



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](#)

RANS UPDATE

WINNERS - Nova Scotia Restaurant Awards 2023



It was a night of celebration! On January 30, the Annual Restaurant Awards,

hosted by the Restaurant Association of Nova Scotia, recognized the incredible talent in our restaurant sector. A big thank you to all our finalists, judges and sponsors for the evening.

Winners of the 2023 Restaurant Awards

Social Media Award

sponsored by BOYNECLARKE

Good Robot Brewing Co.

Local Hero Award

sponsored by Darling Ingredients

The Flying Apron Inn & Cookery

Best Beverage Award

sponsored by NSLC

Dear Friend Bar

Best Limited Service Restaurant

sponsored by RANS

Maria's Pantry

Best Atmosphere Award

sponsored by REgroup

Betty's at The Kitch

Hospitality Award

sponsored by Bishop's Cellar

The Bicycle Thief

Best Outdoor Dining

sponsored by SONA

Birch & Anchor

Best Restaurant - Cape Breton

sponsored by SkipTheDishes

7 by 7 Restaurant

Best Restaurant - Outside HRM

sponsored by SkipTheDishes

Betty's at the Kitch

Best Restaurant - HRM

sponsored by SkipTheDishes

EDNA

Best New Restaurant
sponsored by Big Erics

Bar Sofia

Congratulations to all the 2023 restaurant awards winners for an amazing evening with wine provided by **Benjamin Bridge** and **Gateway Insurance** and lively music by **Donald MacLennan** and company. Check out

Dine Around Nova Scotia



Every year, restaurants, pubs and bars across the province showcase their skills and creativity at an attractive price during Dine Around. Between 01 - 28 February 2023, Dine Around menus will be available priced at \$10, \$20, \$30, \$40 or \$50.

Dine Around Restaurants

SAVOUR
FOOD & WINE
FESTIVAL

The Biggest Food & Wine Show in Nova Scotia is Back

Savour Food & Wine Festival Tickets are on sale now!

Let the connoisseur in you shine at the Savour Food & Wine Festival, Atlantic Canada's premier food and wine event! In its 19th year, the event showcases over 70 of Nova Scotia's finest restaurants, wines and beverages. Take in the evening and let your taste buds run wild as you explore samples of delectable foods, legendary cocktails and fine wine presented by Nova Scotia's finest.

The Savour Food and Wine Festival is the largest non-profit culinary festival in Canada. Sales from the festival go directly to support RANS and their work in championing Nova Scotia's food and beverage industry.



BUY TICKETS NOW!

FUN FOOD FACTS



Image from [Pexels.com](https://www.pexels.com)

Knife Maintenance

We put our knives through a lot, from making the perfect dish or to making a quick snack. Maintaining your knives throughout their use should always be on your mind. Here are some reminders on how to clean, hone and sharpen your knives to keep them at their best.

[Learn More](#)

Did You Know?

Did you know that Potatoes, Tomatoes, Eggplant, and Woody Nightshade are all from the same

genus of plant?

[Learn More](#)



Image from [Pexels.com](#)

DELICIOUS RECIPES

Elevate your Vegetables

Frozen vegetables can be a great time saver, but when you want to go that extra mile try these savoury side dishes.



Image from [Food Network](#)

Honey Glazed Carrots

Glazed carrots are an amazing side for any meal and are easy to cook while the rest of the meal is roasting or toasting.

Click [here](#) for the full recipe.



Photo by Melina Hammer via [nytimes.com](#)

Fennel Salad

This light green salad pairs well with any heavy meal. The shaved fennel adds a mild dill flavour that cuts the sharpness of the green apples and celery.

Click [here](#) for the full recipe.

Restaurant at Home

Recreate these restaurant classics at home!



Photo By Chelsie Craig, Styling By Molly Baz via [Bon Appetit](#)

Carbonara

This pasta is on the menu of every Italian restaurant and is deceptively simple. Make it with the traditional bacon or add your own twist.

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



Image from [Rouxbe.com](#)

Demi-Glace

Have you ever wanted to recreate the delicious sauces used on mushroom, pork and beef dishes in restaurants? Well, it was probably demi-glace! The long process is worth the wait for this restaurant staple.

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

Dry Drinks for January

Non-alcoholic doesn't have to be plain. There are many reasons to avoid alcohol, but you shouldn't have to give up the taste or the fun of a beautifully crafted cocktail. Here are two mocktails that you can try at home!



Image from [FoodNetwork.com](#)

Mock Grapefruit-Pom Paloma

A queen of fruit, the pomegranate gives its colour and rich taste to this wonderfully fizzy drink. An alternative created by the Food Network of the original tequila-based cocktail.

Find the recipe [here](#).

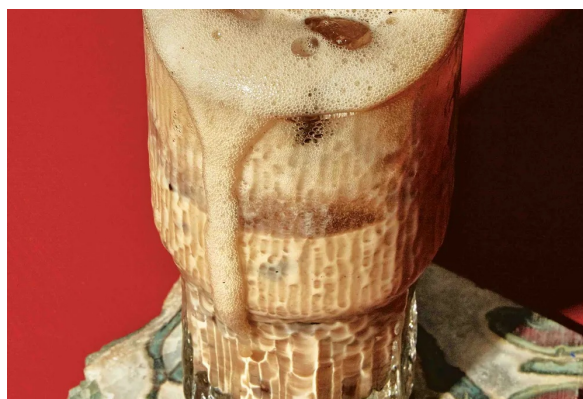


Photo by Alex Lau via [Food52.com](#)

NYC Special

Who would have thought coffee, condensed milk and Coca-Cola could pair together so well in this mocktail made to reminisce the melting pot of cultures in New York City?

Find the recipe [here](#).

IN THE KNOW

Ultra Fine Dining May Be On Its Way Out

Famed Danish restaurant, **Noma**, closes its doors. Known for its seasonal "game and forest" menu, the three-star Michelin restaurant wants to rethink the industry and the fine balance needed to be innovative and sustainable.

[Read More](#)

Sharing the Kitchen

Sharing a kitchen can be difficult, but the **Cook County Saloon** has done just that. The Edmonton restaurant has opened its kitchen to Ukrainian refugees for making pierogies and other traditional fresh and frozen meals which can be ordered online.

[Read More](#)

Devour! is upgrading their Headquarters

The **Devour! Film Fest** has received a total of \$5.86 million to create a headquarters and incubation hub in Wolfville.

[Read More](#)

Get out of the Gloom

New Year and the return of the old! Many restaurants in Nova Scotia are bringing back their smaller **reoccurring events**.

Check out some of the ones we're excited about!

Live music at [Betty's Kitch'inn](#) (South Shore)

Bring Your Own Baby (BYOB) at [ChainYard Cider Taproom](#) (Halifax)

Imbibrary at [Good Robot Brewing Co](#) (Halifax)

Karaoke Saturdays at the [Lion's Head Tavern](#) (Halifax)

The Friendly Heckler Podcast live at [The Union Street](#) (Cape Breton)

Do you have an event you want to share on the Foodie Newsletter? Contact us at leather@rans.ca.

UPCOMING EVENTS



Image from [Pexels.com](https://www.pexels.com)

Valentine's Day is coming soon!

Make sure to reserve a spot **February 14** at your favourite restaurant for you and your favourite person. ♥♥

HRM

January 31 - [Nordic Dinner](#), Hop Scotch Dinner Club + Black Sheep, Halifax

Outside HRM

February 6 - [An Evening with Ashley MacIsaac Live](#) at Church Brewing Co., Wolfville

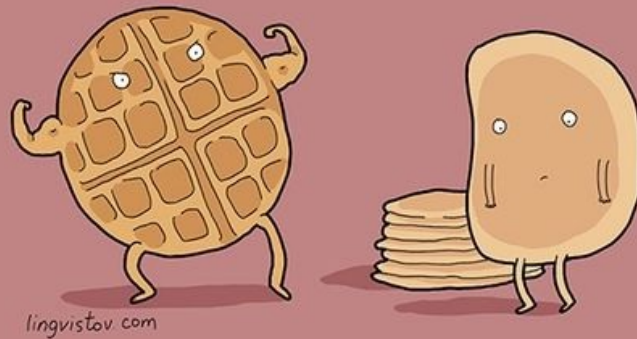
Do you have an event you want to share on the Foodie Newsletter? Contact us at leather@rans.ca.

SMILE OF THE DAY

What does a nosey pepper do?

Gets jalapeno business.

Waffles are just
pancakes with abs



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.

Our Sponsors

RANS Sponsors



