

# News from ZenKitchen

Autumn 2011

## New Hours

Dinner  
Tuesday–Sunday  
5-10pm

Lunch  
Thursday, Friday  
11:30–2pm

Brunch  
Saturday, Sunday  
10am–2pm

Reservations:  
www.zenkitchen.ca  
or  
613-233-6404

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New Year's Events

Ball Caps!

Gold Medal Plates

Natalie MacLean's  
new book

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## New season, new challenges

Autumn is always a busy time at ZenKitchen.

We've spent a lot of time making pickles, ketchup, sauerkraut and other preserves in order to extend the wonderful Ottawa harvest throughout the year.

At the same time, we're getting ready for the annual Gold Medal Plates competition on November 14. It's an exciting event, raising money for Canada's Olympic teams.

And we're starting to think about upcoming events, like New Year's.

This year, we're planning a special New Year's Eve dinner as well as New Year's

Day brunch.

And the end of summer means putting away the patio furniture, cleaning up the rooftop herb garden, and digging out the snow shovel, so we're ready to dig out the sidewalk...

We just extended our popular Sunday Brunch to Saturdays. Check out the fun photo competition, below.

And, of course, we've recently made lots of changes to our menu,

including a new Chef's Tasting Menu. We spend a lot of time on the Tasting Menu each month, and it's become a personal challenge among the kitchen staff to create innovative, flavourful dishes for our "CT regulars".

We hope this season is bringing you good health, and a chance to enjoy the last of the pre-winter weather. See you soon!

*Dave and Caroline*



## Weekend Brunch Photo Contest!

### How it works:

Come in for Saturday or Sunday brunch and take a photograph that documents your brunch experience.

Post the photo to Twitter and tag it with #ZenKitchenBrunch (that's how we'll see the photo, get it?). We'll choose the best photos and give out prizes!

Contest ends November 20.

### First Prize

A gift certificate for Chef's Tasting Dinners for two,

usable anytime. Gratuity, taxes and beverages not included (sorry!). Value \$96.

### Second Prize

A gift certificate for brunch for two, usable anytime. (No, gratuity, taxes and beverages still aren't included.) Value \$28.

### Runners Up

Three runners-up will be chosen and will win a free ZK Vegan Poutine, available at any brunch service. Value \$8 each.

### Random Draw for All Entrants

Just for entering, we'll also have a random draw of all entrants, awarding 5 ZenKitchen ball caps! Value \$17 each.

Winning photos will be posted on the ZenKitchen web site.

For all the details and rules, please visit:

[ZenKitchen Photo Contest](#)

## Gold Medal Plates



We're proud that Chef Caroline Ishii has been invited to participate in the 2011 Gold Medal Plates culinary event on November 14.

GMP raises money for Canada's Olympic teams, who are currently preparing for the summer games in London UK.

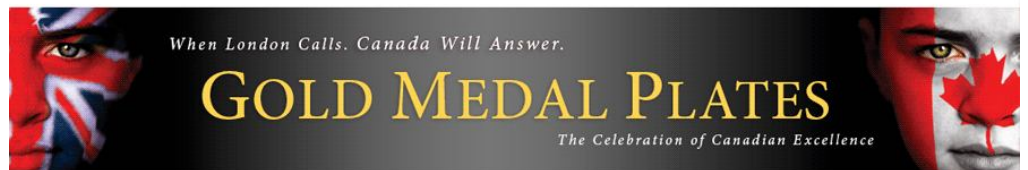
Organizers at GMP invite the city's top ten chefs to compete and serve food to over 400 lucky diners. The Gold medal winner continues to a national competition.

Last year, Chef Ishii came away with the Silver medal, missing the Gold by only one vote. It was the first time a vegan dish had won a medal.

This year's competition is fierce, with a number of new chefs invited.

Regardless of who wins, we know that we—and the diners who attend—will have a great time.

For information and tickets, please visit: [gold-medalplates.com](http://gold-medalplates.com)



"Some of my favourite wines right now are from Colaneri in St. David's Bench, ON. Rich and aromatic, they suit many styles of cuisine."

Dave

## Ball Caps!

We've ordered some great new ball caps with the ZenKitchen logo for our Gold Medal Plates culinary team to wear on the big night.

And because many diners have asked about ZK accessories, we've ordered some extras for our customers, too!

Caps are black with the ZK logo in red, one-size-fits-all. We expect to receive them at the beginning of November.

## Natalie MacLean to release new book

We wanted to let you know about an event that we think will be of interest to you: the launch of best-selling wine author and Ottawa resident Natalie MacLean's new book October 25.

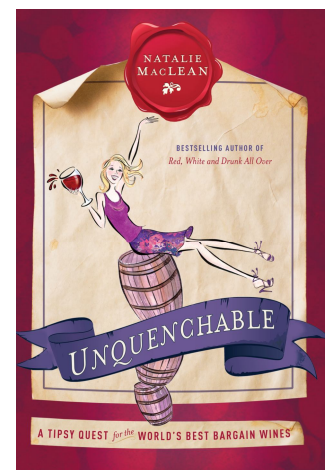
There will also be some terrific wines and canapés as Natalie shares stories from her book.

The book launch and reading is

at Play Food and Wine in the Byward Market.

Dave says, "Natalie's last book, Red, White and Drunk All Over, was a joy to read. Entertaining, down-to-earth and above all funny, Natalie takes pretention out of the wine business."

Tickets are selling quickly, so get yours online today before it's sold out: [PlayWineBar](http://PlayWineBar)



## Book early for New Year's Eve and Brunch

We're offering two ways to celebrate the New Year.

On December 31st, we'll offer two seatings for dinner. These always sell out, so please book early.

And on January 1, we'll offer a special New Year's Day Brunch.

Here are the details!

### New Year's Eve

5:30 pm: 4 course special chef's tasting menu \$58, with optional wine pairing with the courses \$23

9 pm: 6 course special chef's tasting menu \$85, with optional

wine pairing \$36

The price does not include HST and a 18% gratuity will be added to the bill.

### New Year's Day Brunch

Special chef's tasting 3 course New Year's Day brunch \$28 adults, \$18 children 12 and under.

Reservations from 10 am - 2 pm

The price does not include HST and a 18% gratuity will be added to the bill.

To reserve for dinner or brunch, please call us at 613-233-6404. We will require a credit card number to hold your reservation. If you cancel your reservation, you must do so at least 5 days in advance. If less than 5 days, the cost of your brunch will be provided to you in a gift certificate for future use.



## In the News

We've been fortunate to be included in a number of recent media stories.

In June, **Ottawa Life Magazine** profiled our brunch menu. "...dishes were gluten-free and left us happy and satisfied – a welcomed feeling to the usual heavy, greasy-spoon weekend brunches".

[Ottawa Life](#)

**Ottawa Magazine** made us their Lunch Pick in August. "I'd take those contrasting textures and delicate Mexican flavours over typical salads or sandwiches any day. Not just on days when I'm taking a break from meat."

[Ottawa Magazine](#)

In related media, our TV series **The Restaurant Adventures of Caroline and Dave** continues to play on Oprah Winfrey's Network, OWN. Currently showing on Tuesdays at 6:30, you can see clips and related videos at the [OWN website](#).

**Lonely Planet Guide**, which featured us so prominently in their book this year, also wrote great things about ZenKitchen on their website. "Let's face it folks, this could mean the end of the meat industry – Zen-Kitchen will baffle even the biggest of carnivores with its savvy menu of vegan-chic superlatives."

[Lonely Planet](#)

**Style Magazine** included Caroline's recipe for squash soup in their profile of local farm Roots and Shoots.

[Style Magazine](#)

Last but certainly not least, the **Ottawa Citizen's** Ron Eade featured Chef Ishii's dish in a story on vegan Thanksgiving meals. The story was reprinted by papers across the country. "Heaven help the vegetarian who is all but forgotten in a carnivorous orgy of excessive consumption. But it needn't be so."

[Ottawa Citizen](#)

**Please see the recipe on page 4.**

"ZenKitchen will baffle even the biggest of carnivores "

Lonely Planet



## PHYLLO ROULADE WITH TEMPEH, MUSHROOMS, ROAST VEGETABLES AND HORSERADISH

Serves 8 as main

For the tempeh:

1 cup apple juice, or red wine  
 1/4 cup soy sauce  
 1/4 cup olive oil  
 1/4 cup maple syrup  
 2 cloves garlic, minced  
 One 8-ounce package tempeh, defrosted (at health food stores, or substitute Yves ground round vegetarian mix found in the refrigerated vegetarian section in the tofu area)

For the horseradish cream:

1/2 cup unsalted, raw cashews  
 1 cup water, use more or less as needed  
 Grated fresh or bottled horseradish, to taste  
 Sea salt

For the roulade:

One 1-lb package phyllo pastry  
 4 cups total, carrots and parsnip, sliced into matchsticks (julienne) sliced 1/2-inch (12-mm) length  
 1/4 cup olive oil, plus more to sauté mushrooms and brush pastry  
 Sea salt and freshly ground pepper, to taste  
 4 cups assorted fresh mushrooms (i.e.: oyster, shiitake, cremini), stems trimmed off and chopped  
 1/2 cup fresh thyme leaves and parsley, minced

Cranberry sauce, to garnish For the side dish:

Assorted fresh vegetables, roasted or steamed

1. To prepare the tempeh, pre-heat oven to 350 F. Stir together apple juice, soy sauce, olive oil, maple syrup in a medium nonmetallic bowl. Slice tempeh into strips about 4 by 1 by 1/4-inch, place in a single layer on baking dish. Pour apple/soy/ oil mixture on top to cover as best as possible and sprinkle with minced garlic; bake 45 minutes, turning once, until most of the marinade has



been absorbed. Remove from oven and let cool.

2. For the horseradish cream, In a blender combine cashews and 1/2 cup water. With motor running, slowly add as much additional water as required to make a smooth thick sauce. Stir horseradish into cream and season with salt, to taste.

3. To make the roulades, thaw phyllo if necessary in the package overnight in refrigerator. Preheat oven to 350 F.

4. In a bowl, toss carrots and parsnips with 1/4 cup of olive oil and salt, then place on a baking sheet and roast about 30 minutes, or until tender. In a large skillet over medium-high burner, heat 2 tablespoons of oil and sauté mushrooms a few minutes to release juices. Drain off liquid and set aside to cool.

5. Unroll phyllo, being sure to place a damp dish towel over sheets you are not immediately working with to keep them moist and supple. Place a little olive oil in a small bowl and set aside, with a pastry brush ready.

6. Lay 1 piece of phyllo on a clean cutting board and lightly brush with oil. Repeat with 2 or 3 additional sheets of remaining phyllo placed on top of the first, brushing oil between each layer.

7. Spread about 1/4 of the mushroom filling along the longest end of the pastry positioned closest to you, leaving a 1-inch margin along the edge closest to you and about 2 inches at either end. Follow with a layer of baked tempeh, julienned carrots and parsnips. Sprinkle with fresh herbs, salt and pepper. Roll it into a log shape by first folding the ends toward the centre, then roll up and place on a lightly oiled baking sheet seam-side down. The roulade should be about 2 inches in diameter. Repeat with remaining phyllo sheets and filling to make a total of 4 roulades on the baking sheet.

8. Brush rolls lightly with olive oil. Roulades may be frozen, then wrapped at this point to use later. If reheating, do not thaw before baking. If using immediately, bake 30 to 40 minutes, or until crust is lightly browned.

9. To serve, cut baked roulade into sections, 8 to 12 per roulade, and serve with horseradish cream, cranberry sauce to garnish, and seasonal vegetables.

'I don't understand why some people think "healthy" means "no flavour". You can have both!'

Caroline