

gastropost

FOOD MISSIONS FOR FOOD LOVERS



Areta Wong
@foodgressing

Love crunchy, deep-fried chicken cartilage.

MISSION COMPLETED: HAPPY CHINESE NEW YEAR

Last week, we asked you to celebrate Lunar New Year with your favourite Chinese dishes. From hot pots to potstickers, Gastroposters had us taking note of how they rang in the Year of the Goat. **Twitter handles are in blue** and **Instagram in brown**.



Desmond Chun
@globalnoms
Chinese New Year dinner at grandparents



Madeleine Quon
Frequent Gastroposter
My grandmother's almond cookie recipe



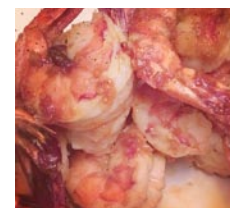
Gail Gromaski
@gailgromaski
Zhu rau baozi: small pork buns



Kenneth Chooi
First-time Gastroposter
My Mum's fermented vegetarian salad



Po On Yeung
@poymeetsworld
Chocolate orange Kit Kat for Chinese New Year



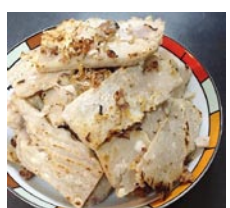
Jeremy Li
@ham__jsl
Glazed tiger prawns for the celebration



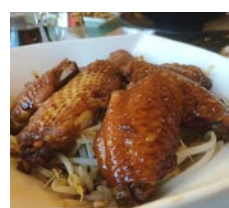
Kaka Lau
@crazytingg
Lau family dinner



Malika Smith
@betersprouted
Rice noodle stir-fry with a side of sunshine



Moon Lok
@myl_08
Homemade taro cake



Joanna Antoine Chan
@doedi_doe
Chicken wings from Double Double



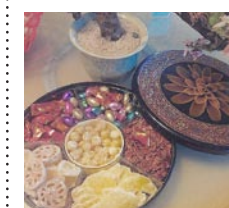
Anna Bennett
@amnonma
Wonton soup



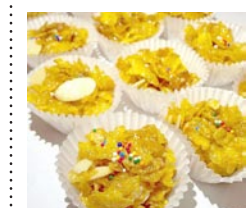
Ping Lee
@2hungrypiglets
This ginger salad with crunchy bits hit the spot



Dora Korzuchowska
@dora_korz
This recipe never fails: seafood stir-fry



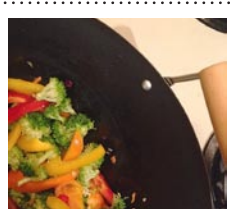
Sandra Yan
@s_yann
The tray of togetherness



Crescencia Goana
@purplestarr
Chinese New Year baking



Elaina Yuan
@laineeb
Shrimp dumplings



Radhika Khan
@radicalradhika
Beginnings of stir-fry



Andy Feng
@bigshow_88
Peking duck for lunch? Sure, why not?



Mao Kono
@_aiammaiaa
So many rounds of Chinese food

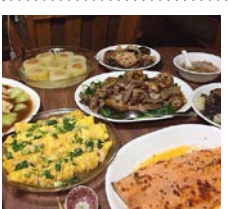


Mandy Kuzyk
@mkuzyk
Homemade cashew chicken

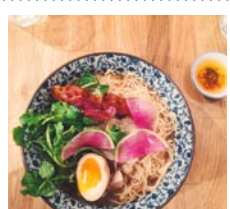


Mary Sheridan
@maryinvcity

Long noodles are served traditionally to represent long life.



Sara Fung
@much_eat
Seafood and pork for Chinese New Year



Michelle Bruton
@mish_chief
Ramen break at Harvest Community Foods.



Patricia Lau
@hungrypiggies
Oodles of noodles



Vanessa Fiaz
@vanessastar89
Wishing everyone a happy, Year of the Goat!



Andrea Young
@andrea_young187
Cookies for the new year

YOUR FOOD COULD BE IN THE PAPER, TOO

JOIN US!

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

YOUR NEXT MISSION: NICE AND TOASTY

It's one of the trendiest foods around, so this week we propose a toast to ... toast! **Your mission is to turn up the heat and show us your most favourite toasted foods of any kind.** Do you like browned bread with butter or do you top your toast with something less traditional? From toasted nori and sesame seeds to bagels, bruschetta and BLTs to English muffins and marshmallows, your mission is complete as long as it's toasted.



Photo of bruschetta by Gastroposters *Adrian & Jeremy Inglett*

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



Betty Hung
@yummyworkshop
Wishing you a year of happiness and health

Jeanne Shek
@jnnshk
The wonder of Chinese New Year hot pot: Good luck, good fortune and very delicious!



Grant Snow
@chefsbackpocket
Representing the Year of the Sheep at Pink Pearl



Mabel Ma
@theloneyater
Happy Chinese New Year!



Dorothy Higa
@younextyear
Mmmm, pork bun

Iris Wong
@iirrriss
Chinese New Year family dinner made by my grandma.



Jenn Chan
@jennchanphotography
Happy Lunar New Year everyone!



Cassandra Anderton
@goodlifevan
Squash dumplings at Bambuddha

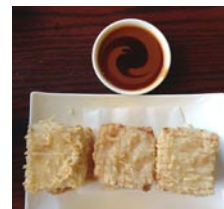


Janfond Deng
@jayemdee
Chinese delicacies cooked by Mama Deng

Christy Nakatsu
@christy.jennifer
An afternoon snack for the kids, served in my handmade pottery. Happy Chinese New Year!



Mimi Tse
@memeecce
Chinese New Year dinner with the family



Calyx Serafini
@calyxserafini
Deep-fried turnip cakes for gung hai fat choy



Raymond Chow
@chinesebites
Spring rolls symbolize wealth

Dominic Dobrzensky
@count3d
Wonderful chicken wonton. Any day!



Lexi Kish
@wonderfultreats
Soup dumplings



Julia Zhou
@heartfood_yvr
Dinner spread for Chinese New Year



Jen Ho
@jailykei
Chinese New Year's feast

Vinita Trieu
@vinitasfooddiary
These are specially made Chinese New Year macarons from Beard Papa's in Richmond.



Diana Chan
@foodologyca
Nothing says happy New Year like a ram chocolate



Ching San Diego
@chrisbreezyfyme
Fortune cookies