

Our Lunch Menu Selections for January 2012

To Start - \$6.00

Feature Appetizer To Change Daily

Highwood Smoked Salmon
Horseradish Cream Cheese, Crispy Capers, Baguette,
Arugula and Pickled Red Onion

Duck Confit, Apples and Brie Crustinni's
Cranberry Chutney, Red Onion Gastrique

Hotchkiss Tomato and Cheese Plate
Arugula, Antipasto Vinaigrette and Olives

Harvest Greens Salad
Choice of Vinaigrette or Creamy Dressing

Forno Baked Flat Bread with House Made Dips
Eggplant Tapenade, Lentil Hummus and Roasted
Olives

Caesar Salad
Brioche Croutons, Double Smoked Bacon, Parmesan Crisps
With "add-on's"
Sous Vide Maple Chicken or Roasted Garlic Shrimp Skewers + \$5.00

Soups of the Day

Carrot and Ginger
Cilantro Pesto

Lobster and Vanilla Bisque
Tarragon Chantilly

Main Fare - \$12.00

Lunch Feature To Change Daily

Stuffed Veal Breast
Pomme Purée, Brussel Sprouts and Shemiji Mushrooms
Sauce Zingara

Black Mustard, Tomato and Coconut Chickpea Curry
Spiced Rainbow Chard and Paneer with Mint Chutney

Grilled Steelhead Salmon with Parsnip and Vanilla
Scallion Potato Cake and Spiced Banana Squash

**Roasted Chicken with Lemon and Rosemary
and Buttermilk Dumplings**
Celeriac, Beet Salad and Natural Juices

Truffled Potato Gnocchi with Cauliflower
Almonds, Garlic Confit and Celery

From the Woodstone - \$9.00

Feature Pizza to Change Daily

Rootbeer Glazed Pork Belly and Confit Potatoes
Fennel Salad with Thyme Scented Carrots

Bison and Aged Cheddar Tourtière
House Salad and Highwood Ketchup

Woodstone Daily Quiche with Artisan Greens
To change Daily
Choice of Vinaigrette or Creamy Dressing

All products sold may contain or have been exposed to tree nuts, peanuts, milk and gluten.

Our Array of Sweet Temptations

Dessert - \$6.00

Chocolate Crème Caramel

served with Fresh Fruit

Raspberry Charlotte Royal

served with Mango Sauce

Pulled Apple Strudel (Raisins, Rum and Pecans)

with Vanilla Crème Anglaise (Contains Nuts and Alcohol)

Chef Michael Allemeier one of the Highwood's renowned culinary instructors wishes you "Bon appétit", and would like to share with you one of his favorite recipes to enjoy at home

Butternut Squash Soup

Yield: 6 people

Method:

- | | | | |
|-------|--|----|---|
| 1 | Butternut Squash
(about 2kg in weight) | 1. | Peel squash and cut into a large dice. |
| 1 | Large White Onion – diced | 2. | Heat a large pot over medium heat. |
| 2tbls | Ginger – peeled and chopped | 3. | Add the butter and melt. Once the butter is melted add the onions and cook until tender and transparent – stir often. |
| 2L | Chicken Stock | 4. | Add the ginger and diced squash and sweat off – stir often.
Cook for 2 minutes. |
| 100ml | Butter | 5. | Add the chicken stock and bring to a simmer. |
| 100ml | Whipping Cream (optional) | 6. | Simmer until all the squash is tender. |
| | Salt to taste | 7. | Carefully purée the soup in a blender or use a hand blender. |
| 1 | Bunch Cilantro – washed and
leaves picked off | 8. | Return to pot and add cream and adjust the final seasoning to taste. |

Michael Allemeier was born in Johannesburg, South Africa and has travelled the world learning his craft. He apprenticed with Delta Hotels in Winnipeg, and on completion of his apprenticeship worked at the acclaimed restaurant Amici. Michael then moved to Vancouver to Bishop's Restaurant where he was promoted to Executive Chef in 1993. It was this restaurant's high standards and commitment to using local, seasonal ingredients which truly defined his style as a chef.

Having successfully proved his exceptional culinary skills at Bishop's he moved to Whistler as the Restaurant Chef of the Fairmont Chateau Whistler's Wildflower Restaurant, this was followed by a move to Calgary to take up the position as Executive Chef of Teatro Restaurant. In 2003 Michael's passion for food and wine pairing was realized with the call to man the stoves at Mission Hill Family Estate Winery in the Okanagan Valley. It was here that he launched the Terrace Restaurant, created a culinary school, private dining room, retail line of preserves, and designed and built Canada's first Varietal Kitchen Garden. During his time as Winery Chef the restaurant was named as one of the "Top Five Winery Restaurant in the World" by Travel and Leisure Magazine.

Michael holds the designation of Certified Chef de Cuisine (CCC) and has cooked for dignitaries including Presidents Clinton and Yeltsin during their Vancouver Summit meeting. He has appeared on various television programs including hosting the *Food Network's - Cook Like a Chef* syndicated show, and is the co-author of *Bishop's - The Cook Book*. Now with the Highwood he is pursuing his career long passion as an educator.

Chef Andrew Hewson and his students would like to invite you for dinner

Please contact us for a reservation

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