



## **THE BEST ETHNIC GROCERY STORES IN NY and NJ**

### **1. Mistuwa Market**

595 River Road, Edgewater, NJ

This Japanese Mekka has a food court with everything from udon to okominyaki. Also, you can get the black sesame ice cream from the dessert/tea place. So rich and refreshing.

Produce! –they have everything, and it's cheap.



## **2. Hong Kong Supermarket**

157 Hester St., Manhattan Chinatown

The biggest, best Chinese grocery store in Manhattan Chinatown. They have every kind of sauce and noodle you could ever need as well as meats, fish tofu and candies.

Also a good place to find pretty serving dishes and chopsticks.

## **3. Sunrise Mart**

4 Stuyvesant Street, 494 Broome Street, East Village and SoHo

This is the best source for all things Japanese. The stores are pretty small (in prime locations...fair enough) but stock most everything you need for a delicious Japanese meal.



#### **4. Manhattan Fruit Exchange**

75 9th Ave., Chelsea

In the glorious expanse that is Chelsea Market lies this gem of a produce stand. You've probably seen the trucks driving around delivering glorious produce to swanky restaurants all over the city. This is their retail store and those large restaurant orders keep their prices astoundingly low. This is the place to get exotic fruits and vegetables; they pretty much have everything.

#### **5. M2M – East Village**

55 3rd Ave., East Village

You'll have to battle NYU students and the douche bags at The Smith next door, but this awesome ethnic market has a plethora of Japanese, Chinese and Korean food. There are lots of spices and

noodles on the shelves, but also a great selection of ready-made food for you to take to work for lunch tomorrow.



## **6. Brooklyn Kitchen**

100 Frost St., Williamsburg

This fancy store in the shadow of the BQE is a cook's dream. It's beautiful and everything is displayed in pretty ball jars. It's expensive, but certainly worth a trip and is a great place to take the 'rents. Also a good place to get gifts for culinary-minded folk as they have really cute glassware.

## **7. Mott St (between Grand and Hester)**

Neighborhood: Chinatown

This is not one store per say, but this "strip" in Chinatown has amazing fresh produce for pennies. There are produce stands and fish stores where live crabs are inches from your sandaled feet.

## 8. Han Ah Reum Supermarket or “H Mart”

25 W 32nd St., Koreatown

This is actually the only market in what is the awesome expanse of Korea Town. The aisles are extremely narrow, but the shelves are stacked high with Asian delights.

## 9. Patel Brothers

4292 Main Street, Flushing, Queens

Where else can you buy kohl eye liner, cheap as dirt rosewater and 8 different varieties of eggplants? Patel Brothers! It’s a good-sized grocery store on the main drag in “Little India” or whatever you want to call that neighborhood.

## 10. Kalustyan’s and Foods of India

123 Lexington Ave., Murray Hill

Kalustyan’s and Foods of India, a culinary wonderland and every spice I’ve heard of and hundreds more I’ve never heard of. And not just Indian spices, but Thai, Japanese, Lebanese, etc. If you need something out of the ordinary, they are bound to have it here.

