

SUPER, NATURAL BRITISH COLUMBIA[®]
CANADA

Official Tourism Site of British Columbia

International
Sites[Home](#) | [About BC](#) | [Regions & Cities](#) | [Transportation & Maps](#) | [Things To Do](#) | [Accommodations](#) | [Blogs](#) | [Videos](#)

All Blogs

Tips from Travellers

Tips from Us

Field Reports

Podcasts

Blog your BC Travel
Tip> [Submit your own blog entry.](#)

Stowe on Seafood

March 26, 2009 | [Tips from Us](#) > [Campbell River, Dining](#)

Rating: ★★★★★ (3 ratings)

Rate this post: ☆☆☆☆☆

I had the great pleasure of meeting [Sonora Resort's](#) Chef Matthew Stowe this afternoon and even though he is described on their website as as a "Decorated Chef", personally I think they should replace "Decorated" with "Passionate."

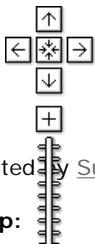
In addition to serving his guests exquisite meals while at the remote luxury lodge on Sonora Island (accessible by helicopter, seaplane or boat) Stowe spends his time searching out the best local ingredients, giving personalized tours of his kitchen, holding cooking classes, and writing what I'm sure will be a well-loved, well-used cookbook. (Launching later this month.)

He told the tale of the independent local spotted-prawn and crab fisherman that drops off fresh seafood to their dock. He revealed how by accident a new supplier of succulent pears and crisp apples was found across the water in the Comox Valley. He disclosed how excited he was to find local suppliers of flavourful beets and carrots (so many different kinds!) and heirloom tomatoes in the Fraser Valley outside Vancouver. He describes the growers - characters as passionate as him about the benefits of local organic foods.

Talk of herb gardens at the lodge and their own charcuterie and the on-site six-grill outdoor kitchen and smoking their own salmon and PASTRY! Let's not forget about the cream used in the pastry! And the wines that go with it all, and , and.... whew!

I hope I am getting all this correct... the words were coming fast and furious and I just remember getting hungrier and hungrier. (I hope I wasn't drooling...)

In addition to great food, Sonora Resort has recently joined great company - they are now a member of [Relais & Chateaux](#).

Posted by [Susan](#), Vancouver at 08:18 PM

Map:

Interact

- [Reservations Sign In](#)
- [Order Free BC Travel Information](#)

BC Travel Tips

- [Submit a BC Travel Tip](#)
- [Manage my Travel Tips](#)



Subscribe to our blog (XML)

XML

Archives

- > [October, 2009](#)
- > [September, 2009](#)
- > [August, 2009](#)
- > [July, 2009](#)
- > [June, 2009](#)
- > [May, 2009](#)
- > [April, 2009](#)
- > [March, 2009](#)
- > [February, 2009](#)
- > [January, 2009](#)
- > [December, 2008](#)
- > [November, 2008](#)
- > [October, 2008](#)
- > [September, 2008](#)
- > [August, 2008](#)
- > [July, 2008](#)
- > [June, 2008](#)
- > [May, 2008](#)
- > [April, 2008](#)