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LIFESTYLE — Around the World in Six Dishes

ON THE MENU

Around the World in Six Dishes

BY JOSEPHINE MATYAS | PHOTOS BY TIM FORBES

Travelling with your taste buds can be very convenient. No security lineups. No dividing liquids into small containers. In a city full of wonderful ethnic dining choices, you can learn about a new culture through that most tasty portal: food. And you won't ever have to take off your shoes for a

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LE CHIEN NOIR

An authentic French bistro-style dinner at Le Chien Noir is the **Quebec Duck Confit**. The dish starts with seasoned duck slowly cooked in its own fat until meltingly tender. Then prepared to order, it's pan-seared and finished in the oven. You may become addicted to the crispy skin and the rich fall-off-the-bone meat, and you'll wonder how long you can go without it. *65 Brock St., 613-549-5635*



GRECOS

Lucky us: The economic woes in Greece have no bearing on what's coming out of the kitchen at traditional Greek eateries like Grecos. There's comfort food on the menu in the oven-baked **Mousaka** — layers of potato, sliced eggplant, traditional kefalotiri goat cheese and a house-made meat sauce, all topped with Grecos' own béchamel sauce. *167 Princess St., 613-542-2229*



AMADEUS CAFÉ

A popular dish at Amadeus is the **Holstein Schnitzel** (named after the seaside region of Germany). It's a classic schnitzel topped with a demi-glaze sauce that's been slow-cooked in the oven, a fried egg and smoked salmon. A family recipe, this dish is served with a mound of homemade spätzle, perfect for soaking up the sauce. *170 Princess St., 613-546-7468*



DARBAR

Everyone knows enough to order the delicious naan bread at Darbar. But not everyone has caught on to the **Boti Kebab**, one of the restaurant's delicious tandoori dishes. Tender lamb is roasted on skewers over hardwood charcoal in a clay oven and seasoned with spices that add a flavour wallop without too intense a burn. *479 Princess St., 613-548-7053*



EAST SIDE VILLAGE

Thai dishes make up a portion of the menu at East Side Village (the other cuisines are Chinese and Cambodian), and it's the subtle textures and flavours that make a Thai meal here so memorable. A good bet is the country's national dish: [Chicken and Shrimp Phad Thai](#) served with a sprinkling of roasted peanuts, served over a tangle of rice noodles. *472 Division Street (at Concession), 542-2228.*



SAKURA

Try the authentic [Japanese Teppanyaki](#) dinner and you'll get a show along with a meal. A skilled chef will slice, dice, toss and sauté a mixture of meats, seafood and vegetables at a large tableside iron griddle. There's a lot of sizzling, showmanship and applause. *1350 Bath Rd., 613-531-8882.*

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