



Hospitality

Inventory: Where to get low-fuss comfort foods in B.C.

Alyssa Hirose Feb 14, 2023



Credit: Yum Tong C Yuen



These companies draw inspiration from around the world



Barakah Eats

Barakah Eats, Surrey

Rushd Khan says it was tough to find halal options growing up in Canada, so after working in his family's restaurant and earning his MBA from SFU, he founded Barakah Eats in 2018. The Surrey-based company sells gourmet frozen South Asian foods—from butter chicken to biryani to nihari.

In-store and online





Taste of Egypt

Taste of Egypt, Salmon Arm

Taste of Egypt is truly a community endeavour. Founder Mary Athanasios credits the business idea to her son, her daughter assists her in the kitchen, and friends support with marketing. Athanasios introduced a limited menu in 2020, and her offerings have expanded to include babaganoush, falafel, hawowshi and more. The Salmon Arm-based biz ships all over B.C. *Online*





Mama Musey's Pierogi

Mama Musey's Pierogi, Roberts Creek

Michelle Musey learned how to make traditional pierogies from her Ukrainian mother-in-law and launched Mama Musey's Pierogi in 2020. The Roberts Creek-based biz sells heat-and-eat pierogies with both classic fillings and daring new flavours (think spicy ghost pepper, mac and cheese and vegan mushroom kraut). *In-store and online*





Yum Tong C Yuen

Yum Tong C Yuen, Vancouver

Growing up in Hong Kong, King Chan and Ka Wong considered soup to be an essential item at the kitchen table. The pair founded Yum Tong C Yuen shortly after their move to Vancouver in 2021, aiming to provide some of that homey warmth to other newcomers to Canada. Their dried Chinese soup packets are thoughtfully prepared but simple to make: just add water. *Online*





La Pasta Triestina

La Pasta Triestina, Victoria

Seeing the vibrant local foodie community at Victoria farmers markets inspired Massimo Buggini and Susie Matthews to start a delicious brand of their own—the 15 years Buggini spent working as a chef in Europe didn't hurt, either. Since launching La Pasta Triestina in 2019, they've been serving up fresh Italian pastas handmade from B.C.-milled organic durum. *In-store and online*

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