



DEVOURING NOVA SCOTIA

A Q & A WITH ANTHONY BOURDAIN

Q & A by: Tiffany Thornton

Emma Award winning chef, author and TV personality Anthony Bourdain jets down in Nova Scotia next month to kick off the opening gala of Devour! on November 12th. Being part of a film festival has been on Bourdain's bucket list for a long time. The five-day food film festival takes place in the culinary town of Wolfville. It celebrates cinema, food and wine culture, while featuring top-notch local and international chefs. Devour! is a true gastronomic feast for your senses that will leave your palette tingling for more. Local Connections Halifax entertainment reporter chats with Bourdain on global food flare, his love of film and the tenacity it takes to be a chef.

THIS IS YOUR FIRST TIME IN NOVA SCOTIA. DO YOU HAVE ANY PRECONCEIVED NOTIONS OF WHAT THE FOOD FLARE MAY BE?

First time in the Maritimes and to Nova Scotia. I am afraid I don't have any preconceived notions. I often use these events as scouting expeditions. I will have to do a serious deep-dive at some point in the future.

I HAVE BEEN TOLD THAT ONE OF THE THINGS ON YOUR BUCKET LIST WAS TO BE A PART OF A FILM FESTIVAL. WHY DOES THIS REALLY APPEAL TO YOU?

I like films. I think if you look at my shows the footprints of a serious film-nerd are all over them. I have been an obsessive film fan since I was a little boy. I am an annoying film buff, foreign or domestic. I love the craft.

FOR THE OPENING NIGHT OF DEVOUR!, THEY ARE SHOWING YOUR FAVOURITE FOOD FILM, "EAT DRINK MAN WOMAN". WHAT IS IT ABOUT THE FILM THAT INSPIRED YOU?

It has far and away the single best cooking sequence ever. In the opening scene the chef prepares what appears to be a meal

for thirty people, but is in fact for a small family of daughters. It is just amazing. It was really one of the first films about professional cooking that respected the craft and took the time to really do it right, the way a professional would do it. It's an amazing breathtaking sequence, and of course it's also about dysfunctional people who express emotion and affection through food. That is something I am very familiar with.

WHAT'S THE MOST OBSCURE REMOTE PLACE YOU HAVE EVER BEEN TO?

Remote northern Canada. Lapland in Scandinavia. Up the Congo River in the Congo. Congo is a real combination of remote and difficult.

IS THERE A MEAL THAT YOU HAVE HAD ON YOUR TRAVELS THAT YOU WOULD LOVE TO BE ABLE TO DUPLICATE?

Yes. Eating at Bocuse, in Lyon, France. It's French food, but it's at such an extraordinary high level of technical proficiency and visual excellence.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS ENDEAVOURING TO TAKE ON A FOODIE PATH LIKE BECOMING A CHEF? ANY MUST SEE PLACES OR COURSES TO TAKE OR DRAW INSPIRATION FROM?

Ask yourself some very hard questions like are you truly suited for the job? Is this really what you want to do? It's very difficult. You give up your entire personal life; you never have holidays with family or friends. I recommend being a dishwasher or a prep cook for a few months at a restaurant. You should really find that out before you spend money on culinary schools. Find out about what kind of person you are and if you really like the business and are comfortable in it. Most people are not. They don't understand that just because you cook well at home that does not mean you are at all suited for a life in a professional restaurant.

ABOUT ANTHONY BOURDAIN

1978

Graduated from the world-renowned Culinary Institute of America.

1997

Wrote the now famous piece "Don't Eat Before Reading This", which was published in the New Yorker.

1998

Became executive chef at Brasserie Les Halles.

2000

Released *Kitchen Confidential - Adventures in the Culinary Underbelly*, which became a bestselling book.

2001

Released *A Cook's Tour: Global Adventures in Extreme Cuisines*.

2002

Started a tv series on the Food Network called *A Cook's Tour* which ran for two seasons.

2004

Releases *Anthony Bourdain's Les Halles Cookbook: Strategies, Recipes, and Techniques of Classic Bistro Cooking*.

2005

Launched a new tv series on the Travel Channel called *Anthony Bourdain: No Reservations*, which ran for seven seasons.

2010

Releases *Medium Raw: A Bloody Valentine to the World of Food and the People Who Cook*

2013 - PRESENT

Currently stars in *Anthony Bourdain: Parts Unknown*, which can be seen on CNN.

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- Organic Earth Market**
Quinpool Road, Halifax

- Meadowbrook Meat Market**
318 Pleasant Valley Road, Berwick (off Hwy 103, Exit 15) and Alderney Landing, Dartmouth
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Bedford, Halifax and Wolfville
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