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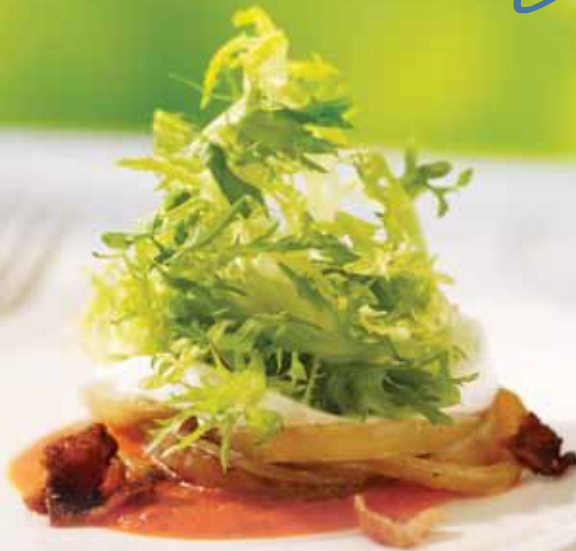
sanctuary

Create instant zen in your own backyard,
with recipes from Ste. Anne's Spa.

We can all appreciate how a soothing weekend getaway to a fabulous spa or relaxing inn can recharge the batteries. Even just an overnight escape works wonders on the body and soul—and our taste buds too. After all, amazing food is part and parcel of the complete pampering experience.



featuring Ontario
made buffalo
mozzarella



buffalo mozzarella salad with red pepper aioli

Here is a light starter that will take your guests' breath away with its beauty.

Buffalo mozzarella - made from 100% Ontario buffalo milk creates a tender, juicy and refreshing cheese with a mellow earthy flavour.

Prep: 20 min, Cook: 15 min

1 tbsp (15 mL) **Longo's** extra virgin olive oil
1 small onion, thinly sliced
8 oz (250 g) buffalo mozzarella
2 slices cooked bacon, chopped
1 small bunch frisee lettuce, torn into bite-sized pieces

Red Pepper Aioli:

1/2 cup (125 mL) diced roasted red pepper
1 tsp (5 mL) **Western Family** Dijon mustard
1/4 tsp (1 mL) smoked paprika
1/4 cup (50 mL) **Longo's** extra virgin olive oil
1/4 cup (50 mL) **Longo's Roasted Garlic and Shallots Grapeseed Grilling Oil**
Salt and pepper

Red Pepper Aioli: Place roasted pepper, mustard and paprika in food processor and pulse until smooth. With motor running, slowly drizzle in oil until thickened. Add salt and pepper to taste; set aside.

In skillet, heat oil over medium-high heat and cook onion for 5 minutes, stirring until starting to become golden. Reduce heat to medium and cook, stirring occasionally, for about 10 minutes or until softened and golden brown; set aside.

Slice mozzarella into 4 slices and place one on each of 4 plates. Sprinkle with bacon and top with caramelized onions. Top with lettuce and drizzle each serving with about 2 tbsp (25 mL) of the red pepper aioli.

Makes 4 servings.

Per serving: 390 calories; 10 g protein; 37 g fat; 5 g carbohydrate; 3 g fibre

Good Source of Folate; Source of Vitamins C and E; Source of Calcium

Pairing: Although a fresh, light cheese like buffalo mozzarella is usually paired with something equally as fresh and light, the addition of the red pepper aioli allows us to try something with a little more body and aroma. With this salad, try the Inniskillin Brae Blanc Reserve, a refreshing blend of Gewurztraminer, Chardonnay and Riesling. (Available at The Wine Rack)



More and more, retreats are amping up the health factor of their cuisine, injecting their menus with regionally sourced ingredients and a simple, back-to-the-land approach that makes for both nutritious and delicious dishes.

Here, renowned Chef Christopher Ennew from Ste. Anne's Spa in Grafton, Ontario, has created some wonderful local appetizers that are completely irresistible and easy to make. Once you've had a chance to sample these delectable resort flavours, you may be inspired to bring a bit of that serene, spa-like dining home with you this summer. And there's no better place than your own backyard.



featuring Niagara Gold cheese



Niagara Gold cheese rice rolls

Colourful and crunchy, these rolls are unique and easy to enjoy on the deck with friends.

Niagara Gold – from Upper Canada Cheese Co. This is a semi-soft washed rind cheese with nutty, earthy overtones and mellow, buttery flavours. Delicately mild and sweet when young, gains pungency and piquant qualities with age.

Prep: 25 min

- 8 small rice paper wrappers
- Half small red bell pepper, thinly sliced
- Half small yellow pepper, thinly sliced
- Quarter English cucumber, sliced lengthwise into thin strips
- 1 cup (250 mL) baby arugula (optional)
- 8 oz (250 g) Niagara Gold cheese, cut into 8 strips

Balsamic Vinaigrette:

- 1/2 cup (125 mL) **Longo's Aged Balsamic Vinegar**
- 1/2 cup (125 mL) **Longo's** extra virgin olive oil
- 1/3 cup (75 mL) **Longo's Roasted Garlic and Shallots Grapeseed Grilling Oil**
- Salt and pepper

Balsamic Vinaigrette: In a jar or container with sealed lid, combine vinegar, olive and grapeseed oils. Shake thoroughly. Season with salt and pepper to taste; set aside.

Fill a large pie plate with lukewarm water and add one sheet of rice paper. Let stand for about 15 seconds to soften the rice paper. On clean work surface, place some of the red and yellow peppers, cucumber and arugula (if using) in centre of paper and top with 1 strip of cheese. Fold in sides and roll up. Repeat with remaining ingredients.

Cut each roll in half and serve with vinaigrette.

Makes 16 pieces.

Per 1 piece serving: 190 calories; 4 g protein; 17 g fat; 5 g carbohydrate; 0 g fibre

Good Source of Vitamin C; Source of Vitamin E; Source of Calcium



Pairing: The depth of balsamic vinegar combined with the butteriness of the Niagara Gold is a perfect match for a light, fruity red like Gamay. 13th Street Winery in St. Catharines produces a consistently lovely Gamay year after year. (Available at the LCBO or directly from the winery, www.13thstreetwinery.com.)



Longo's Flatbreads

Try tantalizing flavours such as Asiago Cheese, Cinnamon Sugar, Cranberry Pumpkin and Flax Seed, Sesame Seed, Rosemary and Sea Salt, and Peppercorn Trio. **\$3.99** each



Pairing: This light, fresh dip served with a dry sparkling wine, such as the Château des Charmes Brut Methode Traditionelle from Niagara, is the perfect start to a summer meal. (Available at the LCBO.)



the loft with Chef Christopher Ennew, Ste. Anne's Spa
gather • cook • learn



Join Chef Christopher of Ste. Anne's Spa as he brings these recipes and more to life at exclusive Longo's Loft cooking classes. Meet Chef Christopher and get a taste of the Ste. Anne's Spa experience at Longo's. Each registered attendee will receive a signed copy of Ste. Anne's Spa Cookbook and a \$25 gift certificate towards a stay at Ste. Anne's Spa. Longo's Thank You Rewards members receive 50 bonus points.

7:00pm – 9:00pm \$30

- July 13 – Richmond Hill
- July 27 – Maple Leaf Square
- Aug 10 - Boxgrove
- Aug 24 - Burloak
- Sept 7 - Bathurst
- Sept 21 - Aurora

Limited seating. Call or visit store to register. See page 3 for contact information.

stracchino and sweet pea dip

Serve this dip with fresh cut vegetables like carrots and peppers and various Longo's flatbreads.

Stracchino – from Bella Casara, Vaughan, Ontario. Bright citrus and mineral aromas introduce this silky, custard-like, cultured fresh cheese. Full-flavoured, with tangy sour cream and zesty herbal notes.

Prep: 10 min

- 1/2 cup (125 mL) fresh sweet peas or frozen, thawed
- 1 cup (250 mL) stracchino cheese
- 2 tbsp (25 mL) finely chopped **Longo's** fresh mint
- 1 tsp (5 mL) lemon juice
- Pinch ground cardamom
- Salt and pepper

Place peas in food processor bowl and pulse until smooth, scraping down sides. Add cheese, mint, lemon juice and cardamom and process until smooth. Season with salt and pepper.

Makes 1 1/2 cups (375 mL).

Per 2 tbsp (25 mL) serving: 60 calories; 3 g protein; 5 g fat; 1 g carbohydrate
Source of Calcium

Creating Spa Serenity – Transform your own backyard into a spa oasis with a few simple styling tips. Fill bowls of water with floating flower petals and floating candles to create a tranquil, peaceful setting. Garnish your cool, refreshing drinks with frozen edible flowers in ice cubes and treat your guests to a trio of colourful melon balls (watermelon, honeydew and cantaloupe) served in beautiful Chinese spoons and drizzled with chopped fresh mint floating in agave nectar.



Ste. Anne's Spa
Grafton, ON



win a spa retreat for two

Win a mid-week getaway for two in a deluxe accommodation at Ste. Anne's Spa in Grafton, Ontario. Prize includes 2 wellness classes, \$200 spa allowance, 4 meals per person (breakfast, 3-course lunch, afternoon tea and a 4-course dinner) and complete use of the extensive facilities, plus \$100 Longo's gift card. Each time you swipe your Thank You Rewards card between May 20-August 25th, 2011 you will automatically be entered to win. Total value of prize package is \$1000. See www.Longo's.com for full contest details.

