

# alive

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## Box

yourself fit

## 4-step

life makeover

## Celebrating women

## How to

free yourself  
from PMS

Building  
**better  
bones**

### Recipes from the coast

- Ahi tuna and arugula
- Crab-crusted halibut
- Fresh berries with sabayon



Coast coaches its guests to explore the wider waters of seasonal seafood.

With its vaulted ceiling, centrepiece community table, and primarily piscine menu, Coast Restaurant ([coastrestaurant.ca](http://coastrestaurant.ca)) lives by its motto: Catch, Cook, Eat. Embracing seasonality on a global level, the fresh fish sheet follows an international code of ethics and appeal.

Tucked into Vancouver's Yaletown, Coast's food philosophy taps into local bounty, but is globally inspired, celebrating the bounty of coastal cultures around the world. For Executive Chef/Partner Sean Riley, the challenge is not only cooking, but educating and entertaining. Holding court at the community table with two frying pans and a passion for fish dishes, he has been dreaming up fresh creations on a nightly basis since opening Coast almost two years ago.

"The community table is a real draw; the dishes we create there are off the menu and made with the catch of the day," said Chef Riley. "I like to show people what we can do with a couple of pans, fresh ingredients, and a flame. It challenges us, and it lets them come in nightly and never have the same dish."

Letting the tides set the flow of the menu, Riley emerges each month with a seasonal promotion that showcases the familiar and the foreign alike. Spring salmon, halibut, scallops,

monkfish, sablefish, sea urchins: each swim into Coast in their seasonal cycle and each is addressed in the same fashion.

"I never want to hide good food," explained Riley. "We seek out the freshest supply sources, so we want to let the food speak for itself by combining local ingredients and keeping the sauce and seasoning to a minimum."

Having begun his culinary career at the age of 16, Riley headed east, trained under Susur Lee, and apprenticed with Culinary Team Canada before returning to the West Coast. Back on home turf, he honed his talents with the likes of Cioppino's and Brix before capturing critical acclaim at Coast's sister restaurant Glowbal Satay Bar and Grill. He has been teaching us to fish ever since.

Uncomplicated and honest seafood is something that people have come to expect from Coast, albeit elevated to the level of edible art by Riley's presentation and showmanship. For Riley, the ever-increasing curiosity of



the clientele is its own reward.

"I think food means something different now. Cooking used to be something you 'had' to do, but more and more people are approaching it in the spirit of fun, both for health and as a hobby," he said. "We like to think we're helping people discover how simple it is to get a ton of flavour out of fresh product in a relatively short period of time." >>



Something bright and light to ignite the appetite: seductive summer salad at its best.

### Ahi Tuna and Arugula Salad

This recipe is for an appetizing small bite. Quantities can be doubled to create the ideal summertime lunch. Albacore tuna is an affordable substitute to make this a regular favourite.

- 4 oz (115 g) premium ahi tuna, sliced 1/4 in (6 mm) thin
- 6 cherry tomatoes, halved
- 1/2 avocado, cubed
- 2 Tbsp (30 mL) pine nuts, toasted

2 cups (500 mL) arugula, washed and trimmed

#### Dressing

- 1 lemon, juiced and zested
- 1 lime, juiced and zested
- 1 shallot, fine diced
- 1/8 cup grapeseed oil
- Salt and cracked black pepper to taste

**Dressing** Combine lemon and lime juice and zest together with shallot in a

stainless steel bowl, and season to taste. Let sit for 2 minutes before slowly pouring in grapeseed oil, whisking continuously.

**Salad** In another bowl combine tuna, cherry tomatoes, avocado, and toasted pine nuts. Add in arugula, and gently toss with other ingredients. Add enough dressing to lightly coat the leaves, and finish seasoning to taste.

Divide among the plates in uniform stacks.

Serves 4.

Note: Wherever possible, organic ingredients have been used in all our recipes.

## Dungeness Crab Crusted Halibut

The sweetness of the crab combined with the richness of the halibut and earthy appeal of fresh chanterelles makes this an elegant but simple affair. Experiment with other seasonal mushrooms to add even more local flavour. Pair this fare with some heirloom beets and field green beans, lightly steamed, and serve with a medium Riesling.

- 4-5 oz (115-125 g) halibut filet, centre cut
- 4 oz (115 g) Dungeness crab meat, fresh (or premium canned)
- 2 cups (500 mL) BC chanterelle mushrooms
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 mL) unsalted butter
- 6 shallots, sliced thin
- 4 green onions, cut on bias
- 4 leaves basil, sliced thin
- 2 tsp (10 mL) honey
- 4 sprigs thyme
- Salt and pepper to taste

Preheat oven to 350 F (180 C). In small bowl combine crab meat, basil, and honey. Season to taste with salt and pepper. Make incision in top of each piece of halibut (roughly 2/3 its thickness) and stuff with crab mixture. Place halibut on parchment paper in baking dish and bake at 350 F (180 C) for 6 to 8 minutes or until fish begins to flake. Remove and tent with foil atop warm stove. Halibut should be served medium in temperature.

Be sure chanterelles are clean and free of debris. Trim stems of fibrous ends. In a saucepan over medium-high heat, begin to sweat mushrooms with shallots in olive oil and unsalted butter until tender. Once shallots are translu-

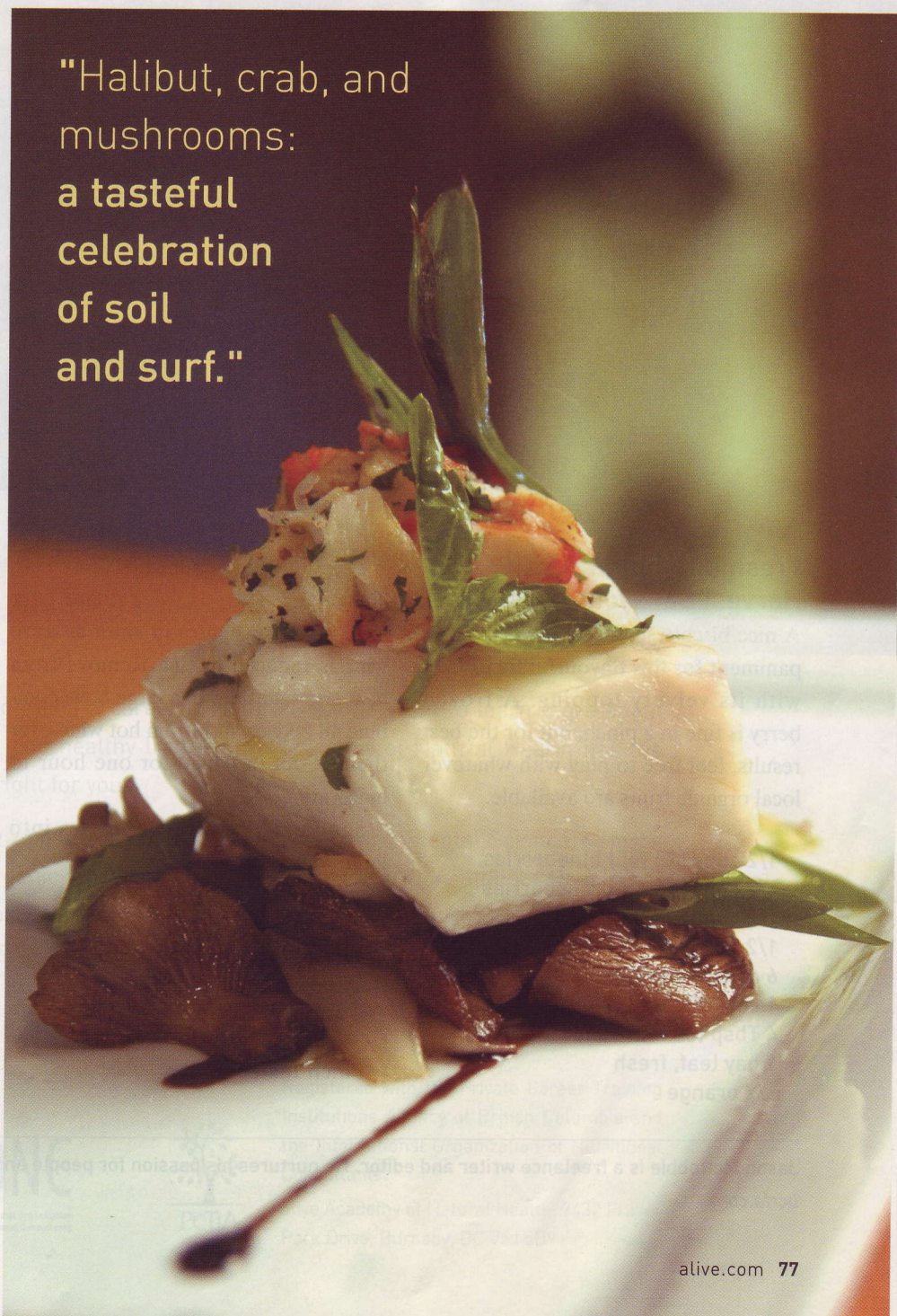
cent (4 to 6 minutes), add thyme and green onions. Season to taste.

Arrange chanterelle mixture in centre of each plate, and top with halibut filet. Finish with a sprinkle of sea salt and a drizzle of olive oil.

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"Halibut, crab, and mushrooms: a tasteful celebration of soil and surf."



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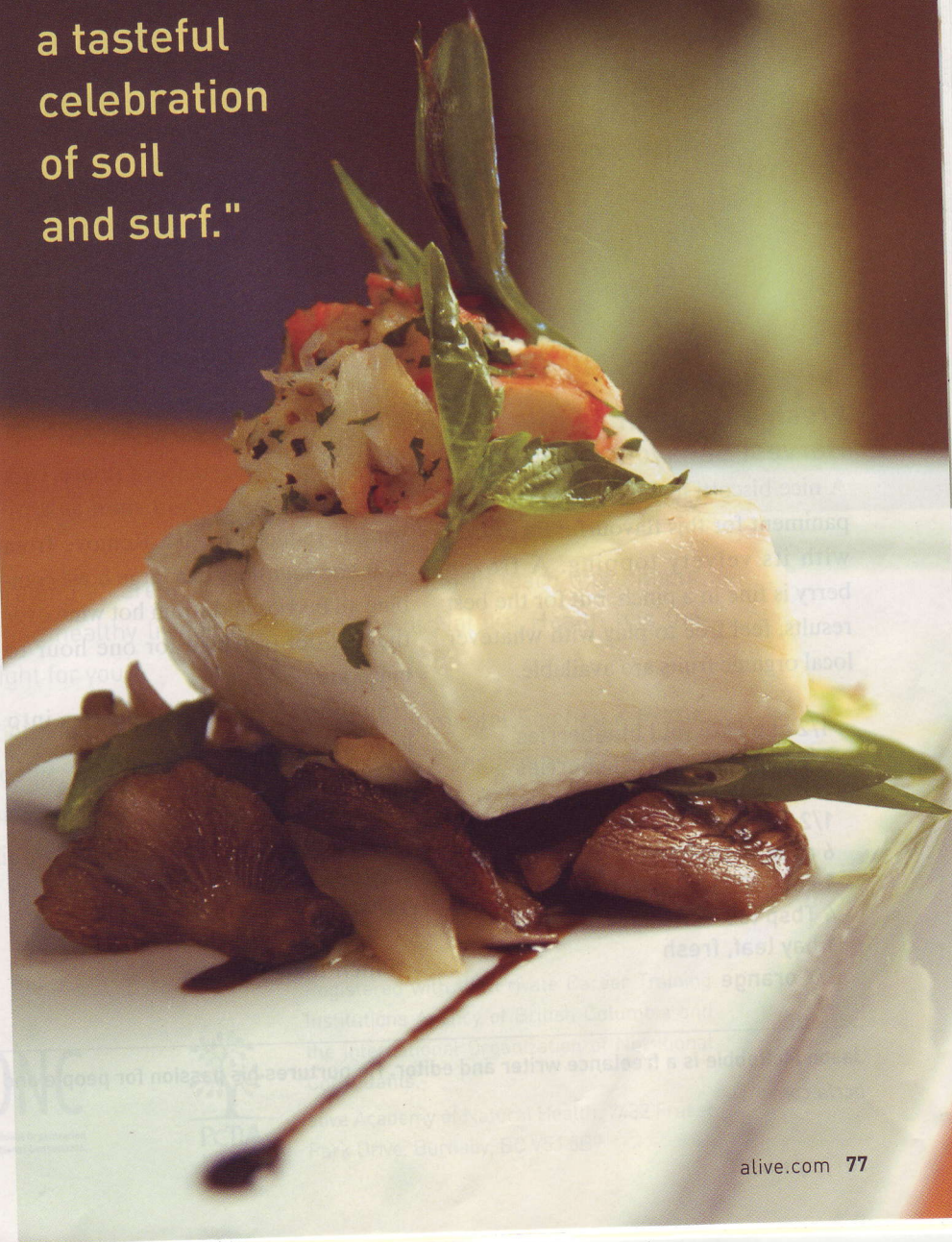
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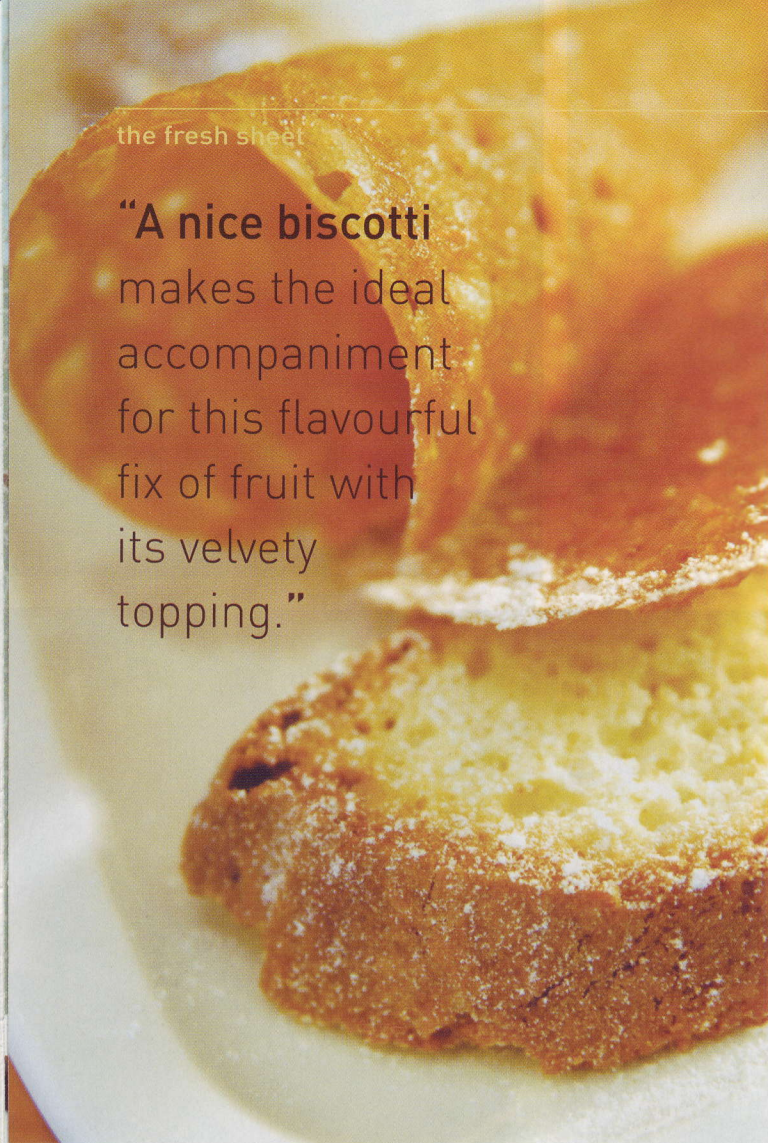


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the fresh sheet

“A nice biscotti makes the ideal accompaniment for this flavourful fix of fruit with its velvety topping.”



### Fresh Berries with Late-Harvest Sabayon

A nice biscotti makes the ideal accompaniment for this flavourful fix of fruit with its velvety topping. A frozen berry is fine in a pinch, but for the best results, feel free to play with whatever local organic fruits are available.

1/2 cup (125 mL) blueberries  
1/2 cup (125 mL) raspberries  
1/2 cup (125 mL) blackberries  
1/2 cup (125 mL) strawberries  
6 cape gooseberries  
1 cup (500 mL) red wine  
4 Tbsp (60 mL) sugar  
1 bay leaf, fresh  
1/2 orange

Combine red wine, sugar, bay leaf, and orange in a saucepot. Place over medium-high heat and simmer until wine is reduced by 3/4. Remove from heat and set aside. In a large bowl combine all berries and strain hot wine over them. Cool in fridge for one hour to macerate.

Spoon the marinated berries into large wine or martini glasses.

### Sabayon

4 egg yolks, free range organic  
4 Tbsp (60 mL) sugar  
2 oz (50 mL) late-harvest Riesling  
(or icewine)  
Pinch zested lemon

Bring a small pot of water to steam over medium heat. Whisk together all ingredients in a stainless bowl until smooth. Create a double boiler by placing the stainless bowl over steaming water and continue to whisk until your sabayon is “nape” (coating the back of a spoon), about 5 to 7 minutes.

Remove from heat, pour over the marinated berries, and serve immediately.

Serves 4. **a**

Jason McRobbie is a freelance writer and editor. He nurtures his passion for people and cuisine as editor at *BC Restaurant News*.  
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