

ethnic food



DRINK



Where to buy & eat great Ethnic Food?

Issue 10, Sep 7, 2018 - Print & Online

Tel: 416-821-9915, ethnicfood.ca@gmail.com, www.ethnicfood.ca



THE MOST AUTHENTIC GREEK FOOD IN TORONTO!

DINE IN - TAKE OUT - DELIVERY - PATIO - CATERING



page 5

128 O'Connor Drive 416.461.5200 www.greekgrill.ca

beyti KEBAB DÖNER PIDE İSTANBUL CUISINE
Special Days • DÖNER

1650 Dundas St E
Mississauga
(905) 848-2590

**HOMEMADE, FRESH
HEALTHY & TASTY**

The best Baklava in Toronto

Crown Pastries
2086 Lawrence Ave. East, Scarborough
(East of Warden) Tel: (647) 351-2015

Pick up your FREE copy from the local stores or read it online!

ethnic food
Where to buy & eat good Ethnic Food!

DIGITAL ISSUE NOW AVAILABLE
Read it on your computer, tablet or phone
www.ethnicfood.ca

Subscribe to receive the latest issue online.
Visit:
www.ethnicfood.ca

Kostas Greek Bakery
265 Ellesmere Rd
Tel: (647) 748-9229

OLD MILL
Pastry & Deli
905-532-8246 / 905-532-8247

**780 Burnhamthorpe Rd W
#12, Mississauga, (905) 232-5246**

Fabian's Cafe
876 Markham Rd, Scarborough
(416) 438-1561

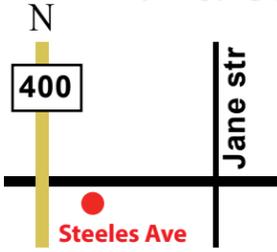
LA LUCE

Ristorante

Italian Fine Dining Restaurant
Dine In - Take Out - Catering



4377 Steeles Ave West, Toronto
(416) 661-8989



- Elegant Italian restaurant with excellent food, friendly staff and great service.
- Serving its customers for more than 40 years.
- Large variety of Italian, French, Spanish and other wines.
- A fantastic place for all kinds of events: Weddings, Corporate, Product Launches, Fundraisers, Fashion shows, Holiday Parties, VIP Reception. Saturday night live music: Jazz, Blues, Folks.



Dietary Options

Dietary restrictions can be accommodated (Vegetarian, Gluten Free, Halal etc).

La Luce Ristorante is a premier restaurant for traditional Italian authentic food in Toronto. In order to accommodate diversity of the great city of Toronto, our chefs decided to have vegetarian gluten free, and halal options in our menu.



For information about

La Luce Ristorante monthly coupons, visit: www.laluceristorante.com



Come join us for live Soft, Jazz, Blues, and Folk music every Saturday

| | | | | |
|---|---|-----|-----|-----|
| | | 9 | | 8 |
| | 3 | 1 | | 9 |
| 4 | 5 | | 3 | 6 7 |
| | | | | 8 5 |
| | 1 | | 4 | 3 |
| | | | | 2 |
| | | 9 8 | | |
| | 2 | 7 | | |
| | | | 6 5 | |

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

SOUQ Market & Grill

Grill • Market • Catering

2052 Sheppard Ave E, North York

(Just East of 404) (416) 551-4425



SOUQ brings a premium and authentic food, groceries and ingredients from Eastern and Western Mediterranean countries.



HOT TABLE & CATERING AVAILABLE



Fresh Halal Meat

Islamic New Year 2018 (1440 Hijri)

Also called Al-Hijra, the Islamic New Year is the first day of Muharram, the first month in the lunar Islamic calendar, which differs from the Gregorian calendar. Muharram (Hijri 1440) in 2018 will start on Tuesday, 11th of September 2018 and will last till Tuesday, the 9th of October 2018. The Islamic New Year is a public holiday in places such as India, Indonesia, Jordan, Malaysia, the United Arab Emirates. The word "Muharram" means "Forbidden" and is derived from the word harām, meaning "sinful".

It is held to be the most sacred of all the months, excluding Ramadan. The day of Ashura takes its name from the literal Arabic word for "tenth," which is ashura. In the Islamic context, Ashura refers specifically to the 10th day of the lunar month of Muharram. Sunni and Shiite Muslims observe the Day of Ashura differently. One of the dishes which are frequently made around this time is Ashura. Derived from the Arabic word ashara, translated into the English language, it means 'ten'. Ashura is a really basic recipe to follow and is simply delicious.

Here is a recipe for **Egyptian Ashura:**

Ingredients:

- 1 cup of peeled wheat
- 6 tablespoons of corn starch, dissolved in a half a cup of milk, cold milk is preferred.
- 5 cups of water

- 4 1/2 cups of milk
- 1/2 cup of granulated sugar
- A few drops of vanilla essence

Toppings:

You can garnish the Ashura with a choice of delicious toppings. Anything from dried cranberries to coconut flakes, raisins, ground cinnamon or an assortment of nuts can be used. Don't use too many extras as they may overpower the flavour.

Directions:

Begin by rinsing the peeled wheat off well. Then place the wheat in a pot of water and make sure that you have covered it completely. Next, bring the water to the boil and then reduce the heat so that it can continue to cook slowly. Allow the pot of wheat to cook for at least a minimum of 45 minutes until it has swelled nicely. Now, you can add in both the milk and sugar, stirring until all the sugar has dissolved. Take your corn starch which is now dissolved in the milk and mix it in with the other ingredients. You will need to stir this for 10 minutes or so until it has finished cooking. When it is done, remove from the heat and pour it into serving bowls to set. Let it stand for 5 minutes to get a good constituency. Now you are ready to add your toppings, nuts or raisins, as you like. You can leave the Ashura on the counter as long as it is kept cool, but placing it in the refrigerator is always a better option.

Chicken with lemon, orange and sweet potatoes

- 4 skin-on, bone-in chicken thighs
- sea salt
- 4 garlic cloves, finely grated
- 3 tbsp fresh lemon juice, devided
- 5 tbsp olive oil, devided
- rosemary
- 1 orange, thinly sliced,
- plus wedges for squeezing
- ½ cup olives
- 1 orange, sliced



How to cook the chicken:

Preheat oven to 450°. Place chicken in a large bowl and season with salt, garlic, 2 tbsp lemon juice, 2 tbsp oil and toss to combine. Let sit at room temperature at least 30 minutes. Remove chicken from marinade. Set chicken aside. Heat 1 tbsp oil in a large skillet over medium-high. Cook chicken, skin side down, until skin is very brown about 5 minutes. Transfer to oven and roast, keeping skin side down, until cooked

through about 20 minutes. Just 1 minute before removing chicken from oven, toss rosemary sprigs into skillet. Place chicken, skin side up, on a plate along with rosemary sprigs. Set skillet over medium-high. Cook orange slices just until golden and slightly softened, about 30 seconds per side. Transfer to plate with chicken. Toss olives with remaining 2 tbsp oil and remaining 1 tbsp lemon juice.



How to cook the sweet potatoes:

- 1 - 2 sweet potatoes, sliced
- 2 tbsp Virgin Olive Oil
- 1/8 tsp Salt
- 1/8 tsp Pepper
- 1/8 tsp Garlic Powder
- 1/8 tsp Paprika
- 1/8 tsp Cumin/or, dried Rosemary

Preheat oven to 450. Line a baking sheet with parchment paper.

In a shallow dish, combine oil & spices. Cut sweet potatoes into ¼" fries. Toss fries in olive oil to coat. Bake for 30 minutes, turning occasionally or until fries are browned and crispy.



LAZAR famous Deli & Bakery

325 Central Parkway West
Unit 12, Mississauga,
Tel: (905) 896 1040

Lazar Bakery was established in 2001. Specializing in breads, deli, pastry and fine grocery products imported from Europe. Come visit us to enjoy our licenced coffee area, and indulge in our selection of Hot or Cold foods and later be amazed by our large selection of finest and delicious cakes, pastries and sweets!














York Farmer's Market
7509 Yonge St, Thornhill (North of Steeles), 905.731.2270



ORGANIC MEAT

All our meats are certified organic and fresh. All meet is from **handpicked local farms**. Our organic meats taste better and are very delicious

- Non-GMO
- No antibiotics
- No hormones
- No artificial fertilizers.

Beef, pork, chicken, turkey, lamb.
Souvlaki, saussages, marinated meat
Ask us where you can ROAST MEAT.

LARGE VARIETY OF CHEESES

Perfect for your daily needs, parties, business events (catering) or a romantic dinner.

Tell us about your occasion and we will guide you what cheese to choose, how to pair it with wine and much more.

OTHER PRODUCTS

We also sell other products like eggs, olives, olive oil, crackers spices, sauces, many condiments and other.



ORGANIC

from handpicked local farms

September Special Offer

For the month of **September** Reesor's offers **15% OFF** of any fresh organic chicken (whole or parts).



Sweet Gallery

Since 1974, the Sweet Gallery has been creating the finest European cakes and pastries in the Greater Toronto Area.

- European Tortes and Pastries – Krempita, Dobos, Beigles, Reform, Opera, Caramel Crunch, Figaro and more
- Holiday Desserts including Zito, Viennese Strudel, Tutti Fruitti cookies, & Baklava
- Dessert Tables and European Wedding Cakes
- Slab cakes, Small French Pastry, Petit Fours, European cookies
- Café featuring Burek, Goulash Soup, Quiches, Sandwiches, Chicken Schnitzel and more

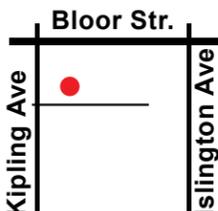


Owned and Operated by the Jelenic Family

350 Bering Ave., Etobicoke
416-232-1539

www.thesweetgallery.com

@thesweetgallerycafe
@thesweetgallerycafe



**NEW EUROPEAN RESTAURANT
in Richmond Hill**

Stroganoff Restaurant

10 Headdon Gate, Unit 2-3, Richmond Hill

Major Mackenzie Dr/ Just East of Bathurst

www.stroganoff.co (905) 780-7575

Walk-In, Take -Out



Stroganoff

RESTAURANT

Authentic

European restaurant with great food and daily specials.

Serves lunch, dinner and drinks
Good For Groups, Kids, Parties



VIENNA
FINE FOODS

Vienna Fine Foods

1050 Birchmount Rd., Scarborough

(north of Eglinton), 416-759-4481

High quality European products, chocolates and cookies from Germany and Austria, smoked and fresh meats, cheese, homemade salads and fresh bread. While you're here, stop by their Hot Food Counter to have a hot meal or simply just take it with you.

The HOT MEALS includes: Schnitzels, Soups, Ham-burgers, Goulash, Sausages, Fish, Ribs, Chicken, Potato Pancakes. You are always welcomed!

Daily Hot Meals Specials

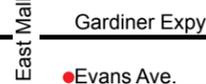


Bebo's Authentic Grill
Chevapi * Burek * Pljeskavica
Walk-In, Take Out, Delivery, Catering

533 Evans Ave., Etobicoke

tel: (647) 352-2400

www.bebosauthenticgrill.ca



Breakfast Menu (7am-11am)

- Eggs Any Style
- Pancakes
- French Fruit Plate
- Omelettes French style
- A complete meal
- Benedict
- Hot and Cold Beverages

Lunch-Dinner Menu (11am-7pm)



Catering Menu

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Mains Karadjordjeva Roll Veal \$10, Pork \$9 Moussaka (Per PC) Beef and Potato \$10 Stuffed Pepper (Per PC) Beef and Rice \$3.50 Rice & Mushrooms \$3 Chevapi (5 PC Min) (mini beef sausages) (Per Pc) \$1 Sudzuk (5 PC Min) (Per Pc) \$1.50 Souvlaki (2 PC Min) Pork (Per stick) \$3.50 Chicken (Per stick) \$3.50 Seafood Fresh Whole Seabass \$16 Bassa Fillet \$14, Salmon \$14 Shnitzle Pork \$6, Chicken \$7, Veal \$8 Cabbage Rolls (Per PC) Beef and Rice \$3.50 Mushroom/Palenta \$3</p> | <p>Pierogies(6 PC Per Order) Sour Cabbage \$6 Cheese \$6 Pljeskavica 5o.z \$6, 10o.z \$8 Burek Beef \$8, Cheese \$8 Spinach \$8, Potato \$7 Soup, Stew (Noodle or Dumpling) Chicken \$5, Beef \$5, Goulash \$10 Tarhana (Sour Dough Tomato) \$5 Pasulj(Bean Soup) \$5 Sandwich Blt \$5, Tuna \$5, Shnitzle \$9, Egg \$6 Desserts Baklava Pastry \$4 Hurmasica Pastry \$3 Custard Cake (Pineapple) \$5</p> | <p>Cupavci(Coconut Sponge Cake) \$2.50 Palacinka(Crepes) \$3 Krofne (Donuts) \$2.50 Sides Lepinja Bread \$2 Rice \$4 Potato(Mash,Fries, Baked) \$4 Potato Pancake \$4 Pasta \$4 Mixed Veggies \$4 Ajvar(pepper spread) \$2 Cheese Spread \$2 Salads Sopska(w Feta Cheese)\$5 Spinach \$5 Kiseli Kupus \$5 Tursija \$5 Kupus \$5 Russian salad \$5 Egg Plant \$5</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Hot & Cold Hot Beverages



Wheat bran pita bread
 + 1/2 avocado, sliced or smashed
 + 1 large sliced tomato
 + feta cheese, crumbled
 + 1 hard boiled egg, sliced
 + basil, dry
 + himalaian sea salt
 + pepper.
 Wrap it up. Cut on half.
 Eat it and have energy
 the whole day!

delicious
 breakfast
 wrap 😊



Cream cheese on toast
 + smoked salmon + sliced radishes + dill and
 hard boiled eggs or tomato on the side

Salmon is often considered the paragon for excellent sources of **omega 3 fats, vitamin D** and essential **amino acids**.

Omega 3 fats are unsaturated fatty acids that cannot be spontaneously created by the body, but that are vital in normal metabolism. Studies have shown that **omega 3 fatty acids** can lead to health benefits, such as the following:

- Decreased cancer risks,
- Protection of the cardiovascular system,
- Better vision,
- Improved cognition and better moods.

Along with omega 3 fatty acids, salmon is also a reputable source of **vitamin D**. The skin of a salmon contains the highest concentration of omega-3 fatty acids on the fish. This is a vital nutrient that helps absorption of calcium, which in turn helps the formation, growth and strengthening of the bones. Salmon also have a high amount **amino acids** and peptides that our body needs to function normally, but cannot spontaneously create. These bioactive molecules help create collagen, regulate insulin and help the digestive tract.

Its anti-inflammatory properties can also ease joint pain in arthritis patients. Other vitamins and minerals salmon provide include **Vitamin A, Selenium, Vitamin B12, Vitamin E, Phosphorus, Magnesium**.

To ensure you are purchasing the freshest cuts of salmon, be sure to look for the following:

- A deep salmon-pink colour with smooth, clean cuts if in steak or fillet form
 - Firm, elastic flesh that is translucent
 - Airtight packaging with no liquid
- Mild aroma

Generally, most of the Atlantic salmon available in the market today is farmed, while Pacific salmon are wild caught. While there have been numerous debates over the pros and cons of eating wild or farmed salmon, there is no definite answer as to which is healthier.



Mix homemade cauliflower rice, mushrooms, olive oil, bagel seasoning, and parsley. When it's done bake for approx. 30 mins.

Homemade cauliflower rice:
 Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency.



Egg white omelet with parsley, spinach, and Brie cheese.

the greek grill

The best Greek Food you've ever had!

Download full menu from our website!
www.greekgrill.ca

Different daily specials every day!



KOKORETSI



Grilled Lamb Chops

128 O'Connor Drive
416.461.5200
 Dine - In - Take Out
 Catering - Delivery

LET'S PUT SOME GREEK GRILL IN YOUR NEXT EVENT

CATERING for your event. Our Mobile kitchen can serve all kinds of special events.



Kontosouvli

- * Wheelchair Access
- * Free parking * Kids Menu
- * 2 section enclosed patio



Lamb rotisserie

5 Exotic Spices and How to Cook with Them

Sometimes recipes can be intimidating with strange and unusual ingredients that are hard to find. The next time you're trying something new for dinner, don't give up on the recipe just because of spices that you aren't familiar with. You might find a new favourite spice!

1. Sumac – is a common spice in Middle Eastern cuisine. It comes from the berries of sumac bushes. Sumac has a mostly sour taste, but not in a bad way. The primary flavour is similar to lemon but much less tart. The most common uses for sumac are in salads, sandwiches, hummus, and dry rubs for meat. Unlike many spices, the more heat that is applied to sumac, the less flavour it will have. Because of this, sumac is best added near the end of a recipe.

2. Cardamom. If you've ever tasted apple pie spice, chai tea, or certain types of curry, you've tasted cardamom. It is also sometimes included in mulling spices for mulled wine and wassail. Cardamom tastes a little like cinnamon, but it's definitely its own spice entirely. The flavour is sweet with herbal, nutty, and citrusy notes that give it that signature scent. Sometimes used with spices like cloves, cinnamon, and nutmeg, cardamom is most commonly found as an ingredient in apple pie spice. It's also featured heavily in Indian cuisine as a way to add a slightly sweet touch to dishes with a lot of spice.

3. Garam Masala is technically a

spice blend instead of one spice. It's one that is in a lot of dishes you've probably eaten without even knowing it! Garam masala recipes may differ slightly, but most recipes include cinnamon, nutmeg, allspice, cardamom, mace, coriander, and peppercorns. This is the spice blend that makes curry so irresistible! The main use of garam masala is in curry. But it can also be used with chicken, in soups, and recipes for hummus.

4. Amchur Powder (Mango Powder) is made by slicing and drying green mangoes. The mangoes are then turned into a powder that has a unique flavour of its own. This spice is often used in mango chutney and other fruity spreads. The prominent flavour is a tangy, sour flavour that's slightly sweet and a little bit acidic. You will probably use amchur when cooking dishes from South Asia, especially from Indian cuisine.

5. Borage (Starflower). Of all the edible flowers, borage (called Starflower as well) is probably one of the most well-known. This small, purple flower will add herbal and floral notes to just about anything you cook with it. One of the most popular uses for Starflower is in a gin and tonic, also sometimes called a borage cocktail. The flavour that these flowers add is very subtle, but it's a great way to add an elegant touch to your drinks at a cocktail party.



The best Baklava in Toronto



Crown Pastries
2086 Lawrence Ave. East, Scarborough
 (East of Warden) Tel: (647) 351-2015



Green Healthy Soup



1 head of broccoli
 1 tablespoon olive oil
 sea salt, pepper
 3 tablespoons olive oil,
 divided
 1 large onion, chopped
 6 garlic cloves, chopped
 5 cups of water
 1 Chicken Knorr cube
 $\frac{3}{4}$ cup parsley,
 2 bunches spinach
 1-2 tablespoons of juice
 lemon juice

1. Roast the broccoli florets.
 Preheat oven to 400°. Separate broccoli stalk from florets. Chop florets, transfer to a rimmed baking sheet, and toss with 1 2 tablespoon olive oil, season with salt and pepper and roast, tender, 15–20 minutes.
2. Heat 2 tablespoons olive oil.
 Add onion and chopped garlic, season with salt and pepper. Cook, stirring occasionally, until onion

begins to soften, about 5 minutes. Add water and the chicken Knorr cube and the broccoli stems. Cook 25–30 minutes. Add parsley.

3. Puree soup base a blender until very smooth. Transfer it to a large bowl.
4. Add roasted broccoli florets and lemon juice.
 Enjoy it!

7 Interesting Seafood Facts

Whether it's a plateful of fish and chips or a delicious serving of salmon fillet, seafood is one of the most commonly eaten foods around the world. Seafood is not just a food of choice for many, but in areas where agriculture is scarce, seafood is essential to survival for millions of people. In spite of many ardent seafood lovers out there who swear by it, there are many facts that people don't know about seafood. Presented below are some interesting facts about seafood.

1. Sardines are power packed proteins

The protein content in 100 grams of sardine fish gives you more protein than eating a steak of same weight.

2. Crab meat is rich in vitamin B12

Crab meat is your perfect dose of Vitamin B12 fights anemia and keeps the blood cells healthy. If you want to skip on taking additional supplements, crab meat is the way to go.

3. Soda and oysters

If you often find it troublesome to get oysters out of the shell, then you've got to try this little trick. Take some club soda and let the oysters soak in it for a few minutes. A little known secret that works every time.

4. Fish can help fight high blood pressure

Fish is known to counter your sodium intake. When you consume a lot of sodium, it increases the risk for elevated blood pressure. Fish, on the other hand, actually helps you reduce some of the negative impact that your body is going through after consuming high amounts of sodium due to its high levels of potassium.

5. Seafood contains 84% more protein than ground beef

... 55 percent more protein than pork, and 14 percent more protein than chicken. Seafood has 12 times less fat than ground beef, eight times less fat than pork and three times less fat than chicken.

6. There are over 300 different species of shrimp

... and each one has its own flavour and texture. The flavour and texture of a shrimp mainly depends upon what type of foods the shrimp eats and what kind of water it lives in. Even the colour of a shrimp can be affected by the shrimp's diet. For instance, the black and blue tiger shrimps, which have stripes of their respective colours on their shells when they are raw, are coloured this way because the foods they eat do not contain any iron. And white shrimp aren't actually white—they are grey when raw but turn a nice shade of pink once they have been cooked.

7. In 4 ounces of shrimp, there

is an estimated 1.22 grams of fat, 112.27 grams of calories, 220 grams of cholesterol, and .37 grams of omega-3 fatty acids.

Shrimps are an excellent source of folate and B vitamins, vitamins A, D, E, potassium, iron, calcium, and magnesium. They are also relatively high in sodium. Even though shrimp does tend to be high in cholesterol, they are low in calories as well as fat, which means they can be quite the lean addition to one's diet. It has been said that eating shrimp on a regular basis can help prevent the development of conditions such as circulation disorders, high blood pressure, Alzheimer's disease, and depression.

MOLDOVA RESTAURANT



Moldavian, Russian, Romanian, Ukrainian, Caucasian and Bulgarian cuisines

We await you with our family-friendly atmosphere, great service, and delicious healthy food. All dishes are prepared with the freshest ingredients.

HAVE A BIG EVENT?

Let us help you celebrate! We do them all – small quiet family events or company parties, anniversaries and big celebrations. We'll make your event unforgettable. Call Moldova Restaurant to reserve!



(416) 665-4566
www.moldovarestaurant.com

5000 Dufferin Street, Unit 1
 (just south of Steeles) Toronto, On, M3H 5T5

We are open 7 days a week, Monday to Friday 11 am - 11 pm
 Saturday and Sunday 12 pm - 11 pm

BBQ or South African braai?

South Africans love good food, and they're great at preparing and cooking it. The word *braai* comes from the word *braaivleis*, which is **Afrikaans for roasted meat**. There are 11 official languages in South Africa and *braai* is a recognized word in every single one. Grilling options can include sausage, steak, chicken, lamb, as well as sides include anything from potato bakes to corn on the cob. The main difference between a *braai* and a *BBQ* has to be **the fire**. Unlike a BBQ, braais are **not strictly reserved for warm weather**. Many South Africans can braai on a covered patio, making rainy weather irrelevant to the occasion. Many also have indoor braai areas. A braai just isn't considered a braai if cooked on a gas grill. The fire also remains lit for the duration of the braai, even after the food's been cooked. Guests will gather around

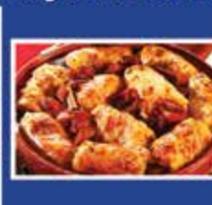
the fire after eating and spend the rest of the day or evening there. The food at a braai is delicious, but the whole experience is also **very social**. Waiting for the fire to produce the right amount of heat takes time, then there's eating, drinking, and more drinking. This is the whole point of a braai: a long social gathering that can last for hours on end. A *braai* is all about having a good time and catching up with friends, a combination of everything South Africans love—family, friends, good food, and drinks. Whereas a BBQ typically takes place during the daytime, a South African braai has **no time constraints**. South Africans make their coffee and breakfast on a braai when in the bush, they braai on weekends as well as for weeknight dinners, and they sometimes even **braai** after an evening out.



6 Lebovic Avenue, Scarborough, ON, M1L 4V9



For 22 years we have been proudly serving the European community with quality products from countries such as Romania, Hungary, Bulgaria, Greece, Italy and Germany. We are proud importers of the best quality products from Europe that are second to none. We would love for you to come in for a visit and to experience the joys of eating foods that remind you of back home!



PRODUCTS AVAILABLE:

- Homemade Sausages
- Smoked Sausages
- Bologna
- Salami
- Smoked Back Bacon
- Bacon Chips
- Schnitzel
- Cabbage Rolls
- Soups & Spreads
- Cakes & Pastries
- Home Made sweet breads
- Specialty breads for occasions
- Imported products From Europe
- Platters made to order
- And too many more to mention



HOURS OF OPERATION

MONDAY - FRIDAY - 10am-8pm
SATURDAY - 10am-6pm
SUNDAY - 10am-5pm

6 Lebovic Avenue
Toronto, Ontario
M1L 4V9

Tel: 416-495-0368
Fax: 416-495-0958
www.abceurodeli.com
info@abceurodeli.com
facebook.com/abceurodeli



5487 Dundas St West Unit 1A
(416) 947-8177

Now Open !!!
Your new spot for comfort food!
A unique take on
Armenian cuisine with
an Eastern European twist.
Sit Down Bistro ~ Take out ~ Delivery




www.Ukrainian.Center



Ukrainian communities
in Canada
A modern online directory

Join Us!
Promote your event
or business
today!

Visit the website www.Ukrainian.Center

- ✓ Find Ukrainian associations, businesses, doctors, stores, schools.
- ✓ Be informed about Ukrainian events in your city.
- ✓ Pick the greatest Ukrainian restaurant to spend an unforgettable evening.

Register your business or event today

- ✓ Showcase your activity; be known by the community you belong to and by others.
- ✓ Be present in our newsletter.
- ✓ Promote the events you organize, including online ticket sale.



Great advertisement opportunities at competitive prices

Contact us at center@ukrainian.center

Like & Follow us on [@TheUkrainianCenter](https://www.facebook.com/TheUkrainianCenter)

events • media • business • associations • advertising
community • travel • restaurants • embassies • and more




876 Markham Road, Scarborough

Tel: 416.438.1561, Fax: 416.438.1819

fabian.cafe@gmail.com, www.fabianscafe.com

Dine In

Store Hours:

Take out, Skip the Dishes Deliv- Tue-Sat 9am-6pm, Sun 10am-5pm



Since 1963 at the same location, the same perfect quality of the food and great service!

You will find a large fresh selection of European-style cakes and pastries, handmade chocolate confections, truffles and butter cookies.

They can be packed in gift boxes.

It is a cozy European sit-down café where you can enjoy a wide variety of homemade lunch specialties such as Quiche Lorraine, Crepes, Goulash soup, Wiener Schnitzel, etc.

And of course to top it off, our spectacular desserts and freshly ground coffee.





Jagger Gordon, a Canadian, executive chef, caterer, and founder of the 'Feed Families' freezer program and 'Feed It Forward' community food program.

Feed It Forward.ca

Possibilities are endless if we all work together.

What is next for Chef Jagger Gordon and his Feed It Forward program?

Feed It Forward now rescues food from Ontario grocery stores, farmers, growers, bakeries, distributors, and restaurants daily. Thousands of kilos of food that would have been destined to garbage bins and landfills is now being used to make delicious healthy soups, meals and snacks for those in need.

In June of 2018 the first of its kind, **Pay What You Can Grocery Store, Bakery and Café** was opened in Toronto. In addition, a pilot project commenced in early spring providing college and university students access to healthy frozen meals, delivered to their doorsteps, for only a couple of dollars.

Chef Jagger is determined to change the Canadian laws on food wastage. \$31 billion worth of edible food goes to waste in Canada annually! Feed It Forward has a website that allows all Canadians to sign a petition asking the Canadian government to make it mandatory that edible food be donated, just like France and Italy.

Stay tuned for the new Free Food App Launch

www.feeditforward.ca

info@feeditforward.ca

Tel: 647-879-2433

Veg Food Fest



Friday, **September 7** from 4-9pm
 Saturday, **September 8** from 12-9pm
 Sunday, **September 9th** from 12-7pm
 Presented by the Toronto Vegetarian Association, the Veg Food Fest is North America's largest celebration of all things veg. **FREE ADMISSION**
Harbourfront Centre
 235 Queens Quay West,
 Toronto, On M5J 2G8

Toronto Beer Week

September 14 - 22

Toronto Beer Week is a series of events dedicated to the celebration and advancement of the craft beer movement.

torontobeerweek.com/events-calendar



Tastes of the Hill



Saturday, **September 22**
 Sunday, **September 23**
 Richmond Green Sports Centre and Park
1300 Elgin Mills Road East
 Richmond Hill, ON L4S 1M5

Tastes of the Hill Multicultural Festival celebrates Richmond Hill's diverse multicultural community. The festival opens Saturday evening with the fun continuing on Sunday. Don't miss this one-of-a-kind cultural celebration!

FESTIVALS IN SEPTEMBER

Applewood Opening Weekend



September 8

Apple picking, wagon rides, farm animals, corn maze, straw bale mountain and more. Bring out the family for some fun on the farm. Farm open weekends 9-5. Winery opens at 11.

Applewood Farm and Winery
 12416 McCowan Road,
 Stouffville, On L4A 4C5

Roncesvalles Polish Festival

September 15 and September 16



Enjoy great local and international music, including Polish folklore, Polka and Euro dance bands, and entertainment from near and far on multiple stages. celebrating 100 years of Poland's Independence!

Roncesvalles Avenue
 Toronto, Ontario

Toronto Ukrainian Festival

September 14 at 5 pm
September 16 at 7 pm



Discover Ukrainian culture in Canada and share the Ukrainian spirit at North America's largest Ukrainian Street Festival

Bloor West Village
 Bloor Street West and Jane Str.

Toronto Garlic Festival

Sunday, **September 16**
 At **Artscape Wychwood Barns**,
601 Christie Street, Toronto ON.

Ontario farmers sell heirloom garlic & local chefs cook with Ontario garlic, plus live music, film screenings, Speakers' Corner, cooking demos, and beer & wine

Toronto International Dance Festival

Sunday, **September 30** at 5 pm- 9 pm

Chinese Cultural Centre of Greater Toronto
 (5183 Sheppard Ave E, Scarborough)

20 PROFESSIONAL DANCE COMPANIES
 PRESENTING THEIR PRODUCTION
 SHOWCASING more than 25 DANCE STYLES
 TICKETS: \$10 (KIDS | YOUTH), \$25 (ADULTS), \$50 (FIRST CLASS), \$100 (VIP)
www.tidfcanada.com, www.ddshows.com



Where to buy & eat good Ethnic Food?

Ethnic Food & Drink
 Print & Online

For advertising call:

Tel: 416-821-9915

E-mail: info@ethnicfood.ca

www.ethnicfood.ca



We are not responsible for writer's content and the content of advertising. The information provided is general and not case specific and must not be relied upon by readers. Please consult with certified professionals for assistance.