

RECIPE | Surf's up in Tofino — and delicious food too, columnist says



A shrimp dish served at Tofino's Wolf in the Fog. Our columnist says the restaurant served her the best meal she's had all year, "without a doubt." (wolfinthefog.com)

Many people visit Tofino for the surfing, the natural beauty and the relaxed pace, but ***On The Coast*** food columnist Gail Johnson says it has a lot to offer foodies as well.

Johnson, who spent last week in Tofino, says it's remarkable a town of only 2,000 people has so many top-notch restaurants, many of which are focused on local and seasonal ingredients from the ocean and forest surroundings.

Johnson says Tofino got a boost when Wolf in the Fog opened two years ago and earned the title of Best New Restaurant in Canada by *EnRoute Magazine*.

"It lives up to the hype," she told *On The Coast* host Stephen Quinn. "We're talking things like salal-infused gin, chanterelle mushrooms foraged on the outskirts of town, seaweed from Bamfield and, of course, fish from a dock that's a block away from the restaurant.

"I'd eaten lunch there a couple of times but had never had dinner there until this trip. It was without a doubt the best meal I've had all year."