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## TRAVEL

# Skiing with Nancy Greene — an Olympic Experience!

Sun Peaks Ski Resort,  
in British Columbia

By Jane Antoniak

**W**ith all eyes on Whistler this winter, it's a good time to look at other exciting and fun places to ski in beautiful British Columbia. Whistler is certainly a Canadian centrepiece of skiing and a dream destination for anyone who has slapped on boards. But tucked away in the interior of B.C. are some magical places for skiers and boarders of all levels.

One such spot, which is easily accessible from London with flights to Kamloops via WestJet and Air Canada, is Sun Peaks Ski Resort. Not only is it the third largest ski resort in Canada (by acreage), but it is the home of our beloved Nancy Greene — the darling of the 1968 Olympics, winner of 13 World Cup races and, certainly not least, voted Canada's Female Athlete of the 20th Century. This winter there is even a Nancy Greene doll being released in honour of her skiing achievements. Nancy, as all the locals call her, lives in Sun Peaks, where she has her own lodge and is famous for taking visitors on ski tours of the mountains. She skis every weekend and spends her weekdays as a Senator on Parliament Hill in Ottawa. Our quest this winter was to ski with Nancy Greene

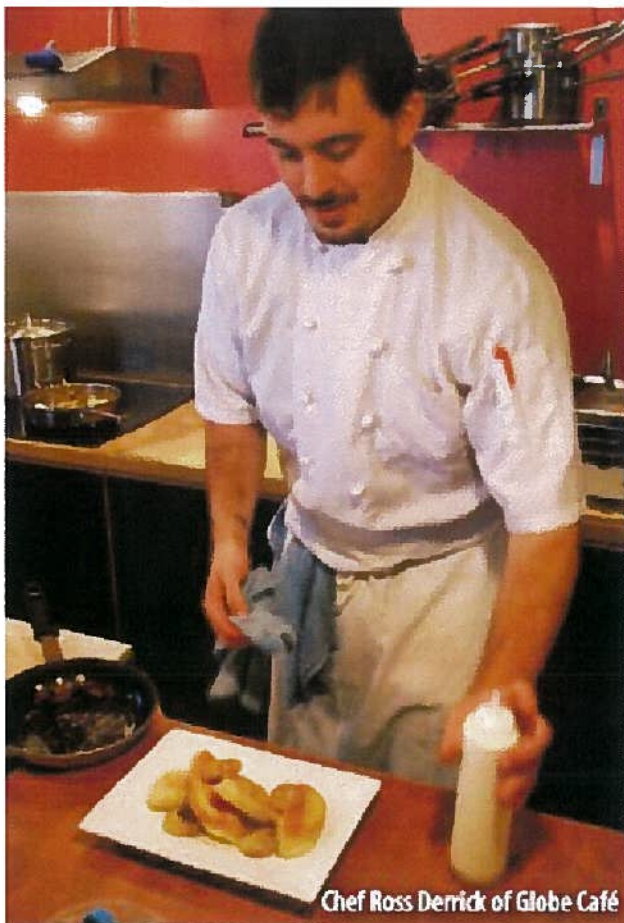
and learn a bit more about a part of B.C. that is away from all the cameras and throngs of tourists centred on Whistler.

As a bonus for foodies like ourselves, ski resorts are increasingly becoming culinary destinations as well. Yes, you can still get a burger and fries. But as skiers become more interested in fitness and wellness, you can also enjoy a wide variety of cuisine — some of it aimed at the nonskiers who come along on winter holidays to enjoy other aspects that a ski resort can offer. This trip to Sun Peaks gave us more skiing than we could handle, coupled with delicious dining experiences. From the simple pleasures of a cup of Kicking Horse coffee with a fabulous Nanaimo Bar, to a glass of top-rated B.C. pinot noir with Pacific seafood, there is no better way to spend a day, in my books, than to ski and dine! Rare was the night we stayed up late, after a full day on the slopes, and a full belly.

Sun Peaks is located about 45 minutes from Kamloops. The resort offers a shuttle service that takes you from the arid, desert-like conditions of Kamloops up to the fluffy snow of the resort, which is situated in a valley at the base of Tod Mountain. Sun Peaks

ABOVE: Writer Jane Antoniak, her son Kevin Madkey, and Senator Nancy Greene-Raine





Chef Ross Derrick of Globe Café

is famous for its “champagne powder snow,” which is very light and sparkles on the runs. It is also famous for having very short lift lines due to the large acreage of the resort. One can get in a lot of vertical in a day. What it doesn't have are gondolas and high-speed lifts — which can make the ascent to the very top of Tod a bit chilly. But it all seems worth it when you simply ski through the lift gates and stop only to have an employee scan your ticket.

The village is similar in design to those Intrawest has built at Mont Tremblant and Whistler — colourful two- and three-story European-styled buildings with hotel rooms overtop local businesses. The design of a walking village of a few streets makes it easy to maneuver your way from residence to lift and back again to a restaurant or shop. They boast that every room is ski-in or ski-out. Condos surround the village as well, with many winter-long residents taking up refuge for the ski season. Some of these residents become mountain guides and will tour you around the hills daily from a central meeting spot.

We stayed at the Delta, which offers hotel rooms and condo-like units. It is well known for its outdoor heated pool, surrounded by three large hot tubs facing the ski hills. Truly a lovely way to relax after a day on the slopes.

The hotel has other amenities, such as a

fitness centre, ski valet/storage, and Mantles Restaurant, which provides complete breakfasts and a weekend breakfast buffet with a full view of the hills. We were thrilled to have cooked, old-fashioned oatmeal with fresh fruit to get us fueled up for the day ahead. At night, Mantles becomes a lively and classy bar/restaurant guided by Chef David Tombs, who received part of his education at the University of Western Ontario. Chef has worked in major restaurants on both coasts, where he cultivated his respect and admiration of local cuisine. We enjoyed a six-course tasting menu that featured the best of B.C. ingredients, including a uniquely stacked winter salad of roasted squash and beets with poached pear and apple, a delicious local version of surf and turf, local slow-cooked pork belly and Qualicum Bay scallops, and locally ranches Bison with a blueberry sauce. Each course was expertly matched with B.C. wines, many unavailable in Ontario, providing a real treat. Very much enjoyed were the Sa Ya Later Riesling, the Quall's Gate Pinot Noir and the Prospect Vineyard Vidal Ice Wine, paired with my favourite dessert: lemon curd tart and blackberry sorbet. After such a meal, it's a joy to simply push the up button on the elevator and then crawl into the luxurious beds at the Delta.

One certainly needs the calories to keep up, or rather try to keep up, with Nancy on the slopes. Even though she's nearing her 67<sup>th</sup> birthday, Nancy seems as fit and fast on skis as when she won the gold and silver medals in Giant Slalom and Slalom at the Olympics in Grenoble, France, back in '68. As my son and

travelling companion Kevin Mackey stated as he tried to catch her on his snowboard, “from behind as she flies down the hill, she looks like she's 20.” We spent an afternoon touring the entire ski area with her, including an attempt down the headwall and onto a run that is used for a World Cup speed skiing event. When Nancy turns and tells you to tuck, you do so or you may not see her again! She says she has always loved speed and credits her mother, who was also a skier at their local club in Rossland, B.C., with teasing her up for success. “My mother never told me to be careful,” says Nancy. “She said, ‘Use your head.’” Certainly words for me to live by as I was then inspired to let Kevin roam through the tree runs as he searched out powder and jumps.

“I really loved the snow at Sun Peaks and it was fun to ski with Nancy,” said Kevin later.

#### Online Exclusive

Nancy Greene's  
Morning Glory  
Muffins recipe

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Nancy skis with the public on weekend afternoons at a set time, depending on her schedule, which is posted on a sign at the base of the chair lifts. It certainly is an exhilarating experience. She also gives out ski tips, which greatly helped me refine my style to further take advantage of today's ski technology. By the end of the day, Nancy had me skiing on the balls of my feet and turning my skis with only one bone in my foot — a life-changing experience! After our day on the slopes, she invited us back to her Cahilty lodge for hot chocolate and snacks at Memories Restaurant. It is a cute family spot with tasty in-house-made soup and rolls and snacks for skiers. Nancy also shared with us her favourite culinary treats — she loves making beef bourguignon in her slow cooker, and she also loves a healthy breakfast of dried fruits and cooked muesli. She also shared with us her Morning Glory Muffin recipe. Obviously, eating well has helped her stay so active in her

While in Sun Peaks you may also want to try these restaurants, especially for hungry après-ski nights!

### Masa's Bar & Grill

Village Day Lodge — base of the mountain

A popular spot for lunch and après ski, Masa's offers up more than expected. The big screen TVs are there and so are the bar mainstays: beers on tap and apps. However, under the guidance of experienced executive chef Kevin Smith (George Brown College, Stratford Festival Inn, and experience in Scotland and Ontario), Masa's offers up very tasty entrees for hungry skiers. High on the list is the beef stroganoff, served with rice, not noodles, allowing the beef and sauce to stand out. Yummy, rich and delicious, it is a great way to refuel after a busy day on the slopes. If you have room, consider the candied wild salmon, pecan, blue cheese and spinach salad or the chocolate lava cake with ice cream.

Masa's is also a big player in the annual Winter Wine Festival — just celebrating its 13<sup>th</sup> year in Sun Peaks. This year Masa's staged a Wild Meats Wild Wines event with one-of-a-kind experimental B.C. varietals paired with wild game tapas. Staff even donned leopard skins to put a hyper-fun face on the Festival, held in January.

"Skiers are looking for a lot of carbs, and day-to-day people want healthy, so we try to offer both," says Chef. He has also added a lot of extra flavour to traditional pub fare. Certainly worth the calories!

### Globe Café & Tapas Bar

www.globetapas.com  
at Kookaburra Lodge

Culinary visitors to Sun Peaks would be well-advised to include a meal at Globe Café & Tapas Bar. The passion for creating a taste sensation with each individual dish is evident



Traditional tapas at Globe Café

retirement years. While at the lodge, it is good to take some time to see her trophy case, which showcases her Olympic medals from France and her World Cup trophies.

**JANE ANTONIAK** is a journalist in London. An avid skier, she put on her first pair of skis at age five and slid down her parents' driveway in Thunder Bay, Ontario.

at this sleek, sexy and simple tapas bar in the new Kookaburra Lodge. Following on the success of their first location at Big White Ski Resort near Kelowna, about two and a half hours from Sun Peaks, owners Jude Brent and Paul Doherty have opened a second location of their vision of how food should be prepared and shared. Highlighting individual flavours on small plates meant to be sampled by friends, Globe is a delightful way to relax after a day on the slopes.

"We love what we are doing and we are passionate about it," explains Jude. The duo hope to open more locations in other ski resorts across B.C. Led by Chef Ross Derrick, a graduate of the Stratford Chef's School, who trained at the popular Bijou restaurant in Stratford, Globe is a true taste sensation. Derrick proudly serves top-end food in a very pleasant and contemporary setting. For example, small pieces of roast duck are accompanied by individual servings of chopped vegetables and sauces. He serves pan-roasted Quailcum scallops with Japanese salads, and also whips up an extremely light and tasty Dungeness Crab Cake with pan-fried Ling Cod and vegetables.

Skiers can afford some extra calories, and the desserts at Globe are worth the splurge. Consider the homemade Guinness Ice Cream served with Walnut & Raisin Irish pudding, as a salute to Paul's homeland. Chef also makes his own toasted marshmallows on skewers and serves them with a white chocolate brownie and cinnamon hot chocolate dipping sauce as a high-end version of campfire s'mores. All campers should be so lucky!

Combined with an excellent by-the-glass list of unique B.C. wines, Globe is a perfect retreat from typical ski club fast food. Bring some friends and share. And return the next morning for a wonderful cup of specialty coffee from Caffè Umbria. At Globe, you won't leave disappointed. Now, if only they'd open in Ontario!

— J.A.