

WINNIPEG'S CULINARY SERIES • HOMEGROWN TRAIL

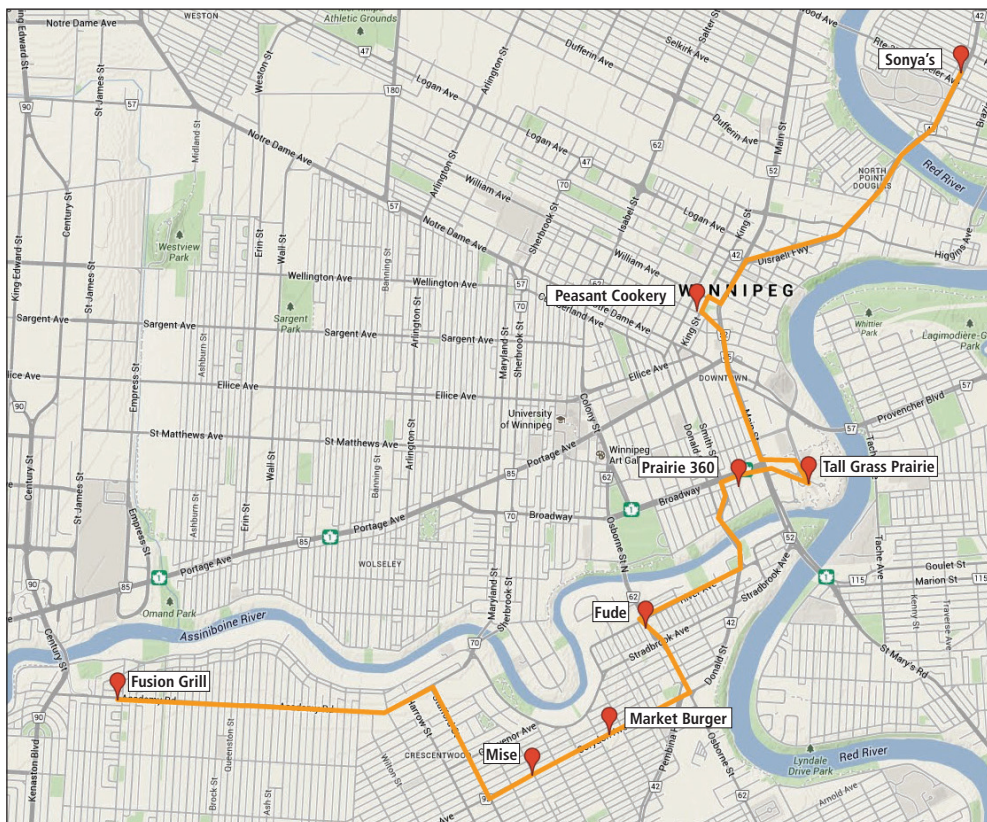
Discover Winnipeg's trend-setting food culture, our fantastic specialities and all the people behind our vibrant cuisine scene on one of these yummy treks



HOMEGROWN TRAIL

Take this tasty tour of Manitoba regional cuisine served in fine dining rooms, diners and hopping hot spots around the province's capital city.

Ask a Winnipegger where to get the best home-grown eats and you won't get the same answer twice. That's because the definition of Manitoba regional cuisine doesn't fit into one tidy sentence. Pickerel, bison, wild berries and wild rice are local favourites found on menus across the city. But that's just the beginning. From ethnic eateries to greasy spoons, from food co-operatives to upscale dining rooms high above city streets, chefs have their own takes on the food found in Manitoba's prairies, lakes, forests and wetlands. On this tasty trek across Winnipeg, you'll sample some of the province's staples in their traditional and modernized forms. You'll taste our past and our present, created by some of the city's most talented cooks.



STOPS ON THE TRAIL

FUSION GRILL

550 Academy Road
P 204-489-6963 W www.fusiongrill.mb.ca

MISE

842 Corydon Avenue
P 204-284-7916 W www.miserestaurant.com

MARKET BURGER

645 Corydon Avenue
P 204-505-2510 W none

FUDE

Located on the 2nd level,
303-99 Osborne Street North
P 204-284-3833 W www.fude.ca

PRAIRIE 360 SKYLINE RESTAURANT & LOUNGE

83 Garry Street, floors 28 to 31
P 204-505-2681 W prairie360.ca

TALL GRASS PRAIRIE BREAD COMPANY

1 Forks Market Road
P 204-957-5097 W www.tallgrassbakery.ca

PEASANT COOKERY

283 Bannatyne Avenue
P 204-989-7700 W www.peasantcookery.com

SONYA'S

190 Henderson Highway
P 204-661-3643 W none

[CLICK HERE](#) TO VIEW THIS MAP ONLINE

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FUSION GRILL

Neighbourhood: Academy Road

550 Academy Road

P: 204-489-6963

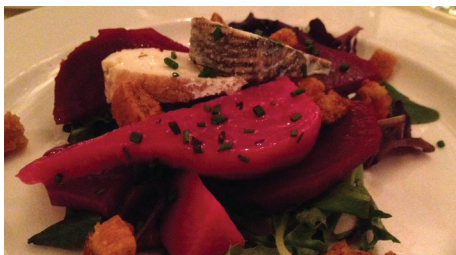
W: www.fusiongrill.mb.ca

Fusion-Grill-Catering-Service

fusiongrill



Perfectly seared then baked Scallops Rockefeller.



Beet salad with ripened goats cheese and pumpkin croutons.



Panko-crusted pickerel cheeks with yam fries.

Academy Road's **fusion grill** is the definition of Manitoba regional cuisine. Manitoba-raised lamb, pickerel cheeks, beet-stained local Arctic char, Northern pike caviar and grass-fed beef dumplings epitomize local eating. It's near impossible to pick just one dish from the menu at this intimate dining room on Academy Road. Daily specials are show stoppers too.

Owner/waiter and wine expert Scot McTaggart and chef Lorna Murdoch are partners in super cuisine. And only Canadian wines are served here, making fusion grill a patriotic experience from first bite to last sip.

MISE

Neighbourhood: Corydon

842 Corydon Avenue

P: 204-284-7916

W: www.miserestaurant.com



Cornmeal dusted fillet of Manitoba pickerel on fresh spring greens.



Warm mixed greens with figs, brie and toasted almonds.

Mise masters local favourites. Chef/owner Terry Gereta and his pastry chef and wife Sue are artists of savoury and sweet at Mise. The Gereta's use local ingredients from the lakes, forests, wetlands and prairies. The husband and wife team create inspired dishes with masterful taste profiles.

Pickerel, a tender and mild lake fish (also known as Walleye) is delicately dusted with cornmeal and seared to perfection. Slow-roasted Manitoba short ribs with wild rice latke fries are also an essential plate from the prairies. Weekend brunch, lunch and dinner menus reflect Manitoba's heritage in the kitchen while infusing global flavours.

MARKET BURGER

Neighbourhood: Corydon

645 Corydon Avenue

P: 204-505-2510

MarketBurgerWpg



Build your own decadent burger.



Take a seat at the bar and meet your neighbours.

Take one look at the chalkboard inside **Market Burger** and you know you're in for truly local eats. The rootsy restaurant (which also boasts a fantastic roof-top patio and tables and decor made from repurposed barn wood) lists all the Manitoba food purveyors and the local ingredients used on the menu. The chalkboard is full. The humble burger gets the Manitoba treatment at Market Burger. Chef Alex Svenne of Bistro 7 1/4 was the hired gun who created the Market Burger menu. A devotee of the locavore movement, Svenne designed the dishes with that mantra in mind.

Order the Slider Platter with the Bahn Mi (ground pork), Desi (spiced Pakistani-style beef) and the Mac n' Cheese (beef topped with creamy pasta). Or make your own burger. Pick from beef, bison, pork, chicken breast, black bean or the Sun (veggie). Then pick your favourite bun and choose from 11 cheeses and a host of condiments and additional toppings like banana peppers, a fried egg or sautéed onions, among others.)

And don't forget the chipotle ketchup: it's made on site and delivers sweet tomatoey zing.

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FUDE

Neighbourhood: Osborne
2nd Level, 303-99 Osborne Street North
P: 204-284-3833
W: www.fude.ca

fude....inspired cuisine and wine bar
 eatfude



One of the many delicious dessert choices.



An inspired regional dish.

Fude was one of the forerunners of the modern Manitoba Regional Cuisine movement, which can be traced back more than two decades. Located a flight above the bustling sidewalk, the dining room and wine bar boasts a menu loaded with elk, bison, pickerel and locally raised, free-range chicken. It's also one of Winnipeg's most-loved spots. Fude's owner Chris Fougere and the restaurant's creative force has kept this treasured eatery at the top of its game.

Take a seat and order the Manitoba Ménage a Trois with Manitoba back ribs, chocolate chicken skewers and Berkshire pork tenderloin with rhubarb chutney.

This entrée epitomizes local cuisine. Pickerel cheeks—tiny morsels of tender white fish—are great poppers to start with. Meanwhile, beet hummus is a delightful mash-up of east and west.

PRAIRIE 360 SKYLINE RESTAURANT & LOUNGE

Neighbourhood: Downtown
83 Garry Street, floors 28-31
P: 204-505-2681
W: www.prairie360.ca

Prairie360WPG
 @Prairie360WPG



Panoramic view from Prairie 360°.



Dry-aged 3 lb. plowman bone-in ribeye.

High above downtown streets, **Prairie 360 Skyline Restaurant and Lounge** lives up to its name. Located on the 28th to 31st floors of Fort Garry Place downtown, Winnipeg's revolving restaurant is unmatched for its view of the city. The dining room makes a revolution every 70 minutes or so. And the menu is a love letter to Prairie cuisine and the original immigrants who homesteaded in the country. Roasting, grilling and stewing is a big theme here. So is meat. Manitoba beef is the star here. A climate-controlled, dry aging, walk-in cooler tenderizes and matures beef. Steaks of all description load the menu. Argentina-born executive chef Alphonso Maury is a master of meat. He insists on perfectly grilled prime cuts every time.

Any made-in-Manitoba meal isn't complete without perogies—a staple dish in the province. At Prairie 360, the tender pockets are stuffed with bison and prosciutto and dressed with a luscious garlic cream sauce, house-brined peppers, and a side of green onion sour cream. This dish is a delight in every bite.

PEASANT COOKERY

Neighbourhood: Exchange District Avenue
100-283 Bannatyne
P: 204-989-7700
W: www.peasantcookery.com

@peasantcookery



Charcuterie



Piggy-shaped shortbread with Lemon Cheesecake and berry sherbert toppings.

Just off Old Market Square, the district's hub, **Peasant Cookery** serves "real food from the land." Simple ingredients are elevated through ace preparation and sophisticated sauces on this rustic-yet-refined menu. Chef & partner Tristan Foucault's passion is charcuterie. The plate changes frequently with dry-cured sausages, pâtés, terrines and pickled vegetables, all of which are made in house using locally sourced proteins. A smoker also earns its keep at Peasant Cookery.

For real local flair, order the beet salad. Sweet, juicy slices of beets dance with crunchy toasted seeds, goat cheese and arugula. A caramelized honey vinaigrette dresses this fresh and fantastic starter. Farm food like tourtiere, lamb meatballs and short ribs cure cravings for meat.

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TALL GRASS PRAIRIE BREAD COMPANY

Neighbourhood: The Forks
1 Forks Market Road
P: 204-957-5097
W: www.tallgrassbakery.ca



Fresh made bread



Croissant



Whole-wheat cinnamon buns

At **Tall Grass Prairie Bread Company**, organic, homegrown berries, seeds, grain and fruit rule the bakeshop. An in-house mill grinds many grains used in their recipes. Healthy Breads, pies, cookies and the bakery's signature whole wheat cinnamon buns are made using local ingredients. The bakery actually started as the Grain of Wheat Church Community in 1981. Over the years, the multi-denominational group morphed into a business-co-operative built around baking bread and working together as a community. Today owners Tabitha and Paul Langel and Lyle and Kathy Barkman uphold the values that brought everyone together more than 30 years ago.

SONYA'S

Neighbourhood: Elmwood
190 Henderson Highway
P: 204661-3643



Sonya's, for home-sweet-home cooking



Potato and Cheddar Perogies

Take a booth at **Sonya's** for some authentic home-sweet-home cooking. Cabbage rolls, an eastern European favourite and a Manitoba must-eat, are served at this kitschy diner. Beef and rice stewed in tomato sauce are the stuffing inside traditional cabbage rolls.

Tuck into a plate of house-made cheddar and potato perogies served with grilled onions and crispy bites of bacon. Slather them in full-fat sour cream and you'll be transported to your (Ukrainian) grandma's house. (The double cheeseburger with bacon is also legendary here.) While you're polishing off your perogies peruse the wall of photos—all scenic shots of Czechoslovakia, owner Steve Vodradka's homeland. He is an ever-present fixture at Sonya's, serving tables and stopping for quick chats as he works the room.

A LA CARTE APPETIZING AROMA BATTERED BUTTERY CLASSICAL COMFORT FOOD CREAMY DASH DECADENT DEGLAZE DELECTABLE DELIGHTFUL EAT EARTHY EDIBLE ENTICING ENTRÉE FIERY FLUFFY FRAGRANT FRESH FULL-BODIED GARLICKY GLAZED GOOEY HEARTY HEAVENLY HORS D'OEUVRE HOT ICY INFUSED INTENSE INVITING JUICY JULIENNE KICK KOSHER LAYERED LEMONY LIP-SMACKING LUSCIOUS MARVELOUS MASHED MELTING MINTY MIXED NATURAL OOZING ORGANIC PECK PICKLED PIPING RARE REFRESHING RICH SALTED SCRAMBLED SCRUMPTIOUS SEARED SEASONED SMOKEY SPICY SPIRITED SUGAR-COATED SWEET TANGY TANTALIZING TART TASTY TEMPTING VANILLA VELVETY WARM WELL-DONE WHIPPED YUMMY ZESTY

NEED SUGGESTIONS ON WHERE TO EAT WHEN YOU'RE IN TOWN?

E-MAIL
GOODEATS@PEGCITYGRUB.COM
OR FOLLOW US ON TWITTER
[@PEGCITYGRUB](https://twitter.com/PEGCITYGRUB).



ABOUT PEG CITY GRUB

Here's the thing about eating: It's a lot of fun. We've been told food should be local, organic and good for you. Fair enough, but above all I want my food to taste great.

My quest? To help visitors and locals find the best food in Winnipeg and dish up the goods in 400 words or less.

Peg City Grub is a Tourism Winnipeg initiative, providing culinary tourists a guide showcasing where to eat in Winnipeg.