

Off the Lake

SEPTEMBER 2008



SPECIAL POINTS OF INTEREST:

- New menu change
- New hours
- Mustard Update
- Bad jokes
- Recipe
- Wine Choices
- Mushrooms

Check our website for details of the Willow Wine Club.

If you like wine, and you're not yet a member, you are missing out on the best fun in the city.

As the old ad said, "Membership has its privileges!"

Moe's Musings

For the past four years the food at The Willow on Wascana has been focused on using exclusively Saskatchewan products wherever possible. This has treated us well, with many friends of The Willow on Wascana enjoying the food. We have taken some chances with flavor combination, used a little artistic license here and there, and even dabbled with some futuristic cookery. What we have found is that simple, pure Saskatchewan food is what makes us what we are. On the eve of our fourth birthday, we are revealing the evolved focus of our cuisine... Starting this September 8th we are making a subtle but important change to the menu. We are going to focus on creat-

ing simple food that makes people smile, comfortable food that is recognizable and



Chef Moe Mathieu

delicious food that makes memories, *Pure Saskatchewan Food*. My mom is a great chef from small town Saskatchewan. She is my inspiration, in life and my cooking. She has always said that us Saskatchewan people like what we like. Just make great food that people love. I see that she was always right.

Comfort food is going to be huge on our menu, with all the accents of Saskatchewan. We're not going to change the menu four times a year with the seasons anymore, but rather we'll work organically with the seasons and the food it brings. We are not going to reinvent everything we work with, instead we are going to let pure flavors shine. We are going to put all our energy into making the most delicious food we can. I believe this is going to be a big step toward us further defining the provincial and national identity of the Willow on Wascana.

Chef Moe

Did You Know?

Saskatchewan is home to the oldest bird sanctuary in North America. The marshes at the southern end of Last Mountain Lake were protected in 1887.



Shaadie speaks.

With the dog days of summer coming to an end and the winter season approaching, I find myself consumed by thoughts of the exciting foods and wines that we will soon be offering to provide comfort from the snow and the cold. Like the changing seasons, the Willow on Wascana will soon be evolving. As you are aware, on Sept. 8, 2008, we will no longer be offering lunch service. This

decision wasn't easy, but the opportunity to serve you an experience that will truly "WOW" you is too great to pass up. Personally, I can not wait for the opportunity to offer a Saskatchewan food experience combined with an unique wine experience developed by my friends Chef Moe and Dave "the wine guy".

With change, comes opportunity. The Willow will offer the ability

to book the restaurant for private luncheon events for any large groups from 15 people to 45 people from Monday to Saturday. Menus for such events will be centered on our seasonal menu, to ensure that you and your guests will receive a memorable, and unique Saskatchewan culinary experience. I look forward to seeing everyone very soon.
Shaadie Musleh

Saskatchewan is home to over 450 species of mushroom. Many are edible.



Mmmm...

Mmmm... Mushrooms!

Saskatchewan is home to over 450 species of mushrooms. Many are poisonous so beware and don't go picking them yourself. The edible ones can be very yummy, and good for you too!

Mushrooms are virtually free of fat and sodium. They have no cholesterol and are very low in calories. Mushrooms are good sources of three B-complex vitamins;

Riboflavin, Niacin, and pantothenic acid, all at high percentages of your daily recommended dosage.

Some very tasty types can be found in the forests and parkland in the northern and middle parts of the province. The Crimini mushroom, a popular cooking variety, is actually just a smaller version of the Portobello.

Mushrooms are 90% water. When cooked, water evaporates, concentrating juices and intensifying flavours.

We've included an easy, and very tasty recipe on the back page that features our favorite fungi.

Enjoy!

My son's new joke.

Q: How do you tell the difference between a Gorilla and a dog?

A: A dog looks nothing like a gorilla!

Groan...

(He's five, what did you expect?)

Up front! Big, Bold Wines



With the new emphasis on truly “Saskatchewan” recipes at The Willow, you may ask “What wines will best complement the new dishes?” Dave the Wine Guy tells us that we don’t need to worry. Some of your favourites will still be perfect, and of course,

Big Reds are a great wine for comfort foods.

now there’s the opportunity for Dave to go looking for more great wines that we haven’t seen before.

Dave tells us that the styles of wine that he’ll be selecting will be big wines. Bold and flavourful will be the tastes. These styles can hold their own with the big flavours of Chef Moe’s Fall dishes. As always, some will be chosen to complement a dish. Others will look to provide contrast. And French is not a dirty word. Some of

the wines Dave has already found and you may know: The Willows Vineyard Barossa Shiraz is a match made in heaven. Others like the Mitolo Jester Shiraz, and the Green & Red Vineyards Zinfandel from Napa, will be favourites. The French renaissance of Domaine Du Pegua Grenache-syrah, and Domaine Rodet Chateau de Rully pinot noir will have us singing. Whites too, like the Kris Pinot Grigio will be fantastic. You know, Dave’s never happier than when looking for good juice.

These wines hold their own with the big flavours of Chef Moe’s new dishes.

Mustard ‘Fest 2008 another success.

Well, make that a qualified success. Once again the food was amazing, the competition spectacular, and the weather... almost put a bit of a damper on this year’s version. The clouds threatened all morning but thankfully held off until just after the judging. The small crowd that did risk the rain had a terrific time and guest comments were good all-

round. The winner this year of the coveted yellow jacket was James Bradley from Langdon Hall in Cambridge, Ontario. J.R is a former Sous at The Willow who’s making a splash out east. I think his purple, chilled mustard soup had to be the topper. Other participants included Beer Bros., Casino Regina, The Willow and Silver Steak House,

who won People’s Choice this year. Good work Dan Taylor. Many thanks to French’s Mustard for their sponsorship, Mustard Capital Inc. from Gravelbourg, and all who worked so hard on the event. Next years promises to be even better. And dryer!



YELLOW IS GOOD



3000 Wascana Drive
Regina, Saskatchewan
S4P 3B2

Phone: 306-585-3663
Fax: 306-585-3603
E-mail: info@willowonwascana.ca

With Inspired Attention to Detail,
Changing the Culinary Landscape of
Saskatchewan.

The Willow on Wascana Restaurant opened
it's doors in August 2004.

Since opening The Willow has strived to bring
the flavours of Saskatchewan to our guests by
sourcing ingredients almost exclusively from
within our borders. The menu has followed the
seasons to allow us to use only the freshest
ingredients. Also, wherever possible, we've
worked with organic, environmentally sound
producers to bring you only the highest quality.

If you want to know more about what we do,
and how we do it, please contact us at
info@willowonwascana.ca



Recipe: Easy Mushroom Cassoulet

Here's an easy recipe that, although not quite what we do at The Willow, you can make and enjoy at home. Enjoy !

Ingredients

1 Tbsp extra virgin olive oil
100g (4oz) pickling onions or
equivalent amount regular
onion cut into chunks
1 small red pepper sliced
125g (4oz) chestnut mushrooms

or other brown, strong
flavoured variety
2 garlic cloves finely diced
1/2 400g (14 oz) can chopped
tomatoes
1/2 tbsp tomato paste
100g (1/2 cup) liquid. Vegetable
stock or red wine or mixture
1 400g (14oz) can of mixed
pulses. Kidney beans, chick
peas, lentils, etc... rinsed and
drained.
Pinch of oregano
Salt & pepper to taste

To prepare

1. Fry onions 5 min. until beginning to brown
2. Add pepper, mushrooms, & garlic and cook 5min more
3. Add tomatoes, paste, liquid, beans, & oregano and bring to a boil.
4. Reduce heat to simmer for 15 min. covered.
5. Uncover & simmer 15 min. more
6. Serve with brown rice or baby

We want to do our part to reduce waste and our environmental footprint. To help all of us do that we will begin sending *Off The Lake* by mail only two to four times yearly. Other monthly issues will be sent by email only so that we use less paper, and need to recycle less. If you didn't receive the July 2008 edition by email, and would like to receive future issues, please subscribe on our website. Thanks for helping us do our part for a clean future.