



DUMPLING LAB

LET DUMPLINGS WARM THE COCKLES IN YOUR HEART

TOP REASONS TO LOVE THE LAB

- 01 Hand-crafted Dumplings**
Made fresh and in-house daily using locally-sourced ingredients.
- 02 Stupendous Starters**
Just as impressive as our signature dumplings and equally great to share.
- 03 Take and Bake**
Delicious bundles of joy ready to take and make at home.
- 04 Craft on Tap**
We feature a rotation of local craft beers and interesting wines.
- 05 Kids Get Creative**
We can keep your little dumplings busy with our colouring lab.
- 06 Celebrate with Us**
You can hire the Dumpling Lab for all your work and family occasions.

Lunch + Dinner + Drinks
Find us in the heart of Chinatown.
Open 7 days a week.

@dumplinglabYYC
www.dumplinglab.com
403.265.3794



feeding people

Kate Zimmerman

FLIPPIN' FOR FILIPINO FOOD

No less an expert than Anthony Bourdain calls this cuisine America's next big thing.

When was the last time you texted a friend, "Hey! Let's hit that fantastic Filipino joint tonight"?

If you're not Filipino, you've probably never done so. But this cuisine's days of obscurity are numbered. North American food freaks, including TV personality Anthony Bourdain and L.A. Times food critic Jonathan Gold, now champion Filipino cooking, and trendy spots like Montreal's Junior and Washington's Bad Saint are showing up on best restaurant lists.

It's time to pay attention. According to the Calgary Herald, between 2006 and 2011, Filipinos were the largest single group of immigrants moving to the city, making up more than 12,000 of 68,000-plus arrivals. The 2011 census said more than 47,000 Filipinos lived here then, and a National Household Survey suggested that Filipinos are Calgary's third largest visible minority group. Obviously, these "newcomers" are both opening the Filipino restaurants here, and supporting them – because the rest of us have remained weirdly oblivious.

Admittedly, for Westerners, there are obstacles to Filipino food – it's unapologetically nose-to-tail, with vegetarian options limited. But delights await: this country of 7,100 islands has a culinary history that amalgamates Spanish, Chinese and American flavours into tasty, rib-sticking dishes spiked with sugarcane vinegar, fermented shrimp paste, tart tamarind, pungent fish sauce and the citrus fruit, calamansi. The influence of the American military means Spam and hot dogs occasionally appear in dishes like spaghetti, which may or may not be a plus for you but hit the nostalgia button for Filipinos.

There are 15-plus Filipino restaurants in Calgary, and many stores selling Filipino groceries. You'll find excellent breads (often slightly sweet), buns and pastries at places like Loriz Bakery and Convenience Store, Pacific Hut Restaurant and Bake-shop, Angel's Bakeshop & Restaurant (formerly Melly's) and Lola's Filipino Kitchen. Filipino restaurants offer wonderful, mildly spiced, rice-based meals, often served family-style. You'll find an interplay of sour, salty and sweet flavours in pork, fish, seafood, chicken and noodle dishes.

Here's a top 10 list of Filipino items to try, and a few spots at which to try them.

1. CRISPY PATA My favourite Filipino dish is a pig's foot that's simmered in water, salt and spices like star anise and bay leaves, dried, and then deep-fried so its skin turns into magical cracklings. Crispy pata is served whole, with a dipping sauce of vinegar, chili, onion and sometimes soy sauce. Share it with a friend at **7 Seas Seafood**.



2. DAING NA BANGUS Mild-flavoured whole milkfish is marinated in vinegar, salt, pepper and garlic for 15 minutes or more, then fried. Often eaten for breakfast with fried rice, this flaky fish dish is sometimes served with *atsara*, pickled green papaya. Calgary's **Chopstix** makes a good version.

3. PANCIT Apparently, it was the Chinese who introduced noodles to the Filipino diet. *Pancit* features dried vermicelli rice noodles, softened in water and stir-fried with onion, garlic, diced chicken, pork or shrimp, cabbage, carrot, and soy sauce for a mild and delicious kid-friendly dish. *Pancit Palabok* is a more elaborate version, containing pork, shrimp, fish sauce, crushed chicharron (deep-fried pork belly) and hardboiled eggs. Try it at **7 Seas Seafood**.



Sara Miller for Portmeirion Chelsea collection in stock now!

savourfinefoods.com

savour
fine foods & kitchenware

Located in historic Inglewood
1331 - 9th Ave SE 403.532.8222



4. LONGANISA These delicious, slightly sweet little pork sausages make a Filipino breakfast a thing of beauty. Gobble them up with fried eggs and garlic rice in a dish called *longsilog* at **Pacific Hut**.

5. SISIG If the terms “pig ear,” “pork mask” or “pork face” horrify you, steer clear of sizzling *sisig*. Braver types, like Bourdain, adore these parts unknown, a combination of chopped braised pork bits that are grilled until slightly charred, then sautéed with ginger, garlic, chilies, onions, Filipino soy sauce, calamansi juice and coconut vinegar. *Sisig* is served on a sizzling hot platter, usually with a raw egg cracked on top, which you stir in to cook it. Eat this over rice.

6. LECHON The national dish of the Philippines, and usually served at feasts, *lechon* (another Bourdain favourite) is a whole pig roasted over charcoal. Calgary has a treasure in **Markjoel's BBQ**,



located in a corner of the Hong Kong Supermarket on 17th Avenue S.E. There, in a private back room, the owner and his team roast medium-sized whole pigs vertically on a rotisserie, the pigs' stomachs containing limes, lemongrass and spices. Pre-order a whole pig (if you dare) or take home crackling-topped chunks from the counter in the store. *Lechon's* usual accompaniment is something called “all-purpose sauce,” ground cooked pig's liver simmered with vinegar, palm sugar, garlic and breadcrumbs.

7. BOODLE FIGHT The Philippines Military Academy supposedly came up with this concept: line a table with banana leaves, spread a mound of rice over it, heap the rice with grilled meats, fish, vegetables, and lumpia, and have everybody dig in with their hands. This communal experience was meant to encourage fraternity and equality, so no fighting! You can find the Boodle Fight (or Boodle Feast, or “kamayan-style” dinner) at **Adobo Experience**, which has come up with an irresistible version for two. Annato-yellow rice sits below a sort of mini bamboo swing set on which hang chicken and shrimp skewers, smoky grilled Japanese eggplant, and a whole fried fish. Fabulous finger food.



8. LUMPIA These golden treats are much like spring rolls or egg rolls, about as thick as a Cuban cigar, with shatteringly crisp flour-and-egg wrappers. Ground pork, chicken, beef or shrimp may be used to fill *lumpia*, along with minced onion, minced carrots, green onion, thinly sliced green cabbage, garlic powder and soy sauce, and a sweet chili dipping sauce is usually served alongside. Find 'em all over.



9. TAHO Looking for a unique dessert that contains neither dairy nor gluten and is probably good for you? Try *taho*, a custardy silken tofu served warm with *arnibal*, a darkly seductive muscovado sugar syrup, and *sago*, tapioca pearls. **Adobo Experience** offers a great one.

continued on page 39



All chocolate is not created equal.

Tastes good, feels good

We artfully combine certified sustainable couverture chocolate and simple ingredients into handcrafted delicious and satisfying right-sized confections.



COCOA / CACAO



Convenient and accessible

High quality couverture chocolate for baking or entertaining is available in our retail stores, on our website, or in the baking aisle at Safeway and Sobey's in Western Canada.

Unexpected food experiences

Chocolate is more than just dessert. Add our award-winning Fusion tablettes to your next cheese or charcuterie board for truly extraordinary taste experiences.

New: Dill Fusion in white chocolate. Wow!



Because life should sparkle

Be known for giving gifts of good taste! We offer volume discounts and we deliver anywhere in North America.

Call 1-800-661-8367 or e-mail Gifting@CococoInc.com

Chocolaterie Bernard Callebaut®

www.CococoChocolatiers.com

www.bernardcallebaut.com   

|| CALGARY LOCATIONS & ONE IN BANFF

Heat and Eat meals to go

*Sunday Buffets
Weddings
Book now for
Christmas parties*

Pasu Farm

Reservations are essential

403.337.2800 pasu.com

Great Grilled Cheese Cook-Off

Springbank Cheese in Willow Park hosted its first annual cook-off at Jerome's Appliance Gallery on October 1st to raise money for Brown Bagging for Calgary Kids (BB4CK). There were two categories of competitors – five pro chefs and five amateur “chefs.” *City Palate* sales rep Liz Tompkins won first place in the amateurs and chef Daryl Kerr of Great Events Catering took first on the pro side. Congratulations! Ain't nuthin' like a great oozy grilled cheese sandwich, that's for sure. The winners will get a year's supply of cheese plus olive oil and a cheese board.

Here's Liz's winning recipe:

THE TRIPLE "S" (Sweet, Sour & Smoky)
Grilled Cheese Sandwich

2 slices of your favourite sourdough bread

1 T. soft butter

1 T. bacon jam (make your own or use President's Choice brand)

1 T. chipotle mayonnaise

4 or 5 all-dressed potato chips

4 slices lean capicola

1/3 c. grated cave-aged gruyère

1/3 c. grated aged Canadian cheddar

Lightly butter each slice of bread on one side, then flip over and spread one condiment on each slice of bread on the other side. Stack the remaining ingredients with the cheeses on the top and bottom of the other ingredients. Grill slowly so the cheese has time to melt and the bread doesn't burn. Slice on an angle and serve with your fave salad.



**A TOTAL OF \$2,207
WAS RAISED FOR
BB4CK.**

Springbank Cheese Co.

feeding people

FLIPPIN' FOR FILIPINO FOOD

continued from page 15



10. HALO-HALO

Hell, yeah. Purple yam features in all kinds of Filipino desserts and gives *halo-halo* (or *haluhalo*) a hilariously lurid look, especially when the preposterous purpleness is perched atop vanilla ice cream and surrounded by bright green squares of *gulaman* (agar jelly). There are often tapioca pearls and evaporated milk in the mix as well. Shards of fresh coconut, boiled sweetened kidney beans and shaved ice usually complete the picture. You'll find this fantastically delicious dessert at many Filipino spots.



Here's where to find your Filipino food in Calgary:

7 Seas Seafood and Grill
7521 Macleod Tr. SW

Adobo Experience
4303 - 17th Ave. SE
3745 Memorial Dr. SE
2770 Glenmore Tr.

Angel's Bakeshop and Restaurant
6800 Memorial Dr. SE

Chopstix Filipino Restaurant
5315 - 17th Ave. SE

Lola's Filipino Kitchen
255 - 28 St. SE

Loriz Bakery & Convenience Store
8330 Macleod Tr. SE
2525 Bridlecrest Way SW

Markjoel's BBQ
3215 - 17th Ave. SE
(inside Hong Kong Supermarket)

Pacific Hut Restaurant and Bakeshop
3223 - 17th Ave. SE

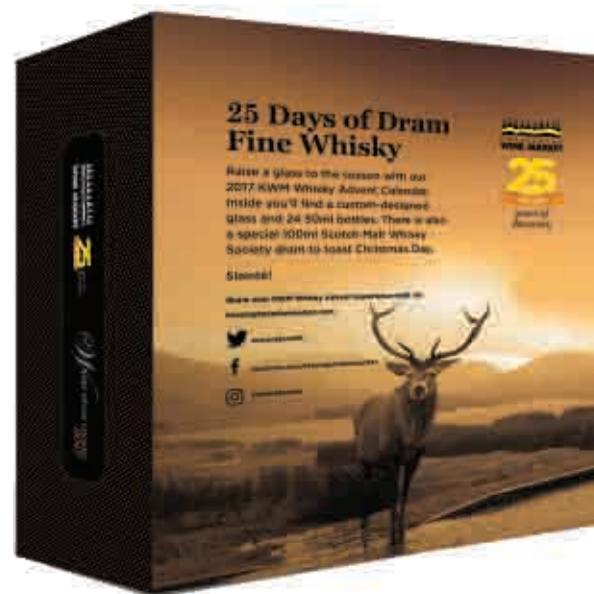
Pinoy Sari-Sari Store Bakery and Deli
3607 - 17th Ave. SE

Kate Zimmerman happily explored Filipino restaurants in Calgary, Vancouver, Montreal and Ottawa for a Brandon University research project on Filipino Canadian culture.

25 Days of Dram Fine Whisky... are almost here!

The Kensington Wine Market Whisky Advent Calendar has become an annual Calgary tradition for true whisky lovers!

Our exclusive Whisky Advent Calendar features a custom Glencairn glass, 24 50ml. whiskies and a 100 ml. Christmas Day bottling from the Scotch Malt Whisky Society.



NEW THIS YEAR: while the calendar is mostly made up of single malt Scotch whiskies, this year, for the **FIRST TIME**, we've included single malts from Canada, England and the Netherlands.

Calendar includes a 10% discount card for any of the whiskies in the Calendar (except the Society whisky); subject to availability. Price is \$375 + GST; a \$150 deposit is required with the pre-order; balance charged when the calendar is ready for pickup.



1992 **25** years 2017

1257 KENSINGTON ROAD NW | KENSINGTONWINEMARKET.COM | 403 283 8000
Find us on Twitter and Instagram: @KensingtonWM