio of one-third no-longer herbs, regular **President's Choice** jelly will add way there is jelly.

Gather and favourite herb than them, do in a medium w of a glass in. Then, add in either to a box cover and let warm the **Product**.

Scrape out the pan and it large, drop a spoon of jam of granulated to a hard ball, the ball can't three ounces. age of powdered pectin for the jam. Return to a hard ball that can't be exactly one minute, then remove's. Skim off any foam and use the sterilized half pint jelly jars. Leave and seal at once with sanitized & melted paraffin. **Being sustainable** from the organic herbs of the garden!



ry or alder-smoked olives, depending on the type. Most popular, apparently, is the **Dublin Christened** olive smoked over mesquite. **Dunfarnville's Moroccan Roll** is a mélange of olives and dried fruits, ideal for a night. Another winner is the **Bark** (and/or) smoked olives with chili-pipi sauce. I came home with anchovy stuffed **Quebec** in lemon-infused oil. Mega bunches of basil were in the fridge,

JUST FOR KIDS

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Halloween Spooktacular



Lior Barmot, 9

By Lior Barmot
Age: 9