

The Urban Diner: a fine guide to eating and drinking in BC

<http://urbandiner.ca/>

By Paul Kamon

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A Visit to the Comox Valley ~ Eating & Drinking

What would it take to get me to pack up my family and travel 5 solid hours by boat and van to a fairly remote town overrun by wealthy Albertans and military personnel? Good food. And beer.

When I told people that I was headed to the Comox Valley for a visit and asked for dining recommendations, **Locals** in Downtown Courtenay, was an overwhelming favourite. This lovely restaurant, Chef Ronald St. Pierre's first, is an elegant and sincere expression of what fresh and honest food is all about. The name says it all. As their menu states, the whole concept revolves around local food from the "heart of the island". The walls are adorned with framed photographs of the local producers who supply the restaurant daily, making a visual and visceral reconnect with the food on the plate. All the dishes we sampled that day were simply prepared, extraordinarily fresh, and an absolute joy to eat. This place is a definite must for anyone visiting Courtenay and wanting to experience the bounty of the region.



^ Trio of Cheeseburger \$14 ~ Courtenay Hereford Farms trio of beef burgers served with Qualicum Cheesework Raclette chees, Blue Claire cheese and Okanagan pure goat cheese.



Quackery Duck Salad \$14 ~ warm slow cooked duck leg confit served on mesclun greens with roasted cashews and grapes, baked goat cheese croutini and local wild berry dressing with a glass of **Beaufort Vineyard's** 2007 Merlot, \$9.

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