

## Beer, fun and sun

**COLIN JACK** - A Caribbean escape sounds like a great idea especially this time of year. If a trip down south is out of the question, turn up the heat, loosen the tie and sip on some tropical suds!

**CARIB** - 5.2%, \$11.60/6-330 ml bottles  
Carib is the best selling beer in Trinidad & Tobago. Brewed since 1950, Carib is available in clear bottles with a bright yellow and blue label. On the tongue Carib is sweet and light. The sweetness is attributed to added sugar, an adjunct used in some beers. Best served ice cold, Carib is refreshing, clean and simple.



Colin Jack

**RED STRIPE** - 5.0%, \$11.99/6-330 ml bottles  
Red Stripe from Jamaica is presented in old school stubby bottles helping it stand out at liquor stores.

The mouth-feel is sharp reflecting higher carbonation. Compared to its Caribbean counterpart, Red Stripe has a distinct hoppy aroma and bitter finish. Red Stripe pairs well with strong flavoured foods like Jamaican beef patties and curry.



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

## Finding the right cut of meat

**DHARM MAKWANA** - Finding a butcher well before the holiday season can make serving big family dinners a breeze.

Take it from Danny Smitas, a fresh face at Whole Foods on Cambie and 8th Avenue, who is making a career out of the old school art of butchering.

"As long as a shopper tells you what type of meat they like, a butcher should be able to tell you how to figure out something easy, or fancy, to cook for their

dinner," she says.

And, there are more options than serving up a big bird sold in a plastic bag for the holidays.

Seasoned butchers often order primal cuts of meat and can cut them to your heart's desire.

"All you really need to know is what type of meat you want to eat," she says.

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Serving a traditional holiday menu will likely mean a trip to the butcher. Here are some tips when picking out cuts for the big dinner.

### RACK OF LAMB

Look for a large eye, or centre, to the rack of lamb to ensure you're serving a nice meaty cut to your dinner guests. The rack should have a bit of fat to ensure it doesn't dry when cooking.

Some say if the rack consists of small bones the cut is more tender because the animal is younger. Smitas says, she can't tell the difference.

### ITALIAN PORK SAUSAGE

Come the holiday season butchers offer sausage out of the casing for stuffing. Smitas's sausages are a cut above your average link because she grounds fresh

with primal cuts of meat then mixes in spices - no preservatives. Keep in mind fresh sausages have a short shelf life so keep them in the fridge for a maximum of three days.

### TURKEY BREAST

Nice white skin is the first thing to look for when picking a turkey breast. A little bit of moisture on the breast shows freshness

and is better than dry skin. Should the colour of the turkey's skin be a little yellow check with your butcher to see if the bird is corn-fed. Keep in mind animal feed affects skin colour. Otherwise yellow skin means the meat has dried out. The most flavourful turkey breast you can buy will have its bone in and skin still on.

## Society produces the best of the best

**Brulée Quest - the search for Vancouver's undiscovered crème brulée. Episode 2 - Even goes good with bacon**

It's rumoured the custard which is essential to the creation of crème brulée has its origin in the fining of red wines.

Winemakers, wanting to clarify their wares, used egg whites to complete their task - what was left was egg yolks a plenty which, with

the addition of some cream, sugar and slight heating, produced the sweet yellow custard that you'd find in the base of any conventional brulée.

So what happens when brilliant young minds go to work? Bacon, the world's greatest food, gets added to the mix and the result is no ordinary crème brulée!

Amanda Goats, Pastry Chef at Society, Yaletown's newest hotspot, felt the best

of Canadian flavours was sufficient muse in the creation of her Maple Bacon Crème Brulée.

What I tried one fateful Saturday was dynamite! The custard reminiscent of scrambled eggs in texture, lightly sweetened with the flavour of maple



Maple Bacon Crème Brulée from Society.

and containing delicious bits of the finest bacon was suitable for any meal of the day, whether it's just dessert, just breakfast or something more.

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## top 5

### places to take out-of-towners

Rain or shine, Vancouver's one heck of a beautiful city.

### LIFT

**33 Mentions Mews**  
Sitting along picturesque Coal Harbour, this joint boasts a comfy upstairs patio with a bonfire open during the spring and summer seasons.

### SEASONS IN THE PARK

**W. 33rd and Cambie**  
Located in Queen Elizabeth Park, this eatery sits atop one of the highest points in Vancouver and offers breathtaking views.

### RAINCITY GRILL

**1193 Denman St.**  
Right across from scenic English Bay, this West End jewel serves up drool-worthy repasts made with local ingredients.

### THE SALMON HOUSE ON THE HILL

**2229 Folkestone Way**  
The West Coast is renowned for its salmon, and this iconic West Van restaurant cooks up some of the best in the city. Fantastic water views to top it off.

### THE CANNERY

**2205 Commissioner St.**  
Gorgeous scenery? Check. Fresh seafood? Check. Cozy décor? Check. What's not to like? Be sure to head over soon though before the popular restaurant closes its doors for good in March.

## >Local Restaurant Guide

**Medley's Restaurant & The Lobby Bar**  
Ideal for a casual bite or business meeting. | A perfect setting to catch up with friends.

Join us for our Market Fresh lunch buffet Monday - Friday \$10.95

1110 Howe Street  
Vancouver Downtown  
604-623 6862

**the point**  
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**Pasta Winter Warm Up**  
Your Choice of:  
Lobster Ravioli, Crab Stuffed Pasta Shells or Black Linguini Alfredo with Baby Shrimp  
All Pastas include Soup OR Salad, Dessert, and a glass of Red Rooster wine for **ONLY 25 DOLLARS**

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