

avenue

HIGH STYLE

HAIR STYLIST JEROME PINSONNEAULT SHARES HIS UNIQUE POINT OF VIEW

REMAND REVIEW

Inside Alberta's prison system

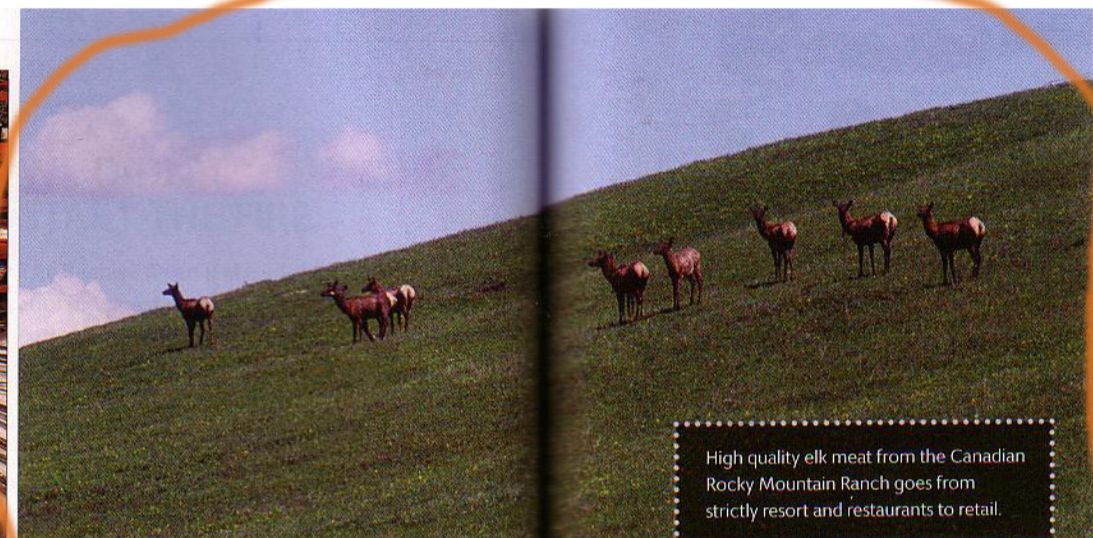
THINK YOUNG

How to keep your brain in the game

BUYING HIGH

4 top agents give us the skinny on real estate

PLUS
5 HOT HAIR STYLES FOR FALL



High quality elk meat from the Canadian Rocky Mountain Ranch goes from strictly resort and restaurants to retail.

AWAY GAME

Since 1996, the **Canadian Rocky Mountain Ranch** has provided Canadian Rocky Mountain Resorts with the elk, buffalo and reindeer used in the distinct and delicious cuisine served at its mountain lodges (Emerald Lake Lodge, Deer Lodge and Buffalo Mountain Lodge) and Calgary restaurants (The Ranche, Divino, Velvet and Cilantro). This spring, CRMR opened a retail store on its 540-acre ranch southwest of the city, offering foodies the chance to buy high-quality elk and bison free of additives, antibiotics or

growth hormones right from the source. The ranch's stock is carefully managed by resident veterinarian Dr. Terry Church, ensuring great product on the plate. At the store, you can choose from a wide selection of fresh and frozen steaks, roasts, burgers, sausages and cured meats. The store is open Saturdays 9 a.m. to 3 p.m. until September 13 and otherwise by appointment. For more information on products and events, visit crm ranch.com or call 403-256-1350.

— Anthony Charron

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The Ranche is located in the historic Bow Valley Ranch House in Fish Creek Park

GAME ON

The Ranche Restaurant, located in Fish Creek Provincial Park's Bow Valley Ranch House, was originally built in 1896 by William Roper Hull. A part of the Canadian Rocky Mountain Resorts ownership group, The Ranche has elegant rustic dishes with modern twists. There are a number of game dishes to try, many of which come from the group's ranch. Start with the charcuterie board (\$24) if you are looking for a meaty appetizer or the heirloom tomato salad (\$13). There are entrée selections like ranch-raised bison rib-eye with Gorgonzola cipollini onion butter, sweet potato and bell pepper hash and cabernet glaze (\$38), or the pheasant breast, roasted corn and aged white cheddar quinoa and apple sage reduction (\$35). The ranch quinoa and other dishes made with lamb, caribou and pheasant are as complex and appetizing as their lengthy names. (15979 Bow Bottom Tr. S.E., 403-225-3939)

IT TAKES A VILLAGE

For a landlocked city, there is no shortage of Japanese restaurants in Calgary. **Oishii Village** is located just steps from the intersection of 14th Street and 17th Avenue S.W., with good quality sushi at great prices. Start with an appetizer like beef tataki (\$10) or agedashi tofu (tempura-style crispy fried, with Oishii special toppings, \$5.50). If you are in the mood for sushi or

sashimi, Oishii has all the usual suspects (salmon, \$1.70 per piece; spicy tuna roll, \$5.50) and interesting giant rolls (soft shell crab, \$15). The menu also includes rice bowls (unagi kebab, \$15), noodle dishes (chicken udon, \$9) and a wide range of combos and specials (sushi and sashimi for two, \$29; sushi and teriyaki chicken served with miso soup, salad and rice, \$16). While the interior of Oishii is nondescript, there are a couple of touches of Oishii you can wait for a takeout order for a fall picnic. (1604 14 St. S.W., 403-229-2881)

HURRY FOR CURRY

With its small location on the main floor of an apartment building on 12th Avenue S.W., it is easy to overlook **Mirchi**, but from this tiny location it serves up delicious Pakistani and Indian food. While there are only a few tables available, it makes for great takeout when you have an urge for a curry (butter chicken, \$10; daal, \$6) or one of the kebab specialties (shish kebab, \$7), and it's too hot to cook at home. Mirchi also has a number of appetizers (vegetable pakora, \$4; vegetable samosa, \$4) and tikkas (chicken, \$10; prawn, \$12.50). It also offers a couple of combos (one meat and one vegetable curry with rice or naan, \$14) that are great for a quick meal on the run. Mirchi is open until 11 p.m. Monday to Thursday and midnight Friday and Saturday. (101, 825 12 Ave. S.W., 403-245-3663)



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