

VEGAN

Is the Quest at an end?



Raj Taneja
@tinhead

It all happened so fast. Only a few weeks ago was I captured and forced to convert to raw veganism.

I knew the chefs reveled in the challenge. It was exciting to meet Chef Tobey Nemeth at The Helm Restaurant on

Howe Street to see what she had in store. It's the new restaurant on the block and Chef Tobey is fresh out of Toronto. Are they equally enlightened out there?

When the first bit of food arrived, I was puzzled. Potato chips, five-spice popcorn and marinated olives to go with our cocktails? They must've had the wrong table so I tried

to flag down our host but then, one of my tablemates held my hand and said, "Raj, you've been on an incredible journey over the last six weeks. This is where we part ways."

This dinner was a celebration and serendipitously, a set of shooters arrived at the table – vegan shooters – squash soup topped with toasted sunflower seeds.

The following five courses, also all vegan, tempted the imagination.

Chef Tobey confessed that she was ultimately interested in getting produce from farmers and suppliers she knew by name.

For us that night, she went all out with a starter, five beautiful courses and a dessert.

At \$25 per person, Helm is practically giving away dinner and more. Thanks for all the love you showed, chef.



PHOTO RAJ TANEJA



PHOTO SUBMITTED

Sandwich heaven hits Beatty Street



Sarah Rowland
Dining Chronicles

If my dining experience at The Dirty Apron Delicatessen has taught me nothing else, it's that there are sandwiches ... and then there are Dirty Apron sandwiches.

Don't get me wrong, I still love the plain old reliables like tuna, grilled cheese, and ham and swiss, but sometimes, I just want a little more kick between my bread slices. And that's exactly what the newly opened Crosstown deli (540

Beatty St.) offers.

There are several inspired baguette fillings to choose from, including the fiesta flavoured Chicken (\$7.99), which comes with chipotle mayo, roasted tomato, parmesan, arugula and anchovy. Then there's the slightly spicy, insanely tasty BBQ Pulled Pork (\$7.99), which is layered with pickled vegetables, mayo, cilantro and jalapeno. And for veg heads, there's the grilled sourdough with hummus, avocado, mint, shredded carrot and pomegranate molasses

(\$6.99). It's so good, even hardcore carnivores won't miss their meats if they order this one. All the sandwiches are great on their own, but if you're starvin' like Marvin, there's also a selection of soups and salads you can add on the side.

And the beauty of this deli is almost every artisan topping you taste in the prepared dishes, you can pick up by the jar in the general store part of the shop.

It's going to make for one of the best sammies you've ever had.

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SALE

98¢ lb/2¹⁶ kg
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#1 grade California Grown



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