

PERSONAL CHEF

Hole lotta love

Even when Ashley Jacot De Boinod takes a break from her busy gourmet doughnut shop, she tells Bonny Reichert, she can't resist serving up more deep-fried treats to friends at home

With her bandana and tattoos, 28-year-old Ashley Jacot De Boinod looks like she might be tough to crack, but the owner of the six-month-old Toronto phenomenon Glory Hole Doughnuts - where a batch sometimes sells out 10 minutes after it is made – is warm and vivacious, with a great sense of humour. She is also warm and vivacious, with a great sense of numour. She is also hard-working. On weekends she arrives at work at 1 a.m. to start mixing the yeast dough that will become the doughnuts – in flavours such as Butter and Toast, Elvis With Marshmallow and Kensington Brewing Co. Beer – that draw lineups down the block. But the pastry chef takes time to play, too. Usually that means having the girls over to the house she shares with her husband and treating them to a meal of charcuterie and baked pasta before, yup, a platter of homemade doughnuts. Instead of the yeast variety Jacot De Boinod bakes at work, these ones are cake, can be whipped up in minutes and are just as irresistible.

LEMON RICOTTA DOUGHNUT HOLES

PREP TIME: 20 MINUTES READY IN: 30 MINUTES

Vegetable oil for frying 13/4 cups cake flour, sifted 2 tsp baking powder 1/4 tsp salt

3 large eggs 1¼ cups full-fat ricotta (the drier the better)

¼ cup granulated sugar 1 tbsp lemon zest 1 tsp vanilla extract

1 cup powdered sugar, sifted 2 tbsp extra-virgin olive oil

Water, as needed

Heat vegetable oil in a deep fryer to 375 F or fill a tall saucepan halfway with oil and gauge the temperature with a candy thermometer. Meanwhile, sift

together cake flour, baking p and salt into a large bowl.

In a separate bowl, mix the eggs, ricotta, sugar, lemon zest and vanilla. Fold dry ingredients into wet ingredients and mix until just combined. Do not overmix. Cover wit plastic wrap and allow to rest for 10 to 15 minutes.

Using two spoons, form the batter into quentile shapes and drop gently into hot oil. The quentiles will float. Cook for about 30 to ao seconds, then turn and cook on second side until evenly browned. Use a solfted spoon to remove the doughnut holes from the tot oil and alloy them to drain on a wire rack or paper-towel-lined plate.

To make the glaze, combine the powdered sugar, olive oil and lemon juice in a bowl. Stir in water by the teaspoonful until the glaze is smootl and lump-free. Roll the doughnut ho in the glaze while they are still hot.

Makes 12 to 14 doughnut holes

WINE & SPIRITS



TCHIN-TCHIN HIPSTERS – TH RED'S FOR YOU

The wine from southern France's Faugères region is totally obscure. It's also so smooth and full-bodied, it's worth the effort it takes to get your hands on a bottle



BEPPI CROSARIOL

ipsters, those tuque-wearing young urbanites living the counter-culture dream on regular support cheques from Mom and Dad, share at least one thing in common with conservative wine geeks. They both place high subgree above the strength of the conservative wing seeks. place high value on obscurity, be it a place nigh value on obscurrity, be it a vinyl pressing of Scandinavian metal or a syrah-carignan blend from a place few collectors have ever heard of. Which sort of makes Faugères a bona fide hipster wine. I don't mean to sound cynical. Quite

I don't mean to sound cynical. Quite the contrary. It's simply that all but the keenest students of French wine are likely to know next to nothing about Faugères, an appellation in the southern Languedoc-Roussillon region near the Mediterranean shore. Very little product from the district makes it to Canada – or to anywhere outside of France for that to anywhere outside of France, for that matter. Of the big-four quality appella-tions in the vast southern crescent, it seems to be the odd man out, not nearly as familiar as Corbières, Saint-Chinian or Minervois.

I'm not sure why. My eyes light up at the rare sight of a Faugères. There is admirable consistency to the reds,

which account for a large majority which account of a large majority of the output. Blended chiefly from carignan, cinsault, grenache, syrah and mourvêdre (or, more commonly, a subset of that group), they tend to be full-bodied and smooth, with opulent fruit seemingly dusted with fresh herbs. These are consummate bistro wines, fine partners for hearty meat

wines, fine partners for hearty meat stews, roast lamb, grilled sausages and the like.

Much of the wine is grown on rugged slopes comprised of schist, a deep rocky layer that serves the dry climate well. Schist-rich soils store plenty of water, dispensing it slowly to roots, keeping the vines nourished during extended periods of low summer rainfall. They also capture day time warmth, radiating it back at night, which accelerates ripening. It all adds up to concen-

It back at hight, which accelerates ripening. It all adds up to concentrated, flavourful fruit.

A fine example of the style, Calmel + JJoseph Faugères 2009, arrives in Ontario today as part of a collection of Languedoc-Roussillon wines rolling out in Vintages stores. Warning: You may have to elbow your way past the hipsters to find it.

Calmel + J Joseph Faugères

2009, France SCORE: 91 PRICE: \$16.95 A blend of 50-per-cent syrah with carignan and grenache, this is round, nooth and generous, with supple rawberry-like fruit laced with herbs nd black pepper. Excellent value.

Hecht & Bannier Saint Chinian 2010, France

SCORE: 92 PRICE: \$23.95 Here's one meaty, complex red an excellent producer. The first dark-skinned fruit and raspberry Then it serves up a heaping helping Then it serves up a heaping helping of licorice, lavender and herbs, with charred-beef jus making an appearance on the juicy, lively finish. Lots of wine for the money, it would reward up to six years in the cellar. \$29.99 in B.C., \$22.95 in Que.

Château Saint-Roch Chimères

Chareau Saint-Roch Chimeres 2010, France SCORE: 90 PRICE: \$18.95 From the Côtes du Roussillon-Villages district near where the Pyrenees untains greet the Mediterranear Sea, the 2010 Chimères from Saint-Roch fills the mouth with its rounded texture. It is multilayered, showing succulent cherry and raspberry fruit infused with savoury

notes of thyme, lavender, mineral and creosote, and it is well-structured, with a spine of fine-grained tannins. It should improve with up to five years' rest. \$17.85 in B.C.

Château Pech-Redon L'Épervier

2010, France SCORE: 92 PRICE: \$19.95 From a prized Languedoc enclave From a prized Languedoc enclave called La Clape, this is a syrah-gre-nache blend oozing smooth plum and raspberry with lots of lavender and herbs in the mix. Lavish and invigorating. Cellar it for up to seven years. \$19.35 in Que.

Cave de Roquebrun La Grange des Combes Saint-Chinian

Roquebrun 2010, France SCORE: 90 PRICE: \$17.95 Located in the Saint-Chinian appellation not far from Faugère Cave de Roquebrun crafts this hearty tight-knit red from tannic me night-knif red from fannic mourve soft grenache and peppery syrah. It serves up hints of currant, bitter chocolate, herbs, tar and game. Great for barbecue. \$19.65 in Que

Domaine Les Yeuses Les Épices

Syrah 2010, France
SCORE: 90 PRICE: \$13.95
This big bargain took home a gold medal and a French-syrah trophy at

London. It could spar convincingly with a few syrahs from Crozes-Hermitage at double the price. Concentrated, with blackberry, current and saline black olive, it lingers with peppery vitality.

Château Tour Boisée À Marie-

Claude Minervois 2007, France SCORE: 89 PRICE: \$21.95 Almost six years old, here's a red made from syrah, grenache and mourvèdre showing attractive evolution, with cherry, old wood, thyme and hints of sweet pipe tobacco and pepper. Supple tannins carry it to a satisfying finish. \$19.95 in Que.

Château de Treviac 2010, France

SCORE: 88 PRICE: \$15.95
The texture is as polished as a cue ball, supporting nuances of plum, prune and smoked herbs. It's very ripe, at 15-per-cent alcohol, and, alas there's a bit of heat peeking through

Château de Corneilla Heritage

2010, France SCORE: 84 PRICE: \$15.95 Score: 84 Price: 515,95
Syrah, grenache and carignan form the blend here, offering up candied fruit, a floral, talcum-powder-like overtone and whiff of cayenne pepper. It's not quite my style, but I can see the appeal.

