



Emily Forrest, owner of Local Tasting Tours. Photo credit: Jan Napier.

What's Cooking Walking Food Tours Hit Halifax

By Jan Napier

Thanks to Emily Forrest, Haligonians will soon be pounding the pavement in search of great local food. On June 15, Forrest will be launching 90-minute downtown Halifax walking food tours.

With a background in restaurant management, an in-depth knowledge of the Halifax food scene, performing experience, and a passion to promote local cuisine, Forrest is poised to launch a very successful business. And she is one strong

walker. In 2010, she walked the almost 3000 km perimeter of Nova Scotia to promote walking and to raise awareness in support of two of her favourite charities: the Heart and Stroke Foundation, and Brigadoon. Over a period of about three months, she basically walked a marathon a day. This followed a similar tour around PEI.

Tours will depart at 1:30 pm daily from The Fish Shop at Pier 20, where owner Peter Boudreau will be sharing seafood samples, such as locally smoked salmon from Sweet Williams and St. Mary's Smokehouse. Just past the Westin hotel there will be information about the 50 mile menu at Elements on Hollis, a restaurant with an award-winning culinary team and a close relationship with the farms, vendors, and producers at the Halifax Seaport Farmers' Market. Near the Henry House there'll be a microbrewery beer history lesson as Emily continues to share her knowledge of food and beverages indigenous to the area. The next scheduled food stop is at Uncommon Grounds on Barrington Street, a great local coffee shop where a nibble of their famous oatcakes is a distinct possibility. Owners Gordon and Trina Stevens take great pride in their locally roasted coffee and tourists can also find products from their other Uncommon companies here, like the Rum Runners cake and Sugah! confections. Next stop is Jennie Dobbs' Morris East, most known for their wood-fired pizza, but head chef Lauren Marshall is using the oven to add distinct smokiness to a host of dishes. You may get to have a taste from their locally smoked and cured daily charcuterie selection.

At Government House, Forrest will share exciting stories of rum running, the decadence of the Wentworth family, and the popular New Years' Day levies.

A local tasting tour would not be complete without a visit to Chives Canadian Bistro, owned by Chef Craig Flinn and Chef Darren Lewis. Your off-hour, behind the scenes visit will have you sam-

pling something seasonal and if you are really lucky maybe you'll get to try their renowned biscuits, a fluke hit when a missed bread delivery required some quick thinking and grandmother's recipe.

With a wistful look in her eyes, Forrest shares that she was greatly inspired by the Chicago Food Planet food tours which "really brought home the cultural experience of cities." She says she also plans to add group tours with sit-down dining and a waterfront tour to her lineup, so check her website (see below) for more details. And the next time you have family, friends, or clients to entertain, this is a great activity for you to bite into. For tickets, or more information, visit www.localtastingtours.com.

Many thanks to Peter Boudreau, owner of the Fish Shop at Pier 20, for the following recipe:

Salmon Ponzu (serves 4)

4 x 6oz fillets of fresh Atlantic Salmon, skin off, pin bone out

Marinade:

Soy Sauce, 1/2 cup
Sesame Oil, 2 Tablespoons
Lemon Juice, 1 Tablespoon
Lime Juice, 1 Tablespoon
Grated Ginger, 1 Tablespoon

Mix together, then marinate salmon fillets for 10 minutes. Shake white & black sesame seeds over each fillet. Bake at 375 degrees for 12-14 minutes. Serve with pureed fruit coulis, like mango, summer berry, or melon.



Jan Napier is a freelance writer/photographer with a penchant for people, pets, places and food. Visit her at www.jnapier.ca or www.viewpointgallery.ca