



## An Aussie Rising

Is Edmonton giving us the next Donna Hay?

TOO BUSY TO COOK? Lovoni Walker, owner of Fabulous Food Creations, doesn't buy that excuse. Indeed this emergent Donna Hay-esque kitchen diva puts in a 60-hour-plus work week organizing and teaching cooking classes, writing recipes and styling food for print and television clients in her newly opened 1,000-square-foot



kitchen studio just south of the city in Nisku. She's also found time to launch her second cookbook, the incredibly luscious, drool-inducing *Simple, Fresh, Delicious: Recipes for Easy Living and Relaxed Entertaining* (\$24.95). As the name suggests, the book is Walker's answer to the silly notion that cooking and eating well are complicated and time-consuming. Having moved from her native Sydney five years ago, Walker brings a high-style, low-fuss Aussie cooking sensibility to each of the 85

simple but sophisticated recipes that make the most of flavours in a minimum of time. At last, a published-in-Canada cookbook that acknowledges that we eat with our eyes too. Watch for her book-signing tour in Vancouver, Edmonton, Calgary and Winnipeg. 1506 Seventh St., Nisku, 780-995-3841, [www.fabulousfoodcreations.com](http://www.fabulousfoodcreations.com). —Jennifer Cockrall-King



## FAST FOOD

To market, to market, to buy...takeout.

IF A RITZ-CARLTON of fast foods mated with the local market, the result would be a food child named Cravings Market Restaurant. Calgary's latest restaurant-cum-market is a European-inspired eatery or cafeteria (minus the latter word's icky meatloaf connotation). In this self-service bistro, personalize dishes-to-go from six food stations manned by chefs. Instead of taking home greasy boxes, "the spin on our take-home is that you can say exactly how you want it prepared," explains Cravings marketing manager Kate Waters. Detail your sambal chili specs at the wok stop or be shamelessly picky with toppings at the alforno pizza station. Gourmet salads, paninis and pastries are other take-away delights while on the run. 7207 Fairmount Dr. S.E., 403-252-2083. [www.cravingsmarketrestaurant.com](http://www.cravingsmarketrestaurant.com). —Tiffany Quan

## Book + CD

The month in words and song.

### Saskatchewan Uncommon Views

By John Conway (University of Alberta Press). An algae bloom on a sewage lagoon, a sign identifying "greenleaf pubescent wheatgrass," a golf course coloured entirely in shades of brown: the beauty in photographer John Conway's

images of Saskatchewan is indisputable, but it's delivered with a hipster's taste for sly, intelligent humour and, yes, irony. If the Coen brothers had shot *Who Has Seen the Wind*, it would have looked something like this. —Stanley Brunst



*Twin Cinema* By The New Pornographers (Mint). The third time's another exhilarating charm for the west coast supergroup whose two earlier albums finished in the upper echelon of the *Wage Voice's* annual bellwether critics poll in 2001 and 2003. Carl "A.C." Newman, Dan Bejar and the peerless Neko Case trade lead vocals, but it's their command of stacked harmonies and near-choral refrains that truly dazzles. The 14 unfailingly melodic tunes, meanwhile, reinvent a vast expanse of retro pop terrain with quirky wit and genuine artistry. Classic stuff. —Jeff Bateman



TOP RIGHT: STEPH NICOLLS