



ETCETERA...



Stoked Oats Gluten-Free Pancake Mixes

Much loved for their oatmeal and granola, local company, Stoked Oats, have launched two new superfood pancake mixes. Using only non-GMO organic oats from Alberta and Saskatchewan, Mountain Maple mix is made with maple syrup from Quebec, while the Bucking-Eh mix includes apples from Washington. High protein and low sugar, just add water or milk and an egg or mashed bananas for very tasty, nutritious, quick and easy, pancakes or waffles. 285 g around \$10, widely available. stokedoats.com

Blue Flame Kitchen (BFK) Express

Express is a new range of frozen, single portion meals from Blue Flame Kitchen, and when you're in a hurry, they're literally ready to eat in just three or four minutes heated in a microwave. As you'd expect from BFK, they're made with fresh, locally sourced ingredients, and all prepared and packaged in their full-scale production facility in Calgary, vegan and vegetarian choices too. Our faves were the Shepherd's Pie and Butter Chicken. At Circle K, Calgary Co-op, Blush Lane, and Spud.ca, around \$8-9.



Melitta Canada's New Sustainable Certifications

In an effort to help us all make more environmentally responsible and sustainable choices, Melitta Canada has added planet-friendly, 100% Arabica Rainforest Alliance whole bean coffee to their line up as well Forest Stewardship Council and Biodegradable Products Institute Certified filters. Supporting farmers who employ responsible practices, there are four varieties to choose from in their range of newly certified whole bean coffees: Colombia Altura Blend, French Roast, Espresso Bellacrema, and Hazelnut Crème. 907 g, around \$20-23



Cuisipro Silicone Tools

We're big fans of the stylish and elegant Cuisipro Tempo range of stainless-steel ladles, tongs, spoons, and turners, but mindful of keeping our favourite non-stick pans in the best condition, this issue we're choosing their silicone tools that not only look good but are food-safe, and odour and stain resistant. They're heat-resistant too up to 425° F/220° C, and bonus – they're dishwasher safe and the silicone head can be removed from the stainless-steel handles for easy cleaning. Around \$20.

Culinaire

VINE & DINE SERIES

Vine & Dine at One18 Empire November 16, 21, and 29

We're in the beautiful private dining room for six pairing courses of delicious upscale dishes! For only 20 people each night.

A One-Off Fine & Dine evening at Franca's, November 15

Franca's is opening specially for us for this 6-course, authentic Italian pairing meal!

Vine & Dine at Onyx November 19 and December 18

We're in the private dining room at this brand new restaurant for a fine dining pairing menu!

Special Kitchen Party at Show & Canoe November 25 and December 20

A very special elevated 6-course pairing meal in the upstairs kitchen with the chefs!

Christmas in Italy at Bonterra Trattoria December 13

We're back again for Christmas in Italy at Bonterra. This evening sells out every year!

One-Off Festive Vine & Dine at Ruby & The Beast, December 15

We're enjoying six dishes from Ruby & The Beast's new winter menu!

Luxury Wine & Culinary Tour of Northeast Spain, May 27–June 5, 2024

Just two places available for this fabulous all-inclusive tour!

New events are added regularly so check vineanddine.ca, they can sell out quickly! Email linda@culinairemagazine.ca to reserve your places. We try to cater for all allergies