

### APERITIF

Aperitif... a word so common in Europe but never used here! Basically, a cocktail before dinner to "stimulate" the appetite. Of course, Torontonians hear that word, especially under the age of 35, and they shudder. Of course, we have drinks before dinner, but more likely beer and cocktails. That calls for a bigger tidbit...which is what Jo Castrinos created at the Restaurants Canada trade show, the beginning of March. Some of his ideas: piquillo juice, smoked paprika, cream cheese, and piquillo; smoked meat and espelette mustard; prosciutto cotto & mostarda; milk cherry & pesto & semi-soft cherry tomato; caramelized peppers and goat cheese; Grey Owl on a cracker; La Gergalena compote + gherkin slice; O Solo Mio going solo; yellow tomato on skewer. The beauty of these appetizers, they were all completely effortless. Of course, the chef made them look super attractive, with a sprig of rosemary, or fanned out on a cracker. But it was the simplicity of them. Easy to whip up in no time at all, when entertaining at home. Or on a commercial scale, they can be easily plated, and served from stations or passed around.

And returning to the Aperitif theme, the area where the alcoholic beverages were served and displayed, was the busiest at the SHOW. And these bite-size goodies, can be more substantial, if they are being served as a lunch or dinner substitute.

After attending Vinisud, in Montpellier, look forward to seeing some FRENCH inspired cocktail accompaniments at Pasquales...

### FLOUR & BUTTER

While searching locally for products that would complement our product line, we are now stocking ARVA Mills flours. The word on the street, is that a lot of gluten problems are related to spraying of the grain crops 2 weeks prior to the harvest. ARVA only uses wheat that is not sprayed at all...talk about natural...without refrigeration, the shelf life is 2 months. But like a responsible merchant, all of our product here is refrigerated, so our consumers would have an indefinite shelf life on the flour, just refrigerate when you bring it home. We are trying to get some of our wholesale customers using this too. One of our clients, (a restaurant/pizzeria) only uses Canadian flour, instead of Italian OO. Accordingly to him, more consistent, and a far better price. Well, ARVA fits that description. Try it out for yourself (and Tony has made a great

display to showcase it!) Our resident super sleuth, has just tracked down an unknown high end butter, again locally made. Hopefully, we will get this in the store, before the next newsletter. We have been in constant touch with Foreign Affairs, about importing French butter, not allowed in the country. So, we looked closer to home, and there was one in our "backyard", ie Southern Ontario.

More local news: a great initiative, [www.wardmuseum.ca](http://www.wardmuseum.ca) is starting up in downtown Toronto. My grandfather, Edward C. Pasquale's first location was in the WARD, and we are so pleased and privileged to be one of the families highlighted in this presentation. Keep an eye out for the hoarding going up near City Hall; the information boards will be mounted there for close to 2 years. A great addition to the city landscape and long overdue!

The order from GENESIS foods finally arrived. They are located in Sicily, and honestly, their products are spectacular. One in particular is Pronto Bruschetta. Silly me, I thought it was to be used to top toasted bread. Of course, you can use it like that, but pour the contents of the bottle, on cooked pasta, simply divine. Another winner, Pitted Green Olives in XVOO. We were so impressed with them, that we have also brought in the XVOO that GENESIS uses. Beautiful tin, with a handy pour spout, a little bit of Sicily in your kitchen.

## RECIPE ALERT

ACCORDING TO JULIA CHILD,  
ONE ALWAYS USED SWISS CHEESE IN SCALLOPED  
POTATOES. MIX IT UP AND USE HALF SWISS AND  
HALF CHEDDAR. ONE OF OUR CLIENTS DID THAT IN  
THEIR EASTER BRUNCH BUFFET. GREAT IDEA!



Stumped for entertaining ideas?

A whole BRILLAT SAVARIN is the perfect item to put on a buffet... a dramatic presentation.