



# Flavours of the West Coast

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## **Flavours of the West Coast** Cedarwood Productions

The West Coast has an abundance of produce and natural food resources, and some of the most talented and influential chefs in the world. In this colourful cookbook, British Columbia's top restaurateurs, chefs, and foodies share signature dishes that will inspire cooks everywhere. Meet the province's well-known and up-and-coming culinary stars as they reveal recipes and stories from their kitchens. Inspired by the popular television program *Flavours of the West Coast*, the cookbook aims to support the farmers, chefs, and food producers who make the local food scene possible. Divided into sections based on region—River and Sea, Forest and Field, Farm Fresh, and City Cuisine—the pages are filled with photos and recipes by talented foodies who all have one thing in common: a love of fresh, locally inspired cuisine and a desire to share that love with the at-home cook.

With recipes from Chef Vikram Vij, owner of Vij's Restaurant, Vancouver; Carolyn Herriot, author of *The Zero Mile Diet*; Executive Chef Matthew Batey, Mission Hill Family Estate, Kelowna; Chef Jared Qwustenuxun Williams, Quwutsu'un Centre, Duncan; Chef John Cantin, John's Place, Victoria; and many others.

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with their family or their friend. Were you aware? Many a lot of people spent that free time just watching TV, or playing video games all day long. If you wish to try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spend the whole day to reading a reserve. The book Flavours of the West Coast it is extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can more very easily to read this book from your smart phone. The price is not too costly but this book features high quality.

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