



Your Foodie News & Updates

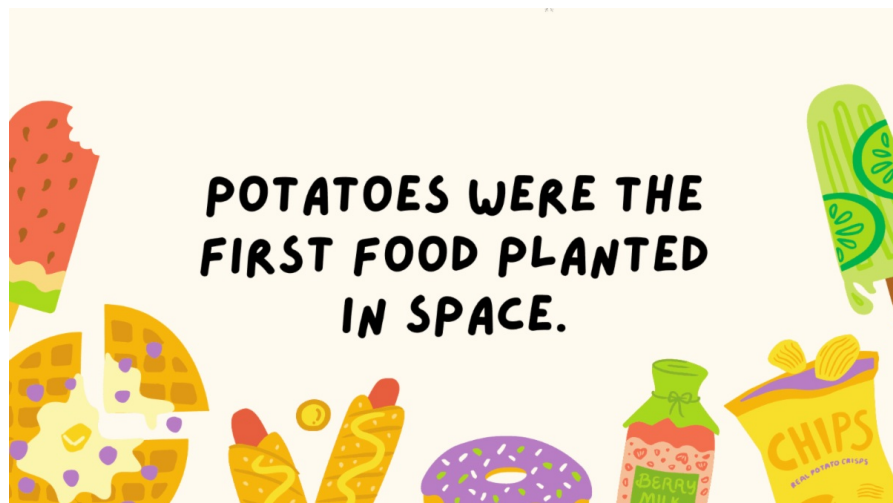
Welcome to BITE - your Nova Scotia food and beverage newsletter. The Foodie Edition will provide you with interesting articles, upcoming events, current restaurant information, recipes and more!

[Visit our Website](#)

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

Fun Food Fact



One-pan Lamb with Hasselback Potatoes

Ingredients:

- 1 leg of lamb , about 2kg
- 2 garlic bulbs
- 15 sprigs rosemary
- 15 sprigs thyme
- 14 bay leaves
- 4 tbsp olive oil
- 1 lemon , juiced
- 1.7kg medium-sized potatoes (Maris Piper work well), unpeeled



Method:

• STEP 1

Use a small, sharp knife to make at least 30 small, deep, incisions all over the lamb. Halve the garlic bulbs, so at the top the cloves fall away and at the bottom, they remain attached. Peel and slice the tops that have fallen away and keep the other halves for later. Use your fingers to push the slices into each slit. Next, pull off small sprigs of rosemary and thyme, keeping the stalks on, and poke them into the slits, too. Can be done a day ahead, then cover the lamb and chill. Remove from the fridge 1 hr before roasting.

• STEP 2

Heat oven to 210C/190C fan/gas 7. Sit each potato between the handles of two wooden spoons and cut widthways at 3mm intervals – the spoon handles will stop you slicing all the way through. Slot a bay leaf into the middle slit of each potato. Tip the potatoes into a large roasting tin with the halved garlic bulb and the rest of the rosemary and thyme. Drizzle with half the oil and season, then toss to coat and turn the potatoes so they're all cut-side up. Nestle the lamb in the middle of the tin, pushing the potatoes to the outside, then rub the lamb with the rest of the oil and the lemon juice and season generously.

• STEP 3

Roast for 1 hr 30 mins, basting the potatoes and shaking the tin occasionally, until the lamb is dark brown and the potatoes are crisp and golden. The lamb will be pink in the middle but cooked. For rare, cook for 10 mins less, and for well done, 15 mins more. Remove the lamb from the tin and leave to rest for 15 mins, putting the potatoes back in the oven if you need to. Serve drizzled with our green olive & herb dressing.

[Source](#)

Strawberry Shortcake Ice Cream

Servings: 9-12

Ingredients:

- 30 golden sandwich cookies, divided
- 1/4 tsp. kosher salt
- 3 tbsp. butter, melted
- 5 1/2 cup vanilla ice cream, slightly softened, divided
- 4 c. strawberry ice cream, slightly softened
- 1 1/2 cup freeze-dried strawberries, divided



Method:

1. Line the bottom and sides of an 8"-x-8" baking pan with parchment paper, leaving a 2" overhang on each side.
2. In a food processor, blitz 20 golden sandwich cookies and salt to fine crumbs. Add melted butter and pulse until crumbs are the texture of wet sand. Press evenly into the bottom of the prepared pan and freeze for 15 minutes.
3. In a large bowl, mix 4 cups vanilla ice cream until smooth and spread on partially frozen crust. Freeze for at least 30 minutes more.
4. In the same bowl, mix strawberry ice cream until smooth. Stir in 1/2 cup freeze-dried strawberries. Spread on vanilla layer. Freeze for 30 minutes more.

5. Pulse remaining 10 sandwich cookies and remaining 1 cup freeze-dried strawberries in the food processor until they form pea-sized crumbs.
6. In the same bowl, mix the remaining 1 ½ cups vanilla ice cream until smooth and spread on strawberry layer. Sprinkle the crumbs evenly over top, pressing down to ensure they stick.
7. Freeze at least 4 hours or until firm, or cover and freeze up to 1 week. Lift the cake out of the pan using the paper overhang. With a sharp knife, cut into 9 square or 12 rectangular pieces and serve.

[Source](#)

Watermelon Daiquiri

Ingredients:

- ice
- 50ml white rum
- 25ml watermelon liqueur or watermelon-flavoured spirit, such as gin
- 10ml lime juice
- 100g watermelon (prepared weight), plus a wedge to garnish



Method:

- STEP 1

Put a handful of ice in a blender suitable for crushing ice, along with the rum, watermelon liqueur, lime juice and watermelon flesh. Blitz until just smooth.

- STEP 2

Fill a hurricane or other tall glass with ice, pour over the daiquiri and garnish with a wedge of watermelon.

[Source](#)

In the Know

June - Celebrating National Indigenous History Month and Pride Month!

Learn more about National Indigenous Month [here](#)

Learn ways to celebrate Pride Month [here](#)

Interesting Articles

[How To Prolong The Life Of Your Berries](#)

[10 Favourite Nova Scotia Lobster Rolls](#)

[7 Tips on How To keep Wine Fresh After Opening](#)

How to Save at the Grocery Store

We've all heard the word "inflation" many times by now. With rising costs, specifically food costs, here are some quick tips to help save when at the grocery store:

1. Stock up on key staple items if you have the space (i.e. eggs, pasta, rice, bread, canned veggies, frozen fruits/veggies, potatoes) - if certain items are on sale, buy in bulk and freeze if appropriate and if you have the space
2. Make a list and take it with you to the grocery store. Meal planning and sticking to the list helps keep you on budget and from buying items you don't need
3. Keep an eye on flyers/sales. Looking for the best deals can help cut back on food costs

4. Meat and dairy are more expensive items; so look at cooking meals that require less of these or in moderation
5. Eat seasonally - buying items that are in season are typically cheaper (i.e., strawberries are cheaper in the summer than the winter here in N.S.)
6. Have a grocery schedule - try to go get groceries the same time each week (or every second week). Reducing the amount of trips to the grocery store will reduce the possibility of grabbing items you don't need

Litterati App - Cracking Down on Litter

The HRM is cracking down on littering with the smartphone app [Litterati](#). Through the app you'll be able to photograph and share litter you find in your community. This should help the city identify communities that require more outreach when it comes to decreasing litter. The app also allows the municipality to launch challenges in an attempt to get residents to help clean up their neighbourhoods. For more info on the challenges currently happening and how you can download the app [visit halifax.ca](http://visit.halifax.ca).

Fun Test

If You Get 15/20 On This Spelling Test, You're A Real Foodie

Find the test [here](#).



Upcoming Events

Royal Nova Scotia International Tattoo

June 25 - July 2, 2022

Nova Scotia's premier summer spectacle is back from June 25-July 2, 2022!

We stir the heart and call you home. The Tattoo's motto is a welcome call for those looking to return to the summer's biggest event.

In 2022, all kids' tickets are free with the purchase of an adult/senior ticket.

Add the Royal Nova Scotia International Tattoo to your summer plans; you won't want to miss out! More info [here](#).

Halifax Pride Festival

July 14, 2022

2022 will see the return of large scale events and the Pride Parade on Saturday, July 16th at noon! This year's festival lineup will feature a giant QTBIPOC Showcase as the opening event, the return of The Bump and The Grind with the best drag and DJs Canada has to offer, two Festival Site afternoons of local drag and music, a Comedy Night, and Drag Bingo! The festival will also feature a number of community based, educational events with the return of the Evening Speaker Series, Candlelight March & Vigil, and multiple closed space events for members of the QTBIPOC, trans & non-binary, and elders communities. More info [here](#).

Halifax Jazz Festival

July 12-17, 2022

The Halifax Jazz Festival (HJF), formed as JazzEast Rising is a non-profit organization created in 1987 to present the first ever Halifax Jazz Festival (formerly known as the Atlantic Jazz Festival) in Nova Scotia, Canada. As a registered charity, HJF has widened its horizons beyond the successful TD Halifax Jazz Festival to become involved, throughout the year, in a diverse range of musical and educational activities. More info [here](#).

Yarmouth Seafest

July 13 - 24, 2022

Join us in a celebration of life by the sea. Seafest is a unique maritime festival that takes place every July in Yarmouth, Nova Scotia. Since 1979, locals and visitors have come together every summer to celebrate the food, culture, and life of our coastal community. This award-winning festival offers spectacular events and fun activities for all ages! More info [here](#).

Louisbourg Crab Fest

July 30, 2022

The 2022 Louisbourg Crab Fest is being planned to take place on Saturday, July 30th from 12:00 noon - 1:30 am on the Louisbourg Waterfront!

On Saturday, we are planning to have crab dinners available (depending upon supply), starting at noon, along with 'toe tappin' entertainment throughout the day and during the evening. More info [here](#).

Congratulations



North America's 50 Best Bars

Congratulations to **Bar Kismet** for being in the top 50 best bars in North America. Well done!

[Source](#)

Savour Show Winners

The 2022 Savour Food & Wine Show, hosted by the Restaurant Association of Nova Scotia (RANS), as part of the Savour Food & Wine Festival celebrated an incredible evening of food and drink at the Halifax Convention Centre. Here are the winners for the "Best of Show 2022".

Best Hot Food Winner – Black Sheep

Best Cold Food Winner – Antojo Tacos + Tequila

Best Dessert Winner – The Mercantile Social

Best Red Wine Winner – Avondale Sky Winery

Best White Wine Winner – Avondale Sky Winery

Best Drink Winner – Coldstream Clear Distillery

Best Booth Winner – Sea Smoke

Smile of the Day



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