

On Thursday, Sept. 17, M&M Meat Shops will once again encourage Canadians to enjoy the tradition of the family dinner. For each participant who registers at NationalFamilyDinnerNight.com, \$1 will be donated to the Crohn's and Colitis Foundation of Canada. METRO NEWS SERVICES

Urban Foodie

★★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

Hard to find, impossible to forget

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B-Bim-Baab Restaurant & Lounge

9543 42 Avenue NW
780-433-1239
bbimbaab.com

Signature Drink:

Bek Se Ju ginseng rice wine (375ml, \$16.00)

Signature Dish:

Beef Dolsot B-Bim-Baab (\$13.99)

Rating: ★★★★★

Dinner & drinks for 2: \$45

You're never going to "stumble across" B-Bim-Baab: The 30-year-old former Korean Gardens remains hidden amid endless business parks.

However, it has now revamped itself into a thrifty gourmand's paradise.

Start with six of the crisp, spring roll-like goon mandu (\$5.50) and a pot of green tea (\$1.49 per person). Korean food aficionados will want to try the bul go kee (\$12.99) or the bul gal bee (\$15.99), but

On the web

- Get recipes and more great food content at metronews.ca/food

the uninitiated and the expert alike will treasure their first taste of the eponymous b-bim-baab (\$9.50).

This heated stone bowl of cooked rice is topped with both raw and cooked vegetables.

For variety and protein, add tender marinated

beef and a fried egg (\$4.49). After a shot of hot sauce and an efficient mix, the meal will transform.

Dish a small serving and savour how the flavours of heavy, nutty rice, delicately-sauced beef and crisp bean sprouts blend together perfectly.

By the time you are ready for another helping, the rice in the heated stone bowl will have crisped against the sides and the unexpected crunch adds another, more



B-bim-baab (\$9.50)

delightful texture to each bite.

Who knew? In the mid-

dle of business park hell lays a slice of Korean culinary heaven.

CHRISTOPHER THRALL/FOR METRO EDMONTON

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant for a recipe for raw Leek and Potato Soup — the leeks are fresh from the garden.



Dining out

DEVINE DRINKS

If you can't make it to Devine Wines' Chardonnay sampling this evening, check out the Tempranillo tasting on the 24th or upcoming events at devinewines.ca.

PRIX-FIXE AT PEAR

Exquisite five-course prix-fixe menus run \$89 at the

Blue Pear, paired if you wish with one of three flights of wine designed to complement each dish.

COFFEE OVER PIZZA

Pharos Pizza, we will miss you — but we were thrilled to hear that Transcend Coffee's second location will take over your spot in January 2010.

In brief

CLASSES Ivonne Garces de Isla, owner and chef at Mexico Lindo, offers hours of cooking instruction for \$75 when there is enough demand. Call 780-444-7151 to book.

GIFT CARD The Original Fare gift card is redeemable at 17 fresh, independent restaurants in Edmonton and area. Visit originalfare.com or call 877-229-7299.