

**BITE Foodie Newsletter**  
**from the Restaurant Association of Nova Scotia**



## **Your Foodie News & Updates**

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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\*\*](#)

## **RANS UPDATE**

### **Savour Food & Wine Show**

# **SAVOUR** **FOOD & WINE** **FESTIVAL**





Photography by Michelle Doucette



*The food and wine event of the year!*

Thank you to everyone that came and participated. There was an amazing turnout and some even more amazing food and drink!

## **Best of Show 2023 Winners**

*Best Hot Food*

Chop

*Best Cold Food*

Drift

*Best Dessert*

Nova Scotia Community College

*Best Red Wine*

NSLC

*Best White/Sparkling Wine*

Benjamin Bridge

*Best Drink*

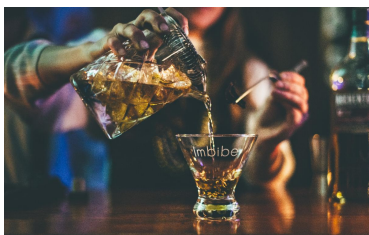
Dear Friend

*Best Booth Decor*

Sea Smoke

**Imbibe**

# imbibe



## *A True Cocktail Event!*

On April 19th RANS hosted the vibrant Imbibe cocktail event. A big thank you to all our participating exhibitors and True North DJ for creating an amazing evening.

Winners of Imbibe competition:

*Best Booth*

Bar Sofia

*People's Choice*

Durty Nelly's

*Judges' Choice*

Dear Friend

## **Patio Season is Coming!**

The sun is out and the weather is warming. That means sipping your morning coffee in the sun, eating under the eaves or having a beer while looking out over the water.

**Tell Us YOUR Favourite Patio**



@birchandanchor

## FUN FOOD FACTS

### Trends



The food supplier, Gordon Food Services, put out a list of food trends to look out for in 2023.

Trends that continue:

**Minimalist menus** - short, one page menus which give the kitchen and bar to focus on amazing quality.

**Sandwiches around the world** - there is a reemergence of international sandwiches such as the bahn mi, gyro, torta, and bocadillo.

**Flavour Influences** - People are experimenting with floral flavours like hibiscus and jasmine. International spice mixes like Tajín, Za'atar, Togarashi, Baharat, Ras el Hanout are becoming popular.



**Pickles Please** - Fermented and pickled food are trending as a more sustainable option and reduce waste.

**Honey by any other name** - The traditional honey-made alcoholic beverage is making a comeback.

**Different Drinks** - Non-alcoholic beverages are becoming popular as brewers, distillers and wineries look to make their products available to everyone.

### Traditions





Sitting down to a banquet or for dinner at a high-end restaurant can be overwhelming even before looking at your tableware...How many kinds of forks can there be!?

But nothing should get in the way of a good meal! For cutlery, start with the outermost utensils for the first course and then work your way to the innermost utensils.

In general, the extra forks, knives, spoons and glasses are so that staff know they are not short on utensils and will be removed if they aren't used. For example, a place setting might have both a red wine glass and a white wine glass where you are sitting. During the dinner, once you have made the decision to have red wine, the serving staff will remove the white wine glass.

[Learn More](#)

## DELICIOUS RECIPES

### Lunch Savers

Here are some delicious lunch ideas for when the "same-old" becomes just boring.



Image via [pickuplimes.com](http://pickuplimes.com)

#### Za'atar & Mint Veggie Wrap

This traditional spice mix is made with sumac, sesame seeds and flavourful spices to create a refreshing savoury blend for delicious roasted vegetables.

For the complete recipe, click [here](#).



Image via [rasamalasia.com](http://rasamalasia.com)

#### Honey Sesame Pulled Pork

A little sweet, a little nutty, this pulled pork recipe moves away from the traditional barbeque. Perfect for burgers with crunchy cabbage or on rice.

For the complete recipe, click [here](#).

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## Remake the classics



Image via [garnishwithlemon.com](http://garnishwithlemon.com)

### Classic Daiquiri

The humble beginning of the smoothie style daiquiri popular in the summer. This cocktail has 3 simple ingredients: rum, lime juice and simple syrup.

For the complete recipe, click [here](#).



Image via [bbcgoodfood.com](http://bbcgoodfood.com)

### Negroni Mocktail

A bittersweet taste based on the classic negroni.

For the complete recipe, click [here](#).

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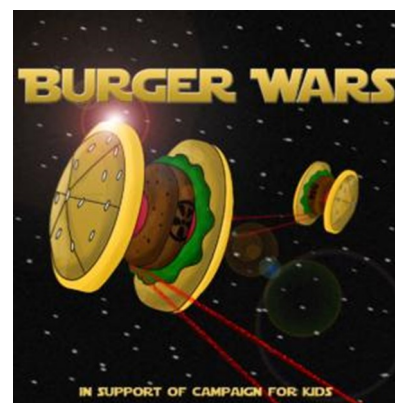
## IN THE KNOW

### Burger Wars

One week isn't enough for a burger fix! Check out Burger Wars in the Annapolis Valley.

This is the last week to taste the best the Valley has to offer and for a good cause. Burger Wars is in support of the [Campaign for Kids](#). One dollar from each featured burger will go towards supporting financially disadvantaged children in Kings County.

[Read More](#)



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### Paid parking on weekends overturned

Halifax Councilors voted to rescind implementing paid weekend parking in the downtown cores of Halifax and Dartmouth after several businesses and associations pushed back. The ruling will be revised in the future however "now is not the time" according to Coun. Lisa Blackburn.

[Read More](#)

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## Vandal Doughnuts bought by Boosey

Zoey Boosey (Seasmoke) and entrepreneur Kent Scales have bought the popular Gottingen doughnut shop. Plans are to open a second location on Bishops Landing. ([allNova Scotia](#). April 25, 2023)

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## Good Robot is Expanding

You might have heard Good Robot now has a new taproom in Elmsdale, but that's not the end! The beer company will be opening another location by the Commons in Halifax. To keep fans up to date on their favourite taproom Good Robot shared this on their social media:

[@goodrobotbrew](#) will contain mostly new beer releases, expansion updates, and every once in a while you will see crossover from our other accounts

[@goodrobotrobie](#) will be all about taproom news, events, on tap releases, staff highlights, and everything to do with our Robie Street taproom

[@goodrobotelmsdale](#) will contain information about our Elmsdale beer garden, brewing news, retail beer options, and all the news coming out of our Elmsdale Brewhouse and Beer Garden

Keep an eye out for one more page coming out soon - [@goodrobot\\_common](#) will pertain to all the news and updates speeding down the taps at our new location by the Halifax Common!

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## Food For Two: Food Passport

### What's In It for Customers?

Customers receive an exclusive Food-For-Two passport offering two-for-one dining options at participating restaurants around the city.

### What's In It For Restaurants?

- The opportunity to increase clientele during slower months
- A complete marketing package including photos, videos and in-person tracking and follow-up
- Full control over available hours and menu items. Learn more in the [complete information package](#).



To purchase a passport, or register your business, visit: [Food For Two](#)

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Do you have an article or event you want to share on the Foodie Newsletter? Contact us at [heather@rans.ca](mailto:heather@rans.ca).

## UPCOMING EVENTS

**Mother's Day**

Celebrate **Mother's Day** with the wonderful women in your life! Book a reservation at your favourite local restaurant and be ready for **May 17**.

### Outside HRM

**April 1 - 30** - Burger Wars, Annapolis Valley

**April 26** - Le Caveau Reopens

### HRM

**May 5** - ECMA's at the Carleton. Buy passes at ECMA website

**May 15 -21** - ByBlacks Restaurant Week

**Every Wednesday** - \$1 corkage fee at Brooklyn Warehouse

Do you have an event you want to share in the April Foodie Newsletter? Contact us by April 12 via social media [@restassocns](https://twitter.com/restassocns) or at [heather@rans.ca](mailto:heather@rans.ca).

## SMILE OF THE DAY

What did the pickle say to the cucumber at the beach?

Answer: Come on in the water's brine!



## SUBMISSIONS

We are always 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 it to Heather at [heather@rans.ca](mailto:heather@rans.ca).

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### RANS Sponsors





