

*5 HEAVEN BOUND RECIPES FOR A
WEEKEND AT THE LAKE FOR 2*

Our Travel & Food
Youtube channel

By Harry & Joan Fehr
Wine is Always Good
**“Come live with us as
we travel the world...”**



5 HEAVEN BOUND RECIPES FOR A WEEKEND AT THE LAKE FOR 2

OUR CONCEPT

Cooking, food, wine & travel philosophy 4

FRIDAY NIGHT - 6 FETTUCCHINI WITH MUSSELS & MUSHROOMS

Mushrooms Sauted in Extra Virgin Olive Oil

SATURDAY BREAKFAST - 8 SPINACH WITH STRAWBERRIES & AVOCADO

Triple Sec marinade. Drizzle Balsamic, Olive Oil
Add: Smoked Ham, wedge of mild cheese

SATURDAY NIGHT - 10 WILD SOCKEYE SALMON

Sauteed in a garlic - mustard - date sauce
served cold along fresh greens

SUNDAY BREAKFAST - 12 MICROGREENS WITH BLUEBERRIES & MORE

Mixture of Microgreens and Sprouts, oranges,
pears, bananas, blueberries.

SUNDAY NIGHT - 14 SMOKED WINNIPEG GOLDEYE

With Avocado & Raw White Onion Slice and
Medley of Raw Vegetables on bed of Spinach

A LITTLE ABOUT OUR 17 PHILOSOPHY ON INGREDIENTS

Taste with your eyes first





OUR CONCEPT

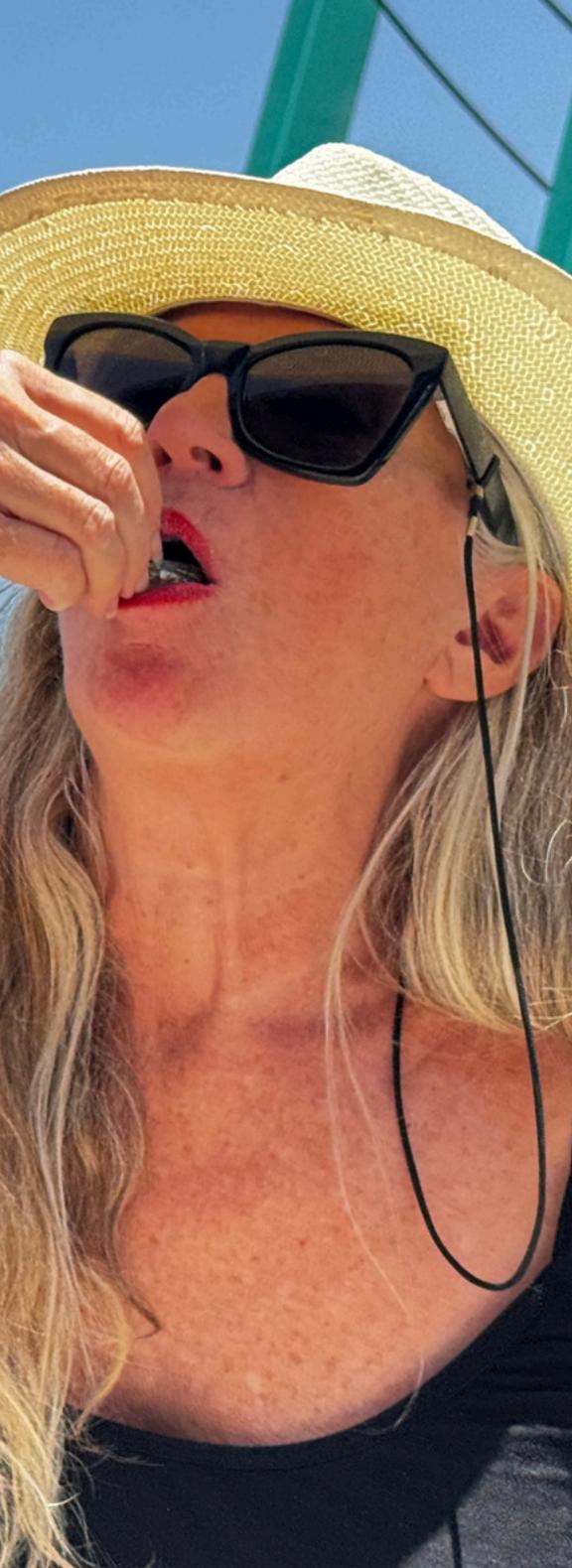
We are Harry and Joan...married at 15. Travelling the world at 70.

We are passionate about cooking, food, wine and travel.

Come live with us as we travel the world.

We live in Sicily on Mount Etna for 6 months of the year as our European base.

Our hosts, Loredana and Orazio teach us how to cook Sicilian food and drink Sicilian Wine as they try to keep friends together and the old traditions alive.



FOOD & NUTRITION

Then we are off to Koh Samui, Thailand, an island in the Gulf of Thailand, for the winter... And of course touching base at our resort "Cherry Hill Living" in Canada.

In this ebook, we will show you some very healthy meals that we have been making in Manitoba, but most of the ingredients can be found in any country so we hope you can enjoy them as much as we do, wherever you are.

We live on a lake in our motor coach during the Manitoba summer, and present a few of our recent favourites here. They are perfect for a weekend at the lake for 2, or more if you want to entertain...which of course, we also love to do.

Our goal is to live and cook very healthy, drink some fine wines, and show you our lifestyle and how we are able to stay healthy and live simply as we wander the world...quite luxuriously in our opinion.

"Come live with us as we travel the world...Sicily, Thailand, Canada...and more"

[@wineisalwaysgood](#)



Clean & tasty

Fettuccine with Mussels & Wild Mushrooms

[For Recipe on Youtube Click Here](#)



INGREDIENTS

- **Manitoba Fettuccine 160 G**
- **Mussels**
- **Cold Pressed Extra Virgin Organic Olive Oil**
- **Zest of Lemon**
- **Mushrooms (sliced)**
- **Grass Fed Unsalted Butter**
- **Pink Sea Salt**
- **Ground Pepper**
- **Sliced medium White Onion**
- **Thinly sliced Garlic 3 cloves**

DIRECTIONS

To create this dish, start with 80 grams per person of Fettuccine, always measure a portion for 2 people by touching your fore-finger and thumb together to measure the amount. Approximately the size of a Canadian Quarter. Or, approximately one-third of a 500 gram package.

Fill a medium sized pot with cold water and place on stove to boil. While it is heating, start the sauce.

In a Wok or frying pan, saute a little butter on low heat. Add garlic, onion, saute 2 minutes. Add wild mushrooms, sliced thinly, saute 2 minutes.

Add Mussels. If you can get fresh mussels, that's great, but if not, a half a package of frozen mussels in the shell are also great. In this recipe we are using Frozen NZ Green Mussels. Heat.

Add pinch himalayan pink sea salt and freshly ground black pepper to taste.

The pot of water should be at a rolling boil. Add the Fettuccine to the boiling water and boil as per directions on the package, usually about 8 - 9 minutes, but remove a little before al dente. Remove the pasta with tongs and add to the pan with sauce, mussels and mushrooms. Stir, top with zest of lemon, and serve.

Wine Pairing:

Sauvignon Blanc: Often considered the best choice.

Its high acidity, citrus

notes, and herbaceous

undertones (especially

from Marlborough, NZ or

Sancerre, France)

enhance both the garlic

butter and the mussels.

We've chosen Kim

Crawford Signature

Reserve from NZ.

Nutrition:

A dish combining fettuccine, mussels, and wild mushrooms offers a nutrient-dense meal high in protein, iron, omega-3 fatty acids, and essential vitamins. It is particularly beneficial for immune system support and cardiovascular health due to the combination of seafood and fungi.



Nutritian:

Spinach, strawberries, and avocados provide a nutrient-dense combination that supports heart health, boosts immunity, reduces inflammation, and improves digestive health. Packed with antioxidants, vitamins K, C, E, potassium, and healthy fats, this mix promotes healthy skin, brain function, and blood pressure regulation.

strawberry fields forever



Spinach with Strawberries & Avocados

[For Recipe on Youtube Click Here](#)

A vibrant summer medley featuring tender baby spinach topped with juicy, ruby-red strawberries that have been marinating in Triple Sec Liqueur.

Add buttery avocado slices.

Drizzle with Balsamic Vinegar and Cold Pressed Extra Virgin Olive Oil.

"Aging Younger Every Day through Food Wine Travel"

@wineisalwaysgood





INGREDIENTS

- **Strawberries**
- **Triple Sec Liqueur (Optional)**
- **Baby Spinach**
- **Avocados**
- **Balsamic Vinegar**
- **Cold Pressed Extra Virgin Olive Oil**
- **Fresh lemon wedge**
- **Optional: Smoked ham and a mild French cow's cheese on the side**

This salad uses our favourite measuring method, which is "Quanto Basta" in Italian, or "as much as you like". Thus we have no quantities, but trust you to use your judgement. All the ingredients work equally well if you use a little or a lot or somewhere inbetween.

DIRECTIONS

This tantalizing salad is a perfect start to a Saturday morning brunch at the lake. If you have a bigger appetite, then pull out that beautiful smoked ham. It goes super nicely with this salad.

First, Take 2 - 3 cups of fresh strawberries, remove the stems and slice each one in half or more if they are larger. Drizzle about 2 oz of Triple Sec over the sliced strawberries and stir. Let marinate 10 minutes.

Take 2 large handfuls of baby spinach and place in 2 plates, add the strawberries, slice half an avocado into each plate. Then drizzle balsamic vinegar and olive oil, to taste, over the ingredients. At the end, squeeze a fresh lemon over top of everything.

Serve with the smoked ham and a mild French cow's cheese.



Wine Pairing:

A lovely Italian

Prosecco would be a perfect pairing

OR

San Pellegrino

Sparkling water with a slice of lemon



Clean & tasty

Saturday Night - Wild Sockeye Salmon

[For Recipe on Youtube Click Here](#)

DIRECTIONS

This Recipe starts with My "Little Red Riding Hood" WOK.

Sauce:

Into the WOK or a frying pan, add chopped garlic, a small diced onion and olive oil. Saute one minute. Then add the dry keens mustard mixed with a little water. Then add the Deglet Noor Dates, chopped finely, and a generous pour of white wine. Simmer for a minute or two.

Salmon:

Start with pieces of salmon fillets. Sprinkle with Pink Sea Salt and fresh cracked pepper. Add to the Wok, skin side down, at the edge of the sauce, so that the salmon pieces brown. Saute 2 to 3 minutes. If you are using a frying pan, you can take out the sauce to brown the skin in the drippings. Then put the sauce back into the pan and turn the salmon into the sauce to finish the other side. Cover and simmer 3 to 4 minutes. Add the tomatoes and the parsley or cilantro at the end on top. Cool for eating with the Green Salad.

Wine Pairing:

A NZ Sauvignon Blanc

is the best choice to pair

with both salmon and

mustard wine sauce. Its

zesty acidity cuts

through the fat of the

fish, while its

green/herbal notes

complement the bitter

green salad.

Another perfect choice is

an unoaked Chardonnay

like Kendall Jackson

Vintner Reserve or for a

red option choose a Pinot

Noir from Oregon or

Burgundy.



Green Salad:

Prepare the greens. Start with kale, red cabbage, white onion, basil, cucumber, chives, and optional avocado slices. Add salt and pepper and a generous drizzle of olive oil.

Serve with the Cold or room temperature salmon.

Nutrition:

Salmon sautéed in a garlic-mustard-date sauce served along mixed greens - kale, red cabbage, onion, chives, cucumber, avocado - is a highly nutrient-dense, high-protein, and moderate-to-high fat meal, exceptionally rich in heart-healthy omega-3 fatty acids, fiber, and vitamins K, A, and C.



INGREDIENTS

- **Salmon Fillets**
- **Pink Sea Salt**
- **Fresh Black Pepper**

Sauce:

- **3 cloves finely chopped garlic**
- **1 small white onion finely chopped**
- **3 teaspoons dry keens mustard mixed with a drizzle of water or make a paste**
- **3 Deglet Noor Dates**
- **White wine**
- **tomato chopped**
- **parsley or cilantro a few leaves**

Salad:

- **2 leaves kale chopped**
- **2 small wedges red cabbage**
- **raw white onion sliced thinly**
- **4 leaves fresh basil**
- **one cucumber sliced thinly**
- **handful chives chopped**
- **Optional Avocado**
- **Salt**
- **Pepper**
- **Olive Oil**

BLUEBERRY
SALAD WITH
MICROGREENS
AND MORE



Nutrition

This combination of fruits, sprouts, and creamy goat cheese offers a high-fiber, nutrient-dense profile rich in antioxidants, healthy fats, and vitamins, particularly suitable for heart health and digestive support. Goat cheese provides a high-quality protein and probiotic boost that complements the nutrient-dense produce.

[For Recipe on Youtube Click Here](#)

DIRECTIONS

Remember you taste with your eyes first!

Start with a great bowl. Add fresh blueberries. Add sliced bananas and Squeeze lime and lemon juice over top. Add a little cold pressed olive oil. Layer in the sliced apples, oranges and pears. Add more blueberries.

Add Microgreens, Avocado Slices, and a creamy goat cheese. Drizzle a little olive oil and balsamic vinegar on top.

Prepare sprouts on the side on plates and add a little olive oil and balsamic vinegar

Then top the sprouts with the salad.



INGREDIENTS



- **Fresh Blueberries**
- **Microgreens**
- **Sprouts (Sunflower)**
- **Avocado**
- **Banana**
- **Apple**
- **Orange**
- **Pear**
- **Soft Goat Cheese**
- **Olive Oil**
- **Balsamic Vinegar**
- **Lime**
- **Lemon**

Wine Pairings for French creamy cheese with blueberries, oranges, and sprouts need high acidity to cut the fat and fruit notes to match the berries/citrus. A Sauvignon Blanc, Kim Crawford Reserve, New Zealand, is ideal.

Clean & tasty
Sunday Night - Smoked Winnipeg Goldeye

[For Recipe on Youtube Click Here](#)

DIRECTIONS

The preparation of the Smoked Goldeye is important. First peel off the skin. Then lift off the top layer of the fish fillet. The bones will be exposed. Just grab one end of the bone framework and peel off gently and remove the head. The bottom half of the fish will be remaining. The head should have some savoury pieces that you can remove and use. Save the bone section, the head, and the skin for preparing a soup broth or the base for a sauce.

Break the fillets of Goldeye into pieces and use the small pieces from the head. Layer onto a large fancy serving plate.

Peel and slice the avocados and finely slice the raw white onions on top and inbetween the Goldeye. A beautiful presentation!

On top of a favourite table-worthy cutting board, layer a few handfuls of baby spinach, finely sliced raw white onions. Drizzle olive oil over the spinach dish.

Thinly slice the medley of raw vegetables and layer them on a nice serving plate starting with the cucumbers, then radishes, and the rest of the vegetables. Add Salt, Pepper, and drizzle a little olive oil on top. Perfect!



Wine Pairing:

Pair smoked Winnipeg Goldeye with high-acid, dry white wines or crisp rosés to cut through the fish's fat, match the smoky flavor, and complement the raw onion and fresh vegetable components. Excellent choices include include dry Riesling, Sauvignon Blanc, Gruner Veltliner, or a dry Rosé.

Nutrition:

This combination of smoked Winnipeg goldeye and a fresh, fiber-rich salad offers a highly nutritious, nutrient-dense meal high in healthy fats, premium protein, and essential micronutrients. The pairing of fatty fish with raw vegetables ensures high absorption of vitamins.



INGREDIENTS

- **2 Smoked Winnipeg Goldeye**
- **2 Avocados**
- **1 Small Raw White Onion**

Salad:

- **Baby Spinach**
- **1 Small Raw White Onion**
- **Fresh baby carrots sliced or julienned**
- **Red Bell Pepper sliced**
- **Cucumbers sliced**
- **Radishes sliced**
- **Fresh Lemon or/and Lime**
- **Olive Oil (EVOO)**
- **Freshly cracked Black Pepper**
- **Pink Himilayan Sea Salt**



LOCATION
Recipes and Photography on
location in Canada:
Cherry Hill Living Luxury RV and
Park Model Park Community
Website:
<http://www.Cherryhillliving.ca>

CONTACT US
Website:
<http://www.wineisalwaysgood.com>
Youtube: [@wineisalwaysgood](https://www.youtube.com/@wineisalwaysgood)
Instagram: [wineisalwaysgood9](https://www.instagram.com/wineisalwaysgood9)



DESIGN, RECIPES, EDITING,
PHOTOGRAPHY, VIDEOGRAPHY
BY HARRY AND JOAN FEHR
Wine is Always Good

AGELESS ... PASSIONATE

LIVING THE LIFE.....



A Little on Our Philosophy of Ingredients:

This gets really exciting! For example “Aged Wine” and New Oil”...always use the best.

We are always on the search for the best ingredients we can find. This means fresh, unaltered, simple, organic when possible, and as clean and pure as possible. Of course, sometimes it is impossible and we use what is available or substitute.

A great example is finding the best salt of the area. In Sicily, we use the Sicilian sea salt that is produced on the island and comes from the sea on the western coast. Elsewhere we try to find pink Himalayan sea salt which has the highest mineral count.

One of the best sparkling waters in the world comes from the mountains in northern Italy...it contains a multitude of minerals that are great for the body.

Every country has a fresh market for fruit, vegetables, and fish. We always look for the freshest fish caught that day.

Simple - Luxury - Living



WINE IS ALWAYS GOOD

5 HEAVEN BOUND RECIPES
FOR A WEEKEND AT THE LAKE
FOR 2



Wander