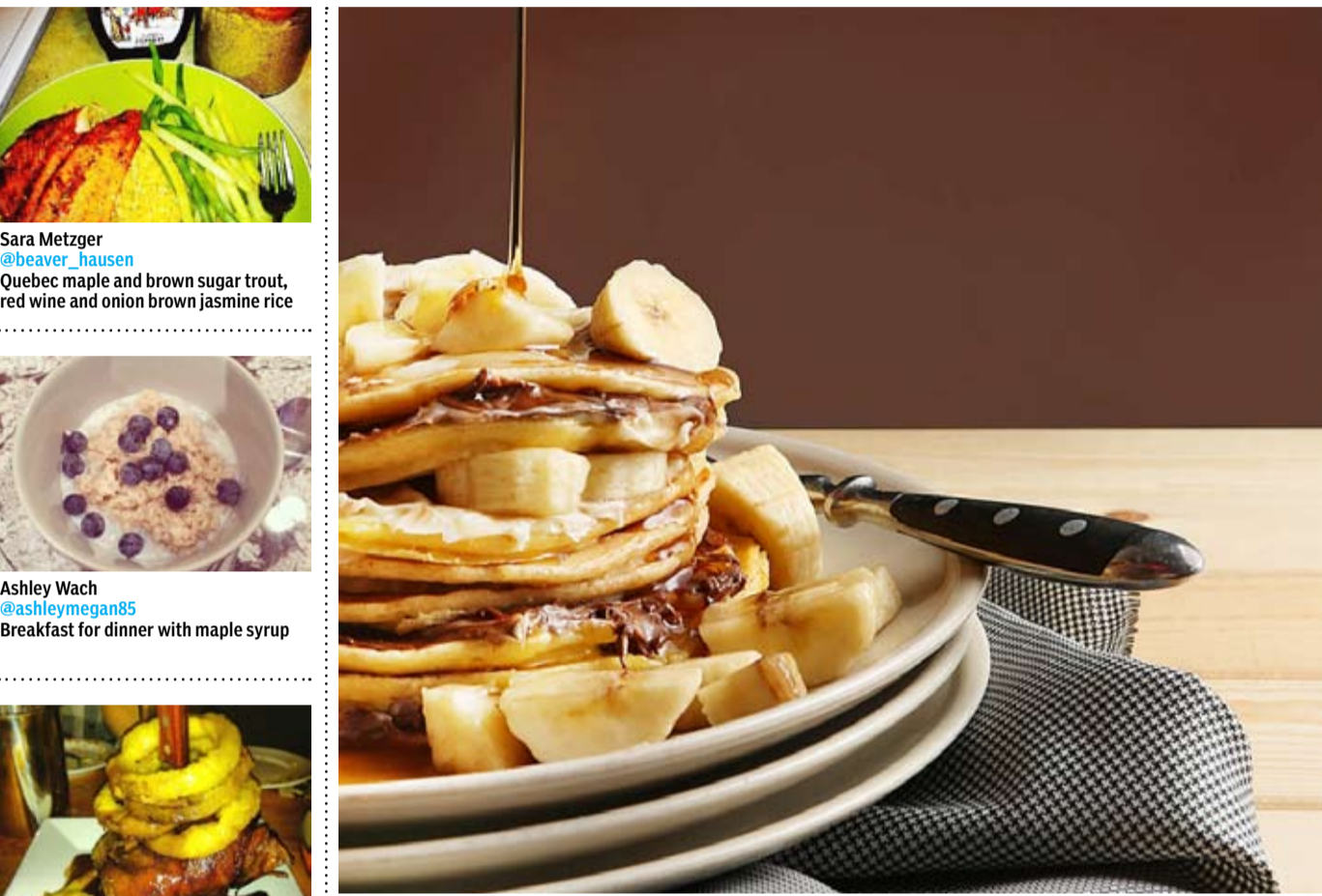


YOUR MISSION COMPLETED: MAPLE vs. HONEY

Last week, we challenged you to take sides in a battle between scrumptious sweeteners. In the end, more Gastroposters voted for Team Maple, which was fuelled by patriotism, Pancake Tuesday and a sense that maple goes with winter. On these pages, **Twitter handles are in blue** and **Instagram in brown**.

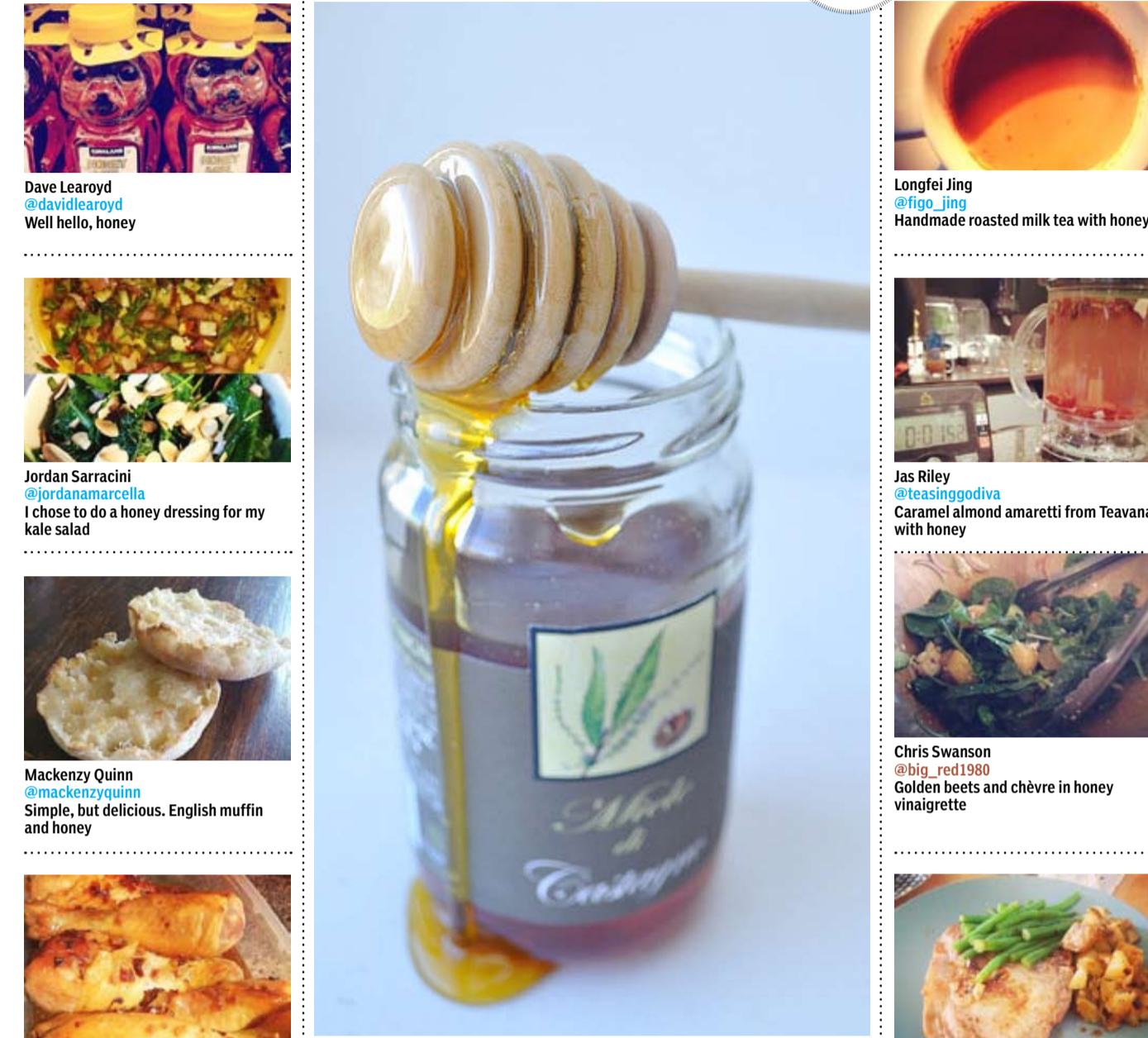
WINNER: TEAM MAPLE 58%



Amanda See
@janeamandasee
I'm definitely on Team Maple, especially if it's poured on a stack of moist and fluffy pancakes.

| | | | |
|---|---|---|---|
| Sara Metzger @beaver_hausen Quebec maple and brown sugar trout, red wine and onion brown jasmine rice | Stephanie Cheng @fatty_mcfatster Fried chicken and waffles with cherry-infused maple syrup | Nelson Cardoso @photosandfood Our traditional weekend pancake breakfast with the family | Longfei Jing @figo_jing Handmade roasted milk tea with honey |
| Ashley Wach @ashleymegan85 Breakfast for dinner with maple syrup | Meghan Jones @mingsjunk Saturday morning banana, raspberry, blueberry pancakes with maple syrup | Jessica Meddows @northandsouthnomads Maple syrup is the perfect vegan sweetener for my breakfast smoothies | Jas Riley @teasinggodiva Caramel almond amaretti from Teavana with honey |
| Adam Bronk @adambrnk Maple syrup-glazed duck at Au Pied de Cochon, Montreal | Joyce Wong @jyocwong Who needs honey when you can have maple syrup? | Alyssa Mohabir @jys1416 Freshly made crêpe with brie, blueberries, walnuts and maple syrup | Chris Swanson @big_red1980 Golden beets and chèvre in honey vinaigrette |
| Gladys Yeung @lady_s Maple-brined pork loin with a maple-dijon glaze | Alexandra Charendoff @alexcharen28 Much to my surprise, I sided with maple with a maple bacon mac and cheese | Danielle Harrison @ginger_rdp Maple poor man's pudding | Corinna Horton @foodgypsy Vote for Team Honey! Honey is one of nature's most precious gifts. |
| Daniella Friedland @daniellaf Maple for mini pancakes | Andreeanne Menard @andreeanne_menard Homemade maple granola with oats, almonds, pumpkin seeds and dry fruits | Jenell Diegor @jhenellfx Maple-infused leche flan. Adding Canadian maple to a Filipino dessert | Nicole Rogers @sauntepickie Roasted pork chops in a spicy honey garlic glaze |
| Anthony Ramundi @anthonyramundi Maple milk panna cotta with Riesling stewed figs | Tram Tran @thetranscooks Pickled cherry fizz with maple whisky | Chery Hallm @cheryhallm Finishing the night off with a maple macchiato | Anchela Thiruvilangam @anchelaat Roasted balsamic Brussels sprouts on a bed of sautéed honey garlic bok choy |
| Sanber Motiwala @sanbermotiwala Going with maple ice cream in this red velvet ice cream cake | Esther Vallins @esthervallins Stuffed acorn squash with red quinoa, kale, cranberries and amber maple syrup | Margot Underdown @margotunderdown Maple soy salmon with maple-roasted Brussels sprouts | Joanna Sung @jsweetsbys Honey tea biscuits with currants and cranberries |
| Ammar Abdul-Raheem @ammaroriginals Fried chicken and Belgian waffles with chili maple citrus glaze, Stockyards | Alex Razimor @alexrx25 Classic maple salmon | Rachael Glassman @rachaelg Maple soy salmon with maple-roasted Brussels sprouts | Andrew Case @swetcase1 Spicy barbecue chicken fried in honey and coconut oil |
| Daryl Motton @breakbeat Maple salmon | Emily Paul @emilypaul1 Cookie crumble chocolate chip blueberry waffles with maple syrup | Tara Murphy @tarmurphy Maple lemon ginger cheesecake on maple gingersnap crust | Melodie Drastik @melodrastik Duck legs in honey, orange and coriander sauce |
| Ruth Buder @ruthbuder Homemade granola flavoured with maple | Avril Dureault @avrilmoor Maple cupcakes topped with dark grade maple syrup | Jodi Weisleder @jodiweisleder Maple lemonginger cheesecake on maple gingersnap crust | Devon Liu @foodsforto Waffle with ice cream, honey and fruit |
| Lili Lam @lilidprincess24 Delicious maple syrup, cheese and bacon | Lucas Kapieniak @lucaskapieniak Maple syrup | Robert Saunders @robthry_zbrnak Maple-glazed pulled pork sandwich | Leorah Setton @leorahsetton Team Honey! Multigrain Cheerios with honey |

TEAM HONEY 42%



Corinna Horton
@foodgypsy
Vote for Team Honey! Honey is one of nature's most precious gifts.

| | | | |
|---|--|--|---|
| Dave Learoyd @davidlearoyd Well hello, honey | Jordan Sarracini @jordanamarcella I chose to do a honey dressing for my kale salad | Mackenzey Quinn @northandsouthnomads Simple, but delicious. English muffin and honey | Sarah Dziemanko @sarah7607 Honey garlic chicken. Honey wins |
| Shannon Litt @shannonlitt Honey wins over maple with this yogurt, granola and honey parfait | Aysa Manori @amanori Best snack: Toblerone honey | Joanna Zdrojewska @virtuostonline Major cheat meal: chicken and waffles with honey, Home of the Brave | Anchela Thiruvilangam @anchelaat Roasted balsamic Brussels sprouts on a bed of sautéed honey garlic bok choy |
| Abby Chan @abbybee My favourite, honey garlic wings | Vanessa Mammoliti @picnicmusic4life Homemade veggie sandwich with pesto honey mustard garlic mayo | Tori Alexander @thejigglerhaha Honey all the way! Honey-glazed pork chops, garlic potatoes, sautéed veg | Joanna Sung @jsweetsbys Honey tea biscuits with currants and cranberries |
| Karolina Gumpert @picnicmusic4life Enjoys tasting flavours of the world Team Honey: pancakes with papaya, mango, opuntia and starfruit | Elizabeth Duckett @elizabeth4life Power bars with honey from Board's Honey Farm in Restoule, Ont. | Carla Silva @phoastasia_carlas "The fruit of bees, desired by all... sweet to kings and beggars." - St. Ambrose | Andrew Case @swetcase1 Spicy barbecue chicken fried in honey and coconut oil |
| Merixell Oller @mrlloc Chicken couscous with black pepper and honey | Momina Zahid @marriedtofoodie Midnight snackin' on a salad glazed with apple cider vinegar, honey and olive oil | Sylvia Stefanova @sylviasimplelife Fresh figs with honey | Melodie Drastik @melodrastik Duck legs in honey, orange and coriander sauce |
| Jaime Mayer @jaimejmayer Almond milk crepes with Greek yogurt, pineapple and mango, drizzled with honey | Rona Ricafort @svetalkh Mango and strawberry juice with ashta cream and honey at Paramount Fine Foods | Devon Liu @foodsforto Waffle with ice cream, honey and fruit | Leorah Setton @leorahsetton Team Honey! Multigrain Cheerios with honey |

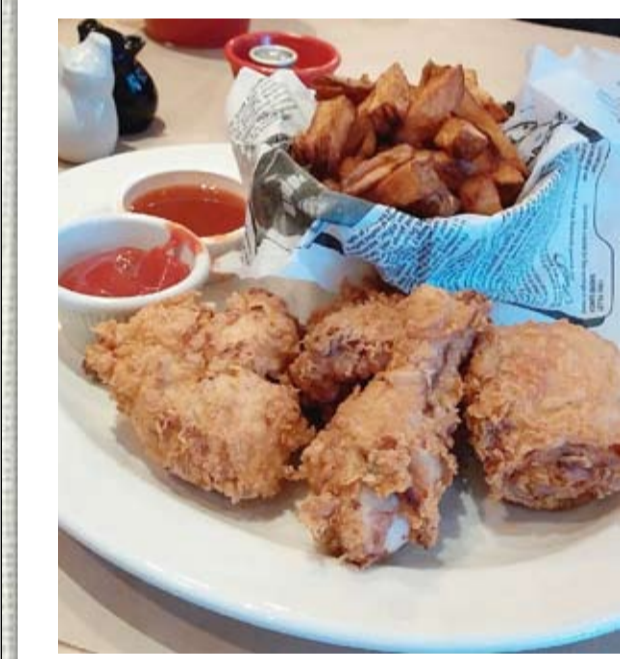
JOIN US!

- ✓ Get your food pics & ideas published in the National Post
- ✓ Be the first to find out about new missions
- ✓ Get your very own Gastrosketch



YOUR NEXT MISSION: PUB GRUB

With St. Patrick's day celebrations around the corner, it's no surprise we're starting to see green. And what better way to celebrate Irish culture than with pub grub? **Your mission this week is to head to a local tavern and share your love of reliably satisfying pub food with Gastropost.** Or recreate a pub-style dish at home, whether a **British Isles favourite** like fish and chips, full Irish breakfast or bangers and mash, or a **North American bar staple** like nachos or wings.



MISSION INSPIRATION
Invented in Buffalo, N.Y., in the 1960s, the spicy, deep-fried chicken wing has since spread across North America to become a reliable fixture in countless bars. If you might be in the mood for a fancied alternative, check out Gastroposter **Linda Matarasso's** discovery: This delectable, hand-dipped-in-buttermilk fried chicken at **The Fifth Pubhouse**.

GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community.** There are several ways to do that:

- Post a photo on Instagram and tag it with #gastropost
- Post a photo through Twitter and tag it with #gastropost
- Upload a post to Facebook and tag it with @Gastropost
- Post directly to our website

Visit gastropost.com to see what your fellow Gastroposters have been eating.