



April 08

... everyday to gourmet ...

274B 5th Street Courtenay BC
PH 338-4404 FAX 334-9906
www.beyondthekitchendoor.com

Delicious bits and bites from 'BEYOND' THE KITCHEN DOOR

Cooking classes available
April, May & June

instructor

THE FASCINATING CUISINE OF KOREA
YOON KIM Sunday, April 13 4 - 7:30 \$65.00

THE PASSION OF THE GREEK EASTER
JIM LALIC Thursday, April 17 6 - 9 \$65.00

SUMMER SENSATIONS
DAWN MCRAE Friday, May 2 6 - 9 \$60.00

guest instructor & author

ONE NIGHT IN HONG KONG
NATHAN HYAM Thursday, May 8 6-9 \$70.00

AWESOME ASIAN NOODLES
NATHAN HYAM Friday, May 9 6-9 \$70.00

SIMPLY INDIAN MENU 1
TAHERA RAWJI Saturday, May 17 6-9 \$70.00

SIMPLY INDIAN MENU 2
TAHERA RAWJI Sunday, May 18 4-7:30 \$70.00

SIMPLY INDIAN MENU 3
TAHERA RAWJI
Monday, May 19 10:30 - 1:30 \$70.00

instructor

A SPANISH PAELLA PARTY
DAVID LARSEN Wednesday, June 4 6-9 \$65.00

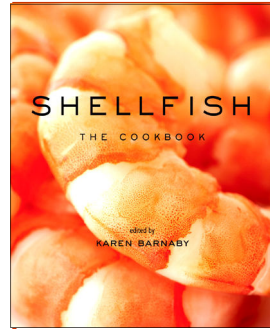
WILTON CAKE DECORATING CLASSES AVAILABLE
PLEASE CALL THE STORE FOR DETAILS

Maldon's 2 new products ...



MALDON'S regular crystal salt flakes have been delicately flavoured using traditional cold-smoked techniques to give them a wonderful aromatic, subtle smoky flavour. The **Maldon Smoked Sea Salt** gently dissolves and is superb for grilling meats and seafood. Add the delectable smoked flavour to sauces, salsas, soups, marinades and more.

The perfect partner for the flaked MALDON SALT. A superb, sun dried black pepper, **Maldon Organic, Whole Black Peppercorns**, are hand picked in the Kerala region of Southern India, an area renowned for growing the world's finest pepper. Intensely flavourful the piquant peppercorns are sealed in two foil packs to guarantee their full hot and spicy freshness.



BOOK LAUNCH & TASTING!

Saturday, April 26 - 1:00 - 3:00
with
KAREN BARNABY

Join us for a bite as we celebrate with **Karen Barnaby**, the executive chef of the renowned **Fish House in Stanley Park**, her latest book.

In Shellfish: The Cookbook, editor Karen dishes up oysters, clams mussels, crabs, scallops, lobsters, shrimp and prawns in enticingly innovative ways. Meet Karen and chat as she pulls up a few tips and tricks from selecting the freshest shellfish to preparing a whole range of mouthwatering dishes from everyday to gourmet.

LIME TEQUILA
PEEL - & - EAT SHRIMP

FROM SHELLFISH: THE COOKBOOK

- 1 lb extra-jumbo shrimp, deveined, shell on
- 3 tbsp tequila
- 2 garlic cloves, minced
- 2 tbsp fresh lime juice
- 2 tsp lime zest
- 1/4 tsp hot pepper flakes
- 3 tbsp butter

Combine the shrimp, tequila, garlic, lime juice, lime zest and pepper flakes in a medium bowl. Cover and refrigerate for 15-30 minutes. Melt the butter in a large skillet over medium-high heat. Add the shrimp and cook until firm and bright pink, about 2-3 minutes. Transfer to a serving dish and enjoy!

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April's Complimentary Demonstrations

SATURDAY, APRIL 12 12:00 - 4:00

THE COOKIE CRATE - UNIQUE COOKIE GIFTS
Join JoAnn & Pebbles for a bite of their **Great from the Crate** cookies - Choose from a selection of their fabulous crate of cookie gifts: **COWBOY COOKIES, FRED & GINGERSNAPS, HEAVENLY HOGS, CHERRY BOMBS, THE CHAMPION, BOURBON BITES, AND THE FLIP-FLOP.**

SATURDAY, APRIL 19 1:00 - 3:00

FILBERG TEAHOUSE TASTING

SATURDAY, APRIL 26 1:00 - 3:00

BOOK LAUNCH & TASTING
KAREN BARNABY
SHELLFISH: THE COOKBOOK

PAN-SEARED SCALLOPS ON MANGO SAUCE

FROM SHELLFISH: THE COOKBOOK

- 1 med ripe mango, peeled and coarsely chopped
- 2 tsp fresh grated ginger
- 2 tbsp lime juice
- 2 tsp brown sugar
- pinch crushed chili flakes
- 1/4 cup water
- 20 large sea scallops
- 1 tsp ground cumin
- Salt and pepper to taste
- 2 tbsp olive oil
- 2 tbsp fresh lime juice
- 4 cilantro sprigs and lime slices

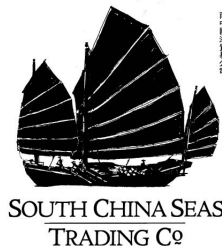
To make the mango sauce, place the first 6 ingredients in a food processor or blender and puree until smooth. Transfer to a small pot and gently simmer over medium heat for 10 minutes. Keep warm over low heat

Season the scallops with the cumin, salt and pepper. Heat oil in heavy bottom nonstick skillet over high heat. Cook the scallops 1-2 minutes per side, or until just cooked through. Sprinkle with lime juice and remove from heat. Spoon the mango sauce on 4 plates. Arrange the scallops on top. Garnish with cilantro and lime. Recipe by Eric Akis.

The Spice Shelf Out of India ...



in **VIJ'S & TAHERA'S** pantry
all those wonderful, aromatic, hard-to-find Indian spices from the popular cookbooks - **Vij's** and **Simply Indian** are now in stock from South China Seas:



- Curry Leaves
- Ajwain
- Asafoetida
- Cardamom Pods
- Fenugreek Leaves
- Fenugreek Seeds
- Garam Masala
- Kalonji
- Mango Powder
- Pomegranate Seeds
- Saffron
- Turmeric

Prepped & Ready!

mixing it up with **Cuisinart®**

Continuing a tradition of creating innovative tools for the home cook, **Cuisinart®** introduces a stand mixer with superior power & capacity. With 12 speeds it handles everything from a single egg white to large batches of cookie and bread dough.



An Easy Split - no fuss, no muss



Sweet, juicy, delicious mangos are showing up on our grocery shelves ... **A chore to prepare?** Not anymore, with the **OXO mango splitter** one simple press removes the seed and cuts the fruit in half. **THE MANGO SPLITTER** slices cleanly through the fruit, leaving almost nothing behind on the seed.

Garam Masala - Simply Indian - Tahera Rawji

1/2 cup cardamom green pods	2 tbsp black pepper	1 tbsp ground cloves
1 cup cinnamon sticks	1/4 cup fennel seeds	2 nutmegs

In a small cast-iron fry pan dry roast the spices over very low heat for about 1 minute. Cool 3 minutes. Grind to a fine powder in a coffee grinder. Store in airtight jar.

