

SNACK SMARTER

The nutritious ancient grain quinoa, the superfood du jour, is popping up in everything from cookies to crackers. We've tasted 'em all, and these crunchy, chewy clusters stand out from the pack. Our favourite flavour? Chocolate Sea Salt. It's a super superfood treat! \$5, IHEARTKEENWAH.COM.



EAT LIKE A HORSE

We've all been there, hungry as a horse with eyes bigger than our bellies. This whimsical gadget, from the Montreal gift shop Mortimer Snodgrass, takes the guesswork out of how much spaghetti to cook for dinner, so you can enjoy perfect portions every time. \$9, MORTIMERSNODGRASS.COM.

FUTURIZE YOUR KITCHEN

Get your groove on while cooking along with the Chatelaine Kitchen. This combo of a tablet stand and a speaker (sold separately) is smart, small and practical, allowing you to easily follow a recipe or listen to music—or both!

BLUETOOTH SPEAKER, \$150, STAND, \$50, WILLIAMS-SONOMA.COM.



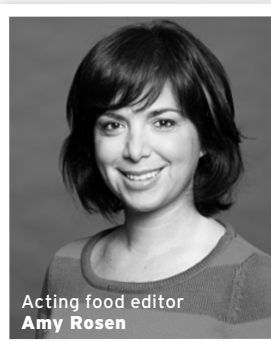
GO FRENCH CANADIAN

Toqué! is the first cookbook by chef Normand Laprise, the godfather of modern Québécois cuisine, co-owner of Montreal's renowned Toqué! restaurant and *Maclean's* 2012 Chef of the Year. It takes readers on a gorgeous journey through ingredients found in the region's farms and forests (from nettles to truffles). The stunning recipes are doable but not simple. Then again, who ever said art was easy?

TOQUÉ! CREATORS OF A NEW QUEBEC GASTRONOMY, NORMAND LAPRISE, \$70.



► Find five recipes from *Toqué!* at chatelaine.com/toque



Acting food editor
Amy Rosen

from the KITCHEN

BITES OF BLISS

When the Chatelaine Kitchen decided to do a feature on global dumplings (page 100), everyone in the office went crazy for the idea. Co-workers begged us to recreate easy versions of their all-time faves, from perogies to potstickers. We listened and created not only batch after batch of hot, fresh aromatic bundles but also, more important, nostalgic flavours for our Hungarian colleagues, Michelle and Sue. Upon tasting our plum dessert dumplings (based on Michelle's recipe), Sue sighed, "They taste just like I remember them as a girl." Fond childhood memories—the most delicious flavour of all.

thy

On Twitter @AmyRRosen