



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



Delicious Recipes

How to Make Healthy Lasagna

Ingredients:

- 1 tbsp olive oil
- 1 large onion (250g), finely chopped
- 320g carrots, finely chopped

- 2 celery sticks (140g), finely chopped
- 2 bay leaves
- 500g 5% beef mince
- 3 large garlic cloves, finely grated
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 1½ tsp vegetable bouillon powder
- 400ml semi-skimmed milk
- 30g wholemeal flour
- generous pinch of nutmeg
- 6 sheets wholemeal lasagna (125g)
- 25g finely grated parmesan



Method:

• STEP 1

Heat the oven to 180C/160C fan/gas 4. Heat the oil in a large frying pan over a medium heat and fry the onion, carrots, celery and one of the bay leaves for 8-10 mins until the veg softens and is starting to turn golden. Add the mince and garlic, and stir-fry until the beef browns, about 5 mins. Tip in the tomatoes and a canful of water, the tomato purée and bouillon, bring to the boil, then cover and simmer for 20 mins, removing the lid after 10 mins to reduce the mixture slightly.

• STEP 2

Meanwhile, pour the milk into a medium pan with the flour and whisk over a low heat until the mixture is lump-free. Add the second bay leaf and a good pinch of nutmeg, and continue to cook, whisking, for 8-10 mins until thick.

• STEP 3

Remove the bay from the mince and white sauce, and discard. Spoon a third of the mince into the base of a 19 x 24cm baking dish and top with two lasagna sheets. Spoon over half of the remaining mince, then top with two more lasagna sheets, the rest of the mince and the remaining lasagna sheets. Spoon over the white sauce and sprinkle with the cheese. Bake for 40 mins until bubbling and golden.

[Source](#)

Love Bug Biscuits for Valentine's Day

Ingredients:

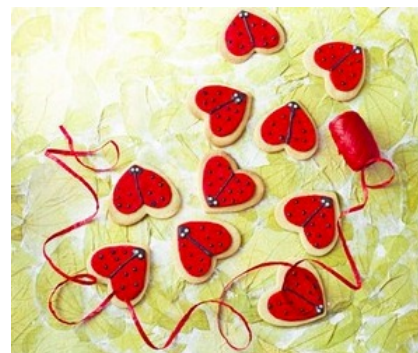
- 175g plain flour
- 100g chilled butter, cubed
- 85g icing sugar
- 1 tsp vanilla extract
- 1 egg yolk

To decorate:

- 500g ready-to-roll fondant icing
- red food colouring
- 100g icing sugar
- black food colouring
- edible pearly ball decorations

You will also need:

- 8cm heart-shaped cutter
- 6cm heart-shaped cutter



Method:

• STEP 1

Put the flour, butter, sugar, vanilla and egg yolk in a food processor. Dribble in 1 tbsp water and blitz until the mixture comes together to form a dough. Tip onto a work surface and knead briefly to bring together, then wrap in cling film and chill for 20 mins.

• STEP 2

Heat oven to 180C/160C fan/gas 4. Roll out the dough to the thickness of a £1 coin. Use your 8cm heart cutter to stamp out heart shapes – you'll have to re-roll the trimmings to make 20 biscuits. Put the hearts on 2 baking trays and bake for 12 mins, swapping the

trays over halfway through, until pale golden and crisp. Leave to cool on a wire rack.

- **STEP 3**

Dye your lump of icing with red food colouring and wrap in cling film until ready to roll. Mix the icing sugar with enough water to make a thick icing. Dye the icing with the black food colouring. Pour the icing into a piping bag with a small plain nozzle attached (or use a small sandwich bag and snip off the corner). Roll out the red icing to 3mm thick and use your 6cm cutter to stamp out hearts. Stick onto the biscuits with a little of the black icing.

- **STEP 4**

Use the black icing to give your love bug a head at the pointy end, draw a line down the centre to give it wings, then add spots. Stick 2 pearly balls onto each love bug's head, then leave to set on a wire rack. You can pack your love bugs into boxes or cellophane bags to give as gifts for Valentine's Day.

[Source](#)

Raspberry Mojito

Ingredients:

- 8-10 raspberries
- 1 lime, chopped into large chunks
- 2 tsp granulated sugar
- 2 mint sprigs, leaves picked
- ice
- 100ml white rum
- sparkling water, to serve



Method:

- **STEP 1**

Divide the raspberries, lime and sugar between two tall glasses and muddle by gently crushing with a muddler or the end of a bar spoon. The fruits should start to release their juices, which will mix with the sugar.

- **STEP 2**

Put half the mint leaves in the palm of one of your hands, then clap the other hand on top of the leaves – this bruises them just enough to release their flavour. Drop the bruised mint leaves into one of the glasses, then repeat with the remaining mint, dropping it into the second glass.

- **STEP 3**

Add a handful of ice to each glass, followed by the rum. Stir, then top up with sparkling water. Stir briefly until just combined, then serve.

[Source](#)



How To Make 30 Classic Cocktails

Click [here](#) to see an illustrated guide to make them.

In the Know

What Does the Restaurant Sector Look Like Moving Forward?

As we continue to navigate Covid-19 and move into the New Year, here are some things to be mindful of when dining out at restaurants or getting take-out/delivery:

- **Masks** still mandatory for entering into an eating establishment. May be removed to eat or drink at a table, bar counter, or high table. Masks back on when moving

around (going to the washrooms, for example)

- **Social distancing** means that tables are 6 feet apart and there is a maximum of 10 people at a table
- **Proof of vaccination** with accepted I.D. continues to be mandatory
- Restaurants are experiencing challenges with **labour shortages**. Please keep in mind that many establishments are short-staffed and doing the best they can do to serve customers
- Due to **inflation** regarding food costs, you may notice price increases on menus when eating out. This is necessary for many restaurants if they want to navigate the inflation and stay in business

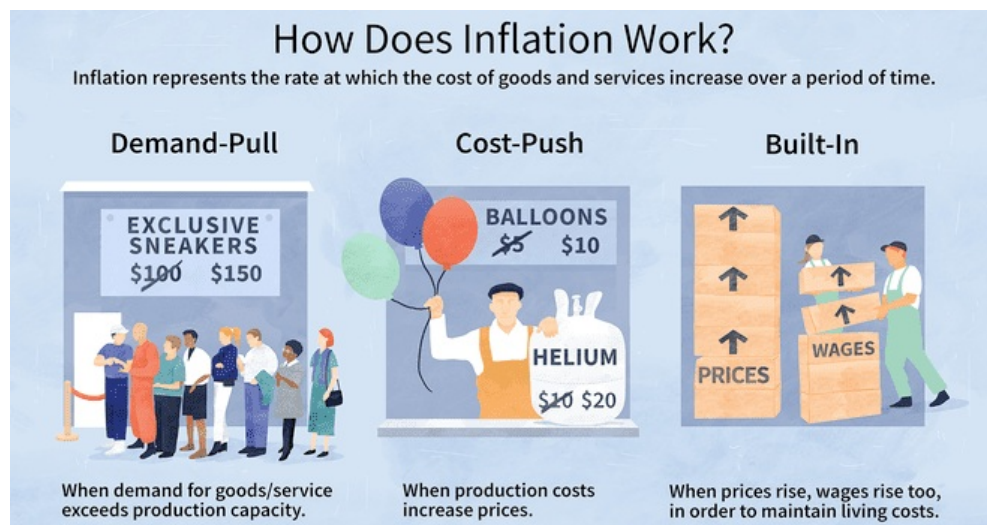
Quote

"Eat at a local restaurant tonight. Get the cream sauce. Have a cold pint at 4 o'clock in a mostly empty bar. Go somewhere you have never been. Listen to someone you think may have nothing in common with you. Order the steak rare. Eat an oyster. Have a negroni. Have two. Be open to a world where you may not understand or agree with the person next to you, but have a drink with them anyways. Eat slowly. Tip your server. Check in on your friends. Check in on yourself. Enjoy the ride."

-Anthony Bourdain

How Does Inflation Work?

If you want to learn more about the concept of inflation, read the full article [here](#).



13 Books All Foodies Should Read

1. A Cook's Tour: Global Adventure in Extreme Cuisines by Anthony Bourdain
2. The Art of Eating by M. F. K. Fisher
3. Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef by Gabrielle Hamilton
4. Gourmet Rhapsody by Muriel Barbery
5. Yes, Chef by Marcus Samuelsson
6. Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver
7. Toast: The Story of a Boy's Hunger by Nigel Slater
8. A Moveable Feast by Ernest Hemingway
9. Delancey: A Man, a Woman, a Restaurant, and a Marriage by Molly Wizenberg
10. Garlic and Sapphires: The Secret Life of a Critic in Disguise by Ruth Reichl
11. The Hundred-Foot Journey by Richard C. Morais
12. It Was Me All Along by Andie Mitchell
13. The Particular Sadness of Lemon Cake by Aimee Bender

Interesting Articles

How pickles benefit you during winter season

<https://recipes.timesofindia.com/articles/food-facts/how-pickles-benefit-you-during-winter-season/photostory/89109511.cms>

I Cook Almost Every Single Day, And These Little Tips Actually Add Up To Make A Huge Difference For Me

<https://www.buzzfeed.com/hannahloewentheil/small-but-important-cooking-tips>

Breakfast around the world: How different places start the day

<https://www.cnn.com/travel/article/breakfast-food-around-the-world/index.html>

These foods are the worst for your immunity

<https://recipes.timesofindia.com/articles/food-news/these-foods-are-the-worst-for-your-immunity/photostory/89036686.cms>

20 of the world's best soups

<https://www.cnn.com/travel/article/worlds-best-wellness-soups/index.html>

Fun Test

Spend The Day Eating Your Favourite Foods And We Will Tell You Which City You Should Move To

Find the test [here](#).





FOOD IDIOMS

(Don't) Cry Over Spilled Milk

Meaning: Get upset over something that has happened and cannot be changed.



(Have a) Bun in The Oven

Meaning: Be pregnant



(Have one's) Cake and Eat It Too

Meaning: Want more than your fair share or need



(Have something) Handed to Someone On A Silver Platter

Meaning: Receive without working for something



(Not my) Cup of Tea

Meaning: Something you enjoy (usually used negatively)



Apple of One's Eye

Meaning: A person that is adored by someone



Bad Egg

Meaning: A person who is often in trouble



Big Cheese

Meaning: Very important person (VIP)



Bread and Butter

Meaning: Necessities, the main thing



Bring Home the Bacon

Meaning: Earn the income



Cabot Cape Breton is Hiring!

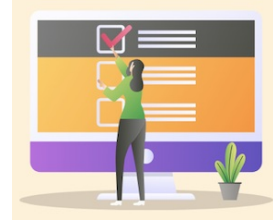


Cabot Cape Breton is looking for an exceptional leader who is passionate about the culinary arts to join us as our Director, Food and Beverage. To apply for this position, visit our website [here](#).

Things to do

Exit Survey for the Restaurant Industry

The Restaurant Association of Nova Scotia (RANS) is conducting a survey to help gain insight as to why some employees have left the restaurant industry. This survey is for anyone who has worked in the industry.



With the data collected from this survey, we are hoping to gain valuable insight into the reasons some individuals have left the industry, or alternatively, stayed in the industry. With significant labour shortages occurring in our sector, this information can help us determine what employees value in the workplace and provide potential recruitment and retention solutions.

This survey should take about 5 minutes maximum. All responses are anonymous and no individual names will be shared. You do have an option to enter your email address near the end of the survey if you want to participate in a focus group (this is not required).

Click [here](#) to participate in the survey.



20 Things to Do on Valentine's Day

1. Have Breakfast in Bed
2. Cozy Up with Some Hot Chocolate
3. Craft Delicious Cocktails
4. Make Dinner Together
5. Have a Movie Marathon
6. Book a Staycation
7. Bake Heart-Shaped Treats
8. Enjoy Something Chocolatey
9. Take a Scenic Walk
10. Take an Online Cooking Class
11. Go Ice Skating
12. Have a DIY Spa Day
13. Order a Takeout Food Feast
14. Watch the Sunset
15. Have a Fancy Brunch
16. Do a Craft Together
17. Make a Charcuterie Board
18. Warm Up by the Fire
19. Play Board Games
20. Splurge on Special Wine

[Source](#)

Restaurants Offering Patio/Dome Dining For Winter

Did you know that there are restaurants across Nova Scotia offering outdoor patio/dome dining?

What a fun way to enjoy our chilly winters and delicious food at the same time.

We have started a list! Visit our instagram [@restassocns](#).



Dine Around

Every year, restaurants, pubs, and bars across the province showcase an array of Nova Scotia products and creativity at an attractive price during Dine Around.

01-28 February 2022, Dine Around menus will be available priced at \$10, \$20, \$30, \$40 or \$50.

Lunch menus are an option! More options mean more ways to participate and more choices for diners.

savourfoodandwine.com

Nova Scotia Craft Beer Festival

Nova Scotia Craft Beer Festival is a beer tasting celebration presented annually by the Craft Brewers Association of Nova Scotia to showcase the best of craft beer locally produced throughout the province.

Saturday, April 2, 2021

Click [here](#) for more info.



Nova Scotia Lobster Crawl Festival



Join us for the most delicious annual event in Nova Scotia, the Nova Scotia Lobster Crawl happening February 1 - 28, 2022 along the South Shore, from Barrington to Peggy's Cove and every port in between!

Click [here](#) for more info.

Smile of the Day



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

