

2022

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COASTAL Eats



a rediscovery of food & drink
on the Sunshine Coast

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VOICE OF THE SUNSHINE COAST

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It's finally time to **eat out!**

My dad's go-to gift for neighbours used to be homemade bread. It would take six hours to make – kneading and rising and kneading and rising – but it was legendarily delicious. We'd visit neighbours and bring them bread and if someone was coming over, we'd be sure to bake a couple of extra loaves.

These days, I find a comforting delight in a warm slice of bread (with a healthy helping of butter of course) but it's also that connecting over food that's stayed with me. And it's something I've missed lately.

When I visit or move to a new place, sussing out the local favourite food stops is a must-do. On the Coast, we're spoiled for options. I don't want to single out any practitioners of the kneading arts – from food trucks to grab and go eateries to sit down meals of the sort we haven't been able to enjoy with broad comfort over two years, the Sunshine Coast hits above its weight in delectability.



Big groups and small groups are all rediscovering the art of the dinner party and the delights of a night on the town. We've also learned the value of a quiet night at home, with good take-out and good company.

So. Get hungry, get out there, and support our wonderful local businesses.

Bronwyn Beirsto
Editor, Coast Reporter

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Closer = fresher!



During the winter months we often turn to imported goods because local fruits and vegetables are not as accessible. That's why summer pickings are that much more enjoyable. Nutritionists tell us that nothing beats the freshness of local-grown food in terms of taste and nutritional value. Here are four good bets for summer foods you can find close to home, maybe even in your own backyard.

Berries

Get them at the farmers' market, or straight from the grower. Better yet, pick them yourself at a u-pick farm. Flash-freeze them for winter, or ask the grower for his or her favourite low-sugar or no-pectin preserves recipes.

Greens

Herbs, lettuces, chards and cabbages: the closer to home you can get your dark, leafy greens, the tastier they'll be. Dry surplus herbs for later use, or freeze them in sealable plastic bags. Extra spinach and chard can be parboiled and frozen as well.

Tomatoes

There's nothing comparable to the sweet, juicy firmness of a field-ripened tomato. Here's the trick to enjoying summer field tomatoes: gobble them up as fast as you can. And when you're just too full to continue, slow-roast the rest to dry them or make your own spaghetti sauce preserves in one-litre jars.

String beans, zucchini and peas

Remember the way Mom used to cook those beans in milk and butter? Revive the tradition, or simply steam them and eat them sprinkled with toasted sesame oil and salt. So good! Parboil and freeze meal-sized portions of beans and peas in sealable plastic bags.

All chefs will tell you the same thing: nothing is more important than cooking with really fresh produce. And where can you find freshly harvested fruits and vegetables, if not in your own garden? In public markets, of course.

Market gardeners are up before dawn to provide their customers with fresh products as soon as markets open. Crunchy radishes, bright red strawberries, firm peppers and lots of other treats spread their irresistible charms across market stalls.

Their added flavour is undeniable, whether you eat them raw or cooked, in a salad, as a side dish or in a dessert. So eat as many as you can throughout the summer and stock up your freezer while they're at peak freshness. Furthermore, since they're picked when they're perfectly ripe, locally grown fruits and vegetables contain more vitamins than their counterparts, which ripen as best they can during long hours of travelling between the field and the customer. That's why freshness is a big plus for those who care about their health.

Sold directly and without the transportation costs of their distant competitors, local fruits and vegetables are offered at a very affordable price by gardeners who are passionate about their work and who are well worth getting to know when visiting your local market. And what about the impact of buying local on the health of our economy and on the environment? There are just so many reasons to buy fruits and vegetables from our local market gardeners.

Market gardeners are up before the sun to provide their customers with freshly harvested products.



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Buy locally made and grown foods

Local farmers and producers are invaluable contributors to a thriving community. They offer up the literal fruits of their labour in addition to a variety of vegetables, meats, cheeses and breads. If you want to feed your family well, you don't need to go far — in fact, you shouldn't!

For many people, buying local goods is considered an altruistic act. While it's certainly an opportunity to support your region's economy, the choice can also be self-serving. Local ingredients offer a degree of freshness and flavour that's unmatched by alternatives shipped from afar.

You can also count on local produce to be a better option for your health. Consumers are increasingly well-informed and selective about the food they eat, and most small-scale farmers and producers are able to maintain safe, organic and sustainable practices. When you consider that food is the fuel that allows you to function, there should be little room to compromise on quality.

From an environmental perspective, opting for food that's produced close to home is the most sensible option. The shorter the distance your food has to travel to reach your plate, the fewer greenhouse gases are emitted. Plus, you get to enjoy produce within days of being harvested rather than weeks.

All in all, buying your food locally is an ideal way to access fresh and healthy ingredients, support your region's economy and protect the environment. Find it at grocery



stores, farmers markets, u-pick farms and specialty shops in your region.

There are countless reasons to eat local. What are yours?

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Berries best picked

fresh together

Picking your own berries is a great family activity. Filling large containers to the brim is lots of fun, not to mention the necessary sampling of the strawberries, raspberries or blueberries you're picking. It's a good thing u-pick customers aren't weighed before and after their visit to the fields, because it would make all the difference when it came time to pay!

Why settle for a quick visit to stock up on berries when you can take advantage of this foray into the countryside to spend a nice, relaxing day in the great outdoors?

Have fun picking berries then take a break to enjoy a delicious picnic including, of course, a dessert composed of the fruits of your labour. Local berry producers usually



scatter picnic tables here and there around their properties for the benefit of their customers. Others have swings to entertain young children.

If this country outing includes friends or members of your extended family, ask everyone to make their best berry recipes available to all; it'll give you lots of new ways to enjoy these juicy gifts from Mother Nature.

At the end of your day in the fresh air, don't go home without buying some locally produced products. Strawberry and rhubarb pie, raspberry jam or chocolate-coated blueberries: you're going to have a hard time choosing!

U-pick berries are a great excuse for a family outing in the great outdoors.





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3 great reasons to dine locally

Whether you opt for table service, takeout or delivery, ordering dishes from your neighbourhood restaurant can be beneficial. Here are three reasons to enjoy your next meal from a local eatery.



1. To support your community

Small family-run restaurants rely on people like you to prosper. When you choose to order from the pizzeria around the corner, take your partner to the bistro down the road or hire a local caterer for your next event, you help ensure the businesses in your neighbourhood continue to thrive.

2. To give yourself a break

Restaurants can offer you a well-deserved break when you don't know what to cook or simply want a night off from washing the dishes. The opportunity to sample various types of cuisine and witness the passion of local chefs can also rekindle your love of cooking and inspire you to make meals using seasonal ingredients.

3. To satisfy everyone at the table

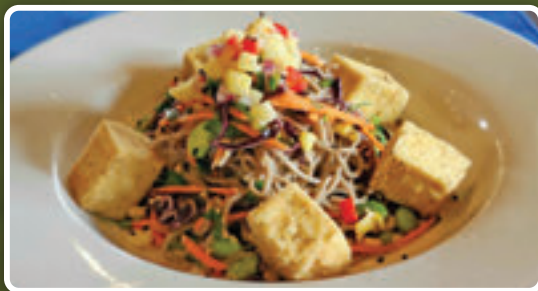
Ordering from a restaurant is a simple way to guarantee the entire family gets to eat what they want. Even restaurants that specialize in a particular type of cuisine offer varied menus. There's sure to be something for everyone.

With so many advantages, there's no need to wait for the next special occasion to treat your family to a lively night out or a relaxing night in.



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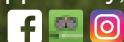


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Outdoor dining for every taste

Spring, summer and fall are ideal times of the year on the Sunshine Coast to dine outdoors. When the good weather is here there are a variety of locations that offer outdoor seating. Here are a few options and a couple of things to consider.

Coffee shops and bakeries

Treat yourself to an iced coffee or fresh pastry on a quaint patio. Breathe in the fresh air and watch people go by while you take a moment to unwind.

Ice cream shops

A warm, sunny day calls for a refreshing frozen treat. Most ice cream shops offer shaded outdoor seating where you can sip on a milkshake or share a sundae.

Bars and restaurants

Many establishments set up a patio for the summer. Grab a quick lunch or spend an evening eating and drinking with friends.

Hotels and resorts

You don't have to go far to enjoy a hearty breakfast on a quiet patio when you're on vacation. All the better if it comes with a mountain, ocean or city view.

Location

When it comes to al fresco dining, the location of the restaurant or bar is key. If you want to people-watch, choose a spot with a patio on a busy street or plaza. If you prefer a



more tranquil setting, opt for a less central location with a view of the water or mountains. For privacy or a romantic dinner, book a table on a quiet rooftop patio.

Cuisine

Many restaurants and bars offer outdoor seating during the summer and your menu options are virtually limitless. To make the most of the nice weather, sit down for a full meal with your family and friends that includes appetizers, mains and desserts. However, if you only have time for a short break, plenty of establishments will allow you to pop in for just a drink, a coffee or a quick bite.

Enjoy the fresh air and try new dishes, while the weather is warm, on the patio of a restaurant, bar or coffee shop in your area or you can just bring a blanket and chair and find a spot with a great view – certainly not hard anywhere here on the Coast.

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Great summer cocktails

This summer, enjoy lounging on a restaurant patio or in your own backyard with one of the following delicious cocktails in hand.

- **Hard lemonade.** Lemonade is a hot-weather staple. Jazz it up with some bourbon served neat or on the rocks. If you want some fizz, try a sparkling vodka lemonade.
- **Irish ice.** This simple cocktail has only two ingredients: Irish cream and ice cream. Smooth, creamy and ice-cold, this treat is perfect on a hot day.
- **Sangria.** Whether made with white or red wine, sangria is everything you want in a festive summer cocktail. If you're making it yourself, shake things up by using different types of fruit or another wine like sparkling or rosé.
- **Daiquiri.** Put your own unique spin on this classic cocktail. There are endless flavour variations — from strawberry and lime to lemon to pear.
- **Mimosa.** This low-calorie cocktail is a brunch must-have. In addition to the traditional mix of orange juice and champagne or sparkling wine, indulge in an updated version with strawberries, watermelon and mint.

Cheers to summer!

5 ways to enjoy citrus this summer

Citrus fruits are bursting with freshness. Here are five refreshing ways to indulge in your favourite citrus or discover new varieties this summer.

- **In salads.** Add a few pieces of clementine to your favourite salad or take a chance on a new recipe with citrus as the primary ingredient. For a tasty twist, add lemon juice or zest to a vinaigrette.
- **In a cake.** Bake a delicious upside-down cake that combines different varieties of oranges or add some citrus zest like lemon, lime or bergamot directly to the batter. You can also make a topping flavoured with orange or garnish your creation with a few mandarin slices.
- **With fish.** Garnish your plate with pieces of Ugli fruit, drizzle bergamot-infused oil on your halibut or create a salmon confit with grapefruit, orange or lemon. You can also use orange slices to cover your fish before grilling. Shellfish is equally excellent with citrus, including red grapefruit and lime.
- **With meat.** Several summer recipes combine citrus flavours with meat. For example, lemon-roasted chicken and beef stew flavoured with orange.
- **In drinks.** Adorn your glasses with pretty slices of lime, Cara Cara oranges or another citrus fruit. You can also create



a delicious clementine smoothie or add the citrus juice of your choice to a cocktail.

Don't be afraid to get creative!

Orange, lemon, clementine, grapefruit, pomelo, Ugli, lime, mandarin, kumquat, bergamot, the list goes on. Put citrus on the menu this summer to stimulate your tastebuds and top up on vitamin C.

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Picnic foods

that are sure to please



Are you planning a picnic? Whether you're headed to the beach, park or wilderness, packing a lunch to eat outdoors is a must. Here are four types of food you can eat pretty much anywhere.

Sandwiches: Compact and easy to make, sandwiches are the perfect picnic food. Swap your regular bread for bagels, tortillas, croissants or French baguettes, and fill them with your choice of deli meats, spreads and grilled veggies. Serve with chips and raw vegetables.

Finger foods: Pack an assortment of snack foods and let everyone choose what they want to eat. For adults, consider bringing olives, nuts, soft cheeses, pâtés, dips, crackers and crusty bread. If you're picnicking with children, think veggie sticks, hummus, mild cheeses, tortilla chips, salsa and guacamole.

Handheld foods: Foods that don't require utensils or plates are ideal for a picnic. Think cold pizza squares, individual quiches, spring rolls or small, savoury tarts. Sushi is also a great choice, provided you have a way to keep it cool and fresh until you reach your destination.

Salads: There are countless varieties of salad, and most of them are ideal for a picnic. Prepare or buy a pasta, bean, rice, quinoa or potato salad. If you opt for leafy greens instead, pack the dressing separately to ensure the ingredients stay crunchy and fresh.

Once you've decided on your main course, be sure to pack your beverage of choice and one or more desserts.

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Greek chicken brochettes

Serve up these tasty brochettes at a Greek-inspired feast or as an alternative to burgers at your next family barbecue.

Start to finish: 1 hour 20 minutes (25 minutes active)

Servings: 4

Ingredients

- 1/4 cup Greek yogurt
- Juice of 1 lemon
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 tablespoons oregano, fresh or dried
- 1 tablespoon Italian parsley, fresh or dried
- 1 teaspoon ground coriander
- Salt and pepper, to taste
- 4 boneless and skinless chicken breasts, cubed
- 1 large zucchini

Directions

1. In the sink or a large bowl, soak four wooden skewers in water for at least 1 hour. (Skip this step if you're using metal skewers).



Servings
4

2. In a large bowl, mix the Greek yogurt, lemon juice, olive oil, garlic and spices. Add the chicken and mix well. Make sure the chicken is evenly coated in the marinade. Chill in the fridge for 1 to 3 hours.
3. Chop off the ends of the zucchini and use a peeler to cut fine strips. Salt generously and lay the strips flat (without overlapping) on a clean cloth or paper towel. Place another cloth or piece of paper towel and a heavy object, such as a wood cutting board, overtop. Let sit for at least 30 minutes.
4. Uncover the zucchini and use a clean cloth or paper towel to dab away excess salt and water. Roll up each strip.
5. Assemble the brochettes by alternating cubes of chicken and rolls of zucchini. Cook on a barbecue or in a grill pan until the chicken is cooked through. Serve with tzatziki sauce.



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Servings
4

Prosciutto,
**fig and goat
cheese crostini**

If you want a simple yet sophisticated starter to serve at your next dinner party, look no further than this classic Italian appetizer. Your guests are sure to love the pairing of salty prosciutto with the sweetness of figs.

Start to finish: 15 minutes

Ingredients

- 4 slices Ezekiel or multigrain bread
- 100 grams soft goat cheese
- 2 tablespoons honey
- 4 fresh figs, sliced
- 8 thin slices of prosciutto
- 1 cup arugula
- Salt and pepper, to taste

Directions

1. Use a toaster or barbecue to grill the bread.
2. Spread 25 grams of goat cheese on each slice of bread, and top each with half a tablespoon of honey. Salt and pepper to taste.
3. Atop each crostino, lay a quarter of the fig slices and 2 slices of prosciutto.
4. Garnish each crostino with a few arugula leaves. Salt and pepper to taste.

Pomegranate and feta salad



Servings
4

This simple summer salad is packed with nutrients and perfectly marries sweet and salty flavours. The pomegranate seeds add a nice pop of colour.

Start to finish: 15 minutes

Servings: 4

Ingredients

- 1 head curly endive or frisée lettuce, chopped
- 1 radicchio, chopped
- 1 red onion, thinly sliced
- 1/2 cucumber, cut in semi-circles
- Seeds of 1/2 pomegranate
- 200 grams feta cheese, diced
- 1/4 cup olive oil
- Juice of 1 lemon
- 1 tablespoon Dijon or old style mustard
- 2 tablespoons maple syrup
- Salt and pepper, to taste

Directions

1. In 4 bowls, equally divide the lettuce, radicchio, onion, cucumber, pomegranate seeds and feta.
2. In a small bowl, combine the olive oil, lemon juice, mustard, maple syrup, salt and pepper. Mix well and drizzle over each salad.

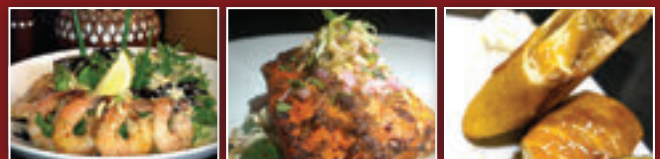
If you find the taste of raw red onion to be overwhelming, soak the slices in cold water for up to 1 hour before assembling the salad. This will mellow their flavour.



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Servings
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Yogurt bark

with nuts and dried fruit

Do you need a tasty, energy-packed snack? These yogurt delights will hit the spot.

Ingredients

- 3/4 cup assorted nuts and seeds (almonds, pecans, cashews, sunflower seeds, pumpkin seeds, etc.), coarsely chopped
- 2 cups vanilla yogurt
- 1/4 cup honey
- A pinch of salt
- 1/2 cup dried fruit of your choice (cranberries, apricots, etc.), coarsely chopped

Directions

1. Roast the nuts and seeds for several minutes in a dry skillet to bring out their flavours and crunchiness. Set aside.
2. In a small bowl, combine the yogurt, honey and salt. Pour the mixture onto a parchment-lined baking sheet and spread it into an even layer. Sprinkle the fruit, nuts and seeds over the yogurt mixture. Place the baking sheet in the freezer for at least two hours.
3. Cut the bark with a knife or break it up with your fingers. Store in the refrigerator.

Homemade Ice Pops

Do you want to make your own ice pops? It's easier than you think. Here's how.

Use your favourite drink

To ensure you like the flavour of your ice pops, use a beverage you enjoy. Fruit juices, smoothies, drinkable yogurts and flavoured teas are all great options. If you're a coffee lover, use cold-brew coffee or dissolve instant coffee crystals in cream or milk. If the liquid isn't pre-sweetened, you can add maple syrup, honey or sugar.

Mix and match flavours

If you want more elaborate ice pops, combine your favourite ingredients. Some great flavour combinations include strawberry and lemonade, cucumber and mint, mango and almond milk, chocolate and yogurt, and pineapple and coconut milk. Toss your ingredients in a blender, pulse until smooth and then freeze.

To make your ice pops even more interesting, layer two or more different flavours. You can do this by partially filling the ice pop moulds with one flavour and letting it freeze for about an hour before pouring in the next one.



Incorporate texture

Add whole berries, slices of fruit or even candy to your ice pops. You can show off these treats by using a translucent liquid as the base. Alternatively, make these ingredients a surprise by concealing them in yogurt or an opaque drink.

To ensure your ice pops freeze all the way through, leave them in the freezer for at least eight hours. Run the mould under hot water for a few seconds before removing your ice pop to make sure it comes out in one piece.

Ice pop moulds come in an assortment of shapes and can be made of plastic, silicone or stainless steel. If you shop around, you're sure to find one you like.

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