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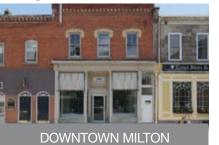
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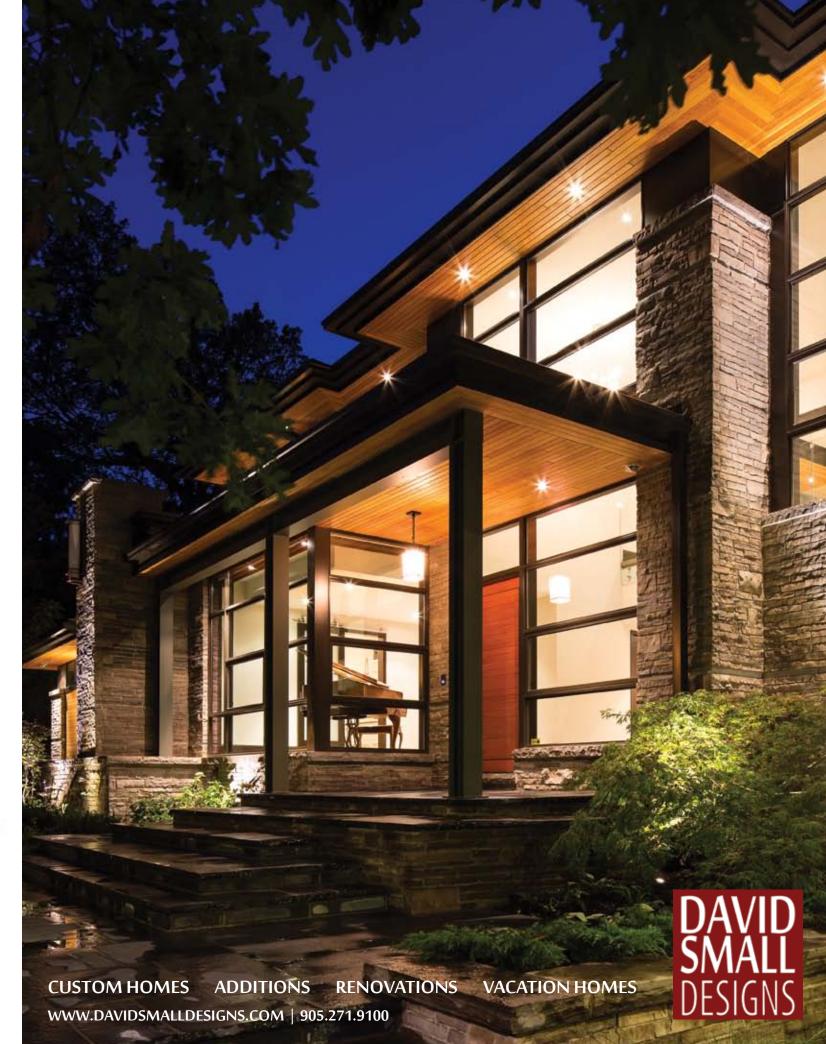
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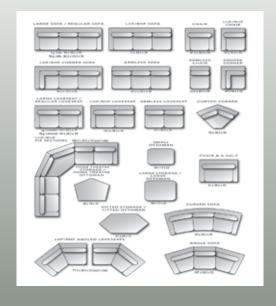
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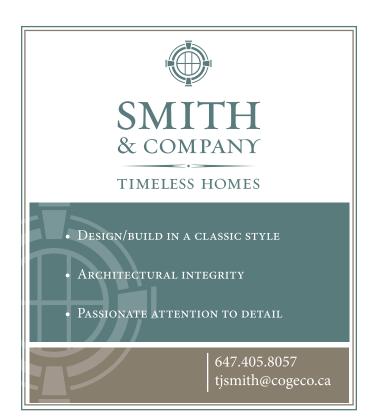


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editor's note



HAPPY ANNIVERSARY TO US! It's been a great year for OUR HOMES Oakville and Burlington. We're fortunate to have a region full of talented designers, builders, and business owners who have

embraced OUR HOMES and played an instrumental part in adorning the magazine with a style and beauty that leaps off the pages.

We've graced the hallways of many beautiful homes thanks to the open doors of our welcoming homeowners. You have my gratitude. The effect of allowing us to peek into your windows lasts long after we're gone. In fact, social gatherings often have me reaching for past issues to once again point out a fabulous chair or distinctive detail from one of our homes.

In touring so many beautiful abodes, I've learned it's about having a keen eye to put the right details together for spectacular results. Recently, I mustered up the courage to throw some colour into my space, and voilà! I finally caught a glimpse of how amazing I always knew it could be.

It's great when things come together, and come together they have for the homes in this issue. Designer Tracy Ray helped the Walton family achieve a relaxed charm and sophistication with an extensive reno on their Oakville home.

If you're looking for that special something to pull your space together, check out our Comfort Zone on Springridge Farm. Their 1880s barnturned-gift shop is brimming with unique and beautiful pieces. With the annual Fall Festival around the corner, there's something for everyone in the family.

As always, our sensational Style Picks are sure to add a little heat to any space as the temperatures cool. Sink into the cuddle chair from In House or warm your walls with Farrow & Ball paint from Anderson Carpet and Home.

I look forward to showcasing more homes and products that will help make your space come together, one detail at a time.

Gina Makkar, Managing Editor gina@ourhomesmagazine.com

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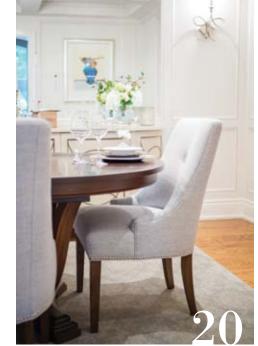
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Fabulous DIY

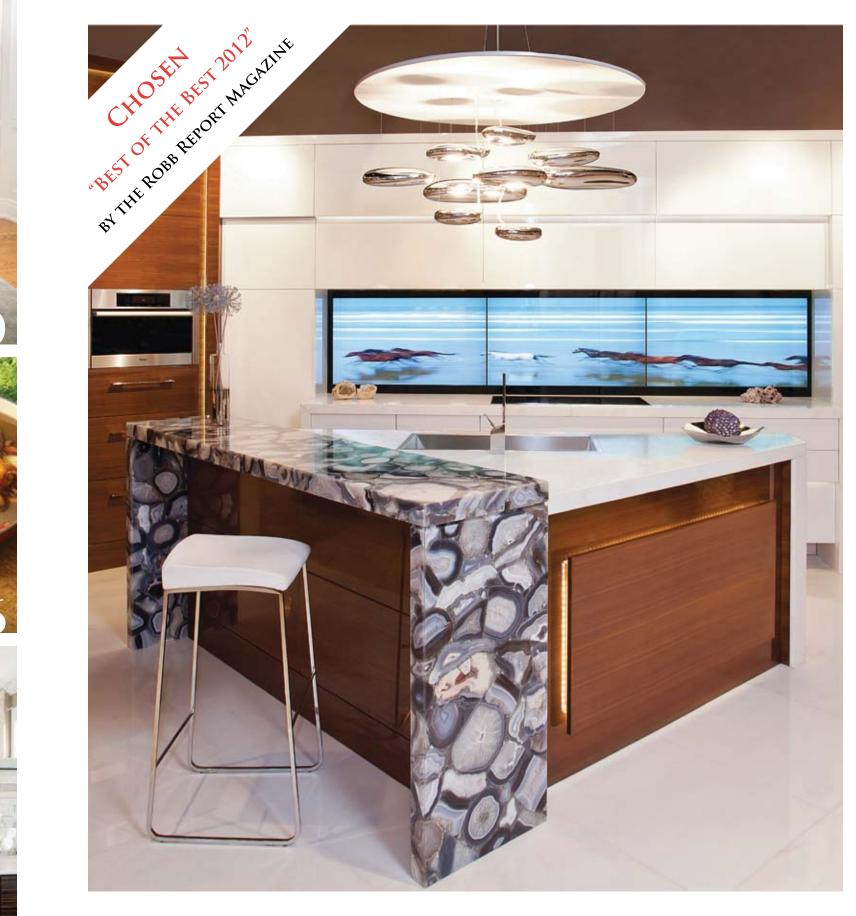
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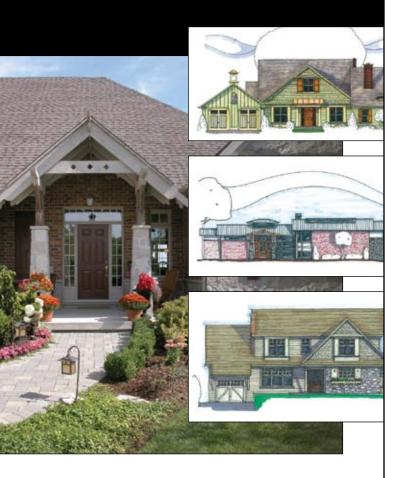






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advice

BATHROOM renovation

I would like to renovate my bathroom and make it more contemporary in feel, but I would prefer not to waste my existing vanity. Is it worth keeping and will I be married to its look if I do? – Helen

A bathroom renovation can be one of the most satisfying changes you'll make in your home and well worth the effort for both enjoyment and value. The key to this project (as always): Planning, planning, planning!

You can certainly give your vanity a facelift, changing the look and feel entirely, but it's only worth it if the piece is good quality to begin with. Also consider the amount you would truly be saving. In order to update that vanity, you need to send it to a refinisher, incurring a delivery charge plus the cost of refinishing. If you decide to purchase new, look into donating it for a tax receipt to offset some of the cost.

WHILE THE WALLS ARE DOWN..

There are lots of small cavities within your walls that can be made into storage spaces. With 16" between the studs, that leaves at least 10" (a safe measure) for the interior of a tall and skinny storage cabinet. Q-tips, soap lotions – all of these smaller items can be tucked into a convenient cabinet.

The same rules apply within the shower. Measure the largest bottle of shampoo that you would typically have on hand and design around that. Make sure the shampoo recess within your shower is large enough and has an extra shelf for soap and razors too. These can be tiled or made out of stone as a single unit and slipped into place. Glass shelves also work well, but I recommend thicker than standard to give a weightier look.

If you can squeeze a linen closet into your room, this will be a huge asset. Towels, toilet paper, plunger (measure the height and make sure it tucks discreetly under the bottom shelf) – all items remain hidden but still within the room for easy access.

UNDER THE GLOSSY FINISHES

The finishing touches are always the most fun, but don't forget about what goes on underneath them. If your floor was cold, consider radiant heat. This can be done with an electric pad that's set on a thermostat. It's a minor upgrade but feels like complete luxury.

HINT: Don't forget about accessories to complete your look:

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Designer Stephanie Redmond answers your questions.

If you didn't have good air circulation, now is the time to rectify that problem. Add a fan or re-route your current venting while the walls are exposed. Have an unwanted bulkhead? Maybe now is the time to see if that can be eliminated. Think while it's open. You won't fix it once you've finished.

THE FUN PAR

Whether you've kept magazine clippings or have a Houzz.com account, study your images to assemble the look and feel. Choose finishes for longevity, even if it means spending a little more than anticipated on one or two things. Spend on countertops and quality trades; save on items like mirrors, lighting and hardware. The best way to make these decisions? Go shopping and see what's out there! Suppliers are happy lending samples to take home and look at in the space.

Here are some tips to achieving a modern look

- 1. Run your floor tile into the shower and eliminate the 'curb' (the step up into the shower).
- 2. Use a linear drain at the edge of the shower (these can be pricey, check your budget).
- 3. Consider a "floating" vanity (no legs) that is mounted to the wall.
- 4. Fill the space above the vanity with mirror rather than using a decorative piece.
- 5. Investigate wall-mounted toilets and freestanding tubs.
- 6. Choose small, simple sconces.
- 7. Use wall-mounted faucets set into your backsplash.

Creating a more contemporary look comes down to simplifying the aesthetic but the key is to do it well. Good quality finishing and well thought-out details make or break a project. So, can you re-use that existing vanity to create your modern look? Likely yes, but you better start planning! **OH**







style picks



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"Everyone must take time to sit and watch the leaves turn." - Elizabeth Lawrence

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IN HOUSE

(4) Cuddle Chair

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ELIZABETH INTERIORS

(6) Side Table

Transform your space with a little vintage appeal. The smooth marble top, carved details and silver finish of this side table add a glimmer of sophistication. Gilded gold accents and French provincial-style drawer pulls add whimsy and charm. 409 Brant St.

Burlington 905.333.6670

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Each year, *MoneySense* magazine highlights the top places to live in Canada, and Oakville consistently makes the grade. For almost 200 years, the town has been a drawing card for couples like Fulvia and Roland Walton who bought their 3,700 sq. ft. Oakville home 15 years ago.









They were captivated by the quiet streets, proximity to Toronto, the lake, and a rare American chestnut tree at this delightful place to call home.

Recently, renovations to the kitchen, great room, living and dining rooms were done. The couple briefly contemplated moving, but with the home nestled on an idyllic lot, they decided to let the reno work its magic. Although Fulvia has superb design sense, she wanted an expert onboard. After viewing the home of designer Tracy Ray, owner of **Unique Ideas**, Fulvia was sold. "I loved Tracy's style from the get-go," Fulvia says. "It's in synch with mine – clean lines, symmetry, interspersed drama, with the onus on comfort, and she really listened to what we wanted. We didn't want a design that was too precious, we wanted to live in the house, not tiptoe around. Tracy understood this."

As if to make the point, her small dog suddenly leapt onto a gorgeous Bergère armchair. "He's not usually allowed to do that, but you get the picture," Fulvia smiles. To oversee the reno, Tracy brought in **Stuart Riley** of **BRS Construction** (partner with HGTV's Bryan Baeumler). Stuart is

known for his ability to combine classical and contemporary architecture for a holistic approach with timeless appeal.

"It's a north-facing house, so Fulvia and Roland wanted to bring more natural light into the main living areas," says Tracy. Working from her design, Stuart tackled structural changes first. Across the main floor, raised solid panels were added to walls to create drama. Square-cut doorways were arched and made deeper to let in light. Beautiful trim work, crown moulding and taller baseboards by Jay Hackett now run throughout. In the dining room, a stunning plaster-coffered ceiling replaced the original flat ceiling. The white trim and zen-like palette on the walls allows architectural details to shine. The original oak floors were refinished by <code>Oakwood Floors</code> in a natural stain. "When working within the confines of an original build, the challenge in a reno is to maintain a harmonious balance between what's kept and what's changing; the structural mathematics must result in a seamless, aesthetically pleasing outcome," says Stuart. Continued on page 22

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feature



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In the new kitchen, the couple wanted a space for optimum workflow and fluid entertaining. With a great reputation, Oakville's **Top Notch Cabinets** was a perfect fit for the reno. "Fulvia is a serious cook who would one day like to host a children's cooking school in-house, so a durable, low-maintenance design was essential," said Tracy. Two windows frame the cooking area and bring symmetry and light. The colour flecks in the white Italian Statuario marble backsplash by **Stone Edge Marble and Granite** are picked up in the beige striations of the creamy Buttermilk Caesarstone island top.

Bevelled white shaker cabinets are dressed with satin-nickel knobs and

pulls. An open upper section of cabinets showcases celeste blue accessories – a jewel-coloured jolt in a tranquil kitchen oasis. The generous eating area with its tall windows is an ideal spot for relaxed family meals. The kitchen table was refinished in walnut. Easy-care slipcovers were added to the chairs. "With kids and pets, slipcovers are easy and I told Tracy we're too busy to be too fussy," Fulvia laughs. Valerie Thompson of Top Notch Cabinets describes the kitchen as a transitional space marrying traditional elements such as stacked cabinets and turned legs on the island with the contemporary appeal of slab-door cabinets and an oversized stainless hood surrounded with a more traditional wood surround. Continued on page 24

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In the great room off the kitchen, full-length windows tower and spill sunlight into the casual but chic interior. A whimsical twig base supports a glass-top table from **Cocoon Furnishings Inc.**, and an oversized leather ottoman was fitted with a celeste blue tray top. Dated millwork and trim were replaced with more modern lines and floor-to-ceiling pillars were converted from round to square. New hardwood was stained to match.

The living room reno transformed a dark, relatively unused space to a light, airy, room that tempts one to linger. "We lightened the walls with warm greys, added patterned fabrics, pops of cheery yellow and reframed the couple's artwork to suit the updated look," says Tracy. Custom mirrors from **Continental Mirror & Glass Co.** flank the updated gas fireplace. A freestanding bookshelf was built in and painted dark grey for contrast. Two existing Bèrgere chairs were reupholstered in a striking floral fabric. A textured wool area rug from **Anderson Carpet and Home** ties the look together. Continued on page 26

LEFT: Yellow accents add a little verve to the lovely greys in the living room. Built-in shelving is a showcase for beautiful books. **BELOW:** Floor-to-ceiling windows veiled with soft drapery blend effortlessly into the soothing neutral palette in the cosy family room.











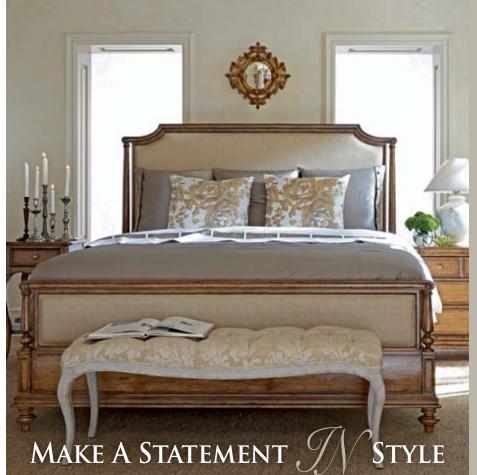
LEFT: The dramatic waffle ceiling and intricate wall mouldings create a beautiful backdrop for elegant evening entertaining. BELOW: The master bath is bright and fresh with large windows and water blue accents. BOTTOM: French doors in the master bedroom open to a beautiful view of the backyard. Soft fabrics create a tranquil space.



Soft grey dining room walls are inviting and sophisticated. A custom dining table made by Cocoon Furnishings anchors the room. Upholstered chairs complement the table. Polished nickel accents on the wall sconces, bar cart, trays, hardware and the chandelier are elegant room jewelry.

From day one, Tracy's style resonated with Fulvia and Roland, creating a successful reno. In some ways a designer has to be a chameleon, adapting to and anticipating the desires of a client without imposing her own personal style onto the work. "The most important part of my job is listening, balancing what I know about good design with what my clients need to make them happy," says Tracy. Fulvia and Roland can certainly be classified as happy clients. **OH**







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THE PRICE IS RIGHT

BY TERRY SMITH // ILLUSTRATION BY SHEILA BRITTON

When preparing to sell your home, there are several factors that need attention to ensure the best price. These can include painting, cleaning, repairing any damage; maybe even staging. These all require a realistic assessment of your home from the buyer's perspective. We all seem to be adept at this part of the selling process, to greater or lesser degrees. Many of us have seen enough HGTV shows to "train us" to see our home with a more critical eye and accept that maybe it could use a bit of a lift!

But when setting the price, realism sometimes goes out the window. This is partly because we live in a fairly robust real estate market which, over time, can lead to the expectation of unrealistic price inflation. And for many of us, our home is our biggest asset, so our perception of price is charged with emotion. What we wish for can overpower our ability to judge the truth of our home's value. "The house down the street sold for X-amount of dollars, and our house is much better than that house..." We've all said it. But is it true?

Maybe not. Yet setting a realistic listing price is probably the most important factor in getting the best price for your home. This might seem counter-intuitive. After all, pricing high feels good. It helps reinforce our wish in terms of the value of our home. Just seeing that asking price gives us a sense of wellbeing. But alas, this is usually an illusion - an exercise in short-term pleasure for long-term pain. It usually ends in selling for less than if the starting price was more realistic.

DON'T FALL INTO THE TRAP.
SET THE RIGHT PRICE FROM THE START!



How can this be, you say? After all, if the market tells us the price is too high, we can always drop it after awhile. But if we start lower, we can never raise the price later! We don't want to leave money on the table. This logic is tempting, but is usually flawed and can lead to trouble.

At any given time, there is a certain pool of potential buyers actively looking for a home like yours. Some are working with an agent who keeps them informed about new listings on a daily basis, some track the local Real Estate section, others check MLS online regularly. All these buyers will see your listing within the first few weeks or at most within 30 to 60 days. If it is priced realistically, these buyers will seriously consider your home during this period. You could have the potential for interest from multiple buyers. But if you are priced too high, this pool of buyers will largely ignore your home and the first month or two will pass with no buyers stepping forward. Many will have gone on to buy other homes, while perhaps a few might be on the sidelines waiting for your price to drop. Not good.

Then what happens? Unless you want to deal with one of the price shoppers on the sidelines, you will have to wait for new buyers to enter the market. This is a process that by definition happens gradually, one buyer at a time. You will not have the benefit of the large pool of buyers you had when you first listed. The buzz of a new listing and the attention it creates will be gone. So the wait might be long. Notice how long some For Sale signs stay up? And the longer you're on the market, the more chance your listing will be perceived as "stale" and you might then need to make a price reduction to coax some interest.

Don't fall into the trap. Set the right price from the start! Ask your agent to give you a detailed and realistic assessment of where your home should be priced versus comparable properties, not just what they know you want to hear. Then resist the temptation to price higher. You'll be glad you did. Price it right from the start and you may have a little short-term emotional pain but long-term pleasure in a higher SOLD price! **OH**



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HOME GROVN

BY TERESA BAERG PHOTOGRAPHY BY JASON HARTOG



THE PLACE: Nestled against the Niagara Escarpment, Springridge Farm has been in the Hughes family since 1960. Although they originally harvested sour cherries, farmers John and Laura began to grow strawberries in 1979 and opened their doors to the public. Today, in their 1880s barn, they sell a wide assortment of items,

from home décor and fashion pieces to cookbooks and artwork. The bakery serves lunch and baked goods and is famous for mouthwatering gourmet preserves. Jams, pickles, chutneys, mustards, honey and more are all prepared from the harvest.

THE STYLE: Home décor items in the gift shop are classic yet unique pieces that Laura believes will remain in style for years. "Customers are looking for inexpensive ways to create an atmosphere and decorate their homes," says Laura. Stoneware made by local artisans, such as Pavlo Pottery in Rockton and Hilborn Pottery in Cambridge add character to a space. "We've always felt when we've done something, we wanted to be able to do our very best at it," says Laura of the pies and pastries baked daily, using recipes handed down by Laura's mother-in-law 30 years ago.





WHAT'S HOT: Springridge loves to romance the seasons. Families can experience the farm, enjoy lunch with a view and purchase a variety of seasonal treats like strawberry pie in spring and pumpkin pie in the fall. To celebrate the Queen's Jubilee, Springridge offered its wildly popular Diamond Jubilee Jam. Homemade granola is a bestseller, and cookbook author signings are crowd-pleasing events. John and Laura continually seek to reinvent the farm by listening to what customers want.

FAVOURITES: Their greatest pleasure is watching three generations of family come together and enjoy the farm. John says



WHERE: 7256 Bell School Line, Milton, 905.878.4908 www.springridgefarm.com он





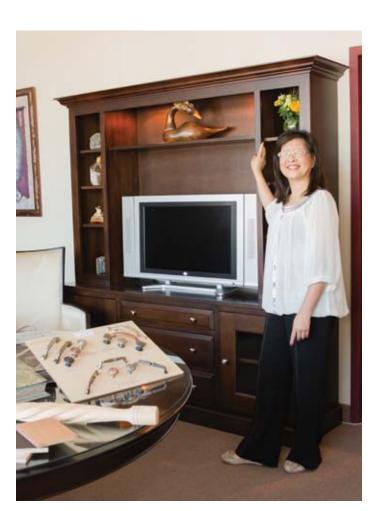


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Finishes

BY GINA MAKKAR PHOTOGRAPHY BY JASON HARTOG

Like a blank canvas that turns into a masterpiece, details bring a room to life. Fabric, colour, texture and lighting create an atmosphere and make a house a home. Let this season's local talent inspire you and bring your vision to life, both inside and out.





▲ Stan Jablonski and Carrie Parris

Budget Blinds

what's hot in window coverings? Shutters are always in style. Solar and roller shades maintain a simple yet functional look that blocks UV rays and reduces solar heat gain. Draperies with grommets are simple and effective. Floor-length draperies graze the floor like a well-tailored pair of trousers. Fun patterns create a sense of whimsy.

WHY ARE WINDOW COVERINGS IMPORTANT? In addition to privacy and light control, they provide energy efficiency and add an element of design. They create the personal statement that makes a house a home.

ADVICE: Identify your expectations, research your options, know your style, and know your dealer. Due diligence on price, quality and service will give you the best value for your dollar.

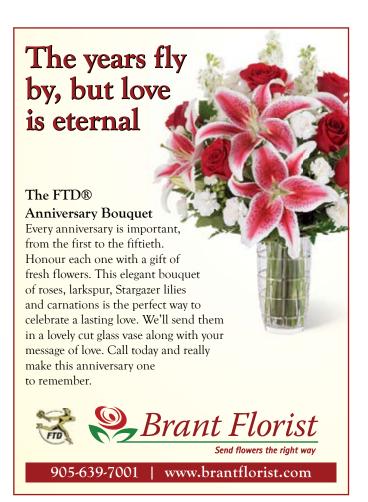
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WHAT IS NEW AND EXCITING IN FURNITURE? Furniture today is multifunctional. We design pieces like wall units to look beautiful and tuck things away to create a tidy space with instant impact! Continued on page 34





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WHAT SERVICES DOES UNCOMMON **GROUND OFFER?** We offer more than garden and landscape design. We guide you through every step of the process, from a three-dimensional concept and material selection to implementation. Uncommon Ground doesn't stop at a sketch.

WHAT SHOULD PEOPLE KNOW ABOUT LANDSCAPE DESIGN? Plants are only a part of landscape design. Patios, decks and pools impact the flow, use and maintenance of properties. Planning a landscape design early can save thousands of dollars during construction. Designing up to six months in advance can solve construction issues and help stay on budget.

WHAT MAKES A GREAT LANDSCAPE? It is not about how much, but how little is in a great landscape that makes a property look great and function well. It's an extension of the architecture and lifestyle of those who call it home.





David Mackie and Vivien Calvank **Gerrie Lighting Studio**

WHAT IS NEW IN LIGHTING? Sustainable products, organic style lighting and LEDs continue to take the spotlight.

WHY IS GREAT LIGHTING

IMPORTANT? Lighting can achieve many things in a space: function, drama, beauty and inspiration. It is important to layer light to achieve the desired effect by using task, accent, ambient and decorative lighting. The results can be amazing.

ADVICE: When lighting a variety of rooms and landscapes, consult a designer or lighting consultant who can assess your needs and help choose appropriate fixtures to suit your lifestyle and budget. OH

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house of dreams

BY KRISTIN FITZGERALD-ZITA // PHOTOGRAPHY BY JASON HARTOG

Nestled next to the magnificent Niagara Escarpment, Burlington's newest residential community of Alton Village is a beautiful neighbourhood with no shortage of curb appeal.

Designed with a focus on good urban planning and stunning streetscapes, Alton Village is a place where dreams can easily come true. Deep in the heart of the community on a lovely, quiet street is a house made of style, drama, warmth and, just maybe, a little bit of stardust.

Homeowners Michael and Raquel spent six months turning their 4,400 sq. ft. home into a one-of-a-kind wonderland, blending contemporary and traditional design to create a perfectly balanced fusion of style and functionality. The home was crafted by one of the leading homebuilders in the area, Fernbrook Homes. Michael and Raquel's companies Meticulous.ca and CostaRei Designs customized the interior and added personal elements to make the remarkable home even better.

From the moment you step off the stately wraparound porch and through the red-trimmed frosted glass doors, you're treated to a little bit of magic that sets the tone for the rest of the house. A wall of diagonally set mirror tiles plays with the light streaming in from two large front windows, reflecting back tantalizing hints of the impeccably appointed office and the cosy family room it faces.

The family room, Raquel's favourite spot in the house, boasts a custom-designed dove-grey couch made specifically to fit the space. Ten people can comfortably snuggle in to watch movies on the 100-inch automatic projection screen with built-in 7.1 surround sound that magically drops from behind a valance. Elegant cream and beige damask wallpaper on the room's feature wall is a bold but chic addition to the otherwise contemporary space that both softens and warms the room.

Dark chocolate, crosscut bamboo flooring provides a luxuriously rich path that runs throughout the house, pulling you across the foyer from the family room and into the eclectic office space. There, a decorative polished tree stump sits below a crystal-bedecked light fixture that drops from the centre of a dramatic coffered ceiling. The neutral walls and pale gold curtain panels provide the perfect backdrop for the drama created by the marble-topped dark lacquered desk and credenza. The homeowners designed both pieces. Metal and glistening chrome accents complete the contemporary workspace.

Continued on page 38









OPPOSITE: The family room is rich with a myriad of soothing grey tones and textures. An oversized sectional provides plenty of space for the family to cosy in for movie night. TOP: Grey and cream wallpaper in the family room adds a dramatic focal point. LEFT: A one-of-a-kind tree stump table and curved leather chairs create an intimate space in the office to conduct both business and pleasure. ABOVE: The dark lacquered desk and credenza in the office contrast beautifully with an interesting area rug.

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From the office, the open concept layout of the main floor allows you to see into Michael's favourite space. The kitchen is a modern masterpiece with sleek, creamy white floor-to-ceiling cupboards by **IKEA**. A long island, topped in honed white Carrera marble, features both a standard and prep sink as well as 10 soft-close pot drawers.

Like the family room, the kitchen is softened by the delicately textured wallpaper in a delicious shade of milk chocolate that warms the room and whets the appetite. A chrome and glass table expands to seat 20 guests. A gas fireplace feature from BioFlame is mounted on a dramatic cream stone wall. Continued on page 40







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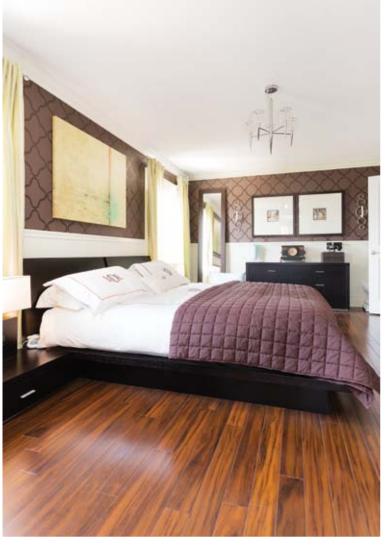
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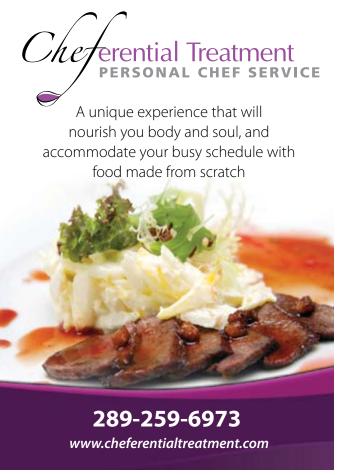
TOP LEFT: A variegated natural stone wall is an eye-catching focal point in the master bathroom. ABOVE: The lower level family room includes areas to relax, craft and play. **ABOVE RIGHT: White** trim beautifully contrasts the bold brown geometric wallpaper in the master bedroom. RIGHT: Every inch of space is used, including the temperature-controlled wine cellar located in the headspace below the home's wraparound porch.

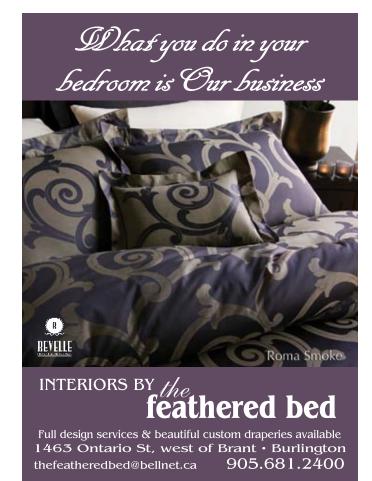


While the kitchen is a functional room designed to the hilt, the real reason Michael favours this space is because it leads directly into the home's two-car garage that doubles as a cigar lounge. The ultimate man cave, the garage is triple heated and features a 300 CFM ventilation system, two cosy leather club chairs, a wall mounted LCD TV, and an espresso bar. There is even room to spare for a car and a few motorbikes.

The basement – where crafts are made, games are played, and homework is done – is similarly well appointed. Not just a play space for kids (although there is a sweet little hideaway beneath the stairs meant just for wee people), the basement boasts a wine cellar with enough space for 600 bottles, a tanning bed, and a spa series sauna with built-in sound system. A gorgeously designed nanny's quarters, complete with kitchenette, private bathroom, walk-in closet and computer nook, can also double as a luxurious guest suite.

Upstairs, four stunning bedrooms have been meticulously crafted to become not just rooms for sleeping, but retreats that soothe and restore both body and soul. The master en suite, with a magnificent rock wall in pale shades of mottled ochre, two smoked glass bowl sinks, and a deep soaker tub, is more of a spa than a bathroom. Continued on page 42



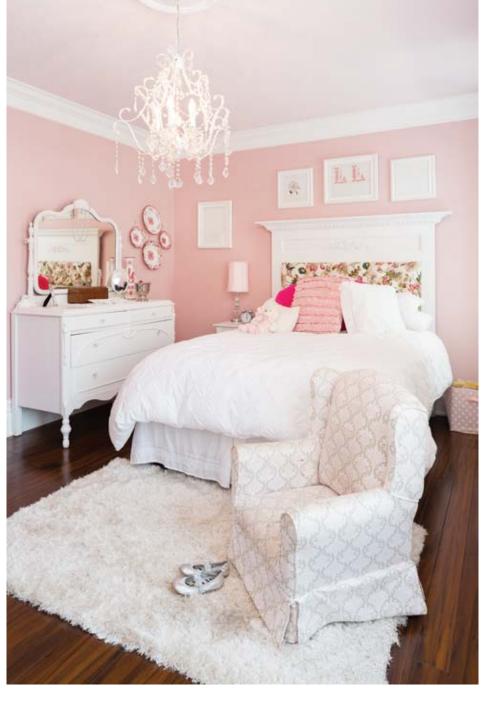




RIGHT: The sparkling chandelier and floral headboard in this pretty pink room provide everything a little girl needs for the sweetest of dreams. BELOW: White accents, like a vintage-style dresser and crisp drapes provide beautiful contrast to the pops of pink throughout the room.







the couple's daughter. A sparkling chandelier, sweet candy-pink walls, white vintage dressers, and a fireplace mantel-inspired headboard designed by Raquel fill the room with a touch of magic appreciated by princesses young and old.

Without question, this house is a true dream home. However, it was never meant to belong to the family that conceived, built, and designed every fabulous inch of it. Michael and Raquel created it to

Perhaps the dreamiest room of all is the bedroom that belongs to ecouple's daughter. A sparkling chandelier, sweet candy-pink walls, reach for their own.

As co-owners of their two businesses, the couple has been buying, decorating, landscaping, and selling their magnificently upgraded homes in Alton Village for the past several years. Their ultimate goal is to one day build their very own mortgage-free forever home. But in the meantime, this talented duo is content to make dreams come true for others. And they most certainly do. **OH**

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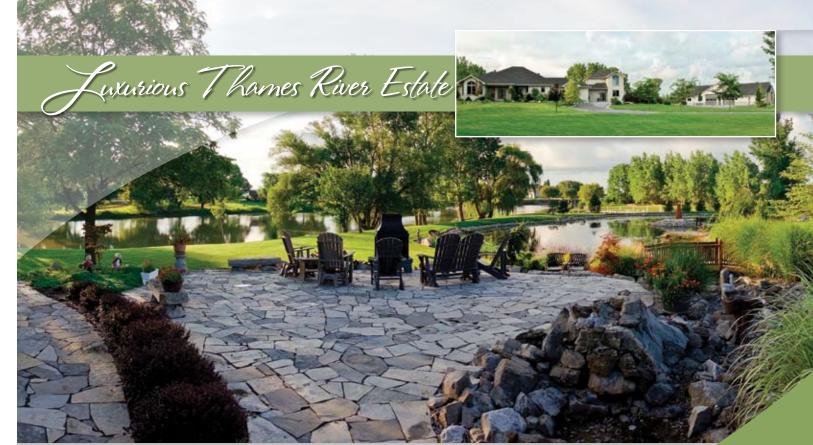
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Braising WITH WINE AND BEER

BY TONIA WILSON

I adore the fall. For me it is a sentimental season, a time for getting cosy and enjoying family. Taking crisp walks through the woods wrapped in a favourite wool sweater, enjoying the changing colours of the leaves. Even my cooking gets more homey and heartfelt. The lean cuisine of summer is replaced by heavier meats and sauces, breads and cheeses. Bigger, bolder red wines start to get poured again and I have a tendency to return back to the classic recipes of Europe with all the flavour and tradition they have to offer.

One of my favourite methods for preparing food in the cooler months is braising – used for many of the classic dishes of Europe. Some celebrated examples are Boeuf Bourguignon, Coq au Vin, Sauerbrauten, Osso Buco, Goulash, Carbonnade Flamande, and the list goes on.

In its simplest form, braising means to cook an item by slowly simmering it in flavourful liquid. The item can be a protein such as beef, lamb, fowl, game, etc. or vegetables such as artichokes or carrots. The liquid often consists of broth, and beer or wine. The meats used in braises are tougher and less expensive, but yield succulent results. I love the fact that a few inexpensive ingredients can turn into a sublimely tasting meal, all that is needed is a little patience and the result is truly worth the wait. Time is really the only thing that will allow the meat to fully achieve the tenderness it is capable of.

I also have a weakness for a dish with history, and typically these classic braised classics have at least one hundred years behind them. Take Boeuf Bourguignon for instance, originally a peasant dish from the region of Burgundy in France. Stripped to the basics, this is a humble beef stew. It originated over one hundred years ago and would have been prepared with a coarse, tough piece of beef, pearl onions and mushrooms. The classic recipe calls for lengthy braising in a full bottle of Burgundy (which is made from Pinot Noir, and nowadays will cost you at least \$50 a bottle). This dish began as a farmer's meal but over time gained gourmet status on account of its incredible taste.

Lastly, I love braised dishes because they can incorporate loads of flavour through the use of wine or beer. Think of all the flavours in a big, juicy Cabernet Sauvignon, then think how great your lamb shank would taste bathed in it. The same holds true for beer. There are so many beers that are packed with flavour, and by adding them to the pot you'll be adding all their flavour to your final dish.

The best way to get comfortable with braising is to find a simple beef stew recipe that calls for wine. The Internet is an amazing source for recipes. Once you feel comfortable braising with wine, you can try beer.

To the left is a short list of beers and wines that work wonderfully with food. Leftover wine works well, just remember the general rule that if you wouldn't drink it, don't cook with it on



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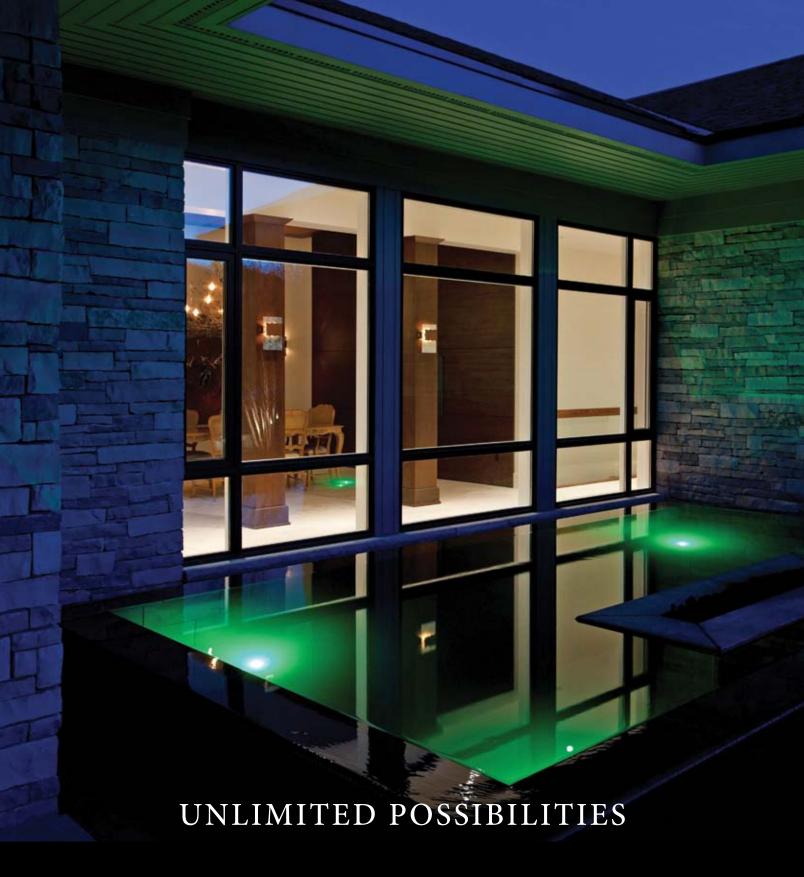






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