

flavour up almost any recipe.

Where: 59 York St., 613-241-4093,
www.aubreymeats.ca

THE BUTCHERY The friendly neighbourhood butcher shop — a dying breed — is alive and well in Bell's Corners. Prompt, friendly, knowledgeable service and one of the largest selections of raw cuts, pre-marinated and ready-to-cook meats (check out their massive homemade burgers), as well as fully prepared food (including their famous glazed barbecue beef ribs, rotisserie chickens, and egg rolls). There is also an extensive deli section, including their inhouse sandwich-ready roast beef and turkey breast.

Where: 3657 Richmond Rd., 613-829-9133.

GLEBE MEAT MARKET In business since 1920, this local landmark is a friendly, family-run shop

with old-fashioned service and top-quality products. Inside the grey, almost windowless room, the decor may not inspire, but that doesn't deter gourmet home cooks from flocking here for organic chicken, pork, beef, and lamb, as well as a wide selection of imported and specialty food items such as quail eggs, foie gras, smoked duck breast, local butter, and every condiment you can imagine. In-house prepared products include jams, fresh chicken and beef stocks, pies, and sausages.

Where: 869 Bank St., 613-235-9595.

FISHMONGERS

THE CHELSEA SMOKEHOUSE Passionate epicures Line Boyer and James Hargreaves, her

husband, recently took over the 25-year-old family-run smokehouse in Chelsea, Quebec, a specialty boutique dedicated to smoked fish and seafood. They set out to revitalize the place by honing their artisan-style smoking techniques and creating their own recipes, all the while respecting the great traditions. Add to that a commitment to the promotion of healthy regional foods, produced using the lowest possible carbon footprint. Connoisseurs and chefs alike rave about the smoked scallops, shrimp, mussels, trout, tuna, and eel. Their rare Ottawa River sturgeon is a must-try. Specialties to complement the smoked seafood include Quebec capers, artisanal cheeses, and an exquisite line of olive oil called La Belle Excuse.

Where: 706 Rte. 105, Chelsea, 819-827-1925,
www.chelseasmokehouse.com

PELICAN FISHERY A family-owned neighbourhood fish market, a rarity in the city, Pelican has been around for more than 30 years. Ice beds display the "catch of the day" — everything from red snapper, sashimi-grade tuna, halibut, and wild and organic pacific salmon to wild shrimp from the Gulf of Mexico. One of their most popular items is the cold and hot-smoked salmon, made in-house, as well as their own salmon sausages. Friendly fishmongers are always on hand to answer questions, share recipes, dive into the lobster tank, and even hook you up with a cedar plank for the grill. The casual seafood restaurant that shares its space is known for fab fish and chips.

Where: 1500 Bank St., 613-526-5229,
www.pelicanfisheryandgrill.com

WHALESBONE SUSTAINABLE OYSTER & FISH SUPPLY It's a safe bet that you'll never meet anyone more passionate about oysters than Joshua Bishop, the owner of the popular seafood restaurant that shares its name with his latest venture. Originally intended to supply restaurants and caterers with his beloved bivalves, as well as environmentally sustainable species of fish, the Whalesbone's warehouse (home to its catering kitchen too) is open to the public on Fridays (11 a.m. to 5 p.m.) and Saturdays (11 a.m. to 2 p.m.). Depending on the season and the whims of Mother Nature, you may find fresh B.C. wild halibut, albacore tuna, or sablefish, as well as Lake Erie yellow perch, pickerel, or whitefish. Don't miss the brilliant takeaway sandwich and chowder available at lunchtime both days.

Where: 504A Kent St., 613-231-3474,
www.thewhalesbone.com



deli

THE PIGGY MARKET

Dave Neil, who trained as a butcher at Aubrey's Meats, and chef Warren Sutherland of Sweetgrass Aboriginal Bistro teamed up a couple of years ago to create a line of local organic and heritage pork products that they sold through a stand at the Ottawa Farmers' Market. Their new all-season, pork-happy Westboro shop dedicated to local food products is an Ottawa first. Its focus is on artisanal charcuterie, a fancy term for what you get when you season, smoke, brine, and pulverize the parts of the pig that are left over after the prime cuts are plucked. The tasty bits are transformed into delicacies such as fresh sausage, pâté, head-cheese, back bacon, and delectable pulled pork. In keeping with the themes of local and handmade, you'll also find pints of Pascale's ice cream, local honey, jams, rotisserie chickens, and a fine selection of local cheeses.

Where: 400 Winston Ave., 613-371-6124, www.thepiggymarket.com

GREENGROCCERS

BOUSHEY'S FRUIT MARKET It's difficult to imagine what the residents of Centretown would do without this super-stocked corner grocer: a cross between a supermarket and a convenience store. In addition to a proper fresh-meat counter, there's a respectable deli selection, as well as cheeses and other dairy products, Lebanese specialties (tabouli, hummus, falafel balls), fresh squeezed juices, and all manner of munchies. The regular grocery items are of standard variety with some random culinary gems (think truffle oil,