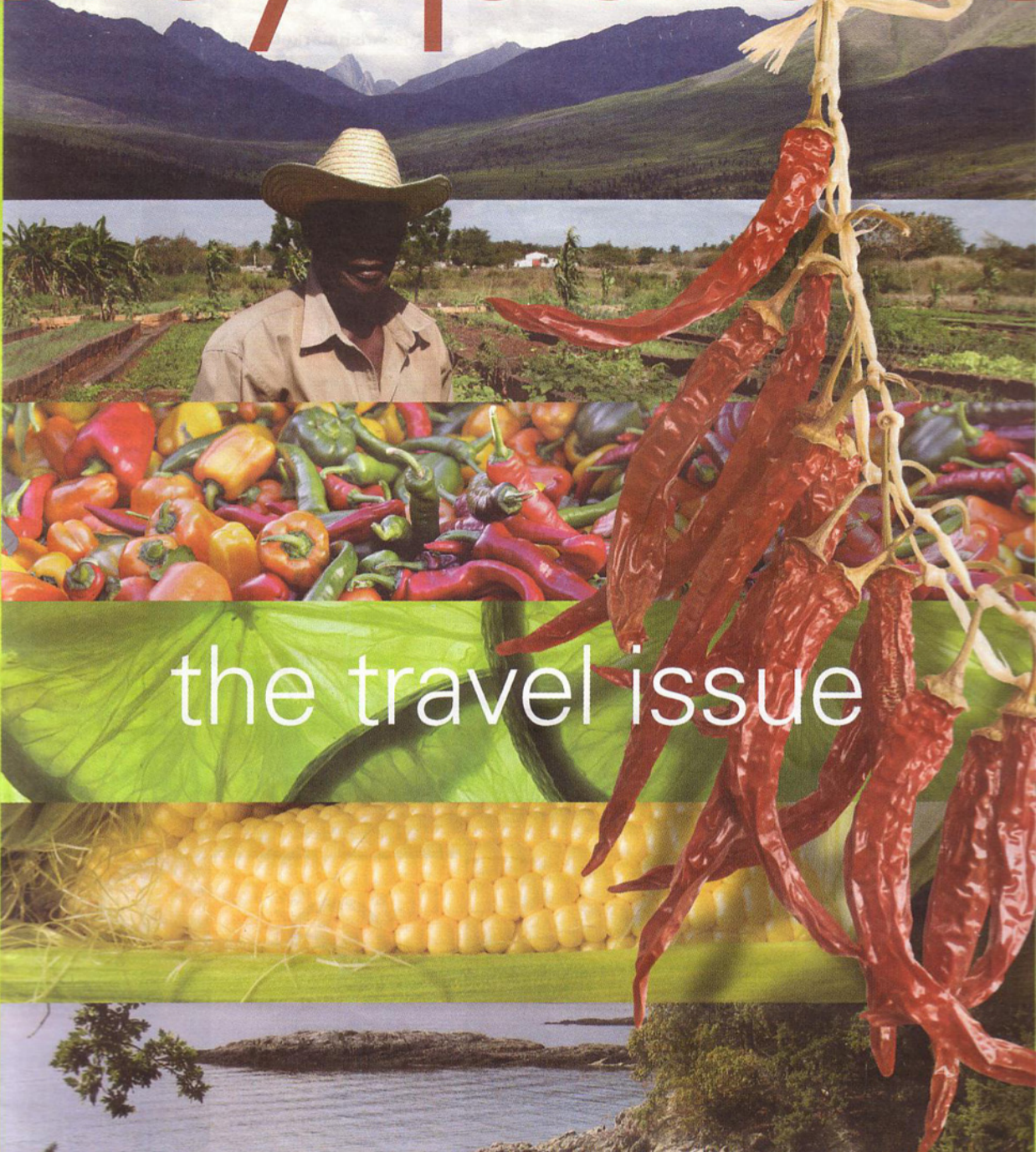


# city palate



## the travel issue

### word of mouth

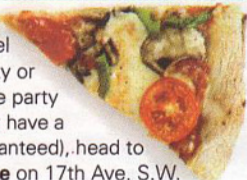
notable culinary happenings around town

#### on-my-god, it's a fine piece

Ede Rodriguez is the man behind **Gastrolux**, a restaurant tucked into a corner on 17th Ave. S.E. Perfectly seasoned rotisserie-d meats brought on swords, accompanied by side dishes and the chef himself. This is meat-centric Calgary eating, this is succulent, savoury, seductive. It's about time!

#### a wicked wedge indeed

Next time you need to pre-fuel before the party or re-fuel after the party so you'll never have a hangover (guaranteed), head to **Wicked Wedge** on 17th Ave. S.W. and get a wedge of the **tomato basil pizza, sprinkle it with dried chiles, then drizzle it with honey. Mmmm...**



#### not your average miso soup

There's a spiffy small eatery called **Blowfish Sushi Lounge** at 625 - 11th Ave. S.W. where you can find interesting drinks and a fun take on Japanese food. One of the offerings is an incredible miso soup with not a drop of tofu, but, instead, **lots of succulent lump crab meat and greens.** This is good, and good for you. Try some.

#### a non-stick pan that really works

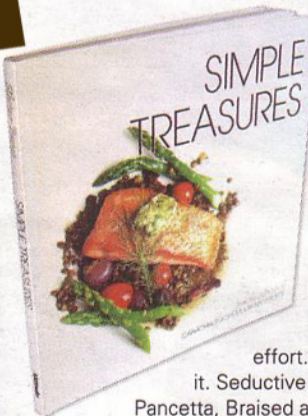
And doesn't fill your nose with nasty chemicals. We tried this and we liked it - a lot. It's **Gastrolux, with an all-natural, non-stick coating** that heats evenly and even goes into the oven - bonus!

Good quality stuff that will probably outlast you. Check

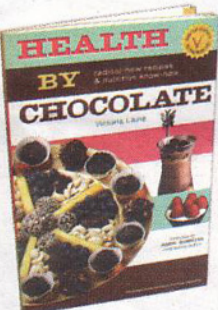


#### read this

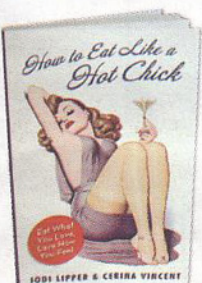
Local cookbook author Dee Hobsbawn-Smith launches her latest book **Shop Talk: The Open-All-Hours Insider's Guide to Finding Great Ingredients in Calgary, the Bow Valley and Beyond** (Last Impression Publishing, \$22.95, soft cover) at The Cookbook Co., April 17 at 6:30 pm.



Hot off the press from Canadian Rocky Mountain Resorts is a beautiful offering called **Simple Treasures** (Altitude Publishing, \$29.95, soft cover), a collection of recipes from the CRMR chefs, including recipes from the restaurants, both at the mountain resorts and in Calgary. The recipes draw from local and regional ingredients, in the style of CRMR; they are interesting and appealing without being fussy; they are clearly laid out and are illustrated with fabulous photographs. This is a really classy effort. You will want one, and you will actually use it. Seductive recipes include White Wine Chicken with Pancetta, Braised and Roasted Back Ribs with a Rosehip Jelly and Ancho Chile Sauce (yum!), Tamarind Glazed Duck Breast with Date and Orange Chutney, and Vanilla Butter Poached Ahi Tuna. It's all good.



An updated version of when we baked everything with puréed baby food prunes to cut the fat: **Health by Chocolate**, by Victoria Laine (Owl Medicine Books, \$24.95, soft cover). Now we're going to eat healthy chocolate desserts by making brownies with dates, chocolate custard with avocado, chocolate mousse with two cans of coconut milk (not healthy), ice cream made from bananas. These are touted as "radical new chocolate recipes" and "guilt-free." Are we still feeling guilty? Have a look, then you decide.



This is a fun book: **How to Eat Like a Hot Chick**, by Jodi Lipper and Cerina Vincent (Harper Collins, \$15.50, soft cover). "Chocolate cake for breakfast and a pound of spinach for dinner... looking and feeling your best has never been so easy, so guiltless, so much fun." With a saucy wit and good will, the Hot Chick authors counsel us to enjoy our food, embrace our bodies and celebrate ourselves as only Hot Chicks can. We've heard it all before, of course, but not in such an entertaining way.