



TOP

40

FOODIES

UNDER 40

They're young, talented and pretty damn confident. From Edmonton's 27-year-old foodie blog queen to the 30-year-old chef who's upending Vancouver's Italian scene, these are the men and women reinventing how we eat in the West.

PHOTOGRAPHS BY CLINTON HUSSEY || STYLING BY MURRAY BANCROFT



CHEFS OF THE YEAR

CONNIE DESOUSA & JOHN JACKSON, 29 & 35*Charcut, Calgary*

Jackson and DeSousa didn't make things easy on themselves. They opened just as expense-account lunches died. Then they saddled themselves with a name that has umpteen different pronunciation options. For the record, it's char (as in Arctic *char*) and cut (like "I *cut* myself just so I can feel something"). Luckily the prairie-raised duo had a little experience under their belts—she at Chez Panisse in Berkeley and Jean Georges in NY, he at Vongerichten's Lagoon in Bora Bora and London's River Café—so that other stuff didn't amount to a hill of organically grown beans. Charcut hits exactly the right tone—rustic and refined, thoughtful but tough.

ANDREA CARLSON, 38*Bishop's, Vancouver*

The legendary John Bishop's name may be on the sign, but make no mistake: when people rave about the food here they're talking about the inspired cooking of Andrea Carlson.

PATRICK LYNCH & STERLING GRICE, 38 & 37*Foo, Victoria*

Street food finally hit the West this year and this pair was at the frontline, converting a liquor store's walk-in cooler into a place where we're choosing between paneer cheese dumplings and Vietnamese ginger caramel chicken. Or not choosing: we usually get both.

MATTHEW BATEY, 32*Mission Hill, Okanagan*

If the Okanagan is ever going to fulfill that "Napa of the North"

promise, it will need more chefs like Matt Batey—chefs who apply classic technique and know "seasonal" and "local" themes are just the starting point for complex menus.

TIM CUFF, 34*Aura, Whistler*

The hot table in Whistler isn't at one of the village's twin temples of gastronomy, but at Aura, the re-launched restaurant at Creekside's Nita Lake Lodge. The reason is Saskatoon-raised Cuff's refined but never precious touch with local dishes like seared golden trout with lemon thyme bok choy.

SEIGO NAKAMURA, 34*Miku, Vancouver*

Nakamura gets on the list for introducing the West to the sublime aburi (flame-grilled) sushi. Try it once and you'll be a convert.

**▲ INGREDIENT**

Who doesn't love sunchokes? The vegetable, also known as Jerusalem artichoke, is a fave of chefs J.C. Poirier, Matthew Batey and Jenni Willems—who likes to boil and mash them before adding a dab of Vegemite.





Rotisserie Spring Creek Rib Eye

Connie DeSousa
and John
Jackson, Charcut

- 1 piece beef rib eye (812 lbs)
- 6 oz Brassica mustard
- 2 oz sea salt
- 4 sprigs rosemary, minced
- 4 cloves garlic, chopped
- 2 sprigs thyme, minced
- ½ oz cracked black pepper
- Grilled lemon wedge
- Arugula, for garnish
- 1 oz olive oil
- Sea salt, to serve

Rub the rib eye with Brassica mustard and sprinkle salt, rosemary, garlic, thyme and black pepper evenly on the meat. Tie rib-eye with butcher string, looping every 3 inches until secure. Skewer the rib eye on a rotisserie spit and cook at medium-high heat until internal temperature is at 122°F.

Remove rib eye from heat and let rest for 30 minutes. Slice and garnish with grilled lemon wedge and arugula and drizzle with olive oil. Serve with a side bowl of sea salt. Serves 12.



INGREDIENT Black Kale

John Jackson and Connie DeSousa of Charcut love nothing better than pan roasting black kale with butter and sea salt before topping it with an egg yolk and some grated cave-aged gruyère.



NEIL TAYLOR, 30

Cibo, Vancouver

Taylor's been a great chef for so long that it's disquieting to discover he's just three decades old. His dishes at Cibo—like black pepper tagliatelle with wild venison Bolognese—pair the devotion of a 96-year-old Umbrian with the youthful panache of a kid who's having way too much fun.

J.C. POIRIER, 36

Campagnolo, Vancouver

His South Granville room Chow succumbed but deserved a better fate; Poirier has bounced back at Campagnolo, where he's brought a new depth and refinement to an already great room. You can't keep a good chef down.

ADAM DONNELLY, 28

Segovia, Winnipeg

Thankfully there's one guy—Donnelly—who understands that tapas are a great Iberian tradition that has nothing to do with serving patrons a plate of three little bacon cheeseburgers.

RYAN STONE, 29

The West Coast Fishing Club, Haida Gwaii, B.C.

It's easy to forget about Stone, tucked away in secluded luxury on Langara Island. But coming out of the wild to lead Team Canada at this year's Bocuse



▲ **INGREDIENT**
Is beef tongue really going to be one of the hot dishes this year? That's what some of our foodies are predicting.

d'Or in Lyon should remind us his easy going demeanour is paired with impeccable French technique.

BRAD HOLMES, 31

Ulla, Victoria

A guy who can serve both a crispy chicken roll with Israeli couscous, bacon and carrots for



“Everybody is
looking for a good
place to go eat good
pizzas.” —J.C. Poirier,
Campagnolo

Ricotta Gnocchi

Daniel Costa,
Corso32

- 1 lb fresh sheep milk ricotta
- 1 egg
- ½ cup pecorino romano finely grated
- 1 tsp nutmeg
- 1 tsp kosher salt
- ¾ cup flour

Put ricotta in a fine strainer and strain overnight.

In a large bowl, mix ricotta, egg, cheese, nutmeg and salt. Add flour and mix to combine. Place the dough on a floured work surface and knead for about 45 seconds to combine. Cover dough and let rest for 30 minutes. Divide dough into 4. On a floured surface, roll each piece into a cylinder 2-cm in diameter. Cut each cylinder into 2-cm pieces. Using your thumb or two fingers, roll each piece of dough off the inside of a fork. Set aside on a floured surface.

Boill large pot of salted water. Gently add the gnocchi to the boiling water. Once gnocchi are floating, allow to cook for an additional minute. Toss with your favourite sauce—like brown butter and sage (at right).





DANIEL COSTA, 26

Corso32, Edmonton

He apprenticed at the legendary Jack's Grill and honed his craft at gastropub Red Star, but at his new Jasper Avenue room, Corso32, Costa finally tapped into his Italian roots and delivered Edmonton's first great restaurant of 2011.



TOOL

Pocket Knife

Some of our winners love high-tech immersion circulators, some demand the best blenders, but a few—like Miles Gould of The Grove—just want some good steel.

\$25 and Alberta Premium rye whisky for \$5, all in a modern Chinatown room—that's a guy we want to know.

BRAD BOISVERT, 33

Amuse Bistro, Shawnigan Lake, B.C.

He's no longer the fresh-faced kid who opened Amuse in 2006, but he's still just 33—and his preparations and unfailing dedication to his local suppliers have made his converted house in Shawnigan Lake a must-visit for any Western foodie.

CLIFF LEIR, 32

Fol Epi, Victoria

At 19 he built a brick oven in his backyard and started baking bread. Next he founded Wild Fire Bakery, built another brick oven and installed a wheat silo. His new spot, Fol Epi, is now headquarters for one the most passionate bakers in the West.

VINCENT LEUNG, 32

Habitat, Canmore, AB

It took the siren call of the mountains—and the reins of the swank new restaurant at the Grande Rockies Resort—to lure Leung from the kitchen at Toronto's acclaimed Senses. Good move, Vince.

LEE COOPER, 32

L'Abattoir, Vancouver

What started out as yet another Gastown restaurant (albeit one with a queasily honest name) has morphed into the hottest ticket—largely thanks to Cooper's West Coast take on French classics, like a terrine of smoked pork hock and foie gras with sweet and sour beets and fried brioche.

PRODUCERS & RETAILERS

TREVOR WALKER, 39

Plenty Epicurean Pantry, Victoria

His one-stop shop stocks everything artisanal, sustainable, handcrafted and organic. This



BARTENDER OF THE YEAR
SHAUN LAYTON, 30

L'Abattoir, Vancouver

A baby-faced assassin with a bar spoon, Layton has an encyclopedic knowledge of libations. But he's not afraid to bend the rules in search of the perfect drink.

Good listener, too.

“There’s nothing wrong with the term **bartender.** Wear it with pride.” —Shaun Layton

is a guy who thinks nothing of taking a trip to Cowichan Bay to pick up fresh baking.

ROBIN TUNNICLIFFE & HEATHER STRETCH, 36 & 38

Saanich Organics, Saanichton, B.C.

This pair (along with Rachel Fisher) has rallied local growers, as well as commercial and personal consumers, to expect more from their food. Kudos

especially for pioneering a residential box delivery program.

ELIESE WATSON, 25

Apiaries and Bees for Communities, Calgary

If this whirlwind founder of Apiaries and Bees for Communities (ABC) has her way, you'll soon find urban bee hives taking up residence everywhere from Glamorgan to Mount Royal. West Hillhurst honey, here we come.

GRAHAM PIERCE, 39

Black Hills Estate, Oliver, B.C.

Since 2008, Pierce has been charged with ensuring that the winery's flagship wine, Nota Bene, continues to be Canada's version of Screaming Eagle—sporting a hefty price tag *and* a waiting list. So far so good.



GISELLE CORTEAU & GARNER BEGGS, 32 & 32

Duchess Bake Shop, Edmonton

Along with Corteau, the macaron Queen of Edmonton, Beggs injects a welcome dose of Gallic flair (this Christmas their gingerbread house was a replica of Notre Dame Cathedral) into Edmonton's burgeoning 124th Street district.

TIM & CARLA SHULTZ, 30 & 31

The Green Ranch, Osage, SK

The Shultzes, with their herd of cattle, online store and environmental attitude to farming, may be the sturdiest bridge in the West between family-run farms and young urban locavores.

SUE ECHLIN & VANCE LESTER, 38 & 37

Living Sky Winery, Saskatoon

Setting up a new winery is always a risky venture. Old joke: How do you make a small fortune in the wine business? Start with a large fortune. But doing it in Perdue, Saskatchewan? That's the type of passion we bow down to.

WINE & SPIRITS

KURTIS KOLT, 36

The Waldorf, Vancouver

He helped turn a restaurant that served cold cuts and condiments—Salt—into one of the defining restaurants of Vancouver. Now he writes one of the best blogs on wine (cherriesandclay.com) and helps craft new wine programs for places like the very "it" Waldorf.

LAUREN MOTE, 28

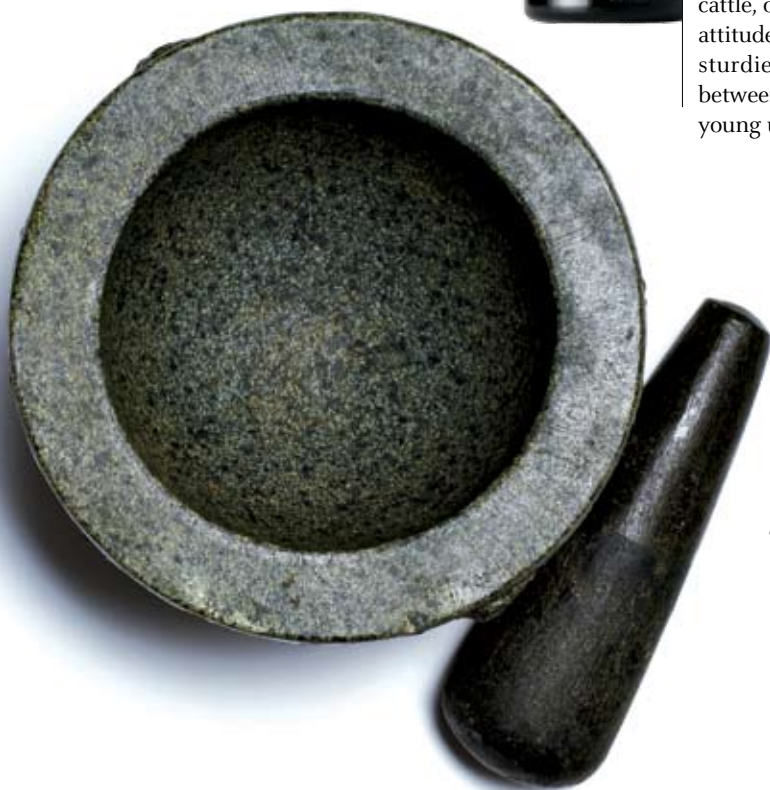
The Refinery, Vancouver

She's one part science geek (she's into molecular mixology), one part old-time bartender (she knows the classics) and one part computer nerd (she tweets when she opens a new bottle of Amaro).

TOOL

Mortar & Pestle

Neil Taylor of *Cibo* favours a no-BS approach to Italian cuisine, so it's not surprising the one kitchen gadget he can't live without is this throwback to the stone age.



MILES GOULD, 34*The Grove, Winnipeg*

Gould decided that what Winnipeg needed was an authentic English gastropub where locals could gather to eat coronation chicken sandwiches or Berkshire pork and wash it all down with a cold pint of Harp. So he opened it.

SARAH McCAULEY, 31*Cin Cin, Vancouver*

With sommeliers you usually have to choose: young and energetic, or old and knowledgeable. But spend five minutes listening to McCauley hold forth on Italy's Alto Adige region and you know you've found that rare bird who combines the best of both.

MEDIA/ACTIVISTS**SHARON YEO, 27***onlyherethefood.ca, Edmonton*

Yeo's blog has become a go-to site for foodies in Northern Alberta. Most of the "mainstream" media will cop to scouring the site to get the very latest intel.

PIERRE LAMIELLE, 30*Kitchen Scraps, Calgary*

When he's not writing award-winning cookbooks (*Kitchen Scraps*), Lamielle posts his

funny and irreverent takes on his website (kitchenscraps.ca) where he riffs on everything from cutting onions to the foul-mouthed French.

ERIN CRAMPTON, 33*Crampton's Market, Winnipeg*

Everybody talks a big game about local sourcing, then they keep their stores open all winter stocked with Mexican goods. You know what's really local? Erin Crampton shutting her store down every fall when she can't stock local produce anymore.

RESTAURATEURS**KEVIN DAHLSJO, 26***Two by Dahlsjo, Prince Albert, SK*

This year he opened his first restaurant, the fine-dining Two by Dahlsjo; started a catering company, Sublime Catering; and was selected to compete at

the Gold Medal Plates competition. And he's 26.

BEATA THOMPSON & TANIA FRASER, 37 & 39*Fresh & Sweet, Regina, & The Brickhouse Bistro, Lumsden, SK*

It started in Lumsden (pop. 1,600) with the opening of the Brickhouse Bistro. Then Thompson and Fraser hit Regina with Fresh & Sweet where, among other things, you can get a bacon and peach pancake panini topped with fresh whipped cream and syrup. Plus, the province's best gelato.

JEFF HETHERINGTON, 32*Pig BBQ Joint & Pig Dog, Victoria*

Because let's face it: the man who singlehandedly brought honest-to-goodness, roll-up-your-sleeves southern BBQ to formerly staid Victoria deserves some serious props.

JEFF MASSEY, 33*Restaurant 62, Abbotsford, B.C.*

Remember the Fraser Valley? It's that place where city chefs get the bounty



▲ **TOOL:** Matthew Batey of Mission Hill can't live without his specially grooved gnocchi board.

they're always raving about. What the area had in raw materials, it lacked in buzz—until Jeff Massey (who worked under Pino Posteraro at Cioppino's) opened Restaurant 62 in Abbotsford. Now neither patrons nor ingredients have to travel into town for stellar cuisine.

KELLY BLACK & JAYME MACFAYDEN, 33 & 30*UNA Pizza, Calgary*

What is it with Calgary and awesome pizza? Most cities



BAO BEI BY SHANNON MENDES

“Less cupcakes,
more fish cakes.”

—Jenni Willems,
New Ground Cafe



“**Bad service** can ruin a great meal. I’ve had some incredible meals but the service was so aloof and inattentive it ruined the experience.” —Tannis Ling

RESTAURANTEUR OF THE YEAR

TANNIS LING, 34

Bao Bei, Vancouver

Since last year, when visitors ask for a single restaurant recommendation, the answer has routinely been

Bao Bei—the genre-defying room on a previously unheralded block of Chinatown. Owner Ling cut her teeth managing stalwart *Chambar*, so she knows a thing or two about keeping a room timeless and vibrant. But with *Bao Bei* she’s created an amalgamation of culture, food and ambiance that Vancouver didn’t even know it was missing.

(i.e., everywhere else in Western Canada) would be happy with the sublime Pulcinella. But no, Calgarians now have Black and MacFayden's UNA, too. Doesn't seem fair.

JENNI WILLEMS,
36

*New Ground Cafe,
Birch Hills, SK*

Plenty of wags can open an exposed brick hotspot in Vancouver's Gastown and generate some buzz. So far we've only come across one—the ever-passionate Jenni Willems—who can do it in Birch Hills, pop. 1,000.

**CORD JARVIE &
FRANKIE HARRINGTON,** 34 & 34

*Meat & Bread,
Vancouver*

The best sandwich (the \$8 porchetta) in the coolest

room in town. And it's cheaper than Subway.

NATE BOX, 27

Elm Café, Edmonton

Sometimes, instead of a 14-course tasting menu

inspired by *The Barber of Seville*, you just want an expertly made sandwich paired with a strong cup of coffee. And when that's the case, Box's Elm Café is the place to go. *wl*

READING

Cookbooks

We asked each of the under-40 foodies to choose one cookbook they couldn't live without. The selections ranged from the encyclopaedic *How to Cook Everything* by Mark Bittman to *The Art of Simple Food*—Alice Waters' tome on all things local. But the two cited most frequently? New Yorker David Chang's *Momofuku* and the English chef Marco Pierre White's *White Heat*.

