

# A delicious visit to Canada's west coast

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## What's Cookin'

Just got back from a little work trip to Vancouver and I thought I'd tell you about a couple of places.

Downtown Vancouver: Meat and Bread. Yes, the name of the restaurant is Meat and Bread. There are several locations—I was at the one on Cambie St. They make the most AMAZING porchetta sandwich ever! Porchetta is a pork loin that has pork belly wrapped around it, then tied so it looks like a long stuffed pork roast. What these guys do is they slather on some homemade salsa verde before rolling the roast, then bake it low and slow. Towards the end of the cooking time, they crank

up the heat so that you get a fantastically crispy crackling on the outside of the roast. Then they chop up the roast. That way, the fatty belly is all chopped together with the lean loin. This is all piled on a beautifully fresh ciabatta bun with more salsa verde. The end result is a sandwich from heaven. You get the fatty, lean and crunchy sensations all at the same time as well as a pop of freshness from the salsa. This restaurant is a lunch counter style place—just order up a sandwich and sit down at any available seat and munch away. You can be sure I'll be there again next time I head west.

Richmond Night Market in Richmond

(a few minutes from the airport). The market is open from mid-May to mid-October, only Friday and Saturday nights (and long weekends Sundays). There is a games area, a flea market type area and then rows and rows of food booths.

The food was crazy! There were these Rotaatoes—they are a whole potato that has been spiral cut and placed on a stick, then deep fried and tossed in seasonings. There must have been 100 people in line.

There were candy-coated strawberries, squid a dozen different ways, octopus balls, gelatinous looking things that I still don't understand, bubble tea that glows in the dark and so many more things—what a great place.

Have fun and keep cooking!

## Quiche Tarts

### INGREDIENTS

- 12 3" frozen tart shells
- 2/3 cup milk
- 2/3 cup cream
- 2 eggs
- 1/2 tsp dry mustard
- 1/2 tsp nutmeg
- 1 cup diced bacon of any kind
- 1 cup shredded cheddar cheese
- Salt and pepper to taste



### METHOD

Cook bacon and drain. Set aside. Divide bacon and cheese among the tart shells. Using a whisk, mix milk, cream, eggs, mustard, salt, pepper, nutmeg. Divide liquid mix between the shells. Bake in 375 F. degree oven for 20-25 minutes.

### CHEF'S NOTE

To make this vegetarian, substitute 1 tbsp cooked spinach or asparagus in each shell instead of bacon.

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