

## HOLIDAY SPIRIT!

- BEST TRADITIONS
- EASY HOLIDAY ENTERTAINING
- SIMPLY ELEGANT EVENING WEAR

## HEALTHY LIVING

- DE-STRESS AND LOSE WEIGHT
- POWER WALK YOUR WAY THROUGH WINTER
- BOOST YOUR IMMUNE SYSTEM

# 100+ GREAT

PLUS: ARAB AND GIVE PEACE A CH



**GOURMET GADGETS** Take a stand with the gourmet in your life with a heavy-duty, large-capacity (6 qt./5.68 L) **Epicurean Stand Mixer**, by KitchenAid. So big, strong and handsome you may want to buy one for yourself, too. \$599, William Ashley, Toronto; Richard Coquitlam, Edmonton; Trail Appliances, Vancouver.

# Thirty-five Tasteful Gifts

Here, this season's best kitchen gadgets, tools, cookbooks and easy-to-make incredible edibles. By Dana McCauley



This bone-handled cheese knife comes in a handsome wooden case. \$149, Arthur Quentin, Montreal, 1-800-303-7513. **Cuisipro Duo Whisk's** stainless steel hoops encase an inner ball fitted with a marble to incorporate more air into foods as you whisk, making them higher and lighter faster. \$17.99. **Cuisipro Microplane Shaver** creates whisper-thin slices of vegetables, cheese and chocolate. \$28.99. Ergonomic and attractive, this **silicone spatula** can take the heat up to 650F (345C)! \$13.99 to 15.99. These **tongs** are made from commercial-quality stainless steel for strength, and their non-stick tips are gentle on cookware. \$8.99. Cuisipro products, spatula and tongs, all Browne & Co., 905-475-6140.



A collective of talented Niagara, Ont., area women makes Niagara Presents Preserves: sold at gourmet shops nationally. \$7.85/ 250 mL or in gift boxes and baskets priced according to size. [www.niagarapresents.net](http://www.niagarapresents.net) Perfect as a hostess gift or for serving at your own holiday table. **Cider Keg's all-natural Sparkling Apple-Cranberry Cider** is made using Norfolk apples. Personalized labels for large orders available for parties and gift giving. \$4.99/750 mL. Sobey's, or e-mail [ciderkeg@kwic.com](mailto:ciderkeg@kwic.com) When you break bread with friends this holiday season choose supremely crisp and flavourful **M.J.'s Fine Foods Flatbreads**. \$4.99, Pusateri's, Toronto.



**Cider Keg mulling spice sachets** add zing to cider, wine or cranberry juice. \$2.99, Sobey's or [ciderkeg@kwic.com](mailto:ciderkeg@kwic.com) **Mary's Florentynes** come in a gift-style bag that needs no

wrapping. Available in three sizes, 3.99/35 g, \$7.99/100 g and \$14.99/225 g. Pusateri's, Toronto. Western Canada's prince of fresh chocolate, Bernard Callebaut, celebrates the holiday season by filling this **Yule log** with 35 chocolates. \$55, the Bay or call 1-800-661-9065. Got visions of sugarplums but no interest in making them yourself? Hire a **personal chef** like Amy Snider (above), to make your holiday treats or give her services to someone you love. Call the Canadian Personal Chef Association, 1-877-723-6722.

PHOTOGRAPHY: SUSAN ASHKUKIAN. PHOTO OF AMY SNIDER: WALTER MELROSE; HAIR/MAKE-UP: BARBARA ALEXANDER; STYLIST: INGE WOOD.