

WHAT

The pioneering porno movie *Deep Throat* was picked this week as one of the 100 landmark films of all time in the *Radio Times Guide to Films 2007*, compiled by the British magazine's film reviewers and staff. *Deep Throat*, starring porn star Linda Boreman as Linda Lovelace, right, ranked right up there with such classics as *Citizen Kane* and



Snow White and the Seven Dwarfs. Justifying the choice, *Radio Times*' film editor, Andre Collins, said: "Deep Throat is not necessarily recommended for everyone — it's a quite badly made film — but to deny its influence would be pure snobbery." *Deep Throat* was made in 1972 and is just an hour long. *Reuters*

FOOD

SHELF LIFE · A. Brower & A. Wilson

Honey, we're home (and hungry)

Hi, honey.

Have we told you lately how wonderful you are? It occurs to Shelf Life that we spend a lot of time talking about sugar — often disparagingly — and devote little if any space to the sweetener that really glazes our turnips. Sugar gets the job done, but honey seems positively alchemical. The ancients spun honey into mythology, medicine and the stuff of biblical riddles. Honey's dazzling hues and flavours give just about everybody a taste of heaven, because honey is voluptuous yet inexpensive. Even the most humble jar of no-name product retains a touch of poetry about it.

Shelf Life loves honey's rising status in the world of haute cuisine, where chefs match different honeys to dishes the way sommeliers pair wine with food. We love honey from all parts of the globe, such as the bitter-caramel-tinged honey from Provence or honey from the Yucatan, with its notes of coffee and cocoa. But most of all, we love Canadian honey, because we have discovered that our own products of the honeybee are richer and more intoxicating than we ever guessed.

Historians tell us that Canada's early ocean-going settlers lashed their hive materials to the decks, so desperate were they for a bit of liquid gold in the long New World winters.

But there is a fly in the royal jelly — several flies, actually. The Canadian honey industry has been

hit hard of late, with problems ranging from parasitic infestations to the destruction of honeybee habitats. The apiarist's biggest enemy is globalization: Cheap honey has invaded the country like a swarm of killer bees. Shelf Life would like to propose its own modest solution to the spectre of disappearing wild flowers and sweat-shopped Singapore goo. This Thanksgiving, make Canadian honey part of the meal. (Look for "Product of Canada" on the label, as "Made in Canada" is an unreliable indicator of Canadian content.) Try a brand from the organics section of your grocery store, seek out a locally produced honey or — what the hell — settle down on the couch with a plastic honey bear and a dish of ice cream. Use honey with desserts, roasts, vegetables, condiments, dressings or drinks, or simply keep it on the counter as a reminder of how sensual a food can be. This holiday weekend, go for the gold.

Creating a buzz are this week's expert judges: Jesse Hansen, banquet chef, Four Seasons Hotel; Juan Salinas, executive sous chef for Christine Cushing on Food Network Canada; and writer-filmmaker Gail Singer, currently developing a kitchen museum, all in Toronto. Space limitations prevent us from evaluating every brand in a given category; entries reflect the luck of the draw. Items are blind taste tested and awarded zero to five stars. All brands tested were Canada No. 1 White.



WILD COUNTRY CLOVER HONEY
500G, \$6.89

Available at Dominion stores and health food retailers in Ontario and at organichorizons.ca

Jesse Brand 1 is a clear, medium-pale honey, the colour of hay. The texture is smooth and free of sediment and air bubbles. I like the scent — it's summery, like dry grass. The flavour is very smooth with a few hints of caramel. This honey is kinda fun, but not exceptional. ★★★

Juan There is a grassy aroma, and by that I don't mean like a field of grass, but a touch of green, as opposed to the smell of flowers. Brand 1 is pretty nice, better than what you would find on the supermarket shelf. It is medium: medium thickness and gold colour, with a mild, caramel-tinged medium taste. This would be a good introduction to honey, good for kids. ★★

Gail Brand 1 is a stunningly beautiful pale amber colour — it's tremendously attractive, but then all good-quality honey is marvellous-looking. I'm not crazy about the taste — I find it cloyingly sweet, verging on waxy. And its aroma has some of the negative qualities one associates with perfume. Even though I know this honey is not artificial, its smell feels somehow synthetic. I'm reminded of bath oil and scented candles. ★

Total: 6 stars



NATUR ALFALFA HONEY
500G, \$7.89

Available at health food stores across Canada and at ca.avogel-server.org

Jesse There's a different element in here that I really like — maybe a slight lemon essence. If you handed me this brand in the kitchen, I would try it in a lemon sponge cake. It's got a medium-thin texture and very good clarity. I think it's the clearest of the bunch. And I love the air bubbles, the total effect is very beautiful. ★★★ ½

Juan To me this one tastes like sugar, which isn't necessarily a bad thing, but it means I would use it as a sugar substitute, for example, in drinks such as hot or iced tea. In my opinion, the colour has a hint of orange in it, but no taste of orange, just sugar and caramel. ★★

Gail Brand 2 is peppered with bubbles — or should that be bubbled with pepper? There's an amazing fruit popular in Korea and Japan that is simply called "citrus." It has a powerful flavour and looks like an ungainly orange. Something about this honey reminds me of that fruit — a slight acid content that strikes the back of my throat. ★★★ ½

Total: 8 stars



DUTCHMAN'S GOLD SUMMER BLOSSOM HONEY
500G, \$5.39

Available at IGA/Sobey's and health food stores in Ontario and at dutchmansgold.com

Jesse Amazing aroma, which you can take time to enjoy while this one reaches the plate, because Brand 3 is very thick. The scent is like cloves or some kind of holiday spice, which makes me think of Thanksgiving. Very timely! The long-lasting sweet taste has a slight golden raisin effect, or in wine terms, is like a muscat or a sauterne. This one stands out. You could drizzle it on a light cake; it wouldn't need anything else. ★★★★★

Juan This is a very rich, very striking honey. I like it, but you need to combine it with something that's not going to compete with Brand 3's strong flavour — something not salty, not rich, not acidic — a pear, maybe, or some varieties of soft cheese. It has a heavy, light-gold appearance and texture, and smells of cinnamon and jasmine. ★★★★★

Gail Wooh! Odd taste. It's like Christmas, with that clove and nutmeg aspect. It certainly has a late-harvest flavour; a wine analogy would be when the grapes have really turned. Glauconic texture and thick, pleasant colour. It's a specific honey, maybe not for everyone. At first I didn't like it, but then I liked it at the end. ★★★ ½

Total: 11½ stars



NICOLA VALLEY HONEY
500G, \$6.99

Available at Whole Foods, Capers and Choices stores in B.C. and at nicolavalleyhoney.com

Jesse One of my favourite ways to prepare prime rib is with lavender minced with honey — it gets 'em every time. Another way you can use honey is on roast pork; you can make a glaze of paprika, thyme, honey and cayenne, and brush it on as the meat comes out of the oven. Brand 4 would be good for that, it's got a long finish, and a hint of acid, something kind of apple-like in there. ★★★

Juan The honey that I prefer is Greek; I think the soil and the sun and the plant life all contribute to the product, the way they do with olive oil. To me this brand smells and tastes like a good, solid high-end honey. It's got a long, sweet aftertaste. I would use it on meats and root vegetables and salad dressings. ★★★ ½

Gail On my last trip to Italy I was served small cups of truffle honey with cheese, and it was just an exquisite experience. This brand isn't quite as transporting, but I do like it. Brand 4 is very pleasant, with a nice thick texture, and if someone sat me at a table with this honey and some good cheese, I'd be happy. Bee happy, I should say. ★★★ ½

Total: 10 stars

Results Here in our toast-spreading and knife-licking test kitchens, Shelf Life believes that every Canadian artisanal honey is a winner. The challenge, then, was to identify subtle differences in a field of equals. Having said that, Ontario's Dutchman's Gold and B.C.'s Nicola Valley brands caught judges' attention, the former because of its unique profile and the latter because its versatility and general appeal won the all-rounder category. **Off the Menu** Exactly how good is Canadian honey? The ultimate opinion has already weighed in. As the world now knows, Winnie the Pooh was based on a honey-loving Winnipeg baby bruin, so it follows that Pooh's famous pot of nectar must be Canadian as well. Canadian honey is much prized in the global market, particularly the Prairie varieties, where the long hot summers and hardy clover, canola and alfalfa crops produce a distinctive pale hue and high-quality yield. Lately, many of the true north's single-flower honeys have been hailed as the bee's knees. Shelf Life recommends buckwheat honey, which has a dark amber colour and a malty Guinness-stout-like flavour, or fireweed honey, which tastes seriously floral and is derived from the pink-purple blossoms that grow after forest fires. Sweet!

Weekend Post

EATING IN · Bonnie Stern

Have a laid-back Thanksgiving



A big roast turkey can be intimidating if you don't cook a lot. Try this Julia Child-inspired laid-back turkey that cuts the time in half and is easy to carve. Add a delicious bread stuffing, an easy pumpkin pie and your favourite accompaniments, and you're all set. Be confident. Happy Thanksgiving.

LAID-BACK ROAST TURKEY

This version of roast turkey is partially boned and roasted flat so it cooks in half the time. Although it doesn't look traditional, it's gorgeous — and a great way to start a new tradition. All you need is a large roasting pan and a butcher to open up the turkey and remove the breast-bone and thigh bones so it lies flat.

■ 1 14-lb (7-kg) fresh organic or free-range turkey (opened and partially boned)

■ ¼ cup (50mL) butter or olive oil
■ 1 tbsp (15mL) smoked paprika
■ 1 tbsp (15mL) salt
■ ½ tsp (2mL) freshly ground black pepper
■ 1 tbsp (15mL) Tabasco chipotle sauce or 1 tsp (5mL) regular Tabasco

1. Place turkey on a large baking sheet or roasting pan lined with parchment paper, flat out, skin-side down. Combine butter with paprika, salt, pepper and Tabasco. Brush half over turkey. Roast in a preheated 425F/210C oven for 15 minutes to cook the underneath side a bit.

2. Meanwhile, spread stuffing (see recipe below or use your favourite) in the bottom of a large roasting pan (at least 12x18"/30x48 cm).
3. Flip turkey over and place flat, on top of the stuffing, skin-side up. Brush with remaining butter mixture. Reduce oven temperature to 350F/180C. Roast turkey 1¼ to 1½ hours or until a meat thermometer registers 165F/80C when inserted into the thickest part of the breast or thigh.

4. Slice turkey and serve with stuffing. *Makes 10 to 12 servings.*

BREAD STUFFING WITH PANCETTA AND PORTOBELLO MUSHROOMS

Many people believe the stuffing is even more important than the turkey. Prepare under the turkey if you are following the previous recipe, or use as stuffing in the traditional way.

■ ¼ cup (50mL) butter or olive oil
■ 8 oz (250g) pancetta, sliced and chopped
■ 2 onions, coarsely chopped
■ 2 cloves garlic, finely chopped
■ 3 ribs celery, sliced
■ 2 leeks, trimmed, cleaned and chopped
■ 8 oz (250g) portobello or cremini mushrooms, sliced
■ 10 cups (2.5L) crusty bread, cut into chunks (about 1 lb/500g)
■ 1 to 2 cups (250 to 500mL) chicken stock
■ ½ cup (125mL) chopped fresh parsley
■ ¼ cup (50mL) chopped fresh sage (1 tbsp/15mL dried)
■ 2 tbsp (25mL) fresh thyme
■ salt and pepper to taste

1. Heat butter in a large deep skillet or Dutch oven. Add pancetta and cook a few minutes. Add onions and garlic and cook a few more.

Add celery and leeks. Gently cook about five minutes until softened.
2. Add mushrooms and cook until any liquid evaporates.
3. Add bread and combine well. Add chicken stock to moisten. Add herbs and season with salt and pepper to taste. *Makes 10 to 12 servings.*

PUMPKIN PIE WITH MAPLE CREAM

To make fresh pumpkin purée, buy small, sweet pie pumpkins. Cut them in half, scoop out seeds and bake, cut-side down, on a baking sheet lined with parchment-paper, 45 to 60 minutes, until very tender. Scoop out pumpkin and purée.

Crust
■ 1½ cups (375mL) gingersnap crumbs
■ ½ cup (125mL) chopped pecans
■ 2 tbsp (25mL) brown sugar
■ ¼ cup (75mL) butter, melted
Filling
■ 3 eggs
■ 1 cup (250mL) brown sugar
■ 1 cup (250mL) whipping cream or light cream
■ 2 tbsp (25mL) dark rum
■ 1½ tsp (7mL) cinnamon
■ 1 tsp (5mL) ground ginger
■ ¼ tsp (1mL) nutmeg
■ 1½ cups (375mL) pumpkin purée (canned or freshly cooked)
Topping
■ 1 cup (250mL) whipping cream
■ 2 tbsp (25mL) maple syrup



KAZ EHARA FOR NATIONAL POST

Pumpkin pie with maple cream.

1. For crust, combine cookie crumbs with pecans, brown sugar and melted butter. Pat into a 9" (24cm) springform pan and slightly up the sides. Wrap outside in foil to prevent any leaks. Refrigerate one hour.
2. Beat eggs with sugar, cream, rum and spices. Add pumpkin

purée. Pour into crust.
3. Bake in a preheated 350F/180C oven for 45 to 50 minutes or until set. Chill.
4. Whip cream until soft peaks form. Add maple syrup. Beat until stiff. Serve with pie.

Weekend Post
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