

# Introduction

When we started our businesses in the Granville Island Public Market in 1979, the changes that were about to shake up the world of food and cooking in the 1980s were yet to begin.

Foodies were just starting to discover little known but exciting fruits and vegetables—kiwis from New Zealand, lychee and mangosteen from Asia, and countless others.

While the Public Market was known in Vancouver as a fresh food market rather than a farmer’s market—farmers displayed their wares on “day tables”—it was the permanent shops selling fresh fish, produce, and other goods that brought everyone to the Market from the start. Okanagan fruit, from British Columbia’s Interior, could be bought without going to the Okanagan, fresh bagels were made on site, and there was an espresso bar with a beautiful view of the water (False Creek). It was a new place in a new part of town. And what a setting!

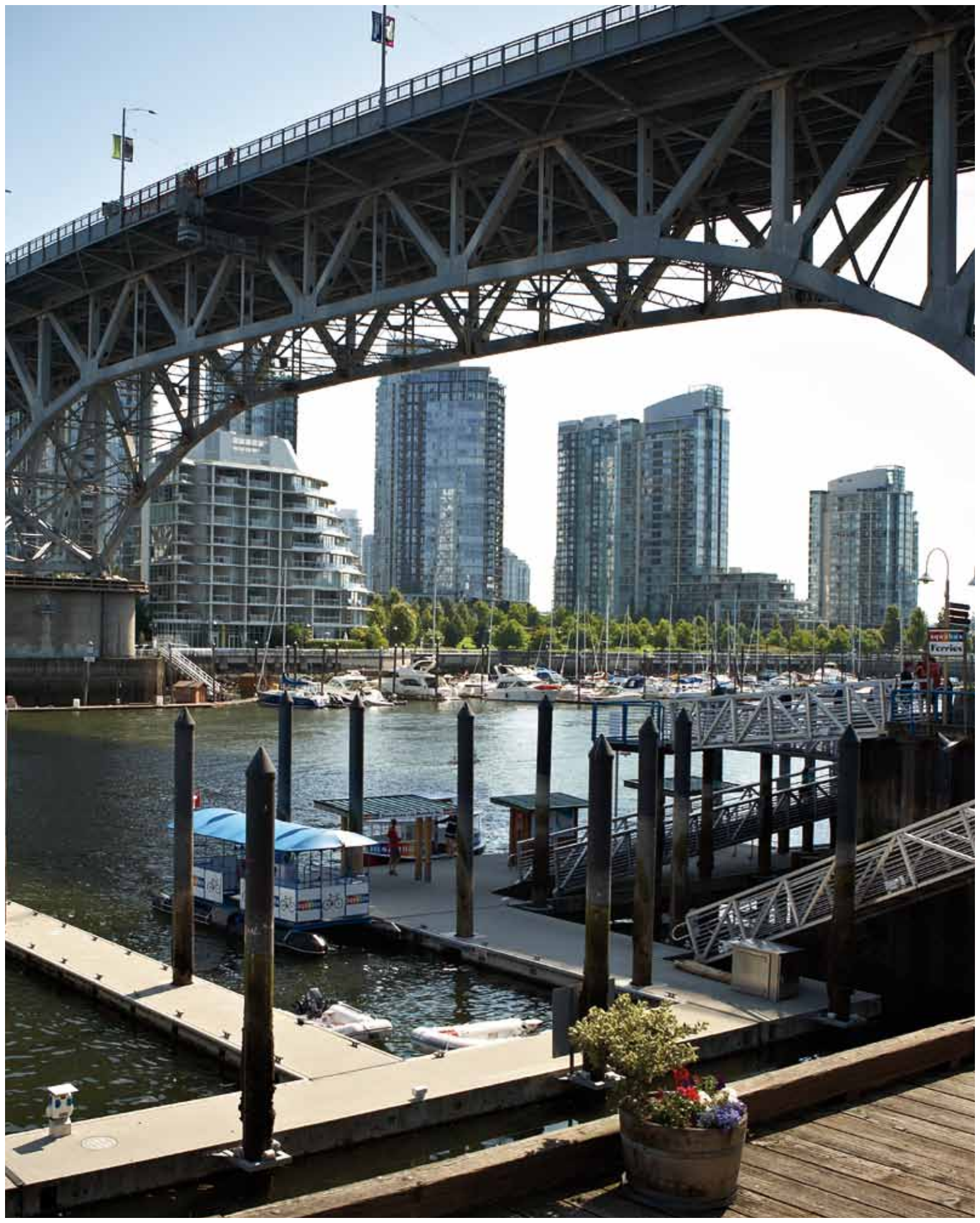
Sunday shopping was a rarity in Vancouver in the 1980s, but because Granville Island is on federally owned land, we could be open on Sundays. The Market was accessible: people could come from downtown by boat, parking was free, a public transit bus came right to the Island. Shopping at the Market on Sundays became a weekly ritual for many Vancouverites. Throughout the 1970s and ’80s, the land at nearby False Creek was developed, and more people moved there. Here was a new community that offered mixed housing, an elementary school, a community centre and, in 1979, the Public Market. It became a village within the city.

The Market continues to be a vibrant place known for fresh, local, quality food. What’s changed in the last thirty years is the way food is talked about; the vocabulary of food. It’s no longer discussed only among farmers or in women’s magazines. One influential personality was local chef James Barber (1923–2007), who taped more than 500 episodes





**PUBLIC MARKET**  
ON GRANVILLE ISLAND





of his TV program *The Urban Peasant*, which broadcast throughout North America in the 1980s. Carol worked with James on the set and recalls that he wanted, above all, to demystify cooking. The motto of the show was “Do the best you can with what you’ve got,” even if a recipe called for wine and you had only apple juice.

By the early ’90s, cooking shows on the Food Network and elsewhere produced celebrity chefs, and the vocabulary of food changed again. Soon food shows became competitive and challenging with programs like *Iron Chef*, *Top Chef*, and Gordon Ramsey’s *Hell’s Kitchen*. Today, food trends now spread instantly through social media, and food newsletters have become food blogs. Culinary schools have opened in cities around the world (as culinary tourism became a trend), and now it seems like everyone is taking cooking classes. Vancouver’s Barbara-Jo’s Books to Cooks, for example, sells not only books, but hosts classes and dinners based on recipe books—cooking is seen as an evening’s entertainment.

In the last decade, we’ve also become more concerned about where our food comes from and how it is grown. Environmental and health concerns have emphasized the need for more local and organic food, and the benefits of supporting farmer’s markets. So the vocabulary of food continues to change. We are deepening our knowledge of what we are buying and seeking closer relationships with the people who produce our food.

The Public Market on Granville Island continues the tradition of supplying fresh, local products that evolve with time: as we write, a new day table is selling vegan treats.

Come listen to our stories, try some new recipes, and rediscover old gems. Read, shop, cook, and eat. Repeat until well seasoned.

—Judie Glick and Carol Jenison



*Fall*



The rhythm of the Market takes on a less hectic pace when summer's over, but for some merchants this is the busiest time. After Labour Day, older tourists (without school-age children) visit the Market, students come in after school, and local chefs are again seen strolling the Market after their summer apprentices have left. When the last of the local harvest arrives, devoted jam-makers and "preservationists" come to buy the berries, fruits, and vegetables that won't be available until next year. Cucumbers, apples, and squash are in their prime now, and it's time to eat, can, and freeze, knowing that fresh produce from local farms is always the best bet for quality. Specialty apple growers from Vancouver Island present their goods on the day tables. Pumpkins bring an orange hue to produce stands.

In the fall, making soup seems like a good idea again, and if meat had a season, fall would be it: a roast beef dinner with root vegetables and gravy has a certain appeal, especially when there is a chill in the air. As the days shorten, the warm glow of lights inside the Market show off the merchants' displays. So, even though the good weather and tourist season has disappeared for another year, the Market continues to thrive by offering the fruits of fall harvests.







*Appetizers & Snacks*

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FALL



# Mushroom-Stuffed Puff Pastry

*This savoury appetizer can be made either as a single large rectangle and then cut into individual portions or used to fill vol-au-vent shells. Either way, it's delicious!*

- 1 tbsp butter
- 1 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 1 lb (500 g) fresh wild or cultivated mushrooms, washed and trimmed
- ¼ cup (60 mL) white wine or sherry
- 1 tbsp fresh thyme leaves
- 1 large sheet puff pastry, 12 x 12 in (30 x 30 cm), thawed  
(or 8 pre-made frozen vol-au-vent shells)
- 1 large egg, beaten

*Preheat oven to 400°F (200°C).*

In a large heavy frying pan on medium heat, melt butter with the oil. Add the onion and sauté for 2 minutes. Add the mushrooms, wine, and thyme and sauté until the liquid has evaporated. Remove from heat and cool to room temperature.

Place the puff pastry on a parchment-lined baking sheet and lay the mushroom mixture on top, leaving a 2-in (5-cm) border around the edges. Fold over the pastry 1 in (2.5 cm) from the edges, then fold up to create a ridge around the filling. Brush the border with the beaten egg. (If using vol-a-vent shells, put 3 tbsp filling in each.) Place the sheet on middle rack in oven and bake until the pastry is golden and puffed, about 20 minutes. Cool for 5 minutes before serving.

**Makes 12 slices or 8 vols-au-vent.**



# Skinny Onion Pie

*Onions are one of our favourite vegetables—such variety, so much taste, they can be enjoyed alone or with almost anything. Reasonably priced, most often grown locally, onions rule in cooking. And most people can grow some kind of onion, even in a pot. Judie has a travelling onion that sets its own seeds, providing an endless source of green onion stems.*

*This pie recipe uses less cream and cheese than many others—hence the “skinny”!*

- 6 tbsp unsalted butter
- 2–3 oz (60–90 g) crackers (about 20 “saltine”-style)
- 4½ cups (590 g) thinly sliced cooking onions
- ½ tsp kosher salt
- 2 eggs
- ¾ cup (185 mL) heavy cream (or milk)
- 3 oz (90 g) grated Emmental or Parmesan cheese

*Preheat oven to 375°F (190°C).*

In a large skillet or sauté pan on low heat melt 3 tbsp butter. Set aside.

Crumble the crackers to a fine crumb in a medium bowl. Pour melted butter over crumbs and toss with fingertips until evenly coated. Press mixture firmly into a deep-dish 9-in (23-cm) pie plate, using a second plate, if possible, to compact it evenly against bottom and sides of pan.

Melt the remaining butter in skillet on medium-high heat until frothy. Add the onions and ¼ tsp salt. Cook, stirring constantly, until onions are evenly browned, 15–20 minutes.

Transfer onions to the pie plate, patting them down in an even layer on the crust. In a medium bowl, beat the eggs, and add cream or milk and remaining salt, whisking gently to incorporate. Pour mixture slowly, in a thin stream, into the centre of the onions in the pie pan. Sprinkle grated cheese on top and place in oven. Bake until puffy and slightly browned on top, 30–35 minutes. Cool to room temperature. Slice with a serrated knife and serve.

**Makes 3–4 servings as an appetizer.**