



BITTERED
SLING
BISTRO

VOLUME ONE





BITTERED SLUNG

citraits + citraits

Cascade Celery

Céleri des Cascades

Vintage 202

Produit of / Produit de Canada

170 ml

RAISING THE BAR

Back in 2008, *Bittered Slings* infancy began as long-standing culinary experiments involving quality ingredients suspended inside mason jars. The idea of holding a series of cocktail-paired dinners and experiences, drawing on the pedigree and training of high-level bartenders, was the innovation behind the brand. The natural progression of a much bigger concept beyond just the making of quality bitters brought to light the energy, training, mentorship, and the desire for expert flavour analysis: everything from sugar to acidity, weight and terroir, and finding complexity within simplicity. Bartenders strive for the academic spotlight in very much the same way sommeliers are highlighted for theirs within the culinary field.

This booklet is dedicated to the bartenders who are more than “glass wipes”: those who tow books from all over the world - armed with thousands of pages of notes and experiments, the risk-takers, the classicists, the amateurs and the aspiring, the apprentices and the veterans. We all crave the same things in our craft: passion and excitement through the development of the guest experience.

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BITTERED SLING

(a lifestyle philosophy)

In 2016, **Bittered Sling** celebrates its 4th birthday, while its parent company, **Kale & Nori Culinary Arts Inc.**, celebrates its 5th. These two companies were developed with the idea that creativity, passion, and hospitality are the most important characteristics of our industry. **Bittered Sling** is the brainchild of award-winning Bartender and Sommelier Lauren Mote, and celebrated Chef Jonathan Chovancek, whose combined expertise and influence spans 3 decades and several countries. The philosophy is simple - create memorable experiences, develop products that inspire creativity, and celebrate passion.





BITTERED SLING BISTRO

(an ode to a quintessential FOH position)

The speech at the beginning of every *Bittered Sling Bistro* since its inception in 2011 was always about celebrating a quintessential role in the operation of a successful restaurant – **the Bartender**. Usually the first and last impression of the business, the bartender is more than just a glass-wipe behind the bar, pulling pints, and throwing down highballs. The bartender is an important part of the hospitality model, and the “complete bartender” is one whose creativity, service, attention to detail, and humility are all in alignment. The aim for *Bittered Sling Bistro* isn’t to replace the perfect glass of wine paired with the perfect dish of food, but instead, to provide an alternate option for those willing to live outside of the box, as well as allow bartenders the ability to develop flavours in the glass, the way a sommelier can present the perfect glass or bottle of wine.

The owners, Jonathan and Lauren, are pleased to present a selection of bartenders from the *Bittered Sling Bistro* program. This group of bartenders honours the **Bittered Sling** philosophy, hospitality industry, and global community every single day, and for this patrons, suppliers, and peers are eternally grateful. **Bittered Sling Bartenders** are making the world a better place, one *Bitter Babe* at a time.

THE PROGRAM

Every month, **Bittered Sling** developed and promoted a different series of dinners, profiling a specific brand or portfolio of spirits, all with an interesting theme to draw inspiration from. The dinners, all developed by Chef Jonathan Chovancek, included passed canapés, paired with a signature cocktail from Lauren Mote, with three courses following, where the host bartender would aim to pair - both in palate, spirit expression, and story - the perfect scenario for 40 guests. Guests were also guided through a seminar for 30 minutes between courses on the featured spirits - with history, tradition, production, and anecdotes. Each guest left immeasurably happy and full - both in mind and belly.

THE BARTENDERS

Dozens of bartenders moved through the *Bittered Sling Bistro* program, with more events popping up going forward. In this brief synopsis of the program, the featured bartenders were chosen based on a "best in show" during their presentations, as chosen by the various guests they served. After all, Bittered Sling Bistro has always been a bit of a competition, where the guests provided the judgement.

Gerry Jobe and Justin Taylor are the inaugural recipients of the *Bartender Bitters Program*, launched in 2016 to celebrate their wins from previous *Bittered Sling Bistro* seasons, including the **Folklore Bitters** (Gerry Jobe) and **Gunpowder Bitters** (Justin Taylor).

THE EVOLUTION

Some of our most popular themes included *Carnival vs. Mardi Gras*, *Heavy-Metal Monks*, *Coastal Mexican Experience*, *European Invasion*, *Global Cocktail Colonialism*, *When Tiki Attacks!*, *Truly Canadian Terroir*, and the *Belle-Époque*, but the myriad of interesting themes makes it difficult to pick out the favourites.

A special thank you goes out to all of the bartenders who made our program shine, and a special shout-out go out to all of the brands featured in this booklet who graciously invested in the growth of the program, and the Canadian beverage industry.

Arthur Wynne
 David Wolowidnyk
 Justin Taylor
 Danielle Tatarin
 Shawn Soole
 Grant Sceney
 Trevor Kallies
 Jay Jones
 Gerry Jobe
 Katie Ingram
 Robyn Gray
 Sabrina Dhaliwal
 Evelyn Chick



THE BAR TENDERS

ARTHUR WYNNE, *The Mackenzie Room*

I use bitters for: dimension, balance, and depth.

OPPENHEIMER FIZZ

INGREDIENTS

1.5 oz 45 mL	Campari
0.5 oz 15 mL	Dry Curaçao
from 1 egg	egg whites
1 oz 30 mL	heavy cream
1 oz 30 mL	lime juice
1 oz 30 mL	orange juice
2 dashes	<i>Plum and Rootbeer</i> Bitters
5 drops	Orange Flower water
for top-up	tonic water

METHOD

01. Add all ingredients to shaker, and dry shake hard. **02.** Add ice and shake again until cold. **03.** Strain into a fresh Collins glass with ice and top with tonic. **04.** Wait a few seconds and top again to lift foam into a soufflé top. **05.** Garnish with seasonal, edible flower petals.

DAVID WOLOWIDNYK, *CinCin Ristorante*

I use bitters for: flavour accents, contrast, and complexity.

MOROCCAN CRUSTA

INGREDIENTS

1.50 oz 45 mL	Pierre Ferrand 1840 Cognac
0.75 oz 22 mL	Pierre Ferrand Dry Curacao
0.75 oz 22 mL	Lemon Juice
0.25 oz 10 mL	Strega Liquore
3 dashes	<i>Lem-Marrakech</i> Bitters

METHOD

01. Shake all ingredients with ice, strain neat into a small wine glass with a thin sugar rim. **02.** Cut a long horse-neck lemon peel, express the oils, and place in the cocktail.

JUSTIN TAYLOR, *The Cascade Room*

I use bitters for: bridging the gaps.

ZHUSH

INGREDIENTS

1.75 oz 50 mL	Okanagan Spirits Gin
0.25 oz 10 mL	Okanagan Spirits Haskap Liqueur
0.50 oz 15 mL	Giffard Orgeat Almond Flower Syrup
0.75 oz 22 mL	Lime Juice
1.00 oz 30 mL	Egg White
3 dashes	<i>Western Haskap</i> Bitters

METHOD

01. Add ingredients to a cocktail shaker, and dry shake without ice. **02.** Shake ingredients with ice for 15 seconds. **03.** Strain over fresh ice in an old fashioned glass. **04.** Using a microplane, garnish with finely grated lime peel over the top of the cocktail.

DANIELLE TATARIN, *Acre Baja, Mexico*

I use bitters for: expression, boldness, and delicacy.

HAOKAN #2

INGREDIENTS

2.00 oz 60 mL	Hendrick's Gin
0.75 oz 22 mL	Pomello Rose Syrup*
0.75 oz 22 mL	Grapefruit Juice
0.25 oz 10 mL	Lemon Juice
1.00 oz 30 mL	Egg White
3 dashes	<i>Autumn Bog Cranberry Bitters</i>
	Rose Sugar** Rim

*Pomello Rose Syrup: Bring 500ml of water to boil add pomello skin and fruit along with some rose petals. Remove water from heat and let the pomello and rosebuds sit for 15 minutes. Strain all ingredients through a fine strainer pressing to release all oils and juices from the pomello and skin. Add equal parts sugar to the pomello rose tea (approx. 500g). Stir to dissolve. Store in a clean glass bottle and refrigerate.

**Rose Sugar: Combine dried, organic rose petals and organic sugar together. Crush with a mortar and pestal to create rose sugar. Optional: add rose flower water and let sugar dry overnight. Store in a clean glass jar.

METHOD

01. Mix all ingredients together in a shaker without ice. **02.** Dry shake for 10 seconds to emulsify. **03.** Add ice and shake for 10-15 seconds. Strain into chilled cocktail coupe with half rim of Rose Sugar.

SHAWN SOOLE, *S, Hospitality Concepts*

I use bitters for: palatability, complexity, and seasoning.

TARTA DE MANZANA

INGREDIENTS

1.50 oz 45 mL	Flor de Cana 12 YO Rum
0.50 oz 15 mL	Frangelico Hazelnut Liqueur
0.50 oz 15 mL	Lemon Juice
0.50 oz 15 mL	cloudy Apple Juice
2 dashes	<i>Clingstone Peach Bitters</i>
a dash	fresh egg whites

METHOD

01. Hard shake the entire contents with ice, strain, and then shake dry. **02.** Strain neat into a single old fashioned glass. **03.** Dot 5 drops of Clingstone Peach bitters along the top of the foam, followed by a light dusting of nutmeg and cinnamon.

GRANT SCENEY, *Lobby Lounge, Fairmont Pacific Rim*

I use bitters for: complexity, diversity, and balance.

SON JALISCIENSE

INGREDIENTS

2.00 oz 60mL	Don Julio Reposado Tequila
1.00 oz 30mL	Grapefruit Juice
0.50 oz 15mL	Lime Juice
0.50 oz 15mL	Agave Nectar
5 drops	<i>Moondog Bitters</i>
1.50 oz 45mL	Wheat Beer
2 sprigs	rosemary (save 1 for garnish)

METHOD

01. Gently press 1 rosemary sprig into the cocktail tin, and add all ingredients except the wheat beer. **02.** Add ice and shake, then open the tin and add the wheat beer. **03.** Double strain over fresh ice in a Collins glass, then top with crushed ice and a rosemary sprig.

TREVOR KALLIES, *The Blackbird*

I use bitters for: balance and The Finishing Touch.

THE SPORTING LIFE

INGREDIENTS

1.00 oz 30 mL	The Famous Grouse Blended Scotch Whisky
0.25 oz 10 mL	Laphroaig 10 YO Islay Single Malt Scotch Whisky
0.50 oz 15 mL	<i>Kensington Aromatic Bitters</i>
1.00 oz 30 mL	Pink Grapefruit Juice
0.50 oz 15 mL	Honey Syrup* (1 part water : 1 part honey)

METHOD

01. Shake all ingredients with ice, and strain neat into a cocktail coupe. **02.** Express the oils from a grapefruit peel over the top, and discard the peel.

JAY JONES, *Vij's*

I use bitters for: uniqueness and expression.

KENTUCKY SIGNORE

INGREDIENTS

1.50 oz 45 mL	Maker's Mark Kentucky Straight Bourbon
1.00 oz 30 mL	Contratto Vermouth Bianco
0.25 oz 10 mL	Maraschino Liqueur
0.50 oz 15 mL	<i>Cascade Celery Bitters</i>
mist	Pernod Absinthe Superieure

METHOD

01. Stir all ingredients with ice until well chilled, but not quite ice cold (about 10-12 rotations). **02.** Fine strain into a cocktail glass, and express the oils of a grapefruit peel over the top. Discard the peel. **03.** Mist the absinthe from a distance on to the top of the cocktail and the outside of the glass.

GERRY JOBE, *Jack Daniel's Brand Ambassador*

I use bitters for: culinary storytelling through the ingredients.

COUNTY CALABOOSE

INGREDIENTS

1.50 oz 45 mL	Jack Daniel's Old #7 Tennessee Whiskey
1.00 oz 30 mL	Dry Vermouth
1.00 oz 30 mL	Lemon Juice
0.50 oz 15 mL	Ginger Syrup
4 dashes	<i>Zingiber Crabapple Bitters</i>

METHOD

01. Combine all ingredients in a shaker with ice, and shake. **02.** Double strain neat into a cocktail glass/coupe and garnish with a lemon peel.

KATIE INGRAM, *L'Abattoir*

I use bitters for: roundness and continuity.

3RD ROCK FROM THE SUN

INGREDIENTS

1.00 oz 30 mL	Citadelle Gin
1.00 oz 30 mL	Granville Island Junmai Nama Sake
0.50 oz 15 mL	Cocchi Americano
0.50 oz 15 mL	Cocchi Vermouth di Torino
2 dashes 2 mL	Grapefruit & Hops Bitters

METHOD

01. Combine all ingredients in a mixing glass with ice, and stir for 10-15 rotations. **02.** Strain over fresh ice in an old fashioned glass. **03.** Garnish with a lemon peel, expressing the oils over the cocktail, and drop the peel into the cocktail.

ROBYN GRAY, *Rosewood Hotel Georgia*

I use bitters for: depth, completeness, and complexity.

GEORGIA STRAIT SLING

INGREDIENTS

2.00 oz 60mL	Glenmorangie Original
0.25 oz 10 ml	Maple Syrup
7 dashes 7 mL	Suius Cherry Bitters

METHOD

01. Stir on cubed ice until perfectly diluted. **02.** Pour into a chilled old-fashioned glass rinsed with Okanagan Spirits Taboo Absinthe. **03.** Serve neat with an expression of orange oil, discarding the orange peel afterwards.

SABRINE DHALIWAL, *Uva Wine & Cocktail Bar*

I use bitters for: complexity, balance, and flavour elevation.

SERENISSIMA

INGREDIENTS

1.50 oz 45 mL	Belvedere Vodka
0.50 oz 15 mL	Carpano Bianco
0.50 oz 15 mL	Lemon Juice
0.25 oz 10 mL	Suze Bitter Liqueur
2 dashes 2 mL	Orange & Juniper Bitters

METHOD

01. Combine all ingredients into a shaker with ice. **02.** Shake until well-chilled and diluted, then strain into a Collins glass with fresh ice. **03.** Top with sparkling water. **04.** Garnish with an orange twist and rosemary sprig.

EVELYN CHICK, *Bar Raval*

I use bitters for: enhancement, depth, and complementing flavours.

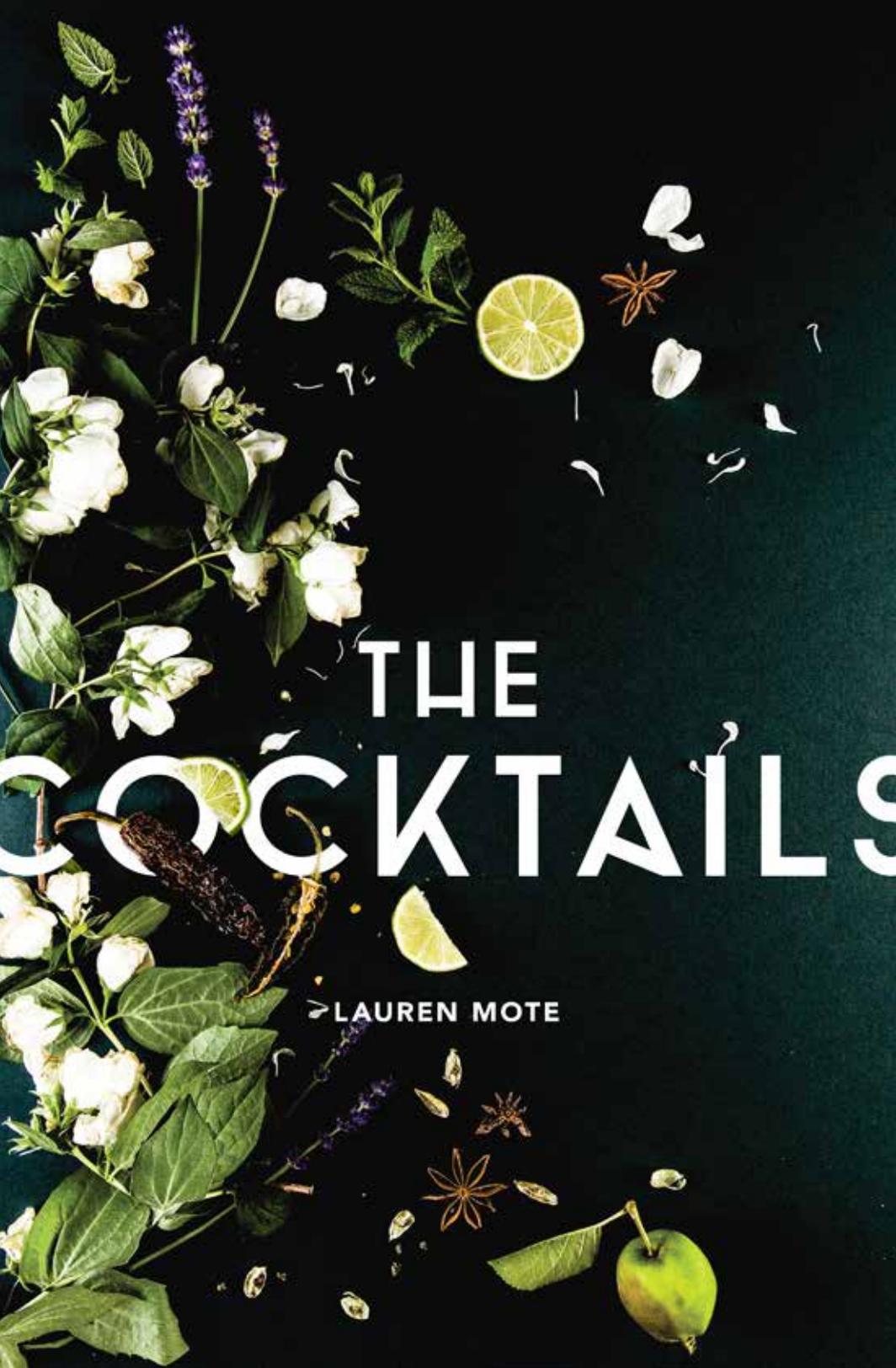
CARTHUSIAN SUNRISE

INGREDIENTS

1.25 oz 40 mL	Green Chartreuse
0.75 oz 25 mL	Fernet Branca Menta
a barspoon	coffee syrup* (2 parts sugar : 1 part fresh espresso)
1.00 oz 30 mL	heavy cream (35%)
8 drops	Malagasy Chocolate Bitters

METHOD

01. Shake all ingredients with ice, and strain into a 10 oz Collins glass filled with crushed ice. **02.** Top with a few bushy mint sprigs.



THE COCKTAILS

➤ LAUREN MOTE

*left, Chartreuse Milkshake
(recipe, page 13)*

*right, Blood Orange Julep
(recipe, page 13)*





cocktails, left to right:

Mai Tai #4
(recipe, page 14)

Ciaran

Pink Elephants
(recipe, page 14)

Ciaran

The meaning of this cocktail's name, Ciaran, is "little warrior" in the Irish language. The cocktail itself combines many ingredients; they come together to build the finished, bold result, as the sum of their parts is much stronger together, just like the characteristics and virtues of a warrior.

INGREDIENTS

1.50 oz 45 mL	Jameson Special Reserve Irish Whiskey
0.50 oz 15 mL	Grand Marnier Cordon Rouge
0.50 oz 15 mL	Lustau "Los Arcos" Amontillado Sherry
0.25 oz 10 mL	Giffard Abricot du Roussillon Liqueur
2 dashes 2 mL	Zingiber Crabapple bitters

METHOD

- 01.** Add all ingredients to a mixing glass, and stir only for 10 rotations (do not overly dilute).
- 02.** Strain over a series of large smashed cubes in an old fashioned glass.
- 03.** Garnish with a fancy lemon peel with its oils expressed over the cocktail.



Chartreuse Milkshake

The Chartreuse Milkshake is a notorious cocktail in its own right, having been featured at both Bittered Sling Bistro and Mote's cocktail programs since 2008. The cocktail has since moved around the world, being featured on lists as far as Munich and Melbourne. The orange and egg white give a "shake" consistency without the addition of dairy, while all the ingredients together celebrate one of the quintessential flavour pairings for Chartreuse and chocolate.

INGREDIENTS

1.50 oz 45 mL	Tanqueray 10 Gin
0.50 oz 15 mL	Green Chartreuse
0.50 oz 15 mL	White Crème de Cacao
0.75 oz 22 mL	Lime Juice
0.75 oz 22 mL	Orange Juice
0.50 oz 15 mL	Simple Syrup (1 part sugar : 1 part water)
1.00 oz 30 mL	Egg White
2 dashes 2 mL	Malagasy Chocolate Bitters

METHOD

- 01.** Shake all ingredients with ice, vigorously.
- 02.** Remove the ice, and dry shake the liquid.
- 03.** Throw the liquid back and forth from shaker to shaker with some height to aerate further.
- 04.** Pour over fresh ice in a large Collins glass, garnish with crushed cacao beans; serve with straw.

Blood Orange Julep

This is an interpretation of another whiskey-driven classic, the Mint Julep. On a hot day, regardless of the contents, a heaping copper cup of crushed ice is always welcomed. The tangy sweetness of ripe blood orange marmalade (when in season), herbaceous mint, and the heaviness of bourbon are just outstanding together. Throw a heavy dose of bitters into the mix, and you're all set.

INGREDIENTS

2.00 oz 60 mL	Woodford Reserve Bourbon
7	Mint Leaves, slapped to release the oils
1 heaping barspoon	Blood Orange Marmalade
2 dashes 2 mL	Orange & Juniper Bitters
1dash 1 mL	Kensington Aromatic Bitters

METHOD

- 01.** Add mint leaves to the bottom of a julep cup, after lightly slapping and tearing the leaves.
- 02.** Add the whiskey, bitters, and marmalade, and stir to dissolve.
- 03.** Add a small portion of crushed ice and stir for a few seconds. Fill the rest of the cup with crushed ice, and garnish with a bushy mint sprig and an extravagant array of blood oranges on a pick. Serve with a straw.

Mai Tai #4

Perfect for sunny days is the Mai Tai cocktail, which everyone knows and loves. A simple augmentation of a beloved rum classic provides a cocktail everyone wishes to consume in a hammock, in a chair, standing on one foot, or wading in the ocean.

INGREDIENTS

1.50 oz 45 mL	Flor de Cana 5 YO Rum
0.50 oz 15 mL	Cointreau Orange Liqueur
0.75 oz 22 mL	Orange Juice
0.75 oz 22 mL	Lime Juice
0.75 oz 22 mL	Orgeat Almond Flower Syrup
2 dashes 2 mL	Plum & Rootbeer Bitters

METHOD

01. Add all ingredients to a shaker with ice, and shake for 7 seconds.
02. Strain over fresh cubes and some crushed ice, in a Collins glass or a tiki mug.
03. Garnish with over-the-top garnishes: flowers, fruit, herbs. Don't forget the straw!

Pink Elephants

This cocktail celebrates classic flavour combinations in the flavour world, elegantly presented as an aperitif cocktail - best enjoyed before a meal, or with a light, fresh, and slightly acidic first course like ceviche, oysters, or vinaigrette.

INGREDIENTS

0.75 oz 22 mL	Ketel One Vodka
0.75 oz 22 mL	Fino Sherry
0.75 oz 22 mL	Campari
0.25 oz 22 mL	Vanilla Syrup*
1.50 oz 45 mL	Watermelon Juice
2 dashes 2 mL	Zingiber Crabapple Bitters
**	Lavender Sweet-Salt

** Lavender Sweet-Salt

75g	kosher salt
25g	white sugar
10g	blue lavender flowers

* Vanilla Syrup (yields 1 L)

300 mL	hot water
600 g	white sugar
1	vanilla bean, split and scraped

In a pot, bring the vanilla pod, skins and seeds to a boil. Once it comes up to a boil, shut off the heat, and allow to steep for 45 minutes. Add the sugar and stir to dissolve. Once cool, add to a food-safe container, and cover for 24 hours. Strain out the debris, add to a clean, dated bottle, and reserve in the fridge for up to 3 weeks.

Smash the dried lavender flowers with a muddler until the essential oils bloom, and the colour starts to release from the buds. Add the salt and sugar, and continue to smash together with the muddler. Store in a cool, dark place for 24 - 48 hours, and use as needed.

METHOD

01. Add all ingredients to a shaker with ice, shake for 7 seconds.
02. Double strain into cocktail glass with a half rim of lavender sweet-salt.
03. Garnish with a fancy orange peel with its oils expressed over the cocktail.

Lítill Nordic Caesar

The Caesar is like building a sandwich - the possibilities and combinations of flavours are endless. The Caesar, like the sandwich, is a blank slate for creativity.

Whether we're talking a sandwich or a cocktail, go for something outside the box. Tomatoes, clams, shellfish, aquavit/caraway, pickles, spices, and vegetables, an undeniable combination of complementary flavours. Rather than a long, aggressive beverage, a short, aperitif-style cocktail works like a charm to wake up the appetite.

INGREDIENTS

1.00 oz 30 mL	Brennivin Aquavit
4.00 oz 120 mL	Walter Caesar Mix
1 dash	Tabasco Sauce (to your taste)
1 dash	Worcestershire Sauce (to your taste)
to season	Salt & Pepper
2 dashes 2 mL	Cascade Celery bitters

Combine all ingredients in a food safe container, and allow to steep covered at room temperature for 72 hours. Strain and store in a clean, dated bottle.

METHOD

01. Add all ingredients to a tin with ice.
02. Throw the liquid back and forth from one tin with ice to another tin without ice, having a loose hawthorn strainer holding the ice back as you transfer the liquid back and forth.
03. Pour over fresh ice in a wee crystal glass, and top with every appropriate garnish.



Gondwana

The Gondwana celebrates the beautiful environment - the smells, sounds, and arid climate - of South Africa. Named for the original southern portion of the Supercontinent "Pangea", Gondwana focuses on the ingredients, flavours, and bold dryness of this spectacular location.

INGREDIENTS

1.50 oz 45 mL	Don Julio Reposado Tequila
0.75 oz 22 mL	"Leather" Cynar Artichoke Amaro*
0.50 oz 15 mL	Cointreau Orange Liqueur
2 dashes 2 mL	Orange & Juniper bitters

* "Leather" Cynar Artichoke Amaro

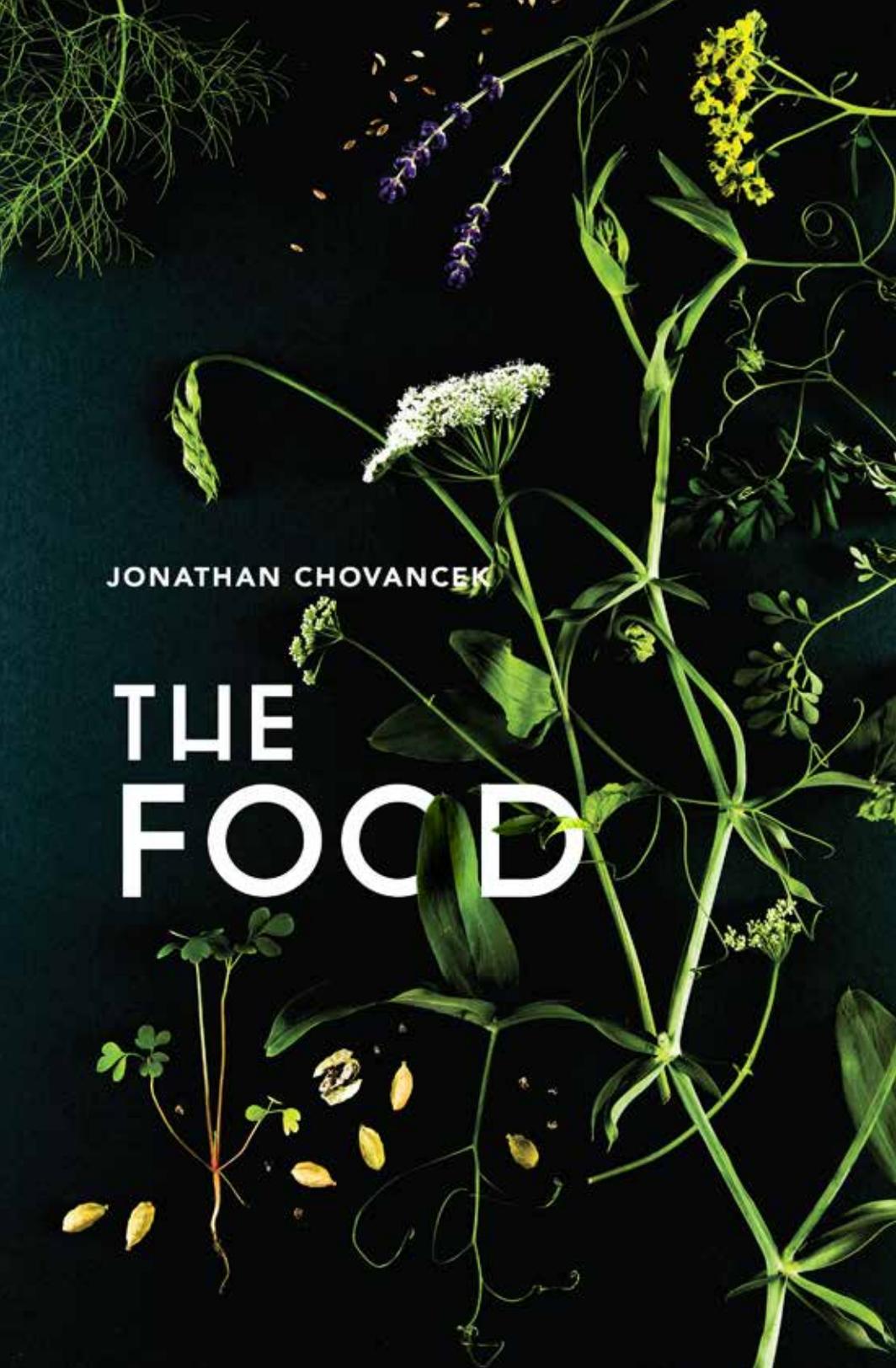
20g	"smoked & fermented black tea" by O5 Tea
4	Pods green cardamom, smashed
2	Pods black cardamom, smashed
1.00 L	bottle Cynar Artichoke Amaro

Combine all ingredients in a food safe container, and allow to steep covered at room temperature for 72 hours. Strain and store in a clean, dated bottle.

METHOD

01. Combine all ingredients in a mixing glass, and stir until well chilled and diluted.
02. Strain neat into a cocktail coupe or "Nick & Nora" glass.
03. Garnish with an elegant lemon peel, after expressing the oils over the top of the cocktail.





JONATHAN CHOVANCEK

THE FOOD

Moondog Vegetables with *Lem-Marrakech* Butter

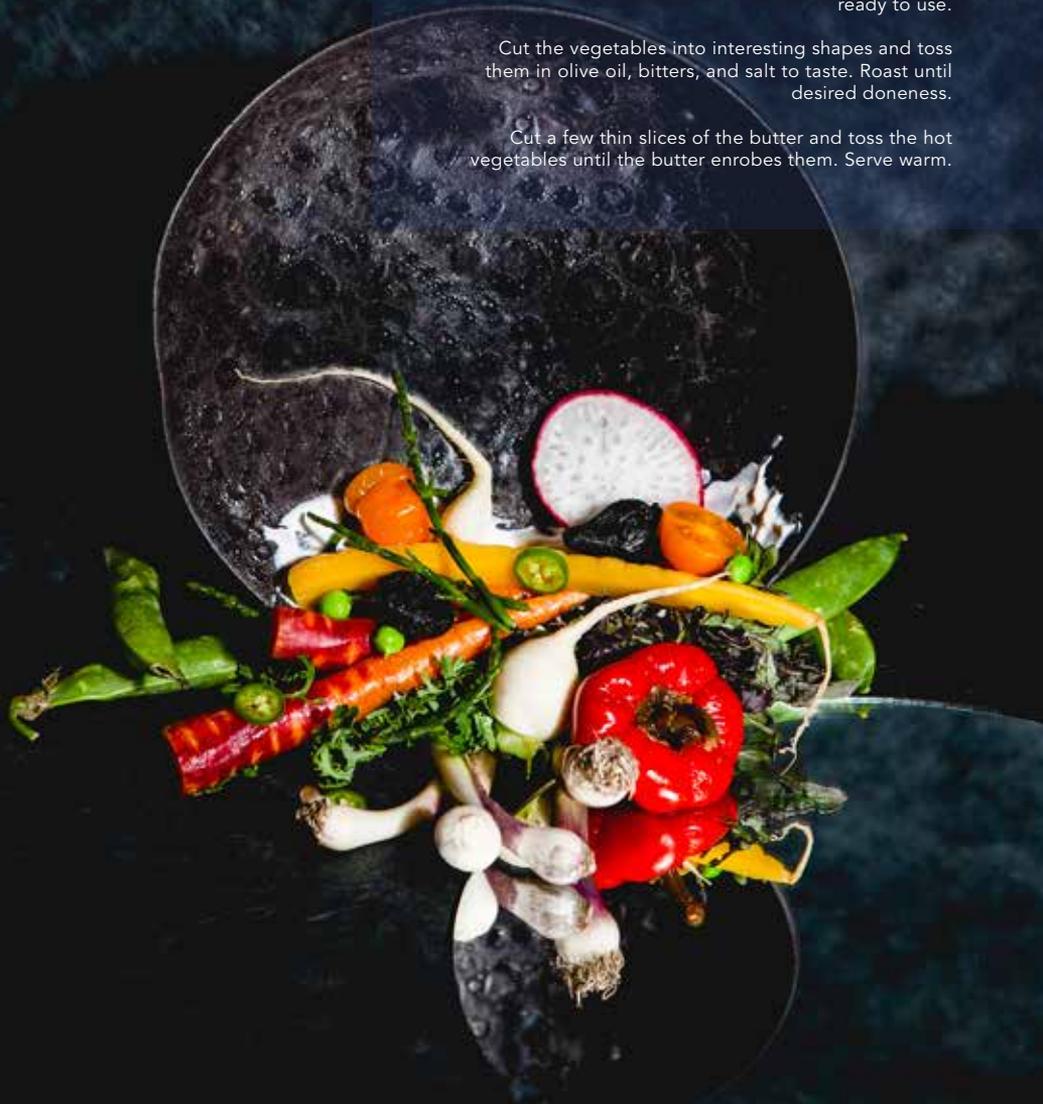
LEM-MARRAKECH BUTTER

454 g	unsalted butter
60 mL	<i>Lem-Marrakech</i> bitters
15 mL	kosher salt
1 kg	market vegetables
30 mL	olive oil
15 mL	<i>Moondog</i> Bitters

Use a stand mixer with a paddle to combine all of the ingredients until smooth. Place on a sheet of plastic wrap and roll into a tight log. Store in the freezer until ready to use.

Cut the vegetables into interesting shapes and toss them in olive oil, bitters, and salt to taste. Roast until desired doneness.

Cut a few thin slices of the butter and toss the hot vegetables until the butter enrobes them. Serve warm.





Cascade Celery and Grapefruit & Hops Cured Ivory King Salmon

CURED IVORY KING SALMON

1 kg	wild salmon
500 g	kosher salt
500 g	sugar
30 mL	<i>Grapefruit & Hops</i> bitters
30 mL	<i>Cascade Celery</i> bitters

Line a shallow pan long enough to accommodate the fish with plastic wrap so that the length of the wrap is double the length of the pan. Trim the salmon of any fins and bones. Lay it skin-side down in the centre of the pan. Gently pull the sides of the plastic up to create a “well” around the fish.

Combine the bitters together and pour evenly over the salmon. Combine the salt and sugar together.

Spread evenly over the fish, giving the thicker parts of the salmon a little more of the mixture. Bring the plastic up and over to enrobe the fish and wrap tightly.

Cut a piece of cardboard the same size as the fish and place on top of the fish in the pan. Place a kitchen weight of no more than 2kg over the cardboard to gently press the cure into the fish. If you have a vacuum sealer you can perform the cure inside the bag and seal it under medium pressure.

Place the weighted fish in the refrigerator for 12 hours.

After 12 hours, unwrap and flip the salmon so that it is skin-side up. Repeat the wrapping and weighted process and refrigerate for another 12 hours.

After this round, remove the fish from the cure and lay skin-side down on a cutting board. Gently remove the curing brine with a towel by wiping it clean. Flip the fish over and repeat on the skin side. *Do not* rinse the fish under water. Cut the fish into desired slices and serve cold.

Garnish with fresh sea urchin and salmon roe. Dress lightly with red lentil vinaigrette.

RED LENTIL VINAIGRETTE

30 g	red lentils soaked overnight
100 mL	lemon juice
25 mL	<i>Cascade Celery</i> bitters
25 mL	<i>Grapefruit & Hops</i> bitters
10 mL	honey
10 mL	diced hot chilies
10 mL	chives, thinly sliced

salt to taste

Combine all the ingredients together. Mix well before serving.

Kensington Aromatic Brine and Braised Beef Short Ribs

KENSINGTON AROMATIC BITTERS BRINE

2.5 L	water
120 mL	kosher salt
500 mL	brown sugar
60 mL	<i>Kensington Aromatic</i> bitters
60 mL	<i>Malagasy Chocolate</i> bitters

Heat the salt, sugar, and half of the water to dissolve. Add the remaining water and *Kensington* bitters. Chill down to below 4°C before using.

BRAISED BEEF SHORT RIBS

5 kg	beef short ribs
5L	<i>Kensington Aromatic</i> brine
3	small onions, halved
1	bulb of garlic, cut in half
2	carrots, cut into 4 cm pieces
2	celery stalks, cut into 4 cm pieces
30 mL	tomato paste
60 mL	red wine vinegar
60 mL	white vermouth
30 mL	grand fir tips (or rosemary leaves)
120 mL	unsalted butter
to cover	hot chicken stock

Soak the beef in the brine that has been refrigerated for 24 hours. Remove the beef and discard the brine. Dry the meat and lightly season with salt.

Slowly caramelize in the butter. Remove the meat and add the tomato paste to the pot. Quickly caramelize the tomato paste, and then deglaze with vermouth and vinegar. Scrape down the pot and add in the vegetables. Place the beef back in the pot and cover with hot stock. Cover the pot and braise in a 300°F oven for 6 hours.

Remove from the oven and allow to cool. Refrigerate for 24 hours before portioning the beef to reheat and serve. Bring the braising liquid back to a simmer and strain through a fine mesh into a clean sauce pot. Adjust the seasoning with salt, vinegar, *Malagasy Chocolate* bitters, and salt before serving with the beef and market vegetables.

MARKET VEGETABLE GARNISH

60 g	English peas
60 g	shucked fava beans
60 g	cooked chickpeas
60 g	cleaned wild mushrooms
30 mL	unsalted butter
15 mL	lemon juice
to taste	salt and black pepper

Sauté the vegetables together in the butter until tender. Garnish with garlic flowers and roasted cocoa nibs.





BITTERED SLING
extracts + extracts

KALEENORI
BITTERED SLING
extracts + extracts
ELDERBERRY
LOT # 1
150 ml
40 % alc./vol.
2020 Bean Street, Vancouver, BC

BITTERED SLING
extracts + extracts
PEACH
LOT # 1
150 ml
40 % alc./vol.
2020 Bean Street, Vancouver, BC

BITTERED SLING
extracts + extracts
KALEENORI
extracts + extracts



THANK YOU

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