

CANADIAN

OCTOBER 2011

Prebaked ham
that tastes homemade

HOUSE & HOME

CANADA'S MAGAZINE OF HOME & STYLE

Dramatic Decorating

FALL'S BEST LOOKS: LAYERED + CONFIDENT

FOUR GREAT
KITCHENS
TO COVET

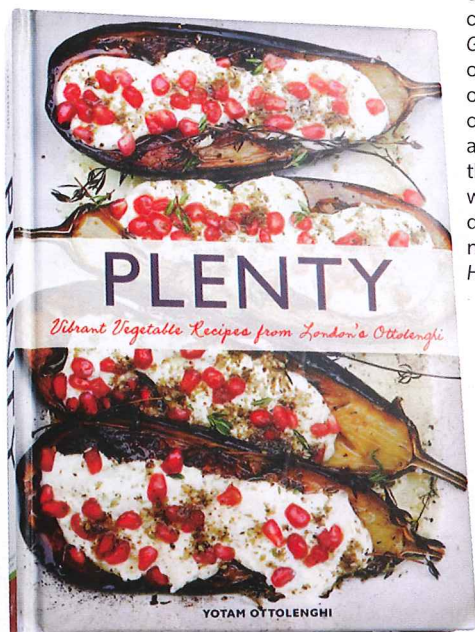
EXCLUSIVE!
LYNDA REEVES'
LATEST
SHOWHOUSE

*Suzanne Dimma's
Off-the-Grid Getaway*

Shingled Charm in Chester, N.S.

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FRESH FARE



PLENTY BY YOTAM OTTOLENGHI

A smash hit the world over (it's on everybody's list of top 10 new cookbooks for 2011, from the *Guardian* to *Chowhound*), this book of vegetarian recipes is the brainchild of the popular U.K. chef, whose cooking philosophy favours approachable yet innovative foods that even the heartiest of meat eaters will appreciate. His highly addictive dishes are fresh and healthy but never boring. *Chronicle Books*, 2011, HC 288 pages, \$40.

OCEAN FLAVOUR

Endorsed by the Ocean Wise conservation program as an environmentally friendly seafood choice, Raincoast Trading canned wild sockeye salmon is the best we've ever tasted. The Vancouver-area company, owned by a fourth-generation fishing family, sells sustainable fish packed with no added water or oil. \$6/150 g. At *Loblaws* and other retailers across Canada.

Packed with omega-3s; skinless and boneless, too!



SOUS VIDE 101: AVANT-GARDE COOKING AT HOME

French for "under vacuum," sous vide involves immersing vacuum-packed food in a warm-water bath to make it extra succulent. Popular with top chefs around the world, this restaurant method has trickled down to modernist home chefs with the new *SousVide Supreme*. Now, tender proteins, such as perfectly cooked medium-rare steaks and flavour-packed scallops, are possible for all. *SousVide Supreme*, \$319. At *Golda's Kitchen*.

RECIPES TO GO

Ask Amy

Get the inside scoop on your favourite restaurant dishes.

QUESTION: I am a vegetarian who travels a lot for work. Often, I find that vegetarian-friendly and client-friendly dining don't go together. However, I was recently in Vancouver at Nu, which had tons of great options. The zucchini chickpea balls were especially delicious. I'm still craving them!

— ANDREA, *Toronto*

ANSWER: Nu Aegean Cuisina owner Harry Kambolis's Greek heritage comes into play at this gorgeous waterside restaurant, where the menu is full of high-impact modern Greek food for vegetarians and omnivores alike. The diverse menu includes grilled calamari and roasted lamb, plus plenty of veggie options, such as these zucchini chickpea balls.

Zucchini Chickpea Balls with Eggplant Dip SERVES 6 TO 8

The original recipe is deep-fried, but we've added a lighter baked option.

- 1 cup dried chickpeas, soaked overnight in 6 cups water
- ½ cup chopped flat-leaf parsley
- ¼ cup chopped mint
- 2 cloves garlic, finely minced
- ¼ cup onion, finely minced
- Zest of 1 orange and 1 lemon
- 2 tsp salt
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground black pepper
- 1 cup grated zucchini, squeezed dry
- 1 tsp baking powder
- Vegetable oil (for deep-frying)

1. In a food processor, purée all ingredients except the last three until the mixture holds its shape when rolled in a ball. Scrape mixture into a bowl, then stir in zucchini.
2. If deep-frying, add baking powder and roll heaping tablespoons into balls. Fry at 360°F until crispy, golden brown and cooked in the centre.
3. If baking, form into fingers and bake at 375°F for 25 minutes. Serve with Eggplant Dip (find the recipe at houseandhome.com/oct11).

WEB

Find recipe excerpts from *Plenty*.
houseandhome.com/oct11