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Lunch in Trinity Bellwoods with Brad Lamb

When Lamb picnics, he orders his main on Queen E., picks up dessert on Queen W. and rounds the meal off with a few of his own family recipes



Brad Lamb is a force to be reckoned with in the condo world. But he often takes time out of his busy schedule to enjoy a picnic in the park with his daughter, Harlow. (KEITH BEATY / TORONTO STAR FILE PHOTO)

By **MEGAN DOLSKI** Staff Reporter

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This is one in an occasional series of high profile people sharing their picnic essentials.

Real estate giant Brad Lamb's ideal picnic includes indulgent dishes sourced from his favourite snacking joints from Queen E. to Queen W.

His ideal outdoor feast features a main course from a gastro pub owned by his friend in the city's east end and wraps up with cupcakes from a bakeshop across town that he and his 4-year-old daughter love.

Lamb, who according to his company's website has sold billions in real estate and participated in the sale of more than 13,000 condos, also likes to bring a bit of his own cooking.

Lamb, often referred to in headlines as the city's "condo king," said his picnic spot of choice for an outdoor Sunday lunch is Trinity Bellwoods. He calls the park the "best" in Toronto's downtown core.

"(Trinity Bellwoods is) a true cross-section of the city, you know I love cities and it's a true cross-section of the city I've chosen to live in," Lamb told the Star.

He said the park works for him since he never goes far from downtown during the week and appreciates it has a spot for his daughter to play.

Lamb has seen the crowd there evolve over the last few decades, saying "(Circa 1998) you could shoot a cannon, nobody, there was nobody in Bellwoods. Nobody."

Lamb says there has since been a real estate effort to bring millennials and those between them and baby boomers who can afford it to the neighbourhood.

"They've populated the area and renovated the houses and made it a family centric park. So there are a lot of kids, a lot of family, there is also hipsters and young people drinking a bunch of booze and having fun and that's fine," he said.

"What I like about the park is that it represents Toronto, it's got everybody there."

Brad Lamb's Picnic Essentials



Brad Lamb's typical picnic in the park consists of items such as fried chicken, Canadian cherries, homemade Mac and Cheese combined with Lamb's famous summer coleslaw with a rum and Coke to drink. Vanilla cupcakes are for dessert. (ANDREW FRANCIS WALLACE)

- “The most important thing is my date, which is my daughter Harlow — that is No. 1 in the picnic basket.”
- Fried Chicken from [Prohibition Gastrohouse](#): “My daughter eats like, you know, two pieces and I eat 20, so we get a whole chicken.”

For a closer-to-the-park option, we grabbed ours from [The County General](#) — \$40 for two, \$20 for one.

- Canadian cherries, \$4, [The Lucky Penny General Store and Café](#): “They’re quite good.” Lamb said. He usually grabs a bag at Loblaws, but we picked up a single-serving cup closer to the park.
- Rum and Coke: “For Daddy, a couple of cocktails.” Appleton Estate V/X Signature Blend, 375 mL \$15.45, LCBO. Can of Coke, \$1 at Metro.
- Mac and Cheese, Lamb’s personal recipe: “I make a very good homemade mac and cheese with two types of pasta, sharp cheddar, a bunch of really great ingredients and I take that. (My daughter) loves that.”

This recipe is staying a family secret, but [Bobby Sue’s Mac + Cheese](#) on Ossington Ave. will sell you “Classic Mac,” \$6 for a small, ready to bring to the park in a pizza box.

- Vanilla cupcakes, \$3.25 each or \$19 for 6, [Dlish Cupcakes](#): “(My daughter and I) like the same thing.”

<bullet> Brad's Famous Summer Coleslaw. Lamb did part with this recipe, below.

Brad's Famous Summer Coleslaw

For the Dressing:

2 tbsp (30 mL) minced garlic

1 tbsp and 1-1/2 tsp (22 mL) ginger, minced

3 tbsp (45 mL) brown sugar

5 tbsp (75 mL) vegetable oil

5 tbsp (75 mL) rice wine vinegar

5 tbsp (75 mL) teriyaki sauce

For the slaw:

5 cups (1 L and 250 mL) thinly sliced green cabbage

2 cups (500 mL) thinly sliced red cabbage

2 cups (500 mL) shredded napa cabbage

2 carrots, julienned

5 green onions, chopped

1/2 cup (125 mL) chopped fresh cilantro

In a medium size bowl, add teriyaki sauce, brown sugar, ginger, garlic, vegetable oil and rice wine vinegar. Stir to combine. We threw ours in a blender for extra smooth consistency.

In a large bowl, add napa cabbage, carrots, green onions and cilantro. Stir to combine.

Add dressing to slaw (depending on your personal taste, use some or all of dressing). Toss and serve immediately.

Makes 6 servings.