



# Join us for a delicious foodie tootle!



**At City Palate, we advocate all things local. Shop local, eat local and support local!**

**We had a great Spring Tootle and now there are two more bus trips to celebrate the best of summer and autumn.**

Our trips include several stops at Alberta farms or food specialists, with light snacks, tastings, shopping opportunities and site tours. At our final stop our host makes dinner for us!

**Summer Tootle, Saturday, August 7th**  
10 am sharp to 8:30 pm

Karen Anderson heads the wagons west for a Rocky Mountain Adventure! We'll drive to Canmore and start the day with lunch at Rocky Mountain Flatbread where we will learn about their community and environmentally friendly business model, tour the facility and lunch on toothsome flatbread pizzas and fresh salads. We'll then tour and sample lots of Valpella Gourmet Meats with owner Walter von Rotz while we learn about his dedication to high quality European artisanal sausage making and more curing. After a picturesque drive back through the Bow Valley we'll climb high on a ridge overlooking Jumping Pound Creek to L.J. Ranch in Cochrane. On this last stop, owners Lindsay and Joy Eldund will show us their naturally raised cattle operation. Then we'll feast on their barbecued beef and we might even do a little cattle roping! As the sun sets we'll enjoy beers and sodas from Canmore's Grizzly Paw Brewery and some carefully chosen wines from The Organic Wine Connection.

**Autumn Turkey Tootle, Sunday, October 3rd**  
10 am sharp to 8:30 pm

It's the weekend before Thanksgiving and we'll visit four farms where you can purchase the goods for your big turkey dinner. Join Karen Anderson on a reprise of her popular "Turkey Tootle". The first stop is Strathmore at Poplar Bluff Farm for organic spuds, carrots and beets, then on to the main act – turkeys at Winter's Turkeys in Dalesmead. Next, we'll head south to Altonvale and visit Highwood Crossing Organic Farm and our final stop will be to enjoy a turkey-themed dinner at Kaybee Farm's new Café Jodelle. Wine for dinner will be supplied by The Organic Wine Connection.

**Book your seats at: The Cookbook Co. Cooks, PH403-265-6066.**  
**Ticket price: \$100 per person, per tootle. Pre-registration is mandatory.**  
**Departing from: The Cookbook Co. Cooks, 722-11 Ave. SW.**  
**Departure time for all tours: 10:00 AM SHARP, RAIN OR SHINE.**  
**Mode of Transport:** We have booked a bus with air conditioning and a bathroom from Sahalla Coach Lines.  
**Shop local:** bring cash (for making purchases on the trip), a small cooler, hat, sunscreen and jacket.  
**Don't wait... our Foodie Tootles always sell out quickly!**  
**Come celebrate our local farmers!**

## drink this

Don Tse

Do we want "impurities" in our beer?

Unusual ingredients can make for great brew.

Many beer aficionados extol the virtues of the Bavarian Purity Law. This law decreed in 1516 that beer in Bavaria could only be made with malt, water and hops. Yeast would later be added to the list of acceptable ingredients, after science had progressed enough to show that it was necessary for fermentation.

Some claim that this law, known as the *Reinheitsgebot*, was the first consumer protection law in the world. To this day, brewers who stick to it take great pride in the purity of their beer.

In reality, the *Reinheitsgebot* was a part of the *Biersteuergesetz* which was a tax law. Malt and hops were taxed, so the Bavarian government needed to prevent other, non-taxed ingredients from being used in the manufacture of beer. The *Reinheitsgebot* had little to do with purity or quality.

Fortunately, many modern brewers have freed themselves from the shackles of this antiquated legislation and liberally employ the assistance of unusual ingredients in the creation of their beer. All sorts of fruits and vegetables, herbs and spices and anything else you can imagine are now fair game.



### Recreating history

Beer is more than 10,000 years old. Yet hops, which many today consider to be an essential ingredient in beer, are a mere 1,300 years old. Thus, today, some brewers are using uncommon ingredients in an effort to reproduce historical beers.

**Dogfish Head brewery** of Delaware developed the recipe for its Midas Touch beer based on scientifically analyzed residue from a drinking vessel in King Midas' tomb. Brewed with barley, white muscat grapes, thyme, honey and saffron, this beer displays wine and mead influences. Lightly sweet with a hint of acidity, the muscat grapes and honey are readily apparent, though the spices are a little less so.

Meanwhile, **Heather Ale Co.** from Scotland brews a series of beers based on historic Scottish recipes. Hops do not grow in Scotland, so historic Scottish beers were brewed with malted barley then spiced with the likes of pine needles, elderberries, heather, gooseberries and seaweed. Heather Ale's reproductions, named Alba, Ebulum, Fraoch, Grozet and Kelpie, respectively, are brewed with hops, but use the unusual ingredients in a nod to Scottish history. The beers are becoming more difficult to find in Alberta, but you may get lucky and come across some at a specialty beer store.

### Improving on a good thing

Other brewers use unusual ingredients to add complexity to beers that are good in their own right. For example, coffee and chocolate are commonly added to stout beers. For a robust coffee flavour in your next beer, try **Yukon Brewing's** Midnight Sun Espresso Stout. Meanwhile, you can find a smooth, silky chocolate flavour in **Young's** Luxury Double Chocolate Stout, which is brewed with chocolate and cacao extract.

Fruits can also provide a surprisingly good accent to beer. While there are many sickly sweet beers that are aimed at the “I don’t like beer” market, there are also beers where the fruit simply provides an accent and an additional layer of complexity to an otherwise fine brew. **Unibroue’s** Ephémère beers, with a seasonal rotation of different fruits, including apple, raspberry, cherry and currants, are especially tasty. Look for a light-bodied foundation beer that features a hint of mustiness upon which the fruit builds a creative accent. Similarly, local brewer **Wild Rose** uses whole raspberries in its Wrapsberry Ale to create a beer for beer lovers, but with a slightly sweeter, fruity flair.

### Seasonal sensations

Imaginative brewers will often use holidays as an excuse to exercise their creative muscle. Halloween and Christmas seem to be the favourites of brewers, so when the temperature starts to drop, start looking for spicy offerings.

Edmonton’s **Alley Kat** Pumpkin Pi Spiced Ale is made each fall not only with pumpkin, but also with appropriate spices. Pumpkin doesn’t add a lot of flavour to beer, so drink this one for its wonderful cinnamon spicing. It’s perfect for turkey dinners and football games.

As the temperature turns even colder and Canadian attention turns to hockey, look for spiced winter ales. **Big Rock’s** Winter Spice is all about beer with a solid malt foundation, but spices add complexity and a warming character to the brew.

### Re-writing the book of beer

Other beers feature unusual ingredients that go way out on a limb with what beer can offer. First among these are the beers of **Dieu du Ciel!**. Based in Montreal, Dieu du Ciel! has brewed with ingredients as diverse as mushrooms and vanilla.



Among other Dieu du Ciel! beers available in the province are Rosée D’Hibiscus, brewed with hibiscus flowers, and Route des Epices, brewed with both black and green peppercorns. Rosée D’Hibiscus is quite hazy, but has a wonderful pink hue reminiscent of ruby grapefruit juice. But that is where the similarity ends. Rosée D’Hibiscus is nectar-like with a hint of floral flavour. Meanwhile, Route des Epices has a solid maltiness with an unmistakable pepper flavour.

**He’Brew**, a brand of Schmalz Brewing of San Francisco and New York, makes kosher beer. If that weren’t interesting enough, He’Brew makes a beer with pomegranate juice, called Genesis 10:10, and one with date concentrate, called Rejewvenator. Unlike Unibroue’s Ephémère beers, He’Brew beers give the fruit prominence. In the case of Genesis 10:10, the sweetness of the fruit almost becomes cloying before the hop bitterness is finally allowed to provide balance. In the case of Rejewvenator, the date concentrate provides an interesting cola-like flavour. *L’Chaim!*

When left to their own devices, great brewers are like great chefs. Freed from the shackles of traditional recipes, they can create culinary experiences previously unknown. The *Reinheitsgebot* be damned. Artificial restrictions on what a brewer can and cannot do serve only to restrict the beer lover’s pleasure, and that’s just not right!

It is the nature of experimentation that there will be failure as well as success. I once had the misfortune of trying an echinacea stout. But I like every one of the beers mentioned. They prove that experimentation with unusual ingredients is worth it. So think outside the *Reinheitsgebot* and grab some “impure” beer.

*Don Tse is a Calgary beer writer who has sampled more than 6,600 different beers and loves the unbridled creativity of mad brewers.*

**PREGO'S**  
cucina italiana

lunch  
•  
dinner  
•  
before theatre  
•  
after theatre

**Taste the tradition**

Eau Claire Market  
On the 2nd level  
**403-233-7885**

**EAU CLAIRE WINE MARKET**

we specialize in  
unique wines, spirits,  
micro-beer, and  
import beer

great weekend  
wine tastings

**eau claire wine market**

tel 403-262-9463  
eaudclairewine@shaw.ca  
calgary, alberta

**CELEBRATING 16 YEARS  
AT EAU CLAIRE MARKET!**

**Proudly Supporting Canadian Growers**  
**CO-OP**

**B.C. Grown Peppers**

- non genetically modified organisms
- 100% herbicide free
- hand picked and packaged
- no post-harvest chemicals or waxing

**John Newell**  
Windset Farms,  
Delta, BC

**www.windsetfarms.com**