

## Beer a great social lubricant

**COLIN JACK** - For me, the best part of beer has always been the socializing.

Although this has nothing to do with the actual beer in my glass, it has everything to do with what beer should represent: Friends, family and fun!

Separating the social aspect from the liquid is next to impossible. Beer festivals offer the perfect opportunity for connecting.

Oktoberfest this weekend is a prime example. It is a "social festival" just as much as a beer festival.

Try not to smile and laugh with beer in hand - it is next to impossible.

Add costumes, an Ump-Pa-Pa band and some memorable drinking songs and let the celebrations begin.

Ladies, if you are looking for a date, come to a beer festival.

The men usually outnumber the women.

Men are there for the beer but they are very eager to lend their expertise to a damsel in distress.

Relaxed, entertaining and social - who needs a dating website?



Colin Jack

COLIN JACK IS AN OFFICIAL BEER AFICIANADO. CHECK OUT HIS WEBSITE JUSTHEREFOR THE BEER.COM. SEND QUESTIONS TO COLIN@JUSTHEREFOR THE BEER.COM

### BREWED AT HOME

## Next step: good coffee at home

**DHARM MAKWANA** - Keurig attempts to marry timeless design with the contemporary conveniences in its one-cup, mini-coffee brewer.

The sturdy plastic hot beverage machine makes an eight-ounce cup of coffee, tea or hot chocolate in about three minutes using a unique K-Cup filters.

The water in the machine infuses the grind inside a single-serve K-Cup, which looks like a dipper you would get with a pizza order, to produce a drink on level with what's available in coffee shops at about half the price.

"What we are starting is people are shifting from going to Starbucks or Tim Hortons will still need, and appreciate, and want a really good coffee in the morn-

ing or at their coffee break," said Keurig spokeswoman Stephanie Hebert.

The best part is every hassle-free cup the machine makes is never burnt, never cold and just the right size.

The big sticking point is the availability of the K-Cups.

Variety boxes of K-Cups are available where the machines are sold, including London Drugs and Future Shop.

But, they've yet to appear with any consistency on the shelves of grocery stores where most people think of what to drink in the morning or after dinner.

To address the issue, Keurig sells more than 100 varieties of K-Cups produced by more than a dozen roasters online at its website [www.keurig.com](http://www.keurig.com).



### BACON QUEST

## Episode 3: Bacon versus bacon

**RAJ TANEJA** - Over the past few weeks, we've discussed the finer points of one of the greatest inventions known to man: Bacon.

Sadly though, although it's a simple food, it's up to the cook to make it outstanding.

My favourite method of preparing bacon is to pan fry extra-thick pieces straight out of the package on medium heat, flipping when necessary until crispy and brown then finally resting

the little strips of happiness between paper towels.

I've heard of such atrocities as flash-frying - typically used in restaurants to boost their efficiency.

In my books, that ain't bacon and I could rant and rave about the process, but today, as Thanksgiving has just finished, our eyes turn to the less fortunate.

That's right, our Hebrew, Halal and Pescetarian friends who have sworn off dining on swine.

The vegans and the vegetarians, we can't help you yet, but get this: a fellow that goes by the name Alan Axler, proprietor of the Springfield Smoked Fish Company in Massachusetts has come up with BREKFISH, salmon bacon that isn't that far from the real deal.

So good that it's Orthodox Union Kosher and Ifanca Halal certified.

Upon receiving my sample, I put it to the ultimate test and prepared it side by

side with regular bacon.

BREKFISH plays well with other foods - a BLT or maybe even wrapping scallops.

On its own, you can still tell the difference but again, with its similarity to real bacon, it has the power to heal millions and can ultimately bring peace on earth.

RAJ TANEJA IS PART TECHNOLOGIST, PART ENTREPRENEUR, PART SOCIAL MEDIA THOUGHT LEADER AND PART FOODIE. HE RUNS URBANMIXER.COM, PUBLISHES A MISCELLANY OF HIS MUSINGS AT RAJ.JP AND CAN BE FOUND ON TWITTER WITH THE USERNAME 'TINHEAD.'

# top 5

### places to go for the business lunch

The business lunch is an inescapable fact of life. To find the right spot for your next meeting, here are the top 5 spots for the network nosh:

#### CARDERO'S RESTAURANT AND MARINE PUB

1583 Coal Harbour Quay  
Lunch: 11:30 a.m. to 4 p.m.  
The waterfront eatery is hosting The Business Schmooze, a 20 per cent lunch discount for a number of large downtown companies. Schmooze patrons can also enter business cards into a draw to win up to \$1,000 in gift cards.

#### REX ROTISSERIE AND GRILL

4 Bentall, 1044 Dunsmuir St.  
Lunch: 11:30 a.m. to 4 p.m.  
Situated in the heart of the financial district, this San Francisco-styled grill is perhaps the most convenient setting for a business powwow. Through November, Rex is offering a \$28 three-course chef's menu.

#### JOE FORTE'S SEAFOOD AND CHOP HOUSE

777 Thurlow Street  
Lunch: 11 a.m. to 4 p.m.  
A Vancouver icon, this bustling joint is the perfect spot to bring out-of-town clients. They've also got an affordable *prix fixe* menu.

#### STEAMWORKS

375 Water St.  
Lunch: 11:30 a.m. to 4:30 p.m.  
There's nothing wrong with mixing business with pleasure, so why not have a brew while talking shop? They also offer six original ales to help deal with that pain-in-the-ass client.

#### CAFÉ ARTIGIANO

Various locations  
Various operating hours  
Sometimes a business meeting has got to be short and sweet. With terrific coffees, great paninis, and wonderful wraps, this café is an enjoyable spot to take a power lunch.

### >Restaurant Guide



**Pho 78**  
VIETNAMESE RESTAURANT

**Come and enjoy a free fried roll with the purchase of a large noodle bowl for only...**

**\$6<sup>95</sup>**

**#170-4351 No.3 Road, Richmond | Tel: 604-278 7599**

### Pass the Loach Bowl, please

The Regal Beagle Bar and Grill is getting in the Olympic spirit, sponsoring men's skeleton hopeful Keith Loach. The Beagle is having a free-beer sendoff party Monday for Loach, who hired his own coach to work his way up the ranks. "Keith is an amazing guy, he's worked hard for everything he's received and unlike a lot of pro athletes, he's had to do most of this on his own," says Dave Barnett of The Regal Beagle. "We heard about Keith's story and wanted to help him out, so far we've raised almost \$15,000. At our big send off party, we're pouring free beer ... in the hopes of raising more donations for Keith. We've dubbed it the Loach Bowl and we'll be passing it around all afternoon."



Loach