

COMPLIMENTARY

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Top trends from the runways

Hitting the Open Road

EPIC ADVENTURE IN
QUEBEC & THE MARITIMES

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Getaway in Our
ANNUAL PHOTO CONTEST

fresh catch
Date-night seafood recipes

carolina
WOMAN[®]

the magazine for women in the triangle

SEPT/OCT 2019



OH, CANADA!

Four provinces in four weeks

By Debra Simon and Brack Johnson

While the Triangle was sweltering this summer, we leapt out of the rat race, jumped behind the wheel and motored up the East Coast until our car reached cool weather. And another country.

Wherever we drove in Canada, it seemed there were four things:

1. Tim Hortons, a fast-food chain as ubiquitous as Dunkin' in America.
2. Maple products.
3. Ice cream.
4. "Beware of Moose" signs.

Immediately, we signed up for Tim Rewards and used the card for coffee every day until we were granted a free cup of java. Goal!

When not draining coffee, we devoured maple ice cream and other local comestibles. Excited about meeting Bullwinkle, we kept watch. For one whole month. But he never showed.

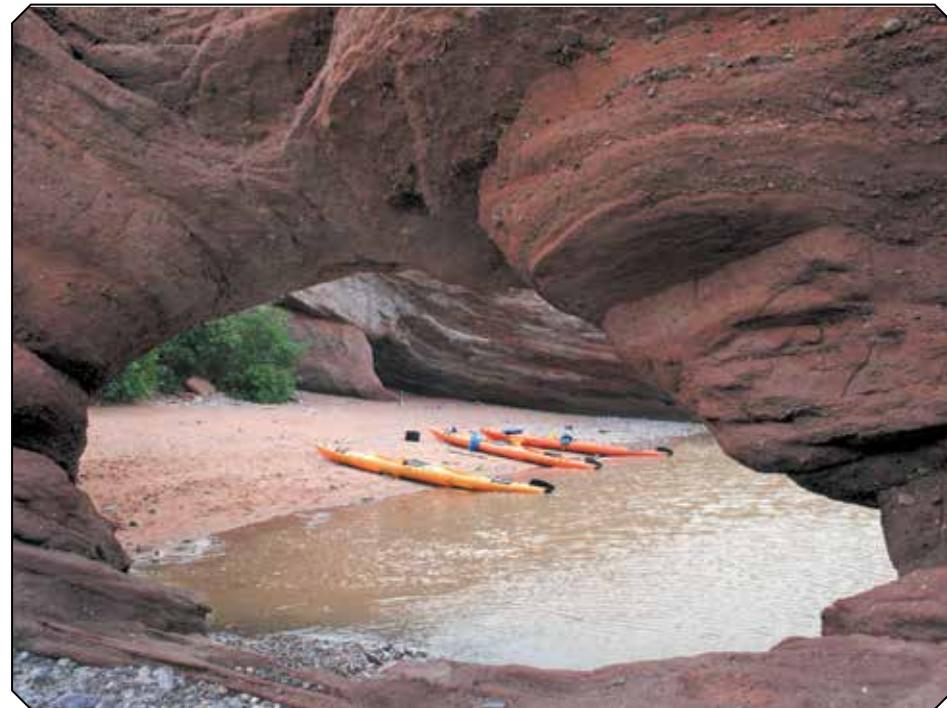
That was the only bummer in a peaceful road trip full of adorable coastal villages, lovely people, astonishing sunsets, fresh seafood, French cities, Scottish-accented highlands, music, lighthouses and, due to favorable exchange rates, 25% off all we bought.

It took no time to get used to the bilingual nation. Many Canadians, particularly in the service industry, switched seamlessly between languages.

In remote French-speaking areas, people with little facility in English tried hard to comprehend our clumsy high-school class attempts at their language.

A convenience store clerk, baffled by our broken French, couldn't understand our request to be directed to the restroom. Desperate, we ran to the shelves and picked up a pack of Charmin, prompting guffaws and needed directions.

Bathrooms, always important on the trail, were clean even in out-of-



Unspoiled nature in the Great North

the-way gas stations. Other things with which we quickly fell in love: one- and two-dollar coins (loonies and toonies); harbor cruising, whale-watching and other sea hullabaloo; warm-weather festivals; al fresco meals in humble bars and fine restaurants alike; and splendid views in every direction.

Our international journey began as we crossed the border from Calais, Maine into the maritime Canadian province of New Brunswick, where the farmland of the Saint John River Valley leads to the Bay of Fundy, known for cliffs, coves and the globe's highest tides.

New Brunswick

THE PICTURESQUE TOWN OF ST. ANDREWS BY-THE-SEA boasts more than 200 houses over a century old. Water Street, the main thoroughfare, is lined with restaurants, shops and galleries along – you guessed it – the water.

We happened to get there on Canada Day, equivalent to July Fourth here, when musicians were playing on the piers and fireworks lit up the sky. Although it was a major holiday, we had no problem snagging a last-minute table on the balcony of a coffee shop to watch a pink-and-orange sunset followed by pyrotechnic displays.

The well-heeled have been summering at The Algonquin Resort since 1899, so we gave it a whirl for one night. Restored to its original splendor and outfitted with modern amenities, this grand dame presents manicured gardens, tennis courts, indoor and outdoor pools, a spa, a golf course and generous verandas, where we delighted in evening cocktails and breakfast the next morning.

The adventure continued north through St. John, an urban center on the Bay of Fundy, where we watched ships steam into the harbor, surveyed vibrant sculptures of salmon on street corners, and browsed food and craft stalls in City Market.

Hopping back on the road, we recharged with a restful night at the



City Market in St. John



The Algonquin Resort



Boat tour on New Brunswick river

Four Points Sheraton in Moncton. The next day, we stocked up on supplies before traversing one of the world's longest bridges (47.75 Canada dollar toll! – but only when leaving) to Prince Edward Island.

Prince Edward Island

PEI, OR THE ISLAND, IS SO PRETTY. Imagine the green, rolling hills of rural North Carolina and then surround them with the solitude and water of the Outer Banks.

Only 139 miles from tip to tip, the crescent-shaped island has 63 lighthouses and no billboards. Fishing villages – not touristy replicas, but places where real workers push off from the docks each morning to earn a living from the sea – abound.

Although our visit happened in tourist season, we enjoyed pure relaxation. Circling the island, we found vehicular traffic was sparse and unhurried. Nobody honked a car horn. At intersections, we were always let in.

Even the province's condensed version of Myrtle Beach, in the town of Cavendish, is not so much honky-tonk as cotton candy. It's also the setting for the warm-hearted 1908 novel "Anne of Green Gables" by Lucy Maud Montgomery. For fans, there are many must-see spots.

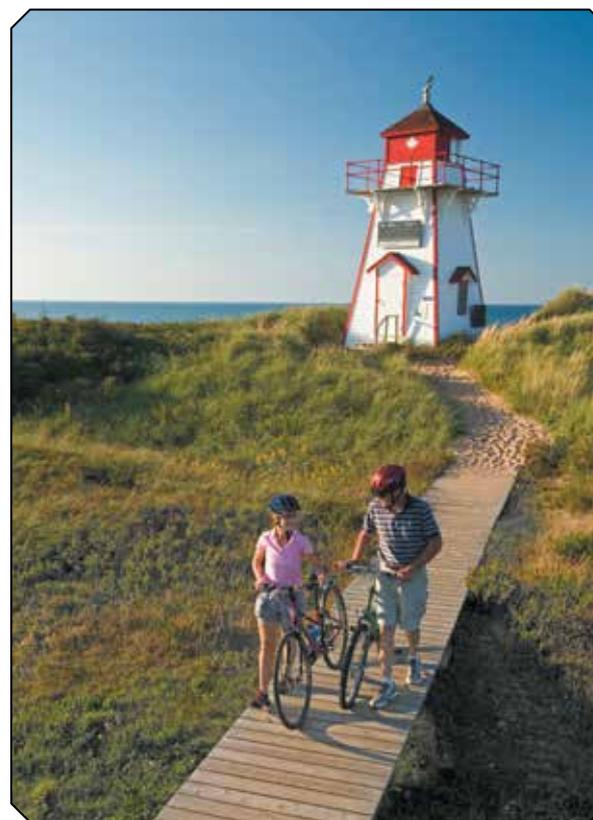
We spent magical days sauntering along beaches; scrambling around lighthouses; popping into country stores; and looking through galleries, many of which were helmed by the artists themselves.

Our nights were absorbed with chowing down on "lobster suppers,"

typically a crustacean plus all-you-can-fit chowder, mussels, salad, bread and dessert; listening to live Celtic music; and chomping on popcorn from the snack bar while watching movies at the Brackley Drive-in Theatre, returned to its 1950s glory.

The pace was still gentle in the attractive provincial capital of Charlottetown with its tree-lined colonial and Victorian streets.

We stayed in a thoughtfully equipped one-bedroom apartment with a kitchen in the Banbridge Inn, which has been family



Covehead Harbor Lighthouse, Prince Edward Island National Park

run since 1967. Homey, spotless and situated on five acres, the motel put us close to all the hot spots, including the cheerful city center and PEI National Park, which features sand dunes and red sandstone cliffs.

Nova Scotia

THE CALM NEVER CEASED as we traveled the toughest, highest and most isolated region of Nova Scotia: Cape Breton Island. The interior contains mountains, valleys, rivers and lakes; the rocky and rugged coast is dotted with endless bays and inlets; Much of the fairy tale land is undeveloped, and it's never more than 35 miles from the ocean.

We were reminded of the Scottish Highlands, from which many people emigrated more than 200 years ago. Some descendants retain a Gaelic accent. Other people parle francais.

All the residents are soft-spoken and unfailingly polite.

In the Cape Breton Highlands, an extension of the Appalachian Mountains chain (which runs from Canada through North Carolina and down to Alabama), most visitors plan active holidays - cycling, canoeing, kayaking, hiking, diving, bird watching or fishing.

We had a blast driving its 186-mile Cabot Trail through Cape Breton Highlands National Park. The scenic highway winds along the shoreline, across plains and between mountains then zigzags through switchbacks before descending to Pleasant Bay on the shores of the Gulf of St. Lawrence.

At the Red Shoe Pub in the hamlet of Mabou, we dug into plates

of fish and chips and steamed mussels with Irish soda bread as a duo played Gaelic music while pub-goers hoofed it. The folk music and dancing were authentically entertaining, and we sought them out again and again. Fortunately, we were on the Ceilidh ("party")

Trail, and merrymaking was offered in venues large and small.

In the adjoining town of Inverness, a modest burg that plays host to an exclusive golf course, there's a walkway along the beach and pilot whales can sometimes be seen off the coast.

Our stylish room at The Resort at Cabot Links afforded a front-row seat to the undulating links, which followed the contours of the sand dunes, as well as the shimmering blue water beyond.

Golfers fly in from far and wide to try their luck at two distinctive courses beside the ocean.



Off the beaten path on Cape Breton Island



The Resort at Cabot Links



Glenora Inn & Distillery

WHERE WE STAYED

New Brunswick

The Algonquin Resort –
St. Andrews By-the-Sea
algonquinresort.com

Four Points by Sheraton – Moncton
marriott.com/hotels/travel/yqmf-p-four-points-moncton

Prince Edward Island

Banbridge Inn – Charlottetown
banbridgeinn.com

Nova Scotia

The Resort at Cabot Links –
Inverness
cabotlinks.com/resort

Silver Dart Lodge – Baddeck
silverdartlodge.com

Glenora Inn & Distillery –
Glenville
glenoradistillery.com/the-inn

Quebec

Les Chalets du Parc –
Penouille, Gaspe Peninsula
chaletsduparc.com/en

Hotel & CIE – Sainte-Anne-
de-Monts, Gaspe Peninsula
hoteletcie.com/en

Auberge Saint-Antoine –
Quebec City
saint-antoine.com

Hotel Le Crystal –
Montreal
hotellecrystal.com

Adirondacks

Mirror Lake Inn –
Lake Placid
mirrorlakeinn.com



Scottish fiddling on the Nova Scotia coastline



Skyline Trail, Cape Breton Island

Nearby Glenville is the proud home of the Glenora Inn & Distillery, where North America's only single-malt Scotch is created. The flower-filled grounds are captivating, and the brook that's used to make the whiskey runs through it.

Our stopover included a tour of the distillery, an enchanting dinner; thirst-quenchers by the gardens; and a night in a newly built, state-of-the-art room.

About an hour away on the Cabot Trail, we pulled into the Silver Dart Lodge, which is next to the Bras d'Or Lakes in Baddeck, a resort town in a bucolic setting. Our room was cozy and clean, and the staff was friendly and helpful.

They pointed us to the Alexander Graham Bell National Historic Site, which is dedicated to the work of the inventor, who had a home in Baddeck. The museum covers Bell's incredibly varied innovations and

experiments – not just the telephone, but medical and electrical devices, farm technology, kites and airplanes.

Next up, a schlep of 12 hours in one day to get to the province of Quebec. Twelve hours?!? Who planned this expedition? Oh, yeah, we did.

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Quebec

OUR SOJOURN IN THE PROVINCE OF QUEBEC provided two completely different experiences. One was overwhelming serenity as we reconnoitered the panoramic Gaspé Peninsula, a rounded chunk of land that protrudes into the Gulf of St. Lawrence. The other was quickened pulses from dropping into the big arms of Quebec City and Montreal.

In the rough coastline of the Gaspé, there are long stretches of magnificent scenery in which signs of civilization are rare. The region is so far-flung that there are still telephone booths in case someone gets stuck. On two occasions, drivers of 18-wheelers waved down our car to ask us for directions to the closest town.

For our part, we were often thrilled to come across a gas station or convenience store (which, since we were in the French part of Canada, supplied pâté in addition to beef jerky). In one town, the only laundromat was at a small college – and everyone was invited to use it.

Our initial lodgings were at the 32-cottage Les Chalets du Parc on Gaspé Bay along the shore of Penouille Peninsula, adjacent to Forillon National Park.

The park contains seascapes, mountains and cliffs as well as yesteryear's general store, fisherman's house and World War II fortifications. Animal lovers can glimpse seals, whales, beavers, moose,

bears and various species of birds.

From our chalet, equipped with a kitchen, we woke to a scene of marine beauty. Breaking out bread we had picked up at a nearby *boulangerie*, cheese we had purchased at a local *fromagerie*



Rainbow on the Gaspé Peninsula



Les Chalets du Parc



Hotel & CIE



Quartier Petit Champlain, Quebec City

and smoked fish we had procured from a *poissonnerie*, we ate breakfast every morning at a picnic table that was strategically situated between our cabin and the water.

Finally, we checked into Hotel & CIE, the only four-star property in Sainte-Anne-de-Monts, a city center with great access to Gaspésie National Park, a back country of lakes, forests and mountains roamed by wildlife.

From its artsy lobby to its excellent dining room, the boutique hotel is refined but unpretentious, foretelling what we were about to encounter in Quebec City, the heart of French Canada.

One of the oldest cities in North America, Quebec City is filled with art galleries, antique shops, boutiques, cafes, and lots and lots of people.

It's divided into Lower Town, including the Old Port district, and Upper Town, a UNESCO World Heritage Site. The two are connected by sloping streets, staircases and a funicular.

In the Old Port district of Quebec City, the storybook capital of the province, we stayed in Auberge Saint-Antoine, an inn built around a cannon fortification.

Steeped in rich history, Auberge Saint-Antoine blends polished ambience with contemporary flair. A prominent local family saved a trio of sites with historical significance and combined them to create the

inn. Coins to cannonballs, some dating to the 1600s, were found during construction; they're displayed throughout the property.

We wished we could stay there all day. After all, we were ensconced in a luxurious suite overlooking the St. Lawrence River. Breakfast, lunch or dinner, the feasts at the restaurant, Chez



Auberge Saint-Antoine



Dawn in Montreal

Muffy, were exceptional, (See "Meal of a Lifetime," page 21.)

Even a grilled cheese at the bar was the best ever. And they scooped homemade gelato for free every afternoon. Excess calories? There was a spa and a gym, too.

Still, Quebec City has any number of things to do. So, we rushed from one to the next (like the National Museum of Fine Arts of Quebec, one of many notable institutions) and still pined for the places we had missed.

We strolled narrow alleys with the allure of Europe's cobblestone lanes. Parks. Museums. Churches. Markets. A juggler performed here. A chocolate shop beckoned there. Flowers bloomed everywhere.

Whether due to architecture, history or the charm of sensational streets, just about everything was fascinating.

En route to Montreal, we stopped at Montmorency Falls – at 272 feet, higher than Niagara. There are many ways to thrill to the waterfalls, including a double zip line.

After taking the cable car up a cliff to kick off a walking tour, we followed a footpath along the top to a suspended bridge, which brought us close to the powerful rush of water.

Montreal, a repository of both the hip and historic, is the second



Old Montreal

largest city in Canada and the largest French-speaking city outside Paris.

It's a cosmopolitan mix of cultures, global cuisines and boulevards from sporty to swank. The choices are exhilarating.

We registered at the luxe Hotel Le Crystal, which is located in the center of downtown. Sandwiched between the main shopping street and the convention center where the Montreal Canadiens play hockey, the property provides an indoor pool and a gym that tower over the city.

Our room lived like a spacious one-bedroom apartment with a flop-ready sectional couch, a kitchenette, two big-screen TVs and a glass shower fit for a queen.

Exciting nightlife took place all over the metropolis. We spent our first evening in Chinatown, which was buzzing with outdoor markets, stores, entertainment and so many enticing restaurants it was difficult to decide where to eat.

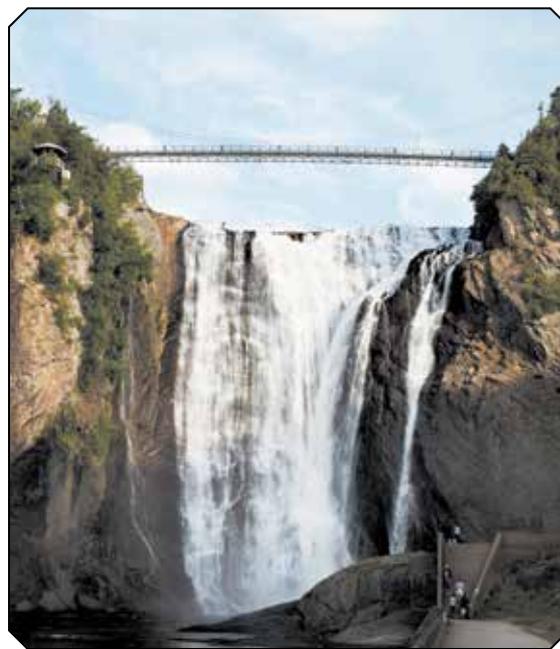
Wandering after a Cantonese dinner, we heard rockets exploding in the sky. Turned out, Montreal was the site of a months-long fireworks competition. Those pyrotechnics were the longest (half an hour!) and best we'd ever seen.

The city has a packed event schedule. In fact, a jazz festival with legendary artists was underway, and we met Americans who had flown there specifically for it.

The well-preserved public squares and colonial architecture of Old Montreal knocked our socks off. We were also impressed by the



Hotel Le Crystal



Montmorency Falls

Montreal and the rest of our trek in Canada was extraordinary and unforgettable, but – after all that time - we were ready to head home. It took about an hour to get to the U.S. border at the New York State line. When we came face to face with the grandeur of the Adirondack Mountains, something suddenly occurred to us: A few more days couldn't hurt.

ADIRONDACKS IDYLL

JUST 45 MINUTES from the Canadian border lies the Adirondack Mountains town of Lake Placid, home to two Winter Olympics. We made a beeline to the gracious Mirror Lake Inn.

The inn, family owned since opening in 1924, provides a catalogue of opportunities for leisure: cooking classes, spa treatments, biking, tennis, paddling, canoeing, fishing, golfing, yoga and personal training with Olympians. Plus, there are indoor and outdoor pools and a private sandy beach. Winter sports include ice skating and snowshoeing .

Shifting from activity to activity over three days, we felt like characters in "Dirty Dancing," the hit movie about a family



Mirror Lake Inn

spending their vacation at a New York resort.

To recover from all that recreation, we savored bites galore. Whether white-glove or casual, three restaurants with a view of the tranquil lake turned out remarkable dishes. Afternoon tea was served. And just-baked chocolate chip cookies were always piled high at the front desk, emblematic of the inn's warmth. ✨

MEAL OF A LIFETIME



Recipes direct from Quebec

By Debra Simon and Brack Johnson

“Is this one of the best meals we’ve had in our entire lives?”

That was the question we considered throughout a two-hour dinner at Chez Muffy in Auberge Saint-Antoine, a museum hotel in Quebec City. (See “Oh, Canada!,” page 14.)

The discussion began as we savored an appetizer of salted herb mussels on focaccia; continued as we delighted in a beautiful bowl of mixed greens dressed in a sublime vinaigrette; reached a crescendo as we melted into a buttery tail in the lobster spaghetti; and lingered as we marveled at an elegant strawberry mousse.

Yes, it was one of the best meals we’ve had in our entire lives. So delicious, in fact, that we asked for the recipes to try to recreate the dinner back in the Triangle. The chef was kind enough to translate them from the original French (amounts remain in metric) and provide them for all the readers of Carolina Woman so that you can indulge, too!

Salted Herb Mussels

FOCACCIA

- 500g Bread flour
- 26cl Water
- 10g Fine salt
- 7g Baking powder or baking soda
- 3cl Olive oil



Dissolve the baking soda in a glass with a little bit of warm water and a teaspoon of sugar.

Place the flour on a work surface, incorporate the baking powder and start kneading it.

Add the salt, olive oil and, slowly, the rest of the water. Work the dough for at least 10 minutes, until it is smooth and uniform. Moisten your hands and form a ball. Let it rise, well covered with a cloth or plastic wrap, in a container in a warm and draft-free area for 2 hours.

When the dough has risen, flatten it with your hands on an oiled baking sheet. Then, make indentations with your fingers on top and brush on a dash of olive oil. Sprinkle with salt.

Cover the focaccia and let it rest for 30 minutes. Then place it in a preheated oven and let it bake to 400 degrees Fahrenheit 8 to 10 minutes, until it has a nice golden color.

MIXTURE OF HERBS

- 205g Carrots, finely chopped
- 145g Leeks, finely chopped
- 70g Celery, finely chopped
- 45g Curly parsley, chopped
- 40g Chives, chopped
- 10g Savory (mint), chopped
- 10g Thyme, chopped
- 5ml Rosemary, chopped
- 4 Green onions, finely chopped
- 150g Kosher salt

Combine all the ingredients in a bowl, cover and let rest in the refrigerator for 4 to 5 days before using.



Chez Muffy

MUSSELS

- 2l Fresh mussels
- 1 Large shallot
- Bunch of parsley
- 150ml Dry white wine
- 1,5cl Olive oil
- Salt and pepper
- 200ml Heavy cream

Fill a big bowl with water. Wash and scrape off the mussels. Discard any that are open or that float to the top.

Peel the shallot and slice it. Wash the parsley. Heat the olive oil in a pan and cook the shallot until it becomes transparent.

Add the mussels, salt and pepper. Pour in the white wine and stir well. Cover and let it cook for approximately 5 minutes, mixing occasionally.

Remove the mussels and let the liquid keep cooking for 5 minutes longer until it reduces 50% and you have approximately 125ml liquid.

Add 125ml cream and let boil for 2 minutes.

Use a hand mixer to whip the sauce in order to obtain a foam.

To serve

Place the focaccia on a plate, spread the mixture of salty herbs on it and top with the mussels. Before serving, spoon on the mussels foam.



Mixed Greens

SALAD

250g of fresh raw vegetables of the season and of your liking, such as lettuce, cucumbers, carrots, garden herbs, radishes and edible flowers

DRESSING

1 heaping tablespoon of Dijon mustard
2 tablespoons brown mustard
2 tablespoons cider vinegar
10 tablespoons sunflower oil
7 tablespoons warm water
Salt and pepper

Mix all the ingredients in a large bowl.

To serve

To the bowl of dressing, add the fresh vegetables and toss.

Lobster Spaghetti

Two 2-pound Lobsters uncooked
(yields 700g cooked lobster)

60g Onions
30g Celery
60g Carrot
60ml Olive oil
2 Garlic cloves
15g Tomato paste
60g White Flour
60ml Brandy
200ml White wine
1 L Fish stock
Fresh thyme (a few sprigs)
125ml Heavy cream
Cayenne pepper
Salt & pepper
Sundried tomatoes
Dill

Detach the heads of the lobsters and set aside. Then, detach the claws.

Bring a large pot of water to a boil and add the claws. Boil for 6 minutes. Drain and cool in ice water. With the water still at a boil, put in the rest of the lobster excluding the heads for 4 minutes. Drain and cool in ice water.

Remove cooked meat from the shells, reserving any lobster juice in a bowl.

In a large pot, heat 2 tablespoons olive oil, lobster heads, carrot, celery and onion. Cook approximately 5 minutes, until the vegetables start to soften. Add the white wine and brandy and cook for another 3 minutes. Add the tomato paste, 2 pinches of salt and the reserved lobster juice. Reduce heat to medium-low and simmer for 45 minutes.

Strain through a sieve and set aside the liquid. Put the liquid into a pot and simmer until it reduces to approximately 2 cups of sauce, which should have a strong, rich and salty lobster flavor.

HOMEMADE SPAGHETTI

500g White flour
5 Eggs
Salt

Put the flour on a work surface. Dig a well, add the eggs and mix with a fork. Once the eggs have absorbed the flour, work the dough with your hands approximately 10 to 15 minutes until it is compact, smooth and elastic. (Add water if it is too dry or if flour is too sticky). Form a ball and let it rest for 1 hour at room temperature.

Separate the ball into 3 pieces. In a pasta press, roll it out 5 to 6 times until it becomes a flat, thin strip. If necessary, put flour on the dough so it doesn't stick. Fold it in half before passing it through the machine again. Let the dough rest on a cloth for at least 10 minutes. A pasta dryer rack can be used.

FRESH VEGETABLES

Prepare seasonal vegetables, such as carrot, celery stalk, white turnip, broad beans, peas, fava beans, kale or other greens, by blanching and then grilling and glazing with butter and sugar.



To serve

Cook the fresh pasta in a large quantity of salted water for 1 to 2 minutes depending on its thickness.

For a few minutes, heat the lobster in the sauce you created along with sundried tomatoes and dill. In a large bowl, mix vegetables and pasta and add a little bit of sauce. Arrange the mixture on a large plate with curved sides. Place the lobster on top of the mixture and serve with remaining sauce.



Strawberry Mousse

1kg Strawberries
100g Maple syrup
10g Mint
10g Thyme
Mint espuma (foam)

Put all the ingredients together in a bowl, covered, or in a Ziplock bag. Place in the refrigerator and let marinate for 12 to 24 hours.

The next day, drain the strawberries while keeping the juice. In a blender, pulse the strawberries with some of the juice until the combination reaches the consistency you like for mousse.

MINT ESPUMA (FOAM)

500g Milk
500g Cream
1 Bunch fresh mint
100g Sugar

On a stovetop, slowly heat up the milk, cream and sugar. Turn off the heat, add the mint, put a lid on the pot, and let the mint infuse at least 15 minutes.

Strain through a sieve and put it in a cool place. Once it cools, put it in a siphon bottle (whipped cream dispenser with CO2 cartridge) and refrigerate until ready to assemble the parfait.

To serve

In a parfait glass, layer strawberry cream with mint espuma. Serve immediately. ✨