

avenue CALGARY



Glass Menagerie

The High Performance Rodeo unbridled

Civic Defence

Reasons to love Calgary now

ARTFUL LIVING

Restaurateur Alberta Ennest on fashion, family and food

Lighten Up

An Albertan's cure for seasonal affective disorder



We're opening every open minds and drinkers.

2009
drop by during the opening week and enter to win a trip for two to a stunning burning owl estate winery in the okanagan. (more details in store)

THE FEROCIOUS GRAPE
wine. uncorked.

833 - 10 avenue sw | calgary
403.457.0099 | www.ferociousgrape.com

city | find dining



Bison and elk shortribs with garlic mashed potatoes, cipollini onions and hoisin ginger-glazed carrots at Velvet.

flat-screen TV now). Any "instant noodles" preconceptions can be quelled. Large, loaded and bursting with flavour, Muku's noodle bowls are made with house-made soup of pork bone stock in either a miso or soy sauce base. For a bit of everything, try the Tonkotsu Ramen (noodle soup with barbecue pork, green onions, baby corn and ginger, \$9) or the Miso Chashu Wonton Ramen (\$10). If the already motley mix of toppings isn't enough, extra wontons (\$3), chashu (barbecue pork, \$3) or spicy sauce, corn and green onions (\$1 each) can be added. While ramen headlines the small menu, rice dishes (sukiyaki rice with stewed beef and onion, ginger and sukiyaki sauce, \$9), salads (jya jya mei, ground pork and lettuce on stir-fried ramen noodle with miso paste, \$9) and appetizers (takoyaki, octopus croquettes, \$7) are also available. (326 14 St. N.W., 403-283-6555) —L.S.

Bringing Sexy Back

Candlelit dining in one of the city's hottest cultural spots doesn't get any cooler than this. **Velvet** at the Grand is located in the historic Lougheed Building downtown, and is a contrast of old and new with a swanky nightclub feel. It features an extensive wine list and lively libations with theatrical names such as "The Producer" and "Backstage Pass" (\$12). A medley of starters includes mussels with sweet peppers, oregano, lemon and andouille sausage (\$16) and pears with pecans, chévre and baby greens in a citrus sesame vinaigrette (\$14). Innovative entrees are immaculately presented. The succulent Brome Lake duck breast with date and orange chutney served with truffle risotto and steamed vegetables (\$36), and herbed rack of lamb with French lentils, roasted mushrooms, sage and pancetta jus (\$38) are fine choices. End things off with a flaky lemon pine nut tart and rosehip sorbetto (\$9) or any of Velvet's colourful cocktails. Just right for after-work drinks or an intimate night out. (608 1 St. S.W., 403-244-8400) —L.S.

CalgaryINC
INNOVATION PITCH FEST 2009

Do you have a device, a concoction, a service you're ready to let loose? Do you need recognition, startup money or expertise to get it off the ground? If so, submit your business concept to the *CalgaryINC* Innovation "Pitch Fest" by **February 27, 2009** for your chance to be selected to present your idea to a panel of experts. Pitches will be broadcast on TV and online with the winners being featured in *CalgaryINC's* June Innovation issue. No idea is too trivial or frivolous. **Enter today at www.calgaryinc.ca/pitchfest**