

SUMMER/FALL 2019
FREE-ISSUE No. 3

gather

by **MHG**

Building a Legacy

An Ode to
Prince Edward Island:
Diving into the Hearts of
PEI's Finest Musicians

A Look Behind the Scenes
of The Gahan Brewery
with Brewer Trent Hayes

Next Level Service
with Paulette Adams
of The Great George

SUNDAZE

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FESTIVAL

AUGUST 23/24, 2019

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Editor's Note

ELLEN EGAN, EDITOR-IN-CHIEF



Publisher's Note

When our company started over 38 years ago, my wife Kathy and I ran our first location. We were the dishwashers, we were the hosts. Now our company encompasses 13 restaurant locations, six breweries, and two hotel properties. We are a family company with our three sons: Ben, Sam & Isaac, all very involved in our day-to-day operations.

Our continued growth and passion for this industry has made us a major player in the food and hospitality sector in Atlantic Canada. We will never forget what has brought us here... our commitment to our guests and our people.

As a company, we're also committed to the sustainability of the food industry and our MHG family. We pride ourselves on being local ambassadors for our great province of PEI and we're delighted that you picked up this magazine and are interested in all that we do.

Remember... Dream big, work hard, and have a beer!

Kevin Murphy



Kevin & Kathy Murphy

Hi friends,

Welcome to summer in the Maritimes! We're so glad you're here.

In this issue, we explore what truly makes this season come alive, introduce you to some super interesting (and inspiring) people, and highlight some of this year's hottest events.

Like Catherine MacLellan's new show, *Heaven to Me - Songs And Stories of Prince Edward Island*. Catch our interview with her on page 14, and find out what makes this production so special and why PEI is, indeed, heaven on earth.

We also caught up with this issue's cover model and Gahan's original brewer, Trent Hayes. He walks us through the history of Gahan Brewery and how its success has created a ripple effect across Atlantic Canada. Flip to page 6 for more.

And for a touch of something heart-warming, read our interview with Paulette Adams of The Great George (page 26). She's been with MHG for over twenty years and goes above and beyond to create a genuine guest experience.

Of course, we have lots of yummy food and beverage suggestions peppered throughout this edition to really kick the season up a notch. Try Chef Andrew Cotton's Grilled Halibut with Spicy Corn and Mango Salsa recipe on page 12.

But enough of my rambling. I'll step aside and let you dive into the goods. Until next time!

Cheers,
Ellen



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C O N T E N T S

DESIGN BY ASHLEY CAMERON & SAM HUGHES / PHOTOGRAPHY BY AL DOUGLAS

Gather Round and
Grab a Chair!



AVAILABLE AT SELECT PEI LIQUOR LOCATIONS

beachchairlager.com   @beachchairlager

Please Drink Responsibly

BUILDING A LEGA

*A Look Behind the Scenes
of The Gahan Brewery*



ACY

By Ellen Egan

“If you build it, they will come.”

While this might be a quote from arguably one of the best movies of all time, it's also quite relevant when it comes to understanding how The Gahan Brewery has blown up over the years.

To find out more about the brewery's evolution, I sat down with MHG's President, Kevin Murphy, and Gahan's Head Brewer, Trent Hayes, to understand more fully how this all came to life.

It all started about 22 years ago when Kevin was looking to hire a new brewer at their first brewery, the Lone Star Brewing Company, in Charlottetown.

It took a bit of trial and error, but they did eventually find the perfect person for the job. Type A, well organized and a stickler for details, Kevin convinced Trent Hayes to jump on board.

“I knew if I didn't take it, I'd risk regretting it for the rest of my life,” says Trent. “And here I am, 22 years later, a partner in all five of the Gahan Breweries.”

Trent spent the first couple of years getting the brewery off the ground. He also played a key role in setting up the first original Gahan Brewery on Sydney Street in 2000, which is still fully operational today.

Since then, it's taken a lot of long hours, experimentation and commitment to the trade. But Trent has taken the Gahan brand well beyond those early days of brewing their three core ales: Harvest Gold, Island Red, and Iron Bridge Brown.

“The first three were built around the idea that we were offering something of a light nature, an amber and a dark, which at the time around the island was still a bit of a departure when everyone was basically drinking light lagers,” he says. “We wanted to offer something with a bit of range but not too far off.”

But as the market became more educated and began to demand new styles, they created the Sydney Street Stout, Sir John A's Honey Wheat Ale and the Coles Cream Ale. They also started bottling and shipping their three core brands both locally and throughout the Maritimes.

“Trent really developed the craft beer industry on Prince Edward Island,” explains Kevin. “And for the longest time, we stuck to five or six beers, and then we did an IPA and a Blueberry. But it was all about what the market was ready for.”

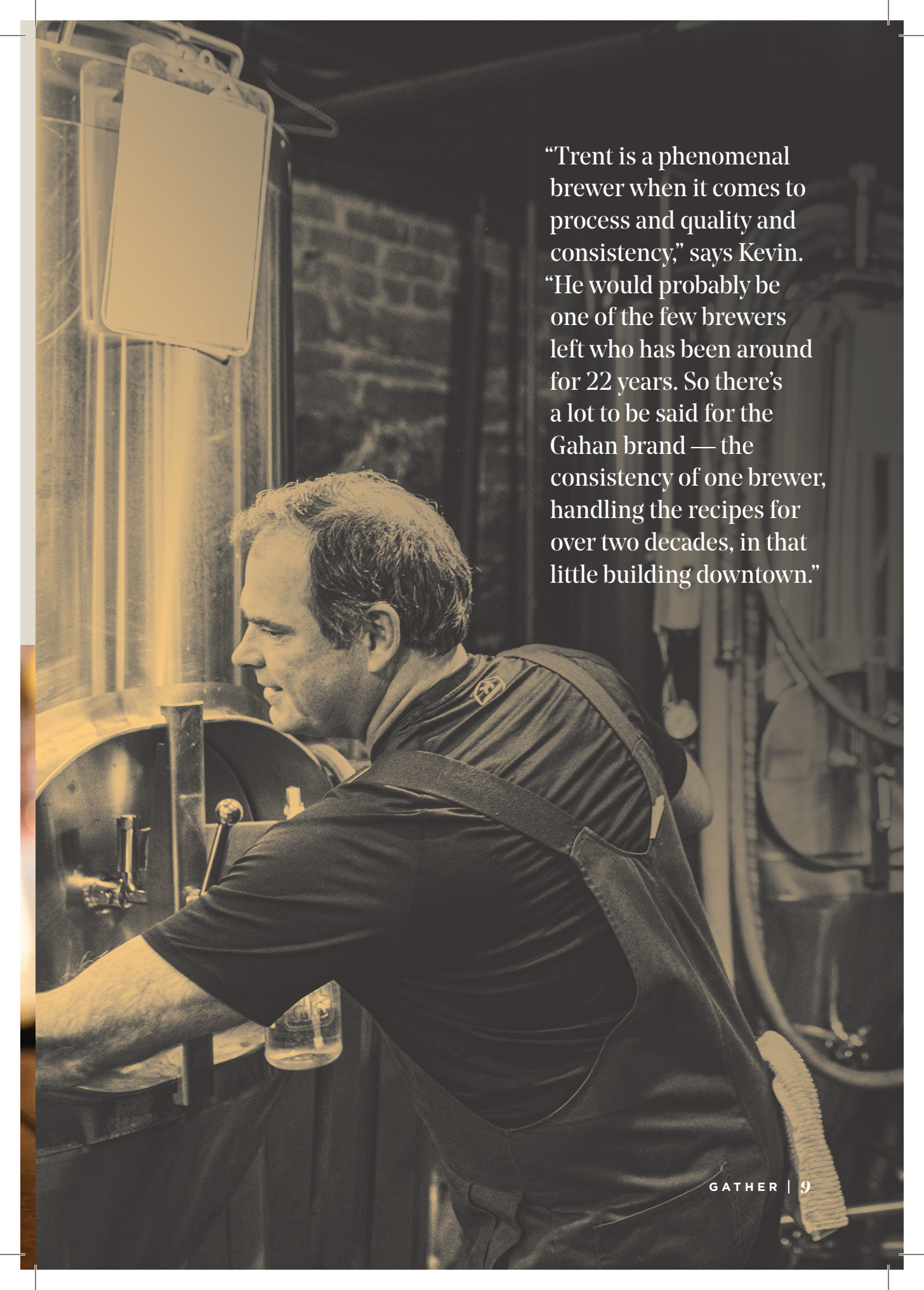
The only thing steeper than the learning curve was the demand for high quality craft beer. This led them to tripling their size and capacity by moving across town to Walker Drive in 2010.

“And that still wasn't enough to meet the demand. So that's when we decided if we're gonna go, we've gotta go big,” says Trent.

So they developed the PEI Brewing Company and closed the Walker Drive location in 2013. “It went pretty big, pretty fast. To this day, that place is expanding so much. It's an incredible resource and has lots of talented people with strong brewing backgrounds.”

But working at the larger brewery wasn't really of interest to Trent. He preferred the charm of the Sydney Street location and moved back to The Gahan House as Head Brewer in 2013.



A man in a dark t-shirt and apron is working in a brewery. He is looking down at a piece of equipment, possibly a fermenter or a keg, and is holding a glass. The background shows various pieces of brewing equipment and a brick wall. The lighting is warm and focused on the man.

“Trent is a phenomenal brewer when it comes to process and quality and consistency,” says Kevin. “He would probably be one of the few brewers left who has been around for 22 years. So there’s a lot to be said for the Gahan brand — the consistency of one brewer, handling the recipes for over two decades, in that little building downtown.”

Although Trent is more of a traditional brewer, he's learned to adapt with the changing market and educate himself along the way:

“I will never stop learning. There’s always some new beer style or a different brewing technique. The sky’s the limit in this industry.”

Many guests will recognize the classic photo of Trent holding up a beer. It hangs on the walls as an ode to Trent in each of the Gahan Pubs in the Maritimes: Charlottetown, Halifax, Saint John, Fredericton, and Moncton.

In fact, many people wonder if Trent is even real and he laughs when he gets comments like this from guests.



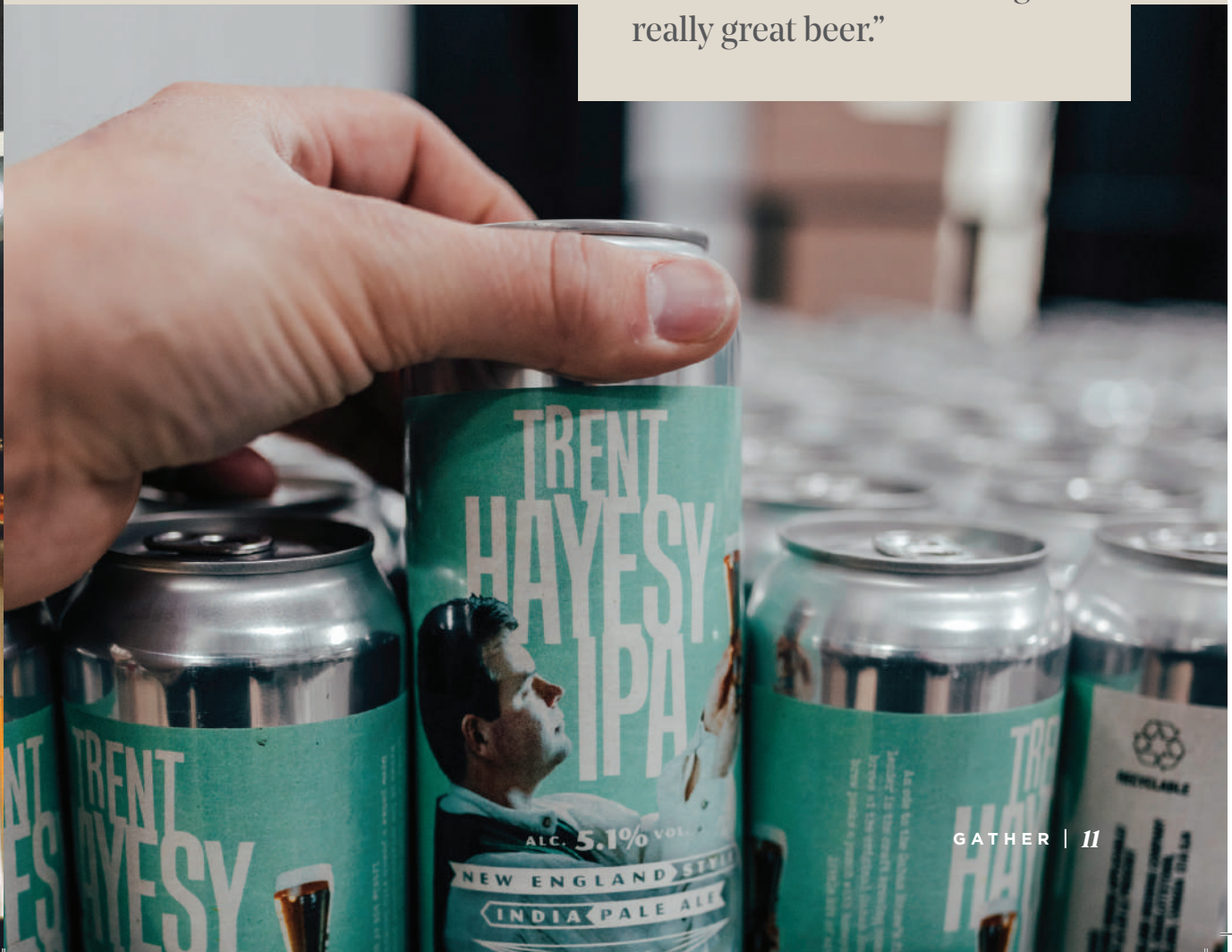
“Lots of times I’ll be downstairs working and they’ll walk by the picture, and then they’ll walk by the brewery, and they’ll go, ‘Hey! You are real!’ It’s pretty funny. I have a quiet passion for this industry and love chatting one-on-one with people about beer and getting to know them.”

Not one for the spotlight, Trent was recently honoured with a limited edition beer to celebrate his dedication to making Gahan Beer what it is today. Aptly named the Trent Hayesy IPA, it packs a punch and was brewed with pilsner, wheat and oats. It’s a pale, juicy and aromatic 5.1% brew to commemorate his favourite beer style, a hoppy ale.

It’s this nod to traditional brewing that Trent is so well known for, and he hopes to pass on his stamp of creating delicious, consistent, high quality beer as he transitions into his new role of overseeing all five of the Gahan Breweries.



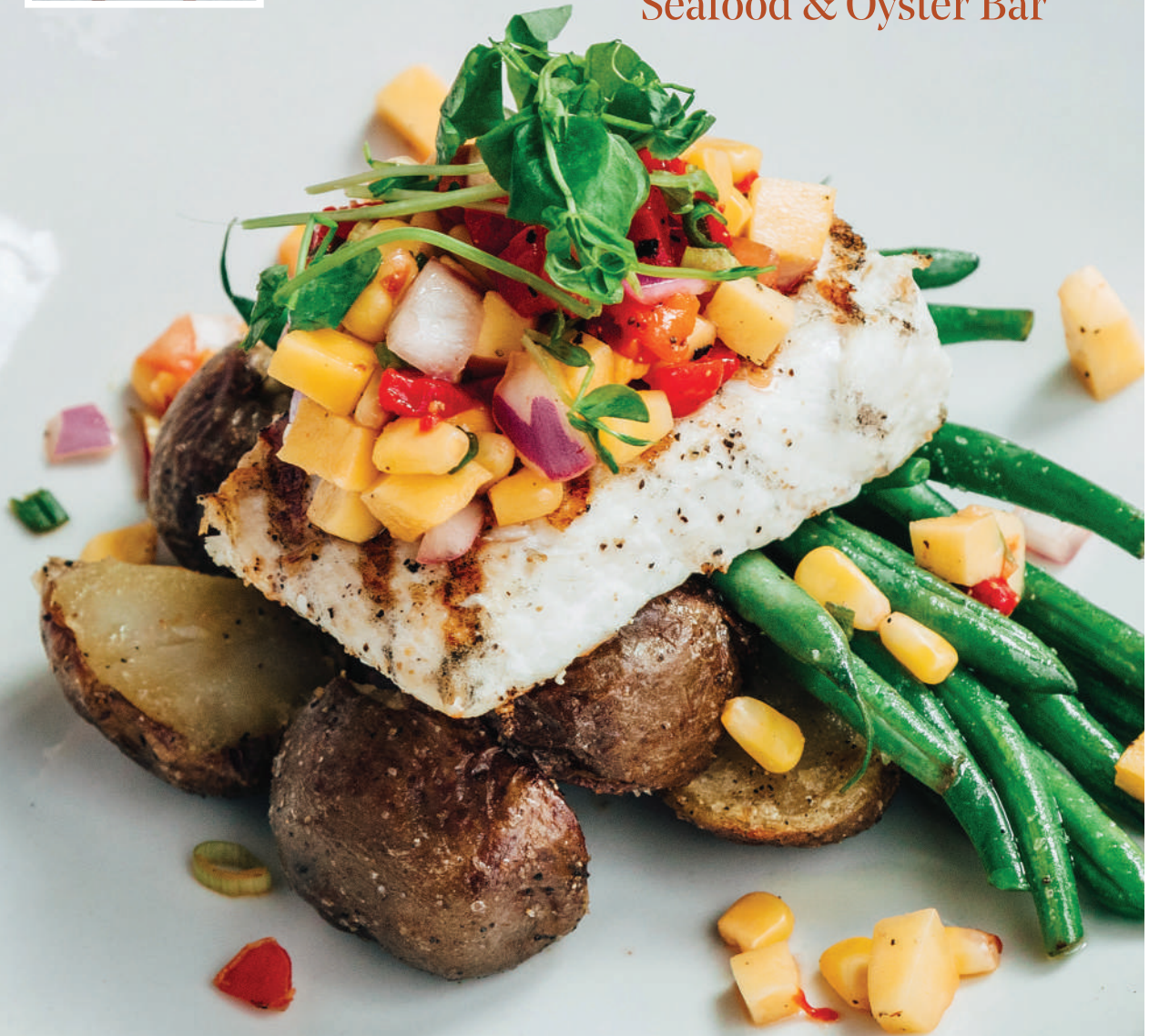
“It’s going to change my life a lot, but I’m looking forward to it,” Trent says. “I’m going to enjoy learning from the other brewers and teaching them what I know about brewing really great beer.”



What's Cooki



with
Chef Andrew Cotton
of Merchantman Fresh
Seafood & Oyster Bar



ing?



Grilled Halibut with Spicy Corn and Mango Salsa

HALIBUT

- 4 pieces of fresh Atlantic halibut
- 1 tbsp olive oil

SALSA

- ½ cup corn
- 1 roma tomato (diced)
- ¼ cup roasted red peppers (diced)
- ¼ cup red onion (diced)
- 1 green onion (thinly sliced)
- 1 mango (peeled and diced)
- ¼ cup cilantro (rough chopped)
- 2 limes (juice and zest)
- 1 Tbsp Sambal chili paste or Sriracha

DIRECTIONS

Step 1: Fire up the grill! Get it nice and hot, we can turn it down a bit later if needed.

Step 2: Make your salsa! Chop everything up and combine in a bowl. It's that simple. You can add more or less Chili paste depending on how much you enjoy spice. Don't forget to hit it with a bit of salt and pepper at the end.

Step 3: Take a break, you've earned it. Enjoy the company of your friends and family.

Step 4: Back to work. Pat your halibut on all sides with some paper towel to remove any excess moisture. Brush lightly on both sides with some olive oil and salt and pepper.

Step 5: Hit the grill. If your pieces are thin (under 1 inch thick), you can leave your grill at a high temp. If you have thicker pieces, you'll want to turn the temp down to a medium as soon as you put them on. Either way, you want to START with a very hot grill. Turn them over after 2-3 minutes and give them about the same amount of time on the other side.

Step 6: Top with salsa, serve with your favourite sides, and enjoy!

AN ODE *to* PRINCE EDWARD *Island*

Diving into the hearts of
three talented artists in this
summer's hit show at the
PEI Brewing Company

By Ellen Egan



Most Islanders tend to err on the side of modest

when it comes to talking about things like personal achievement, career status and, you know, general well-being. But the consensus is pretty well unanimous on how we feel about Prince Edward Island. It is, indeed, heaven on earth.

Whether it's the way the wind rustles through the white birch trees, or how your feet sink into the wet sand along the shore, we all have specific moments that leave us coming back time and time again.

It's this sort of poetic thinking that sparked the inspiration for the new show, *Heaven to Me - Songs and Stories of Prince Edward Island*, running this summer at the PEI Brewing Company.

I was fortunate enough to sit down with one of the show's creators, singer-songwriter Catherine MacLellan, just before opening night.

Catherine is no stranger to the PEI Brewing Company stage. She created and performed *If It's Alright With You - The Songs and Stories of Gene MacLellan*, a show inspired by her late father.

"The last two years I've been at the Brewing Company, I've been sharing my father's story and it has been incredible," explains the Juno Award-winning performer. "I loved it but I was ready for a change."

This year's show will be completely different, and Catherine says she's thrilled to be sharing the spotlight with fellow award-winning performers, Meaghan Blanchard and Gordie MacKeeman & The Rhythm Boys.

And because all of the show's musicians spend so much time on the road, they're all looking forward to spending their summers on PEI.

"Gordie has two young kids now, and he's trying to stay home a bit more," she says. "And Meaghan and her husband, Thomas, live on a vegetable farm and they don't really want to be away in the summer, so it just magically worked out.

"It's been really fun, sitting with Meaghan and Gordie and the band, working out what songs and what stories we want to tell," she continues. "It's just been a really creative process and everybody has been so fun to work with."

And Gordie, originally from Nova Scotia, agrees. He says he's excited to perform with some of the best musicians Canada has to offer, and to rave about a place he's happy to now call home.

"Whenever I am asked about PEI while on tour, people always say, 'That sounds like a beautiful and great place to live' and I always think they're right," Gordie says. "I'm really looking forward to a show where I say that all in song."

As far as what audiences can expect from the show, Catherine says it's a combination of original songs, along with a few covers, as well as stories and visuals that pay tribute to a place loved by so many.

"Lots of people come to PEI year after year, and some of them end up moving here," she says. "There seems to be something that just pulls people here. We get to celebrate that and tell the stories of the people here in our own unique way."

Although Catherine loves getting to see the world through music, she's a real homebody and feels most grounded here on the Island.

"Every time I fly over PEI and see all the beautiful fields and all the little houses, it just breaks my heart in the best kind of way. I feel such a sense of peace here. So PEI really is heaven to me."

Known for warming hearts and invoking chills, Meaghan is also inspired by PEI's beauty. "The spring and summer come along and the colours always blow me away," explains the ECMA award-winning songwriter. "I always find my senses overwhelmed and in awe."



Join these three for touching moments, laugh-out-loud stories and, above all, the hand-clapping hits of many Prince Edward Island songwriters. The show runs every Tuesday and Wednesday night at 7:30pm throughout July, August and into September at the Prince Edward Island Brewing Company.

WE HIT THE STREETS TO ASK MHG TEAM MEMBERS, LOCALS AND VISITORS:

“WHAT MAKES PEI *Heaven to You?*”

AMY

THE GREAT GEORGE

The abundance of craft beer we have. I love to pick it up and have it on my patio.

BAILEE

THE GAHAN HOUSE

Greenwich trail, I love going for good hike!

JACOB

CHARLOTTETOWN, PEI

The fresh produce, fresh seafood and living on island time.

DYLAN

THE BRICKHOUSE

PEI lobster rolls are heaven to me.

CATHERINE

BOSTON, MA

A community of friendly people that make everyone feel welcome.

ASHTON

HALIFAX, NS

Swimming and relaxing on the West River with friends and family.



Summer Cocktails

Compliments of
Fishbones Oyster Bar & Grill



Fishbones Oyster Bar & Grill has some of the best cocktails in Charlottetown. Impress your guests at your next gathering with these PEI classics:

Raspberry Mojito

Ingredients:

- 1.5 oz Bacardi white rum
- Lime wedges
- Mint leaves
- 1 oz raspberry syrup
- Fresh raspberries
- Soda water

To make:

- 1) Add rum, lime wedges, mint, raspberries in a shaker and muddle (not too hard as to not bruise the mint leaves)
- 2) Pour over ice in glass, top with soda and add raspberry syrup on top
- 3) Garnish with lime wedge and fresh raspberries

Peach Margarita

Ingredients:

- 1 oz Cazadores Tequila
- 1 oz peach schnapps
- Lime wedges
- 3 oz peach juice
- Salt

To make:

- 1) Rim glass with salt
- 2) Put tequila, schnapps, limes and 3 oz of peach juice in a shaker and muddle the limes
- 3) Strain over rocks in the salt rimmed glass
- 4) Garnish with lime wedge



9 Ways To Do Festival Season *Right*

By Ellen Egan

PREPARATION IS KEY TO SMOOTH SAILING AT THIS YEAR'S HOTTEST EVENTS

THE 2019 FESTIVAL SEASON IS FINALLY UPON US. And if you're anything like me, you've probably been looking forward to seeing your favourite artists since the shows were first announced earlier in the year.

Whether you're pumped up to attend Luke Bryan in Moncton on August 10th, planning to spend the weekend at the SunDaze Music & Art Festival in Charlottetown August 23-24th, or heading to Fredericton for the Harvest Jazz & Blues Festival in September, you're in for a super fun time.

But with all good times, there's a certain level of preparation necessary to ensure you can focus on having fun and to avoid unnecessary hiccups along the way.

And while I might not be the best authority on the topic of preparation, I speak from experience of having done things the hard way. Real talk? My usual way is to scramble to get everything packed about an hour before my ride shows up - all the while running through an imaginary checklist of items/concerns in my mind.

How the heck am I getting home later tonight?

Will these shoes give me blisters after two hours?

What if I lose my friends and my phone dies?

No? Just me? Okay, well here's my advice for avoiding that kind of panic and enjoying your festival experience that much more anyway. I can only hope it helps you, too.



1

COMFORT IS KEY

While those high heels might seem pretty cute standing in your mirror at home, keep in mind you'll likely be on your feet for hours on end. Opt for comfortable shoes that you know will last for the long run. Bonus points if they're comfortable AND cute.



2

BUDDY UP

Yep, just like back in kindergarten. The same rules still apply. Using the buddy system helps you stay safe and allows others to do the same. Plus, it's more fun that way.



3

STAY CHARGED

This might seem obvious, but if you do get separated from your friends, it's always a good idea to have your phone charged so you can reach them. Make sure that at least one person in your group packs a portable charger so you can all juice up as you need to.



4

R.E.S.P.E.C.T.

Aretha Franklin said it best. Respect yourself, the people + staff around you, and the property on site. No need to go into crazy destruction mode because a line-up is too long or someone looks at you the wrong way. It's just not cool.

5

KNOW YOUR LIMITS

Remember to pace yourself if you decide to drink alcohol. Sure, crushing that game of flip cup might seem fun at 2pm (and everybody's doing it), but you'll regret it when you don't even remember seeing your favourite band.

6

FUNCTION + FORM

While you don't want to necessarily lug around a huge backpack, you do want to bring something that will carry your goods throughout the day/night. I suggest a small backpack that has enough room for all of your essentials, but won't take up too much space in a crowd.



7

LAYERS, LAYERS, LAYERS.

The weather can be unpredictable here in the Maritimes, and we all know you can't always trust your weather app. So it's wise to either wear or pack layers (plus a raincoat) so you can adjust to the changing conditions.

8

SELF CARE

You know when you get on an airplane and they tell you to apply your oxygen mask first in the event of an emergency? Well, I also advise taking this approach at festivals and concerts. Whether it's staying hydrated, applying sunscreen, or taking breaks from dancing, it's best to look after yourself to avoid burning out too early.



9

PLAN AHEAD

I think this goes without saying, but it's worth repeating: Do not under any circumstance drink or consume cannabis and drive. You not only put yourself at risk, but everyone else who's on the road. Plan ahead to have a designated driver, stay overnight at a hotel, cottage or campground, or take one of the many shuttles that can get you where you need to go.

Summer/Fall ↓ FESTIVAL HIGHLIGHTS

**AUG
10th
2019**

What: Luke Bryan

Where: Magnetic Hill -
Moncton, NB

Back by popular demand after a sold out show in 2018 at the Cavendish Beach Music Festival, Luke Bryan returns to the East Coast. This time to Magnetic Hill in Moncton, New Brunswick on August 10th, 2019, where he'll be joined by special guest Kelsea Ballerini. Also a part of this show's lineup is Jon Langston, Jessica Mitchell and Sons of Daughters. **Tickets on sale at www.whitecapentertainment.com**

**AUG
23/24
2019**

What: SunDaze Music & Art Festival

Where: Confederation Landing -
Charlottetown, PE

This festival is all about good vibes, unique concepts, and enjoying what's left of summer on PEI. It's also the first multi-sensory festival of its kind on the East Coast and takes place at Confederation Landing in Charlottetown, Prince Edward Island from August 23-24, 2019. Artists include: X-Ambassadors, T-Pain, Cheat Codes, Moon Taxi, DJ Jazzy Jeff, Two Hours Traffic, Reeny Smith, Skcratch Bastid, and Dave Sampson. **Tickets on sale at www.sundazefest.com**

**SEPT
10-15
2019**

What: Harvest Jazz & Blues Festival

Where: Various venues across
Fredericton, NB

Considered one of Atlantic Canada's best festival experiences, Fredericton comes alive in September as hundreds of world-class performers appear on dozens of stages sprinkled throughout the city's historic downtown core. This year's line-up includes the likes of Robert Plant & The Sensational Space Shifters, Lucinda Williams, The White Buffalo, Matt Andersen & The Mellotones, and many more! **Tickets on sale at www.harvestjazzandblues.com**

It's Raining, It's Pouring

A Guide to Rainy Day Fun on PEI

By Dave Lidstone

If big momma nature's giving you the business today and plans to break out the boogie board have been washed away, here are some rainy day activities to consider before you pack up and head for the ferry.

CHARLOTTETOWN

The heart of the Island beats in its capital city. Charlottetown offers the most in rainy day fun and the following are just a few:

PEI BREWING COMPANY TOUR

Get the VIP treatment and brighten your day with samples of their award-winning beers, a behind the scenes tour and untapped brewing know-how. Afterwards, grab a bite from the beer-inspired menu or snag a cold growler or cans of your favourite brew to take with you.

CONFEDERATION CENTRE OF THE ARTS

You want art, they got art. You want books, they got books. Live entertainment, they got live entertainment comin' out the windows! This is a gimme for rainy day fun.

MARC'S LOUNGE

Tucked up on the third floor of the Brickhouse Kitchen & Bar is one of the city's coolest loft-style lounges. Enjoy half-price bottles on Wine Wednesday or local live music on weekend evenings.

CAVENDISH

If the beach isn't the place to be, the boardwalk, Ripley's Believe it or Not!, the PEI Dirt Shirt Factory, Grandpa's Antique Photo Studio, and the Cavendish Escape Room are all great second choices.

UP WEST

Follow the windmills to North Cape, the western tip of PEI, and watch the Gulf of St. Lawrence meet the Northumberland Strait from inside the Wind Energy Institute of Canada. This phenomenon known as the meeting of the tides inspired the locally made, popular canned cocktail, Colliding Tides. When these tides meet, the current creates a thin line of waves best observed at high tide - a truly unique Island experience.

DOWN EAST

Get your PEI pioneer on at Historic Orwell Corner or try a museum on for size at the Wood Islands Lighthouse Museum and the Elmira Railway Museum. Or, if all else fails, drown your day responsibly at the Myriad View Artisan Distillery in Souris.

Next Level Service

**PAULETTE
ADAMS THRIVES
ON MAKING
CONNECTIONS
AND CREATING
OPTIMAL GUEST
EXPERIENCES**

By Ellen Egan



You know how some people just make you feel at ease?

Like you could talk to them for hours and not really even notice the time passing? Well, Paulette Adams is one of those people.

Patient, loyal and truly passionate about being of service to others, Paulette has been part of the Murphy Hospitality Group for over 20 years now. In fact, she even looked after Kevin & Kathy Murphy's three sons Ben, Sam and Isaac while they were young and is considered part of the family.

I recently had the pleasure of sitting down to chat with Paulette. As we settle into luxe oversized arm chairs in the lobby of The Great

George hotel in the heart of Charlottetown, I'm quick to take note of her genuine, down-to-earth nature.

Her career with MHG began on the restaurant side of things, working at Mother's Pizza (in the Kirkwood Hotel) in the very early days, then on to the Lone Star Cafe, before spending a good chunk of her career as a server and Office Manager at East Side Mario's.

In 2010, she decided she'd like a change, and reached out to Rachel Vidito, who was the General Manager / Director of Hotel Operations at The Great George at the time.

“I knew I wanted to be interacting with the guests – that’s what I’ve been doing since I was 17 years old, and I love that part,” she explains. “Then I realized I could do that here at The Great George.”





Having worked with Paulette at the Lone Star Cafe, Rachel hired her without hesitation. And to this day, she raves about Paulette's ability to connect with people.

"She has that knack for being able to talk to anyone," Rachel explains. "She passionately loves what she does and inherently just wants to make people happy. She's genuine, authentic and exhibits true Island hospitality."

It's this mindset that quickly landed Paulette a full-time position in The Great George kitchen and the gumption to transform the hotel's existing breakfast program.

"I love to bake, it's my passion," she says. "I got to like it in the kitchen, and I was listening to guests at the same time, thinking: *If I was a guest out here (that's how I think a lot)... there has to be something else... this is boring.*"

So with that, she told Rachel she was going to try some new recipes. Ever a supportive leader, Rachel told her to go for it. It wasn't long before Paulette started playing

around with recipes and having the staff taste-test her creations.

"With their approval, I'd put it out during the day and after the guests tried it, I'd go around and get some feedback," she says. "So we have lots of different stuff on there after I made up some recipes."

Now there are even guests who come in and ask for the recipes, so they can make them back home. One in particular is the corn zucchini egg frittata, which has a nice mix of sweet and salty flavours. Another very popular item she says people love is the overnight oats.



“People just go crazy over it. Since I love to bake, I just took it upon myself to change it,” Paulette says. “I started making things like homemade blueberry sauce and raspberry sauce, and realized I could add those in to make it interesting. My mind is always going!”

Rachel adds: “Paulette gets to know guests by name and remembers their favourite breakfast/ baked items. She’ll even make them specially for that guest if she knows they are visiting.”

It’s extra special touches like these that she believes make The Great George such a unique experience.

“We say it all the time: it’s not just one big thing here, it’s a whole bunch of little things that make the experience so special,” Paulette explains. “I love seeing the guests receive the experience here and tell us about it.”

And while she takes pride in her work in the kitchen, she’s often found out chatting with the guests. Whether it’s discussing their loved ones back home or hearing about the adventures they had that day, she says it’s those little moments that make all the difference.

“Because the pace is slower and more laid back here, we have that flexibility to be able to connect with the guests more intimately. I love being able to sit down and make a connection with someone,” she says.



“If you don’t have those little moments, you’re just working. They make me feel just as good as they make the guests feel.”



Overnight Oats

FOR THE OATMEAL

- 4 cups oats
- 2 ¼ cups whole milk
- One 650g tub of vanilla yogurt
- Pinch of salt

DIRECTIONS

Mix all ingredients together in one bowl until well combined. Layer in a small mason jar with the toppings of your choice. Refrigerate overnight. Garnish with fresh fruit or nuts and enjoy!

TOPPINGS

Fresh or frozen fruit, jams or compotes, nuts, chia seeds, coconut – the possibilities are endless. There are no rules, so play with the flavours you like best. Paulette uses a fruit compote in her Overnight Oats – blueberry, raspberry, or pineapple are her favourites! **Makes ten small mason jars.**



Zucchini and Sweet Corn Frittata

INGREDIENTS

- 1 cup sweet corn
- 1 cup sliced zucchini
- 12 sliced cherry tomatoes
- ½ cup onion
- 2 Tbsp butter
- 18 eggs
- 1 cup milk
- 1 ½ cups shredded cheddar cheese
- Salt and pepper to taste

DIRECTIONS


Over medium heat, sauté onions in butter until fragrant. Stir in corn. Set aside. Mix eggs, milk, salt, and pepper in large bowl. Add corn and onions. Pour into a well greased 10" x 12" baking dish and top with zucchini, tomatoes and cheese. Bake at 375°F for 40 minutes or until center is set. *Makes 8 - 12 servings.*

SUPPLIER SPOTLIGHT

PHIL ENSERINK *of* EAST CAPE OYSTER COMPANY

Wondering what oysters you should try next time you visit one of our oyster bars? We asked Phil Enserink from East Cape Oyster Company to tell us a little bit about the Sand Dune oysters he grows and harvests and why oysters are such a quintessential PEI experience.



 eastcapeoyster

Q: How did you get into the industry?

Phil: I've always had a fascination with the oyster industry here on PEI and the incredible quality of shellfish that our waters produce. About three years ago, I came across an opportunity to acquire some leases in the eastern part of the Island that have been well known for producing premium quality oysters. Shortly after that, East Cape Oyster Company was formed and we've been building the farm since.

Q: What part of the Island do your Sand Dunes come from?

Phil: Souris, the eastern part of the island.

Q: What makes Sand Dunes unique?

Phil: Sand Dunes are grown on shallow bottom leases for about 4-5 years. What makes them so unique is their thick bright green shells and full meat. The flavour profile is briny with a sweet buttery finish.



Q: Why are oysters such a quintessential PEI experience?

Phil: PEI offers a unique oyster experience because the Island has such a wide range of growing areas that each produce oysters with different flavour profiles and shell colours. The oysters take on the characteristics of the area that they are grown in, so you can literally taste the different parts of the Island. PEI is known as Canada's Food Island and oysters play a big role in that distinction because our cold waters produce some of the best oysters in the world.

WHERE TO FIND THEM

Try East Cape Oyster Company oysters for yourself at Sim's Corner Steakhouse & Oyster Bar, 86 Queen Street, Charlottetown

Paired perfectly with **PEI Flavours**

Our mixologists and brewers came up with a few sure-fire ways to pair your new favourite summer drink, Colliding Tides, with summer-inspired dishes.



HANDCRAFTED ON PRINCE EDWARD ISLAND

COLLIDINGTIDES.COM  

Colliding Tides

STEAMED MUSSELS



Pickford & Black (Halifax)



A perfect mixture of PEI gin and citrus, it has just the right amount of sweetness and carbonation.

Also enjoy with:

VEGETABLE KORMA
CLASSIC FISH & CHIPS
CUCUMBER SANDWICHES

LOBSTER ROLL



The Gahan House (Charlottetown)



A perfect mixture of vodka, PEI field berries and lemon zest, it has just the right amount of sweetness and carbonation

Also enjoy with:

LIGHT & FRUITY SALADS
WITH VINAIGRETTE
BBQ ROASTED
NEW POTATOES

**AVAILABLE AT SELECT
PEI LIQUOR LOCATIONS**

Please enjoy responsibly

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