

# *gastropost*


FOOD MISSIONS FOR FOOD LOVERS

VANCOUVER

## YOUR MISSION COMPLETED: GET CULTURED

Last week, we asked you to give us a lesson in culinary cultural studies. From kombucha to kimchee, Gastroposters put together a fantastic display of fermented foods, forever to be preserved on these pages. [Twitter handles are in blue](#) and [Instagram handles are in brown](#).



 **Michelle Li**  
[@mintgreenapron](#)  
Homegrown chive flowers get a white wine vinegar bath to create a pink-hued concoction.



**Maria Masi**  
Frequent Gastroposter  
Homemade pickled red peppers, strawberry and raspberry jam



**Gwen Wright**  
[@devournconquer](#)  
My wild sourdough culture is going strong



**Maria Larosa**  
[@mariasucina](#)  
Cultured foods: sausage, capicola, baguette and Parmigiano Padano



**Tracey Nimmo**  
Frequent Gastroposter  
Homemade yogurt with berries and egg and shrimp sandwiches



**Rebecca Coleman**  
[@rebeccacoleman](#)  
Another batch of kimchee goin' down



**Courtney Washington**  
[@quewpeycat](#)  
Greek yogurt and raspberry swirl



**Christa Yeung**  
[@kuriboshi](#)  
Pistachio danish and matcha latte at MyCup Coffee & Tea



**Sophie Turner**  
[@feastinginstyle](#)  
Sourdough pancakes with coconut cream at Float On Bakeshop



**Sharon Ng**  
[@ask\\_foodoholic](#)  
Yakult was my favourite yogurt drink when I was little



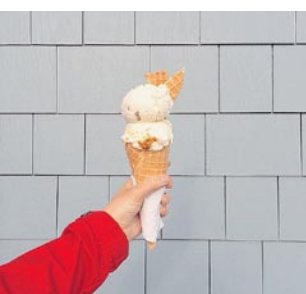
**Jay Jones**  
[@barjonesing](#)  
Getting a little culture at Homer St. Cafe & Bar



**Mariz Reroma**  
[@marizmerize](#)  
Definitely my favourite frozen yogurt in Richmond at Timothy's



**Kristy Gardner**  
[@mskristygardner](#)  
Pasta with ricotta, arugula and sausage topped with Parmesan



**Anna Nguyen**  
[@annanguyen\\_](#)  
Well deserved ice cream after the Diaz Vista



**Deanna Duguid**  
[@sontespli](#)  
Kale and strawberry salad with homemade balsamic dressing



**Jeneese Marchand**  
[@jeneese\\_m](#)  
Delicate sweets with Champagne



**Vanessa Wang**  
[@icebirdloveeat](#)  
Steamed Ireland razor clams with butter garlic and white wine



**Cassandra Anderton**  
[@goodlifevan](#)  
What better way to snack than a Bestie pretzel platter?



**Rosa Westinghouse**  
[@westingr](#)  
Blue cheese, cheddar, goat cheese and dates on gluten-free flatbread



**Annie Wang**  
[@ediblelookbook](#)  
Kimchee and tobiko fried rice




**Ruveen Stogryn**  
[@ruveenstogryn](#)  
Delicious bread covered in olive tapenade with goat's cheese



**Nana Mizuno**  
[@bananavox](#)  
Kimchee fries



 **Torrey Coad**  
[@mindfulmorsels](#)  
Gluten-free and vegan buckwheat crepes with coconut yogurt, strawberries and balsamic glaze drizzle. Perfect balance of sweet and tangy.



**Amanda Tung**  
[@amandaatung](#)  
Starting the day with sun-dried tomato and rosemary scones



**Pauline Lai**  
[@pauline9](#)  
Fresh fruit with yogurt breakfast



**Saarah Malawiya**  
[@smalawiya](#)  
Anyone want to start their own kombucha?



# 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: GOT THE BRUNCHIES

With Mother's Day weekend upon us, we have a golden opportunity to celebrate midday dining. This week, **we're honouring that delicious time of day by making it your mission to eat brunch.** Whether out at a favourite spot or prepared at home, we want to ogle over your pancake stacks, Benny variations, hearty oatmeals and savoury frittatas. Brunch may not be an official meal of the day, but it just may be the most delicious. Show us why, Gastroposters.

MISSION PARTNER:  
ALMOND BREEZE



### MISSION INSPIRATION

As a lactose- and gluten-free beverage, **Almond Breeze** is a versatile replacement for any liquid in all your favourite recipes and adds a delicious nuttiness that you'll love — especially at brunch!



Not only is Almond Breeze a great addition to the beloved healthful smoothie, it's great for giving brunch classics such as pancakes a twist with a hint of almond flavour. Top these oatmeal almond pancakes with seasonal fruit and yogurt or keep it simple with maple syrup. For this recipe and many more, visit [almondbreeze.com/applications/recipes](http://almondbreeze.com/applications/recipes). **Use Almond Breeze in your kitchen to create the best brunch for this week's mission**, and let us know by adding the hashtag **#coolerwithalmondbreeze** to your **#gastropost**. We'll feature some of your ideas 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](https://twitter.com/GastropostVAN)  
Follow us on Instagram at [@GastropostVAN](https://www.instagram.com/GastropostVAN)



Cara Cara  
[@lovecararosa](https://www.instagram.com/lovecararosa)  
Our homemade pickled garlic is almost ready



Angelina Lam  
[@bitesizenotes](https://www.instagram.com/bitesizenotes)  
Cheese sampling at EAT! Vancouver



Dennis Pang  
[@dennispang](https://www.instagram.com/dennispang)  
Khao pad ka naa moo grop from Kin Kao Kitchen



Josh Gale  
[@thechefoutwest](https://www.instagram.com/thechefoutwest)  
Honey panna cotta, gooseberry sorbet and polenta shortbread



Trudy Tran  
[@trudytran](https://www.instagram.com/trudytran)  
Yogurt and fruit



Jessica Smith  
[@jesssmithphotog](https://www.instagram.com/jesssmithphotog)  
It's not Cinco de Mayo until we bake some Corona cupcakes



Sean Neild  
[@yvrbcbro](https://www.instagram.com/yvrbcbro)  
I get cultured with my homemade roasted beet tacos



Areta Wong  
[@foodgressing](https://www.instagram.com/foodgressing)  
Matcha yogurt smoothie in a Mason jar



Raveena Minhas  
Frequent Gastroposter  
Bubbling hot kimchee stew: I loved my first Korean meal experience!



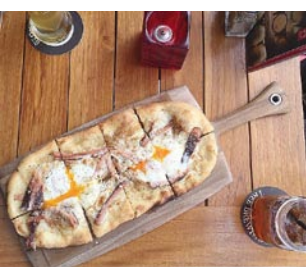
Mary Sheridan  
[@maryincvcity](https://www.instagram.com/maryincvcity)  
Pickled vegetables at Gyoza Bar.



Airiane Rogers  
[@airianestar](https://www.instagram.com/airianestar)  
Kombucha: the cultured brew of choice for our household.



Vashti Verbowski  
[@vashtiverbowski](https://www.instagram.com/vashtiverbowski)  
My very cultured appetizer.



Spencer Williams  
[@dspencermusic](https://www.instagram.com/djspencermusic)  
Pork belly and sunny side up egg pizza at Tap & Barrel



Jodi Hill  
[@algyax](https://www.instagram.com/algyax)  
The last of my jarred beets to accompany my fish pie



Shai Zakaria  
[@littlehomecook](https://www.instagram.com/littlehomecook)  
Fresh out of the oven: pearl sugar and chocolate bits brioche



Pearlsa Bintomani  
[@pearlsa](https://www.instagram.com/pearlsa)  
Greek yogurt with mango and nuts



Vania Janitra  
[@vaniajanitra](https://www.instagram.com/vaniajanitra)  
Earnest's PB&J ice cream



Jeanette Lam  
[@vancouvervegetarian](https://www.instagram.com/vancouvervegetarian)  
Styo has beautiful frozen yogurt parfaits



Elsa Brobbey  
[@elsbro](https://www.instagram.com/elsbro)  
Baking muffins with spelt, chickpea flour, spinach spices



Akina Weitzel  
[@newerablog](https://www.instagram.com/newerablog)  
My last smoothie before I head to Japan