

# Head to the Laurentians for a new foodie festival

BY ROCHELLE LASH, OTTAWA CITIZEN    JANUARY 29, 2011

J'aime Sainte-Adele is a new cultural festival in February that will combine culinary adventures, concerts, art exhibitions and a day of outdoor activities for the family.

The first-time festival, in Sainte-Adele, Que., in the Laurentians about a 2½-hour drive from Ottawa, will focus on fun for foodies from Feb. 1 to 10 when several top restaurants will cook up menus at 25-percent off their regular prices. This festival-within-a-festival is called Sainte-Adele est a vous, goutez-y!

"It's similar to the Gourmand Happening in Old Montreal or New York's Restaurant Week, but it's in the countryside," said Anne Desjardins, whose gastronomic temple, l'Eau a la Bouche is one of 16 participating. "It's like a teaser, encouraging patrons to try new restaurants at very good value."

With the festival discount, you can sample steak and mussels at Chez Milot, scallops and sea bass at La Clef des Champs, or the artful delicacies at l'Eau a la Bouche.

"In winter, many ... think of taking a jet and going south, but it also is beautiful to enjoy winter, to ski and skate, and having a wonderful meal afterward is a big part of the pleasure," Desjardins said.

There are also options including workshops on the edible flowers of the Laurentians, wine pairings or a romantic Valentine's dinner, all Feb. 12 and 13 at l'Ecole Hoteliere des Laurentides, a renowned culinary school.

The festival isn't only about food. Quebec chanteuse France Castel will introduce a concert series that includes the string quartet Rhapsodie performing hits from romantic movies; the vocal group Trois, Quebec's three tenors; and duet Jean-Francois Breau et Marie-Eve Janvier.

Family day will close the fest on Feb. 13 with face painting, skating to music and free rides on dogsleds and horse-drawn sleighs.

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## If You Go

- . Where: Sainte-Adele is about a 2½-hour drive from Ottawa. You can take Quebec Highway 50 east to Highway 15 north, then Exit 67 and Route 117 north.

- . When: J'aime Sainte-Adele runs from Feb. 1 to 13. Menus with 25-percent discounts can be seen at [www.jmstadele.com](http://www.jmstadele.com).

- . Workshops and concerts: Tickets for workshops and concerts are \$30 and are available at participating locations or at 1-514-790-1245 or [www.admission.com](http://www.admission.com).

- . More: 1-450-745-3161

- . L'Eau a la Bouche: Hotel-Restaurant l'Eau a la Bouche is offering lunch at \$14.95 and dinner at \$59.95 during the festival. Rooms start at \$155 for two, per night, Sundays to Fridays, or from \$195 for two Saturdays or holidays. Call 1-888-828-2991 or see [www.leaualabouche.com](http://www.leaualabouche.com).

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