

HOLIDAYS
THAT KEEP ON GIVING

EXTRA VALUE
MILLS

JOHN DOYLE
RAISES A RUCKUS

BCBUSINESS

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**+WHO
CAUGHT
YOUR
DINNER**
p.20

CRISIS IN THE WOODS

Beetles and
fire have
created a
silviculture
war zone

TREE PLANTERS
SOLDIER ON,
TASKED WITH
SAVING OUR
FOREST
INDUSTRY p.50



Display from Sep 3 to Oct 7



PW40065775

Dish Decoded: Beet It



Seigo Nakamura, owner and executive chef of Vancouver's Miku Restaurant and the newly opened Minami in Yaletown, is known for his beautifully executed Aburi (flame-seared sushi), but his food artistry extends further.

From the *zensai* (appetizer)

to the *shusai* (entree), dishes at Minami are vibrant in both colour and flavour, such as the slow-roasted beet salad with yuzu crème fraîche. To impress out-of-town guests, recreate it at home: Marinate four golden beets and two red beets in 1 tbsp of olive oil and 1 tsp salt. Wrap the beets in aluminum foil and bake at 230 degrees Celsius for one hour. After baking, remove skins and cut beets into quarters. Toss two cups of arugula and two diced fresh figs with 1 tbsp yuzu juice, 1 tbsp Chardonnay vinegar, 1 tbsp extra virgin olive oil and 1 tbsp honey. Assemble beets and greens together and dollop with yuzu crème fraîche (4 tbsp combined with 1 tbsp yuzu marmalade). \$13, minamirestaurant.com – A.B. □

ONLINE EXCLUSIVE

Minami's beet salad tastes even better with fresh albacore tuna sauce. Try your hand with our complimentary recipe:

bcbusinessonline.ca/tuna-recipe

Blending Together

Hawksworth Restaurant has received an astounding number of accolades since opening in June 2011. Among its distinctions, it was voted one of Canada's Best New Restaurants by *enRoute* magazine; chef David Hawksworth was named Best Chef by the *Georgia Straight's* Golden Plate Awards; and Terry Threlfall was pronounced Sommelier of the Year by the Vancouver Playhouse International Wine Festival. Now, the restaurant has added winemaking to its accomplishments. Handcrafted by the Hawksworth Restaurant sommelier team under the watchful eye of winemaker John Weber of Orofino Winery in the Similkameen Valley, H's Blend is a light and refreshing offering of both red and white wines. The blend is inspired by the Orofino down-to-earth approach of making wines to be paired with wholesome, locally sourced food. And at \$55 a bottle, it's a steal. Available exclusively at Hawksworth Restaurant and Bel Café. \$11 a glass; hawksworthrestaurant.com, belcafe.com – A.B. ■

