



## 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

### Dine Around Success



Every year, restaurants, pubs and bars across the province showcase their skills and creativity at an attractive price during Dine Around.

This year 120 restaurants participated!

There's still time! Visit Dine Around restaurants before February 28 to take advantage of the amazing menus and prices.

## Craft Beer Cottage Party



Head back to those long summer days by the lake!

At the Craft Beer Cottage Party sample beers from 25+ local and nearby craft breweries while you play some washer toss; or chill in an adirondack chair and listen to live band Mac & Hawes. Enjoy cottage games, dancing, and delicious beer-friendly food available for purchase from a pop-up!

The ticket price includes beer samples, live music, and a beer glass to take home. Wear your best plaid and bring your craft beer-loving crew!

March 4  
7 pm - 9:30 pm  
Halifax Seaport Pavilion 22

**BUY TICKETS NOW!**



#### Participating Breweries and Cideries:

2 Crows Brewing  
 Big Spruce Brewing  
 Bishop's Cellar  
 Bulwark Cider  
 Fine Company Brewing  
 Lake City Cider  
 Lunn's Mill  
 Nine Locks Brewery  
 North Brewing  
 Propeller Brewing Co.  
 Pumphouse Brewing (Innovative)  
 Saltbox Brewing  
 Spindrift Brewing Co.

Tanner & Co Brewing  
 Two Islands Brewing  
 Good Robot  
 Alexander Keith's NS Brewery  
 Breton Brewing  
 Garrison Brewing Co.  
 Brightwood Brewing  
 Chain Yard Urban Cidery  
 Serpent Brewing  
 Tatamagouche Brewing Co  
 Gahan House  
 Drink Sprizzi  
 Stillwell Brewing

**BUY TICKETS NOW!**

## FUN FOOD FACTS



### The Many Cups of Joe

A lot of people in Nova Scotia can't get the day started without their cup of coffee. Some people prefer a drip coffee from Tim Horton's or an espresso from their friendly local coffee shop.

Coffee traditions are a big part of culture around the world. Which ones would you try?

[Learn More](#)

### Did You Know?

Did you know that sugar can serve more functions in baking than just as a sweetener? Sugar can also be used as a browning agent, a stabilizer, a leavening agent, and it holds onto moisture to keep your cake from drying out.

Knowing how sugar is being used in your baked goods will make it easier to find a suitable substitute. Sugar is sweet and so much more!

[Learn More](#)



## Get Inspired

Are you looking to take your cooking to the next level? Or do you want some perspectives on the joy of food. Here are some foodie people to follow both here at home and around the world.



Image from [@halifood](#)

### Laura Oakley

An expert food writer, Laura Oakley is a freelance food and travel writer, and senior feature writer for Curated Magazine, Nova Scotia's food and drink magazine. She always has some amazing local recommendations, stories and delicious-looking food.

Follow [@halifood](#)



Image from social media

### Halifax Retales

Do you want to know what restaurants are opening or closing in the HRM? Halifax Retales' Arthur Gaudreau is the one with his ear to the ground for retail news and great food recommendations!

Follow [@halifaxretales](#)



Image from social media

## Seasoned Plate

Chef Stephen Barrett gives reviews and showcases high-quality meals. Chef Barrett is active on many platforms including a spot on CTV giving culinary advice. He has several local accolades including Guest Chef at the Taste of Georgetown in 2021 and was named Influencer of the Year by RANS in 2019.

Follow [@seasonedplate](https://www.instagram.com/seasonedplate)



Image from social media

## Kilted Chef

The Culinary Ambassador of Atlantic Canada, Alain Bosse, believes that great food is good for the body and the soul. He shares recipes based on East Coast cuisine as well as hosting a weekday cooking show.

Follow [@kiltedchefalain](https://www.instagram.com/kiltedchefalain)



Image from social media

## Craving Dani

Dani is a food blogger and content creator based out of Nova Scotia and New Brunswick. A trip on the Cabot Trail sparked her interest in food and now she continues to share amazing food and travel tips.

Follow [@cravingdani](https://www.instagram.com/cravingdani)



Image from social media

## Tunes and Wooden Spoons

A pandemic video to share her cinnamon roll recipe with family and friends went viral and Mary Janet MacDonald realized how food and cooking could bring people together in such an isolating time. So with some help, she created Tunes and Wooden Spoons to help people connect over some cozy recipes and East Coast music.

Follow [@tunesandwoodenspoons](https://www.instagram.com/tunesandwoodenspoons)



# Cozy Meals to Share

An evening with friends is a great way to spend a cold winter evening. These traditional African dishes are a great way to celebrate Black Heritage Month.



Image from [@immaculatebites](https://www.instagram.com/immaculatebites)

## Oxtail Soup

The tender and hearty stew with a kick!

Oxtail can be found at your local butcher and Imma recommends getting the fat trimmed off as much as possible.

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



Image from [Greandbabycakes.com](https://www.greandbabycakes.com)

## Chicken and Dumplings

When people talk about chicken soup for the soul they are talking about the Soul food chicken and dumplings. Fluffy dumplings in a chicken stew make the most heartwarming meal.

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

Don't want to make these recipes yourself? No problem.  
**Support these local Black-owned restaurants!**



### [Mary's African Cuisine](#)

A Barrington St. staple, Chef Mary brings over 30 years of culinary experience from West Africa.

At Mary's African Cuisine, you have the opportunity to try stewed oxtail, Jollof rice, fried plantain as well as other traditional dishes.



### [R&B Kitchen](#)

Located in Dartmouth, R&B Kitchen has all your favourite Caribbean + Soul foods and the tunes to match. They have a weekly rotating menu so follow R&B Kitchen on Instagram to stay up to date.

## Nominations Open for the Order of Nova Scotia

Nominate a community member that has made outstanding contributions. Started in 2001, the Order of Nova Scotia is the province's highest honour and has recognized 120 citizens who have made exceptional and lasting impacts in their communities. Past recipients have included a Nobel Prize laureate, academics, athletes, volunteers, advocates and artists.

[Read More](#)

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## Support the Stubborn Goat Staff

On January 30 the Stubborn Goat had a fire that devastated the upper floors of the restaurant. No one was injured however the restaurant will be closed until the damage is fixed. A fundraiser will be held at Durty Nelly's all day on March 19 where all sales of a special SG menu will go towards the staff of the Stubborn Goat.

[Read More](#)

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## Bertossi Owner Receives Platinum Jubilee Medal

Congratulations to Hakan Uluer! The owner of the Bertossi Group ( which includes Bicycle Thief, Pane e Circo, and Il Mercato) has received Queen Elizabeth II's Platinum Jubilee Medal for his continuing contributions to the community.



[Read More](#)

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## Bringing Better for Staff

The owners of Salt Shaker restaurant in Lunenburg are shaking up the status quo and have started offering full benefits to all of their employees, from dishwashers to management. "...we fared OK during those two years, so we wanted to do something for our staff for working so hard," says Martin Ruiz Salvador, who owns Salt Shaker and 4 other restaurants in Lunenburg.

[Read More](#)

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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](#)



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

### HRM

**March 4** - [Craft Beer Cottage Party](#), Pavillion 22

**March 16** - [Hospitality Career Fair](#), Halifax

**March 19** - [Stubborn Goat Staff Fundraiser](#), Durty Nelly's

### Outside HRM

**March 2, 9, 16, 23, 30** - [3 Course Thursday + Ceilidh](#), Betty's at the Kitch

**March 26** - [The Fabulously Rich's Tragically Hip Tribute](#), Church Brewing Co.

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

## SMILE OF THE DAY

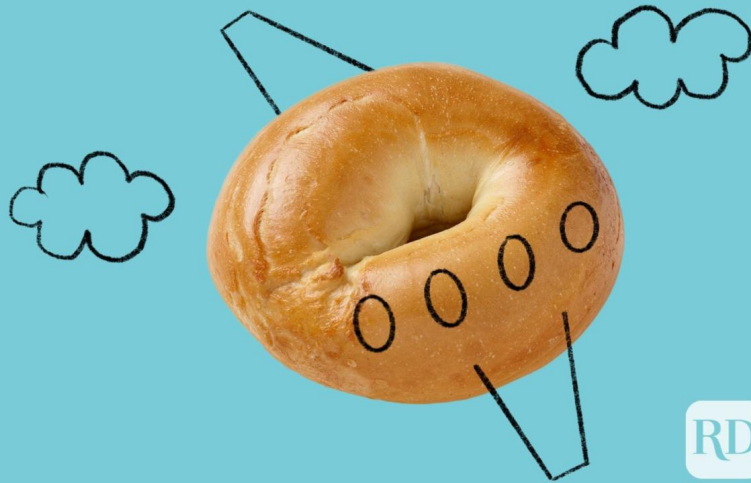
**Why couldn't the teddy bear finish his birthday cake?**

He was already stuffed.



**Q: What do you call  
a bagel that can fly?**

**A: A plain bagel.**



## 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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