

Can't beat the brew pubs for fine suds

Brewpubs with their kettles and fermentation tanks offer something that most big beer companies can't compete with. Brewpubs work hard to develop the culture of beer.

They often offer flights of beer (or samplers) so people can taste several styles and attempt food pairings.

Although beer is the focus, brewpubs offer great menus that are economical.

Recent trends have created expanded menus that combine both classic pub fare and fine dining favourites.

Some menus even feature food cooked with beer.

Finally, brewpub atmosphere is second to none.

It is definitely relaxing and casual especially compared to upscale wine bars.

Fit in wearing anything from your beloved sweat pants to business attire while watching hockey or football on the big screen.

- Colin's Brewpub Picks
- DIX Barbeque & Brewery - Vancouver
 - Yaletown Brewing - Van.
 - Central City Brewing - Surrey
 - Big River Brew Pub - Richmond
 - Mission Springs Brewing
 - Howe Sound Brewpub - Squamish

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Colin Jack

PRODUCT REVIEW

Slow cookers come of age

DHARM MAKWANA - The comfort of slow-cooked meals is topping dinner demands as the dreary fall season enters full swing.

But dumping ingredient after ingredient into a ceramic pot to stew can be - at the best of times - an inexact culinary endeavour.

A blind turn of a knob at the conclusion of hazy-morning meal preparation can lead to meat that melts in the pot rather than your mouth.

Salton may have an inside track on solving this common conundrum with its Multi-Pot Slow Cooker, which features an easy-to-read digital timer, two cook settings and warming option.

Aside from the two button operation, the appliance's large removable ceramic casserole dish can hold a three-pound roast and a lid made of tempered glass allows for a peek inside the pot.



Slow cooked cajun round steak is a tasty treat that hails from the slow kicker.

While Salton claims the cooker uses less counter space making it an ideal fit for small kitchens.

This five-quart cylindrical cooker is a sturdy and heavy appliance coming in at 17.6 lbs., likely to take up a large chunk counter real es-



tate. The suggested retail price for the Salton Multi-Pot Slow Cooker is \$79.99.

Less really is more in pursuit of bacon

RAJ TANEJA - My journey to discover new and exciting bacon has been a lifelong journey.

I recall in 2007, there used to be a place in Yaletown called Lucky Diner, owned by experienced restaurateur Sean Heather of the Irish Heather.

It was *the* place for breakfast.

As the story goes, I'm experiencing Lucky Diner for the first time and I find myself intrigued by the belly

bacon. Breakfast finally arrives, I look down and am greeted with two tiny, shriveled strips of bacon - two freakin' strips I think to myself.

What? They couldn't spring for the third?

Then I started to analyze the situation - do these people not like me?

Are they still angry with me for finding out the secret location of Salt before it launched?

I bit my tongue and didn't

say a thing and am glad I did.

When I finally try the belly bacon, it became clear this is bacon unlike no other - It's the bacon of the gods, tiny but so rich and salty.

Eating more than two strips would be a sin.

I found the holy grail of bacon and I lived to tell about it.

Today, when I spoke to Exec Chef Lee Humphries at the Heather, he informs me they still have it by special request.

Slow-cooked cajun round steak

- 1/4 cup all-purpose flour-salt and pepper to taste
- 1 lb inside round marinating steak
- 1 tbsp olive oil
- 4 strips bacon, sliced
- 2 onions, sliced
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 2 tbsp cajun seasoning
- 1/4 cup tomato paste
- 2 cups beef stock
- 2 green onions, chopped
- 2 tbsp chopped parsley

Method:

Cut steak into six pieces and pound with a mallet until 1/4 inch thick. Dredge meat in flour, salt and pepper. In a skillet, sear meat then place in slow cooker. Add bacon, onions and onion to skillet, cook for five minutes. Drain fat then add to slow cooker. Add stock and tomato paste to skillet and deglaze. Add liquid and remaining ingredients to slow cooker. Cook on low for eight to 10 hours or on high for four to five hours.

top 5

places for the girls to escape

It's true what they say - girls just wanna have fun. Here are the top 5 picks for a great girl's night out:

- KRISTEN MCKENZIE

LUX AT CAPRICE

965 Granville St. The ultimate girls' hang out. The cocktail selection is sweet, the tapas share plates are awesome, and they offer a dinner and dance package. Heck, the décor is even pink!

CRIME LAB

100-550 Denman St. With a martini menu a mile-long and a hot décor, this place exudes *Sex and the City* class. Bonus: It's also got beautiful views of Coal Harbour.

SIP RESTO LOUNGE

1117 Granville St. The perfect place to loosen the tongue for some serious gossip. On top of a great drink selection, all the food is prepared with beer, wine, or liquor.

DELILAH'S MARTINI

1789 Comox St. This joint consistently rakes in critics' awards for the Best Martini in Vancouver.

THE FLYING TIGER

2958 W. 4th Ave. An affordable and tasty Asian bistro with a wonderful wine list. A comfy, cozy place to chit chat with a gaggle of girls.



Belly bacon from JNZ Deli on Commercial Drive.

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.'

The path to sustainability is sprinkled with tasty pumpkin seeds.



Traveling down the path to a more sustainable lifestyle means you're thinking more about the health and wellness of yourself and your family—not to mention the planet. Pumpkin Flax Plus® Granola is delicious organic cereal from a company that respects people and planet as much as we respect the ingredients we put into the box. Good food for a good journey. Find out where you are on the path to sustainability at:

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