



# MONTHLY HEADS UP



1.5 billion people are not wrong. China's culture is vast, and its food tradition amazing. The IWFS has asked the Masters of Lai Wah Heen to prepare us a dinner fit for emperors, which Marcel has matched with wines from our cellar for a magical fusion experience.

Thanks to our members and hosts Sally Doulis and Grace Chan, we will be dining in China. The restaurant has received accolades from **The New York Times** – “the best dim sum in Toronto, maybe the best in North America”, **Gourmet Magazine** – “a sense of Hong Kong’s new culinary design” and **enRoute Magazine** – “edible masterpieces rarely savoured outside of Hong Kong”, Lai Wah Heen continues to deliver the highest standards to Toronto diners. The exquisite cuisine is presented by Chef Sam Tse. He has been a core



member of their culinary team for the last 17 years and now as the Head Chef, Sam and his team bring you the most recent trends in Chinese cuisine, skillful use of the finest fresh local products to formulate the famous authentic Chinese recipes.

The Eight Culinary Cuisines of China are: Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Szechuan, and Zhejiang. Our Lai Wah Heen event will draw primarily on the cuisine of Hong Kong.

Lai Wah Heen Restaurant  
**Monday, March 23rd, 2015**  
Reception. 6:30 PM Dinner 7:00 PM

Metropolitan Hotel Toronto  
108 Chestnut Street 2/Floor  
Toronto, Ontario Canada, M5G1R3

**Members \$125, Guests \$140.**

Dim Sum Selections with Reception Wine:  
Steamed Dumpling of fresh Lobster escalope's & shrimp in garlic butter, Chicken Dumpling with Truffle  
Vegetarian Spring roll  
- *2011 Marchand & Tawse / Pascal Marchand Bourgogne Blanc Avalon*

Crispy fried breaded Foie Gras with sweet pomilo sauce  
Peking Duck - two courses  
Maggi Lobster  
Wok Fried Long Beans in house made cured ham compoy chili sauce  
Wok seared Beef Tenderloin in traditional Cantonese sweet sauce  
Foie Gras & diced duckling fried rice flavoured with deep-fried garlic

- *Two wines side by side to experiment with the food:*  
*2006 Schloss Vollrads Riesling Kabinett halbtrocken*  
*2004 Clos Figueras Priorat Clos Figueres Grenache Catalunya Spain*

Dessert: Steamed whole Papaya with egg custard

Address: Metropolitan Hotel Toronto  
108 Chestnut Street 2/Flo Toronto, Ontario  
Canada, M5G1R3, **Phone:** 416-977-9899  
<http://laiwahheen.com>

How to get there [<<Click Here>>](#)

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Robert Henderson,  
[Info@iwfstoronto.org](mailto:Info@iwfstoronto.org)

# IW&FS 2015 Planned Program

Dear IW&FS Members,

Please put the following dates aside for exciting IW&FS Events. The dates may change as we negotiate with venue operators and as new opportunities become available. It will be a fun year of exploration with good friends. Underlined are firm dates. Robert Henderson.

IWFS Event Dates: The Third Monday in every month (with some exceptions)  
 Dates UNDERLINED are fixed.

Date	Time	Location
Monday, April 20, 2015	6:30PM-10:30PM	TBD
Tuesday, May 19, 2015	6:30PM-10:30P	TBD
<u>Monday, June 15, 2015</u>	<u>5:30PM-10:30PM</u>	<u>AGM THC, Black Tie, Fixed Date</u>

**Contact Us:**

International Wine & Food Society  
 Toronto Branch,  
 Chris JE Tierney  
 Tel 416-725-0425 [ctiern@gmail.com](mailto:ctiern@gmail.com),  
 6067 Hardesty Crescent,  
 Mississauga ON L5V 1B3  
 email: [info@iwfsToronto.org](mailto:info@iwfsToronto.org)

