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Alberta
Government



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On the cover: Doughnut Party co-owner Matthew Garrett engaged in quality control testing. Curtis Comeau Photography.

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Dish

new spirits in the rockies

Fairmont Chateau Lake Louise has a new collaboration with Canmore's Wild Life Distillery: Fairview Winter Gin and Untamed Signature Whisky. The gin is the perfect nip for the chilly season, with juniper and other winter spices, grapefruit and saskatoon berries to create that gorgeous colour. The small batch Alberta rye whisky has spent three and a half years in white American oak barrels specially chosen by the Chateau. Beautiful aromas of black pepper, mint and forest floor, wildflower honey and muscovado sugar. It won the Judges' Selection Award for Canadian Rye at the 2023 Alberta Beverage Awards. "Both of these distinctive spirits capture the essence of the Canadian Rockies," says Sam Clark, regional manager of bars and mixology for Fairmont Chateau Lake Louise and Fairmont Banff Springs. More into the no/lo? Stay tuned for the Chateau's upcoming collab with Seedlip.



nait's first ever all-women team compete at ika culinary olympics

This winter, Suzanne Boulet, Crystal Higgins, Veronica Martens, Miranda McElwain, Danielle Parjan, Aimee Rossetti and Jillian Sampson, along with their coaches, NAIT instructors Troy Lymburner, Chris Short and Enrico Caparas, will fly to Stuttgart, Germany for the IKA Culinary Championships, February 2-7.

"It's by far the most prestigious and challenging competition the NAIT culinary team participates in," says NAIT cooking instructor and team coach, Troy Lymburner.

Since 1990, IKA has taken place in Germany every four years, with 1800 participants from 67 countries. NAIT has been sending teams for 20 years. The 2024 team competes in the Community Catering category, the only team from Canada in this tough category (primarily military and professional chefs) and the sole team made up of early career and student chefs.

They have been practicing for over a year. "It's a lot of late nights and early mornings on practice days, and it takes a lot of balancing to handle both school and team expectations," says Baking and Pastry Arts student Miranda McElwain.

The team's menu features Canadian (and Albertan) field mushrooms, kidney beans, maple syrup, wild blueberries and raspberries and wild rice, in keeping with the theme of sustainability and plant-forward dishes.

It's been a community effort, with consistently sold-out practice lunches at Ernest's and sponsorship from Alberta Chicken, Freson Bros., Blackjacks Roadhouse and Pratts Food Service Alberta to raise the \$80,000 the team needs.

"We've been working so hard. It's all very exciting," says team captain Crystal Higgins, full-time sous chef at the Royal Glenora Club and mom of two. "It's extremely busy, but we have the determination to want to do it. Our team mindset is that this is our one and only chance, so let's put the time, effort and passion into this and come home with a gold medal."

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The NAIT all-woman IKA Culinary Olympic team from L-R: Jillian Sampson, Aimee Rossetti, Miranda McElwain, Crystal Higgins, Veronica Martens, Danielle Parjan, Suzanne Boulet.

feed the soul dining week

“When I got Covid,” says Rochelle Ignacio of Feed the Soul Dining Week, “I stayed home and started watching *High on the Hog* on Netflix. “It made me think, how can we start telling the story about black food in Edmonton? Why can’t we do a food



Nadine Lewis (L) and Patricia Ross, owners of Cafe Caribbean and Feed the Soul participants.

week that focuses on the broader black community on a city-wide scale? People connect over food and the stories and food can be used as an anti-racism cultural text.”

Forward to now and the second annual Feed the Soul happens February 2-11. This is a passion project for Rochelle, her day job is director of diversity, equity and inclusion for a national charity. Business consultant Sara Awatta is the co-lead.

“We are a volunteer-driven team,” says Rochelle. “We are really excited about our second year. Restaurants, food business and caterers join this year to share their food and stories.”

“Feed the Soul was great for our restaurant,” says Jennifer Robertson, proprietor of Sauce Modern Caribbean. “My aunt Linda Joyce had catered for 20 years; her dream was to open a restaurant. She didn’t live to see it opening, in many ways Sauce is a tribute to her.” Jennifer’s roots are in St. Vincent and the food there is different from, let’s say, Trinidadian or Jamaican. Like the sauces, especially sorrel sauce. “We spend a lot of time making our sauces. My mom draws on a lot of Caribbean spices and flavours and fruit.” The must try dishes at Sauce? “Lindeal’s Roti Platter, her signature dish, and the pan-sared basa,” says Jennifer.

Nadine Lewis and Patricia Ross, owners of Cafe Caribbean, are not only cousins, they are best friends. “We are the only Trinidadian restaurant in Edmonton,” says Nadine. “Pat does the baking, I do the cooking. Our food is a melting pot of Indian flavours, creole, African even Lebanese. Opening a restaurant has been amazing, but more work than I ever imagined.”

A big hit at Café Caribbean is a street food dish called doubles—fried dough (*paratha*) with curried chickpeas, cilantro, tamarind chutney and grated cucumber. “A particular ingredient in our food is *chadon beni*, whatever you are cooking, it goes in everything (also known as culantro, similar to cilantro, but more pungent).

“We had a catering business (along with full time jobs) cooking for our church and other clients. During Covid, we started selling food out of our house. A lot happened during Covid which made you think, what do you really want to do?”

“We were blown away by the reception, by the kindness, the appreciation during Feed the Soul week. We love feeding people.”

Find the people, the places and the menus of Feed the Soul Dining Week at feedthesoulyeg.ca.



what was the best thing you ate or drank last year?

Was it a dish in a local restaurant? Something from the farmers’ market? A vegetable in your CSA? A cocktail? A beer or spirit from a craft brewer or distillery? Nominate it for the Tomato Top100.

Nominations open January 5 and close January 26. Nominate at thetomato.ca.

THE BUILDING BLOCKS OF FLAVOUR



Have you noticed how many great dishes build flavour using a few thrifty, everyday ingredients? And how similar they are across cuisines? In Italy it's minced onion, carrot, celery cooked in olive oil, aka *soffritto*. In France it's *mirepoix*, the same three veg, diced in butter. The Germans call chopped carrot, celeriac and leek *suppengrün* and the Cajun Holy Trinity uses onion, celery and bell pepper. A Mexican chef told me that Mexican *sofrito* is diced onion, carrot and red pepper. It's easy to start with these base builders and cook near recipe-free meals. A friend preps soffritto, then freezes in ice cube trays to have on hand for quick meals. Here's a few recipes that highlight soffritto and mirepoix to get you started.

Barley and Kale Soup

This recipe adds garlic and rosemary to the soffritto along with soy sauce and fish sauce to amp up flavours.

¼ c	extra-virgin olive oil, plus more for serving
1 med	onion, minced
1 lg	carrot, minced
2 stalks	celery, minced (about 1 cup)
2 T	chopped fresh rosemary leaves
1 clove	garlic, minced
2 T	tomato paste
½ c	pearl barley
1 head	kale, roughly torn, ribs removed
6 c	vegetable or chicken stock
2	bay leaves
4" chunk	parmesan rind
2 t	soy sauce
1 t	fish sauce (optional)
	kosher salt and freshly ground black pepper
handful	fresh parsley leaves (about ¼ c), chopped
	Parmigiano for serving

Heat olive oil in a Dutch oven or large saucepan over medium-high heat until shimmering. Add the onions, carrots, and celery and sauté, stirring occasionally, until softened but not browned, about

4 minutes. Add the rosemary and garlic and cook, stirring, until fragrant, about 1 minute. Add tomato paste and continue to cook, stirring frequently, until it begins to sizzle, about 5 minutes longer. Add the kale and cook, stirring occasionally, until wilted, about 5 minutes. Add the barley and cook, stirring, until coated with oil, about 1 minute.

Add stock. Add bay leaves, parmesan rind, soy sauce and fish sauce (if using), and bring to a boil. Reduce to a bare simmer and cook, stirring occasionally, until the barley is softened, about 25 minutes. Season to taste. Take out bay leaves. Stir in parsley.

To serve, drizzle with more olive oil and grate cheese over.

Serves 4-6.

Lemony Lentil Soup

Nothing more comforting than a bowl of lentil soup on a cold night. This recipe, adapted from the Alberta Pulse Growers, uses quick-cooking red lentils and comes together in under a half hour.

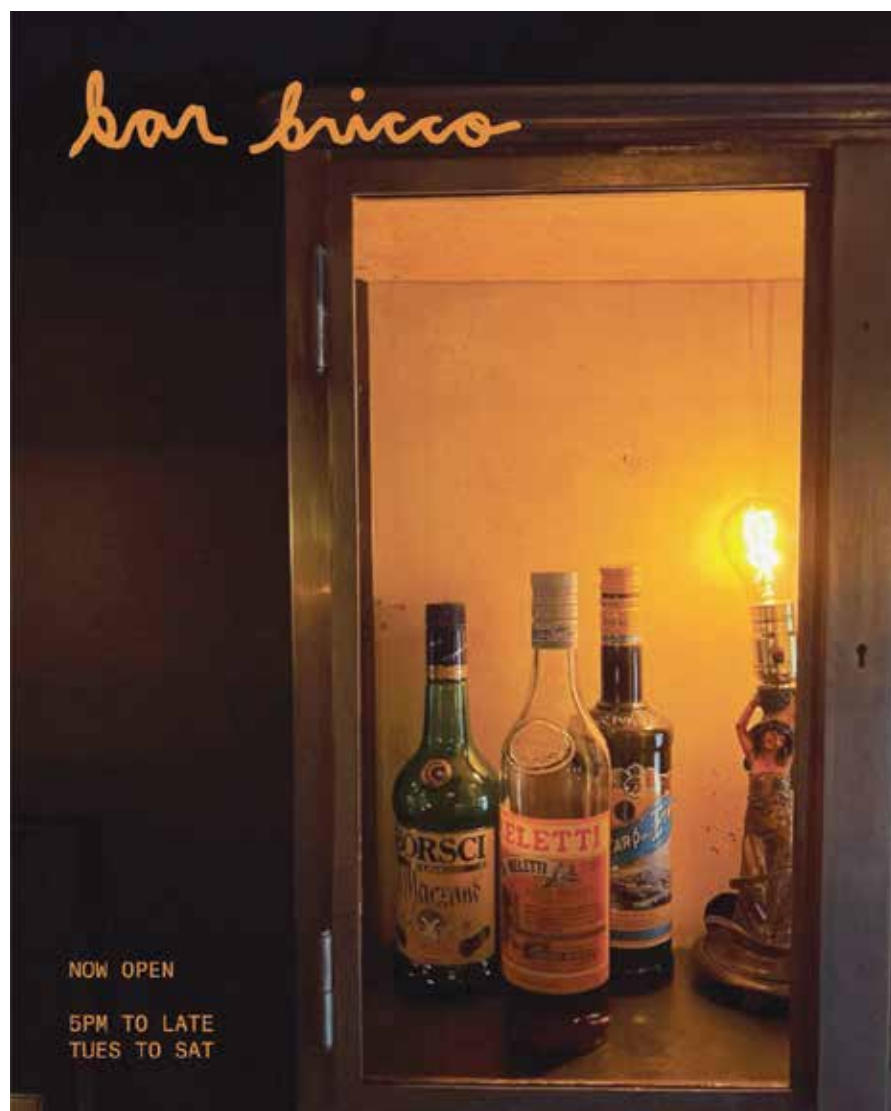
1 T	canola oil
½ c	diced yellow onion
3 cloves	garlic, minced
1	red pepper, sliced thinly
1 c	diced sweet potato (about 1 small sweet potato)
2 T	fresh grated ginger
2 t	turmeric
1 t	cumin
½ t	cinnamon
½ t	dried chili flakes
5 c	vegetable stock
1 c	dried red split lentils
	salt to taste
1	lemon, zest and juice
	fresh basil or cilantro, for garnish

In a deep soup pot or Dutch oven, heat canola oil over medium. Add the onions, garlic, red pepper, and sweet potato and sauté for 2-3 minutes, just until onions begin to sweat and soften.

Stir in the ginger, turmeric, cumin, cinnamon and chili flakes and sauté for another 1-2 minutes. Add broth and lentils, reduce heat to medium-low and simmer for 10-12 minutes until lentils have softened. Season. Stir in lemon juice and zest just before serving. Garnish bowls with chopped basil or cilantro, if desired.

Serves 6-8.

Please see "Flavour" on following page.



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Goldie Hazrah, owner

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Flavour

Continued from previous page.

Cuban Black Bean Soup

A warming and thrifty soup using pantry ingredients, and it's a good soup to have in the freezer for quick meals. Tienda Latina has very nice black beans for not much money. The sofrito, with the addition of bay and garlic, lends depth and flavour to the soup. It's vegetarian and gluten free too.

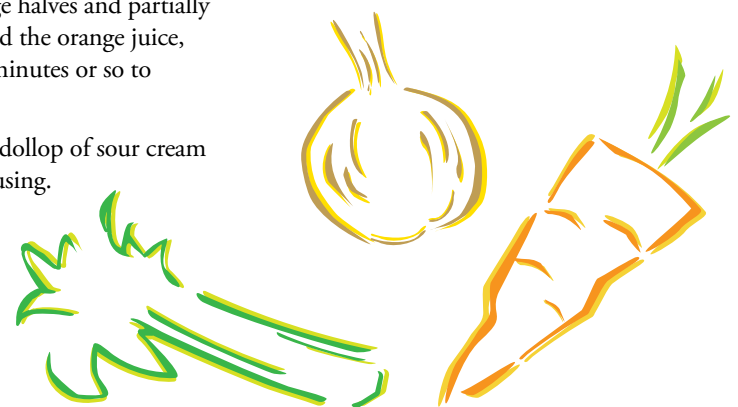
- 1 lb dried black beans (or 4 large cans rinsed and drained)
- 1 lg white onion, minced
- 4 cloves garlic, minced
- 2 stalks celery, minced
- 2 med carrots, minced
- 1 med red bell pepper, cored and minced
- 2 bay leaves
- 1 t cumin
- 1 t smoked paprika
- 6 c vegetable stock (or water)
- juice of one orange, reserve the orange halves
- kosher salt and pepper to taste
- sour cream, chopped bell pepper or jalapeño (optional) for garnish

If using dry beans, prep them the night before. Rinse beans under running water. Pick through and remove any broken or shriveled beans. Cover with six cups of water and soak overnight. The next day, drain and rinse beans, cover with fresh water and bring to a boil. Simmer, covered for 1 hour, drain and rinse. Reserve.

Meanwhile, sauté the garlic, onion, celery, carrots and bell pepper together until soft. Add bay leaf and spices, then add to the drained beans along with the orange halves, seasoning and stock. Bring to a boil, cover and simmer for 40 minutes to one hour, or until beans and vegetables are tender, stirring occasionally. Add more water if necessary. Remove the bay leaves and orange halves and partially puree (optional). Add the orange juice, cook for another 5 minutes or so to marry flavours.

To serve: top with a dollop of sour cream and chopped veg if using.

Serves 6-8.



Chicken and Dumplings Soup

Soup for dinner? Yes! This is an easy way to spread 4 chicken thighs over 6 portions. Make the dumpling dough while the soup simmers.

- 4 bone-in, skin-on chicken thighs
- 2 T kosher salt, divided
- ¾ t fresh-ground black pepper, divided, plus more for garnish
- 1 med yellow onion, chopped (about 1 cup)
- 2 med carrots, peeled and cut into ¼-inch-thick rounds (about 1 cup)
- 2 stalks celery, chopped (about 1⅓ cups)
- ¼ c all-purpose flour
- 6 c chicken stock
- 1 bunch thyme sprigs, tied with kitchen twine, plus fresh thyme leaves for garnish

Sprinkle chicken thighs evenly with salt and pepper. Place chicken, skin side down, in a medium Dutch oven (or large pot). Cook over medium-high, undisturbed, until skin is browned and crisp, about 10 minutes. Transfer chicken to a plate and reserve the drippings in the Dutch oven.

Add the onion, carrots and celery. Sauté over medium-high, stirring often, until just softened, about 6 minutes. Add flour and cook, stirring constantly, 30 seconds. Add stock and thyme bundle. Return chicken to Dutch oven; bring to a boil over medium-high. Reduce heat to medium-low and cook, stirring occasionally, until vegetables are tender and a thermometer inserted in thickest portion of chicken registers at least 165°F, about 15 minutes. Remove chicken from Dutch oven (keep over medium-low heat), and transfer to a cutting board; let cool, then shred, discarding the skin and bones. Remove thyme bundle and return the shredded chicken to the broth. Check seasoning.

Biscuits

- 1½ c flour
- 1 t baking powder
- ½ t baking soda
- ½ t salt
- ¾ c buttermilk
- 2 T butter, melted

Whisk dry ingredients together in a medium bowl. Mix in the buttermilk and butter until batter is just combined. Bring soup to a boil over medium-high. Drop batter by heaping tablespoonfuls into boiling soup. Cover and reduce heat to medium. Cook, undisturbed, until dumplings are cooked through, about 18 minutes. Garnish with additional pepper and thyme leaves. Spoon into six bowls with dumplings.

Serves 6-8.

Chef Ludo Lefebvre's Hache Parmentier

Hache parmentier is the French name for shepherd's pie. You probably have a shepherd's pie recipe, but give this French version a try. The addition of the wintry spice mix brings in a whole raft of delicious flavours. Also in this recipe, the mirepoix goes in after the meat is browned. Adapted from a recipe by chef Ludo Lefebvre.

- 2 lbs medium Yukon gold potatoes
- kosher salt
- ¾ c heavy cream
- 6 T unsalted butter
- freshly-ground white pepper
- 10 allspice berries
- 1 T fennel seeds
- 1½ t black peppercorns
- 2 T extra-virgin olive oil
- 2 lbs ground beef
- 1 med carrot, finely chopped
- 1 med celery rib, finely chopped
- 1 med red onion, finely chopped
- kosher salt
- ½ c dry white wine
- 1 c water

Preheat the oven to 400°F. In a large saucepan, cover the potatoes with water and bring to a boil. Add a generous pinch of salt and simmer over medium heat until tender, about 25 minutes.

Meanwhile, in a spice grinder, combine the allspice berries, fennel seeds and black peppercorns; grind into a fine powder.

In a large skillet, heat the olive oil until shimmering. Add the ground beef, ground spices and a generous pinch of salt. Cook over medium-high, breaking

up the meat with a wooden spoon, until just starting to brown, about 6 minutes.

Add the carrot, celery, onion and a generous pinch of salt to the skillet. Cook, stirring occasionally, until the beef is cooked through and the vegetables are softened, 10 to 12 minutes. Stir in the wine and cook until evaporated, about 2 minutes. Stir in the water and cook, stirring occasionally, until the water is nearly evaporated, about 7 minutes. Season, then spoon into a 9x13-inch baking dish. Reserve.

Drain the potatoes well and, using a paring knife, peel off the skins. In the same saucepan, melt the butter in the heavy cream over medium-low heat. Pass the peeled potatoes through a ricer or food mill into the saucepan. Season generously with salt and white pepper. Dollop the potatoes on the beef filling in the baking dish, then spread in an even layer. Bake for about 20 minutes, until lightly browned on top. Let stand for 5 minutes, then serve.

Serves 6-8.

Heart of the Home's Cosy Lasagne

A version of this classic dish with a slightly different technique for the ragù. The recipe looks long with many steps but most of the time is spent in the oven. Think of it as a delicious cold January weekend project. Bonus: your house will smell amazing. Adapted from a New York Times recipe by Heart of the Home's Lauren Verret.

Ragù Bolognese

- 1 lb mild Italian sausage
- 1 lb hot Italian sausage
- 1 lb ground beef
- kosher salt
- fresh ground pepper
- 2 T extra virgin olive oil
- 4 rashers bacon, chopped
- 1 med onion, shredded
- 1 stalk celery, very finely chopped
- 1 lg carrot, peeled and shredded
- 5-8 cloves garlic, thinly sliced
- 6 oz can tomato paste
- 1 c red wine
- 28 oz can whole peeled San Marzano Tomatoes
- 1 c beef broth
- 1 c whole milk

Please see "Flavour" on following page.

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Flavour

Continued from previous page.

Preheat oven to 225°F. Remove sausage from casings, mix with beef with your hands in a large bowl, seasoning with salt and pepper. Make 20 or so meatballs, they don't have to be perfect.

Heat the oil in a large Dutch oven over medium-high. I use my biggest 12 L Creuset pot for this, but a pot even half the size will do. Working in 2-3 batches, brown meatballs on as many sides as you can until browned all over. Be careful to adjust your heat to avoid any burning. Transfer to a baking sheet. This might seem like a lot of extra work, but browning meatballs gives the ragù a nice chunky texture.

Reduce heat to medium, add bacon and sauté until it just starts to brown. Add onion, celery, carrot and garlic and cook, stirring occasionally, until softened, 6-8 minutes. Add tomato paste and cook, stirring constantly, until the paste darkens, about 2 minutes. Add wine and cook, stirring occasionally, until nearly evaporated, 4-5 minutes. Add tomatoes, crushing with your hands, and increase heat to medium-high. Cook, stirring occasionally, until the liquid is jammy and reduced by about half, 8-10 minutes. Add broth and milk and return the meatballs to pot. Bring to a simmer. Cover, leaving the lid slightly ajar, and transfer to the oven. Bake the sauce (no need to stir, do check after an hour or so to ensure liquid is at a low simmer, adjusting oven temperature as needed) until meatballs are falling-apart tender, 3-4 hours.

Chop or break the meatballs coarsely, season with salt and pepper. You should have about 8 cups sauce. Reduce over medium-low heat, if necessary.

Béchamel

- ½ c butter
- ¼ c all-purpose flour
- 6 c whole milk
- 1 c grated Parmesan
- pinch cayenne pepper
- pinch ground nutmeg

Melt butter in a large saucepan over medium heat. Whisk in flour and cook, whisking occasionally, until flour begins to smell a bit nutty, about 4 minutes. Quickly whisk in milk and increase heat to medium-high. Bring to a simmer and cook, whisking occasionally, until mixture thickens, about 4 minutes. Reduce heat to medium-low and cook, whisking occasionally, until smooth and velvety, about 10 minutes. Remove from heat and whisk in the cheese, cayenne and nutmeg (you should have about 6 cups). Season with salt and pepper.

Transfer to a large bowl, cover with plastic wrap and use within 1 hour or chill.

Lasagna

- 1lb pkg lasagne noodles
- 16 oz pkg (or equivalent) ricotta
- 4 c shredded mozzarella
- 1 c grated parmesan

Preheat oven to 325°F. Cook noodles in a large pot of boiling salted water, stirring occasionally and separating noodles so they don't stick to each other, until just starting to soften but still snap in half rather than bend when folded; 3 minutes is the magic number. They will be so firm it will just seem all wrong, but this is what separates *al dente* lasagna layers from gummy ones. Transfer noodles to a large bowl of cold water to cool. Drain and lie flat in a single layer on a rimmed baking sheet, separated by parchment or wax paper.

Lightly oil a 9x13-inch glass or ceramic baking dish. Spread 1½ cups sauce in dish. Lay a single layer of noodles over sauce (you will need to cut some noodles in half in order to fill the gaps). Spoon 1¼ cups béchamel over noodles, spreading in an even layer with a small offset spatula. Blob on several tablespoons of ricotta. Top béchamel and ricotta with 1½ cups ragù. Repeat, creating 4-6 layers depending on your pan and ending with remaining 1 cup béchamel. Top with mozzarella and grated parmesan. It should come right to the top edge of the dish, and the top layer of pasta will get super crunchy when baked.

Cover with a lightly oiled piece of foil and set on a rimmed baking sheet (just to catch drips). Bake lasagna until bubbling gently around the edges, about 1 hour. Remove from oven and increase oven temperature to 425°F; carefully place rack in top of oven. Uncover and continue to bake until the top is browned and crisp around the edges, 10-15 minutes.

Let sit at least 15 minutes before serving.

Serves 8-12. 🍴





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TURKEY LIVER MOUSSE

Prep Time: 5 minutes Total Time: 20 minutes
Cook Time: 15 minutes Servings: 6-8

INGREDIENTS:

- 1 pound turkey liver, trimmed and cleaned
- 2 tbsp butter, unsalted
- 1 shallot, finely chopped
- 2 cloves garlic, minced
- ½ cup heavy cream
- 2 tbsp fresh thyme leaves
- 1 tsp salt (or to taste)
- ½ tsp black pepper (or to taste)
- ¼ tsp ground nutmeg
- ¼ cup clarified butter (ghee) for sealing the mousse
- 2 tbsp worcestershire sauce

INSTRUCTIONS:

1. Begin by cleaning and carefully trimming the liver to remove any connective tissues or membranes. Cut it into small, manageable pieces for easier blending.
2. In a large skillet, melt 2 tablespoons of butter over medium heat. Add the finely chopped shallots, 1 tablespoon thyme, and minced garlic. Sauté until the shallots become translucent, releasing their aromatic flavors (approximately 5-7 minutes).
3. Add the prepared turkey liver pieces to the skillet and cook until they are no longer pink but still slightly pink in the center (about 2-3 minutes on each side).
4. Transfer the cooked liver, shallots, and garlic mixture to a food processor. Add ½ cup of heavy cream, 1 tablespoon fresh thyme leaves, salt, pepper, and ground nutmeg. Blend in the food processor until the mixture is smooth and creamy. Scrape down the sides of the processor and blend again for an even texture.
5. Taste the mousse and adjust the seasoning if necessary, adding more salt or spices to suit your preferences.
6. Once the mousse is well blended and seasoned, transfer it to a clean jar or ramekin. Smooth the top of the mousse with a spatula and top it with finely chopped thyme.
7. Melt the clarified butter and pour it over the top of the mousse to create a protective seal, helping preserve the mousse and preventing oxidation.
8. Refrigerate the liver mousse for a few hours or overnight. This resting period allows the flavors to meld and the mousse to firm up, enhancing the overall taste and texture.



7917 104 St NW



South Side Sweet Treats

Curtis Comeau
words and photos

Food in the Nud cwner
Chrysta Morkeberg with the
Chocolate Cherry Bomb cupcake.

Facing page: The Duchess Bakeshop's
Lemon Meringue Cake.



In my cooking journey, I have learned that, generally, one is either a cook or a baker. I prefer cooking. It's more intuitive to me, and there is generally more leeway when a mistake is made, and I can react to taste right in the moment. Little more salt here, acidity there—you get the idea. Baking, on the other hand, I find it way more challenging. Baking is an unforgiving art form, as seen on the hit TV show *Nailed It*. You can't cake it till you make it. It is a science. Precise measurements matter and so does patience, which is not a virtue of mine.

When I want a tasty baked treat, I leave it to the pros, and we have many of those in Edmonton. As we settle into winter, it's the perfect time to head out and explore the Whyte Avenue area's fantastic baked goods. Let's go!

Please see "Sweet Treats" on next page.

Sweet Treats

Continued from previous page.

The Bomb: Food in the Nud

When I need allergen-friendly baked goods or treats that consider food sensitivities, my go-to is Food in the Nud by Chrysta Morkeberg. When you visit this charming bakery café, it's hard to resist the wide range of cakes, bars, pies and other goodies. My favourite treat is the gluten free Chocolate Cherry Bomb cupcake. This tasty cupcake, generously topped with vanilla frosting made pink with beetroot powder, is naturally dairy-free, nut-free and egg-free. (9618 76 Avenue, foodinthenud.ca)

Revised History: Little Duchess

The first documented recipe for a dessert that combined lemon custard with meringue was published in 1847 in *The Lady's Receipt-Book*, and since then, the basic recipe for lemon meringue pie has remained relatively unchanged. 'Til now. The artisan bakers over at Duchess Bake Shop elevate lemon meringue pie into a CAKE! Freshly-squeezed lemon juice and zest make a bright lemon cream layered between delicate chiffon cake and salted caramel, all wrapped up in a light, fluffy Swiss meringue. There is a limit to how many lemon meringue cakes they make every day—so get there early. (Two locations: Little Duchess in Ritchie Market and Duchess Bake Shop on 124 Street, duchessbakeshop.com.)

World Famous: Italian Center Shop

When I read *The Guardian* named *pasteis de nata* (Portuguese custard tarts), one of the world's 50 best things to eat, I sought a few places in Edmonton that bake these fresh daily. Although these little treats hail from Lisbon, Portugal, I found my favourites at the Italian Centre Shop Bakery. The crunchy pastry crust and creamy filling are perfect for a treat on a cold winter day. (Not on Whyte but a short drive down Calgary Trail, 5028 104a Street, three locations, italiancentre.ca.)

C'est Très Bon: Bonjour Bakery/Boulangerie Bonjour

Bonjour Bakery has been open in its new location for just over half a year; however, its *pain au chocolat* recipe remains the same. Owner Yvan Chartrand passionately tells me these fantastic treats are made with New Zealand butter, Belgian chocolate and sourdough. What accounts for the depth of flavour? "Our bread, including the *levain* in your *pain au chocolat*, is made with centuries-old European bread-making traditions," says Yvan. "No additives or preservatives and takes three days to make." (9913 Whyte Avenue, yvanchartrand.com)

It's a Party! Doughnut Party

When you read this, several of the doughnuts you see in my photo will likely have been replaced by exciting new flavours. This is because Doughnut Party owners Simon Underwood and Matthew Garrett change the menu regularly. Their doughnut flavours are always unique; cranberry balsamic and strawberry apple jam are two that caught my eye. What doesn't change, however, is that the doughnuts are freshly baked from scratch. Next time you bring doughnuts to work, skip the franchise and buy local; you won't regret it. (Three locations: Ritchie, Old Strathcona and the Brewery District, doughnutparty.ca.)

Traditionalists Unite: Empress Bakery

Full transparency: I don't like the Bismark.* I find them too simple. But, as many people in my circle love these, including *The Tomato* editor Mary Bailey and my kids, who ate these these right after I took the photo, I felt it prudent to include the Bismark in my story. Suppose you are like me and have friends or family members who love these icing sugar-coated, jelly-filled classics. In that case, I suggest popping into Empress Bakery

(you can get them without the icing sugar too) and I'm told the best time is around 11 am, when they are still warm. Pick up a baker's dozen and bring them home to your traditionalists for endless love and affection. (9932 82 Avenue)

***Bismark trivia:** *In 1485, the cookbook Kuchenmeisterei (Mastery of the Kitchen) was published in Nuremberg. In it was the recipe for a filled donut, savoury, not sweet, the gefüllte krapfen. As sugar became cheaper and more available and an enterprising person invented the pastry syringe, it was called a Berliner (paczki or ponchiks in Poland). By the end of the 1800s it was renamed the Bismarcken, after Chancellor Otto von Bismarck. Wherever central Europeans went, the jelly donut (Bismark in Alberta and Saskatchewan, jam busters in Manitoba, sufguniyah in Israel, jelly doughnut in most of the US) followed. Thanks to Leite's Culianaria for the deep dive on the Bismark.*

After School Treat: Hazeldean Bakery

The owner once told me she baked the apple fritters to coincide with the kids getting out of Hazeldean School a block away, but when I called one morning she had some. Your chances of getting a warm and delicious apple fritter for a morning snack have increased ten-fold! (9627 66 Avenue, also a location in Terwillegar called Lucy's Sweets, lucys-sweets.com.)

Curtis Comeau has been a photographer for the past 24 years, many of those as a regular contributor to The Tomato. Curtis enjoys exploring the constantly evolving Edmonton food scene through his lens and shooting the stories of talented people whose passion is food.





Clockwise from top left: Bonjour Bakery's *pain au chocolat*; a selection of doughnuts from Doughnut Party; Empress Bakery's Bismark; *pasteis de nata* from The Italian Centre Shop.

Plastic? Not fantastic.

Restaurants react to single-use changes in Edmonton

Iain Ilich

Within days of Edmonton's *Single-use Item Reduction Bylaw* coming into force, the local internet community took note.

On Reddit, one poster shared a pic of their haul from Wendy's, proudly contained within a plastic bucket so as to avoid the additional 15 cent charge that businesses must now levy for a paper bag.

The conversation then veered into a tossed salad of debates on the effectiveness of government-led environmental measures, which chains hadn't gotten the message, how basic economic theory could be applied to the bag charge, and why it was just as likely that nobody would care enough to bring a bag to save 15 measly cents.

And still, among all the back and forth, one user struck a more philosophical tone. "Sigh. No more bag fries," wrote 22munchkin.

This is what happens when policy meets the public, when words on paper run up against the reality of what works at a business and consumer level. There have been growing pains, but it hasn't led to widespread chaos in the food business. Instead, as is often the case, change takes time, people adapt to a new normal and small business owners face different challenges than giant multinationals.

We caught up with a couple of local restaurants to talk about the change, how they've fared, and what they've thought of the process.

But first, a brief recap of how we got here.

City rules, federal rules

A good deal of the confusion over the new rules came from the fact that both the federal government and the City of Edmonton introduced separate rules for single-use products within less than a year of each other. Each government has a different focus, but the goal is the same: to cut down on the amount of unnecessary single-use packaging that is used once, then tossed.

The federal rules specifically target single-use plastics. They aim for things like plastic straws, plastic cutlery, plastic checkout bags and plastic foodservice ware made from problematic plastic, which the government defines as extruded or expanded polystyrene foam, polyvinyl chloride, oxo-degradable

plastics, or plastics that contain the additive carbon black. There are exceptions to the rules, and not all plastic take-out containers are necessarily considered to be made from problematic plastics. But the general spirit of the rule is that plastic is to be avoided, and alternatives should be sought.

The municipal rules from the City of Edmonton are different and they go beyond plastic. The city's goal is not just to get people to switch from one kind of disposable product (plastic, styrofoam) to another (wood, cardboard, etc.), but to reduce the volume of single-use products overall. This is why the city's program includes fees for paper bags and a requirement that dine-in restaurants serve drinks in reusable cups. (The city's website has more detail about the program, what is included, and which exemptions exist.)

It's been messy. Not all plastics are banned outright, and there are different rules for when a food item is packaged directly in a container. For example, there's no charge for the bag that holds a donut, but there is a charge for the bag that holds several individually bagged donuts.

New rules meet the real world

Awn Kitchen's Kaelin Whittaker has embraced the new rules in her south Edmonton café. Even though there were a few folks who didn't get the memo when the program first launched, most have been good about it.

"You get the odd customer that's not super keen on it, but for the most part, people are really understanding," she says. "I would say the trickiest thing is actually napkins. When you serve someone food, they have to ask for a napkin."

Whittaker's decision to implement a discount on food and coffee for those who bring their own take-out container has probably helped smooth any potentially ruffled feathers. If you're looking to grab a soup or a cinnamon bun to go, Awn will give you a 10 per cent discount if you pack it home in your own reusable container.

"I think it's a great bylaw," she says, citing the support businesses received from the city, including plenty of advance warning the change was coming, followed by ad



campaigns and promotional materials they can use to explain the changes to customers. “I think the city has done quite a good job rolling it out.”

The change aligns with Whittaker’s overall feelings about to-go food culture. “I hate take-out,” she says, matter-of-factly. “Food that’s been in a box, that’s all sweaty, it changes it. It doesn’t showcase what you’ve done with the food.”

She’s chosen to see the change as a potential positive for the café’s bottom line, in that it allows her to promote special pricing for customers who bring their own containers—a move that helps her reduce her costs, not just reduce her environmental impact.

“I agree with the city implementing it for the whole idea of limiting our single-use waste, but then I also think there’s another side of it for business owners with costs increasing,” she says.

“Since we opened, a take-out box for a cinnamon bun is 50 cents, which we can’t obviously add on to our price for a cinnamon bun. I think since we’ve opened, I’d have to go back and look, but I bet there’s been a 20 per cent increase in take-out packaging in general, across the board. Coffee cups, napkins, spoons, straws, pastry bags. It’s all gone up, like everything. There’s definitely a hidden cost to take-out packaging.”

Whittaker’s view is that it’s a win-win-win. A reduction in single-use packaging is good for the environment, good for business, and good for people who believe coffee tastes better in a real mug.

“I’m of the mindset that when we purchase food out or when we purchase coffee out, it should be an experience, and worth taking time to slow down and enjoy it.” She explains, “with people, or even on your own with a book or whatever it might be. So trying to limit the packaging is very much in line with what I believe as a consumer, and a person but also as a business owner.”

Tastebuds, a neighbourhood take-out restaurant in Riverbend that specializes in Indian and Hyderabadi cuisine (try the biryani), has been doing an exclusively take-out business since they opened over eight years ago, so any changes to the way take-out is packaged has a large impact on their business.

“Some people are really happy about it, who really care about the environment, but some people are not,” says owner Masi Mohammed. “But I’m in favour of staying mostly green, so it’s a good move, I would say.”

Knowing the bylaw was going to come into effect in July, Mohammed started to experiment with containers in March, in an attempt to figure out in advance which containers would work best for the kind of food he serves.

“The bamboo or sugar cane fibre ones, they didn’t work for me at all,” says Mohammed. Many of the dishes he serves involve sauces, and those sauces tend to get absorbed into the fibre, which then starts to slowly fall apart. “Some customers even complained that by the time they could take it home, it was just about on the verge of collapsing.”

Mohammed also notes the challenges faced by smaller independent restaurants, such as his, versus those faced by larger chains, who seem able to play by different rules.

“Big corporate giants, even if you go there, you can see that lots of plastic materials and everything that’s really harmful to the environment is being used, whereas the small businesses like mine are being imposed upon,” he says.

“The problem is, I have to bite the cost. Because the containers I am providing right now, they are probably double the cost of what we used to use. But then we can not really impose that, right? The economy is very tight, and people really are very watchful when they’re spending. So even if I try to increase some prices there, they will be upset. As a small business owner, I am taking that hit.”

The change has been a mixed experience, but Mohammed is hopeful. He feels that people should be made more aware of the rules and should be educated more. But he still struggles to get people to pay for the paper bags. “Maybe it will take some time for them to understand,” he says. 🍅

Iain Ilich is a writer, editor and bureaucrat based in Edmonton. His work has appeared in the National Post, Edmonton Journal and Calgary Herald and on CBC Radio. In his spare time, he runs the Not Entirely Arbitrary Review of Food (NEAROF.com), a curious food website.

Compostable Plastic? Not so fast.

With the influx of new products designed to meet the requirements of both the federal legislation and municipal bylaws around single-use waste, there has been a bumper crop of new plastic items touting themselves as compostable, eco-friendly, or Biodegradable Products Institute (BPI) certified. However, just because something may technically qualify as compostable doesn’t mean it can be composted in even a sophisticated municipal waste system.

We reached out to the City of Edmonton to clear the air about what this all means. Here’s what Neil Kjelland, Director of Sustainable Waste Processing, had to say.

Q: Are plastic containers and cutlery advertised as compostable actually compostable in Edmonton?

A: Compostable plastics need very particular composting conditions, including extended periods of high heat and controlled moisture in order to break down. We’ve run tests, and, unfortunately, confirmed that these plastics will not break down in City composting facilities or in the regional composting facilities contracted by the City.

By way of background, the majority of industrial facilities—including ours in Edmonton—compost material between 20 and 35 days, as that’s the length of time required to break down things like food scraps and yard waste. BPI-certified products require composting periods of up to 84 days for the product to degrade. This means that if we were to start composting all material in active composting conditions for 84 days we would need to triple the size of our operations.

Q: Are you aware of any municipal recycling systems in Canada where compostable plastics are actually compostable?

A: We are not aware of other municipalities where the compostable plastics are currently compostable.

Q: What would happen if you tried to put compostable plastic in a home compost bin?

A: The simplest explanation is that they don’t break down. For example, we have found that hard, rigid containers, after being exposed to processing, come out fundamentally intact. The bags are still clearly recognizable as pieces of film plastic, although they aren’t able to be used anymore.

Q: What should people do with their compostable plastic items?

A: The best thing you can do with single-use items, regardless of what they’re made of, is to avoid using them in the first place. Although plastic and compostable plastic bags are permitted for use to contain food scraps in your green cart stream, it’s preferred that BPI products are disposed of in the black cart or garbage stream. Compostable plastic items create contamination in our organic compost and need to be screened and removed.

Q: What happens if people put compostable plastic in with their recycling?

A: Compostable plastic in the recycling stream will usually be removed in the sorting process and sent to landfill. But some may make it through the sorting process and contaminate the recyclable materials that we’re selling to end markets. If you’re in Edmonton, these plastics are best put in the black cart or garbage stream. 🍅

Wine Maven

No/Lo Revolution

When you want to have a drink but don't want to have a drink, consider no- or low-alcohol (no/lo) beverages.

Have you noticed how many choices there are now? For example, check out the no/lo wall at Color de Vino. The category has exploded, from a few lonely beers and wines to a burgeoning selection of high-quality beers, red, white and sparkling wines, aperitifs and other beverages to choose from, many of them made right here.



Color De Vino's no/lo section.

Beers



Sea Change Straight Edge (Edmonton, Alberta). They call it 'just your everyday Pale Ale' crisp, hoppy, with bright citrus, peach and passionfruit notes. But simple isn't easy, a lot of technique creates a beer like this.

"We create a lower gravity wort using a blend of Albertan and German malts, then ferment with a maltose/maltotriose negative yeast, so it only ferments simple sugars. After fermentation, it's dry-hopped with two types of hops which are known for their white wine grape aromas," says Taylor Falk, co-owner, head brewer, Sea Change Brewery. So, that's how you do it.

SYC Phantom Buzz Pale Ale (Edmonton, Alberta). The Pale Ale is mild tasting, with a clean, zesty citrus note. It's refreshing and well-balanced, just the thing after a ski. The **Phantom Buzz IPA** is a little hazy with a delightful bitterness and some pleasing complexity.

Bellwoods NA Jelly King Dry-Hopped Sour (Toronto, Ontario). Bellwoods sours this beer just like its 5.6 per cent ABV cousin, and, as many of the flavours come from the yeasts and bacteria used in the souring process, it's hard to tell the difference. Bushels of tart and juicy red berry flavours. Jelly King is the fave non-alcoholic beer of Ramon Miranda at Color de Vino.

Aperitif

BIBI Apertivo Bitter Spritz (Toronto, Ontario). Are you a fan of the bitter? Amaro, vermouths, aromatized wines? The Negroni is your favourite cocktail? Give Bibi a try. It's bracing bitter/sweet mojo combines savoury herbs, blood orange, some warming spicy notes, all in a fun bubbly beverage suitable for 10am. Only 70 calories a can! Tastes Italian, made in Toronto.



Wines

It has proven a lot harder to make satisfying, really delicious wine without alcohol. Beer can be fermented to extremely low levels of alcohol, whereas wine ferments naturally to dryness, generally around 12 per cent or so. Alcohol provides many things to wine—weight, mouthfeel, a delivery system for aromas. The default has been to stop the fermentation early, before the wine has fully developed flavours and concentration, or add sugar to make up for the lack of weight and mouthfeel.



Tyler Harlton (L) and Chris Pagliocchini of ONES.

That wasn't good enough for BC wine veterans **Tyler Harlton** and **Chris Pagliocchini** of the Okanagan's **ONES**. They wanted to make wines without alcohol that weren't full of sugar and tasted great.

"Chris and I are on this journey to find the best match between non-alcoholic wines and Okanagan fruit," says Tyler. They begin by finding the best wines suitable for a no/lo project, premium wines that had been fermented to dryness. They are looking for the same brightness, layers of complexity and varietal signature that they looked for when making wine with alcohol. "Elements of fruit or spice," says Tyler; "certain varieties translate better than others. Without ethanol, the wine won't be as heavy. We know we'll never make big and thick wines because we don't add sugar."

Their process is hands on and unique. "We do it differently," says Chris. "Many non-alcoholic wines are made from reject wine; the alcohol is removed via spinning cone distillation. We use a gentle membrane filtration process."

"Our goal is to create great tasting wines that express the Okanagan, that have no sugar and pair well with food," says Tyler.



ONES+ 2021 Non-Alc Sparkling Red (Okanagan Valley, Canada). On point red and black fruit, especially blackberry and pomegranate aromas and flavours, with lovely bright acidity and medium tannin. Drink chilled with charcuterie.

ONES+ 2022 Non-Alc Sparkling Rosé. A blend of Pinot Noir and Chardonnay is light bodied and refreshing with cheerful lemon and strawberry notes. Drink with celebrations.

Benjamin Bridge in Nova Scotia have discovered that the *piquette* technique, wines made

using grape pomace—

skins, seeds, pulp, stems (aka the leftovers)—is ideal for making non-alcoholic wine. Piquette is lower in alcohol and the skins supply colour, aromatics and structure.

Piquette Zero has a slight bitterness and a zesty fizziness delivering a world of citrus aromas and flavours. **Pink Piquette Zero** is the prettiest pale rose colour; think fresh basil and grapefruit and a subtle tang of salinity from the Bay of Fundy sea salt.



Colibri Spumante (Friuli-Venezia-Giulia, Italy) farms organically, the wines are made in stainless steel and the alcohol is removed using the membrane technique, then lightly carbonated.

The **Colibri Spumante**, 100 per cent Glera, has attractive notes of white flowers and fresh apple, light bodied, refreshing. Drink with canapés or potato chips.

Colibri Spumante Rosé, a blend of Glera and Merlot is a lovely coral pink with citrusy berry and honey aromas. Easy on the palate, with balanced acidity and some nice cranberry flavours. Great with brunch. Do the wines taste exactly like a fine Prosecco? No, but it's a terrific alternative, especially when you don't want to imbibe.

And now, for something completely different

JoAnne Pearce is blowing the non-alcoholic category wide open with Token's Alberta berry-based drinks. The beverages play with the concept of what an adult beverage can be. Does it have to mimic a cocktail? Does it need to taste kind exactly like your favourite wine? Actually? No.

JoAnne, founder of **Mock-Ups Mocktails**, collaborated with **Token Bitters** to create three delicious beverages using Alberta haskaps, saskatoons and Token's bitters. It all started when her partner was making a duck sauce using warm spices and the haskaps JoAnne had brought home from Rosy Farms. "It smelt so good, I wanted to drink it," she says. "I've always been a witchy cook," says JoAnne; "making kombucha, forging for ingredients, doing infusions with lilacs. For me, it comes from a place of culinary curiosity."



JoAnne Pearce

JoAnne explored using local ingredients

like Taber beet sugar, local honey, haskaps and saskatoons from Kindred Orchards in Parkland County to create these unique and flavourful beverages. And, after tasting Mulled Haskap on a chilly December day, I agree with JoAnne that it should become Edmonton's official winter drink. The spectacular labels, by Edmonton artist Amy Frelend feature tarot card-like imagery and playfully reference the temperance movement and prohibition.



Distemperance Haskap Citrus Chili Sangria. Zesty, citrusy with Token Orange bitters and apple cider vinegar to round off the flavour profile. The surprising hit of chile delights. Dilute with soda and serve over ice.



Distemperance Mulled Haskap Mocktail. Fresh citrus notes, star anise and cinnamon and loads of juicy haskaps with Token Calder Chai bitters. A full-bodied, complex drink. Serve warm or chilled

Distemperance Saskatoon Earl Grey Lavender Teatotaler. Dusky saskatoon flavours with black tea and bergamot notes enhanced with Token Whyte Lavender bitters. This might be the most delicious iced tea you have ever had. ☺

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The Smos at Home

Leanne Smoliak

Sunday Gravy

The holiday season is a distant memory, and all thoughts of dieting are down the drain. The Smos are anxious to see friends and put a heart-warming dinner in their bellies. Are we the only ones that feel this way?

Sunday gravy is our version of the classic Italian Sunday meal—pasta (or gnocchi, Brad is a whiz at gnocchi) followed by meats cooked low and slow in tomatoes and wine, with some vegetables (*contorni*) and salad (*insalata*) on the side. We like to do a braised beef (something like a blade roast) with pork side ribs and sausage meatballs.

We use processed tomatoes from our backyard vines, the garlic is from the Benjestorf's pandemic farm, and the herbs are our own that we grow under lights in the winter.

While the gnocchi are being rolled and the meats are bubbling away in the big 'ol orange Creuset, wine is poured, olives and cheese nibbled and laughs doled out in abundance.

We serve the gnocchi with the tomato sauce the meats were cooked in. The beef is sliced and piled on a platter with the ribs and meatballs; the vegetables and salad in bowls alongside.

Sunday is the day of the week that I never ever say no to dessert (*dolce*). It

could be as simple as *affogato*—ice cream topped with hot espresso.

Take it from the Smos. Invite some friends into the kitchen and cook together. It sure makes the cold days a whole lot warmer.

Brad's Sausage Meatballs

- 1 lb lean ground beef
- 1 lb Fuge Italian sausages, taken out of the casing and broken up (any good-quality Italian sausage will work.)
- 2 eggs
- 1 c grated pecorino cheese
- 2 T fresh parsley, chopped
- 1 c breadcrumbs
- ½ c cold water

Mix the beef, sausage, eggs, cheese and parsley until well combined. Add the breadcrumbs then slowly add the water. The mixture will be quite moist. Form into 2" balls and bake on a parchment-lined sheet for 20 minutes in preheated 325°F oven. These can be added to Sunday gravy, served with pasta or polenta or made into a meatball sub. They freeze very well.

Makes about 24 meatballs. 🍷

Leanne Smoliak's greatest compliment came from her father-in-law: "She's the perfect Ukrainian wife, she keeps a full fridge and a well-stocked bar."



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2. Roll up your sleeves! If you see your neighbour out in their yard doing spring cleaning, head over and offer to lend a hand. You may even get to share a tasty beverage with a new friend.



3. Find out your neighbour's favourite beverage. That way, you can stock up at Sherbrooke before inviting them over.



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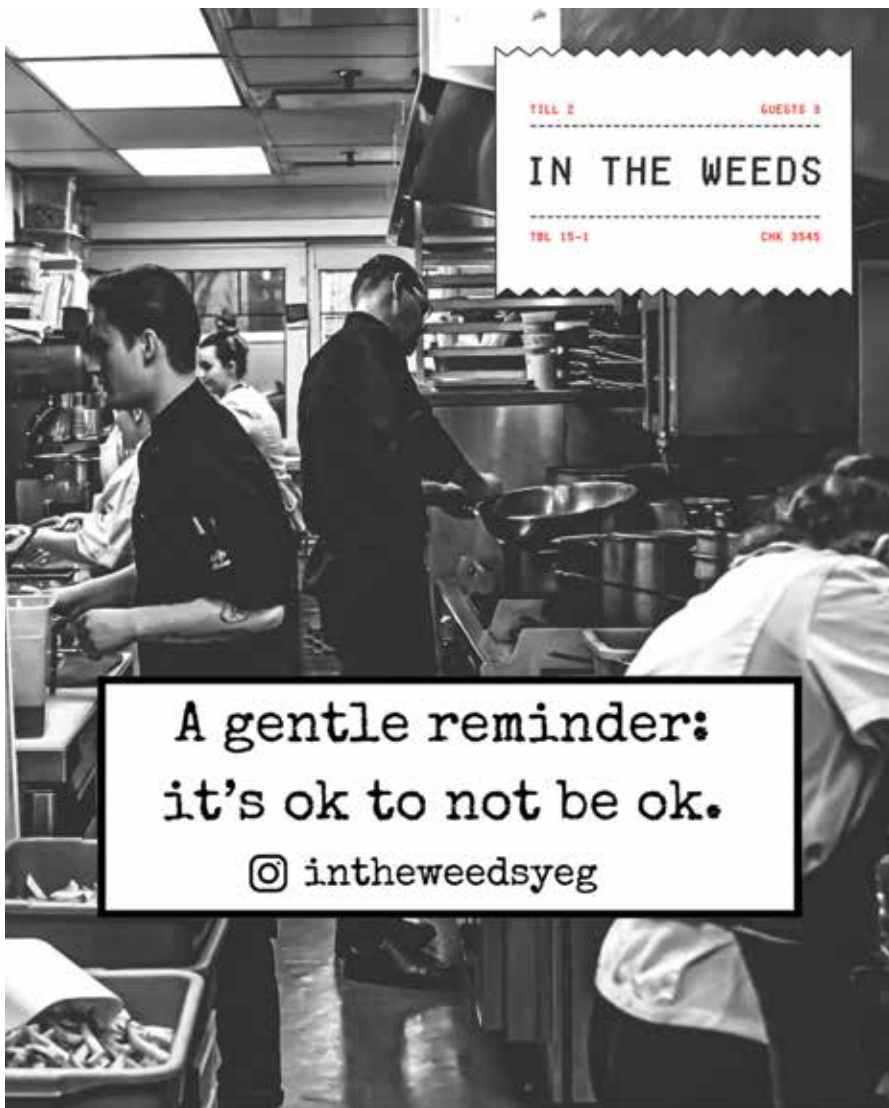
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Kitchen Sink What's new and notable

wine tastings, happenings and events

Chinatown Dining Week is coming soon. This year over 20 Chinatown-area restos are offering special menus from January 18-28, visit over 20 spots offering \$10 or \$20 deals. Check out the menus and specials at edmontonchinatown.ca.

The second annual **Feed the Soul Dining Week** happens February 2-11, with over 15 Black-owned restaurants, food retailers and makers taking part. Menus and all the deets at feedthesoulyeg.ca.

XI Nineteen Restaurant's (150 Bellerose Drive, St. Albert) Tuscan dinner, 6:30pm, Monday, January 29. Enjoy four Tuscan-inspired courses by chef **Landen Swick**, paired with three beautiful wines from **Collazzi**. Tix: \$149/p+ www.exploretok.com/xix-nineteen-stalbert.

Awn Kitchen (5124 122 Street) has a full slate of amazing classes that will satisfy your curiosity, help you be a better cook and manage your food budget, including **Pushing your Food Dollar**, Monday, February 12, 6:30-9:30, \$125/p, awnkitchen.com.

Mark the date for **Hot Chefs Cool bEATS**: Thursday, May 2 at the Mosaic Centre (2003 91 Street SW). The fun and delicious event supports the High School Culinary Challenge program. Visit edmontonchefs.ca/events.

restaurant buzz

The **Columbian** has opened a location in Mill Creek, in the old Todd Cleaners space (8905 99 Street, 825-480-1787, thecolumbian.ca). It's bright and airy and serves great coffee. Yaay!

Coterie (10330 80 Avenue, 825-480-1817, coterieyeg.com) is the new wine bar in Old Strathcona. It looks tiny and perfect. We love this recent spate of bijou spots opening, like **Little Wolf** on 109 Street. Check it out!

Bar Henry is opening soon in the **Stantec Tower**, inside the new Henry Singer. Expect coffee, spuntini, wine and

cocktails in an Italian-inspired space, on the northwest corner of the store, with its own door. Can't wait.

In The Weeds YEG ([@intheweedsyeg](http://intheweedsyeg.com)) is an Edmonton nonprofit that pays for counselling for local hospitality workers in need. They are seeking industry partners and sponsors to help fund programming in 2024. Email help@intheweedsyeg.com to learn more.

The sweet **Caffe Sole** (9911 72 Avenue, caffesole.ca) has a new location in **City Centre Mall East**, by Winners.

Coffee Bureau (10505 Jasper Avenue, coffebureau.square.site) is opening a second location in the **Mercury Block** (12322 102 Avenue). That's great news for Oliver residents.

The historic **Num-Ti-Jah Lodge** has a new life. Bought and refurbished by a group of mountain-savvy investors (including Bruce Millar, the former owner/operator of Lake O'Hara Lodge), **The Lodge at Bow Lake** promises to be a spot for back country enthusiasts. Winter season is February 1 to April 8, summer season opens June 1. You can enjoy the delish food by head chef **Chris Parnell** on weekends even if you aren't staying at the Lodge, lodgearbowlake.com.

There is a new Thai spot called **Bangkok Street Food** at the **Bountiful Market** (3696 97 Street, bountifulmarkets.com). Enjoy dishes like traditional dishes (*Pad Se-ew* and *Kao Soi*) and unique dishes such as Pineapple or Green Curry Fried Rice. Open every Friday, Saturday and Sunday.

product news

Check out the after Christmas sale until January 13 at **Heart of the Home** (12539 102 Avenue, 780-705-4928, heartofthehomeyeg.ca). **Le Creuset** is on promo for 25 per cent off January 16-23. All sales are in-store only. Look for the **Valentine's Day Gift Guide** happening soon. 🍷

Send interesting food and drink news for *Kitchen Sink* to hello@thetomato.ca.



THE TOMATO TOP 100

BEST THINGS TO EAT OR DRINK IN EDMONTON 2024

WHAT WAS THE BEST THING YOU ATE LAST YEAR?

A dish at a restaurant? Something from a farmers' market?
A local craft beer or spirit? Let us know! Nominate the best thing
you ate or drank last year for the Tomato Top100.

HERE'S HOW TO ENTER:

On Our Website:

Visit thetomato.ca and click on *Top100 best things to eat*.

Instagram:

Tag your photo @tomatofooddrink

Email us:

hello@thetomato.ca

Mail us a letter:

9833 84 Avenue,
Edmonton, T6E 2G1

The Top100 Best Things to Eat and Drink
will be featured in the March April issue of
The Tomato food & drink.

*For the purposes of this competition, Edmonton
includes Sherwood Park, St. Albert and surrounding
communities—we'll drive for food!

NOMINATIONS OPEN FRIDAY, JANUARY 5
NOMINATIONS CLOSE FRIDAY, JANUARY 26



Hearty. Healthy. Wholesome.

Grocery. Bakery. Deli. Café.

EDMONTON | CALGARY | SHERWOOD PARK