

here and now

# look what's KUCHEN

— By John Farrington

## WHAT WOULD YOU DO FOR A SLICE OF TEMAGAMI BLUEBERRY KUCHEN (PRONOUNCED COOKIN')?

I took one look at the recipe, got up at 3:45 a.m. and drove three-and-a-half hours to be on time for the photo shoot at Caryn Colman's Smoothwater Outfitters and Ecolodge, just off Highway 11, north of Temagami.

It is a recipe that Caryn's family has lost twice during her childhood, but now she regularly makes the pie in her fabulous country kitchen, and usually has a couple in the freezer. The pie for *Ontario* was baked fresh that morning. It's not the first time I've had ice cream for breakfast, and hopefully it won't be the last time that I have a chance to taste Caryn's Kuchen. It was worth losing half-a-night's sleep. It was so good, in fact, that I was careful not to spill anything, I didn't even allow the blueberries to stain my shirt.

A picture is worth a thousand words, and I can still taste it when I look at the photograph. Don't take my word for it, follow the recipe and find out for yourself how good it really is. Better still, visit Smoothwater.



Photo: Getty Images



Photo: John Farrington

### Temagami Blueberry Kuchen

#### PASTRY

- 500 mL (2 cups) flour
- pinch of salt
- 14 mL (2 tablespoons) sugar
- 250 mL (1 cup) unsalted butter
- 7 mL (1 tablespoon) white vinegar

#### FILLING

- 175-250 mL (3/4 to 1 cup) sugar
- 14 mL (2 tablespoons) flour
- Dash of cinnamon
- 500 mL (2 cups blueberries) – fresh or frozen
- 250 mL (1 cup blueberries) – fresh
- confectioners' sugar for dusting

#### PASTRY

- Combine flour, salt and sugar. Work in butter with a pastry blender. Mix in vinegar. Use a 22 cm (9-inch) spring-form pan (grease and flour pan).
- Press crust mixture on bottom to depth of 5 mm (1/4 inch), and up the sides a good 5 cm (2 inches), for the same thickness all round.

#### FILLING

- Combine sugar, flour and cinnamon. Add 500 mL (2 cups) blueberries. Pour into crust. Bake in oven at 176°C (350°F) for 50 minutes or until crust is brown.
- Remove from oven and put 250 mL (1 cup) fresh blueberries on top. Cool and remove rim of pan. Dust with confectioners' sugar. Serve warm or at room temperature. With vanilla ice cream or whipped cream, this dessert is even more divine. *Serves 8.*

Photo L: Caryn's daughter, Emily, gets to taste-test mom's Blueberry Kuchen.

Caryn and her husband Francis Boyes have run the Smoothwater Outfitters and Ecolodge for 13 years. She says people from around the world are attracted to Temagami's ancient pine forests, pristine waterways and wildlife.

Smoothwater shares that magic through canoe trips, hiking, cross-country skiing, snowshoeing and an array of art activities. But it is Smoothwater's personal culinary angle on regional food that puts a sense of well-being into the package and apparently brings guests back repeatedly.

Caryn says "eating food from the region enhances your understanding of the area's ecosystem, culture and history. Local foods have stories to tell that interpret, for example, the way bears and people relate through wild blueberries and fires."

The wild blueberries in the kuchen are only one of Smoothwater's uses of the food from the land in the Temagami area. And Caryn's amazing desserts are as much a part of the Smoothwater experience as the peace, the quiet, the trees, the water, the canoes, the loons and the wild animals, as you see in Nicole Leaper's article about the mother and daughter trip on Page 82.

— *John Farrington has been the editor and publisher of a number of daily newspapers throughout Canada.*



Temagami

For year-round details about culinary workshops, ancient forest hiking, yoga and painting retreats, or canoe trips for moms and daughters, fathers, couples and pooches, call Smoothwater Outfitters and Ecolodge at 1-800 569-4539 or (705) 569-3539 or visit [www.smoothwater.com](http://www.smoothwater.com)

Find hundreds of places to sample Ontario's favourite cuisine at [www.ontariotravel.net/summer](http://www.ontariotravel.net/summer) or call 1-800-ONTARIO.