

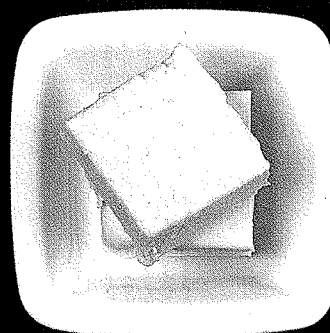
SALT SPRING ISLAND GOAT CHEESE

From the man often called the "grandfather of fine foods in Toronto," fresh, brie-style goat and feta cheeses by David Woods are finally here. Flavours range from plain—though there's nothing plain about it—to black truffle. The chèvres—creamy, smooth, not overly goaty, with a slight yogurty tang—are popping up on the best tables in the city, including Jamie Kennedy Wine Bar (page 94). *All the Best Fine Foods*, page 123.



NEW ZEALAND RATA FLOWER HONEY

With names that conjure images of exotic landscapes and ancient unspoiled pastures—rewarewa, pohutukawa, kamahi, heather, fir tree—mono-floral honeys are as much a pleasure to dream about as they are to taste. We like rata flower honey for its creamy texture (it hardens quickly and thus is rarely sold as a liquid), mild but rich herbal and citrus notes, and balance—it's not too sweet. *Honey World*, St. Lawrence Market, 93 Front St. E., 416-214-0101.

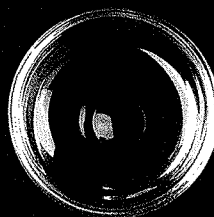


ARTISANAL BUTTER

Langdon Hall (page 81) executive chef Jonathan Gushue and pastry chef Rob Howland make this excellent butter by hand, using 38 per cent cream from Harmony Organic's herd of free-range, pasture-grazing cattle. Each batch is visited by airborne micro-organisms, resulting in subtle differences, but the butter is sweet and creamy with just a hint of cheesy culture. *Cheese Boutique*, page 127.

Prize Finds

Five ingredients that take dinner up a notch



SPANISH EXTRA VIRGIN COFFEE OIL ("OLIO DEI CAFFE")

The tastiest collision since chocolate and peanut butter, virgin oil of roasted coffee beans is blended with extra virgin olive oil in Olio Dei Caffe. The taste is at once sweet, toasty, grassy and rich. Coffee and olive take turns having their way with your taste buds—whether it's on seafood, strawberries, or used as a dip for a crusty loaf. At \$35.95 for 250 ml, you just might want to eat it with a spoon. *The Olive Pit*, page 143.

IBERICO PORK

In Spain, these pigs are called "walking olive trees" because the majority of their fat is of the good-for-you variety, much like olive oil. And because the hogs pig out on acorns during the last few months of their lives, their meat is well marbled and has a subtle nutty flavour. Chefs looking to wow diners are cooking with it right now, but watch Toronto's best butcheries for your own chance to impress. *Serrano Imports*, 120 Carrier Dr., 416-929-7756.

