

# gastropost

FOOD MISSIONS FOR FOOD LOVERS

VANCOUVER

## YOUR MISSION COMPLETED: FRIED HOLIDAY

As the holidays grew near, Gastroposters adorned their tables last week with deep-fried delights to celebrate all things truly seasonal. From sweet to savoury, the festive fried force was strong!

On these pages, [Twitter handles are in blue](#) and [Instagram in brown](#).



Jessie Liang  
[@jessieksf](#)  
Fried chicken wings



Josh Gale  
[@thechefoutwest](#)  
Chicken ballotine, mushroom and bacon stuffing on top of dirty rice



Karen Chang  
[@karen\\_ontheyogamat](#)  
Shanghai food to perfection



Katerina Tsangarakis  
[@katthegrecian](#)  
Loukoumades! First time making these Greek delicacies



Leslie Chong  
[@pesspong](#)  
Insert pun about tempura



Michelle Rodriguez  
[@amor\\_comida](#)  
Homemade pancakes, with bacon-fat-fried potatoes and crispy bacon



Pauline Lai  
[@pauline9](#)  
Deep fried chicken knuckles



Stephanie Co  
[@yummybites604](#)  
Hubby sent me a pic of his dinner. Better than Pajo's he says



Alisha Duncan  
[@leashae](#)

*Deep fried pickles anyone? The perfect amount of crunch and tang. Perfect for any holiday party!*



Jo Vanderwolf  
[@joandsue](#)  
Fried saucy wings. I could eat these forever!



Julie Tartaglia  
[@julesceetee](#)  
Fried ravioli and tomatoes



Karen Lee  
[@kalyrical](#)  
Sab's study snack



Kelvin Claveria  
[@kclaveria](#)  
Sunday funday begins with brunch!



Jodi Hill  
[@algyax](#)  
Crab cakes with holiday dip and festive peppers



Kaka Lau  
[@crazytingg](#)  
Fish cakes, gyoza and veggie croquette



Karina Mikertumova  
[@flavourhunter](#)  
Crab delight from West Vancouver's Thai Pudpong



Laura Smith  
[@laurachills](#)  
Indian bhajia fusion style onion rings



Lily Yuen  
[@lilsbelle](#)  
Three of my favorite staples



Marialyn Carolino  
[@marialync78](#)  
Pork spring rolls. Ain't no Christmas Party without 'em



Maggie Nguyen  
[@tasteofvancouver](#)  
Pappardelle alla bolognese and fried egg at Ask for Luigi



Mary Sheridan  
[@maryinvancity](#)  
Deep fried pickles at The Charles Bar



May Baldonado  
[@maymayb68](#)  
Spicy fried fish in sautéed glazed onions



Michelle Valancius  
[@yougoventi](#)  
Baked lobster dip accompanied by crispy won ton chips



Nancy Wu  
[@nomsscom](#)  
Okra tempura



Natasha Carson  
[@ig.natasha](#)  
Mmmm I love my eggs



Pam Singtoroj  
[@holdmytacos](#)  
Fried chicken



Patricia Wu  
[@trishawu](#)  
Bring on the wings!



Purnima Rao  
[@purnimarao1](#)  
Brioche dough and homemade plum preserves



Sarah Wu  
[@sarahwu](#)  
Yummy donuts



Shannon Pang  
[@shannon\\_pang](#)  
Crispy deep fried chicken



Sharlyn Chan  
[@foodiemama604](#)  
Lumpiang shanghai (pork spring rolls) and string beans with garlic



Simon Kwok  
[@si\\_kwok](#)  
Well, they wanted fried for this week's mission!



Thor Kofoed  
[@thorstormlord](#)  
Homemade chicken fingers fried in olive oil. Mmm



Todd Jacobs  
[@simplydelish14](#)  
Coconut chicken, whipped potatoes and marsala cream reduction



Tyler Hass  
[@thass44](#)  
Chicken piccata with capers, lemon and parsley, asiago and basil garnish



Yosh Kasahara  
[@ykasahara](#)  
Homemade French Onion Soup Rings inspired by Alder NYC



Ritchie Liu  
[@richi0824](#)  
My favourite yam fries

# YOUR FOOD COULD BE IN THE PAPER, TOO



**Sarah Cheung**  
@sarahcheung37  
All your dreams just came true.



**Alice Ng**  
@feedsenses604  
Tiny, yummy morsels of gourmet mini donuts



**Alison Leung**  
@fatelyf  
Pork cutlet donburi



**Roanna Young**  
@roannay  
Bite to eat before we head to Whistler!



**Julia Zhou**  
@heartfood\_yvr  
Canyon of Lights mini donuts.



**Alvin Cheung**  
@happydiner  
Indulge, it's Friday



**Annie Wang**  
@ediblelookbook  
Peppered tuna tataki with garlic chips and spicy mayo sauce



**Eunice Bae**  
@eunicebaebae  
Chicken and waffles, Pad Thai fries, bruschetta fried eggs, frittata with salad.



**Areta Wong**  
@foodgressing  
Latkes with sour cream and applesauce



**Carmen Graham**  
@carmenholly  
Christmas themed fried vegan hashbrowns



**Christa Yeung**  
@kuriboshi  
Beautiful crispy fried egg and avocado on toast



**Christine Barker**  
@pastrypuffs  
Christmas doughnut flavours from Lucky's



**Christine Beaulieu**  
@tootsiewear2  
Pan fried salmon with panko and lemons



**Deirdre Ryan**  
@deir\_r  
Dreaming of homemade cream puffs



**Diane Ty**  
@dineoutwithdee  
Gyoza with just the right amount of crispy bits!



**Dora Korzuchowska**  
@dora\_korz  
Frying trout is maybe fun but it smells bad



**Elaina Yuan**  
@laineeb  
Chicken Caesar wrap with yam fries



**Elizabeth Andrews**  
@curiousfoodstud  
Delicious firecracker chicken stir fry



**Fiona Wong**  
@fionabyw  
Korean-style sweet and sour pork chung wa dae tasted pretty good!



**Genevieve Magtoto**  
@the\_bump  
I am the worst vegetarian



**Irene Kuan**  
@kuanirene  
Chicken katsu don



**Jeanette Lam**  
@vancouvervegetarian  
The new Butter Crunch donut at Cartems Donuterie



**Jennie Yuen**  
@jenniyuen  
Yummy fried cod and crispy onion rings!



**Jennifer Wiwchar**  
@jennlw24  
Arancini balls

## JOIN US!

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

### YOUR NEXT MISSION: CALLING ALL CARBIVORES

From festive mashed potatoes and stuffing to dependable bread and crackers to delightful cookies and fruits piled high, December is a terrific month to find satisfaction in saccharides and glee in the glycemic index. **This week, your mission is to celebrate carbohydrates** – the starchier, the better. Many will tell you there are solid reasons to go easy on the starches and sugars, but if you do indulge, share your carbo-licious foods with Gastropost.

### Mission Partner: Becel® MISSION INSPIRATION: Crackle-Top Gingerbread Date Cookies

Looking for a bit of magic for that holiday party, one that you can prepare in less than an hour? Put out a plate of these crackle-top gingerbread date cookies and watch them vanish. **Chef Corbin Tomaszeski** says Becel® margarine, our mission partner his week, can be a key ingredient when entertaining. "You can use margarine in your baking. It's a great substitute for butter, but with 80% less saturated fat." And if another recipe with butter has already made your holiday wish list, consider subbing in Becel® to take advantage of its deliciousness and ease of use. Says Chef Corbin: "Wherever you see a recipe that calls for butter, substitute Becel® for it in the same amount." For this recipe and many more, visit [becel.ca/en/becel/heart-healthy-recipes/](http://becel.ca/en/becel/heart-healthy-recipes/). If you use margarine with your recipe this week, or have another bit of magic to add to your holiday dish, let us know by adding the hashtag #holidaymagic to your #gastropost, and we'll feature some of those in next week's paper!



## 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](http://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](mailto:vancouver@gastropost.com)  
Or contact us through Twitter at @GastropostVAN  
Follow us on Instagram at @GastropostVAN