

Japanese-Spiced Chicken Wings

2 tbsp (30 mL) soy sauce
2 tbsp (30 mL) sesame oil
1 tsp (5 mL) ground ginger
1 tsp (5 mL) garlic powder
½ tsp (2 mL) red chili flakes
½ tsp (2 mL) black pepper
2 lb (1 kg) chicken winglets and drumettes
2 tbsp (30 mL) toasted sesame seeds
1 tsp (5 mL) finely grated orange zest
1 tsp (5 mL) finely grated lime zest
Salt to taste



1. Preheat oven to 425°F (220°C). Line a large, rimmed baking sheet with parchment paper.
2. In a large bowl, whisk together soy sauce, sesame oil, ginger, garlic powder, red chili flakes and black pepper. Add wings and toss well.
3. Spread wings out on baking sheet and roast, turning once, until golden brown and crisp, 30 to 40 minutes.
4. In a clean large bowl, stir together sesame seeds and orange and lime zest. Add wings and salt to taste. Toss well.

Fancy Mac and Cheese with Cauliflower and Chorizo



3 cups (750 mL) penne pasta
2 cups (500 mL) small cauliflower florets
3 cups (750 mL) cold milk
3 tbsp (45 mL) all-purpose flour
3 tbsp (45 mL) cold unsalted butter, cubed
1 tsp (5 mL) dried Italian seasoning
2 cups (500 mL) shredded old cheddar cheese
1 tbsp (15 mL) Dijon mustard
¾ cup (185 mL) diced cured chorizo
Salt and black pepper to taste
½ cup (125 mL) panko bread crumbs
¼ cup (60 mL) freshly grated Parmesan cheese
1 tbsp (15 mL) olive oil
Finely chopped parsley for garnish

1. In a large pot of boiling salted water, cook pasta for 5 minutes. Add cauliflower to pot and bring back to boil. Cook until pasta is al dente and cauliflower is just tender, 3 to 4 minutes. Drain well and return to pot.
2. Preheat oven to 400°F (200°C). In a large saucepan over medium-high heat, whisk together milk, flour, butter and Italian seasoning. Bring to a boil, whisking constantly, about 4 minutes. Simmer, whisking constantly, until sauce is smooth and has thickened slightly, about 2 minutes.
3. Remove saucepan from heat and stir in cheddar until melted. Whisk in mustard.
4. Add sauce and chorizo to pasta and stir gently. Season with salt and pepper to taste, and then spoon mixture into a greased 10-cup (2.5 L) baking dish.
6. In a small bowl, stir together bread crumbs, Parmesan and oil. Sprinkle crumb mixture evenly over pasta. Bake, uncovered, until bubbly and browned, about 20 minutes. Sprinkle with parsley.

Serves 6 to 8

Canuck-Style Pulled Pork



2 ½ lb (1.25 kg) boneless pork shoulder roast
Salt and black pepper to taste
2 tbsp (30 mL) vegetable oil, divided
1 large onion, thinly sliced
4 cloves garlic, minced
1 tbsp (15 mL) chili powder
2 tsp (10 mL) sweet smoked paprika
1 tsp (5 mL) ground cumin
1 cup (250 mL) tomato ketchup
1 cup (250 mL) tomato sauce
1/3 cup (80 mL) cider vinegar
1/3 cup (80 mL) maple syrup
2 tbsp (30 mL) Worcestershire sauce
2 bay leaves
8 kaisers, split
Boston lettuce leaves
Cole slaw

1. Preheat oven to 325°F (160°C) and adjust oven rack to lower-middle position. If necessary, tie pork with string to make a compact roast. Pat pork dry and season generously all over with salt and pepper. In a large Dutch oven, heat 1 tbsp (15 mL) oil over medium-high heat. Add pork to pot and cook, turning often, until browned on all sides, about 10 minutes. Remove pork from pot and set aside on a large plate.
2. Add more oil to pot if necessary and reduce heat to medium. Add onion to pot and cook, stirring often, until softened and golden brown, 5 to 7 minutes. Add garlic, chili powder, paprika and cumin and cook, stirring, for 30 seconds or until fragrant.
3. Add tomato ketchup and sauce, vinegar, maple syrup, Worcestershire sauce and bay leaves to pot. Bring to a boil over medium-high heat, stirring to scrape up any browned bits from bottom of pot. Return pork to pot, along with any juices that have accumulated on plate. Cover pot tightly and transfer to oven. Cook for 30 minutes. Reduce temperature to 300°F (150°C) and cook until pork is very tender, about 2 ½ hours, turning once.
4. When pork is ready, remove from pot and set aside on a large cutting board. Tent loosely with foil and let rest for 15 minutes.
5. Snip strings on pork and remove. With two forks, shred pork finely, discarding any visible fat.

6. Discard bay leaves from cooking liquid and skim off any fat. Boil liquid over medium-high heat, stirring occasionally, until reduced to about 2 cups (500 mL), 3 to 5 minutes. Add pork and heat through. Season with salt and pepper to taste.

7. Toast buns, if liked. Arrange lettuce leaves on bottom halves of buns. Top with pork, coleslaw and top halves of buns.

Serves 8

Shoot the Breeze

To a cocktail shaker filled with ice add 1 ½ oz Forty Creek Copper Pot Reserve Whisky, 6 mint leaves and 4 oz lemonade. Shake and strain into a tall glass with ice and garnish with fresh blueberries.