

Cowboy Country

STAMPEDE GUIDE:
WHAT NOT TO MISS

HOW TO HAVE YOUR OWN
WESTERN ADVENTURE

CONFESSIONS OF
A RODEO CLOWN

Get Active:
Tips from
Calgary's Olympians

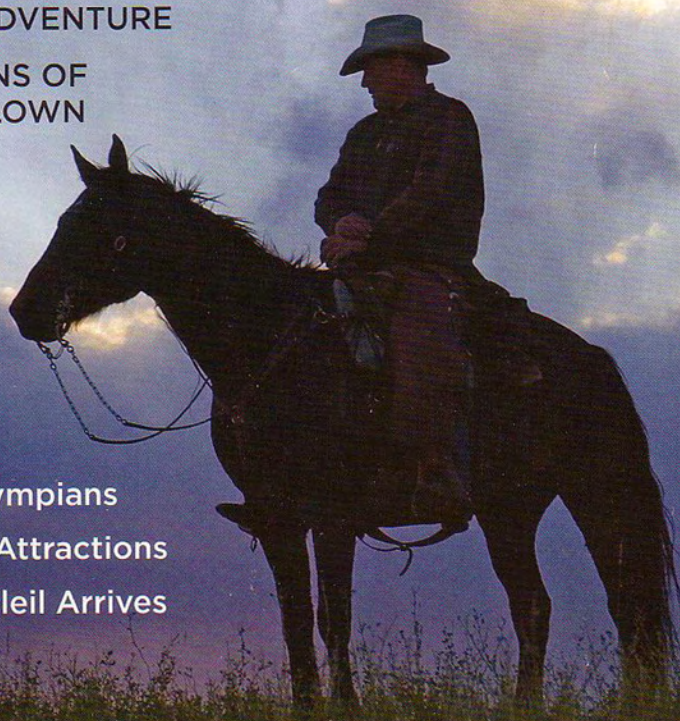
15 Must-See Attractions

Cirque du Soleil Arrives

WHERE TO
FIND SOUVENIRS

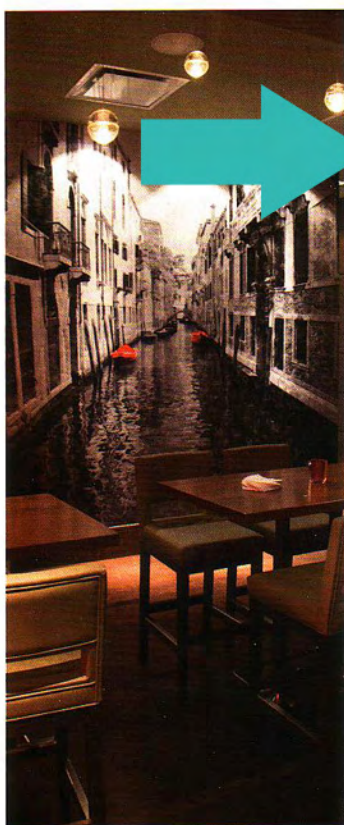
BEST BARBECUE SPOTS

HOT CONCERTS,
BROADWAY SHOWS
AND FESTIVALS



DINING | SHOPPING | ART + ANTIQUES | ENTERTAINMENT | MAPS

HOT DINING >> BY JOHN GILCHRIST



Shiny New Waters

It's in the south. It's in the north. Now Redwater Rustic Grille has added a shiny, new, third location—in the heart of downtown. **Casual, upscale dining** is the style here, with fine wines to match the food. If you're in a hurry, pick up a pastry at Rise Bakery & Cafe, RRG's sweet little sister. Bow Valley Square, 250 - 6 Ave SW, 265-3837.

MY TOP 5 MEATY DISHES

- 1 The Tribune** Try 36 ounces of bison porterhouse, grilled and served Fiorentina-style with parmesan, olive oil, and arugula. 118 Stephen Ave Walk SW, 269-3160.
- 2 Vintage Chophouse** Certified Angus tenderloin seared medium rare and served in a classic chophouse setting. 322 - 11 Ave SW, 262-7961.
- 3 Open Range** Bison short ribs braised to fork-tenderness in an ancho barbecue sauce. You'll need a big red wine for this dish. 1114 Edmonton Tr NE, 277-3408.
- 4 The Rimrock** Prime Rib on the buffet carved to your preferred thickness every weekday in the Palliser's storied Rimrock restaurant. 133 - 9 Ave SW, 260-1219.
- 5 Smokey Lee's** Stand in the parking lot and bite into a huge Montreal smoked meat sandwich. No dine-in here, it's just a little shack with big flavour. Corner of 6 Ave and 4 St SW, 262-2466.



The succulent bison short ribs at Open Range

EDITOR'S PICK: COWBOY CUISINE

It's the first fresh-air summer ever for Buzzards now that cigarettes have been outlawed in Alberta eateries. A little sun on the patio, a fresh burger off the grill, a pint of Buzzards Breath Ale, and summertime in Stampede City is easy. **Watch for Buzzards' annual Testicle Festival**, where the cowboy delicacy "prairie oysters" (a.k.a. calf testicles) are served up in all kinds of fun ways—you'll have a ball! 140 - 10 Ave SW, 264-6959.



HOT DISH:

The Chicken Afghani Tikka at Mirchi is a dish that jumps with flavour in every bite. **Spice-rubbed, peppercorn-crust**ed chunks of chicken breast skewered and roasted over an open flame, served on rice and dal for dining-in or wrapped in warm pita for takeout. Not for the timid, this is food that bites back. 825 - 12 Ave SW, 245-3663.

PHOTOGRAPHS (CLOCKWISE FROM TOP LEFT): COURTESY REDWATER RUSTIC GRILLE; BAR HILL; BRIAN BUCHSCHUCKER; BLAIR HILL