



101 TASTES

A spectacular culinary stroll through the capital region

By Amélie Crosson, Cindy Deachman, Daniel Drolet,
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1. Absinthe steak frites One of the few places you'll find hanger steak on the menu. This rather chewy cut is beloved for its unique and intense flavour and stands up to its classic bistro companions: garlic- and shallot-drenched green beans, Montreal-style frites, and homemade aioli. \$14 (lunch), \$21 (dinner). Absinthe Resto Bar, 1208 Wellington St. W., 613-761-1138, www.absinthecafe.ca.

2. Acorn Creek Farms melons Having perfected the art of growing melons over the past 25 years, a pair of Carp farmers plant more than 40 varieties on a nine-acre melon patch, complete with beehives for pollination. The canary melon is wildly popular for its sweetness, tasting as if honey had been

dripped all over it. There's butterscotch melon; a sorbet melon swirled with pink, yellow, and orange; and even a honeyloupe, a cross between honeydew and cantaloupe. Available throughout the fall at the Ottawa Farmers' Market or at the farm, 928 Oak Creek Rd., Carp, 613-836-2613, www.acorncreek.com.

3. Almond croissants Buttery rich—divine really—these croissants are filled with ground almonds and soaked in a vanilla syrup. After baking, icing sugar is sprinkled on top. Melt in your mouth or what! \$1.85. Les Plaisirs Gourmands Sont Simples, 59, boul. St-Raymond, Gatineau (Hull sector), 819-771-4761; 835, rue St-Louis, Gatineau (Gatineau sector), 819-205-2299.