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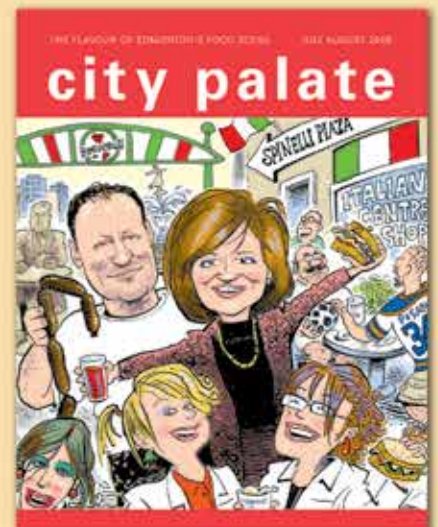
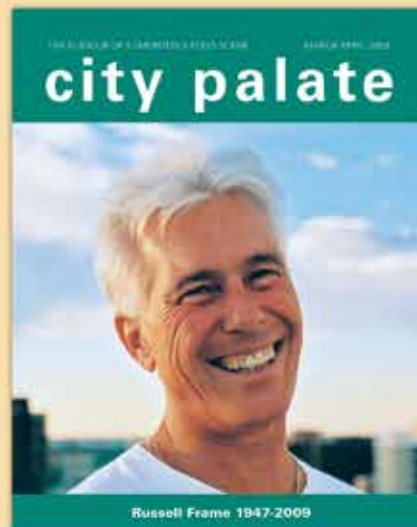
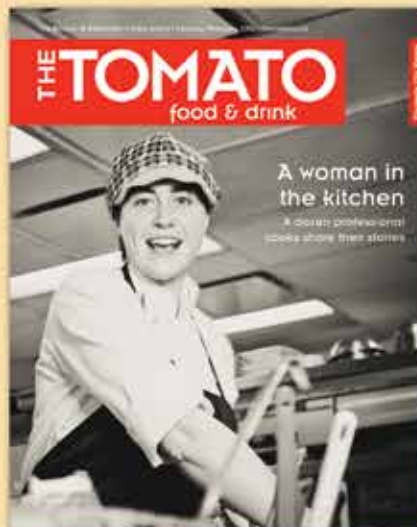
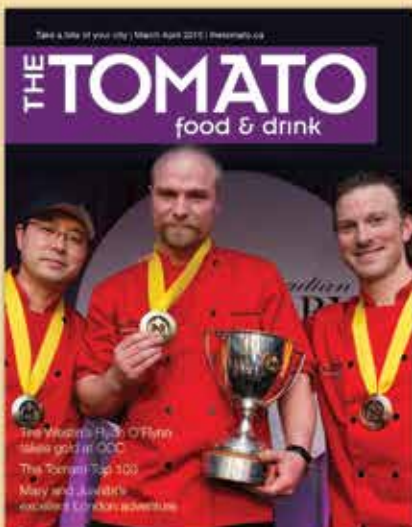
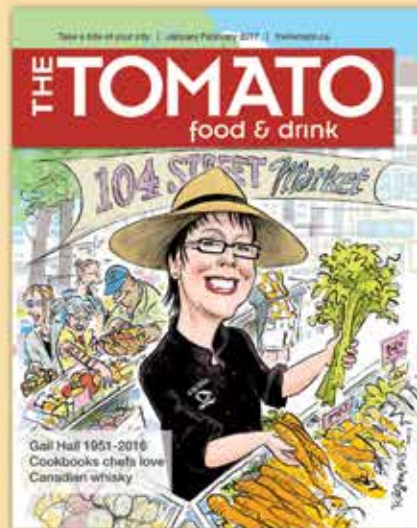
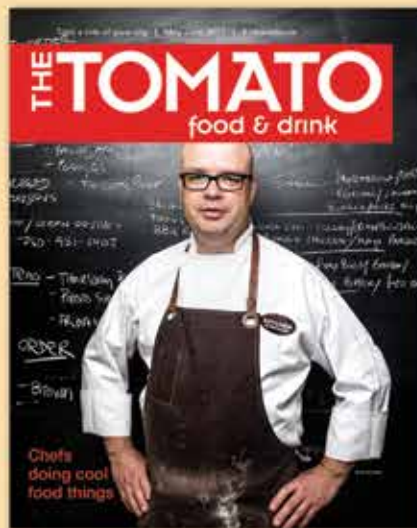
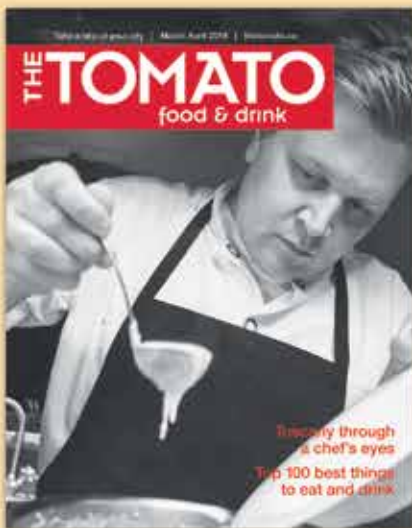
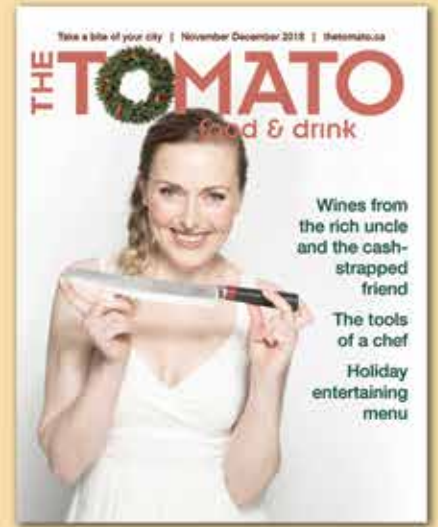
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A Word

25 years? Is that even possible. Our first issue was September/October 1996. We were a wee thing, a slim black and white volume filled with what was happening in food in Edmonton.

That was before the Internet. We know many of our readers didn't know the world before the Internet and that's ok with us. In addition to the bi-monthly magazine you are holding in your hands, visit our refreshed website, thetomato.ca, for easy-to-search recipes, features and web-only content. Find us on Instagram @tomatofooddrink and sign up for the Bite newsletter to hear from us every week.

We will continue to do what you, dear reader, have come to expect—all the news that counts about food and drink in Edmonton. The openings, the closings, the chefs, the farmers, the merchants, everyone and everything that creates a vibrant food and drink culture. Now that we can travel again, we'll take a wider view to see what's happening in the larger food culture as well—expect stories like the one on page 10 about Chateau Lake Louise.

We've been wrestling with the 25th anniversary cover for months. We think we nailed it—we selected cover images of many of the people who make our food scene what it is. (Visit thetomato.ca and click on each cover to read the story.) Because, writing about food is ultimately, and fundamentally, writing about people. After all, everybody eats.

Mary Bailey
Publisher

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On the cover: a selection of our favourites from the past 25.



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A lovely place to enjoy a cocktail (or have an event with lots of cocktails) is Lone Pine Distilling just off Gateway Boulevard. The spacious, light-filled bar and event space is ideal to kick back with friends and colleagues. “We call it sipping culture,” says co-owner Bryan Anderson. “The idea is to have one or two delicious cocktails, not just something you slam back.” The spirits need to be excellent when you drink in a more thoughtful way. We are exploring Lone Pine’s Earl Grey Gin—the balanced botanicals of the Gateway Dry Gin vapour infused with black tea and wild bergamot. (Kinda crazy about it.) Open Tuesday-Saturday. Or, find Lone Pine gins and vodkas at Whisky Drop, Sobey’s, Everything Wine and better shops around town. Lone Pine Distilling, 10375 59 Avenue, lonepinedistilling.ca.



sunday brunch in the empire ballroom is back!

The Fairmont Hotel Macdonald’s Empire buffet brunch is back, beginning Sunday, October 3. It really is amazing—custom crepe and omelet stations, pastry, fresh-squeezed juices and smoothies, really good bacon, fresh seafood, savoury pasta dishes and house-made desserts. The patio will be open, weather permitting. Visit fairmont.com/macdonald-edmonton for reservations, \$79/p, The Harvest Room reopens for breakfast and dinner on Friday, September 17. Fairmont Hotel Macdonald, 10065 100 Street, 780-424-5181.

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Lampe Berger started in 1898 with the goal to purify hospital air. The company has grown to embrace not just the original lamp but also diffusers and candles for aromatherapy. The scents are made with essential oils and are natural and fresh, never overpowering. Bella Casa has expanded their collection by the French company, now called Maison Berger, with candles and diffusers in addition to the lamps. Lamps \$49-\$96; candles \$36-\$88; reed diffusers \$25-\$84; mist diffuser kits \$115 and car diffuser kits start at \$24. Refills available for the lamps and diffusers. A special introductory event is on October 22, save 20 per cent and find the right product and scent for you. Reserve for 3 or 7pm, 780-437-4190. Bella Casa, 9646 142 Street, bellacasadcl.com.



don't be that guy

The guy that makes multiple reservations at many restaurants for the same night—so he’s not left short on date night. The gal who cancels a few hours before the time of the reso. Or the person who shows up with half the party; the others are coming for “dessert.”

Restaurants are reporting a disturbing trend lately—a rise in no-shows. Tock and other easy-to-use online reservation systems and lack of available seats during the pandemic have apparently created some bad habits. Parties make multiple reservations, then forget to cancel or end up cancelling with short notice—like 4:30 on a Saturday night for a 7pm reso—too late for the restaurant to go to their wait list. Restaurateurs who confirm the day before still have no shows. Yes, things do happen, sometimes a cancellation is inevitable, but 39 seats on a Saturday night? (One eatery reported that astonishing number). In many good owner-operated restos, that is practically half the seats.

It’s unlikely that every no-show is a life or death situation, more likely it’s a case of changed your mind, or don’t feel like it, or forgot.

Restaurants in other cities are asking for non-refundable deposits, creating pre-paid set menus and dispensing with reservations entirely (which can work in more casual places). And, do it too many times and you may get locked out of the reservation system or not be able to get a table at your favourite spot.

Each seat is precious. Most restaurants buy the supplies, prep the food and staff the room based on their reservations. The money is spent. They incur heavy losses when people don’t show up. It’s more than being rude, it puts a business on precarious footing. Don’t be that guy (or girl)! 🍷

happiness is: a sherwood park italian centre shop

The new Italian Centre Shop is drop dead gorgeous. Best one yet. Check out the beautiful cheese wall displaying wheels of Parmigiano Reggiano and Grana Padano, an expanded charcuterie section, aisles and aisles of deliciousness, house-made gelato, an expanded café and a *tavola calda* for hot foods like pizza. There are nods to the best of Italian culture—from images of the Coliseum to the lights that look like bocce balls and the bicycle wheels holding up the awning—the wheels and the rich gold colour of the walls are a salute to the ultra-successful Moltini Arcore road bicycle racing team. Grand opening bash Saturday, September 1, 11am-4pm. Italian Centre Shop, 8005 Emerald Drive, Sherwood Park, 780-416-4869, italiancentre.ca.



From top: our very own prairie gin; a classic brunch returns; natural scents for the home; the latest Italian Centre venue in Sherwood Park.

Luca Boutilier photo



The Tomato Food and Drink Kitchen Design Awards 2021

RENOVATION ONE

A new addition complements a fine house built in 1927.

Client: Caitlin Fulton and Blair Lebsack. Wicket Blue Interiors, Revington Renovations, Eldrick Upholstery.

Being restaurant people, we were very specific and deliberate with all our design choices as we know how we like to function when hosting. It had to be decidedly residential with lots of warmth and colour rather than monochromatic stainless steel that would remind us of being at work. We have a large extended family and wanted a kitchen that could really perform—we were imagining dinners of 20-plus guests (pre-Covid).

We wanted a modern kitchen that respected the heritage of the home with a few old-world European flourishes (Lacanche range and 1920s skyline pendant lights from Scott Landon Antiques.) We are thrilled with the abundance of storage. The island has built in drawer-style fridges opposite the stove and there are customized drawers for everything from pots and pans to spices and cooking oils, as well as a shallow drawer specially designed for a collection of knives. We have a nice little area with a small prep sink with hot water on demand—a

feature we thought indulgent, but now seems indispensable for our morning pour-over coffee. The floor is eco-friendly Marmoleum which pays homage to the original home, which probably had linoleum in the original kitchen.

Highlights: The pass-through to the deck for al fresco meals. Super deep counters, with oversized drawers for storing all our stuff. We love the breakfast nook banquette with storage drawers for table linens and various arts and craft supplies. Handmade, creamy subway tile from River City Tile.

Judges comments: “The transitional design and material vocabulary pays homage to the era when the house was built without resorting to period reproduction.” “Magazine-worthy. Like the mix of painted and wood cabinets.” “Special touches such as the period lamps and the wood island reinforce the bridge to the 1920s.”



Modernize a 1960's layout to create a modern farmhouse kitchen.

Designer: Bretton Toop, Habitat Studio. Delton Cabinets.

The idea was to focus on entertaining and to maximize storage options. By relocating the kitchen to the back corner of the home, we opened up the space between the new great room, dining room and lowered living room. The existing load bearing wall was replaced with a dropped beam which we clad in wood to match the hardwood and created more of a feature than just a structural element. The owners' dream of modernizing their 1960's kitchen was accomplished by keeping the design bright with rustic elements to create a modern farmhouse feel. Entertaining was made easier with a built-in coffee bar and serving bar that wraps around the corner into the dining room. The addition of tall pantry cabinets with pull-outs is perfect for this home that previously had no designated pantry.

Highlights: Retractable doors hide a drop station which is easily accessible from both the foyer entry and mudroom. Rustic white oak hardwood adds to the coziness of the space while diminishing the worry of kids and pets scratching the floor. Hints of contrast have been added throughout with the cabinet pulls, pendants over the island and the custom rolled steel hood shroud.

Judges comments: "Uncluttered contemporary design with a good workflow for a small kitchen. Attractive material vocabulary." "Love the hood fan enclosure, the pendant lights and the Cherner counter stools." "Love the dining room cabinets and counter space. Good blend of finishes."



The Judges

Rebecca Gagne, co-owner of Cucina Bella, has been designing kitchens since 1996. She is a CKD (Certified Kitchen Designer, National Kitchen and Bath Association) and instructs the Metro Continuing Education Kitchen Planning Course, cucinabella.ca.

Darrell Halliwell is an architect and managing principal for DIALOG's Edmonton Studio. He is a member of the firm's leadership team, responsible for strategic direction and management of the firm across Canada, dialogdesign.ca.

George Ilagan, a partner at Hastings Ilagan Design, is an architect by training and passionate about design. George has designed a myriad of kitchens, ranging from the simple to the sublime, hastingsilagan.ca.

Michele Roach, principal and co-owner of Wolski Design Group is a minimalist-design pioneer, animal print enthusiast and self-proclaimed creative problem solver with a soft spot for logistical nightmares, wolskidesign.com

*All kitchen photos supplied by entrants.
Continued on next page.*



Create a space that supports a love of entertaining family and friends.

Designer: Nancy Surby, NAKO Design.

The idea was a kitchen that felt sophisticated for adults and friendly for children. The challenge was the size—this kitchen is large. It is also u-shaped which can create pinch points. To avoid those, the island was designed away from the banks of cabinets, with enough space for several people to work comfortably side by side, or back-to-back. An element we rarely see in homes now is a walk-in pantry with corner door access. To avoid it feeling dated, we dressed the door to match the custom barn door from the mudroom and trimmed it with an architrave and casing detail. The black was then pulled into the lighting and plumbing fixtures, a subtle nod to the modern within a classic white kitchen. Installing three beams added warmth and character without taking away from the high ceilings.

Highlights: The hero of this space is that stone. Used as both the

countertop and backsplash on the perimeter cabinets and installed full height, the result is soft drama and visual texture. The adjacent wall to the kitchen was designed to be a coffee and beverage bar, home to small appliances and under-counter refrigeration.

Judges comments: “The layout of this kitchen meets the client’s design brief for entertaining and for several people using the kitchen together.” “A successful take on a contemporary country kitchen—the dark hardwood and wood beams provide the perfect foil for the creamy painted shaker cabinets and the light wood veneer accent on the island front. Love the farm sink, soft brass cabinet hardware and punchy black plumbing and light fixtures.” “A space I’d like to cook and hang-out in—warm and filled with light.” “Slab backsplashes are a nice touch.” “Nice mix of finishes; great storage and layout.”



A modern, cozy kitchen designed for family gatherings and a love of baking.

Designer: Habitat Studio. Florkowskys' Woodworking and Cabinets.

We have created many functional workstations within one area for the family to enjoy. The new kitchen is open to the dining room and great room with a wrap-around hall that leads to the pantry, baking area and the mudroom. Large triple pane windows allow light to flood into the space from the front and rear of the home, along with a counter height window to bring natural light into the pantry work zone. The long hickory island has seating for five and a trough bar sink is opposite the paneled wine and keg fridge. A paneled dishwasher, cutlery organizers and garbage and recycling pull-out surround the apron-front sink with an industrial coil faucet. Gold accents from hardware, pendant lighting, and barstools add a bit of sparkle to the space.

Highlights: The integrated range hood has been hidden within the floating upper cabinets with oversized white slab door. The deep navy lower cabinets ground the high ceilings while adding elegance and personality to the home.

Judge's comments: "The feature I like most in this kitchen is the integrated range hood incorporated into the upper cabinets." "Well thought out with tons of work surface and storage space." "This kitchen has the luxury of large open spaces with walls of windows."

For more TKDA winners, visit thetomato.ca.





Back to Louise

*Rediscover an old favourite with
a new attitude—Chateau Lake Louise*

Mary Bailey



Facing page: Lake Louise and the Chateau viewed through the smoke from Fairview Lookout; above: the hotel's grand entrance; immediate right: mushroom strudel at Walliser Stube; far right: chef Nicholas Issel.



After a year and half cooped up like everyone else, with zero travel plans, it was time to go somewhere. The idea? Keep it in the province and visit a place I love, Lake Louise.

It's 32 degrees and smoky. We can't see the tops of any peaks as we drive along Hwy 11 to the Icefields Parkway. Things at Louise are not looking or smelling much better. But the welcome is warm, our room at Chateau Lake Louise is spacious and we're ready for a drink overlooking the lake.

As we settle into the Fairview Bar, loving the view and the bold Richardson's ground squirrels (which I thought were baby marmots, not!) we are curious about the new executive chef, Nicholas Issel.

He arrived in the spring when plans for re-opening were very much in the air. This challenge was sizeable. How to infuse a venerable property with timely culinary ideas in a time of global uncertainty, fears of breakouts and staff and supply shortages?

Chef Issel's experience is as a changemaker (or 'a revamper,' he says). His resumé includes Shangri La properties in Australia, Vancouver and Singapore, a town known for its

spectacular cuisine, and Manila to oversee the culinary revamp of a classic property. Then it was back to Vancouver for a stint at a superb hotel known for conventions. Come March 2020, the world shuts down. Come March 2021, chef Issel makes the move to the Rockies. We are eager to see what he has been able to do in the short time he's been here.

For chef Issel, it's been a waiting game. He had to create menus and ramp up in a matter of weeks. "We had so much uncertainty—we didn't know when we could open. Imagine what it was like for farmers and suppliers—how much do we need? Every week it's something different we are out of.

"In Singapore everything is imported, especially meat. Here, we are making relationships with a lot of small farms." (The beef in the dining rooms is from Brant Lake, for example and the pork is from Broek Pork Acres).

"We're trying to bring in items from the Okanagan to can and to pickle—which we'll use into December. Then we'll go with standard winter fare."

I ask chef about the staff shortages that restaurant and hospitality businesses are experiencing.

"The talent pool has dried up," he says. "As an industry, we weren't developing younger people in the last two years, or, they found other things to do. Kids in culinary school weren't really in culinary school. So if I say we have 600 covers for lunch, can they do it? It's triage right now, if we open this, does it affect that." (When we were there in July, the hotel wasn't fully open due to staffing shortages.)

"We have a long way to go with the rebuilding of the team, but we have a good core," says chef. "You have to dig to find the right people, it's going to take a good four or five months.

"We are working towards something great while being honest about our

capabilities. We need to push the envelope, and we have to take good care of our people. We don't want to lose good people who will say it's just too much."

"My goal is to have really great food, not just good food. We want to set trends not follow them. This hotel has such a tradition, it's my responsibility, to pass the torch, bringing everything I've learned and bring it here."

Dinner in the Fairview Restaurant doesn't disappoint. I have a vague memory of a stuffy, old-school hotel dining room—not anymore. The look is contemporary, the service smooth and welcoming and the menu adventurous, with a clever blend of steak house faves and modern dishes—West Coast seafood meets Alberta ranches with plenty of tasty sides. It's a celebratory

Please see "Back to Louise" on page 20



Curtis Comeau Photography

For the love of all that's hole-y

Iain Illich

LOVE BAGELS? EDMONTON HAS LOTS OF OPTIONS—OVERNIGHT FROM MONTREAL OR BAKED FRESH.

On Wednesday afternoons, there's a good chance nearly every flat surface in the tiny interior of the Coffee Bureau will be covered with bags and bags of bagels.

Plains, sesames, *tout-garni*, poppyseeds and cinnamon-raisins will have just arrived in the shop, direct from an overnight flight from Montreal—baked fresh on Tuesday afternoon at the legendary St-Viateur Bagel Shop.

Even in a downtown drained of office workers, the weekly arrival of bagels has brought in a steady stream of customers to the coffee shop, a little taste-bud tourism from the locked-down world outside our city.

"I'd been trying to get them well before the pandemic, but they only had so much availability for wholesale situations," says Peter West, owner of Coffee Bureau. When Covid hit, St-Viateur got in touch and West signed

up to bring a little bit of Montréal to Edmonton.

"It's been a very good relationship ever since," says West. "We sell a few pastries, but the reality is that we slam out a lot of coffee every morning here. There was a persistent request for something that was a bit more breakfast- or lunch-worthy that wasn't a sweet pastry or a buttery croissant. Bagels filled a nice kind of void."

Compared to their garden-variety New York cousins, Montréal bagels are typically smaller and less puffy, with a distinct hand-rolled look and a large hole in the centre. Their texture is both dense and chewy, with a hint of sweetness and a whiff of smoke that come from being boiled in honey water, then baked in a wood-fired oven. How serious are Montréalers about their bagel heritage? Try Googling stories about Montréal pollution bylaws and wood-fired bagel bakeries.

According to West, the history and longevity of St-Viateur is also a selling point for him and his customers,

who come in looking for something unique, or who have fond memories of St-Viateur from their own time in Montréal as a resident, student or visitor.

"It's part of the mythology of Montréal," says West. "They've been around since 1957. No day off, 24/7, constant operation. And just the fact that that exists and exists close enough that it's one airplane ride away, it's awesome. So, through the pandemic, it was just a natural. You could travel by just buying a bag of bagels."

In a modern twist for an old-world treat, their weekly arrival at Coffee Bureau is announced on Instagram, and from there a steady mob of hungry bagel fans will wander in over the next couple of days to grab their haul.

"The sesame bagels outsell the other types by roughly five to one," says West. "In general, they're gone by Thursday morning. We try to move them all by Thursday just because nobody wants a stale bagel."

If you're looking for a specific type, you don't have to leave it to chance.

"The best way to get them, apart from just walking in and grabbing a bag, is to pre-order online through our website," says West.

And if you miss your chance, relax. There's always next week.

Coffee Bureau, 10505 Jasper Avenue, coffebureau.square.site.

LOOKING FOR YOUR BAGEL FIX IN EDMONTON? HERE ARE SOME SPOTS TO CHECK OUT IF YOU'VE GOT A HANKERING FOR GLUTEN-PACKED GOODNESS.

Bagel Bar, 10207 63 Avenue (west door, Vienna Bakery), bagelbar.ca.

Plenty of Edmontonians have eaten Bagel Bar bagels without even knowing it, as they supply multiple cafés (and Meuwly's) around town. However, they also sell direct to customers through their website provided you're willing to order a minimum of \$20 worth of bagels. There are multiple pick-up options available (including a hand-off in a brown paper bag from a side door in an alley) and delivery can be arranged

for an extra charge. Of note, they a make lightly sweet Earl Grey bagel. Who knew that was a thing?

Beb's Bagels, bebsbagels.ca, Thursday 124 Street Grand Market.

Musicians Lindon Carter and Luke Breiteneder started their side gig Beb's Bagels mid-summer. It's taken off quite spectacularly. "It's been great, we had to hire someone and we just moved into a bigger kitchen," said Luke. The duo's efforts are legit. The flour comes from a grain farmer in Saskatchewan and the honey from northern Alberta. Inspired by what they experienced in Montreal, Beb's have a terrific chewy yet soft texture, are not too sweet and have good colouration. Available in sesame, poppy and a poppy sesame blend. "We like to rip and dip," says Luke. Tear off a chunk and dip into their pungently delicious green onion cream cheese. Good bagels from Beb's.

Bliss Baked Goods, 10710 142 Street, blissbakedgoods.ca.

Bliss bagels are made in a kosher, nut-free, dairy-free bakery, ideal for dietary restrictions. Along with white, whole wheat, multigrain and all-dressed (a.k.a. everything), they also make harder-to-find pumpernickel and black Russian pumpernickel. Even more interesting: all their bagels are vegan.

Bonjour Bakery, 8608 99 Street, yvanchartrand.com.

This bakery, best known for exquisite traditional *pain au levain*, also makes bagels on Wednesdays. Unlike Montréal bagels, which have a very short rise time before boiling and baking, Bonjour puts their bagel dough through an overnight ferment to up the game on flavour and texture. There's an online order form on the website if you want to get your hands on some plain, white sesame or mixed (white and black) sesame bagels without fear of them running out.

Bon Ton Bakery, 8720 149 Street, bonton.ca.

In addition to their renowned breads and pastries, the folks at Bon Ton make a classic range of bagels they roll by hand, boil and bake. Not all are available every day of the week, so check the website for details before you head over.

Green Onion Cake Man, 9132 118 Avenue, greenonioncakeman.com

In addition to the original green onion cake, noodle dishes and dumplings, the Green Onion Cake Man offers frozen bagels (four per pack) via their web site and in-person to go.

Kitchen by Brad, 10130 105 Street, kitchenbybrad.ca.

Chef Brad Smoliak often has pick-up lunches featuring his delicious fresh baked bagels, with smoked salmon and other delish toppings. The bagel dough undergo two eight-hour rises. The result? Lovely texture and more complex flavours. Follow along on Facebook and Instagram to find out when available.

June's Delicatessen, 6427 112 Avenue, junesdelicatessen.ca.

June's specializes in traditional deli fare, which includes sesame, everything, cheddar and multigrain bagels made by Bagel Bar, but tweaked to their own recipe. As well, on Fridays, they sell a half-dozen day-old bagels for \$6.

New York Bagel Café, 8430 Gateway Boulevard

You can't talk about bagels in Edmonton without mentioning New York Bagel Cafe, a breakfast and brunch institution in Old Strathcona. Their bagels are from Bliss Baked Goods (and a custom cheddar bagel by Artistic Bake Shop), but their gorgeous presentation is what sets them apart. It's a premium experience, and as long as you're willing to pay for the privilege, it's a lovely location to escape the hustle-bustle of Whyte, whether it's in the warm wood-finished interior or on the quiet, leafy patio outside.

BAGEL TIPS

Bagels tend to dry out quickly, so use what you can on the day you buy them, then freeze the rest if you don't plan to eat them right away. To make your life easier, slice your bagels before freezing so they're ready to pop into the toaster without thawing. Bonus pro tip: If you value your fingers, don't try to slice a frozen bagel. 🍞

Iain Ilich is an Edmonton-based writer and editor who has eaten more than a few bagels both here and in La Belle Province. He once made an entire airline overhead bin smell like all-dressed bagels and he has no regrets.

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Left: Carla Alexander's quesadillas and fruit skewers, below: Cindy Lazarenko's mom's (not Cindy's) beef barley soup recipe.

What's in the lunch box this fall?

Tips and recipes to make school lunch a winner with your kids.



We asked chef moms what sort of lunch they will send their kids off to school with this year. Students may still be in cohorts and not sharing with their classmates so it's going to have to be good. No dads? It's our experience that it's usually the moms who make lunch, not always of course, but many do. These moms cook or run restaurants for a living and they get it done at home too.

.....
 "Yes, I can definitely share what I put in my children's lunch box—\$5 for chips and candy from the Circle K and a cell phone so they can Uber home," says chef Carla Alexander, RGE RD.

"Totally kidding! This summer, my children got excited by anything on a skewer. I use wooden chop sticks, to avoid anything sharp and pointy. If it's colourful and tasty, my little ones can't

wait to eat it. Vegetables with home-made ranch; fruit; beef jerky, cheddar, tomato, pea pods and apple slices; meat balls with cubed mozzarella and penne. I'm sure most parents feel the same way as I do. If I can find more fun and exciting ways to romance vegetables for my children and they are eating healthy, flavourful ingredients, it feels like a parenting win."

School Lunch Quesadillas Maki-style

Dice ¼ cup onion, and ¼ cup bell peppers and place in sauté pan with 2 tablespoons canola oil. Sauté until vegetable are *al dente* (not soft).

Dice basil and 3 cherry tomatoes and set aside.

Grate ½ cup cheddar and set aside.

Thin slice 1 cup ham.

Use one large flour tortilla and place thin sliced ham with 1 tablespoon of your choice of barbecue sauce. Then the cheese, followed by cooked onions and peppers in the tortilla. Roll flour tortilla as if you're rolling a burrito, folding in the ends in the process. Put 2 tablespoons canola oil in a pan on medium heat and add the rolls. Adjust the rolls until the cheese has melted and all sides are golden brown.

Place on cutting board to cool. Slice small maki rounds with a sharp knife. Garnish with fresh cherry tomatoes and basil leaves. Allow rounds to cool before placing inside lunch kit container. Pack with fruit skewers.

.....
 "My boys, in grades 2 and 5, like variety," says Stephanie Moore, owner, Three Vikings Pub. "It's my thing—I wake up

and make their lunch. I still send notes (not every time). I want them to be excited about healthy home-made stuff and a fun treat.

"They will eat leftovers, like spaghetti and meat sauce, but you have to wait a day or two. I usually include two or three sliced fruits, some sliced veg, a granola bar or cookie, or a snack bag with popcorn. I send lunch with an ice pack—my kids want their cheese or pepperoni sticks fridge temperature. And water with ice, so it stays cold. But be careful how you pack the lunch box. My kids told me—don't put the ice pack right beside the sandwich, as it gets soggy.

"I highly recommend investing in a thermos. My kids like soup, pasta, stews, rice dishes, red beans and rice and they like it hot. Warm up the dish first, then heat the thermos with hot water."

Pickanock Stew

“This is our family’s version of Irish Stew that we have all called Pickanock Stew for as long as I can remember. My Dad’s family are of Irish descent and settled in Quebec’s Gatineau Valley in a little village called Pickanock. My Granny made it for my Dad and his sisters, she made it for me and my brothers and I am ecstatic that my boys enjoy it as much as I did when I was a kid. It is the perfect way to feed them a hot and hearty meal at school on a chilly day. Pro tip: don’t forget to send a spoon. This recipe feeds my family of four for dinner with enough left over to send two portions for lunch and freeze two additional portions for up to three months.” – Stephanie Moore

- 2 T olive oil
- 1½ c chopped yellow onion
- ½ c chopped celery
- 4 cloves garlic, minced
- 1 lb ground beef
- 1 t kosher salt
- 1 t freshly ground pepper
- 1½ lbs beef chuck or shank, cut into ¾-inch cubes
- 4 c unsalted chicken stock
- 4 c unsalted beef stock
- 2 bay leaves
- 2 c sliced carrot
- 2 c sliced parsnip
- 2½ c cubed rutabaga, cut into ¾-inch pieces
- 3 c cubed red or yellow skinned potato, cut into ¾-inch pieces
- 3 T chopped fresh parsley
- salt and pepper to taste

Heat olive oil over medium in a large pot with lid. I usually use a stockpot because there is plenty of room to cook everything in one pot, but any large pot with a lid will do fine. Add onion and celery, sauté for 5 to 7 minutes until onion is starting to soften. Add garlic and cook for 1 minute. Add ground beef, salt and pepper. Increase heat to medium-high. Cook for about 8 minutes, stirring frequently, until ground beef is starting to brown.

Add beef cubes, chicken stock, beef stock and bay leaves. You can use all beef or all chicken stock but I always seem to have a bit of both at home so I usually use both. Bring to a boil. Reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.

Add carrot, parsnip, rutabaga and potato. I like to keep the skin on the potato for a bit of added colour and fibre but you can peel it if you prefer. Give it a good stir and bring to a boil. Reduce heat to low. Cover and simmer for about ½ hour until beef and veggies are tender. Stir in the parsley, add salt and pepper to taste.

Serve with a loaf of crusty bread and butter.

•••••

“We want to feed our kids healthy and also with simplicity,” says chef Doreen Prei, Prairie Catering at the AGA. “Something they can pick-up easily and enjoy. Parents ask me what I do for my own children (11, 7). I suggest keep it simple and nutritious.

“A quiche is a great foundation of protein and can be eaten at room temperature. You can put all your kids’ favourite ingredients in there and it is also easy to freeze.

“Spanakopita is also great, you can add sautéed kale, swiss chard, spinach and finish this lovely combination with some fresh mint, lemon, sautéed onions, pumpkin seeds and crumbled feta. Simply fill it into filo pastry and cover it with more filo and bake for not more than 20 minutes at 400°F. You can pack a little lemon yogurt dip along with it.

“Sushi is also great to pack into a lunch box. I would make it with their beloved vegetables such as cucumbers, cooked squash or avocado. If your child likes tuna you can make a cream cheese tuna roll with green onions and avocado.

“Summer rolls are also nice. If you have left over grilled chicken, simply boil some rice noodles, add vegetables and sprouts and make these rolls with your kids— nice with a simple soy mayonnaise and a little sriracha.”

•••••

“My kids ask for my mum’s beef barley soup, not mine, my mum’s,” says Cindy Lazarenko, On Our Table. “It’s a simple, old fashioned recipe, a list of ingredients, very little method. Always heat up the thermos first.”

My Mum’s Beef Barley Soup

- 1c chopped onion
- 1 c chopped celery
- 1 c chopped carrot
- 2 T butter
- 2 c beef steak
- 2 c water
- 6 c beef broth
- 1 can tomatoes or juice
- 1 c pearl barley
- 1 t salt
- 2 t pepper

Cook veg until tender in butter, add beef. Then add liquids.

Boil approximately 1 hour. Or slow cooker. Add potatoes at the end. 🍷

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Beer Guy

Happy Beer Street

*Well I'm a happy boy (happy boy)
 Oh ain't it good when things are
 going your way, hey hey.*

So sang Country Dick Montana, drummer and sometime vocalist of The Beat Farmers, on *Happy Boy* back in 1985. That year I was very much a happy boy. It was my final year at U of A and it felt like a victory lap. I lived in a house by campus with friends where we had a pop machine in the basement filled with beer that cost 75¢ a bottle. I watched the Oilers win their second Stanley Cup, in person. I saw my favourite band R.E.M. at SUB (now Horowitz) Theatre. Best of all, I got a great summer job at the Ukrainian Village and, on the first day of work, I found the love of my life.

We're still married today. One of our first dates was dinner at Walden's, then the best restaurant in town, where our server was none other than the future publisher of *The Tomato*. On another early date I borrowed my parent's car and we drove to what felt like hell and gone to Goose Loonies nightclub. I bet I drank a Heineken and danced to *You Spin Me Round (Like a Record)*. Today Goose Loonies is the Union Hall and its location at 99 Street and 63 Avenue doesn't seem all that far away at all.

In 1995 Neil Herbst founded Alley Kat Brewing in an industrial strip about a block south of Union Hall. A year after that Mary Bailey launched Edmonton's food and beverage magazine, *City Palate*, now *The Tomato*. Both ventures have weathered the crests and troughs over the last quarter century and, importantly, have been unwavering in their support of local food and drink. Love of local was not always a thing. Neil Herbst said, when Alley Kat was starting out, that "he discovered that Edmontonians thought beer made in

Edmonton was bad." Beer by beer, year by year, Herbst kept educating Edmontonians about the glories of local beer until he sold Alley Kat in 2020.

What a difference 25 years makes. Today people love local beer. Alley Kat has been joined by breweries along 99 Street, including Sea Change, Omen, Longroof, Blind Enthusiasm, The Monolith and (soon) Bent Stick. This co-location was happenstance rather than planned, but still, the co-location idea is very craft beer, which is all about community and collaboration. The breweries of 99 Street now take it a bit further, formalizing their collaboration in the Happy Beer Street initiative to promote 99 Street as a brewery district. (Think Calgary's Barley Belt or Portland's Pearl District.)

I asked the new kids on the block, Longroof Brewing, about Happy Beer Street. Co-founder and Head Brewer Troy Wassill said they located on 99 Street, hidden



behind Barb & Ernie's Old Country Inn restaurant, kind of on a whim. They fell in love with the possibilities of the big, open industrial space; "we always brewed together in a garage, so a bigger garage was the next logical step." He noted that "all of our brewery neighbours were really just a great bonus." They love the Happy Beer Street initiative: "It is one step beyond the already amazing brew community that Edmonton already is. The opportunity to work with and learn from some of the best minds in the business is a dream come true for a new brewery like us." When I asked Wassill for Longroof's goal, he said, "Genuine smiles, from us and the whole Longroof family." Sounds like Longroof will fit in quite well on Happy Beer Street.

For more info and a map, visit happybeerstreet.com.

Happy Beer Street Six Pack

Try these Happy Beer Street beers by touring through the tap rooms. You could do it on your bike or walk—it's about two kilometres from Bent Stick just south of Whyte Avenue to Alley Kat on 60 Avenue. Or find these great beers at better beer shops like Sherbrooke Liquor, Keg n Cork or Color de Vino.



Bent Stick Encino Man West Coast IPA

Bent Stick are the pride of the north side, but co-founder Ben Rix notes that they'd long outgrown their little industrial bay on Fort Road. This fall they will reopen on Happy Beer Street. Encino Man is Bent Stick's homage to the classic west coast IPAs of yesteryear but with more balance than those big hop bombs. Simcoe and Centennial hops are used for a nice citrus zest.

Blind Enthusiasm ZestyZee

Blind Enthusiasm owner Greg Zeschuk really changed the beer game in Edmonton when he opened the Biera restaurant and Blind Enthusiasm brewery complex in Ritchie, not far off 99 Street. This stylish venture can stand with beer temples anywhere. And the beer is great. ZestyZee is a light, crisp, summer wheat beer with banana and spice notes and a gentle tartness.



Happy Beer Street Mega Collab Sour Time Dry Hopped Sour

Longroof's Troy Wassill calls this sour "a beauty brewed in the waning days of the lockdown." The brew teams from all seven Happy Beer Street breweries got together virtually through Slack and Zoom to collaborate on this sour. It's a tasty and refreshing beer that is guava forward, with orange and herbal notes on the nose with flavours of stone fruit.



Omen Spilt Milk

This delicious and sweet milk stout is a perfect beer to transition from summer to fall. Omen Brewing are dark beer specialists, so know how to make a great stout. Omen's Andrew Oswald says, "with notes of coffee and chocolate, this one drinks like an espresso with a shot of cream." Balanced well between roasted malt and sweetness.



Sea Change Gold Knuckle West Coast IPA

Sea Change's take on west coast American IPA is approachable and balanced, featuring Simcoe and Citra hops, with Alberta pale ale, British Maris Otter and German Spelt malts. Very drinkable, with modest bitterness and notes of citrus, pine, and tropical fruit.



Alley Kat Scona Gold

One of Alley Kat's core beers, Scona Gold was originally brewed as a cream ale, with Alley Kat re-introducing it in 2014 as a Kölsch-style ale. A crisp and refreshing golden ale with subtle malt and fruit notes. It was Beer of the Year at the 2015 Canadian Brewing Awards. 🍷



Peter Bailey has a feeling in his bones that he'll have his way. He's a happy boy. @Libarbarian on Twitter and Instagram.



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CHEF'S HARVEST MENU

The best thing about fall is the fruit and veg. Really, all those brilliantly coloured carrots and russety apples and cauliflower and cabbages—from something that fits into the palm of your hand to orbs the size of your head. They are all at their best in the fall. And, let's not forget it's turkey season.

Glazed Carrots in Beef Stock with Swiss Chard, Cayenne and Hemp Seeds

"Carrots are a harvest staple and I wanted to tailor them to a side dish that is packed with the flavours reminiscent of a Sunday roast. I started by using beef tallow instead of oil or butter. The long cook in beef tallow pulls out those roasted beef flavours and even the aroma makes you feel like a roast is in the oven. Beef stock also helps build this flavour. For added freshness I added Swiss chard, cayenne and herbs. This side dish is great on its own or you can grill up a piece of locally raised beef to have with it."—Blair Lebsack, RGE Rd.

8-10	medium-sized carrots
½ bunch	Swiss chard (about 3-4 pc)
1	fresh cayenne pepper
4 sprigs	lemon-thyme
10 sprigs	fresh chive
2 T	hemp seed hearts
5 T	beef tallow
2 c	beef stock
3 t	Riesling vinegar
	salt to taste, and finish with Maldon salt for crunch

Wash all vegetables and herbs. Cut carrots in half lengthwise.

Separate the chard stems from leaves. Thinly slice the leaves and put in a heat proof bowl or dish (not plastic). Thinly slice the chard stems and set aside in prep bowl.

Thinly slice the cayenne pepper, add to the chard greens bowl.

Pull the thyme leaves off 2 sprigs and leave the other 2 sprigs intact.

Thinly slice chives and put chives and thyme leaves in another prep bowl.

Warm 2 cups beef stock in small pot.

In a large pan, add 4 T beef tallow and warm. Just as beef tallow melts, add carrots in single layer on wider, or flat side to the pan. Add the thyme to the

pan. Turn the heat up to medium and cook for 12-15 minutes until golden brown or just a bit darker. You may need to shuffle carrots from the side to the centre of the pan to brown them all. Season with a little salt.

Pour half of the beef fat used to cook the carrots over the chard leaves, then put the carrots back onto the heat. Add ¾ cup of stock to carrots and bring to a simmer.

While carrots are cooking stir, half the vinegar into the chard leaves and season with salt. Stir, taste, add more salt if necessary. Put the chard aside until the carrots are finished.

Carrots will cook for about eight minutes in beef stock. They will start to absorb beef stock and become sticky and glazed (if the stock has absorbed, add the remaining stock). Remove the thyme sprigs. When carrots have a nice glaze, add Swiss chard stems, other half of the vinegar and the chive mixture to the carrots. Cook for 1 more minute, turn off heat. Add remaining 1 tablespoon of beef tallow, stir into the sauce, add a nice pinch of Maldon to the carrots and finish glazing carrots by spooning remaining sauce all the carrots.

To plate, put half of the chard leaves onto the plate, pile the carrots on top and drizzle with excess glaze from the pan. Add remaining Swiss chard and then sprinkle hemp seed hearts over the dish.

Serves 6-8 as a side dish.

Aloo-Gobi (Pan-Roasted Potato and Cauliflower)

"This dish is a staple in my household. We usually eat this dish with daal and roti or paratha (flatbreads)."—Damini Mohan, Mini Kitchen

2 T	ghee/ butter or any neutral oil
1 T	ginger (finely diced)
1 T	garlic (finely diced)
1	jalapeno (medium, de-seeded if you don't like the heat)
1 t	paprika
1 t	cumin powder
1 t	fenugreek seeds, powdered (these seeds get bitter very fast, so powdering is the safest way of using them)
1 t	turmeric powder
½ t	black pepper
2	potatoes (medium, diced in ½-inch sections)

1	cauliflower (medium, cut the florets, dice the stem in ½-inch sections)
	cilantro or mint, juice of ½ lime for garnish

In a thick-bottomed pan or wok, heat the ghee over medium heat.

Once the ghee is warm, add ginger, garlic and jalapenos and saute to release the flavours in the oil. Add the dry spices, then immediately add the potatoes. Mix. Add half the salt. Let the potatoes cook low and slow. Once the potatoes are semi-softened, add diced cauliflower stems. Once both the potatoes and cauliflower stems are softened, add the cauliflower florets and mix. We usually like the cauliflower crunchy so we cook it for around 5 minutes but roast the cauliflower as per your liking. Finish with the remainder of salt, lime juice and cilantro.

Turkey Schnitzel with Autumn Slaw

Ryan Hotchkiss, Bündok

4	thin slices turkey breast
2	eggs
½ c	flour
150 g	panko breadcrumbs
pinch	salt
pinch	black pepper
pinch	cayenne
	oil as needed for frying

Lay plastic wrap on the counter, butcher block or a sturdy table. Place the turkey breast pieces on the plastic wrap with about 3 inches in every direction between breast. Pound the meat until quite thin.

Place salt and pepper in flour. Dip the breasts in flour, egg, then breadcrumb.

Heat oil until hot but not smoking, place breast in until golden brown and flip over. Repeat until golden brown. Serve with a side of the autumn slaw.

Autumn Slaw

½ head	savoy cabbage, thinly sliced
1	apple, thinly sliced or julienned
1 sm	kohlrabi, peeled, thinly sliced or julienned
½ c	toasted walnuts
	salt to taste

Vinaigrette

1 c	canola oil
⅓ c	apple cider vinegar
1 T	grainy Dijon mustard
pinch	salt
1 t	honey
1 leaf	sage, chopped fine

Combine all the vinaigrette ingredients in a blender (or use an immersion blender).

To serve: Combine all slaw ingredients and dress with vinaigrette. Season to taste. Serve with the schnitzel.

Serves 4.

Apple Pudding

"These pudding cakes are so delicious, it's a bit like pudding underneath with cake on top. This makes the most of fall fruit from the Okanagan."—Kaelin Whittaker, Awn Kitchen

4-6	apples or pears (depending on size)
125 g	flour
2 t	baking powder
½ t	salt
125 g	granulated sugar
200 g	full-fat milk
75 g	unsalted butter, melted and cooled
1 lg	egg
75 g	dark brown sugar
2 T	golden syrup

Preheat the oven to 350°F. Butter a 9×9 baking dish well and fill ½ with peeled and sliced apples or pears.

Mix the flour, baking powder, salt, sugar, milk, melted butter and egg. Whisk together using a hand mixer for 2-3 minutes until pale in colour. Pour over the apples or pears.

Place the brown sugar and syrup into a small saucepan with 125g of water. Slowly dissolve the sugar before turning up the heat and bringing the syrup to the boiling point. Pour over the batter—it will be thin and might seem like you're doing something wrong, but I promise it's right!

Bake for 35-40 minutes until the apples are tender and the cake is golden. Leave to cook for 10 minutes, serve warm with softly whipped cream. 🍌

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Back to Louise

Continued from page 11

menu for big occasions with a well-considered wine list to suit.

The plan for the next day: get up at 4:15am to see the sunrise at Moraine Lake. What was I thinking, a shirt and a pair of pants is not enough clothing for a before dawn jaunt. (Ditto the decision to have that second glass of Taittinger at dinner last night. Or was it that delish mezcral cocktail?) Being one of the most popular viewpoints in the Rockies, it made sense to go before the crowds. The walk along the lake rewarded with a view of (almost) all ten peaks and there was great interpretive signage. And it was fun to watch some hardy souls blow up their paddleboards. But cold, too cold. I headed back to the Chateau's shuttle the minute I could.

That night came the reward. The Walliser Stube has long been one of my favourite places to dine in Lake Louise; the sense of history and cozy atmosphere (and the view of course) have always made it feel very special. Yes, you can have fondue and you should, it's that good. You can also order mains that don't involve melted cheese, such as striploin, pork schnitzel, harissa risotto, or halibut (in season) and classic Swiss desserts.

Dinners like these make hikes essential. A short jaunt up to the Fairview Lookout will get your heart pumping, the views alone make it worth it. Not as

crowded as the hike to the Lake Agnes Tea House, but, do that anyway, as it's fun and, when we were there, very social. (So many travelers from all across the country enjoying a dream vacation. All of them were on the hike to the tea house.) Introverts may prefer the hike to Saddleback, a bit longer and steeper with great views (or so I'm told, I went up Fairview while my companions went on to Saddleback with our expert, and funny, guide, Mike Vincent).

We picked up muesli or a muffin and coffee before the hikes every morning at the Guide's Pantry. (Love that the Guide's consider gin and tonic to be a pantry staple). On our last day, we decided to splurge on breakfast at the Poppy Brasserie. Good move. Several small plates and toothsome mains, several of which are gluten free or vegetarian and a halal selection—there is even a chicken congee bowl. Lavish, delicious, amazing bacon. As we enjoyed breakfast by the gracious flower beds that surround the Chateau, many adorable Clark's nutcrackers wanted to share in our bounty, but we were able to fob them off. (I've been hearing 'don't feed the wildlife' since I was a young 'un.)

It was crowded this summer, exploring Lake Louise. For us lucky Albertans, accustomed to having these treasures to ourselves, fall and winter is a great time to go. You might even be able to park at Moraine Lake. 🍷

Mary Bailey is the editor of The Tomato.

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MIKE VINCENT'S BEAR TIPS

Afraid of bears? "Guess what, they don't want to meet you either," says the Chateau Lake Louise Mountain Guide.

Travel in a group. You will look big and noisy and bears don't want to be around that.

Don't get between a bear and its food source (the berry patch).

Stay calm, move slowly and speak loudly to the bear.

Bear bells don't work but making some noise does. Bears don't see that well, but if they hear you, they will try to avoid you.

Sometimes it's as simple as moving off the path. They want to walk down it too, it's the easy way, rather than tripping through the bush.

Use the five second rule, stop, watch the bear, if they turn around within five seconds you have nothing to worry about.

Pay attention, look for bear scat, change your route to avoid the bear.

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OPEN TUES - FRI 10AM - 5:30PM & SAT 10AM - 4:30PM

happenings and events

Experience the **Flavours of 124 Street**, a small plates celebration every weekend in September, starting September 10. The grande finale is at Manchester Square, Saturday, September 25, from 6-10pm. More info? Visit 124street.ca/events.

The new **Italian Centre Shop Sherwood Park** (8005 Emerald Drive, Emerald Hill Shopping Centre, 780-416-4869, italiancentre.ca) is having a **Grand Opening** bash, Saturday, September 11, 11am-4pm. Look forward to live entertainment, giveaways and a vendor piazza. Woo hoo!

Don't miss **Bangers & Beers YEG Sausage Battle at You Need a BBQ** (65 Chippewa Road, Sherwood Park), Sunday, September 12. It's a chance to eat superlative sausage and help raise funds for **WBC Team Canada** to travel to the World Butcher Challenge in Sacramento. (Local butchers **Elyse Chatterton**, Popowich Meat Co. and **Corey Meyer**, Acme Meat Market, are members). **Popowich, Acme, The Glass Monkey**, the **Glasgow Butcher, The Butchers Son, Irvings, Grove City Meats** and **Master Meats** are participating. Tix \$25/p+, eventbrite.ca.

Mark your calendar for the **Ukrainian Harvest Market**, Saturday, September 18, 4-8pm at the Strathearn Centre (9534 87 Street). Find art exhibits and food vendors, with fresh dishes to eat on site, and frozen to take home. This tasty event is organized by the Alberta Council for the Ukrainian Arts, acuarts.ca.

Enjoy the **Festa dell'Uva Little Italy** September 18-19 at Giovanni Caboto Park (9425 109a Avenue). The free, outdoor family festival, modeled after Italian harvest events, offers a grape stomp, music, dance, street performers, children's activities, bocce, food and wine tasting. Part of Alberta Culture Days, it compliments the Italian Centre's wine grape season. Check it out!

restaurant buzz

Three Vikings (10713 124 Street, 780-249-6302, threevikings.ca) is part of the Flavours of 124 Street, September 10-11, September 17-18, September 24-25. And, expect delish schnitzel specials and German beer features as they celebrate Oktoberfest, September 28 to October 2. *Zum Wohl!*

Chef Doreen Prei has signed on to the new **Prairie Catering at the AGA**, formerly Zinc (2 Sir Winston Churchill Square, 780-222-9575, prairiecatering.ca). We can't wait to see what's in store.

The **Piazza Food Hall** is looking for chefs for the new space in Little Italy. A food hall is a way for chefs to try out new concepts and share in the expenses and good vibes while creating an innovative restaurant concept. Shared common spaces and an easier start-up process allow chefs to get busy doing what they love: creating great food. Contact 587-882-5087 or mdcthepiazza@gmail.com for info.

A Cappella Catering (12105 120 Ave, 780-454-2642, acappellacatering.com) offers the popular Thanksgiving and Christmas **Take & Bake Dinners** (a family-style dinner for four-six for under \$25/p) again this fall. Get it delivered for a few dollars more. Call 780-454-2642 for all the deets and to order.

Bodega Sherwood Park (410 Baseline Road, 780-417-4670, bodegayeg.ca) is now open. **Chef Lino Oliviera** is bringing memories of this mom's Piri-Piri Chicken to Strathcona County this fall with this Sunday night take-out special—a whole roasted chicken, potatoes and salad. Visit the website for details!

La Boule, the Old Strathcona bakery home to exquisite viennoiserie and patisserie, baguettes and boules, closed August 22. "This was my baby," says owner/head baker and chef **Jennifer Stang**. "We were immensely successful and we have an amazing customer base. The hardest thing was telling my staff.

We have an amazing talented group of people. But the landlord wanted too much." Jennifer does plan to reopen in their own building, nothing is firm yet.

Product news

Bella Casa (9646 142 Street, 780-437-4190, bellacasadcl.com) is having a **Fall White Sale**, September 20-October 21—save up to 20 per cent on all bedding. October 4-9, the Crestwood shop features lots of Thanksgiving ideas and products.

Heart of the Home (12539 102 Street, 780-705-4928, heartofthehomeyeg.ca) has **Staub** pumpkin cocottes on sale, just in time for Halloween and Thanksgiving, while quantities last. **Zwilling's** free knife sharpening (three knives per customer) is Friday, September 24, 2-5pm. In October, \$1 from every purchase will be donated to a local animal rescue. There will also be a donation bin in-store for needy pets. Sign up for the loyalty card and receive 15 per cent off the tenth purchase.

Bountiful Farmers' Market (3696 97 Street, 780-818-3878, bountifulmarkets.com) is having a **Back to School** event September 4-6. Expect fun, engaging activities for kids and parents alike. Local Edmonton artists celebrate the fall equinox with a stunning piece of artwork on September 18-20. The buskers are back at the year-round, multi-day indoor market and there is a Thanksgiving event on the October 9 weekend. Starting September 10, and running through

the fall, there are Bountiful Basket Giveaways. Visit website for more info.

at the cooking schools

Awn Kitchen's (5125 122 Street, 587-469-4955, awnkitchen.com) fall schedule is up now—sourdough basics and advanced; breads, croissants, puff pastry, pizza and pasta, along with guest chef classes too. Visit the website to sign up.

Chef Brad Smoliak's cooking classes at **Kitchen by Brad** (10130 105 Street, 780-757-7704, kitchenbybrad.ca) are intimate, fun and suitable for both great cooks and those who like to be around great cooks. Visit the website for the full range, or to contact Brad for private classes and parties.

MoJo Jojo's Pickles Nosh & Quaff (9627-82 Avenue, 780-479-2831, mojojopickles.com) is offering several pickling and canning classes this fall in their new location on East Whyte, including a **Holiday Canning Party** on November 14. Visit the website to book.

Get Cooking (11050 104 Avenue, 780-566-2106, getcooking.ca) has a new web site this fall. All the better to sign up for one of their virtual or in-person classes with guest presenters. Classes start Tuesday, September 7. For more info and to sign up for the newsletter, visit the website. 🍷

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