



**VEGETARIAN ADVENTURES  
CULINARY REVIEW :  
POT PIE PARADISE**

Every Saturday from 9 AM to 1 PM, vendors with the Castro Valley Farmers Market set up in the BART parking lot to sell farm fresh vegetables, flowers and fruit. There are also merchants who offer up other interesting and delicious creations and items. One of those vendors is Hayward based *Pot Pie Paradise* whose menu of 40 mini hand made pot pies that includes beef, pork, lamb, seafood, poultry, dessert and vegetarian / vegan options are a surprising gourmet treat. Owner Theresia Gunawan started her company 17 years ago at local farmers markets and over the years has garnered attention from the East Bay Express and San Francisco Chronicle. For this review, I had one of their Vegan Tikka Masala pies.



Touted as “Comfort Food With a Twist”, these petite pot pies have a lot of flavor. This pie was spicy enough to make my eyes water, but not enough for me to pull the nearest fire alarm. Packed with roasted eggplant, lemon juice, coconut milk, seasonal veggies, carrots, yukon potatoes, onion, tomato, lentil and mango chutney - it was a tasty treat off the beaten path of culinary creations. The ingredients are fresh and the crust is light and buttery. 5 inch and 10 inch pies range from \$8.50 to \$45 each and are well worth the price for an easy to prepare meal. Visit [www.potpieparadise.com](http://www.potpieparadise.com) for more information. Pot Pie Paradise scores **8.5 of 10 stars**.