

city palate
THE FLAVOUR OF CALGARY'S FOOD SCENE

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the harvest issue

Cover artist **Pierre Lamielle** is a graduate of the French Culinary Institute in New York City. His first cookbook *Kitchen Scraps: A Humorous Illustrated Cookbook* will be published this fall. Check out his website at www.kitchenscraps.ca.

From the editor...
Fall has arrived and that means our September/October issue of City Palate is celebrating the harvest! We have so many wonderful, local growers, whose gardens and fields are bursting with delicious flavour. This issue is full of great fall recipes. Pick up a copy today, or... check out our last two years of recipes that are now on our site!
Here's a peek at what's in our current issue....

features

- Celebrating a Vegetarian Harvest
We celebrate Alberta's harvest with recipes from some of our favourite food people
- Masala Master
The author learns about a key ingredient in East Indian cooking by Karen Anderson
- Tootling Calgary's Ethnic Groceries by Dee Hobbsawm-Smith
- Dining with Beer
No longer reserved for washing down greasy bar snacks, beer has earned a seat at the dinner table by Don Tse
- Biting the Hand That Feeds You, Part 2
Foodie words: a selection of the archaic, pre-organic, pre-free-range, pre-all-natural and pre-eco-friendly by Doug Proctor
- Slow Down Dammit
Reflections on a slower life in slower times by Dee Hobbsawm-Smith

our regular departments

- word of mouth
Notable culinary happenings around town
- eat this
What to eat in September and October by Ellen Kelly
- drink this
The good and the "bad" of terroir by Geoff Last
- get this
Must-have kitchen stuff by Dee Hobbsawm-Smith
- one ingredient
Make a better butter by Julie Van Rosendaal
- feeding people
Short ribs, uninterrupted by Kathy Richardier
- well-matched
Made-in-heaven food and wine pairings by Jenni Neidhart
- stockpot
Stirrings around Calgary

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Check out our new site at www.citypalate.ca!