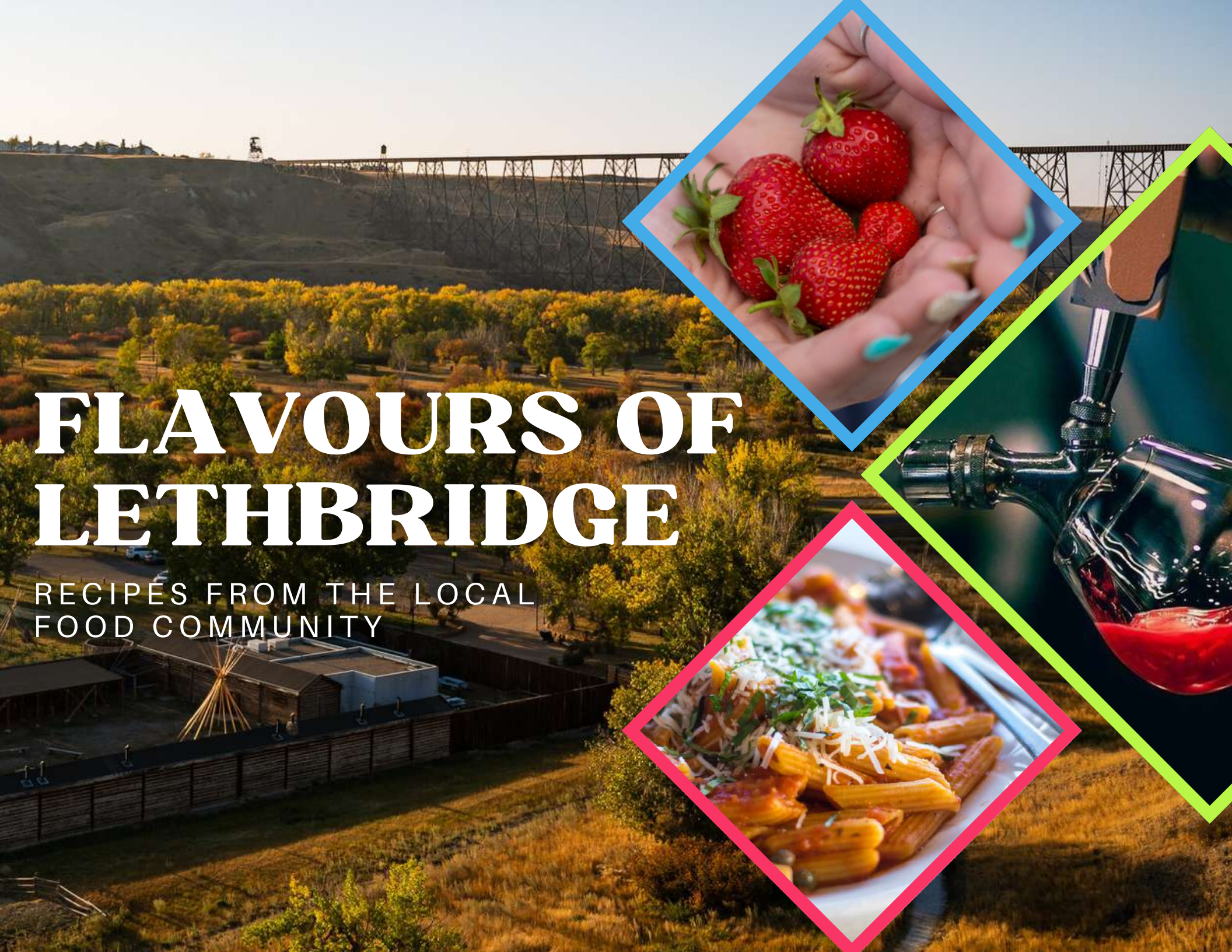




FLAVOURS OF LETHBRIDGE

RECIPES FROM THE LOCAL
FOOD COMMUNITY



ABOUT THIS COOKBOOK

At the heart of Canada's Premier Food Corridor, Lethbridge is a place where fields, kitchens, and community stories come together in the most delicious ways. This cookbook gathers recipes from the restaurants, producers, and food artisans who shape the region's flavour, the local producers, chefs, restaurateurs and agri food businesses who celebrate the bounty of Southern Alberta. Each dish offers a way to bring a little of Lethbridge into your own home, letting you taste the warmth, creativity, and care that define this community. And while these recipes are a beautiful starting point, they are also an invitation to explore the cafes, farms, bakeries, and dining rooms that make this region unforgettable, to meet the people behind the flavours, and to savour the vibrant food culture waiting for you here in Lethbridge.

Enjoy recipes from local producers, chefs, restaurateurs and agri-food businesses in Lethbridge Farm to Table: Flavours of Southern Alberta recipe book.

Available to download:
TourismLethbridge.com/food-and-drink



LAND ACKNOWLEDGEMENT

We acknowledge that we gather on the lands of the Blackfoot people of the Canadian Plains and offer respect to the Blackfoot people past, present and future. We honour their cultural heritage, beliefs and enduring relationship to the land, a relationship that continues to shape the foods, plants and traditions of this region. We also offer respect to the Métis and to all who have lived on this land and made Lethbridge their home, contributing to the rich and diverse food culture we celebrate today.

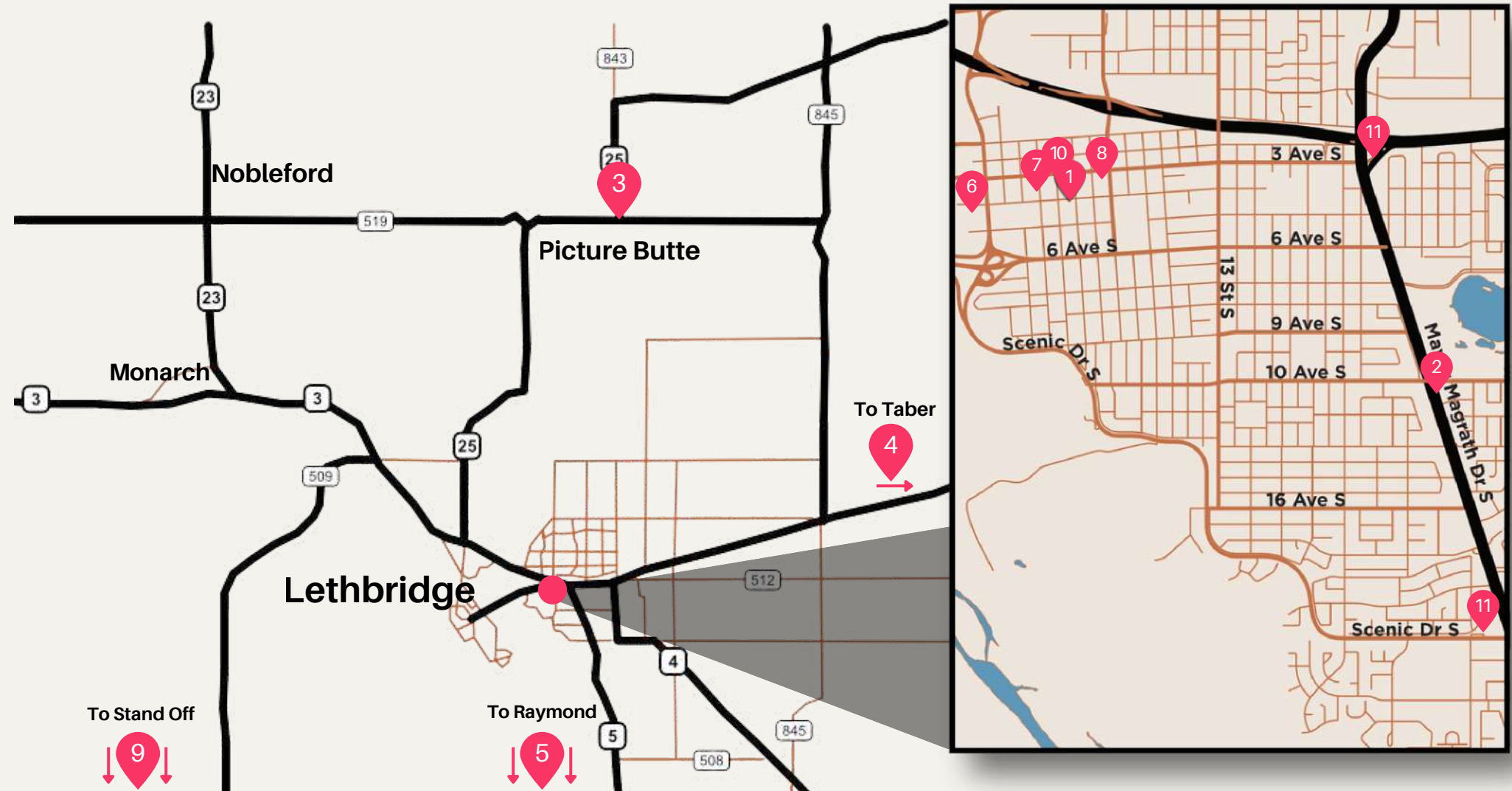
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Thank you to all the local collaborators who helped to shape the original project in 2024:

- Bootsma Bakery
- Bourbon & Butter
- Brooks Region Tourism
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- CCWG Livestock Supplies
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- Crystal Springs Cheese
- Downtown Lethbridge BRZ
- Farming Smarter
- Herbal Apothecary
- Impressions Gifts and Gourmet
- Italian Table/Prime Catering
- Lethbridge Polytechnic
- Little Gem Winery
- Luco Farms
- Nikka Yuko Japanese Garden
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- Prairie Hill Farms
- Progressive West Consulting
- RBC
- Shipwheel Cattle Feeders
- The Fermentory
- The Lilac Row
- Theoretically Brewing Co
- Town of Taber
- University of Lethbridge
- Wiebe's Delicatessen

This project was originally developed through Alberta Open Farms Days Cluster Development Program in partnership with numerous local businesses.

SIP, SAVOUR & EXPLORE THE AREA



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ANTOJITOS LATIN MARKET & CAFÉ

Antojitos Latin Market & Café has become a lively and beloved fixture in Lethbridge, offering an authentic taste of Latin America through both its café menu and its thoughtfully curated market. Known for its welcoming atmosphere and genuine connection to community, Antojitos brings together the flavours, traditions, and everyday comforts that define Latin American food culture.

In the café, guests enjoy dishes inspired by home-style cooking from across the region. Each plate is prepared with care, highlighting warm spices, fresh ingredients, and the rich culinary heritage that makes Latin American cuisine so distinctive. The adjoining market expands the experience, offering a wide selection of imported ingredients, pantry staples, snacks, and specialty items that are difficult to find elsewhere in southern Alberta.

More than a place to eat or shop, Antojitos Latin Market & Café serves as a gathering point for those who want to explore new flavours or reconnect with familiar ones. Its friendly team, vibrant atmosphere, and commitment to sharing culture through food have made it a trusted and cherished part of the Lethbridge community.

*Antojitos Latin Market
& Café
#120, 333 - 6 Street S
Lethbridge, AB
403.942.3775*

*AntojitosFoods.ca
@Antojitos_Lethbridge*



TRADITIONAL BIRRIA TACOS

🕒 30 minutes + 8 hours

👥 8 servings

Ingredients for Birria

3 lbs beef chuck roast, fat trimmed
4 dried Guajillo chiles
4 dried Ancho chiles
2 dried morita chiles
4 Roma tomatoes
1 small red or white onion
8 whole garlic cloves, smashed
1 Tbsp ground cumin

1 Tbsp dried Mexican oregano
1 cinnamon stick
3 dry bay leaves
1 tsp smoked paprika
½ Tbsp fresh grated ginger
1 tsp ground coriander
1 cup white vinegar

Ingredients for Assembly

Corn or flour tortillas
Lime wedges
Fresh cilantro and diced white onions
Shredded Oaxaca cheese



TRADITIONAL BIRRIA TACOS

🕒 30 minutes + 8 hours

👥 8 servings



Directions

1. Cut chuck roast into a few large pieces and season with salt.
2. Prep chiles: rinse (use gloves if desired) and use scissors to open and remove stem and seeds.
3. Birria broth: Add tomatoes and onion to a large stock pot (at least 5.5 qt or bigger) over medium heat. Cook for a few minutes, stirring. Add whole garlic cloves, chile peppers, and all spices and bay leaves. Cook for 5 minutes, stirring often. Add 4 cups water. Bring to a low boil, reduce heat to simmer, and cook for 15 minutes uncovered.
4. Blend: Add mixture to a blender, add one cup of vinegar, and blend as smooth as possible. Return to the pot. Add 4 cups of water to the blender to rinse excess sauce and pour into the pot.
5. Cook beef: Add 1 Tbsp kosher salt. Bring to a boil. Add chuck roast. Cover, reduce heat to a simmer, and cook for 2½ hours. Check beef for tenderness, then remove and shred. Discard bones.
6. Assemble tacos: Heat a large griddle or skillet over medium heat. Lightly oil the pan. Dip a tortilla into the birria sauce and place on the hot pan. Top with shredded meat, cheese, onion, and cilantro. Fold in half. Fry until crispy and browned on both sides.
7. Serve: Top tacos with remaining onion and cilantro. Serve with warm consommé for dipping.

Note: Leftover sauce can be frozen for up to 3 months and reheated to cook another roast.





BOOTSMA BAKERY

Bootsma Bakery is a cherished local establishment. Started in 2019 by Steve Bootsma, a fourth-generation baker, and his wife, Jamie, the bakery carries on family traditions with recipes passed down from Steve's grandfather.

Steve crafts a delightful array of freshly baked goods with care and quality ingredients, while Jamie manages the bakery's operations and ensures everything runs smoothly. From soft, fluffy breads and buttery pastries to custom cakes designed for special occasions, every item reflects a commitment to excellence. Their menu features a variety of treats, including donuts, buns, and pastries, ensuring there's something for everyone.

The bakery also offers classes for those interested in honing their baking skills. With a focus on community involvement, Bootsma Bakery not only serves delicious baked goods but also contributes to local causes, making it a beloved spot for both residents and visitors.

Bootsma Bakery
1103 Mayor Magrath Drive S
Lethbridge, AB
403.942.3336

BootsmaBakery.com
@BootsmaBakery



SASKATOON BERRY LENTIL MUFFINS



35 minutes



18 muffins

Ingredients

- | | |
|---------------------------------|------------------------------------|
| 1 1/2 cups cooked green lentils | 1/4 tsp nutmeg |
| 1/2 cup orange juice | 1/4 tsp cloves |
| 2 cups all purpose flour | 1/4 tsp ginger |
| 1 Tbsp baking powder | 1/2 cup honey |
| 1/2 tsp salt | 1/3 cup canola oil |
| 1/2 tsp cinnamon | 2 eggs |
| 1/2 tsp allspice | 1 1/2 cups fresh saskatoon berries |

Directions

1. Preheat the oven to 400°F
2. In a blender, combine 1/2 cup lentils and 1/4 cup orange juice. Puree until smooth.
3. Sift together flour, baking powder, salt, and spices.
4. In a separate bowl, mix together lentil puree, remaining lentils, remaining orange juice, honey, oil, eggs, and saskatoon berries.
5. Add to the dry mixture, stirring only until dry ingredients are moistened. Spoon mixture into paper lined muffin cups, filling 3/4 full.
6. Bake for 20-25 minutes or until a toothpick inserted in the centre comes out clean.





CATTLEMEN'S CHOPHOUSE

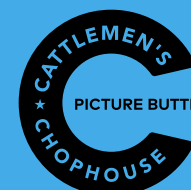
Cattlemen's Chophouse has grown from its origins as the Picture Butte Hotel into a community-focused steakhouse celebrated for premium aged steaks, farm-to-table dining, and a signature blend of rustic warmth and refined culinary craft. In Picture Butte, the restaurant built a loyal following by sourcing exceptional locally raised beef and fresh regional ingredients, establishing itself as a standout destination and a true pillar of the community.

That success paved the way for expansion into Taber in 2023, where Cattlemen's Chophouse introduced the town's only high-end steakhouse and quickly became the preferred choice for quality dining among residents and the local business community. With strong demand, a trademark underway, and a proven model resonating across southern Alberta, the brand is well positioned for continued growth and future franchise development.

Cattlemen's Chophouse
234 Hwy Avenue N
Picture Butte, AB
403.732.4546

Cattlemen's Chophouse
5227 - 48 Avenue
Taber, AB
587.787.4443

CattlemensChophouse.ca
@CattlemensChophouse
@CattlemensChophouseTaber



JÄGERSCHNITZEL WITH MUSHROOM SAUCE & FRENCH FRIES

🕒 45 minutes

👥 4 servings

Ingredients

1½ to 2 lbs pork loin or boneless pork chops
1 tsp salt
½ tsp black pepper
1 cup all purpose flour
3 eggs
2 cups panko breadcrumbs
3 to 4 Tbsp neutral oil
2 Tbsp butter
4 russet potatoes, large
Cold water (enough to soak fries)
4 to 6 cups neutral oil, for frying

Ingredients for Cream Sauce

3 cups Cremini mushrooms, sliced
1 small white onion, diced
6 cloves garlic, minced
½ cup white wine
4 cups heavy cream
2 Tbsp butter
2 tsp dried thyme
1 tsp fresh sage, chopped
1 Tbsp fresh parsley, chopped
1 Tbsp fresh oregano, chopped
½ to 1 cup vegetable stock
salt & pepper to taste



Chef's Notes

- Do not overcrowd the pan when frying either the schnitzel or the fries; work in batches so everything stays crisp.
- Dry the soaked potatoes well before frying to reduce splatter and help them brown properly.
- Pound the pork evenly so each piece cooks at the same speed.
- The sauce makes a generous amount; keep extra for mashed potatoes, roasted chicken, or pasta.



JÄGERSCHNITZEL WITH MUSHROOM SAUCE & FRENCH FRIES

🕒 45 minutes

👥 4 servings

Directions

1. For french fries: Peel the potatoes if preferred, then cut them into even French fries about 1/4 to 1/2 inch thick. Place them in a bowl of cold water and soak for at least 20 minutes. Drain well and dry thoroughly with clean towels.
2. While the potatoes soak, cut the pork into 4 pieces and pound each piece to about 1/4 inch thick. Season both sides with salt and pepper.
3. Set up a breading station with flour in one bowl, beaten eggs in the second, and panko in the third. Coat each piece of pork in flour, then egg, then panko. Let the breaded cutlets rest for 5 minutes.
4. Start the sauce. In a medium pot or sauté pan over medium heat, melt the butter. When it starts to foam, add the mushrooms and onion. Cook until well browned and caramelized.
5. Add the garlic and cook 30 to 60 seconds. Pour in the white wine and scrape the pan. Let the wine reduce by about half.
6. Add the cream, thyme, sage, parsley, and oregano. Simmer on medium-low until the flavors come together and the sauce thickens slightly. Add a splash of vegetable stock if it gets too thick. Season with salt and pepper.
7. In a large skillet, heat the oil and butter over medium to medium-high heat. Fry the schnitzel 2 to 4 minutes per side until golden brown and cooked through. Transfer to a rack or paper towel-lined tray.
8. Heat the frying oil for the fries to about 325°F in a large heavy pot or deep skillet. Fry the potatoes in batches for 3 to 4 minutes until tender but still pale. Remove and let them rest for 5 to 10 minutes.
9. Increase the oil temperature to 375°F. Fry the potatoes a second time in batches for 2 to 4 minutes until golden and crisp. Season with salt while hot.
10. Plate the schnitzel with the home-cut French fries, then spoon the mushroom cream sauce over top or serve it on the side.





EDEN RESTAURANT

Eden Restaurant 186 is a private boutique dining experience located in a restored historic home in Southern Alberta, originally built in 1902 by Oscar Raymond Knight, founder of the town of Raymond.

Chef-owner Kristy Olsen offers intimate dinners for small groups, where the menu changes daily based on seasonal ingredients, local producers, and the inspiration of the moment. Rather than a fixed menu, guests are invited to trust the process and sit down to a shared table experience rooted in connection, storytelling, and place.

Deeply influenced by her upbringing in a family where gardens, fresh-baked buns, and a simmering pot of soup were constants, Kristy's cooking reflects both heritage and locality. Eden's philosophy centres on bringing people back to the table — to slow down, reconnect, and enjoy thoughtfully prepared food in a space that feels like home.

Each evening is designed to feel less like dining out and more like gathering — where Southern Alberta's bounty is honoured through craftsmanship, seasonality, and care.

Eden Restaurant 186
186 Broadway S
Raymond, AB
403.393.9306

[EdenRestaurant186.square.site](https://edenrestaurant186.square.site)
[@EdenRestaurant_](https://www.instagram.com/EdenRestaurant_)



HANDMADE PIEROGI DOUGH

🕒 30 minutes

👥 40-50 pierogies

Ingredients

4 cups all-purpose flour
1 tsp salt
2 large eggs
1 cup very warm water
2 Tbsp melted butter or melted fat

Directions

1. In a large bowl, combine flour and salt.
2. In a separate bowl, whisk egg, warm water, and melted fat.
3. Add wet ingredients to flour and mix until a soft dough forms.
4. Turn onto a floured surface and knead gently for 5-7 minutes until smooth.
5. Cover and rest for 30 minutes.
6. Roll thin and cut into circles for filling.



CLASSIC POTATO PIEROGI FILLING

🕒 1 hour

👥 40-50 pierogies

Ingredients

2 lbs yellow flesh potatoes
3 Tbsp butter
2 Tbsp dill chopped fine
2 Tbsp parsley chopped fine
2 cups Havarti cheese grated
Salt to taste
Pepper to taste

Directions

1. Slice 1/3rd of the way through the potatoes and toss in oil and heavy salt.
2. Bake potatoes skin on in 350°F oven until soft.
3. Cut potatoes in half and push through a fine meshed strainer while hot.
4. Dispose of skins.
5. Mix in herbs, cheese, salt, and pepper.
6. Cool completely before filling pierogies.



Assembly

1. Fill each dough round with approximately 1 tablespoon of filling. Fold and seal.
2. Boil in salted water until pierogies float.
3. Finish in butter with sautéed onions if desired.





ITALIAN TABLE & PRIME CATERING

Discover a memorable blend of hospitality and culinary craft at The Italian Table, a restaurant that celebrates the simple joy of good food shared in good company. Since opening in 2018, The Italian Table has welcomed guests with the warmth of a close friend's home, offering thoughtfully crafted dishes suited to milestone celebrations, late-night cocktails, or relaxed meals with family and friends. High-quality cuisine, attentive service, and a welcoming atmosphere have made it a favourite destination for unforgettable dining experiences in the city.

Complementing this beloved restaurant is Prime Catering, a trusted name in Lethbridge's event landscape since 2012. Prime has refined its catering services, venue rental offerings, and event coordination support to create smooth and memorable experiences for clients across southern Alberta. Its highly skilled team brings genuine care, professionalism, and creativity to every gathering, ensuring each event feels polished, personal, and expertly executed.

Together, The Italian Table and Prime Catering offer visitors and locals a taste of Lethbridge's vibrant hospitality, where exceptional food, heartfelt service, and the joy of gathering are always at the centre.

Italian Table
320 Scenic Drive S
Lethbridge, AB
403.331.6909

ItalianTable.ca
[@ItalianTableYQL](https://www.instagram.com/ItalianTableYQL)

ITALIAN
TABLE ESTD 2018

PRIME  **CATERING**
CELEBRATE EVERY DAY

OLIVE OIL CAKE

🕒 30 minutes

👥 2 mini loafs

Ingredients for Olive Oil Cake

2 ½ cups all purpose flour
½ tsp baking soda
½ tsp baking powder
½ tsp kosher coarse salt
1 Tbsp artificial vanilla extract
3 fresh eggs

1 ¼ cups extra virgin olive oil
1 cup 2% milk
½ cup whipping cream (36%)
2 ½ cups white sugar
zest of 2 fancy oranges

Directions

1. Preheat oven to 350°F.
2. Combine wet ingredients together with the sugar.
3. Add the dry ingredients together, then slowly add to the wet ingredients. Combine thoroughly.
4. Using a 4oz. ladle, put the mixture into oiled mini loaf pans.
5. Bake for 23 minutes.
6. Remove from oven and let cool.



OLIVE OIL CAKE TOPPINGS

🕒 10 minutes

👤 1 serving

Mascarpone Lemoncello Whipped Cream

4 cups whipping cream (36%)
2 Tbsp artificial vanilla extract
½ cup white sugar
zest of 1 lemon
1 oz Lemoncello liqueur
1 lb mascarpone cheese

1. Make sure ingredients are at room temperature.
2. Mix ingredients until thoroughly combined.
3. Leave in cooler until ready to use. Makes approximately 3 ½ cups.

Strawberry Topping

20 sliced strawberries
1 Tbsp white sugar
1 tsp Lemoncello liqueur

1. Add sugar and Lemoncello to the sliced strawberries to macerate them.
2. Allow them to sit in the bowl for at least 15 minutes.
3. Add mascarpone Lemoncello whipped cream and strawberry topping to the cooled olive oil cake and enjoy!





KUYA WILL'S & TOBITS CUISINA

Kuya Will's & Tobit's has earned a loyal following in Lethbridge for its generous hospitality and its wide-ranging menu that brings together Filipino favourites alongside Asian, Italian, and Western dishes. This unique blend of comfort foods reflects the business's commitment to offering something for everyone, all while staying true to the warmth and flavour that define Filipino cooking.

Guests return for homestyle Filipino classics that highlight rich, savoury flavours and the soulful traditions of the cuisine. Alongside these favourites, the menu features a variety of Asian dishes, familiar Western comfort foods, and well-loved Italian options, creating a welcoming experience for families, groups, and anyone craving variety without compromising quality.

Every dish is prepared with care, and the friendly, approachable atmosphere has made Kuya Will's & Tobit's a trusted part of the community. Whether guests are discovering Filipino cuisine for the first time or enjoying a mix of global flavours, the experience is always heartfelt, satisfying, and rooted in the joy of sharing good food.

Kuya Will's & Tobits
Cuisina
313 - 5 Street S
Lethbridge, AB
403.942.1073

KuyaWillsAndTobits.com
@KuyaWills_Tobits



BATANGAS BEEF BULALO

🕒 4 hours (meat prep)
30-40 minutes (assembly)

👥 3-4 servings

Ingredients

1-1.5 kg beef shank with bone marrow
2 litres water
1 medium onion, quartered
2-3 stalks spring onions (garnish)
1-2 corn on the cob, cut into 2-3 pieces each

8-10pcs green beans
1 pc beef cubes
1 tbsp beef soup base
2 pcs bok choy
Fish sauce or salt (to taste)



Directions

1. Prepare the meat: Rinse the beef shanks under running water to remove any blood or impurities.
2. In a large pot, pour in 2 litres of water and add the beef shanks. Bring to a boil over medium heat. Once it starts boiling, skim off any scum or foam that floats on top to keep the broth clear.
3. Add the onion, ground pepper. Lower the heat, cover, and simmer for 1 & half hours or until the beef is fork-tender. Add more water if needed during cooking.
4. Once the meat is tender, add the corn. Wait for another 5-10 minutes until soft.
5. Add the beans and bok choy last, cooking for only 2-3 minutes to keep them crisp.
6. Add beef cubes, and beef soup base. Add fish sauce to taste if necessary.
7. Serve hot in deep bowls, making sure each serving has some marrow, broth, vegetables, and beef. Garnish with spring onions.

SIZZLING PORK SISIG

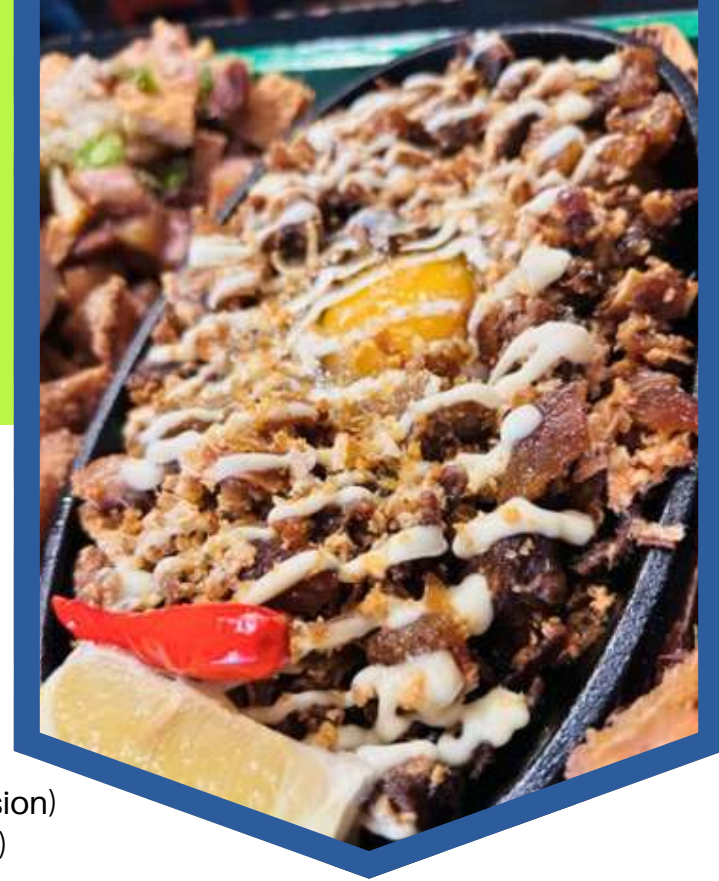
🕒 1 hour (meat prep)
20 minutes (assembly)

👥 2-3 servings

Ingredients

500g pork face/ears or pork belly (or a mix)
1 medium onion, chopped
½ Tbsp ginger
½ Tbsp garlic, minced and fried for garnish
2-3 Tbsp liquid seasoning
1 tsp granules (all-purpose seasoning mix)

2-3 tbsp mayonnaise (optional)
1 pc red chilli
1 slice lemon
Salt & pepper to taste
1 egg (optional, for sizzling plate version)
Butter or margarine (for sizzling plate)



Directions

1. Prepare the meat: Place the pork in a pot with water, a pinch of salt, and a few peppercorns. Boil until tender (about 45 minutes to 1 hour).
2. Once boiled, drain the pork and fry the meat until crispy and golden brown.
3. Using a sharp knife, chop the pork into small cubes or bits.
4. Heat a pan with margarine. Sauté the onions and ginger until fragrant. Add the chopped pork, liquid seasoning, ground pepper, onions, ginger and granules. Stir-fry for 2-3 minutes.
5. Preheat a sizzling plate, melt butter or margarine, then transfer the sisig.
6. Crack an egg on top and let it cook in the heat of the plate. Mix before eating. If you want it creamy, drizzle mayonnaise on top, stir in and mix well.
7. Garnish with fried garlic, lemon and chili. Serve hot with rice for Sisilog order or Platter size.



LAVENZA CAFE

Lavenza Café began with a simple idea: what we drink each day should fuel our body, calm our mind, and lift our spirit. That idea grew into a personal journey and eventually into a community space where visitors can slow down, feel cared for, and enjoy something that tastes as good as it feels.

Today, Lavenza Café welcomes locals and travelers with wellness teas, nourishing shakes, and premium coffee that is crafted with intention. Every cup is prepared to offer true soul satisfaction. Guests can settle in with a soothing tea blend, recharge with a protein-packed shake, or enjoy the comfort of a perfectly brewed espresso. The menu is designed to bring balance, energy, and warmth, turning each visit into a small act of self-care.

Lavenza Café is more than a place to grab a drink. It is a place to pause, breathe, and reconnect with yourself or with the people around you. Visitors often describe it as a gentle reset in the middle of a busy day, a spot where wellness and flavour come together one sip at a time. Whether you are exploring the community, meeting friends, or simply looking for a moment of calm, Lavenza Café offers a welcoming experience that invites you to stay a little longer and leave feeling a little lighter.

Lavenza Café
812 - 3 Avenue S
Lethbridge, AB
403.578.6777

LavenzaCafe.com
[@LavenzaCafe_](https://www.instagram.com/LavenzaCafe_)



AVOCADO PAPDI CHAAT

🕒 10 minutes

👤 1 serving

Ingredients for Whipped Curd

50g fresh pasteurized curd
½ tsp chaat masala
1 tsp sugar
½ tsp salt
4 to 5 mL cold water

Ingredients for Chaat

6 pieces Papdi, ready to eat and the crispier the better!
1 avocado, medium, peeled and cut into generous dice
Mint chutney to taste
Tamarind chutney to taste
5g nylon sev



Ingredients for Assembly

Pinch of chaat masala
Pinch of salt



AVOCADO PAPDI CHAAT

🕒 10 minutes

👤 1 serving

Directions

1. Curd: In a bowl, whisk together the curd, chaat masala, sugar, salt, and a splash of cold water. It should be smooth, glossy, and just pourable. Taste - it should be tangy, lightly spiced, and have a quiet sweetness underneath. Refrigerate while preparing the rest.
2. Arrange the six papdis on a plate, leaving each one a little breathing room.
3. Spoon a generous mound of diced avocado onto each papdi. The creaminess of the avocado is a bridge between the crispness below and the sauces to come.
4. Drizzle the mint chutney first, then follow it with the tamarind. The ratio is yours to decide. More tamarind if you like things sticky and bold. More mint if you want brightness and a little fire.
5. Take your chilled, whipped curd straight from the fridge and spoon it generously across the assembled papdis, letting it pool around the edges and find its own level.
6. Dust the whole plate with a pinch of chaat masala and salt, scatter a few extra avocado pieces across the top, then cover everything in a delicate snowfall of nylon sev. That fine, golden crunch is non-negotiable — it's what gives the first bite its electricity.
7. Serve at once, chilled and gleaming, before a single papdi has the chance to soften.





API'SOOMAAHKA

NAAPI'S GARDEN AND KATOYISS SEED BANK

Naapi's Garden and Katoyiss Seed Bank was created to further the continuing adaptation of the Niitsitapi. Today, we are facing a decline in our Native plants, which leads to a decline in community health. Every plant that we lose affects our Niitsitapi way of life. Navigating environmental and social climate change requires looking at our history and stories to take action.

It's also to prepare our children for the future, to become Niitsitapi horticulturists and scientists by growing our native plants from seed. To utilize Blackfoot Ecological Knowledge to heal ourselves through the plants and herbs given to us by the creator. To create reciprocity through land restoration, research, education and partnership. To assist and create food security solutions by developing community and family gardens. Learning the lessons from Naapi and to take action by being a steward of the land like Katoyiss and his dog, sisomm. Their teachings are an inspiration to educate our future generations and to continue the survival of the Niitsitapi. Take action! Help to reclaim and heal the land!

Naapi's Garden and Katoyiss Seed Bank is a current member of Indigenous Tourism Association (ITA) and with their assistance and guidance are creating an eco-tourism land-based education experience and destination.

Naapi's Garden and
Katoyiss Seed Bank
Standoff, AB
403.715.7807

Contact to learn more:
NaapisGardenKEPA.com
[@naapis_garden](https://www.instagram.com/naapis_garden)



WILD VEGETABLE SOUP

NIITSITAPI KOOPIS KI AOHPIIKIINAATSI MÍKKSKAPAYINI

 1 hour

 2 servings

Real people soup with corn “hard tack” crackers

Ingredients for Soup

1 dozen yampa (wild carrot - *Perideridia gairdneri*)
1 medium Indian breadroot, sliced (wild turnip - *Pedum esculentum*)
1 nodding onion, finely chopped (wild onion - *Saokiipisatsiinikimm*)
Bison meat, dried or fresh ground
1 can white hominy corn, Mexican style, drained
Prairie Parsley seeds (Opitahtsi - *Lomatium triternatum*)

Directions

Yampa and wild turnip are harvested in July when they have flowered. Prairie parsley seeds can be harvested in early July.

1. Wash and clean 1 dozen yampa, separate and cut into thirds. If dehydrated, you just need to rehydrate. You end up with a 1/4 cup.
2. Rehydrate the dried turnips and yampa in 4 cups water or broth. Add the dried meat and chopped wild onion.
3. Bring to a boil, then add the hominy and crushed prairie parsley seeds simmer on low 20 minutes.
4. Stir and serve warm with corn hard tack crackers and wild peppermint tea.



Dried Meat (kayii)

Use a bison outside round roast, trimmed and cut unto 5-inch strips with a 1/4 inch thickness.

Put the strips of meat into a food dehydrator (on the highest heat setting) or in oven at 200°C for 6 to 8 hours keeping the oven door open with a five-inch gap.

CORN “HARD TACK” CRACKERS

🕒 45 minutes

👥 4 servings

Ingredients

3 cups water
1 cup coarse cornmeal or polenta
1 Tbsp olive oil

Directions

1. In a large saucepan, bring water and salt to a boil. Once the water is boiling, slowly whisk in the cornmeal and continue to stir so you don't get any lumps.
2. Reduce the heat to a simmer and stir regularly to prevent sticking to the bottom of the saucepan. Cook until the cornmeal is thick, creamy and flavorful (about 30 minutes).
3. Let the cornmeal cool until it is enough to handle. Line a pan with wax paper and press the cornmeal into a 1-inch thickness. You could also roll in a tube as well. You could also make the night before and refrigerate overnight in a wax paper lined tray. Or you could buy premade polenta.
4. Heat a frying pan over medium-high heat and add the oil.
5. With a large spoon, scoop the cornmeal mixture into the palm of one hand, and with the other, toss it back and forth until a flattened patty shape is formed. Add to the frying pan and continue until the frying pan is full.
6. Cook the patties for about 5 minutes on the first side, then flip over and cook for an additional 3-4 minutes. Repeat the process and cook all with the remaining cornmeal mixture.
7. Keep the patties warm in the oven until they are ready to serve.





TELEGRAPH TAPHOUSE

Telegraph Taphouse brings together heritage charm and contemporary culinary creativity in the heart of downtown Lethbridge, operating from a beautifully preserved historic telegraph building that gives the gastropub its unmistakable character. Guests are drawn to its inviting atmosphere, extensive craft beer selection, and gourmet pub fare inspired by global flavours, all served in a space that blends old-world warmth with modern energy. Over the years, it has built a loyal following and a strong local presence, becoming a go-to gathering place for both residents and visitors.

With its registered trademark and well-defined brand identity, Telegraph Taphouse is positioned for thoughtful expansion into new markets. Its unique combination of history, creativity, and approachable dining offers a concept that translates well beyond Lethbridge, opening the door for broader growth while maintaining the authenticity and vibrancy that make it a standout destination.

Telegraph Taphouse
310 - 6 Street S
Lethbridge, AB
403.942.4136

Taphouse.pub
@TelegraphTaphouse



TELEGRAPH
TAPHOUSE

BISON BURGER

🕒 40 minutes

👥 4 burgers

Ingredients

1 ½ lbs bison meat, ground	4 slices bacon
2 Tbsp BBQ sauce	1 Tbsp butter
1 Tbsp Dijon mustard	4 burger buns
¼ cup quick oats or fine breadcrumbs	¼ cup garlic aioli
½ tsp steak seasoning	2 cups arugula
1 tsp Cajun seasoning	1 large tomato, sliced
½ tsp Greek seasoning	¼ cup pepper relish
1 Tbsp neutral oil	4 slices Swiss or cheddar cheese

Directions

1. Heat oven to 375°F.
2. Mix bison, BBQ sauce, Dijon, oats or breadcrumbs, steak seasoning, Cajun seasoning, and Greek seasoning just until combined. Test a small piece in the pan and adjust seasoning if needed.
3. Form 4 patties about ¾ inch thick. Make a shallow dent in the centre of each patty.
4. Bake bacon 12 to 15 minutes until crisp. Reserve a little bacon fat if desired.
5. Pan-cook patties over medium heat 4 to 5 minutes per side, adding cheese near the end.
6. Toast buns with butter in the pan.
7. Assemble with garlic aioli, arugula, tomato, pepper relish, burger patty, and bacon. Serve immediately.



Chef's Notes

- If the mixture feels loose, add 1 to 2 more tablespoons of oats or breadcrumbs.
- Bison is lean. Medium heat helps prevent it from drying out.
- Cook to about 160°F for a fully cooked burger.



WATER TOWER GRILL

Water Tower Grill & Bar rises 102 feet above Lethbridge, offering an elevated dining experience that pairs refined cuisine with a stylish lounge atmosphere and sweeping panoramic views of the city. Set within a historic water tower, the venue's one-of-a-kind setting creates an unforgettable backdrop for special occasions, upscale evenings out, and memorable tourism experiences. Its combination of exceptional food, attentive service, and dramatic surroundings has made it a standout destination for both locals and visitors.

As its reputation continues to grow, Water Tower Grill & Bar is solidifying its place as a signature landmark restaurant in southern Alberta. Its unique blend of history, culinary craft, and elevated ambiance positions it for continued success, attracting guests seeking a dining experience that feels both iconic and distinctly rooted in the character of Lethbridge.

Water Tower Grill
103 Mayor Magrath Drive S
Lethbridge, AB
403.715.2552

TheWaterTowerGrill.ca
[@WaterTowerYQL](https://www.instagram.com/WaterTowerYQL)



PORK TOMAHAWK WITH ROASTED VEGETABLES

🕒 50 minutes + 5 hours (marinade)

👥 2 servings

Ingredients

- | | |
|---|--------------------------------------|
| 2 large bone-in pork chops or tomahawk pork chops | ¼ tsp black pepper |
| 2 cups pineapple juice | 1 Tbsp neutral oil |
| 1 Tbsp brown sugar | 1 lb baby potatoes |
| 1 Tbsp fresh thyme, chopped | 2 to 3 carrots, sticks or chunks |
| 1 Tbsp garlic, minced | 2 cups broccoli florets |
| ½ cup soy sauce | Salt to taste |
| 1 Tbsp lemon juice | ½ cup apple chutney |
| 2 Tbsp fresh ginger, grated | ½ cup Bordelaise sauce or beef gravy |
| ¼ tsp ground cinnamon | |

Directions

1. Whisk together pineapple juice, brown sugar, thyme, garlic, soy sauce, lemon juice, ginger, cinnamon, pepper, and oil. Add pork chops and marinate 4 to 5 hours in the refrigerator.
2. Heat oven to 375°F. Remove chops from marinade and pat dry.
3. Roast potatoes and carrots 15 minutes, then add broccoli and roast 8 to 10 minutes more.
4. Sear the pork in a hot grill pan or skillet for 2 to 3 minutes per side.
5. Finish in the oven 8 to 12 minutes, or until the centre reaches 145°F. Rest the pork 5 minutes.
6. Warm the apple chutney and bordelaise sauce or gravy.
7. Plate the vegetables, pork, chutney, and sauce.



Chef's Notes

- Patting the pork dry before searing helps it brown properly.
- A good-quality beef gravy works if you do not have bordelaise sauce.
- Use a thermometer and remove the pork at 145°F.

Explore

LETHBRIDGE

.app

For more to explore in the Lethbridge area:

Explore Lethbridge puts the city's best experiences right in your pocket. Use the app to find the restaurants and producers featured in this cookbook, map out your next food adventure, and discover even more local flavours, attractions and hidden gems across the region. Whether you are planning a visit or exploring your own backyard, the app makes it easy to taste, wander and experience Lethbridge like a local.



TOURISM 
Lethbridge

Tourism Lethbridge (Niita'paini'pi Sikoohkotok) is the award-winning official Destination Management Organization for Lethbridge, working to showcase the unique sense of spaces, culture and people. They promote vibrant, and diverse tourism offerings in Lethbridge through collaborative efforts with industry partners and showcasing the region's attractions, events, and experiences, to attract visitors from far and wide.



Food Tourism Strategies brings over 40 years combined experience in the culinary and tourism industries to every program. From strategic development to signature events and beyond, FTS specializes in enhancing the visitor experience through taste of place.