

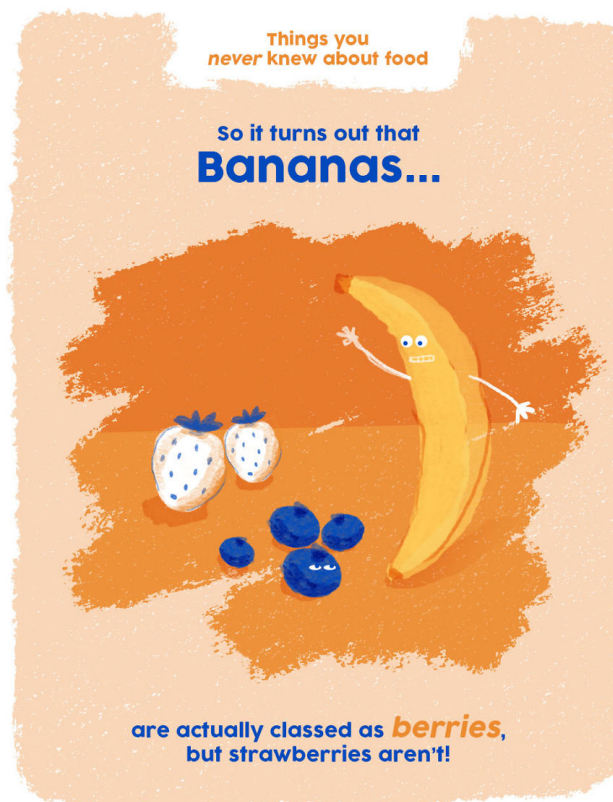


Your Foodie News & Updates

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

Slow-Cooked Irish Stew

Ingredients:

- 1 tbsp sunflower oil
- 200g smoked streaky bacon, preferably in one piece, skinned and cut into chunks
- 900g cheap stewing lamb like middle neck or scrag (ask at your butcher counter), cut into large chunks
- small bunch thyme
- 3 onions, thickly sliced
- 5 carrots, cut into big chunks
- 6 medium potatoes, cut into big chunks
- 700ml lamb stock
- 3 bay leaves
- 85g pearl barley
- 1 large leek, washed and cut into chunks
- small knob of butter



Method:

- STEP 1

Heat the slow cooker if necessary, then heat the oil in a frying pan. Sizzle the bacon until crisp, tip into the slow-cooker pot, then brown the chunks of lamb in the pan. Transfer to the slow-cooker pot along with the thyme, onions, carrots, potatoes, stock, bay leaves and enough water to cover the lamb. Cover and cook on Low for 7 hrs.

- STEP 2

Stir in the pearl barley and leek, and cook on High for 1 hr more until the pearl barley is tender.

- STEP 3

Stir in the butter, season and serve scooped straight from the dish.

[Source](#)

How To Make Shamrock Cookies for St. Patrick's Day

Ingredients

- 1 cup shortening
- 1 cup confectioners' sugar
- 1 large egg, room temperature
- 1 teaspoon peppermint extract
- 2-1/2 cups all-purpose flour
- 1 teaspoon salt
- Green paste food coloring
- Green colored sugar, optional



Method:

1. Preheat oven to 375°. In a large bowl, cream the shortening and confectioners' sugar until light and fluffy. Beat in egg and extract. Gradually add flour and salt. Tint with food coloring. Cover and refrigerate for 1 hour or until easy to handle.
2. On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with a lightly floured 2-in. shamrock cookie cutter. Place 1 in. apart onto ungreased baking sheets.
3. If desired, sprinkle with colored sugar. Bake until edges are lightly browned, 10-12 minutes. Cool for 1 minute before removing to wire racks.

Nutrition Facts:

1 cookie: 96 calories, 6g fat (1g saturated fat), 5mg cholesterol, 68mg sodium, 10g carbohydrate (3g sugars, 0 fiber), 1g protein.

[Source](#)

Best Irish Coffee Recipe

Ingredients:

- 1 c. cold heavy cream
- 3 tbsp. Bailey's Irish Cream
- 1/2 c. Irish whiskey
- 4 tbsp. brown sugar
- 4 c. strong hot coffee



Method:

1. In the bowl of an electric mixer, combine the heavy cream and Bailey's. Whip together until stiff and fluffy. Set aside.
2. To each of the four large coffee mugs, add 2 tablespoons whiskey, 1 tablespoon brown sugar, and 1 cup coffee. Top with a very generous layer of the Bailey's whipped cream. (Almost a third of the cup should be taken up by the whipped cream.)
3. Drink the coffee through the cream! Delicious.

[Source](#)

Irish Whiskey Old Fashioned

Ingredients:

- 40ml Irish whiskey
- 10ml elderflower cordial
- 10ml Sauternes
- ice
- pared lemon zest, to garnish



Method:

Put everything except the lemon zest in a tumbler and give it a quick stir to combine and dilute. Garnish with the lemon zest to serve.

[Source](#)

In the Know

COVID Updates

Nova Scotia is moving up the timeline for easing public health restrictions and will end all restrictions on March 21.

Phase 3 – the removal of all provincial COVID-19 restrictions, including at schools – will begin March 21.

The changes in restrictions will be updated at <https://novascotia.ca/reopening-plan>.

The 10 Best St. Patrick's Day Activities for a Day Full of Fun

1. Bake soda bread
2. Make an Irish meal
3. Have a shamrock cookie decorating contest
4. Play a St. Patrick's Day-themed game
5. Whip up a Shamrock Peppermint Shake
6. Bake something green
7. Make St. Patrick's Day cards



8. Plan a scavenger hunt
9. Have an Irish Coffee and taste some whiskeys
10. Learn Irish dancing

Read full article [here](#).

Interesting Articles

13 Lucky Facts About St. Patrick's Day

<https://www.mentalfloss.com/article/93246/13-lucky-facts-about-st-patricks-day>

Eight Food Trends You'll Want to Try in 2022

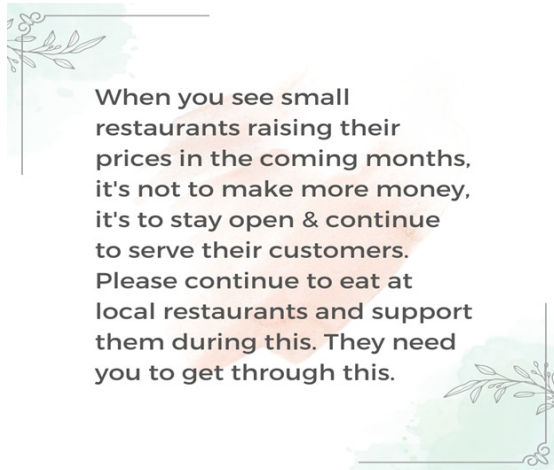
<https://www.marthastewart.com/8191479/food-trends-2022>

The Beginner's Guide to Meal Planning: What to Know, How to Succeed, and What to Skip

<https://www.thekitchn.com/the-beginners-guide-to-meal-planning-what-to-know-how-to-succeed-and-what-to-skip-242413>

12 Ways to Cut Your Food Costs

<https://www.bbcgoodfood.com/howto/guide/12-ways-cut-your-food-costs>



Show Your Support

You may see prices increasing. This is crucial for most businesses. The rising costs of food, labour, and various products/services means that restaurants will have to adjust their costs to succeed.

Fun Test

What Food Matches Your Personality?

Find the test [here](#).



Be Kind!

With all the restrictions being lifted on March 21st, keep in mind that there will be different opinions and feelings on what it means to live in a world with no restrictions again. Please remember to be kind!

Things to do

SAVOUR FOOD & WINE FESTIVAL

Savour Food and Wine Festival 2022 is Official!

The Festival is returning in May 2022.

Celebrating its 18th year, Savour Food & Wine Festival brings together Nova Scotia's talented mixologists, incredible brewers, award-winning winemakers, and of course phenomenal chefs and their dishes over a series of five incredible events. Enjoy cutting edge cocktails at [IMBIBE](#), discover the latest local craft brews at [Craft Beer Cottage Party](#), and explore [Rare & Fine Wines](#). Try the culinary creations of well-known, local, plus up-and-coming chefs complemented by the best in wine, beer, and spirits, all in one amazing venue at [SAVOUR](#).

Event Location and Dates:

Craft Beer - May 7 at DoubleTree

Savour Show - May 19 at Halifax Convention Centre (HCC)

Imbibe - May 25 at Schooner Room, Casino

Rare & Fine Wine Tasting - June 10 at Compass Room, Casino

Click [here](#) to buy tickets.

Off the Eaten Path - Asian Food Festival 2nd Edition

Off the Eaten Path's Asian Food Festival will attract economic activity among main streets; and showcase businesses that are owned by Asian Canadians and newcomers of Asian descent. People haven't been able to explore our city since the pandemic.



Taking place from May 20 - 22, 2022, Halifax's new Asian Food Festival will feature participating businesses' dishes that provide an introductory taste to an authentic dish inspired by Asian cuisine.

Click [here](#) for more info

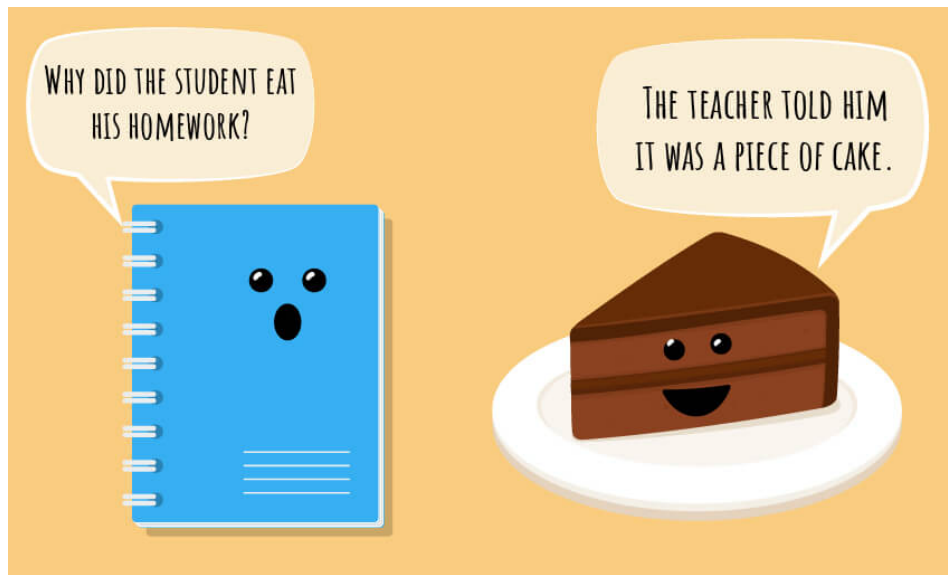


Dine Around Extended

Dine Around is extended till the end of March. You can still enjoy specialty menu items at \$10, \$20, \$30, \$40, & \$50 at participating restaurants.

Click [here](#) for participating restaurants

Smile of the Day



Our Sponsors



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

