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Library fundraiser melds pages, palates

EAT MY WORDS
LIANE FAULDER

Books2Eat takes place Saturday as patio season returns to city

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The Edmonton Public Library is holding its annual event to raise money, Books2Eat, on Saturday. This year, funds will go toward the new library in Clareview. The party is being hosted at the Lois Hole Library (17650 69th Ave.). Books2Eat sees local cake makers and designers making fabulous creations based on the theme of water. Tickets are $100 and the party runs from 7:30 p.m. to 11:30 p.m. You can call 780-496-7051 to order tickets or e-mail Therese McAuley at tmauley@epl.ca.

Mairlyn Smith, professional home economist, cookbook author and Second City alumna, has a new cookbook called *Healthy Starts Here!* I've written about Mairlyn before because she brings a unique perspective to food. She's fun, she's knowledgeable and she lives in the real world. Plus, she writes good recipes. I have a copy of her book to give away. Send an e-mail to livingwell@edmontonjournal.com. Put *Healthy Starts Here!* in the subject line and include your name and daytime phone number in the body of the e-mail. The contest closes Friday. The winner must be able to come to the *Edmonton Journal* office downtown to pick up the prize.

One of the best things about the Alberta Avenue Farmers Market has been its concession. But the people running the snack bar when I wrote about the market a couple of months back are no longer there, and market manager Kerrie Miller is getting new, special guest chefs in to man the concession each month. The good news is that the brother/sister chef duo of Brad Lazarenko and Cindy Lazarenko (yes, of Culina fame) will be on hand for the month of June. Look forward to a big emphasis on local. Also, the market moves outside on June 2.

Regular readers of the food section may know that I appear on CBC radio's afternoon drive-home show, *Radio Active*, every other Friday. I usually talk about three places to sample a particular food or enjoy an eating experience. This past week, I had a great chat with substitute host Rod Kurtz about tiramisu, that classic Italian dessert made from ladyfingers dipped in coffee (preferably espresso), then layered with a mixture of whipped egg and mascarpone cheese. You'll be saddened to learn that Rod had never eaten tiramisu, so here are three places I suggested that he go to remedy this tragic situation.

BRIAN GAVRILOFF, THE JOURNAL, FILE

Co-owner Cyrilles Koppert says an outdoor eating area is planned for the recently opened Urban Diner — one of at least three new patios in town.

My favourite spot is the Sicilian Pasta Kitchen on Jasper Avenue and 112th Street. That's because they really go hard on the mascarpone cheese. This dessert was the most expensive of the three I sampled at $8, but it was so tempting that I ate all of it, rather than simply tasting the sweet. (I do, honestly, try to reserve at least some of my eating on this beat to nibbles, hard as it is sometimes.) Warning: This is a rich dessert.

I also enjoyed the tiramisu at the Italian Bakery on 97th Street and 106th Avenue. It's a great place to go for takeout tiramisu because you can get a whole cake that serves about 10 for $25. But you can also pick up a single serving for under $3. Enjoy it right in the bakery, at the tables in the front, with an espresso.

Another excellent example can be found at Tesoro café, where owner Franco Maione uses his mother's recipe, the aptly named Mama Maione's Tiramisu ($6.25). This is really an authentic product, with the ladyfingers dipped in espresso to give them a slightly bitter edge that is in contrast to the sweetness of the mascarpone. Tesoro is located in Oliver Square at 104th Avenue and 112th Street. This tiramisu is light and a good finish to an Italian meal.

To hear my columns on CBC radio, go to cbc.ca/radioactive and click Faulder on Food.

Sometimes the excess of the food world is staggering. Having said that, however, if you have $1,000 a day to spend on a food tour, you'll want to join Toronto celebrity chef, Jamie Kennedy, on a West Coast excursion from July 4 to 8 called Fish, Forage and Fun. Kennedy, a renowned talent with two great restaurants in Toronto (one at the Gardiner museum and another called Gilead Cafe), is leading a food tour with the West Coast Fishing Club at The Outpost on Haida Gwaii's Graham Island.

The trip sees Kennedy "foraging" with guests along the shorelines of Haida Gwai, followed by informal cookery classes using fresh, local ingredients. Fantastic meals with wine pairings, natch. Also, there are a bunch of outdoor activities, such as hiking, to help wear off the wonderful food. The cost is $5,500 per person including all accommodation, meals and transfers from the Vancouver airport. For more information, call toll-free at 1-888-432-6666 or visit westcoastfishingclub.com.

BRUCE EDWARDS, THE JOURNAL

Asparagus specialists Edgar Farms of Innisfail will be at the Old Strathcona Farmers Market on Saturdays until July — eventually with fresh product.

I just had an e-mail note from Edgar Farms of Innisfail, growers of tender asparagus. Elna Edgar says she's been looking for the delicate shoots to push out of the earth, and she did find some that were trying hard to stretch, but nothing that could be expected to be eaten in the near future. Sigh. More with the late spring. Still, this week's pleasant forecast should encourage growth, so keep checking the Edgar Farms website for updates. Come rain or shine, Edgar Farms is at the Old Strathcona Farmers Market on Saturdays between now and July, selling pickled asparagus, and, eventually, the fresh stuff, plus other homemade products.

There are at least three new patios coming to Edmonton. Prairie Bistro at the new Hole's Enjoy Centre in St. Albert will soon be sprouting a new outdoor space. Plus, according to executive chef and co-owner Cyrilles Koppert, a new outdoor eating area is planned for the recently opened Urban Diner on the south side (hard to rival Koppert's other patio, though, at the Manor Cafe, which is perhaps my favourite in the city). Plus, a new patio is expected at Madison's in the Union Bank Inn. We have patios, we have sun, we are happy.

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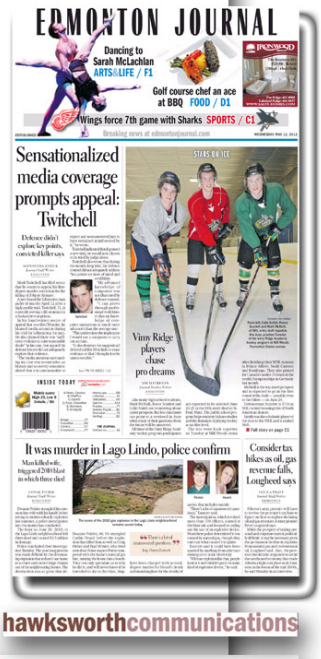

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