

gastropost

FOOD MISSIONS FOR FOOD LOVERS

VANCOUVER

YOUR MISSION COMPLETED: ORANGE RUSH

Last week, we challenged you to bring some colour into your fall days by enjoying something orange and sharing it with the Gastropost community. You had a lot of bright ideas on how to do that, from Halloween treats to fall vegetables. On these pages, [Twitter handles are in blue](#) and [Instagram in brown](#).



Jay Jones
[@barjonesing](#)
Cocktail with gin, Aperol, elderflower and Bittered Sling bitters



Sony Torre
New Gastroposter
Homemade mango cake, a taste of the Philippines



Yunona Retyunskaya
[@yunre](#)
A typical Russian celebration



Desiree Neilsen
[@desireerd](#)
Probably the most harvest orange-hued chili I have ever made



Alan Chow
[@dokdokbing](#)
Red kuri squash soup courtesy of Chef Hokuto Yamanaka of Harvest



Shyla Magbuo
[@alyhs](#)
An orange Sunday, with lentil and carrot soup, and persimmon



Corinne Lacher
[@holisticfoodie](#)
A hearty warming salad for fall with chicken, squash and beets



Rebecca Sand
[@beccadollxox](#)
Charles the fish



Valentine Kitamura
[@tartine_maple](#)
Butternut squash red curry soup. Absolute fall favourite



Simon Kwok
[@si_kwok](#)
Butternut squash soup



Matt Stregger
[@therealspunku](#)
Pulled pork pizza with a cauliflower crust



Lester Chung
[@lesterjameschung](#)
Orange zest



Shelley Norris
[@the_vegan_hippie](#)
Garden medley stew for fall days



Sean Neild
[@YVRBCbro](#)

Citron mandarine from Ganache Patisserie in Yaletown.



Leslie Ty
[@zilvr](#)
Sweet potato fries with Cajun aioli



Annabelle Lucero
[@annabellelucero](#)
Roasted squash risotto garnished with fried sage chips



Shiyu Fu
[@may19920525](#)
Fresh carrot juice



Laurie Oue
[@konaish](#)
Ikura sushi with quail egg



Mike Zackon
[@gooochimike](#)
Fish and yam fries, White Spot



Kara Downs
[@queenbluxuries](#)
Peanut yam and carrot soup with spicy roasted chickpeas



Jessica Lim
[@limheelys2](#)
Wild orange blossom tea



Ashley Kollenz
[@ashleykollenz](#)
Homemade orange cream cupcakes



Logan Trudeau
[@queer_pup](#)
Golden Temple



Hyojung Kim
[@jungsmindd](#)
Jjambong



Shannon Pang
[@shannon_pang](#)
Chupe de mariscos, Peruvian seafood chowder



Amanda Eland
[@wstd](#)
Blackened lingcod in carrot ginger coulis



Julie Pecarski
[@eatlifebalance](#)
Pumpkin coconut hemp protein cups



Deryn Macey
[@runningonrealfood](#)
Vegan curry soup



Carolyn Yu
[@tattoo_giggles](#)
One of them. All of them



Kat Dimla
[@nnjastyle](#)
Some tequila sunrise makes the fall months feel like summer



Chris Flak
[@chrisflak](#)
Delicious pumpkin red curry with scallops and tiger prawns



Laura Berg
[@1984lmm](#)
Cheddar apple scone and pumpkin spiced latte at Trees Organic



Lena Huynh
[@lelehuynh](#)
Warming up with chocolates and a nice, warm bevvu



Cindy Tran
[@cinbin82](#)
Using a clementine to seal in the stuffing and juices in roast chicken



Anita Oh
[@petitefoodie](#)
Lemon dill salmon with roasted yams, lemon butter prawns



Andrea Robyn
[@gfvancover](#)
it's soup season! Making your own stock is easy



Stephanie Wren
[@stephwren](#)
Fool your kids with butternut squash mac and cheese

YOUR FOOD COULD BE IN THE PAPER, TOO

JOIN US!

- ✓ Get your food pics & ideas published in The Vancouver Sun
- ✓ Be the first to find out about new missions

YOUR NEXT MISSION:

SOUP'S ON

This week we fend off the gathering cold with a warming bowl of sustenance: **Your mission is to eat soup**, which comes in a variety of forms in diverse Vancouver: From **ramen** and **pho** to **chowders** and **broths**, you've got plenty to choose from. So ready spoons and slurp!

MISSION INSPIRATION



Did you know **November is Ocean Wise Month**? Our partner Ocean Wise says it's a time a time to be mindful of the **choices we make at the seafood counter** – something to keep in mind if you're making a chowder (like Gastroposter **Lester Chung's**, above) or another warming seafood dish this month. Visit oceanwise.ca to learn more.

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:



Follow us on Instagram and tag a photo with #gastropost



Post a photo through Twitter and tag it with #gastropost



Post directly to our website

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

gastropost.com

DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

Email us at vancouver@gastropost.com
Or contact us through Twitter at @GastropostVAN
Follow us on Instagram at @GastropostVAN

Amal Pingol
@ms_dimples0428
Pumpkin curry soup



Angélique Prince
@angeliques_eats
Caprese salad with persimmons instead of tomato



Güzin Taskiran
@guzin_taskiran
Decaf blood orange tea



Zoe Mack
@zo_mack
Turkey and yam chilli with lime wedges and corn bread



Alexis Moore
@tyranno_sauruslex_ Tomato and spinach bisque with cheddar



Lindsay Irving
@lindsay_irving
Persimmons are in full swing!



Cathy Lau
@cat_meow_meow
Carrot and ginger soup



Erwin Vhon
@synarchist
Sweet mango roll and energy roll



Helen Pang
@hpanger
Hainanese laksa, perfect for a rainy cold day



Courtenay Gee
@courtgeezy

Orange is the new ... ah, forget it. Delicious pumpkin soup



Maggi Mei
@magmei
Passion fruit mousse cake



Jude Hannah
@studiojude
The autumn colours of bright, bold peppers



Erica Hill
@ericajeanhill

My go-to soup for fall: ginger butternut squash



Amy Wu
@meihua84
Crab season



Maria Sandjaja
@msandjaja
Jambalaya rice bowl



Imran Farouk
@imzo
Got served this wonderful orange drink at The Grain tasting bar



Jeneese Marchand
@jeneeser
Can't get enough of my early morning breakfast sandwich



David Allman
New Gastroposter East Van
Vodka at Odd Society Spirits. Floral, delicious



Anita Fung
@missfung
Lemon tart topped with a gooseberry and raspberry mango coulis



Joy Ireland
@joyireland
Roasted veggies and rice



Brooke Takhar
@gfauthority
I'm REALLY REALLY trying to embrace carrots

