

# Q&A

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## Carly Minish

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- Q.** What's the first thing you do after getting out of bed?
- A.** Check my social media! I'm a chef by trade, so I always like to be in the know of whats happening in the Winnipeg and Canadian food scene; new restaurant openings, events, products on the market, craft breweries, and what my peers are up to. I like to be in check, it keeps me motivated and on my toes.
- Q.** What is the one thing you always make time for each day?
- A.** I might not get it in on the weekends, but exercise, hands down. Whether its yoga barre, spin, HIIT, or circuit training; its amazing what a little sweat does to you! I also always try and take a few minutes to spend with my fiancee, whether its a quick meal together, or Netflix on the couch. With our busy schedules, being together puts us in sync.
- Q.** Who had the biggest impact on the person you have become?
- A.** If I could pick two people, I would say my parents. (They are kinda a package deal!) They have taught me discipline, respect, honesty, courage, and work ethic starting from a young age. I am incredibly grateful that they now work as my employees, and we work side by side everyday.
- Q.** If you could call up anyone in the world and have a one hour conversation, who would you call?
- A.** I am not sure if this counts, but I would give my left arm to talk to Julia Child. Her humour, wit, tenacity, and love for food will be remembered for eternity. I have her quotes written all over my website and home for a constant reminder to enjoy cooking, and how powerful sharing food can be.
- Q.** List one thing on your "bucket list" that you still need to do.
- A.** I would love to go to Dijon France, and visit some old mustard factories and mills. I also dream of the farmers markets in the streets of Italy, a food lovers dream!
- Q.** What's the last great book you read or are currently reading?
- A.** I read cookbooks from cover to cover. Right now I am loving *6 Seasons- A New Way With Vegetables* by Joshua McFadden, *Thug Kitchen- Party Grub*, and *Les Marches Francais* by Brian Defer and Pauline Boldt. I also look forward to my monthly *Entrepreneur* magazine.