

# The Chef in Stead

January 2006

## Chef Martin's Notes...

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Thank you to all the people that kept me busy in December; I really appreciate your support.

***“Coming up for March Spring Break-kids’ cooking classes! Keep them busy having fun with Chef Martin while they are at home!”***

### **Tell all your friends...**

This year, I will be offering my services outside of Kelowna. I am planning some promotion in Vernon, Penticton and everything in between.

My wife Kristin and I have started to work on a cookbook together, I will keep you up to date on release dates...

Happy New Year

Cheers,  
Chef Martin

## *Valentine's Day*

*is coming soon*



The season of love is upon us again...

The special day for lovers is a poignant one according to history, mourning a romantic hero who died, and so it seems to deserve special treatment. This year, try not to get caught up in the commercial side of things, but put your own special touch on any gift you give. Perhaps a flower a day for a week leading up the 14<sup>th</sup> would have more impact than one bouquet. And why buy roses when they are not in season?

Instead of fighting the crowds and paying top dollar for dinner out on a busy night, why not create a special meal at home just for the two of you? Chef Martin can make sure that when you give the secret sign he is ready to duck out the door (and the dishes will still be done when you get up the next morning!)

## *The menu*

*Beet and Prosciutto Salad in a Ginger Balsamic Vinaigrette*

*Hearts of Prawn with a Citrus Beurre Blanc*

*Rack of Lamb and Caramelized Cipollini Onions  
with a Red Currant Wine Sauce*

*Dessert of your choice (from the list on the next page)*

### Chocolate Frenzy Cooking Class

Whether you have a cooking class with all your single friends, or whether it's just for you and your partner, chocolate has this amazing way to bring people together.

Choose from a selection of great chocolate desserts for your next class in the comfort of your home... (these are also the dessert choices for the Valentine's Day menu)

Chocolate Baileys Opera

Frosty Triple Chocolate Mousse

Chocolate Espresso Parfait

Chocolate Mint Tart with Crème Anglaise

Chocolate Éclairs

Hedgehog Hazelnut Cake

Chocolate Ganache Cake

Warm Chocolate Soufflé with Caramel Ice Cream

White Chocolate Raspberry Cheesecake with Raspberry Coulis

### WORDS on WINES

Winter is about comfort food, but who says a bit of decadence is not comfortable?

Try sparkling wine cocktails with brunch to put some sunlight into a dreary Sunday morning. Okanagan sparkling wines are a fun and affordable choice. Who says you have to wait till the end of the day? However if you do, here is my list of things to try for a cold night by the fire, or perhaps a romantic Valentine's weekend...

- ☉ **Icewine** is the perfect après-ski drink
- ☉ **Madeira** is great for warming your heart and igniting the romantic in you
- ☉ Try a bottle of **Port** with chocolate (a classic match) - or try **white Port** if you prefer nuts and cheese to finish the evening.

### Great Places in Town...

**Discover Wines** is the best service in town for your wine needs, and they sell my gift certificates!

**Hooked on Seafood** has some great specials this month!

**Suzan Omid** Party planner 769-4442

**Matterhorn Bakery** on the Westside for Eckels cakes and coffee...

**L & D Meats** for specialty cuts of meat - in Guisachan Village.

**Kitchen Niche** in Orchard Mall has moved to a bigger location. Check them out!

**Valoroso** is the place for your Italian treats...

**Artisan Breads** next to Codfather, is closed for the next few weeks, but if you are in Penticton, try the Ecco Il Pane breads at **The Bench**.