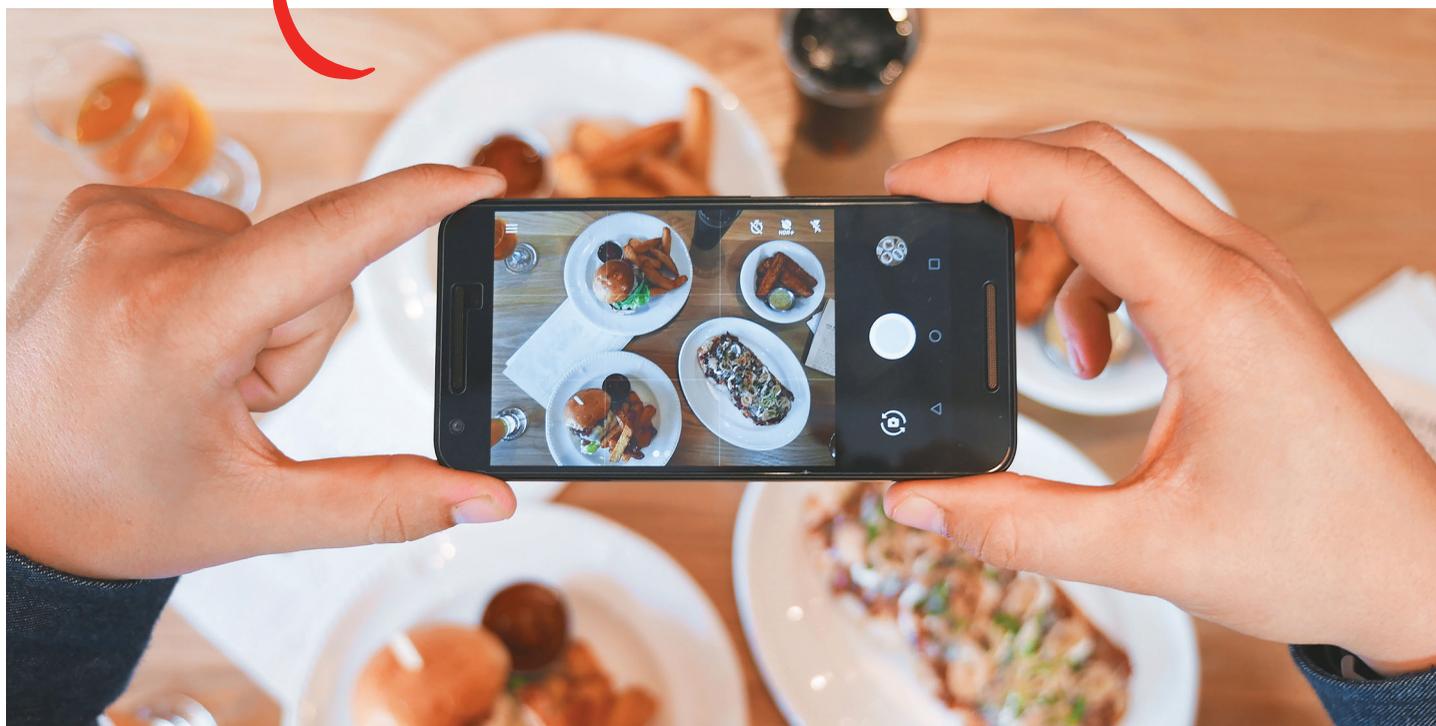




# Montreal This Week



BATCH BY THE EASTERS COLLECTIVE

## What is MTLàTABLE?

*It's just a three-course dinner menu at a special price to let you discover the richness of the Montreal gastronomy scene!*

BY EVELYN REID

### Montreal Restaurant Week MTL à Table: What It Is Exactly

MTL à Table is a chance to discover Montreal restaurants, many of which are upscale, at affordable price points.

In 2016, most table d'hôte menus ranged from \$21 to \$41. Note that prices do not include taxes, tip and wine (unless a given restaurant operates as a bring-your-own-wine).

### Montreal Restaurant Week MTL à Table: How It Works

Reservations are more often than not essential in ensuring a spot at your restaurant of choice.

Simply consult the MTL à Table website for a sneak peek of each participating restaurant's contact information and specially conceived menu for Montreal Restaurant Week.

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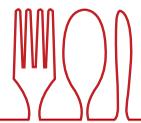
**ZOÉ**

Dessert et thé

2160 Rue Saint Mathieu  
Montreal, QC H3H 2J4  
Ville-Marie

Tel: (514) 379-6606





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## Montreal Restaurant Week MTL à Table: Where It Happens

Participating restaurants in 2017 are for the most part centrally located. The following Montreal neighborhoods are covered:

- Downtown Montreal
- Old Montreal
- Plateau Mont-Royal
- Outremont
- Montreal Gay Village
- Griffintown
- Mile End
- Ahuntsic

## Montreal Restaurant Week MTL à Table: Minor Caveat

A common observation at these kind of events revolves around portion size. Having myself experienced a smaller-than-expected meal than what was usually served -- desserts and appetizers were halved and the main course was small -- and then another which was rife with missing ingredients, this on two different occasions, and having collected enough feedback from readers to confirm that others have reported similar experiences, you may need to factor in the cost of an additional appetizer or side dish to be fully satiated. Just keep that in mind and you'll avoid disappointment as you walk into this culinary experience fully aware that portions may be smaller than expected.

Consult the MTL à Table website for details on participating restaurants and Montreal Restaurant Week menus.



BY BRENNAN GREENE

## Norman Laprise's Story

BY ENTREPRENEUR STORIES

*"First take the time to build yourself. After, you can build something."*

### BUILD A NETWORK FIRST. THE REST WILL FOLLOW.

After his internship at restaurant Marie-Clarisse in Quebec City, the young cook wanted to travel to broaden his horizons. In France he discovered the old adage, "It's the product that makes the chef," which really spoke to him. From that point on, he no longer wanted to create menus; instead, his idea was to build a solid network of producers that would source quality ingredients.

"We first start with the key ingredient, around which we create our menu. Not the other way 'round," said the chef, who makes all his business decisions based on his desire to broaden access to fresh produce and improve the traceability of products to their source. This approach may seem obvious today, but thirty years ago? It was purely revolutionary.

### TOQUÉ! GROWS, LAPRISE BUILDS

Did someone order success? In their location on Saint-Denis, the kitchen team grew from five to 14 members in 10 years. Laprise and his accomplice, Christine Lamarche, never kept track of their hours. "Mr. Abraham at Le Café de la Paix once told him, 'Young man, when people work, you work, but when people are having fun, you're still working.'" Laprise shares this advice with the many young people who spend time in his kitchen and are often too eager to open their own restaurant. "First take the time to build yourself. After, you can build something."

And building is what Laprise wants to do as a chef. Not just increase the number of restaurants (he has declined many such offers, at least 30 to date), but rather continue to innovate and act as a mentor to his employees. This is why he moved Toqué! to Place Jean-Paul-Riopelle in 2004. His hope was that this move would enable the restaurant to



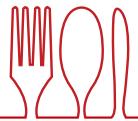
NORMAND LAPRISE BY BÉNÉDICT BROGÉARD

become part of Relais & Châteaux, a place where he could develop a large, bright kitchen conducive to the natural flow of creative juices. Brasserie T, which offers the same quality, rigour, and freshness as its big brother but in a friendlier format, was opened for similar reasons.



GASTRONOMIE DE MONTRÉAL

*"My dream is to keep pushing traceability, sourcing, and the quality of the ingredients used and make them accessible to everyone. Quebec's quality potential is huge. It must be developed."*



## Orange Julep Gibeau: A Montreal Favorite

*Come for the Drinks, Stay for the Cars*

BY EVELYN REID

### Orange Julep: Of Hot Dogs And Hot Rods

Legend has it that since the early '50s Montreal's finest hot wheels and classic cars converge at the "Big Orange" on Decarie Boulevard, a favorite landmark/eyesore among kids, their parents, their grandparents... it's even historically possible their grandparent's parents perused the parking lot for yesteryear's modern rides as they sipped the secret recipe behind the Orange Julep, a foamy, neon orange liquid that inspired original founder Hermas Gibeau to set up his own restaurant in 1932.

By 1945, the Gibeau family moved from their first Montreal location to today's spot on Decarie Boulevard, erecting a concrete orange-shaped joint in the process. Demolished in order to expand the boulevard and build the Decarie Expressway, 1966 was year the three-story-high giant orange was finally erected.

### Orange Julep Today

Basing its fast food enterprise on a beverage that's been a Gibeau family recipe since the early 1920s, Orange Julep continues to reign not only as the best place in town to check out classic cars, but as a top fast food joint in Montreal serving hot dogs, burgers, crunch-free mushy fries, poutine and other fatty options that complement the business namesake. Besides, you can't miss it. The giant orange is 40 feet wide and can be seen from the sky.



FOR DECADES, THE ORANGE JULEP HAS BEEN HOSTING INFORMAL SPORTS, MUSCLE AND VINTAGE CAR GATHERINGS MOST SPRING AND SUMMER WEDNESDAYS  
BY SPYROS BOURBOULIS / GETTY IMAGES



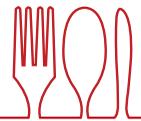
SMALL POUTINE AND MEDIUM ORANGE JULEP BY LIZA S.

## Orange Julep General Information

Address: 7700 Decarie, corner of Paré

Get There: Namur Metro (Directions: Exit metro station. Scan skyline for giant orange. Walk towards fruit.)

Hours: Open 24 hours, 7 days a week from April through November. Hours reduced to 7:30 a.m. until 3 a.m. in colder months but opening hours vary by day and weather conditions. To be on the safe side, call (514) 738-7486 to make sure Orange Julep is open if planning a late night visit in the winter.



## The Montreal Tea Room Scene

*Soothing Tea Houses, High Tea Salons and Tea Shops*

BY EVELYN REID

The Montreal tea room scene? Apart from tea at the Ritz, there wasn't much of one until the turn of the 21st century.

Apart from buying brand name tea at the local supermarket, heading down to one of Chinatown's small shops for loose leaf or indulging in a traditional English afternoon tea experience at select Montreal luxury hotels or in private clubs like Mount Stephen, you were lucky to find a tea room at all.

But since the late '90s, more casual and accessible tea rooms have been quietly multiplying, offering everything from classic English afternoon tea to Chinese, Japanese and Moroccan-themed tea rituals, adding multicultural flair to the tea time experience as well as proposing a stimulating alternative to coffee shops.

Whether you visit in the spring, when Montreal tea houses boast the freshest tea leaves of the year, gather friends and loved ones for a fun summer or fall outing, or seek comfort from the winter cold over a hot cuppa, you don't need a special occasion to enjoy the following hot spots on the Montreal tea room.



MONTREAL'S BEST AFTERNOON TEA SALONS INCLUDE THE RITZ-CARLTON'S AFTERNOON TEA OFFERINGS  
PHOTO COURTESY OF RITZ-CARLTON

## Top Ten Hotels

**Accor Novotel Montreal Centre**

1180 de la Montagne Street, Montréal, QC H3G 1Z1

Starting at 129 \$

**Loews Hotel Vogue**

1425 de la Montagne Street, Montréal, QC H3G 1Z3

Starting at 229 \$

**Hôtel Le Crystal**

1100 de la Montagne Street, Montréal, QC H3G 0A1

Starting at 219 \$

**Fairmont The Queen Elizabeth**

900 René-Lévesque Blvd. West, Montréal, QC H3B 4A5

Starting at 219 \$

**Intercontinental Montréal**

360 Saint-Antoine Street West, Montréal, QC H2Y 3X4

Starting at 209 \$

**Le Centre Sheraton Montréal Hotel**

1201 René-Lévesque Blvd. West, Montréal, QC H3B 2L7

Starting at 159 \$

**Auberge Le Jardin D'Antoine**

2024 Saint-Denis Street, Montréal, QC H2X 3K7

Starting at 120 \$

**Auberge Le Pomerol**

819 De Maisonneuve Blvd. East, Montréal, QC H2L 1Y7

Starting at 128 \$

**Hôtel St-Denis**

1254 Saint-Denis Street, Montréal, QC H2X 3J6

Starting at 115 \$

**Hôtel de Paris**

901 Sherbrooke Street East, Montréal, QC H2L 1L3

Starting at 79 \$

### Top Five Tea Houses in Montreal

*Tea House: Camellia Sinensis - \$\$*

351 Rue Émery, Montréal, QC H2X 1J2

*Tea Salon: Ritz-Carlton - \$\$\$\$*

1228 Rue Sherbrooke Ouest, Montréal, QC H3G 1H7

*Japanese Tea Salon: Cha do Raku - \$*

750 Rue de Bienville, Montréal, QC H2J 1T7

*Tea Room Revival: Cardinal - \$\$*

5326 St Laurent Blvd, Montreal, QC H2T 1A5

*High Tea Comfort: Gryphon d'Or - \$\$*

5968 Monkland Ave, Montreal, QC H4A 2L2

## Events Calendar

38th year anniversary and special October menu at La Sauvagine

OCT. 01 - OCT. 31

Sherbook Restaurant Week

OCT. 19 - OCT. 29

Montreal Taco Week 2017

OCT. 21 - OCT. 28

Cider weekend at Pub BreWskye

OCT. 25 - OCT. 29