

In the kitchen with...

CHEF GREG GALOSKA OF THE SPATULA DINER,
FLESHERTON



Born and raised on the Bruce Peninsula, Chef Greg Galoska pursued his artistic passions, attending Wilfred Laurier University for classical music and then to Sheridan College for photography. After moving to Montreal, Greg decided to further pursue his passion of cooking and attended culinary school at the Pearson School of Culinary Arts. After moving back to Ontario and working at various establishments, along with a brief brush with fame as a contestant Season 2 of 'Chopped Canada,' he bought the Flying Spatula Diner with his wife and her mother in 2016.

Describing Flesherton as the "sweet spot" of fresh air and nature, yet still being close to amenities, Chef Greg is staying true to the Spatula's original philosophy of great local food, while infusing his own creative flair.

Five minutes with the Chef

Grey-Bruce Boomers (GBB):

What would your last meal be?

Greg Galoska (GG): My Mom's roast beef – she stuffs garlic right into it – mashed potatoes and pan-roasted Brussels sprouts. For dessert – all of it! I have a massive sweet tooth.

GBB: What three ingredients can you not live without?

GG: Fresh thyme, garlic and bay leaves.

GBB: What is your favourite thing to cook?

GG: Sauces. They have a beautiful alchemy, where you throw in a bunch of ingredients and come out with an amazing harmony of flavours. It's pure magic.

GBB: If you weren't a chef, what would you do?

GG: I would be teaching classical music.

GBB: What are your tips for home cooks?

GG: Don't be afraid of two key things – salt and heat. Make your pan hot, but be sure to use an oil with a high smoking point (not olive oil).

GBB: Where do you find inspiration?

GG: My Mom. My parents owned a garden centre and I had access to fresh vegetables and herbs. Because of this, I love using fresh, locally sourced ingredients.

To Drink?

Hockley Valley
Amber Ale pairs
perfectly with this
barbecue sauce.



HOMEMADE BARBECUE SAUCE

INGREDIENTS

½ cup cider vinegar
5 tbsp brown sugar
3 tbsp molasses
¼ cup honey
2 tbsp Worcestershire
2 tbsp yellow mustard
1 tbsp liquid smoke
1 tbsp chili powder
1 tbsp black pepper
4 cup ketchup

Directions:

Add ingredients one at a time to a medium sauce pot and thoroughly mix with a whisk after each addition. Warm over medium heat until it starts to bubble.

Repeat twice, then remove from heat and allow to cool throughout.

Apply liberally to chicken, ribs, wings, roasts, grilled tomatoes, etc.

Chef Greg chose to share his homemade barbecue sauce recipe because it is signature to The Spatula Diner. It's a perfect alchemy of ingredients, easy to make at home, high quality but not technically difficult. It is also very versatile to use in a variety of applications. You can find Chef Greg Golska at The Spatula Diner, 125 Collingwood St., Flesherton, online at www.spatuladiner.com or 519-924-2424. ■