

EMBRACING WHOLE ANIMAL BUTCHERY AND NON-GMO INGREDIENTS

Both bistros are committed to a zero-waste approach, particularly through whole animal butchery. "Sourcing whole animals lets us use every part, creating an incredible variety of dishes," Taszia says. For example, prime cuts of bison are reserved for Calories' dinner features, secondary cuts go into Pique's sandwiches, trim is used in burgers, and bones are made into stocks. Calories and Pique also use non-GMO oils and take a thoughtful approach to sourcing meats, eggs and vegetables to ensure the highest quality ingredients with minimal environmental impact.

LEADING WITH SUSTAINABILITY

Sustainability is woven into the daily operations at both Pique and Calories. Kitchen scraps are returned to the farmers who supply fresh produce, creating a closed-loop composting system. Both bistros also prioritize waste management by using compostable packaging and cutlery for takeout, reusable lids instead of plastic wrap, and compostable piping bags in place of plastic ones. "We aim to keep our footprint small while offering our community the best food we can," Taszia says.

From every cup of coffee to each seasonal dish, Pique Café and Calories champion locally-grown, sustainably-sourced ingredients, showcasing the bounty of Saskatchewan's growers and celebrating a culture of food that respects both people and the planet.

BISON EN DAUBE (PROVENÇAL BISON STEW)

Serves four to six people

¼ cup olive oil
900 grams bison or beef (cheaper cut), cut into 1-inch cubes
2 tsp salt
½ tsp fresh cracked pepper
1 cup onion, diced
½ cup fennel bulb, diced
1 cup carrot, cut into 1-inch chunks
¼ cup garlic, finely chopped
1 tsp chili flakes or Espelette pepper
1 cup red wine
2 oranges, peeled with a vegetable peeler (reserve peels and juice)
2 tsp fresh rosemary or thyme, finely chopped
2 cups beef stock (preferably homemade)
2 tbsp fresh parsley, finely chopped
¼ cup cold butter, cubed (optional for a richer sauce)

Season the bison with salt and pepper. Heat the olive oil in a large pot over high heat. When very hot, sear the seasoned meat in small batches. Remove each batch from the pan and set aside. In the same pot, add the onion and fennel. Sauté until caramelized. Add the carrot and let caramelize for two more minutes. Add the garlic and chili flakes, and sauté for 30 seconds. Add the red wine, orange peels, fresh rosemary or thyme, and beef stock, but reserve the orange juice. Bring the mixture to a boil, then add the bison back to the pot. Cover loosely with a lid and braise in a 250°F oven for about two hours. When the meat is tender, remove from the oven. Add the reserved orange juice and fresh parsley. Adjust the seasoning with additional salt and pepper as needed. For a richer sauce, whisk in the cubed butter just before serving. Enjoy with your favorite side dishes.



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