



## Burgoo: Food for Comfort

*Justin Joyce, Stephan McIntyre*

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## **Burgoo: Food for Comfort** Justin Joyce, Stephan McIntyre

Burgoo is the name of a thick soup or stew from the American South and, historically, of a thick porridge served aboard ships. In Vancouver, Burgoo is synonymous with comfort food, served from four neighborhood bistros. When the first restaurant opened in 2001, its menu featured hearty bowls of soup and stew served in a casual, welcoming ambiance, and has since expanded with signature starters, salads, sandwiches, and desserts, many designed for sharing. From its popular Potage Grand-maman, a traditional Quebecois pea soup, to its sinfully addictive Goopy Cheesy Grillers, a British import, to its extra-garlicky Caesar, the traditional Mexican salad taken to new heights of flavor, and its fresh and fragrant lamb tagine reminiscent of Morocco, the bistro's dishes span the globe. What are common to all of them are bold flavors, generous portions and an overwhelming feeling of eating healthy, satisfying, home-style food. Now Burgoo brings its recipes to the page for the first time, introducing home cooks to delicious and easy-to-make dishes for every day or for entertaining a crowd. From dips to brunch dishes, make-ahead soups to last-minute desserts, *Burgoo* offers 75 unpretentious family favorites for every palate, all beautifully photographed and smartly packaged.

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