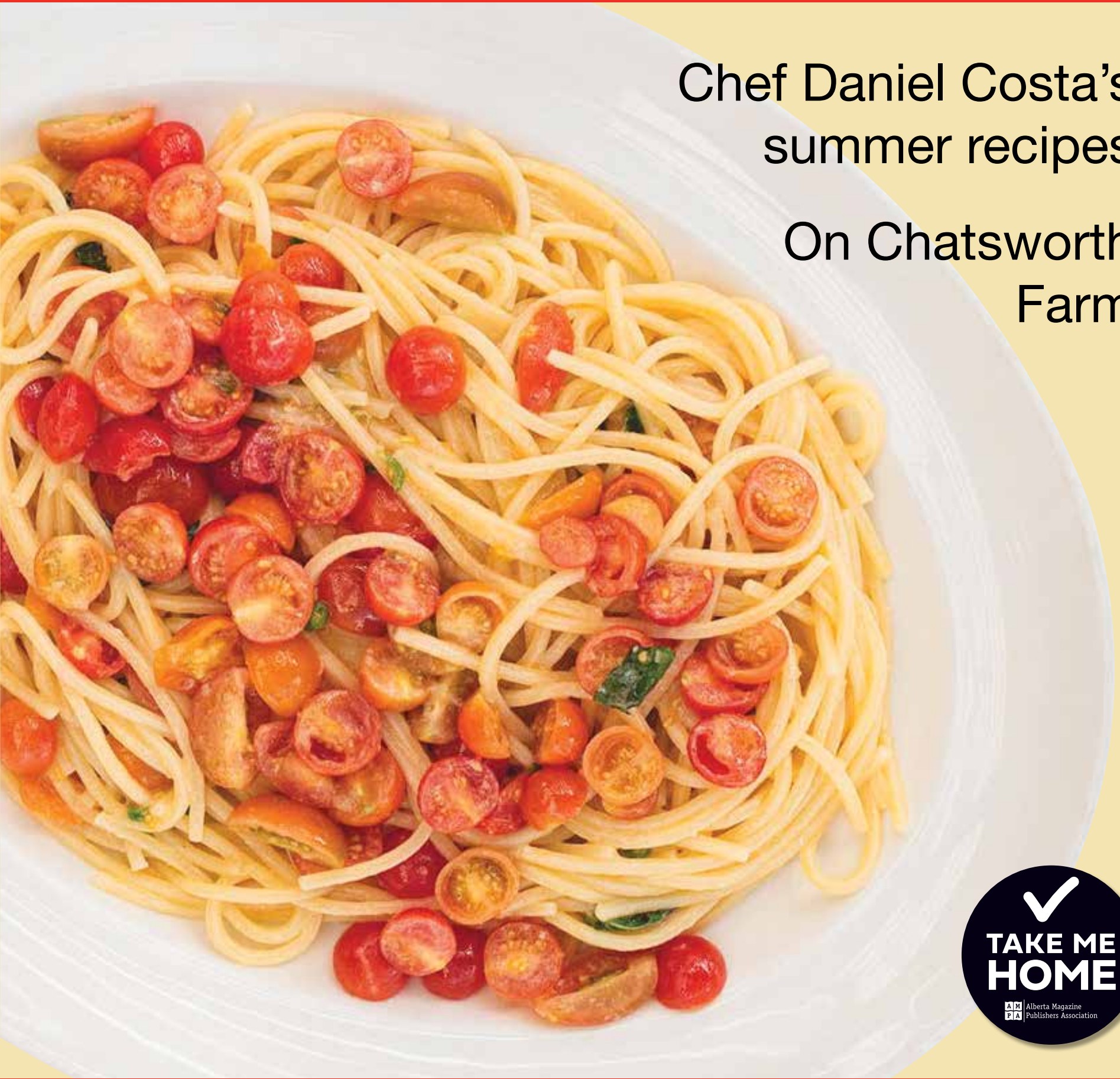


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For advertising information  
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**The Tomato is published  
six times per year:**

January/February  
March/April  
May/June  
July/August  
September/October  
November/December

by BGP Publishing  
9833 84 Avenue  
Edmonton, AB T6E 2G1  
780.431.1802

Subscriptions are available  
for \$25 per year.

[thetomato.ca](http://thetomato.ca)

Funded by the Government of Canada | **Canada**

*Alberta*  
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*On the cover: Daniel Costa's Spaghetti with Raw Tomatoes, Chili, Basil and Pecorino,  
see recipe on page 7. Steven Babish photo.*

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**sunny with a chance of meatballs**

Chef Brad Smoliak makes really great meatballs. And you can enjoy three generous meatballs and fixin's on summer Fridays. Walk up to the window (Kitchen by Brad, 10130 105 Street), order, and take to the park/office/golf course/deck. First come, first served, 11:30am-1pm. There will be sandwich pop-ups—like the rubeen with Kitchen's corned beef and Mrs. Kuhlmann's sauerkraut, or lox on house-made bagels. Those bagels, by the way, will be available by the ½ or full dozen too. Planning an event? Email [info@kitchenbybrad.ca](mailto:info@kitchenbybrad.ca) about dinners, meetings and private cooking classes.



**oh a-berry-picking we go we go, a-berry-picking we go**

The haskap, also known as the honeyberry, is an edible blue honeysuckle native to Japan, Russia and Canada. It tastes like a blueberry or a blueberry/raspberry cross and that dusky blue purple colour means that the berries contain beneficial anthocyanins. Very easy to pick, with no thorns to watch out for. Haskap berry picking at Rosy Farms has to be one of the best summer activities going. Visit the farm near Alcomdale, 9am-5pm Tuesday to Sunday. Bring the kids! Visit [rosyfarms.com](http://rosyfarms.com) for directions and all the deets. If you don't eat them all on the way home, make a crisp, bake some muffins or slather on ice cream.

**25 years of smoked fish**

Robert Sgambaro was a chef who got bored. He had started cooking for clients in their homes and one day someone asked for a smoked salmon appetizer. "I can do that, I learned how in Montreal," says Robert. He ended up hiring a steel fabricator to make a smoker, then started selling smoked salmon at Debaji's on a trial basis. Now, in a production facility in the northeast end, Sgambaro's Signature Seafoods smokes up to 12,000 fillets a week. He uses fresh Atlantic salmon and wild sockeye when he can get it in season (late spring) as well as fresh wild Arctic char when available. Buy online via [sgambaros.com](http://sgambaros.com) as well as at all the Italian Centre Shops, Acme Meat Market, Bon Ton, The Butchery, Sunterra, Grapevine Deli, Mercato and the farmers' market in St. Albert. Look for it in Calgary and Red Deer as well. "I still love what I do, though this year it's been different, as we weren't able to sample. I love the feedback," says Robert. "Hard to believe it's 25 years. My kids aren't kids anymore. It's gone so fast."



**music outdoors is the best music**

Café Bicyclette is back with their popular summer music series, every Thursday evening until December 20. A few to note: Andrea House, July 15; Pascal Lecours, August 19 and King MuSKAfa, August 26. Visit [cafebicyclette.ca/series-patio-series](http://cafebicyclette.ca/series-patio-series) for the schedule and to book. Chef Joseph Vuong is the new chef at Café Bicyclette. Looking forward to trying the new menu.

**love those pan-asian flavours at mini kitchen**

Damini Mohan of Mini Kitchen is on a flavour mission. "We always did Indian and Thai flavours," she says. And now? Japanese-inspired flavours. "It's not as far off as you may think. Take massamam and panang curries—they were originally inspired by Indian flavours," she says. "Katsu was a dish made by Indian freedom fighters trying to escape the British. I wanted to help people make a home-cooked version of dishes they have in restaurants—taking something they couldn't make conveniently at home and making it convenient." Mini Kitchen still produces their popular frozen samosas and pakoras, but everything else is now available in shelf stable packaging. There are four chutneys: Peach (with Okanagan peaches), Tamarind (with dates and sultanas); Cranberry and Saskatoon. The cooking sauces range from four Indian-inspired sauces including a Kashmiri-style creamy fennel; three Thai and two Japanese. All are peanut free, gluten free and plant based with no fillers or preservatives. Find online at [minikitchen.ca](http://minikitchen.ca), Meuwly's, Popowich Meat Company, Uproot Collective, Amaranth Whole Foods as well as at several farmers' markets monthly. 🌱



**open farm days is august 14 and 15**

Open Farm Days is a lovely opportunity to get out of town. See how honey is processed, shop at a farm store; go to a fruit winery like Barr Estate; visit a worm farm. Or go to the Rural Roots Farmer Showcase at the George Pegg Botanic Garden; visit Prairie Gardens and Adventure Farm and stay for the Get Cooking farm dinner.



Tons of possibilities. The difference this year? All visits and events need to be booked in advance at [albertaopenfarmdays.ca](http://albertaopenfarmdays.ca).

From top: Kitchen's meatballs; Andrew Rosychuk (Rosy Farm) holds haskap berries; Sgambaro's delectable smoked salmon; live music sur la terrasse; cooking sauce from Mini Kitchen; Lizzy the guardian dog of Chatsworth Farm.

Charlotte Wasyluk photo

# SUMMER ITALIAN STYLE

Chef Daniel Costa of Corso 32 Group brings the regional flavours of Italy to your summer get-together with delicious antipasti, risotto and pastas, and suggested wines to go with.

Recipes and words Daniel Costa. Photos Steven Babish.



## Clam Sott'olio Crostino with Celery Leaf, Parsley and Lemon

**Wine pairing: Terlan Pinot Grigio, Trentino-Alto Adige.**

*This is great as an antipasto or light lunch. I like to make a simple spaghetti with the remaining marinating oil and clam juice by simply heating both in a small pan, adding 250 grams of just under al dente spaghetti and finishing the cooking process in the clam sauce.*

1.5 k	manila clams
¼ c	extra virgin olive oil
1 clove	garlic, thinly sliced
1	chili, thinly sliced
	zest ½ a lemon
½ t	kosher salt
1 sprig	fresh oregano
1 sm handful	Italian parsley, roughly chopped
1 sm handful	interior celery leaves and stem, roughly chopped
1 t	fresh lemon juice
4 slices	sourdough bread, thick
1 clove	peeled garlic, left whole

Purge the clams in cold salt water for 30 minutes. Drain and rinse. Heat a medium sized pan over high heat for 30 seconds or until very hot. Add the clams and immediately cover with a tight lid. Allow the clams to just open, approximately 2½ minutes. Remove

the pan from the heat, Drain the clam juice and discard any unopened clams. Using a small spoon remove the clam meat and place in a small bowl or container. Discard the clam shells. Add the olive oil, salt, garlic, chili, lemon zest and sprig of oregano. Allow the clams to marinate in the fridge for at least 3 hours.

Using a slotted spoon remove the clams from the marinating oil and place in a small mixing bowl, some oil will remain on the clams and intentionally carry over. Add the parsley, celery and lemon juice to the bowl of clams, stir to combine.

Preheat the oven to 500°F.

Drizzle the slices of bread with a little olive oil and roast in the oven until golden brown. Remove the bread from the oven and lightly rub the garlic clove over it. Top the roasted bread with the clams.

Serves 2-4 as an antipasto.



## Prosciutto with Fresh Fava Beans, Peas and Pecorino Fresco

**Wine pairing: Marotti Campi Verdicchio Riserva Salmariano, Le Marche.**

*Try to use both fresh peas and fava beans when they are at their peak to ensure your dish has the best contrast of flavours and textures. Ideally you are sourcing the vegetables from a local farmer in the middle of the summer. I like to ask the farmers for a taste of each before purchasing, the peas should be both sweet and tender whereas favas tend to have a slight bitterness which is welcomed in my kitchen.*

	thin slices of Prosciutto di Parma or San Daniele
2 handfuls	fresh fava beans
2 handfuls	fresh peas
	lemon
	extra virgin olive oil
	black pepper
piece	Pecorino Fresco

Bring a small pot of salted water to the boil.

While the water is heating, remove the fava beans from their pod. Blanch the fava beans for 45 seconds in the boiling water, then refresh in ice water. Remove and discard the outer shell of the fava bean. The inside bean is bright green, sweet and tender.

Remove the peas from their pods. If the peas are slightly woody, blanch them in the boiling water for 30 seconds and refresh in an ice bath.

Place the shelled fava beans and peas in a small mixing bowl.

Arrange the sliced prosciutto on a flat plate.

Squeeze a quarter of a lemon, along with 1 tablespoon of extra virgin olive oil and a few cracks of coarsely ground black pepper in the bowl of fava beans and peas, mix well.

Spoon the dressed fava beans and peas sporadically over the sliced prosciutto. Top with freshly grated pecorino fresco, more black pepper and a drizzle of extra virgin olive oil.



## Roasted Eggplant and Tomato Risotto with Ricotta Salata and Basil

**Wine pairing: Benanti Etna Rosso, Sicily.**

*This risotto is inspired by the classic Sicilian pasta dish alla Norma. Allow the eggplant skin to char and blacken on the outside to bring its deliciously smoky flavour to the risotto.*

1 med	eggplant, pricked all over with the tip of a knife	of salt and cook until the onion has softened. Add the garlic and cook for 30 seconds. Add the rice and fry for 30 seconds before adding the white wine. Allow the wine to cook for 30 seconds before adding 1 cup of broth. Allow the broth to reduce by half in the rice before adding another cup of broth. Continue this process until the rice is just about cooked. Stir in the tomato sauce, eggplant and remaining salt. Continue to simmer until the rice is fully cooked. Remove from the heat. Stir in the pecorino and allow the risotto to rest for 1 minute before serving. Top with freshly grated Ricotta Salata or Pecorino, basil leaves and a drizzle of extra virgin olive oil.
¾ c	simple tomato sauce (recipe follows)	
½	red onion, finely chopped	
2 cloves	garlic, finely chopped	
2 T	extra virgin olive oil	
½ c	dry white wine	
½ c	grated Pecorino Romano	
2 t	kosher salt	
1 c	carnaroli rice	
5 c	vegetable or chicken broth	
	Ricotta salata	
handful	fresh basil	

Preheat your oven or grill to the maximum heat. Roast or grill the eggplant whole until the skin is charred and the interior is very soft. Once cooked, remove and allow to cool to room temperature. Using a spoon remove the flesh from the eggplant and break up with a spoon or fork. Set aside until ready for use.

Bring the broth to a simmer.

Heat the olive oil in a medium sized, heavy bottomed pot over medium-high heat. Add the red onion and 1 teaspoon

### Simple Tomato Sauce

1 can	(796 ml ) San Marzano tomatoes, hand crushed
¼ c	extra virgin olive oil
2 cloves	garlic, peeled and left whole
1 T	kosher salt

Heat the olive oil and garlic in a large frying pan over medium- high heat until the garlic begins to colour. Add the crushed tomatoes and salt. Cook for 10-15 minutes, stirring occasionally.

## Trofie with Parsley, Ricotta and Pine Nut Pesto

**Wine pairing: Terre Bianche Riviera Ligure di Ponente Pigato, Liguria.**

### For the pesto

½ c	pine nuts
½ clove	garlic, finely grated
2 handfuls	flat leaf parsley leaves with thin tender stems attached, large woody stems discarded
	zest of half a lemon
¾ c	extra virgin olive oil
½ t	kosher salt
200 g	fresh ricotta

¾ c	Pecorino Romano, grated
½ c	Grana Padano, grated

### Mortar and pestle method

Place the garlic in a large mortar, crush with the pestle until smooth. Add the parsley, continue to crush until a paste begins to form. Add the pine nuts and ¼ cup of the oil, continue to crush with the pestle until fairly smooth. Add the ricotta, mix until well incorporated. Stir in the remaining oil, lemon zest, salt and both cheeses.

### Food processor or blender method

Place the pine nuts, lemon zest, garlic, parsley, salt and oil in the food processor or blender. Blend until finely chopped. Add the ricotta, blend until smooth. Pour the mixture into a bowl and stir in both cheeses.

### For the pasta

500 g	trofie pasta
	juice of ½ lemon

Bring a large pot of salted water to the boil. Add the trofie, cook until al dente. While the pasta is cooking, place the pesto in a large bowl, stir in 2 ounces of the pasta cooking water. Using a slotted spoon or spider, pull the trofie directly from the cooking water into the bowl of pesto and add the lemon juice. Stir thoroughly and vigorously to combine.

Serve immediately topped with grated Parmigiano or Pecorino and a few cracks of black pepper.

Serves 4.



Cover recipe

## Spaghetti with Raw Tomatoes, Chili, Basil and Pecorino

**Wine pairing: Feudo Montoni Catarratto del Masso, Sicilia.**

*The smell of a tomato just plucked from its vine is at its best in the peak of summer, which is precisely when this dish should be eaten. If you grow your own cherry tomatoes you may find that you, luckily, have an abundance of these sweet little gems all at once and are eating them daily. Sicily is known for producing a ton of top-quality tomatoes which is likely why this dish is commonly eaten there throughout the summer months. The contrast of spicy chili, fresh mint, the sweet tomato and salty pecorino play beautifully together and definitely resonates with Sicilian cuisine. My chilis are rarely red by the time I start eating this dish and that is exactly how I prefer them, green. Using a rasp or fine grater to add a slight aroma of raw garlic to a dish like this makes all the difference in ensuring the hot garlic flavour does not overwhelm the bright sweetness of a ripe tomato. It is important to add the pasta directly from the boiling water to the bowl of tomatoes as the residual pasta cooking water and piping hot spaghetti ensures that you are left with a creamy sauce. I have also added capers and used arugula in replacement of the basil or mint, which worked very well.*

250 g	spaghetti, I prefer a thicker variety such as spaghettoni or spaghetti alla chitarra
300 g	ripe room temperature cherry tomatoes, halved and quartered
4 T	extra virgin olive oil
4 rasps	grated garlic
handful	basil or mint roughly chopped or ripped by hand
2 T	grated Pecorino Romano plus more for topping
½ sm	green chili, finely chopped
½ T	kosher salt

Bring a large pot of salted water to a boil.

While the water is coming to a boil cut half of the tomatoes in half and the other half in quarters. Place the tomatoes in a large bowl along with the olive oil, garlic, chili and salt. Allow to marinate while the pasta cooks.

Just before your pasta is al dente add the 2 tablespoons of Pecorino and basil or mint, stir to combine. Using tongs pull the cooked spaghetti directly from the cooking water into the bowl of tomatoes. Stir vigorously with a wooden spoon or toss to create a slightly creamy consistency. Serve topped with more grated Pecorino and if you prefer, as I do, more chopped green chili.

Serves 2. 🍷

# SASKATOONS!

*The precious prairie resource*

Jan Hostyn

**I braced myself as I opened my freezer. I knew it was no use, though.**

No matter how hard I tried not to look, my eyes simply wouldn't cooperate. They would immediately dart to the shelf in the right-hand corner. What greeted me never failed to upset me, even after seeing it countless times. It wasn't what was on the shelf; it's what wasn't.

That shelf is my saskatoon shelf, and it's usually spilling over with multiple bags stuffed full of the glorious purple berries.

In August, right after saskatoon season, it's always full to bursting. At the beginning of the following summer, after a winter full of baking and eating, it's precariously close to empty. Just a single bag containing a few handfuls of berries remains.

Just as my supply is getting dangerously low, July rolls around. That is: saskatoon season. I happily trek off to a u-pick, multiple buckets in hand, and I pick to my heart's content.

Until last year.

Last year, thanks to Covid, everything changed. Almost everything shut down, and that included my favourite saskatoon u-pick.

No u-pick meant no saskatoons.

It's not that saskatoons weren't available—they were. I could have driven to a number of u-picks to purchase pre-picked buckets. I also could have bought some from one of our many farmers' markets (although getting into farmers' markets came with its own issues).

And I could pick my own, close to home. Edmonton is blessed with a magnificent river valley full of a variety of interesting and surprising things, and you can find saskatoon bushes scattered between all the other trees and bushes. I did traipse through the ravine, not only finding enough to pick and eat to my heart's content, but enough to throw a few days' worth in the fridge as well. Not enough to freeze, though.

As much as I love saskatoons, I didn't want saskatoons that someone else had picked. I wanted saskatoons that I had picked.

In the past, I had been the recipient of buckets of saskatoons that well-meaning people brought for me. But I always struggled with the quality of the berries, especially if the saskatoons came from my parents. The thought was sweet, but somehow I always ended up with the buckets my dad had picked. He didn't exactly love picking, and he had a picking style that could only be

described as fast and furious. It entailed grabbing a branch and then stripping practically everything on that branch straight into his pail—leaves, twigs, overripe berries, underripe berries and, as a bonus, a random assortment of bugs.

It took me forever to sort the berries. Hours spent sifting through two buckets would leave me with maybe a half pail of decent saskatoons. It wasn't exactly rewarding.

My picking style is much more meticulous. Only the plumpest, ripest berries make it into my pail. If an errant underripe berry or a leaf finds its way in, it immediately gets plucked out. That way I never have to clean my saskatoons, I pick them clean.

Saskatoons are as much about the experience and the memories as they are about the berries themselves. I grew up picking saskatoons on our farm. We were lucky enough to have numerous bushes growing along the fence that marked the property line, and they supplied us with what seemed like an endless stream of saskatoons. It was a good 20-minute hike from our house, but that simply added to the adventure.

We would often make the trek just to pick a fresh bowl for breakfast. I liked mine mixed with freshly picked

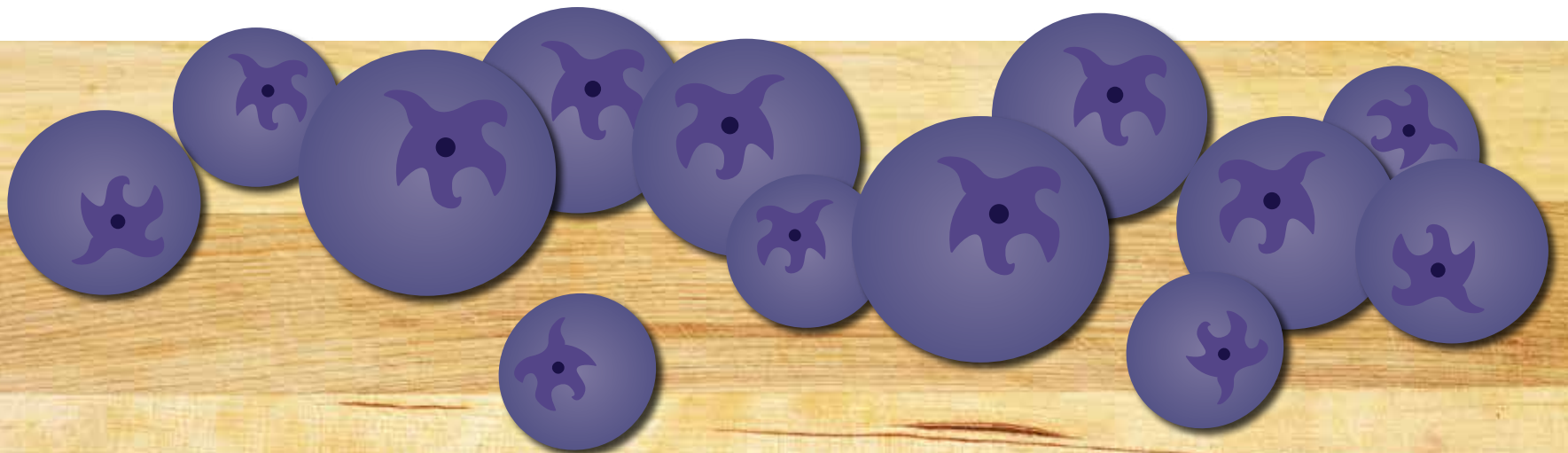
strawberries (located in the garden just outside our door) and doused with honey from the beekeeper next door. My mom adored drowning hers in thick, rich farm cream.

We ate fresh saskatoons and we baked with them—pies, cakes, muffins, pancakes, waffles, loaves, crisps. We made saskatoon smoothies, saskatoon ice cream and saskatoon jam. They were our blueberries.

Before the season was over, we would stuff our freezer full. (First we'd freeze them in a single layer on a sheet pan and then, once they were frozen, dump into freezer bags. That way the berries don't freeze in a clump and we could take out exactly what we needed.)

Once we left the farm, we started going to u-picks. After I left home, I branched out and tried a number of different u-picks.

I picked at places that had rows upon rows of saskatoons and nothing else, and I picked at places that had saskatoons and strawberries and pretty much everything else. There were places with dirt between the rows and there were places with grass. Some had just one type of saskatoon, while others had multiple varieties. Most assigned rows to pick, but a few didn't.





I now have a favourite u-pick, Saskatoon Valley Orchards near Stony Plain. It's not close and convenient, but it has so many other things going for it that the drive doesn't matter. Besides, it gets me out of the city and the scenery is gorgeous.

Once there, I am greeted by what seems like endless saskatoons. And not just one variety, either. The bushes are loaded with Thiessens, Smokies and Northlines. Northlines are often the biggest and juiciest, but Smokies just might be the sweetest. I pick a mixture of all three—variety is always good, especially in pies.

The atmosphere is blissfully peaceful and quiet. You hear the birds chirping and the leaves rustling and that's about it. I rarely run into anyone else while I'm picking and, if I do, there's so much space I can simply move; not being assigned a particular row gives me the freedom to wander wherever I want.

I also feel welcome there. One year, the owner was in the middle of pickling saskatoons and she let me take a peek—they are her family's answer to cranberry sauce come Thanksgiving. There's also a friendly resident dog who will check in on you periodically. He never tires of munching on the low-growing berries while he keeps you company.

So, I go and I wander. I pick here and there and I am utterly content. It's one of my happy places. Once I get home I munch away until I'm just shy of bursting and then I stuff my freezer full.

I am cautiously optimistic that, come end of July, you will find me elbow deep in saskatoons, furiously picking once again. It would make both me and my freezer very happy. 🍓

*Jan Hostym's tongue is often stained purple for much of July thanks to her copious saskatoon consumption.*

## Excellent Sour Cream Saskatoon Muffins

*These muffins are wonderful with any kind of fruit. We make them with the higher amount of sugar, but you can reduce it if you want. Don't be surprised if they take longer to bake than the time listed below—we find they usually do. Sometimes we sprinkle a simple streusel on top of the muffins before baking, but they certainly don't need it.*

- ½ c butter, room temperature
- 1-1½ c sugar
- 2¾ c flour
- 1 t baking soda
- ½ t salt
- Pinch nutmeg
- 4 eggs, beaten
- 1½ c sour cream
- 1 t vanilla
- 1½ c saskatoons

Preheat oven to 400°F.

Cream butter, sugar and salt until light, about 3 minutes. Sift together the flour, baking soda, salt and nutmeg. Stir together the eggs, sour cream and vanilla. Add the flour mixture to the butter mixture, alternating with the sour cream mixture. Start and end with the flour mixture, mixing gently after each addition (do 3 additions of the flour and 2 additions of the sour cream mixture). Do not overmix. Stir in the saskatoons. Scoop into a muffin cup-lined muffin tin and sprinkle with sugar and cinnamon. Place in 400°F oven and bake for 15-20 minutes.

## Prairie Treat Pie

*This is the recipe my mom always made. I often make it in a deep-dish pie pan and use 6 cups of saskatoons instead of 4. When I do that, I increase the rest of the ingredients by 50 per cent. We like our saskatoon pies on the sweeter side, so I always use the higher amount of sugar. This pie is excellent warm and topped with vanilla ice cream.*

- 4 c saskatoons
- 2 T water
- 1 T lemon juice
- 1 t lemon zest
- 1-1½ c sugar
- 1 T instant tapioca
- 1 T butter
- Pastry for a double crust (9" pie)

Preheat oven to 425°F.

Wash the berries and place in a saucepan. Add water, juice and zest. Simmer about 10 min (do not boil). Add sugar and tapioca and allow to cool.

Pour into pastry-lined pie plate, and dot with butter. Cover with a top crust, seal edges.

Mix together 1 egg and 1 tbsp water. Brush top with egg mixture and sprinkle with sugar (and cinnamon if you'd like).

Bake for 15 minutes, then lower heat to 350°F. Bake for another 30 minutes, until crust is golden and filling is bubbling. 🍓



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## Did you know Petit Chablis is a thing?

A region, a classic wine at an accessible price, Chardonnay in all its purity. July is **Petit Chablis** month. Several wine shops (Bin 104, Boudreau Wines in St Albert, Color de Vino, deVine Wines and Prestige Wine) are offering a three pack of Petit Chablis. Color is featuring Garnier & Fils, Alain Geoffroy and William Fèvre. As well, there are draws to win a charcuterie board from The Butchery along with Petit Chablis to enjoy during a Zoom tasting with Master of Wine Barb Phillips and Gurvinder Bhatia, August 26. Guru, The Marc, Partake and RGE RD are also featuring Petit Chablis on their menus.

## No/low may be your next drink

Mark Kuspira, a wine and spirits importer based in Calgary (Crush Imports) has started a new company entirely devoted to no/low alcohol beverages. It's called soft crush and we'll tell you more next issue.

In the meantime, get your hands on **Noughty**, a Spanish chardonnay vinified in stainless steel, de-alcoholised by vacuum distillation with aroma recovery, then lightly carbonated. Low sugar, 2.9 g/l, 14 calories per glass, certified organic, vegan and halal. Low or no alcohol wine has come a long way. Check it out!



## Glou Glou wines from the Loire

**Pithon-Paillé** is one of the Loire's biodynamic heroes—we are thrilled to see their wines in shops here. The Grololo red, made from Grolleau (indigenous to the Loire) is fresh, deliciously earthy, smoky and fruity with low tannin, balanced acidity and lowish alcohol. It will become your go-to summer red. Chill down and drink on the deck with friends. The white is a blend of the Loire's trio of white grapes—Sauvignon Blanc from Touraine, Melon de Bourgogne from Muscadet, Chenin Blanc from Anjou. We loved its freshness, its clarity, the long finish and complete and utter drinkability, delicious! The cheeky labels? A play on Grolleau and French slang—wine being mother's milk and all that.



## Picnic in the park

**Bijou Le Chic Pays D'oc IGT** (1.5 l) The white is a crisp New Zealand-style Sauvignon Blanc, and the rosé is pale, Provence-style Grenache—bone dry, fragrant with strawberries and very appealing. Le Chic comes in a handy pouch wine and stays fresh in the fridge for up to 30 days. It goes everywhere (backpack, picnic basket, bike handle) and has a low carbon footprint due to its light weight.

We are starting to see more credible wines like this one in alternative packaging like pouches and cans.



**RDT** (ready to drink canned cocktails) have become ubiquitous, so easy to pop in the fridge, then into the picnic basket. We love **Collective Arts** for their delicious flavours and support of artists. New in its RDT lineup are the Pink Gin Soda and Raspberry Bitter Orange. The **Sparkling Hard Teas** come in three flavours—mango pineapple, blueberry elderberry and peach orange. Expect premium tea with a fresh fruit infusion and no added sugar. Design by Brazilian artist Thiago Thipan, five per cent ABV.

New this year—**Dashfire Canned Cocktails**. Starting with bitters in 2013, this family company now makes tasty and innovative cocktails, spirits and coffee. They taste like the real thing, with high quality base ingredients, unique flavour blends and balanced flavours. Try the White Russian, Old Fashioned (cherry, chicory and vanilla) and the Manhattan (rye, bitter, black mission fig, vanilla, rhubarb and Cascara cherries). Be careful though. Don't let those little cans fool you—the Old Fashioned and the Manhattan pack a punch at 38 per cent ABV, \$6/can. Dashfire also makes a café series—Cold Brew Bourbon, Café Mocha and a Golden Latte (turmeric) made with rum, 200ml, \$7/can.

## Walter Gregor's Tonic Waters from Scotland

Claire Rennie started **Walter Gregor's** (named after a Victorian minister famous for his love of botany) to make tonic waters equal in flavour and quality to the burgeoning number of craft Scottish gins. The unique in-bottle pasturization process creates a soft bubble and Walter Gregor's tonics come in several flavours—apple and cinnamon, Scottish raspberry, mint and cucumber, spiced and original, \$2.75/bottle.

The Original comes in a four pack/\$10 too. Find at Color de Vino, Freson Brothers Rabbit Hill, Italian Centre South and the new Sherwood Park location (when open).

Delicious with gin of course, but also lovely over ice with a sprig of mint or rosemary.



**Pretty in Pink**

We are finding that **Croft Pink Port** makes a very good cocktail. Try in a Paloma Rosa, in Sangria and especially in a Spritz. That's 3 oz. Croft Pink, 4 oz. Cune Cava, a few dashes orange bitters, top with sparkling water. Refreshing!

**Marotti Campi Brut Rosé** is made from Lacrima, the rare indigenous grape of Morro d'Alba. Marotti Campi has made a specialty of this grape and we love it in this bubbly style. Intense aromas of rose and geranium, with a beautiful texture, earthiness and red fruit similar to Pinot Noir. Drink it as an aperitivo, with grilled salmon, or as you would a Lambrusco with a charcuterie board. Worth seeking out, what a treat.



**Romeo's Gin X** is a new gin from Montreal made for summer sipping. The notes of watermelon, cucumber, lavender, dill, lemon, almond and juniper are enhanced by Fever Tree's Mediterranean Tonic and two dashes grapefruit butters on the rocks. Special edition bottle art by Montreal-based artist MissMe.

**Capezzana Vin Ruspo Rosato di Carmignano DOC**, is not just for summer but, during the season, it's a regular in the fridge door. This mostly Sangiovese blend from Carmignano (near Florence) is so delicious—sprightly freshness, savoury, with the most wonderful tension on the palate. We get thirsty just thinking about it. Drink with pork, Arctic char, hummus and pita.



**Grilling Season!**

Navarro Lopez is a third-generation family winery in the Valdepeñas. They practise minimal winemaking with old vines—old school—which we like immensely. Their wines? Always reliable and great value. The **2020 Navarro Lopez Rojo Garnacha VDT Tierra de Castilla**, \$16, is an easy-going, juicy grenache. On hot days plunk in the fridge for 20 minutes then drink with ribs or lechon take out from Filistix. The **Para Celsus**, \$20, is the big brother. Certified organic Tempranillo, well-balanced with beautiful acidity and lots of flavour and complexity. Decant before dinner to let the flavours develop. Your best New York cut deserves this wine.

**2019 Madonna delle Grazie SAGARIS Rosato Basilicata IGT**. This full-bodied rosado (Aglanico del Vulture) may convince those who dismiss rosé as inconsequential. Expect full-on flavour, with intriguing pepper and stone fruit notes, a hint of tannin and spice, savoury and fresh. Drink with Korean barbecue, Greek lamb or pork tenderloin with herbs.

**Viña Chocalán** wines from the Maipo Valley, Chile are well-made wines of outstanding value. The **2020 Gran Reserva Chardonnay** possesses beautiful stone fruit and white flower aromas with well-integrated oak and a long finish. We loved the slightly salty mineral notes on the fresh palate. Drink this chilled with salmon on the grill, steamed lobster or shrimp salad rolls. The **2018 Gran Reserva Cabernet Sauvignon** has 15 per cent Cabernet Franc and five per cent Petit Verdot, lending beautiful violet notes to the aromas, along with black berry fruit notes, sweet oak, warm baking spice and beautifully ripe, elegant tannins. Concentrated and structured, a classic with rib eye, drink now to 2026. The **2018 Gran Reserva Carmenere** also has 15 per cent Cab Franc and five per cent PV, luscious, ideal with a juicy burger. All, \$20ish.

**Gnarly Head** has teamed up with Napoleon Grills to launch Summer Just Got Lit. Enter to win a Napoleon Phantom Rogue Grill at gnarlyhead.modisclub.com or with a QR code found in store until August 31. Or, post a pic of your fav recipe pairing until July 31 with Gnarly Head Old Vine Zin or Cab Sauv. Use the hashtag #GnarlyHeadCanada and you will be entered to win a Napoleon Phantom TravelQ Pro Grill. 🍷

*Find at Color de Vino, Sherbrooke Liquor, City Cellars, Bin 104, Everything Wine and better wine shops. Not all products in all stores. Prices are approximate.*

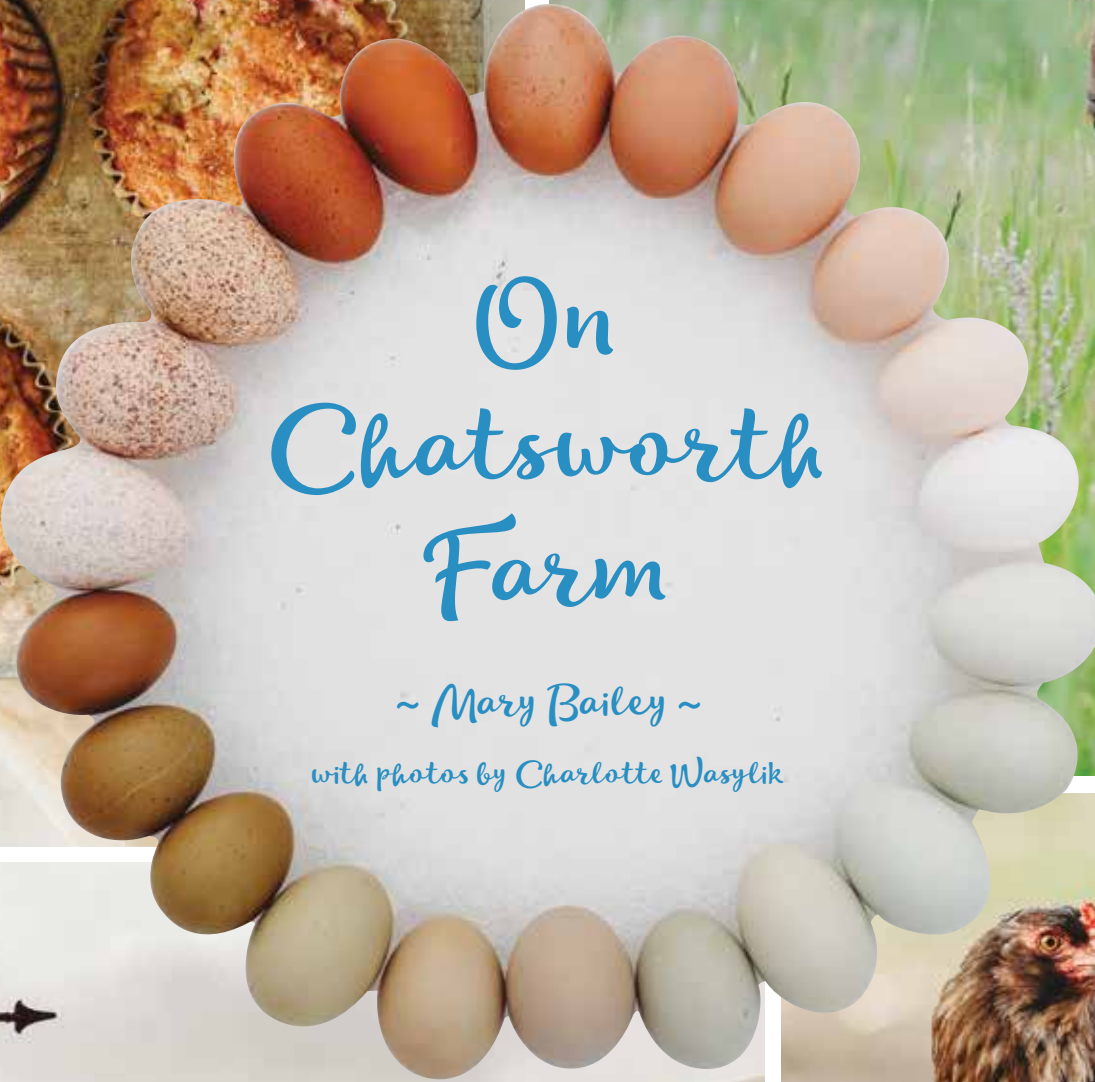




On  
Chatsworth  
Farm

~ Mary Bailey ~

with photos by Charlotte Wasylik





*21<sup>st</sup> Century Farming with the Wasyliks of Chatsworth Farm, Vermillion.*

It sounds like something out of novel. New York City girl meets Alberta boy. He had always wanted to farm; she grew up reading *Little House on the Prairie* and *Anne of Green Gables*. In the early 90s they married, began to farm and started a family.

I think that's what they call a leap of faith.

Now, a quarter century later, the Wasylik family (Rick, Johanna, Charlotte, Nicholas and Alexander) is redefining the term family farm.

"Everybody here has their own area," says Johanna. Rick (who also has a construction company) and the

boys take care of the machinery, the buildings, the crops and the cattle. Charlotte developed the poultry side of the business and the agritourism program, Johanna tends the large vegetable and flower gardens and keeps all the balls in the air (like moms and farm wives do).

"It's been one learning curve after another," says Johanna. "Like learning how to drive. I was a New Yorker, I didn't drive. But here, if you don't drive, you don't leave the farm."

Like many local farms Chatsworth sold beef and lamb locally and occasionally. "It was a one off," says Johanna, "but I sold eggs every week. I went into labour with Charlotte while selling eggs—right back at it with a baby and a box of eggs.

Please see "Chatsworth" on next page.

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**124 Street**

## Chatsworth

Continued from previous page.

Charlotte took over at 14 once she had her learner's permit."

Last year changed everything.

"In 2020 there was a need for people to find good food easily and locally," says Charlotte. "We started delivering to Edmonton, then to Calgary."

What they sell changes seasonally—beef, lamb, chicken eggs and Red Fife wheat berries, flour and bran throughout the year, goose and duck eggs in the spring and broiler chickens and turkeys in the fall.

Johanna credits Charlotte for setting up their farm direct sales model. "She designed the website, the labels, the packaging, she does most of the social media and keeps spreadsheets of who wants what and arranges delivery," says Johanna.

Charlotte is an accomplished birder, chosen for an internship at the Long Point Bird Observatory in Ontario. She is a graduate of the NAIT Event Management program which she puts to good use at her job with the local credit union and in the family business. In 2020, she started virtual classes for students around the world.

"Students in Ontario, Italy and Nigeria, a family in Scotland, a group in California," she says. "The animals are there. I always have my phone with me. I just go with what the animals are doing."

As we walked around the farm, Charlotte pointed out the different

breeds of laying hens. "We have Easter Eggers, Olive Eggers, Lavender and Chocolate Orpingtons, Marans, Wyandottes and Mosaics," she says. The Olive Egger eggs are the most delectable olive green.

"The turkeys are heritage breeds, Ridley Bronze and Bourbon Red. I bought eight-month-old birds last year and they are now our breeding stock. We are so impressed with the heritage genetics," says Charlotte. "They take longer to finish, but overall they are so much hardier and healthier."

Several of the young birds are still in the barn and in protective chicken tractors in the pasture. When they are old enough, they will join the other ducks, geese and chickens happily milling about with the kittens and watched over by Ash the Red Heeler and Lizzy, the big gentle Great Pyrenees/Maremma cross, who loves the occasional pat on the head and chuck under the chin.

We walk on to greet the sheep and young cattle (the rest of the herd is on summer pasture). Mia the quarter horse, hanging out in the longer grass with the ram, ambles over.

My last question. Why Chatsworth Farm? Johanna laughs and says, "we have meadowlarks here which I thought would work as Meadowlark Farm, but Rick said 'too twee'. Chatsworth is the name of the old school district. We can just see the old abandoned school from the porch. It's also the name of a women's group started in 1947 by local farm women, called the Chatsworth Country Club. I joined and took the





**Open Farm Days  
August 14 and 15**

Chatsworth Farm ([chatsworthfarm.ca](http://chatsworthfarm.ca)) is participating in Open Farm Days again this year. The program is not entirely set, but we know there will be mini donuts. Visit [albertaopenfarmdays.ca/farm/chatsworth-farm](http://albertaopenfarmdays.ca/farm/chatsworth-farm).

**21st Century Farming**

This is part of an ongoing series about modern farming. Others in the series: Haywire Farm and Sundog Organic Farm.

kids to meetings, automatically they had about 20 aunts. Charlotte joined herself almost 10 years ago.”

I’m thinking about that ladies’ group and the support and encouragement it gave young Johanna—new to farming, new to marriage, new to country life (and to Canada) and the support it has given to so many women over the decades in a similar situation.

“I love that we are all together as a family, though that brings its own challenges,”

says Johanna. “I love that I don’t have to work in an office. I love the chance to work outdoors even when the weather is crummy. I love being able to grow and raise food. I think it’s a huge privilege to look after our patch of soil.

“I love that we can share what we do and how we do it.”

*Mary Bailey is the editor of The Tomato. Growing up she had her own little house on the prairie—her dad’s stories about life on a farm in Manitoba with his horse Pat.*



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## Beer Guy

### Lager revival

**Not so long ago, walking into a beer store meant being confronted with a wall of look-alike factory-brewed lager.**

Then came the craft beer revolution, led by beer rebels like Ken Grossman of Sierra Nevada Brewing or Fritz Maytag of Anchor Brewing.

In lager-loving Alberta, craft beer pioneers Ed McNally at Big Rock and Neil Herbst at Alley Kat took up the fight, Big Rock brewing a brown ale and Alley Kat an American pale ale as their flagship beers. Neil wanted to show that there was more to beer than yellow, fizzy water.

Today there are over a hundred breweries in Alberta, most of them focussed on ales—from porters to pale ales, from sours to saisons. The lager hegemony was overthrown.

Or was it? Most of the beer sold in Canada is still lager, still from the big breweries. And we're seeing cutting-edge craft breweries add lagers to the lineup.

Generally, lager is clean, straightforward beer free from adjuncts, harkening back to its Bavarian roots and the Reinheitsgebot law which limited ingredients to barley, hops, water and yeast. Yet within the rules there's an abundance of styles of lager—bock, dunkel, helles, märzenbier, pilsner, schwarzbier, Vienna lager—which vary from pale gold to dark black, and taste sweet, malty, smoky or hoppy.

Lager is a good choice for beer drinkers tired of today's complicated hazies, slushies, pastries and so on. Brewing lager can be more exacting, with no

room for error and nothing to hide behind flavour-wise, so making it can be a bit of a high-wire act for brewers. But isn't that where the fun is?

Edmonton's Blind Enthusiasm Brewing, is going all-in, announcing a focus on lagers with the Lagerization Project. Blind Enthusiasm owner Greg Zeschuk told me the project is going well, continuing with existing lagers (Fabhelles, Union Bhoys), converting some ales into lagers (Extra Special Monk, Uncharted Citra), and making a new lager (Lager O'Darkness).

Zeschuk sees Blind Enthusiasm's focus on lagers as rehabilitation—breaking

the lager stereotype: "We feel lagers have been undermined as a category of beer by generically mass-produced styles made by macro producers to make a lowest common denominator beer. Most people don't appreciate what lagers actually can be. Our goal with this project is to show the range by reclaiming traditional brewing methods and doing lagers with more flavour and character."

He makes a good point. There's no reason lager should be left in the hands of the big guys. Why not bring the creativity, innovation and drive of craft brewing into lager land?

The craft beer revolution has become an evolution. There's space in craft beer for everyone. To every drinker their beer. As Greg Zeschuk said, "ultimately I really like the drinkability of a well-made lager. There's a strangely subtle character to lagers that you just can't find elsewhere."





## Lager revival six pack

Alberta's lager tradition goes back to the days of Fritz Sick, who founded Lethbridge Brewing in 1901, and established Old Style Pilsner as the bestselling beer on the Canadian prairies. Today Alberta craft brewers are brewing a variety of great lagers.



### Blind Enthusiasm Union Bhoys Lager, Edmonton

This European pale lager honours the Union St-Gilloise soccer team in Brussels, so is the perfect beer to cheer on Belgium (or your team of choice) in the 2020 UEFA Euro tournament. Brewed with both wheat and barley, Union Bhoys is hazy yellow, floral on the nose with a clean, malty taste and subtle hop crispness.



### Foxtail Rookie Season Lager, Edmonton

A perfect companion for watching the rookie season of the Edmonton Elks football club. #ElksCharge. A copper gold lager that balances sweet malt with a bit of hop spice. A full-flavoured, easy-drinking beer.



### Blindman Five of Diamonds Pilsner, Lacombe

With a name and label from the iconic fishing lure by Lacombe's Len Thompson Lures, this German pilsner from Blindman is all about tradition. A clean, crisp pilsner hopped with Tettnanger and Saaz hops and lagered (stored) for six weeks, tasting as fresh and bright as the great Alberta outdoors.



### Ol' Beautiful Eternal Twilight Dark Lager, Calgary

Lagers don't have to be golden, as shown by this dark and delicious lager from Ol' Beautiful. This refreshing beer balances tones of roasty malt, chocolate and caramel with lager crispness. Gold Winner for Best Dark Lager at the 2020 Alberta Beer Awards.



### Annex Idle Hands Italian Pilsner, Calgary

Italian pilsners are kind of like a Porsche tricked out by Ferrari—a solid German foundation combined with Italian flair. Here Annex dry hops a German-style pilsner (adds hops post-fermentation) to create a lovely summer lager, perfect for picnics. Hopped with Cascade, Galena, Mosaic and Saaz.

### Fahr Copper Vienna Lager, Turner Valley

Brauerei Fahr down in Turner Valley was brewing lagers before lagers were cool. In addition to their excellent Pils, Fahr produces this copper-coloured Vienna lager. Flavours of sweet malt, caramel and biscuit are balanced by a nice soft hop bite. Gold Winner for Best Vienna Style Lager at the 2020 World Beer Awards. 🏆



*Peter Bailey likes a full-bodied lager as much as the next hardworkin' man. He's on Twitter and Instagram as @Libarbarian.*

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## Feeding People

### Make mine MSG

Scientist and *MasterChef Canada* competitor Mai Nguyen explains **MSG: what it is; why it makes Doritos the ultimate go-with and why Chinese restaurant syndrome is a myth.**

For decades people have been told that MSG is bad for them. Between sensationalized news headlines and the prevalence of 'no added MSG' signs or labels on menus and dishes, diners and cooks were warned away from this simple, found in nature ingredient. And, despite repeated studies which have found that MSG is a safe food additive approved by regulatory agencies around the world, the wariness towards MSG still persists.

MSG is a sodium ion attached to a glutamate anion, both of which are required to carry out biological functions in our bodies. MSG is naturally occurring in high-protein food products, such as meat or fish, in certain types of cheese, and in vegetables (tomatoes, mushrooms, broccoli).

It was first isolated in 1908 by Professor Kikunae Ikeda at the University of Tokyo. He patented the formula for commercial use and now it's widely used as a flavour enhancer (especially in prepared snacks like Doritos) due to its ability to produce umami—a savoury flavour—just as it does when it is naturally occurring.

The distrust of MSG began in 1968 when Dr Ho Man Kwok wrote a letter to the *New England Journal of Medicine* describing a syndrome he experienced when he ate at American Chinese restaurants. He described a feeling of numbness at the back of his neck that then spread to his arms and back, as well as general weakness and heart palpitations. The term Chinese restaurant syndrome was added to the Merriam-Webster dictionary the same year, describing symptoms affecting "susceptible persons eating food and especially Chinese food heavily seasoned with monosodium glutamate" (which, according to their Twitter feed, Miriam-

Webster is reviewing and revising). After the anecdotal information was widely circulated, MSG has been studied extensively. The conclusions? Time and time again, it's been found to be safe for consumption. Nor is it found on the list of common food allergens. The few studies that pointed to a problem with the ingredient were found to be unrealistic, both in the methodology of the study and the amounts of MSG used.

Chefs and leaders in the food community are examining the taint. "I began to question the validity of various cultural truths. Who gets to assign value to certain foods?" asked David Chang in an interview in 2018. "What makes something acceptable or not? Why was MSG villainized in Chinese restaurants but fine when it occurred naturally in Parmesan?"

According to noted food scientist Harold McGee, author of *On Food and Cooking*, MSG is harmless in small and large quantities.

Why did the myth become rooted in popular culture?

Misconceptions about certain ingredients aren't unique, but the narrative surrounding MSG went deeper and continues to be racially skewed. The easy acceptance of the idea that MSG was harmful was rooted in xenophobia. MSG is primarily associated with ethnic cuisines, specifically Chinese. It was easy to blame it on cultural cuisine, despite MSG being a widely used additive in western foods. Or, as Anthony Bourdain said in 2016, "I don't react to it—nobody does. It's a lie. You know what causes Chinese restaurant syndrome? Racism."

The idea that it's harmful persists. When I bring it to people's attention that MSG is safe and delicious seasoning, people recount their symptoms of MSG sensitivities—only apparent when they've had cuisine of the Asian variety, yet rarely from any other foods or products that also contain MSG (Doritos, KFC, ranch dressing, Parmesan cheese, etc.).



I'm not here to discount anyone's lived experiences, I just want to provide facts. MSG is safe and the associated stigma against Asian foods is unwarranted.

MSG can actually be beneficial to those looking to reduce sodium in their diets while adding a bonus umami enhancement to their food. If you replace one third of regular table salt in a recipe with MSG, you'll get a 25 per cent reduction in sodium. For example, if a recipe calls for three teaspoons salt, use two teaspoons salt and one teaspoon MSG instead. 🍷

*Mai Nguyen (BSc in Food and Nutrition and Food and Technology) is the genius dumpling maker behind Gourmai Dumplings. She also is a seasoned MasterChef Canada competitor, 2017 and 2021.*

### Fish Sauce Margarita

- 2 oz tequila blanco
- 1 oz triple sec
- 1½ oz lime juice
- ½ oz simple syrup or agave nectar
- 1 t fish sauce (naturally high in glutamates)

Rim a highball glass with 50/50 mixture of sea salt and MSG.

Add one cup of ice into a cocktail shaker.

Add in all ingredients and shake for 10 seconds. Fill highball glass with ice and strain the contents of the shaker into the glass. Garnish with a Thai chile pepper (optional).

### Izakaya-style Cabbage Salad

- 2 c thinly sliced green cabbage
- 1½ t salt
- 1 t MSG
- 1 t sugar
- 2 T sesame oil
- 2 t roasted white sesame seeds

Combine all ingredients together. Mix well and adjust seasoning if necessary.

### Spicy Tuna Poke Bowl

- 1 lb sushi grade tuna (cubed, 1-inch)
- 2 T soy sauce
- 1 T gochujang
- 1 t MSG
- 2 T sesame oil
- 2 t ginger, grated
- ½ c cucumber, diced
- ¼ c red onion, thinly sliced
- ¼ c green onion, thinly sliced

Combine all ingredients together and mix well and adjust seasoning if necessary. Eat it on its own or serve over steamed rice. 🍷

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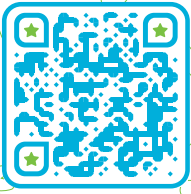
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# FALL HARVEST MARKET

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## restaurant buzz

Hurray! Restaurants are open again and ready to resume delighting patrons. Check out new menus at **Uccellino**, **Bar Bricco**, **Bündok**, **Canteen** and **Brew and Bloom**. Visit the new or refreshed patios at **RGE RD**, **Dalla Tavola Zenari**, **The Greenhouse**, **Workshop Eatery**, **Tiramisu Bistro**, the **Fairmont Hotel Macdonald**; views from the rooftop at **La Petite Iza** and **Fox Burger** and the perennially lovely patios at **The Marc**, **Nineteen**, **Café Bicyclette** and the **Glass Monkey**.

With a café, minimalist patio and full-on cooking school in the back, **Awn Kitchen Café and Workshop** (5125 122 Street, awnkitchen.com) is now open. With coffee by Sherwood Park-based **Sorellina Coffee**, espresso machine by **National Cappuccino**, beautiful photography by **Jessica Musselwhite** and **Andrea Forstbauer** of Grey Arrow Farm on the walls and daily delish baked goods, Awn is bound to become your new fave south side spot. Opens at 7am and closed Mondays and Tuesdays for now.

**Brew and Bloom** (10550 115 Street, 780-707-0827, brewandbloom.ca) has a new chef, a new menu and new hours: Tuesday-Friday, 10am-6pm; Saturday and Sunday, 9am-6pm, closed Mondays. Evening dining coming soon.

Check out the new summer menu at **Tiramisu Bistro** (10750 124 Street, 780-452-3393, tiramisubistro.ca). Dine in the summer igloos under nets and in the shade, then check out the **Lift Me Up Market** inside for baked goods, gourmet foods, housewares and fruit and veg.

Can't wait to visit this collab—**Wilfred's x Made by Marcus** (10429 121 Street, wilfreds.co) is happening. Diner-style fare and ice cream is all we know so far. Sometime this summer, Wilfred the bear lights up to lead us to good food and good times again.

## product news

**Barb's Kitchen Centre** (9766 51 Avenue, 780-437-3134, barbskitchen.com) now stocks the Spanish **OMed Vinegars** in rosé, cabernet and muscatel as well as the new **Food Crayons** (\$10.50 each) and **Cocktail Bombs** (\$20/four pack). As well, discover all the freeze-dried fruits and fruits powders you could ever want. New hours are Monday, Tuesday and Friday 9am-5pm, Tuesday, Wednesdays 9am-7pm and Saturdays 10am-5pm.

**Mojo Jojo Pickles** and sister biz **Nosh&Quaff** are opening in east Whyte this summer, across the Avenue from **Color De Vino**. That's pretty much all we know but we're excited about the lovely, little, cool retail block this area is becoming. We also heard about a wine bar in the back of **Take Care**. Stay tuned!

Congratulations to **Heart of the Home** (12539 102 Avenue, 780-705-4928, heartofthehomeyeg.ca) who is celebrating five years on July 6. Look forward to the **Taco' bout a Party**, as well as lots of specials and giveaways that week. The Summer Sidewalk Sale is at the end of July and the Back to School Sale is the last two weeks in August.

## at the cooking schools

**Get Cooking** (getcooking.ca) is keeping their summer session light and breezy. And virtual! Check out the bundles which offer three classes and one additional at half price. Think wraps (including Mai Nguyen's version of a Halifax donair) salads, street food and grilling. Register online at getcooking.ca.

**Awn Kitchen's** (5125 122 Street, awnkitchen.com) in-person cooking classes begin on July 15 in their brand spanking new location in Lansdowne (opposite end of the shopping centre from Find). Many are sold out already (only six people per class, due to current restrictions) but more will open up. Visit awnkitchen.com to find your favourite class.

## events and happenings

The largest outdoor food festival in Canada, **Taste of Edmonton**, is back at Churchill Square this year, July 22-August 1. Buy your tix in advance and save \$10/sheet of 40 tickets. There's more! A 50/50 raffle with an estimated jackpot of \$100,000 to benefit local charities. Find them both at tasteofedm.ca/tickets.

**Alberta on the Plate** is back during Local Food Week, August 6-11. Enjoy the August celebration of great local food and drink where restaurants, farmers, ranchers, food producers, craft breweries and distillers create delicious multi-course, fixed-price menus to showcase Alberta bounty. Check out Alberta on the Plate menus at **The Marc**, **Three Vikings**, **RGE RD**, **Say Uncle**, **The Vermillion Room** in Banff, several great spots in Calgary, the **Overlander** near Jasper and nearby—**Tryst** in St Albert, **HomeRoom** Diner in Devon and **The Glens Grill** near Wetaskiwin. Take advantage of special hotel packages and make it a weekend. Find the full list of participating restaurants, menus and travel packages at albertaontheplate.com

Make August hot dog month—Edmonton and area eateries are participating in the inaugural **YEG Hot Dog Fest**. Rate signature dogs from spots like **Three Vikings**, **Woodshed**, **Sandwich and Sons**, **Say Uncle** and **The Butchery**. There are awards for Relished Dog (topseller), Wackiest Dog and of course, Top Dog. Participate often—\$1.50 from every hot dog

sold supports **Edmonton Meals on Wheels**, which provides food security for seniors and homebound folks. Visit yeghotdogfest.org for all the deets.

**Gail Hall** loved farmers' markets and the **Bountiful Farmers' Market** (3696 97 Street, 780-818-3878, bountifulmarkets.com) is having a contest honouring her right now. Want to play? Visit the website to see the recipes featured weekly. Each recipe highlights ingredients to be purchased from other Bountiful vendors. Choose your favourite recipe and vote online via QR codes available at the info booth, on contest posters and at featured vendor booths. Prizes include *Maps, Markets and Matzo Ball Soup: The Inspiring Life of Chef Gail Hall*, donated by Jon Hall in memory of Gail. The Grand Prize is \$100 in Market Vouchers and a cooking class. Author Twyla Campbell will be at Bountiful on Sunday, August 15, from noon-3pm to sign copies of the book. Visit the website for all the deets. Bountiful is open Fridays and Sundays from 10am-4pm, and Saturdays from 9am-5pm.

Mark your calendar for the **Ukrainian Harvest Market**, Saturday, September 18, 4pm-8pm. Find art exhibits and food vendors, with frozen and fresh to take home, or eat on site. The event, cancelled last year like so many others, is organized by the wonderful Alberta Council for the Ukrainian Arts, acuarts.ca. 🍷

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