

Bring on the meat



Kaz Novak, the Hamilton Spectator

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A small but growing segment of the dining industry is putting its money on the power of protein. Restaurants such as Hillbilly Heaven...offer slow-cooked meat and plenty of it.

Hillbilly Heaven outrageously plays off the Southern U.S. stereotype with a menu of cute references such as "sum chikin, sum brisket and sum pork," then declaring "ya'lls gonna need two hands fer this."

On entry to this small and neat spice shop and restaurant you're greeted by an arrangement of beer cans hanging over the front door and identified as hillbilly wind chimes.

You get the idea. It's fun and the food and pricing are fairly good. The pulled pork sandwich (\$7.96) and pulled "chikin" sandwich (\$8.85) had shredded meat spilling over the sides of big moist buns. The pork was fairly lean and moist but the shredded chicken was dry.

The sides consisted of a house-made creamy coleslaw that was crunchy and sweet with a sharp spicy element and the "smoky baked potata" wrapped in foil was OK but tasted steamed, not baked.

The service was also down-home, friendly and apologetic that neither of the house rib specialties were available. The setting is a small room with a few tables and shelves with spices and rubs for barbecuing and hard-to-find Bush's Baked Beans.

Hillbilly Heaven

399 Elizabeth St. Burlington

905-333-8368

The look: Small and bright

The feel: Relaxed, fun

What you'll pay: Sandwiches including beef brisket, honey ham and the hillbilly killer, with brisket and pork, are \$7.96, \$8.85 and \$9.73 and platters run from \$13.97 for the BBQ, with a choice of two meats, to \$20.35 for the beef rib plate and \$26.55 for the smoker. It offers ribs, brisket, pork and chicken. Side dishes such as BBQ beans, down-home chili and macaroni and cheese salad are free with each main and a second side is \$3.10. The restaurant is not licensed.

Hours: 10 a.m. to 6 p.m. Sunday and Monday, 10 a.m. to 8 p.m. Tuesday to Thursday, 10 a.m. to 10 p.m. Friday and Saturday. Wheelchair accessible.