

FOOD & DRINK

A better-bred bread

Want to class up your sandwich? Try olive fougasse!



AMY ROSEN
Dish

While we'd all like to walk down our street carrying straw tote bags filled with artisanal products from our local cheesemakers, bakers, chocolatiers and butchers, in reality those chic bags are probably going to be cloth grocery store bags, and their contents are more likely to be a can of Manwich, two pounds of ground beef, some burger buns and a Snickers bar.

That's how most of us live in Canada. But that doesn't mean there isn't room for improvement.

Lately, our local supermarkets have been following global gourmet trends, which can often lead to successful one-stop shopping.

My neighbourhood Dominion has a great olive bar, a selection of organics, some pretty good cheeses (many from Quebec) and my favour-

ite French-Canadian loaves, made by Première Moisson. They're reasonably priced and made from things like unbleached flour, sea salt and

filtered spring water. And, last September, Première Moisson became the first bakery in Quebec to grow its own wheat by partnering

with Meunerie Milanaise, a company that specializes in the milling of organic grains, and with Agri-Fusion, a group of wheat producers who don't use pesticides or chemical fertilizers.

There's a rotating roster of, among other breads, honey raisin and hazelnut, organic sprouted grain, olive fougasse and great baguettes. It's good stuff, and if nothing else, they'll improve the quality of your Manwich.

EGG TARTINE WITH LEEK AND FETA ON PREMIÈRE MOISSON'S ORGANIC FLAXSEED

(Serves 2)

- 1 medium leek, white part only, finely chopped
 - 1 tbsp (15 mL) olive oil
 - 1/5 to 1/2 cup (75 mL to 125 mL) finely diced or crumbled feta cheese (goat or cow's milk)
 - 3 large eggs, beaten
 - 4 slices Première Moisson Organic Flaxseed Bread
 - 1 tbsp (15 mL) fresh dill, finely chopped
 - freshly ground pepper
1. In a medium nonstick skillet, heat oil over medium heat and cook leek, stirring often, until softened.
 2. Add feta and beaten eggs. Stirring occasionally, cook until eggs are just set. Add dill and season with pepper. (No need to add salt when using feta.)
 3. Meanwhile, toast the bread. Spoon the egg mixture onto the bread slices and cut each slice in half.

National Post



ILLUSTRATION BY AMY ROSEN

The Appetizer

A sampling of our food & drink blog



SOMETIMES YOU JUST HAVE TO TAKE A STAND

There's one kitchen gadget that I'd never want to part with, and I suspect is on the counter 99% of serious home cooks: a cookbook stand. Because sooner or later, even the most exuberant experimenter needs some inspiration and a few fresh ideas thrown at him by way of a cookbook. Note: The book need not be new. I have gone back to treasures like my old 1961 *Larousse* and found recipes scattered among the entries. Old-school kickers will inevitably have some, if not all, of Time-Life's *Foods of the World* series from the '60s, especially the volumes edited by James Beard, M.F.K. Fisher, Julia Child and/or Craig Claiborne. I suppose a cookbook stand could be anything, including another cookbook to prop up the one you're using. There are acrylic ones that have a kind of clear splash guard to protect the pages, but this seems counterproductive. I can easily find the best recipes in our library, since they're marked by stains of grease, wine or both. Ours is stainless steel and does the job nicely. We keep a book open on it at all times, often just to look at a pretty food-styled picture. You never know when inspiration might strike. *Malcolm Jolley, National Post*

THE RETURN OF THE SUMMER SAMPLER PACK

If you've ever thought to yourself, "This weekend I want to pick up a two-four of whatever beer they drink at the *National Post*," you're in luck. It's been two long years since we sampled summer beers and crowned one king (it was Big Rock Grasshopper last time around). I suppose that makes this the second edition of the *Post's* beer biennale.

Here now, the top three:

1. Hoegaarden, Belgium
Score 8.33/10
Comments "A smoky, spicy swirl reveals this brew to be layered with coriander, smoked wheat and even a gen-

tle, never-bitter hoppy after-taste. Close to thirst-quenching heaven, this beer would probably be best enjoyed on its own, but it could easily withstand a lemon wedge and a few light crisps."

2. Grölsch Premium Weizen, Netherlands
Score 7.5/10

Comments "Like drinking a cloud"; "Lingering pastiness."

3. Old Style Pilsner (Molson), Western Canada
Score 7.33/10

Comments "Dirty. Filthy. In a good way"; "Beer like this makes me happy."

Adam McDowell, National Post

Read full blog posts and all the comments from our beer-testing panel at nationalpost.com/theappetizer

September is
Childhood
Cancer
Awareness
Month
across Ontario.

Show your support by wearing a gold ribbon and learn more about how you can help us and our partners by visiting the Pediatric Oncology Group of Ontario (POGO) today at www.pogo.ca

POGO²⁵
PEDIATRIC ONCOLOGY GROUP OF ONTARIO

childhood
cancer
Awareness Month
September 2008

TORONTO

Mayor
DAVID MILLER

Proclamation

Childhood Cancer Awareness Day

September 3, 2008

WHEREAS, there are approximately 3,000 children living with cancer in Ontario, and each year, about 400 new cases are diagnosed. Childhood cancer is the number one disease threatening our children.

Childhood cancers differ from adult cancers, with adults suffering from breast, lung, prostate, bowel and bladder cancers. Children are most affected by acute leukemia, tumors of the brain and nervous system, the lymphatic system, kidneys, bones and muscles. Leukemia treatment for kids can take up to 3 years.

Over 80% of children will win their battle with cancer; however, nearly 2/3 of all survivors may develop late effects from treatment which can last through adulthood.

The Pediatric Oncology Group of Ontario (POGO) is a partner of pediatric cancer institutions across the province and lends its expertise and advice on childhood cancer to the Ministry of Health and Long-term. Given that childhood cancer, more than any other disease, remains responsible for more deaths from age one through adolescence, it is imperative to raise public awareness about the disease and its effects. POGO and its network work to develop new policies and programs that improve the care of children with cancer, their families, and childhood cancer survivors.

NOW THEREFORE, I, Mayor David Miller, do hereby proclaim September 3, 2008 as "Childhood Cancer Awareness Day" in the City of Toronto.

Mayor David Miller