

Gourmets' resort rates 'Magnifique'

By TOM DONOGHUE

VAL-DAVID, QUEBEC—One word describes Hotel La Sapiniere: Magnifique is this resort, gourmet center, 60 miles north of Montreal in Canada's Laurentian Mountains. During a ski week in the Laurentians at Gray Rocks Inn in St. Jovite in the Mont-Tremblant area, an evening at La Sapiniere can't be overlooked. "Unashamed luxury" is the keynote of La Sapiniere, one of 16 resorts in the Laurentians. The Quebec Ministry of Tourism has given it five fleur-de-lis in the official Hotel Guide (only two other re-

sort hotels in the province have this rating).

La SAPINIERE also has received the highest possible rating of three forks to show the excellence of its food. And to complement the "three forks" it has a wine cellar unmatched in Canada with more than 200 selections, most of which are not available elsewhere.

But for this sports writer in the Laurentians on a ski junket, one fork and one bottle of wine proved to be enough to handle.

Jacques Brule, master of reservations and conventions for La Sapiniere, first greeted me.

Chef Marcel Krutz quickly appeared with a tray of herring, shrimp, and Tartare, Camembert and Gerardmer cheeses.

La Sapiniere is "home" for the Montreal Canadiens during hockey playoff time, and Brule quickly added, "When the Canadiens make the playoffs that is."

AFTER A tour of the hotel which accommodates 120 guests, it was into the dining hall and an introduction to Maitre Christian Simon.

From an appetizer card that also included burgundy snails, malpeque oysters, melon, leek vinaigrette, herring filet, smoked salmon and oxtongue



The Cave Lounge offers wine and cheese and special kind of decor that makes you feel like drinking more wine and tasting an extra wedge of cheese.



La Sapiniere—Five Fleur-de-lis strong

said I chose chicken liver pate en croute with truffles.

Next came a selection of French onion soup over consommé aux pales oyster soup, chaled vyhossone and vegetable sauce.

The wine manager, attired in a colorful costume complete with tasting apparatus, entered the scene, and after glancing through a 24-page wine list, the selection was Mouton Cadet.

Next came the main dish. My choice was roast prime rib of Canadian beef au jus with fresh horse radish. The 12 other mouthwatering picks were braised or boiled live lobster in drawn butter, cheese omelet, scampis provencale au gratin on rice, filet of fresh dore amandine, fresh salmon trout meunerie, grilled beef fillet brochette with natural brown Arkansas rice, also grilled Canadian lamb chops, chicken in red burgundy wine, veal cutlet saute cordon bleu, calf's

sweetbread saute grenobloise, cold half lobster mayonnaise garnished, and cold roast beef.

Then there was the pick of roselle or baked potatoes, buttered fresh green beans, ratatouille a la normoise and chocky vinaigrette.

THE DESERT LAY consisted of everything from a cheese tray to French pastries to stewed rhubarb. And to cap off the meal there was a lime blossom-mint infusion to drink.

The cost of the meal: \$11.90. A different menu is prepared every day and you may select from the varied list depending on your taste.

The resort which has tabbed itself as somewhat of a "honeymoon hotel" charges \$28 to \$48 for single and \$30 to \$55 for double rooms a day. The resort does not offer a ski week but does sport cross country skiing and plans for nearby ski centers.

PERHAPS THE most intriguing item at La Sapiniere is the wine cellar, which I was able to tour following the dinner. Below the dining hall there is a cave like setting of little round tables with small legs as chairs.

This is where guests may sample wine and cheese. Off the cave lounge is the wine cellar where more than 16,000 bottles of wine are kept at a temperature between 55 and 57 degrees.

The wine prices vary from \$4 a bottle for Canadian Jordan Valley wine to \$200 for Romanee Conti. There are more than 200 selections of wine, 50 per cent of those from France, 30 per cent from Spain and the remaining 20 per cent from Germany, Italy, Canada and Portugal.

The resort is impressive, the wine cellar admirable and the food sumptuous.

Cuisine and Duglass

Tradition perpetuates pleasant memories

What would our lives be without tradition? What terrible fatigue would overwhelm humanity if it only had to concern itself with the future?

Tradition represents a momentary pause in our course of toil, repose and the backward glance toward the past, the remembrance of today and yesterday. Tradition brings back to life those whom we have loved, those to whom we owe the present and the future.

What, after all, is a museum? It is just an exhibition of monuments of the past. In every age civilized men collected mementos of the past so that living and future generations could draw from them inspiration founded on a solid base.

Daily life is a struggle. Tradition is peace of mind. And that is why we continually create new traditions by instinct if not through feeling. All artistic manifestations are somehow based on tradition.

TRADITION PERPETUATES the moralistic religions. Tradition elevates everything it touches. Tradition even directs the art of eating. Each country has its own culinary tradition even if it only consists in the arrangement of meals. An English breakfast is quite different from the French cafe au lait. Why? It's not due to climate because the English breakfast will follow an Englishman to Bangkok. It is tradition which makes the French eat crepes on Shrove Tuesday. It was tradition which, for centuries, obliged Russians of all levels of society to exchange hard-boiled eggs at Easter as we do here in America. By following traditions we commemorate those who have transmitted them. We bring back to life those who are no longer with us and we perform a good deed, since the dead are not altogether dead as long as there are those amongst the living who evoke their memory.

THESE ARE the famous words of author Dr. Edouard de Pomiane, renowned for the book "Cooking in 10 Minutes" and his scientific knowledge of food, however charmingly careless his approach to cooking may be. To prepare a dinner for a friend is to put into the cooking all one's affec-



By DUGLASS DUGLASS

tion and good will, all one's gaiety and zest so that after a lapse of cooking time, a wall of happiness escapes from beneath the lid.

Dover sole saute bouquetteire is just what the doctor ordered.

DOVER SOLE SAUTE BOUQUETIERE

Recipe for Four Covers (Persons)

4 frozen dover sole size 10/20
Have on hand some seasoned salt, flour and oil, margarine or butter for cooking the sole.

For the Sauce:
2 lbs. butter
1 lb. flour
2 cups cream, powdered may be used (acid)
White pepper
1/2 cup dry white wine
A pinch of nutmeg
And some salt (shaker)

Suggested Vegetables for the Bouquetteire:
Canned jumbo white asparagus
Canned Belgian carrots
Canned artichoke hearts
Baked tomatoes stuffed
Petalé Pate (small green peas), frozen
Three large silver dollar mushrooms (fresh)
Fresh seedless green grapes warmed slightly in butter and a few drops water
2 oz. imported Danish gravens or Eureka Bay shrimp from California.

Method
To make a cream sauce the consistency of liquid velvet is simple if assiduity of liquid velvet is simple if assiduity of your milk first (do not boil, it will curdle), melt the butter and add the flour. Stir and cook the now roux over a low heat momentarily.

Whip the roux with a wire whisk (mine) into the milk until it thickens. Add salt, white pepper (black will show up in the sauce), nutmeg, then slowly add the wine that has been heated with the small shrimp and mushrooms.

If the shrimp are frozen, defrost them first, then add them to the mushrooms that are sauteing in a little butter. This will create an emulsion of flavor with the wine, shrimp and earthy mushrooms.

I would add about 2 lbs. of butter for a velvety texture. However, so many people have hangups with cholesterol that I just leave it to your better judgment. Even an egg yolk and some whipping would be super. Set this mixture aside or store, however, until ready.

Method for Buying, Preparing, Cooking and Serving Dover Sole

Sole comes in different sizes. The most popular sizes are 10/20 and 20/24. The numbers refer to ounces per sole with the head on. If possible, have the postman's (fish butcher) skin and remove the head and the fine bones alongside the fish.

Cooking
In a thin black pan or copper fish pan heat vegetable oil enough to cover the pan with a dollop of butter on medium high heat. Season the sole with seasoned salt on both sides. Then dust lightly in a mixture of flour and whole wheat bread crumbs if available. Gently set in the hot oil with the splash away from you.

Turn when golden brown and set in a 375-degree oven for about six to nine minutes.

Set on your favorite flat serving dish (it should be heatproof). With a flat instrument like a cake spatula, separate the pieces by starting in the center, gently pushing the fish away from you. Pick up the bone at the widest point. It should come off very cleanly. Your guests will loosen any particles that stick.

Now you have four filets, two at the bottom together and the top two separated. Spoon the shrimp ragout, or

sauce if you like, into the center of the fish. Close it by just putting the two top pieces back together.

Heat the vegetables that you choose for your bouquetteire. Remember, however, to season them. The mixture for the sole (seasoned salt) will do nicely. Drain and toss with butter or margarine. For two interesting effects, use

vegetables of the following color:
1 Vert Fret. All shades and tints of green and white.

2 Orange-red brown yellows white and green in that order or similar.

NOTE: A tomato may be stuffed with left over shrimp pudding and a

slice of Swiss cheese. After the bouquetteire is assembled, set in the oven to reheat. Then serve and that's another story.

Any dry white wine would be honored to be served with this dish. Recommended: Redwing Napa Valley 73 California, Johanneberger Klaus Riesling Rhein 72.



Dover sole saute bouquetteire is a real expression of affection and good will.