

Our Favourite  
International  
Restaurants in  
Toronto

# AROUND THE WORLD IN TORONTO

Recipes inspired  
by international  
cuisine

## MOMO CRAWL AROUND LITTLE TIBET (PARKDALE)



# EAT THE WORLD

TO

# Around the World Around the Pool: Central & South American Edition

## We Turned One on June 3rd If you didn't know, now you know

Country: Central & South America  
Guest: Curly Guy, Ryhy & Young Mat

In order to celebrate, we hosted an exclusive Central and South American themed pool party. As both Mat and Andrea have traveled to several countries in the region, the menu was built around some favourites from their adventures.

### Colombia

The day began with a cup of Colombian roasted coffee in our shiny new Eat The World TO mugs. With or without a couple of drops of Kahlua, it helped kickstart the food prep for the Latin American tour.

### Mexico

There was a strong urge to hang out poolside in the sun, and there's no better way than with generous bowls of salsa and guacamole, salty tortilla chips, and of course, some cold Mexican beers. Corona and Modelo went down easily with the spread, and just like that, the Mexican stop was complete.

### Peru

After a few cervezas and several more cannonballs, the Peruvian portion of the tour took over. Mandrea Bike's own ceviche recipe was on the menu and was made in three ways. The original recipe, which is the favorite, is made with rockfish – the flavour profile is tangy, fresh, and savory. The second was the same base with added orange zest to give it a sweeter taste, while the third has the original base but with small pieces of pineapple instead of orange. This is the perfect trip to please all parties. Although the Original recipe was favoured by most, the variation with the orange zest was preferred by Ryhy who has a bit of a sweet tooth.

### Jamaica

Mandrea Bike finally cooled off in the pool and discovered a Jamaican-style swim-up bar serving up Red Stripes – does it get any better than that? No mon!

### Chile

Empanada time finally arrived as Mandrea Bike went full gear into Chile. These were some big guys, and it's therefore not surprising that they're from a place called **Jumbo Empanada** in Kensington Market. The gang was split on the best one with the chicken, vegetarian and beef all getting praised by different eaters. Chile... You did well!



### Brazil

A caipirinha – the Brazilian cocktail that captured Mandrea Bike's heart, made the birthday menu. It's a simple recipe: cachaça (a spirit from Brazil), sugar, and lime shaken on ice. It's thirst quenching in the sunshine, but don't forget to have some water between each drink!

### Argentina

The tour concluded in Argentina. The barbeque was fired up with steaks and chicken thighs that would eventually be topped with copious amounts of chimichurri sauce – another Eat the World TO recipe. Check it out and don't be alarmed if you're wanting to book a flight to Argentina immediately after the meal!

This first birthday was an immense success, and it goes without saying: Mandrea Bike looks forward to a much bigger bash for year two.

Swim with you soon,

Mandrea Bike  
(Mat & Andrea)



# EAT THE WORLD TO

## A Word from Mandrea Bike

PUBLISHER Mathieu Pike  
EDITOR IN CHIEF Andrea Boland

Welcome to our adventure in which we set forth a goal to eat around the world in Toronto. We set out to indulge in restaurants from different cultures and countries across Toronto's vibrant culinary scene. In doing so, we hope to discover authentic favourites. EatTheWorldTO has allowed us to transport ourselves into new cultures as we find ourselves sitting in restaurants furnished with traditional decor, with local tunes on the speakers, and foreign languages filling the room. An experience that we are thankful and blessed to be able to experience in our own backyard.

This magazine features some of our favourite international restaurants in the city and recipes that we created out of inspiration from those cultures. Our first issue includes restaurants from 25 countries and recipes that will hopefully inspire our readers to bring new flavours into their own kitchens. Toronto is the most multicultural city in the world with over 250 ethnicities and over half the population born outside the country; we have a long journey ahead.

We're cousins, but our bond more likely comes from being obsessed with food. As a kid, Mathieu wanted to open a BBQ restaurant, and Andrea wanted to eat there all the time. Cooking and eating have been central themes in our lives, and they became even stronger when we reunited after both spending a few years traveling the world.

Our goal is to find hidden gems, authentic eats and local hangouts that we are pleased to share with you. We are always looking for new recommendations and dinner guests to join the adventure. Please reach out, and as always,

Eat with you soon,

*Mathieu Pike & Andrea Boland*

(Mandrea Bike)

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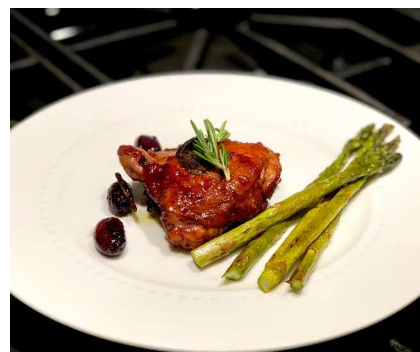
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## Al Mandi

1328 Danforth Avenue, Toronto  
Country: Yemen  
Must-try Dish: Goat Meat  
Dinner Guest: Ryhy

It goes without saying that this won't be Ryhy's last dining adventure with us if his sounds of satisfaction during each bite are any indication.



## Tinuno

31 Howard St, Toronto  
Country: Philippines  
Must-try Dish: Milk Fish and Rice  
Dinner Guest: Young Matt, Suited Sebastien



## Masrawy Kitchen

2275 Britannia Rd W Units 1,  
Mississauga  
Country: Egypt  
Must-try dish: Koshary  
Dinner guest: Young Matt

Koshary is surprisingly delicious, and it's exactly that at Masrawy Kitchen. On the surface, it seems like a random medley that mixes staples you have in your cupboard (lentils, chickpeas, rice, macaroni noodles), but you only have a little of each and not enough of one for a whole meal. Once it's blended with garlic and spices, the carbs are topped with crispy onions and tomato sauce.



## Sushi Omigoto

888 Dundas St E E-1, Mississauga  
Country: Japan  
Must-try dish: Salmon Love Roll  
Dinner guest: Young Matt

# The Corn Dog that Changed it All



## Pow Wow Cafe

213 Augusta Ave, Toronto  
Country: Ojibwe  
Must-try dish: Jumbo Scone Dog  
(Cash Only)

We thought it was fitting to kick off our culinary adventure with food native to North America, which took us to the heart of Kensington Market in Toronto for a corn dog and some tacos rocking an Ojibwe twist.

Although the space doesn't seem like much at first glance, don't let yourself be fooled, as what Pow Wow Cafe lacks in aesthetics, it easily makes up for in food, friendliness, and go vibes. The absence of any pretension actually makes the spot more appealing.

We barely spent any time in the cozy interior because all the action seemed to be outside on the small patio, which made an excellent seat to perch and watch the eclectic scenes that make up the area's landscape.

The sense of being immersed in the neighborhood only increased with the introduction to our server who seemed to know every passerby by name. Luckily, she was also willing to narrow down our choices from the menu.

Despite the menu only offering a handful of items, it was daunting nonetheless since everything sounded incredible. We knew we would have to return for a second round.

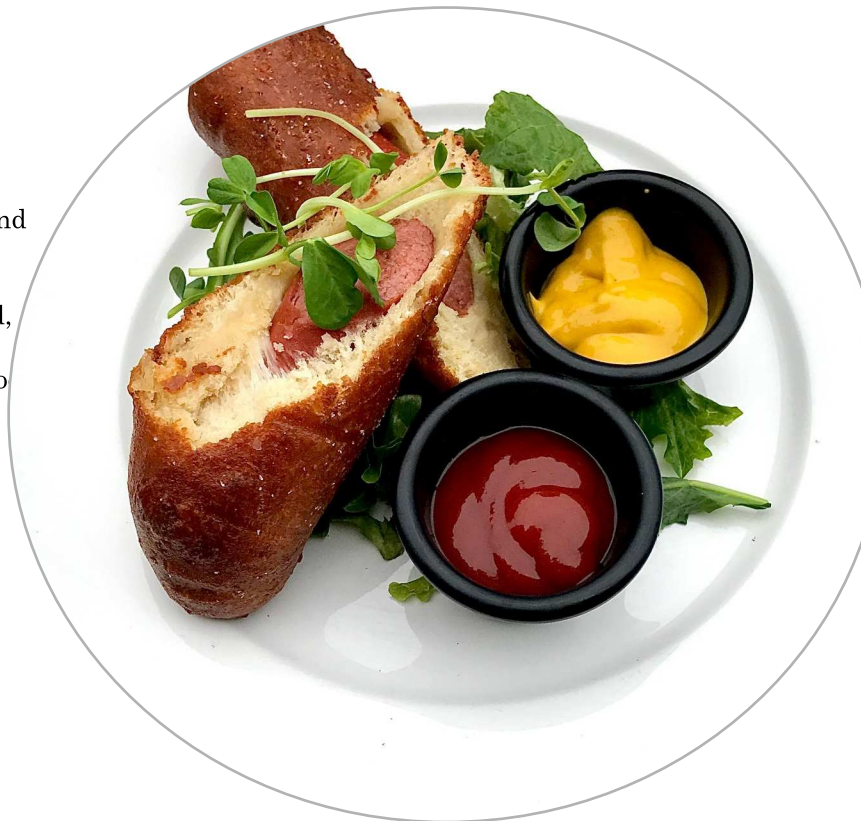
The majority of the dishes included bannock – a fried flatbread consisting of flour and water that has been widely used in North American Indigenous cuisine for generations. We opted for the corn dog wrapped in bannock that was served with cranberry mustard and sage ketchup to start, followed by a beef taco served in a traditional style and a seafood taco loaded with salmon and mussels.

The corn dog came out on top (it was the best corn dog we have ever tasted), perhaps because it was a pleasant surprise, but both tacos were spectacular, especially the seafood one. It was delivered to us with a mountain of salmon and mussels, coated with plenty of dill.

Word on the street is that Pow Wow Cafe serves an unbeatable brunch daily, so pack some cash and make your way to Kensington Market!

Eat with you soon,

Mandrea Bike  
(Mat & Andrea)



# Check out These Spots Around Toronto

These restaurants are worthy of a visit. They shape the multicultural facade that we as Canadians cherish.



## Guu Izakaya Turning Japanese, I Really Think so

**1314 Queen St W, Toronto Country: Japan**  
**Must-try Dish: Oshizushi, Salmon or Saba**  
**Dinner Guest: Young Matt & Suited-Sebastien**

Izakaya is Japan's version of tapas. These small plates are designed to be shared in a group and the goal is to have little tastes of many dishes. As you do with tapas it is customary to order a variety of plates and continue to do so until everyone has eaten enough. Steins of Sapporo were flowing between Mat and Suited Sebastien, as Young Matt sipped on his Sake. This is the perfect restaurant to experiment with various Japanese dishes.

## Best Istanbul Save Room for the Künefe

**235 Augusta Ave, Toronto**  
**Country: Turkey**  
**Must-try Dish: Künefe**  
**Dinner Guest: Darth Sid**



## La Bella Managua A Night on Holiday

**872 Bloor St W, Toronto**  
**Country: Nicaragua**  
**Must-try Dish: Carne Asada**

This highly rated Central American restaurant didn't immediately come on to our radar, and we are sad about the lost time in this delicious relationship. Luckily, we now know about La Bella Managua. Their bright yellow walls are welcoming and give the impression of actually being in Nicaragua. The vibe of being away on a trip down south prompted us to explore the menu with a cocktail in hand – something fruity with Nicaragua's iconic Flor de Cana rum. We started with the mixed seafood ceviche, which was served with fresh avocado and fried plantain chips. If you haven't had the privilege of tasting a plantain before, you're sadly missing out. Regardless of the way it's cooked, it adds a slight sweetness to any savoury dish.

The Carne Asada is both the most popular thing on the menu, and also happens to be our must-try dish. The large plate is stacked with a generous piece of grilled beef, a rice and bean medley known as gallo pinto, a cabbage salad, half an avocado, and fried plantains. This was accompanied by a house-made hot sauce that you should approach with caution. It has a nice flavour, but catches you with the heat.



## Songtsen Cafe

### Bloody Good Sausage

1504 Queen St W, Toronto  
 Country: Tibet  
 Must-try Dish: Dropa Katsa or Momos (for the less adventurous)  
 Dinner Guest: Suited Sebastien

If you're someone that's willing to give exotic food a try, this is the place for you. From beef tripe (cow's stomach) to blood sausage, Songtsen takes foods that some people cringe at and transforms them into mouth-watering dishes. Mandra Bike and Suited Sebastien are VERY adventurous eaters, but blood sausage is something we all admitted to not particularly looking forward to. When the Gyuma (blood sausage) was placed in front of us, our initial reaction was that we would give it a try, but we weren't expecting to love it. And were we ever wrong!



## Trattoria Taverniti

### Nona Surprise

591 College St, Toronto  
 Country: Italy  
 Must-try Dish: Calabrese Pizza



## Pomegranate

### The Lamb Shank that Birthed the Blog

418 College St, Toronto  
 Country: Iran  
 Must-try Dish: Baqali polo (Lamb Shank)  
 Dinner Guests: Young Matt

It was in this very place, under the spell of the perfectly cooked lamb shank (Baqali polo) that we first discussed the creation of the blog.



## Lalibela Restaurant

### Injera is the World

1202 Danforth Avenue, Toronto  
 Country: Ethiopia  
 Must-try dish: Injera with everything



## Tinuno

### Glove Lickin' Good

**31 Howard St, Toronto**  
**Country: Philippines**  
**Must-try Dish: Milk Fish and Rice**  
**Dinner Guest: Young Matt, Suited Sebastien**

Although our table was prepared with the traditional banana leaves acting as a plate, we weren't quite ready for the speed at which our feast arrived and was displayed on our table. The rice was laid down with a petite paddle on the leaves in a mountain across the entire width of the surface, giving easy access to everyone to have their fair share. However, the show-stopper was the decadent display of grilled seafood, meats and vegetables that topped the garlic infused rice. It tasted as good as it looked.

The generous serving of seafood medley included prawns, mussels, squid, tilapia and milkfish, which is a popular fixing in the Filipino food scene. There were smaller portions of pork and chicken on skewers, as well as eggplant and zucchini. It seemed like a lot of food, but it's all portioned for the number of people at the table, and despite being full, it was difficult to stop eating the rice once the more colourful items were devoured.



## Aish Tanoor

### Laffa Wars

**994 Eglinton Ave W, Toronto**  
**Country: Israel**  
**Must-try Dish: Mushroom Hummus**

As we were discussing our food choices, we were thankful that we decided to put in a last-minute order of the mushroom hummus, which ended up being our favourite dish of the night. The hummus was some of the best we've ever had, and the sautéed mushrooms worked perfectly with the flavour profile. Loading each piece of freshly baked laffa with a generous dollop of hummus accompanied by a mushroom... There was no trace of the hummus by the time we were done with it.



## Country Style

### Hungarian Restaurant

### Hungry for Goulash

**Country: Hungary**  
**Must-try Dish: Pork Paprikash**  
**Dinner Guest: Young Matt**





## Lahore Tikka House

### Take a Ride on a Tuk Tuk

1365 Gerrard St E, Toronto  
Country: Pakistan

**Must-try dish:** Mixed Vegetable Combo Sizzler  
**Dinner Guests:** Loud Lucy, Mad Max & Young Matt

The colorful and aromatic spread that covered our table looked delectable, to say the least. Although we were being polite and passing the dishes around, it's clear that it took all of our strength to not jump into each dish right away like a pack of hungry dogs.

We went all the way with an order of chicken biryani, lamb tikka, beef curry, a mixed grill of lamb, beef & chicken kababs, and a vegetarian platter with lentils, chickpeas, and cauliflower. Despite the whole meal being a hit, we favoured the legume and vegetable dish because it was full of flavour, even without the meat. The Nihari beef dish, in contrast, offered a completely different set of flavours – cardamon, cinnamon, and cloves. Go for both!

**Needless to say, we left full, having finished everything.**



## Cafe Polonez

### A Dinner Guest with a Hankering for Pierogies

195 Roncesvalles Avenue, Toronto  
Country: Poland

**Must-try Dish:** Cheddar & Potato Pierogies  
**Dinner Guests:** Danny P(Pierogi) & Joseph Xavier Robert the 4th (THE 4th)

Meals are not just about the food you eat but the company you dine with. Therefore we decided to work around our guests schedule to accommodate fellow eaters with mad hankerings for some delicious cheddar and potato pierogies.

When the food arrived we quickly divided the main components into quarters and dug in. As we enjoyed all the different flavours that Poland had to offer, Andrea recited stories of all the fabulous eats from her recent trip whilst in Poland with Cousin Charlotte.

At the end of the meal, there were no complaints, especially when the bill came out to under \$30 with tax & tip, which even included a beer each(500ml). If you find yourself in Roncey and you, like Danny Pierogi, ever have a hankering for a good pierogi or any other delicious Polish eats, Cafe Polonez is the place for you.

# Momo Crawl - Little Tibet



**Loga's Corner** - 216 Close Ave, Toronto

**Rating: 9**

**Order: Steamed Pork and Steamed Potato Momos**

The pork and the potato fillings have the stamp of approval from Mandrea Bike. The potato momos are similarly shaped with a fluffy inside and a slight curry flavour, differentiating them from the traditionally spiced meat momo. These two dumplings contrasted beautifully and gave us a good variety of exciting flavour profiles. They also have some of the best hot sauce in the city.



**Tiny Cafe** - 10 Macdonell Ave, Toronto

**Rating: 7.5**

**Order: Steamed Beef, Steamed Chive and Tofu Momos**

The venue is perfect for those who want to pick up momos on the go or stay for a quick bite on one of their bar style stools. The flavours offered a refreshing change from the more classic variety that are more typically served across Little Tibet. As the space is compact, all of the momo making action is done directly in front of you, allowing for a unique experience.



**Himalayan Kitchen** - 1526 Queen St W, Toronto

**Rating: 8.5**

**Order: Steamed Beef and Crispy Chili Momos (Dry)**

**Additional Full Restaurant Review**

It's no surprise that Himalayan Kitchen was one of our stops during this excursion. We have previously blogged about this incredible restaurant, and since then, we have both returned on several occasions to dine at this Parkdale gem.



**Songtsen Cafe** - 1504 Queen St W, Toronto, **Rating: 7**

**Order: Steamed Beef Momos**

**Additional Full Restaurant Review**

Songtsen Cafe will always hold a special place in our bellies. It was here that we had our first exposure to Tibetan cuisine, as well as our first experience biting into a momo. This place doesn't disappoint as the momos here are worth a visit, though if you find yourself grabbing a table, do yourself a favour and order the Tripe or Gyuma, you won't be disappointed.

# TARTARE CRAWL

An extravagant crawl around Toronto's west end to try and narrow down some of the city's best beef tartares.

## Paris Paris

1161 Dundas St W, Toronto  
Rating: 7.5

We should note that Paris Paris' tartare is packed with dijon, and therefore has a full nasal kick that isn't for the faint of heart. Luckily, the majority of our group loves that burning sensation in their noses as they mow down on tartare. The flavour wasn't overpowering, but certainly had an edge from the mustard, while still allowing the beef to come through. The presentation was nice, without being memorable, despite having an egg with it. This was fitting considering it was still brunching hour.



## Côte de Boeuf

130 Ossington Ave, Toronto  
Rating: 8.5

The clear favourite of the day, we stumbled upon this place by mistake because its sister restaurant Union was out of its delicious tartare. But it worked out well since we found a new restaurant, as well as the day's top tartare. The tartare itself was mixed with truffle oil, which gave it a delicate texture. Although truffle can be a dominating taste, there was only enough to keep it from being overpowering. The bread served alongside it was roasted in duck fat, making it the most delectable vehicle to enjoy tartare that we had all day.



## Apres Wine Bar

1166 Queen St W, Toronto  
Rating: 7

This hip spot was much anticipated as they mix their tartare with bits of potato chips. If you're going to give some points for originality in the recipe, this is where it would be! We strolled into Apres in the early evening, as restaurants along Queen West were starting to fill up with the Saturday night dinner crowds, and miraculously got a table, as long as we could guarantee to be out within an hour. Easy, right?



## Liberty Common

42 Liberty St, Toronto  
Rating: 6

Top points are given here for presentation of the tartare, as it came out on a flaming cedar plank to our table. You don't just get a chunk of meat here, they portion each piece of tartare on a small crostini, and we therefore ordered two per person. Despite having incredible service, the win for best in show, and some tuna tartare freebies, there were mixed feelings about this beef tartare because of the pickles inside it. You really have to be a pickle person to love it, otherwise it's too overpowering and takes away from the taste of the beef. This particular recipe had our group split.

# Takeout West End Toronto

## Lion City Can't Turn Down Goat

1177 Central Pkwy W Unit 70, Mississauga  
Country: Singapore  
Must-try Dish: Goat Rendang  
Dinner Guest: Young Matt



## Khao Gaeng Go Curry or Go Home

3583 Lake Shore Blvd W, Etobicoke  
Country: Thailand  
Must-try Dish: Massaman Curry  
Dinner Guest: Young Matt

It was brought to our attention that a pretty spectacular restaurant serving up Thai street food was only a ten-minute drive from our pandemic hideout. However, "pretty spectacular" is actually an understatement as Khao Gaeng is, in reality, superior to anything else Thai in the city.

## BarBQ Tonite We Finally Made It

5165 Dixie Rd #5, Mississauga  
Country: Pakistan  
Must-try Dish: Chicken Tikka Boti  
Dinner Guest: Young Matt

**“** I don't normally eat to eat but if there was more food, I would keep eating. " - Young Matt



# Under the Zezafoun Tree

## Zezafooun Cuisine

4 Manor Rd E, Toronto

Country: Syria

Must-try Dish: Fetteh

Dinner Guest: Young Matt

**Z**ezafooun comes from the name of a Linden tree grown in the mountains between Syria and Lebanon. This tree symbolises togetherness, a place of gathering, sharing meals, dancing and singing. The Zezafooun tree is mentioned in many songs and is even known to repel mosquitoes on account of its perfume, making it the perfect place for a mosquito-free party. Therefore, it's no surprise that the owners of Zezafooun Syrian Cuisine named their intimate and cozy family-run restaurant after this purposeful tree that brings people together.

This restaurant predates our blog as Mat discovered it on a solo mission when he was looking for top-rated eateries around his midtown Toronto neighbourhood. With a 4.7/5 rating on Google, it was essential to check it out and explore a new style of cooking. It became evident quickly that this score was well-deserved. As predicted, the must-try dish of the day was the Fetteh. It consists of toasted, fresh and stale flatbread combined with chickpeas, tahini and a variety of spices. It has a hearty, soup-like texture that makes it ideal for dipping flatbread in. This dish is packed with flavours that all come together as you taste each bite, and there's no denying the generous presence of tahini, which is one of Mat's favourites.

To accompany the Fetteh, we ordered:

- Mutabal (roasted eggplant dip)
- Kebab Platter
- Falafel
- Vine Leaves

Mandrea Bike was holding out on dining here in order to attend one of their



Syrian dinner and music evenings. However, the anticipation took over and a takeout lunch during the pandemic went down. But rest assured, we will be in attendance at Zezafooun's dinner and music night when the city's restaurants are allowed to operate like they could in the good old days.

***We urge you to support local restaurants throughout these tough times, AND ORDER TAKEOUT OR DELIVERY. Places like Zezafooun help build communities and the multicultural facade that Canadians cherish.***

Eat with you soon,

Mandrea Bike  
(Mat & Andrea)

**THIS IS A  
MUST TRY**



# The Indian Pop-Up: An Introduction to Assam

## Chef Darth-Sid

**Country:** India (Assam Province)

**Must-try Dish:** Pork Belly Curry with Black Sesame

**Dinner Guest:** Curly Guy

Mandrea Bike had the great honour to be invited to our new friend Darth-Sid's home along with Curly-Guy for an authentic dinner from the Assam region of India. This country has long been on our travel radar, and our night at the Assam Indian Pop-Up solidified a trip to Assam on the bucket list. This style of cuisine would be very difficult to find in the restaurants of Toronto and we're thrilled that we could get a glimpse into the flavours of this corner of the country that differs heavily from what we would often find in the city's Indian eateries.

The night turned into an experience that would be hard to parallel. We learned about the customs of the area in comparison to other parts of the country, we were enlightened on the history, and given a much needed cooking class in the art of Indian cuisine. With some Indian music as a backdrop, we immediately dived into some raita with mint, which is a whipped yogurt dip that's served as both an appetizer with crackers and a vehicle for managing spice throughout the meal. It took a lot of strength to slow down from devouring the whole bowl between us.

The first course were onion fritters called pakoras. They were served crispy off the grill, and likely caused some burnt mouths because they were irresistible, especially with the raita slathered on top. For the mains, we had pork belly curry with black sesame. You can't really go wrong with the moistness of pork belly, especially when it's been marinated for nine hours, followed by a slow cook. The black sesame isn't a flavour that we're familiar with, and it added some exciting new layers to our taste buds. The chanadal is a lentil dish that was cooked with raisins that gave it a sweetness. As a huge fan of lentils, it was nice to see some on the dinner table. As a part of the spread, we had basmati rice that was cooked in cinnamon and cardamom, kachumber salad, and aaloo poshto with black sesame.

Although some of the flavours are familiar and some new to our palates, it all worked well together. Serving rice with



cinnamon and cardamom adds sophistication to the rest of the dishes, which pair well with their notes of garlic, ginger and black sesame, which is a unique but delicious taste.

We had to keep room for dessert, even though it was hard to not keep eating these amazing dishes. We were served bhapa doi, which is a steamed yogurt dessert that was softer than a cheesecake.

The base of all Indian cuisine is to cook with onions, garlic and ginger. We learned that mustard oil is essential in Indian kitchens because it can carry extremely high heat, and is unfortunately nearly impossible to find in Canada – please let us in on the secret if you know where to acquire it in the Toronto region. In addition, it's crucial to look to cumin, chilies and turmeric instead of the store bought curry powders from the grocery stores when making Indian food in your own kitchen.

Our most valuable lesson of the evening was the importance of eating good food in good company across the Indian culture. This resonates with us because it's how we've fashioned our blog: to spend time with our favourite people eating delightful foods. Within Indian homes, it's something that people enjoy doing together and the recipes are passed down through generations as people share their cooking tips in kitchens. The entire process, down to the last bite, is meant to be enjoyed together.

Thank you Darth-Sid for an unforgettable dinner!

Eat with you soon,

Mandrea Bike  
(Mat and Andrea)

# DRINK THE WORLD TO

Our love of wine led us to host a series of wine tasting events to challenge our biases towards different types of wine from regions around the world.

## WINES FROM AROUND THE WORLD



### How it worked

Rally up a group of friends and organize your own blind wine tasting. To keep the bottles a mystery a black sock was placed over each bottle, and a game sheet was passed around to each participant. Approximately 1oz of each wine was poured to each person, and at the end of the tasting, we revealed one bottle at a time.

### Findings

Each participant presented their thoughts on the wine sharing their two favourites and least-favourites. The results led to the wine from the country of Georgia being crowned the best of the evening. The night was a success.

### Note

One attendee must moderate the tasting.

## VIRTUAL BLIND WINE TASTING

### How it worked

The four wines were delivered to each group in advance in addition to a game sheet describing the point system. The households split into teams (A & B) and joined forces with their counterparts from each residence via group text. Team A poured all the same wines in numbered glasses while Team B was out of the room. The same process occurred the other way around so that neither group knew what they were tasting but the other group could keep track in order to keep score at the end. A group video call allowed us to feel connected.

### Findings

Big Head Red from Ontario came out victorious with most participants favouring this wine. Rioja Muga Reserva was a close second.

### Note

Each household needs to have a minimum of 2 people in order to keep the order of the wines secret



## ROSE TASTING AT LAKE EUGENIA



### How it worked

We took to a dock north of the city for a blind rosé tasting. There's nothing better than crisp, refreshing rosé during a heatwave. Each bottle was covered to conceal its identity and was poured into each glass followed by a brief discussion with the group. Before the reveal, all the participants presented their thoughts on the countries of origin and their favourite and least favourite of the tasting.

### Findings

After tasting all four wines from Canada, France, New Zealand and Portugal, the majority favoured Niagara's Big Head Rosé, aside from two who preferred the Cabriz Rosé from Portugal.

### Note

One attendee must moderate the tasting.







## Roman Chicken Cacciatore

Mat took a cooking class in Tuscany and learned a variation of this dish that he brought back to Canada to make his own. He was taught by a Roman Chef who was disgusted by the North American variation with tomatoes.

*Prep Time: 10 minutes / Cook Time: 60-70 minutes / Total Time: 70-80 minutes*

### Ingredients:

- 8-12 chicken thighs (bone-in and skin on)
- 6-10 sage leaves
- 5-6 rosemary branches
- ½ cup + 2 tbsp dry white wine
- 2 tbsp olive oil
- 2-4 tbsp balsamic reduction (sub balsamic vinegar)
- ½-1 cup pitted kalamata olives
- 2 tbsp unsalted capers (If salted, rinse with water)
- Salt to taste

### Note:

- When reapplying the wine, olive oil and balsamic reduction, ensure that there is enough liquid in the bottom of the pan so that the balsamic doesn't have direct contact with the heat, which may cause it to burn.
- Internal temperature of chicken should be at least 165°F

### Directions:

1. In a pan, place chicken skin side down, adding rosemary, sage, and salt on the top.
2. Add ¾ of portioned olive oil, balsamic reduction, and wine, placing the remainder aside.
3. Place the pan on medium heat on the stove for approximately 30 minutes with a lid that is slightly smaller than the pan and a wooden spoon in between the lid and brim of the pan to allow airflow.
4. Flip chicken and apply the rest of the wine, olive oil, and balsamic reduction, cooking for approximately 20-30 minutes.
5. Add olives and capers, and cook for an additional 10 minutes.
6. Serve with your favourite glass of wine.

Cook with you soon,

Mandrea Bike  
(Mat & Andrea)



## Mutabal Dip

*Total Time: 70 minutes*

### Ingredients:

- 1 medium eggplant
- ½ cup plain Greek or Icelandic yogurt
- 2 tbsp + 2 tsp tahini
- 1 tbsp lemon juice
- 1 tbsp fresh finely chopped cilantro
- 1 tbsp fresh finely chopped parsley
- Salt to taste
- 1 tbsp finely diced shallot (Sub Red Onion)
- 1 clove finely chopped garlic (1-1½ tsp)
- 1-2 tbsp olive oil
- Pinch smoked paprika
- Fresh parsley and/or cilantro for garnish

### Directions:

1. Pierce the eggplant with a fork 4-6 times and bake at 400°F for 60 minutes.
2. Let cool, peel skin, and chop until it has a consistency of a chunky paste
3. In a bowl, add yogurt, tahini, lemon juice, cilantro, parsley, salt, shallots, and garlic whisking together thoroughly.
4. Add chopped eggplant and mix until the eggplant and yogurt mixture is evenly distributed.
5. Serve in a wide bowl or small brimmed plate.
6. Run a spoon over the dip creating a wave-like pattern with small crevices, topping it with olive oil, fresh herbs, and smoked paprika.

### Note:

- Mutabal is the Syrian version of baba ghanoush and should be served similarly with pita, crackers, vegetables or in a wrap



## Ultimate Hummus

*Total Time: 10 minutes*

### Ingredients:

- 1 Can (540ml) chickpeas, drained
- 2 tbsp tahini
- 4 tbsp olive oil
- 6 tbsp lemon juice
- 2 tbsp cumin
- 2 tbsp garlic
- 2 tbsp or to taste sriracha (or hot sauce of choice)
- Handful cilantro (or parsley)

### Directions:

1. In a large bowl, mix the chickpeas, tahini, olive oil, lemon juice, cumin, garlic, hot sauce and fresh herbs.
2. Pour the entire contents of the bowl into a blender or food processor and pulse until smooth.
3. Enjoy with crackers, pita or vegetables.

### Note:

- There are a number of substitutes and additional ingredients that you can add to the mix. Spice things up with curry powder, sun dried tomatoes, caramelized onions, roasted garlic or any other ingredient that might be to your taste.



### Ingredients:

- 1½ cup of Arborio rice
- 2 tomatoes, diced
- 1 onion, diced
- ¼ cup olive oil
- 5 cloves of garlic finely chopped or pressed
- 1 teaspoon of smoked paprika
- ½ tablespoon cayenne pepper
- 5 cups beef broth (or broth of your choice)
- 7 threads of saffron, broken up
  - Sourced from The Spice Trader
- 2 chorizo sausages, removed from casing
- 10 medium-sized scallops
- 8 medium-sized shrimp
- 1 lemon, thinly sliced
- 1 lemon cut into wedges (for garnish)
- Parsley roughly chopped (for garnish)

# Shrimp, Scallop & Chorizo Paella

We were feeling a holiday in Spain, and to satisfy the urge, a Spanish inspired night ensued. We created a paella recipe that we're proud to share with you.

*Prep Time: 15 minutes / Cook Time: 65 minutes / Total Time: 80 minutes*

### Directions:

1. In a small saucepan, bring the beef broth and saffron threads to a boil, then reduce to a simmer.
2. In a large pan, heat oil, add onions and cook for 2 minutes followed by the garlic, smoked paprika and cayenne pepper. Mix and cook for an additional 3 minutes. Mix in the tomatoes and continue stirring on medium heat until the tomatoes are soft.
3. Add in the rice and mix until evenly coated then gradually mix in the broth.
4. Simmer uncovered on low to medium heat until half the liquid remains (roughly 15 minutes).
5. Nestle into the rice the scallops, shrimp and pieces of chorizo. Cook for 20 minutes, and then flip the sausage and seafood and let cook for an additional 15 minutes.
6. Place lemon slices on top of the mixture and add a lid for 5 minutes.
7. Let cool for 10 minutes and garnish with parsley and additional lemon wedges if desired.

Buen provecho!

Cook with you soon,

Mandrea Bike  
(Mat & Andrea)

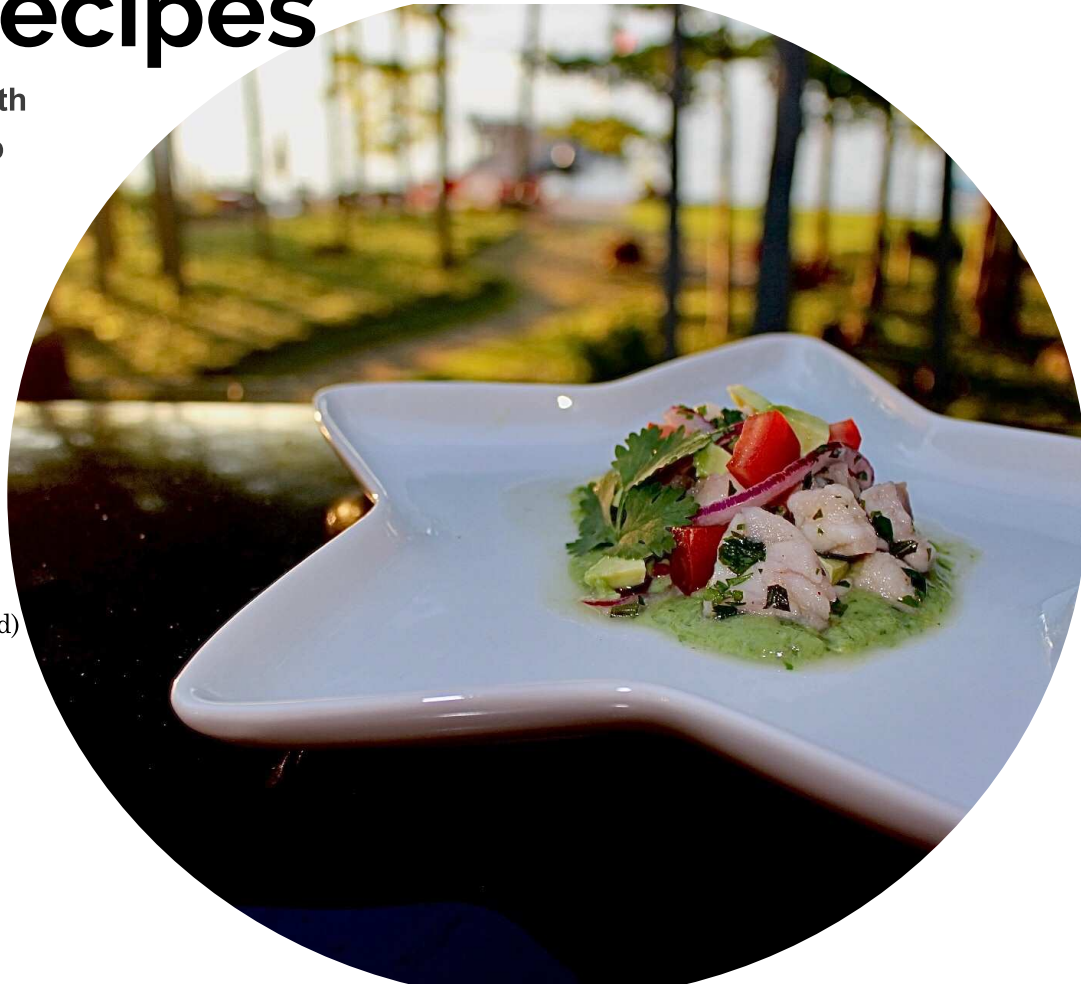
# South American Inspired Recipes

Through our travels around South American we decided to develop recipes based on some of our favourite dishes from the continent.

## Ceviche

### Ingredients:

- 1 lbs rockfish, cut into small cubes
- 5 tbsp finely chopped cilantro
- 5 tbsp finely chopped parsley
- 1 ½ tbsp finely chopped mint
- 1 tbsp finely chopped garlic (or pressed)
- 1 tsp ground cayenne (or to taste)
- 1 thinly sliced red onion
- 1 diced jalapeno
- 1 diced red chili
- 1 ½ cups freshly squeezed lime juice
- 2 diced vine tomatoes remove seeds
- 1 diced large avocado
- 1 tbsp olive oil
- Salt to taste



**Prep Time: 30 minutes / Cook Time: 60 minutes / Total Time: 90 minutes**

### Directions:

1. In a bowl, add the rockfish, cilantro, parsley, mint, garlic, cayenne pepper, red onion, jalapeno, red chili, and pour lime juice on top. The mixture should be completely covered by the lime juice.
2. Cover and refrigerate for a minimum of 60 minutes - the longer you marinate the fish, the more “cooked” the fish will become. Stir periodically to ensure an even cook.
3. Once the fish is at your desired state, drain the liquid and add tomatoes, avocado and salt to taste. Toss it with a splash of olive oil.
4. Serve in a bowl with tortilla chips or lettuce cups. For additional flair, you can add an avocado sauce on the base of the ceviche.

### Notes:

- Only use fresh fish. We source ours from Hooked which has a few locations across Toronto, and we order it deboned.
- You can substitute for your favourite white fish.
- If you prefer a sweeter fruitier flavour, add orange zest. Alternatively, you can add fresh fruit such as diced mango or pineapple alongside the tomatoes and avocado.

Cook with you soon,

Mandrea Bike  
(Mat & Andrea)

# Pisco Sour

## Ingredients:

- 2 oz El Gobernador Pisco
- 1 oz fresh lime juice
- ½ oz simple syrup
- 1 egg white
- 2 dashes of Angostura bitters

Add pisco, lime juice, simple syrup and egg white into an ice-filled shaker. Shake. Pour over ice and garnish with bitters.

**Note:** Simple Syrup is made by boiling equal parts sugar and water, stirring until sugar has dissolved



# Chimichurri

## Ingredients:

- 1 cup finely chopped cilantro
- 1 ½ cup finely chopped parsley
- 2 tablespoons finely chopped mint
- 2 tablespoon finely chopped oregano
- ½ cup finely chopped shallot
- 1 medium-sized finely chopped red chili
- 2 cloves of garlic finely chopped
- 4 tablespoons lemon juice
- 6 tablespoons red wine vinegar
- 1 ½ cup olive oil
- Salt and pepper to taste

## Directions:

1. Add all other ingredients and thoroughly mix until all of the ingredients are evenly combined.
2. Serve over your favourite protein or in the Chorizo & Chimichurri Salad found on page 20

This recipe yields about 1½ cup of chimichurri.

## Note:

- For desired consistency, add additional splashes of olive oil and/or red wine vinegar.
- Always taste your chilies before using them as spice level varies from chili to chili. Use less chili and/or remove the seeds to the desired heat level.

Cook with you soon,

Mandrea Bike  
(Mat & Andrea)



# Chorizo and Chimichurri Salad

**Prep Time: 10 minutes / Cook Time: 15 minutes / Total Time: 25 minutes / Chimichurri Time: 20 minutes**



## Ingredients:

- 2 chopped chorizo sausages
- 1 large red bell pepper, roasted and diced
- 1.5 cups arugula
- 1 cup cherry tomatoes, sliced in half
- 2 tsp red wine vinegar
- 1 tbsp olive oil
- ½ cup [chimichurri](#)
- Salt & pepper to taste
- Parmesan cheese for garnish

## Directions:

1. Preheat barbeque and roast the red pepper skin side down until soft and charred. Place the charred peppers on a plate and cover; this will create steam and allow you to more easily peel the peppers. Once cooled, peel and roughly chop
2. Cook the sausages to an internal temperature of at least 160°F.
3. Once cooked, chop the sausage into uneven small pieces and place them on a plate, followed by the roasted peppers.
4. In a bowl, toss the arugula in red wine vinegar, olive oil and salt & pepper to taste. Place a handful of arugula on top of the chorizo and peppers followed by the sliced cherry tomatoes.
5. Top the salad with chimichurri and garnish with parmesan cheese.

# Yassa Chicken

**Prep Time: 10 minutes / Marinate Time: 60 minutes minimum / Cook Time: 60 minutes / Total Time: 70 minutes**

## Marinade:

- 6 Chicken Thighs, skin on bone in
- 2 tbsp vegetable oil
- 2 tbsp fresh thyme, finely chopped
- 1 tbsp apple cider vinegar
- 1 clove garlic finely chopped
- 2 green onions, thin slices
- 1 lime, juice
- Salt & pepper to taste

## Ingredients:

- 3-4 tbsp vegetable oil
- 2 large onion, cut in half and roughly sliced
- 1-2 scotch bonnet chillies
- 2 cloves garlic, finely chopped
- 2 bay leaves
- 3 limes, juice
- ½ tbsp apple cider vinegar
- 3 fresh thyme branches
- 1½ tsp ginger, finely chopped or paste
- 1 red bell pepper, sliced in strips
- ½ cup water
- Salt & pepper to taste
- Rice of choice



## Instructions:

1. Add chicken and marinade ingredients in a bag or bowl and marinate for at least 1 hour (preferably overnight).
2. Heat vegetable oil in a large pot, add onions, salt and pepper and stir once to coat onions in oil. Cover and cook on medium heat for approximately 10 minutes without stirring, creating caramelization and char on the onions.
3. Add the whole scotch bonnets to the pot, followed by the garlic, ginger, bay leaves, juice of 1 lime, apple cider vinegar, thyme branches and bell pepper. Cook for 10 minutes until the bell peppers become soft.
4. Meanwhile, cook the chicken on a grill, until the chicken is almost fully cooked. We will be finishing it off in the pot.
5. Add the chicken, water, and juice of 1 lime to the pot. Let simmer for 30-40 minutes.
6. Serve the chicken and onions over rice with a generous portion of the sauce and a squeeze of lime.

# Grilled Octopus with Romesco, Roasted Cauliflower & Sautéed Kale

*Prep Time: 10 minutes / Boil Time: 40-60 minutes / Marinate Time: 60-120 minutes minimum, overnight preferred / Cook Time: 5 minutes*

## Prep the octopus:

Thoroughly wash the octopus with cold water, removing any dirt or debris. Remove the head from the octopus making a cut just under the eyes. You can eat the head, but it's not for everyone. Remove the beak from the underside, in-between the tentacles, by pushing it out. The cooking directions can be performed with individual tentacles or with all of the tentacles attached to the body. For best results while grilling, cut off the tentacles.

## Ingredients:

- 1 Octopus (or octopus tentacles)
- 2 lemons, halved & grilled for garnish

## Marinade:

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1.5 tsp garlic, finely chopped
- 3/4 tsp paprika
- 1/4 cup parsley, finely chopped
- Salt & pepper to taste

## Boil:

- 1 lemon
- 4 garlic cloves, smashed
- 1 tbsp olive oil
- Salt to taste

## Directions:

1. In a boiling pot of water, add salt, olive oil, smashed garlic cloves, lemon juice and lemon.
2. Dip the octopus into the pot three times to help curl up the tentacles. Then, submerge and cook on medium-high heat for 40-60 minutes until the octopus has little resistance when inserting a fork or knife into the tentacles. Remove and let rest for 30 minutes.
3. In a bowl, mix all of the marinade ingredients until combined and add the octopus. Marinate overnight or up to 48hrs (minimum 1-2 hours).
4. Preheat a charcoal or gas BBQ to high heat (approx 500°F). Remove the octopus from the marinade and slice off the tentacles from the body.
5. Grill each side of the tentacles for approximately 2 minutes until they are nicely charred on each side, continuously basting the octopus with additional marinade. Note that there may be flames caused from the oil in the marinade; keeping them at a manageable level throughout the grilling process will create extra char on the octopus.
6. Serve with grilled lemon halves over romesco, roasted cauliflower and sautéed kale.

## Romesco Sauce

*Total Time: 10 minutes*

## Ingredients:

- 1 jar (500ml) roasted red peppers, drained
  - Or 2-3 roasted red peppers
- 3 roma tomatoes, cored and roughly chopped
- ½ cup raw almonds
- 2 tsp garlic, roughly chopped
- ⅓ cup parsley, roughly chopped
- ½ tsp smoked paprika
- ¼ cup olive oil
- ½ tbsp red wine vinegar
- Juice of half a lemon
- Salt to taste

## Directions:

1. In a blender or food processor, add all of the ingredients except the olive oil. Pulse the ingredients while slowly adding in the olive oil. Blend until smooth with slight chunks, add additional salt to taste.
2. Heat in a pan or a pot and serve a generous portion on the base of the grilled octopus.

## Roasted Cauliflower

*Total Time: 25 minutes*

## Ingredients:

- 1 head cauliflower, cut into florets
- 2-4 tbsp olive oil
- Salt & pepper to taste

## Directions:

1. Toss the cauliflower in olive oil until evenly coated, add salt & pepper to taste and place on a baking sheet.
2. Bake the cauliflower in a preheated 450 degree fahrenheit oven for approximately 20 minutes.

## Sautéed Kale

*Total Time: 8 minutes*

## Ingredients:

- 1 bunch of kale, stem removed, and roughly chopped
- 2 tbsp olive oil
- Salt & pepper to taste

## Directions:

1. In a skillet, heat the olive oil and add the kale and salt and pepper to taste.
2. Sauté for approximately 2-3 minutes on medium heat.





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