

# Small plates pack big flavor at Elements in Whistler

By Kathryn Reed



WHISTLER, British Columbia – Small plates with big flavor are what Elements restaurant is all about.

Even though Elements and the Summit Lodge & Spa at Whistler are not owned by the same people, the two are definitely connected. The restaurant has entrances from the street as well as inside the boutique hotel.

Tapas are what Elements is all about. Chef Erin Stone has been running the kitchen since October 2006.

**LTN:** What is your culinary background?

**Stone:** My passion for food and cooking began at a young age. I grew up on a farm in New Zealand, so fresh food was always readily available. It was a case of picking fruit and vegetables from the garden for dinner each day. We raised our own animals for meat, too. I then went to a well renowned culinary school in my hometown of Wanganui from 2000-01. I began working in kitchens immediately and this became a part of my training too. In 2003, I left New Zealand to travel and learn different culinary techniques. I lived in England and Scotland from 2003-05 and also spent a lot of my time traveling and eating my way around Europe. I then moved to Canada in 2006. Ontario was my first stop where I spent a few months before moving to Whistler, BC. I have lived and worked here since.

**LTN:** I understand your tapas and breakfast are incredible. What makes each so special?

**Stone:** We make really flavorful food. Both our menus are extensive and there is something on there for everyone. At breakfast it varies from a traditional eggs Benedict, five varieties to choose from, to a stuffed ham and Brie French toast. Dinner is the same from a braised lentil, avocado and pickled beet dish to our salmon tartar. I use local quality ingredients to create my dishes and that really shows in the final product.

**LTN:** Are you preparing to do anything special for the Olympics?

**Stone:** We are not. We are open for business as usual with extended dinner hours. We open for breakfast at 8am and this is served until 2pm each day. Lunch is served weekdays from 11am-2pm and dinner is from 5pm until 12.30am each day.

**LTN:** What is your signature dish?

**Stone:** Wild BC Sockeye Salmon Tartar with Sundried Olives, Basil, Marinated Tomatoes, and a warm potato salad. I created this dish at the Whistler Chefs Challenge where I came in second place.

With a vegetarian at the table and tapas being all about shared dishes, *Lake Tahoe News* did not try the following recipe while at Elements last month. More on what was devoured by *LTN* will be forthcoming in a future article.

### **Salmon Tartar**

250gm salmon

1 T basil

1 T chopped sundried olives

1/2 lime, juiced

2 slow roasted roma tomatoes marinated in garlic, olive oil and basil

6 baby potatoes

Fresh sliced bread

Dice the potatoes and fry until crispy in olive oil, toss with the marinated tomatoes, salt and pepper. In another bowl combine the finely diced salmon, basil, olives, lime juice, a little salt and black pepper. Lay the salmon tartar on a plate and top with the potato salad, serve with the fresh bread.