

Tie on a lobster bib and dig in

Gay Cook
Citizen Special

Wednesday, May 16, 2007

An Evening in the Maritimes is an unforgettable night of lobster, oysters, mussels and more. After a bowl of steaming fish chowder and a bowl of mussels in the shell cooked in a wine sauce, next comes a bright red, cooked whole lobster served to each guest.

The guest will don a bib, pick up a nutcracker and tackle the lobster to remove the tender, juicy meat. The melted butter is the perfect taste to enhance the lobster meat.

Before the dinner, guests can visit the portable seafood bar shaped as a fishing dory and manned by Josh Bishop of The Whalesbone Oyster House, 430 Bank St. The bar is topped with fresh oysters in the shell or large cooked shrimp nestled on chopped ice.

The oysters come from the shores of B.C. and the Maritimes. The B.C. oysters are plumper at this time of year than the Eastern oysters because the waters are warmer and the oysters are feeding. The Eastern oysters will become more plump and sweet as the waters gain more warmth.

This is the 13th year of the annual event put on by Citizen Advocacy and it is modelled after the ever-popular "down east" church basement lobster suppers. The event takes place May 23 at the Congress Centre, sponsored by Jost Kaufmann Seafood Corp.

Citizen Advocacy is a United Way agency that pairs people with disabilities with community volunteers. There will be 1,200 lobsters from Nova Scotia brought in by brothers Eric and Steve Beveridge, owners of Kaufmann Seafood.

"May is the start of the season for harvesting lobsters," says Steve. "When the fishermen bring the lobsters to shore, the lobsters are 'seasoned' for two days. This means the lobsters are cleaned, and when they arrive in Ottawa by air it will be less than a day since they left Nova Scotia."

Guests may purchase a whole cooked lobster after dinner to take home if there are extras.



CREDIT: Pat McGrath, the Ottawa Citizen

Steve Beveridge, of Kaufmann Seafood, and Joshua Bishop of The Whalesbone Oyster House will serve lobster and oysters at the Evening in the Maritimes event.

Steve shares his lobster recipe here. To end the dinner, guests can enjoy chocolate truffle cake with espresso sauce.

Tickets are \$125 including taxes and tip. To order, call 613-761-9522 or visit the Citizen Advocacy website at www.everydaychampions.ca .

Just Food and Canadian Organic Growers of Ottawa offer seven beginner organic vegetable garden workshops to learn the basics of growing. The workshops are \$5 each, or pay what you can. For more information, call Just Food at 613-236-9300 ext. 301 or visit the website www.justfood.ca.

Explore the outdoors with herbalist Judy Henry to learn about and identify wild plants, herbs, edible foods and herbal medicines. The walk will be held at Judy's Organic Herbs, a 24-acre herb farm in Woodlawn. An herb shop will be open after the walk Saturday from 1 to 4 p.m. Cost is \$15 per person. To register, call 613-832-8241, e-mail herbs@earthmedicine.ca or visit the website www.earthmedicine.ca .

Learn about the relationship between cancer and diet in a lecture sponsored by the Canadian Museum of Nature, 240 McLeod Ave., and the Cancer Research Society, tomorrow from 6:30 to 9 p.m. Guest speaker is Dr. Richard Beliveau, cancer researcher and author of *Foods That Fight Cancer*. To reserve tickets at \$10, call 613-233-1986 or e-mail mroy@src-crs.ca .

The Swiss Seniors Club is celebrating Bundner Tag -- Grison Day on Sunday from 11 a.m. to 3 p.m. at the Richelieu Centre, 300 Peres-Blancs Ave. The luncheon features Swiss culinary treats including barley soup with air-dried beef, roast pork and chicken, pizokel (a type of spaetzle) with vegetables and walnut pie. There will also be a film on Switzerland shown. Cost is \$15 including the luncheon; half price for children aged 5 to 12. To reserve, call 613-742-0895, e-mail kportmann@rogers.com or phone Werner Siegrist at 613-235-9634, e-mail wsiegrist@aol.com .

Philippe Wettel, former executive chef of the Westin Ottawa hotel, has moved over to Rideau Hall as director of household services. He will be responsible for planning and managing hospitality services for ceremonial functions and special events offered by the Governor General at Rideau Hall and La Citadelle in Quebec City. Responsibilities also include the development, planning and execution of all hospitality for the Governor General's official residences.

Dragon's Lair Riverview Restaurant, 28 Clouthier St. E. in Kemptville, is having a food and wine matching seven-course dinner May 27. Cocktails are from 3 p.m. and dinner begins at 4:30 p.m.

Jeff Kah of Pelee Island Winery with chef Keng Ung, formerly of Le Cafe at the National Arts Centre, worked together to match the menu and wines. The menu includes lemongrass seafood soup served with Pelee Island Riesling; lobster salad with saffron mayonnaise garnished with crispy lotus and micro greens served with Pelee Island Rose; pork tenderloin with shrimp mousse, Madeira reduction and spinach portobello ravioli served with Pelee Island Cabernet Sauvignon 2003; chicken ballantyne with a spicy tamarind glaze and celeriac puree served with Pelee Island Gewurztraminer Reserve 2005. Dinner costs \$89.95 plus tax and tip. To reserve, call 613-258-1788.

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A special evening takes place Saturday with a fine Asian dinner and concert in Christ Church Cathedral Hall, 420 Sparks St., with acclaimed American-Korean soprano Nicole Cabell. The event begins at 5:30 p.m. with champagne in the gardens followed at 6 p.m. by a multi-course dinner catered by MHK Sushi & Asian Fusion. Owner and chef Ken Jian Yao offers sushi, Vietnamese summer rolls, Hong Kong vanilla shrimp, Korean kimchi, Thai spring rolls, Chinese chicken corn soup, sweet and sour chicken balls, Mongolian beef, Japanese Basa fillet with sauces and California wine. The concert follows dinner. Dinner and concert with taxes is \$100, or between \$25 and \$40 for the concert only. Students (concert only) \$15. For tickets, call 613-567-1787, e-mail cathedralarts@cathedralarts.com or visit the website at cathedralarts.com.

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A reader asked if spices can act as a thickener for sauces. Yes, some spices such as turmeric, cumin, coriander and cinnamon will act as thickeners as well as flavourings. These spices are dry and will absorb water in the sauce and swell, causing the sauce to thicken. Spices are used this way in Indian, Spanish and Hungarian cuisines, as well as in Mexican mole sauces.

Contact Gay Cook at 613-728-3253, fax 613-728-2285, e-mail gay@gaycook.com.

Boiled Fresh Lobster

Serves 1

n 1 pound (450 g) fresh lobster, or 8 ounces (225 g) large shrimp shelled and deveined

n 1 teaspoon (5 mL) sea salt for every 1 cup (250 mL) of very cold water

Optional garnishes:

n 1/2 cup (125 mL) melted butter

n 1/2 lemon, cut into wedges

1. Add enough cold salted water to completely cover the lobster or shrimp.
2. Place on the stove burner and turn heat to high. Bring the water to a brisk boil, then remove from heat. Remove lobster or shrimp from water to cool. Serve with favourite garnishes.

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