



# STY LE

HE  
ER



20 years later, a foodie rediscovers N.B. cuisine by Jon MacNeill

## Finding her way home through food

# Finding her way home through food

Moncton native Michael-Ann Rowe has lived in New York City for 20 years now, thriving and indulging in the rich cultural capital which boasts some of the finest restaurants in North America.

But she's still hung up on New Brunswick fish and chips.

The food writer, journalist and restaurateur recently aired the pilot episode of her new food/travel show *Off the Beaten Palate*, where she returns to her home province and rediscovers the culinary delicacies from her roots.

"I cook with seafood all the time, because it's kind of in my blood, it's something I was raised around," Rowe said from Detroit one day after the episode aired on the state's public television station, March 15.

"I just thought, New Brunswick is

fabulous, we have all this seafood, why not go back to my home province?"

After moving to the Big Apple two decades ago from Halifax, where she studied theatre, the aspiring actress and writer pounded the pavement, picking up roles in commercials and indie films and gigs writing for newspapers and magazines.

Six years ago she scored her own show as host of *Entrée TV*, an NYC-based foodie show that ran on a local station in the city. When the producers stepped down and gave her the reigns to do whatever she pleased with the program, Rowe decided to combine her passion for food and travel and dig out the stories behind the great cuisine we all love.

"The journey we took was basically from the south to the north of New Brunswick, eating our way through more than I ever expected," Rowe said of the 51-minute program, which she began filming in 2009.

The tour goes from the sardine plant in Black's Harbour and lobster boats on the southern coast to the world's largest smokehouse along the north shore in Cap Pele.

"It's these kinds of things that



even New Brunswickers might not know that they have in their own backyard," she said.

"And it was awesome because it was exactly what I wanted to do with the show. Go into the backyards of people's homes and cook with them, cook with the locals, that's how you discover culture - and what better way to do it than through food?"

While airing on DPTV in Detroit during a station pledge drive, the pilot was also broadcast on channels across Canada, including here in N.B., as it was heavily sponsored by the Department of Agriculture,

Aquaculture and Fisheries.

Rowe said it will likely run again in the next month and those interested should keep an eye on local listings.

You can also encourage PBS to adopt the program as a full series by leaving a comment at [www.dptv.org/OTBP/](http://www.dptv.org/OTBP/).

"Certainly, the plan is to travel the world and tell great food and travel stories. But, I mean, a series is 13 episodes and there's 13 provinces (and territories) in Canada, so the way I see it, every province in Canada has such a unique story in its own, it would certainly merit for a lovely *Off the Beaten Palate* Canada series."

Above: After moving to New York two decades ago, Michael-Ann Rowe has returned to New Brunswick to celebrate the seafood of her home province, in a new show called *Off the Beaten Palate*.

## OFF THE BEATEN PALATE

Michael-Ann Rowe, a native of Moncton, has a combined 15 years experience in the entertainment business as a producer, writer and director. Her latest endeavour, *Off the Beaten Palate* aired on DPTV on March 15.

Visit [www.dptv.org/OTBP/](http://www.dptv.org/OTBP/) to find out how you can help make the show a full television series on the national public broadcaster, or to make a pledge for a chance to win prizes - including two tickets to the Lobster Lover's Academy in St. Andrews this summer.