

## Food Stuff

## KITCHENING WITH CARLY

[ BY NOA GLOW ] PHOTO CREDIT: DARRYL BUECKERT PHOTOGRAPHY



▲ PHOTO: KITCHENING WITH CARLY FOUNDER CARLY WINTSCHEL PRODUCES WHAT ARE ARGUABLY VANCOUVER'S BEST FRENCH-STYLE MACARONS.

Carly Wintschel is quick to point out the difference between an English-style 'macaroon' and a Parisian 'macaron'.

"It's not just the spelling," says the founder of Kitchening With

Carly, a local startup that, among other food-related activities including cooking classes, produces what are arguably Vancouver's best French-style macarons.

"We're used to seeing the English version of a macaroon, which is coconut-based. French macarons are always made with almond meal or flour and have a cream filling in the centre—sort of like an ice-cream sandwich, but better."

Wintschel, who believes "macarons are the next cupcakes,"

learned to make the meringue-like confection while attending culinary school in the south of France. However, unhappy with the French practice of adding food colouring to the mix, Wintschel's

macarons contain only natural ingredients.

"The macarons in France are bright pink, purple ... just to make them look nice. It has nothing to do with what they taste like," she explains. "I decided the colour of my macarons had to be associated with their flavour. You still see the bright colours, but none of the dyes."

Wintschel's macarons, which can be ordered by the dozen (or more—she also takes custom orders for weddings and other special events), come in a variety of melt-in-your-mouth flavours, including vanilla bean with lavender cream, chai with cardamom butter cream and espresso with dark chocolate ganache. Visit [www.kitcheningwithcarly.com](http://www.kitcheningwithcarly.com).



▲ PHOTO: IT'S NOT JUST SPELLING THAT SEPARATES FRENCH-STYLE MACARONS—MERINGUE-LIKE, WITH A CREAMY FILLING—FROM THEIR ENGLISH COUNTERPARTS.



## MEDITERRANEAN RATATOUILLE

More than just macarons, Kitchening With Carly provides "edible education in all things food." Try Wintschel's "Mediterranean Ratatouille" recipe and see for yourself!

## INGREDIENTS:

- 1 seven to eight inch piece of fennel
- 1 small bunch thyme
- 1/2 medium eggplant
- 15 to 20 grape or cherry tomatoes
- 10 to 15 Kalamata olives, pitted
- 1 small zucchini
- 1 yellow bell pepper
- 1 orange bell pepper
- 3 garlic cloves
- 1 onion
- 2 bay leaves
- salt and pepper to taste
- olive or grape seed oil

## DIRECTIONS:

- Dice fennel, eggplant, zucchini, bell peppers and onion into 1 cm cubes. Quarter or halve tomatoes and olives to a similar size. Strip thyme leaves from stems and roughly mince garlic.
- In a large pan, heat two to three tablespoons of oil on medium-high heat; add onion and garlic, cooking for two to three minutes before adding fennel. Continue sautéing for one to two minutes before adding bell peppers, thyme, bay leaves and a light sprinkle of salt and pepper. Supplementary oil can be used during sautéing as needed.
- Once peppers start to soften, add eggplant and zucchini to pan. When vegetables have reached desired tenderness, incorporate tomatoes and olives and warm. Add further salt and pepper to taste. Serve hot.

## CHEF'S NOTES:

Accompanies white fish very nicely. Serves four.

