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MARCH/APRIL 2024

NEW YORK CITY

Delights of
The Big Apple

RECIPES:

ON TAP

The Sweetness
of Maple Syrup

THE APRILE ENTRIES

The Moonshine Café

Architectural Alchemy

Crafting Beauty in the Outdoor Realm

MARCH/APRIL 2024

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On Tap

THE SWEETNESS OF MAPLE SYRUP

By Rebecca Dumais

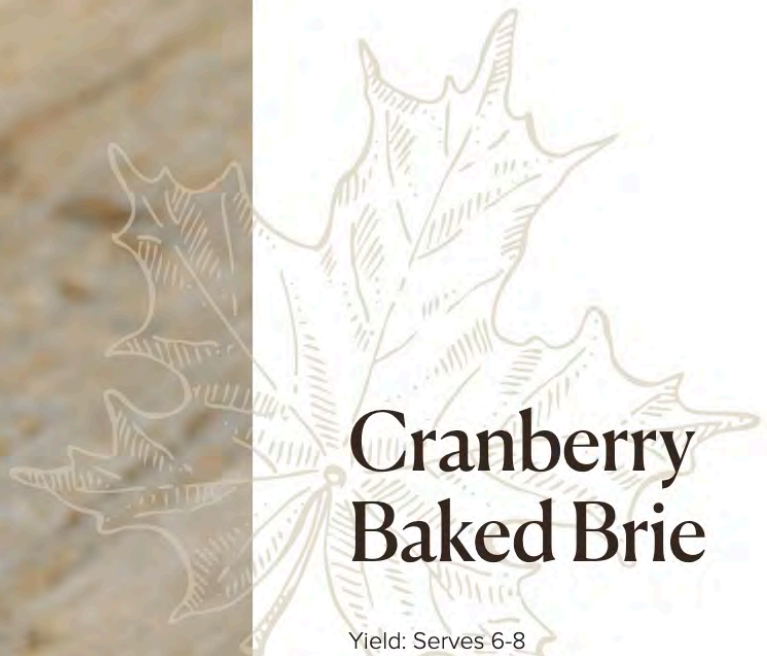
ONTARIO MAPLE SYRUP IS
HAVING ITS ONCE-ANNUAL
SWEET SHINING MOMENT.

According to Ontario Maple, maple syrup is often referred to as the first agricultural crop of the year. It's made from the sap of sugar, red and black maple trees in late winter and early spring and commercial production happens wherever these maples grow: from the southern tip of Ontario to Thunder Bay in the northwest.

It has much more versatility than merely a golden grace on pancakes, waffles and French toast. The unique flavour profile of maple syrup lends itself as a natural sweetener for baked goods and savoury dishes, sauces and glazes. It's versatile, and easily adds sweetness to any recipe, whether it's a savoury Korean-inspired bowl, or baked goods such as a breakfast loaf. Enjoy the following recipes sweetened with some of Ontario's liquid gold.

MAPLE SYRUP





Cranberry Baked Brie

Yield: Serves 6-8
Prep Time: 20 minutes
Cook Time: 25 minutes

Ingredients

- 1 (16 oz) brie wheel
- 1 cup pecan halves, lightly toasted
- ½ cup dry cranberries
- ½ cup pumpkin seeds, lightly toasted
- 1½ cups maple syrup

Directions

- Preheat the oven to 325°F.
- Line a baking sheet with parchment paper.
- Place the brie on the prepared baking sheet and bake until soft, 25 minutes.
- Meanwhile, in a small pot, warm the pecans, cranberries, pumpkin seeds, and maple syrup over medium heat, mixing until warmed through and the maple syrup evenly coats everything.
- Transfer the baked brie to a serving dish just large enough to hold it snugly without crowding and pour the maple syrup mixture overtop.
- Serve immediately while still hot alongside toasted baguette and a small spoon or knife for spreading.

*From the book, **Eatertainment**,
by Sebastien & Sheila Centner*

Eatertainment.com

Photo: Bruce Gibson

Maple Glazed Bombolone

Brioche Ingredients

4	eggs
4 cups	bread flour
¼ cup	caster sugar
1 tsp	cinnamon
1 tsp	sea salt
½ cup	softened unsalted butter
1 packet	active dry yeast
1 cup	milk

Directions

- In a stand mixer with the hook attachment mix flour, cinnamon, yeast, salt, and sugar at low speed.
- Add in the eggs one at a time followed by the softened butter and milk.
- Once the ingredients have combined, turn the speed to medium-low and allow to knead for 10-15 minutes or until the dough begins to peel away from the sides of the bowl and forms a ball.
- Remove the hook and form a ball in the bowl, place a damp towel over the bowl and let it sit in a warm place to rise to double its size (about 1-2 hours).
- Once the dough has proofed to double its size, punch it down and transfer the dough to a prepared surface. Here you can use a ring mould and cut circles into the dough.
- Place on a parchment-lined baking sheet until ready for frying.
- Place the donuts in oil 360°F for 1-2 minutes a side or until they are browned.
- Remove and let cool.

Maple Glaze Ingredients

4 tbsp	salted butter
⅓ cup	maple syrup
1 cup	powdered sugar
1 tsp	vanilla extract

Directions

While the brioche is baking, make the glaze. Add the butter to a small pot set over medium heat. Allow the butter to brown slightly until it smells toasted, about 2-3 minutes. Remove from the heat and whisk in the maple syrup, powdered sugar, and vanilla. Dip or drizzle the doughnuts into the glaze and enjoy.

Verace Italian Restaurant | VeracePizza.ca





Soused Heirloom Beet Salad

Yield: Serves 10-12

If you half the recipe, it makes for a great family dish.

MAPLE DRESSING

Ingredients

90ml	cider vinegar
60ml	maple syrup
20g	Dijon mustard
Pinch	salt
½ clove	garlic, crushed
½ shallot	minced
20ml	olive oil
100ml	canola oil
20ml	shoyu or soya

Directions

Combine vinegar, water, maple syrup, mustard, garlic, and salt. Blend until smooth. Slowly mix in oils one at a time. Refrigerate.

SOUSED BEETS

Fennel, rhubarb or a similar vegetable can also be used.

Ingredients

30	baby beets, cooked, peeled, split in half
6 cloves	garlic, sliced
6	shallots, sliced
300ml	olive oil
225ml	cider vinegar
75ml	maple syrup
2 sprigs	rosemary
1	vanilla bean, split
TT	black pepper
TT	salt

Directions

Sautee garlic and shallots in 100ml of oil. Add cooked beets and remaining ingredients. Simmer for 2 minutes and allow beets to cool in the sousing liquid. Ideally, marinate overnight in refrigerator.

BARLEY CRACKER

STEP 1: BASE

2 cup	toasted ground barley
¼ cup	whole wheat flour
3 tbsp	malt powder
1 cup	Guinness beer

Directions

Mix dry ingredients (toasted ground barley, whole wheat flour, malt powder). Add beer to combine - should be the consistency of dry pie dough (you might need more beer). Roll thin and bake at 325°F. Grind up in blender.

STEP 2: CRACKER

196g	barley cracker base
75g	sunflower seeds
6	eggs
1¼	sugar
1 tbsp	baking powder
Pinch	salt

Directions

Blitz cracker base + sunflower seeds. Add baking powder. Whip eggs + sugar; fold in the rest of the ingredients. Spread mixture on silicon mat about 5 mm thick. Bake at 320°F with a high fan for 5 minutes until golden brown. Once cooled down will crisp up.

TO SERVE

Assemble the following:

- Whipped ricotta seasoned with salt and pepper
- Sweet and sour apple jam (or you can use sliced Granny Smith apples)
- Watercress greens lightly dressed with maple dressing
- Room temperature soused beets
- Barley crackers
- Bee pollen (for garnish)

Pipe ricotta on the bottom of a plate. Place beets lightly coated with marinating liquid. Dress watercress with maple vinaigrette and cover over beets. Spoon over apple jam or line sliced apples over. Garnish with barley cracker and bee pollen.

Elora Mill Hotel & Spa
EloraMill.ca



Apple & Carrot Maple Walnut Breakfast Loaf

with Maple Cinnamon Butter



This loaf is irresistible. It has delectable aromas of fresh apples, carrots and cinnamon, blended with the rich and robust notes of pure Canadian maple syrup. It's made with so much goodness and can be enjoyed any time of the day.

It's moist with a sweet crunch of walnuts, adding a delightful texture to the soft, tender crumb. As the warm loaf is sliced, a generous slathering of Maple Cinnamon Butter enhances the experience, melting into the nooks and crannies of the bread, delivering a heavenly combination of sweet maple goodness and aromatic cinnamon. This breakfast loaf is a true celebration of Canadian flavours, a comforting and indulgent treat that's an absolute delight.

Yield: Serves 6-8

Ingredients

1 ½ cups	all-purpose flour
1 tsp	baking powder
½ tsp	baking soda
1 tsp	ground cinnamon
¼ tsp	salt
½ cup	unsalted butter, room temperature
¼ cup	dark brown sugar
¼ cup	pure maple syrup
2	large eggs, room temperature
⅓ cup	Greek vanilla yogurt
½ cup	apple sauce
1	large carrot, scrubbed and finely grated, about 1 cup
⅓ cup	roughly chopped walnuts
1	large ambrosia apple, skin on, washed and cut into very thin round slices, seeds removed
2 tbsp	pure maple syrup

Maple Cinnamon Butter

½ cup	unsalted butter, softened at room temperature
2 tbsp	pure maple syrup
⅛ tsp	ground cinnamon
¼ tsp	flaky sea salt

Directions

- Preheat oven to 350°F.
- Butter the bottom and edges of a 9x5 loaf pan. Cut a 4-inch wide strip of unbleached parchment paper and place it in the centre of the loaf pan with some overhanging on the sides of the pan. This will help lift the loaf out of the pan with ease.

- In a medium bowl, sift flour and mix in baking powder, baking soda, cinnamon and salt. Set aside.

- Place butter and sugar in bowl of a stand-up mixer with the paddle attachment and beat until light and fluffy. (Alternatively, you can use a handheld electric mixer.) Beat in maple syrup and eggs one at a time until fluffy. Stir in yogurt, carrots and apple sauce with spatula until well combined. Stir in flour mixture with spatula until well incorporated and smooth.

- Pour batter into loaf pan and spread evenly. Garnish batter with walnuts and arrange the sliced apples on top. Sprinkle any leftover walnut crumbs on top of apples. Drizzle apples with maple syrup.

- Bake for 45-50 minutes or until a toothpick inserted comes out clean.

- To make butter, place butter in a bowl and beat until fluffy. Add in maple syrup and continue to beat until incorporated and butter is whipped. Stir in cinnamon and sea salt.

Tip: Butter can be refrigerated in an airtight container for up to 2 weeks. The loaf can be refrigerated in an airtight container for up to 2 days. To serve, heat until just warm.

Photo & Recipe by Irene Matys
IG: @Irene_Matys

Ontario Maple Cheesecake

Crust Ingredients

4 pieces	graham crackers
¼ cup	pecans
½ cup	all-purpose flour
⅓ cup	sugar
¼ tsp	kosher salt
4 tbsp	unsalted butter, melted

Cheesecake Ingredients

2lbs	cream cheese, softened
1 ¼ cups	maple syrup
4	large eggs, room temp

Topping Ingredients

½ cup	granola
½ cup	maple syrup

Crust Directions

- Preheat oven to 325°F. Line the bottom of a 9-inch springform pan with parchment paper.
- In a food processor, blitz crackers and pecans together for 30 seconds or until finely ground. Add flour, sugar, and salt, then pulse to combine. Add melted butter and continue to pulse until crumbs are evenly moistened.
- Using your hands, press crust crumbs into an even layer on prepared pan bottom. Using the bottom of a cup, firmly pack crumbs into the pan.
- Bake in preheated oven for about 18 minutes or until the crust smells lightly toasted and is browning around the edges. Remove from oven and allow to cool. Lower oven temperature to 225°F.

Cheesecake Directions

- While the crust is cooling, blend together in food processor the cream cheese and maple syrup until smooth, about 2 minutes, making sure to scrape down the sides of the bowl as needed. With the food processor running, add eggs, one at a time, until just incorporated. Pour batter into the cool pre-baked crust.
 - Firmly tap the pan on the counter and set aside for 10 minutes before baking. This allows the air bubbles to rise to the top.
 - Once oven is preheated to 225°F, bake cheesecake until edges are set but centre is slightly jiggly. Using a food thermometer, probe the centre of the cheesecake; until the cheesecake reaches 165°F (takes about 2.5-3 hours).
 - Remove cheesecake from oven; allow to cool on the counter for 2 hours before chilling in the fridge for another 6 hours.
 - Once cheesecake is chilled, using a sharp knife scrape around the sides of the cake to release the cake from the pan.
- ## Topping Directions
- Sprinkle granola around the top edge of the cheesecake. Drizzle the maple syrup inside the ring of granola.
 - Garnish with fresh berries or edible flower petals.