

SHOP WITH A CHEF

Abdel Elatouabi, Le Marrakech
By Colleen Friesen

The Fresh Maker

GROWING UP with seven siblings in Casablanca, Abdel Elatouabi learned early on to value his food. His father served in Morocco's secret service but devoted weekends to cooking. He'd load up a carful of kids and head to the docks for off-the-boat fish, or hunt for the best-fed goats at farms, or stop on the road to buy armloads of just-cut mint. Today, Elatouabi continues that zeal for quality ingredients at his ruby-red restaurant at 52 Alexander Street. "I love **Hung Win Seafood** (585 Gore Avenue) for their fresh fish and **Tak Hing Loong Trading** (217 Keefer St., 604-899-7928) for tiny rose petals for my lamb shank cooked with 16 spices." He grabs gunpowder tea and chicken livers at the nearby **T&T Supermarket** (179 Keefer Pl., 604-899-8836) and explores the stands at **Sunrise Market** (300 Powell St., 604-685-8019) for well-priced organic fruit and veg. His duck pastilla is a sweet and savoury confection using Fraser Valley-grown duck and includes saffron, nutmeg, ginger, and cinnamon from **South China Seas Trading** (125-1689 Johnston St., 604-681-5402). Moroccan food demands a lot of honey, which Elatouabi imported from France until he discovered **Honey Bee Centre** in Langley (7480 176th Street, 604-575-2337). "I love the orange-blossom honey. It's fantastic." When Elatouabi and his wife, Marijke Wortman, shop with their three young children on weekends, they always stop by **Nelson Park farmers market** (1100 block of Comox, Eatlocal.org) (403 Lowry's Rd., Parksville, 250-954-3931) and **Klippers Organic Acres** (2205 Ferko Rd., Cawston, 25-490-2050). Life's lessons continue. **via**



HOT BUY

Loose Leaf Love

Devout tea drinkers know: a brew tastes best in fine china or glass. But Oubon cups are poor travellers. Enter the innovative **LibreTea** glass, which combines aesthetics with portability. With its double-walled construction, this leak-proof thermos takes knocks on a polycarbonate exterior while a tempered-glass interior delivers true tea flavour. Spoon leaves into the clever screened top, fill with boiling water, and cap with a tight second lid. At yoga, in the office, or walking in the woods, you'll never be compromised by plastic taste or dreary bags of Red Rose again. At Murches, 825 W. Pender Street, 604-669-0783. LibreTea.com—C.F.

\$23.95
LibreTea Infuser



MINI REVIEW

Sweet Treats



Before founding the **Diplomat Bakery** in East Steveston, Gerald Stenson honed his skills at a slew of Hiltons and Sheratons in Amsterdam, Brussels, Geneva, Bahrain, and Lagos. He now turns out decadent concoctions for in-the-know locals and lucky tourists who wander in off the nearby dike trail. Every cake is a winner, but go for a classic: the triple-chocolate mousse cake loaded with dark, milk, and white mousses that are sandwiched by chocolate sponge and draped in a dark ganache (\$3.25 per slice). 110-6111 London Road, 604-241-9134—C.F.