

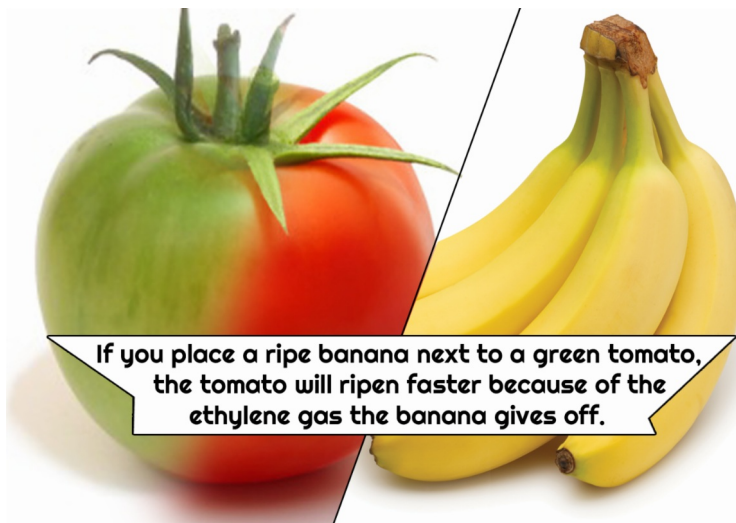


Your foodie news & updates

Welcome to BITE - your Nova Scotia food and beverage newsletter. The Foodie Edition will provide you with interesting articles, upcoming events, current restaurant information, recipes and more!

[Visit our Website](#)

Fun Food Fact



If you place a ripe banana next to a green tomato, the tomato will ripen faster because of the ethylene gas the banana gives off.

Delicious Recipes

Mango Chutney Campfire Cheese Toasties

Ingredients

- 100g grated mozzarella
- 100g medium or mild cheddar, grated
- 2 spring onions, thinly sliced (optional)
- 8 slices white bread
- 4 tbsp mango chutney, plus extra to serve
- small knob of butter, for frying (optional)

Directions

- **STEP 1:** Combine both cheeses and the spring onions, if using, in a bowl. Pile the cheese mix over four of the bread slices, then spread 1 tbsp chutney over each of the remaining slices. Sandwich the slices together to make four toasties.
- **STEP 2:** If you're cooking over a barbecue, put the sandwiches on a griddle for 2 mins, flip and cook for 2 mins more. Transfer to sheets of foil using tongs and tightly wrap. Return to the griddle and cook for 3-4 mins more, or until the cheese is melted. Alternatively, melt a little butter in a pan. Fry the sandwiches for 2-3 mins on each side, weighing them down with a second pan or other heavy heatproof object. Cut the toasties into fingers and serve with more chutney for dunking.



Strawberry Rhubarb Gin Spritzer

Strawberry rhubarb pie in a cocktail? Yes please! This That's the Spirit cocktail is a sweet-and-sour-lover's dream. It features freshly picked local strawberries and vibrant pink garden rhubarb. However, if you only have frozen fruit on hand, that works too. Just adjust the honey based on the sweetness of the strawberries. Lastly, don't throw away the leftover fruit compote, enjoy it with a scoop of vanilla ice cream or mixed into your morning yogurt. Cheers!



Ingredients

- 1 tsp lemon zest
- ½ cup fresh or frozen rhubarb, diced
- 1 cup fresh or frozen strawberries, diced
- 2 tbsp honey
- 1 pinch salt
- ¾ cup water
- 4 oz gin, divided
- Sparkling water, to finish
- Sliced lemon, to garnish

Directions:

1. To a saucepan over medium heat add the lemon zest, rhubarb, strawberries, honey, salt and water. Stir to combine. Bring to a simmer and let cook for 10 minutes, until the fruit breaks down.
2. Using a fine mesh sieve, strain mixture to release the syrup. Set aside in a glass jar until ready to use. This syrup can be made up to a week in advance.
3. Fill 4 cocktail glasses with ice. Evenly divide the syrup and gin amongst the glasses. Top with a splash of soda water, garnish with lemon and serve!

Citrus Peach Cooler - non-alcoholic option

Ingredients

- 2 lemons , juice only
- 2 limes , juice only

- 1 lemon , thinly sliced
- 1 lime , thinly sliced
- peach nectar
- cloudy lemonade
- a few sliced strawberry
- sparkling water
- mint sprigs



Method

- STEP 1: Put the lemon juice and lime juice into a large jug. Add the sliced lemon and lime, and a handful of ice cubes. Add peach nectar to fill about one-third of the jug and top up to fill with lemonade.
- STEP 2: Add the strawberries and top up with sparkling water and mint sprigs.

In the Know



Reminder When Dining Out

Kindness Goes a Long Ways...

Aside from financial challenges, restaurants are experiencing significant labour shortages.

When you are dining out, please remember to be kind and patient. Many establishments are under-staffed and doing the best they can to serve you in a timely manner.

Covid Far From Over

Although things have been looking up, we are still not out of the woods. We can all do our part by getting vaccinated, if able, and getting regular covid tests.

76.455% of all people in Nova Scotia have received at least one dose.

68.401% of all people in Nova Scotia are fully vaccinated.

Click [here](#) for more info on booking a vaccination.

Click [here](#) for more info on testing sites.

Masks Mandatory

Please note, masks are still mandatory when walking onto a restaurant patio and into an establishment. Masks are to

remain on until seated for food and/or drink.



Accessing Local Food in Nova Scotia

Great resource on where you can purchase local food products by region across the province. Click [here](#) to check it out.

Leftovers

This time of year can often be busy with vacations, beach days, and road trips on the go. Many of us cook up meals and then stash some aside for later in the week or to take on those day trips out and about. According to Government of Canada, here are some tips on handling leftovers.

- Before and after handling leftovers, wash your hands with hot soapy water, as well as all utensils, dishes and work surfaces.
- For added protection, you may want to sanitize utensils, dishes and work surfaces. Normal household sanitizers or a mild bleach solution (5 ml/1 tsp. bleach per 750 ml/3 cups water) may be used
- Keep foods out of the danger zone, between 4°C (40°F) and 60°C (140°F) to prevent the growth of harmful bacteria.
- Throw away any cooked food left out at room temperature for more than two hours.
- Never rely on your nose, eyes or taste buds to judge the safety of food. You cannot tell if food is contaminated by its look, smell or taste.
- **When in doubt, throw it out!**

Click [here](#) for more tips on how to cool, store, and reheat your leftovers.

Reminder About Dogs on Patios

Here is a reminder of the rules for dogs on patios as issued by the province.

Your dog is welcome when you follow the Food Safety Regulations:

- Don't let your pet dog interfere with a working guide dog or a service dog.
- Always keep your dog on a leash.
- Never leave your dog alone.
- Always keep your dog on the ground and out of aisles — never on furniture or in your lap.
- Never feed your dog on the patio — you may serve water you bring or from designated dog bowls only.

Things to do

Patio Lanterns Festival

Halifax and Nova Scotia's local businesses are lighting up this summer and fall with live music, food and drink specials, summer décor, fun activities, and more patio magic for the brand new Patio Lanterns Festival!

July 15 – October 11, 2021
Pop-up stages and local businesses across
Nova Scotia

Click [here](#) for more info.



FIN - Atlantic International Film Festival

In person and online for the first time ever in its 41-year history.

September 16 – 23!

You can order take-out from your favourite restaurant and watch a film on-line or dine-out at your fave spot and then see a film in person.

Click [here](#) to see the line-up of films.

RANS Apparel

Our friends at [My Apparel](#) are doing a promotion where they give back to charities and causes.

Our mission at Restaurant Association of Nova Scotia (RANS) is to continuously make a positive impact for the restaurant industry of Nova Scotia.

RANS will receive \$2.00 for every purchase from the [RANS Collection](#) and it will be used directly to help support our amazing industry!

Check out the collection [here](#).



Smile of the Day

WHAT DO YOU CALL A FAKE NOODLE?



Submissions

We are in search of Foodie submissions from our members! If you have an event, new feature, or fun recipe to add to the Foodie Newsletter and/or our social media, please send over to Natasha. Submissions or feedback can be sent to natasha@rans.ca

