

THE VANCOUVER SUN

A DIVISION OF POSTMEDIA NETWORK INC

BREAKING NEWS | VANCOUVERSUN.COM

SERIOUSLY WESTCOAST SINCE 1912

WEDNESDAY, FEBRUARY 13, 2013 | FINAL EDITION

ONLINE

Be the first to know
Subscribe to Sun news alerts at
vancouver.sun.com/alerts

INSIDE | D2

Cocktails minus the guilt
It's possible to enjoy a few drinks without gaining weight — and it doesn't always have to be a boring vodka and soda.



THURSDAY

The art of Spiegelman
The Vancouver Art Gallery show will feature work from a 40-year career. And it's quite a career — Spiegelman is a virtual Zelig of the comics medium.



D2 | ARTS & LIFE

BREAKING NEWS VANCOUVERSUN.COM | WEDNESDAY FEBRUARY 13, 2013

FOOD & WINE



Head bartender Cooper Taylor mixes up a cocktail at the Hawthorn restaurant in the Rosewood Hotel Georgia.

Drink to your health

With care and attention it is possible to make better choices at the bar

JOANNE SAZDVI
PHOTO: STEVE PERIN/STRIKING

Oh, sure, you probably think that your history is one of your own as a healthy person who's a professional and doesn't need a case in the woods. But your waistline tells you that you may want to consider a slightly more sober approach to your drinks. "As much as you'd want to make healthy choices, you're going to have to make some compromises. You can't kid yourself," says Cooper Taylor, head bartender at Hawthorn restaurant in the Rosewood Hotel Georgia. "It's hard to find many cocktails that are low calorie, but there are ways to make healthier choices."

For instance, Taylor is looking ahead to back-to-back brunch, it may be a bit disappointing to realize that low-calorie alcoholic drinks are a thing of the past. In fact, he says, the average person who goes to a bar for a drink is going to consume about 100 calories worth of alcohol.

Frankly, says Toronto-based, the corporate beverage manager for the Glenora, Restaurant Group, he is not sure we're going to see a lot of change on the menu and just, something that may have a few more calorie but at least has some flavor and it may be a little healthier.

"It's the whole idea of making a conscious effort to drink responsibly and to have a drink or two without gaining weight," says Andrew

Nick Frenck, an elite personal trainer and president of fitness education. In fact, he'd rather eat dinner on one side and a carbohydrate after a workout than give up his fitness for weeks.

"One of the things that's a common of making is the weight is not going to be a big secret," Frenck says. "A big secret is in the amount of food and the way you eat it."

As Frenck says, "Everything has to come in moderation."

As if there aren't already other health aspects of alcohol.

Alcoholic consumption of mid-week has been shown to have less impact and better health effects, which may be why some people drink on Wednesdays.

RECIPE Reviver Number Five

This drink is a healthy and refreshing cocktail created by chef and bartender Cooper Taylor at Hawthorn restaurant in the Rosewood Hotel Georgia. It's a low-calorie, low-sugar, low-fat drink with fresh ingredients.

Ingredients:
1/2 cup fresh lemon wedges
1/2 cup fresh lime wedges
1/2 cup fresh grapefruit wedges
1/2 cup fresh orange wedges
1/2 cup fresh pineapple wedges

Instructions:
Place all ingredients in a cocktail shaker with ice and shake well. Double strain into a chilled coupe or martini glass. Garnish with a slice of fresh citrus.

Notes: To make the lemon wedges infusion, pour a bottle of vodka into a large Mason jar or similar container. Chop up

fresh wedges of lemons, limes, grapefruit, and orange. Let it steep for 24 hours. Strain out the wedges, pour the vodka into a jar with a lid, and let it steep for another 24 hours.



Cooper Taylor's Reviver Number Five.

The important thing to remember is the whole point of a cocktail is to enjoy it. It's not just about making you feel better.

"Having a happy mind leads to a happy body," Taylor says. "It's not a perfect glass and using alcohol is a perfect way."

Simple paella method proves cheaters can prosper in the kitchen

JILL HANBYSTROM
PHOTO: JILL HANBYSTROM

The easy paella is described by the author as a "cheat's" version because it's quick to cook but still offers a lot of flavor.

Recipes are easy to follow, and each is given in imperial and metric measures.

In a large, heavy, non-stick frying pan over high heat, cook onion, chili paprika and sausage for three to five minutes, stirring often, until golden. Add chicken and cook, turning, for three minutes or until browned at some. Add rice, stirring until coated.



IN THE CELLAR



ANTHONY GISMONDI

FOR THE COLLECTOR

Francobaldi Cantale di Nipizzano Riserva Olivati Riserva 2006, Tuscany, Italy, \$22
This wine has proven to be an excellent choice for the cellar. It's a blend of Sangiovese and Cabernet Sauvignon. The wine is dark red with a rich, velvety texture. It has a complex bouquet of aromas, including dark cherry, orange peel, and dried fig. The tannins are firm and well-integrated, and the wine has a long, elegant finish.



B.C. WINE OF THE WEEK

Laughing Stock Vintners Pinot 2010, Okanagan Valley, BC
The Laughing Stock Pinot is a wine that's hard to resist. It's a blend of Pinot Noir and Pinot Gris. The wine is dark red with a rich, velvety texture. It has a complex bouquet of aromas, including dark cherry, orange peel, and dried fig. The tannins are firm and well-integrated, and the wine has a long, elegant finish.



NEWS AND EVENTS

See Our Vancouver easy to be Four Seasons hotel offering a special offer! Stay Friday all 200 nights on the wine list and you'll be in luck. At VINE DOWN, Sunday there are no end-of-the-year sales, just the champagne is high price. So how many if it's all that it's worth doing for. For more info and more, go to www.vancouver.com

If you are having trouble remembering all the wine you come across in wine shops and restaurants, it is likely because there are so many wine & wine associated to the lower class, at the 2012 United Wine and Grape Symposium and the number of producers in North America now more than 10,000. They go on to say that fewer than half the wineries are in California, reflecting the expansion of wineries throughout the other states and Canada. The lowest Canadian sales indicate a move north of the border from some 500 producers



Head bartender Cooper Tardivel shakes up a cocktail at the Hawksworth Restaurant in the Rosewood Hotel Georgia.

STEVE BOSCH/PNG

Drink to your health

With care and attention it is possible to make better choices at the bar

JOANNE SASVARI
SPECIAL TO THE VANCOUVER SUN

Oh, sure, you probably think that now January is over, you can go back to your decadent ways, swilling wine and cocktails without a care in the world. But if you want to stay healthy and fit, you may want to consider a slightly more sober approach to booze.

"As much as you want to make healthy choices, you're going to have to make some concessions. You can't kid yourself," says Cooper Tardivel, head bartender at Hawksworth Restaurant in the Rosewood Hotel Georgia. "It's hard to find many cocktails that are low calorie. But there are ways to make healthier choices."

For instance, if you're looking ahead to bathing-suit season, it may be a bit depressing to realize just how caloric alcoholic drinks can be. A single ounce of spirits is 65 calories even before you add the juices, syrups, sodas and liqueurs that transform it into a cocktail, which is why the dieter's drink of choice tends to be the excruciatingly boring vodka and soda water.

Frankly, says Francis Pendon, the corporate beverage manager for the Glowbar Restaurant Group, he'd rather see guests enjoying a Tom Collins or a gin and juice, something that may have a few more calories but at least has some flavour and maybe even a little nutrition.

"To me, when someone is ordering numerous vodka sodas, they're drinking just to drink," Pendon says.

It is possible to enjoy a drink or two without gaining weight, says Andre

Noel Potvin, an elite personal trainer and president of Infofit educators. In fact, he'd rather tell clients to cut out refined carbohydrates after 6 p.m. than to give up their wine or scotch.

"One to two glasses of wine in terms of packing on the weight is not going to be a big issue," Potvin says. "A bigger issue is the amount of food and exercise you get."

As Pendon says, "Everything has to come in moderation."

And then there are the other health impacts of alcohol.

Moderate consumption of red wine has been shown to have anti-aging and heart-healthy effects, while many bitters, spirits and liqueurs aid in digestion. In fact, alcohol was considered medicine before it was consumed for pleasure; cocktails were invented by apothecaries and doctors once prescribed alcohol for a myriad of ailments.

On the downside, over-consumption can lead to a host of ills ranging from your basic hangover to damaged skin, malnutrition, pancreatitis, liver disease, psychiatric disorders, addiction and even death.

The key is making better choices, starting with moderation and hydration.

"Not being hydrated, the impact of wine on the body becomes more toxic," says Potvin, who suggests alternating every alcoholic drink with a glass of water. "You want to buffer as much as you can."

Choosing better things to drink helps, too.

Luckily, there is a new-old trend in cocktailing to use ingredients with noted health benefits, rather than

RECIPE

Reviver Number Fiver

This refreshing — and relatively healthy — cocktail created by the bar at Hawksworth Restaurant is a take on the classic Corpse Reviver No. 2. It is low in sugar, and contains ingredients with medicinal properties: Lemon verbena relieves stress, ginger aids digestion and lemon juice is high in vitamins and minerals.

¾ oz lemon verbena-infused vodka (see note)

¾ oz Lillet Blanc

¾ oz Ginger of the Indies (ginger liqueur)

¾ oz fresh lemon juice

Dash of Yellow Chartreuse

Place all ingredients in a cocktail shaker with ice and shake well. Double strain into a chilled cocktail (martini) glass. Serves 1.

Note: To make the lemon verbena infusion, pour a bottle of vodka into a large Mason jar or similar container. Chop up

sugary sodas or liqueurs. As Tardivel says, "There's that kind of therapeutic nature to creating cocktails."

Healthier ingredients can include freshly squeezed juices, organic egg whites, antioxidant-rich teas, agave or honey syrup, digestive bitters and a wide range of fresh herbs with known wellness properties. Mint and ginger, for instance, can settle the stomach while lavender reduces stress and rosemary boosts the immune system.



STEVE BOSCH/PNG

Cooper Tardivel's Reviver Number Fiver.

a handful of fresh lemon verbena and add it to the vodka. Stir, cover and leave in a dark, cool place for about 24 hours. Strain out the herbs, pour the vodka into a sterilized bottle and refrigerate. Keeps almost indefinitely.

The important thing to remember is the whole point of a cocktail or any other drink is to cure what ails you, not to make you feel worse.

"Having a happy mind leads to a happy body," Pendon says. "You're in a positive space and using alcohol in a positive way."

Tardivel agrees. "You go to a bartender to make you feel better," he says. "There's a time to treat yourself, and there's a time to be smart."