

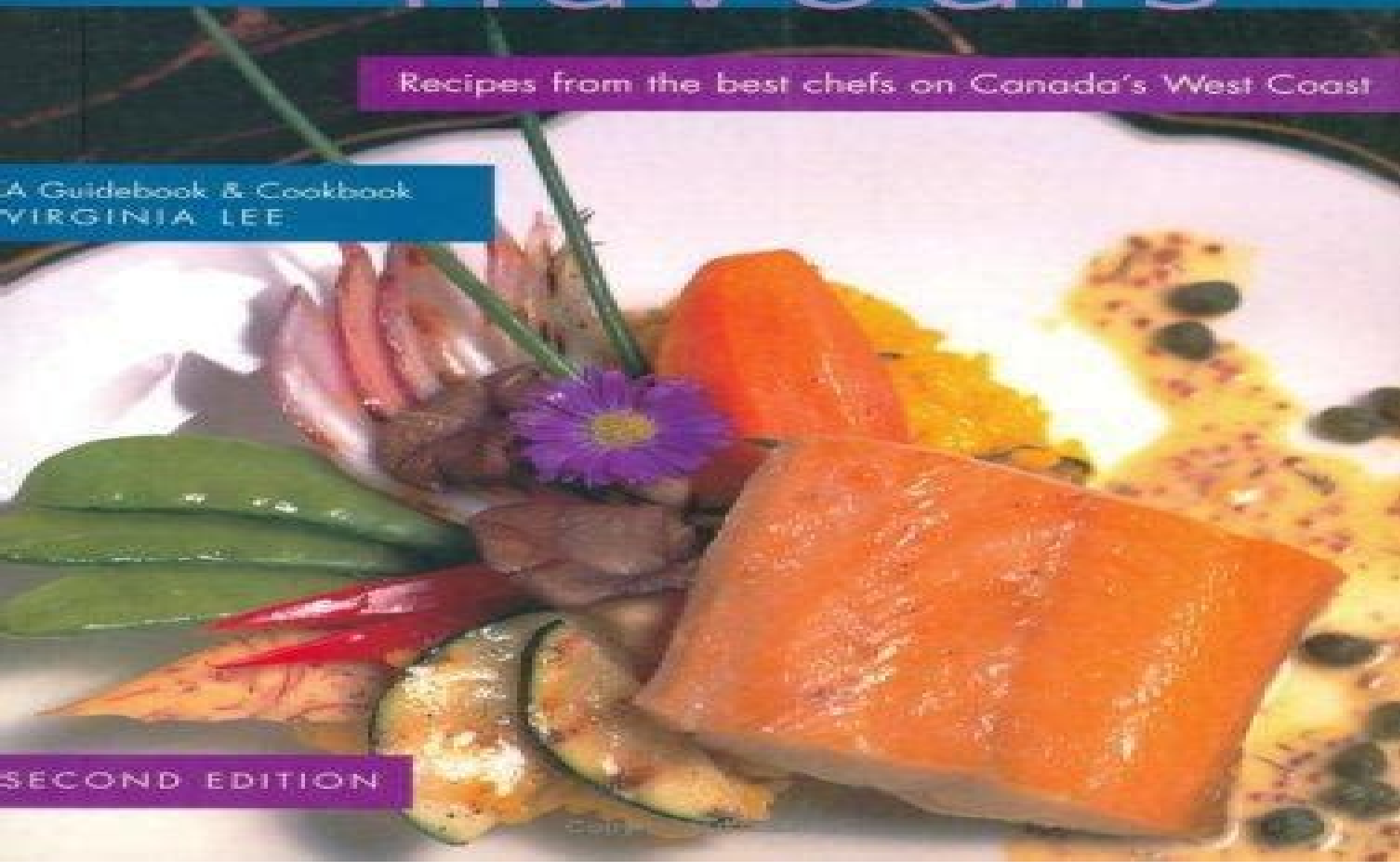
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pacific flavours

Recipes from the best chefs on Canada's West Coast

A Guidebook & Cookbook
VIRGINIA LEE

SECOND EDITION



Pacific Flavours Guidebook And Cookbook

Virginia Lee



Pacific Flavours Guidebook And Cookbook:

Pacific Flavours Virginia Lee,2000-08-01 *Pacific Flavours* Virginia Lee,2000-01-01 Pacific Flavours captures contemporary Pacific cuisine with an exciting range of signature dishes from the top restaurants and inns in Vancouver Victoria Vancouver Island Whistler and the Okanagan Valley Pacific Flavours offers recipes for seafood specialties delicious desserts appealing appetizers salads entrées and breakfast foods Enjoy Grilled Fanny Bay Oysters with Smoked Paprika Mayonnaise Vichyssoise with Lobster Medallions Cinnamon Chili Rub Flank Steak Wild Salmon and Sorrel with Fresh Ginger Sauce Frangelico Mousse with Champagne Sabayon Even afternoon tea a Victoria favourite is included Author Virginia Lee obtained recipes from 43 independently selected fine dining establishments all of which have been adapted for home use Profiles describe food decor and facilities and maps help locate the establishments Beautifully illustrated with colour photographs Pacific Flavours is a cookbook and a guidebook for anyone visiting British Columbia and Canada's picturesque West Coast

Pacific Flavours Virginia Lee,2008-04-17 The 3rd edition of the ultimate guidebook for an unforgettable culinary tour of British Columbia

The Chowder Trail Cookbook Elaine Elliot,Virginia Lee,2014-06-20 What better way to get a taste of Nova Scotia than to enjoy a bowl of seafood chowder Visitors know that Nova Scotia is rich in history beauty and seafood In every town at every stop along your way you find Nova Scotians making chowder Now Nova Scotia boasts the world's first Chowder Trail featuring local restaurants offering outstanding chowders to visitors and residents alike Cookbook authors Elaine Elliot and Virginia Lee have selected the best of these recipes tested and adapted them for home use and brought them together in this appealing collection Every bowl of chowder tells a story of its community's roots and local harvest This collection of recipes offers home cooks many great ideas on how to use fresh seafood from the Atlantic coast combined with other seasonal ingredients to produce tempting tasty and healthy dishes

Lobster Elaine Elliot ,Virginia Lee,2014-06-20 This cookbook offers all kinds of great ideas for preparing Canada's east coast delicacy Of course there are instructions for the best boiled lobster anyone has ever tasted but there are also comfort food recipes for Lobster Poutine and Maritime Lobster Roll as well as fancier dishes like Butter Poached Lobster and even Lobster Truffle Gnocchi with Lobster Emulsion Authors Elaine Elliot and Virginia Lee went to some of Canada's finest chefs to get their best ideas for preparing lobster The cookbook includes a delicious and unusual Lobster Chowder Lobster Bisque and Lobster Soufflé Chef Stefan Czapalay has contributed some great new favourites like Lobster Mac n Cheese Lobster Shabu Shabu and Lobster Caesar Salad All the recipes have been adapted and tested for home cooking They are illustrated in full colour throughout the book As well there's an introduction that answers every question about lobsters when they are in season how to tell male from female how to pick the tastiest lobster with the most meat and how east coast Canadian lobster differs from its American lobster neighbour

The East Coast's Best Lobster Rolls Elaine Elliot,Virginia Lee,2020-07-20 Lobster rolls are a unique East Coast speciality From the simplest dinner to the fanciest fine dining restaurant chefs compete to come up

with imaginative and tasty versions of this tasty dish This first in Canadian cookbooks features 50 fantastic recipes for lobster rolls and their accompaniments The best locally caught seafood combined with fresh local ingredients creates tempting tasty and healthy dishes The recipes have been gathered from diners food trucks and restaurants in all three Maritime provinces Many have won their chefs prizes and awards All have been tested by the authors Colour photographs accompany each dish The result is a great souvenir or gift from the Maritimes **Pacific Flavours** Virginia Lee,2008 Forthcoming Books Rose Arny,2001-06 Maritime Flavours Elaine Elliot,Virginia Lee,2008-04-17 The 7th edition of the ultimate guidebook for an unforgettable culinary tour of the Maritime Provinces **Canadian Books in Print. Author and Title Index** ,1975

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